**Purpose**

This directory is designed to help the people of Aroostook County find the support and services that they need. We hope you find it useful.

**Disclaimer Statement**

Inclusion or omission of any agency, organization, or provider in this publication is neither an endorsement nor disapproval of any agency, organization, or provider.

Criteria to be listed in this directory can be found online at [211maine.org/member-directory/](https://211maine.org/member-directory/).

**Format**

All resources listed below provide services to individuals in/from Aroostook County, even if the service is not based in Aroostook County. Resources are listed in alphabetical order.

These resources were pulled from the 211 Maine directory on 02/21/2020.

If you have any trouble finding resources:

Dial 211 (or 1-866-811-5695)

Text your zip code to 898-211

Visit [211maine.org/aroostook-pathfinder](https://211maine.org/aroostook-pathfinder/)

**211 Maine Contact Center**

Call 211 (or 1-866-811-5695)

Text your zip code to 898-211

[info@211maine.org](mailto:info@211maine.org)

[www.211maine.org](http://www.211maine.org)

211 Maine is a free resource providing an easy confidential way to connect people to information about different resources and services. 211 Maine is staffed 24/7 by people in Maine.

Eligibility: Individuals in need of health and human services resources and referrals.

Cost: No Cost

Call, text, email, or visit the website

Language Offered: English; interpreters available dependent on service area.

Hours: 24 hours a day, 7 days a week

**75 State Street**

75 State Street

Portland, ME 04101

Phone: (207) 775-7775

After Hours: (207) 772-2675

Fax: (207) 772-2896

[webster@75state.org](mailto:webster@75state.org)

[www.75state.org](http://www.75state.org)

Independent living and assisted living community provides meals, housekeeping, transportation to medical appointments, personal care, and medication administration; staff available to monitor health conditions.

Eligibility: Seniors 65 years of age and older; residents interested in assisted living must meet financial and health care guidelines set forth by DHHS to qualify for MaineCare.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Private Insurance

MaineCare is accepted in assisted living.

Language(s) Offered: English

Hours: 24 hours/7 days/week

**AARP Maine**

53 Baxter Boulevard

Portland, ME 04101

Phone: 1-866-554-5380

Toll Free: 866-554-5380

Fax: (207) 775-5727

[me@aarp.org](mailto:me@aarp.org)

[www.aarp.org/me](http://www.aarp.org/me)

Advocacy, information and referral, discounts and community service programs, tax assistance; volunteer opportunities.

Eligibility: Individuals 50 years of age and older.

Cost: No Cost

Language(s) Offered: English

Hours: Monday to Friday: 7 a.m. through 11 p.m.

**AARP Tax-Aide**

53 Baxter Boulevard

Portland, ME 04101

Phone: 1-888-227-7669

[www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action](http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action)

Statewide confidential service provides free income tax preparation, answers tax questions, and files electronic forms; help for those who qualify for the Earned Income Tax Credit; sites are operational from late February through mid-April; arrangements can be made to assist homebound disabled individuals.

Eligibility: Individuals who are middle to low income.

Cost: No Cost

Language(s) Offered: English; limited sites are staffed by bilingual volunteers.

Hours: 9:00 a.m. to 1:30 p.m. – Fairfield;

8:30 a.m. -2:00 p.m. – Buker Community Center, Augusta;

8:30 a.m. -12:30 p.m. – Crossroads Bible Church, Madison

(ALL BY APPOINTMENT ONLY)

**Maine AARP Driver Safety Program**

4-hour session to refine driving skills and develop safe, defensive

53 Baxter Boulevard

Portland, ME 04101

Phone: 1-888-227-7669

Toll Free: 1-888-554-5380

[me@aarp.org](mailto:me@aarp.org)

<http://www.aarp.org/home-garden/transportation/driver_safety/>

Eligibility: Individuals 50 years of age and older.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: No Course Available in Maine currently, however we encourage you to try back soon as our Volunteers always add new courses. Our phone locator is also available at (877) 846-3299.

**ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04102

Phone: (207) 253-5555

Hours: Monday-Thursdays, 10:00 AM-4:00 PM

[answergirl@abbapregnancychoice.org](mailto:answergirl@abbapregnancychoice.org)

www.abbapregnancychoice.org

ABBA, A Women's Resource Center, provides confidential services for pregnancy testing, limited obstetrical ultrasound, limited STD testing and treatment, and pregnancy options counseling.  All services are confidential and provided at no cost to you.

Eligibility: Females who have had potential exposure to sexually transmitted diseases or infections.

Cost: No Cost

Language(s) Offered: English

Hours: Monday-Thursday 10 AM - 4 PM

**MomCheck Mentoring, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04102

Phone: (207) 253-5555

[answergirl@abbapregnancychoice.org](mailto:answergirl@abbapregnancychoice.org)

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

Goal oriented mentor program addresses relationship and parenting skill building.

Eligibility: Females who are single and parenting children over 1 year of age.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Thursday 10:00 a.m. - 4:00 p.m.

**Parenting Learn and Earn Program, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04102

Phone: (207) 253-5555

[answergirl@abbapregnancychoice.org](mailto:answergirl@abbapregnancychoice.org)

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

Parenting education and counseling.

Eligibility: Females who are pregnant or parenting children under 12 months of age.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Thursday 10:00 am - 4:00 pm

**Post Abortion Recovery Program, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04102

Phone: (207) 253-5555

[forgiven@ABBASetFree.org](mailto:forgiven@ABBASetFree.org)

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

10 week program matches individuals with a trained counselor in a group or individual setting to assist in recovery.

Eligibility: Females who have experienced the termination of a pregnancy.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Thursday 10:00 a.m. - 4:00 p.m.

**Pregnancy Confirmation, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04102

Phone: (207)-253-5555

[answergirl@abbapregnancychoice.org](mailto:answergirl@abbapregnancychoice.org)

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

Pregnancy testing and verification, ultrasound to confirm viable pregnancy, pregnancy options, referrals for pregnancy help.

Eligibility: Females with possible or confirmed pregnancy.

Language(s) Offered: English

Hours: Monday – Thursday 10:00 a.m. - 4:00 p.m.

**Sexual Integrity, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04102

Phone: (207)-253-5555

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

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

Individual and group classes teach skills for building a healthy relationship, setting boundaries, and abstinence; program includes optional faith based and non-faith-based materials.

Eligibility: Females who have had or want to avoid negative relationships or sexual experiences.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Thursday 10:00 a.m. - 4:00 p.m.

**Teen Accountability Pregnancy and Parenting Program, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04104

Phone: (207) 253-5555

[answergirl@abbapregnancychoice.org](mailto:answergirl@abbapregnancychoice.org)

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

Individual and group classes combine the Parenting Learn and Earn and Sexual Integrity programs; attendance earns credit toward new maternity clothing, baby clothing, and supplies; adoption curriculum offered.

Eligibility: Females 12-17 years of age who are pregnant and/or parenting.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Thursday 10:00 a.m. - 4:00 p.m.

**The Gift of Time, ABBA A Women's Resource Center**

1250 Forest Avenue

Portland, ME 04104

Phone: (207) 253-5555

[answergirl@abbapregnancychoice.org](mailto:answergirl@abbapregnancychoice.org)

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

Support and comfort care program in 1-on-1 and group settings; community referrals.

Eligibility: Women dealing with an adverse perinatal diagnosis which usually will result in terminal or life-limiting conditions for their baby.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Thursday 10:00 a.m. - 4:00 p.m.

**Acadia Adoption Center, Acadia Adoption Center**

966 Roosevelt Trail

Naples, ME 04055

Phone: (207) 467-8110

Toll Free: 1-877-723-6789

Hotline: 1-877-723-6789 (same)

Fax: (207) 514-9400

[info@acadiaadoptioncenter.com](mailto:info@acadiaadoptioncenter.com)

[www.birthmothersjourney.com](http://www.birthmothersjourney.com)

Domestic infant adoption agency matches birth mothers with adopting parents; pre-placement information and support; home studies, consultation and support through the search and placement process including the creation of a profile; post placement supervision, referral for legal representation for adoption finalization; post adoption consultation and family therapy.

Eligibility: Birth parents must be expecting a child or have an infant for adoption; adopting parents must apply for Home Study approval or already have a current Home Study from a licensed Home Study agency to pursue adoption placement services.

Cost: Sliding scale

Forms of Payment: Check; Credit Cards; Debit Cards; Money Order; PayPal

Fees are for adopting parents only.

Language(s) Offered: English; Spanish interpreter available upon request.

Hours: 24 hours/7 days/week

**Adaptive Outdoor Education Center**

3000 Outdoor Center Road

Kingfield, ME 04947

Phone: (207) 237-2676

[infoAOEC@gmail.com](mailto:infoAOEC@gmail.com)

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

Low cost hostel accommodations; adaptive outdoor recreation and education opportunities include adaptive sailing, adaptive biking, hiking, nature scavenger hunts, fishing, adaptive water sport camp, snowshoeing and arts and crafts; passenger van and transportation can be arranged.

Eligibility: Individuals with physical, intellectual, emotional or invisible disability; staff, friends and family may accompany individual.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Uninsured Accepted: Yes

Scholarship opportunities may be available for those who need financial assistance to participate in camps and programs.

Language(s) Offered: English

Hours: No regular hours of operation.

**Addiction Policy Forum Helpline, Addiction Resource Center**

1101 K Street NW, Suite 1000

Rockville, MD 20852

Hotline: 1-833-301-4357

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

[https://www.addictionpolicy.org/](https://www.addictionpolicy.org/%20)

Free and confidential helpline offers trained counselors who provide evidence-based information, local resources, and support.

Eligibility: Individuals, families, and professionals.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours/7 days-week – ALL 50 States

**Addiction Specialists PC**

2540 Route 202

Winthrop, ME 04364

Phone: (207) 395-5445

After Hours: (207) 649-8177

Fax: (207) 395-5526

[addictionspecialists@juno.com](mailto:addictionspecialists@juno.com)

<https://addictionspecialistsmaine.com/>

Substance use disorder treatment including medication and counseling.

Eligibility: Individuals 16 years of age and older.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, German, Hebrew, Italian, Spanish; interpreters available.

Hours:Most hours = 8am-4pm or 8am-2pm

**(3 Locations in Central Maine**):

**Blue Sky Counseling**

70 1st Rangeway, Waterville ME 04901

**Discovery House of Waterville Comprehensive Treatment Center**

40 Airport Rd, Waterville ME 04901

**Maine-Dartmouth Family Practice**

149 North St, Fairfield ME 04937

**Section 13 Case Management, Addison Point Agency**

13 College Avenue

Waterville, ME 04903

Phone: (207) 861-7000

After Hours: no information on website

Fax: (207) 861-7037

[cchartrand@addisonpoint.org](mailto:cchartrand@addisonpoint.org)

[www.addisonpoint.org/services/case-management.php](http://www.addisonpoint.org/services/case-management.php)

Community case management services develop an individual centered plan to reflect goals, needs, desires, and assists in providing resources needed to reach personal accomplishments; representative payee services included for established clients.

Eligibility: Adults 18 years of age or older who are MaineCare eligible with a medical diagnosis of an intellectual or developmental disability, Autism Spectrum Disorder, Asperger's Syndrome or Mental Retardation.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: No exact hours on website

**Section 21/29 Adult Services, Addison Point Agency**

312 Water Street

Addison, ME 04606

Phone: (207) 483-6500

Fax: (207) 483-2817

[cchartrand@addisonpoint.org](mailto:cchartrand@addisonpoint.org)

[www.addisonpoint.org/services/adults.php](http://www.addisonpoint.org/services/adults.php)

Home or community based individualized support services based on strengths, needs and desires includes developing a person-centered plan, establishing goals, community inclusion, and community employment program.

Eligibility: Adults 18 years of age or older who are MaineCare eligible with a medical diagnosis of an intellectual or developmental disability, Autism Spectrum Disorder, Asperger's Syndrome or Mental Retardation; individuals and their families must agree to fully par

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

**Hours**: By Appointment

3 Locations in Maine:

**312 Water Street**

PO Box 207

Addison, ME 04606

**98 Bangor Road**

PO Box 556

Houlton, ME 04730

**45 Silver Street**

Waterville, ME 04903

**Section 28 Children's Services, Addison Point Agency**

13 College Avenue

Waterville, ME 04903

Phone: (207) 483-6500

Fax: (207) 483-2817

[cchartrand@addisonpoint.org](mailto:cchartrand@addisonpoint.org)

[www.addisonpoint.org/services/children-youth.php](http://www.addisonpoint.org/services/children-youth.php)

Behavioral health professionals provide a behavioral approach to life goals, relationships, home living, community inclusion, and health, safety, and social needs.

Eligibility: Children and young adults from birth through 20 years of age who are MaineCare eligible with a medical diagnosis of an intellectual or developmental disability, Autism Spectrum Disorder, Asperger's Syndrome or Mental Retardation.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Available by appointment

**2 Additional Locations**:

312 Water Street

Addison, ME 04606

98 Bangor Road

Houlton, ME 04730

**Adoptive Foster and Kinship Family Support Groups, Adoptive and Foster Families of Maine**

34 Main Street

Orono, ME 04473

Phone: (207) 827-2331

Toll Free: 1-800-833-9786

Fax: (207) 889-6978

[info@affm.net](mailto:info@affm.net)

[www.affm.net/2014/10/supportgroups/](http://www.affm.net/2014/10/supportgroups/)

Statewide support groups for adoptive parents, foster parents, and relatives who are primary caregivers of children provide peer support; childcare provided at most locations.

Eligibility: Individuals 18 years of age and older.

Cost: No Cost

Language(s) Offered: English

Hours: 16 Locations (STATEWIDE)> Messages left for “On Duty” Social Worker returned in 24 hours.

**Adoptive Liaison Services, Adoptive and Foster Families of Maine**

333 Lincoln Street

Saco, ME 04072

Phone: (207) 827-2331

Toll Free: 1-800-833-9786

Fax: (207) 889-6978

[info@affm.net](mailto:info@affm.net)

[www.affm.net/services/adoptive-liaison-services](http://www.affm.net/services/adoptive-liaison-services)

Individual from the Liaison Program is available to attend meetings with foster and pre-adoptive parents and provide neutral clarity after meetings.

Eligibility: Adults.

Cost: No Cost

Language(s) Offered: English

Hours: 16 Locations-StateWide – Messages for “On Duty” Social Worker returned in 24 hours.

**Lending Library, Adoptive and Foster Families of Maine**

34 Main Street

Orono, ME 04473

Phone: (207) 827-2331

Toll Free: 1-800-833-9786

Fax: (207) 889-6978

[info@affm.net](mailto:info@affm.net)

[www.affm.net/services/lending-library-2](http://www.affm.net/services/lending-library-2)

Books, videos, DVDs, and audiocassettes for all ages to borrow that cover a wide range of topics related to issues of foster care, kinship, and adoption.

Cost: No Cost

Language(s) Offered: English

Hours: 16 State-wide Locations – Messages for “On Duty” Social Worker returned in 24 hours.

**Resource Family Mentor Service, Adoptive and Foster Families of Maine**

333 Lincoln Street

Saco, ME 04072

Phone: (207) 827-2331

Toll Free: 1-800-833-9786

Fax: (207) 889-6978

[info@affm.net](mailto:info@affm.net)

[www.affm.net/2014/10/resource-family-mentor-service](http://www.affm.net/2014/10/resource-family-mentor-service)

Direct support, encouragement, and guidance for new foster and kinship families from experienced peers.

Eligibility: Family foster parents, treatment foster parents, licensed kinship providers, and currently licensed adoptive families.

Cost: No Cost

Language(s) Offered: English

Hours: 16 Locations State-wide – Messages for “On Duty” Social Worker returned in 24 hours.

**The Clothing Closet, Adoptive and Foster Families of Maine**

333 Lincoln Street

Saco, ME 04072

Phone: 207-827-2331

Toll Free: 800-833-9786

Website: [www.affm.net/services/the-clothing-garage](http://www.affm.net/services/the-clothing-garage)

Good quality new and gently used clothing and shoes for all ages; winter coats, boots, ski pants, hats and mittens when available; various household goods available.

Eligibility: Adoptive, foster, and kinship families in need of clothing or household goods.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Training and Development, Adoptive and Foster Families of Maine**

333 Lincoln Street

Saco, ME 04072

Phone: (207) 827-2331

Toll Free: 1-800-833-9786

Fax: (207) 889-6978

[info@affm.net](mailto:info@affm.net)

[www.affm.net/2014/10/training](http://www.affm.net/2014/10/training)

Training programs and workshops provide skills development, learning opportunities, resources and support services pertinent to adoptive, foster, and kinship parenting; programs evolve from month to month.

Eligibility: Adoptive parents, foster parents, relatives who are primary caregivers of children, and professionals who work with adoptive, foster, and kinship families.

Cost: No Cost

Language(s) Offered: English

Hours: Several locations State-wide – Messages for “On Duty” Social Worker returned=24 hours

**Adult Children of Alcoholics World Service Organization, Adult Children of Alcoholics World Service Organization**

Torrance, CA 90510

Phone: (310) 534-1815

Website: [www.meetings.adultchildren.org/find-a-meeting1](http://www.meetings.adultchildren.org/find-a-meeting1)

12 step support group for individuals who grew up in alcoholic or otherwise dysfunctional homes provides opportunity to acknowledge common experiences and discover how childhood has affected the past and influences the present; area meetings, online meetings, telephone meetings, audio/online meetings.

Eligibility: Recovering individuals that includes adult children of alcoholics, codependents, and addicts of various sorts.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week.

**InnerEdge, Agape**

25 Middle Street

Portland, ME 04101

Phone: (207) 773-9724 xtn 1

[heti@gwi.net](mailto:heti@gwi.net)

Individual, couple, and group alternative holistic substance use disorder and mental health assessment, evaluation, and therapy; support groups to address relationships and anger issues.

Cost: Sliding Fee

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri 8am – 8pm

**Agape Food Pantry**

64 Cleaves Street

Island Falls United Baptist Church

Island Falls, ME 04747

Phone: (207) 463-2449

Emergency Hotline: (207) 463-2183

After Hours: (207) 463-2449

Food pantry; cleaning supplies, paper products, and personal care items provided when available.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English, French

Hours: 1st Tuesday, 1:00 a.m.-12 noon

**Al-Anon Maine, Al-Anon Family Groups**

Address: CONFIDENTIAL

Saco, ME 04072

Phone: 1-800-498-1844

After Hours: 1-888-425-2666

Fax: (757) 563-1656

[ais@maineafg.org](mailto:ais@maineafg.org)

<https://sites.google.com/a/maineafg.org/ais/meetings>

Fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

Eligibility: Individuals affected by another's problem drinking.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: For more information, please contact [alateen@maineafg.org](mailto:alateen@maineafg.org) - or

If a meeting is 'on hold', please do not try to attend until the hold is removed.

All meetings are one hour unless otherwise noted.

**Alateen, Al-Anon Family Groups**

Address confidential

Biddeford, ME 04005

Phone: 1-800-498-1844

After Hours: 1-888-425-2666

(207) 284-1844

Fax: (757) 563-1656

[alateen@maineafg.org](mailto:alateen@maineafg.org)

<https://sites.google.com/a/maineafg.org/ais/Alateen-Meetings>

Support group for teens whose lives have been affected by the alcoholism of a relative provides information and the opportunity to share experiences and learn how to deal with common problems; chat rooms.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: For more information, please contact [alateen@maineafg.org](mailto:alateen@maineafg.org) – or

If a meeting is 'on hold', please do not try to attend until the hold is removed.

All meetings are one hour unless otherwise noted.

**Alcoholics Anonymous Maine Central Service Office, Alcoholics Anonymous Nationwide**

47 Portland Street

Portland, ME 04101

Phone: (207) 774-3034

Toll Free: 1-800-737-6237

Hotline: (207) 774-4335

After Hours: (207) 774-4335

Fax: 1-866-327-8935

[cso@csoaamaine.org](mailto:cso@csoaamaine.org)

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

Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Eligibility: Adults with a desire to stop drinking.

Cost: No Cost

Language(s) Offered: English

Hours: Mon, Wed, Thur, Fri. 9 am To 5 pm

Tue, 9 am To 7 pm

Closed Sat & Sun and on Holidays

**Access Design, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

Phone: (207) 941-6553

Toll Free: (800) 300-6016

Fax: (207) 941-6410

After Hours: (800) 640-7200

[bangor@alphaonenow.org](mailto:bangor@alphaonenow.org)

Website: [www.alphaonenow.org/Access\_Design.htm](http://www.alphaonenow.org/Access_Design.htm)

Architectural and consulting services for residential and commercial environments focusing on accessibility.

Eligibility: Individuals with disabilities; owners, design professionals, civic groups, and the general public.

Cost: Vary

Forms of Payment: Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours and Alternate Locations:

Presque Isle Office - (207) 764-6466

Varied times -or- (800) 974-6466

South Portland Office (hours vary)

Tel: (207) 767-2189

Toll Free: (800) 640-7200

Fax: (207) 799-8346

**Adapted Driver Evaluation Program, Alpha One**

127 Main Street

South Portland, ME 4106

Phone: (207) 767-2181

Toll Free: 1-800-640-7200

Fax: (207) 799-8346

[driver@alphaonenow.org](mailto:driver@alphaonenow.org)

[www.alphaonenow.org/adaptive\_driving.htm](http://www.alphaonenow.org/adaptive_driving.htm)

4 hour driver evaluation includes examination of visual skills and perception, coordination, strength, range of motion, sensation, cognition, and evaluation of driving using an adapted vehicle; recommendations for adaptive driving equipment and training guidelines.

Eligibility: Individuals who want to resume driving following a disability or young adults with developmental disabilities who want to start driving.

Cost: Low Cost

Forms of Payment: Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: VARIED

Bangor (207) 941-6553

Presque Isle Office (207) 764-6466

**Consumer Directed Personal Attendant Services, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

[bangor@alphaonenow.org](mailto:bangor@alphaonenow.org)

[www.alphaonenow.org/participant\_directed.htm](http://www.alphaonenow.org/participant_directed.htm)

Personal attendants provide assistance with activities of daily living and gives the individual with the disability the responsibility for managing his or her assistant.

Eligibility: Adults with physical disabilities.

Cost: Vary

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

**Hours/Locations**: VARIED TIMES

127 Main Street

South Portland, ME 04106

66 Spruce Street

Presque Isle, ME 04769

**Critical Access Ramp Program, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

Phone: (800) 640-7200

Toll Free: (800) 640-7200

[bangor@alphaonenow.org](mailto:bangor@alphaonenow.org)

Website: [www.alphaonenow.org/critical\_access\_ramp\_program\_request\_for\_proposals.htm](http://www.alphaonenow.org/critical_access_ramp_program_request_for_proposals.htm)

Readily available prefabricated ramps.

Eligibility: Individuals requiring the use of a wheelchair or walker, who are at 80% median household income for their county.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: VARIED, Bangor-So.Portland-Presque Isle

Bangor (207) 941-6553

South Portland: (207) 767-2189

Presque Isle: (207) 764-6466

**HOME Retro, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

Phone: 800-640-7200

Toll Free: 800-640-7200

After Hours: 800-640-7200

Grants up to $10,000 to make home modifications for a disabled resident including widening doorways, adding a roll in shower and fold down seat, building a ramp, remodeling a kitchen, bathroom or bedroom, repairing a roof, and replacing windows.

Eligibility: Maine homeowners who meet HUD financial eligibility requirements set by MSHA and have an individual with physical disabilities living in the home.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: VARIED

Bangor – 207-941-6553

South Portland – 207-767-2189

Presque Isle – 207-764-6466

**Information and Referral Services, Alpha One**

50 Lydia Lane

South Portland, ME 04106

Phone: 1-877-463-6207

Toll Free: 1-877-463-6207

Fax: (207) 874-1181

Website: [www.alphaonenow.org/information\_and\_referral.htm](http://www.alphaonenow.org/information_and_referral.htm)

Information and referral on research, programs, resources, products, and services promoting independence and self-reliance.

Eligibility: Individuals with disabilities and their families; businesses and organizations.

Cost: No Cost

Language(s) Offered: English; interpreters available.

**Hours**: Derek Morin, Contact Center Manager

[derek.morin@opportunityalliance.org](mailto:derek.morin@opportunityalliance.org)

(207) 221-8161

**mPower Adaptive Equipment Loan Program, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

127 Main Street, South Portland ME 04102

66 Spruce Street, Presque Isle ME 04769

Phone: (207) 941-6553 (Bangor)

Toll Free: 1-800-640-7200 (All offices)

Hotline: 1-800-640-7200 (All offices)

Fax: (207) 874-1181

Low interest loans with flexible payments of up to $100,000 to purchase equipment, renovations or technologies needed to improve access at home or business.

Eligibility: Adults with disabilities; Maine business owners and residents.

Cost: Low Cost

Forms of Payment: Check

Language(s) Offered: English; interpreters available.

Contact:Henry Powell

[hpowell@alphaonenow.org](mailto:hpowell@alphaonenow.org)

(207) 767-2189

**Open Waters, Alpha One**

127 Main Street

South Portland, ME 4106

Phone: (207) 767-2181

Toll Free: 1-800-640-7200

Hotline: 1-800-640-7200

Fax: (207) 799-8346

[openwaters@alphaonenow.org](mailto:openwaters@alphaonenow.org)

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

Information and technical assistance on accessible scuba diving; educate and improve the knowledge and skills needed to participate in scuba diving, identify sources of adaptive scuba diving equipment, educate the scuba community about teaching individuals with disabilities to dive.

Eligibility: Individuals with disabilities.

Cost: Vary

Forms of Payment: Check; Credit Cards

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Contact: Paul Rollins

[openwaters@alphaonenow.org](mailto:openwaters@alphaonenow.org)

**Peer Services, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

Phone: (207) 941-6553

Toll Free: 1-800-640-7200 (All offices)

**Additional locations**:

127 Main Street, South Portland

66 Spruce Street, Presque Isle

Peer service provides sharing of experiences and strategies for independent living including accessing and locating community resources, life skills training, adapting to new disabilities, locating and learning how to use public transportation, menu planning, shopping, meal preparation, and adaptive equipment technology and uses.

Eligibility: Individuals with disabilities.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: VARIED and by appointment

**Title VII Part B Grant Program, Alpha One**

11 Bangor Mall Boulevard, Unit A

Bangor, ME 04401

Phone: (207) 941-6553 (Bangor)

Toll Free: 1-800-640-7200 (All offices)

Hotline: 1-800-640-7200 (All offices)

Financial assistance to purchase services and adaptive equipment such as hand controls or lifts for transportation vehicles, ramps, roll in showers, hearing aids, TTYs, or flashing alarms or signals.

Eligibility: Individuals with disabilities.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: VARIED – by appointment

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

**ALS Association Northern New England Chapter**

10 Ferry Street

Belmont, NH 03220

Phone: (207) 494-8000 Business Line ME

(207) 894-5478

Toll Free: 1-866-257-6663

Fax: (603) 226-8890

[patient.services@alsanne.org](mailto:patient.services@alsanne.org)

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

Patient and community services including public education, resources, and advocacy.

Eligibility: Individuals diagnosed with Amyotrophic Lateral Sclerosis or Primary Lateral Sclerosis, caregivers, family members, and the community.

Cost: No Cost

Language(s) Offered: English

Hours: Call ME phone number OR

Laurie McFarren

Maine Care Services Coordinator

[lmcfarren@alsanne.org](mailto:lmcfarren@alsanne.org)

**ALS Support Groups, ALS Association Northern New England Chapter**

10 Ferry Street

Belmont, NH 03220

Phone: 207-494-8000 – Business Line ME

Toll Free: 1-866-257-6663

Website: [www.alsanne.org](http://www.alsanne.org)

Support groups for individuals with ALS diagnosis and ALS community provides opportunity to share experiences.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Contact: Laurie McFarren

Maine Care Services Coordinator

[lmcfarren@alsanne.org](mailto:lmcfarren@alsanne.org) –

OR CALL 207-494-8000

**24/7 Helpline, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 04070

Phone: 1-800-272-3900

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_helping.asp](http://www.alz.org/maine/in_my_community_helping.asp)

Trained clinicians provide information and referral services about Alzheimer's Disease and memory loss, care consultation, and emotional support.

Eligibility: Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 Hours-7 Days/week

**Alzheimer's Association Support Groups, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 4070

Phone: 1-800-272-3900

Toll Free: 1-800-272-3900

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_support.asp](http://www.alz.org/maine/in_my_community_support.asp)

Support groups for family members and caregivers living with Alzheimer's Disease and related dementia share experiences, offer practical suggestions, and provide encouragement; early stage support group offered in Bangor, Lewiston, and Portland for individuals living with Alzheimer's Disease and related dementia; telephone caregiver support group for caregivers of individuals with Alzheimer's disease and other dementias who may find it difficult to travel to a meeting site.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Call our 24/7 line: 800.272.3900

**Care Consultation Program, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 4070

Phone: (207) 772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_helping.asp](http://www.alz.org/maine/in_my_community_helping.asp)

Licensed clinical social workers navigate uncertainties and problems including needs assessment, assistance with planning and problem solving, and supportive listening.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week

**Community Resource Finder, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 4070

Phone: 207-772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

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

Online listing of Alzheimer's and dementia resources includes program and events, housing options, care at home, medical services, and community services; searches by zip code, city, state or county.

Cost: No Cost

No cost for resource information; services provided may have associated fees.

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**Early Stage Social Engagement Programs, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 4070

Phone: 207-772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_helping.asp](http://www.alz.org/maine/in_my_community_helping.asp)

Local social engagement committees enable volunteers to plan and present activities within the community to connect with peers through activities and social events; programs offered in Bangor, Lewiston, Augusta/Waterville, Portland, and York county communities.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**Education Programs, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 4070

Phone: 207-772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_helping.asp](http://www.alz.org/maine/in_my_community_helping.asp)

Family caregiver conferences, educational seminars, staff in-service training, professional workshops.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**Information and Referral Services, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 4070

Phone: 207-772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_helping.asp](http://www.alz.org/maine/in_my_community_helping.asp)

Information and referral, monthly E-newsletter, online social networking community, virtual library, online guide to help create a personalized action plan, links to information, and local resources.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week

**MedicAlert and Safe Return Program, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 04070

Phone: 207-772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

<https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support>

24-hour emergency response line which activates a community support network including law enforcement for locating an individual who has wandered or has a medical emergency; individuals are provided a bracelet or pendant with contact information to notify family members.

Cost: Low Cost

Forms of Payment: Check; Credit Cards

1-time fee to enroll and annual renewal fee; scholarships available.

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week

**Professional Training, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 04070

Phone: (207) 772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: 207-772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/maine/in\_my\_community\_professionals.asp](http://www.alz.org/maine/in_my_community_professionals.asp)

Training includes workshops and classes to provide understanding and information on Alzheimer's and dementia; online classes available.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week

**TrialMatch, Alzheimer's Association - Maine Chapter**

383 US Route 1

Scarborough, ME 04070

Phone: 207-772-0115

Toll Free: 1-800-272-3900

Hotline: 1-800-272-3900

After Hours: (207) 772-0115

Fax: (207) 289-3705

[pbaker@alz.org](mailto:pbaker@alz.org)

[www.alz.org/research/clinical\_trials/find\_clinical\_trials\_trialmatch.asp](http://www.alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp)

Clinical studies matching service generates customized lists of studies; database of pharmacological and non-pharmacological studies conducted at sites across the country and online.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week

**Cancer Survivors Network, American Cancer Society**

1 Bowdoin Mill Island, Suite 300

Topsham, ME 04086

Phone: 1-800-227-2345

Toll Free: 1-800-227-2345

Hotline: 1-800-227-2345

After Hours: (207) 373-3700

Fax: (207) 725-6680

Website: [www.acscsn.org](http://www.acscsn.org)

Website created by cancer survivors offers peer support and education, radio talk show conversation and interviews, individual stories, and discussion forums.

Eligibility: Individuals who are cancer survivors and their families.

Cost: No Cost

Language(s) Offered: English, Spanish; other languages available.

Hours: 24 hours – 7 days/week

**Hope Lodge, American Cancer Society**

1 Bowdoin Mill Island, Suite 300

Topsham, ME 04086

Phone: 1-800-227-2345

Toll Free: 1-800-227-2345

Hotline: 1-800-227-2345

After Hours: (207) 373-3700

Website: [www.cancer.org](http://www.cancer.org)

Home-like environment provides free, temporary sleeping accommodations; locations in Boston and Worcester.

Eligibility: Individuals undergoing cancer treatment, their families, and caregivers.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**Information and Support, American Cancer Society**

1 Bowdoin Mill Island, Suite 300

Topsham, ME 04086

Phone: 1-800-227-2345

Toll Free: 1-800-227-2345

Hotline: 1-800-227-2345

After Hours: 1-800-227-2345

(207) 373-3700

Fax: (207) 725-6680

Website: [www.cancer.org](http://www.cancer.org)

Information provided by cancer specialists by phone and internet.

Eligibility: Individuals affected by cancer and/or interested in cancer related information and resources.

Cost: No Cost

Language(s) Offered: English, Spanish; other languages available.

Hours: 24 hours – 7 days/week

**Look Good...Feel Better, American Cancer Society**

1 Bowdoin Mill Island, Suite 300

Topsham, ME 04086

Phone: 1-800-227-2345

Toll Free: 1-800-227-2345

Hotline: 1-800-227-2345

After Hours: 1-800-227-2345 or (207) 373-3700

Fax: (207) 725-6680

Website: [www.cancer.org](http://www.cancer.org)

Volunteer cosmetologists assist women coping with appearance related side effects of cancer treatment.

Eligibility: Adult women with a cancer diagnosis.

Cost: No Cost

Language(s) Offered: English

**Hours**: 24 hours – 7 days/week

**Reach to Recovery, American Cancer Society**

1 Bowdoin Mill Island, Suite 300

Topsham, ME 04086

Phone: 1-800-227-2345

Toll Free: 1-800-227-2345

Hotline: 1-800-227-2345

After Hours: 1-800-227-2345

(207) 373-3700

Fax: (207) 725-6680

Website: [www.cancer.org](http://www.cancer.org)

Program pairs a breast cancer survivor with a recently diagnosed patient who has similar issues with 1-on-1 peer support and information from breast cancer survivors.

Eligibility: Adults newly diagnosed with breast cancer.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours/7 days week

**Road to Recovery, American Cancer Society**

1 Bowdoin Mill Island, Suite 300

Topsham, ME 04086

Phone: 1-800-227-2345

Toll Free: 1-800-227-2345

Hotline: 1-800-224-2345

After Hours: 1-800-227-2345

(207) 373-3700

Fax: (207) 725-6680

Website: [www.cancer.org](http://www.cancer.org)

Volunteer drivers provide transportation to treatment facilities.

Eligibility: Individuals with a cancer diagnosis.

Cost: No Cost

Language(s) Offered: English

**Hours**: 24 hours – 7 days/week

**American Civil Liberties Union of Maine**

121 Middle Street

Portland, ME 04101

Phone: (207) 774-5444

Fax: (207) 774-1103

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

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

Non-partisan organization defends the Constitution and the Bill of Rights with priority given to privacy, over-incarceration and criminal justice reform, voting rights, immigrants' rights, reproductive freedom, freedom of speech and religion, privacy, and equality through advocacy, litigation, public education, lobbying; acceptable cases pursued by the agency almost always involve the government.

Eligibility: Indiviuals whose civil liberties have been violated regarding freedom of speech, press, religion, and association.

Cost: No Cost

Language(s) Offered: English; interpreters available by appointment.

**Hours**: Mon-Fri 9am – 5pm

**American Diabetes Association New England**

260 Cochituate Road, Suite 200

Framingham, MA 01701

Phone: 1-800-342-2383

Toll Free: 1-800-342-2383

Hotline: 1-800-342-2383

After Hours: (617) 482-4580

Fax: (508) 872-3087

[askADA@diabetes.org](mailto:askADA@diabetes.org)

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

Information on living with diabetes, food and fitness, and community programs.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Mon-Fri 8:30am – 5pm

**American Foundation for the Blind**

2 Penn Plaza

New York, NY 10001

Phone: (212) 502-7600

Toll Free: 1-800-232-5463

Hotline: 1-800-232-5463

Fax: 1-888-545-8331

[info@afb.net](mailto:info@afb.net)

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

Information and referral, online directory for statewide resources, publications and online courses to educate professionals in the field, advocacy.

Eligibility: Individuals who are blind or visually impaired and their families.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am – 5pm

**American Heart Association**

51 US Route 1

Scarborough, ME 04070

Phone: (207) 289-2394

Fax: (207) 883-2770

[bvitali@heart.org](mailto:bvitali@heart.org)

[www.heart.org/maine](http://www.heart.org/maine)

Information on reducing disability and death from cardiovascular disease and stroke; assist in finding local CPR classes.

Eligibility: Individuals interested in obtaining information about cardiovascular disease and stroke.

Cost: No cost

Language(s) Offered: English

Hours: Mon-Fri 8:30-5pm

**American Liver Foundation - New England Division**

188 Needham Street, Suite 240

Newton Upper Falls, MA 02464

Phone: (617) 527-5600

Toll Free: 800-298-6766

Hotline: 1-800-465-4837

Fax: (617) 527-5636

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

[www.liverfoundation.org/chapters/newengland](http://www.liverfoundation.org/chapters/newengland)

Local information on liver specialists and support groups; online support guides on being newly diagnosed, financial assistance, and an introduction to clinical trials; online Find A Doctor directory; printed material.

Eligibility: Individuals affected by hepatitis and other liver diseases.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am – 7pm - Hotline

**American Lung Association in Maine**

122 State Street

Augusta, ME 04330

Phone: (207) 622-6394

Toll Free: 1-800-499-5864

Hotline: 1-800-499-5864

Fax: (207) 626-2919

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

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

Public and professional education programs include smoking cessation and other health related topics.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8:30am-4:30pm.

**Flu Vaccine Finder, American Lung Association in Maine**

**ONLINE ONLY**

Augusta, ME 04330

Phone: (207) 622-6394

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

[www.lung.org/lung-disease/influenza/flu-vaccine-finder](http://www.lung.org/lung-disease/influenza/flu-vaccine-finder)

Online information on local flu clinics searchable by zip code.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**Lung Helpline, American Lung Association in Maine**

122 State Street

Augusta, ME 04330

Phone: 1-800-586-4872

Toll Free: 1-800-586-4872

Hotline: 1-800-586-4872

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

[www.lung.org/support-and-community/lung-helpline-and-tobacco-quitline](http://www.lung.org/support-and-community/lung-helpline-and-tobacco-quitline)

Credentialed medical professionals offer information and support about lung health or lung disease; answer questions about lung cancer, asthma, allergies, emphysema, smoking cessation, and environmental health.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**American Parkinson Disease Association**

135 Parkinson Avenue, Parkinson Plaza

Staten Island, NY 10305

Phone: 1-800-223-2732

Toll Free: 1-800-223-2732

Hotline: 1-800-223-2732

Fax: (718) 981-4399

[apda@apdaparkinson.org](mailto:apda@apdaparkinson.org)

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

Information and referral, patient and caregiver support, public education, newsletter, publications, webinars.

Eligibility: Professionals, individuals, and their family members with Parkinson's Disease.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Call NY office hotline/#800.

**American Red Cross of Maine**

2401 Congress Street

Portland, ME 04102

Phone: (207) 874-1192

Fax: (207) 874-1976

Website: [www.redcross.org/me](http://www.redcross.org/me)

Disaster services.

Eligibility: Individuals in need of services following disasters such as fires, floods, storms.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English; interpreters available.

Hours: 4 Additional Locations

145 Exchange Street Bangor ME

16 Community Way, Topsham

475 Pleasant Street, Lewiston

7 Hatch Drive, Caribou

**Community Services, American Red Cross of Maine**

475 Pleasant St, Lewiston, ME 04240

Phone: (207) 941-2903

Toll Free: (877) 372-7363

Hotline: (877) 372-7363

Fax: (207) 941-2906

Website: [www.redcross.org/me](http://www.redcross.org/me)

Training and materials to learn how to maintain safety and prevent or reduce the effects of disasters and other emergencies.

Eligibility: Community groups, schools or organizations.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week (see website)

**Disaster Cycle Services, American Red Cross of Maine**

145 Exchange Street

Bangor, ME, 04401

Phone: (207) 874-1192

Website: [www.maineredcross.org](http://www.maineredcross.org)

Disaster relief for natural disasters including fires or floods offers emergency assistance which may include food, short term shelter, clothing, medical assistance, household items, mental health assistance, replacement of prescription glasses, and medication; Safe and Well website for online registration declaring personal status during disasters allows self-registration or online searches for loved ones.

Eligibility: Individuals who are victims of a natural disaster.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Public Inquiry responds to all inquiries Monday-Friday from 8am-5pm Eastern

**International Services, American Red Cross of Maine**

145 Exchange Street

Bangor, ME 04401

Phone: (207) 874-1192

Toll Free: (877) 372-7363

Hotline: (877) 372-7363

Website: [www.redcross.org/me](http://www.redcross.org/me)

Tracing services help locate family members who have been separated over international borders by war, natural disaster, or civil unrest; message service provides written communications for international clients to their family members in their respective countries separated by war or disaster when normal communication methods are unavailable; documentation and verification services for holocaust victims and POW/detainees.

Eligibility: Families separated by war, disaster or civil unrest.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Public Inquiry responds to all inquiries Monday-Friday from 8am-5pm Eastern

**Service to the Armed Forces, American Red Cross of Maine**

145 Exchange Street

Bangor, ME, 04401

Phone: (207) 874-1192

Toll Free: 1-877-372-7363

Hotline: 1-877-372-7363

Website: [www.redcross.org/me](http://www.redcross.org/me)

Emergency communications between armed forces personnel and their families; limited financial assistance for active duty, activated guard, and retired members of the Armed Forces.

Eligibility: Individuals who are serving in the armed forces, veterans and their families.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Public Inquiry responds to all inquiries Monday-Friday from 8am-5pm Eastern Time.

**Training Services, American Red Cross of Maine**

145 Exchange Street

Bangor, ME 04401

Phone: (207) 874-1192

Toll Free: (877) 372-7363

Hotline: (877) 372-7363

Website: [www.redcross.org/local/maine/take-a-class](http://www.redcross.org/local/maine/take-a-class)

Babysitter training teaches information and skills to provide safe, responsible care for children in the absence of parents or adult guardians; First Aid and CPR Training with optional Automated External Defibrillator training provides instruction and certification for the lay responder as well as the professional rescuer via community classes or at place of business; train the trainer classes, water safety training, lifeguard training.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English; interpreters available.

Customer Service #: 1-800-RED-CROSS (1-800-733-2767)

Hours: Monday to Friday 7:30am-10:00pm ET

Saturday 7:30am-8:00pm ET

[support@redcrosstraining.org](mailto:support@redcrosstraining.org)

**Adult Behavioral Health Home, AMHC**

1 Edgemont Drive

Presque Isle, ME, 04769

Phone: 207-498-6431

Toll Free: 1-800-244-6431

Hotline: 1-800-244-6431

After Hours: (207) 762-4851

TTY: 1-888-458-5599

Fax: (207) 454-0232

Website: [www.amhc.org/mental-health-services/](http://www.amhc.org/mental-health-services/)

Integrated team approach coordinates care with a health care coordinator, a nurse, a clinical team leader, and a peer support specialist who work together with primary care to provide integrated care, consumer supports, and consumer education.

Eligibility: Adults with a mental health diagnosis who have MaineCare.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Monday – Friday 8:00 am - 5:00 pm

**Adult Crisis Stabilization Unit, AMHC**

162 Main Street

Presque Isle, ME 04769

Phone: (207) 432-7805

Hotline: 207-432-7805

Website: [www.amhc.org/crisis-services/](http://www.amhc.org/crisis-services/)

Supervised and highly supportive short-term residential setting offers 24/7 oversight and support to remain in the community to obtain a pre-crisis level of functioning within a short amount of time.

Eligibility: Adults 18 years of age and older who are experiencing an acute emotional disturbance.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Online payment available through our website.

Language(s) Offered: English

Hours: Monday – Friday 8:00 am - 5:00 pm

**AMHC**

43 Hatch Drive

Caribou, ME 04736

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

(207) 498-4193

TTY: 1-888-458-5599

Fax: (207) 492-3181

Website: [www.amhc.org](http://www.amhc.org)

Outpatient mental health and substance use disorder services with 24-hour telephone access center, emergency services, crisis intervention and stabilization, case management, residential facilities, residential treatment services, rehabilitation, community education and consultation, community support services, patient advocacy.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Monday – Friday 8:00 am - 5:00 pm

**Center for Integrated Neuro-Rehab, AMHC**

159 Bennett Drive, Suite 1

Caribou, ME 04736

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 498-3820

TTY: 1-888-458-5599

Fax: (207) 498-3591

Website: [www.amhc.org/center-for-integrated-neuro-rehab/](http://www.amhc.org/center-for-integrated-neuro-rehab/)

Comprehensive brain injury outpatient program provides assessment and develops an individualized treatment plan with the goal of maximum recovery in the areas of intellectual, emotional, and social functioning; physical therapy, occupational therapy, speech and language therapy, recreation therapy, and community re-integration.

Eligibility: Adults with a documented brain injury.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English

Hours: Monday - Friday

8:00 am - 5:00 pm

**Children's Behavioral Health Home, AMHC**

1 Edgemont Drive

Presque Isle, ME, 04769

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

(207) 454-0775

TTY: 1-888-458-5599

Fax: (207) 454-0232

Website: [www.amhc.org/mental-health-services/](http://www.amhc.org/mental-health-services/)

Integrated team approach coordinates care with a health care coordinator, a nurse, a clinical team leader, and a family support specialist; children's behavioral health home team and child's primary care provider work together to provide integrated care; family supports and education.

Eligibility: Children who have a mental illness and a limitation in adaptive behavior or functioning who are covered by MaineCare.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Monday – Friday 8:00 a.m. - 5:00 p.m.

**Children's Crisis Stabilization Unit, AMHC**

127 Palmer Street

Calais, ME 04619

Phone: 207-498-6431

Toll Free: 888-568-1112

Hotline: 207-498-6431

After Hours: 888-568-1112

Website: [www.amhc.org/crisis-services/](http://www.amhc.org/crisis-services/)

Eligibility: Children and adolescents 17 years of age and younger who are experiencing an acute emotional disturbance.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Online payment available through our website.

Language(s) Offered: English

Hours: 888-568-1112 – 365 days-24 hours.

**Downeast Treatment Center, AMHC**

406 State Street, Suite 2

Ellsworth, ME 04605

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

Hotline: (207) 762-4851

After Hours: (207) 762-4851

Alternative: (207) 412-0973

TTY: 1-888-458-5599

Fax: (207) 412-0806

Website: [www.amhc.org/substance-use-services/](http://www.amhc.org/substance-use-services/)

Substance use treatment center, medication assisted treatment for opioid use disorders and intensive services during the induction and stabilization phases of treatment.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Monday – Friday 8:00 a.m. - 5:00 p.m.

**Maine Mothers Network, AMHC**

43 Hatch Drive

Caribou, ME 04736

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

TTY: 1-888-458-5599

Website: [www.amhc.org/mainemothers](http://www.amhc.org/mainemothers)

Substance use disorder case management services include screening for adverse childhood experiences, parenting groups, treatment groups, and peer recovery coaches for transition to community supports.

Eligibility: Women parenting a child 5 years of age and younger and/or are pregnant who are receiving treatment for substance use.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Friday 8:00 a.m. - 5:00 p.m.

**Mental Health Community Integration Services for Adults, AMHC**

1 Edgemont Drive

Presque Isle, ME, 04769

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

Alternative: (207) 454-0775

TTY: 1-888-458-5599

Fax: (207) 454-0232

Website: [www.amhc.org](http://www.amhc.org)

Symptom management, daily living, interpersonal relationship skill building and socialization, and nutrition and wellness information.

Eligibility: Adults and families affected by serious mental illness.

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon-Fri 8:00 a.m. - 5:00 p.m.

**Opioid Health Home, AMHC**

11 Mill Street

Houlton, ME 04730

Phone: (207) 498-4193

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

Business: (207) 498-4193

TTY: 1-888-458-5599

Fax: (207) 454-0232

Website: [www.amhc.org/substance-use-services/](http://www.amhc.org/substance-use-services/)

Integrated care delivery model focused on whole-person treatment including, but not limited to, counseling, care coordination, medication assisted treatment, peer support, and medical consultation.

Eligibility: Adults 18 years of age and older who have been diagnosed with an opioid dependency and are seeking to recover from their misuse and their associated mental and physical health problems.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare

Payment expected at time of service for fees and deductibles.

Language(s) Offered: English

Hours: Mon-Fri – 8:00 a.m. - 5:00 p.m.

**Outpatient Mental Health Services, AMHC**

1 Edgemont Drive

Presque Isle, ME 04769

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

Alternative Line: (207) 454-0775

TTY: 1-888-458-5599

Fax: (207) 454-0232

Website: [www.amhc.org/mental-health-services/](http://www.amhc.org/mental-health-services/)

Outpatient mental health includes general and adult services, psychiatric assessment and medication management, psychological and neuro-psychological testing, and ADHD assessment.

Eligibility: Adults, adolescents, children, families, and significant others.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Monday – Friday 8:00 a.m. - 5:00 p.m.

**Residential Treatment Facility, AMHC**

382 Main Street

Limestone, ME 04750

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

(207) 325-4727

TTY: 1-888-458-5599

Fax: (207) 325-4308

Website: [www.amhc.org/substance-use-services/](http://www.amhc.org/substance-use-services/)

Residential 28 day stay substance use treatment and co-occurring disorder facility provides intensive services for specific needs and dependencies.

Eligibility: Adults and older adolescents with a co-occurring or substance use disorder who have been alcohol and/or drug free for 5 days.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Monday – Friday 8:00 am - 5:00 pm

**Sexual Assault Services, AMHC**

43 Hatch Drive

Caribou, ME 04736

Phone: 1-800-871-7741

Toll Free: 1-800-871-7741

Hotline: 1-800-871-7741

Website: [www.amhcsexualassaultservices.org/](http://www.amhcsexualassaultservices.org/)

Sexual assault, sexual abuse, and sexual harassment services include 24-hour call center.

Eligibility: Individuals who are victims of sexual assault, their families, and significant others.

Cost: No Cost

Language(s) Offered: English

Hours: Monday – Friday 8:00 a.m. - 5:00 p.m.

**Substance Use Disorder Treatment, AMHC**

11 Mill Street

Houlton ME 04730

Phone: 1-800-244-6431

Toll Free: 1-800-244-6431

After Hours: (207) 762-4851

(207) 454-0270

TTY: 1-888-458-5599

Fax: (207) 454-0232

Website: [www.amhc.org/substance-use-services/](http://www.amhc.org/substance-use-services/)

Outpatient substance use disorder treatment provides co-occurring services, substance use disorder intensive outpatient services, medication management, and DEEP services.

Eligibility: Individuals with substance abuse issues; pregnant females 13 years of age and older are given highest priority.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, interpreters available.

Hours: Mon-Fri – 8AM to 5PM.

**Amputee Coalition, Amputee Coalition**

900 East Hill Avenue

Knoxville, TN 37915

Phone: 1-888-267-5669

Toll Free: 1-888-267-5669

Fax: 1-865-525-7917

Karen Lundquist [klundquist@amputee-coalition.org](mailto:klundquist@amputee-coalition.org) 1-865-524-8772 ext. 7108

[nllicinfo@amputee-coalition.org](mailto:nllicinfo@amputee-coalition.org)

Website: [www.amputee-coalition.org](http://www.amputee-coalition.org)

Information and educational materials about limb loss, amputee rights, support group network, improving patient care, and limb loss prevention; Peer Visitor Program.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am – 5pm

**Amtrak**

100 Thompson's Point Road

Portland, ME 04102

Phone: 1-800-872-7245

Toll Free: 1-800-872-7245

After Hours: 207-780-1000

TTY: 1-800-523-6590

Website: [www.Amtrak.com](http://www.Amtrak.com)

Rail passenger services include telephone and online reservations, ticket fare finder, trip planning resources, and Amtrak Guest Rewards program; handicapped accessible.

Cost: Vary

Forms of Payment: Cash; Credit Cards

Language(s) Offered: English

[info@nnepra.com](mailto:info@nnepra.com)

Hours: 24Hours/Day 7 Days a week

**Amtrak Downeaster, Amtrak**

100 Thompson's Point Road, Portland Transportation Center

Portland, ME 4102

Phone: 1-800-872-7245

Toll Free: 1-800-872-7245

After Hours: 207-780-1000

[info@nnepra.com](mailto:info@nnepra.com)

[www.amtrakdowneaster.com/](http://www.amtrakdowneaster.com/)

Round trip journeys between Boston and Brunswick; Amtrak Downeaster trains arrive and depart from North Station and passengers must transfer between North Station and South Station for all other Amtrak services; transportation between stations must be arranged by passenger; stations served are Brunswick, Freeport, Portland, Old Orchard Beach, Saco, Wells, Dover, Durham, Exeter, Haverhill, Woburn,and Boston; handicapped accessible.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: 24 hrs – 7 days/week

**Amtrak Downeaster $11/11 Military Discounts, Amtrak**

100 Thompson's Point Road, Portland Transportation Center

Portland, ME 04102

Phone: 1-800-872-7245

Toll Free: 1-800-872-7245

After Hours: 207-780-1000

[info@nnepra.com](mailto:info@nnepra.com)

[www.amtrakdowneaster.com/](http://www.amtrakdowneaster.com/)

Travel between any 2 stations on the Amtrak Downeaster route for $11.00 per individual each way on the 11th day of the month.

Eligibility: U.S. military veterans and active duty U.S. military personnel.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: 24 hrs – 7 days/week

**An Angel's Wing Inc.**

1567 Lisbon Street

Lewiston, ME 04240

Phone: (207) 241-0624

Hotline: 207-241-0624

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

<http://anangelswing.com>

Nar-Anon program.

Eligibility: Friends and family members of those affected by substance use disorder.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours:

Tuesday - Friday: 9:00am – 6:00pm

Saturday: 9:00am – 6:00pm

Sunday: 11.00am - 5.00pm

24 Hour Drop Box - Coming Soon

**Androscoggin County Emergency Management Agency, Androscoggin County**

45 Oak Street

Lewiston, ME 04240

Phone: (207) 784-0147

After Hours: (207) 607-1959

TTY: 207-753-2506

Fax: (207) 784-0149

[amolino@androscoggincountymaine.gov](mailto:amolino@androscoggincountymaine.gov)

[www.androscoggincountymaine.gov/EMA/EMA.htm](http://www.androscoggincountymaine.gov/EMA/EMA.htm)

Coordination of emergency planning, training and exercise activities, as well as coordination of emergency response activities in emergency or disaster situations that exceed local and county resources.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: Mon.-Fri. 8:00 a.m. to 4:30 p.m. (except holidays)

**Hospice House, Androscoggin Home Healthcare + Hospice**

236 Stetson Road

Auburn, ME 04210

Phone: (207) 333-6300

Toll Free: 1-800-482-7412

Fax: (207) 777-7748

[developmentoffice@ahch.org](mailto:developmentoffice@ahch.org)

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

Inpatient facility for end of life care; 24-hour registered nurse coverage.

Eligibility: Individuals with a physician certification of terminal illness with a 6 to 12-month prognosis who need to be closely monitored in order to manage pain and other physical symptoms.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: If you need immediate assistance or have questions about services or eligibility, please call 207.777.7740 or 1.800.482.7412

**Angel Flight Northeast**

492 Sutton Street, Lawrence Municipal Airport,

North Andover, MA 01845

Phone: 1-800-549-9980

Toll Free: 1-800-549-9980

Hotline: 1-800-549-9980

After Hours: (978) 794-6868

Fax: (978) 794-8779

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

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

Air transportation to receive medical care outside patient and family members geographic area.

Eligibility: Critical need with financial constraints and/or extraordinary circumstances.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours – 7 days/week

**Animal Emergency Clinic of Mid-Maine**

37 Strawberry Avenue

Lewiston, ME 04240

Phone: (207) 777-1110

Hotline: 207-777-1110

After Hours: 207-777-1110

Fax: (207) 777-0066

[emergencyanimal@aol.com](mailto:emergencyanimal@aol.com)

[www.aec-midmaine.com](http://www.aec-midmaine.com)

**Emergency veterinary care**: During overnight hours and 24-hours on weekends. Please call us at **207-777-1110** for immediate assistance.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Fixed cost for emergency and exam fee; estimate of pet care provided and written authorization required; deposit of 50% required before testing and treatment begin.

Language(s) Offered: English

Hours: Mon-Thu 5pm-8am; Fri 5pm-12 midnight.

**Spay and Neuter Program, Animal Refuge League of Greater Portland**

217 Landing Road

Westbrook, ME 04092

Phone: (207) 854-9771 x400

After Hours: (207) 854-9771

Website: [www.arlgp.org](http://www.arlgp.org)

Spay and neuter assistance for cats and dogs.

Eligibility: Pet owners who meet income guidelines.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Monday: 11am-5pm

Tuesday: 11am-5pm

Wednesday: CLOSED

Thursday: 11am-5pm

Friday: 11am-6pm

Saturday: 10am-4pm

Sunday: 10am-4pm

CLOSED MAJOR HOLIDAYS

**Aphasia Center of Maine**

6207 Village on the Green, Suite 130

Kingfield, ME 04947

Phone: (207) 237-2123

After Hours: 207-415-3133 (Cell)

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

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

Educational, recreational, and informational resource; Annual Andre R. Hemond Aphasia Retreat Weekend and Aphasia Craftcations.

Eligibility: Individuals with aphasia and their families, general public, and the medical community.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Scholarship opportunities may be available for those who need financial assistance to participate in camps and programs.

Language(s) Offered: English

Hours: none given – contact via email.

**Adult Daycare, Aroostook Area Agency on Aging**

33 Davis Street

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

TTY: (207) 764-3396

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/adult-day-care.html>

Support and care includes activities designed to enrich daily life and focuses on capabilities, experiences, interests, and personalities to maximize full potential; adult day respite; lunch is served.

Eligibility: Family caregivers; adults challenged with memory loss who are able to participate in activities, able to function in a social setting, be non-combative and no threat to others or to themselves, be capable of performing activities of daily living with limitations.

Cost: Sliding Fee

Forms of Payment: Cash; Check

Accepted Insurance: Private Insurance

Assist in determining if public payment support is an option.

Language(s) Offered: English, French

Hours: Send email or call #800 line.

**Aging and Disability Resource Center, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/information-and-assistance.html>

Information and assistance with locating nursing home, residential care, and assisted living facilities, unbiased health insurance counseling, help locating home care services, resources for the hard of hearing or sight impaired, sources for adaptive equipment, benefits screening and assistance with completing applications.

Eligibility: Seniors and/or adults with disabilities and their caregivers, family members, or friends.

Cost: No Cost

Language(s) Offered: English, French

Hours: Send email or call #800.

**Alzheimer's Disease and Related Dementia, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/family-caregiver.html>

Information on caring for an individual with Alzheimer's disease and/or related dementia, home visits available at the convenience of the caretaker, trainings and workshops, respite care.

Eligibility: Adults caring for an individual with Alzheimer's disease or dementia.

Cost: No Cost

Language(s) Offered: English, French

Hours: Send email or call #800.

**Aroostook Area Agency on Aging, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

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

Area agency on aging.

Cost: No Cost, Low Cost, Donation

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Send email or call #800.

**Aroostook RSVP, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6185

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/rsvp.html>

Connect individuals 55 years of age and older with meaningful volunteer opportunities in nonprofit organizations; coordinators match individual strengths with community needs.

Eligibility: Adults and seniors 55 years of age and older.

Cost: No Cost

Language(s) Offered: English, French

Hours: Send email or call #800.

**Congregate Meals, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/nutrition-and-food-assistance.html>

Senior dining centers in Caribou, Fort Kent, Houlton, Madawaska, Presque Isle and Van Buren provide coffee and opportunity to socialize at 9:00 am and hot nutritious meal at 11:00 am.

Eligibility: Individuals 60 years of age and older and are U.S. residents.

Cost: Donation, Vary

Forms of Payment: Cash

Accepted Insurance:

Uninsured Accepted:

SNAP/food stamps accepted.

Language(s) Offered: English, French

Hours: Send email or call #800

**Eldercare Services, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/eldercare.html>

In-home personal care services include bathing, toileting, and dressing; household services include light housekeeping, shopping, meal preparation, and laundry; companionship services.

Eligibility: Seniors.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English, French

Hours: Send email or call #800

**Family Caregiver Support Program, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/family-caregiver.html>

Educational programs, information and referral, assistance in locating community resources; assistance in planning for the future, coordinating daily tasks including grocery shopping, bill paying and personal care; respite services for family caregivers.

Eligibility: Individuals caring for a family member 60 years of age and older.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call 800# or email

**Housing Information and Referral Services, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 767-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/information-and-assistance.html>

Information and referral for local senior housing resources.

Eligibility: Individuals 60 years of age and older.

Cost: No Cost

Language(s) Offered: English, French

Hours: Send email or call #800

**Independent Housing with Services, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/eldercare.html>

Assist with main meal preparation, routine housework, grocery shopping, laundry, and physical assistance as needed.

Eligibility: Seniors who are residents of Mountainview Estates in Fort Kent, Caribou Gardens, Lyndon Heights in Caribou and Ricker Plaza in Houlton.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call #800 or send email

**Maine Commodity Supplemental Food Program, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

After Hours: 800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/nutrition-and-food-assistance.html>

30 pounds of food available monthly.

Eligibility: Individuals 60 years of age and older who meet USDA Income Guidelines.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call 800# or email

**Meals on Wheels, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

After Hours: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/nutrition-and-food-assistance.html>

Home delivered meals; volunteer opportunities.

Eligibility: Seniors who are homebound and have difficulty preparing their own meals.

Cost: No Cost, Donation

Language(s) Offered: English, French

Hours: Call 800# or send email

**Money Minders Program, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Hotline: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/money-minders.html>

Volunteers assist in organizing monthly household expenses and assuring monthly bills are paid and checkbook is balanced; volunteers prepare checks for client signature, client maintains control of finances.

Eligibility: Adults 55 years of age and older who need help with monthly bill paying tasks, meet income guidelines, are able to direct volunteer's work, and agree to follow program processes and protocols.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call 800# or send email

**Outreach, Aroostook Area Agency on Aging**

1 Edgemont Drive

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

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

Elder advocates provide information, advocacy, and assistance in accessing available programs and benefits including Medicare Part D, tax-rent refund program, and LIHEAP heating assistance; home visits available.

Eligibility: Individuals 60 years of age and older who are frail and homebound; individuals 60 years of age and younger who are disabled for home visits.

Cost: No Cost, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Send email or call #800

**Respite Care, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Hotline: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/caregiver-respite.html>

In-home respite care, community facilities respite care.

Eligibility: Family members who are providing care for a loved one who has been diagnosed with Alzheimer's disease/dementia.

Cost: Vary

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted: Yes

Waiver based on income and circumstances; co-pay of 20%.

Language(s) Offered: English, French

Hours: Call 800# or send email

**Senior Companion Program, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/eldercare.html>

Volunteers provide companionship, support, home management, and respite care; possible transportation for grocery shopping, errands or medical appointments; volunteer opportunities.

Eligibility: Adults who are homebound.

Cost: No Cost

Language(s) Offered: English, French

Hours: Send email or call #800

**Senior Medicare Patrol, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/insurance-counseling.html>

Educational sessions on Medicare Part D and Medicare fraud provided by trained volunteers; some 1-on-1 consultations are provided.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English, French

Hours: Send email or call #800

**State Health Insurance Program, Aroostook Area Agency on Aging**

260 Main Street, Suite B

Presque Isle, ME 04769

Phone: (207) 764-3396

Toll Free: 1-800-439-1789

Fax: (207) 764-6182

[information@aroostookaging.org](mailto:information@aroostookaging.org)

<http://www.aroostookaging.org/insurance-counseling.html>

Trained health insurance counselors provide 1-on-1 assistance with health insurance information including MaineCare, Medicare, Medicare Part D prescription drug coverage, Medicare Advantage plans, Medicare supplemental insurance policies, Medicare Savings Programs, long term care insurance and financing, and other public and private health insurance coverage options.

Eligibility: Adults with disabilities 18 years of age and older who have health insurance questions and issues; individuals with Medicare.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call 800# or send email

**Maine Families Aroostook County, Aroostook Council for Healthy Families**

37 Bangor Street, Suite 7

Houlton, ME 04730

Phone: (207) 532-7405

Fax: (207) 532-9250

[doradavis@myfairpoint.net](mailto:doradavis@myfairpoint.net)

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

Parenting support and information provided through home visits with a focus on infant and child development, health, safety, and family well being.

Eligibility: Pregnant or parenting a newborn up to 3 months of age; pregnant or parenting a baby up to 6 months of age if parent is under 21 years of age.

Cost: No Cost

Language(s) Offered: English, French, interpreters available upon request.

Hours: Contact Person: Dora Davis, 207-532-7405 -OR-

Email: doradavis@myfairpoint.net

**Raising Stronger Families, Aroostook Council for Healthy Families**

37 Bangor Street, Suite 7

Houlton, ME 04730

Phone: (207) 532-1141

Toll Free: 1-877-207-2301

Hotline: 1-877-207-2301

After Hours: (207) 532-7405

TTY: Fax: (207) 532-9250

[dlangley@myfairpoint.net](mailto:dlangley@myfairpoint.net)

[www.aroostookcouncilforhealthyfamilies.com](http://www.aroostookcouncilforhealthyfamilies.com)

Parenting Enrichment Opportunities, including parenting series, and groups for parents expecting a baby or parents with children birth through 10 years old; groups include 123 Magic, First Five Years, Nurturing Parenting Programs, and Active Parenting. Professional trainings including Mandated Reporter Training, Strengthening Maine Families training, Protective Factors Training, Safe Sleep, and Period of Purple Crying Training.

Eligibility: Parents and professionals.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: Call 800# or send email

**Aroostook County**

144 Sweden Street

Caribou, ME 04736

Phone: (207) 493-3318

Fax: (207) 493-3491

[ryan@aroostook.me.us](mailto:ryan@aroostook.me.us)

[www.aroostook.me.us](http://www.aroostook.me.us)

County government.

Cost: Varies

Language(s) Offered: English

Hours: Normal business hours.

**Aroostook County Commissioners, Aroostook County**

144 Sweden Street, Suite 4

Caribou, ME 04736

Phone: (207) 493-3318

Contact: Ryan D. Pelletier

Public Access Officer, 207-493-3318

County of Aroostook

Fax: (207) 493-3491

[ryan@aroostook.me.us](mailto:ryan@aroostook.me.us)

[www.aroostook.me.us/appointed-elected/commissioners.html](http://www.aroostook.me.us/appointed-elected/commissioners.html)

Representation of the county; final authority of all county offices; examine and settle accounts of the money of the county and adopt an ethics policy governing the conduct of elected and appointed county officials.

Language(s) Offered: English

Hours:Normal business hours, 8:00 a.m.-5:00 p.m.

**Aroostook County District Attorney, Aroostook County (Todd Collins)**

144 Sweden Street, Suite 201

Caribou, ME 04736

Phone: (207) 498-2557

Hotlines: Caribou, Maine – 207-498-2557

Presque Isle - (207) 764-0504

Houlton - (207) 532-4294

After Hours: (207) 493-3492

Fax: (207) 493-3493

[todd@aroostook.me.us](mailto:todd@aroostook.me.us)

[www.aroostook.me.us/departments/district-attorney-office.html](http://www.aroostook.me.us/departments/district-attorney-office.html)

Prosecute all criminal cases except murders which are prosecuted by the Attorney General.

Cost: No Cost

Language(s) Offered: English

Hours: Normal business hours, 8:00 a.m.-5:00 p.m.

**Aroostook County Emergency Management Agency, Aroostook County**

158 Sweden Street

Caribou, ME 04736

Phone: (207) 493-4328

Fax: (207) 493-4357

[darren@aroostookema.com](mailto:darren@aroostookema.com)

[www.AroostookEMA.com](http://www.AroostookEMA.com)

Coordination of emergency planning, training and exercise activities, as well as coordination of emergency response activities in emergency or disaster situations that exceed local and county resources.

Language(s) Offered: English

Hours: AKEMA Director: Darren Woods, [darren@aroostookema.com](mailto:darren@aroostookema.com) (24 hrs. – 7 days)

**Aroostook County Jail, Aroostook County**

15 Broadway

Houlton, ME 04730

Phone: (207) 532-7317

Administrative Services: (207) 532-0701

Administrative Secretaries: Catherine Forest & Terri Sennett, Lieutenant: Ross McQuade

Website: [www.aroostook.me.us/corrections-division.html](http://www.aroostook.me.us/corrections-division.html)

County jail.

Language(s) Offered: English

Hours: Normal business hours – 8:00 a.m.-5:00 p.m.

**Aroostook County Registry of Probate, Aroostook County**

26 Court Street, Suite 103

Houlton, ME 04730

Phone: (207) 532-1502

Fax: (207)532-1507

Darleen Guy-Registrar

[darleen@aroostook.me.us](mailto:darleen@aroostook.me.us)

[www.aroostook.me.us/departments/probate.html](http://www.aroostook.me.us/departments/probate.html)

Assist in the legal and social welfare needs of families; transactions include estate proceedings, guardianships, conservatorships, joined petitions, name changes, and adoptions.

Eligibility: Individuals in need of services.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Normal business hours – 8:00 a.m.-5:00 p.m.

**Aroostook County Sheriff, Aroostook County**

25 School Street, Suite 216

Houlton, ME 04730

Phone: (207) 532-3471

Toll Free: 1-800-432-7842

Website: <https://www.aroostook.me.us/departments/sheriff.html>

Law enforcement; police department services provided for Allagash, Amity, Bancroft, Benedicta, Blain, Bridgewater, Cary Plantation, Castle Hill, Caswell, Chapman, Connor, Cross Lake, Crystal, Cyr Plantation, Dyer Brook, Eagle Lake, Easton, Forkstown, Frenchville, Garfield Plantation, Glenwood Plantation, Grand Isle, Hamlin, Hammond, Haynesville, Hersey, Hodgdon, Island Falls, Linneus, Littleton, Ludlow, Macwahoc Plantation, Mapleton, Mars Hill, Masardis, Merrill, Molunkus, Monticello, Moro Plantation, Nashville Plantation, New Canada, New Limerick, New Sweden, Oakfield, Orient, Oxbow Plantation, Perham, Portage Lake, Reed Plantation, Sherman, Smyrna, Squapan, Square Lake, St. Agatha, St. Francis, St. John Plantation, Stockholm, Wade, Wallagrass, Westfield, Westmanland, Weston, Winterville Plantation, Woodland, and Wytopitlock.

Eligibility: Individuals in need of services.

Language(s) Offered: English

Hours: 24 hrs., 7 days/week

9-1-1 EMERGENCIES ONLY

**Caribou Victim-Witness Advocacy Program, Aroostook County**

144 Sweden Street, Suite 1

Caribou, ME 04736

Phone: (207) 498-2557

Alternate Line: (207) 493-3499

After Hours: (207) 493-3499

Fax: (207) 493-3493

[todd@aroostook.me.us](mailto:todd@aroostook.me.us)

<http://aroostook.me.us/departments/district-attorney-office.html>

Liaison between victims/witnesses and prosecutors, investigative staff, and court personnel; provide short term counseling, crisis intervention, needs assessment, court accompaniment, restitution information, and social service referrals to ease the burden associated with participation in criminal prosecution.

Eligibility: Individuals who are a victim of a crime and involved in the court system with a case pending.

Cost: No Cost

Language(s) Offered: English

Hours: Normal business hours – 8:00 a.m.-5:00 p.m.

**Houlton Victim-Witness Advocacy Program, Aroostook County**

26 Court Street, Suite 101

Houlton, ME 04730

Phone: (207) 532-4294

Alternative: (207) 532-4295

Business Line: (207) 532-4294

After Hours: (207) 532-4295

Fax: (207) 532-1504

[todd@aroostook.me.us](mailto:todd@aroostook.me.us)

<http://aroostook.me.us/departments/district-attorney-office.html>

Liaison between victims/witnesses and prosecutors, investigative staff, and court personnel; provide short term counseling, crisis intervention, needs assessment, court accompaniment, restitution information, and social service referrals to ease the burden associated with participation in criminal prosecution.

Eligibility: Individuals who are victim of a crime and involved in the court system with a case pending.

Cost: No Cost

Language(s) Offered: English

Hours: Normal business hours – 8:00 a.m.-5:00 p.m.

**Northern Aroostook County Registry of Deeds, Aroostook County**

22 Hall Street

Fort Kent, ME 04743

Phone: (207) 834-3925

Fax: (207) 834-3138

[louise@aroostook.me.us](mailto:louise@aroostook.me.us)

[www.aroostook.me.us/departments/deeds.html](http://www.aroostook.me.us/departments/deeds.html)

<https://www.aroostookdeedsnorth.com/>

Record and research documents such as mortgages, contracts, deeds, liens, and mapping plans.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English, French

Hours: Mon-Friday 8:00 a.m.- 4:30 p.m.

**Southern Aroostook County Registry of Deeds, Aroostook County**

26 Court Street, Suite 102

Houlton, ME 04730

Fax: (207) 532-1506

[melissa@aroostook.me.us](mailto:melissa@aroostook.me.us)

<https://www.aroostookdeedssouth.com/> [www.aroostook.me.us/departments/deeds.html](http://www.aroostook.me.us/departments/deeds.html)

Record and research documents such as mortgages, contracts, deeds, liens, and mapping plans.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: 8:00 a.m.- 4:30 p.m.

**Affordable Care Act Health Care Navigator, Aroostook County Action Program**

771 Main Street

ACAP Main Office

Presque Isle, ME 04769

Phone: 1-800-432-7881

Toll Free: 1-800-432-7881

[droberts@acap-me.org](mailto:droberts@acap-me.org)

[www.acap-me.org/community-services.html](http://www.acap-me.org/community-services.html)

Health literacy and access to resources available to newly insured; help with obtaining hardship exemptions as well as information and assistance with special enrollment periods for those who have a qualifying event.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Normal business hours – 8:00 a.m.-4:30 p.m.

**Aroostook County Action Program**

771 Main Street

ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

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

Community action program.

Cost: No Cost, Low Cost, Varies

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

Hours: Normal business hours – 8:00 a.m.-4:30 p.m.

**Aroostook County Action Program SNAP-Ed, Aroostook County Action Program**

91 Military St.

Houlton, ME 04730

Phone: (207) 532-5311

Toll Free: Maine DHHS, Office for Family Independence at 1-(800) 442-6003

Hotline: 1-800-442-6003 (DHHS)

Alternate Line – 207-221-4560

Alternate Email: [mainesnap-ed@une.edu](mailto:mainesnap-ed@une.edu)

[info@acap-me.org](mailto:info@acap-me.org)

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

Nutrition education and obesity prevention program provides community based cooking classes and demonstrations, in-school nutrition education workshops, classes on budget grocery shopping, and information on where to find free and low-cost places to be physically active.

Eligibility: Individuals who receive or are eligible for SNAP; individuals at or below 185% of the federal poverty level which includes individuals receiving WIC, SSI or TANF; children in schools where 50% or more of the students are eligible for free or reduced-price

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Normal business hours – 8:00 a.m.-4:30 p.m.

**WIC Breastfeeding Peer Counselor, Aroostook County Action Program**

44 Park St.

ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3026 Ext. 5

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/community-services.html](http://www.acap-me.org/community-services.html)

Breastfeeding support and education to encourage breastfeeding as the primary source of infant nutrition; breast pump loan program.

Eligibility: Breastfeeding mothers who are enrolled in the WIC program; loan program for breastfeeding mothers who are enrolled in the WIC program and are returning to work or school.

Cost: No Cost

Language(s) Offered: English, French

Hours: Normal business hours – 8:00 a.m.-4:30 p.m.

**Case Management, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/workforce-development.html](http://www.acap-me.org/workforce-development.html)

Case management services include information, assistance with completing paperwork, and advocacy for accessing housing, transportation, and food resources.

Eligibility: Adults who are at or below 125% of Federal Poverty Guidelines.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8:00 a.m. to 5:00 p.m.

**Connecting Maine Kids to Coverage, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: 1-800-432-7881

Toll Free: 1-800-432-7881

[info@acap-me.org](mailto:info@acap-me.org)

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

Inform families about the availability of free or low-cost health coverage under Medicaid and CHIP, identify children likely to be eligible, and assist families with the application and renewal process.

Eligibility: Children or adolescents in a family of 4 earning up to $51,759 may qualify for free or low-cost MaineCare; parents may also qualify at different income levels.

Cost: Varies

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8:00 a.m. to 5:00 p.m.

**Child Care Services, Aroostook County Action Program**

771 Main Street

Presque Isle, ME 04769

Phone: (207) 768-3045

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[childcare@acap-me.org](mailto:childcare@acap-me.org)

[www.acap-me.org/family-services.html](http://www.acap-me.org/family-services.html)

Provides childcare from infancy to six years

of age to children at State of Maine Level 4

Quality Rated and licensed facilities in

Caribou, Presque Isle, and Houlton. Centers

in Caribou and Presque Isle have achieved

accreditation from National Association for

the Education of Young Children (NAEYC).

Cost: Child Care is a fee-based program based

on age. We accept many forms of payments including but not limited to childcare subsidy, Aspire/Transitional, DHHS, Career Center, and Private Pay.

Language(s) Offered: English; interpreters available.

Hours: 6:00 a.m. to 5:0 p.m., Mon-Fri

**Early Head Start, Aroostook County Action Program**

771 Main Street

Presque Isle, ME 04769

Phone: (207) 768-3045

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[headstart@acap-me.org](mailto:headstart@acap-me.org)

[www.acap-me.org/family-services.html](http://www.acap-me.org/family-services.html)

Year-round school program provides early care, early education, ongoing preventative medical, dental and mental health support and referrals, and family support services including necessary community referrals. breakfast, lunch, afternoon snack, formula, and diapers provided; licensed facilities in Caribou, Presque Isle and Houlton; transportation provided to children living within approved bus route.

Eligibility: Low income families with a pregnant woman or children from birth-3 years or age who meet the federal poverty guidelines; families with financial resources above the income guidelines may be eligible if they are receiving public assistance, are homeless, a

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m., Mon-Fri

**Early Intervention Program, Aroostook County Action Program**

771 Main Street

Presque Isle, ME 04769

Phone: (207) 768-3045

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[headstart@acap-me.org](mailto:headstart@acap-me.org)

[www.acap-me.org/family-services.html](http://www.acap-me.org/family-services.html)

Comprehensive preschool services develop foundation strategies and skills that lead to future school readiness; facilities located in Caribou, Houlton, and Presque Isle.

Eligibility: Children 3-5 years of age who have specially designed instruction on their Individual Education Program.

Cost: No Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Family Development Account, Aroostook County Action Program**

ACAP Main Office

771 Main Street

Presque Isle, ME 04769

Phone: (207) 768-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Savings accounts matched at a 4-to-1 ratio for the purchase of assets such as post secondary education, career training, work transportation, a home or home repair, a small business or certain healthcare needs.

Eligibility: Families at or below 200% of Federal Poverty Guidelines or who are eligible for TANF or Earned Income Tax Credit.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Foreclosure Prevention Counseling Services, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721 Ext 675

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

www.acap-me.org

Information, advocacy, counseling, and resources to avoid foreclosure; housing counselor provides 1-on-1 assistance to homeowners, free of charge; assistance includes determining a budget and payment plan in cooperation with the lender to prevent default or foreclosure.

Eligibility: Homeowners who are behind on mortgage payments, have received a notice of foreclosure, are considering bankruptcy to avoid foreclosure, having trouble communicating with their mortgage lender or homeowners who have not yet missed a payment, but are concerned.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Head Start, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 766-3045

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[headstart@acap-me.org](mailto:headstart@acap-me.org)

[www.acap-me.org/family-services.html](http://www.acap-me.org/family-services.html)

School readiness program providing early care, early education, ongoing preventative medical, dental, and mental health support and referrals, and family support services including appropriate community referrals; meals and/or snacks provided; hours and days of service vary by classroom; licensed facilities in Caribou, Dyer Brook, Fort Kent, Houlton, and Presque Isle; transportation provided for children living withing approved bus route.

Eligibility: Low income families with children from 3-5 years or age who meet the federal poverty guidelines; families with financial resources above the income guidelines may be eligible if they are receiving public assistance, are homeless, are in foster care or living in areas defined as medically under-served.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Home Based Early Head Start, Aroostook County Action Program**

771 Main Street

Presque Isle, ME 04769

Phone: (207) 768-3045

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[headstart@acap-me.org](mailto:headstart@acap-me.org)

[www.acap-me.org/family-services.html](http://www.acap-me.org/family-services.html)

Year-round home-based program provides early care, early education, ongoing preventative medical, dental, and mental health support and referrals, and family support services including necessary community referrals. Regularly scheduled family socialization opportunities.

Eligibility: Low income families with a pregnant woman or children from birth-3 years or age who meet the federal poverty guidelines; families with financial resources above the income guidelines may be eligible if they are receiving public assistance, are homeless, are in foster care or living in areas defined as medically under-served.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Home Repair Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3023

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Funding for basic home rehabilitation needs such as heating and electrical repairs, roof repairs and replacements, structural repairs, repair or replacement of substandard or failed septic systems, ramps, lead hazard reduction, and other health and safety improvements; on a case by case basis, home repair grants and deferred forgivable loans may be used for same site replacement housing; limited funding spent on priority list, case-by-case basis.

Eligibility: Homeowners who are within the income eligibility guidelines.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Money Order

No cost to apply; assistance is in the form of very low or no interest rate loans or grants.

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**hoMEworks Homebuyer Education, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

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

Homebuyer education and counseling covers all aspects of homebuying including budgeting, credit reports and scores, mortgage shopping, home inspection, the loan process, and roles of professionals; 10 hour class.

Eligibility: Adults interested in learning more about the homebuying process.

Cost: Low Cost

Forms of Payment: Cash; Check

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**KIDS Integrated Dental Service, Aroostook County Action Program**

44 Park Street

Presque Isle, ME 04769

Phone: (207) 768-3026 Ext. 5

Fax: (207) 768-3066

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/community-services.html](http://www.acap-me.org/community-services.html)

Clinical assessments, oral prophylaxis, fluoride treatments, referrals, oral hygiene instructions, dental sealants.

Eligibility: Children and adolescents 18 years of age and younger who are currently enrolled in ACAP WIC Nutrition Services and Head Start programs and their family members.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Lifeline Telephone Assistance, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Hotline:

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/workforce-development.html](http://www.acap-me.org/workforce-development.html)

Information about discounted telephone service and assistance in applying for service through telephone carriers; this plan replaces the SafeLink Wireless Lifeline plan if you currently receive the service.

Eligibility: Residential phone customers or a member of a customer's household who receive support from TANF, SSI, MaineCare, Food Stamps, Emergency Assistance Program or Energy Assistance Program.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**MaineHousing Central Heating Improvement Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3023

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Grants to low income homeowners to repair or replace central heating systems.

Eligibility: Households that are low income and LIHEAP eligible.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**MaineHousing Home Energy Assistance Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3023

Toll Free: 1-800-585-3053 Ext 5

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Assistance with heating costs for homeowners and renters; emergency assistance funds for fuel delivery may be available.

Eligibility: Households that are low income; if fuel tank is less than 1/8 full and there is no way to pay energy company, LIHEAP may make an emergency fuel payment.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon – Fri

**MaineHousing Lead Hazard Control Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3023

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Financial assistance to make lower income homes lead safe; may involve paint removal and stabilization, window and door replacements.

Eligibility: Homeowners with low income, a child under 6 years of age living at home, and a home built before 1978; landlords with buildings built before 1978 with units that have at least 2 bedrooms and tenants with low or very low incomes.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Money Order

No cost to apply; assistance is in the form of a deferred/forgivable loan with no payments required that is forgiven after 3 years if all terms are met.

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**MaineHousing Weatherization Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3023

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Grants to low income homeowners to fund energy efficiency improvements; improvements may include insulation, weatherstripping, caulking, and some safety-related repairs.

Eligibility: Households that are low income and LIHEAP eligible.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Residential Energy Audit Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3023

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Comprehensive residential energy audits by trained and certified staff.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**The Low Income Assistance Plan, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 768-3053

Fax: (207) 768-3021

[info@acap-me.org](mailto:info@acap-me.org)

[www.acap-me.org/energy-housing.html](http://www.acap-me.org/energy-housing.html)

Help with electricity costs by providing a credit on the electric bill.

Eligibility: Households that are low income and LIHEAP eligible.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Tobacco Prevention, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

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

Prevention program provides expertise in overseeing and implementing evidence-based tobacco prevention and tobacco related health promotion and treatment programs.

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon – Fri

**Tobacco Cessation, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3022

[info@acap-me.org](mailto:info@acap-me.org)

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

Client centered personalized tobacoo cessation support along with group supports.

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Workforce Development Adult Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Hotline: 1-800-635-0357

Fax: (207) 760-6343

[info@acap-me.org](mailto:info@acap-me.org)

www.acap-me.org

Employment and re-employment services include working with a personal job counselor for assistance with job search, career planning, and accessing formal training and education.

Eligibility: Adults who are economically disadvantaged workers.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Workforce Development Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-635-0357

Hotline: 1-800-635-0357

Fax: (207) 760-6343

[info@acap-me.org](mailto:info@acap-me.org)

www.acap-me.org

Training and re-employment services.

Eligibility: Adults who have lost their jobs due to layoffs or plant closings; self-employed individuals who have lost their jobs due to local economic conditions or displaced homemakers who have lost the financial support of a family member.

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Workforce Development Act Youth Program, Aroostook County Action Program**

771 Main Street, ACAP Main Office

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-635-0357

Hotline: 1-800-635-0357

Fax: (207) 760-6343

[info@acap-me.org](mailto:info@acap-me.org)

www.acap-me.org

Tutoring, alternative secondary school opportunities, occupational training preparation, employment linked to learning, internships, mentoring, leadership development, guidance, counseling.

Eligibility: Adolescents from 14-21 years of age who face barriers to employment and whose households meet Federal Poverty Guidelines.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m. to 5:00 p.m. – Mon - Fri

**Aroostook Home Health Services**

658 Main Street, Suite 2

Caribou, ME 04736

Phone: 1-877-688-9977

Toll Free: 1-877-688-9977

After Hours: (207) 492-8250

Fax: (207) 492-8245

[tsleeper\_vhhs@myfairpoint.net](mailto:tsleeper_vhhs@myfairpoint.net)

[www.aroostookhomehealthservices.com](http://www.aroostookhomehealthservices.com)

Homemaking, nursing care, personal care, Lifeline emergency response services, respite for caregivers; physical, occupational, and speech therapy.

Cost: Vary

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Monday through Friday - 7:30 a.m. to 4:00 p.m.

**General Public Transportation Services, Aroostook Regional Transportation System Inc**.

24 Houlton Road

Presque Isle, ME 04769

Phone: (207) 764-3384

Business line: 207-764-1290

Toll Free: 1-800-442-3320

Fax: (207) 764-5579

[arts@ne.twcbc.com](mailto:arts@ne.twcbc.com)

[www.aroostooktransportation.org/our-services.html](http://www.aroostooktransportation.org/our-services.html)

Door-to-door, demand response transportation into or in the hub communities of Caribou, Houlton, Presque Isle, and St. John Valley provides service to each town at least 1 day per week for grocery shopping, visiting friends, medical appointments or other needs; service runs Monday through Friday 8:00 am-4:00 pm; closed Federal holidays, Patriot's Day, and the day after Thanksgiving; handicapped accessible.

Eligibility: Open to all.

Cost: Low cost, Vary

Riders must have the exact fare ready to pay the driver when they board; children under 12 years of age ride at 1/2 fare; reduced fare for seniors and individuals with disabilities; no fare charged for a passenger's Personal Care Assistant if needed.

Language(s) Offered: English; interpreters available

Hours: Normal business hours – 8:00 a.m.-5:00 p.m.

**Low Income Transportation Services, Aroostook Regional Transportation System Inc**.

24 Houlton Road

Presque Isle, ME 04769

Phone: (207) 764-3384

Fax: (207) 764-5579

[arts@ne.twcbc.com](mailto:arts@ne.twcbc.com)

[www.aroostooktransportation.org/our-services.html](http://www.aroostooktransportation.org/our-services.html)

Medical and non-medical transportation; service operates Monday through Friday 8:00 am-4:00 pm; closed Federal holidays, Patriot's Day, and the day after Thanksgiving; handicapped accessible.

Eligibility: Individuals who meet Federal Poverty Guidelines and whose transportation is not covered under another contract.

Cost: No Cost

Language(s) Offered: English; interpreters available

Hours: Monday thru Friday 8:00 a.m.-4:00 p.m.

**Transportation to Child Protective Visits, Aroostook Regional Transportation System Inc**.

24 Houlton Road

Presque Isle, ME 04769

Phone: (207) 764-3384

Toll Free: 1-800-442-3320

Hotline: 1-800-442-3320

Fax: (207) 764-5579

[arts@ne.twcbc.com](mailto:arts@ne.twcbc.com)

[www.aroostooktransportation.org/our-services.html](http://www.aroostooktransportation.org/our-services.html)

Safe and appropriate transportation to family reunification meetings and services; closed Federal holidays, Patriot's Day, and the day after Thanksgiving; handicapped accessible.

Eligibility: Open child protective cases referred by DHHS, post child protective cases, children in care or custody of and referred by DHHS or a federally recognized tribe.

Cost: No Cost

Language(s) Offered: English; interpreters available

Hours: Normal business hours – 8:00 a.m.-5:00 p.m. M-F

**Arthritis Foundation (New England Region)**

6 Chenell Drive, Suite 260

Concord, NH 03301

Phone: (603) 460-4213

Toll Free: 1-800-639-2113

Hotline: 1-800-639-2113

Alternative: 603-224-9322

Fax: (603) 224-3778

[info.nne@arthritis.org](mailto:info.nne@arthritis.org)

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

Health care information and resources, free e-newsletter, individual and group advocacy.

Eligibility: Individuals suffering from the symptoms of many arthritis conditions.

Cost: No Cost, Low Cost, Vary

Forms of Payment: Cash

Language(s) Offered: English

Hours: 8:00 a.m.-5:00 p.m. M-F

**Ashland Area Food Pantry**

31 Station Street, Suite A

Ashland, ME 04732

Phone: (207) 435-6015

Hotline: 207-551-6996

After Hours: (207) 551-6996

Food pantry provides nonperishable items; fresh fruit and produce when available.

Eligibility: Individuals who meet Maine TEFAP Guidelines; emergency food open to all in need.

Cost: No Cost

Language(s) Offered: English

Hours: 2nd Tue 5-7pm; 3rd Thu 2-4pm

**Ashland Drug**

73 Presque Isle Road

Ashland, ME 04732

Phone: (207) 435-6200

Hotline: 207-435-6200

Fax: (207) 435-6131

[info@citydrugrx.com](mailto:info@citydrugrx.com)

[www.citydrugrx.com/ashland-drug](http://www.citydrugrx.com/ashland-drug)

Retail pharmacy offers discount on some generic prescriptions.

Eligibility: Individuals in need of prescription medication.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon, Tue, Thu, Fri: 12:30pm- 5:30p.m.

Wed, Sat, Sun: Closed

**Asperger/Autism Network Programs**

51 Water Street

Watertown, MA 02472

Phone: (617) 393-3824

Fax: (617) 393-3827

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

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

Online support groups, support and social groups, print and online resources, information and education, consultations and trainings, speakers' bureau, and advocacy.

Eligibility: Children, adolescents, and adults diagnosed with Asperger Syndrome and similar Autism Spectrum profiles, their families, and professionals.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, Spanish

Hours: 9:00 AM - 5:00 PM – Mon-Fri

**Maine Adult Asperger's Support Group, Asperger/Autism Network**

1145 Brighton Avenue

Barron Center, Adult Day Room

Portland, ME 04103

Phone: (207) 846-3063

Hotline: 207-846-3063

After Hours: Robert Lagos

Support Group Contact (Business Line)

Support group for adults with Asperger's Syndrome and High Functioning Autism provides inter-support group, social connections, and opportunity to discuss and share Asperger-related issues.

Cost: No Cost

Language(s) Offered: English

Hours: 1st Sat 1:00 p.m. – 4:00 p.m.

**Homemaker and Companionship, Assistance Plus**

11 East Street

Waterville, ME 04901

Phone: (207) 453-4708

Toll Free: 1-800-781-0070

Hotline: 207-453-4708

[info@assistanceplus.com](mailto:info@assistanceplus.com)

[www.assistanceplus.com](http://www.assistanceplus.com)

Household management and trustworthy companionship for adults.

Eligibility: Individuals 18 years of age and older.

Cost: Fixed Cost, Private Pay

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Monday through Friday, 7:00 a.m. to 4:00 p.m.

**Skilled Nursing, Assistance Plus**

11 East Street

Waterville, ME 04901

Phone: (207) 453-4708

Toll Free: 1-800-781-0070

[info@assistanceplus.com](mailto:info@assistanceplus.com)

[www.assistanceplus.com](http://www.assistanceplus.com)

Assisting clients to maintain their in-home independence.

Eligibility: Individuals 18 years of age and older.

Cost: Fixed Cost, Private Pay

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Monday through Friday, 7:00 a.m. to 4:00 p.m.

**Senior Community Service Employment Program, Associates for Training and Development**

37 Park Street, Suite 401

Lewiston, ME 04240

Phone: (207) 520-2487

Toll Free: 1-800-439-3307

Hotline: 1-800-439-3307

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

[www.A4TD.org](http://www.A4TD.org)

Job training and employment services provide paid training opportunities in food prep, retail, customer service, and health care; emphasis on learning computers, resume writing, and work training meetings; ongoing monitoring and evaluations.

Eligibility: Unemployed adults 55 years of age and older who are income-eligible.

Cost: No Cost

Language(s) Offered: English

Hours: 9:00 a.m. to 5:00 p.m. M-F

**Auburn Housing Authority**

20 Great Falls Plaza

Auburn, ME 04210

Phone: (207) 784-7351

Hotline: 207-784-7351

Fax: (207) 784-5545

[nfongemie@auburnhousing.org](mailto:nfongemie@auburnhousing.org)

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

Affordable and/or subsidized housing.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English; interpreters available.

Hours: Monday-Friday 8:00 a.m.-4:00 p.m.

Summer Hours: Mon-Thu 7:30 a.m.-4:00 p.m.

Fri 7:30 a.m.-12:30 p.m.

**AUDIENT**

3191 W. Temple Avenue, Suite 200

Pomona, CA 91768

Phone: 1-866-956-5400

Toll Free: 1-866-956-5400

TTY: 37073

Fax: (909) 348-0070

[hear@epichearing.com](mailto:hear@epichearing.com)

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

Help access quality affordable hearing aids.

Eligibility: Individuals whose gross annual income is at or below 250% of Federal Poverty Guidelines; visit website for income qualification guidelines in application or in program brochure.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards

Offers financing options through partnerships with other credit institutions.

Language(s) Offered: English, Spanish, Mandarin Chinese

Hours: Contact email address [hear@epichearing.com](mailto:hear@epichearing.com)

**Augusta Adult and Community Education**

33 Union Street, Suite 2

Augusta, ME 04330

Phone: (207) 626-2470

Hotline: 207-626-2470

Fax: (207) 377-9434

[monique.roy@augustaschools.org](mailto:monique.roy@augustaschools.org)

<https://augusta.maineadulted.org>

Adult basic education, high school diploma, college transition, enrichment courses.

Eligibility: Individuals 16 years of age and older.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Thu: 8:15am-9pm Summer Mon-Thu 8:15am-8:30pm

**Autism Information Specialist, Autism Society of Maine**

72B Main Street

Winthrop, ME 04364

Phone: 1-800-273-5200

Toll Free: 1-800-273-5200

Fax: (207) 377-9434

[asm@asmonline.org](mailto:asm@asmonline.org)

[www.asmonline.org/programs/ais.aspx](http://www.asmonline.org/programs/ais.aspx)

Presentations and workshops on autism, support at Individual Education Program (IEP) meetings, support navigating the system, and one-on-one support.

Eligibility: Families, schools, employers, law enforcement, ER personnel, and agencies.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Monday - Friday, 9:00 a.m. to 5:00 p.m.

**Information and Referral Services, Autism Society of Maine**

72B Main Street

Winthrop, ME 04364

Phone: 1-800-273-5200

Toll Free: 1-800-273-5200

Fax: (207) 377-9434

[asm@asmonline.org](mailto:asm@asmonline.org)

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

Advocacy, information and referral, and quarterly newsletter.

Eligibility: Individuals interested in and affected by Autism Spectrum Disorders.

Cost: No Cost

Language(s) Offered: English

Hours: Monday - Friday, 9:00 a.m. to 5:00 p.m.

**Lending Library, Autism Society of Maine**

72B Main Street

Winthrop, ME 04364

Phone: 1-800-273-5200

Toll Free: 1-800-273-5200

Fax: (207) 377-9434

[library@asmonline.org](mailto:library@asmonline.org)

[www.asmonline.org/library](http://www.asmonline.org/library)

Books, resource materials, and audio and video media.

Eligibility: Individuals seeking information about Autism.

Cost: No Cost

Language(s) Offered: English

Hours: Monday - Friday, 9:00 a.m. to 5:00 p.m.

**Bad Weather Shelters**

Website: [www.maine.gov/mema/response-recovery/mass-care](http://www.maine.gov/mema/response-recovery/mass-care)

Information about sheltering during extreme weather.

Eligibility: Individuals who need temporary shelter as a result of a storm or other inclement or extreme weather.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours/7-days week (ONLINE)

**Bangor Area Celiac Sprue Support Group**

294 Center Street, St. Francis Center

Bangor, ME 04401

Phone: (207) 827-2733

Toll Free:

Hotline: (207) 827-2733

Support and encouragement for individuals with diet restrictions due to health conditions such as celiac sprue or gluten intolerance; group does not meet in December.

Cost: No Cost

Language(s) Offered: English

Hours: 3rd Tues 7:00 p.m.; no December meeting.

**Bangor Area Homeless Shelter Day Program**, **Bangor Area Homeless Shelter**

263 Main Street

Bangor, ME 04401

Phone: (207) 947-0092

Hotline: (207) 947-0092

Fax: (207) 945-9032

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

Daytime shelter services include case management and coordination of services; information on community resources available to shelter residents and the general public.

Eligibility: Adults 18 years of age and older who are clean, sober, and able to maintain appropriateness in regards to the safety and welfare of guests and staff.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am - 4pm

**Bangor Area Homeless Shelter Food Pantry**, Bangor Area Homeless Shelter

263 Main Street

Bangor, ME 04401

Phone: 207-947-0092

Hotline: (207) 947-0092

Fax: (207) 945-9032

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

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

Food pantry.

Eligibility: Adults 18 years of age and older who meet Maine TEFAP Guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Tuesday & Thursday 1pm-4pm

**Bangor Area Homeless Shelter Overnight Program**, Bangor Area Homeless Shelter

263 Main Street

Bangor, ME 04401

Phone: (207) 947-0092

Hotline: (207) 947-0092

Fax: (207) -945-9032

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

<https://www.bangorareashelter.org/>

Emergency short term overnight shelter services include case management and coordination of services; information on community resources available to shelter residents and the general public.

Eligibility: Adults 18 years of age and older who are clean, sober, and able to maintain appropriateness in regards to the safety and welfare of guests and staff.

Cost: No Cost

Language(s) Offered: English

**Hours**: 24 hours a day, 7 days a week

**Bangor Area Homeless Shelter Soup Kitchen**, Bangor Area Homeless Shelter

263 Main Street

Bangor, ME 04401

Phone: (207) 947-0092

Hotline: (207) 947-0092

Fax: (207) 945-9032

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

<https://www.bangorareashelter.org/>

Soup kitchen.

Eligibility: Adults 18 years of age and older in need of a nutritious meal; shelter guests given priority.

Cost: No Cost

Language(s) Offered: English

Hours: 7 days a week @ 12pm

**Bates College**

2 Andrews Road

Lewiston, ME 04240

Phone: 1-855-228-3755

Toll Free: 1-855-228-3755

Hotline: 1-855-228-3755

After Hours: (207) 786-6000 -or- 207-786-6255

Fax: (207) 786-6025

[admission@bates.edu](mailto:admission@bates.edu)

[www.bates.edu](http://www.bates.edu)

College.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours:Normal business hours, 8:00 a.m.-5:00 p.m. M-F

**Behavioral Health Center**

77 Court Street

Bangor, ME 04401

Phone: (207) 941-0879

Toll Free: 1-800-499-0879

Hotline: 1-800-499-0879

Fax: (207) 941-0880

[info@behavioralhealthcenter.com](mailto:info@behavioralhealthcenter.com)

[www.behavioralhealthcenter.com](http://www.behavioralhealthcenter.com)

Cognitive and behavioral therapy, anger and stress management, depression and anxiety treatment, play therapy, expressive and cognitive therapy, family systems therapy, short and long term treatment, couples/marital therapy, grief therapy.

Eligibility: Individuals, couples and/or families wanting to receive counseling or mental health services/treatment.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Sliding fees available on a per client basis; personalized billing plans available.

Language(s) Offered: English

Hours: Normal business hours M-F

**Belgrade Bible Church Clothes Closet**

744 Augusta Road

Belgrade, ME 04917

Phone: (207) 495-2200

Toll Free:

Hotline: 207-495-2200

Gently used footwear and adult, children, and baby clothing.

Eligibility:

Cost: No Cost

Language(s) Offered: English

Hours: 1st Tue 9-11am and following Sat 9-11am

**Bethel District Exchange**

23 Mason Street

Bethel, ME 04217

Phone: (207) 824-4090

Hotline: 207-824-4090

[maryvonnewheeler@yahoo.com](mailto:maryvonnewheeler@yahoo.com)

Gently used clothing and shoes available for all seasons for all ages.

Cost: Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Normal business hours, 8am-5pm M-F

**Betsy Ann Ross House of Hope**

Address confidential

Augusta, ME 4330

Phone: (207) 557-2509

Hotline: 207-798-9280

After Hours: 207-798-9280

[nanci@barhh.org](mailto:nanci@barhh.org)

<https://betsyannrosshouseofhope.com>

Transitional housing; transportation provided to appointments.

Eligibility: Female veterans with or without children (male children must be age 13 and younger) that are homeless; service dogs accepted with documentation.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 hours/7 days – including HOTLINE

**Better Business Bureau**

290 Donald Lynch Boulevard, Suite 102

Marlborough, MA 01752

Phone: (508) 652-4800

Hotline: 508-652-4800

Fax: (508) 652-4820

[info@boston.bbb.org](mailto:info@boston.bbb.org)

[www.bbb.org/us/](http://www.bbb.org/us/)

Comprehensive database of businesses, charities, and accredited BBB businesses; consumer complaint resolution; BBB Autoline helps resolve lemon law complaint; BBB Military Line provides free resources to military communities in areas of financial literacy and consumer protection.

Eligibility: Consumers and businesses.

Cost: No Cost

Language(s) Offered: English

Hours: 8:30am - 4:30pm ET Monday - Friday

**Board of Overseers of the Bar**

97 Winthrop Street

Augusta, ME 04330

Phone: (207) 623-1121

Hotline: 207-623-1121

Fax: (207) 623-4175

[board@mebaroverseers.org](mailto:board@mebaroverseers.org)

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

Maintain a register of all attorneys who are members of the bar of the State of Maine including attorneys with any disciplinary record; administer a fee dispute resolution system; investigate ethical complaints involving members of the Maine bar and complaints involving court-appointed guardians ad litem who represent children's interests in court.

Eligibility: Individuals utilizing the services of members of the bar or court-appointed guardians ad litem.

Cost: No Cost

Language(s) Offered: English

Hours: Mondays, Wednesdays and Fridays - 11:00 a.m. to 3:00 p.m.

**Bowdoin College**

1 College Street

Brunswick, ME 04011

Phone: (207) 725-3000

Hotline: 207-725-3000

[admissions@bowdoin.edu](mailto:admissions@bowdoin.edu)

[www.bowdoin.edu](http://www.bowdoin.edu)

College.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Normal business hours M-F.

**Boy Scouts of America Pine Tree Council**

146 Plains Road

Raymond, ME 04071

Phone: (207) 797-5252

Hotline: 207-797-5252

Fax: (207) 655-6282

[scoutinfo@pinetreebsa.org](mailto:scoutinfo@pinetreebsa.org)

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

Cub Scouts, Scouts BSA, and Venturing programs provide character building and development, opportunity to learn life skills, and outdoor experiences.

Eligibility: Children 5-21 years of age; children must have started kindergarten.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: No specific times per troop/unit.

Contact [scoutinfo@pinetreebsa.org](mailto:scoutinfo@pinetreebsa.org)

**Brain Injury Information Helpline, Brain Injury Association of America Maine Chapter**

60 Western Avenue, Suite 3, Box 221

Augusta, ME 04330

Phone: 1-800-444-6443

Toll Free: 1-800-444-6443

After Hours: (207) 522-6601

Website: [www.biausa.org/maine](http://www.biausa.org/maine)

Basic brain injury information and referral services; resource facilitation services provide support in transitioning back to family life, work, school, and the community.

Eligibility: Individuals who need information about brain injury and/or would like to be connected with brain injury supports and services.

Cost: No Cost

Language(s) Offered: English

Hours: Normal business hours – M-F

**Brain Injury Resources, Brain Injury Association of America Maine Chapter**

60 Western Avenue, Suite 3, Box 221

Augusta, ME 04330

Phone: (207) 522-6601

Toll Free: 1-800-444-6443

After Hours: 207-522-6601

[sgaffney@biausa.org](mailto:sgaffney@biausa.org)

[www.biausa.org/maine](http://www.biausa.org/maine)

Annual brain injury conference; Maine brain injury resource guide; electronic monthly newsletter.

Cost: No Cost

Language(s) Offered: English

Hours: Normal business hours – M-F

**Brain Injury Support Groups, Brain Injury Association of America Maine Chapter**

60 Western Avenue, Suite 3, Box 221

Augusta, ME 04330

Phone: (207) 522-6601

Toll Free: 1-800-444-6443

After Hours: 207-522-6601

[sgaffney@biausa.org](mailto:sgaffney@biausa.org)

[www.biausa.org/find-bia/states/maine/resources-support](http://www.biausa.org/find-bia/states/maine/resources-support)

Statewide brain injury support groups.

Cost: No Cost

Language(s) Offered: English

Hours: Normal business hours – M-F

**Bridgton Hospital**

10 Hospital Drive

Bridgton, ME 04009

Phone: (207) 647-6000

Hotline: 207-647-6000

Website: [www.bridgtonhospital.org](http://www.bridgtonhospital.org)

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours/day – 7 days/week

**Hospital Free Care, Bridgton Hospital**

10 Hospital Drive

Bridgton, ME 04009

Phone: (207) 795-2237

Toll Free: 1-888-869-3101

Hotline: 207-795-2237

Website: [www.cmhc.org/billing-and-financial-information/online-bill-pay](http://www.cmhc.org/billing-and-financial-information/online-bill-pay)

Financial assistance for medically necessary services.

Eligibility: Households that meet income guidelines.

Cost: No Cost

Back bills may be eligible with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available upon request.

Hours: 8:00 a.m.-5:00 p.m. – M-F

**OB/GYN, Bridgton Hospital**

15 Hospital Drive

Bridgton, ME 04009

Phone: (207) 647-4240

Toll Free: 1-888-869-3101

Hotline: 207-647-4240

Fax: (207) 647-6223

Website: [www.bridgtonhospital.org](http://www.bridgtonhospital.org)

Obstetrics and gynecology physicians, nurse practitioners.

Cost: Vary

Forms of Payment: Cash

Accepted Insurance: MaineCare; Medicare

Language(s) Offered: English; interpreters available.

Hours: 8:00 a.m. – 5:00 p.m. M-F

**Outpatient Services and Clinics, Bridgton Hospital**

10 Hospital Drive

Bridgton, ME 04009

Phone: (207) 647-6000

Hotline: 207-647-6000

After Hours: 207-647-6070

EMERGENCY – 207-647-6070

Fax: (207) 647-6013

Website: [www.bridgtonhospital.org](http://www.bridgtonhospital.org)

Specialty clinics include diabetes education, ear nose and throat, endocrinology, infectious disease, medication management clinic and wound care; oncology, orthopedics and sports medicine, plastics, podiatry, pulmonology, urology, vascular, and wound care; rehabilitation services include physical therapy, speech therapy, and occupational therapy.

Eligibility:

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours/7 days

**Pediatrics, Bridgton Hospital**

25 Hospital Drive

Bridgton, ME 04009

Phone: (207) 647-2311

Hotline: 207-647-6070

After Hours: 207-647-6070 (EMERGENCY)

Fax: (207) 647-6016

Website: [www.bridgtonhospital.org](http://www.bridgtonhospital.org)

Pediatric primary care services.

Eligibility: Accepting new patients from birth-18 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours/7 Days (EMERGENCY)

**Physician Referral Service, Bridgton Hospital**

10 Hospital Drive

Bridgton, ME 04009

Phone: (207) 647-6000

Toll Free: 1-888-832-4057 (Referrals)

Hotline: 1-888-832-4057 (Referrals)

After Hours: 207-647-6070 (ER)

Website: [www.bridgtonhospital.org/find-a-provider](http://www.bridgtonhospital.org/find-a-provider)

Physician referral line provides information on physicians and services affiliated with Bridgton Hospital and other Central Maine Medical members.

Eligibility: Individuals who need information on physicians and services affiliated with Bridgton Hospital and other Central Maine Medical members.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours / 7 Days

**Prescription Assistance Program at Bridgton Hospital, Bridgton Hospital**

10 Hospital Drive

Bridgton, ME 04009

Phone: (207) 795-5970

Hotline: 207-647-6142 - Pharmacy

After Hours: 207-647-6070 (ER)

Fax: (207) 755-5888

Website: [www.bridgtonhospital.org](http://www.bridgtonhospital.org)

Assist in obtaining free or low cost prescription medication, for individuals with lack of or limited insurance; includes Medicare patients after they have reached the coverage gap, or donut hole or commercially insured whose insurer does not cover a specific medication; directs patients to more affordable options including mail order and manufacturer coupons.

Eligibility: Uninsured or under insured individuals unable to pay for prescription medications. Income levels are generally from $24,000.00 to $36,000.00 for individual and $32,000.00 to $48,000.00 for a family of 2. Patients with commercial insurance that covers prescription medication are generally exempted from eligibility.

Language(s) Offered: English

Hours: 24 Hours / 7 Days

**Brunswick Area Respite Care**

41 Greenwood Road

Brunswick, ME 04011

Phone: (207) 729-8571

Hotline: 207-729-8571

Fax: (207) 729-8529

[info@respite-care.org](mailto:info@respite-care.org)

[www.respite-care.org](http://www.respite-care.org)

Information and referral on aging services, Alzheimer's Disease, respite care, and caregiver options; educational events; support groups; Carefree Cafe; volunteer opportunities.

Eligibility: Caregivers who need time off from the continual supervision of a family member or friend; community groups, organizations, service providers.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; PayPal

Uninsured Accepted:

Sponsorships available.

Language(s) Offered: English

Hours: Club hours 9:30 a.m.-3:30 p.m., M-F

**Carefree Cafe, Brunswick Area Respite Care**

41 Greenwood Road

Brunswick, ME 04011

Phone: (207) 729-8571

Fax: (207) 729-8529

[info@respite-care.org](mailto:info@respite-care.org)

[www.respite-care.org](http://www.respite-care.org)

Community meal served restaurant style; September through May.

Eligibility: Adults with progressive memory loss, care partners, spouses, family members, and friends.

Cost: No Cost, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: 4th Tuesday 12 noon

**Bucksport Regional Dental Center, Bucksport Regional Health Center**

110 Broadway

Bucksport, ME 04416

Phone: (207) 902-1100

Toll Free: 1-800-993-5990

Hotline: 207-902-1100

After Hours: 1-800-993-5990

Fax: (207) 902-1104

Website: [www.bucksportrhc.com/dental-services](http://www.bucksportrhc.com/dental-services)

Cleanings, diagnostic exams, preventative education, emergency services, root canals, extractions, fillings, sealants, crowns, veneers, bridges.

Eligibility: Individuals must meet Federal Poverty Guidelines for sliding fee.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Thu 7:30am - 5:00pm

Fri 8:00am - 4:30pm (DENTAL OFFICE)

**Building Materials Exchange**

102 Lisbon Road

Lisbon, ME 04250

Phone: (207) 636-7670

Hotline: 207-636-7670

After Hours: (207) 650-6218

[davez@mainebme.org](mailto:davez@mainebme.org) (OPS Director)

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

New and reusable building materials.

Eligibility: Individuals whose income is 80% of median income; individuals who do not meet income qualifications may become supporting members.

Cost: Low Cost

Forms of Payment: Cash; Check

Yearly fee required for membership.

Language(s) Offered: English

Hours: Wednesday - Saturday 9:00 a.m.- 4:00 p.m.

**CA$H Maine**

Online only

Portland, ME 04101

Phone: Visit website for local phone number

Website: [www.cashmaine.org](http://www.cashmaine.org)

Statewide collaboration of ten coalitions working together to help achieve long-term financial stability through free tax preparation during tax season and year-round outreach and education about programs that can increase income, reduce debt, and build savings.

Eligibility: Individuals and families who made $56,000 or less in 2019.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: ONLINE ONLY – [www.CashMaine.org](http://www.CashMaine.org)

**Calais Regional Hospital**

24 Hospital Lane

Calais, ME 04619

Phone: (207) 454-7521

Hotline: 207-454-7521

After Hours: 207-454-7521

Fax: (207) 454-3616

[community@calaishospital.org](mailto:community@calaishospital.org)

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

Hospital.

Cost: No Cost, Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours – 7 days/week

**Camp Kita**

114 Pine Tree Camp

Oakland, ME 04963

Phone: (207) 358-0093

After Hours: (207) 205-1183

[info@campkita.com](mailto:info@campkita.com)

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

Week-long overnight summer camp in July provides recreational activities and social connections; clinical professionals lead small peer bereavement support sessions and offer 24/7 trauma support.

Eligibility: Individuals from 8-17 years of age who have lost a loved one to suicide.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Camp Sunshine**

35 Acadia Road

Casco, ME 04015

Phone: (207) 655-3800

Hotline: 207-655-3800

After Hours: 207-655-3800

Fax: (207) 655-3825

[mkatz@campsunshine.org](mailto:mkatz@campsunshine.org)

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

Year-round program retreats provide respite, recreation, and emotional support; onsite medical and psychosocial services; bereavement sessions offered to families who have experienced the death of a child from a supported illness; volunteers.

Eligibility: Individuals from birth-18 years of age in various stages of a life-threatening illness and their immediate families; call or visit website for specific life-threatening illnesses served.

Cost: No Cost

Language(s) Offered: English

Hours: No regular business hours

**Cancer Hope Network**

2 North Road

Chester, NJ 17930

Phone: 1-877-467-3638

Toll Free: 1-877-467-3638

Hotline: After Hours: (908) 879-4039

Fax: (908) 879-6518

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

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

Match adult cancer patients with a survivor of the same cancer; support for family members and other caregivers by matching them up with family members/caregivers who have co-survived a loved one's cancer; support from diagnosis, through treatment and into survivorship.

Eligibility: Patients, family members and caregivers 18 years of age and older.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, Spanish

Hours: Sarah Miretti Cassidy

Director, External Affairs

[scassidy@cancerhopenetwork.org](mailto:scassidy@cancerhopenetwork.org)

(908) 879-4039 – After Hours Line

**CAP Quality Care**

1 Delta Drive

Westbrook, ME 04092

Phone: (207) 856-7227

Hotline: 207-856-7227

Fax: (207) 856-2112

[info.cap.maine@capqualitycare.com](mailto:info.cap.maine@capqualitycare.com)

[www.capqualitycare.com](http://www.capqualitycare.com)

Methadone maintenance therapy, case management and substance use disorder counseling.

Eligibility: Adults 18 years of age and older who are opiate dependent; under 17 years of age, parent or guardian consent required.

Cost: Low Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 5:30-10am, 12 noon-1:30pm

Sat: Open-6:30am; Closed-10am

**Capital Ambulance**

931 Union Street

Douglas Brown Building

Bangor, ME 04401

Phone: (207) 973-4700

Hotline: 207-973-4700

After Hours: 9-1-1

TTY: 37135

Fax: (207) 973-4713

Website: [www.capitalambulance.org](http://www.capitalambulance.org)

**24 hour emergency response and medical services**; local and long distance medical transport, critical care and neonatal transport, and door-to-door wheelchair transport services.

Eligibility: Individuals who need transportation for medical purposes.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours / 7 days/week

**Adult Community Supports, Care and Comfort**

180 Main Street

Waterville, ME 04901

Phone: (207) 872-5300 – Corporate Office

Toll Free: 1-800-366-5302

Hotline: 207-872-5300

Fax: (207) 873-6612

[stacy.dostie@careandcomfort.com](mailto:stacy.dostie@careandcomfort.com)

[www.careandcomfort.com](http://www.careandcomfort.com)

Day habilitation provides therapeutic activities identified through the person-centered plan process and includes health and well-being skills, personal hygiene and appearance skills, program based activities, money management, facilitation of social interactions, recreation, and community integration.

Eligibility: Adults 18 years of age and older with developmental disabilities and Autism.

Cost: Fixed Cost

Forms of Payment:

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: No regular business hours

**Children's Case Management, Care and Comfort**

180 Main Street

Waterville, ME 04901

Phone: 207-872-5300 (Corporate Office)

Toll Free: 1-800-366-5302

Hotline: 207-872-5300

After Hours: 1-800-366-5302

Website: [www.careandcomfort.com](http://www.careandcomfort.com)

Case management services include case coordination, family support, strength and needs assessment, referrals, and locating and accessing appropriate services and resources.

Eligibility: Individuals from birth-20 years of age who have Autism, a developmental disability, or a mental health diagnosis who receive MaineCare.

Cost: Fixed Cost

Accepted Insurance: We accept MaineCare, most insurances and private pay. We also contract with the VA to provide some in-home services to eligible veterans

Language(s) Offered: English; interpreters available.

Hours: 24 hours / 7 days/week

**Home and Community Support Services for Children, Care and Comfort**

180 Main Street

Waterville, ME 04901

Phone: 207-872-5300 (Corporate Office)

Toll Free: 1-800-366-5302

After Hours: 1-800-366-5302

Website: [www.careandcomfort.com](http://www.careandcomfort.com)

Home and community services provide age appropriate daily living skill development for interpersonal relationships, self-care/hygiene, safety awareness, fine motor skills, gross motor skills, light cooking duties, laundry skills, community skills, and community integration; coordination with all providers working with client and family.

Eligibility: Individuals 20 years of age and younger with developmental disabilities and Autism.

Cost: Fixed Cost

Accepted Insurance: MaineCare, most insurances and private pay.

Language(s) Offered: English; interpreters available.

Hours: 24 hours / 7 days/week

**Home Health Services, Care and Comfort**

180 Main Street

Waterville, ME 04901

Phone: 207-872-5300 (Corporate Office)

Toll Free: 1-800-366-5302

After Hours: 1-800-366-5302

Website: [www.careandcomfort.com/services-home-general.asp](http://www.careandcomfort.com/services-home-general.asp)

Skilled nursing services; in-home care to assist with daily activities such as bathing, dressing, meal preparation, and light housekeeping; adult and pediatric long-term care; caring companions assist with errands, homemaking, housekeeping, in-home meal preparation, medical transportation, and transportation for visits.

Cost: Vary

Forms of Payment: Check

Language(s) Offered: English; interpreters available.

Hours: 24 hours / 7 days week

**Outpatient Therapy, Care and Comfort**

180 Main Street

Waterville, ME 04901

Phone: 207-872-5300 (Corporate Office)

Toll Free: 1-800-366-5302

After Hours: 1-800-366-5302

Website: [www.careandcomfort.com](http://www.careandcomfort.com)

Outpatient therapy services include anger management, blended family issues, depression and anxiety, Dialectical Behavioral Therapy, grief and loss issues, marital conflict, parent/child conflicts, PTSD, and stress management.

Eligibility: Individuals 3 years of age and older, couples, families, and groups.

Cost: Sliding Fee, Vary, Fixed Cost

Forms of Payment: Check

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours / 7 days/week

**Rehabilitative and Community Support Services, Care and Comfort**

180 Main Street

Waterville, ME 04901

Phone: 207-872-5300 (Corporate Office)

Toll Free: 1-800-366-5302

After Hours: 1-800-366-5302

Website: [www.careandcomfort.com](http://www.careandcomfort.com)

Home and community services focusing on behavior management including coping skills, problem solving, and interpersonal relationship skills; coordination with all providers working with client and family.

Eligibility: Individuals 20 years of age and younger who have a primary mental health diagnosis including ADHD, depression, and oppositional defiant disorder.

Cost: Fixed Cost

Accepted Insurance: MaineCare, Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours/7 days/week, and by appointment

**Client Assistance Program, CARES Inc.**

134 Main Street

Winthrop, ME 04364

Phone: (207) 377-7055

Toll Free: 1-800-773-7055

Hotline: 1-800-773-7055

Fax: (207) 377-7057

[kathy.despres@caresinc.org](mailto:kathy.despres@caresinc.org)

[www.caresinc.org/cap](http://www.caresinc.org/cap)

Information on time frames for services and explanations of federal regulations and state rules; information and referral to other programs and resources; resolution of disagreements between consumer and Vocational Rehabilitation; represent clients at mediations or fair hearings; review case records and talk with counselors, supervisors, community rehabilitation providers, and others involved in the vocational rehabilitation case; support and assistance to consumers for self-advocacy.

Eligibility: Individuals with disabilities who are applying for or receiving services from the State of Maine Division of Vocational Rehabilitation Program, Division for the Blind and Visually Impaired, or the Independent Living Program.

Cost: No Cost

Language(s) Offered: English

Hours: 1-800-773-7055 Voice/Maine Relay

Additional Email: [s.beam@caresinc.org](mailto:s.beam@caresinc.org)

Steve Beam

**Caribou Bread of Life Soup Kitchen**

62 Collins Street

Caribou Maine Facility (the Odd Fellows Hall)

Caribou, ME 04736

Phone: (207) 999-2044

[afoodman2@yahoo.com](mailto:afoodman2@yahoo.com)

[breadoflifesoupkitchen@gmail.com](mailto:breadoflifesoupkitchen@gmail.com)

Soup kitchen, take out available; fellowship; volunteer opportunities.

Cost: No Cost

Language(s) Offered: English

Hours: Monday and Thursday: and 7:30 - 6:00pm

**Caribou Ecumenical Food Pantry**

31 Herschel Street

Caribou, ME 04736

Phone: (207) 493-4860

[rweeks@maine.rr.com](mailto:rweeks@maine.rr.com)

Food pantry.

Eligibility: Individuals who meet Maine TEFAP Guidelines.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tuesday and Thursday

(June, July and August only open on Thursday)

10:00am - 11:00am

Pick-up 11:00am - 11:30am

**Caribou Housing Authority**

25 High Street

Caribou, ME 04736

Phone: (207) 493-4234

Fax: (207) 498-3954

[housing@cariboumaine.org](mailto:housing@cariboumaine.org)

[www.cariboumaine.org/index.php/departments/caribou-housing-agency-2/](http://www.cariboumaine.org/index.php/departments/caribou-housing-agency-2/)

Affordable and/or subsidized housing.

Eligibility: Individuals who are elderly, handicapped or disabled, and families who meet HUD Gross Income Guidelines.

Cost: Low Cost

Forms of Payment: Check; Money Order

Language(s) Offered: English, Spanish; interpreters available upon request.

Hours: Mon-Fri 8am-12 noon,1-5pm.

**Caribou Housing Authority Housing Choice Voucher Program**

25 High Street

Caribou, ME 04736

Phone: (207) 493-4234

Hotline: 207-493-4234

Fax: (207) 376-0178

[housing@cariboumaine.org](mailto:housing@cariboumaine.org)

[www.cariboumaine.org/index.php/departments/caribou-housing-agency-2/](http://www.cariboumaine.org/index.php/departments/caribou-housing-agency-2/)

Section 8 Housing Choice Voucher Program provides rental assistance by subsidizing a portion of monthly rent and utilities and paying it directly to landlords; where utilities are not included in rent, the program may pay a larger portion of the rent so the tenant is able to cover utility payments; assistance provided is the difference between what the tenant pays toward rent and the cost of the rent.

Eligibility: Household income restrictions apply and vary by location and family size; when awarding vouchers, Caribou Housing Authority may have preferences and priorities based on administrative plan.

Cost: No Cost

Housing subsidy is paid to landlord directly by Caribou Housing Authority on behalf of participating family; family pays difference between actual rent and amount subsidized by the program; no cost to apply.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8am-12 noon,1-5pm

**Caribou United Baptist Church Food Pantry**

74 High Street

Caribou, ME 04736

Phone: (207) 496-7881

Hotline: 207-496-7881

[cubc@myfairpoint.net](mailto:cubc@myfairpoint.net)

Food pantry.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Pantry hours: Wednesday 7:30 a.m. - 11:00 a.m.

**Caring Area Neighbors for Cancer Education and Recovery**

P.O. Box 811

Presque Isle, ME 04769

Phone: (207) 764-6826

Toll Free:

Hotline: 207-764-6826

After Hours: (207) 762-6500

[info@c-a-n-c-e-r.com](mailto:info@c-a-n-c-e-r.com)

[cancerinfo12@gmail.com](mailto:cancerinfo12@gmail.com) - You will be greeted by someone who is willing to give their time to share and care with you.

[www.c-a-n-c-e-r.com](http://www.c-a-n-c-e-r.com)

Cancer information, resource referrals, emotional support and friendly visitation, limited financial assistance for prescriptions and/or transportation to medical appointments.

Eligibility: Individuals diagnosed with cancer and their families.

Cost: No Cost, Donation

Uninsured Accepted: Yes

Language(s) Offered: English

**Hours**: No regular hours

**Aroostook Substance Abuse Prevention Coalition, Cary Medical Center**

55 Bennett Drive

Caribou, ME 04736

Phone: (207) 498-9952

Hotline: 207-498-9952

TTY: (207) 498-2024

[mshea@carymed.org](mailto:mshea@carymed.org)

[www.asapcoalition.com](http://www.asapcoalition.com)

Coalition of 12 member agencies working together to provide comprehensive substance use disorder prevention services, information, resources, and funding.

Cost: No Cost

Language(s) Offered: English, French, Spanish

**Hours**: No regular hours of operation.

**Cary Cancer Support Group, Cary Medical Center**

163 Van Buren Road

Cary Medical Center Chan Center

Caribou, ME 04736

Phone: (207) 498-1361

Hotline: 207-498-1361

Support group for individuals in treatment for and survivors of cancer and their families.

Cost: No Cost

Language(s) Offered: English

Hours: 1st Thursday 5:00-7:00 p.m.

**Cary Medical Center**

163 Van Buren Road

Caribou, ME 04736

Phone: (207) 498-3111

Hotline: 207-498-3111

Fax: (207) 496-2631

Website: [www.carymedicalcenter.org](http://www.carymedicalcenter.org)

Hospital.

Cost: Varies

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: 24 hours / 7 days/week

**Childbirth Education, Cary Medical Center**

163 Van Buren Road

Caribou, ME 04736

Phone: (207) 498-1179

Hotline: 207-498-1179

After Hours: (207) 498-3111

Website: [www.carymedicalcenter.org](http://www.carymedicalcenter.org)

Childbirth education, breathing and relaxation techniques, newborn care classes, postpartum care classes; childbirth classes scheduled on 6 Saturdays throughout the year from 9:00 am-5:00 pm.

Eligibility: Women who are pregnant and a coach which can include spouse, parent, friend or relative.

Cost: No Cost

Language(s) Offered: English

Hours: See Above to schedule during year.

**Healthy You, Cary Medical Center**

24 Sweden Street

Caribou, ME 04736

Phone: (207) 498-1361

After Hours: (207) 551-4284

Fax: (207) 498-1169

[bzell@carymed.org](mailto:bzell@carymed.org)

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

Community education programs address the overall well-being including physical, mental, spiritual, and social health.

Eligibility: Open to all.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English, French; interpreters available.

Hours: No specific hours given; check [www.Facebook.com/caryhealthyyou](http://www.Facebook.com/caryhealthyyou) FMI.

**Hospital Free Care**, **Cary Medical Center**

163 Van Buren Road

Caribou, ME 04736

Phone: (207) 498-3111

After Hours: (207) 498-1361

Website: [www.carymedicalcenter.org](http://www.carymedicalcenter.org)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital guidelines were met at the time the bills were incurred.

Language(s) Offered: English, French; interpreters available.

Hours: 24 hours / 7 days/week

**L'Acadie ICF/IDD/Nursing Facility, Cary Medical Center**

4 Main Street

Van Buren, ME 04785

Phone: (207) 868-2798

Hotline: 207-868-2798

Fax: (207) 868-2790

[llajoie@carymed.org](mailto:llajoie@carymed.org)

[www.carymedicalcenter.org/our-services/lacadie](http://www.carymedicalcenter.org/our-services/lacadie)

Long term intermediate care facility provides nursing services, daily activities, meal planning and preparation, personal hygiene, supervised outings, socialization opportunities, and day program for vocational training and habitation skills.

Eligibility: Adults who require 8 hours per day of nursing level care, have a diagnosis of Intellectual Disabilities, and benefit from continuous active treatment.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: 8:00 AM to 4:00 PM Monday through Friday @ Cary Medical Center.

**Lactation Counseling, Cary Medical Center**

163 Van Buren Road

Caribou, ME 04736

Phone: (207) 498-1179

Hotline: 207-498-1179

After Hours: (207) 498-3111

Website: [www.carymedicalcenter.org/our-services/maternal-and-child-health](http://www.carymedicalcenter.org/our-services/maternal-and-child-health)

Registered Nurse available to answer questions on breastfeeding and baby's health.

Eligibility: Women with breastfeeding questions or concerns.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours a day – 7 days/week

**Pink Aroostook Program, Cary Medical Center**

24 Sweden Street

Caribou, ME 04736

Phone: (207) 498-1361

After Hours: (207) 551-4284

Fax: (207) 498-1149

[bzell@carymed.org](mailto:bzell@carymed.org)

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

Breast health program provides financial support when funds available; assists in applying for national resources; Reach to Recovery volunteers for 1-on-1 emotional support; breast health group presentations; e-newsletter.

Eligibility: Individuals with a breast cancer diagnosis or interested in breast health.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Power of Prevention, Cary Medical Center**

55 Bennett Drive

Caribou Wellness Center

Caribou, ME 04736

Phone: (207) 498-9952

Hotline: 207-498-9952

Fax: (207) 496-2631

[mshea@carymed.org](mailto:mshea@carymed.org)

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

County-wide coalition working in collaboration with community partners offers substance use prevention and education, promotes physical activity, and provides information on chronic disease prevention, chronic disease self-management, proper nutrition, tobacco cessation, and policy and environmental changes.

Eligibility:

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours – 7 Days

**Seniority Program, Cary Medical Center**

163 Van Buren Road, Suite 1

Caribou, ME 04736

Phone: (207) 498-1380

After Hours: (207) 498-3111

Fax: (207) 498-1366

[nbergin@carymed.org](mailto:nbergin@carymed.org)

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

Membership benefits include health screenings, education programs on health-related topics, social activities, events, and cafeteria and gift shop discounts.

Eligibility: Adults 50 years of age and older.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Include payment with registration form.

Language(s) Offered: English

Hours: 8:00 AM to 4:00 PM Monday through Friday

**Sports Medicine, Cary Medical Center**

163 Van Buren Road

Caribou, ME 04736

Phone: (207) 498-1618

Fax: (207) 498-1653

[chelstrom@carymed.org](mailto:chelstrom@carymed.org)

<https://www.carymedicalcenter.org/service/orthopedics-sports-med/>

Injury, prevention, treatment, and rehabilitation.

Eligibility: Children, adolescents, adults, and seniors who have been hurt during a physical activity or want to be more physically active.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Call to schedule an appointment; self referral or physician referral.

**Volunteer Services, Cary Medical Center**

163 Van Buren Road

Caribou, ME 04736

Phone: (207) 498-1380

After Hours: (207) 498-3111

Fax: (207) 498-1366

[nbergin@carymed.org](mailto:nbergin@carymed.org)

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

Volunteers greet, escort and provide assistance to patients and visitors, run errands, knit/crochet baby caps and blankets, deliver mail, provide clerical and gift shop support, and assist with projects and events; volunteer opportunities.

Eligibility: Individuals 14 years of age and older.

Cost: No Cost

Language(s) Offered: English

**Cary Plantation**

86 Libby Lane

Orient, ME 04471

Phone: (207) 538-1770

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: No regular hours of operation.

**Cary Plantation General Assistance, Cary Plantation**

86 Libby Lane

Orient, ME 04471

Phone: (207) 521-0017 Kathleen Osler

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: No regular hours of operation.

**Intermediate Care Facility, Casa Inc.**

148 Gorham Road

Scarborough, ME 04070

Phone: (207) 883-6333

Fax: (207) 883-1461

[lbouchard@casamaine.org](mailto:lbouchard@casamaine.org)

<http://casamaine.org/services/icf-mr-nursing.html>

Long term care facilities offers 24 hours nursing support, on site therapies, dietary department, and other services to meet client needs.

Eligibility: Individuals with developmental disabilities or Autism who have ongoing medical needs.

Cost: No Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: 24 Hours

**Supported Living, Casa Inc.**

741 Warren Avenue

Portland, ME 04104

Phone: (207) 879-6165

Fax: (207) 879-7466

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

<http://casamaine.org/services/supportive-living.html>

Long term care facilities designed to provide complete living support including dietary and medical needs, therapies, transportation, hygiene, and community inclusion.

Eligibility: Adults with developmental disabilities or Autism who require less than 24 hour care.

Cost: No Cost, Fixed Cost

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: 24 Hours

**Child Mental Health Services, Catholic Charities Maine**

Phone: 1-800-781-8550 x 2722

Sites offering programs:

66 Western Avenue, Fairfield, ME 04937

**1066 Kenduskeag Avenue, Bangor, ME 04401**

**66 State Street, Portland, ME 04101**

[cmintake@ccmaine.org](mailto:cmintake@ccmaine.org)

[www.ccmaine.org/childrens-behavioral-health-home-services](http://www.ccmaine.org/childrens-behavioral-health-home-services)

Team-based approach includes integration of primary care and mental health services, Behavioral Health Heeds (BHH), case management, and Functional Family Therapy.

Eligibility: Children, adolescents and adults from birth-20 years of age diagnosed with a mental health disorder and/or a developmental disability.

Cost: Vary

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8am-4pm

**Education Services for Blind and Visually Impaired Children, Catholic Charities Maine**

229 Pool Street

Biddeford, ME 04005

Phone: (207) 299-1936

Fax: (207) 282-1694

[esbvic@ccmaine.org](mailto:esbvic@ccmaine.org)

[www.ccmaine.org/education-services-for-blind-and-visually-impaired-children](http://www.ccmaine.org/education-services-for-blind-and-visually-impaired-children)

Low vision training, Braille instruction, selection and/or modification of specialized curriculum; instructional strategies to facilitate learning, concept development, instruction in use of adaptive equipment, and activities of daily living, consultation with teachers and families regarding implications of vision loss.

Eligibility: Children and adolescents from birth-21 years of age who are blind and visually impaired whose vision loss impacts learning.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8am-4pm

**Independent Support Services, Catholic Charities Maine**

Sites offering programs:

66 Western Avenue, Fairfield, ME 04937

**136 State Street, Augusta, ME 04330**

**1066 Kenduskeag Avenue, Bangor, ME 04401**

**270 Minot Avenue, Auburn, ME 04210**

**307 Congress Street, Portland, ME 04101**

**5 Lowell Street, Calais, ME 04619**

Toll Free: 1-888-477-2263

Fax: (207) 784-2453

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

[www.ccmaine.org/a-z-services/independent-support-services](http://www.ccmaine.org/a-z-services/independent-support-services)

Homemaking services include light housekeeping, grocery shopping, essential errands such as banking and pharmacy, laundry, menu planning, and food preparation.

Eligibility: Individuals 18 years of age or older who meet asset guidelines who are unable to perform housekeeping tasks.

Cost: Vary (Fees may be waived if eligible.)

Forms of Payment: Cash; Check; Credit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Call 1-888-477-2263

**Jessie Albert Dental and Orthodontic Center, Catholic Charities Maine**

71 Congress Street

Bath, ME 04530

Phone: (207) 443-9721

Toll Free: 1-888-304-8020

Fax: (207) 443-9722

[jadc@ccmaine.org](mailto:jadc@ccmaine.org)

[www.ccmaine.org/jessie-albert-dental](http://www.ccmaine.org/jessie-albert-dental)

Routine dental checkups, general dentistry, oral hygiene, restorative care, orthodontic care, emergency services, preventive education and nutrition program, assist local schools and Head Start Centers in implementing community health programs.

Cost: Low Cost, Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 7:30am – 4:30pm

**Refugee and Immigration Services, Catholic Charities Maine**

Sites offering programs:

**27 Pine Street**

**Lewiston, ME 04240**

**Phone: 207-871-7437**

**Fax: 207-871-7465**

**80 Sherman Street**

**Portland, ME 04101**

**Phone: 207-344-6615**

**Fax: 207-344-6617**

<https://www.ccmaine.org/refugee-immigration-services/contact-us>

[www.ccmaine.org/refugee-immigration-services](http://www.ccmaine.org/refugee-immigration-services)

Airport reception, assurance of basic needs, case management, life skills education, transportation assistance, cultural adaptation, referral for educational and vocational training, employment development and placement, assistance with family reunification, English as a Second Language tutoring referrals, case management referrals, medical and mental health referrals, elder services, language interpretation, liaison services with other providers, advocacy.

Eligibility: Individuals who are resettled refugees and immigrants.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Call for Hours

**Business Loans, CEI**

30 Federal Street

Brunswick, ME 04011

Phone: (207) 504-5853

Fax: (207) 882-7308

[cei@ceimaine.org](mailto:cei@ceimaine.org)

[www.ceimaine.org/financing/business-financing](http://www.ceimaine.org/financing/business-financing)

Financing for starting or expanding a business; Small Business Administration Microloan program and other direct business loan products available.

Eligibility: Adults who have an established business or would like to start a business.

Cost: Vary

Forms of Payment: Check

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Financial Capability Program, CEI**

30 Federal Street

Brunswick, ME 04011

Phone: (207) 504-5900

Fax: (207) 504-5915

Email: [Jason.Thomas@ceimaine.org](mailto:Jason.Thomas@ceimaine.org)

Website: [www.ceimaine.org/consulting/housing/housing-counseling](http://www.ceimaine.org/consulting/housing/housing-counseling)

4-hour workshop followed by 4 one hour 1-to-1 counseling sessions to assist in developing financial goals and planning skills to make informed decisions and take control of finances.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8:30am – 4:30pm

**Foreclosure Prevention Counseling Services, CEI**

30 Federal Street

Brunswick, ME 04011

Phone: (207) 504-5866

Fax: (207) 504-5915

[Jason.Thomas@ceimaine.org](mailto:Jason.Thomas@ceimaine.org)

[www.ceimaine.org/consulting/housing/housing-counseling](http://www.ceimaine.org/consulting/housing/housing-counseling)

Housing counselor 1-on-1 assistance includes foreclosure avoidance information, advocacy, counseling, and budget and payment plan options in cooperation with the lender to prevent default or foreclosure.

Eligibility: Homeowners who are behind on mortgage payments, have received a notice of foreclosure, are considering bankruptcy to avoid foreclosure, and are having trouble communicating with their mortgage lender; homeowners who have not yet missed a payment but are c

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8:30am – 4:30pm

**hoMEworks Homebuyer Education, CEI**

30 Federal Street

Brunswick, ME 04011

Phone: (207) 504-5884

Fax: (207) 504-5915

[pjg@ceimaine.org](mailto:pjg@ceimaine.org)

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

Homebuyer education and counseling covers all aspects of homebuying including budgeting, credit reports and scores, mortgage shopping, home inspection, the loan process, and roles of professionals; 10 hour class.

Eligibility: Adults interested in learning more about the homebuying process.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Individual Development Account, CEI**

2 Portland Fish Pier, Marine Trade Center Building

Portland, ME 04101

Phone: (207) 535-2919

Fax: (207) 772-5503

[jml@ceimaine.org](mailto:jml@ceimaine.org)

[www.ceimaine.org/consulting/business-counseling-development/startsmart/individual-development-account](http://www.ceimaine.org/consulting/business-counseling-development/startsmart/individual-development-account)

Matched savings grant at a ratio of 1-to-1 for home purchase, business startup or expansion, post secondary education, vocational training or recertification classes, or purchasing a vehicle.

Eligibility: Refugees, asylees, Cuban or Haitian, trafficking survivors, or individuals who are Amerasian who have income which meets program guidelines and have limited net assets.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Rental Counseling, CEI**

30 Federal Street, Suite 100

Brunswick, ME 04011

Phone: (207) 504-5900

Toll Free: 1-877-340-2649

Fax: (207) 504-5915

[linda.lajoie@ceimaine.org](mailto:linda.lajoie@ceimaine.org)

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

Rental counseling services may include information and referrals to safe, secure or reduced rent resources or temporary housing; identification of impediments to fair housing.

Cost: No Cost

Language(s) Offered: English, Spanish; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Reverse Mortgage Counseling/HECM Counseling, CEI**

30 Federal Street

Brunswick, ME 04011

Phone: (207) 504-5866

Fax: (207) 504-5915

[Jason.Thomas@ceimaine.org](mailto:Jason.Thomas@ceimaine.org)

[www.ceimaine.org/consulting/housing/housing-counseling](http://www.ceimaine.org/consulting/housing/housing-counseling)

HUD-certified housing counseling provides the required Home Equity Mortgage Counseling session to educate homeowners and assess needs.

Eligibility: Individuals 62 years of age and older with some equity in the subject property.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Start Smart, CEI**

2 Portland Fish Pier, Marine Trade Center, Suite 201

Portland, ME 04101

Phone: (207) 775-1984

Fax: (207) 772-5503

[startsmart@ceimaine.org](mailto:startsmart@ceimaine.org)

[www.ceimaine.org/consulting/business-counseling-development/startsmart](http://www.ceimaine.org/consulting/business-counseling-development/startsmart)

Business counseling program for starting or expanding a business in Maine includes studying the feasibility, marketing, record keeping, filing permits and licenses, and applying for a business loan.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Student Loan Debt Counseling, CEI**

30 Federal Street, Suite 100

Brunswick, ME 04011

Phone: (207) 504-5900

Toll Free: 1-877-340-2649

Fax: (207) 504-5915

[jill.lorom@ceimaine.org](mailto:jill.lorom@ceimaine.org)

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

Financial counselor services include assessing the borrower's current financial situation and existing loan obligation, determining if alternate federal payment programs exist, and possibly seeking potential assistance or relief in private student loans in default or collection.

Eligibility: Individuals with student loan debt who are behind on payments, have received a late notice or have not yet missed a payment but are concerned they may miss future payments.

Cost: No Cost

Language(s) Offered: English, Spanish; interpreters available upon request.

Hours: Mon-Fri 9am - 5pm

**Women's Business Center, CEI**

30 Federal Street

Brunswick, ME 04011

Phone: (207) 504-5900

Fax: (207) 882-7308

[wbc@ceimaine.org](mailto:wbc@ceimaine.org)

[www.ceimaine.org/consulting/business-counseling-development/womens-business-center](http://www.ceimaine.org/consulting/business-counseling-development/womens-business-center)

1-on-1 business help with access to financing, marketing, e-commerce, and website development; workshops, trainings, and established peer network.

Eligibility: Adults interested in starting a business, business owners, nonprofit directors, and managers.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Financial aid available based on application and HUD Income Guidelines.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8am - 5pm

**Case Management, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[donc@centralaroostookassociation.com](mailto:donc@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Case management services include but are not limited to representative payee services, budget monitoring and paying bills; assist individual with Social Security documents, food stamp reviews and home visits; assure that food and housing needs are met; coordinate medical and dental appointments with limited transportation.

Eligibility: Adults with a developmental disability.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Central Aroostook Association at 21 Lombard Street, Central Aroostook Association**

21 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[ppowers@centralaroostookassociation.com](mailto:ppowers@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Adult day habilitation center teaches life and safety skills through community-based activities to help develop familiarity and increase independence within the community.

Eligibility: Adults with moderate to severe developmental disabilities.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Children's Services, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[srichard@ainop.com](mailto:srichard@ainop.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Home and community-based services address social, physical, and emotional development including independent living skills, personal safety, environmental awareness and appropriate use of community services and resources.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Home and Community Supports, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[adeeves@centralaroostookassociation.com](mailto:adeeves@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Assist with social and life skills, community resources, participate in local events and to make supportive acquaintances; medical and dental appointment coordination.

Eligibility: Adults with moderate to severe developmental disabilities.

Cost: Vary

Accepted Insurance: MaineCare; Medicare

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**OTC at 25 Lombard Street, Central Aroostook Association**

25 Lombard Street, Opportunity Training Center

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[pperkins@centralaroostookassociation.com](mailto:pperkins@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Special purpose private school teaches fine and gross motor skills, self-help skills and academic development with the goal of semi-independent living.

Eligibility: Individuals in Grades K-12 with moderate to severe developmental disabilities seeking special education.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Residential Services, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[kgrant@centralaroostookassociation.com](mailto:kgrant@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Residential homes offer supervised activities, individualized programs designed to promote independence and community integration by developing social, life, self-help skills and healthy relationships.

Eligibility: Adults with a developmental disability.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Shared Living, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[adeeves@centralaroostookassociation.com](mailto:adeeves@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Home shared program where an individual lives in a providers family home; individualized program to learn and develop life skills, social skills and healthy relationships to promote independence and community integration.

Eligibility: Adults with moderate to severe developmental disabilities.

Cost: Vary

Accepted Insurance: MaineCare; Medicare

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Training Department, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 764-0134

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[ssearles@centralaroostookassociation.com](mailto:ssearles@centralaroostookassociation.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Training sessions in direct support, CPR/First Aid, safety care and Certified Residential Medication Aide; skills building and awareness training in boundaries, confidentiality, documentation, mandated reporting, teamwork and, sexuality.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Work Services, Central Aroostook Association**

25 Lombard Street

Presque Isle, ME 04769

Phone: (207) 554-4539

Alternative Phone: (207) 762-5591

Fax: (207) 764-5543

[ssearles@ainop.com](mailto:ssearles@ainop.com)

[www.centralaroostookassociation.com](http://www.centralaroostookassociation.com)

Supported employment program provides opportunities to improve personal skills, learn a trade, earn a wage and provide a service to the community.

Eligibility: Adults with a developmental disability.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Central Aroostook Humane Society**

26 Cross Street

Presque Isle, ME 04769

Phone: (207) 764-3441

[centralaroostookhs@hotmail.com](mailto:centralaroostookhs@hotmail.com)

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

Shelter and care for stray, displaced, and unwanted pets; volunteer opportunities.

Cost: Vary, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue-Sat 10am-12 noon,12:30-4pm

**Freshstart Smoking Cessation, Central Maine Medical Center**

29 Lowell Street, Floor 5

Lewiston, ME 04240

Phone: (207) 795-8250

Toll Free: 1-877-336-7287

Fax: (207) 795-8255

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

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

5-week American Cancer Society quit smoking program includes topics on preparing to quit, getting through the first few days, identifying and avoiding triggers, and staying tobacco free.

Eligibility: Adults 18 years of age and older with a sincere desire to quit smoking; participants must commit to all 5 weeks of the session.

Cost: No Cost

Language(s) Offered: English

Hours: Call 1-877-336-7287 for session schedule.

**Gerrish-True Health Sciences Library, Central Maine Medical Center**

300 Main Street

Lewiston, ME 04240

Phone: (207) 795-2560

[library@cmhc.org](mailto:library@cmhc.org)

[www.cmmc.org/library](http://www.cmmc.org/library)

Reference assistance on health topics, books and journals for use in the library, and computers for locating health information.

Eligibility: CMHC patients, their families, and the general public; CMHC staff and MCHP students have the first priority for resources.

Cost: No Cost

Language(s) Offered: English

Hours: Call for hours of operation.

**Certified Languages International**

4800 SW Macadam Avenue, Suite 400

Portland, OR 97239

Phone: 1-800-225-5254

Toll Free:

Hotline:

After Hours: 1-800-225-5254

1-800-362-3241

TTY:

Fax: (503) 450-1913

[kevinc@certifiedlanguages.com](mailto:kevinc@certifiedlanguages.com)

[www.certifiedlanguages.com](http://www.certifiedlanguages.com)

International and domestic telephone, video remote, and document translation in over 200 languages.

Eligibility:

Cost: Low Cost

Forms of Payment: Check

ACH payments accepted.

Language(s) Offered: English; interpreters available.

Hours: Call for hours of operation

**Alyce Redman Resource Center, CHANS Home Health Care**

45 Baribeau Drive

Brunswick, ME 04011

Phone: (207) 729-6782

Fax: (207) 721-1230

[chans@midcoasthealth.com](mailto:chans@midcoasthealth.com)

[www.hospicevolunteers.org/resources.aspx](http://www.hospicevolunteers.org/resources.aspx)

Community resource library houses books, videos, brochures, and reference materials on grief, hospice, bereavement, death, and dying; age specific materials; materials available for check-out.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am - 4:30pm

**Community Blood Pressure Clinics, CHANS Home Health Care**

60 Baribeau Drive

Brunswick, ME 04011

Phone: (207) 729-6782

[chans@midcoasthealth.com](mailto:chans@midcoasthealth.com)

[www.midcoasthealth.com/healthline/default2.asp](http://www.midcoasthealth.com/healthline/default2.asp)

Blood pressure testing on a drop-in basis.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am - 4:30pm

**Grieving Children and Teen's Support Group, CHANS Home Health Care**

45 Baribeau Drive

Brunswick, ME 04011

Phone: (207) 721-1357

Main Contact: Andy Sokoloff, Support Group Contact

Website: [www.hospicevolunteers.org/grief-support-groups.aspx](http://www.hospicevolunteers.org/grief-support-groups.aspx)

Grief support services for children, teens, and families grieving the death of a loved one; age appropriate groups for children and adults.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Call to schedule an informal pre-attendance meeting; call for group schedule.

**Structured Adult Grief Support Group, CHANS Home Health Care**

Address confidential

Brunswick, ME 04011

Phone: (207) 721-1357

Main Contact: Andy Sokoloff, Support Group Contact

Website: [www.hospicevolunteers.org/grief-support-groups.aspx](http://www.hospicevolunteers.org/grief-support-groups.aspx)

Peer facilitated support group for adults who are grieving the death of a loved one offers an 7 week structured grief program; offered several times each year.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Call to schedule an informal pre-attendance meeting; call for group time and location.

**CAFEpm, Choices Are For Everyone, Inc**.

90 Bridge Street

Westbrook, ME 04092

Phone: (207) 510-6060

Fax: (207) 510-6063

[sam@cafeinc.org](mailto:sam@cafeinc.org)

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

Social club provides beverages, snacks, games, music, social activities, arts and crafts, athletic competitions, and presentations.

Eligibility: Individuals with an intellectual or mental health disability; must be accompanied by a staff person, family member or other qualified adult.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 3pm-7pm

**Raven Food Pantry, Christ Built Ministries Inc.**

18 Roberts Street

Presque Isle, ME 04769

Phone: (207) 768-7850

[ravenfoodpantry@gmail.com](mailto:ravenfoodpantry@gmail.com)

[http://marshill1.wix.com/ravenfoodpantry#!](http://marshill1.wix.com/ravenfoodpantry#! )

Food pantry provides food and clothing.

Eligibility: Eligibility based on the individual or family identifying a need.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: None Listed – Call or Email

**New To You Thrift Shop, Christ Episcopal Church**

9 Brighton Avenue

Eastport, ME 04631

Phone: (207) 853-4222

After Hours: (207) 853-2724

Gently used clothing for all ages, winter coats and hats, shoes and boots, household goods, small furniture items, bedding, toys, books; emergency assistance available.

Eligibility: Open to all; individuals and/or families who have experienced a fire or other disaster for free emergency assistance.

Cost: No Cost, Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Tue - Sat: 11:00 AM - 3:00 PM

**House of Hidden Treasures Thrift Shop, Christ the Divine Mercy Parish**

112 Maine Avenue

Millinocket, ME 04462

Phone: (207) 723-4513

Alternative Phone: (207) 746-3333

Fax: (207) 746-8188

[st.peters1@myfairpoint.net](mailto:st.peters1@myfairpoint.net)

New and gently used clothing, baby items, furniture, household items, small and large appliances.

Eligibility: Open to all.

Cost: Vary, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: None Listed – Call or Email for Hours

**Heart 2 Heart Clothing Ministry, Church of the Living Stone**

Route 1, Woodland Shopping Center

Baileyville, ME 04694

Phone: (207) 214-6927

Fax: (207) 427-6927

Thrift shop offers gently used clothing, furniture, household goods, and tools.

Eligibility: Open to all.

Cost: Low Cost, Donation

Forms of Payment: Cash

Language(s) Offered: English

Hours: Wednesday -Saturday 12:00 p.m. – 5:00 p.m.

**City Drug Store**

159 Academy Street

Presque Isle, ME 04769

Phone: (207) 764-4424

Fax: (207) 764-4425

[info@citydrugrx.com](mailto:info@citydrugrx.com)

[www.citydrugrx.com](http://www.citydrugrx.com)

Retail pharmacy offers discounts on some generic prescriptions; flu, pneumonia, and shingles immunizations; non-sterile compounding; prescription delivery available.

Eligibility: Children, adolescents and adults; immunizations for adults only.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Monday-Friday: 8:30a.m.-6p.m. · Saturday: 8:30a.m.-4p.m. · Sunday: Closed

**Bangor International Airport, City of Bangor**

287 Godfrey Boulevard

Bangor, ME 04401

Phone: 207-992-4600

Toll Free: 1-866-359-2264

Fax: (207) 945-5998

[admin@flybangor.com](mailto:admin@flybangor.com)

[www.flybangor.com](http://www.flybangor.com)

International airport; closes after the last flight of the day.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Opens at 3:00 a.m. and Closes after the last flight of the day, as late as 1:00 a.m.

**Gambling Self Exclusion Program, City of Bangor**

103 Texas Avenue, Bangor Public Health and Community Services

Bangor, ME 04401

Phone: (207) 992-4465

[robin.carr@bangormaine.gov](mailto:robin.carr@bangormaine.gov)

[www.bangorpublichealth.org/problem-gambling](http://www.bangorpublichealth.org/problem-gambling)

Location for individual to complete paperwork to self exclude from casino; help complete necessary self- exclusion paperwork with individual.

Eligibility: Individual can only self exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: 8:00AM–4:30PM, Monday–Friday. Please bring a photo ID.

**Travel Health Immunization and Infectious Disease Clinic, City of Bangor**

103 Texas Avenue, Bangor Public Health and Community Services

Bangor, ME 04401

Phone: (207) 992-4547

Fax: (207) 992-9161

[jennifer.theriault@bangormaine.gov](mailto:jennifer.theriault@bangormaine.gov)

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

Individualized health consultation and vaccination for foreign travel; walk-in clinics for immunizations, tuberculosis testing, and sexually transmitted disease testing held Monday and Wednesday from 9:00 am-12:00 pm and the 4th Thursday of the month from 4:00 pm-7:00 pm; closed on holidays.

Eligibility: Children, adults, and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Office is unable to bill insurance but will provide a receipt for submission.

Language(s) Offered: English

Hours: Mon and Wed 9:00 a.m.-12 noon, 4th Thurs 4:00-7:00 p.m.

**Caribou Emergency Management Agency, City of Caribou**

111 High Street

Caribou, ME 04736

Phone: (207) 493-3301

Fax: (207) 493-4222

[michael.gahagan@cariboumaine.org](mailto:michael.gahagan@cariboumaine.org)

[www.cariboumaine.org/index.php/departments/emergency-management-agency/](http://www.cariboumaine.org/index.php/departments/emergency-management-agency/)

Volunteer Community Response Team provides aid to the city's fire and police departments and works closely with the Aroostook County Emergency Management Agency for emergency planning, training and exercise activities, and coordination of emergency response activities in emergency or disaster situations within the community.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours:

**Caribou Fire and Ambulance Department, City of Caribou**

121 High Street

Caribou, ME 04736

Phone: (207) 493-4205

Emergency Phone: 9-1-1

[firechief@cariboumaine.org](mailto:firechief@cariboumaine.org)

<http://cariboufire.com/cfad/>

Fire and rescue department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours/Day 365 Days/Year

**Caribou General Assistance, City of Caribou**

25 High Street

Caribou, ME 04736

Phone: (207) 493-3324 x221

After Hours: (207) 493-4200 (Caribou Police Department)

[jfarrin@cariboumaine.org](mailto:jfarrin@cariboumaine.org)

[www.cariboumaine.org/index.php/departments/general-assistance/](http://www.cariboumaine.org/index.php/departments/general-assistance/)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Call to schedule an appointment

**Caribou Parks and Recreation Department, City of Caribou**

55 Bennett Drive

Caribou, ME 04736

Phone: (207) 493-4224

Fax: (207) 493-4225

[gmarquis@cariboumaine.org](mailto:gmarquis@cariboumaine.org)

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

Team sports, indoor and outdoor facilities, open gym hours, multipurpose trails, parks, seasonal events; equipment and site rentals, van rentals to Caribou non-profit clubs and service organizations; summer hours May 1 through September 30.

Eligibility: Residents of Caribou.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Summer Mon-Fri 6:00 a.m.-6:00 p.m.

Sat: Open-12 noon; Closed-4:00 p.m.

**Caribou Police Department, City of Caribou**

25 High Street

Caribou, ME 04736

Phone: (207) 493-3301

Fax: (207) 493-4201

[policechief@cariboumaine.org](mailto:policechief@cariboumaine.org)

[www.cariboumaine.org/index.php/departments/police-department/](http://www.cariboumaine.org/index.php/departments/police-department/)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours/Day 365 Days/Year

**City of Caribou, City of Caribou**

25 High Street

Caribou, ME 04736

Phone: (207) 493-3324

Fax: (207) 498-3954

[citymanager@cariboumaine.org](mailto:citymanager@cariboumaine.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: 9:00 a.m.–5:00 p.m. Memorial Day through Labor Day 9:00 a.m.–4:30 p.m.

Mon: Open-8am; Closed-5pm

**City of Caribou Medication and Sharps Collection, City of Caribou**

25 High Street

Caribou, ME 04736

Phone: (207) 493-3301

[www.cariboumaine.org/index.php/departments/police-department/](http://www.cariboumaine.org/index.php/departments/police-department/)

Collect unused, unwanted, outdated personal and veterinarian medications, sharps, needles, lancets, and syringes for safe disposal. Sharps need to be in hard plastic, lidded containers.

Eligibility: Adults and seniors who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call ahead

**Barron Center Adult Day Health Services, City of Portland**

1145 Brighton Avenue

Portland, ME 04103

Phone: (207) 541-6500

Alternative Phone: (207) 541-6620

Fax: (207) 541-6623

[prevost-lucci@portlandmaine.gov](mailto:prevost-lucci@portlandmaine.gov)

[www.ci.portland.me.us/219/Elder-Services](http://www.ci.portland.me.us/219/Elder-Services)

Supportive daytime care provides health and medication monitoring, breakfast and lunch, assistance with personal care, therapeutic activities, and community outings; staff provides information and helps arrange transportation services.

Eligibility: Individuals 50 years of age and older with or without Alzheimer's disease; must be able to participate and/or benefit from program activities and be able to walk or transfer with 1 person assist.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare; Private Insurance

Accept other State programs that provide funding for adult day services and Veteran benefits

Language(s) Offered: English; interpreters available.

Hours: Call 207-541-6619

**Fix It! Portland, City of Portland**

389 Congress Street

Portland, ME 04101

Phone: (207) 874-8300 x 0

Website: [www.portlandmaine.gov/1448/Fix-It-Portland](http://www.portlandmaine.gov/1448/Fix-It-Portland)

Online customer service tool to report quality of life issues such as potholes, streetlights, and needing an inspection.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hour Message Line

**Gambling Self Exclusion Program, City of Portland**

389 Congress Street

Portland, ME 04101

Phone: (207) 874-8798

Website: <http://adcareme.org/problem-gambling/>

Location for individual to complete paperwork to self-exclude from casino; help complete necessary self -exclusion paperwork with individual.

Eligibility: Individual can only self-exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: No Hours Listed – Call

**HIV and STD Prevention, City of Portland**

103 India Street

Portland, ME 04101

Phone: (207) 874-8446

Hotline: 1-800-342-2437

Fax: (207) 756-8087

[ldr@portlandmaine.gov](mailto:ldr@portlandmaine.gov)

[www.portlandmaine.gov/863/HIV-STD-Prevention](http://www.portlandmaine.gov/863/HIV-STD-Prevention)

Sexually transmitted disease testing for chlamydia, gonorrhea, HIV, syphilis, bacterial vaginosis, trichomoniasis, and yeast; treatment is available for those who test positive at the clinic or are referred for treatment from a primary care provider; rapid testing for HIV and Hepatitis C.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: We do not accept MaineCare or private insurance.

Language(s) Offered: English

Hours: Please call (207) 756-8067 to speak to a staff member and schedule an appointment.

**Needle Exchange, City of Portland**

103 India Street

Portland, ME 04101

Phone: (207) 756-8024

Alternative Phone: (207) 756-8077

[zop@portlandmaine.gov](mailto:zop@portlandmaine.gov)

[www.portlandmaine.gov/866/Needle-Exchange](http://www.portlandmaine.gov/866/Needle-Exchange)

Anonymous 1-for-1 syringe exchange; clean supplies, safe disposal, and sharps boxes; narcan available for all enrolled clients; overdose training; HIV and Hepatitis C testing; immunizations for Hepatitis A and B, Gardasil vaccine, STD testing; referrals to in treatment programs, primary care, case management, and housing assistance for clients enrolled in the program.

Eligibility: Adults.

Cost: No Cost

Language(s) Offered: English

Hours: Contact Zoe Brokos for more information and/or to be connected to esources: [zop@portlandmaine.gov](mailto:)

**Portland International Jetport, City of Portland**

1001 Westbrook Street

Portland, ME 04101

Phone: (207) 874-8877

Hotline: (207) 774-7301

Alternative Phone: (207) 775-5809

Fax: (207) 774-7740

[portlandadmin@portlandmaine.gov](mailto:portlandadmin@portlandmaine.gov)

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

International airport.

Forms of Payment: Cash; Credit Cards; Debit Cards

Language(s) Offered: English; interpreters available upon request.

Hours: The Jetport Terminal never closes, but all airline ticket counters and concessions close during the night. Airline ticket counters are generally open two hours prior to scheduled departures.

**City of Presque Isle**

12 Second Street

Presque Isle, ME 04769

Phone: (207) 760-2700

Fax: (207) 764-2501

[info@presqueislemaine.us](mailto:info@presqueislemaine.us)

[www.presqueislemaine.gov](http://www.presqueislemaine.gov)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Service fee applies to credit and debit cards.

Language(s) Offered: English

Hours: Monday - Friday: 8:00 a.m. - 4:30 p.m.

**City of Presque Isle Medication and Sharps Collection, City of Presque Isle**

43 North Street, Suite 2

Presque Isle, ME 04769

Phone: (207) 764-4476

[mirwin@presqueisleme.us](mailto:mirwin@presqueisleme.us)

[www.presqueislemaine.gov](http://www.presqueislemaine.gov)

Collect unused, unwanted, outdated personal and veterinarian medications, sharps, needles, lancets, and syringes for safe disposal.

Eligibility: Adults and seniors who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call for Hours of Operation

**Presque Isle Fire Department, City of Presque Isle**

43 North Street, Suite 1

Presque Isle, ME 4769

Phone: (207) 769-0881

Fax: (207) 764-2537

[dwhite@presqueisleme.us](mailto:dwhite@presqueisleme.us)

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

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours/Day 365 Days/Year

**Presque Isle Fire Department Electric Heater Loan Program, City of Presque Isle**

43 North Street, Suite A

Presque Isle, ME 04769

Phone: (207) 769-0881

Fax: (207) 764-2537

[dwhite@presqueisleme.us](mailto:dwhite@presqueisleme.us)

[www.presqueislemaine.gov](http://www.presqueislemaine.gov)

Electric heaters available for loan as emergency back-up for lack of heat in residence.

Eligibility: Individuals whose primary heat source is temporarily unavailable.

Cost: No Cost

Language(s) Offered: English

Hours: Call to schedule a pick up.

**Presque Isle General Assistance, City of Presque Isle**

12 Second Street

Presque Isle, ME 04769

Phone: (207) 760-2700

After Hours: (207) 764-4476

Fax: (207) 764-2501

[info@presqueislemaine.us](mailto:info@presqueislemaine.us)

[www.presqueislemaine.gov](http://www.presqueislemaine.gov)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Monday - Friday: 8:00 a.m. - 4:30 p.m.

**Presque Isle Police Department, City of Presque Isle**

43 North Street, Suite 2

Presque Isle, ME 04769

Phone: (207) 764-4476

Emergency: Dial 9-1-1

Fax: (207) 764-6139

[mirwin@presqueisleme.us](mailto:mirwin@presqueisleme.us)

[www.presqueislepd.com](http://www.presqueislepd.com)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours/Day 365 Days

**Presque Isle Recreation and Parks, City of Presque Isle**

270 Main Street

Presque Isle, ME 04769

Phone: (207) 764-2545

[cbeaulieu@presqueisleme.us](mailto:cbeaulieu@presqueisleme.us)

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

Archery, arts and crafts, bike and walking paths, baseball, basketball, cheerleading, kayaking, orienteering, rock climbing, skiing, soccer, softball, swimming, tennis, and track and field.

Eligibility: Open to all.

Cost: Vary

Forms of Payment: Cash; Check

Fees for non-residents; credit cards accepted for program fees.

Language(s) Offered: English

Hours: Call/Email for Hours of Operation

**Operation HOPE, City of Waterville**

10 Colby Street

Waterville, ME 04901

Phone: (207) 680-4700

TTY: 37073

Fax: (207) 680-4717

[wbonney@waterville-me.gov](mailto:wbonney@waterville-me.gov)

[www.waterville-me.gov/police/operation-hope-angel-application](http://www.waterville-me.gov/police/operation-hope-angel-application)

Waterville police department will attempt to place each individual seeking help who presents at the police department into a residential treatment facility, intensive outpatient programs, methadone clinics, sober living facilities, rehabilitation programs, and detox facilities depending on need.

Eligibility: Individuals suffering from substance use disorder.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Walk in to meet with an officer; complete a screening form.

**Classic Dentures of Maine**

61 Hersey Avenue

Bangor, ME 04401

Phone: (207) 942-1743

After Hours: (207) 745-2152

Fax: (207) 262-4258

[classicdenturesofmaine@yahoo.com](mailto:classicdenturesofmaine@yahoo.com)

[www.classicdentures.com](http://www.classicdentures.com)

Denture services include new dentures, partials, repairs, relines, adjustments, and cleaning in the office or in private homes, nursing homes, hospitals, homeless shelters, rehabilitation facilities or retirement communities; denture identification services.

Eligibility: Children, adults, and seniors.

Cost: Low Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted: Yes

Payment plans available.

Language(s) Offered: English

Hours: Call for Appointment

**Coastal Pharmacy & Wellness**

29 Marginal Way

Portland, ME 04101

Phone: (207) 899-0886

Alternate Phone: (207) 899-0993

TTY: (207) 899-0826

Website: [www.coastalpharmacyandwellness.com](http://www.coastalpharmacyandwellness.com)

Retail pharmacy offers dye and preservative free prescriptions and nutritional supplement consultation.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Monday - Friday: 9:00 am - 6:00 pm  
 Saturday: 9:00 am - 12:00 pm  
 Sunday: Closed

**Coastal Recovery Community Center**

24 Lincoln Street, Suite 103

Rockland, ME 04841

Phone: (207) 691-3697

[knoxcounty@gmail.com](mailto:knoxcounty@gmail.com)

[www.coastalrecoverycommunitycenter.com](http://www.coastalrecoverycommunitycenter.com)

Recovery coaches provide support, motivation, and recovery information and referral; meeting space for Narcotics Anonymous, SMART Recovery, Friends and Family Together.

Eligibility: Individuals in recovery.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Varies – Call (207) 691-3697

**Cocaine Anonymous World Service Office Inc.**

21720 South Wilmington Avenue, Suite 304

Los Angeles, CA 90810

Phone: (310) 559-5833

Hotline: 1-800-347-8998

Fax: (310) 559-2554

[cawso@ca.org](mailto:cawso@ca.org)

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

Online support group meetings assist individuals with addiction to cocaine and other mind-altering substances to remain sober; print materials and Start a Meeting kits available.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

**Co-Dependents Anonymous Inc.**

Address confidential

Phoenix, AZ 85067

Phone: 1-888-444-2359

Toll Free: 1-888-444-2359

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

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

12 step program for individuals who want to develop healthy and fulfilling relationships; open, closed, phone, email, Skype and online meetings available.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Search online meeting list or call main phone number

**Colby College**

4000 Mayflower Hill Drive

Waterville, ME 04901

Phone: (207) 859-4000

Fax: (207) 859-4055

[admissions@colby.edu](mailto:admissions@colby.edu)

[www.colby.edu](http://www.colby.edu)

College.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

**College of the Atlantic**

105 Eden Street

Bar Harbor, ME 04609

Phone: (207) 288-5015

Toll Free: (800) 528-0025

Fax: (207) 288-4126

[inquiry@coa.edu](mailto:inquiry@coa.edu)

[www.coa.edu](http://www.coa.edu)

Self-directed, interdisciplinary studies in science, art, ecology, and the humanities.

Eligibility: Adults 18 years of age and older.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Uninsured Accepted: Yes

Need-based aid in the form of loans, work study, scholarships, and/or grants may be available through the Financial Aid Office; call 800-528-0025 for more information.

Language(s) Offered: English

**Penobscot Metro Treatment Center, Colonial Management Group LP**

659 Hogan Road

Bangor, ME 04401

Phone: (207) 973-0400

Toll Free: (877) 284-7074 New Patients

Fax: (207) 973-1881

[penobscot.me@cmglp.com](mailto:penobscot.me@cmglp.com)

<https://newseason.com>

Substance use disorder services include methadone maintenance treatment, medically-supervised withdrawal, and detoxification from other opiates using methadone.

Eligibility: Adults 18 years of age and older who have been dependent on opioids for 1 year or more.

Cost: Fixed Cost

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon - Fri: 5:15 a.m. - 2:00 p.m.  
 Sat, Sun: 5:30 a.m. - 9:30 a.m.   
 Holidays: 6:00 a.m.- 9:00 a.m.

**Rockland Metro Treatment Center, Colonial Management Group LP**

166 New County Road

Rockland, ME 04841

Phone: (207) 596-0312

Toll Free: (877) 284-7074 New Patients

Fax: (207) 596-0319

[rocklandmetro@cmglp.com](mailto:rocklandmetro@cmglp.com)

<https://newseason.com>

Substance use disorder services include methadone maintenance treatment, medically-supervised withdrawal, and detoxification from other opiates using methadone.

Eligibility: Adults 18 years of age and older who have been dependent on opioids for 1 year or more.

Cost: Fixed Cost

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon - Fri: 5:15 a.m. - 2:00 p.m.  
 Sat, Sun: 5:30 a.m. - 9:30 a.m.   
 Holidays: 6:00 a.m.- 9:00 a.m.

**Adult Behavioral Health Home, Community Care**

40 Summer Street

Bangor, ME 04402

Phone: (207) 945-4240

Toll Free: 1-888-236-2273

TTY: (207) 945-4329

Fax: (207) 990-3660

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

[www.comcareme.org/GuidetoOurServices/AdultServicesCaseManagement.aspx](http://www.comcareme.org/GuidetoOurServices/AdultServicesCaseManagement.aspx)

Team-based approach provides coordination of mental health and physical health services among all service providers and includes assisting individuals in improving their overall wellness; services provided in the home and in the community.

Eligibility: Adults 18 years of age and older or emancipated minors who have a mental health diagnosis and receive MaineCare.

Cost: No Cost

Language(s) Offered: English

Hours: Call 1-888-236-2273

**Adult Community Integration Services, Community Care**

40 Summer Street (Main Office – also at 98 North Avenue in Skowhegan)

Bangor, ME 04402

Phone: (207) 945-4240

Toll Free: 1-888-236-2273

TTY: (207) 945-4329

Fax: (207) 990-3660

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

[www.comcareme.org/GuidetoOurServices/AdultServicesCaseManagement.aspx](http://www.comcareme.org/GuidetoOurServices/AdultServicesCaseManagement.aspx)

Support and assistance in caring for an individual's mental health and life needs to help build individual skills and obtain resources to improve wellness and quality of life; services provided in the home or setting of individual's choice.

Eligibility: Adults 18 years of age and older or emancipated minors who have a mental health diagnosis and who receive MaineCare.

Cost: No Cost

Language(s) Offered: English

Hours: Call 1-888-236-2273

**Child and Adult Outpatient Therapy, Community Care**

40 Summer Street (Main Office – also in Saco)

Bangor, ME 04402

Phone: (207) 945-4240

Toll Free: 1-888-236-2273

TTY: (207) 945-4329

Fax: (207) 990-3660

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

[www.comcareme.org/GuidetoOurServices/OutpatientMentalHealthClinic.aspx](http://www.comcareme.org/GuidetoOurServices/OutpatientMentalHealthClinic.aspx)

Individual, couples, and family therapy, marriage counseling, trauma and abuse recovery therapy, substance use disorder counseling, chronic mental health challenges therapy, children's medication management.

Eligibility: Adults, children, and their families who are coping with and experiencing challenges with mental illness for counseling; adolescents and children 19 years of age and younger who currently have or are eligible for MaineCare for medication management.

Cost: Fixed Cost

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Call 1-888-236-2273

**Children's Case Management, Community Care**

40 Summer Street (Main Office – also in Saco)

Bangor, ME 04401

Phone: (207) 945-4240

Business Line: 1-888-236-2273

Toll Free: 1-888-236-2237

TTY: (207) 945-4329

Fax: (207) 990-3660

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

[www.comcareme.org/GuidetoOurServices/ChildrensCaseManagement.aspx](http://www.comcareme.org/GuidetoOurServices/ChildrensCaseManagement.aspx)

Case management in the home or other community-based setting includes comprehensive assessment of strengths and needs and identifying and advocating for services.

Eligibility: Individuals from birth-20 years of age who have a mental health diagnosis, are experiencing challenges related to mental illness, and receive MaineCare.

Cost: No Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Call 1-888-236-2273

**Community Family Support Services, Community Care**

40 Summer Street (Main Office – also in Skowhegan and Saco)

Bangor, ME 04401

Phone: (207) 945-4240

Business Line: 1-888-236-2273

Toll Free: 1-888-236-2237

TTY: (207) 945-4329

Fax: (207) 990-3660

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

[www.comcareme.org/GuidetoOurServices/CommunityFamilySupportServicesHCT.aspx](http://www.comcareme.org/GuidetoOurServices/CommunityFamilySupportServicesHCT.aspx)

Intensive family-based community and home-based program assists families with finding solutions to a variety of stressors and managing mental health and behavioral needs.

Eligibility: Individuals from birth-20 years of age who have or are eligible for MaineCare and have a mental health diagnosis or behaviors that could be indicative of a mental health diagnosis.

Cost: No Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Call 1-888-236-2273

**Treatment Foster Care, Community Care**

40 Summer Street

Bangor, ME 04401

Toll Free: 1-888-236-2273

After Hours: (207) 945-4240

TTY: (207) 945-4329

Fax: (207) 990-3660

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

[www.comcareme.org/GuidetoOurServices/TreatmentFosterCare.aspx](http://www.comcareme.org/GuidetoOurServices/TreatmentFosterCare.aspx)

Temporary structured and stable family living environment as progression is made towards reunification, kinship care, adoption, guardianship or independent living; foster parenting opportunities and support.

Eligibility: Individuals from birth-20 years of age who have high behavioral health needs, are in a custody arrangement with DHHS, and receive MaineCare; adults interested in providing caring and structured living environments to children for foster parenting.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Call 1-888-236-2273

**B Street Health Center, Community Clinical Services**

57 Birch Street

Lewiston, ME 04240

Phone: (207) 753-5400

Hotline: (207) 777-8899

TTY: (207) 777-8135

[www.communityclinicalservices.com/b-street-health-center](http://www.communityclinicalservices.com/b-street-health-center)

Primary care.

Eligibility: Individuals in need of health care.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Monday-Friday 7:00 AM –7:00 PM, Closed Saturdays & Sundays

**Behavioral Case Management, Community Clinical Services**

57 Birch Street (Main Office – Other offices in Auburn and Poland)

Lewiston, ME 04240

Phone: (207) 755-3015

Hotline: (207) 777-8899

TTY: (207) 777-8135

[www.communityclinicalservices.com/case-management](http://www.communityclinicalservices.com/case-management)

Referrals to medical and mental health providers; coordination of services, educational resources, and training; safety and behavior planning; transportation to and from appointments; food security.

Eligibility: Children, teens, and adults with MaineCare and a qualifying mental health diagnosis who are enrolled in primary care with CCS and in need of case management.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare

Uninsured Accepted: No

Language(s) Offered: English; interpreters available.

Hours: Monday-Friday 7:00 AM –7:00 PM, Closed Saturdays & Sundays

**Behavioral Health Homes, Community Clinical Services**

57 Birch Street

Lewiston, ME 04240

Phone: (207) 753-5400

Hotline: (207) 777-8899

TTY: (207) 777-8135

[www.communityclinicalservices.com](http://www.communityclinicalservices.com)

Integrated care by psychiatrists, primary care physicians, social workers, and other healthcare professionals.

Eligibility: Children with qualifying mental health diagnoses.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Monday-Friday 7:00 AM –7:00 PM, Closed Saturdays & Sundays

**Dental Services, Community Clinical Services**

60 Second Street

Auburn, ME 04210

Phone: (207) 755-3456

Hotline: (207) 777-8899

After Hours: TTY: (207) 777-8135

[www.communityclinicalservices.com/dental/ccs-dental-services](http://www.communityclinicalservices.com/dental/ccs-dental-services)

Early dental care, examinations, cleanings, fluoride treatment, x-rays, sealants, fillings, tooth extractions, and emergency dental care; education for patients and parents.

Eligibility: Individuals up to 20 years of age (when the patient started before 18 years of age) in need of dental care.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Monday-Thursday: 7:00 a.m.-6:00 p.m.

Friday: 7:00 a.m.-5:00 p.m.

1 Sat per month October-May

8am-4:30pm

**Family Health Care, Community Clinical Services**

100 Campus Avenue, Suite 201

Lewiston, ME 04240

Phone: (207) 755-3445

Hotline: (207) 777-8899

TTY: (207) 777-8135

[www.communityclinicalservices.com/ccs-family-health-center-at-100-campus-ave/ccs-family-health-care](http://www.communityclinicalservices.com/ccs-family-health-center-at-100-campus-ave/ccs-family-health-care)

Primary health care.

Eligibility: Individuals in need of health care.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Monday-Thursday: 7:00 a.m.-4:00 p.m.

**Outpatient Counseling, Community Clinical Services**

100 Campus Avenue

Lewiston, ME 04240

Phone: (207) 755-3434

Hotline: (207) 777-8899

Fax: (207) 755-3474

[www.communityclinicalservices.com/ccs-family-health-center-at-100-campus-ave/ccs-outpatient-counseling](http://www.communityclinicalservices.com/ccs-family-health-center-at-100-campus-ave/ccs-outpatient-counseling)

Individual, family, couples, and group therapy; clinical assessments and evaluations; substance use disorder treatment by DEEP certified providers; aftercare services.

Eligibility: Individuals in need of counseling.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Call the Behavioral Intake Department at 207-777-8700

**Pediatrics, Community Clinical Services**

330 Sabattus Street, Suite B

Lewiston, ME 4240

Phone: (207) 755-3160

Hotline: (207) 777-8899

TTY: (207) 777-8135

Fax: (207) 755-3166

Website: [www.communityclinicalservices.com/pediatrics](http://www.communityclinicalservices.com/pediatrics)

Pediatric care.

Eligibility: Individuals from birth-18 years of age.

Cost: Sliding Fee

Forms of Payment:

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Monday, Tuesday & Thursday: 8am-7pm

Wednesday & Friday: 8am-5pm

Also Mon, Tue,& Thu 7am-8am by appointment

P**sychiatry, Community Clinical Services**

100 Campus Avenue, Suite 208

Lewiston, ME 04240

Phone: (207) 777-8974

Hotline: (207) 777-8899

TTY: (207) 777-8135

Website: [www.communityclinicalservices.com/ccs-family-health-center-at-100-campus-ave/ccs-psychiatry](http://www.communityclinicalservices.com/ccs-family-health-center-at-100-campus-ave/ccs-psychiatry)

Psychiatric care, medication management, and memory care.

Eligibility: Individuals in need of care.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Additional hours may be available by appointment

Mon-Fri: 7:30am-5pm

**Clothing Program, Community H.E.L.P.**

264 Main Street

Bridgton, ME 04009

Phone: (207) 647-5000

Fax: (207) 647-5000

[bridgtoncommunityhelp@gmail.com](mailto:bridgtoncommunityhelp@gmail.com)

Free bag of clothing on first visit, small fee on subsequent visits; 1 visit per month; referral to service agencies.

Eligibility: Families who are low income and meet HUD Income Guidelines.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Debit Cards

Language(s) Offered: English

Hours: Mon., Wed., Fri.10:00 a.m.-4:00 p.m.

**Hidden Treasures Emporium, Community H.E.L.P.**

264 Main Street

Bridgton, ME 04009

Phone: (207) 647-5000

Fax: (207) 647-5000

[bridgtoncommunityhelp@gmail.com](mailto:bridgtoncommunityhelp@gmail.com)

Clothing for men, women, children and infants, footwear, household items, small appliances, books, toys.

Cost: Vary

Forms of Payment: Cash; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon., Wed., Fri.10:00 a.m.-4:00 p.m.

**Adult Mental Health Services, Community Health and Counseling Services**

42 Cedar Street (Main Office: Other locations around Mid/Northern Maine)

Bangor, Maine 04401

Toll Free: 1-800-924-0366

[contact@chcs-me.org](mailto:contact@chcs-me.org)

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

Eligibility: Adults 18 years of age and older with severe and prolonged mental illness who need assistance in achieving and maintaining independent living in the community.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Call 1-800-924-0366 to schedule an appointment

**Children's Mental Health Services, Community Health and Counseling Services**

42 Cedar Street (Main Office: Other locations around Mid/Northern Maine)

Bangor, Maine 04401

Hotline: 1-888-568-1112

Alternative Phone: 1-800-924-0366

[contact@chcs-me.org](mailto:contact@chcs-me.org)

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

Home and community-based treatment for families with children, targeted case management, therapy/counseling services, treatment foster care.

Eligibility: Children and their families who are in need of intensive help in dealing with emotional and behavioral problems.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Call 1-800-924-0366 to schedule an appointment

**Assisted Living Services, Community Living Association**

45 School Street

Houlton, ME 04730

Phone: (207) 532-9446

Alternative Phone: 1-866-343-4144

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/our-services-2/supported-independent-living/](http://www.clamaine.org/clamaine/our-services-2/supported-independent-living/)

Wheelchair accessible assisted living homes provide access to transportation, day programs, and work programs. Service area in Aroostook and Penobscot Counties.

Eligibility: Adults with developmental and other disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4pm

**Community Case Management, Community Living Association**

51 Bangor Street, Suite 2 (Main Office)

Houlton, ME 04730

Phone: (207) 532-9446 x 23

Toll Free: 1.844.843.9233

Fax: 1-855-648-2855

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/community-case-management/](http://www.clamaine.org/clamaine/community-case-management/)

Identify, develop, and assist in the implementation of comprehensive support strategies and individualized support plans for participant's home, work, and community environments; develop positive relationships with the participant's primary supports; monitor and analyze outcomes of support services provided. Service area: Aroostook, Hancock, Piscataquis & Penobscot Counties

Eligibility: Adults with intellectual disabilities and their families.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4pm

**Forest Springs, Community Living Association**

7 Abraham Court

Houlton, ME 04730

Phone: (207) 532-1350

Alternative Phone: (207) 532-9446

Fax: (207) 532-1364

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/our-services-2/residentalservices/icf-iid](http://www.clamaine.org/clamaine/our-services-2/residentalservices/icf-iid)

Intermediate care facility helps foster independence through social, emotional and physical development, daily living activities, language skills, and community living skills; medication administration. Serves Aroostook and Penobscot Counties.

Eligibility: Adults with intellectual disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4pm

**Harmony, Community Living Association**

11 Abraham Court

Houlton, ME 04730

Phone: (207) 532-1355

Alternative Phone: (207) 532-9446

Fax: (207) 532-1353

[HR@clamaine.org](mailto:HR@clamaine.org) or [karri.bennett@clamaine.org](mailto:karri.bennett@clamaine.org)

[www.clamaine.org/clamaine/our-services-2/residentalservices/icf-iid/](http://www.clamaine.org/clamaine/our-services-2/residentalservices/icf-iid/)

Intermediate care facility provides nursing home care, personal services, medication administration, and encouragement in developing social, self-help, motor, and communication skills; consultation from various support services, supervised activities.

Eligibility: Adults with intellectual disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri 8am - 4pm

**New Beginnings, Community Living Association**

45 School Street

Houlton, ME 04730

Phone: (207) 532-9446

Alternative Phone: (207) 532-9493

Toll Free: (844) 843-9233

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/day-programs](http://www.clamaine.org/clamaine/day-programs)

Day habilitation program focuses on independent living skills, community integration skills, and individual goals; care needs may range from total assistance to supervision only.

Eligibility: Adults with intellectual disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri 9am - 1:45pm

**New Horizons Enterprises, Community Living Association**

388 Military Street

Houlton, ME 04730

Phone: (207) 532-1368

Alternative Phone: (207) 532-9446

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/day-programs](http://www.clamaine.org/clamaine/day-programs)

Day habilitation program focuses on independent living skills, community integration skills, and individual goals; care needs may range from total assistance to supervision only.

Eligibility: Adults with developmental and other disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am - 1:45pm

**Roger Randall Center for Developmental Services, Community Living Association**

48 Green Street

Houlton, ME 04730

Phone: (207) 532-9493

Alternative Phone: (207) 532-9446

Fax: (207) 532-9494

Website: [HR@clamaine.org](mailto:HR@clamaine.org)

Website: [www.clamaine.org/clamaine/day-programs](http://www.clamaine.org/clamaine/day-programs)

Day habilitation program focuses on independent living skills, community integration skills, and individual goals; care needs may range from total assistance to supervision only.

Eligibility: Adults with developmental and other disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am - 1:45pm

**Shared Living Option and Shared Living Services, Community Living Association**

45 School Street

Houlton, ME 04730

Phone: (207) 532-9446 x 22

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/community-case-management](http://www.clamaine.org/clamaine/community-case-management)

Shared living providers with administrative and financial support, training, respite, oversight visits, and the design and monitoring of support service plans for client needs; shared living provider homes provide clients with home-based family living environment, advocacy at meetings and appointments, life and social skills building, community integration, and follow through on client's support service plan.

Eligibility: Adults with developmental and other disabilities; shared living providers.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4pm

**Supported Employment, Community Living Association**

48 Green Street

Houlton, ME 04730

Phone: (207) 532-9446

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/our-services-2/supported-employment](http://www.clamaine.org/clamaine/our-services-2/supported-employment)

Employment consultant provides job matching, job analysis, job coaching, on-the-job training, co-worker orientation, follow-up services to ensure employee and employer satisfaction.

Eligibility: Adults with developmental and other disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, interpreters available.

Hours: Mon-Fri 8am - 4pm

**Supported Living Services, Community Living Association**

45 School Street

Houlton, ME 04730

Phone: (207) 532-9446 x22

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/our-services-2/supported-independent-living](http://www.clamaine.org/clamaine/our-services-2/supported-independent-living)

Independence and emotional, physical, and social development is encouraged by fostering language and communication skills, independent living skills, access to community resources and community integration, and help with personal and daily living activities.

Eligibility: Adults with developmental and other disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Uninsured Accepted: Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4pm

**The Green Multipurpose Center, Community Living Association**

388 Military Street

Houlton, ME 04730

Phone: (207) 532-1368

Alternative Phone: (207) 532-9446

Fax: (207) 532-1359

[HR@clamaine.org](mailto:HR@clamaine.org)

[www.clamaine.org/clamaine/day-programs](http://www.clamaine.org/clamaine/day-programs)

Day habilitation program focuses on independent living skills, community integration skills, and individual goals; care needs may range from total assistance to supervision only.

Eligibility: Adults with intellectual disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am - 1:45pm

**Community Spay-Neuter Clinic**

321 Lewiston Road

Topsham, ME 04086

Phone: (207) 721-8395

[communityspayneuterclinicmaine@gmail.com](mailto:communityspayneuterclinicmaine@gmail.com)

[www.communityspayneuterclinic.com](http://www.communityspayneuterclinic.com)

Spay and neuter services for dogs and cats; free transport may be available.

Eligibility: Owners must either receive state assistance or not be able to afford the cost of spay/neuter at their regular vet; animals must be 8 weeks-7 years of age.

Cost: Low Cost

Forms of Payment: Cash; Credit Cards

Language(s) Offered: English

Hours: Monday-Wednesday 7:30 a.m.-5:30 p.m.

**Community Warming Shelters,** **Community Warming Shelters**

Address confidential

Augusta, ME 04330

* Androscoggin
* Aroostook
* Cumberland
* Franklin
* Hancock
* Kennebec
* Knox
* Lincoln
* Oxford
* Penobscot
* Piscataquis
* Sagadahoc
* Somerset
* Waldo
* Washington
* York

Cost: No Cost

Uninsured Accepted: Yes

**Concord Coach Lines**

Address confidential

Concord, NH 3301

Toll Free: 1-800-639-3317

After Hours: (603) 228-3535

[info@concordcoachlines.com](mailto:info@concordcoachlines.com)

[www.concordcoachlines.com/](http://www.concordcoachlines.com/)

Bus service from Maine and New Hampshire to Boston South Station and Logan Airport; charter buses available for hire. Call or visit website for locations, schedules and fares, and how to purchase tickets.

Cost: Vary

Forms of Payment: Cash; Credit Cards

Language(s) Offered: English

Hours: Mon – Sun 5am - 10pm

**Consumers for Affordable Health Care Foundatio**n

Phone: 1-800-965-7476

Toll Free: 1-800-965-7476

Fax: 1-888-214-5233

[consumerhealth@mainecahc.org](mailto:consumerhealth@mainecahc.org)

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

Help with finding and using public and private health insurance coverage and programs to help with health care and drug costs; help with applying for MaineCare and the Health Insurance Marketplace; help with private insurance denials and other problems with insurance coverage; education and training to the public, government officials, and professionals.

Eligibility: Call or email for more information.

Cost: No Cost

Application Process: Call, email, or visit the website for more information.

Documents Required: Call or email for more information.

Languages Offered: English; interpreters available.

Hours: Mon - Fri 9am - 5pm

**Co-Occurring Collaborative Serving Maine, Co-Occurring Collaborative Serving Maine**

94 Auburn Street

Portland, ME 04103

Phone: (207) 878-6170

Fax: (207) 878-6172

[ccsme@ccsme.org](mailto:ccsme@ccsme.org)

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

Develops, designs, and manages statewide training programs for medical and behavioral health work forces.

Eligibility: Agencies and individuals serving those with co-occurring conditions of mental health and substance abuse.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am - 4pm

**Adult Crisis Stabilization Units, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Toll Free Hotline: 1-888-568-1112

Alternative Phone: (207) 626-3448

Fax: (207) 626-7579

[www.crisisandcounseling.org/services/crisis-response-1/crisis-stabilizationl-units](http://www.crisisandcounseling.org/services/crisis-response-1/crisis-stabilizationl-units)

Short term residential care after a crisis.

Eligibility: Adults 18 years of age and older requiring short term residential care after a crisis.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Adult Mental Health Treatment, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

After Hours: 1-888-568-1112

Fax: (207) 626-7581

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

Individual and family outpatient counseling for mental health issues including bipolar disorder, post-traumatic stress disorder, or co-occurring disorders.

Eligibility: Adults 18 years of age and older with mental health issues and their families.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Adult Substance Abuse Treatment Program, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7583

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

Individual and family outpatient counseling for substance use issues; DEEP services.

Eligibility: Adults 18 years of age and older and their families.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Children's Targeted Case Management, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

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

Referrals, advocacy, securing needed supports and assistance with navigating the systems of care for both the family and child; offered both at home and within the community.

Eligibility: Families with children ages birth-20 years of age who have a behavioral health or developmental disability diagnosis or a chronic medical condition.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Crisis Service, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 621-2552

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7585

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

24-hour crisis hotline provides support and intervention, in-person assessment, mobile crisis response, and crisis outreach for individuals and families who have received crisis support through our centers; outreach program provides information and referrals.

Eligibility: Individuals and families experiencing any sort of crisis.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Crisis hotline calls are free; fees for assessments and other services.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours

**GEAR Parent Network, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: 1-800-264-9224

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7579

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

Telephone support, monthly support groups, emotional and behavioral health workshops, parent and child legal rights trainings, opportunities to network with other families; information on available resources and public services.

Eligibility: Parents and caregivers of children with behavioral health and emotional needs.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 10am - 4pm

**GEAR Parent Support Group, Crisis and Counseling Centers**

Phone: 1-800-264-9224

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

Support group for parents and caregivers of children with behavioral health and emotional needs; offers opportunities for parent-to-parent sharing of experiences.

Eligibility: Call for more information.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 10am - 4pm

**Generations Family and Youth Counseling Program, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Hotline: 1-888-568-1112

Fax: (207) 626-7596

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

Targeted emotional and behavioral support for depression, low self-esteem, trauma, substance use, behavioral problems, anger management, eating disorders, suicidal thoughts, panic disorders, difficulty managing change, and chronic mental health problems; play therapy also offered.

Eligibility: Individuals 3-17 years of age with substance use, co-occurring disorders, or mental health problems.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Intensive Outpatient Program, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7597

[www.crisisandcounseling.org/services/outpatient/dual-diagnosis-intensive-outpatient-program](http://www.crisisandcounseling.org/services/outpatient/dual-diagnosis-intensive-outpatient-program)

4 to 8 week substance use disorder intensive outpatient program designed to give individuals a start in recovery from substance use or mental health conditions.

Eligibility: Adults with substance use disorder who have a co-occurring mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Maine Mothers Network, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7598

[www.crisisandcounseling.org/services/outpatient/maine-mothers-network](http://www.crisisandcounseling.org/services/outpatient/maine-mothers-network)

Substance use case management services include access to resources, parenting support, parent education, peer support groups, and information and referrals.

Eligibility: Women with substance use disorder who are pregnant or parenting children under 6 years of age.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Medication Management, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7579

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

Prescribe and manage medications.

Eligibility: Adults and adolescents 13 years of age and older who are recovering from addiction to drugs and alcohol or who have a mental health disorder including depression, anxiety, and bi-polar disorder or both.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Seeking Safety Treatment Program For Women, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7601

[www.crisisandcounseling.org/services/outpatient/dual-diagnosis-intensive-outpatient-program](http://www.crisisandcounseling.org/services/outpatient/dual-diagnosis-intensive-outpatient-program)

Group treatment program helps develop coping strategies to treat trauma and co-occurring substance use disorders.

Eligibility: Women in all stages of recovery from trauma or who have co-occurring substance use disorders or both.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Insurance information/card or full payment due at time of appointment.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Youth Crisis Stabilization Unit, Crisis and Counseling Centers**

10 Caldwell Road

Augusta, ME 04330

Phone: (207) 626-3448

Toll Free Hotline: 1-888-568-1112

Fax: (207) 626-7602

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

Short term crisis stabilization; length of stay usually 1 to 7 days, determined by client needs.

Eligibility: Individuals 6-17 years of age requiring short term residential care after a crisis.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8am - 6pm; Fri 8am - 5pm

**Crohn's and Colitis Foundation Programs, Crohn's and Colitis Foundation New England Chapter**

72 River Park Street

Needham Heights, MA 02494

Toll Free: 1-888-694-8872

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

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

Information and resource center provides educational programs, supportive services, and guidance to help cope with chronic intestinal diseases; help understand diagnosis, treatment, and living with Crohn's Disease and ulcerative colitis.

Eligibility: Patients, family members, health care professionals, and the public.

Cost: No Cost

Language(s) Offered: English

Hours: Mon- Fri; 9am - 5pm

**Second Glance Thrift Shop, Crossing LIFE Church**

2120 Route 2

Hermon, ME 04401

Phone: (207) 217-1274

[cgreener@bangorcrossing.org](mailto:cgreener@bangorcrossing.org)

New and gently used clothing includes winter coats and outerwear, shoes, boots, business attire, and formal wear; household items, furniture, baby items, toys, and books.

Eligibility: Open to all.

Cost: Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Tue-Sat; 10:30am - 5:30pm

**Barbara's Dwelling Place, Crosspoint Church**

Address confidential

Bangor, ME 04401

Phone: (207) 949-2273

Fax: (207) 947-0010

[info@crosspointbangor.com](mailto:info@crosspointbangor.com)

[www.godparenthomeme.com](http://www.godparenthomeme.com)

Emergency shelter.

Eligibility: Women who are homeless and have children from birth through 5 years of age; age of children may be negotiable depending on the population of the home.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours a day, 7 days a week

**Shepherd's Godparent Home, Crosspoint Church**

Address confidential

Bangor, ME 04401

Phone: (207) 947-9220

After Hours: (207) 949-2273

Fax: (207) 947-0010

[shepherdsgodparenthome@gmail.com](mailto:shepherdsgodparenthome@gmail.com)

[www.godparenthomeme.com](http://www.godparenthomeme.com)

Prenatal maternity residence includes room, meals, educational opportunities, counseling, Lamaze training, parenting classes and support, vocational training, and Nikki's Hope parenting transition apartment.

Eligibility: Pregnant girls and women 13 years of age and older and parenting women and their newborns looking to improve their life.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours a day, 7 days a week

**Crossroads Back Cove Women's Residential Program, Crossroads**

71 US Route 1, Suite E

Scarborough, ME 04074

Phone: (207) 773-9931

Fax: (207) 879-5576

[intake@crossroadsme.org](mailto:intake@crossroadsme.org)

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

30 day residential program provides a gender responsive approach, 12 step work, individual counseling with a co-occurring focus, group therapy, family involvement and support, wellness services, and therapeutic recreational activities.

Eligibility: Women 18 years of age and older who are chemically dependent.

Cost: Fixed Cost

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order

Accepted Insurance: Private Insurance

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Crossroads Children and Mothers Program, Crossroads**

71 US Route 1, Suite E

Scarborough, ME 04074

Phone: (207) 773-9931

Fax: (207) 879-5576

[intake@crossroadsme.org](mailto:intake@crossroadsme.org)

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

Residential substance use treatment provides child care services, teaching and modeling of appropriate parenting techniques, activities, parenting skills classes, age appropriate educational tools to help better understand and cope with a parent's chemical dependency.

Eligibility: Women 18 years of age and older who are pregnant or post partum and their children from birth-5 years of age.

Cost: Fixed Cost

Forms of Payment: Cash; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Crossroads Ministries Thrift Shop, Crossroads Ministries**

2 Wood Street

Old Town, ME 04468

Phone: (207) 817-6025

Fax: (207) 817-6024

Clothing for men, women, children and infants, winter clothing, footwear, household items, furniture, small appliances, books.

Eligibility: Open to all.

Cost: Low Cost, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri; 10:30am - 3pm

**Kyrie's Kitchen, Crosswalk Community Outreach**

15 Village Green

Naples, ME 04055

Phone: (207) 615-3226

Fax: (207) 693-6646

[crosswalkoutreach@yahoo.com](mailto:crosswalkoutreach@yahoo.com)

[www.crosswalkcommunityoutreach.com/programs.html](http://www.crosswalkcommunityoutreach.com/programs.html)

Soup kitchen.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English

Hours: Every other Mon 1-3pm

**Cuddle Me Program, Cuddle Me**

926 Haddonfield Road

Cherry Hill, NJ 08002

Phone: 1-856-524-6494

After Hours: 1-856-383-4040

[cuddlemeprogram@gmail.com](mailto:cuddlemeprogram@gmail.com)

[www.cuddlemeprogram.com](http://www.cuddlemeprogram.com)

Statewide resource for ongoing monthly supply of diapers; diapers must be requested on monthly basis.

Eligibility: Children from birth-4 years of age; children must be living with the main caregiver.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am - 5pm

**Curaleaf**

730 Center Street, Suite 1-C

Auburn, ME 04210

Phone: (207) 312-5798

Toll Free: 1-800-809-1464

Fax: (207) 333-3599

[www.me.curaleaf.com](http://www.me.curaleaf.com)

Cultivate and dispense medical marijuana; patient education.

Eligibility: Individuals under 18 years of age must have parent or guardian pick up products.

Cost: Fixed Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Mon-Fri 9am - 7pm; Sat & Sun 9am - 3pm

**CVS Pharmacy Locator, CVS Pharmacy Locator Website**

[www.cvs.com/store-locator/landing](http://www.cvs.com/store-locator/landing)

Online statewide pharmacy locator searches by street address, city, state, zip code or store number.

Hours: 24 hours a day, 7 days a week

**Cyr Plantation**

218 Caribou Road

Governor Brann School House

Van Buren, ME 04785

Phone: (207) 868-5445

Fax: (207) 868-5445

[1stassessor@myfairpoint.net](mailto:1stassessor@myfairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: No regular hours of operation, Call to schedule an appointment.

**Cyr Plantation General Assistance, Cyr Plantation**

218 Caribou Road

Governor Brann School House

Van Buren Town Office

Van Buren, ME 04785

Phone: (207) 868-5445

Fax: (207) 868-5445

[1stassessor@myfairpoint.net](mailto:1stassessor@myfairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, interpreters available.

Hours: No regular hours of operation, call to schedule an appointment

**Cystic Fibrosis Foundation Northern New England Chapter**

114 Permeter Road, Unit G and H

Nashua, NH 03063

Phone: 1-800-757-0203

Fax: (603) 598-8167

[no-new-eng@cff.org](mailto:no-new-eng@cff.org)

[www.cff.org/Chapters/newengland](http://www.cff.org/Chapters/newengland)

Specialized medical care through a national network of centers; help access affordable medication and expanded pharmacy services; patient assistance resource center; chapter events.

Cost: Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order; PayPal

Uninsured Accepted: Yes

Fee amounts for services provided by Cystic Fibrosis Northern New England Chapter; does not apply for medical care.

Language(s) Offered: English

Hours: Mon-Fri; 8:30am - 5:30pm

**Case Management for Youth, Day One**

525 Main Street

South Portland, ME 04106

Phone: (207) 874-1045

Fax: (207) 842-3627

[sandyt@day-one.org](mailto:sandyt@day-one.org)

[www.day-one.org](http://www.day-one.org)

Case management to help identify needs and find community resources to meet those needs.

Eligibility: Adolescents 11-21 years of age with mental illness.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon -Fri; 8am - 5pm

**Corrections Services, Day One**

1182 Dover Road

Charleston, ME 04422

Phone: (207) 285-0831

Fax: (207) 285-0796

[www.day-one.org](http://www.day-one.org)

Substance use screening, assessment, individual and group treatment, transition/referral services upon discharge.

Eligibility: Adults 18 years of age and older in Mountain View Correctional Facility who have substance use issues with or without co-occurring disorders.

Cost: No Cost

Language(s) Offered: English

Hours: Mon -Fri; 8am - 5pm

**Family Therapy Program, Day One**

525 Main Street

South Portland, ME 04106

Phone: (207) 874-1045

Fax: (207) 842-3627

[sandyt@day-one.org](mailto:sandyt@day-one.org)

[www.day-one.org](http://www.day-one.org)

Assist with discipline, emotional nurturing, housing, substance use disorder, and physical and sexual abuse issues.

Eligibility: Adolescents 13-21 years of age with substance abuse or co-occurring disorders who are at risk of being removed from the home and their families.

Cost: No Cost, Vary

Forms of Payment: Cash, Check

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon -Fri; 8am - 5pm

**Natural Helpers of Maine, Day One**

525 Main Street

South Portland, ME 04106

Phone: (207) 767-0991

Fax: (207) 767-0995

[donb@day-one.org](mailto:donb@day-one.org)

[www.day-one.org](http://www.day-one.org)

Nominated peers trained in listening skills and identifying and addressing red flag issues such as substance use disorder, bullying, eating disorders, suicide, and harm to self and others; set up in-school prevention activities.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Hours: Mon-Fri; 8am - 5pm

**Residential Treatment Program, Day One**

14 Wandrup Drive

Hinckley, ME 04944

<https://day-one.org/residential/>

6 month voluntary residential treatment program with a therapeutic community, accredited high school program, recreation, and aftercare program.

Eligibility: Adolescents 13-18.5 years of age who have substance abuse issues with or without co-occurring substance abuse and mental health disorders.

Cost: No Cost, Low Cost, Sliding Fee

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order; PayPal

Accepted Insurance: MaineCare; Medicare; Private Insurance

May provide assistance obtaining MaineCare.

Language(s) Offered: English

Hours: 24 Hours 7 Days

**School Services, Day One**

525 Main Street

South Portland, ME 04106

Phone: (207) 767-0991

Fax: (207) 767-0995

[sandyt@day-one.org](mailto:sandyt@day-one.org)

[www.day-one.org](http://www.day-one.org)

Assist schools in developing substance use policy and curricula; training in adolescent development and signs and symptoms of substance use, including raising awareness of current trends in substances; identifying and addressing certain current and on-going red flag issues in the adolescent community; parent and youth dialogue forums, coalition building and presentations to the community.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri; 9am - 5pm

**Debtors Anonymous**

Phone: 1-800-421-2383

After Hours: (781) 453-2753

Fax: (781) 453-2745

[new@debtorsanonymous.org](mailto:new@debtorsanonymous.org)

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

Self help support groups help members stay solvent and help other compulsive debtors achieve solvency; face-to-face, internet, and telephone meetings.

Eligibility: Individuals who have problems with money and debt.

Cost: No Cost

Language(s) Offered: English

Hours: Hours: Mon-Fri; 9am - 5pm

**Delta Ambulance**

29 Chase Avenue

Waterville, ME 04901

Phone: (207) 861-4244

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

24-hour paramedic response; emergency transfer services; non-emergency transfers include transportation from one medical facility to another and critical care transfers; community paramedicine assistance through on-request home visits; wheelchair van transportation; community education.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: 24 Hours, 7 Days

**Dempsey Center**

29 Lowell Street, 5th Floor

Lewiston, ME 04240

Phone: (207) 795-8250

Fax: (207) 795-8255

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

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

Personalized, holistic and integrated cancer support, education, and prevention services.

Eligibility: Individuals and families impacted by cancer.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: 1st Sat 8:30am-1:00pm

**Depression and Bipolar Support Alliance**

Phone: 1-800-826-3632

Hotline: 1-800-273-8255

Fax: (312) 642-7243

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

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

Online support groups and list of local support groups, podcasts, videos, and literature.

Eligibility: Individuals with mood disorders.

Cost: No Cost

Language(s) Offered: English

Hours: Mon 10am - 6pm; Tue 10am - 6pm; Wed 10am - 6pm; Thu 10am - 6pm; Fri 10am - 6pm

**DES Action USA**

178 Columbus Avenue

New York, NY 10023

Phone: 1-800-337-9288

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

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

General information about DES health consequences and recommended screenings; physician referral list; comprehensive brochure; advocacy; low cost membership benefits include a quarterly newsletter and On Line Support group listserv.

Eligibility: Individuals exposed to the anti-miscarriage drug diethylstilbestrol, their families, and health care providers.

Cost: No Cost, Low Cost

Forms of Payment: Check; Credit Cards; PayPal

Memberships available for individuals who are unable to pay fee; payment by credit card and PayPal accepted online.

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Dig Safe**

11 Upton Drive

Wilmington, MA 01887

Toll Free: 1-888-344-7233

[www.digsafe.com](http://www.digsafe.com)

Notify utility companies of plan to dig to prevent buried utility accidents; utilities respond by marking out location of their underground facilities. For utility locate requests call 811 or visit How It Works button on website at least 3 days in advance.

Eligibility: Individuals using power tools or hand digging to penetrate the ground.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri 6am - 6pm

**Deaf Advocacy, Disability Rights Maine**

1 Mackworth Island, Building C

Falmouth, ME 04105

Phone: (207) 797-7656

Toll Free: 1-800-639-3884

After Hours: (207) 766-7111

TTY: (207) 797-7656

Fax: (207) 797-9791

[deafservices@drme.org](mailto:deafservices@drme.org)

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

Assistance, information and referral, training on civil rights issues, and advocacy regarding hearing loss, deafness, sign language, interpreting, accommodations, adaptive equipment, and dual sensory loss of sight and sound.

Eligibility: Individuals who are D/deaf, hard of hearing, late deafened, speech impaired, or nonverbal.

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: Mon – Fri; 8:30am - 5pm

**Deaf Services Peer Support Group, Disability Rights Maine**

1 Mackworth Island, Building C

Falmouth, ME 04105

Phone: (207) 797-7656

Toll Free: 1-800-639-3884

Fax: (207) 797-9791

[www.drme.org/deaf-services/psg-vgc](http://www.drme.org/deaf-services/psg-vgc)

Monthly support groups; topics include health, safety, socialization and pre-vocational skills, physical activity, and community integration; summer psychosocial recreation events and other special events leading to inclusion in the signing and Deaf community.

Eligibility: Individuals who are D/deaf, hard of hearing, late deafened, speech impaired, or nonverbal and who can benefit from a signing and gesturing environment, along with their housemates, coworkers, and support staff

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: 3rd Tue 5:30-7:30pm

**Deaf Services Telecommunications Equipment Program, Disability Rights Maine**

1 Mackworth Island, Building C

Falmouth, ME 04105

Phone: (207) 797-7656

Toll Free: 1-800-639-3884

After Hours: (207) 766-7111

TTY: (207) 797-7656

Fax: (207) 797-9791

[deafservices@drme.org](mailto:deafservices@drme.org)

[www.drme.org/deaf-services/tep](http://www.drme.org/deaf-services/tep)

Specialized telecommunications equipment distributed on a lending or cost share basis including but not limited to hearing aids, teletypewriters, flashing or amplified phone ringers, and captioned or voice-activated phones; equipment for sale includes flashing and strobe fire detectors, adaptive alarm clocks, and doorbell signalers.

Eligibility: Individuals who are D/deaf, hard of hearing, late deafened, speech impaired, nonverbal, or immobile.

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: Mon – Fri, 8:30am - 5pm

**Deaf Services Telephone Relay Service (TRS) Outreach, Disability Rights Maine**

1 Mackworth Island, Building C

Falmouth, ME 04105

Phone: (207) 797-7656

Toll Free: 1-800-639-3884

After Hours: (207) 766-7111

TTY: (207) 797-7656

Fax: (207) 797-9791

[deafservices@drme.org](mailto:deafservices@drme.org)

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

Statewide community education on Maine Relay Service and hearing loss related topics.

Eligibility: Individuals who are deaf, hard of hearing, late deafened, speech impaired, nonverbal, or immobile; individuals interested in issues related to the deaf or hard of hearing community.

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: Mon-Fri: 8:30am-5:00pm

Evening and weekend hours by request.

**Deaf Services Visual Gestural Communication Workshop, Disability Rights Maine**

1 Mackworth Island, Building C

Falmouth, ME 04105

Phone: (207) 797-7656

Toll Free: 1-800-639-3884

After Hours: (207) 766-7111

TTY: (207) 797-7656

Fax: (207) 797-9791

[deafservices@drme.org](mailto:deafservices@drme.org)

[www.maine.gov/dhhs/setu](http://www.maine.gov/dhhs/setu)

Custom designed classes teach use of gestures, facial expressions, and body language as a means of communicating with people who have limited formal language or who do not communicate effectively using spoken language or formal signed language.

Eligibility: Adults interested in improving communication with those who use signs and gestures to communicate.

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: Mon-Fri: 8:30am-5:00pm

**Deaf-Blind Equipment Program, Disability Rights Maine**

1 Mackworth Island, Building C

Falmouth, ME 04105

Phone: 1-800-639-3884

Toll Free: 1-800-639-3884

Videophone: (207) 766-7111

Fax: (207) 797-9791

[deafservices@drme.org](mailto:deafservices@drme.org)

drme.org/deaf-services/deaf-blind

Adaptive equipment for internet, telephone, or videophone access.

Eligibility: Adults with documented combined visual and hearing loss whose income is no more than 400% of Federal Poverty Guidelines, or who are receiving Section 8, SNAP, TANF, or other benefits.

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: Mon-Fri: 8:30am-5:00pm

**Protection and Advocacy, Disability Rights Maine**

160 Capitol Street, Suite 4

Augusta, ME 04330

Phone: (207) 626-2774

Toll Free: 1-800-452-1948

Fax: (207) 621-1419

[advocate@drme.org](mailto:advocate@drme.org)

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

Protection and advocacy for individuals with developmental disabilities, mental illness, traumatic brain injury, and for assistive technology, voting access, individual rights, and for beneficiaries of Social Security.

Eligibility: Maine citizens with disabilities who need help with a problem related to their disability.

Cost: No Cost

Language(s) Offered: American Sign Language, English, Visual Gestural Communication; ASL interpreters provided; CART service available.

Hours: Mon-Fri, 8am - 5pm

**Disaster Distress Helpline**

5600 Fishers Lane

New York, NY 10004

Phone: 1-800-985-5990

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

Toll free national hotline provides year-round 24 hour crisis counseling and referrals.

Eligibility: Individuals experiencing distress related to natural or human caused disaster.

Cost: No Cost

Language(s) Offered: English, Spanish; interpreters available.

Hours: 24 hours a day, 7 days a week

**Discovery House**

12 Beech Street

Calais, ME 04679

Phone: (855) 630-6768

Medication assisted treatment services include suboxone, methadone, and intensive outpatient treatment; opioid health home services provide a wraparound approach through counseling, care coordination, medication assisted treatment, and peer support.

Eligibility: Adults 18 years of age and older with substance use disorder.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Individuals with private insurance pay cash and are provided receipts for reimbursement; arrangements available for uninsured.

Language(s) Offered: English

Business Hours: Mon-Fri 5:30am-12:00pm (Business)

Medication Hours: Mon-Fri 5:30am-10:00am; Sat 6:30am-9:30am; Sun 9:00-10:00am

**Dorothy Ames Trust Fund**

66 South Pearl Street, Key Bank

Albany, NY 12201

Phone: 1-866-238-8650

Fax: (518) 257-8765

[Christine\_Moughton@keybank.com](mailto:Christine_Moughton@keybank.com)

Assist with grants for the purchase of hearing aids and auditory trainers in order to teach use of the voice as opposed to sign language.

Eligibility: Children who are deaf.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri, 8:30am-5pm

**Hospital Free Care, Down East Community Hospital**

11 Hospital Drive

Machias, ME 04654

Phone: (207) 255-3356

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 hours a day, 7 days a week

**Downeast Equine and Large Animal Society**

460 Hatchery Road

Cherryfield, ME 04622

Phone: (207) 598-7738

[downeastequine@gmail.com](mailto:downeastequine@gmail.com)

Rescue and provide homes for unwanted, abandoned, neglected or abused horses, farm animals, birds, small animals, and exotic animals; volunteer opportunities available.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: No regular hours of operation.

**Down East Medication Assistance Program, East Grand Health Center**

201 Houlton Road

Danforth, ME 04424

Phone: (207) 448-2347

Fax: (207) 448-2313

Assist in obtaining free or low cost prescription medicines.

Eligibility: Individuals who can not pay for their medications and meet income guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Mon 8:30am - 7pm; Tue-Fri 8:30am - 4pm

**East Grand Health Center**

201 Houlton Road

Danforth, ME 04424

Phone: (207) 448-2347

Fax: (207) 448-2313

Preventative and routine health care, women's health care, immunizations, urgent care.

Eligibility: Open to all.

Cost: No Cost, Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon 8:30am - 7pm; Tue-Fri 8:30am - 4pm

**Military and Veterans Services, Easter Seals Maine**

14 Atlantic Place

South Portland, ME 04106

Phone: (207) 828-0754

Fax: (207) 828-5355

[MVSreferral@eastersealsme.org](mailto:MVSreferral@eastersealsme.org)

[www.easterseals.com/maine/our-programs/military-veteran-services/](http://www.easterseals.com/maine/our-programs/military-veteran-services/)

Care coordination, Case Management, information and referral, emergency financial assistance.

Eligibility: Veterans and their families (Guard and Reserves included).

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available by appointment.

Hours: Mon-Fri; 8am - 4:30pm

**Information Resources and Referrals, Eastern Area Agency on Aging**

240 State Street

Brewer, ME 04412

Phone: (207) 941-2865

Toll Free: 1-800-432-7812

Fax: (207) 941-2869

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

[www.eaaa.org/index.php?id=518&sub\_id=636](http://www.eaaa.org/index.php?id=518&sub_id=636)

Information and referrals in areas of concern to seniors such as assisted living and nursing home placements, personal care services, home health assistance programs, financial management assistance, fuel assistance, healthy aging and community wellness programs, home maintenance and repair assistance, property tax and rent relief programs, and transportation; home visits available for those who are unable to come into the office.

Eligibility: Individuals 60 years of age and older and/or their caregivers or family.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 4:30pm

**Business Loans, Eastern Maine Development Corporation**

40 Harlow Street

Bangor, ME 04401

Phone: (207) 942-6389

Toll Free: 1-800-339-6389

Fax: (207) 942-3548

[lending@emdc.org](mailto:lending@emdc.org)

[www.emdc.org/page/952-730/business-finance](http://www.emdc.org/page/952-730/business-finance)

Financing for businesses from startup through expansion.

Eligibility: Entrepreneurs, business owners, corporate leaders, and community officials.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**Business Services, Eastern Maine Development Corporation**

40 Harlow Street

Bangor, ME 04401

Phone: (207) 942-6389

Toll Free: 1-800-339-6389

Fax: (207) 942-3548

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

[www.emdc.org/page/952/business](http://www.emdc.org/page/952/business)

Training and technical services.

Eligibility: Entrepreneurs, business owners, corporate leaders, and community officials.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**Disadvantage Business Services, Eastern Maine Development Corporation**

40 Harlow Street

Bangor, ME 04401

Phone: (207) 942-6389

Toll Free: 1-800-339-6389

Fax: (207) 942-3548

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

[www.emdc.org/page/952-714/dbes-home](http://www.emdc.org/page/952-714/dbes-home)

Training and technical assistance related to contracts with the Maine Department of Transportation.

Eligibility: Certified Maine DBE businesses.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**Maine PTAC, Eastern Maine Development Corporation**

11 West Presque Isle Road

Caribou, ME 04736

[kbloch@emdc.org](mailto:kbloch@emdc.org)

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

Procurement Technical Assistance Centers provide training and technical assistance related to government contracting.

Eligibility: Maine based companies that are interested in selling their products and/or services to local, state or federal government agencies, either as prime contractors or subcontractors.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**National Farmworker Jobs Program, Eastern Maine Development Corporation**

66 Spruce Street

Presque Isle, ME 04769

[chuh@emdc.org](mailto:chuh@emdc.org)

Website: [www.emdc.org/page/954-747/farmworker-jobs-program](http://www.emdc.org/page/954-747/farmworker-jobs-program)

Workforce developmental services and training include basic skills/GED, approved trades school, on-the-job training or community college.

Eligibility: Individuals who within the last 2 years have earned more than 50 percent of their income from agriculture labor; farm work includes harvesting/production of potatoes, blueberries, dairy, Christmas trees, maple syrup, and broccoli; other types of agriculture.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**Eastern Maine Electric Cooperative**

21 Union Street

Calais, ME 04619

Phone: (207) 454-7555

Toll Free:1-800-696-7444

Fax: (207) 454-8374

[info@emec.com](mailto:info@emec.com)

[www.emec.com](http://www.emec.com)

Consumer-owned basic electricity service, information on energy efficiency.

Cost: No Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Payment plans available.

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 5pm

**Oxygen Pump and Ventilator Benefit, Eastern Maine Electric Cooperative**

21 Union Street

Calais, ME 04619

Phone: (207) 454-7555

Toll Free: 1-800-696-7444

Fax: (207) 454-8374

[info@emec.com](mailto:info@emec.com)

[www.emec.com](http://www.emec.com)

Cover cost of operating oxygen or ventilator equipment in the home.

Eligibility: Residential customers who are eligible for LIHEAP and are required by a medical provider to use an oxygen pump or ventilator at least 8 hours each day.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 5pm

**Efficiency Maine**

168 Capitol Street – Suite 1

Augusta, ME 04333

Phone: 1-866-376-2463

[info@efficiencymaine.com](mailto:info@efficiencymaine.com)

[www.efficiencymaine.com](http://www.efficiencymaine.com)

Administer the state of Maine energy efficiency and renewable energy program, rebate offers, financing, energy information, and database of professionals related to energy efficiency.

Hours: None Listed

**Elder Transitional Housing and Outreach, Elder Abuse Institute of Maine**

PO Box 8402

Portland, ME 04104

Phone: 1-888-819-3666

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

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

Assistance locating safe, transitional housing and case management services.

Eligibility: Individuals 60 years of age and older who are victims of domestic violence, sexual assault or stalking.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 5pm

**Martha's Cottage, Elder Abuse Institute of Maine**

14 Maine Street, Box 4

Brunswick, ME 04011

Toll Free: 1-888-819-3666

Phone: 207-895-3708

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

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

Transitional safe haven housing for up to 24 months; case management services.

Eligibility: Women 60 years of age and older who are victims of domestic violence, sexual assault or stalking.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Ellsworth Free Medical Clinic**

248 State Street, Suite 16

Ellsworth, ME 4605

Phone: (207) 667-7953

Fax: (207) 664-0802

Volunteer physicians provide primary care and internal medicine services including physical exams, women's health issues, menopausal health issues, management of chronic illnesses including diabetes and hypertension, disease prevention, flu immunizations, and referral to specialists.

Eligibility: Adolescents and adults 16-65 years of age who have no health insurance.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation. Call to schedule an appointment.

**Emera Maine Public Service District, Emera Maine**

10 Parkhurst Siding Road

Presque Isle, ME 04769

Phone: (207) 973-2000

After Hours: 1-800-440-1111

Toll Free: 1-855-363-7211

Fax: (207) 760-2313

[custerv@emeramaine.com](mailto:custerv@emeramaine.com)

[www.emeramaine.com](http://www.emeramaine.com)

Basic electricity service, information on energy efficiency; payment plans available.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 5pm

**LifeLight Program Public Service District, Emera Maine**

10 Parkhurst Siding Road

Presque Isle, ME 04769

Phone: (207) 973-2000

After Hours: 1-855-363-7211

Fax: (207) 760-2313

[custerv@emeramaine.com](mailto:custerv@emeramaine.com)

[www.emeramaine.com](http://www.emeramaine.com)

Protection against unnecessary or accidental disconnection of electrical service for life sustaining medical equipment used at home.

Eligibility: Customers or occupants of the same dwelling who are dependent on electrically operated medical equipment for life support.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 5pm

**Oxygen Pump and Ventilator Benefit Bangor Hydro District, Emera Maine**

21 Telcom Drive

Bangor, ME 04401

Phone: (207) 973-2000

1-855-363-7211

TTY: 1-800-559-0069

Fax: (207) 990-6955

[custerv@emeramaine.com](mailto:custerv@emeramaine.com)

[www.emeramaine.com](http://www.emeramaine.com)

Cover cost of operating oxygen or ventilator equipment in the home.

Eligibility: Residential customers who are eligible for LIHEAP and are required by a medical provider to use an oxygen pump or ventilator at least 8 hours each day.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 5pm

**Oxygen Pump and Ventilator Benefit Maine Public Service District, Emera Maine**

10 Parkhurst Siding Road

Presque Isle, ME 04769

Phone: (207) 760-2300

1-855-363-7211

Fax: (207) 760-2313

[custerv@emeramaine.com](mailto:custerv@emeramaine.com)

[www.emeramaine.com](http://www.emeramaine.com)

Cover cost of operating oxygen or ventilator equipment in the home.

Eligibility: Residential customers who are eligible for LIHEAP and are required by a medical provider to use an oxygen pump or ventilator at least 8 hours each day.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 5pm

**Employer Support of the Guard and Reserve**

300 Hildreth Street, Room 207

Bangor, ME 04401

Phone: (207) 430-5892

Fax: (207) 430-5892

[Amanda.m.mole.ctr@mail.mil](mailto:Amanda.m.mole.ctr@mail.mil)

[www.esgr.mil](http://www.esgr.mil)

Inform, educate, and assist with the federal Uniformed Services Employment and Reemployment Rights Act of 1994; liaison between employer and all guard and reserve members; employment initiative assists all guard and reserve unemployed or underemployed and their families to find meaningful employment; resource to connect to local, state or federal resources and community support agencies as appropriate.

Eligibility: Employers and Guard and Reserve Members from every military branch.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 3:30pm

**enroll207**

[www.enroll207.com/locator](http://www.enroll207.com/locator)

Online database provides information on statewide Certified Application Counselors who offer free assistance to help consumers review their options and sign up for health insurance; search by town, city, or zipcode.

Eligibility: Call the selected organization for more information.

Cost: No Cost

No cost for referral to Certified Application Counselor; cost of health insurance to be determined.

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Enso Recovery**

406 Bridgton Rd.

Westbrook, ME 04092

Phone: (207) 245-1800

Fax: (207) 899-1599

[cgilliam@ensorecovery.com](mailto:cgilliam@ensorecovery.com)

[www.mainesuboxone.com](http://www.mainesuboxone.com)

Outpatient substance use disorder treatment program provides medication assisted treatment of opioid use disorders and medication management for suboxone and buprenorphine.

Eligibility: Adults and seniors must currently be using illicit substances, display motivation to improve behavior, and agree to refrain from illicit substance abuse.

Cost: Sliding Fee

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order; PayPal

Accepted Insurance: MaineCare; Medicare; Private Insurance

Grant monies available for treatment for indigent individuals.

Language(s) Offered: English

Hours: Mon-Wed 8am - 4pm; Thu 8am - 8pm; Fri 8am - 7pm

**Adult Phone-In Support Group, Epilepsy Foundation New England**

650 Suffolk Street

Lowell, MA 01854

Phone: (617) 506-6041

Fax: (617) 506-6047

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

<https://epilepsynewengland.org/programs/resource-and-support-center/support-group>

Support group for adults interested in sharing their experiences and support with other adults living with epilepsy.

Cost: No Cost

Language(s) Offered: English

Hours: Varied

**Epilepsy Foundation New England Programs, Epilepsy Foundation New England**

335 Main Street

Wilmington, MA 01887

Phone: (617) 506-6041 x107

[srobinson@epilepsynewengland.org](mailto:srobinson@epilepsynewengland.org)

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

Free seizure trainings, conferences, information and referral, advocacy, walks and social get togethers, family and children's camps; prescription assistance program assists in obtaining free or low cost prescription medications; one time financial assistance awards available by application.

Eligibility: Individuals with epilepsy; caregivers, family, friends, loved ones or other interested individuals; school nurses, childcare providers, law enforcement, first responders, caregivers, and personnel who serve seniors for seizure trainings.

Cost: No Cost

Language(s) Offered: English

Hours: Mon- Fri; 9am - 5pm

**Parent Phone-in Support Group, Epilepsy Foundation New England**

Phone: (617) 506-6041 x107

[www.epilepsynewengland.org/events](http://www.epilepsynewengland.org/events)

Support group for parents with other parents interested in sharing their experiences and support around caring for a child with epilepsy.

Cost: No Cost

Language(s) Offered: English

Hours: Call for details

**Southern Maine Epilepsy Support Group, Epilepsy Foundation New England**

22 Bramhall Street

Portland, ME 04102

Phone: (207) 662-1509 and (617) 506-6041

[srobinson@epilepsynewengland.org](mailto:srobinson@epilepsynewengland.org)

[www.epilepsynewengland.org/events](http://www.epilepsynewengland.org/events)

Support group for individuals with epilepsy and those affected by epilepsy including family, friends, and loved ones provides opportunity to share experiences and knowledge about living with epilepsy; support group can be joined online or through a phone conference if not able to drive.

Eligibility:

Cost: No Cost

Language(s) Offered: English

Hours: Call for details

**EqualityMaine Foundation**

511 Congress Street, Equality Community Center, Suite 107

Portland, ME 04101

Phone: (207) 761-3732

Fax: (207) 761-3752

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

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

Political advocacy, education, and outreach to promote equality.

Eligibility: Individuals who identify as lesbian, gay, bisexual, transgender, non-binary, gender non-conforming, queer or allies.

Cost: No Cost, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accept both 1-time donations and ongoing monthly contributions.

Language(s) Offered: English

Hours: Mon – Fri; 10am - 6pm

**Esther Residence**

27 Thornton Avenue

Saco, ME 04072

Phone: (207) 283-0323

Fax: (207) 283-0323

[joanne\_roy@hotmail.com](mailto:joanne_roy@hotmail.com)

[www.goodshepherdparish.us/esther-residence](http://www.goodshepherdparish.us/esther-residence)

Transitional housing and support services assist in post-incarceration re-entry through sober living support, life skills, recreation, recovery work, and employment.

Eligibility: Women 21 years of age and older who are leaving incarceration and/or substance use treatment program.

Cost: Fixed Cost

Forms of Payment: Cash; Money Order

Language(s) Offered: English, French

Hours: 24 hours a day, 7 days a week

**EyeCare America**

655 Beach Street

San Francisco, CA 94109

Phone: 1-877-887-6327

Fax: (415) 561-8567

[eyecareamerica@aao.org](mailto:eyecareamerica@aao.org)

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

Facilitate and provide eyecare by volunteer opthalmologists that includes comprehensive medical eye exam and up to 1 year of care at no out-of-pocket cost for any disease diagnosed during the initial exam.

Eligibility: Individuals 65 years of age and older who have not seen an ophthalmologist in 3 years or more; individuals determined to be at risk for glaucoma based on age, race, and family history of glaucoma and have not had an eye exam in 12 months or more; must not

Cost: No Cost, Low Cost

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Uninsured are seen at no cost; In Seniors Program, Medicare and any other insurance is billed but accepted as payment in full waiving co-pays; in Glaucoma Program, insured are responsible for co-pays.

Language(s) Offered: English

Hours: Mon -Fri; 11am - 3pm

**Families Anonymous Inc.**

701 Lee Street, Suite 670

Des Plaines, IL 60016

Phone: 1-800-736-9805

Telephone INT: 1-847-294-5877

Fax: 1-847-294-5837

[famanon@familiesanonymous.org](mailto:famanon@familiesanonymous.org)

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

Anonymous 12 step program for individuals negatively impacted by substance use disorder of a relative or friend; online list of local support groups, online Meetings Without Walls, and online literature available.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English

Hours: Mon- Thu 9am - 4pm; Fri 9am - 1pm

**Families Anonymous Support Group, Families Anonymous Inc.**

163 Van Buren Road

Cary Medical Center - Chan Center

Caribou, ME 04736

Toll Free: (800) 736-9805

Alternative Phone: (847) 294-5877

Fax: (847) 294-5837

Anonymous 12 step program for individuals negatively impacted by substance use disorder in a relative or friend.

Cost: No Cost, Donation

Forms of Payment: Cash

Language(s) Offered: English

Hours: Call for details

**Family Hope Mental Health Resources, Family Hope**

PO Box 1385

Scarborough, ME 04070

Phone: (207) 396-4313

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

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

Mental health resources includes information on direct service providers, health insurance, legal services, and referral organizations; non-emergency education and guidance.

Cost: Free

Forms of Payment: Cash; Check; Credit Cards

Services are free; donations welcome.

Language(s) Offered: English

Hours: Call for details

**Emergency Shelter, Family Violence Project**

83 Western Avenue

Augusta, ME 04330

Toll Free: 877-890-7788

[fvp@familyviolenceproject.org](mailto:fvp@familyviolenceproject.org)

[www.familyviolenceproject.org/domestic-abuse-services/shelter](http://www.familyviolenceproject.org/domestic-abuse-services/shelter)

Emergency shelter offers individual advocacy and group support, assistance with safety planning, referrals, and help connecting to other community-based resources.

Eligibility: Adult victims of domestic violence and their children who are homeless due to fleeing domestic abuse or who are homeless because of an abusive domestic partner.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 Hours a day, 7 days a week

**Farm Fresh Rewards**

97 Main Street

Belfast, ME 04915

Phone: (207) 338-6575

[shannon@mainefarmlandtrust.org](mailto:shannon@mainefarmlandtrust.org)

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

Statewide nutrition incentive program offers SNAP/EBT shoppers bonus dollars for local fruits and vegetables, stretching limited food benefits further at participating stores.

Eligibility: Adults must be participants in SNAP/EBT.

Cost: No Cost

No cost to participate in program; qualifying SNAP/EBT purchase necessary to earn bonus dollars.

Language(s) Offered: English

Hours: No regular hours of operation.

**DisasterAssistance.gov, Federal Emergency Management Agency**

Address confidential

Hyattsville, MD 20781

Toll Free: 1-800-621-3362

[FEMA-ContactUs@fema.dhs.gov](mailto:FEMA-ContactUs@fema.dhs.gov)

[www.DisasterAssistance.gov](http://www.DisasterAssistance.gov)

Online and telephone information provides disaster assistance from 17 federal agencies including evacuating, finding shelter, getting food and water, getting medical services, locating loved ones, and recovery and rebuilding areas of life affected by disaster.

Eligibility: United States citizen, non-citizen national or qualified aliens in need of assistance following a presidentially declared disaster area.

Cost: No Cost

Accepted Insurance:

Language(s) Offered: English, Spanish

Hours: Daily 7am - 11pm

Federal Emergency Management Agency, Federal Emergency Management Agency

500 C Street SW

Washington, DC 20472

Toll Free: 1-800-621-3362

TTY: 1-800-462-7585

[www.fema.gov](http://www.fema.gov)

Manage federal response and recovery efforts following any national incident; manage the National Flood Insurance Program.

Eligibility: Individuals filing a claim should have losses that occurred in an area covered by a disaster declaration and whose insurance settlement is insufficient to meet disaster related needs.

Cost: No Cost

Hours: Daily 7am – 1am

**Business Resources, Finance Authority of Maine**

5 Community Drive

Augusta, ME 04330

Phone: 1-800-228-3734

Alternative Phone: (207) 623-3263

TTY: (207) 626-2717

Fax: (207) 623-0095

[business@famemaine.com](mailto:business@famemaine.com)

[www.famemaine.com/business](http://www.famemaine.com/business)

Business financing programs include direct loans and commercial loan insurance.

Eligibility: Adult residents of Maine.

Cost: No Cost, Vary

Forms of Payment: Check

Loan products may have payments, interests, and fees.

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Educational Resources, Finance Authority of Maine**

5 Community Drive

Augusta, ME 04330

Toll Free: 1-800-228-3734

Alternative Phone: (207) 623-3263

TTY: (207) 626-2717

Fax: (207) 623-0095

[education@famemaine.com](mailto:education@famemaine.com)

[www.famemaine.com/education](http://www.famemaine.com/education)

Financial education resources and financial aid information to help Maine people access, save, and pay for higher education; programs and services include Maine's Section 529 College Savings Plan, NextGen, loans, grants, and information about scholarships; college access counselors visit schools across Maine to help students and families with financial aid and financial literacy.

Eligibility: Residents of Maine.

Cost: No Cost

Loan products may have payments, interests, and fees.

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**FAFSA, Finance Authority of Maine**

5 Community Drive

Augusta, ME 04330

Toll Free:1-800-228-3734

Alternative Phone: (207) 623-3263

TTY: (207) 626-2717

Fax: (207) 623-0095

[education@famemaine.com](mailto:education@famemaine.com)

[www.famemaine.com/education/topics/filing-the-fafsa](http://www.famemaine.com/education/topics/filing-the-fafsa)

Statewide information and assistance in completing the Free Application for Federal Student Aid.

Eligibility: Students applying for federal financial aid who plan to pay for college with the help of federal, state, or institutional aid like grants, scholarships, work study, and loans.

Cost: No Cost

Loan products may have payments, interests, and fees.

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**Finance Authority of Maine, Finance Authority of Maine**

5 Community Drive

Augusta, ME 04330

Phone: 1-800-228-3734

Toll Free: 1-800-228-3734

Alternative Phone: (207) 623-3263

TTY: (207) 626-2717

Fax: (207) 623-0095

[info@famemaine.com](mailto:info@famemaine.com)

[www.famemaine.com](http://www.famemaine.com)

FAME offers financial resources that help Maine people reach their business and higher education goals.

Eligibility: Residents of Maine.

Cost: No Cost, Vary

Forms of Payment: Check

Loan products may have payments, interests, and fees.

Language(s) Offered: English

Hours: Mon-Fri 8am - 5pm

**First Candle**

49 Locust Avenue

New Canaan, CT 06840

Phone: (203) 966-1300

Hotline: 1-800-221-7437

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

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

Grief support, information on stillbirth, SIDS or other Sudden Unexpected Infant Deaths, 24 hour toll free hotline, advocacy.

Eligibility: Individuals affected by the death of a baby.

Cost: No Cost, Donation

Forms of Payment: Check; Credit Cards

Language(s) Offered: English

Hours: Mon -Fri; 8:30am - 5pm

**First Choice Pregnancy Resource Center, First Choice Pregnancy Resource Center**

295 Kennedy Memorial Drive, Suite 2

Waterville, ME 04901

Phone: (207) 872-5070

Hotline: 1-800-712-4357

Fax: (207) 660-4843

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

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

Pregnancy tests, parenting classes, adoption and abortion education, sexually transmitted disease and sexually transmitted infection information, counseling support, maternity and baby clothing, diapers; 24 hour help line for individuals seeking information concerning pregnancy options.

Eligibility: Adolescents and adults.

Cost: No Cost

Language(s) Offered: English

Hours: Mon- Wed 10am - 4pm; Thu 1pm - 5pm

**Heavenly Threads, First Congregational Church of Camden UCC**

57 Elm Street

Camden, ME 04843

Phone: (207) 236-3203

[heavenlythreads@camdenucc.org](mailto:heavenlythreads@camdenucc.org)

[www.camdenucc.org/content/get\_involved/overview.asp](http://www.camdenucc.org/content/get_involved/overview.asp)

Thrift shop offers used men's, women's, children's, and baby clothing, household items, shoes, toys, books, bedding, and furniture.

Eligibility: Open to all.

Cost: Low Cost

Forms of Payment: Cash; Check

Church vouchers accepted.

Language(s) Offered: English

Hours: Open Tuesday thru Saturday 10am-4pm

Closed Mondays mid-Oct to Memorial Day

**Medical Equipment Lending Program, First Congregational Church of Farmington**

235 Main Street

Farmington, ME 04938

Phone: (207) 778-0424

[farmingtonucc@myfairpoint.net](mailto:farmingtonucc@myfairpoint.net)

[www.farmingtonucc.org/serving-our-community.html](http://www.farmingtonucc.org/serving-our-community.html)

Medical equipment lending program offers crutches, canes, walkers, hospital bed rails, wheelchairs, wheelchair ramps, shower seats, grab bars, bathtub rails, and transfer benches when available; donations of good quality medical equipment accepted; hospital beds not accepted for donation and are unavailable for lending.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Behavioral Health Counseling Services, Fish River Rural Health**

10 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5973

Fax: (207) 444-5520

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

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

Behavioral health services including individual, family, couples and group therapy.

Eligibility: Children, adolescents, adults, and seniors.

Cost: Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

Hours: Mon -Fri 8am - 5pm

**Breast Cancer Support Group - The Journey, Fish River Rural Health**

12 Bolduc Avenue

Fort Kent, ME 04743

Phone: (207) 444-5973 x 212

[sbouchard@frrh.org](mailto:sbouchard@frrh.org)

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

Support group for individuals newly diagnosed with breast cancer, breast cancer survivors and their loved ones.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call for more information and current meeting schedule.

**Connecting Maine Kids to Coverage, Fish River Rural Health**

10 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5973 x298

Fax: (207) 834-3760

[rhaskins@frrh.org](mailto:rhaskins@frrh.org)

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

Inform families about the availability of free or low cost health coverage under MaineCare, identify children likely to be eligible, and assist families with the application and renewal process.

Eligibility: Children or adolescents in a family of 4 earning up to $53,463 may qualify for free or low-cost MaineCare; parents may also qualify at different income levels.

Cost: No Cost

Forms of Payment:

Uninsured Accepted: Yes

Language(s) Offered: English, French, interpreters available.

Hours: Mon -Fri 8am - 5pm

**Dental Services, Fish River Rural Health**

10 Carter Street, Eagle Lake, ME 04739

Phone: (207) 444-3012

Fax: (207) 444-5520

[nlandry@frrh.org](mailto:nlandry@frrh.org)

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

Full time family dentistry includes cleanings, exams, crowns and bridges, dentures, partials, root canals, oral surgery, and periodontal treatment.

Eligibility: Children, adolescents, and adults.

Cost: Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Call to schedule an appointment.

**Fish River Rural Health Centers, Fish River Rural Health**

10 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5973

Fax: (207) 444-5520

12 Bolduc Avenue

Fort Kent, ME 04743

Phone: (207) 834-3971

Fax: (207) 834-3837

309 St. Thomas Street

Madawaska, ME 04756

Phone: (207) 728-3971

Fax: (207) 728-3970

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

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

Primary care, behavioral health and substance use disorder counseling, health education, immunizations, nutritional services, school physicals, family planning, well child physicals, gynecology, obstetrics.

Cost: Sliding

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Mon -Fri 8am - 5pm

**Health Education Program, Fish River Rural Health**

10 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5973

Fax: (207) 444-5520

[sbouchard@frrh.org](mailto:sbouchard@frrh.org)

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

Community lectures, health education, health fairs.

Cost: No Cost

Language(s) Offered: English, French

Hours: Mon -Fri 8am - 5pm

**Medical Services, Fish River Rural Health**

10 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5973

Fax: (207) 444-5520

12 Bolduc Avenue

Fort Kent, ME 04743

Phone: (207) 834-3971

Fax: (207) 834-3837

309 St. Thomas Street

Madawaska, ME 04756

Phone: (207) 728-3971

Fax: (207) 728-3970

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

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

Primary health care services including preventative, chronic and acute care.

Eligibility: Children, adolescents, adults, and seniors.

Cost: Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English, French, interpreters available.

Hours: Mon -Fri 8am - 5pm

**Podiatry Services, Fish River Rural Health**

10 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5973

Fax: (207) 444-5520

12 Bolduc Avenue

Fort Kent, ME 04743

Phone: (207) 834-3971

Fax: (207) 834-3837

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

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

Treatment of foot and ankle issues, diabetic foot issues and skin and nail disorders.

Eligibility: Children, adolescents, adults.

Cost: Sliding

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered:

Hours: Mon-Fri 8am-5pm

**Substance Use Counseling Services, Fish River Rural Health**

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

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

Substance use disorder counseling focusing on recovery and relapse prevention.

Eligibility: Adolescents, adults, and seniors with substance abuse issues.

Cost: Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available

Hours: Mon-Fri 8am-5pm

**Vision Services, Fish River Rural Health**

12 Bolduc Avenue

Fort Kent, ME

Phone: (207) 834-3124

Fax: (207) 834-3127

309 St. Thomas Street

Madawaska, ME

Phone: (207) 728-4779

Fax (207) 728-3727

Primary vision care includes annual preventative eye exams, diagnosis and treatment of eye diseases and infections, eyeglasses, and contact lens fittings.

Eligibility: Children, adolescents, and adults.

Cost: Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English, French

**Maine Chapter of Food Addicts in Recovery Anonymous, Food Addicts in Recovery Anonymous**

Phone: (207) 775-2132

Toll Free: 1-888-998-5297

[meoffice@foodaddicts.org](mailto:meoffice@foodaddicts.org)

[www.foodaddicts.org/find-meeting](http://www.foodaddicts.org/find-meeting)

Recovery based 12 step support fellowship for individuals with food addictions.

Eligibility: Individuals with a desire to stop eating addictively.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Fort Fairfield Housing Authority**

18 Fields Lane

Fort Fairfield, ME 04742

Phone: (207) 476-5771

Fax: (207) 476-5450

[ffhousing@maine.rr.com](mailto:ffhousing@maine.rr.com)

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

Affordable and/or subsidized housing.

Eligibility: Adults who are elderly, handicapped or disabled; families who meet HUD Gross Income Guidelines.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon-Thu 9am-4:30pm

**Fort Fairfield Housing Authority Housing Choice Voucher Program, Fort Fairfield Housing Authority**

18 Fields Lane

Fort Fairfield, ME 04742

Phone: (207) 476-5771

Fax: (207) 476-5450

[ffhousing@maine.rr.com](mailto:ffhousing@maine.rr.com)

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

Section 8 Housing Choice Voucher Program provides rental assistance by subsidizing a portion of monthly rent and utilities and paying it directly to landlords; where utilities are not included in rent, the program may pay a larger portion of the rent so the tenant is able to cover utility payments; assistance provided is the difference between what the tenant pays toward rent and the cost of the rent.

Eligibility: Household income restrictions apply and vary by location and family size; when awarding vouchers, Fort Fairfield Housing Authority may have preferences and priorities based on administrative plan; local housing authorities (LHA) also have voucher programs

Cost: No Cost

Housing subsidy is paid to landlord directly by Fort Fairfield Housing Authority on behalf of participating family; family pays difference between actual rent and amount subsidized by the program; no cost to apply.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 9am-4:30pm

**Franco-American Women's Institute**

641 South Main Street

Brewer, ME 04412

Phone: (207) 989-7059

Fax: (207) 989-7059

[rjcr@aol.com](mailto:rjcr@aol.com)

[www.fawi.net](http://www.fawi.net)

Promote awareness and provide public resources for Franco-American women through programming, panels, and presentations.

Eligibility: Women of Franco-American heritage and individuals who would like more information.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: No regular hours of operation.

**Thrift Shop, Freeport Community Services**

53 Depot Street

Freeport, ME 04032

Phone: (207) 865-3985 x216

Fax: (207) 865-2236

[sdyche@fcsmaine.org](mailto:sdyche@fcsmaine.org)

[www.fcsmaine.org/what-we-do/thrift-shop](http://www.fcsmaine.org/what-we-do/thrift-shop)

Affordable appliances, books, adult and children's clothing, cribs, footwear, household goods, furniture, toys, jewelry; administrative volunteer opportunities.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon-Fri 9am - 5pm; Sat 9am - 4pm

**Friendship House**

390 Lincoln Street

South Portland, ME 04106

Phone: (207) 767-7403

Fax: (207) 347-7477

[friend1@maine.rr.com](mailto:friend1@maine.rr.com)

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

Sober housing; Christian based program assists with the journey to sobriety and finding stable employment and long term housing solutions.

Eligibility: Men 18 years of age or older who are in recovery from alcoholism/drug addiction and are homeless or in transition from incarceration or a treatment facility.

Cost: Low Cost, Fixed Cost

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Office hours are listed, house manager lives on site.

Mon - Fri: Open-9am; Closed-4pm

**Funeral Consumers Alliance of Maine, Funeral Consumers Alliance of Maine**

Phone: (207) 558-2246

[info@fcamaine.net](mailto:info@fcamaine.net)

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

Volunteers assist consumers in making informed decisions about after-death arrangements through consumer education and outreach; volunteer opportunities.

Language(s) Offered: English

Hours: No regular hours of operation.

**Gam-Anon, Gamblers Anonymous Nationwide**

Phone: 1-855-222-5542

[isomain@gamblersanonymous.org](mailto:isomain@gamblersanonymous.org)

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

Support for individuals who have been affected by the gambling problem of another offers peer support and the opportunity to share their experiences, strengths, and hopes with each other.

Language(s) Offered: English

Hours: 24 Hours, 7 Days/week

**Garfield Plantation**

258 Garfield Road

Ashland, ME 04732

Phone: (207) 435-6540

Fax: (207) 435-8037

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: No regular hours of operation.

**Garfield Plantation General Assistance, Garfield Plantation**

258 Garfield Road

Ashland, ME 04732

Phone: (207) 435-2142

After Hours: (207) 227-2487

(207) 435-2006

Fax: (207) 435-8037

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: No regular hours of operation.

**Girl Scouts of Bangor Maine, Girl Scouts of Maine**

359 Perry Road

Bangor, ME 04401

Phone: (207) 989-7474

Toll Free: 1-888-922-4763

Fax: (207) 989-7478

[customercare@gsmaine.org](mailto:customercare@gsmaine.org)

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

Build courage, confidence, and character in girls through events, programs, and leadership training; retail shop featuring Girl Scout branded merchandise and Girl Scout cookies during cookie season; volunteer opportunities.

Eligibility: Girls 5-17 years of age; adult men and women may volunteer.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial aid available upon request.

Language(s) Offered: English

Hours: Mon-Fri 8:00am-5:30pm

**Girl Scouts of South Portland Maine, Girl Scouts of Maine**

138 Gannett Drive

South Portland, ME 04106

Phone: (207) 772-1177

Toll Free: 1-888-922-4763

Fax: (207) 874-2646

[customercare@gsmaine.org](mailto:customercare@gsmaine.org)

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

Build courage, confidence, and character in girls through events, programs, and leadership training; retail shop featuring Girl Scout branded merchandise and Girl Scout cookies during cookie season; volunteer opportunities.

Eligibility: Girls 5-17 years of age; adult men and women may volunteer.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial aid available upon request.

Language(s) Offered: English

Hours: Mon-Fri 8:00am-5:30pm

**Give an Hour, Give an Hour**

Phone: (240) 668-4365

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

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

National network of mental health professionals who pledge to provide one hour of mental health services each week for a minimum of one year.

Eligibility: Active duty service members, National Guard and Reserve forces, veterans, and their family members and loved ones; victims of natural and man-made disasters, survivors of gun violence and their families, victims of crime, survivors of abuse and assault.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**GLBTQ Legal Advocates & Defenders, GLBTQ Legal Advocates & Defenders**

30 Winter Street

Portland, ME 04101

Hotline: 1-800-455-4523

After Hours: (617) 426-1350

[gladlaw@glad.org](mailto:gladlaw@glad.org)

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

Legal information and referrals on legal rights in a range of issues as well as referrals to attorneys and organizations for individual needs; call or chat Monday through Friday 1:30-4:30pm.

Eligibility: GLBTQ and HIV individuals and families.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 9am-5pm

**GLMA**

1133 19th Street, NW, Suite 302

Washington, DC 20036

Phone: (202) 600-8037

Fax: (202) 478-1500

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

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

National online directory of LGBT friendly providers including health professionals for primary care providers, specialists, therapists, and dentists; online resource information for patients, providers, and researchers; advocacy and conferences.

Eligibility: Individuals who are gay, lesbian, bisexual, transgender or questioning; medical providers, researchers.

Cost: No Cost

Language(s) Offered: English

Hours: On-line directories and resources available 24 hours a day/7 days a week.

Mon-Fri 10am-6pm

**Adoption Program, Good Samaritan Agency**

100 Ridgewood Drive

Bangor, ME 04401

Phone: (207) 942-7211

Toll Free:

Fax: (207) 990-0851

[goodsamaritan1902@gmail.com](mailto:goodsamaritan1902@gmail.com)

[www.goodsamaritanbangor.org/?page\_id=1000](http://www.goodsamaritanbangor.org/?page_id=1000)

Full range of adoption services.

Eligibility: Residents of Maine 21 years of age and older who have been in their current living status a minimum of 2 years for those who are seeking to adopt.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri 8:00am-4:00pm

Child Care Center, Good Samaritan Agency

100 Ridgewood Drive

Bangor, ME 04401

Phone: (207) 942-7211

Fax: (207) 990-0851

[goodsamaritan1902@gmail.com](mailto:goodsamaritan1902@gmail.com)

[www.goodsamaritanbangor.org/?page\_id=1008](http://www.goodsamaritanbangor.org/?page_id=1008)

Child care services.

Eligibility: Children 6 weeks-5 years of age; priority childcare is given to those in the Teen Parenting program, then former clients and lower income families.

Cost: Low Cost, Sliding Fee

Forms of Payment: Cash; Check

Child Care Vouchers accepted as payment.

Language(s) Offered: English

Hours: Mon-Fri 8:00am-4:00pm

**Single Parent Services, Good Samaritan Agency**

100 Ridgewood Drive

Bangor, ME 04401

Phone: (207) 942-7211

Fax: (207) 990-0851

[goodsamaritan1902@gmail.com](mailto:goodsamaritan1902@gmail.com)

[www.goodsamaritanbangor.org/?page\_id=1010](http://www.goodsamaritanbangor.org/?page_id=1010)

Counseling, child birth education, childcare, transportation, abuse issues, supportive services, housing advocacy.

Eligibility: Individuals who are pregnant or parenting.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8:00am-4:00pm

**Teen Parenting Education Program, Good Samaritan Agency**

100 Ridgewood Drive

Bangor, ME 04401

Phone: (207) 942-7211

Fax: (207) 990-0851

[goodsamaritan1902@gmail.com](mailto:goodsamaritan1902@gmail.com)

[www.goodsamaritanbangor.org/?page\_id=1010](http://www.goodsamaritanbangor.org/?page_id=1010)

Alternative education program to obtain high school diploma.

Eligibility: Females in grade 8 or above, 14-20 years of age, who are pregnant or parenting and have own transportation.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8:00am-4:00pm

**Good Samaritan Thrift Store of Caribou**

40 Vaughn Street

Caribou, ME 04736

Phone: (207) 498-8655

After Hours: (207) 498-2536

[janet.beckwith@portlanddiocese.org](mailto:janet.beckwith@portlanddiocese.org)

Used clothing, footwear and accessories for all ages, household items including furniture when available, pots, pans, utensils, dishes, small appliances, home decor, linens, toys, books and baby items; donation center.

Cost: Low Cost

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Identification may be required if paying by check.

Language(s) Offered: English

Hours: Tue 9am - 12pm; Fri 9am - 12pm; Sat 9am - 1pm

**Good Samaritan Thrift Store of Madawaska**

309 St. Thomas Street

Madawaska, ME 04756

Phone: (207) 728-3841

[greg.cyr@portlanddiocese.org](mailto:greg.cyr@portlanddiocese.org)

Used clothing, footwear and accessories for all ages, household items including furniture when available, pots, pans, utensils, dishes, small appliances, home decor, linens, toys, books and baby items; donation center.

Cost: Low Cost, Donation

Forms of Payment: Cash

Identification may be required if paying by check.

Language(s) Offered: English, French

Hours: Call for Hours

**Good Shepherd Food Bank**

11 Penobscot Meadow Drive

Hampden, ME 04444

[gsfb@gsfb.org](mailto:gsfb@gsfb.org)

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

Supplies approved food pantries, meal sites, and shelters with food and non-food items.

Eligibility: Member nonprofit shelters, soup kitchens, food pantries, and group homes that are agencies of Good Shepherd Food Bank, 501(c)3 nonprofits, or churches.

Cost: Vary

Forms of Payment: Cash

Language(s) Offered: English

**Receiving and Food Donation Hours:** 7:00am-3:00pm Monday-Thursday, 7:00am-12:30 Friday

**Deaf Day Treatment Services, Goodwill Northern New England**

125 John Roberts Road

South Portland, ME 04106

Phone: (207) 774-6323

Fax: (207) 761-8460

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

[www.goodwillnne.org/healthcare/](http://www.goodwillnne.org/healthcare/)

Site and community-based day program offers educational and recreational experiences to enhance living skills and community involvement.

Eligibility: Adults who are deaf and have intellectual disabilities.

Cost: No Cost

Language(s) Offered: American Sign Language, English

Hours: Mon-Fri 7:30am - 4:30pm

**Goodwill Store and Donation Centers, Goodwill Northern New England**

<https://goodwillnne.org/locations/>

Clothes, accessories, footwear, children's merchandise, home decor, household items; computers and computer components accepted to be recycled; donations accepted.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Hours: See website for area stores and operating hours.

**Gorham Buy the Pound Warehouse Store, Goodwill Northern New England**

34 Hutcherson Drive

Gorham, ME 04038

Phone: (207) 887-8470

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

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

Clothes, accessories, footwear, children's merchandise, home decor, and household items all available for purchase by the pound; computers and computer components accepted to be recycled.

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: American Sign Language, English

Hours: Mon- Sat 9am - 6pm; Sun 9am - 5pm

**Lifeworks Services - Disabilities Services, Goodwill Northern New England**

125 John Roberts Road

South Portland, ME 04106

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

<https://goodwillnne.org/support-services/lifeworks/>

Site and community based day program offers educational and recreational experiences to enhance living skills, work readiness training, and community involvement.

Eligibility: Adults with disabilities or other barriers and individuals who are deaf or hard of hearing.

Cost: No Cost

Language(s) Offered: English

**NeuroRehabilitation Services, Goodwill Northern New England**

8 Science Park Road

Scarborough, ME 04070

Phone: (207) 761-8402

Fax: (207) 761-8402

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

[www.goodwillnne.org/neurorehab/](http://www.goodwillnne.org/neurorehab/)

Comprehensive treatment team is licensed and certified to address symptoms that arise as a result of an acquired brain injury; child and adolescent brain injury services available.

Eligibility: Individuals with an acquired brain injury or neurological impairment who are medically stable and have motivation to benefit from rehabilitation services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Workers Compensation payments also accepted.

Language(s) Offered: English; interpreters available.

Hours: Call for service hours

**The Neuropsychological Testing Center at Goodwill Neurorehabilitation Services - Brain Injury Services, Goodwill Northern New England**

8 Science Park Road

Scarborough, ME 04070

Phone: (207) 761-8402

Fax: (207) 761-8402

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

Neuropsychological testing to evaluate brain function.

Eligibility: Individuals 7 years of age and older who are medically stable.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Workers Compensation payments also accepted.

Language(s) Offered: English

Hours: Call for service hours

**Workforce Services, Goodwill Northern New England**

190 Lancaster Street

Portland, ME 04101

Phone: (207) 774-6323

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

Intensive employment counseling and occupational skill training, both classroom and on-the-job training are available.

Eligibility: Low income adults and dislocated workers

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4pm

**Governor Janet Mills**

State Street, Capitol Building

Augusta, ME 04333

Phone: (207) 287-3531

Fax: (207) 287-1034

[governor@maine.gov](mailto:governor@maine.gov)

[www.maine.gov/governor/mills](http://www.maine.gov/governor/mills)

Information on governmental issues; addresses the concerns of the citizens.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4pm

**Grace Christian Counseling**

1476 Broadway

Bangor, ME 04401

Phone: (207) 947-6576

Fax: (207) 990-8955

[kasten@crosspointbangor.com](mailto:kasten@crosspointbangor.com)

[www.crosspointbangor.com](http://www.crosspointbangor.com)

Outpatient individual, couples, and family mental health counseling.

Eligibility: Adults in need of mental health counseling.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Thu 10am - 6pm; Fri 9am - 1pm

**Grace Interfaith Food Table**

11 Industrial Street

Presque Isle, ME 04769

Phone: (207) 764-8584

[giftpi03@gmail.com](mailto:giftpi03@gmail.com)

Food pantry, personal hygiene items.

Eligibility: Individuals who meet Maine TEFAP Income Guidelines.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 1st, 2nd, 3rd and 4th Wed 9am-12 noon

**Grace Street Services**

88 Oxford Street

Lewiston, ME 04240

Phone: (207) 795-0149

After Hours: (207) 514-0829

Fax: (207) 795-1105

[gsrecovery@gmail.com](mailto:gsrecovery@gmail.com)

No website.

Intensive outpatient substance use disorder treatment with medication assisted treatment and individual and group therapy.

Eligibility: Adults with substance use disorder.

Cost: Sliding Fee

Forms of Payment: Cash

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri 8am - 4pm

**Grand Isle Food Pantry**

366 Main Street, Community Center Building

Grand Isle, ME 04746

Phone: (207) 895-6995

Food pantry.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: 1st Sat 9am-1pm

**Greater Fort Kent Ecumenical Food Pantry**

229 West Main Street, Suite 103, Rear Entrance

Fort Kent, ME 04743

Phone: (207) 834-4126

[lesliek@maine.edu](mailto:lesliek@maine.edu)

Food pantry.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines or have a short term emergency food need.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: 1st, 3rd and 5th Wed 5-6pm; 2nd and 4th Wed 9-10am

**Community Supports, Green Valley Association**

69 David Street

Island Falls, ME 04747

Phone: (207) 463-2156 x107

Fax: (207) 463-2151

[jwalker@gva-me.org](mailto:jwalker@gva-me.org)

[www.gva-me.org/DSBasic.htm](http://www.gva-me.org/DSBasic.htm)

Developmental day program provides supported employment with on site training and community integration.

Eligibility: Adults with developmental disabilities.

Cost: Vary

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Residential Services, Green Valley Association**

69 David Street

Island Falls, ME 04747

Phone: (207) 463-2156 x102

Toll Free: 1-877-463-2156

TTY: (207) 463-2156

Fax: (207) 463-2151

[dbrowne@gva-me.org](mailto:dbrowne@gva-me.org)

[www.gva-me.org/RSBasic.htm](http://www.gva-me.org/RSBasic.htm)

Residential facilities with 24 hour supports.

Eligibility: Adults with cognitive and developmental disabilities.

Cost: Vary

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Greyhound**

Phone: Hours 7 days a week 8am-10pm EST

1-800-231-2222 (General)

1-800-531-5332 (Spanish)

1-800-752-4841 (Assistance for Customers w/Disabilities)

TTY: 1-800-345-3109

[www.greyhound.com](http://www.greyhound.com)

Long distance passenger travel and charter service throughout United States, Canada, and Mexico; same-day and next-day package delivery.

Cost: Vary

Forms of Payment: Cash; Credit Cards; Debit Cards

Language(s) Offered: English, Spanish

Hours: Hours vary by station; website and business phone available 24 hours.

**Guide Dog Foundation for the Blind, Guide Dog Foundation for the Blind**

371 East Jericho Turnpike

Smithtown, NY 11787

Phone: 1-800-548-4337

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

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

Train and match guide dogs and service dogs with individuals with disabilities; 2 week in-residence program to learn skills and commands needed to foster a successful working partnership with an assistance dog.

Eligibility: Individuals of high school age and older with visual or other disabilities who seek enhanced mobility and independence.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Hannaford Nutrition Education**

145 Pleasant Hill Road

Scarborough, ME 04070

Phone: 1-800-213-9040

[www.hannaford.com/dietitians](http://www.hannaford.com/dietitians)

Statewide dietitian services including store tours, in-store demos, and classes on topics including weight loss, eating healthy on a budget, and quick, easy meal ideas; online dietitians available for questions.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Hannaford Pharmacy Locator**

[www.hannaford.com/custserv/locate\_store.cmd](http://www.hannaford.com/custserv/locate_store.cmd)

Online statewide pharmacy locator searches by city, state or zip code.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours a day, 7 days a week

**Hardy Girls Healthy Women**

Phone: (207) 387-0553

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

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

Empower girls with knowledge, critical thinking skills, and opportunities to make social change; opportunity to meet women who defy gender stereotypes; peer networking; trainings, workshops, high school leadership experience, and annual statewide conferences.

Eligibility: Females in Grades 2-12 including individuals who currently live and self-identify as female and those who are legally assigned to the female sex but identify as transgender or gender fluid; educators, guidance counselors, parents, and others who train girls.

Cost: No Cost, Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri 8:30am – 5pm

**Harmony Cares Food Pantry, Harmony Cares Food Pantry**

20 Main Street

Harmony, ME 04942

Phone: (207) 249-1676

Alternate Phone: (207) 683-2177

Fax: (207) 683-5873

[harmonycares2@gmail.com](mailto:harmonycares2@gmail.com)

No website available.

Food pantry available 2 times a month; emergency food available any time.

Eligibility: Individuals who meet Maine TEFAP Guidelines; individuals from towns of Harmony and Wellington served on Sat, all other towns on Mon.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 1st Sat 9-11am, following Mon 5-6pm; 3rd Sat 9-11am, following Mon 5-6pm

**Cancer Care, Harold Alfond Center for Cancer Care**

31 Old Belgrade Road

Augusta, ME 04330

Phone: (207) 621-6100

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Cancer-Care.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Cancer-Care.aspx)

Cancer treatment team provides diagnosis, treatment, and follow-up care in clinics that specialize in breast, lung, colorectal, and gynecological cancers; shuttle service provided from Thayer to the Cancer Center.

Eligibility: Individuals with a cancer diagnosis.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

**Cancer Support Group, Harold Alfond Center for Cancer Care**

31 Old Belgrade Road

Augusta, ME 04330

Phone: (207) 621-6120

[www.mainegeneral.org/pages/Community-Health/Support-Groups/Cancer-Support.aspx](http://www.mainegeneral.org/pages/Community-Health/Support-Groups/Cancer-Support.aspx)

Support group for individuals with cancer, family, and friends.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 1st and 3rd Thu 9-10:30am, 4-5:30pm

**The Circle of Friends Breast Cancer Support Group, Harold Alfond Center for Cancer Care**

31 Old Belgrade Road

Augusta, ME 04330

Phone: (207) 621-6120

[www.mainegeneral.org/Pages/Community-Health/Support-Groups/Cancer-Support.aspx](http://www.mainegeneral.org/Pages/Community-Health/Support-Groups/Cancer-Support.aspx)

Support group for women diagnosed with breast cancer or recovering from breast cancer treatment provides discussion, information, and support.

Cost: No Cost

Language(s) Offered: English

Hours: Wed 5:30pm - 7:30pm

**Nine Lives Thrift Store, Harvest Hills Animal Shelter**

1389 Bridgton Road

Fryeburg, ME 04037

Phone: (207) 935-4358 x 21

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

[www.harvesthills.org/nine-lives-thrift-shop](http://www.harvesthills.org/nine-lives-thrift-shop)

Clean and gently used adult, child, and infant clothing, shoes, bags, toys, household items, books.

Cost: Low Cost, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon-Sat 10am-3pm

**Healing Hearts**

7 Prospect Street

Caribou, ME 04736

Phone: (207) 492-1000

Fax: (207) 492-1006

[healinghearts77@hotmail.com](mailto:healinghearts77@hotmail.com)

Substance use disorder counseling; DEEP services.

Eligibility: Adolescents and adults seeking help with substance abuse issues.

Cost: Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order; PayPal

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 8am – 5pm

**Outpatient Mental Health and Substance Use Treatment, Health Affiliates Maine**

306 Rodman Road

Auburn, ME 04210

Phone: 1-877-888-4304

Toll Free: 1-877-888-4304

After Hours: (207) 333-3278

Fax: (207) 333-3037

[referral@healthaffiliatesmaine.com](mailto:referral@healthaffiliatesmaine.com)

[www.healthaffiliatesmaine.com](http://www.healthaffiliatesmaine.com)

Statewide mental health and substance use disorder services; case management and outpatient counseling for mental health, substance use disorder, and co-occurring treatment.

Eligibility: Individuals seeking mental health assessment or individuals with mental health diagnosis.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am – 5pm

**Affordable Care Act Health Care Navigator, Health Equity Alliance**

Phone: (207) 255-5849

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

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

Health literacy and access to resources available to newly insured; help with obtaining hardship exemptions as well as information and assistance with special enrollment periods for those who have a qualifying event.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am - 4:30pm

**Case Management, Health Equity Alliance**

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

[www.mainehealthequity.org/case-management](http://www.mainehealthequity.org/case-management)

Assessment of client needs, wellness management, advocacy, and information and referrals; connection to individualized medical care, social services, and other resources necessary for immediate and long term needs.

Eligibility: Adults who are HIV/AIDS positive.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am - 4:30pm

**Community Education and Training, Health Equity Alliance**

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

[www.mainehealthequity.org/training-menu](http://www.mainehealthequity.org/training-menu)

Outreach programs, trainings, speakers, and presentations to help serve LGBTQ+ community, individuals living with HIV/AIDS, and individuals who use drugs.

Eligibility: Community organizations, healthcare professionals, businesses, schools, and other groups.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am - 4:30pm

**Community Food Pantry, Health Equity Alliance**

304 Hancock Street, Suite 3B

Bangor, ME 04401

Phone: (207) 990-3626

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

[www.mainehealthequity.org/community-food-pantry](http://www.mainehealthequity.org/community-food-pantry)

Nonperishable food items and personal care products on Tuesdays with visits limited to once every 90 days for community members, more often for established clients; fresh produce on Thursdays.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English

Hours: Mon & Fri 8:30am-4:00pm; Wed 12pm-4pm

**HIV and Hepatitis C Testing, Health Equity Alliance**

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

[www.mainehealthequity.org/testing](http://www.mainehealthequity.org/testing)

Confidential HIV and Hepatitis C testing, transmission and risk reduction counseling; testing available around Mid- and Eastern Maine. In office or at your location.

Eligibility: Individuals who feel they are at risk for HIV/AIDS or Hepatitis C.

Cost: No Cost

Language(s) Offered: English

**HIV/AIDS Support Group, Health Equity Alliance**

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

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

Facilitated support group for adults diagnosed HIV positive provides education, treatment information, and support; lunch is provided. Located in Bangor, Ellsworth and Machias.

Cost: No Cost

Language(s) Offered: English

**Law Enforcement Assisted Diversion Program, Health Equity Alliance**

304 Hancock Street, Suite 3B

Bangor, ME 04401

Phone: (207) 990-3626

Fax: (207) 990-2286

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

[www.mainehealthequity.org/lead-program](http://www.mainehealthequity.org/lead-program)

Diversion program provides case management for services including housing, food, employment, mental health and substance use disorder treatment, recovery supports, and community engagement.

Eligibility: Adults who are struggling with substance use disorder and the criminal justice system.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-4:30pm

**Naloxone Distribution, Health Equity Alliance**

304 Hancock Street, Bangor, ME 04401

Phone: (2070 990-3626

[maddy@mainehealthequity.org](mailto:maddy@mainehealthequity.org)

[www.mainehealthequity.org/naloxone-training](http://www.mainehealthequity.org/naloxone-training)

Medication kit to rapidly reverse opioid overdose.

Eligibility: Individuals who use opioids, their family members or friends.

Cost: No Cost

Language(s) Offered: English

Hours: Email Maddy about how to receive the medication kit.

**Needle Exchange Program, Health Equity Alliance**

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

[www.mainehealthequity.org/needle-exchange](http://www.mainehealthequity.org/needle-exchange)

Anonymous and discrete program offers clean needles in exchange for used needles.

Eligibility: Open to all.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: Email for program information.

**Youth Support Group, Health Equity Alliance**

304 Hancock Street, Suite 3B

Bangor, ME 04401

[Sarah@mainehealthequity.org](mailto:Sarah@mainehealthequity.org)

[www.mainehealthequity.org/youth-groups](http://www.mainehealthequity.org/youth-groups)

LGBTQ+ support group for adolescents and teens 13 years of age through 20 years of age provides a fun and affirming environment to meet with and socialize with peers; meal is provided.

Cost: No Cost

Language(s) Offered: English

Hours: Meets weekly - email Sara Haas [Sarah@mainehealthequity.org](mailto:Sarah@mainehealthequity.org) for details.

**Health Net Federal Services**

Phone: 1-877-874-2273

TTY: 1-877-874-2273

Fax: 1-888-432-7707

[www.hnfs.com](http://www.hnfs.com)

Information on TRICARE; online services include behavioral health resource center, network provider directory, live webinar briefings, beneficiary newsletter, forms, and other TRICARE resources.

Eligibility: Active duty and retired service members, National Guard and Reserve members, family members, survivors, and other eligible beneficiaries; eligibility determined by Department of Defense and the Defense Enrollment Eligibility Reporting System.

Health plan costs vary based on the sponsor's military status; pharmacy and dental options covered separately; annual enrollment fees, network co-payments, and point-of-service fees may apply.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 7am-7pm

**Rx Open, Healthcare Ready**

Phone: 1-866-247-2694

[alerts@HealthcareReady.org](mailto:alerts@HealthcareReady.org)

[www.healthcareready.org/rxopen](http://www.healthcareready.org/rxopen)

Online list of pharmacies open during disasters offering critical prescription medicines.

Eligibility: Individuals in need of critical prescriptions during a disaster.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8:15am - 5pm

**Healthcare.gov**

Phone: 1-800-318-2596

TTY: 1-855-889-4325

[www.healthcare.gov](http://www.healthcare.gov)

Information on national health insurance marketplace; screening tool to learn if you qualify for lower cost insurance; create an account, apply for insurance, pick an insurance plan and enroll; consumer fraud assistance; interpretation and translation services in more than 150 languages.

Eligibility: Individuals, families, and small businesses.

Cost: No Cost

No cost to navigate website; cost of health insurance to be determined.

Language(s) Offered: English, Spanish; interpreters available.

Hours: 24 Hours, 7 Days a week

**Belgrade Regional Health Center, HealthReach Community Health Centers**

4 Clement Way

Belgrade, ME 04917

Phone: (207) 495-3323

Fax: (207) 495-3353

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, school and sports physicals, immunizations, acute and chronic illness care, podiatry, behavioral health services, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Mon, Wed, Thu & Fri 7:30am-5pm Tue 7:30am-5pm and 5:30-7pm

**Bethel Family Health Center, HealthReach Community Health Centers**

32 Railroad Street

Bethel, ME 04217

Phone: (207) 824-2193

Fax: (207) 824-3005

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, school and sports physicals, immunizations, family planning, pediatrics, women's health exams, behavioral health services, acute and chronic illness care, osteopathic manipulation, physical therapy, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm, Sat 8am-12pm

**Bingham Area Dental Center, HealthReach Community Health Centers**

237 Main Street

Bingham, ME 04920

Phone: (207) 672-3519

Fax: (207) 672-3641

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Preventative care, sealants, periodontal care, partial dentures, restorations, extractions, crowns, x-rays, dental education, dental referrals.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Tue-Fri 7am-5pm

**Bingham Area Health Center, HealthReach Community Health Centers**

237 Main Street

Bingham, ME 04920

Phone: (207) 672-4187

Fax: (207) 672-3641

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, acute and chronic illness care, immunizations, mental health and substance abuse counseling, health education programs, family planning, childbirth education.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 7:30am - 4:30pm

**Lovejoy Health Center, HealthReach Community Health Centers**

7 School Street, Suite 1

Albion, ME 04910

Phone: (207) 437-9388

Fax: (207) 437-2557

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, pediatrics, women's health exams, prenatal and obstetrical care, podiatry, acute and chronic illness care, immunizations, school and sports physicals, behavioral health services, family planning, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Walk-in hours for acute illness Mon-Fri 8am-9am.

Mon 7:30am-6:00pm

Tues & Wed 7:30am-5:30pm

Thu: 7:30am-5pm

Fri: 8am-5pm

**Madison Area Health Center, HealthReach Community Health Centers**

8 South Main Street

Madison, ME 04950

Phone: (207) 696-3992

Fax: (207) 696-3974

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, acute and chronic illness care, immunizations, school and sports physicals, family planning, mental health and substance use disorder counseling.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Walk-in hours Mon-Fri 8am-9am for existing patients with acute illness, register before 8:30am.

Mon, Tue, & Thu 7:30am-6:00pm

Wed: 7:30am-5:00pm Fri: 8:00am- 4:00pm

**Mt. Abram Regional Health Center, HealthReach Community Health Centers**

25 Depot Street

Kingfield, ME 04947

Phone: (207) 265-4555

Fax: (207) 265-5004

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, women's health exams, acute and chronic illness care, immunizations, school and sports physicals, behavioral health services, family planning, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Mon 8am-6:30pm; Tue 8am-6pm; Wed & Thu 7am-5pm; Fri 8am-5pm

**Rangeley Family Medicine, HealthReach Community Health Centers**

42 Dallas Hill Road

Rangeley, ME 04970

Phone: (207) 864-3303

Fax: (207) 864-2969

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, acute and chronic illness care, immunizations, school and sports physicals, behavioral health services, family planning, women's health care, colposcopy, nutrition and exercise counseling, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Mon, Wed, Thu & Fri 8am-4:30pm and Tue 9am-6pm

**Sheepscot Valley Health Center, HealthReach Community Health Centers**

47 Main Street

Coopers Mills, ME 04341

Phone: (207) 549-7581

Fax: (207) 549-3439

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, pediatrics, women's health exams, prenatal and obstetrical care, podiatry, behavioral health services, acute and chronic illness care, immunizations, school and sports physicals, family planning, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Walk-in hours Mon-Sat 8am-9am for existing patients with acute illness.

Mon & Tue: 8am-7pm; Wed-Fri: 8am-5pm; Sat: 8am-12 noon

**Western Maine Family Health Center, HealthReach Community Health Centers**

16 Depot Street, Suite 300

Livermore Falls, ME 04254

Phone: (207) 897-4345

Fax: (207) 897-2321

[hrchc@healthreach.org](mailto:hrchc@healthreach.org)

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

Family medicine, pediatrics, women's health exams, acute and chronic illness care, immunizations, school and sports physicals, behavioral health services, family planning, behavioral health services, 24 hour on call emergency coverage for existing patients.

Eligibility: Services available to all regardless of ability to pay; individuals who meet income guidelines may be eligible for Affordable Care Program.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Payment expected at time of visit; payment arrangements can be made.

Language(s) Offered: English; interpreters available.

Hours: Walk-in hours Mon-Fri 8am-8am for existing patients with acute illness.

Mon: 7:30am-5pm; Tue: 8am-5pm; Wed: 7:30am-5pm; Thu: 8am-7pm; Fri: 7:30am-5pm

**Gambling Self Exclusion Program, Healthy Acadia**

121 Court Street, Suite A

Machias, ME 04654

Phone: (207) 255-3741 x102

[sara@healthyacadia.org](mailto:sara@healthyacadia.org)

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

Location for individual to complete paperwork to self-exclude from casino; help complete necessary self-exclusion paperwork with individual.

Eligibility: Individual can only self-exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Reaching More Moms, Healthy Communities of the Capital Area**

11 Mechanic Street, Suite 101

Gardiner, ME 04345

Phone: (207) 588-5350

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

Increase smoking cessation by providing materials informed by local parents, increasing support to quit among WIC, Head Start, and Maine Families home visitors, and training medical and behavioral health services to use evidence-based tobacco treatment.

Eligibility: Pregnant women or those working with pregnant women.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Healthy Northern Kennebec SNAP-Ed, Healthy Northern Kennebec**

149 North Street

Waterville, ME 04901

Phone: (207) 861-5204

Alternate Phone: (207) 872-4127

[www.healthynorthernkennebec.me/nutrition-education/snap-ed](http://www.healthynorthernkennebec.me/nutrition-education/snap-ed)

Nutrition education and obesity prevention program provides community-based cooking classes and demonstrations, in-school nutrition education workshops, classes on budget grocery shopping, and information on where to find free and low-cost places to be physically active.

Eligibility: Individuals who receive or are eligible for SNAP; individuals at or below 185% of the federal poverty level which includes individuals receiving WIC, SSI, or TANF; children in schools where 50% or more of the students are eligible for free or reduced-price lunch; food banks, pantries, public housing, and other sites also qualify to host programming.

Cost: No Cost

Language(s) Offered: English

**Audition Speech and Language Therapies, hear ME now!**

1 Mackworth Island Road,

Falmouth, ME 4105

Phone: (207) 781-7199

Toll Free:

Hotline:

After Hours:

TTY:

Fax: (207) 781-7201

[info@hear-me-now.org](mailto:info@hear-me-now.org)

[www.hear-me-now.org](http://www.hear-me-now.org)

Individualized instruction in speech, auditory development, language, and reading.

Eligibility: Individuals who are deaf or hard of hearing.

Cost: Vary, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours:

Auditory-Verbal Therapy, hear ME now!

1 Mackworth Island Road

Falmouth, ME 04105

Phone: (207) 781-7199

Fax: (207) 781-7201

[info@hear-me-now.org](mailto:info@hear-me-now.org)

[www.hear-me-now.org](http://www.hear-me-now.org)

Early intervention, spoken language option to facilitate listening, speech, and language development; access to instruction and mentoring to communicate and integrate listening more effectively in daily life; parents help create the therapy plan for preschool children to communicate with peers who have normal hearing without the need for a sign language interpreter or specialized preschool program; adult aural rehabilitation services help develop auditory and/or spoken language skills to communicate more effectively in daily life.

Eligibility: Children and adults who are deaf or hard of hearing and their caregivers.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8:30am - 4:30pm

**Listening and Spoken Language Specialty Program, hear ME now!**

1 Mackworth Island Road,

Falmouth, ME 4105

Phone: (207) 781-7199

Fax: (207) 781-7201

[dskillin@hear-me-now.org](mailto:dskillin@hear-me-now.org)

[www.hear-me-now.org](http://www.hear-me-now.org)

Listening and spoken language instruction and therapy using hearing aids and cochlear implant technology.

Eligibility: Individuals with hearing loss and family members; anyone interested in listening and spoken language specialty.

Cost: No Cost, Low Cost, Sliding Fee, Vary, Fixed Cost, Donation

Forms of Payment: Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8:30am - 4:30pm

**Parent/Infant Programming, hear ME now!**

1 Mackworth Island Road,

Falmouth, ME 04105

Phone: (207) 781-7199

Fax: (207) 781-7201

[info@hear-me-now.org](mailto:info@hear-me-now.org)

[www.hear-me-now.org](http://www.hear-me-now.org)

Home and school based speech and language therapies to enrich the everyday environment and work toward communication goals; parent education and support; parent to parent support.

Eligibility: Individuals caring for a child with a confirmed or suspected hearing loss.

Cost: No Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri 8:30am - 4:30pm

**Post-Cochlear Implant Adult Aural Rehabilitation and Auditory Therapy, hear ME now!**

1 Mackworth Island Road

Falmouth, ME 04105

Phone: (207) 781-7199

Fax: (207) 781-7201

[info@hear-me-now.org](mailto:info@hear-me-now.org)

[www.hear-me-now.org](http://www.hear-me-now.org)

Aural rehabilitation services assist in developing auditory and spoken language skills to communicate more effectively in daily life.

Eligibility: Individuals who have recently received a post-cochlear implantation.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri 8:30am - 4:30pm

**Hear Now, Hear Now**

6700 Washington Avenue South, Starkey Labs

Eden Prairie, MN 55344

Toll Free: 1-800-328-8602

1-800-648-4327

Fax: (952) 947-4997

[hearnow@starkeyfoundation.org](mailto:hearnow@starkeyfoundation.org)

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

Hearing aids.

Eligibility: Low income individuals who have no other resources to acquire hearing aids.

Cost: Fixed Cost

Forms of Payment: Money Order

Language(s) Offered: English; interpreters available.

**Hebert Rexall Pharmacy Discount Program, Hebert Rexall Pharmacy**

74 Main Street

Van Buren, ME 04785

Phone: (207) 868-2242

After Hours: (207) 868-9887

Fax: (207) 868-2156

[hebertsrx@gmail.com](mailto:hebertsrx@gmail.com)

<https://hebertsrx.com/>

Retail pharmacy offers prescription medication discounts.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Mon-Fri 8am-7pm; Sat 8am-4pm

**Hire Heroes USA**

1360 Union Hill Road

Building 2, Suite A

Alpharetta, GA 30004

Phone: 1-844-634-1520

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

Military transition assistance includes job search, interview skills, resume writing, cover letter writing, networking, and online job board.

Eligibility: U.S. military service members, veterans, and military spouses.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Gambling Self Exclusion Program, Hollywood Casino Hotel and Raceway**

500 Main Street

Bangor, ME 04401

Phone: (207) 626-3900

[www.hollywoodcasinobangor.com](http://www.hollywoodcasinobangor.com)

Location for individuals to complete paperwork to self-exclude from casino; help available to assist individuals in completing necessary self-exclusion paperwork.

Eligibility: Individual can only self-exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Sun 8am-3am

**Holocaust and Human Rights Center of Maine**

46 University Drive

Michael Klahr Center, UMA

Augusta, ME 04330

Phone: (207) 621-3530

Fax: (207) 621-3534

[infohhrc@maine.edu](mailto:infohhrc@maine.edu)

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

Educational outreach, programs, exhibits; teacher training about the holocaust, genocide, civil rights, and related human rights issues; scholarships for students, education grants for teachers, and speakers' bureau.

Eligibility: Open to all; workshops and seminars for teachers and students Grades K-12 and university level.

Cost: No Cost, Fixed Cost, Donation

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Evening and weekend hours by appointment for special events.

Mon- Fri: 8am-4pm

**Home Care & Hospice Alliance of Maine**

30 Association Drive

Manchester, ME 04351

Phone: (207) 213-6125

Fax: (207) 213-6127

[www.homecarealliance.org/locate-an-agency](http://www.homecarealliance.org/locate-an-agency)

Statewide database of home care and hospice consumer resources searchable by town or type of service; information and referral to help navigate the health care system.

Eligibility: Individuals needing home care and hospice resources.

Cost: No Cost

No cost for information and referral; fees for services determined by home care and hospice agencies.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Home Care for Maine, Home Resources of Maine Inc.**

347 Maine Avenue

Farmingdale, ME 4344

Phone: 1-800-639-3084

Toll Free: 1-800-639-3084

After Hours: (207) 582-8001

Fax: (207) 582-8387

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

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

Statewide home care services include personal care, homemaking, respite, and long-term care nursing services; transportation to medical and other appointments for existing clients.

Eligibility: Seniors and adults with disabilities.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare

Long Term Care Insurance accepted.

Language(s) Offered: English; interpreters available.

Hours: See below for office hours; on-call 24 hours. Mon-Fri: 8am-4:30pm

**Home To Home**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 837-4894

[programcoordinator@mainehometohome.org](mailto:programcoordinator@mainehometohome.org)

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

Safe and neutral place to exchange children for visitation.

Eligibility: Parents and guardians who are divorced, separated or in a high conflict situation.

Cost: Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Sun 9-9:30am, 5-6pm; Wed: 7pm-7:30pm; Fri: 4:30pm-6:30pm; Sat: 5pm-6pm

**Supervised Visitation, Home to Home**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 837-4894

[programcoordinator@mainehometohome.org](mailto:programcoordinator@mainehometohome.org)

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

Supervised visitation with security provided by visit supervisor; parents do not see or interact with one another.

Eligibility: Parents and guardians who are divorced, separated or in a high conflict situation; court ordered visits are for non-custodial parent and children named in the court order only.

Cost: Fixed Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: No regular hours of operation.

**Homeless Animal Rescue Team of Maine**

302 Range Road

Cumberland Center, ME 04021

Phone: (207) 829-4116

Fax: (207) 772-6177

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

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

No kill volunteer adoption center and shelter that cares for homeless, unwanted or displaced cats; all cats vaccinated and spayed or neutered; cats must remain indoors after adoption.

Eligibility: Adults who can properly care for a cat.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Wed 1pm - 4pm; Sat 11am - 4pm

**Sister Mary O'Donnell Shelter, Homeless Services of Aroostook**

745 Central Drive

Presque Isle, ME 04769

Phone: (207) 764-4125

After Hours: (207) 764-4125

(207) 764-5114

Fax: (207) 764-2866

[smoshelter@gmail.com](mailto:smoshelter@gmail.com)

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

Emergency homeless shelter.

Eligibility: Individuals who are homeless, have no funds or place to stay, and not a safety risk to themselves or others; must be at least 18 years of age if unaccompanied by adult.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours, 7 Days a week

**Transitional Housing, Homeless Services of Aroostook**

1 Midway Drive

Presque Isle, ME 04769

Phone: (207) 762-6000

After Hours: (207) 764-5114

Fax: (207) 764-2866

[thm@aoostookhomeless.org](mailto:thm@aoostookhomeless.org)

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

Subsidized 2 and 3 bedroom transitional housing on year to year conditional renewable lease.

Eligibility: Families who are homeless or at risk of homelessness, able to provide a security deposit, and are able to establish an account with Emera Maine.

Cost: Vary

Forms of Payment: Money Order

Language(s) Offered: English

Hours: Mon-Fri 10am-3pm

**Abby's Attic Thrift Store, Homeworkers Organized for More Employment**

986 Acadia Highway

East Orland, ME 04431

Phone: (207) 469-7575

[www.homecoop.net](http://www.homecoop.net)

Clothing for all ages, furniture, household items, books, toys, baby items.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Adult Learning Center, Homeworkers Organized for More Employment**

90 Schoolhouse Road

Orland, ME 04472

Phone: (207) 469-7961

Fax: (207) 469-1023

[info@homecoop.net](mailto:info@homecoop.net)

[www.homemmausa.org/LearningCenter.html](http://www.homemmausa.org/LearningCenter.html)

Adult basic education, GED exam preparation, literacy, beginner computer classes, special classes and workshops.

Eligibility: Adults who are low income or homeless.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Emmaus Homeless Shelter, Homeworkers Organized for More Employment**

51 Main Street

Ellsworth, ME 04605

Phone: (207) 667-3962

Fax: (207) 667-1086

[info@homecoop.net](mailto:info@homecoop.net)

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

Temporary, emergency housing provides food, clothing, and assistance in acquiring community resources; volunteer opportunities.

Eligibility: Men and women 18 years of age and older and their families who are in need of temporary shelter, are clean, sober, and willing to work towards ending their homelessness.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours/day 7 Days/week

**HOME Daycare Program, Homeworkers Organized for More Employment**

90 Schoolhouse Road

Orland, ME 04472

Phone: (207) 469-7961

Fax: (207) 469-1023

[info@homecoop.net](mailto:info@homecoop.net)

[www.homemmausa.org/Daycare.html](http://www.homemmausa.org/Daycare.html)

Daycare.

Eligibility: Children 6 weeks-5 years of age; low income or childcare voucher recipients.

Cost: Sliding Fee

Forms of Payment: Cash; Check

Childcare vouchers accepted.

Language(s) Offered: English

Hours: Mon-Fri 6:30am-4:30pm

**HOME Shelter Program, Homeworkers Organized for More Employment**

90 Schoolhouse Road

Orland, ME 04472

Phone: (207) 469-7961

Fax: (207) 469-1023

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

Emergency, temporary, and transitional shelter/housing.

Eligibility: Adults 18 years of age and older and small families who are homeless, at risk of becoming homeless, and/or victims of domestic violence in need of emergency or temporary shelter; adults 18 years of age and older and small families who are in need of trans

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Home to Stay Program, Homeworkers Organized for More Employment**

51 Main Street

Ellsworth, ME 04605

Phone: (207) 667-3962

Fax: (207) 667-1086

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

Help secure permanent housing and long term stability by working with a trained Housing Navigator to gain wellness, housing, employment, and other basic needs skills.

Eligibility: Individuals and families who are homeless and seeking permanent housing, are willing to work with a Housing Navigator and create a housing stability plan and budget, and meet income guidelines.

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Housing Program, Homeworkers Organized for More Employment**

90 Schoolhouse Road

Orland, ME 04472

Phone: (207) 469-7961

Fax: (207) 469-1023

[home@homecoop.net](mailto:home@homecoop.net)

[www.homemmausa.org/Housing.html](http://www.homemmausa.org/Housing.html)

Assistance with becoming a home owner.

Eligibility: Adults who meet HUD Income Guidelines.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Marketstand Food Pantry, Homeworkers Organized for More Employment**

90 Schoolhouse Road

Orland, ME 04472

Phone: (207) 469-7961

Fax: (207) 469-1023

[home@homecoop.net](mailto:home@homecoop.net)

[www.homecoop.net](http://www.homecoop.net)

Food pantry provides food boxes 1 time a month; produce and bread when available.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Marketstand Soup Kitchen, Homeworkers Organized for More Employment**

90 Schoolhouse Road

Orland, ME 04472

Phone: (207) 469-7961

Fax: (207) 469-1023

[info@homecoop.net](mailto:info@homecoop.net)

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

Soup kitchen provides a nutritious lunch.

Cost: No Cost

Language(s) Offered: English

Hours: 7 Days/week @ noon

**24 Hour Toll Free Hotline, Hope and Justice Project**

7 Erskine Street

Presque Isle, ME 04769

Hotline: 1-800-439-2323

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

[www.hopeandjusticeproject.org/get-help/#helpLine](http://www.hopeandjusticeproject.org/get-help/#helpLine)

Trained advocates provide confidential crisis intervention, emergency shelter information, and safety planning.

Eligibility: Individuals who are victims of domestic violence, concerned family or friends, and individuals needing information about domestic violence emergency shelters, and abusive relationships.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

Hours: 24 hours 7days/week

**Hope and Justice Project Legal Services, Hope and Justice Project**

Toll Free: 1-800-439-2323

Court advocacy services; assist with Protection from Abuse Orders, pro-se divorce, divorce, parental rights and responsibility petitions, family law court issues, and criminal proceedings.

Eligibility: Individuals who have experienced domestic violence or abuse.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

**Hope and Justice Project Support Group, Hope and Justice Project**

Toll Free: 1-800-439-2323

Community based day and evening support groups for adult victims and survivors of domestic violence offer education and individual support; childcare may be available for clients.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

**Hope and Justice Project Volunteer Program, Hope and Justice Project**

5 Erskine Street

Presque Isle, ME 04769

Phone: (207) 764-2977

Toll Free Hotline: 1-800-439-2323

TTY: 37073

Fax: (207) 764-8631

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

[www.hopeandjusticeproject.org/support-our-work/#volunteer](http://www.hopeandjusticeproject.org/support-our-work/#volunteer)

Volunteer opportunities include after hours and weekend hotline staffing, leading support groups for adults and children, and providing transportation and administrative assistance; participate in 35 hour training program.

Eligibility: Adults and adolescents interested in helping victims of domestic violence or abuse.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri 8am-4pm

**Individual Outreach and Advocacy, Hope and Justice Project**

Toll Free Hotline: 1-800-439-2323

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

[www.hopeandjusticeproject.org/support-services/#socialService](http://www.hopeandjusticeproject.org/support-services/#socialService)

1-on-1 advocacy and support services, information on abusive relationships, safety and options planning for leaving or staying with an abusive partner, referral to community resources and relief systems, emergency services, court advocacy as needed.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: 24 hours/day 7 days/week

**What Not Shop Thrift Store, Hope Association**

85 Lincoln Street

Rumford, ME 04276

Phone: (207) 364-4561

[www.hopeassociation.org/retail/what-not-shop-thrift-store/](http://www.hopeassociation.org/retail/what-not-shop-thrift-store/)

Gently used clothing for adults, children, and infants, formal wear and accessories, shoes and boots, winter clothing, household items, and craft items.

Cost: Low Cost

Forms of Payment: Cash; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon-Fri 9a-4p; 2nd Sat 9a-1p

**Hope Haven Food Pantry, Hope Haven Gospel Mission**

209 Lincoln Street

Lewiston, ME 04240

Phone: (207) 783-6086

Fax: (207) 783-3904

[progod@megalink.net](mailto:progod@megalink.net)

Food pantry offers breads, desserts, and occasional canned vegetables.

Eligibility: Individuals who are low income, homeless or in crisis.

Cost: No Cost

Language(s) Offered: English

Hours: Mon, Wed, Fri 10-11:45am, 12:30-3pm

**Hope Haven Gospel Mission Emergency Shelter, Hope Haven Gospel Mission**

209 Lincoln Street

Lewiston, ME 04240

Phone: (207) 783-6086

Fax: (207) 783-3904

[jericho@megalink.net](mailto:jericho@megalink.net)

Emergency shelter requiring Christian based rehabilitation work program offers assistance with available public services, evening meal, and breakfast; stay limited to 60 days, longer if looking for employment and housing; doors locked by 8pm.

Eligibility: Individuals who are homeless or in crisis; shelter is not wheelchair accessible; children must be accompanied by a female.

Cost: No Cost

Language(s) Offered: English

Hours: Daily 5:30pm - 8:30am

**Hope Haven Gospel Mission Soup Kitchen, Hope Haven Gospel Mission**

209 Lincoln Street

Lewiston, ME 04240

Phone: (207) 783-6086

Fax: (207) 783-3904

[jericho@megalink.net](mailto:jericho@megalink.net)

Soup kitchen.

Eligibility: Individuals who are low income, homeless or in crisis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon, Wed, Fri 10-11:45am, 12:30-3pm, 4:30-5:30pm Sun 2:30-3:30pm

**Bereavement Services, Hospice Volunteers of Somerset County Inc.**

113 Dr. Mann Road

Skowhegan, ME 04976

Phone: (207) 474-7775

[director@hvosc.org](mailto:director@hvosc.org)

[www.hvosc.org/index.php/programs](http://www.hvosc.org/index.php/programs)

1-on-1 volunteer support, lending library, community education including presentations and workshops on bereavement and living single.

Eligibility: Education for patients, families, and community members.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 9am-5pm

**Direct Care Services, Hospice Volunteers of Somerset County Inc.**

113 Dr. Mann Road

Skowhegan, ME 04976

Phone: (207) 474-7775

[admin@hvosc.org](mailto:admin@hvosc.org)

[www.hvosc.org/index.php/programs](http://www.hvosc.org/index.php/programs)

In-home non-medical support includes hospice, palliative care, companionship to clients and family, compassionate listening, assistance with household chores and meal preparation, respite, spiritual care, and transportation; peer support to veterans.

Eligibility: Individuals who have any life-limiting illness.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 9am-5pm

**Pet Peace of Mind, Hospice Volunteers of Somerset County Inc.**

113 Dr. Mann Road

Skowhegan, ME 04976

Phone: (207) 474-7775

[admin@hvosc.org](mailto:admin@hvosc.org)

[www.hvosc.org/index.php/programs](http://www.hvosc.org/index.php/programs)

Help clients keep pets at home by providing pet food and treats, exercise, transportation to and from appointments, flea and tick treatments, heart worm medicine, litter, waste removal and cleanup, and help with planning for pet placement.

Eligibility: Individuals who are on medical hospice.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 9am-5pm

**Support Groups, Hospice Volunteers of Somerset County Inc**.

113 Dr. Mann Road

Skowhegan, ME 04976

Phone: (207) 474-7775

[admin@hvosc.org](mailto:admin@hvosc.org)

[www.hvosc.org/index.php/programs/support-groups](http://www.hvosc.org/index.php/programs/support-groups)

Ongoing drop-in general grief and loss support group; specialized support groups are created as needed based on the needs of the general support group.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 9am-5pm

**Camp Ray of Hope, Hospice Volunteers of Waterville Area**

114 Pine Tree Camp Road

Oakland, ME 04963

Phone: (207) 873-3615

Fax: (207) 873-5094

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Annual retreat the third weekend in September provides opportunities to participate in activities; mini workshops offer opportunities to learn new coping and self care techniques; childcare is available on site for infants and toddlers.

Eligibility: Individuals and families who are grieving the death of a loved one.

Cost: Vary

Forms of Payment: Cash; Check

Scholarships are available.

Language(s) Offered: English

Hours: Call for hours

**Community Outreach and Education, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

Phone: (207) 873-3615

Fax: (207) 873-5094

[barbarar@hvwa.org](mailto:barbarar@hvwa.org)

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

Speakers, educational programs, certified hospice volunteer training, and library.

Eligibility: Individuals, community groups, medical professionals, businesses, and schools.

Cost: No Cost

Language(s) Offered: English

Hours: Call for service hours

**Direct Care Services, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

Phone: (207) 873-3615

Fax: (207) 873-5094

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

In-home non-medical support includes companionship visits to client and family, compassionate listening, respite visits, comfort and support to family and friends, and keeping vigil with the dying.

Eligibility: Adolescents, adults, and seniors with a life-limiting illness and a prognosis of 6 months or less.

Cost: No Cost

Language(s) Offered: English

Hours: Call for service hours

**General Loss Grief Support Group, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Support group.

Eligibility: Adults who have experienced a loss due to a death.

Cost: No Cost

Language(s) Offered: English

Hours: 1st and 3rd Mon 6-7:30pm.

**Grieving Parent Support Group, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Support group provides emotional support, companionship, and information.

Eligibility: Adults who have experienced the death of a child of any age.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Hope's Place Support Group, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Concurrent peer support groups offer a place to meet with others their own age; parents/guardians meet with other adults; children and teens are encouraged to process grief through the healing arts, music, dance, and play; groups meet at various times throughout the year.

Eligibility: Grieving children 3 to 18 years of age who have experienced the death of a loved one.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**HVWA Resale Shop, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

Phone: (207) 873-3615

Fax: (207) 873-5094

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Gently worn clothing, baby items, jewelry, furniture, household items, collectibles, books, and DVDs.

Cost: Donation

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Mon-Thu 10:00am-4pm and Fri 10am-2pm

**Parental Loss Support Group, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

Phone: (207) 873-3615

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Support group provides emotional support, companionship, and information; group offered as needs arise.

Eligibility: Adults who have experienced the death of a parent.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Survivors of Suicide Support Group, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

Phone: (207) 873-3615

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Support group provides emotional support, companionship, and information; group offered as needs arise.

Eligibility: Adults who have experienced the suicide of a loved one.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Widow and Widower's Support Group, Hospice Volunteers of Waterville Area**

304 Main Street

Waterville, ME 04901

Phone: (207) 873-3615

[hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)

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

Support group provides grief support with additional opportunities for socialization.

Eligibility: Widows, widowers, and individuals who have experienced the death of a significant other.

Cost: No Cost

Language(s) Offered: English

Hours: 2nd and 4th Thu 10-11:30am.

Domestic Violence and Sexual Assault 24 Hour Hotline, Houlton Band of Maliseet Indians

Phone: (207) 532-3000

Hotline: (207) 532-6401

After Hours: (207) 532-6401

Fax: (207) 532-0510

[end.domestic.violence@Maliseets.com](mailto:end.domestic.violence@Maliseets.com)

[www.maliseets.com/domestic\_violence.htm](http://www.maliseets.com/domestic_violence.htm)

Crisis intervention, safety planning, emotional support, domestic violence and sexual assault information, teen dating violence prevention, referral to local support programs.

Eligibility: Individuals who are self identified victims of domestic violence or sexual assault; concerned family or friends; individuals needing information about domestic violence or sexual assault.

Cost: No Cost

Language(s) Offered: English, Maliseet language

Hours: 24 hours, 7 days

**Domestic Violence and Sexual Assault Emergency Shelter, Houlton Band of Maliseet Indians**

690 Foxcroft Road

Houlton, ME 04730

Phone: (207) 532-3000

Hotline: (207) 532-6401

Fax: (207) 532-0510

[end.domestic.violence@Maliseets.com](mailto:end.domestic.violence@Maliseets.com)

[www.maliseets.com/domestic\_violence.htm](http://www.maliseets.com/domestic_violence.htm)

Temporary shelter.

Eligibility: Tribal members needing shelter to escape domestic violence or sexual assault.

Cost: No Cost

Language(s) Offered: English, Maliseet language

Hours: 24 Hours Daily

**Domestic Violence and Sexual Assault Legal Services, Houlton Band of Maliseet Indians**

690 Foxcroft Road

Houlton, ME 04730

Phone: (207) 532-3000

Hotline: (207) 532-6401

Fax: (207) 532-0510

[end.domestic.violence@Maliseets.com](mailto:end.domestic.violence@Maliseets.com)

[www.maliseets.com/domestic\_violence.htm](http://www.maliseets.com/domestic_violence.htm)

Court advocacy services and assistance with Protection from Abuse Orders, pro-se divorce, divorce, parental rights and responsibility petitions, family law court issues, and criminal proceedings.

Eligibility: Tribal members who have experienced domestic and/or sexual assault.

Cost: No Cost

Language(s) Offered: English, Maliseet language

Hours: Mon-Thu 7am-4:30pm

**Domestic Violence and Sexual Assault Support Group, Houlton Band of Maliseet Indians**

Hotline: (207) 532-6401

[www.maliseets.com/domestic\_violence.htm](http://www.maliseets.com/domestic_violence.htm)

Community based support group for women who have experienced domestic violence and/or sexual assault offers domestic violence and sexual assault education and individual support.

Cost: No Cost

Language(s) Offered: English, Maliseet language

Hours: 24/7

**Houlton Band of Maliseet Indians, Houlton Band of Maliseet Indians**

88 Bell Road

Houlton, ME 04730

Phone: (207) 532-4273

Toll Free: 800-564-8524

Fax: (207) 532-2660

[tadmin@maliseets.com](mailto:tadmin@maliseets.com)

[www.maliseets.com](http://www.maliseets.com)

Native American tribe.

Eligibility: Individuals must be Federally Recognized Indians.

Cost: No Cost

Language(s) Offered: English, Maliseet language

**Indian Child Welfare Services, Houlton Band of Maliseet Indians**

13-2 Clover Court, ICWA Department

Houlton, ME 04730

Phone: (207) 532-7260

Fax: (207) 532-7287

[ljewell@maliseets.com](mailto:ljewell@maliseets.com)

[www.maliseets.com/social\_services.htm](http://www.maliseets.com/social_services.htm)

Protect Maliseet children's rights during adoption, foster care placement, and child protection cases by providing nurturing homes, family connections, and cultural preservation.

Eligibility: Tribal members of Maliseet Band eligible for enrollment.

Cost: No Cost

Language(s) Offered: English, Maliseet language

**Houlton Hodgdon Adult & Community Education**

18 Military Street

Houlton, ME 04730

Phone: (207) 521-3100 x5

Fax: (207) 521-3151

[joe.fagnant@rsu29.org](mailto:joe.fagnant@rsu29.org)

rsu29-70.maineadulted.org

Adult basic education, high school diploma, HiSET (formerly GED) classes and testing, college transitions program, workforce readiness, enrichment courses, English for Speakers of Other Languages, CPR and First Aid training, and senior programming; CTE programs for CNA, CNA-Meds, EMT, and other training programs.

Eligibility: 17 years of age and older for HiSET, 16 years and older for high school diploma; all other programs open to all.

Cost: No Cost, Low Cost, Vary, Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon, Wed 8am-4:30pm, 5:30-8:30pm

Tue, Thu, Fri: 8am-4:30pm

**Houlton Humane Society**

263 Callaghan Road

Houlton, ME 04730

Phone: (207) 532-2862

Fax: (207) 532-2861

[hhsanimals263@gmail.com](mailto:hhsanimals263@gmail.com)

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

Shelter for abandoned and stray pets; Sponsor A Pet virtual adoption program; pet food pantry; educational materials; volunteer opportunities.

Cost: Vary, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue-Sat 11am-4pm

**Childbirth Classes, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-5969

Toll Free: 1-800-427-4771

TTY: (207) 532-4089

[janet.vose@houltonregional.org](mailto:janet.vose@houltonregional.org)

<http://www2.houltonregional.org/>

Classes teach skills and information about pregnancy, childbirth, labor support, newborn care, and breastfeeding; classes held on Saturdays from 9:00 am- 4:00 pm.

Eligibility: Pregnant women and their families.

Cost: No Cost

Language(s) Offered: English; interpreters available.

**Compassionate Friends Support Group, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 592-2900

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

<http://www2.houltonregional.org/>

Support group for individuals who have lost a child provides grief support, friendship, and understanding.

Language(s) Offered: English

Hours: 2nd Wed 6:30-7:30pm

**Diabetes Support Group, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 521-2619

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

<http://www2.houltonregional.org/>

Support group for individuals with diabetes and family members provides an opportunity to learn, share, and network.

Cost: No Cost

Language(s) Offered: English

**Hospital Free Care, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 521-2619

Toll Free: 1-800-427-4771

TTY: (207) 532-4089

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

<http://www2.houltonregional.org/>

Financial assistance for medically necessary hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English, French; interpreters available.

Hours: 24 Hours, 7 days

**Houlton Family Practice, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-3289

TTY: (207) 532-4089

Fax: (207) 532-6071

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

<http://www2.houltonregional.org/>

Primary care services include pediatrics, adolescent care, adult medicine, and geriatrics provides preventive care, routine physicals, women's health care, well child visits, acute and chronic illness management, and minor office procedures.

Eligibility: Infants, children, adolescents, adults, and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri 8am-4:30 pm

**Houlton Internal Medicine, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-4068

TTY: (207) 532-4089

Fax: (207) 532-9426

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

<http://www2.houltonregional.org/>

Internal medicine services include medical care for acute and chronic conditions, preventative medicine, and minor office procedures.

Eligibility: Adults 18 years of age and older.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri 8am-4:30 pm

**Houlton OB/GYN, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-4017

TTY: (207) 532-4089

Fax: (207) 532-4019

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

<http://www2.houltonregional.org/>

Obstetrics and gynecology physicians, nurse practitioners.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri 8am-4:30 pm

**Houlton Pediatrics, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-2234

TTY: (207) 532-4089

Fax: (207) 532-2235

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

<http://www2.houltonregional.org/>

Pediatric medical services include preventative care, routine medical care, physical exams, school and sports physicals, sick visits, immunizations, and referrals to pediatric specialists.

Eligibility: Individuals from birth-18 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri 8am-4:30 pm

**Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-2900

Toll Free: 1-800-427-4771

TTY: (207) 532-4089

Fax: (207) 532-4755

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

<http://www2.houltonregional.org/>

Hospital.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: 7 days 24 hours

**Prescription Assistance Program, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 521-2639

Toll Free: 1-800-427-4771

TTY: (207) 532-4089

Fax: (207) 532-9426

[dchaloux1@houltonregional.org](mailto:dchaloux1@houltonregional.org)

<http://www2.houltonregional.org/>

Assist in obtaining free or low cost prescription medication; coordinate enrollment on behalf of both patient and physician.

Eligibility: Individuals who cannot afford prescription medications.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri 8am-4pm

**Sexual Assault Response Team, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-2900

Toll Free: 1-800-427-4771

TTY: (207) 532-4089

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

<http://www2.houltonregional.org/>

Trained sexual assault nurse examiners provide evidence collection and patient exams.

Eligibility: Individuals who have experienced sexual assault.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours 7 days/week

**SMART Recovery, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

(207) 532-5969

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

<http://www2.houltonregional.org/>

Drug and alcohol addiction support group for individuals who would like to share experiences and learn skills to be drug and alcohol free.

Cost: No Cost

Language(s) Offered: English

Hours: Mon 7pm - 8pm

**Stroke Support Group, Houlton Regional Hospital**

20 Hartford Street

Houlton, ME 04730

Phone: (207) 532-5969

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

<http://www2.houltonregional.org/>

Support group for stroke survivors and their loved ones provide information through lectures, socialization, and peer support.

Cost: No Cost

Language(s) Offered: English

Hours: Fri 6pm – 8pm

**Volunteer Services, Houlton Regional Hospital**

20 Hartford Street, Houlton, ME 04730

Phone: (207) 532-2900

TTY: (207) 532-4089

Fax: (207) 532-4755

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

<http://www2.houltonregional.org/>

Volunteer program provides services to patients, visitors, and neighbors; volunteer opportunities.

Eligibility: Adolescents and adults 15 years of age and older.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-4:30pm

**House In The Woods**

217 Skunk Hill Road, Lee, ME 4455

Phone: (207) 738-8387; (207) 570-4806

Fax: (207) 738-4420

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

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

Short-term retreats provide outdoor educational, recreational, and therapeutic activities with opportunity to share common experiences and challenges related to serving in the military; all food and lodging is provided.

Eligibility: Active military, veterans, and their family members; children must be accompanied by eligible adult.

Cost: No Cost

Uninsured Accepted: Yes

Participants are responsible for their own transportation costs to and from Lee, and may need to use own vehicles to go to some activity sites.

Language(s) Offered: English, Spanish

Hours: Hours may vary; call for details.

**Augusta Huntington's Disease Support Group, Huntington's Disease Society of America**

5 Senator Way

Augusta, ME 04330

Phone: (207) 215-1788

[www.hdsa.org/me](http://www.hdsa.org/me)

Support group for individuals with Huntington's Disease, caregivers and those at risk to share concerns, obtain information, and gain support.

Cost: No Cost

Language(s) Offered: English

Hours: 4th Wed 7-8:30pm

**Maine Affiliate HDSA Programs, Huntington's Disease Society of America**

5 Senator Way, Augusta, ME 04330

Phone: (207) 215-1788

[ketchen422@gmail.com](mailto:ketchen422@gmail.com)

[www.hdsa.org/me](http://www.hdsa.org/me)

Peer phone support, information and referral, advocacy, education.

Eligibility: Individuals impacted by Huntington's disease.

Cost: No Cost

Language(s) Offered: English, French

Hours: Mon-Fri 5pm-9pm

**Husson University**

One College Circle

Bangor, ME 04401

Phone: (207) 941-7000

Toll Free: 1-800-722-4867

After Hours: (207) 941-7770

Fax: (207) 941-7935

[admit@husson.edu](mailto:admit@husson.edu)

[www.husson.edu](http://www.husson.edu)

4 year private accredited university offers bachelor's, master's, and Ph.D. programs, professional certificates, and online degree programs; campuses located in Bangor, Westbrook, and Presque Isle; student internship opportunities.

Eligibility: Adults and seniors.

Cost: Low Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Financial aid and merit awards may be available.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**I Care Ministries Food Pantry, I Care Ministries Church**

45 Spring Street

Millinocket, ME 04462

Phone: (207) 723-7977

[www.icareministry.net](http://www.icareministry.net)

Food pantry.

Eligibility: Individuals in need of food who meet Maine TEFAP Guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Thu 9am - 3pm; Fri 9am - 12pm

**I Care Pharmacy, I Care Pharmacy**

227 Main Street

Fort Fairfield, ME 04742

Toll Free: 1-888-422-7319

Fax: 1-877-422-7319

[customerservice@i-carepharmacy.com](mailto:customerservice@i-carepharmacy.com)

[www.i-carepharmacy.com](http://www.i-carepharmacy.com)

Mail order prescriptions in 3 to 4 business days, free shipping, monitoring of patient accounts, refill reminders; discounts may be available.

Eligibility: Individuals who have been prescribed medication by a health care provider.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Possible reduced co-payment with private insurance; discounts for those with no prescription plan.

Language(s) Offered: English, Spanish

Hours: Mon-Fri 8am-5pm

**Immigrant Legal Advocacy Project, Immigrant Legal Advocacy Project**

309 Cumberland Avenue

Portland, ME 04102

Phone: (207) 780-1593

Toll Free: 1-800-497-8505

Fax: (207) 699-2313

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

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

Attorney consultations and referrals, immigration clinic, full legal representation on immigration matters, training for service providers, education and outreach.

Eligibility: Maine residents seeking immigration assistance; individuals at 150% of Federal Poverty Guidelines may receive services at no cost; individuals at 200% of Federal Poverty Guidelines may receive services at a low fee.

Cost: No Cost, Low Cost

Forms of Payment: Cash

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am-5pm

**Immigrant Resource Center of Maine**

265 Lisbon Street, Lewiston, ME 04240

Phone: (207) 753-0061

Fax: (207) 753-0071

[fhussein@uswofmaine.org](mailto:fhussein@uswofmaine.org)

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

Culturally and linguistically sensitive services include Somali, Swahili, French, Portuguese, Lingala and Arabic interpreters and translation, information and referral, domestic violence and sexual assault outreach, education, and advocacy, cultural competency/awareness trainings, skills development, job assistance, cultural presentations, community resource workshops for refugees, comprehensive outreach services, advocacy, cultural brokering, post resettlement services, and school liaison.

Eligibility: Refugee and immigrant individuals living in Maine.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Language(s) Offered: Arabic, English, French, Lingala, Portuguese, Somali; interpreters available.

Hours: Mon-Fri 9am-5pm

**InCharge Debt Solutions**

5750 Major Boulevard, Suite 300

Orlando, FL 32819

Phone: 1-800-565-8953

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

Certified credit counselors, bankruptcy education, debt management and consolidation, online free analysis of financial situation, housing counseling, student loan counseling.

Eligibility: Consumers struggling with credit card or other unsecured debt.

Cost: Donation

Forms of Payment: Check

Uninsured Accepted: Yes

Language(s) Offered: English, Spanish

Hours: Mon-Fri 9am-10pm; Sat 9am-6pm

**Indian Township Passamaquoddy Domestic and Sexual Violence Advocacy Center**

Princeton, ME 04668

Phone: (207) 796-6106

Hotline: (207) 214-1917

After Hours: (207) 214-1917

[passamaquoddyadvocacycenter@gmail.com](mailto:passamaquoddyadvocacycenter@gmail.com)

[www.wabanakiwomenscoalition.org/connections/indian-township-passamaquoddy-domestic-violence-program](http://www.wabanakiwomenscoalition.org/connections/indian-township-passamaquoddy-domestic-violence-program)

Confidential emotional support, crisis intervention, safety planning, emergency shelter, transitional housing assistance, court and legal advocacy, hospital accompaniment, advocacy in expressed areas of need, information and referrals, education.

Eligibility: Adolescents, adults, and seniors who are Passamaquoddy tribal members and victims/survivors of domestic violence, sexual violence, dating violence, stalking and/or sex trafficking; family members, friends, co-workers or other service providers may call for support and information to help someone.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**The PCs for MAINE Project, Information Technology Exchange**

60 Industrial Street, Waterville, ME 04901

Phone: (207) 338-4233

Fax: (207) 338-0274

[jmartin@itec3.org](mailto:jmartin@itec3.org)

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

Refurbished computers and technical support.

Eligibility: Nonprofits, libraries, and individuals or families who need computers for education or job skills development and meet income guidelines; some sponsorships and mini-grants may be available.

Cost: No Cost, Low Cost, Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Vocational Rehabilitation and CSSP student sponsorship available; corporate invoicing available.

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Internal Revenue Service, Internal Revenue Service**

1111 Constitution Ave NW

Washington, DC 20224

Phone: 1-800-829-1040

(202) 622-5000

TTY: 1-800-829-4059

[irs.gov.website.helpdesk@speedymail.com](mailto:irs.gov.website.helpdesk@speedymail.com)

[www.irs.gov](http://www.irs.gov)

Collect individual and corporate taxes, oversight of the nation's tax-exempt organizations and the Earned Income Tax Credit program.

Eligibility: Open to all; must meet income eligibility requirements for free tax filing assistance and Earned Income Tax Credit.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon 7am-10pm

**IRS Free Tax Return Preparation, Internal Revenue Service**

1111 Constitution Ave NW

Washington, DC 20224

<https://irs.treasury.gov/freetaxprep/>

Statewide free tax preparation site searches by zip code; provides directions and service site details; VITA/TCE sites available on the locator tool mid-January through April.

Eligibility: Individuals who generally make $56,000 or less, persons with disabilities, and limited English speaking taxpayers who need assistance in preparing tax returns.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**IRS Taxpayer Assistance Center, Internal Revenue Service**

[irs.gov.website.helpdesk@speedymail.com](mailto:irs.gov.website.helpdesk@speedymail.com)

[www.irs.gov/uac/Contact-My-Local-Office-in-Maine](http://www.irs.gov/uac/Contact-My-Local-Office-in-Maine)

Tax information and assistance.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Online assistance only.

**Taxpayer Advocate Service, Internal Revenue Service**

68 Sewall Street

Augusta, ME 04333

Phone: (207) 622-8528

Toll Free: 1-877-777-4778

TTY: 1-800-829-4059

Fax: (207) 622-8458

[www.irs.gov/advocate](http://www.irs.gov/advocate)

Statewide confidential service assigns taxpayer an advocate to help resolve tax problems that have not been resolved through normal IRS channels.

Eligibility: Individuals, families, and businesses if problems with the IRS are causing financial difficulties or significant cost, if facing an immediate threat of adverse action or if taxpayer has tried to resolve a tax problem through normal IRS channels and has go

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8:30am-1pm, 2-4:30pm

**International OCD Foundation, International OCD Foundation**

18 Tremont Street, Suite 308

Boston, MA 02108

Phone: (617) 973-5801

Fax: (617) 973-5803

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

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

Educational resources, community events and programs, professional training, pediatric outreach, professional grant and policy advocacy programs.

Eligibility: Individuals interested in resources for obsessive compulsive disorder, body dysmorphic disorder, hoarding or other related disorders.

Cost: No Cost, Vary, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

No payment necessary for referrals or information; membership fees required to join organization.

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Interpret Maine**

PO Box 3535

Portland, ME 04104

Phone: (207) 210-1412

Fax: (207) 856-6161

[abdi@interpretmaine.com](mailto:abdi@interpretmaine.com)

[www.interpretmaine.com](http://www.interpretmaine.com)

Professionally trained interpreters for medical evaluation and appointments, business meetings, court sessions, conferences, public schools, case management meetings, teleconferences, legal depositions, and other professional, educational, and personal needs; written document translation.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Language(s) Offered: English; interpreters available.

Hours: Call/email for office hours.

**Journey House**

Phone: 207-924-0151

[ashley@jhrecovery.org](mailto:ashley@jhrecovery.org)

<https://jhrecovery.org/>

Low-barrier, gender specific recovery oriented housing.

Eligibility: Adults 18 years of age and older who want to live in a recovery house, do not require a higher level of care, and do not have any convictions for arson or sex offense.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order; PayPal

There is a one-time move-in fee and monthly rental fee; scholarships available.

Language(s) Offered: English

Hours: Call/email for office hours

**Ashland Primary Care Clinic, Katahdin Valley Health Center**

33 Walker Street

Ashland, ME 04732

Phone: (207) 528-2285

Toll Free: 1-866-366-5842

TTY: 37073

Fax: (207) 435-2003

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Diabetes education, dental hygiene, family medicine, men's and women's health, mental health counseling, occupational health, optometry, pediatric care, prescription assistance program, podiatry, walk in care.

Eligibility: Infants, children, toddlers, adolescents, adults, seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon 8am - 5pm; Tue 8am - 1pm; Wed 8am - 5pm; Thu 11am - 7pm; Fri 8am - 5pm

**Brownville Primary Care, Katahdin Valley Health Center**

180 Main Road

Brownville, ME 04414

Phone: (207) 528-2285

Toll Free: 1-866-366-5842

Fax: (207) 528-2595

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Diabetes education, family medicine, men's and women's health, mental health counseling, optometry, pediatric care, podiatry, prescription assistance program.

Eligibility: Open to all.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon 8am - 5pm; Tue 8am - 1pm; Wed 8am - 5pm; Thu 11am - 7pm; Fri 8am - 5pm

**Connecting Maine Kids to Coverage, Katahdin Valley Health Center**

Phone: 1-866-366-5842 x325

Toll Free: 1-866-366-5842 x325

TTY: 37073

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

Inform families about the availability of free or low cost health coverage under Medicaid and CHIP, identify children likely to be eligible, and assist families with the application and renewal process.

Eligibility: Children or adolescents in a family of 4 earning up to $51,759 may qualify for free or low-cost MaineCare; parents may also qualify at different income levels.

Cost: No Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

**Houlton Open Access, Katahdin Valley Health Center**

59 Bangor Street

Houlton, ME 04730

Phone: (207) 528-2285

Toll Free: 1-866-366-5842

Fax: (207) 528-2595

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Treatment for urgent, non-emergency problems; sore throats, ear infections, minor burns, or cuts and bruises.

Eligibility: Individuals in need of urgent, non-emergent health care.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 11am-7pm; Sat & Sun 9am-7pm

**Houlton Primary Care Clinic, Katahdin Valley Health** Center

59 Bangor Street

Houlton, ME 04730

Phone: (207) 528-2285

Toll Free: 1-866-366-5842

Fax: (207) 532-1090

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Diabetes education, family medicine, men's and women's health, mental health counseling, optometry, pediatric care, prescription assistance program, podiatry; occupational medicine

Eligibility: Infant, children, toddler, adolescents, adults, and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Millinocket Dental Care, Katahdin Valley Health Center**

50 Summer Street

Millinocket, ME 04462

Phone: (207) 723-6565

Toll Free: 1-866-366-5842

Fax: (207) 723-6560

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Adult and pediatric dental care and oral health education.

Eligibility: Individuals in need of dental care; must meet KVHC income guidelines for sliding fee.

Cost: Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 7:30am-5pm

**Millinocket Primary Care, Katahdin Valley Health Center**

50 Summer Street

Millinocket, ME 04462

Phone: (207) 723-6551

Toll Free: 1-866-366-5842

Fax: (207) 723-6560

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Diabetes education, family medicine, men's and women's health, mental health counseling, pediatric care, and prescription assistance program.

Eligibility: Infants, children, toddlers, adolescents, adults, and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Patten Primary Care, Katahdin Valley Health Center**

30 Houlton Street

Patten, ME 04765

Phone: (207) 528-2285

Toll Free: 1-866-366-5842

Fax: (207) 528-2595

[kvhc@kvhc.org](mailto:kvhc@kvhc.org)

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

Diabetes education, family medicine, men's and women's health, mental health counseling, optometry, pediatric care, podiatry, prescription assistance program.

Eligibility: Infant, children, toddlers, adolescents, adults, and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Gambling Self Exclusion Program, Kennebec Behavioral Health**

Phone: 1-888-322-2136

[rrogers@kbhmaine.org](mailto:rrogers@kbhmaine.org)

adcareme.org/problem-gambling

Location for individual to complete paperwork to self exclude from casino; help complete necessary self exclusion paperwork with individual.

Eligibility: Individuals can only self exclude themselves.

Cost: No Cost

Language(s) Offered: English

**Foreclosure Prevention Counseling Services - Energy and Housing Services, Kennebec Valley Community Action Program**

101 Water Street

Waterville, ME 04901

Phone: (207) 859-1500

Toll Free: 1-800-542-8227

Fax: (207) 873-0158

[lynnec@kvcap.org](mailto:lynnec@kvcap.org)

[www.kvcap.org/for-the-home/classes-trainings/foreclosure-intervention-services](http://www.kvcap.org/for-the-home/classes-trainings/foreclosure-intervention-services)

Information, advocacy, guidance, and resources to avoid foreclosure; housing services specialist provides 1-on-1 assistance to homeowners including determining a budget and options available in cooperation with the lender to prevent default or foreclosure.

Eligibility: Homeowners who are behind on mortgage payments, have received a notice of foreclosure, are considering bankruptcy to avoid foreclosure, and are having trouble communicating with their mortgage lender; homeowners who have not yet missed a payment, but are

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**hoMEworks Homebuyer Education - Energy and Housing Services, Kennebec Valley Community Action Program**

101 Water Street

Waterville, ME 04901

Phone: (207) 859-1500

Toll Free: 1-800-542-8227

Fax: (207) 873-3812

[lynnec@kvcap.org](mailto:lynnec@kvcap.org)

[www.kvcap.org/for-the-home/classes-trainings/home-buyer-education-class](http://www.kvcap.org/for-the-home/classes-trainings/home-buyer-education-class)

Homebuyer education covers all aspects of homebuying including budgeting, credit reports and scores, mortgage shopping, home inspection, the loan process, and roles of professionals; 10-hour class in-person or online.

Eligibility: Individuals interested in learning more about the homebuying process; veterans, active military, and immediate family members may take class free of charge; call to request a waiver.

Cost: Low Cost

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Kennebec Valley Community Action Program**

101 Water Street

Waterville, ME 04901

Phone: 1-800-542-8227

Toll Free: 1-800-542-8227

Fax: (207) 873-0158

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

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

Community action program.

Cost: No Cost, Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Kennebec Valley Dental Coalition: The Community Dental Center**

2 Evergreen Drive

Oakland, ME 04963

Phone: (207) 861-5801

[communitydentalcenter@yahoo.com](mailto:communitydentalcenter@yahoo.com)

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

Full-service dental practice provides preventive and restorative care including initial and periodic exams, cleanings, fluoride treatments, sealants, digital bitewing, full-mouth and panoramic x-rays, treatment plans, periodontal care, oral health education, and restorative and operative services such as fillings, bite-adjustments, extractions, root canals, crowns, bridges, and partials.

Eligibility: Individuals 1 year of age and older; sliding fee services available if at or below 200% of federal poverty level.

Cost: Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Sliding fee applies to residents of Kennebec and Somerset counties only.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 7:30am-5pm

**KEWL ASL Interpreting Educational and Employment Services, KEWL ASL Interpreting Educational and Employment Services**

2411 Atlantic Highway, Warren, ME 04864

Phone: (207) 240-1390

[kewlasl@gmail.com](mailto:kewlasl@gmail.com)

Interpreting, American Sign Language tutoring, educational tutoring, educational consulting, job development services, information about assistive devices; information, referral, and advocacy provided for American Sign Language, education, and employment.

Eligibility: Individuals who are deaf or hard of hearing.

Cost: No Cost, Fixed Cost

Forms of Payment: Cash; Check

Language(s) Offered: American Sign Language, English

Hours: Mon-Fri 9am-5pm

**Autism Spectrum Disorders Program, KidsPeace**

16 Kidspeace Way

Ellsworth, ME 04605

Phone: (207) 667-0909

Toll Free: 1-800-992-9543

After Hours: (207) 667-0909

Fax: (207) 667-6348

[jackie.doar@kidspeace.org](mailto:jackie.doar@kidspeace.org)

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

Identify and build upon child strengths to improve overall functioning by incorporating behavior reduction and skill programming, managing mental health symptoms, and teaching functional living skills; with focus on self care and communication, treatment is highly individualized in environment that is open to ongoing family participation.

Eligibility: Individuals 8-20 years of age with Autism Spectrum Disorder.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Outpatient Therapy, KidsPeace**

49 Florida Avenue

Bangor, ME 04401

Phone: (207) 299-1414

After Hours: (207) 818-4611

Fax: (207) 947-6278

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

Traditional office based and in-home therapy for individuals, family, couples, and groups.

Eligibility: Children and adults.

Cost: Low Cost, Sliding Fee, Vary,

Forms of Payment: Cash

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Therapeutic Residential Program, KidsPeace**

16 Kidspeace Way

Ellsworth, ME 04605

Phone: (207) 667-0909

Toll Free: 1-800-992-9543

Fax: (207) 667-6348

[jackie.doar@kidspeace.org](mailto:jackie.doar@kidspeace.org)

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

Highly structured psychiatric care identifies key issues and behaviors that prevent a child from functioning in a less restrictive setting; focus on improving child's impulse control, social judgment, and interpersonal skills; expectation of family participation.

Eligibility: Individuals 8-20 years of age requiring 24 hour clinical, residential, and educational services and supervision.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Knox County Regional Airport, Knox County**

23 Terminal Lane

Owls Head, ME 04854

Phone: (207) 594-4131

After Hours: (207) 542-5719

Fax: (207) 594-0738

[www.knoxcountymaine.gov/airport](http://www.knoxcountymaine.gov/airport)

Regional airport.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri 5:30am-7:30pm

**La Leche League International, La Leche League International**

35 East Wacker Drive, Suite 850

Chicago, IL 60601

Phone: 1-800-525-3243

Toll Free: 1-800-525-3243

After Hours: 1-877-452-5324

Fax: (312) 644-8557

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

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

Mother-to-mother support, encouragement, information, and education; information to better understand breastfeeding; resources available in multiple languages.

Eligibility: Health care professionals, La Leche League Leaders, parents, and community members.

Cost: No Cost, Donations

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Thu 10am-6pm

**LanguageLine Solutions**

1 Lower Ragsdale

Monterey, CA 93943

Phone: (831) 648-7515

1-800-311-1232

Fax: (831) 648-7188

[esharp@languageline.com](mailto:esharp@languageline.com)

[www.pacificinterpreters.com](http://www.pacificinterpreters.com)

On-demand, over-the-telephone foreign language interpretation in over 240 languages; American Sign Language; video remote interpreting; onsite interpreting; document translation, language tests.

Eligibility: Health care, social service, business, public safety, and government agencies in need of interpretation and/or translation services.

Cost: Vary, Fixed Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours, 7 days/week

**Learning Disabilities Association of Maine**

Westbrook, ME 04098

Phone: (207) 712-9513

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

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

All volunteer organization offers advocacy, support, education, and information and referral.

Eligibility: Individuals with learning disabilities and related disorders.

Cost: No Cost, Low Cost, Fixed Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: No regular hours of operation.

**Legislative Information Office**

7 State House Station

Augusta, ME 04333

Phone: (207) 287-1692

Toll Free: 1-800-301-3178

Fax: (207) 287-1580

[webmaster\_lio@legislature.maine.gov](mailto:webmaster_lio@legislature.maine.gov)

<http://legislature.maine.gov/lio/>

Nonpartisan information office serving the Maine Legislature and the public; information regarding the legislative process, status of bills, committee meetings and schedules, and legislative studies.

Eligibility: Maine residents.

Cost: No Cost

Language(s) Offered: English

Hours: Extended hours during House and Senate sessions.

Regular hours; Mon-Fri: 8am-5pm

**The Leukemia and Lymphoma Society Patient Services - Maine and New Hampshire, Leukemia and Lymphoma Society**

70 Walnut Street, Suite 301

Wellesley Hills, MA 02481

Phone: (508) 810-1304

Toll Free: 1-800-688-6572

Fax: (508) 810-1350

[courtney.rinaldi@lls.org](mailto:courtney.rinaldi@lls.org)

[www.lls.org/massachusetts](http://www.lls.org/massachusetts)

Local patient education programs, booklets, information resource center, First Connection peer-to-peer support; support groups, patient financial aid, co-pay assistance.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Mon-Fri 9am-5pm

**Liberty Bay Recovery Center**

343 Forest Avenue

Portland, ME 04101

Phone: (207) 772-9800

Hotline: 1-844-894-2673

After Hours: (207) 835-0293

[nathan@libertybayrecovery.com](mailto:nathan@libertybayrecovery.com)

[www.libertybayrecovery.com](http://www.libertybayrecovery.com)

State licensed addiction treatment center offers medically monitored detox with residential and extended care, partial hospitalization program (PHP), intensive outpatient program (IOP), and a community outpatient program (CIOP).

Eligibility: Adults 18 years of age and older who meet medical and financial requirements.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: Private Insurance

Scholarships offered to clients without insurance.

Language(s) Offered: English

Hours: Admissions available until 10pm.

**Life By Design**

125 North Street, Presque Isle, ME 04769

147 Academy Street, Presque Isle, ME 04769

18 High Street, Houlton, ME 04730

27 Birdseye Avenue, Caribou, ME 04736

31 Market Street, Fort Kent, ME 04763

Phone: (207) 764-6825

[moberry@lifebydesignpa.net](mailto:moberry@lifebydesignpa.net)

[www.lifebydesignpa.com](http://www.lifebydesignpa.com)

Therapeutic services include outpatient mental health services, outpatient substance abuse evaluations and treatments, community integration services, and children's targeted case management.

Eligibility: Call for more information on specific eligibility requirements.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Hours: Mon-Fri 8am-5pm

**Limestone Ecumenical Community Food Pantry**

100 Main Street

Limestone, ME 04750

Phone: (207) 325-2099

Food pantry.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English

Hours: 1st, 3rd Tue 3-6pm; 2nd, 4th, 5th Tue 11am-1pm

**The Closet-Frog, Limestone United Methodist Church**

34 Main Street

Limestone, ME 04750

Phone: (207) 325-4870

[limestoneumc@gmail.com](mailto:limestoneumc@gmail.com)

[www.neumc.org/churches/detail/373](http://www.neumc.org/churches/detail/373)

Gently used clothing.

Eligibility: Individuals in need of clothing.

Cost: No Cost, Donation

Forms of Payment: Cash

Language(s) Offered: English

Hours: Tue 2pm - 4pm; Thu 2pm - 4pm; Sat 10am - 12pm

**Literacy Volunteers of Aroostook County**

75 Bennett Drive

Caribou, ME 04736

Phone: (207) 493-4272

(207) 325-3490

[lyn.michii@gmail.com](mailto:lyn.michii@gmail.com)

1-on-1 tutoring to enhance basic English and English as a Second Language reading and writing skills; volunteer tutor training; adult education; adult literacy; volunteer opportunities.

Eligibility: Adults seeking to develop literacy skills.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Living Innovations Support Services**

5 Bangor Street, Houlton, ME 04730

Phone: (207) 494-4941

[www.livinginnovations.com](http://www.livinginnovations.com)

11 Offices in Maine

<https://livinginnovations.com/contact-us/>

Case management, in-home support, school to work transition support, job skills development and coaching, shared living options, respite care, community connections services include social events and outings, fitness and leisure activities, training and support with shopping, banking and money management, and keeping appointments.

Eligibility: Adults and children with intellectual disabilities and children with behavioral health needs.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

**Lupus Foundation of America, Lupus Foundation of America**

2121 K Street, North West, Suite 200

Washington, DC 20037

Phone: 1-800-558-0121

Toll Free: 1-800-558-0121

Hotline: 1-800-558-0121

Fax: (202) 349-1156

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

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

Information about lupus and coping with lupus; health educators available to answer questions; research, education, advocacy, educational materials, seminars, conferences.

Eligibility: Individuals, families, and anyone interested in lupus.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Fee for educational materials, books, and seminars/conferences where registration is required.

Language(s) Offered: English, Mandarin, Spanish; other languages accommodated via email.

Hours: Mon-Fri 8:30am-5pm

**Mabel Wadsworth Center**

700 Mount Hope Avenue, Suite 420

Bangor, ME 04401

Phone: (207) 947-5337

1-800-948-5337

Fax: (207) 947-9163

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

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

Annual wellness exams, cancer screenings, birth control, pregnancy testing and options, abortion care, prenatal care, infertility consultation, sexually transmitted infections testing and treatment, men's health, LGBTQ healthcare, gender affirming hormone therapy; community education and workshops.

Eligibility: Adults and adolescents 12 years of age and older.

Cost: Fixed Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order; PayPal

Accepted Insurance: MaineCare; Medicare; Private Insurance

Payment plans can be arranged prior to receiving care for most services.

Language(s) Offered: English

Hours: Mon-Fri 8:30am-4:30pm

**Macwahoc Plantation**

48 Kingman Road

Kingman, ME 04451

Phone: (207) 765-2581

Fax: (207) 765-2581

[macwahoc@fairpoint.net](mailto:macwahoc@fairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tues 3pm-6pm

**Macwahoc Plantation General Assistance, Macwahoc Plantation**

48 Kingman Road

Kingman, ME 04451

Phone: (207) 765-2581

After Hours: (207) 765-2337

Fax: (207) 765-2581

[macwahoc@fairpoint.net](mailto:macwahoc@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 3pm - 6pm

**Madawaska Pharmacy**

104 Main Street, Suite 101

Madawaska, ME 04756

Phone: (207) 728-7200

Fax: (207) 728-7227

[endvr01@gmail.com](mailto:endvr01@gmail.com)

Retail pharmacy offers discount on prescriptions; free delivery for Madawaska and surrounding areas.

Eligibility: Individuals in need of prescription medication.

Cost: Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Mon-Fri 8am - 7pm; Sat 9am - 3pm

**Maine Academy of Natural Sciences**

13 Easler Drive

Hinckley, ME 04944

Phone: (207) 238-4034

[lsandy@gwh.org](mailto:lsandy@gwh.org)

[www.gwh.org/means](http://www.gwh.org/means)

Public charter high school where students gain knowledge and skills through hands-on projects, internships and real world experiences with a focus on agriculture, forestry, and the environment.

Eligibility: Students who are interested in agriculture, forestry, sustainability, and alternative energy.

Cost: No Cost for school; Sliding Fee for on campus living.

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 7:30am-3:30pm

**Maine Adaptive Sports and Recreation Summer Program, Maine Adaptive Sports and Recreation**

8 Sundance Lane, Newry, ME 04261

Phone: (207) 824-2440

1-800-639-7770

Fax: (207) 824-0453

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

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

Summer activities include golf, cycling, paddling, fishing, tennis, and hiking lessons.

Eligibility: Individuals 4 years of age and older with a physical disability which requires the use of adaptive equipment or instruction.

Cost: No Cost

Language(s) Offered: English

Hours: Winter Hours Sun-Sat 8am-4pm; Summer Hours: Mon-Fri 8am-4pm

**Maine Adaptive Sports and Recreation Winter Program, Maine Adaptive Sports and Recreation**

8 Sundance Lane

Newry, ME 04261

Phone: (207) 824-2440

1-800-639-7770

Fax: (207) 824-0453

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

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

Winter activities include downhill skiing, downhill skiing race team, snowboarding, cross country skiing, and snowshoeing lessons.

Eligibility: Individuals 4 years of age and older with a physical disability which requires the use of adaptive equipment or instruction.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English

Hours: Winter Hours Sun-Sat 8am-4pm; Summer Hours: Mon-Fri 8am-4pm

**Veterans No Boundaries, Maine Adaptive Sports and Recreation**

8 Sundance Lane

Newry, ME 04261

Phone: (207) 824-2440

1-800-639-7770 x1102

Fax: (207) 824-0453

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

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

Summer and winter adaptive sports activities includes skiing, snowboarding, snowshoeing, fishing, boating, and golf; 2 weekends per year in August and February.

Eligibility: Veterans and active duty personnel with a physical disability which requires the use of adaptive equipment or instruction and their families.

Cost: No Cost

Language(s) Offered: English

Hours: Winter Hours Sun-Sat 8am-4pm; Summer Hours: Mon-Fri 8am-4pm

**Maine Administrators of Services for Children with Disabilities, Maine Administrators of Services for Children with Disabilities**

50 Industrial Drive

Augusta, ME 04330

Phone: (207) 626-3380

Fax: (207) 626-3347

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

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

Resource for Maine schools and agencies who serve exceptional children; professional development and support.

Eligibility: Special education educators and school administrators.

Cost: No Cost, Fixed Cost

Forms of Payment: Cash; Check

Fee for membership.

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Maine Adult Education Association**

841 North Road

Dover Foxcroft, ME 04426

Phone: (207) 564-3630

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

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

Statewide directory of adult and community education programs provides business and skills training courses, literacy and family literacy classes, personal enrichment classes, high school completion classes, and college transitions classes.

Eligibility: Call or email for more information.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8am-5pm

**Maine Afterschool Network**

12 East Chestnut Street

Augusta, ME 04330

Phone: (207) 626-5228

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

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

Resources, workshops, and technical assistance to start or to improve existing out-of-school time programs; help programs to achieve state accreditation.

Eligibility: Program providers, schools, communities, and businesses.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 8am-4pm

**Peer Support Services, Maine Alliance for Addiction Recovery**

295 Water Street, Suite 108

Augusta, ME 04330

Phone: (207) 621-4111, (207) 458-4366

[dripley@maineallianceforaddictionrecovery.org](mailto:dripley@maineallianceforaddictionrecovery.org)

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

Peer recovery support training program.

Eligibility: Community members.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Recovery Coach Program, Maine Alliance for Addiction Recovery**

295 Water Street, Suite 108

Augusta, ME 04330

Phone: (207) 621-4111, (207) 458-4366

[dripley@maineallianceforaddictionrecovery.org](mailto:dripley@maineallianceforaddictionrecovery.org)

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

Trained peer volunteers work 1-on-1 with individuals seeking to enhance their recovery support program.

Eligibility: Individuals recovering from addiction.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Telephone Recovery Support, Maine Alliance for Addiction Recovery**

295 Water Street, Suite 108

Augusta, ME 04330

Phone: (207) 621-4111 & (207) 458-4366

[dripley@maineallianceforaddictionrecovery.org](mailto:dripley@maineallianceforaddictionrecovery.org)

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

Trained volunteers in recovery make weekly telephone calls.

Eligibility: Individuals who are in recovery from addiction.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Maine Association of Nonprofits**

565 Congress Street

Portland, ME 04101

Phone: (207) 871-1885

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

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

Membership organization offers statewide board and staff trainings, advocacy resources, nonprofit assessment tools, and Maine nonprofit job board.

Eligibility: Any organization that has applied for or received 501c3 or 501c4 status from the IRS may become a member.

Cost: Low Cost, Sliding Fee

Forms of Payment: Check; Credit Cards

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Maine Association of the Deaf**

576 Bridgton Road

Sebago, ME 04029

Phone: No phone service available

[mainedeaf2016@gmail.com](mailto:mainedeaf2016@gmail.com)

[www.maine.gov/rehab/dod/resource\_guide/orgs\_deaf.shtml](http://www.maine.gov/rehab/dod/resource_guide/orgs_deaf.shtml)

Consumer organization provides advocacy, outreach, information and referral.

Eligibility: Individuals who are deaf or hard of hearing.

Cost: No Cost

Language(s) Offered: American Sign Language, English

Hours: No regular hours of operation.

**Maine Audubon**

20 Gildland Farm Road

Falmouth, ME 04105

Phone: (207) 781-2330

Fax: (207) 781-0974

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

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

Educational resources and programs, classes, trips and tours, camps and retreats, conservation work to preserve wildlife and wildlife habitat.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm, Sun 12pm-4pm

**Adult Outpatient Services, Maine Behavioral Healthcare**

216 Vaughn Street, McGeachey Hall

Portland, ME 04102

Phone: (207) 761-6644

Toll Free: 1-866-857-6644

After Hours: (207) 829-1064

Fax: (207) 662-7081

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

[www.mainehealth.org/spring-harbor-hospital/services/outpatient](http://www.mainehealth.org/spring-harbor-hospital/services/outpatient)

Comprehensive adult outpatient services includes medication management, psychiatric evaluations, individual therapy, co-occurring issues support groups for patients in the clinic, and co-occurring treatment; specialty programs for those with schizophrenia and borderline personality traits.

Eligibility: Adults with mental health or co-occurring issues.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Deaf Counseling/Case Management Services, Maine Behavioral Healthcare**

165 Lancaster Street

Portland, ME 04101

Phone: 1-844-292-0111

TTY: 37073

Fax: (207) 874-1044

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

[www.mainehealth.org/maine-behavioral-healthcare/services/counseling-therapy-services-adult-child/deaf-counseling-services](http://www.mainehealth.org/maine-behavioral-healthcare/services/counseling-therapy-services-adult-child/deaf-counseling-services)

Counseling and case management services connect clients with the community to facilitate services.

Eligibility: Individuals who are deaf, hard of hearing, deaf-blind or late-deafened who are seeking mental health treatment and their families.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Call to confirm private insurance carrier is accepted.

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Mature Adult Inpatient Services, Maine Behavioral Healthcare**

22 Bramhall Street, Maine Medical Center

Portland, ME 04102

Phone: (207) 761-6644

Toll Free: 1-866-857-6644

After Hours: (207) 761-6644

TTY: 37073

Fax: (207) 662-7081

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

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

Brief hospitalization and specialized inpatient programs for those who experience both medical and psychiatric issues; specialize in work with geriatric patients.

Eligibility: Adults who meet medical necessity requirements.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Maine Medical Center provides care regardless of patient's ability to pay.

Language(s) Offered: English; interpreters available.

Hours: 24 hours 7 days

**Partial Hospitalization for Adults, Maine Behavioral Healthcare**

216 Vaughan Street, McGeachey Hall

Portland, ME 04102

Phone: (207) 761-6644

Toll Free:

Hotline: (207) 761-6644

After Hours: (207) 829-1064

TTY: 37073

Fax: (207) 662-7081

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

[www.mainehealth.org/spring-harbor-hospital/services/outpatient](http://www.mainehealth.org/spring-harbor-hospital/services/outpatient)

Intensive mental health outpatient program offers structured, partial day programs to avoid psychiatric hospitalization or to help make a smoother transition back into the community following a psychiatric hospitalization.

Eligibility: Adults who experience chronic and severe mental illness or adults who have co-occurring disorders.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Spring Harbor Hospital, Maine Behavioral Healthcare**

123 Andover Road

Westbrook, ME 04092

Phone: 1-844-292-0111

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

[www.mainehealth.org/spring-harbor-hospital/services/outpatient](http://www.mainehealth.org/spring-harbor-hospital/services/outpatient)

Hospital offers voluntary and involuntary hospitalization, outpatient care, and 24 hour information and referral; psychiatrist, psychiatric nurses, social workers, and technicians treat major depression, schizophrenia, bipolar disorder, and co-occurring disorders; pediatric mental heath includes comprehensive psychiatric evaluation, medication management, individual and family therapy, educational, and consultation services for parents and on site academic instruction.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Call to confirm private insurance carrier is accepted.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours Daily

**The Children's Initiative, Maine Behavioral Healthcare**

165 Lancaster Street, Portland, ME 04101

Phone: (207) 874-1030

Toll Free: 1-844-292-0111

Fax: (207) 874-1044

[rhfrances@MaineBehavioralHealthcare.org](mailto:rhfrances@MaineBehavioralHealthcare.org)

[www.mainehealth.org/maine-behavioral-healthcare/services/counseling-therapy-services-adult-child/trauma/the-childrens-initiative](http://www.mainehealth.org/maine-behavioral-healthcare/services/counseling-therapy-services-adult-child/trauma/the-childrens-initiative)

Consultations and trainings to implement a trauma informed system of care for children suffering as a result of experiencing or witnessing violence and trauma supports community-wide prevention, intervention, and treatment activities.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Call to confirm private insurance carrier is accepted; grant funding may be available.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 7:30am-7:30pm

**Community Outreach, Maine Boys to Men**

170 US Route 1, Suite 230

Falmouth, ME 04105

Phone: (207) 774-9994

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

Community workshops and trainings support the healthy development of boys by providing activities and social events; quarterly e-newsletter.

Eligibility: Youth-serving professionals, educators, parents, and school administrators.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Reducing Sexism and Violence Program, Maine Boys to Men**

170 Route 1, Suite 230

Falmouth, ME 04105

Phone: (207) 774-9994

[www.maineboystomen.org/programs.php?Reducing-Sexism-and-Violence-Program-1](http://www.maineboystomen.org/programs.php?Reducing-Sexism-and-Violence-Program-1)

Reducing Sexism and Violence school-based leadership training program assists in reducing dating abuse, sexual assault, harassment, and interpersonal violence.

Eligibility: Students 13-18 years of age in middle or high school, their adult mentors, and youth-serving professionals.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-5pm

**Augusta Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

101 Hospital Street

Augusta, ME 04333

Phone: (207) 287-3330

TTY: 37073

Fax: (207) 287-3389

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Bangor Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

1129 Union Street, Airport Mall, Suite 9

Bangor, ME 04401

Phone: (207) 942-1319

Fax: (207) 945-0175

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Calais Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

23 Washington Street, Suite 2

Calais, ME 04619

Phone: (207) 454-2175

TTY: 37073

Fax: (207) 454-7987

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Caribou Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

14 Access Highway, Suite 2

Calais, ME 04619

Phone: (207) 492-9141

TTY: 37073

Fax: (207) 492-9142

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Ellsworth Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

22 School Street

Ellsworth, ME 04605

Phone: (207) 667-9363

TTY: 37073

Fax: (207) 667-0048

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Kennebunk Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

63 Portland Road, Suite 4

Kennebunk, ME 04043

Phone: (207) 985-4890

TTY: 37073

Fax: (207) 985-2849

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Lewiston Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

36 Mollison Way

Lewiston, ME 04240

Phone: (207) 753-7750

TTY: 37073

Fax: (207) 783-5385

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Portland Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

125 Presumpscot Street, Unit 4

Portland, ME 04103

Phone: (207) 822-6400

TTY: 37073

Fax: (207) 822-6417

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Rockland Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

360 Old County Road, Suite 1

Rockland, ME 04841

Phone: (207) 596-2255

TTY: 37073

Fax: (207) 596-2209

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Rumford Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

65 Lincoln Street

Rumford, ME 04276

Phone: (207) 369-9921

TTY: 37073

Fax: (207) 369-0106

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Scarborough Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

200 Expedition Drive, Suite G

Scarborough, ME 04074

Phone: (207) 883-2596

TTY: 37073

Fax: (207) 883-2649

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Springvale Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

456 Main Street

Springvale, ME 04083

Phone: (207) 490-1261

TTY: 37073

Fax: (207) 324-4883

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Topsham Motor Vehicle Branch Office, Maine Bureau of Motor Vehicles**

125B Main Street

Topsham, ME 4086

Phone: (207) 725-6520

TTY: 37073

Fax: (207) 725-1244

[www.state.me.us/sos/bmv](http://www.state.me.us/sos/bmv)

Registrations, plates, drivers licenses, learner's permits, state identification cards including identification cards to minors with parental approval; licensing services provided through mobile unit locations.

Eligibility: Individuals who are residents of Maine and a U.S. citizen or in the country lawfully; drivers must be at least 16 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Maine Veterans' Memorial Cemetery System, Maine Bureau of Veterans' Services**

163 Mt. Vernon Road

Augusta, ME 04330

Phone: (207) 287-3481

TTY: 37073

[mvmcs@maine.gov](mailto:mvmcs@maine.gov)

[www.maine.gov/veterans/memorial-cemetery-system/index.html](http://www.maine.gov/veterans/memorial-cemetery-system/index.html)

Cemeteries located in Caribou, Springvale, and Augusta; open and close graves and furnish perpetual care.

Eligibility: Veterans who are residents of Maine and have been honorably discharged; spouses, surviving spouses, and unmarried adult children who became incapable of self-support before reaching 18 years of age on account of mental or physical disabilities may also be

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 7:30am-4pm

**Maine Veterans' Services, Maine Bureau of Veterans' Services**

117 State House Station

Augusta, ME 04333

Phone: (207) 430-6035

TTY: 37073

Fax: (207) 626-4471

[www.maine.gov/veterans/index.html](http://www.maine.gov/veterans/index.html)

Information and program assistance on state and federal benefits, VA claims and appeals, military discharge records, memorial cemetery system, veterans' dependents educational benefits, nursing and rehabilitation services, survivor outreach services, property tax exemption, special license plates, free recreational licenses for hunting and fishing, and free access to state parks and recreational facilities.

Eligibility: Qualifying veterans and dependents.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 7:30am - 4pm

**Veterans' Dependents' Educational Benefits, Maine Bureau of Veterans' Services**

194 Winthrop Street, Camp Keyes

Augusta, ME 04330

Phone: (207) 430-6035

TTY: 37073

Fax: (207) 626-4471

[mainebvs@maine.gov](mailto:mainebvs@maine.gov)

[www.maine.gov/veterans/benefits/education/dependents-educational-benefits.html](http://www.maine.gov/veterans/benefits/education/dependents-educational-benefits.html)

Free tuition waiver to schools in the University of Maine system, Maine Community Colleges, and Maine Maritime Academy.

Eligibility: Applicant must be a qualifying dependent of a 100% disabled Permanent and Totally Service-Connected disabled veteran or of a veteran that was killed in action or Prisoner of War for more than 90 days; other criteria such as age and residency must also be

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 7:30am - 4pm

**Veterans' Resources, Maine Bureau of Veterans' Services**

117 State House Station

Augusta, ME 04330

Phone: (207) 430-6035

TTY: 37073

Fax: (207) 626-4471

[www.maine.gov/veterans/resources/index.html](http://www.maine.gov/veterans/resources/index.html)

Statewide online resource directory of veterans' services includes education, employment, homeless/housing, legal/financial, legislative affairs, medical/health/VA facilities, memorial cemetery, mental health, museum/military history, recreation, resource connector, veterans services offices, supportive services for military families, supportive services for veterans families, and veteran service/community service organizations.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 7:30am - 4pm

**Maine Center for Integrated Rehabilitation**

Twin City Plaza

248 State Street

Brewer, ME 04412

Phone: (207) 989-2034

<https://www.rehabwithoutwalls.com/contact/>

<https://www.rehabwithoutwalls.com>

Outpatient brain injury and stroke rehabilitation services, physical therapy, occupational therapy, speech/language therapy, recreational therapy, counseling, cognitive rehabilitation, lymphedema treatment, case management, support groups, skilled day rehabilitation, supported living services; individualized plan of care.

Eligibility: Individuals 16 years of age and older who have a history of an acquired brain injury, have behavior manageable in an outpatient setting, are not misusing alcohol or drugs, and are willing to participate in their treatment program; adolescents 12 to 15 yea

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Maine Child Welfare Ombudsman**

Hope, ME 04847

Phone: (207) 213-4773

Toll Free: 1-866-621-0758

Fax: (207) 370-6614

[ombudsman@cwombudsman.com](mailto:ombudsman@cwombudsman.com)

[www.cwombudsman.com](http://www.cwombudsman.com)

Information about child welfare programs in Maine; investigate concerns about specific child welfare cases; online child welfare resources and information.

Eligibility: Individuals or organizations interested in the welfare of infants, toddlers, children, and adolescents.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri 8am - 5pm

**Maine CITE**

225 Western Avenue

Augusta, ME 04330

Phone: (207) 621-3195

TTY: 1-888-458-5599

Fax: (207) 626-5503

[web@mainecite.org](mailto:web@mainecite.org)

mainecite.org

Information, training and technical assistance about assistive technology and accessible information technology; AT services include device demonstration, loan, and reuse.

Eligibility: Individuals in need of assistive technology.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Lending Library, Maine Coalition Against Sexual Assault**

45 Memorial Circle, Suite 302

Augusta, ME 04330

Phone: (207) 626-0034

TTY: 1-888-458-5599

Fax: (207) 626-5503

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

[www.mecasa.org/mecasa-publications](http://www.mecasa.org/mecasa-publications)

Books, resource materials, audiotapes, DVDs, and training curriculum.

Eligibility: Sexual violence victims/survivors and their supporters, social service providers, educators, students, and others who are interested.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check

Accepted Insurance:

Fee for return postage and late charge after 20 days.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Maine Coalition Against Sexual Assault**

45 Memorial Circle, Suite 302

Augusta, ME 04330

Phone: (207) 626-0034

Toll Free Hotline: 1-800-871-7741

TTY: 1-888-458-5599

Fax: (207) 626-5503

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

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

Advocacy, assistance to sexual assault crisis and support centers, public awareness and prevention activities, and training programs.

Eligibility: Members, community partners, and the public.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Maine Coalition to End Domestic Violence**

One Weston Court

Augusta, ME 04330

Phone: (207) 430-8334

Hotline: 1-866-834-4357

TTY: 1-800-437-1220

Fax: (207) 430-8348

[mcedv@mcedv.org](mailto:mcedv@mcedv.org)

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

Technical assistance, public awareness and prevention activities, training programs.

Eligibility: Members, community partners, and the public.

Cost: Vary

Some training fees.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am-5pm

**Statewide Domestic Violence Helpline, Maine Coalition to End Domestic Violence**

One Weston Court

Augusta, ME 04430

Phone: 1-866-834-4357

Toll Free: 1-866-834-4357

Hotline: 1-866-834-4357

TTY: 1-800-437-1220

Fax: (207) 430-8348

[mcedv@mcedv.org](mailto:mcedv@mcedv.org)

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

Statewide helpline connects callers with their local domestic violence resource center; advocates offer safety planning, information about options, crisis counseling, emotional support, and advocacy.

Eligibility: Individuals and family members affected by domestic abuse, community members, and service providers.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours/7 days

**Maine Coalition to Fight Prostate Cancer**

60 Western Avenue, Suite 254

Augusta, ME 4330

Phone: 1-855-552-7200

Toll Free: 1-855-552-7200

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

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

Statewide volunteer organization provides information, programs, speakers, network meetings, and 1-to-1 counseling.

Eligibility: Men who have been newly diagnosed or previously diagnosed and their friends, partners, and spouses.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-9pm

**Hospital Free Care, Maine Coast Memorial Hospital**

50 Union Street

Ellsworth, ME 04605

Phone: (207) 664-5311

TTY: (207) 663-5600

[advocate@mainehospital.org](mailto:advocate@mainehospital.org)

[www.mcmhospital.com](http://www.mcmhospital.com)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours, 7 days

**Central Maine Community College, Maine Community College System**

1250 Turner Street, Office of Admissions

Auburn, ME 04210

Phone: 1-800-891-2002

Fax: (207) 755-5493

[enroll@CMCC.edu](mailto:enroll@CMCC.edu)

[www.cmcc.edu](http://www.cmcc.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs; off campus center in Damariscotta and South Paris.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Thu 8am-7pm and Fri 8am-4:30pm

**Eastern Maine Community College, Maine Community College System**

354 Hogan Road, Admission Office

Bangor, ME 04401

Phone: (207) 974-4680

Toll Free: 1-800-286-9357

Fax: (207) 974-4683

[admissions@emcc.edu](mailto:admissions@emcc.edu)

[www.emcc.edu](http://www.emcc.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs; off campus centers in Dover-Foxcroft, East Millinocket, and Ellsworth.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Kennebec Valley Community College, Maine Community College System**

92 Western Avenue

Fairfield, ME 04937

Phone: (207) 453-5000

Toll Free: 1-800-528-5882

[admissions@kvcc.me.edu](mailto:admissions@kvcc.me.edu)

[www.kvcc.me.edu](http://www.kvcc.me.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs; second campus located in Hinckley.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Maine Community College System**

323 State Street

Augusta, ME 04330

Phone: (207) 629-4000

Fax: (207) 629-4048

[info@mccs.me.edu](mailto:info@mccs.me.edu)

[www.mccs.me.edu](http://www.mccs.me.edu)

7 colleges located in Auburn, Bangor, Calais, Fairfield/Hinckley, Presque Isle, South Portland/Brunswick, and Wells; 6 off campus centers; 1 and 2 year certificate, diploma, and associate degree programs; credit and noncredit classes.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Northern Maine Community College, Maine Community College System**

33 Edgemont Drive, Admission Office

Presque Isle, ME 04769

Phone: (207) 768-2700

Toll Free: 1-800-535-6682

[admissions@nmcc.edu](mailto:admissions@nmcc.edu)

[www.nmcc.edu](http://www.nmcc.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs; off campus center in Houlton.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Southern Maine Community College, Maine Community College System**

2 Fort Road, Office of Admissions

South Portland, ME 04106

Phone: (207) 741-5500

Toll Free: 1-877-282-2182

[admissions@smccme.edu](mailto:admissions@smccme.edu)

[www.smccme.edu](http://www.smccme.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs; second campus located in Brunswick.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Fri 8am-5pm

**Washington County Community College, Maine Community College System**

One College Drive, Admissions Office

Calais, ME 04619

Phone: (207) 454-1000

Toll Free: 1-800-210-6932

[admissions@wccc.me.edu](mailto:admissions@wccc.me.edu)

[www.wccc.me.edu](http://www.wccc.me.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Thu 8am-6pm; Fri 8am-5pm

**York County Community College, Maine Community College System**

112 College Drive, Admissions Office

Wells, ME 04090

Phone: 1-800-580-3820

[admissions@yccc.edu](mailto:admissions@yccc.edu)

[www.yccc.edu](http://www.yccc.edu)

2 year college offers career and transfer programs, continuing education, and customized educational training for business and industry; degree and non-degree programs.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Financial assistance may be available through Pell Grants, scholarships, veterans’ benefits, and other types of aid.

Language(s) Offered: English

Hours: Mon-Thu 8am-6pm, Fri 8am-4:30pm

**Animal Control Officer Directory, Maine Department of Agriculture Conservation and Forestry**

[DACF@Maine.gov](mailto:DACF@Maine.gov)

[www.maine.gov/dacf/ahw/animal\_welfare/animal\_control\_officers.shtml](http://www.maine.gov/dacf/ahw/animal_welfare/animal_control_officers.shtml)

Online directory of animal control offers sorted by Maine town; business and after-hours numbers may be available.

**Animal Health - Division of Animal and Plant Health, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 04333

Phone: (207) 287-3701

[www.maine.gov/dacf/php](http://www.maine.gov/dacf/php)

Disease control through regulation and education; information for individuals who wish to import dogs or cats into Maine for resale or for adoption.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Animal Welfare Program - Division of Animal and Plant Health, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 04333

Phone: (207) 287-3846

Toll Free: 1-877-269-9200

[animal.welfare@maine.gov](mailto:animal.welfare@maine.gov)

[www.maine.gov/dacf/ahw/animal\_welfare](http://www.maine.gov/dacf/ahw/animal_welfare)

Investigate animal cruelty, abuse or neglect; license breeding kennels, boarding kennels, pet shops, animal shelters, and research facilities; maintain records for the statewide dog licensing program.

Cost: No Cost

Language(s) Offered: English

Hours: Hours: Mon-Fri; 8am-4:30pm

**Browntail Moth Program, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane,

Augusta, ME 04333

Phone: (207) 287-3200

<https://www.maine.gov/dacf/mfs/forest_health/invasive_threats/browntail_moth_faqs.htm>

Click the website link below for answers to Frequently Asked Questions regarding Browntail Moth including biology, management, health concerns, reducing exposure, pesticide options, and public policy and economic impacts to the residents of Maine.

Eligibility: Visit website or call 2-1-1 for more information.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Money Order

Some services may require a fee.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Bureau of Parks and Lands, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane

Augusta, ME 04333

Phone: (207) 287-3821

[www.maine.gov/dacf/parks](http://www.maine.gov/dacf/parks)

Information on state parks, boating facilities, ATV program, snowmobile program, and public reserved land.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Division of Land Use Planning Commission, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane,

Augusta, ME 04333

Phone: (207) 287-2631

Fax: (207) 287-7439

[www.maine.gov/dacf/lupc](http://www.maine.gov/dacf/lupc)

Planning and zoning authority for the unorganized and deorganized areas of the State, including townships and plantations.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Division of Quality Assurance and Regulations, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 04333

Phone: (207) 287-3841

[www.maine.gov/dacf/qar](http://www.maine.gov/dacf/qar)

Accredited calibration and testing services for measuring devices used in commerce; inspect and license businesses to ensure the sanitary and safe packaging, processing, preparation, and storage of food; grading services for milk, dairy, fruits, vegetables, poultry and eggs; enforce Maine's Bottle Bill; regulate quality of red meat and poultry; regulate and register animal feeds, vegetable, tree and shrub seeds, fertilizers, liming and soil amendments; license commodity dealers of Maine agricultural products.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Dog Licensing - Division of Animal and Plant Health, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane,

Augusta, ME 04333

Phone: (207) 287-3846

[animal.welfare@maine.gov](mailto:animal.welfare@maine.gov)

[www.maine.gov/cgi-bin/online/dog\_license](http://www.maine.gov/cgi-bin/online/dog_license)

Information on new dog licenses or renewal of dog licenses; online purchasing and renewal service; service dogs may be registered online after town office verifies the dog's service status.

Eligibility: Dog owners.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Events and Activities - Division of Agricultural Resource Development, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane,

Augusta, ME 04333

Phone: (207) 287-3491

[www.maine.gov/dacf/ard](http://www.maine.gov/dacf/ard)

Information on agricultural fairs and events.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Help Fix ME! - Division of Animal and Plant Health, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 04333

Phone: 1-800-367-1317

[www.maine.gov/dacf/ahw/animal\_welfare/#fixme](http://www.maine.gov/dacf/ahw/animal_welfare/#fixme)

Low cost spay and neuter program for cats and pit bulls.

Eligibility: Owners of cats or pit bulls who receive or are eligible for Food Stamps, TANF, SSI, SSD, MaineCare; individuals who are elderly and receive only Social Security benefits.

Cost: Low Cost

Forms of Payment: Check

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Maine Board of Pesticides Control & Obsolete Pesticides Collection Program - Division of Animal and Plant Health, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 04333

Phone: (207) 287-2731

Fax: (207) 287-7548

[pesticides@maine.gov](mailto:pesticides@maine.gov)

[www.maine.gov/dacf/php/pesticides/index.shtml](http://www.maine.gov/dacf/php/pesticides/index.shtml)

Collect banned, old, and unusable pesticides from homeowners and non-corporate farmers and greenhouse operators; collection sites in Augusta, Bangor, Portland, and Presque Isle.

Eligibility: Individuals who are homeowners and non-corporate farmers and greenhouse operators; substances must qualify as banned, obsolete or unusable.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Agriculture Conservation and Forestry, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane

Augusta, ME 04333

Phone: (207) 287-3200

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

Responsible for animal and plant health, forestry, parks and public lands, agricultural resource development, natural resources, land use planning, and quality assurance.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Money Order

Some services may require a fee.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Farmers' Markets - Division of Agricultural Resource Development, Maine Department of Agriculture Conservation and Forestry**

28 State House Station

Augusta ME 04333

Phone: (207) 287-3491

Fax: (207) 287-5576

[info@getrealmaine.com](mailto:info@getrealmaine.com)

[www.getrealmaine.com/index.cfm/fuseaction/farmersMarkets.directory/index.htm](http://www.getrealmaine.com/index.cfm/fuseaction/farmersMarkets.directory/index.htm)

Online directory to Maine farmers' markets where local agricultural products are offered directly to the public.

Cost: No Cost

Hours: Mon-Fri; 8am-5pm

**Maine Forest Service - Bureau of Forestry, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane

Augusta, ME 4333

Phone: (207) 287-2791

Fax: (207) 287-8422

[www.maine.gov/dacf/forestry](http://www.maine.gov/dacf/forestry)

Develop, advocate, and promote activities that encourage sound long term management of Maine's forest resources; protect Maine's forest resources from effects of fire, insects, disease, and misuse; information about Maine's forest resources.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Forest Service Wildfire Arson Reward Program - Bureau of Forestry, Maine Department of Agriculture Conservation and Forestry**

2870 North Belfast Avenue

Augusta, ME 4333

Phone: 1-800-987-0257

[www.maine.gov/dacf/mfs/forest\_protection/arson\_reward\_program.html](http://www.maine.gov/dacf/mfs/forest_protection/arson_reward_program.html)

Anonymous hotline to report information on suspicious wildfires.

Eligibility: Reward available to individuals 18 years of age and older who provide information that leads to the arrest of an arsonist.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

Maine Geological Survey - Bureau of Resource Information and Land Use Planning, Maine Department of Agriculture Conservation and Forestry

18 Elkins Lane

Augusta, ME 04333

Phone: (207) 287-2801

Fax: (207) 287-2353

[mgs@maine.gov](mailto:mgs@maine.gov)

[www.maine.gov/dacf/mgs](http://www.maine.gov/dacf/mgs)

Information collected by geologists about groundwater, mineral resources, surface deposits and bedrock materials, stability of coastal properties, and natural hazards such as storms, floods, landslides, and earthquakes.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Natural Areas Program - Bureau of Resource Information and Land Use Planning, Maine Department of Agriculture Conservation and Forestry**

18 Elkins Lane

Augusta, ME 04330

Phone: (207) 287-8044

Fax: (207) 287-8040

[maine.nap@maine.gov](mailto:maine.nap@maine.gov)

[www.maine.gov/dacf/mnap](http://www.maine.gov/dacf/mnap)

Information on invasive species, Maine's ecological reserves, and local strategies for conservation.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Senior FarmShare Program, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 4333

Phone: (207) 287-7526

Fax: (207) 287-5576

[seniorfarmshare@maine.gov](mailto:seniorfarmshare@maine.gov)

[www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/77/index.htm](http://www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/77/index.htm)

Fresh fruit, vegetables, and herbs worth $50.00 from a Maine farm for a core 8 week period during the growing season.

Eligibility: Seniors 60 years of age and older who meet income guidelines; Native Americans 55 years of age and older who meet income guidelines; meeting eligibility requirements does not guarantee a FarmShare.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Plant Health - Division of Animal and Plant Health, Maine Department of Agriculture Conservation and Forestry**

32 Blossom Lane, Marquardt Building

Augusta, ME 04333

Phone: (207) 287-3891

Toll Free:

Hotline:

After Hours:

TTY: 37073

Fax: (207) 287-7548

www.maine.gov/dacf/php

Apiary program licenses and inspects honey bee production; aborist program licenses arborists, processes complaints about arborists, and provides information on how to find an aborist; horticulture program licenses and inspects businesses selling plants, certifies plant exports, regulates imported plants, and assists growers with plant pest problems.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Adult Community Corrections, Maine Department of Corrections**

[corrections.webdesk@maine.gov](mailto:corrections.webdesk@maine.gov)

[www.maine.gov/corrections/adult/index.htm](http://www.maine.gov/corrections/adult/index.htm)

Law enforcement agency serving offenders placed under its supervision by the courts; probation services.

Eligibility: Email for more information.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

**Bolduc Correctional Facility - Adult Facilities, Maine Department of Corrections**

516 Cushing Road

Warren, ME 04864

Phone: (207) 273-2036

After Hours: 1-888-632-4906

[corrections.webdesk@maine.com](mailto:corrections.webdesk@maine.com)

[www.maine.gov/corrections/adultfacilities/bolduc.shtml](http://www.maine.gov/corrections/adultfacilities/bolduc.shtml)

Minimum/Community Security facility houses male prisoners.

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours, 7 days

**Juvenile Community Corrections - Juvenile Services, Maine Department of Corrections**

[corrections.webdesk@maine.gov](mailto:corrections.webdesk@maine.gov)

[www.maine.gov/corrections/juvenile/Community/index.htm](http://www.maine.gov/corrections/juvenile/Community/index.htm)

Supervise offenders placed under probation; provide risk-focused intervention, treatment, and other services that teach skills and competencies; strengthen behaviors to reduce the likelihood of re-offending and require accountability to victims and communities.

Eligibility: Call or email for more information.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm

**Long Creek Youth Development Center - Juvenile Services, Maine Department of Corrections**

675 Westbrook Street

South Portland, ME 04106

Phone: (207) 822-2600

After Hours: 1-888-692-4906

Fax: (207) 822-2775

[corrections.webdesk@maine.gov](mailto:corrections.webdesk@maine.gov)

[www.maine.gov/corrections/juvenile/Facilities/LCYDC/index.htm](http://www.maine.gov/corrections/juvenile/Facilities/LCYDC/index.htm)

Correctional facility, rehabilitation.

Eligibility: Individuals who are juvenile offenders.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm

Maine Correctional Center - Adult Facilities, Maine Department of Corrections

17 Mallison Falls Road

Windham, ME 04062

Phone: (207) 893-7000

After Hours: 1-888-632-4906

[corrections.webdesk@maine.com](mailto:corrections.webdesk@maine.com)

[www.maine.gov/corrections/adultfacilities/maine.shtml](http://www.maine.gov/corrections/adultfacilities/maine.shtml)

Medium/Minimum Security facility houses male and female prisoners.

Eligibility: Call or email for more information.

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours, 7 days

**Maine Department of Corrections, Maine Department of Corrections**

25 Tyson Drive, 3rd Floor

Augusta, ME 04333

Phone: (207) 287-2711

After Hours: 1-888-632-4906

Fax: (207) 287-4370

[corrections.webdesk@maine.gov](mailto:corrections.webdesk@maine.gov)

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

General administrative supervision, guidance, and planning of both adult and juvenile correctional facilities and programs throughout the state.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Maine State Prison - Adult Facilities, Maine Department of Corrections**

807 Cushing Road

Warren, ME 04864

Phone: (207) 273-5300

After Hours: 1-888-632-4906

[corrections.webdesk@maine.com](mailto:corrections.webdesk@maine.com)

[www.maine.gov/corrections/adultfacilities/prison.shtml](http://www.maine.gov/corrections/adultfacilities/prison.shtml)

Close, Medium, and Special Management facility houses male prisoners.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours; 7 days

**Mountain View Correctional Facility - Adult Facilities, Maine Department of Corrections**

1182 Dover Road

Charleston, ME 04422

Phone: (207) 285-0880

After Hours: 1-888-632-4906

[corrections.webdesk@maine.com](mailto:corrections.webdesk@maine.com)

[www.maine.gov/corrections/adultfacilities/charleston.shtml](http://www.maine.gov/corrections/adultfacilities/charleston.shtml)

Minimum/Community Security facility house male prisoners.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours; 7 days

**Southern Maine Women's Re-Entry Center - Adult Facilities, Maine Department of Corrections**

230 River Road

Windham, ME 04062

Phone: (207) 893-7178

After Hours: 1-888-632-4906

Fax: (207) 287-4370

[corrections.webdesk@maine.com](mailto:corrections.webdesk@maine.com)

[www.maine.gov/corrections/facilities/wrc/index.htm](http://www.maine.gov/corrections/facilities/wrc/index.htm)

Skills and experience to successfully live as positive citizens and employees after transition from state correctional facilities into home communities; emphasis placed on reducing risks of reoffending and on increasing positive outcomes.

Eligibility: Women who have served at least 120 days of sentence, have approximately 1 year left to serve, have already demonstrated commitment to a positive, crime-free life, are classified as minimum or community security level, and may be eligible to apply for Supervised Community Confinement.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

**Victim Services, Maine Department of Corrections**

25 Tyson Drive, 3rd Floor

Augusta, ME 04333

Phone: 1-800-968-6909

After Hours: 1-888-632-4906

[corrections.webdesk@maine.gov](mailto:corrections.webdesk@maine.gov)

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

Sentencing information, anticipated date of release, place of confinement, and restitution status; assistance in cases of harassment if a person in the custody or under the supervision of the Department of Corrections engages in conduct that intends to harass, torment or threaten another person.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Business Answers, Maine Department of Economic and Community Development**

11 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Toll Free: 1-800-872-3838

[business.answers@maine.gov](mailto:business.answers@maine.gov)

[www.maine.gov/decd/business-development/start-grow](http://www.maine.gov/decd/business-development/start-grow)

Information on how to start a business in Maine and what specific license or permit is needed.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Economic and Community Development, Maine Department of Economic and Community Development**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 4330

Phone: (207) 624-9800

[biz.growth@maine.gov](mailto:biz.growth@maine.gov)

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

Business development, community development, tourism.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Tourism, Maine Department of Economic and Community Development**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Toll Free: 1-888-624-6345

[biz.growth@maine.gov](mailto:biz.growth@maine.gov)

visitmaine.com

Information on Maine tourism industry includes things to do, places to go, where to stay and how to plan your visit; online travel planner.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Red Tape Hotline, Maine Department of Economic and Community Development**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-7486

[biz.growth@maine.gov](mailto:biz.growth@maine.gov)

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

Assist businesses with licensing, permitting, and regulatory issues.

Cost: Call or visit website for more information.

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

Adult High School Completion, Maine Department of Education

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6600

Fax: (207) 624-6700

[www.maine.gov/doe/learning/adulted/hsequivalency](http://www.maine.gov/doe/learning/adulted/hsequivalency)

Information on HiSET pre-testing, preparation, testing centers, testing program, and HiSET transcripts to obtain a certificate with the legal standing of a high school diploma; replaces the GED in Maine.

Cost: No Cost

Uninsured Accepted: Yes

No cost for Maine residents.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Bullying Prevention, Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6685

Fax: (207) 624-6700

[www.maine.gov/doe/bullying](http://www.maine.gov/doe/bullying)

Laws and policies, reporting procedures, and prevention resources on bullying, harassment, bias-based harassment, and sexual harassment.

Eligibility: Schools, parents, students, and the general public.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Career and Technical Education, Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6600

Fax: (207) 624-6700

[www.maine.gov/doe/learning/cte](http://www.maine.gov/doe/learning/cte)

Statewide centers and regions provide access to hands-on learning, career pathways, articulated college credit with Maine's postsecondary institutions, national industry certifications, employability skills, safety training, and technical preparation.

Eligibility: Secondary students.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Home Instruction, Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6600

Fax: (207) 624-6700

[schoolquestions.doe@maine.gov](mailto:schoolquestions.doe@maine.gov)

[www.maine.gov/doe/homeinstruction](http://www.maine.gov/doe/homeinstruction)

Information on home instruction requirements, forms, and laws; homeschooling resources.

Eligibility: Parents who wish to teach their children in the home; generally mandated for parents to closely follow the approved study outlines; homeschooled children are tested according to guidelines of the local public school system.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Homeless Education Assistance, Maine Department of Education**

111 Sewell Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6637

Fax: (207) 624-6706

[www.maine.gov/doe/homeless](http://www.maine.gov/doe/homeless)

State coordinator provides professional development on education of homeless children and youth; school district liaisons identify, enroll, and ensure the academic success of homeless children and youth; state or local staff inform parents and youth of educational choices.

Eligibility: Families with school age children who lack a fixed, regular, and adequate night time residence, including those who are doubled up sharing the housing of others, due to economic hardship or loss of housing; those living in motels, shelters, campgrounds, a

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6600

Fax: (207) 624-6700

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

Education.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Maine Department of Education School Information, Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6600

Fax: (207) 624-6700

https://neo.maine.gov/DOE/neo/Supersearch/ContactSearch/SearchForMaineSchools

Directories of Maine schools, Maine schools on the internet, superintendent and school unit search, school principals in Maine; information about Maine's schools and accreditation of Maine schools.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Maine Migrant Education Program, Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6722

Toll Free: 1-800-234-8848

[www.maine.gov/doe/schools/safeschools/migranted](http://www.maine.gov/doe/schools/safeschools/migranted)

Educational support services include advocacy, after school tutoring and educational programs, preschool and daycare services, and referrals to outside providers; summer opportunities for children provide transportation, meals, and other services.

Eligibility: Migrant children 21 years of age and younger who do not have a high school diploma or GED and who have moved within the last 36 months out of economic necessity with or as a worker in temporary or seasonal employment in the fields of agriculture, forestry

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French, Spanish

Hours: Mon-Fri; 8am-5pm

**Special Education, Maine Department of Education**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04330

Phone: (207) 624-6600

Fax: (207) 624-6700

[www.maine.gov/doe/learning/specialed](http://www.maine.gov/doe/learning/specialed)

Statewide support for delivery of all special education services; access to research-based educational tools that support teaching; support ongoing professional development to educational personnel.

Eligibility: Parents of children with disabilities from birth-20 years of age; educators who work with children.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Summer Food Program, Maine Department of Education**

Mailing: 23 State House Station

Augusta, ME 04330

Phone: (207) 624-6842

[www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

Statewide summer food service program provides nutritious meals.

Eligibility: Children and adolescents 18 years of age and younger; no registration or residency requirements.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**CDS Aroostook, Maine Department of Education Child Development Services**

985 Skyway Street

Presque Isle, ME 04769

Phone: (207) 764-4490

Fax: (207) 769-2275

[www.maine.gov/doe/learning/cds](http://www.maine.gov/doe/learning/cds)

Case management and direct instruction, Child Find screenings and evaluations, early intervention and special education programming in physical gross/fine motor skills, cognitive skills, speech and language skills, social/emotion skills, and adaptive skills.

Eligibility: Children from birth through 5 years of age in need of early intervention or special education programs.

Cost: No Cost

Uninsured Accepted: Yes

Resources that may be used to support services for eligible children will be clearly explained to the parent prior to services being provided.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 7:30am-4pm

**CDS Two Rivers, Maine Department of Education Child Development Services**

250 State Street

Brewer, ME 04412

Phone: (207) 947-8493

Toll Free: 1-800-210-1585

Fax: (207) 990-4819

[www.maine.gov/doe/learning/cds](http://www.maine.gov/doe/learning/cds)

Case management and direct instruction, Child Find screenings and evaluations, early intervention and special education programming in physical gross/fine motor skills, cognitive skills, speech and language skills, social/emotion skills, and adaptive skills.

Eligibility: Children from birth through 5 years of age in need of early intervention or special education programs.

Cost: No Cost

Uninsured Accepted: Yes

Resources that may be used to support services for eligible children will be clearly explained to the parent prior to services being provided.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 7:30am-4pm

**Child Development Services State IEU, Maine Department of Education Child Development Services**

111 Sewell Street

Augusta, ME 04330

Phone: (207) 624-6660

Fax: (207) 624-6784

[www.maine.gov/doe/learning/cds](http://www.maine.gov/doe/learning/cds)

Regional sites provide case management and direct instruction.

Eligibility: Children from birth through 5 years of age in need of early intervention or special education programs.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Assistance Hotline, Maine Department of Environmental Protection**

28 Tyson Drive

Augusta, ME 04333

Phone: 1-800-789-9802

Toll Free: 1-800-789-9802

[www.maine.gov/dep/assistance](http://www.maine.gov/dep/assistance)

Small Businesses Ombudsman of the Maine Department of Environmental Protection provides centralized and confidential assistance and advocacy to navigate department enforced laws, rules, and regulations; staff available to travel statewide.

Eligibility: Businesses needing information on environmental laws and programs.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**Hazardous Material Spills Reporting, Maine Department of Environmental Protection**

28 Tyson Drive

Augusta, ME 04333

Phone: (207) 287-7076

[www.maine.gov/dep/spills/emergspillresp](http://www.maine.gov/dep/spills/emergspillresp)

Emergency toll-free number to report hazardous materials spill.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 days

**Maine Department of Environmental Protection**

28 Tyson Drive

Augusta, ME 04333

Phone: (207) 287-7688

Toll Free: 1-800-452-1942

Fax: (207) 287-7826

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

Oversee air quality, water quality, land resources regulation, remediation, sustainability, and waste management.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Environmental Protection - Eastern Maine Regional Office, Maine Department of Environmental Protection**

106 Hogan Road

Bangor, ME 04401

Phone: (207) 941-4570

Toll Free: 1-888-769-1137

Fax: (207) 941-4584

[www.maine.gov/dep/contact/mdepoffices.html](http://www.maine.gov/dep/contact/mdepoffices.html)

Emergency response for hazardous spills and waste, programs to clean up and prevent environmental contamination by oil, hazardous materials and solid waste; monitor air quality, provide information on current and expected air quality concentrations for the upcoming 24 hours, implement air quality programs, and license emissions; license, enforce, and perform oversight of various land development activities; implement water quality programs under the Clean Water Act and state law, responsible for managing, protecting and enhancing the quality of Maine's water resources through voluntary, regulatory and educational programs; respond to environmental complaints or concerns; trainings; resources and publications.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Fees for permits.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Environmental Protection - Main Office and Central Maine Regional Office, Maine Department of Environmental Protection**

28 Tyson Drive

Augusta, ME 04333

Phone: (207) 287-7688

Toll Free: 1-800-452-1942

Fax: (207) 287-7826

[www.maine.gov/dep/contact/mdepoffices.html](http://www.maine.gov/dep/contact/mdepoffices.html)

Emergency response for hazardous spills and waste, programs to clean up and prevent environmental contamination by oil, hazardous materials and solid waste; monitor air quality, provide information on current and expected air quality concentrations for the upcoming 24 hours, implement air quality programs, and license emissions; license, enforce, and perform oversight of various land development activities; implement water quality programs under the Clean Water Act and state law, responsible for managing, protecting and enhancing the quality of Maine's water resources through voluntary, regulatory and educational programs; respond to environmental complaints or concerns; trainings; resources and publications.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Fees for permits.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Environmental Protection - Northern Maine Regional Office, Maine Department of Environmental Protection**

1235 Central Drive, Skyway Park

Presque Isle, ME 04769

Phone: (207) 764-0477

Toll Free: 1-888-769-1053

Fax: (207) 760-3143

[www.maine.gov/dep/contact/mdepoffices.html](http://www.maine.gov/dep/contact/mdepoffices.html)

Emergency response for hazardous spills and waste, programs to clean up and prevent environmental contamination by oil, hazardous materials and solid waste; monitor air quality, provide information on current and expected air quality concentrations for the upcoming 24 hours, implement air quality programs, and license emissions; license, enforce, and perform oversight of various land development activities; implement water quality programs under the Clean Water Act and state law, responsible for managing, protecting and enhancing the quality of Maine's water resources through voluntary, regulatory and educational programs; respond to environmental complaints or concerns; trainings; resources and publications.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Fees for permits.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

Maine Department of Environmental Protection - Southern Maine Regional Office, Maine Department of Environmental Protection

312 Canco Road

Portland, ME 04103

Phone: (207) 822-6300

Toll Free: 1-888-769-1036

Fax: (207) 822-6303

[www.maine.gov/dep/contact/mdepoffices.html](http://www.maine.gov/dep/contact/mdepoffices.html)

Emergency response for hazardous spills and waste, programs to clean up and prevent environmental contamination by oil, hazardous materials and solid waste; monitor air quality, provide information on current and expected air quality concentrations for the upcoming 24 hours, implement air quality programs, and license emissions; license, enforce, and perform oversight of various land development activities; implement water quality programs under the Clean Water Act and state law, responsible for managing, protecting and enhancing the quality of Maine's water resources through voluntary, regulatory and educational programs; respond to environmental complaints or concerns; trainings; resources and publications.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Fees for permits.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Oil Spills Reporting, Maine Department of Environmental Protection**

28 Tyson Drive

Augusta, ME 04333

Toll Free: 1-800-482-0777

[www.maine.gov/dep/spills/emergspillresp](http://www.maine.gov/dep/spills/emergspillresp)

Emergency toll-free number to report oil spills.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Recycling, Maine Department of Environmental Protection**

28 Tyson Drive

Augusta, ME 4333

Phone: (207) 287-7688

Toll Free: 1-800-452-1942

TTY: 37073

Fax:

www.maine.gov/dep/sustainability/index.html

Information on recycling cell phones, electronics, fluorescent light bulbs and other mercury-added lamps, household hazardous waste, motor vehicles, waste oil, propane tanks, rechargeable batteries, thermostats, and municipal collection sites; Help ME Recycle map-based guide to find recycling locations for all electronics, computer equipment, fluorescent lamps, and mercury thermostats.

Eligibility: Maine residents.

Cost: No Cost

Uninsured Accepted: Yes

Payment may be required to recycle some material depending on recycling site.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**A Matter of Balance - Office of Aging and Disability Services, Maine Department of Health and Human Services**

Mailing: 11 State House Station

Augusta, ME 04330

Phone: (207 287-9200

Toll Free: 1-888-568-1112

[www.maine.gov/dhhs/oads/community-support/managing-your-health/balance.html](http://www.maine.gov/dhhs/oads/community-support/managing-your-health/balance.html)

Statewide Healthy Choices program is designed to reduce fear of falling, stop the fear of falling cycles, and improve activity levels; meets 8 times for 2 hour classes.

Eligibility: Individuals 60 years of age and older who are ambulatory, able to problem solve, concerned about falls, have sustained a fall in the past, restrict activities because of concerns of falling, and are interested in improving flexibility, balance, and strength.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Adoption - Office of Child and Family Services, Maine Department of Health and Human Services**

2 Anthony Avenue

Augusta, ME 04333

Phone: (207) 624-7900

Fax: (207) 287-5282

[www.maine.gov/dhhs/ocfs/cw/adoption/index.shtml](http://www.maine.gov/dhhs/ocfs/cw/adoption/index.shtml)

Adoption information includes guide to adoption services, how to adopt, post-adoption guide, Maine Adoption Union Registry, and support services for adoptive families/kinship providers.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Adult Day Care Search - Office of Aging and Disability Services, Maine Department of Health and Human Services**

Mailing: 11 State House Station

Augusta, ME 04333

[www.pfr.maine.gov/almsonline/almsquery/searchcompany.aspx?board=6711](http://www.pfr.maine.gov/almsonline/almsquery/searchcompany.aspx?board=6711)

Statewide online licensed adult day care database provides information on facilities; search by city, state, county, zip, and specialty.

Eligibility: Individuals needing information on adult day care programs in the state of Maine.

Language(s) Offered: English

Hours: 24 Hours; 7 days

**Adult Day Programs - Office of Aging and Disability Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: 1-800-262-2232

Fax: (207) 287-9229

www.maine.gov/dhhs/oads/community-support/adult-daycare.html

Community based services include structured social, recreational and therapeutic activities, limited health services, meals, supervision, support services, personal care services, information and referrals, and respite for caregivers.

Eligibility: Adults with Alzheimer's disease, brain injury, developmental disabilities, mental health issues or older adults.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Adult Mental Health Services - Office of Substance Abuse and Mental Health Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 287-2595

Toll Free: 1-800-482-7520

After Hours: 1-888-568-1112

Fax: (207) 822-2146

[www.maine.gov/dhhs/samhs](http://www.maine.gov/dhhs/samhs)

Adult mental health information and referral; substance use disorder prevention and treatment information.

Eligibility: Adults 18 years of age and older receiving behavioral health services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Adult Protective Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: 1-800-624-8404

After Hours: 1-800-624-8404

Fax: (207) 532-5004

[www.maine.gov/dhhs/oads/aps-guardianship/index.html](http://www.maine.gov/dhhs/oads/aps-guardianship/index.html)

Receive reports of abuse, neglect or exploitation; investigate allegations of abuse, neglect or exploitation and determine the validity of the report; provide and arrange for services to protect adults who are unable to protect themselves; protective services may include guardianship or a protective order; 24 hour hotline.

Eligibility: Adults 18 years of age and older who are incapacitated or dependent and in danger or at substantial risk of danger of abuse, neglect or exploitation.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**AIDS Drug Assistance Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-3747

[lynn.berry@maine.gov](mailto:lynn.berry@maine.gov)

[www.maine.gov/dhhs/mecdc/infectious-disease/hiv-std/contacts/adap.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/hiv-std/contacts/adap.shtml)

Access to HIV medication; dental, food, and housing assistance available to low income clients.

Eligibility: Individuals living with HIV; client must fall into the income guidelines; maximum monthly income applies for a single person.

Cost: No Cost

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Prescription coverage at the pharmacy level; subsidies for health insurance coverage; cover cost of premiums and copay's for MaineCare, Medicare, and Private Insurance and full costs for those who do not qualify for MaineCare.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Assisted Living Facilities Search, Maine Department of Health and Human Services**

111 Eastern Avenue

Augusta, ME 04333

Phone: (866) 333-0104

<https://gateway.maine.gov/dhhs-apps/aspen/>

Statewide online licensed assisted living facilities database provides information on facilities; search by city, state, county, zip, and specialty.

Eligibility: Adults and seniors needing information on assisted living facilities in the state of Maine.

Language(s) Offered: English

Hours: 24 Hours; 7 days

**Bridging Rental Assistance Program, Maine Department of Health and Human Services**

Phone: (207) 795-6710 x101

[kbpelletier@commonties.org](mailto:kbpelletier@commonties.org)

[www.maine.gov/dhhs/mh/Housing/brap/eligibility.html](http://www.maine.gov/dhhs/mh/Housing/brap/eligibility.html)

Transitional rental subsidy program; tenant pays 51% of gross income toward monthly rent, programs pays the difference.

Eligibility: Individuals leaving State psychiatric institutions or private psychiatric hospital beds; individuals who are homeless as defined by the Stewart B. McKinney Homeless Assistance act as funded by the United States Department of Housing and Urban Development; persons who are living in substandard housing in the community as defined by the United States Department of Housing and Urban Development; persons who are moving from community residential programs and other behavioral health facilities to more independent living arrangements.

Cost: Vary

Method of payment will depend on landlord.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Capital Community Dental Clinic, Maine Department of Health and Human Services**

250 Arsenal Street

Augusta, ME 04330

Phone: (207) 624-3966

Toll Free: 1-800-834-3339

Dentistry and hygiene services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri; 8:30am-4:30pm

**Child Abuse Hotline, Maine Department of Health and Human Services**

2 Anthony Avenue

Augusta, ME 04330

Hotline: 1-800-452-1999

[www.maine.gov/dhhs/ocfs/cw/reporting\_abuse.shtml](http://www.maine.gov/dhhs/ocfs/cw/reporting_abuse.shtml)

Hotline staffed to receive reports of child abuse or neglect by parent or caregiver for child 18 years of age and under; report can be anonymous or confidential.

Eligibility: Open to all.

Cost: Free

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Child and Adult Care Food Program, Maine Department of Health and Human Services**

2 Anthony Avenue

Augusta, ME 04330

Phone: (207) 624-7924

Fax: (207) 287-6156

[barbara.d.sousa@maine.gov](mailto:barbara.d.sousa@maine.gov)

[www.maine.gov/dhhs/ocfs/ec/occhs/foodpgm.htm](http://www.maine.gov/dhhs/ocfs/ec/occhs/foodpgm.htm)

Reimbursement for serving nutritious meals and snacks meeting USDA standards to eligible private or nonprofit day care centers, family day care homes, at-risk after school programs, outside school hours care centers, emergency shelters, and adult day care centers.

Eligibility: Preschool children, school age children, and adults receiving day care.

In child care centers and homes, meals served to children are reimbursed at rates determined by USDA and based uopn a child's eligibility for free, reduced, or paid meals.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Child Care Intake Unit - Division of Licensing and Regulatory Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 287-9300

[dlrs.complaint@maine.gov](mailto:dlrs.complaint@maine.gov)

[www.maine.gov/dhhs/dlrs/complaint/home.html](http://www.maine.gov/dhhs/dlrs/complaint/home.html)

Complaint and/or concerns against a home day care, child care center or nursery school.

Eligibility: Individuals who need to file a complaint about abuse, neglect, quality of care, injury of unknown origin and/or unqualified personnel and administrative personnel.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Child Care Resources and Referrals, Maine Department of Health and Human Services**

2 Anthony Avenue, Augusta, ME 04330

Phone: 1-877-680-5866

[www.childcarechoices.me/SearchForChildcare.aspx](http://www.childcarechoices.me/SearchForChildcare.aspx)

Maine licensed child care provider database, parent resources, rating program to identify high quality early childhood and education programs, child care tax credit information.

Eligibility: Individuals seeking child care resources.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Child Protection, Maine Department of Health and Human Services**

2 Anthony Avenue

Augusta, ME 04330

Phone: (207) 624-7900

Hotline: 1-800-452-1999

[www.maine.gov/dhhs/ocfs/cw/abuse.shtml](http://www.maine.gov/dhhs/ocfs/cw/abuse.shtml)

Follow up on reports to the Child Abuse Hotline and refer report to a private agency contracted to Child and Family Services; agency will offer services or coordinate services to reduce risk of child abuse/neglect or assign a child protective caseworker form Child and Family Services to do a safety assessment of child in the home.

Eligibility: Individuals from birth-18 years of age and younger who are abused or neglected.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Children with Special Health Needs, Maine Department of Health and Human Services**

286 Water Street

Key Plaza, 7th Floor

Augusta, ME 4330

Phone: 1-800-698-3624 x5357

Fax: (207) 287-5355

[shannon.king@maine.gov](mailto:shannon.king@maine.gov)

[www.maine.gov/dhhs/boh/cshn/](http://www.maine.gov/dhhs/boh/cshn/)

Newborn hearing program, newborn bloodspot screening program, birth defects program, cleft lip and palate program, partners in care coordination, early periodic screening, diagnosis, and treatment program.

Eligibility: Parents/families of children from birth-21 years of age who have chronic health conditions; providers working with children from birth-21 years of age who have chronic health conditions.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Children's Behavioral Health - Office of Child and Family Services, Maine Department of Health and Human Services**

Phone: **1-888-568-1112**

[www.maine.gov/dhhs/ocfs/](http://www.maine.gov/dhhs/ocfs/)

Behavioral health treatment and services provides information and assistance with referrals.

Eligibility: Maine children and families; children's behavioral health serves individuals from birth-21 years of age with developmental disabilities/delays, intellectual disability, Autism Spectrum Disorders, and mental health disorders.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Complaint Intake Unit - Division of Licensing and Regulatory Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 287-9308

Fax: (207) 287-9307

[dlrs.complaint@maine.gov](mailto:dlrs.complaint@maine.gov)

[www.maine.gov/dhhs/dlc](http://www.maine.gov/dhhs/dlc)

Complaint and/or concerns against adult day care, alcohol and drug abuse treatment programs, ambulatory surgical centers, assisted housing, boarding homes, children's residential facilities, emergency shelters, employee assistance programs for alcohol and drug abuse, end stage renal disease, Federally Qualified Rural Health Centers, hospice agencies, home health care services, hospitals, intermediate care facilities for persons with Mental Retardation, mental health agencies, personal care agencies, psychiatric facilities, rehabilitation centers, residential care, shelters for homeless youth, and temporary nurses assistants.

Eligibility: Individuals who need to file a complaint about abuse, neglect, quality of care, misappropriation of property, injury of unknown origin and/or unqualified personnel and adminstrative personnel.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**CoverME, Maine Department of Health and Human Services**

109 Capitol Street

Augusta, ME 04330

Phone: 1-800-965-7476

[www.coverme.gov](http://www.coverme.gov)

Online and phone-based campaign to promote affordable health insurance options and improve coverage.

Eligibility: Individuals seeking help understanding MaineCare and private Marketplace health coverage options.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**CradleME - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: 1-888-644-1130

Fax: (207) 287-4577

[kellie.cameron@maine.gov](mailto:kellie.cameron@maine.gov)

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

Referral program for support services including MaineFamilies Home Visiting, Public Health and Community Health Nursing, Women Infants and Children nutritional program, and Cribs for Kids; CradleME connects parents or guardians to a family visitor and/or nurse who will contact them by phone to explain services available and schedule a home visiting appointment.

Eligibility: Prenatal women, postpartum mothers, adoptive and foster parents, kinship placement guardians and their infants and medically fragile minors.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Developmental Services, Maine Department of Health and Human Services**

11 High Street, Houlton, ME 04730

137 Market Street, Fort Kent, ME 04743

30 Skyway Drive, Caribou, ME 04736

4 Main Street, Van Buren, ME 04785

Toll Free: (888) 568-1112

[www.maine.gov/dhhs/oads/home-support/disability-with-autism/index.html](http://www.maine.gov/dhhs/oads/home-support/disability-with-autism/index.html)

Case management, home support, community support, crisis prevention/intervention services.

Eligibility: Adults 18 years of age and/or older with intellectual disabilities or Autism who meet the eligibility criteria established in rule which establishes an intellectual disability or Autism during the developmental period.

Accepted Insurance: MaineCare

Call for more information.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**DHHS Office Locations, Maine Department of Health and Human Services**

|  |  |  |
| --- | --- | --- |
| **Augusta District Office** | | |
| 35 Anthony Ave., Augusta, ME 04333 | | |
| General Information | Tel: (207) 624-8000 | Fax: (207) 624-8074 |
| Connecting All Programs | Tel: (800) 452-1926 |
| **Bangor District Office** | | |
| 19 Maine Ave., Bangor, ME 04401 | | |
| General Information | Tel: (207) 561-4100 | Fax: (207) 941-8856 |
| Connecting All Programs | Tel: (800) 432-7825 |
| **Biddeford District Office** | | |
| Park One Eleven, 407 Alfred Street, Suite A-1, Biddeford, ME 04005 | | |
| General Information | Tel: (207) 286-2400 | Fax: (207) 778-8429 |
| Connecting All Programs | Tel: (855) 778-8429 |
| **Calais District Office** | | |
| 338 North Street, Calais, ME 04619 | | |
| Tuesdays and Thursdays, 8:30am-4:00pm | (855) 797-4357 |  |
| Eligibility for SNAP/TANF/MaineCare |
| **Caribou District Office** | | |
| 30 Skyway Drive, Caribou, ME 04736 | | |
| General Information | Tel: (207) 493-4000 | Fax: (207) 493-4001 |
| Connecting All Programs | Tel: (800) 432-7366 |
| **Ellsworth District Office** | | |
| 17 Eastward Lane, Ellsworth, ME 04605 | | |
| General Information | Tel: (207) 664-1400 | Fax: (207) 667-5364 |
| Connecting All Programs | Tel: (800) 432-7823 |
| **Farmington District Office** | | |
| 114 Corn Shop Lane, Farmington, ME 04938 | | |
| General Information | Tel: (207) 778-8400 | Fax: (207) 778-8429 |
| Connecting All Programs | Tel: (800) 442-6382 |
| **Fort Kent District Office** | | |
| 139 Market Street, Suite 109, Fort Kent, ME 04743 | | |
| General Information | Tel: (207) 834-1000 | Fax: (207) 834-1001 |
| Connecting All Programs | Tel: (800) 432-7340 |
| **Houlton District Office** | | |
| 11 High Street, Houlton, ME 04743 | | |
| General Information | Tel: (207) 532-5000 | Fax: (207) 532-7995 |
| Connecting All Programs | Tel: (800) 432-7338 |
| **Lewiston District Office** | | |
| 200 Main Street, Lewiston, ME 04240 | | |
| General Information | Tel: (207) 795-4300 | Fax: (207) 795-4444 |
| Connecting All Programs | Tel: (800) 482-7517 |
| **Machias District Office** | | |
| 28 Prescott Drive, Machias, ME 04654 | | |
| General Information | Tel:  (207) 255-2000 | Fax: (207) 255-2022 |
| Connecting All Programs | Tel: (800) 432-7846 |
| **Portland District Office** | | |
| 151 Jetport Boulevard, Portland, ME 04102 | | |
| General Information | Tel: (207) 822-2000 | Fax: (207) 822-2146 |
| Connecting All Programs | Tel: (800) 482-7520 |
| **Rockland District Office** | | |
| 91 Camden Street Suite #103, Rockland, ME 04841 | | |
| General Information | Tel: (207) 596-4200 | Fax: (207) 596-4331 |
| Connecting All Programs | Tel: (800) 432-7802 |
| **Sanford District Office** | | |
| 890 Main Street Suite #208, Sanford, ME 04073 | | |
| General Information | Tel: (207) 490-5400 | Fax: (207) 490-5463 |
| Connecting All Programs | Tel: (800) 482-0790 |
| **Skowhegan District Office** | | |
| 98 North Avenue, Skowhegan, ME 04976 | | |
| General Information | Tel: (207) 474-4800 | Fax: (207) 474-4888 |
| Connecting All Programs | Tel: (800) 452-4602 |
| **South Paris District Office** | | |
| 243 Main Street Suite #6, South Paris, ME 04281 | | |
| General Information | Tel: (207) 744-1200 | Fax: (207) 743-8798 |
| Connecting All Programs | Tel: (888) 593-9775 |

<https://www.maine.gov/dhhs>

<https://www.maine.gov/dhhs/dhhs-phones.shtml>

Food stamps, TANF, medical assistance including MaineCare and Cub Care, emergency assistance, ASPIRE, child support enforcement, initial financial application for child care subsidy/vouchers, Parents as Scholars, information and referral.

Eligibility: Individuals who are income eligible.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

**Diabetes Prevention & Control Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street, 4th Floor

Augusta, ME 04330

Phone: (207) 287-5380

Fax: (207) 287-4631

[judith.angsten@maine.gov](mailto:judith.angsten@maine.gov)

[www.maine.gov/dhhs/mecdc/population-health/dcp](http://www.maine.gov/dhhs/mecdc/population-health/dcp)

Classes provide information on how to achieve and maintain diabetes control, prevent and manage complications, and live well with diabetes.

Eligibility: Adults 18 years of age and older with a diagnosis of diabetes; no income guidelines.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am - 4:30pm

**Disease Reporting Line - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street, 8th Floor

Augusta, ME 04330

Phone: 1-800-821-5821

Fax: 1-800-293-7534

[disease.reporting@maine.gov](mailto:disease.reporting@maine.gov)

[www.maine.gov/dhhs/mecdc/infectious-disease/epi/disease-reporting/index.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/disease-reporting/index.shtml)

Support to health care providers, institutions, and other organizations on matters related to infectious disease reporting, notifiable conditions, outbreak investigations, and clinical consultation; after hours coverage in partnership with Northern New England Poison Control Center.

Eligibility: All public health partners including health care providers, hospitals, schools, child care providers, visiting nurse associations, public health agencies, Long Term Care or other skilled nursing facilities, other residential institutional service provider

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 days

**Division of Licensing and Regulatory Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: 1-800-791-4080

Fax: (207) 287-5807

[dlrs.info@maine.gov](mailto:dlrs.info@maine.gov)

[www.maine.gov/dhhs/dlrs/](http://www.maine.gov/dhhs/dlrs/)

Licensing and certification of medical and long term care facilities, assisted living facilities, residential care facilities, private non-medical institutions, mental health service providers, and substance abuse agencies; medical marijuana program, registry of certified nursing assistants, complaint intake units for human services programs including those for children.

Eligibility: Call for more information.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Dorothea Dix Psychiatric Center - Office of Substance Abuse and Mental Health Services, Maine Department of Health and Human Services**

656 State Street

Bangor, ME 04401

Phone: (207) 941-4000

Fax: (207) 941-4062

[www.maine.gov/dhhs/DDPC](http://www.maine.gov/dhhs/DDPC)

Psychiatric hospital.

Eligibility: Adults 18 years of age and older with severe and persistent mental illness.

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Driver Education and Evaluation Program - Office of Substance Abuse and Mental Health Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 626-8600

Fax: (207) 287-3903

[deep.osa@maine.gov](mailto:deep.osa@maine.gov)

[www.maine.gov/dhhs/osa/deep/index.htm](http://www.maine.gov/dhhs/osa/deep/index.htm)

Mandatory Maine program to have license reinstated with the Bureau of Motor Vehicles.

Eligibility: Individuals who have been arrested and/or have lost their license due to a charge of driving under the influence.

Call for payment and fee information.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am - 4:30pm

**Enhance Fitness - Office of Aging and Disability Services, Maine Department of Health and Human Services**

1 Edgemont Drive Suite 2

Presque Isle, ME 04769

Phone: 207-764-3396

Fax: 207-764-6182

[www.maine.gov/dhhs/oads/community-support/managing-your-health/index.html](http://www.maine.gov/dhhs/oads/community-support/managing-your-health/index.html)

Statewide Healthy Choices exercise program offers fitness classes taught by certified fitness instructor; classes include strength training with wrist and ankle weights, aerobics, stretching, and balancing exercises; 1 hour classes meet 3 times a week in ongoing, 5 week sessions.

Eligibility: Seniors with a wide range of physical abilities.

Language(s) Offered: English

Hours: Mon-Fri; 8am - 5pm

**Enhance Wellness - Office of Aging and Disability Services, Maine Department of Health and Human Services**

1 Edgemont Drive Suite 2

Presque Isle, ME 04769

Phone: 207-764-3396

Fax: 207-764-6182

[www.maine.gov/dhhs/oads/community-support/managing-your-health/index.html](http://www.maine.gov/dhhs/oads/community-support/managing-your-health/index.html)

Statewide Healthy Choices program helps achieve personal health goals with nursing and social work support, health screening and personal health action plan, and support groups.

Eligibility: Older adults with a chronic condition.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am - 5pm

**Foster Parenting - Office of Child and Family Services, Maine Department of Health and Human Services**

2 Anthony Avenue

Augusta, ME 04330

Phone: (207) 624-7900

Fax: (207) 287-5282

[www.maine.gov/dhhs/ocfs/cw/fosterparenting.shtml](http://www.maine.gov/dhhs/ocfs/cw/fosterparenting.shtml)

Foster parenting information on support groups, levels of care, treatment foster care, and licensing rules of family foster homes and specialized children's foster homes.

Eligibility: Foster parents and individuals interested in becoming foster parents.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Fraud Investigation and Recovery Unit, Maine Department of Health and Human Services**

221 State Street

Augusta, ME 04330

Toll Free: 1-866-348-1129

[www.maine.gov/dhhs/fraud](http://www.maine.gov/dhhs/fraud)

Investigate fraud committed against any welfare programs administered by the Maine Department of Health and Human Services including TANF, ASPIRE, SNAP, and MaineCare.

Eligibility: Individuals who want to report welfare fraud.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**General Assistance Hotline, Maine Department of Health and Human Services**

Phone: 1-800-442-6003

Fax: (207) 287-5096

[www.maine.gov/dhhs/ofi/services/general-assistance/](http://www.maine.gov/dhhs/ofi/services/general-assistance/)

Help persons who have been denied assistance in clarifying reasons for the municipality's determination, give information on where to apply for general assistance, answer questions on general assistance policy, audit 492 municipalities which administer the General Assistance Program, reimburse municipalities for a portion of the assistance given, answer questions about GA for municipal officials, clients, and other interested parties.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Guardianship - Office of Aging and Disability Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: 1-800-624-8404

After Hours: 1-800-624-8404

[www.maine.gov/dhhs/oads/aps-guardianship/index.html](http://www.maine.gov/dhhs/oads/aps-guardianship/index.html)

Statewide information on adult guardianship, conservatorship or alternatives to guardianship.

Eligibility: Self advocates; family members and friends concerned about adults with diminished capacity, including frail elders, adults with developmental disabilities, adults with physical disabilities, and adults with mental health or addiction issues; current guard

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Health and Environmental Testing Lab - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

283 Water Street

Augusta, ME 04330

Phone: (207) 287-2727

www.maine.gov/dhhs/mecdc/public-health-systems/health-and-environmental-testing/standard.htm

Secure online water testing kits, drinking water testing, telephone inquiries.

Eligibility: Individuals with private wells.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Health Inspection Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street, Key Bank Plaza

Augusta, ME 04330

Phone: (207) 287-5671

After Hours: 1-800-821-5821

Fax: (207) 287-3165

[www.maine.gov/dhhs/mecdc/environmental-health/el](http://www.maine.gov/dhhs/mecdc/environmental-health/el)

Licensing and inspection services for eating and lodging businesses to regulate and protect public health; training courses include food safety, sanitation, Certified Food Manager, Certified Pool Manager, Blood Borne Pathogen, and Environmental Health Credentials; FDA food recalls and announcements; departmental rules; educational handouts.

Eligibility: Licensee must comply with rules and regulations adopted by the department.

Cost: Sliding Fee, Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Higher Opportunity for Pathways to Employment, Maine Department of Health and Human Services**

Phone: (207) 624-4170

Fax: (207) 287-3455

[hope.dhhs@maine.gov](mailto:hope.dhhs@maine.gov)

[www.maine.gov/dhhs/hope](http://www.maine.gov/dhhs/hope)

Financial support for costs related to education beyond high school; may assist with tuition and fees, child care, transportation, books and supplies, tools and equipment, technology and software, vehicle inspection, repair, registration, and insurance, corrective eyewear, dental care.

Eligibility: Parents or caretakers of a minor who is living in the household who are Maine residents 16-64 years of age that also have income at or below 185% of the Federal Poverty Level, $10,000 or less in assets, U.S. Citizen or qualifying non-citizen, not currently receiving a monthly TANF or PaS cash benefit.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Home Health Hotline - Division of Licensing and Regulatory Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 621-8222

[www.maine.gov/dhhs/dlrs/](http://www.maine.gov/dhhs/dlrs/)

Complaint hotline for home health care.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Homeward Bound - Office of Aging and Disability Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: 1-800-499-0229

[www.maine.gov/dhhs/oads/aps-guardianship/index.html](http://www.maine.gov/dhhs/oads/aps-guardianship/index.html)

Statewide service assists in creating individualized plan to help transition from nursing home or hospital to the community; participant will receive support in accessing home and community based services as well as demonstration services including specialized clinical assessments, independent living assistance, household start-up, enhanced care coordination, and technology services.

Eligibility: Adults 18 years of age and older who have resided in a nursing home or hospital for 90 days by time of discharge, received MaineCare for at least 1 day in this setting, and need nursing home level of care.

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Howard and Espa Michaud Charitable Trust, Maine Department of Health and Human Services**

642 Main Street

Presque Isle, ME 04769

Phone: (207) 554-2127

Fax: (207) 764-2001

Funds assist in care, treatment and/or furnishing of audio/hearing devices; all other funding sources must be accessed first.

Eligibility: Children from the Aroostook County area, with special emphasis on children from the greater Presque Isle area, who are in need of special treatment related to audio disorders or deficiencies.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Living Well - Office of Aging and Disability Services, Maine Department of Health and Human Services**

1 Edgemont Drive, Suite 2

Presque Isle, ME 04769

Phone: 207-764-3396

Fax: 207-764-6182

[www.maine.gov/dhhs/oads/community-support/managing-your-health/index.html](http://www.maine.gov/dhhs/oads/community-support/managing-your-health/index.html)

Statewide Healthy Choices 6 week workshop held in community settings teaches better ways of coping with and managing chronic conditions; topics include nutrition, exercise, cognitive symptom management, use of medications, techniques to deal with frustration, fatigue, and pain.

Eligibility: Adults living with chronic disease and caregivers.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Local Health Officer Search - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

Online only

<https://www.maine.gov/dhhs/mecdc/public-health-systems/lho/list.shtml>

Work with public health nurses, other local health officers, environmental health and other professionals to monitor communities through identifying and/or responding to health risks; field complaints, questions or concerns about health risks, environmental risks, or landlord tenant concerns.

Eligibility: Individuals in need of information regarding local public health issues.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Lyme Disease Resource Center - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

221 State Street

Augusta, ME 04330

Phone: (207) 287-6582

After Hours: 1-800-821-5821

1-800-293-7534

Fax: (207) 287-8186

[disease.reporting@maine.gov](mailto:disease.reporting@maine.gov)

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

Internet resource for Lyme disease in Maine; resource center will provide information by phone.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Maine Breast and Cervical Health Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street, 4th Floor

Augusta, ME 04330

Phone: 1-800-350-5180

Fax: (207) 287-8944

[maraquita.hollman@maine.gov](mailto:maraquita.hollman@maine.gov)

[www.maine.gov/dhhs/mecdc/population-health/bcp/index.htm](http://www.maine.gov/dhhs/mecdc/population-health/bcp/index.htm)

Comprehensive breast and cervical cancer early detection program with over 300 providers; cancer screening and follow-up services include free Pap tests and mammograms, public and professional education, assistance and support to health professionals and health care organizations to assure quality of services delivered, enroll women diagnosed with breast or cervical cancer to MaineCare for coverage while receiving cancer treatment.

Eligibility: Women who are at, or under, 250% of Federal Poverty Guidelines and have insufficient or no breast and cervical cancer screening and diagnostic service coverage; priority is given to women 50 years of age and older; limited openings for women 35 to 39 years of age who have seen a doctor and need additional tests for a possible breast or cervical cancer or have not had a Pap test in 5 or more years.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine CDC Arbovirus Resource Center - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

11 State House Station

Augusta, ME 04333

Phone: 1-800-821-5821

[www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/west-nile/index.shtml#other](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/west-nile/index.shtml#other)

Information on West Nile Virus.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Center for Disease Control and Prevention - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-8016

[www.maine.gov/dhhs/boh](http://www.maine.gov/dhhs/boh)

Responsible for public health issues and concerns.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Childhood Lead Poisoning Prevention Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-4311

Toll Free: 1-866-292-3474

Fax: (207) 287-3981

[ehu@maine.gov](mailto:ehu@maine.gov)

[www.maine.gov/dhhs/mecdc/environmental-health/eohp/lead/homeowners.shtml](http://www.maine.gov/dhhs/mecdc/environmental-health/eohp/lead/homeowners.shtml)

Information about childhood lead poisoning, health effects, when and how to test for lead poisoning, resources for home lead inspections, and ways to make a home lead safe.

Eligibility:

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Drinking Water Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street, 3rd Floor

Augusta, ME 04330

Phone: (207) 287-2070

Fax: (207) 287-4172

[www.medwp.com](http://www.medwp.com)

Promote safer drinking water by inspecting and improving drinking water sources and treatment; provide technical assistance; require public systems to test water quality and submit results.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Genetics Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

283 Water Street

Augusta, ME 04330

Phone: (207) 287-5357

Fax: (207) 287-4743

[holly.richards@maine.gov](mailto:holly.richards@maine.gov)

[www.mainepublichealth.gov/genetics](http://www.mainepublichealth.gov/genetics)

Administer newborn bloodspot screening tests as required by law, for 33 conditions; coordinate comprehensive genetic services which include risk assessment, diagnosis, counseling, and education; provide referrals to genetic agencies.

Eligibility: Individuals who have genetic conditions/birth defects or who are at increased risk of having genetic conditions/birth defects.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Immunization Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

283 Water Street

Augusta, ME 04330

Phone: (207) 287-3746

[immunizeme.dhhs@maine.gov](mailto:immunizeme.dhhs@maine.gov)

[www.maine.gov/dhhs/mecdc/infectious-disease/immunization/index.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/index.shtml)

Vaccines for foreign travel, early and periodic screening, diagnosis and treatment. Call /email for details and cost.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Injury Prevention Program, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-4064

[www.maine.gov/dhhs/bohdcfh/inj/index.html](http://www.maine.gov/dhhs/bohdcfh/inj/index.html)

Statewide link to training, data, and resources related to a variety of safety and injury prevention topics including home safety, water safety, poison prevention, motor vehicle safety, fire and burn prevention, playground safety, child passenger safety, and suicide prevention.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards

Registration fees for workshops and conferences; no fees for other services.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Maine Registry of Certified Nursing Assistants - Division of Licensing and Regulatory Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 624-7300

[dlrs.cnaregistry@maine.gov](mailto:dlrs.cnaregistry@maine.gov)

[www.maine.gov/dhhs/dlrs/cna/home.html](http://www.maine.gov/dhhs/dlrs/cna/home.html)

Registry lists CNAs who have been trained, tested for competency, have clinical work experience, and meet federal and state requirements to work as Certified Nursing Assistants in Maine.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Responds - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-4072

[edward.f.molleo@maine.gov](mailto:edward.f.molleo@maine.gov)

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

Statewide online volunteer registry system for coordinating verified, pre-credentialed public health, healthcare, and non-medical emergency response volunteers in the event of state-level disasters or emergency situations, when local, county, and healthcare coalition resources have been or are anticipated to soon be exhausted.

Eligibility: Individuals 18 years of age and older with medical or clinical training and/or licensing or with skill sets that include administrative, logistics, operations, and/or planning aspects.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine SAVVY Caregiver Training - Office of Aging and Disability Services, Maine Department of Health and Human Services**

41 Anthony Avenue

Augusta, ME 04330

Phone: (207) 287-9233

Toll Free: 1-800-262-2232

[jan.halloran@maine.gov](mailto:jan.halloran@maine.gov)

[www.maine.gov/dhhs/oads/community-support/caregiver-support/family-caregiver-program.html](http://www.maine.gov/dhhs/oads/community-support/caregiver-support/family-caregiver-program.html)

Statewide 12 hour evidence-based caregiver training program offered in six 2 week sessions provides knowledge, skills, and attitudes to be an effective and confident caregiver; each session includes training, activities, and discussion.

Eligibility: Family or friend caregivers of individuals with dementia living at home in the community.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Tobacco Helpline - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

110 Free Street

Portland, ME 04101

Toll Free: 1-800-207-1230

<https://thequitlink.com>

Confidential helpline answers questions and provides friendly support; Quit Kit with information on quitting tips, information on nicotine replacement medication, how to cope with cravings, tips to stay tobacco-free, things to do instead of using tobacco, and tips on helping someone else quit; Medication Voucher Program may be available.

Eligibility: Individuals who are thinking about quitting or who are ready to quit smoking or for people who want to help a friend or family member quit; individuals who need support to quit smoking.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Vital Records - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

220 Capitol Street

Augusta, ME 04330

Phone: (207) 287-3771

Toll Free: 1-888-664-9491

Fax: (207) 287-1093

[www.maine.gov/dhhs/mecdc/public-health-systems/data-research/vital-records/index.shtml](http://www.maine.gov/dhhs/mecdc/public-health-systems/data-research/vital-records/index.shtml)

Collect and maintain birth, fetal death, marriage, divorce, and death records from 1892 to present; certified copies issued upon application; vital records registration services and statistical services; records from 1892 through 1922 can be found at Maine State Archives; records from 1923 to present are housed at the Vital Records office.

Eligibility: Certified copies are issued to individuals who can prove their identity and prove they should have the record (proof of family relationship/lineage or direct and legitimate interest in the record).

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 9am-4pm

**MaineCare Casualty Recovery - Office of MaineCare Services, Maine Department of Health and Human Services**

242 State Street

Augusta, ME 04330

Phone: 1-800-977-6740

Fax: (207) 287-9385

[www.maine.gov/dhhs/oms/](http://www.maine.gov/dhhs/oms/)

Work with providers, insurance companies, attorneys, and members to recover payments made for services, when services were due to an accident.

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineCare Eligibility, Maine Department of Health and Human Services**

Phone: 1-855-797-4357

<https://www.maine.gov/dhhs/expansion.shtml?utm_medium=email&utm_source=govdelivery>

Eligibility workers assist in determining possible MaineCare eligibility.

Eligibility: Residents of Maine who are interested in applying for MaineCare.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineCare Estate Recovery, Maine Department of Health and Human Services**

242 State Street

Augusta, ME 04330

Phone: 1-800-977-6740

[www.maine.gov/dhhs/oms/](http://www.maine.gov/dhhs/oms/)

File claims against estates of deceased MaineCare members in the probate court where they passed to attempt to recover some of the MaineCare expenditures.

Eligibility: Individuals 55 years of age and older who were on MaineCare.

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineCare Member Services - Office of MaineCare Services, Maine Department of Health and Human Services**

Phone: 1-800-977-6740

Toll Free:

[www.maine.gov/dhhs/oms/member/member\_index.html](http://www.maine.gov/dhhs/oms/member/member_index.html)

Answer questions about MaineCare benefits and services; help MaineCare members find doctors, dentists or therapists; online MaineCare Provider Directory; information on Primary Care Case Management; help find transportation to MaineCare covered appointments; referrals to substance use disorder providers that accept MaineCare.

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineCare Non-Emergency Transportation - Office of MaineCare Services, Maine Department of Health and Human Services**

221 State Street

Augusta, ME 04330

[www.maine.gov/dhhs/oms/nemt/nemt\_index.html](http://www.maine.gov/dhhs/oms/nemt/nemt_index.html)

Statewide information on non-emergency transportation brokers for transportation to an appointment or ride reimbursed by MaineCare if the appointment is covered by MaineCare.

Eligibility: Eligible MaineCare members.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**MaineCare Pharmacy Help Desk, Maine Department of Health and Human Services**

242 State Street

Augusta, ME 04330

Phone: 1-866-796-2463

Fax: (207) 287-8601

[www.maine.gov/dhhs/oms/](http://www.maine.gov/dhhs/oms/)

Answer your pharmacy and medication questions; explain MaineCare pharmacy benefits.

Eligibility: MaineCare members.

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineCare Provider Services, Maine Department of Health and Human Services**

Mailing Address: 11 State House Station

Augusta, ME 04333

Phone: 1-800-690-5585

Fax: 1-877-314-8775

[MaineCareProvider@molinahealthcare.com](mailto:MaineCareProvider@molinahealthcare.com)

[www.maine.gov/dhhs/oms/provider/provider\_index.html](http://www.maine.gov/dhhs/oms/provider/provider_index.html)

Answer questions and help resolve issues regarding MaineCare claims and billing.

Eligibility: MaineCare providers.

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineFlu.gov, Maine Department of Health and Human Services**

**Mailing Address**: 11 State House Station

Augusta, ME 04333

Phone: 1-800-821-5821

Alternative Phone: (207) 287-6582

[disease.report@maine.gov](mailto:disease.report@maine.gov)

[www.maine.gov/dhhs/mecdc/infectious-disease/epi/influenza/maineflu/](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/influenza/maineflu/)

Information includes what you need to know about the flu, symptoms and treatment, prevention and vaccination, and risk factors.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Medical Marijuana Program - Division of Licensing and Regulatory Services, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-3282

Alternate Phone: (207) 287-9330

Fax: (207) 287-2671

[medmarijuana.dhhs@maine.gov](mailto:medmarijuana.dhhs@maine.gov)

[www.maine.gov/dhhs/dlrs/mmm/index.shtml](http://www.maine.gov/dhhs/dlrs/mmm/index.shtml)

Medical marijuana registration and identification card.

Eligibility: Patients may apply for a registry ID card with a certification submitted by the physician that patient has a qualifying debilitating condition.

Annual patient fee.

Language(s) Offered: English; interpreters available upon request.

Hours: Tue-Thu; 9am-12pm

**My Maine Connection Screening Tool and Application, Maine Department of Health and Human Services**

<https://www1.maine.gov/benefits/account/login.html>

Anonymous online screening tool provides information on whether applicant might be eligible for Food Supplement Program, MaineCare, Child Care, and TANF and requires information about household and household expenses; online application functions like a paper application for Food Supplement Program, MaineCare, Child Care, and TANF and requires answers to questions about household, income, assets, expenses and insurances, is submitted for processing and review by an eligibility worker.

Eligibility: Individuals who are interested in determining possible eligibility for programs and are willing to complete an initial online screening tool before completing an online application.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Office of MaineCare Services, Maine Department of Health and Human Services**

242 State Street

Augusta, ME 04330

Phone: (207) 287-2674

Fax: (207) 287-2675

[www.maine.gov/dhhs/oms/](http://www.maine.gov/dhhs/oms/)

Administer programs and health care benefits of MaineCare.

Eligibility: MaineCare members.

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Office of Multicultural Affairs, Maine Department of Health and Human Services**

151 Jetport Boulevard

South Portland, ME 04106

Phone: (207) 822-2380

[www.maine.gov/dhhs/oma/](http://www.maine.gov/dhhs/oma/)

Training, education, technical assistance, information dissemination, and feedback related to multicultural community needs.

Eligibility: State agencies, non-governmental organizations, and community partners serving ethnic, racial, and linguistic minorities in Maine.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

Private Health Insurance Premium Benefit - Office of MaineCare Services, Maine Department of Health and Human Services

242 State Street

Augusta, ME 04330

Phone: 1-800-977-6740

Fax: (207) 287-7643

[www.maine.gov/dhhs/oms/](http://www.maine.gov/dhhs/oms/)

Information on eligibility of MaineCare members to have private insurance paid.

Eligibility: Individuals who are enrolled in MaineCare.

Uninsured Accepted: No

Some MaineCare benefits require copayments, deductibles or coinsurance.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Public Health Nursing Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

Phone: 1-888-644-1130

Fax: (207) 287-4577

[www.maine.gov/dhhs/mecdc/public-health-nursing/index.shtml](http://www.maine.gov/dhhs/mecdc/public-health-nursing/index.shtml)

Nursing services.

Eligibility: Vulnerable Maine residents receiving services from DHHS.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Radiation Control Program - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street, 3rd Floor

Augusta, ME 04330

Phone: (207) 287-5676

[www.maine.gov/dhhs/mecdc/environmental-health/rad](http://www.maine.gov/dhhs/mecdc/environmental-health/rad)

License and inspect radiation sources, oversight of low-level radioactive waste generators, environmental surveillance of nuclear facilities.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Reunion Registry, Maine Department of Health and Human Services**

221 State Street

Augusta, ME 04330

Phone: (207) 287-3181

Fax: (207) 287-1907

[www.maine.gov/dhhs/reunionregistry.htm](http://www.maine.gov/dhhs/reunionregistry.htm)

Help adopted persons, birth parents, and other relatives who have been separated by adoption to contact one another.

Eligibility: Individuals who are adopted, those surrendered for adoption, birth parents, and relatives.

Cost: Fixed Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Riverview Psychiatric Center - Office of Substance Abuse and Mental Health Services, Maine Department of Health and Human Services**

250 Arsenal Street

Augusta, ME 4330

Phone: (207) 624-3900

Toll Free: 1-888-261-6684

Fax: (207) 287-7216

[www.maine.gov/dhhs/riverview](http://www.maine.gov/dhhs/riverview)

Psychiatric hospital.

Eligibility: Adults with serious, persistent mental illness, and co-occurring substance use disorders.

Cost: Sliding Fee

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 days

**Safe Haven - Office of Child and Family Services, Maine Department of Health and Human Services**

Address confidential

Augusta, ME 4330

Toll Free: 1-800-452-1999

Safe Haven provider accepts into his or her temporary care a child less than 31 days of age when the person voluntarily delivering the infant to the Safe Haven provider does not express intent to return for the child.

Eligibility: Safe Haven provider is a law enforcement officer, a staff person at a medical emergency facility, a medical services provider or a hospital staff member.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 days

**Shelter Plus Care, Maine Department of Health and Human Services**

[www.maine.gov/dhhs/mh/Housing/spc/eligibility.html](http://www.maine.gov/dhhs/mh/Housing/spc/eligibility.html)

Permanent rental subsidy program; tenant pays 30% of their adjusted income toward monthly rent, program pays the difference.

Eligibility: Individuals diagnosed with a disability which is expected to be of long and continued duration and also is substantially impeding the individual's ability to live independently; individuals with severe mental illness and substance abuse disabilities.

Cost: Vary

Method of payment will depend on landlord.

Language(s) Offered: English; interpreters available.

**Well Water Quality - Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services**

286 Water Street

Augusta, ME 04330

Phone: (207) 287-2070

Toll Free: 1-866-292-3474

Fax: (207) 287-3981

[ehu@maine.gov](mailto:ehu@maine.gov)

[www.maine.gov/dhhs/mecdc/environmental-health/eohp/wells/mewellwater.htm](http://www.maine.gov/dhhs/mecdc/environmental-health/eohp/wells/mewellwater.htm)

Information on interpreting well water results and identifying next steps or solutions.

Eligibility: Private well owners.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**WIC Nutrition Program, Maine Department of Health and Human Services**

44 Park Street

Presque Isle, ME 04769

Phone: (207) 768-3026 Ext. 5

Fax: (207) 768-3066

[information@acap-me.org](mailto:information@acap-me.org)

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

Healthy foods to meet nutritional needs; nutrition education; breastfeeding education and support. Women and children birth to 5 years of age.Referrals to community resources; in the summer, vouchers are given for fresh fruits and vegetables from Maine farmers; checks or vouchers to purchase specific foods each month that are designed to supplement diets with specific nutrients to benefit participants.

Eligibility: Women who are pregnant, breastfeeding or had a baby in the past 6 months; infants and children 4 years of age and younger including adopted and foster children; fathers may apply for their children; Maine resident or a migrant working in Maine; must meet

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine Department of Inland Fisheries and Wildlife**

284 State Street

Augusta, ME 04333

Phone: (207) 287-8000

Fax: (207) 287-8094

[ifw.webmaster@maine.gov](mailto:ifw.webmaster@maine.gov)

[www.maine.gov/ifw/index.html](http://www.maine.gov/ifw/index.html)

Investigate wildlife related issues, wildlife management, game wardens, search and rescue missions, fishing licenses, hunting and trapping licenses, ATV registrations, boat registrations, snowmobile registrations, safety education classes.

Eligibility: Individuals in need of services.

Cost: No Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**CareerCenter - Bureau of Employment Services, Maine Department of Labor**

66 Spruce Street, Suite 1, Presque Isle, ME 04769-322

**Phone:**(207) 768-6829 or 1-800-635-0357

**Fax:**(207) 768-6850

**TTY** users call Maine Relay 711

**Email:** [presqueisle.careercenter@maine.gov](mailto:presqueisle.careercenter@maine.gov)

[www.mainecareercenter.gov](http://www.mainecareercenter.gov)

Various locations around the state – see below.

<http://www.mainecareercenter.com/locations/index.shtml>

Job search assistance including resume development, interview preparation, and effective job search techniques; access to job openings through the Maine JobLink; access to computers, software, and the internet for job search activities; interest inventories and skill assessments; referral to training and education opportunities; information on/referral to special services for veterans, older workers, and individuals with disabilities.

Eligibility: Job seekers and employers.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Monday to Friday, 8 a.m. to 5 p.m.

**Division for the Blind and Visually Impaired - Bureau of Rehabilitation Services, Maine Department of Labor**

66 Spruce Street

Presque Isle, ME 04769

Phone: (207) 768-6835 or 1-800-635-0357 (Voice)

TTY users please use Maine Relay 711

DBVI: 768-6847

Fax: (207) 768-6853

[www.maine.gov/rehab/index.shtml](http://www.maine.gov/rehab/index.shtml)

<https://www.maine.gov/rehab/offices.shtml> For directory of other offices in the state.

Education services for children and families for child identified as blind or visually impaired; vocational rehabilitation to help, get, keep or return to employment; adaptive blindness-specific skill training teaches how to remain independent in home and community; business enterprise program assists blind individuals to become entrepreneurs in food service locations in various state and federal facilities.

Eligibility: Individuals who are blind or visually impaired.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Monday to Friday, 8 a.m. to 5 p.m.

**Division for the Deaf Hard of Hearing and Late Deafened - Bureau of Rehabilitation Services, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7958

TTY: Call Maine Relay 711

Fax: (207) 287-5292

[nancy.a.winter@maine.gov](mailto:nancy.a.winter@maine.gov)

[www.maine.gov/rehab/dod/index.shtml](http://www.maine.gov/rehab/dod/index.shtml)

Information, referral, advocacy, deaf and hard-of-hearing identification cards, vehicle placards for deaf and hard-of-hearing identification, deaf and hard-of-hearing resource handbook, directory of qualified legal interpreters, 70% discount for in-state calls for deaf, hard-of-hearing and late-deafened individuals.

Eligibility: Residents of Maine who are deaf, hard of hearing or late deafened.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: American Sign Language, English

Hours: Monday to Friday, 8 a.m. to 5 p.m.

**Division of Vocational Rehabilitation - Bureau of Rehabilitation Services, Maine Department of Labor**

66 Spruce Street

Presque Isle, ME 04769

Phone: (207) 768-6835 or 1-800-635-0357 (Voice)

TTY users please use Maine Relay 711

DBVI: 768-6847

Fax: (207) 768-6853

[www.maine.gov/rehab/index.shtml](http://www.maine.gov/rehab/index.shtml)

Help find and maintain employment and independent living services.

Eligibility: Individuals 14 years and older with a significant impairment that impedes the ability to work and vocational rehabilitation is required to attain or maintain employment; Social Security recipients are presumed eligible upon proof of benefits.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Monday to Friday, 8 a.m. to 5 p.m.

**Hotline for Migrant and Seasonal Farmworkers - Migrant and Seasonal Farmworkers, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Hotline: 1-888-307-9800

Alternative Phone: (207) 623-7928

[jorge.a.acero@maine.gov](mailto:jorge.a.acero@maine.gov)

[www.maine.gov/labor/labor\_laws/maine\_monitor\_advocate.html](http://www.maine.gov/labor/labor_laws/maine_monitor_advocate.html)

Information about farm work or nonagricultural employment; assistance obtaining health care, shelter, food, referrals, clothing, and educational opportunities; assistance obtaining appointments with social service and health care providers.

Eligibility: Migrant and seasonal farmworkers; workers who do not speak English.

Cost: No Cost

Language(s) Offered: English, Spanish; interpreters available.

**Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7900

Fax: (207) 287-5292

[mdol@maine.gov](mailto:mdol@maine.gov)

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

Employment and training assistance, skills development, unemployment insurance.

Eligibility: Individuals seeking to upgrade skills, find employment or acquire unemployment insurance.

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine JobLink - Bureau of Employment Services, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7900

[joblink@maine.gov](mailto:joblink@maine.gov)

[www.joblink.maine.gov/ada/r](http://www.joblink.maine.gov/ada/r)

Statewide online job matching system connects job seekers with local employers; information on training education and providers, programs, and resources.

Eligibility: Individuals seeking employment or employers seeking employees.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Maine Monitor Advocate - Migrant and Seasonal Farmworkers, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7928

Hotline: 1-888-307-9800

Fax: (207) 287-5934

[jorge.a.acero@maine.gov](mailto:jorge.a.acero@maine.gov)

[www.maine.gov/labor/labor\_laws/maine\_monitor\_advocate.html](http://www.maine.gov/labor/labor_laws/maine_monitor_advocate.html)

Monitor agricultural employers for compliance with the Seasonal Agricultural Protection Act and the Fair Labor Standards Act; provide information and advocacy on issues such as wages, housing, discrimination, basic rights, and services to farm workers.

Eligibility: Migrant and seasonal farmworkers.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, Spanish; interpreters available.

Hours: Mon-Fri; 8am-5pm

**SafetyWorks! - Bureau of Labor Standards, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7900

Fax: (207) 623-7937

[general.bls-safetyworks@maine.gov](mailto:general.bls-safetyworks@maine.gov)

[www.safetyworksmaine.com](http://www.safetyworksmaine.com)

Free safety and health consultation services including education programs and indoor air quality; onsite or offsite educational programs.

Eligibility: Open to all employees; authority figure can request a training.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Speakers' Bureau - Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7900

Fax: (207) 287-5292

[mdol@maine.gov](mailto:mdol@maine.gov)

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

Speakers available for events, organizational meeting, conference or business training program; topics include unemployment system, workplace safety, wage and hour laws, employing people with disabilities from a business perspective, vocational rehabilitation, workforce development, job training services, apprenticeship, the Maine Job Bank and the CareerCenter system, and labor market/economic data.

Eligibility:

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Unemployment Benefits, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: 1-800-593-7660

Toll Free: 1-800-593-7660

[mdol@maine.gov](mailto:mdol@maine.gov)

[www.maine.gov/labor/unemployment](http://www.maine.gov/labor/unemployment)

Information on filing for unemployment; online services include filing new unemployment claim, filing weekly unemployment claim, filing an appeal, checking status of a claim, and reporting fraud.

Eligibility: Individuals who have lost a job by no fault of their own who are seeking to acquire unemployment insurance.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:45pm

**Wage and Hour Division - Bureau of Labor Standards, Maine Department of Labor**

45 Commerce Drive

Augusta, ME 04330

Phone: (207) 623-7900

Fax: (207) 623-7934

[mdol@maine.gov](mailto:mdol@maine.gov)

[www.maine.gov/labor/labor\_laws/wagehour.html](http://www.maine.gov/labor/labor_laws/wagehour.html)

Information on child labor, minimum wage, prevailing wages, overtime, salary requirements, equal pay, Family Medical Leave Act, wages, and rest breaks.

Eligibility: Individuals employed in the state of Maine.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Marine Resources**

32 Blossom Lane

Augusta, ME 04333

Phone: (207) 624-6550

Fax: (207) 624-6024

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

Commercial and non-commercial marine licensing, community resource development including aquaculture and wetlands permit review, monitor and research marine resources, patrol and enforce laws pertaining to marine resources.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Maine Marine Licenses and Saltwater Recreation Fishing Registry, Maine Department of Marine Resources**

32 Blossom Lane

Augusta, ME 04333

Phone: (207) 624-6550

TTY: 37073

Fax: (207) 624-6024

[www.maine.gov/dmr/commercial-fishing/licenses/index.html#SaltRegister](http://www.maine.gov/dmr/commercial-fishing/licenses/index.html#SaltRegister)

Marine license registration and renewals, saltwater recreational fishing registry; licensing lobby closed on Wednesday.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Maine Red Tide and Shellfish Sanitation Hotline - Maine Department of Marine Resources**

32 Blossom Lane

Augusta, ME 04333

Toll Free: 1-800-232-4733

Fax: (207) 624-6024

[www.maine.gov/dmr/shellfish-sanitation-management/index.html](http://www.maine.gov/dmr/shellfish-sanitation-management/index.html)

Shellfish contamination and red tide hotline; information on bacterial closures and red tide closures.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 hours; 7 days

**Wetlands and Permit Review, Maine Department of Marine Resources**

194 McKown Point Road

West Boothbay Harbor, ME 04575

Phone: (207) 633-9500

Fax: (207) 633-9579

[www.maine.gov/dmr/shellfish-sanitation-management/permit-review.html](http://www.maine.gov/dmr/shellfish-sanitation-management/permit-review.html)

Environmental impact reviews for permits and federal consistency determinations for projects in the coastal zone; environmental impact reviews on projects seeking public lands leases on publicly owned submerged and/or intertidal lands.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**ALMS Online Services, Maine Department of Professional and Financial Regulation**

Address confidential

Gardiner, ME 4345

Phone: (207) 624-8500

Fax: (207) 624-8690

[www.pfr.maine.gov/ALMSOnline/ALMSQuery/Welcome.aspx](http://www.pfr.maine.gov/ALMSOnline/ALMSQuery/Welcome.aspx)

Online databases about many licenses, permits, and credentials managed by the state of Maine; databases allow users to search for the licenses and permits of individuals, companies, professions, worksites, events, license/disciplinary actions, courses and course providers; current status information included.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Bureau of Consumer Credit Protection, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Toll Free: 1-800-332-8529

TTY: 37073

Fax: (207) 582-7699

[www.maine.gov/pfr/consumercredit/index.shtml](http://www.maine.gov/pfr/consumercredit/index.shtml)

Investigate complaints and perform examinations; educate consumers and creditors about their rights and responsibilities; enforce laws to protect consumers who are subject to illegal credit related practices; publish Downeaster Guide: Consumer Credit 101 which is available on the website.

Eligibility: Consumers and creditors.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Bureau of Consumer Credit Protection Foreclosure Prevention Program, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Hotline: 1-888-664-2569

TTY: 37073

Fax: (207) 582-7699

[www.maine.gov/pfr/consumercredit/foreclosure\_resources.html](http://www.maine.gov/pfr/consumercredit/foreclosure_resources.html)

Assistance, education, and resources on foreclosure prevention; consumer will be assisted by Bureau of Consumer Credit Protection or referred to a free housing counselor or free legal assistance agency.

Eligibility: Consumers who are delinquent on their residential mortgages.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Bureau of Financial Institutions, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8570

Toll Free: 1-800-965-5235

TTY: 37073

Fax: (207) 624-8690

[bfi.info@maine.gov](mailto:bfi.info@maine.gov)

[www.maine.gov/pfr/financialinstitutions/index.shtml](http://www.maine.gov/pfr/financialinstitutions/index.shtml)

Supervise all state-chartered financial institutions including banks, credit unions, and nondepository trust companies; accept complaints after consumer attempts to resolve issue directly with the bank or credit union; consumer education.

Eligibility: Consumers and financial institutions.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Board of Licensure for Professional Engineers, Maine Department of Professional and Financial Regulation**

295 Water Street

Augusta, ME 04333

Phone: (207) 287-3236

TTY: 37073

Fax: (207) 287-3239

[professional.engineers@maine.gov](mailto:professional.engineers@maine.gov)

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

License professional engineers, certify engineer interns, investigate complaints against licensees, maintain a directory of engineers searchable by last number, PE number, business name, city, state, zipcode, and exam discipline.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Maine Board of Licensure in Medicine, Maine Department of Professional and Financial Regulation**

161 Capitol Street

Augusta, ME 04330

Phone: (207) 287-3601

Toll Free: 1-888-365-9964

TTY: 37073

Fax: (207) 287-6590

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

License only qualified medical doctors and physician assistants, information on physicians and physician assistants; accept complaints against physicians and physician assistants; investigate complaints to determine if disciplinary action is necessary.

Eligibility: Medical consumers and qualified medical doctors and physician assistants.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Board of Osteopathic Licensure, Maine Department of Professional and Financial Regulation**

161 Capitol Street

Augusta, ME 04330

Phone: (207) 287-2480

TTY: 37073

Fax: (207) 287-3015

[osteo.pfr@maine.gov](mailto:osteo.pfr@maine.gov)

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

License osteopathic physicians and/or physician assistants under their supervision; investigate complaints against physicians and/or physicians assistants working under their supervision to determine whether or not disciplinary action is necessary; information regarding disciplinary actions taken.

Eligibility: Medical consumers and qualified osteopathic physicians and physician assistants.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Bureau of Insurance, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8475

Toll Free: 1-800-300-5000

TTY: 37073

Fax: (207) 624-8599

[insurance.pfr@maine.gov](mailto:insurance.pfr@maine.gov)

[www.maine.gov/pfr/insurance](http://www.maine.gov/pfr/insurance)

License insurance producers and companies; review rates and coverage forms; investigate complaints; educate consumers about their rights and responsibilities under the laws.

Eligibility: Consumers, licensed insurance producers and companies.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Bureau of Insurance Consumer Health Care Unit, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8475

Toll Free: 1-800-300-5000

TTY: 37073

Fax: (207) 624-8599

[insurance.pfr@maine.gov](mailto:insurance.pfr@maine.gov)

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

Consumer information on health care plans; assist enrollees with understanding their rights and responsibilities under health care plans; assist consumers with health care plan complaints.

Eligibility: Consumers with health care plans who need assistance.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Bureau of Insurance Licensee Search, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8603

TTY: 37073

Fax: (207) 624-8637

[www.maine.gov/pfr/professionallicensing/license\_search.html](http://www.maine.gov/pfr/professionallicensing/license_search.html)

Online database of licensed individuals and companies can be searched by name, by license number or by ID number; certified licensed history.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Maine Bureau of Insurance Licensing, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8475

Toll Free: 1-800-300-5000

TTY: 37073

Fax: (207) 624-8599

[insurance.pfr@maine.gov](mailto:insurance.pfr@maine.gov)

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

Process and maintain permanent license records on producers and business entities, including issuing and terminating licenses; oversee the licensing examination process; supervise the continuing education program.

Eligibility: Adults interested in licensee information.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Bureau of Insurance Property Casualty and Workers' Compensation Services, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8475

Toll Free: 1-800-300-5000

TTY: 37073

Fax: (207) 624-8599

[insurance.pfr@maine.gov](mailto:insurance.pfr@maine.gov)

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

Review of insurer rate, rule and form filings; resolution of consumer complaints; administration of cancellation/nonrenewal hearings; review of workers compensation forms and complaints.

Eligibility: Consumers.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8500

TTY: 37073

Fax: (207) 624-8690

[www.maine.gov/pfr/index.shtml](http://www.maine.gov/pfr/index.shtml)

Consumer protection services related to insurance, financial, and professional licensing matters.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Maine State Board of Nursing, Maine Department of Professional and Financial Regulation**

161 Capitol Street

Augusta, ME 04330

Phone: (207) 287-1133

TTY: 37073

Fax: (207) 287-1149

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

Examine and license registered professional nurses and licensed practical nurses; grant approval to nurse practitioners, nurse midwives, nurse anesthetists, and clinical nurse specialists; investigate complaints to determine if disciplinary action is necessary.

Eligibility: Consumers and professionals.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Maine State Board of Optometry, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8691

TTY: 37073

Fax: (207) 624-8692

[tina.carpentier@maine.gov](mailto:tina.carpentier@maine.gov)

[www.maine.gov/pfr/professionallicensing/professions/optometry/index.html](http://www.maine.gov/pfr/professionallicensing/professions/optometry/index.html)

Examine and qualify qualified applicants to practice optometry and hold title of Optometrist, renew all licenses annually, revoke, refuse or suspend license for violation of laws relating to optometry; investigate complaints to determine if disciplinary action is necessary.

Eligibility: Consumers, professionals, and applicants for license.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Office of Professional and Occupational Regulation, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Phone: (207) 624-8603

TTY: 37073

Fax: (207) 624-8637

[www.maine.gov/pfr/professionallicensing/index.shtml](http://www.maine.gov/pfr/professionallicensing/index.shtml)

Oversee professional licensing boards, commissions, and registrations and licenses professionals; public protection through licensure, inspection, enforcement/complaint resolution, and discipline.

Eligibility: Consumers and licensed professionals.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Office of Securities Investor Education and Outreach, Maine Department of Professional and Financial Regulation**

76 Northern Avenue

Gardiner, ME 04345

Toll Free: 1-877-624-8551

TTY: 37073

Fax: (207) 624-8590

[www.maine.gov/pfr/securities/index.shtml](http://www.maine.gov/pfr/securities/index.shtml)

Consumer information on safe investing includes how to check the license and background of a stockbroker, investment adviser or anyone else offering an investment of any kind; investigate complaints if appropriate; investor education brochures available online and in hard copy; online outreach calendar with free events.

Eligibility: Consumers who have complaints and questions about investments, financial professionals, and securities laws; no eligibility requirements to access consumer information or contact office initially.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am – 5pm

**Child Passenger Safety Seat Distribution Program, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 626-3840

TTY: 37073

Fax: (207) 287-3430

[www.maine.gov/dps/bhs/child-passenger-safety/general/distribution-locations.html](http://www.maine.gov/dps/bhs/child-passenger-safety/general/distribution-locations.html)

Federally certified car seat technicians offer volunteer services to provide education and guidance; an aspect of the service includes supplying car seats to income eligible families.

Eligibility: Families with children from birth through 12 years of age who meet current income eligible guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Child Passenger Safety Seat Inspection Program, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 626-3840

TTY: 37073

Fax: (207) 287-3430

[www.maine.gov/dps/bhs/child-passenger-safety/general/inspection-locations.html](http://www.maine.gov/dps/bhs/child-passenger-safety/general/inspection-locations.html)

Federally certified car seat technicians offer volunteer services to provide car seat installation assistance, education, and guidance; technicians services may include, but are not limited to, inspecting the car seat to see if it is installed correctly, and providing education on when to transition to another car seat type, re-inspecting the car seat when it is moved to another vehicle or car seat placement in a vehicle where all the seats need to be occupied.

Eligibility: Children from birth-12 years of age.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 626-3840

TTY: 37073

Fax: (207) 287-3430

[www.state.me.us/dps](http://www.state.me.us/dps)

Criminal justice, law enforcement, fire safety, emergency response services, safety education.

Eligibility:

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Maine Drug Enforcement Agency, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 626-3850

Toll Free: 1-800-452-6457

TTY: 37073

Fax: (207) 287-3042

[mdea@maine.gov](mailto:mdea@maine.gov)

[www.maine.gov/dps/mdea](http://www.maine.gov/dps/mdea)

Lead agency for coordinated drug enforcement operations to reduce the distribution and availability of illicit and diverted drugs.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am – 5pm

**Maine Office of State Fire Marshal, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 626-3870

Hotline: 1-888-870-6162

After Hours: 1-800-452-4664

TTY: 37073

[www.maine.gov/dps/fmo](http://www.maine.gov/dps/fmo)

Inspect public buildings, regulate explosives, fireworks, and certain flammable liquids, inspect mechanical rides, license travelling amusement shows and circuses; arson hotline for tips or information to help identify persons responsible for arson.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 7:30am – 4:30pm

**Maine Office of State Fire Marshal Juvenile Fire Behavior Services, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 626-3870

Hotline: 1-888-870-6162

TTY: 37073

Fax: (207) 287-6251

[webmaster\_fmo@maine.gov](mailto:webmaster_fmo@maine.gov)

[www.maine.gov/dps/fmo/resources/juvenile](http://www.maine.gov/dps/fmo/resources/juvenile)

Statewide assessment and referral, if needed, to address firesetting and provide the best corrective measures to end the behavior.

Eligibility: Individuals 3-17 years of age who engage in potentially dangerous fire behavior.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 7:30am – 4:30pm

**Maine State Police Field Troops, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 624-7200

TTY: 37073

[www.maine.gov/dps/msp/about/find-local-troop](http://www.maine.gov/dps/msp/about/find-local-troop)

Uniformed branch of the Maine State Police enforces criminal and traffic laws through investigation and patrol work.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Maine State Police Fingerprint Registration, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 624-7000

TTY: 37073

[www.identogo.com/FP/Maine.aspx](http://www.identogo.com/FP/Maine.aspx)

Online fingerprint registration by Maine State Police.

Eligibility: Teachers and school staff, prospective foster and adoptive parents, and other job types that are legislatively approved for fingerprint based checks.

Cost: Vary

Forms of Payment: Credit Cards

Credit card information will be transmitted securely through the Maine.gov payment server and removed as soon as credit card is charged.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

Maine State Police Houlton Regional Communication Center, Maine Department of Public Safety

Houlton, ME 04730

Phone: (207) 532-5400

Toll Free: 1-800-924-2261 or 9-1-1

TTY: 37073

Fax: (207) 532-5455

[www.maine.gov/dps/msp](http://www.maine.gov/dps/msp)

Trooper dispatch and response.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

Maine State Police Licenses and Permits, Maine Department of Public Safety

45 Commerce Drive, Special Investigations Unit

Augusta, ME 4333

Phone: (207) 624-7200

TTY: 37073

Fax: (207) 287-3824

[www.maine.gov/dps/msp/licenses-permits](http://www.maine.gov/dps/msp/licenses-permits)

Nonprofit gaming licensing, concealed handgun permits, professional investigators licensing, contract security licensing, investigative assistants licensing, prohibited individual firearms permits.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine State Police Polygraph Licenses, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 741-4165

TTY: 37073

[www.maine.gov/dps/msp/licenses-permits/polygraph](http://www.maine.gov/dps/msp/licenses-permits/polygraph)

Polygraph license application instructions and application; list of licensed polygraph examiners.

Cost: Vary

Forms of Payment: Check

Fee depends on internship, original or renewal license.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine State Police State Bureau of Identification Maine Sex Offender Registry, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 624-7240

TTY: 37073

[maine\_SOR.help@maine.gov](mailto:maine_SOR.help@maine.gov)

<http://sor.informe.org/cgi-bin/sor/index.pl>

Online information provides the location of registered sex offenders currently in the state of Maine; information updated daily; does not contain information on all individuals that have been convicted of a sex crime.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine State Police State Bureau of Identification Criminal History Record Information, Maine Department of Public Safety**

45 Commerce Drive, Suite 1

Augusta, ME 04333

Phone: (207) 624-7240

TTY: 37073

[www.maine.gov/dps/Sbi/chri.html](http://www.maine.gov/dps/Sbi/chri.html)

Central repository of all criminal records based on arrests reported to the State Bureau of Identification by law

Cost: Fixed Cost

For criminal history records, pay by credit card online; send check or money order via US mail.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Bureau of Corporations Elections & Commissions Corporate Name Search, Maine Department of the Secretary of State**

111 Sewall Street, Burton Cross Office Building, 4th Floor

Augusta, ME 04330

Phone: (207) 626-7752

Fax: (207) 287-5874

[cec.corporations@maine.gov](mailto:cec.corporations@maine.gov)

<https://icrs.informe.org/nei-sos-icrs/ICRS?MainPage=x>

Online database of corporations searchable by name or charter number provides information summary for an entity and verifies status.

Some services on website require payment of a fee.

Language(s) Offered: English

Hours: Hours: Mon-Fri; 8am-5pm

**Bureau of Corporations Elections & Commissions Elections and Voting, Maine Department of the Secretary of State**

111 Sewall Street, Burton Cross Office Building, 4th Floor

Augusta, ME 04330

Phone: (207) 624-7736

Fax: (207) 287-5428

[cec.elections@maine.gov](mailto:cec.elections@maine.gov)

[www.maine.gov/sos/cec](http://www.maine.gov/sos/cec)

Supervise and administer all elections of federal, state and county offices and referenda; information on voting and elections.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Bureau of Corporations Elections & Commissions Notary Public Search, Maine Department of the Secretary of State**

111 Sewall Street, Burton Cross Office Building, 4th Floor

Augusta, ME 04330

Phone: (207) 624-7752

TTY: 37073

Fax: (207) 287-5874

[cec.notaries@maine.gov](mailto:cec.notaries@maine.gov)

www5.informe.org/online/notary/search

Online database of Notaries Public searchable by name, town, county, telephone numbers, language spoken by notary public, and commission expiration date; does not contain the entire list of active Maine Notaries Public.

Fee for notary public application.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Bureau of Corporations Elections and Commissions, Maine Voter Information Lookup Service, Maine** **Department of the Secretary of State**

111 Sewall Street, Burton Cross Office Building, 4th Floor

Augusta, ME 04330

Phone: (207) 624-7736

TTY: 37073

<https://www1.maine.gov/portal/government/edemocracy/voter_lookup.php>

Online database of election related information based on home address includes the location of your voting place, the candidates that appear on your ballot, your elected officials, and how to contact them.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of the Secretary of State**

103 Sewall Street, Nash School Building, 2nd Floor

Augusta, ME 04333

Phone: (207) 626-8400

TTY: 37073

Fax: (207) 287-8598

[sos.office@maine.gov](mailto:sos.office@maine.gov)

[www.maine.gov/sos/index.html](http://www.maine.gov/sos/index.html)

Ensure customer satisfaction and provide quality services; enhance access to information and services through the use of technology.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine State Archives, Maine Department of the Secretary of State**

230 State Street, Cultural Building

Augusta, ME 04330

Phone: (207) 287-5790

TTY: 37073

Fax: (207) 287-6035

[maine.archives@maine.gov](mailto:maine.archives@maine.gov)

[www.maine.gov/sos/arc](http://www.maine.gov/sos/arc)

Non-circulation closed-stack archive includes bills introduced in the Legislature, Governor's Executive Orders, election returns, deeds to and from the State of Maine, maps from the Land Office, vital statistics, federal census records from Maine up to 1920, county court records dating back to the 1600's, military records through World War I, and Attorney General and State Supreme Court opinions.

Eligibility: Individuals interested in Maine history.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 9am-4pm

**511 Travel Information, Maine Department of Transportation**

Phone: (207) 624-3000

TTY: 37073

[www.newengland511.gov/Home/Index](http://www.newengland511.gov/Home/Index)

Maine travel information includes road advisories, road construction, and traffic delays; online maps with real-time traffic updates.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Go Maine Commuter Connections, Maine Department of Transportation**

2360 Congress Street

Portland, ME 04105

Phone: (207) 482-8122

Toll Free: 1-800-280-7433

[gomaine@maineturnpike.com](mailto:gomaine@maineturnpike.com)

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

Statewide commuter program matches up commuters for carpools and vanpools; information and support for commuters who use alternative means to the single occupancy vehicle for commuting; offer members an emergency ride home in case of a work day emergency; bicycling and walking information.

Eligibility: Commuters.

Cost: No Cost

No cost for matching service; fees for vanpool and other commuting services may apply.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Department of Transportation, Maine Department of Transportation**

24 Child Street

Augusta, ME 04430

Phone: (207) 624-3000

TTY: 37073

Fax: (207) 624-3001

[www.mainedot.gov](http://www.mainedot.gov)

Build roads and bridges, provide maintenance, subsidize air, ferry, bus, and other mass transportation, permits, road advisories, park and ride and rideshare information, bike and walking routes.

Cost: Varies Forms of Payment: Cash; Check; Credit Cards

Payment required for ferry services and permits.

Language(s) Offered: English

Hours: Mon-Fri; 7:30am-4:30pm

**Maine Down Syndrome Network**

Toll Free: 1-866-571-2223

Fax: 1-866-571-2223

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

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

Education, support, advocacy.

Eligibility: Individuals with Down Syndrome and their families.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Maine EBT Customer Service**

Toll Free: 1-800-477-7428

Automated system answers questions about problems using the EBT card or PIN, changing your PIN, lost or stolen card, or if there is a mistake with a transaction; food stamp or TANF balances.

Eligibility: Individuals with lost or stolen EBT cards or other questions relating to the use of the EBT card.

Language(s) Offered: English

Hours: 24 hours; 7 days

**Early Childhood and Family Services - Statewide Educational Services, Maine Educational Center for the Deaf and Hard of Hearing/Governor Baxter School for the Deaf**

1 Mackworth Island

Falmouth, ME 04105

Phone: (207) 781-3165

Toll Free: 1-866-231-8910

Fax: (207) 781-6220

[www.mecdhh.org/statewide-educational-services/early-childhood-family-services](http://www.mecdhh.org/statewide-educational-services/early-childhood-family-services)

Information, statewide training, support for families in identifying communication options, assist with identifying appropriate resources to individual needs; home visits, daycare or preschool observations.

Eligibility: Children from birth-5 years of age who are deaf, hard of hearing or have a suspected hearing loss and their families.

Cost: No Cost

Language(s) Offered: American Sign Language, English

Hours: Mon-Fri; 7:30am - 2:30pm

**Governor Baxter School for the Deaf, Maine Educational Center for the Deaf and Hard of Hearing**

1 Mackworth Island

Falmouth, ME 04105

Phone: (207) 781-3165

Toll Free: 1-866-231-8910

Fax: (207) 781-6319

[www.mecdhh.org/governor-baxter-school-for-the-deaf](http://www.mecdhh.org/governor-baxter-school-for-the-deaf)

Infant through high school education, community based education, residential program; support services include speech and language therapy, occupational therapy, physical therapy, psychology, social work, audiology, and nursing services.

Eligibility: Individuals who are deaf or hard of hearing and their families.

Cost: Free

Language(s) Offered: American Sign Language, English

Hours: Mon-Fri; 7:30am - 2:30pm

**Onsite Early Childhood Programs, Maine Educational Center for the Deaf and Hard of Hearing/Governor Baxter School for the Deaf**

1 Mackworth Island

Falmouth, ME 04105

Phone: (207) 781-3165

Toll Free: 1-866-231-8910

Fax: (207) 781-6246

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

Play groups facilitated by teachers and therapists; parent support group facilitated by a family therapist; support for parents as the advocates for their children, home visit assessment, occupational therapy services, speech/language services, family therapy, language enriched developmentally based program of learning; preschool program.

Eligibility: Children from birth-5 years of age who are deaf, hard of hearing or have a suspected hearing loss and their families.

Cost: No Cost

Language(s) Offered: American Sign Language, English

Hours: Mon-Fri; 7:30am - 2:30pm

**Public School Outreach Program - Statewide Educational Services, Maine Educational Center for the Deaf and Hard of Hearing/Governor Baxter School for the Deaf**

1 Mackworth Island

Falmouth, ME 04105

Phone: (207) 781-3165

Toll Free: 1-866-231-8910

Fax: (207) 781-6262

[www.mecdhh.org/statewide-educational-services/public-school-outreach](http://www.mecdhh.org/statewide-educational-services/public-school-outreach)

Assist service providers in the local school district through educational consultation, technical assistance, in-service training, networking, student awareness programs, diversity trainings; Kids Like Me and adolescent peer support programs available regionally.

Eligibility: Students in public schools in Grades K-12 who are deaf or hard of hearing.

Cost: No Cost

Hotline:

After Hours:

TTY:

Language(s) Offered: American Sign Language, English

Hours: Mon-Fri; 7:30am - 2:30pm

**Maine Emergency Management Agency**

45 Commerce Drive

Augusta, ME 04333

Phone: (207) 624-4400

Toll Free: 1-800-452-8735 (Maine)

Hotline: (207) 624-4400

TTY: 37073

Fax: (207) 287-3178

[maineprepares@maine.gov](mailto:maineprepares@maine.gov)

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

Work with county emergency management agencies, State and Federal agencies, and private and nonprofit organizations on emergency and disaster preparedness, prevention, protection, mitigation, response, and recovery.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 7:30am-5pm

**Maine Prepares, Maine Emergency Management Agency**

Augusta, ME 04330

Online only

[maineprepares@maine.gov](mailto:maineprepares@maine.gov)

[www.maineprepares.com](http://www.maineprepares.com)

Online news, weather alerts and emergency information, current weather conditions, 24 hour weather forecasts, severe weather warnings, public information from the National Weather Service, emergency management news, safety tips, and information on disaster preparedness for individuals and homes, schools, businesses, communities, and other nonprofit social service or cultural institutions; drought information.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Maine Emergency Medical Services**

45 Commerce Drive, Central Maine Commerce Center, Suite 1

Augusta, ME 04330

Phone: (207) 626-3860

TTY: 37073

Fax: (207) 287-6251

[maine.ems@maine.gov](mailto:maine.ems@maine.gov)

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

EMS regulatory and licensing services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Advocate to Protect and Improve Assistance Programs, Maine Equal Justice Partners**

126 Sewall Street

Augusta, ME 04330

Phone: (207) 626-7058

Toll Free: 1-866-626-7059

Fax: (207) 621-8148

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

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

Advocacy to protect and improve public assistance programs, like MaineCare and TANF, and to create economic opportunity for low income Mainers at the legislature and governmental agencies.

Eligibility: Residents of Maine.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Public Assistance Programs Helpline, Maine Equal Justice Partners**

126 Sewall Street

Augusta, ME 04330

Phone: (207) 626-7058

Toll Free: 1-866-626-7059

Fax: (207) 621-8148

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

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

Public assistance helpline answers questions regarding eligibility for MaineCare, TANF/ASPIRE, Food Supplement, and other public assistance programs.

Eligibility: Residents of Maine whose income is within 200% of Federal Poverty Guidelines; must know their immigration status before calling.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**DeJong/Harris Center for Reproductive Health, Maine Family Planning**

43 Gabriel Drive

Augusta, ME 04330

Phone: (207) 922-3222

Toll Free: 1-866-531-7247

Fax: (207) 621-8393

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

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

Pregnancy options counseling and abortion services including abortion referral.

Eligibility: Adolescents and adults.

Cost: Vary

Forms of Payment: Cash; Credit Cards

Accepted Insurance: Private Insurance

Funding assistance available.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**Maine Family Planning**

139 Market Street, Fort Kent, ME 04743

5 Martin Street, Presque Isle, ME 04769

91 Military Street, Houlton, ME 04730

248 State Street, Ellsworth, ME 04605

247 Main Street, Machias, ME 04654

10 Barker Street – Suite D, Calais, ME 04619

<https://mainefamilyplanning.org/book-an-appointment/>

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

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

<https://mainefamilyplanning.org/for-patients/find-a-clinic/>

Reproductive health care includes annual exams, family planning, pap tests, contraception, HIV/AIDS testing, STD testing and treatment, pregnancy testing and options counseling including abortion referral, prenatal consultation, sexual health education, and referrals for adoption.

Eligibility: Adolescents, adults, and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Hours vary by location; call |email| check website.

**Maine Family Planning and Primary Care, Maine Family Planning**

248 State Street,

Ellsworth, ME 04605

Phone: (207) 812-7030

Fax: (207) 664-0325

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

[www.mainefamilyplanning.org/our-services/primary-care](http://www.mainefamilyplanning.org/our-services/primary-care)

Reproductive health care includes annual exams, family planning, pap tests, contraception, HIV/AIDS testing, STD testing and treatment, pregnancy testing and options counseling including abortion referral, prenatal consultation, sexual health education, and referrals for adoption; primary care includes annual exams, school and sports physicals, immunizations, chronic disease management, menopause management, and wellness care.

Cost: Low Cost, Sliding Fee, Vary, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Sliding scale based on income and family size is available for those without insurance or who are unable to use their insurance.

Language(s) Offered: English; interpreters available.

Hours: Tuesday office hours are for family planning services only.

Mon: Open-10am; Closed-6pm

Tue: Open-10am; Closed-6pm

Wed: Open-8am; Closed-4pm

Fri: Open-8am; Closed-4pm

**Open Door Transgender Program, Maine Family Planning**

We have providers in ourLewiston, Belfast, Presque Isle, and Watervillehealth centers who provide

transgender services. Through our telehealth system, we usually can provide services to our patients from a

site closer to their home. Please call [207-922-3222](tel:12079223222) for more information and to schedule an appointment.

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

<https://mainefamilyplanning.org/our-services/lgbtq-healthcare>

Confidential hormonal transition therapy and monitoring includes onsite hormone injection lessons and supplies for hormone injections; referrals available to specialty providers and community resources including mental, behavioral, and medical providers.

Eligibility: Transgender adults 18 years of age and older.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Please call [207-922-3222](tel:12079223222) for more information and to schedule an appointment.

**Telemedicine Medication Abortion, Maine Family Planning**

43 Gabriel Drive

Augusta, ME 04330

Phone: (207) 626-3243

Toll Free: 1-866-531-7247

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

[www.mainefamilyplanning.org/abortioncare](http://www.mainefamilyplanning.org/abortioncare)

Confidential medication abortion care via telemedicine includes full options counseling and consent process and a secure video conference with a physician who explains the process and prescribes medication; the first of two medication doses is administered while physician monitors remotely; second dose is taken at home between 6 and 48 hours after the first dose; one week follow-up visit is required.

Eligibility: Adolescent and adult women, transgender men, and gender non-conforming individuals who are no more than 10 weeks from the beginning of their last menstrual period; must have access to a phone and agree to have an individual with them for support while the

Cost: Vary

Forms of Payment: Cash; Credit Cards

Accepted Insurance: Private Insurance

Payment due at time of service; funding assistance available.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30 pm

**Maine Harvest Bucks**

Phone: (207) 370-1524

[snap@mffm.org](mailto:snap@mffm.org)

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

(See website for map of locations accepting Maine Harvest Bucks)

Statewide nutrition incentive program allows SNAP/EBT shoppers to receive bonus local fruits and vegetables stretching limited benefits further at participating farmers' markets, farm stands, mobile markets and Community Supported Agriculture farms.

Eligibility: Adults who receive SNAP/EBT.

Cost: No Cost

No cost to participate in program; qualifying SNAP/EBT purchase necessary to earn incentive.

Language(s) Offered: English

Hours: No regular hours of operation. Website available 24 Hours; 7 Days

**Maine Health Care Association**

317 State Street

Augusta, ME 04330

Phone: (207) 623-1146

Fax: (207) 623-4080

[ngrosso@mehca.org](mailto:ngrosso@mehca.org)

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

Statewide database includes nursing homes, assisted living facilities, residential care facilities, intermediate care facilities, independent housing with services, hospice facilities, home health agencies, and adult day programs.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Hospice Council and Center for End of Life Care**

295 Water Street

Augusta, ME 04330

Phone: (207) 626-0651

Toll Free: 1-800-438-5963

Fax: (207) 622-1274

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

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

Advance care planning consultation, local hospice and palliative care program referrals, description of hospice benefits and coverage, counseling on various insurance plans and benefits relevant to end-of-life care coverage, discussion of effective pain management plans, referrals for local grief and bereavement services; special emphasis on service to under-served populations including rural communities, veterans, and incarcerated individuals.

Cost: No Cost, Low Cost, Fixed Cost

Forms of Payment: Check; Credit Cards; PayPal

Fees for printed copy of publications and membership.

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**Maine Human Rights Commission**

19 Union Street

Augusta, ME 04330

Phone: (207) 624-6290

Fax: (207) 624-8729

[intake@mhrc.maine.gov](mailto:intake@mhrc.maine.gov)

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

Investigate complaints of unlawful discrimination in education, employment, housing, extension of credit, access to public accommodations, and offensive names as well as complaints of retaliation or activity protected under the Whistleblowers' Protection Act and certain types of claims under Workers' Compensation Act; attempt to resolve complaints of discrimination to the mutual satisfaction of those involved.

Eligibility: Individuals subjected to unlawful discrimination covered under the Maine Human Rights Act.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Intake walk-in hours Mon-Fri 12 noon-4pm

Office Hours: Mon-Fri: Open-8am; Closed-5pm

**Maine Indian Tribal-State Commission**

13 Commissary Point Rd

Trescott TWP, ME 04652

Phone: (207) 733-2222

[pthibeault@mitsc.org](mailto:pthibeault@mitsc.org)

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

Inter-governmental agency charged with reviewing the effectiveness of the Maine Implementing Act and the social, economic, and legal relationship between the Houlton Band of Maliseet Indians, Passamaquoddy Tribe, Penobscot Nation and the State of Maine; make reports and recommendations to all member governments as deemed appropriate.

Eligibility: Adults with questions regarding the Maine Indian Claims Settlement Act, tribal-state relations or the Wabanaki.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8:30-5pm

**Maine Long Term Care Ombudsman Program**

61 Winthrop Street

Augusta, ME 04330

Phone: 1-800-499-0229

TTY: (207) 621-1079

Fax: (207) 621-0509

[mltcop@maineombudsman.org](mailto:mltcop@maineombudsman.org)

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

Investigate and resolve complaints, advocate for consumers of long-term care services, guide consumers through long-term care system, answer questions and provide information.

Eligibility: Residents of nursing facilities, adult family care homes, residential care facilities, and assisted living facilities; consumers of home care and adult day care services.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm

**All About Vaccines, Maine Medical Center**

22 Bramhall Street

Portland, ME 04101

Phone: (207) 662-6132; (207) 662-3619

[childbirtheducation@mmc.org](mailto:childbirtheducation@mmc.org)

<https://mainehealth.org/healthy-communities/prevention-and-wellness/childhood-immunizations>

Pediatrician explains information about vaccines, the science behind vaccines, the current child vaccination schedule, new vaccine methods, and tools and tips for making informed decisions about vaccinations.

Eligibility: Individuals interested in information about vaccinations.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

**Baby Basics, Maine Medical Center**

22 Bramhall Street

Portland, ME 04101

Phone: (207) 662-6132; (207) 662-3619

TTY: (207) 662-4900

[childbirtheducation@mmc.org](mailto:childbirtheducation@mmc.org)

<https://mainehealth.org/calendar/baby-basics--and-more---2-part-series--09-19---09-26>

Classes teach techniques for safely wrapping and wearing your baby, history of babywearing, holds for breastfeeding and other tasks, techniques for transitional movements, demonstrations of different wrap/carrier systems; independent postural analysis and carrier fittings.

Cost: Vary

Forms of Payment: Check; Credit Cards

Language(s) Offered: English; interpreters available upon request.

Hours: Call/email for class schedule

**Bariatric Surgery Program, Maine Medical Center**

12 Andover Road (Main Office)

Portland, ME 04101

Phone: (207) 661-6064

Toll Free: 1-866-268-9274

Fax: (207) 253-6073

<https://mainehealth.org/maine-medical-center/services/bariatric-surgery/patient-education>

Evaluation and assessment to determine eligibility for weight loss surgery, lifelong follow-up after surgery, support groups, gastric bypass surgery, laparoscope adjustable band surgery.

Eligibility: Individuals who are 100 pounds or more overweight with a BMI of 40 or over who are non-smokers or are willing to quit.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Self-pay must be planned before surgery.

Language(s) Offered: English, interpreters available.

Hours: Mon-Fri; 8am-4pm

**Benefits Counseling Services, Maine Medical Center**

22 Bramhall Street

Portland, ME 04102

Toll Free: 1-888-208-8700

Fax: (207) 662-6789

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

Community Work Incentive Coordinators explain the impact of a job on Social Security disability benefits, medical insurance, and other income eligible benefits.

Eligibility: Recipients of Social Security disability benefits who are 14 years of age to full retirement age who are working or interested in working.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm

**Brighton FirstCare, Maine Medical Center**

335 Brighton Avenue

Portland, ME 04102

Phone: (207) 383-3190

<https://mainehealth.org/maine-medical-center/services/emergency-department/brighton-firstcare>

Minor emergency care and walk-in medical care for minor medical accidents and illnesses; all emergency care situations will continue to be treated at Maine Medical Center.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Daily; 9:00am-8:00pm

**Childbirth Education Program, Maine Medical Center**

22 Bramhall Street

Portland, ME 04101

Phone: (207) 662-6132

[childbirtheducation@mmc.org](mailto:childbirtheducation@mmc.org)

[www.mmc.org/childbirth-parenting-education](http://www.mmc.org/childbirth-parenting-education)

Classes on pregnancy, expecting multiples, childbirth, cesarean birth, breastfeeding, infant care, infant safety and basic First Aid, infant and child CPR, sibling preparation, grand parenting, prenatal yoga; boot camp for new Dads.

Cost: Vary

Forms of Payment: Check; Credit Cards

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4pm

**Developmental-Behavioral Pediatrics, Maine Medical Center**

1577 Congress Street

Portland, ME 04101

Phone: (207) 662-5522

Fax: (207) 774-1814

<https://mainehealth.org/maine-medical-partners/practices/pediatric-specialty-care/developmental-behavioral-pediatrics>

Developmental screening and testing, diagnosis, behavior modification, guidance, parent education, and medication if necessary.

Eligibility: Children with developmental and behavioral disorders and conditions including ADHD, Asperger Disorder, Autism Spectrum Disorders, behavioral disorders, developmental delays, discipline issues, learning disorders, sleep problems, speech and language delay; temper tantrums; and Tourette’s Syndrome.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30-5pm

**Geriatric Center, Maine Medical Center**

66 Bramhall Street

Portland, ME 04102

Phone: (207) 662-2847

Fax: (207) 662-6434

[GeriatricCenter@mmc.org](mailto:GeriatricCenter@mmc.org)

<https://mainehealth.org/maine-medical-center/services/geriatric-care>

Geriatric assessment clinic provides falls clinic to address issue of falling and memory disorders program to assess memory and other cognitive issues. Inpatient and outpatient services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8:30-5pm

**Helping Your Baby Sleep, Maine Medical Center**

22 Bramhall Street

Portland, ME 04102

Phone: (207) 662-6132; (207) 662-3619

TTY: (207) 662-4900

[childbirtheducation@mmc.org](mailto:childbirtheducation@mmc.org)

<https://mainehealth.org/maine-medical-center/services/family-birth-center>

Certified Sleep Consultant provides information on how to establish healthy sleep habits in infants, creating a sleep space that protects and promotes sleep, age appropriate naps and bedtimes, bedtime routines, handling teething, illness, and other sleep issues.

Eligibility: Expecting parents and infants from birth-1 year of age.

Cost: Fixed Cost

Forms of Payment: Check; Credit Cards

Language(s) Offered: English; interpreters available upon request.

**Hospital Free Care, Maine Medical Center**

301 US Route 1, Suite C

Scarborough, ME 04074

Phone: (207) 887-5100

Toll Free: 1-866-804-2499

[PFS@mmc.org](mailto:PFS@mmc.org)

<https://mainehealth.org/patients-visitors/billing-insurance/financial-assistance/free-care>

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Outstanding bills may be considered for adjustment.

Language(s) Offered: English; interpreters available upon request.

Hours: Call Patient Financial Services Monday-Thursday 8:00 am-6:00 pm, Friday 8:00 am-5:00 pm;

Visit Patient Financial Services Monday-Friday 8:00 am-4:00 pm.

**Lyme & Vector-Borne Disease Laboratory, Maine Medical Center**

81 Research Drive, Maine Medical Center Research Institute

Scarborough, ME 04074

Phone: (207) 396-8246

[TICKLAB@mmc.org](mailto:TICKLAB@mmc.org)

Cost: No Cost

Language(s) Offered: English

**Maine Hemophilia and Thrombosis Center, Maine Medical Center**

100 Campus Drive, Suite 107

Scarborough, ME 04074

Phone: (207) 396-7683

TTY: (207) 662-4900

Fax: (207) 396-7684

[royg@mmc.org](mailto:royg@mmc.org)

[www.mmc.org/mmc\_body.cfm?id=9925&fr=true](http://www.mmc.org/mmc_body.cfm?id=9925&fr=true)

Clinical services, genetic counseling, social work, physical therapy; 24 hour on call service.

Eligibility: Individuals with Hemophilia, Von Willebrand disease or other rare bleeding disorders.

Cost: Low Cost, Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Financial assistance may be available.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm and 24 hour on call service

**Maine Medical Center**

22 Bramhall Street

Portland, ME 04102

Phone: (207) 662-0111

Toll Free: 1-877-339-3107

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

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

Hospital.

Cost: No Cost, Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours; 7 days

**Maine Medical Partners Family Medicine, Maine Medical Center**

5 Bucknam Drive; Falmouth, ME 04107

Phone: 207-781-1500

87 Central Avenue, Peaks Island, ME 04108

Phone: 207-766-2929

272 Congress Street, Portland, ME 04101

Phone: 207-874-2466

1 Harnois Avenue – Suite 1A, Westbrook, ME 04092

Phone: 207-661-3400

300 Professional Drive, Scarborough, ME 04074

Phone: 207-883-7926

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

Family medicine services include preventative care, routine medical care, physical exams, physician referrals, and mental health counseling.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Call for hours

**Maine Medical Partners Internal Medicine, Maine Medical Center**

[Maine Medical Partners Scarborough Internal Medicine](https://mainehealth.org/locations/maine-medical-partners-scarborough-internal-medicine/scarborough-300-professional-drive-suite-2b-040748929-166)

**Phone:**[207-883-3491](tel:2078833491)

[Maine Medical Partners Westbrook Internal Medicine](https://mainehealth.org/locations/maine-medical-partners-westbrook-internal-medicine/westbrook-1-harnois-avenue-suite-1b-04092-187)

**Phone:**[207-662-1340](tel:2076621340)

##### [Maine Medical Partners Cape Elizabeth Internal Medicine](https://mainehealth.org/locations/maine-medical-partners-cape-elizabeth-internal-medicine/cape-elizabeth-155-spurwink-avenue-04107-183)

**Phone:**[207-767-2174](tel:2077672174)

##### [Maine Medical Partners Falmouth Internal Medicine](https://mainehealth.org/locations/maine-medical-partners-falmouth-internal-medicine/falmouth-5-bucknam-road-suite-2b-04105-104)

**Phone:**[207-781-1600](tel:2077811600)

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

Internal medicine services include medical care for acute and chronic conditions, preventative medicine, and minor office procedures.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Varies by location

**Maine Medical Partners Lakes Region Primary Care, Maine Medical Center**

584 Roosevelt Trail

Windham, ME 04062

Phone: (207) 892-3233

Fax: (207) 893-0752

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

Pediatrics and internal medicine.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Thu 8am-7pm; Fri 8am-5pm; Sat 8:30am-12pm

**Maine Medical Partners Otolaryngology, Maine Medical Center**

1250 Forest Avenue

Portland, ME 04103

Phone: (207) 797-5753

<https://mainehealth.org/locations/maine-medical-partners-otolaryngology/portland-1250-forest-avenue-suite-301-041031889-2412>

Medical and surgical management and treatment of diseases and disorders of the ear, nose, and throat; audiologists provide assistive listening devices, testing to assess balance disorders, hearing aid fitting and repairs, hearing loss evaluation and treatment, and testing for infant hearing.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri, 8am-5pm

**Maine Medical Partners Pediatrics, Maine Medical Center**

##### [Maine Medical Partners South Portland Pediatrics](https://mainehealth.org/locations/maine-medical-partners-south-portland-pediatrics/south-portland-75b-john-roberts-road-unit-8b-04106-131)

**Phone:**[207-775-4151](tel:2077754151)

##### [Maine Medical Partners Portland Pediatrics](https://mainehealth.org/locations/maine-medical-partners-portland-pediatrics/portland-1577-congress-street-1st-floor-04102-4028)

**Phone:**[207-662-1442](tel:2076621442)

##### [Maine Medical Partners Westbrook Pediatrics](https://mainehealth.org/locations/maine-medical-partners-westbrook-pediatrics/westbrook-1-harnois-avenue-suite-1a-04092-78)

**Phone:**[207-662-1360](tel:2076621360)

##### [Maine Medical Partners Saco Pediatrics](https://mainehealth.org/locations/maine-medical-partners-saco-pediatrics/saco-4-scamman-street-suite-51-04072-198)

**Phone:**[207-282-3327](tel:2072823327)

##### [Maine Medical Partners Falmouth Pediatrics](https://mainehealth.org/locations/maine-medical-partners-falmouth-pediatrics/falmouth-5-bucknam-road-suite-2a-04105-185)

**Phone:**[207-781-1775](tel:2077811775)

[**www.mainemedicalpartners.org**](http://www.mainemedicalpartners.org)

Pediatric medical services include preventative care, routine medical care, physical exams, and referrals to pediatric specialists.

Eligibility: Children from birth to adolescence.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Hours vary by location

**Maine Transplant Program, Maine Medical Center**

19 West Street

Portland, ME 04102

Phone: (207) 662-7180

TTY: (207) 662-4900

Fax: (207) 662-7160

[www.mmc.org/mmc\_body.cfm?id=3049&fr=true](http://www.mmc.org/mmc_body.cfm?id=3049&fr=true)

Assessment and evaluation for kidney transplants and donations.

Eligibility: Adults or pediatric patients with advanced kidney disease or living or deceased donors.

Cost: No Cost, Vary

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri, 8:30am-5pm

**Physician Referral Service, Maine Medical Center**

22 Bramhall Street

Portland, ME 04102

Phone: (207) 662-0375

TTY: (207) 662-4900

[www.mainemedicalpartners.org/mmp\_body.cfm?id=9597&fr=true](http://www.mainemedicalpartners.org/mmp_body.cfm?id=9597&fr=true)

Physician referral line provides information on physicians and services affiliated with Maine Medical Center and other MaineHealth members.

Eligibility: Patients and statewide community members who need information on physicians and services affiliated with Maine Medical Center and other MaineHealth members.

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours, 7 days

**Support Services & Resources, Maine Medical Center**

100 Campus Drive, Learning Resource Center

Scarborough, ME 04074

Phone: 1-866-609-5183

<https://mainehealth.org/maine-medical-center/patients-visitors/support-services-resources>

A variety of support group information.

Cost: No Cost, Donation

Language(s) Offered: English

Hours: Call/Visit website for services provided and hours of operation

**Community Connections, Maine Mental Health Connections**

2 Second Street

Bangor, ME 04401

Phone: (207) 941-2998

Toll Free: 1-800-834-7150

Fax: (207) 941-2996

[carolyn@mmhc.us](mailto:carolyn@mmhc.us)

[www.mmhc.us/community-connections](http://www.mmhc.us/community-connections)

Assistance with locating transitional recreational activities in the community includes information on events, leisure planning, transportation assistance, and discounts to activities.

Eligibility: Adults 18 years of age and older who have a mental health diagnosis.

Cost: No Cost

Language(s) Offered: English

Hours: Tue-Thu; 8am-1pm

**Together Place Peer Run Recovery Center, Maine Mental Health Connections**

2 Second Street

Bangor, ME 04401

Phone: (207) 941-2897; (207) 941-2907

Fax: (207) 941-2996

[katharine@mmhc.us](mailto:katharine@mmhc.us)

[www.mmhc.us/together-place-recovery-center](http://www.mmhc.us/together-place-recovery-center)

Peer run recovery center offers peer advocacy and mental health support groups, personal growth opportunities, recreation, vocational, and social activities.

Eligibility: Adults 18 years of age and older who have a mental health diagnosis, substance use issues and/or a co-occurring disorder.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**Maine Military and Community Network**

18 Military Street, Houlton, ME 04730

Toll Free: 1-888-365-9287

[Jdeveau@unitedveteransofmaine.org](mailto:Jdeveau@unitedveteransofmaine.org)

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

A community effort to understand, prevent, and help address the challenges faced by current and former military members, their families, and their communities.

Eligibility: Service members, veterans, and their families.

Cost: No Cost

Language(s) Offered: English

Maine Military and Community Network Regional Group, Maine Military and Community Network

18 Military Street, Houlton, ME 04730

Toll Free: 1-888-365-9287

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

Regional Group meets to increase awareness of challenges service members and their families face at home, provides resource assistance, and identifies unmet needs or gaps in services.

Eligibility: Service members, veterans, and their families.

Cost: No Cost

**Maine Mobile Health Program**

9 Green Street

Augusta, ME 04330

Phone: (207) 622-9252

Alternate Hours: 1-888-351-9634

Fax: (207) 626-7612

[mmhp@mainemobile.org](mailto:mmhp@mainemobile.org)

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

Link eligible migrant and seasonal farmworkers to medical, behavioral health and dental care along with care coordination and transportation; Certified Application Counselors assist with signing up for insurance.

Eligibility: Agriculture and aquaculture workers and their families.

Cost: Sliding Fee

Forms of Payment: Cash

Accepted Insurance: Private Insurance

Language(s) Offered: English, Haitian Creole, Spanish; interpreters available.

Hours: Mon-Fri; 8:30-4:30pm

**Maine National Guard Military Family Assistance Center**

179 Western Avenue, Augusta Armory, Augusta, ME 04330

Toll Free: 1-888-365-9287

[ng.me.mearng.list.me-mil-fac@mail.mil](mailto:ng.me.mearng.list.me-mil-fac@mail.mil)

[www.me.ngb.army.mil/Family/mfac.aspx](http://www.me.ngb.army.mil/Family/mfac.aspx)

Community information and referrals; financial resource and referral; ID Cards and Defense Enrollment Eligibility Reporting System Resource and referral; legal resource and referral; TRICARE Medical and Dental resource and referral; crisis intervention and referral; youth programs.

Eligibility: Maine military families of all branches.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Maine Office of the Public Advocate**

103 Water Street, 3rd Floor

Hallowell, ME 04347

Phone: (207) 624-3687

TTY: 37073

Fax: (207) 287-4300

[opa.admin@maine.gov](mailto:opa.admin@maine.gov)

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

Represent Maine utility customers; ensure customers have high quality utility services; provide unbiased information to help consumers make the best choices; staff members available to groups interested in utility issues or those interested in advice on shopping for telecommunications and competitive electricity providers services.

Eligibility: Maine utility consumers.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Organic Farmers and Gardeners Association**

294 Crosby Brook Road

Unity, ME 04988

Phone: (207) 568-4142

Fax: (207) 568-4141

[mofga@mofga.org](mailto:mofga@mofga.org)

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

Statewide organic farming, gardening, and marketing agricultural services assistance; information on where to access local organic food through farmers' markets; educational programs and events; MOFGA certification services.

Cost: No Cost, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; PayPal

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**1-on-1 Phone Support, Maine Parent Federation**

484 Maine Avenue, Suite 2D

Farmingdale, ME 04344

Phone: (207) 588-1933

Toll Free: 1-800-870-7746

TTY: (207) 588-1933

Fax: (207) 588-1938

[parentconnect@mpf.org](mailto:parentconnect@mpf.org)

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

Information, referral, 1-on-1 phone support, and workshops regarding disabilities, parenting issues, education, services, and resources available to assist families and professionals within the home, school, and community.

Eligibility: Individuals who are parenting; professionals.

Cost: No Cost, Donation

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**Family Support Navigator, Maine Parent Federation**

484 Maine Avenue, Suite 2D

Farmingdale, ME 04344

Phone: (207) 588-1933

Toll Free: 1-800-870-7746

TTY: (207) 588-1933

Fax: (207) 588-1938

[parentconnect@mpf.org](mailto:parentconnect@mpf.org)

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

Experienced parents available for 1-on-1 support; organize paperwork, locate services, provide information, and attend meetings at a school, doctor, or service provider.

Eligibility: Adults who are parenting children with special health care needs or disabilities.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**Lending Library, Maine Parent Federation**

484 Maine Avenue, Suite 2D

Farmingdale, ME 04344

Phone: (207) 588-1933

Toll Free: 1-800-870-7746

TTY: (207) 588-1933

Fax: (207) 588-1938

[parentconnect@mpf.org](mailto:parentconnect@mpf.org)

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

Books and videos on a variety of topics including specific disabilities, special education, parenting issues, and behavior issues.

Eligibility: Families and professionals.

Cost: Low Cost

Forms of Payment: Cash; Check; Money Order

Fees are for return postage.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**Maine Family Voices, Maine Parent Federation**

484 Maine Avenue, Suite 2D

Farmingdale, ME 04344

Phone: (207) 588-1933

Toll Free: 1-800-870-7746

Fax: (207) 588-1938

[parentconnect@mpf.org](mailto:parentconnect@mpf.org)

[www.familyvoices.org/affiliates/states/me](http://www.familyvoices.org/affiliates/states/me)

Promotes partnership with families in order to improve healthcare services and policies for children.

Eligibility: Children with special needs.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**Maine Parent Federation**

484 Maine Avenue, Suite 2D

Farmingdale, ME 04344

Phone: (207) 588-1933

Toll Free: 1-800-870-7746

TTY: (207) 588-1933

Fax: (207) 588-1938

[parentconnect@mpf.org](mailto:parentconnect@mpf.org)

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

Statewide information and referrals for children with disabilities, intellectual disabilities, learning disabilities, physical disabilities, emotional/mental disabilities, medical needs, parenting issues, and special education; 1-on-1 telephone support, parent training, workshops, and lending library.

Eligibility: Adults who are parenting children with special health care needs or disabilities and professionals who work with the families.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**Maine Passport Offices**

<https://www.uspassporthelpguide.com/passport/maine/>

<https://www.uspassporthelpguide.com/passport/maine/passport-offices-in-aroostook-county-maine>

<https://www.uspassporthelpguide.com/passport/maine/passport-offices-in-penobscot-county-maine>

<https://www.uspassporthelpguide.com/passport/maine/passport-offices-in-washington-county-maine>

Online directory to passport offices located at post offices, court houses, municipal buildings, and private locations in Maine sorted by county; site includes links to new passport, lost/stolen passport, child passport, passport renewal, and international driver permit information.

Each location will have information on passport fees and payment information.

Language(s) Offered: English

Hours: Visit website for site location information including hours of operation, passport photo information, and handicapped accessible information.

**Maine People's Alliance**

27 State Street, Bangor, ME 04401

Phone: (207) 990-0672

[mpa@mainepeoplesalliance.org](mailto:mpa@mainepeoplesalliance.org)

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

Community organizing, advocacy, research, and public education on issues including health care, affordable housing, the environment, immigration, workers' rights, economic justice, racial justice, and democracy.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**Co-Occurring Disorders Veterans Treatment Court, Maine Pretrial Services**

9 Green Street

Augusta, ME 04330

Phone: (207) 485-4315

Fax: (207) 623-7733

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

[www.mainepretrial.org/resources/mcodc-brochure.pdf](http://www.mainepretrial.org/resources/mcodc-brochure.pdf)

Diversion program provides screening and assessment, judicial oversight, frequent and random drug and alcohol testing, psychotropic medication consultation, specialized dual diagnosis intensive outpatient and outpatient treatment, and wraparound forensic case management in lieu of jail or a reduced sentence for successful completion.

Eligibility: Veterans with pending charges who have documented substance abuse and mental health issues.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Consumer Assistance Division, Maine Public Utilities Commission**

101 Second Street

Hallowell, ME 04347

Phone: 1-800-452-4699

TTY: 711

Fax: (207) 287-6889

[maine.puc@maine.gov](mailto:maine.puc@maine.gov)

[www.maine.gov/mpuc/consumer/index.shtml](http://www.maine.gov/mpuc/consumer/index.shtml)

Responsible for responding to information requests, resolving consumer complaints, assessing utility compliance with consumer related statutes and Commission rules, and screening requests from utilities seeking to disconnect gas or electric service in the winter.

Eligibility: Any customer with a complaint with a utility must have first tried to resolve the issue with the utility before the Consumer Assistance Division can open a complaint, investigate, and resolve things for the customer.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-4pm

**Maine Public Utilities Commission**

101 Second Street

Hallowell, ME 04347

Phone: (207) 287-3831

Toll Free: 1-800-452-4699

TTY: 711

Fax: (207) 287-1039

[maine.puc@maine.gov](mailto:maine.puc@maine.gov)

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

Monitor issues involving electricity, natural gas, telecommunications, and water utilities.

Eligibility: Maine consumers of utilities.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-4pm

**Blind Persons Property Tax Exemption, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-5600

TTY: 37073

Fax: (207) 287-6396

[prop.tax@maine.gov](mailto:prop.tax@maine.gov)

[www.maine.gov/revenue/propertytax/sidebar/exemptions.htm](http://www.maine.gov/revenue/propertytax/sidebar/exemptions.htm)

Measure of tax relief on annual property tax.

Eligibility: Adults who are legally blind.

Cost: No cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Forms Publications and Applications, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-9620

TTY: 37073

Fax: (207) 624-9694

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

Online alphabetized listing of tax type or program name; forms may be printed, completed, and filed with Maine Revenue Services.

Eligibility: Call for more information

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Homestead Property Tax Exemption, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-5600

TTY: 37073

Fax: (207) 287-6396

[prop.tax@maine.gov](mailto:prop.tax@maine.gov)

[www.maine.gov/revenue/propertytax/sidebar/exemptions.htm](http://www.maine.gov/revenue/propertytax/sidebar/exemptions.htm)

Measure of tax relief on annual property tax.

Eligibility: Adults who have owned homestead property in Maine for at least 12 months and make the property they occupy on April 1st their permanent residence.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine I-File, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-9620

TTY: 37073

[www.maine.gov/revenue/netfile/IFileDesc.htm](http://www.maine.gov/revenue/netfile/IFileDesc.htm)

Secure online tax filing for individual income tax 1040 form and the Property Tax Fairness Credit; certain restrictions apply.

Eligibility: Open to all

Cost: No Cost

No cost to file electronically.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-9620

TTY: 37073

Fax: (207) 624-9694

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

Administer tax law and provide taxpayer assistance.

Eligibility: Adolescents and adults with tax questions.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Taxpayer Service Center, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-9620

TTY: 37073

Fax: (207) 624-9694

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

Walk-in taxpayer assistance includes tax information, assistance with filling out forms, and filing electronically.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Municipality Property Tax Unit, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-5600

TTY: 37073

Fax: (207) 287-6396

[prop.tax@maine.gov](mailto:prop.tax@maine.gov)

[www.maine.gov/revenue/propertytax/municipalservices/municipalservices.htm](http://www.maine.gov/revenue/propertytax/municipalservices/municipalservices.htm)

Municipality property tax contact information, assessor agents, mapping companies, revaluation companies; technical support to municipal assessors, taxpayers, legislators, and other governmental agencies; cannot provide tax information for city or town properties.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Paraplegic Veteran Property Tax Exemption, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-5600

TTY: 37073

Fax: (207) 287-6396

[prop.tax@maine.gov](mailto:prop.tax@maine.gov)

[www.maine.gov/revenue/propertytax/sidebar/exemptions.htm](http://www.maine.gov/revenue/propertytax/sidebar/exemptions.htm)

Measure of tax relief on annual property tax.

Eligibility: Veterans who have received federal grants for a specially adapted housing unit.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Property Tax Fairness Credit, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-9620

TTY: 37073

Fax: (207) 624-9694

[income.tax@maine.gov](mailto:income.tax@maine.gov)

[www.maine.gov/revenue/taxrelief/tnr.htm](http://www.maine.gov/revenue/taxrelief/tnr.htm)

Refundable credit for property tax or rent on the Maine Individual Income Tax form.

Eligibility: Homeowners or renters that maintained a home in Maine during any part of the tax year, were Maine residents during any part of the tax year, and meet income guidelines.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Unorganized Territory Property Tax Unit, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-5611

TTY: 37073

Fax: (207) 287-6396

[prop.tax@maine.gov](mailto:prop.tax@maine.gov)

[www.maine.gov/revenue/propertytax/unorganizedterritory/unorganized.htm](http://www.maine.gov/revenue/propertytax/unorganizedterritory/unorganized.htm)

Annually assess and collect property taxes in the Unorganized Territory; list of all Unorganized Townships by County, tax maps, valuation listings, tax acquired property lists, tax rates, and township codes.

Eligibility: Adults.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Veteran Property Tax Exemption, Maine Revenue Services**

51 Commerce Drive

Augusta, ME 04330

Phone: (207) 624-5600

TTY: 37073

Fax: (207) 287-6396

[prop.tax@maine.gov](mailto:prop.tax@maine.gov)

[www.maine.gov/revenue/propertytax/sidebar/exemptions.htm](http://www.maine.gov/revenue/propertytax/sidebar/exemptions.htm)

Measure of tax relief on annual property tax.

Eligibility: Veterans who served during a recognized war period and are 62 years of age and older; or receiving 100% disability as a Veteran; or became 100% disabled while serving.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Maine Right to Life Committee**

4 Washington Street

Auburn, ME 04210

Phone: (207) 782-0101

Hotline: 1-800-712-HELP

Fax: (207) 782-0221

[mrlc@mainerighttolife.com](mailto:mrlc@mainerighttolife.com)

[www.mainerighttolife.com](http://www.mainerighttolife.com)

Pro-life support and referrals, prenatal educational materials, resource lending library, advocacy, legislative support, and post-abortive counseling referrals.

Eligibility: Women who are facing unplanned or unexpected pregnancies.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**Maine Senior College Network**

34 Bedford Street

Portland, ME 04104

Phone: (207) 780-4128

Fax: (207) 780-4317

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

17 Senior Colleges across the state offer non-credit courses taught by volunteers; special learning opportunities; no tests, grades or course papers.

Eligibility: Adults 50 years of age and older.

Cost: Vary

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**Maine Small Business Development Centers**

11 West Presque Isle Road, Caribou, ME 04736

Toll Free: 1-800-679-7232

<http://www.mainesbdc.org/advisor/josh-nadeau/>

[mainesbdc@maine.edu](mailto:mainesbdc@maine.edu)

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

Individualized assistance provided by certified business advisors includes live and on-line workshops and resources on business planning, business start-ups, credit and financing, financial analysis, marketing and sales, and operations and management to help businesses.

Eligibility: Entrepreneurs and small businesses of Maine.

Cost: No Cost

Language(s) Offered: English

**Lawyer Referral Service, Maine State Bar Association**

**Mailing Address:** PO Box 788, Augusta, ME 04333

Phone: 1-800-860-1460

TTY: 1-800-437-1220

Fax: (207) 623-0083

[lrs@mainebar.org](mailto:lrs@mainebar.org)

[www.mainebar.org/page/AttorneyRequest](http://www.mainebar.org/page/AttorneyRequest)

Statewide assistance in finding information, resources, and an appropriate attorney; legal information publications available online.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Fee for referral includes initial 30 minutes then standard legal fees apply.

Language(s) Offered: English

Hours: Mon - Thu 8:30am - 3:30pm; Fri 8:30am - 12pm

**Maine State Bar Association**

124 State Street

Augusta, ME 04332

Phone: (207) 622-7523

Fax: (207) 623-0083

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

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

Voluntary association that serves as an advocate for lawyers, the courts, and the public.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Annual membership fee for lawyers.

Language(s) Offered: English

Hours: Mon-Thu 8:30am-3:30pm and Fri 8:30am-3:30pm.

Summer hours: Mon-Thu 8:30am-3:30pm and Fri 8:30am-1pm

**Maine State Interpreters**

237 Oxford Street, Suite 26 C

Portland, ME 4101

Phone: (207) 541-3777

After Hours: (207) 450-6035

Fax: (207) 541-3777

[info@mainestateinterpreters.com](mailto:info@mainestateinterpreters.com)

[www.mainestateinterpreters.com](http://www.mainestateinterpreters.com)

Interpreting and translating services for hospitals, medical offices, courts, and DHHS.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Maine State Law and Legislative Reference Library**

210 State Street

Augusta, ME 04333

Phone: (207) 287-1600

TTY: 37073

Fax: (207) 287-6467

[lawlib.reference@legislature.maine.gov](mailto:lawlib.reference@legislature.maine.gov)

[www.legislature.maine.gov/lawlibrary](http://www.legislature.maine.gov/lawlibrary)

Public law library offers reference and lending services; resources include legal and government information sources with special emphasis on documents relating to the work of the Maine Legislature and self help materials written for people with no legal training.

Eligibility: Residents and non-residents of Maine.

Cost: Low Cost

Charges for photocopies, printouts, mailing or faxing; no charge for borrowing materials aside from return postage.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Books by Mail, Maine State Library**

230 State Street

Augusta, ME 04333

Phone: 1-800-762-7106

(207) 287-5600

Fax: (207) 287-5615

[www.maine.gov/msl/outreach/booksbymail/index.shtml](http://www.maine.gov/msl/outreach/booksbymail/index.shtml)

Statewide access to library materials via the U.S. Postal Service.

Eligibility: Individuals who are residents of Maine and live in communities where there is no full-service library; individuals who are residents of Maine who are homebound for medical reasons.

Cost: Low Cost

Return postage required for Books By Mail.

Language(s) Offered: English

Hours: Mon 9am - 6pm; Tue 9am - 7pm; Wed 9am - 6pm; Thu 9am - 6pm; Fri 9am - 5pm; Sat 9am - 2pm

**Maine Libraries, Maine State Library**

<https://www.maine.gov/msl/mainelibs/pubtown.shtml>

Statewide Maine library directory for cities, towns, schools, universities, hospitals, and museums.

Eligibility:

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Maine State Library**

230 State Street

Augusta, ME 04333

Phone: (207) 287-5600

Fax: (207) 287-5615

[reference.desk@maine.gov](mailto:reference.desk@maine.gov)

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

Statewide outreach and public services include direct lending library, reference services, Books by Mail, and Talking Books.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Fees for select services

Eligibility: Individuals who are residents of Maine.

Language(s) Offered: English

Hours: Mon 9am - 6pm; Tue 9am - 7pm; Wed 9am - 6pm; Thu 9am - 6pm; Fri 9am - 5pm; Sat 9am - 2pm

**Reference and Research Services, Maine State Library**

230 State Street

Augusta, ME 04333

Phone: (207) 287-5608

Fax: (207) 287-5615

[reference.desk@maine.gov](mailto:reference.desk@maine.gov)

[www.maine.gov/msl/services/ask.htm](http://www.maine.gov/msl/services/ask.htm)

Statewide services provide answers for information on any topic, catalog checks for books, magazines and journals, audio books, videos, CDs, and DVDs, advice on resources for more in-depth research/school projects, and research techniques; specialize in Maine government services, Maine history, and genealogy.

Eligibility: Individuals who are residents of Maine, the United States, and Canada.

Cost: No Cost, Vary

Forms of Payment: Cash; Check

Fees for select services.

Language(s) Offered: English

Hours: Mon 9am - 6pm; Tue 9am - 7pm; Wed 9am - 6pm; Thu 9am - 6pm; Fri 9am - 5pm; Sat 9am - 2pm

**Talking Books Plus, Maine State Library**

230 State Street

Augusta, ME 04333

Phone: 1-800-762-7106

(207) 287-5650

Fax: (207) 287-5654

[www.maine.gov/msl/outreach/lbph/index.shtml](http://www.maine.gov/msl/outreach/lbph/index.shtml)

Statewide service provides talking books, large print books, descriptive videos, BARD download library, and special players for talking books material.

Eligibility: Residents of Maine who are blind, visually impaired, physically handicapped (cannot hold a book), or who have a doctor-certified reading disability.

Cost: No Cost; Call Outreach Services or visit website to complete an application.

Language(s) Offered: English

Hours: Mon 9am - 6pm; Tue 9am - 7pm; Wed 9am - 6pm; Thu 9am - 6pm; Fri 9am - 5pm; Sat 9am - 2pm

**Maine Summer Camps**

1717 Congress Street

Portland, ME 04102

Phone: (207) 518-9557

Fax: (207) 799-7773

[office@mainecamps.org](mailto:office@mainecamps.org)

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

Online and print directory of over 110 Maine summer camps and adventure programs, assistance locating camps, list of camps offering financial aid, list of camp facilities for off-season rental.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Thu; 8am-4pm

**Gender Identity and Expression Education and Training, Maine Transgender Network Inc.**

511 Congress Street

Portland, ME 04101

Phone: (207) 307-0359

[mtn@mainetransnet.org](mailto:mtn@mainetransnet.org)

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

Training and education about issues related to gender identity and expression.

Eligibility: Individuals interested in issues of gender, social service providers, educators, mental health providers, health care providers, and school groups.

Cost: No Cost, Low Cost, Donation

Language(s) Offered: English

Hours: No regular hours of operation.

Trans-Identified Support Group, Maine Transgender Network Inc.

511 Congress Street

Portland, ME 04101

[mtn@mainetransnet.org](mailto:mtn@mainetransnet.org)

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

Support group for adults who identify as transsexual, transgender, genderqueer or questioning offers socialization, networking, and support.

Cost: No Cost

Language(s) Offered: English

**Maine Turnpike Authority**

2360 Congress Street

Portland, ME 04102

Toll Free: 1-877-682-9433

[www.maineturnpike.com](http://www.maineturnpike.com)

Maine traveler services, Maine E-ZPass information.

Cost: Vary; Credit Cards

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**Maine Veterans' Homes**

163 Van Buren Road Caribou ME 04736

Phone: (2070 498-6074

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

<https://mainevets.org/locations/>

Long term skilled nursing, rehabilitative, residential, palliative, and Alzheimer/dementia care.

Eligibility: Honorably discharged veterans who were residents of Maine at the time of their entry into the United States Armed Forces or who are residents of Maine at the time of application; spouses, widows, widowers, and gold star parents of eligible veterans; veterans who have served one or more days on active duty other than for training purposes in the United States Armed Forces including the Reserve and National Guard components.

<https://resources.mainevets.org/eligibility-guide-and-application?hsCtaTracking=7f4e513e-4530-4b96-826a-5c924d04e456%7C73b9900c-54dd-4056-af30-6f8ce82d5c99>

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Qualified veterans may be eligible to receive a stipend.

Language(s) Offered: English

Hours: 24 hours; 7 days

**Courthouse Assistance Project, Maine Volunteer Lawyers Project**

Phone: 1-800-442-4293 (Southern Maine); **1-888-956-4276 (Northern Maine)**

Fax: (207) 772-0385

[volunteer@vlp.org](mailto:volunteer@vlp.org)

[www.vlp.org/access-justice-today](http://www.vlp.org/access-justice-today)

Family law walk-in clinics offer a half hour consultation session with a volunteer lawyer who can give general advice and provide paperwork assistance on matters including divorce, parental rights and responsibilities, and modification, enforcement or contempt actions of final divorce or Parental Rights and Responsibility orders; volunteer opportunities.

Eligibility: Individuals 16 years of age and older whose household income is at or below 200% of Federal Poverty Guidelines, and has relevant family law questions.

Cost: No Cost

Language(s) Offered: English; interpreters available.

**Free Legal Answers Maine, Maine Volunteer Lawyers Project**

Phone: 1-800-442-4293

[www.maine.freelegalanswers.org](http://www.maine.freelegalanswers.org)

Online legal clinic where individuals can ask legal questions about a specific civil legal issue from a volunteer lawyer; lawyers provide information and basic legal advice without any expectation of long-term representation.

Eligibility: Individuals who have a specific civil legal issue and whose annual household income is at or below 250% of the Federal Poverty Guidelines and have less than $10,000 in total assets.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Maine Volunteer Lawyers Project**

75 Pearl Street, Suite 214

Portland, ME 04101

Phone: 1-800-442-4293

Fax: (207) 772-0385

[volunteer@vlp.org](mailto:volunteer@vlp.org)

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

Civil legal aid organization provides individuals who cannot afford attorneys with services from walk-in clinics where clients can receive a 1/2 hour consultation for a family law matter, to full representation referrals for non-family law cases including bankruptcy, foreclosure, Social Security Benefit Appeals, unemployment, Wills and Probate cases, criminal and traffic violations will not be addressed.

Eligibility: Individuals 16 years of age and older whose household income is at or below 200% of Federal Poverty Guidelines.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 1pm - 3:30pm; Fri 9am - 11:30am

**Workers' Rights Legal Clinic, Maine Volunteer Lawyers Project**

56 North Street, Southern Maine Workers' Center, Suite 100

Portland, ME 04101

Phone: (207) 358-9211

[www.vlp.org/access-justice-today](http://www.vlp.org/access-justice-today)

Walk-in legal clinic offers confidential legal advice during a half hour, first come first served consultation with a volunteer employment lawyer to discuss the clients rights at work, learn more about what the next steps may be, and how to proceed; information on collective action and other non-legal support; volunteer lawyer opportunities available.

Eligibility: Individuals who have a question or concern regarding a problem with their employer or within their workplace.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Thu 5pm - 7pm

**Maine Workers' Compensation Board**

27 State House Station

Augusta, ME 04333

TTY: 37073

Fax: (207) 287-7198

[jan.adams@maine.gov](mailto:jan.adams@maine.gov)

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

Oversee the Maine workers' compensation system.

Eligibility: Qualified injured workers.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Regional Office, Maine Workers' Compensation Board**

One Vaughn Place, 43 Hatch Drive, Suite 110, Caribou, ME 04736

Phone: (207) 287-7084

TTY: 37073

[lindsay.lizzotte@maine.gov](mailto:lindsay.lizzotte@maine.gov)

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

Help injured workers and employers resolve disputes about workers' compensation benefits.

Eligibility: Qualified injured workers.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Worker Advocate Program, Maine Workers' Compensation Board**

One Vaughn Place

43 Hatch Drive, Suite 110

Caribou, ME 04736

Phone: (207) 287-7084

TTY: 37073

[Jayne.Hancock@maine.gov](mailto:Jayne.Hancock@maine.gov)

[www.maine.gov/wcb/Departments/advocates/index.html](http://www.maine.gov/wcb/Departments/advocates/index.html)

Assist injured workers in processing disputed workers' compensation claims.

Eligibility: Qualified injured workers.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Adult Intensive Outpatient Care for Substance Abuse, MaineGeneral Health**

24 Chase Avenue

Waterville, ME 04901

Phone: (207) 872-4151

Toll Free: 1-877-777-9393

Fax: (207) 872-4085

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Behavioral-Health-Services.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Behavioral-Health-Services.aspx)

Daytime and evening substance use disorder intensive outpatient program offers group treatment, education sessions, and individual and family counseling sessions as needed; program meets for 4 hours per day for 4 or 5 days a week and usually lasts 4 to 6 weeks; family members and friends can participate in Concerned Persons day each week.

Eligibility: Adults with a substance abuse illness; can accept adults with a stable mental illness.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Adult Intensive Outpatient Program for Mental Health, MaineGeneral Health**

154 Dresden Avenue

Gardiner, ME 04345

Phone: (207) 626-1769

Toll Free: 1-800-939-3333

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx)

Mental health intensive outpatient program offers group treatment, individual and family counseling, and referral for psychiatric services; specialized treatment for co-occurring substance use disorder is offered; program meets for 4 hours per day for 4 or 5 days a week and usually lasts 4 to 6 weeks.

Eligibility: Adults with mental health issues including co-occurring disorders and substance abuse.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Alzheimer's Adult Day Services, MaineGeneral Health**

154 Dresden Avenue

Gardiner, ME 04345

Phone: (207) 626-1769

Toll Free: 1-800-939-3333

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx)

Day services provides assistance with self-care, nutritious meal and snacks, health monitoring by a registered nurse, exercise, socialization, respite, advocacy, and support groups.

Eligibility: Adults diagnosed with Alzheimer's disease or dementia and their caregivers.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Contracts with Veteran's Administration.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 7am-5:30pm

**Alzheimer's Care Center, MaineGeneral Health**

154 Dresden Avenue

Gardiner, ME 04345

Phone: (207) 626-1770

Toll Free: 1-800-939-3333

Fax: (207) 626-1814

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx)

Assisted living facility offers personalized care plan with family participation; family and caregiver support.

Eligibility: Individuals diagnosed with Alzheimer's disease or dementia and their caregivers.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted:

Subsidies available for eligible participants.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

Edmund N. Ervin Pediatric Center, MaineGeneral Health

6 East Chestnut Street, Ballard Center

Augusta, ME, 04330

Phone: (207) 872-4304

[public@mainegeneral.org](mailto:public@mainegeneral.org)

<https://www.mainegeneral.org/locations/locations-profile/kennebec-pediatrics/?searchId=bbd89488-587f-ea11-a82a-000d3a611ea2&sort=15>

Pediatric psychiatry, psychology, individual and family counseling, physical, occupational, and speech therapy.

Eligibility: Children and adolescents birth-18 years of age.

Cost: No Cost, Low Cost, Sliding Fee, Vary

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 9am-1pm; Sat & Sun; 9am-1pm

**MaineGeneral Residential Program, MaineGeneral Health**

2093 Belgrade Road

Sidney, ME, 04330

9 Spruce Street

Augusta, ME, 04330

Phone: 1-877-777-9393

Fax: (207) 248-0055

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Behavioral-Health-Services.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Behavioral-Health-Services.aspx)

Residential long term substance use disorder treatment facility services include individual and group counseling, life skills education, psychiatric services, and medical referrals.

Eligibility: Adult males who have had long-term difficulty with substance abuse and who may also need support with a mental health diagnosis.

Cost: Sliding Fee

Forms of Payment:

Accepted Insurance: MaineCare

Uninsured Accepted:

Financial assistance available.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Outpatient Psychiatry, MaineGeneral Health**

10 Water Street

Waterville, ME, 04901

Phone: (207) 861-3500

Fax: (207) 626-1985

[public@mainegeneral.org](mailto:public@mainegeneral.org)

<http://www.mainegeneral.org/medical-services/behavioral-health-services/outpatient-counseling-services>

Clinic based service offers medication management and psychiatric evaluations.

Eligibility: Individuals with mental illness.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

**Adult Inpatient Mental Health & Substance Abuse Services, MaineGeneral Medical Center Alfond Center for Health**

35 Medical Center Parkway

Augusta, ME 04330

Phone: 1-877-777-9393

Toll Free: 1-877-777-9393

Fax: (207) 248-0055

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Behavioral-Health-Services.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Behavioral-Health-Services.aspx)

Inpatient services include physical and mental health assessment, stabilization of acute illness, detox, education, and counseling.

Eligibility: Adults with mental illness and/or substance abuse issues.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**Breast Care Program, MaineGeneral Medical Center Alfond Center for Health**

35 Medical Center Parkway

Augusta, ME 04330

Phone: (207) 621-6162

Fax: (207) 621-6166

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Care-and-Services-A-Z/Womens-Health/Breast-Care-Program.aspx](http://www.mainegeneral.org/Pages/Care-and-Services-A-Z/Womens-Health/Breast-Care-Program.aspx)

Evaluate breast health and patient well-being through prevention, diagnostic imaging, and treatment options; emotional support and information provided by Breast Care Coordinators; access to financial advisors and social workers.

Eligibility: Women with breast health concerns who have high insurance deductible or no insurance.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Prevention education and material at no cost.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Breastfeeding Support Group, MaineGeneral Medical Center Alfond Center for Health**

35 Medical Center Parkway

Augusta, ME 04330

Phone: (207) 248-5229

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Community-Health/Support-Groups/Breastfeeding-Support-Groups.aspx](http://www.mainegeneral.org/Pages/Community-Health/Support-Groups/Breastfeeding-Support-Groups.aspx)

Support group for mothers who are breastfeeding provides an opportunity to be with other mothers and babies to learn more about the breastfeeding experience, what to expect at certain ages, and how to handle special challenges; babies welcome.

Cost: No Cost

Language(s) Offered: English

Hours: Call for dates, times, and location of group meetings.

**Hospital Free Care, MaineGeneral Medical Center Alfond Center for Health**

35 Medical Center Parkway

Augusta, ME 04330

Phone: (207) 872-4680

Toll Free: 1-877-255-4680

[public@mainegeneral.org](mailto:public@mainegeneral.org)

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**MaineGeneral Medical Center, Alfond Center for Health**

35 Medical Center Parkway, Augusta, ME 04330

Phone: (207) 626-1000

Toll Free: 1-855-464-4463

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Home.aspx](http://www.mainegeneral.org/Pages/Home.aspx)

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Breastfeeding Support Group, MaineGeneral Medical Center Thayer Center for Health**

149 North Street, Thayer Campus, Dean 2

Waterville, ME 04901

Phone: (207) 248-5229

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/Community-Health/Support-Groups/Breastfeeding-Support-Groups.aspx](http://www.mainegeneral.org/Pages/Community-Health/Support-Groups/Breastfeeding-Support-Groups.aspx)

Support group for mothers who are breastfeeding provides an opportunity to be with other mothers and babies to learn more about the breastfeeding experience, what to expect at certain ages, and how to handle special challenges; babies welcome.

Cost: No Cost

Language(s) Offered: English

Hours: Call for dates and times

**Hospital Free Care, MaineGeneral Medical Center Thayer Center for Health**

149 North Street

Waterville, ME 04901

Phone: (207) 872-4680

Toll Free: 1-877-255-4680

[public@mainegeneral.org](mailto:public@mainegeneral.org)

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**MaineGeneral Medical Center Thayer Center for Health**

149 North Street

Waterville, ME 04901

Phone: (207) 872-1000

[public@mainegeneral.org](mailto:public@mainegeneral.org)

[www.mainegeneral.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitID=13](http://www.mainegeneral.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitID=13)

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Learning Resource Center, MaineHealth**

Phone: 1-866-609-5183

Toll Free: 1-866-609-5183

Alternate Phone: (207) 396-8570

Fax: (207) 396-7969

[learningcenter@mainehealth.org](mailto:learningcenter@mainehealth.org)

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

Cost: No Cost, Low Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Tuition assistance available.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8:30am-5pm

**Northern New England Poison Center, MaineHealth**

22 Bramhall Street

Portland, ME 04102

Hotline: 1-800-222-1222

Fax: (207) 662-5941

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

Toll free confidential help line provides advice for poison emergencies and answers questions about potential poisons, drug interactions, and poison prevention.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours, 7 days

**Raising Readers, MaineHealth**

110 Free Street

Portland, ME 04101

Phone: 1-800-397-3263

Fax: (207) 761-3033

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

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

Literacy program provides new, hardcover, age-appropriate books for parents to read aloud to children.

Eligibility: Families and parents of children from birth-5 years of age who were born in Maine or have a Maine practitioner.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**AccessAble Home Tax Credit, MaineHousing**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4600

Toll Free: 1-866-357-4853

TTY: 37073

Fax: (207) 626-4678

[www.mainehousing.org/programs-services/HomeImprovement/accessablehome](http://www.mainehousing.org/programs-services/HomeImprovement/accessablehome)

State tax credit up to $9,000 for home modifications for accessibility; work must be billed beginning in 2017 and certified by MaineHousing; tax credit is taken on the tax returns filed the next year.

Eligibility: Taxpayer who earns less than $55,000 per year and makes eligible modifications to house to make it accessible for an individual with a physical disability or physical hardship and who lives in the home.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Housing Referral, MaineHousing**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4600

Toll Free: 1-800-452-4668

TTY: 37073

Fax: (207) 626-4678

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

Information and resources on subsidized housing and related issues.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Maine State Housing Authority (MaineHousing)**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4600

Toll Free: 1-800-452-4668

TTY: 37073

Fax: (207) 626-4678

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

Housing assistance.

Eligibility: Call for more information.

Payment determined by program.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineHousing Disaster Assistance Loan Program, MaineHousing**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4663

Toll Free: 1-800-452-4668

TTY: 1-800-452-4603

Fax: (207) 626-4678

[myfirsthome@mainehousing.org](mailto:myfirsthome@mainehousing.org)

[www.mainehousing.org/programs-services/HomeImprovement/homeimprovementdetail/DisasterAssistanceLoan#](http://www.mainehousing.org/programs-services/HomeImprovement/homeimprovementdetail/DisasterAssistanceLoan)

Low interest home repair loans and home replacement mortgages.

Eligibility: Homeowners may be eligible if homes have been damaged or destroyed in a declared natural disaster.

Loans are typically offered at low interest rates, no payments due, and no interest accrual for the first 12 months.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineHousing First Home Loan Program, MaineHousing**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4663

Toll Free: 1-800-452-4668

TTY: 37073

Fax: (207) 626-4678

[myfirsthome@mainehousing.org](mailto:myfirsthome@mainehousing.org)

<https://www.mainehousing.org/programs-services/homebuyer/homebuyerdetail/first-home-loan-program>

Below market or competitive rate on 30 year fixed rate mortgages; low or no point options; Advantage Program down payment and closing cost assistance; Maine HOPE payment protection in case of unemployment.

Eligibility: Maine residents who have never owned a home or have not owned a home in the past 3 years, who meet income limits, who meet home cost limits, and who qualify based on credit score and lender criteria; qualified active duty military, retirees, and veterans

Cost: Payment to be determined.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineHousing Housing Choice Voucher Program, MaineHousing**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4600

Toll Free: 1-866-357-4853

TTY: 37073

Fax: (207) 626-4678

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

MaineHousing's Section 8 Housing Choice Voucher Program provides rental assistance by subsidizing a portion of monthly rent and utilities and paying it directly to landlords; where utilities are not included in rent, the program may pay a larger portion of the rent so the tenant is able to cover utility payments; assistance provided is the difference between what the tenant pays toward rent and the cost of the rent.

Eligibility: Household income restrictions apply and vary by location and family size; when awarding vouchers, MaineHousing may have preferences and priorities based on administrative plan; local housing authorities (LHA) also have voucher programs; households should

Uninsured Accepted:

Housing subsidy is paid to landlord directly by MaineHousing on behalf of participating family; family pays difference between actual rent and amount subsidized by the program; no cost to apply.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Salute Me and Salute Home Again, MaineHousing**

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4600

Toll Free: 1-800-452-4668

TTY: 37073

Fax: (207) 626-4678

[www.mainehousing.org/programs-services/homebuyer/saluteme](http://www.mainehousing.org/programs-services/homebuyer/saluteme)

Low interest, 30 year fixed rate mortgages; no point and low point options available; Advantage Program down payment and closing cost assistance; Maine HOPE mortgage payment protection in case of unemployment.

Eligibility: Qualified active duty military, retirees, and veterans regardless of home ownership.

Cost: Call for details; Payments to be determined.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**MaineHousingSearch**

Toll Free: 1-877-428-8844

TTY: 37073

[info@socialserve.com](mailto:info@socialserve.com)

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

Online rental listing service includes affordable and accessible units; website can be translated into over 100 languages.

Eligibility: Individuals seeking rental housing and landlords who want to advertise their rentals.

Cost: No Cost

No cost for housing referrals.

Language(s) Offered: English, Spanish

Hours: Toll-free call center available 24 hours; 7 days

**Maine's Legal Services for the Elderly**

5 Wabon Street

Augusta, ME 04430 (Main Office)

260 Main Street

Presque Isle, ME 04769 (Local Office)

Toll Free: 1-800-750-5353

Fax: (207) 621-0742

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

Statewide toll free helpline provides confidential legal information and advice on a wide variety of non-criminal legal problems including elder abuse and protection orders, housing issues including eviction and foreclosure, consumer debt, public assistance benefits, guardianship, Medicare/MaineCare, Powers of Attorney, Health Care Advance Directives, and health care coverage disputes; attorneys located in offices across the state provide legal representation and referrals to private attorneys.

Eligibility: Residents of Maine 60 years of age and older who are economically or socially disadvantaged.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am-12 noon, 1-4pm

**Maine's Legal Services for the Elderly Medicare Part D Appeals Unit, Maine's Legal Services for the Elderly**

5 Wabon Street

Augusta, ME 04330

Toll Free: 1-877-774-7772

Fax: (207) 621-0742

Fax:

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

Help in appealing denials of medications under Medicare Part D.

Eligibility: Maine residents who are Medicare recipients and low income.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9a-12 noon, 1-4pm

**Make-A-Wish Maine**

66 Mussey Road

Scarborough, ME 04074

Phone: (207) 221-2306

Toll Free: 1-800-491-3171

Fax: (207) 221-2028

[wishme@maine.wish.org](mailto:wishme@maine.wish.org)

[www.maine.wish.org](http://www.maine.wish.org)

Create life-changing wishes for children in Maine with critical illnesses.

Eligibility: Children and adolescents 2.5-18 years of age with a life threatening medical condition that have never received a wish from Make-A-Wish or any other wish granting organization.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:30am-4:30pm

**March of Dimes - Maine Chapter**

190 US Route 1

Falmouth, ME 04105

Phone: (207) 606-4351

[jallain@marchofdimes.org](mailto:jallain@marchofdimes.org)

[www.marchofdimes.com/maine](http://www.marchofdimes.com/maine)

Information on birth defects, low birth weight, premature birth, genetic disorders, nutrition, newborn care, pre-pregnancy, pregnancy, and environmental concerns related to pregnancy; online library of medical journals; 1-on-1 consultations; print materials available in English and Spanish.

Eligibility: Mothers, pregnant women, women of childbearing age, community groups, and interested individuals.

Call for details.

Cost: No Cost

Application Process: Call, email or walk in for more information; response will be received within 2 business days.

Languages Offered: English, Spanish

Hours: Mon-Fri; 9am - 5pm

**Marine Toys for Tots Foundation**

18251 Quantico Gateway Drive, The Cooper Center

Triangle, VA 22172

Phone: (703) 640-9433

Fax: (703) 649-2054

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

Holiday toy requests and donations.

Eligibility: Individuals in need of holiday toy assistance and those who wish to donate.

Cost: No Cost

Language(s) Offered: English

Hours: Hours vary by location.

**Mars Hill Community Cupboard**

10 ACI Street

Mars Hill, ME 04758

Phone: (207) 429-9041

Food pantry.

Eligibility: Open to all. Register at time of pick-up.

Cost: No Cost

Language(s) Offered: English

Hours: 2nd Tue 1-3pm; 4th Tue 6-8pm; 3rd Tue 6-8pm Nov and Dec

**Mars Hill Pharmacy Senior Discount Program, Mars Hill Pharmacy**

106 Main Street

Mars Hill, ME 04758

Phone: (207) 425-4431

After Hours: (207) 540-1770

Fax: (207) 425-2400

[marshillrx@ainop.com](mailto:marshillrx@ainop.com)

Retail pharmacy offers seniors 10% discount on prescriptions.

Eligibility: Seniors 55 years of age and older without prescription coverage.

Cost: Vary

Language(s) Offered: English

Hours: Mon-Sat; 8am-6pm

**Martha and Mary's Ministries Kitchen, Martha and Mary's Ministries**

21 Parsons Street

Presque Isle, ME 04769

Phone: (207) 764-0758

Soup kitchen.

Eligibility: Open to all

Cost: No Cost

Language(s) Offered: English

Hours: Mon 2pm - 5pm; Wed 2pm - 5pm; Fri 2pm - 5pm

**Martha and Mary's Ministries Pantry**

21 Parsons Street

Presque Isle, ME 04769

Phone: (207) 764-0758

Food boxes.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Fri 2pm - 5pm

**Hospital Free Care, Mayo Regional Hospital**

897 West Main Street

Dover Foxcroft, ME 04426

Phone: (207) 564-8401

[www.mayohospital.com](http://www.mayohospital.com)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours, 7 days

**MCH Housing, Methodist Conference Home, Inc.**

46 Summer Street

Rockland, ME 04841

Phone: (207) 594-2743

After Hours: (207) 596-6478

TTY: 1-800-545-1833 x702

Fax: (207) 594-1161

[sreimer@mchinc.org](mailto:sreimer@mchinc.org)

[www.mchinc.org/mch-housing/](http://www.mchinc.org/mch-housing/)

Independent and subsidized independent living apartments with congregate housing services.

Eligibility: Seniors 62 years of age and older or adults 18 years of age and older with a disability who are low income, and are a United States citizen or are applying for citizenship.

Cost: Vary

Forms of Payment: Check; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 7am-3pm

**MedHelp Maine**

41 Elm Street

West Newfield, ME 04095

Phone: (207) 793-4462

[medhelpmaine@gmail.com](mailto:medhelpmaine@gmail.com)

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

Statewide information and referral line about Maine's hospital-managed and other community prescription assistance programs; other resources for free or low cost medicines; does not provide prescription drugs or financial assistance.

Eligibility: Individuals in need of free or low cost prescription drug assistance.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Sun; 8am-9pm

**Medical Equipment Lending Closet**

406 Bridgton Road

Sebago Town Office

Sebago, ME 04029

Phone: (207) 787-2177

[medhelpmaine@gmail.com](mailto:medhelpmaine@gmail.com)

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

Medical equipment lending program offers wheelchairs, walkers, crutches and other available equipment; donations of good quality equipment accepted; availability of equipment dependent on donations.

Eligibility: Adults.

Cost: No Cost

Language(s) Offered: English, French

Hours: No regular hours of operation.

**Medicare Rights Center**

520 Eighth Avenue

North Wing, 3rd Floor

New York, NY 10018

Phone: (212) 869-3850

Toll Free: 1-800-333-4114

Fax: (212) 869-3532

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

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

National telephone helpline assists caller to understand Medicare benefits, find the right coverage, and understand how any existing coverage works with Medicare; caller is screened for the Medicare Part D Extra Help subsidy and the Medicare Savings Program.

Eligibility: Older adults and individuals with disabilities seeking Medicare information, their families, friends, and caregivers.

Cost: No Cost

Language(s) Offered: English, Spanish

**Babysitting and Home Alone Safety Class, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-2175

[sguethle@midcoasthealth.com](mailto:sguethle@midcoasthealth.com)

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

2 class series, covers fire safety, American Heart Association First Aid, and dialing emergency help.

Eligibility: Children and adolescents 10 years of age and older who care for themselves or babysit.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: Private Insurance

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Sat 8am - 1pm

**Blood Pressure Clinic, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6585

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Blood pressure clinic includes weekly documentation of blood pressure and a registered nurse available for questions.

Cost: No Cost

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: 1st Wed 10am-12 noon; 3rd Wed 11am-12 noon

**Breast Health Center, Mid Coast Hospital**

81 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6540

Toll Free: 1-866-602-1202

Fax: (207) 373-6549

[www.midcoasthealth.com/breasthealth](http://www.midcoasthealth.com/breasthealth)

Comprehensive breast services provides multidisciplinary approach for benign and cancerous breast conditions; screening and diagnostic mammography; breast ultrasound and breast MRI; surveillance of high risk breast patients; genetics and clinical trails; referrals to reconstruction surgeons.

Cost: No Cost, Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Bill for co-pay.

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon - Fri 9am - 5pm

**Brunswick Stroke Support Group, Mid Coast Health Services, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6175

TTY: (207) 373-6010

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Support group for stroke survivors and caregivers provides information through expert lectures, socialization, and peer support; September through May.

Call for details.

Cost: No Cost

Application Process: Call outpatient rehabilitation services Monday-Friday from 8:00 am-4:30 pm; walk-ins welcome; call for conference room location.

Languages Offered: American Sign Language, English; interpreters available upon request.

Hours: 1st Fri 1-3pm

**Chronic Pain Support Group, Mid Coast Health Services, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6175

TTY: (207) 373-6010

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Support group for individuals living with chronic pain, their family, and friends offers coping skills, empathy, and understanding meets September through June; outside speakers that may include experts in pain management, practitioners of mediation, Reiki, options for modified exercise, Laughter Yoga, modified Tai Chi or dietary advice.

Call for details.

Cost: No Cost

Application Process: Walk in.

Languages Offered: American Sign Language, English; interpreters available.

Hours: 1st Tue 6-7pm (no meeting July and August)

**Communicate After Stroke Support Group, Mid Coast Health Services, Mid Coast Hospital**

123 Medical Center Drive,

runswick, ME 04011

Phone: (207) 373-6175

TTY: (207) 373-6010

[dtoothaker@midcoasthealth.com](mailto:dtoothaker@midcoasthealth.com)

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Support group for stroke survivors with communication problems provides opportunity to exercise and improve communication ability in a friendly and supportive environment; support group is facilitated by a speech pathologist; family members, caregivers, and friends welcome; handicapped accessible; September through May.

Call for details.

Cost: No Cost

Application Process: Call outpatient rehabilitation services Monday through Friday from 8:00 am-4:30 pm; walk-ins welcome; call for conference room location.

Languages Offered: American Sign Language, English; interpreters available upon request.

Hours: 1st and 3rd Tue 1-2:30pm

**Community Classes and Training Center, Mid Coast Hospital**

329 Maine Street

Brunswick, ME 04011

Phone: (207) 373-2175

[sguethle@midcoasthealth.com](mailto:sguethle@midcoasthealth.com)

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

American Heart Association Classes include Heartsaver CPR: Adult, Child, Infant and AED use. Heartsaver CPR and First Aid: Adult Child, Infant CPR and AED use as well as basic first aid, Healthcare Provider CPR

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri; 7am - 3pm

**Diabetes Support Group, Mid Coast Health Services, Mid Coast Hospital**

81 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 406-7290

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Support group for individuals with diabetes provides education including learning strategies for managing health.

Cost: No Cost

Application Process: Call or visit website for date and time.

Languages Offered: American Sign Language, English; interpreters available.

**Food for Health, Mid Coast Health Services, Mid Coast Hospital**

329 Maine Street

Brunswick, ME 04011

Phone: (207) 373-6585

[www.midcoasthealth.com.wellness/lifestyle-medicine](http://www.midcoasthealth.com.wellness/lifestyle-medicine)

Education for plant-based health is offered monthly January through May and September through December. It provides cooking demonstrations and education showing how chronic diseases can be prevented, treated, and even reversed with a plant-based diet for an over-all healthier lifestyle.

Eligibility: Individuals interested in learning about Lifestyle Medicine and Plant Based Nutrition.

Call for details.

Cost: No Cost

Languages Offered: English; interpreters available upon request.

Hours: 3rd Tue 6:30-8pm (no summer class)

**Gambling Self Exclusion Program, Mid Coast Hospital**

66 Baribeau Drive, Brunswick, ME 04011

Phone: (207) 373-6995

[tsherman@midcoasthealth.com](mailto:tsherman@midcoasthealth.com)

[adcareme.org/problem-gambling](http://adcareme.org/problem-gambling)

Location for individual to complete paperwork to self-exclude from casino; help complete necessary self-exclusion paperwork with individual.

Eligibility: Individual can only self-exclude themselves.

Call for details.

Cost: No Cost

Application Process: Walk in with or without appointment and meet with staff to complete paperwork, photo taken of individual and individual's identification; paperwork is immediately submitted electronically and by U.S. mail to the Gambling Control Board; call Theresa Sherman for more information.

Documents Required: Identification.

Languages Offered: English

Hours: Mon – Fri; 8am - 4pm

**Health Sciences Library, Mid Coast Hospital**

121 Medical Center

Brunswick, ME 04011

Phone: (207) 373-6571

Fax: (207) 373-6572

[library@midcoasthealth.com](mailto:library@midcoasthealth.com)

[www.midcoasthealth.com/library](http://www.midcoasthealth.com/library)

Reference assistance on health topics, books and journals for use in library, computers for locating health information.

Eligibility: Patients, their families, and the general public.

Cost: No Cost

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon – Fri; 8am - 4pm

**Let the Healing Begin! Support Group, Mid Coast Health Services, Mid Coast Hospital**

66 Baribeau Drive

Brunswick, ME 04011

Phone: (207) 563-2311

[iparcher@midcoasthealth.com](mailto:iparcher@midcoasthealth.com)

[www.midcoasthealth.com/wellness/classes/#substance-abuse](http://www.midcoasthealth.com/wellness/classes/#substance-abuse)

Support group for individuals affected by substance abuse of a loved one, provides a place to come together to learn the importance of self-care and ways to assist others who struggle with addiction; facilitated by behavioral health clinicians.

Call for details.

Cost: No Cost

Application Process: Walk in.

Languages Offered: English

Hours: Thu 5pm - 6:30pm

**Maternity Classes, Mid Coast Health Services, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6500; (207) 729-0181

[www.midcoasthealth.com/maternity/take-a-class.aspx](http://www.midcoasthealth.com/maternity/take-a-class.aspx)

Maternity classes include birthing with confidence, childbirth education, breastfeeding, infant massage, Mother's Circle new mother's group, and sibling class.

Eligibility: Expectant mothers and their support person or new mothers depending upon the class; sibling class is for children 3 years of age to 7 years of age whose mother is in last trimester of pregnancy.

Call for details.

Cost: No Cost, Low Cost

Application Process: Visit website or call to register and request class schedule.

Languages Offered: American Sign Language, English; interpreters available.

Forms of Payment: Cash; Credit Cards

**Inpatient Behavioral Health Unit, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6600

Fax: (207) 373-6610

[wholbrook@midcoasthealth.com](mailto:wholbrook@midcoasthealth.com)

[www.midcoasthealth.com/behavior/inpatient-services](http://www.midcoasthealth.com/behavior/inpatient-services)

Short stay crisis stabilization unit.

Eligibility: Adults with acute psychiatric illness or dual diagnosis.

Cost: Fixed Cost

Forms of Payment: Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri; 7:30am-4pm

**Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6000

[www.midcoasthealth.com](http://www.midcoasthealth.com)

Hospital.

Cost: No Cost, Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: 24 hours, 7 days

**Mid Coast Medical Group - Pediatrics, Mid Coast Hospital**

81 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6844

After Hours: (207) 721-8333

Fax: (207) 373-6841

[www.midcoasthealth.com/mcmg](http://www.midcoasthealth.com/mcmg)

Pediatric services provide comprehensive care including immunizations and acute care.

Eligibility: Children and adolescents in need of healthcare who receive MaineCare.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon – Fri; 6:45am - 6pm

**Mid Coast Medical Group Wound and Ostomy Care, Mid Coast Hospital**

81 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6155

Fax: (207) 373-6475

[www.midcoasthealth.com/mcmg](http://www.midcoasthealth.com/mcmg)

Multidisciplinary approach to treatment of surgical and non-surgical wounds, ostomies, and stomas.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Thu; 8am-4:30pm

**Mid Coast Primary Care, Mid Coast Hospital**

22 Station Avenue

Brunswick, ME 04011

Phone: (207) 373-6848

After Hours: (207) 729-0181

Fax: (207) 373-6849

[www.midcoasthealth.com/mcmg](http://www.midcoasthealth.com/mcmg)

Primary care services include health promotion, disease prevention, diagnosis and treatment of acute and chronic illnesses, health maintenance, medication management, and patient education; mental health services include behavioral health screening, evaluation, and appropriate referral; patient advocacy support.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Mid Coast Walk-In Clinic, Mid Coast Hospital**

22 Station Avenue

Brunswick, ME 04011

Phone: (207) 406-7500

Fax: (207) 406-7515

[www.midcoasthealth.com/walkin](http://www.midcoasthealth.com/walkin)

Diagnosis and treatment of acute illnesses such as cough, sore throat, minor lacerations, sprains, rash, urinary tract infections, and earaches; x-rays, laboratory testing.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: 8am-8pm; 7 days

**Mindfulness Based Stress Reduction**, **Mid Coast Health Services, Mid Coast Hospital**

329 Maine Street

Brunswick, ME 04011

Phone: (207) 373-6585

[www.midcoasthealth.com/wellness/mindfulness](http://www.midcoasthealth.com/wellness/mindfulness)

An eight-week course taught in 2.5-hours, weekly group classes and one six-hour weekend retreat. Participants are also encouraged to complete approximately 45 minutes of home practice per day.

Eligibility: Adults 18 years of age or older.

Call for details.

Application Process: Register online or call for more information.

Languages Offered: English; interpreters available upon request.

Self-pay

**Parkinson's Disease Support Group, Mid Coast Health Services, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-2335

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Support group for friends, family, caregivers, and individuals affected by Parkinson's; not held in July, August, December.

Call for details.

Cost: No Cost

Languages Offered: American Sign Language, English; interpreters available.

Hours: Sun 2pm - 4pm

**Physician Referral Service, Mid Coast Hospital**

123 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6033

[www.midcoasthealth.com/doctors](http://www.midcoasthealth.com/doctors)

Physician referral line provides information on physicians and services affiliated with Mid Coast Hospital.

Eligibility: Patients and statewide community members who need information on physicians and services affiliated with Mid Coast Hospital.

Cost: No Cost

Language(s) Offered: English, interpreters available upon request

Hours: 24 hours, 7 days

**Prepare for Surgery Heal Faster, Mid Coast Health Services, Mid Coast Hospital**

11 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6585

Fax: (207) 373-6588

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Certified Holistic Health Nurses address anxiety, pain management, and other concerns with meditation, visualization, and mindfulness.

Eligibility: Adults faced with surgery, chemotherapy, radiation or other treatments.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Money Order

Languages Offered: American Sign Language, English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Psychiatric Partial Hospital, Mid Coast Hospital**

66 Baribeau Drive

Brunswick, ME 04011

Phone: (207) 373-6950

Fax: (207) 373-6981

[www.midcoasthealth.com/behavior/outpatient-services](http://www.midcoasthealth.com/behavior/outpatient-services)

Intensive short-term daily program and transitional treatment following an inpatient stay or in order to prevent the need for inpatient treatment includes mental health intensive outpatient program, psychiatric evaluation, medication management, and integrated treatment.

Eligibility: Adults with acute psychiatric disorders who do not require hospitalization; treatment for co-occurring disorders available.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri; 9am-3pm

**Running Start Adult Fitness Program, Mid Coast Health Services, Mid Coast Hospital**

329 Maine Street

Brunswick, ME

Phone: (207) 373-6363

Alternative Phone, (207) 373-6585

Fax: (207) 373-6361

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Exercise program to increase or maintain fitness level includes techniques of warm-up, stretching, calisthenics, and aerobic exercise; cardiac nurse offers support and nursing assistance; swim program includes water exercises and free swimming.

Eligibility: Adults.

Cost: Fixed Cost. Payment required before beginning program.

Languages Offered: American Sign Language, English; interpreters available.

Hours: Mon - Fri 8am - 5pm

**Smoking Cessation, Mid Coast Hospital**

11 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6586

[www.midcoasthealth.com/wellness/tobacco](http://www.midcoasthealth.com/wellness/tobacco)

Individualized counseling sessions assist with a personalized quit plan and explore nicotine replacement therapy options.

Eligibility: Open to all

Cost: No Cost

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Women With Cancer Support Group, Mid Coast Health Services, Mid Coast Hospital**

81 Medical Center Drive

Brunswick, ME 04011

Phone: (207) 373-6540

[klynch@midcoasthealth.com](mailto:klynch@midcoasthealth.com)

[www.midcoasthealth.com/wellness/classes](http://www.midcoasthealth.com/wellness/classes)

Support group for women diagnosed with any type of cancer offers resources, methods to cope with cancer, tools for communicating with loved ones, and ability to network with others; periodic speakers on a variety of topics encompassing Eastern and Western medicine; facilitated by Registered Nurses.

Cost: No Cost

Languages Offered: American Sign Language, English; interpreters available.

Hours: 3rd Tue 3-4:30pm

**Mid Coast Hunger Prevention Soup Kitchen, Mid Coast Hunger Prevention Program**

12 Tenney Way

Brunswick, ME

Phone: (207) 725-2716

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

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

Hot, nutritious meal.

Call for details.

Cost: No Cost

Languages Offered: English

Hours: Mon – Sat; 11am - 12:30pm

**Emergency Night Shelter, Mid-Maine Homeless Shelter**

19 Colby Street

Waterville, ME 04901

Phone: (207) 872-8082

After Hours: (207) 872-8082

(207) 872-6550

Fax: (207) 872-0834

[shelter@shelterme.org](mailto:shelter@shelterme.org)

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

Emergency night shelter offers targeted case management, referrals, laundry facilities, and daily meals; programs for shelter residents include employment workshops, parenting education, budgeting classes, and support groups; veteran residents are linked to appropriate services and assisted with applying for benefits.

Eligibility: Single adults and families who are homeless, sober, and have no convictions for sexual abuse; individuals 17 years of age and younger must be accompanied by parent or guardian.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 Days

**Military OneSource**

Toll Free: 1-800-342-9647

TTY: 1-866-607-6794

[www.militaryonesource.mil](http://www.militaryonesource.mil)

Worldwide toll free information and referral service offers consultations on education and career spouse training, parenting, children's education, and special needs, relocation, lifelong learning, deployment, elder care, trauma, crisis, and violence, transition to civilian life, healthy habits, shopping and services, money matters including free tax preparation and filing services, and injured support; in-person counseling offers 12 sessions per year.

Eligibility: Active Duty, Reserve, and National Guard military personnel and their families, as well as deployed civilians and their families; do not serve children 12 years of age and younger with the exception of family counseling and parent consultations; tax prep

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Hospital Free Care, Millinocket Regional Hospital**

200 Somerset Street, Suite 2

Millinocket, ME 04462

Phone: (207) 723-3369; (207) 723-7247

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

[www.mrhme.org/patient-resources/financial-assistance/](http://www.mrhme.org/patient-resources/financial-assistance/)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Millinocket Regional Hospital**

200 Somerset Street

Millinocket, ME 04462

Phone: (207) 723-5161

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

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

Hospital.

Eligibility: Infants, children, adolescents, adults, and seniors.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**MRH Gynecology and Women's Health, Millinocket Regional Hospital**

165 Poplar Street

Millinocket, ME 04462

Phone: (207) 723-2304

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

<http://www.mrhme.org/services/gynecology/>

Monthly clinic provides routine women's healthcare, birth control management, pap smears, cancer screenings; treatment of pelvic pain, abnormal or heavy bleeding, vaginal and urinary infections, genital itching and burning; health care management.

Eligibility: Females 12 years of age and older.

Cost: Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

**MRH Walk-In Care, Millinocket Regional Hospital**

87 Main Street

East Millinocket, ME 04430

Phone: (207) 447-4700

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

[www.mrhme.org/services/mrh-walk-in-care/](http://www.mrhme.org/services/mrh-walk-in-care/)

MRH Walk-In Care provides timely and cost effective treatment for non-emergent conditions including: cuts, burns, cough, fever or flu, minor stitches, stomach pain, ear aches, infections, etc.

Eligibility: Infants, children, adolescents, adults, and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 7am-7pm and Sat & Sun; 8am-4pm

**Bridging the Gap Addie's Attic, Ministries of Emmanuel Lutheran Episcopal Church**

209 Eastern Avenue

Augusta, ME 04330

Phone: (207) 248-1782

[bridgingthegapaugusta@gmail.com](mailto:bridgingthegapaugusta@gmail.com)

No website available.

Clothing, footwear, bedding; visits limited to 2 times per month and 25 items per visit.

Cost: No Cost, Donation

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 1st and 3rd Sat 10am-12 noon

**Bridging the Gap Everyday Basics Essential Pantry, Ministries of Emmanuel Lutheran Episcopal Church**

209 Eastern Avenue

Augusta, ME 04330

Phone: (207) 248-1782

[bridgingthegapaugusta@gmail.com](mailto:bridgingthegapaugusta@gmail.com)

No website available.

Non-food items including toothpaste, toothbrushes, bar soap, shampoo, dry laundry detergent, toilet paper, feminine products, diapers and baby wipes.

Cost: No Cost, Donation

Forms of Payment: Cash

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue & Thu: 10am-2pm and 1st and 3rd Sat 10am-12 noon

**Miracle Flights**

5740 South Eastern Avenue, Suite 240

Las Vegas, NV 89119

Phone: (702) 261-0494

Toll Free: 1-800-359-1711

Fax: (702) 261-0497

[flightspecialist@miracleflights.org](mailto:flightspecialist@miracleflights.org)

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

Air travel to obtain specialized medical care and second opinions from experts and specialists throughout the United States.

Eligibility: Seriously ill, low income children who meet household income requirements.

Cost: No Cost

Language(s) Offered: English, Spanish

**Behavioral Health Services, Mobius Inc.**

319 Main Street

Damariscotta, ME 04543

Phone: (207) 563-3511

TTY: (207) 563-3864

Fax: (207) 563-3561

[joliver@mobiusinc.org](mailto:joliver@mobiusinc.org)

[www.mobiusinc.org/index.php/our-services/behavioral-health-services](http://www.mobiusinc.org/index.php/our-services/behavioral-health-services)

Clinicians provide outpatient, individual or group therapy, and home and community-based treatment with a special focus on individuals with the dual diagnoses of intellectual disability and mental illness including Cognitive Behavior Therapy, Dialectical Behavior Therapy, and Positive Behavior Support.

Eligibility: Children 8 years of age and older and adults with intellectual disabilities or Autism and mental illness who are eligible for services from DHHS.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: American Sign Language, English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Non Traditional Communication Consultation, Mobius Inc.**

1037 Forest Avenue

Portland, ME 04102

Phone: (207) 563-3511

TTY: 1-866-241-8684

Fax: (207) 797-2387

[Romy.Spitz@Maine.gov](mailto:Romy.Spitz@Maine.gov)

[www.mobiusinc.org/index.php/our-services/statewide-non-traditional-communication-ntc-consultation](http://www.mobiusinc.org/index.php/our-services/statewide-non-traditional-communication-ntc-consultation)

Screening, assessment, and consultation to be better communication partners using signs, gestures, speech, and picture-based communication.

Eligibility: Individuals with expressive and receptive communication challenges who are eligible for services from DHHS Office of Adults with Cognitive and Physical Disabilities.

Cost: Vary

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: American Sign Language, English; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Money Management International**

14141 Southwest Freeway

Sugar Land, TX 77478

Phone: 1-866-550-8050

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

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

Professional financial guidance, credit counseling, debt management assistance, and bankruptcy counseling and education services available over the phone or online.

Eligibility: Adults 18 years of age and older.

Cost: No Cost, Low Cost

Forms of Payment: Check

Automatic withdrawal required for debt management plan; certified check required for Bankruptcy Certificate.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Moro Plantation**

21 Katahdin Street

Presque Isle, ME 04769

Phone: (207) 528-2215

Fax: (207) 528-2055

[townofpatten@gmail.com](mailto:townofpatten@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Language(s) Offered: English

Hours: Mon-Fri; 8:30am-4:30pm

**Moro Plantation General Assistance, Moro Plantation**

21 Katahdin Street

Patten Town Office

Patten, ME 04765

Phone: (207) 528-2215

After Hours: (207) 528-2215

Fax: (207) 528-2055

[townofpatten@gmail.com](mailto:townofpatten@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 10:30am - 12:30pm; Thu 10:30am - 12:30pm

**Adult Community Support Services, Morrison Center**

information.

Languages Offered: English

Hours: Mon 8:30am - 4:30pm; Tue 8:30am - 4:30pm; Wed 8:30am - 4:30pm; Thu 8:30am - 4:30pm; Fri 8:30am - 4:30pm

**Moro Plantation General Assistance, Moro Plantation**

21 Katahdin Street

Patten, ME

Phone: (207) 528-2215

Fax: (207) 528-2055

[townofpatten@gmail.com](mailto:townofpatten@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Call for details.

Cost: No Cost

Application Process: Complete a General Assistance application.

Documents Required: Proof of income and living expenses; repeat applicants need to provide proof of how income was spent.

Languages Offered: English; interpreters available.

Hours: Tue 10:30am - 12:30pm; Thu 10:30am - 12:30pm

**Adult Community Support Services, Morrison Center**

2550 Post Road

Wells, ME 04090

Phone: (207) 883-6680 x1120

Fax: (207) 883-6695

[info@morrison-maine.org](mailto:info@morrison-maine.org)

<https://morrison-maine.org/programs/adult-community-support/>

Daytime community supports for adults with intellectual and developmental disabilities.

Eligibility: Adults 20 years of age and older with a developmental or intellectual disability.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Uninsured Accepted: No

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4pm

**Mothers Against Drunk Driving**

Maine Chapter: (207) 615-3475

Phone: 1-877-623-3475

Toll Free: 1-877-623-3475

Fax: (972) 869-2206

[victims@madd.org](mailto:victims@madd.org)

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

National organization provides 24 hour helpline, victim emotional support including support groups, assistance with medical and legal struggles that follow a drunk and/or drugged driving crash, programs to help reduce underage drinking, assistance with criminal and civil justice, partnerships with law enforcement, referral to community organization, and advocacy.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, Spanish

Hours: 24 hours; 7 days

**Hospital Free Care, Mount Desert Island Hospital**

10 Wayman Lane

Bar Harbor, ME 04609

Phone: (207) 288-5081 x1202

[hospitalbilling@mdihospital.org](mailto:hospitalbilling@mdihospital.org)

[www.mdihospital.org/insurance-and-billing/financialassistance/](http://www.mdihospital.org/insurance-and-billing/financialassistance/)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Individuals that meet income restrictions.

Cost: No Cost

Forms of Payment: Cash; Check

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 7:30am - 4:30pm

**Safe Harbor, Mount Desert Island Hospital**

25 Village Inn Road

Bar Harbor, ME 04609

Phone: (207) 288-8014

Fax: (207) 288-8652

[marketing@birchbayvillage.us](mailto:marketing@birchbayvillage.us)

[www.birchbayvillage.us](http://www.birchbayvillage.us)

Alzheimer's disease assisted living facility.

Eligibility: Adults 55 years of age and older diagnosed with Alzheimer's disease or other forms of memory loss.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**MDA Support Group, Muscular Dystrophy Association**

110 Campus Drive, Suite 122

Scarborough, ME 04070

Phone: (207) 854-3749

[www.mda.org/services/support-groups](http://www.mda.org/services/support-groups)

Support group for individuals affected by muscle disease, their families, and caregivers offers an open format for discussion, sharing, and guest speakers throughout the year.

Cost: No Cost

Language(s) Offered: English

Hours: 4th Mon 5:30-7pm

**Muscular Dystrophy Association**

39 Mechanic Street

Westbrook, ME 04092

Phone: (207) 854-3749

(207) 391-7145

Fax: (603) 471-1857

[portlandmea@mdausa.org](mailto:portlandmea@mdausa.org)

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

Comprehensive health care services and support, advocacy, local engagement.

Eligibility: Individuals with a diagnosis of any of the 43 neuromuscular diseases covered by MDA.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**Nar-Anon, Nar-Anon Family Group Headquarters Inc.**

60 Eustis Parkway, Waterville, ME 04901

Toll Free 1-800-477-6291

[wso@nar-anon.org](mailto:wso@nar-anon.org)

[www.nar-anon.org](http://www.nar-anon.org)

12 step program for families and friends of addicts.

Cost: No Cost

Language(s) Offered: English, Farsi, Russian, Spanish

Hours: Mon-Fri; 12pm-8pm

**Maine Area Narcotics Anonymous, Narcotics Anonymous**

Toll Free: 1-800-974-0062

Toll Free:

[pr@namaine.org](mailto:pr@namaine.org)

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

Recovery process and support network for individuals of any age with substance use disorder.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Family Respite Program, National Alliance on Mental Illness of Maine**

52 Water Street

Hallowell, ME 04347

Phone: (207) 622-5767

Toll Free: 1-800-464-5767

Fax: (207) 621-8430

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

[www.namimaine.org/respite.htm](http://www.namimaine.org/respite.htm)

Respite care; respite provider certification and per diem employment.

Eligibility: Children and adolescents under 18 years of age diagnosed with 2 or more significant delays of 6 months in areas of development or an emotional disability or a behavioral disability.

Cost: No Cost, Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Maine Suicide Prevention Program, National Alliance on Mental Illness of Maine**

52 Water Street

Hallowell, ME 04347

Phone: (207) 622-5767

Toll Free: 1-800-464-5767

Fax: (207) 621-8430

[mspp@namimaine.org](mailto:mspp@namimaine.org)

[www.namimaine.org/?page=SPMain](http://www.namimaine.org/?page=SPMain)

Suicide prevention training to reduce incidence of fatal and non-fatal suicide behavior; trainings include Suicide Gatekeeper Training, Training of Trainers, Suicide Assessment for Clinicians, Lifelines Teacher Training, Middle School Teacher Training, and Transition Teacher Training.

Eligibility: School communities and primary care providers.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards

Trainings can be contracted for agencies in addition to scheduled trainings.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Support Groups, National Alliance on Mental Illness of Maine**

52 Water Street

Hallowell, ME 04347

Phone: (207) 622-5767

Toll Free: 1-800-464-5767

TTY: (207) 622-5767

Fax: (207) 621-8430

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

<http://www.namimaine.org/page/SupportGroups>

Family and peer support groups.

Eligibility: Adults who have a mental illness or co-occurring substance use disorder and their family members and friends.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Toll Free Helpline, National Alliance on Mental Illness of Maine**

52 Water Street,

Hallowell, ME 04347

Toll Free: 1-800-464-5767

[helpline@namimaine.org](mailto:helpline@namimaine.org)

<http://www.namimaine.org/page/HelplineLanding>

Confidential non-crisis helpline assists with resolving issues connected to mental illness and co-occurring substance use disorder; advocacy, information and resource materials, referrals, and help navigating the mental health and criminal justice systems.

Eligibility: Individuals with mental health issues or co-occurring substance use conditions and their families, mental health clinicians, veterans, school personnel, primary care providers, law enforcement, suicide survivors, and community members.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Training and Education, National Alliance on Mental Illness of Maine**

52 Water Street

Hallowell, ME 04347

Phone: (207) 622-5767

Toll Free: 1-800-464-5767

Fax: (207) 621-8430

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

<http://www.namimaine.org/events/event_list.asp>

Training and education on mental illness, suicide prevention, de-escalation, recovery, support group facilitation, Family-to-Family Education Course, Family-to-Family teacher training, first responder crisis intervention training, and other specialized trainings; speakers and on site training available.

Eligibility: Family members, peers, mental health clinicians, veterans, school personnel, primary care providers, community members, consumers, first responders, law enforcement, and corrections personnel.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

National Association For The Advancement of Colored People (NAACP)

510 Cumberland Avenue

Portland, ME 04101

Toll Free: 1-877-622-2798

[www.naacp.me/2016](http://www.naacp.me/2016)

Nonpartisan membership organization works toward achieving equal rights, eliminating race prejudice, securing civil rights, informing public of adverse effects of racial discrimination, eliminating racial discrimination, educating individuals regarding their constitutional rights; offices located in Bangor, Portland, and the Maine State Prison.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: No regular hours of operation.

**National Association of Anorexia Nervosa and Associated Disorders**

220 N Green Street

Chicago, IL 60607

Phone: (630) 577-1333

Hotline: (630) 577-1330

[hello@anad.org](mailto:hello@anad.org)

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

Referrals to health care professionals who treat eating disorders; support groups for sufferers and families; recovery mentorship; helpline, online video training, and resources.

Eligibility: Individuals struggling or concerned about eating disorders.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**National Celiac Association**

225 Schoolmaster Lane

Dedham, MA 02026

Phone: (617) 262-5422

Toll Free: 1-888-423-5422

[managingdirector@nationalceliac.org](mailto:managingdirector@nationalceliac.org)

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

Celiac disease and gluten intolerance education, information, research, and support.

Eligibility: Individuals with celiac disease, dermatitis herpetiformis or a gluten related disorder, their families, health care professionals, and interested individuals.

Cost: No Cost, Donation for Annual membership dues.

Language(s) Offered: English

Hours: Mon-Fri; 9am-4pm

**Portland Maine Celiac Support Group, National Celiac Association**

5 Bucknam Road

Falmouth, ME 04105

Phone: (2070 650-8705

[portland@nationalceliac.org](mailto:portland@nationalceliac.org)

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

Information and support for individuals with celiac disease, a gluten related disorder, or anyone who is interested in living a gluten free lifestyle and their families.

Cost: No Cost

Language(s) Offered: English

Hours: Last Tue 6-7pm

**National Center for Missing and Exploited Children, National Center for Missing and Exploited Children**

699 Prince Street

Alexandria, VA 22304

Phone: (703) 224-2150

Toll Free: 1-800-843-5678

Fax: (703) 224-2127

[www.missingkids.com](http://www.missingkids.com)

Clearinghouse of information about missing and exploited children; operate a CyberTipline that the public may use to report Internet related child sexual exploitation; technical assistance to individuals and law enforcement; training programs to law enforcement and social service professionals; distribute photographs and descriptions of missing children worldwide; coordinate child protection efforts with private sector.

Eligibility: Parents, guardians, families, communities, and law enforcement.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**National Dating Abuse Helpline**

Phone: 1-866-331-9474

Toll Free: 1-866-331-9474

TTY: 1-866-331-8453

Fax: (512) 453-8541

[contact@loveisrespect.org](mailto:contact@loveisrespect.org)

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

Real time 1-on-1 support with a trained Peer Advocate to provide support, information, and advocacy; anonymous and confidential toll free 24-hour hotline; live chat with an advocate available on website.

Eligibility: Individuals involved in dating abuse relationship as well as concerned parents, teachers, clergy, law enforcement, and service providers.

Cost: No Cost

Language(s) Offered: English, Spanish; interpreters available.

Hours: 24 hours; 7 days

**National Do Not Call Registry**

Toll Free: 1-888-382-1222

[www.donotcall.gov/](http://www.donotcall.gov/)

Information on how to get rid of unwanted telemarketing calls at home; telephone numbers placed on registry will remain on it permanently.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**National Domestic Violence Hotline**

Toll Free: 1-800-799-7233

TTY: 1-800-787-3224

Fax: (512) 453-8541

[ndvh@ndvh.org](mailto:ndvh@ndvh.org)

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

Crisis intervention, information and referral to shelters and domestic violence programs, advocacy,:

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours; 7 days

**National Human Trafficking Hotline**

Hotline: 1-888-373-7888

[nhtrc@ploarisproject.org](mailto:nhtrc@ploarisproject.org)

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

National toll free hotline provides callers with urgent and non-urgent local services, information and resources, training and technical assistance, and remote phone consultations; center also accepts tips from individuals reporting information on human trafficking.

Eligibility: Anyone needing help or seeking information about human trafficking.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours; 7 days

**Multiple Sclerosis Support Groups, National Multiple Sclerosis Society**

Phone: 1-800-344-4867

[www.nationalmssociety.org/chapters/MAM/programs-services/community/support/maine/index.aspx](http://www.nationalmssociety.org/chapters/MAM/programs-services/community/support/maine/index.aspx)

Statewide support groups for individuals with multiple sclerosis provide opportunity to share common experiences and concerns, provide emotional support, and obtain information on living and coping with MS; groups run by persons with MS.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 5pm

**National Multiple Sclerosis Society Programs, National Multiple Sclerosis Society**

74 Gray Road

Falmouth, ME 04105

Phone: 1-800-344-4867

Fax: (207) 890-2089

[nationalmssocietygne@nmss.org](mailto:nationalmssocietygne@nmss.org)

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

Information and referral, self-help group network, educational and wellness programs, telephone peer support, MS Vacation Week, access to MS Care Centers, lending library, financial assistance, hands-on care management program.

Eligibility: Individuals with multiple sclerosis, family members and the health care community.

Cost: No Cost

Fee may be charged for special events and programs; most services have no cost.

Language(s) Offered: English, Spanish; interpreters available.

Hours: Mon – Fri; 9am - 5pm

**National Prescription Drug Take-Back Initiative**

Phone: 1-800-882-9539

[www.deadiversion.usdoj.gov/drug\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/)

Collaborative effort between U.S. Department of Justice Drug Enforcement Administration and state and local law enforcement agencies provides an opportunity for the public to anonymously surrender expired, unwanted or unused pharmaceutical pills and patches for destruction; no liquids or needles; April 29, 2017.

Cost: No Cost

Language(s) Offered: English

Hours: Sat 10am - 2pm

**National Psoriasis Foundation, National Psoriasis Foundation**

6600 SW 92nd Avenue, Suite 300

Portland, OR 97223

Phone: 1-800-723-9166

Toll Free: 1-800-723-9166

Fax: (503) 245-0626

[getinfo@psoriasis.org](mailto:getinfo@psoriasis.org)

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

Specially-trained patient navigators offer 1-on-1 guidance to individuals impacted by psoriatic disease; patient and caregiver educational resources and programs on psoriasis and psoriatic arthritis; connect with others living with psoriatic disease.

Cost: No Cost

Language(s) Offered: English; Spanish interpreters available upon request.

Hours: Mon-Fri; 10:30am-7:30pm

**National Runaway Safeline**

3141B North Lincoln Avenue

Chicago, IL 60657

Phone: (773) 880-9860

Toll Free: 1-800-786-2929

TTY: 1-800-621-0394

Fax: (773) 929-5150

[info@1800runaway.org](mailto:info@1800runaway.org)

[www.1800runaway.org](http://www.1800runaway.org)

Crisis intervention, information and referral, education and prevention, message delivery and conferencing services, free bus rides home via Greyhound.

Eligibility: Individuals 12-21 years of age.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**National Safety Council of Northern New England**

405 Western Avenue

South Portland, ME 04106

Phone: (207) 854-8441

Toll Free: 1-888-396-2047

Fax: (207) 222-0105

[melissaw@nscnne.org](mailto:melissaw@nscnne.org)

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

Safety training for forklift certification, first aid, child and adult CPR, AED, OSHA compliance, occupational safety, and defensive driving; safety and health regional conferences.

Eligibility: Individuals and businesses.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**National Tourette Syndrome Association**

42-40 Bell Boulevard

Bayside, NY 11361

Toll Free: 1-888-486-8738

Fax: (718) 279-9596

[ts@tsa-usa.org](mailto:ts@tsa-usa.org)

[www.tsa-usa.org](http://www.tsa-usa.org)

Information and referral; work with educators and families to optimize teaching and learning; coordination of services; newsletters, publications and videos; informational brochures, including Chinese, Korean, Vietnamese, and Spanish languages.

Eligibility: Patients, caregivers, physicians, educators, and agencies.

Cost: No Cost, Low Cost

Payments accepted for various Association Membership levels, print publications, books, and DVDs.

Language(s) Offered: English, Spanish, Russian; interpreters available upon request.

Hours: Mon-Fri; 8am-5pm

**Neighborhood Cafe, Neighborhood United Church of Christ**

798 Washington Street

Bath, ME 04530

Phone: (207) 443-2187

[faithcommunity@faithinbath.org](mailto:faithcommunity@faithinbath.org)

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

Drop in day center provides beverages, snacks, games, puzzles, arts and crafts, local newspapers, and computers; dinner served 4:30-6pm.

Eligibility: Open to all.

Cost: No Cost, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue 9am - 7pm

**Neighbors Driving Neighbors**

Mailing Address:  P. O. Box 142

Mount Vernon, ME 04352

Phone: (207) 860-0677

[neighborsdrivingneighbors@gmail.com](mailto:neighborsdrivingneighbors@gmail.com)

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

Transportation to errands, exercise sessions, classes, medical appointments, shopping, socialization, and volunteering.

Eligibility: Adult residents of Belgrade, Fayette, Mount Vernon, Rome, and Vienna who have the ability to get in and out of a vehicle with minimal arm assistance.

Cost: No Cost

Language(s) Offered: English

Hours: Call, email for service hours

**Emergency Shelter, New Beginnings**

491 Main Street

Lewiston, ME 04240

Phone: (207) 795-4070

After Hours: (207) 795-4070

Fax: (207) 795-4072

[marian@newbeginmaine.org](mailto:marian@newbeginmaine.org)

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

Emergency shelter provides short term emergency care, family intervention, 24 hour supervision, recreation, informal individual counseling and family mediation, substance use disorder education, individualized education program, referrals to community resources, and follow-up mediation.

Eligibility: Children and adolescents 10 to 19 years of age who are homeless or at risk of being homeless.

Cost: Low Cost, Donations

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: 24 hours; Daily

**Family Mediation Services, New Beginnings**

491 Main Street

Lewiston, ME 04240

Phone: (207) 795-4070

After Hours: (207) 795-4070

Fax: (207) 795-4072

[shelter@newbeginmaine.org](mailto:shelter@newbeginmaine.org)

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

Mediation services provide conflict resolution in a neutral and supportive environment outside of the home.

Eligibility: Adolescents and adults who desire to resolve ongoing conflict in the home with or without the need for short term shelter services.

Cost: Donation

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 hours; Daily

**Transitional Living Program, New Beginnings**

436 Main Street

Lewiston, ME 04240

Phone: (207) 795-4074

After Hours: (207) 795-4070

(207) 795-6048

Fax: (207) 795-4081

[denise@newbeginmaine.org](mailto:denise@newbeginmaine.org)

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

Transitional housing services include case management and supportive services.

Eligibility: Adolescents and young adults 16 to 21 years of age who are runaways or at risk of being homeless.

Cost: Sliding Fee

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 hours; Daily

**Auburn Group Home, New Communities, Inc.**

109 Davis Avenue

Auburn, ME 04210

Phone: (207) 591-0751; (207) 783-8671

Fax: (844) 468-9584

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/arrh.html](http://www.newcommunitiesinc.org/arrh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon- Fri; 8am - 5pm

**Beal Street Home, Intellectual and Developmental Disability Services, New Communities, Inc.**

7 Beal Street

Norway, ME 04268

Phone: (207) 591-0751; (207) 743-6902

Fax: (844) 445-5357

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon - Fri 8am - 5pm

**Bishop House, New Communities, Inc.**

11 Bishop Street

Windham, ME 04062

Phone: (207) 591-0751

TTY: (207) 892-8529

Fax: (844) 445-5359

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older who are hearing impaired and with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: American Sign Language, English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Brick House, Intellectual and Developmental Disability Services, New Communities, Inc.**

642 Main Street

Madison, ME 04950

Phone: (207) 591-0751; (207) 696-4317

Fax: (844) 445-5360

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation; recreational resource center.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Brookside Apartments, Intellectual and Developmental Disability Services, New Communities, Inc.**

245 Main Street

Norway, ME 04268

Phone: (207) 591-0751; (207) 743-7890

Fax: (844) 445-5361

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation; recreational resource center.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Carriage House Apartments, Intellectual and Developmental Disability Services, New Communities, Inc.**

54 High Street

Skowhegan, ME 04976

Phone: (207) 591-0751; (207) 858-0791

Fax: (844) 451-5676

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Country Meadows, New Communities, Inc.**

1605 Essex Street

Bangor, ME 04401

Phone: (207) 591-0751; (207) 945-6627

Fax: (844) 468-9585

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/mh.html](http://www.newcommunitiesinc.org/mh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Cost: Vary

Accepted Insurance: MaineCare

Forms of Payment: Cash; Check; Money Order

Languages Offered: English; interpreters available.

Hours: Mon- Fri; 8am - 5pm

**Embden I, Intellectual and Developmental Disability Services, New Communities, Inc.**

46 Moulton Hill Road

Embden, ME 04958

Phone: (207) 591-0751

Fax: (844) 451-5678

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon 8am - 5pm; Tue 8am - 5pm; Wed 8am - 5pm; Thu 8am - 5pm; Fri 8am - 5pm

**Embden II, Intellectual and Developmental Disability Services, New Communities, Inc.**

46 Moulton Hill Road

Embden, ME 04958

Phone: (207) 591-0751

Fax: (844) 451-5679

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Friendship House, New Communities, Inc.**

46 Moulton Hill Road

Embden, ME 04958

Phone: (207) 591-0751

Fax: (844) 468-9586

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/mh.html](http://www.newcommunitiesinc.org/mh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Hampden Meadows, New Communities, Inc.**

1282 Kennebec Road

Hampden, ME 04444

Phone: (207) 591-0751; (207) 862-4684

Fax: (844) 468-9588

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/mh.html](http://www.newcommunitiesinc.org/mh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Houghton House, Intellectual and Developmental Disability Services, New Communities, Inc.**

3 East Houghton Street

Madison, ME 04950

Phone: (207) 591-0751

Fax: (844) 451-5680

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Madison House, Intellectual and Developmental Disability Services, New Communities, Inc.**

3 East Houghton Street

Madison, ME 04950

Phone: (207) 591-0751

Fax: (844) 451-5681

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Call for details.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Marston Street, New Communities, Inc.**

16 Marston Street

Norway, ME 04268

Phone: (207) 591-0751

Fax: (844) 468-9589

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/mh.html](http://www.newcommunitiesinc.org/mh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Call for details.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Parkman Hill House, Intellectual and Developmental Disability Services, New Communities, Inc.**

88 White Schoolhouse Road

Madison, ME 04950

Phone: (207) 591-0751

Fax: (844) 451-5682

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Pleasant Street Apartments, Intellectual and Developmental Disability Services, New Communities, Inc.**

93 Pleasant Street

Norway, ME 04268

Phone: (207) 591-0751; (207) 744-0618

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Pleasant Street Home, Intellectual and Developmental Disability Services, New Communities, Inc.**

93 Pleasant Street

Norway, ME 04268

Phone: (207) 591-0751

Fax: (844) 451-5684

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Rocky Coast Group Home, Intellectual and Developmental Disability Services, New Communities, Inc.**

269 Townsend Avenue

Boothbay Harbor, ME 04537

Phone: (207) 591-0751; (207) 633-3504

Fax: (844) 451-5685

services@newcomms.org

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Round Hill, New Communities, Inc.**

1 Round Hill Road

Biddeford, ME 04005

Phone: (207) 591-0751

Fax: (866) 273-8054

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/mh.html](http://www.newcommunitiesinc.org/mh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Venture House, Intellectual and Developmental Disability Services, New Communities, Inc.**

23 Ventura Street

Lewiston, ME 04340

Phone: (207) 591-0751

Fax: (844) 468-9579

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/dd.html](http://www.newcommunitiesinc.org/dd.html)

Long-term residential care includes support services, day programming, community involvement, and vocational rehabilitation.

Eligibility: Adults 18 years of age and older with a diagnosis of intellectual or developmental disabilities or Autism.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Windham Pines, New Communities, Inc.**

20 Bishop Drive

Windham, ME 04062

Phone: (207) 591-0751

Fax: (844) 468-9582

[services@newcomms.org](mailto:services@newcomms.org)

[www.newcommunitiesinc.org/mh.html](http://www.newcommunitiesinc.org/mh.html)

Long-term residential care includes support, personal care, psychosocial rehabilitation, and opportunities to connect to community resources.

Eligibility: Adults 18 years of age and older with chronic mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Children's Case Management, New Day Counseling Services**

20 Old Van Buren Road

Caribou, ME 04736

Phone: (207) 492-1130

Fax: (207) 492-1139

[newday20@outlook.com](mailto:newday20@outlook.com)

Case manager provides coordination and follow-up throughout children's mental health treatment process.

Eligibility: Individuals from birth to 20 years of age who have a mental health diagnosis.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Outpatient Therapy, New Day Counseling Services**

20 Old Van Buren Road

Caribou, ME 04736

Phone: (207) 492-1130

Fax: (207) 492-1139

[newday20@outlook.com](mailto:newday20@outlook.com)

Individual, family, and group outpatient mental health services.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Children's Case Management, New Day Counseling Services**

20 Old Van Buren Road

Caribou, ME 04736

Phone: (207) 492-1130

Fax: (207) 492-1139

[newday20@outlook.com](mailto:newday20@outlook.com)

<http://newdaycounseling.placeweb.site/>

Case manager provides coordination and follow-up throughout children's mental health treatment process.

Eligibility: Individuals from birth-20 years of age who have a mental health diagnosis.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Languages Offered: English; interpreters available.

Hours: Call for hours of service

**Outpatient Therapy, New Day Counseling Services**

20 Old Van Buren Road

Caribou, ME 04736

Phone: (207) 492-1130

Fax: (207) 492-1139

[newday20@outlook.com](mailto:newday20@outlook.com)

<http://newdaycounseling.placeweb.site/>

Individual, family, and group outpatient mental health services.

Eligibility: Individuals who have a mental health diagnosis.

Cost: Sliding Fee

Forms of Payment: Cash or Self-Payment

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Call for hours of service

**New England Pension Assistance Project**

100 Morrissey Boulevard, UMass Boston, Gerontology Institute

Boston, MA 02125

Phone: 1-888-425-6067

Alternate Phone: (617) 287-7307

Fax: (617) 287-7080

[pension@umb.edu](mailto:pension@umb.edu)

[www.umb.edu/pensionaction](http://www.umb.edu/pensionaction)

Direct personalized assistance to answer questions about complicated pension laws and how they affect retirement; help obtain and explain hard to find retirement pension documents; correct pension miscalculations; track down benefits from past employers.

Eligibility: Adults who currently live or work in New England or who have lived or worked in the region while earning the pension; adults whose company or pension plan is headquartered or currently has operations in New England or whose company had operations in the region when the pension was earned.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**New England Rehabilitation Hospital of Portland**

335 Brighton Avenue

Portland, ME 04102

Phone: (207) 775-4000

Fax: (207) 262-8679

[kellie.selberg@healthsouth.com](mailto:kellie.selberg@healthsouth.com)

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

Comprehensive inpatient and outpatient treatment; intensive short term physical rehabilitation for amputation, arthritis, brain injury, burns, cancer, chronic pain, hip fractures, joint replacements, neuromuscular diseases, orthopedic problems, spinal cord injury, stroke, and traumatic head injury; support groups, Driver Assessment Program.

Eligibility:

Cost: Sliding Fee, Vary

Forms of Payment: Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**The Lord's Pantry, New Sweden First Baptist Church**

17 Westmanland Road

New Sweden, ME 04762

Phone: (207) 896-3392

[tohearns@yahoo.com](mailto:tohearns@yahoo.com)

[www.fbcns.com/Lord-s-Pantry.html](http://www.fbcns.com/Lord-s-Pantry.html)

Food pantry.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines; exceptions granted by application.

Cost: No Cost

Language(s) Offered: English, Russian

Hours: 2nd Sat 8-10am

**New Ventures Maine**

331 Water Street; Handley Hall

Augusta, ME 04330

Phone: (207) 621-3440

Fax: (207) 621-3429

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

[rachel.boynton@maine.edu](mailto:rachel.boynton@maine.edu)

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

Career, business, and financial literacy services.

Eligibility: Adults looking to take the next step towards financial security, a new career, or new business.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Call; email for hours

**New Ventures Maine – Bangor Office**

1 University Drive; UMA’s Bangor Hall

Bangor, ME 04401

Phone: (207) 262-7842

Fax: (207) 262-7951

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

[sarah.joy.chaples@maine.ed](mailto:sarah.joy.chaples@maine.ed) (Business Assistance & Money Management)

[thomas.grogan@maine.edu](mailto:thomas.grogan@maine.edu) (Career/Job Assistance & Money Management)

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

Career, business, and financial literacy services. Also conducts outreach in Ellsworth; Millinocket and in Washington County.

Eligibility: Adults looking to take the next step towards financial security, a new career, or new business.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Call; email for hours

**New Ventures Maine – Presque Isle Office**

UMPI’s Preble Hall #239

Presque Isle, ME 04760

Phone: (207) 262-9635

Fax: (207) 262-7951

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

[senechal@maine.edu](mailto:senechal@maine.edu) (Career/Job Assistance & Money Management)

[karin.petrin@maine.edu](mailto:karin.petrin@maine.edu) (Business Assistance)

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

Career, business, and financial literacy services. Also conducts outreach in Houlton and in the St. John Valley.

Eligibility: Adults looking to take the next step towards financial security, a new career, or new business.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Call; email for hours

**Beacon House, NFI North**

360 Long Plains Road

Buxton, ME 04093

Phone: (207) 727-5900

Fax: (207) 727-5801

[mattnarel@nafi.com](mailto:mattnarel@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Intensive residential treatment program provides highly structured individual, group, and family therapy to help transition youth safely into home and community environments.

Eligibility: Adolescents 13-18 years of age who meet the clinical requirements for level of care; individuals may not be actively homicidal or suicidal and must have mental health diagnosis.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Bridge Crossing, NFI North**

15 Wayside Avenue

Bridgton, ME 04009

Phone: (207) 647-4404

Fax: (207) 647-4170

[amysiebert@nafi.com](mailto:amysiebert@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Intensive residential treatment program provides highly structured individual, group, and family therapy to help youth address their individual treatment issues to successfully prepare for reunification with family or foster home.

Eligibility: Children and adolescents 5-14 years of age with a history of behavioral problems who have experienced physical, sexual or emotional abuse and have prior unsuccessful placements who need a structured and therapeutic living environment. DHHS referral.

Cost: Fixed Cost

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Dodge House Day School, NFI North**

15 Wayside Avenue

Bridgton, ME 04009

Phone: (207) 647-4404

Fax: (207) 647-4170

[amysiebert@nafi.com](mailto:amysiebert@nafi.com)

[www.nfinorth.com/locations-served/me-childsvs/](http://www.nfinorth.com/locations-served/me-childsvs/)

Day treatment school provides a full array of subjects, a computer lab, and individual programs tailored to the student's learning style; students learn through the use of PowerPoint slides, interactive drawing and puzzles, as well as hands on problem solving; use the outdoors as a classroom for sports and gardening; clinical and medical staff provide educational, psychological, and emotional services.

Eligibility: Students K-8 with behavioral impairments, learning disabilities or mental health diagnoses. DHHS referral.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon-Fri; 7:30am-3:30pm

**Finson Road, NFI North**

726 Finson Road

Bangor, ME 04401

Phone: (207) 945-3099

After Hours: (207) 945-3099

Fax: (207) 945-5948

[jaybowker@nafi.com](mailto:jaybowker@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Assisted living facility provides residential living program and assists with emotional and psychological well-being; help develop, refine, and maintain activities of daily living, personal care and community involvement.

Eligibility: Seniors 60 years of age and older with a history of serious and pervasive mental illness.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: 24 hours; 7 days

**Miller Terraces, NFI North**

60 Ohio Street

Bangor, ME 04401

Phone: (207) 942-8603

Fax: (207) 942-9077

[scottdufour@nafi.com](mailto:scottdufour@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Residential treatment program serves clinical and supportive living needs in therapeutic community based setting; help in accessing essential community resources that support the development of independence, healthy interdependence, and autonomy.

Eligibility: Adult men and women with serious and pervasive mental health illness. DHHS referral.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri; 8:30am-4:30pm

**Sidney Riverbend, NFI North**

3895 West River Road

Augusta, ME 04330

Phone: (207) 547-4464

After Hours: (207) 547-4464

Fax: (207) 547-4686

[andreababbin-wood@nafi.com](mailto:andreababbin-wood@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Intensive residential therapeutic program provides clinical treatment to individual, and family; weekly treatment review; educational services through an on-site Special Purpose Private School; all students receive a full curriculum of classes, including vocational and computer technology.

Eligibility: Individuals 10-20 years of age who are in need of highly structured, therapeutic services in order to be successful at home; individuals may not be actively homicidal or suicidal and must have mental health diagnosis. DHHS referral.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: 24 hours; 7 days

**Stetson Ranch, NFI North**

160 Lapoint Road

Bangor, ME 04401

Phone: (207) 296-2487

After Hours: (207) 296-2487

Fax: (207) 296-2488

[lucymoore@nafi.com](mailto:lucymoore@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Intensive residential therapeutic program provides clinical treatment to individual, and family; weekly treatment review; educational services through an on-site Special Purpose Private School; all students receive a full curriculum of classes, including vocational and computer technology

Eligibility: Individuals 10-20 years of age who are in need of highly structured, therapeutic services in order to be successful at home; individuals may not be actively homicidal or suicidal and must have mental health diagnosis. DHHS referral.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Uninsured Accepted: No

Language(s) Offered: English

Hours: 24 hours; 7 days

**Summit View, NFI North**

63 Summit Avenue

Bangor, ME 04401

Phone: (207) 942-3799

Alternative Phone: (207) 942-3871

Fax: (207) 942-3879

[stephaniefarquhar@nafi.com](mailto:stephaniefarquhar@nafi.com)

[www.nfinorth.com/services/residential-programs/](http://www.nfinorth.com/services/residential-programs/)

Residential mental health treatment program provides client and family clinical services within the residential treatment site or through in home treatment services; individual, group and family therapy; help youth address their individual treatment issues to prepare for reunification with family, foster home, college or successful independent living.

Eligibility: Adolescents and young adults 14-20 years of age needing a mental health treatment program. Referrals must be approved by DHHS Intensive Temporary Residential Treatment process.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 9am-5pm

**Nicotine Anonymous World Services**

6333 E. Mockingbird Lane, Suite 147-817

Dallas, TX 75214

Phone: 1-877-879-6422

Fax: 1-888-390-5873

[info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Fellowship of individuals seeking to live lives free of nicotine addiction; meetings available in person, online, or via phone conference.

Eligibility: Individuals recovering from nicotine addiction.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Meeting times vary by location.

**Northeast Hearing and Speech**

75 West Commercial Street, Suite 205

Portland, ME 04101

Phone: (207) 874-1065

TTY: (207) 874-1065

Fax: (207) 874-1068

[mail@nehearingandspeech.org](mailto:mail@nehearingandspeech.org)

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

Community based speech and hearing center offers hearing evaluations, hearing aid dispensing, speech-language evaluations and therapy provided in clinic or educational settings; early language and literary skills education for parents and teachers.

Eligibility: Individuals who suspect or have a diagnosed speech-language or hearing impairment; services available to all.

Cost: Vary

Forms of Payment: Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Call for hours

**Northeast Occupational Exchange - Bangor**

68 Mt. Hope Avenue, Suite 2

Bangor, ME 04401

Toll Free: (800) 857-0500

After Hours: (800) 857-0500

TTY: (207) 992-2298

Fax: (207) 561-4725

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

<https://www.noemaine.org/community-support-services>

Team-based, integrated approach provides coordination of physical and mental health care among all service providers and includes direct care, case management, consultation, and assistance in learning new skills to live a fuller, healthier life.

Eligibility: Adults 18 years of age and older who have a mental health diagnosis approved by DHHS.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Northeast Occupational Exchange - Newport**

442 Moosehead Trail

Newport, ME 04953

Phone: (207) 942-7347

Toll Free: (800) 857-0500

After Hours: (800) 857-0500

TTY: (207) 355-3001

Fax: (207) 368-5290

[info@noemaine.org](mailto:info@noemaine.org) [lwiley@noemaine.org](mailto:lwiley@noemaine.org)

<https://www.noemaine.org/community-support-services>

Team-based, integrated approach provides coordination of physical and mental health care among all service providers and includes direct care, case management, consultation, and assistance in learning new skills to live a fuller, healthier life.

Eligibility: Adults 18 years of age and older who have a mental health diagnosis approved by DHHS.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Northeast Occupational Exchange - Lincoln**

9 Main Street

Lincoln, ME 04457

Phone: (207) 942-7347

Toll Free: (800) 857-0500

After Hours: (800) 857-0500

TTY: (207) 355-3001

Fax: (207) 368-5290

[info@noemaine.org](mailto:info@noemaine.org) [lwiley@noemaine.org](mailto:lwiley@noemaine.org)

<https://www.noemaine.org/community-support-services>

Team-based, integrated approach provides coordination of physical and mental health care among all service providers and includes direct care, case management, consultation, and assistance in learning new skills to live a fuller, healthier life.

Eligibility: Adults 18 years of age and older who have a mental health diagnosis approved by DHHS.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Child and Adolescent Partial Hospitalization Program, Northern Light Acadia Hospital**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

Toll Free: 1-800-640-1211

[www.acadiahospital.com](http://www.acadiahospital.com)

Individualized and group therapy, educational opportunities.

Eligibility: Children and adolescents 4-17 years of age with a psychiatric diagnosis.

Cost: No Cost, Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Reduced payments or no cost to persons who meet eligibility criteria.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Frontotemporal Dementia Support Group of Bangor, Northern Light Acadia Hospital**

268 Stillwater Avenue, Waldo Conference Room

Bangor, ME 04401

[dbanniftd@gmail.com](mailto:dbanniftd@gmail.com)

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

Support group for individuals affected by Frontotemporal Dementia, their family members, friends, and caregivers; provides coping skills, emotional support, and the opportunity to share experiences with peers.

Eligibility: Individuals in need of support services.

Cost: No Cost

Language(s) Offered: English

Hours: 3rd Wed 2-4pm

**Hospital Free Care, Northern Light Acadia Hospital**

Brewer Professional Center, Cianchette Building

43 Whiting Hill Road

Brewer, ME 04412

Phone: (207) 973-5000

Toll Free: 1-877-366-3662 x5000

[billinghelp@emh.org](mailto:billinghelp@emh.org)

[www.billinghelp.acadiahospital.org](http://www.billinghelp.acadiahospital.org)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Individuals with a family income of 150% less than the Federal Poverty Income Guidelines.

Cost: No Cost for the service. Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Inpatient Services, Northern Light Acadia Hospital**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

Toll Free: 1-800-640-1211

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

Inpatient psychiatric units treat illnesses such as depression, schizophrenia, dual diagnosis, bipolar, and other conditions; help cope with mental illness; educate families and friends.

Eligibility: Individuals suffering from acute stages of major mental illness.

Cost: No Cost, Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Reduced payments or no cost to persons who meet eligibility criteria.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Intensive Outpatient/Partial Hospitalization Program, Northern Light Acadia Hospital**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

Toll Free: 1-800-640-1211

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

Intensive mental health and substance use disorder outpatient short term treatment, typically lasting less than 6 weeks, while living at home.

Eligibility: Individuals who need intensive treatment for acute psychiatric and chemical dependency issues.

Cost: No Cost, Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Reduced payments or no cost to persons who meet eligibility criteria.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Narcotic Treatment Program, Northern Light Acadia Hospital**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

Toll Free: 1-800-640-1211

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

Psychiatric hospital provides inpatient and outpatient behavioral care, case management, psychological evaluations, medication therapy and management includes suboxone and methadone.

Eligibility: Adolescents and adults who are substance abusers or those with co-occurring disorders.

Cost: No Cost, Sliding Fee, Fixed Cost

Forms of Payment: Check; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Reduced payments or no cost to persons who meet eligibility criteria.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 6am - 1:30pm

**Online Mental Health Screening Program, Northern Light Acadia Hospital**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

Toll Free: 1-800-640-1211

TTY: (207) 973-6142

[www.mentalhealthscreening.org/screening/acadia](http://www.mentalhealthscreening.org/screening/acadia)

Confidential online mental health screening tool provides valuable insight helping to identify if someone is exhibiting symptoms associated with depression and other mood disorders and if they should seek help.

Eligibility: Open to adolescent, and adults or anyone with a device and internet connection.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Outpatient Care, Northern Light Acadia Hospital**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

Toll Free: 1-800-640-1211

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

Evaluations, education, individualized treatment.

Eligibility: Individuals and families who are interested in recovery from substance abuse.

Cost: No Cost, Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Reduced payments or no cost to persons who meet eligibility criteria.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Crown Ambulance Service, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4386

Emergency coverage; local and long distance emergency and non-emergency medical transport to hospitals and nursing facilities.

Eligibility: Individuals in need of emergency or non-emergency services.

Cost: No Cost, Low Cost, Sliding Fee, Other, Vary, Fixed Cost, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: 24 hours; 7 days

**Educational Services and Programs, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4160

Fax: (207) 768-4085

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

Diabetes education, smoking cessation, babysitting.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**Hospital Free Care, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4000

<https://www.mynorthernlighthealth.org>

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost. Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**North Street Healthcare Family Practice and Internal Medicine, Northern Light AR Gould Hospital**

23 North Street

Presque Isle, ME 04769

Phone: (207) 764-3142

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

Family practice and internal medicine services include preventive health, physicals, sick visits, check ups, pediatric care, geriatrics, office surgical care.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**North Street Healthcare Walk-In Care, Northern Light AR Gould Hospital**

23 North Street

Presque Isle, ME 04769

Phone: (207) 760-9278

[www.tamc.org/Healthcare-Services/Walk-In-Care.aspx](http://www.tamc.org/Healthcare-Services/Walk-In-Care.aspx)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Eligibility: Infants, children, toddler, adolescents, adults, and seniors.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Sun 8am-8pm

**Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4000

Fax: (207) 768-4226

<https://northernlighthealth.org/A-R-Gould-Hospital>

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours; 7 days

**Northern Light Pediatric Primary Care, Northern Light AR Gould Hospital**

23 North Street, Presque Isle, ME 04769

Phone: (207) 764-5437

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Care-Centers-Services>

Acute and preventive care services include routine well child visits, immunizations, behavioral problems, school physicals, and sick visits.

Eligibility: Children and adolescents from birth-18 years of age.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-8pm

**OB/GYN and Midwifery, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-5944

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Care-Centers-Services>

Women's health care, gynecology, infertility/intrauterine insemination, endometriosis, obstetrics, prenatal care, family planning, menopause, midwifery.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm

**Orthopedic and Sports Medicine Center, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4169

<http://www.tamc.org/Healthcare-Services/Orthopedic-Sports-Medicine.aspx>

Consultation and follow up care for arthritis pain, spinal problems, joint pain, and various sports related injuries.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Call to schedule an appointment

**Physical Therapy, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4169

Fax: (207) 768-4062

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Care-Centers-Services>

Outpatient physical therapy.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Physician Referral Service, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4186

After Hours: (207) 768-4000

Fax: (207) 768-4046

[www.tamc.org/provider-finder.aspx](http://www.tamc.org/provider-finder.aspx)

Information on local health care providers who are currently accepting new patients includes length of wait and insurances accepted; information on local and statewide specialists.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Prescription Assistance Program, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4859

Fax: (207) 768-4865

[kspooner@tamc.org](mailto:kspooner@tamc.org)

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

Assist in obtaining free or low cost prescription medication; coordinate enrollment on behalf of both patient and physician.

Eligibility: Individuals who are a current patient or will become a patient of TAMC Physician Services.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4:30pm

**Primary Care, Northern Light AR Gould Hospital – Presque Isle Office**

Northern Light Health Center, Suite 4,

23 North Street

Presque Isle, ME, 04769

Phone: (207) 764-3142

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Care-Centers-Services/Primary-Care>

<https://northernlighthealth.org/Locations>

Family practice services, preventive health, internal medicine, physicals, sick visits, check ups, pediatric care, geriatrics, office surgical care.

Eligibility: Infants, children, toddlers, adolescents, adult, and seniors.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Thu 8am to 8pm and Fri 8am to 5pm

**Primary Care, Northern Light AR Gould Hospital – Caribou**

Northern Light Health Center, Suite 130

118 Bennett Drive

Caribou, ME, 04736

Phone: (207) 498-3476

Fax: (207) 498-3534

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Locations/Primary-Care-Caribou>

Family practice services, preventive health, internal medicine, physicals, sick visits, check ups, pediatric care, geriatrics, office surgical care.

Eligibility: Infants, children, toddlers, adolescents, adult, and seniors.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon- Fri 8am to 5pm

**Primary Care, Northern Light AR Gould Hospital – Fort Fairfield**

Northern Light Health Center

23 High Street

Fort Fairfield, ME 04742

Phone: (207) 768-4753

Fax: (207) 472-3609

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Locations/Primary-Care-Fort-Fairfield>

Family practice services, preventive health, internal medicine, physicals, sick visits, check ups, pediatric care, geriatrics, office surgical care.

Eligibility: Infants, children, toddlers, adolescents, adult, and seniors.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon- Fri; 8am to 5pm

**Primary Care, Northern Light AR Gould Hospital – Mars Hill**

Northern Light Health Center

106 Main Street

Mars Hill, ME, 04758

Phone: (207) 429-8333

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Locations/Primary-Care-Mars-Hill>

Family practice services, preventive health, internal medicine, physicals, sick visits, check ups, pediatric care, geriatrics, office surgical care.

Eligibility: Infants, children, toddlers, adolescents, adult, and seniors.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Call for hours

**TAMC Neuro Rehab, Northern Light AR Gould Hospital**

146 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4735

Fax: (207) 768-4734

[rguerrette@tamc.org](mailto:rguerrette@tamc.org)

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

<https://northernlighthealth.org/Locations/AR-Gould-Hospital/Locations/Rehabilitation>

Acquired brain injury day treatment program provides physical, occupational and speech therapy, counseling, case management, physiatry services and consultation with neuropsychology; individual and group treatment improves physical, cognitive, emotional and social skills.

Eligibility: Adults 18 years of age and older with a medically documented acquired brain injury who have manageable behavior and a willingness to participate; individuals from 16-17 years of age may be considered on a case by case basis.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4:30pm

**Volunteer Services, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4032

Fax: (207) 768-4116

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

Volunteer program; volunteer opportunities.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Weight Loss Surgery Support Group, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 768-4357

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

Support group for gastric bypass patients.

Cost: No Cost

Language(s) Offered: English

Hours: Call for more information

**Women's Health Center, Northern Light AR Gould Hospital**

140 Academy Street

Presque Isle, ME 04769

Phone: (207) 769-6636

Fax: (207) 768-4523

[www.tamc.org/Healthcare-Services/Women-s-Health/Women-s-Health-Center.aspx](http://www.tamc.org/Healthcare-Services/Women-s-Health/Women-s-Health-Center.aspx)

Primary care, women's health care, health education.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8am-4pm

**Hospital Free Care, Northern Light Blue Hill Hospital**

57 Water Street

Blue Hill, ME 04614

Phone: (207) 374-3400

Toll Free: 1-866-750-5001

[billinghelp@emh.org](mailto:billinghelp@emh.org)

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

**Charles A. Dean Memorial Hospital, Northern Light CA Dean Hospital**

364 Pritham Avenue

Greenville, ME 04441

Phone: (207) 695-5200

Fax: (207) 695-4806

[www.northernlighthealth.org/C-A-Dean-Hospital](http://www.northernlighthealth.org/C-A-Dean-Hospital)

Hospital.

Cost: Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 hours; 7 days

**Hospital Free Care, Northern Light CA Dean Hospital**

364 Pritham Avenue

Greenville, ME 04441

Phone: (207) 695-5200

[www.northernlighthealth.org/billing-help](http://www.northernlighthealth.org/billing-help)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income guidelines.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Bangor Area Twins and More Support Group, Northern Light Eastern Maine Medical Center**

489 State Street

Bangor, ME 04401

[www.emmc.org/Childbirth-Education/Classes-and-Support-Groups/Bangor-Area-Twins-and-More-Support-Group.aspx](http://www.emmc.org/Childbirth-Education/Classes-and-Support-Groups/Bangor-Area-Twins-and-More-Support-Group.aspx)

Support group for parents of multiples provides a welcoming atmosphere to share experiences and offer support to or receive support from other parents going through the same journey; babies and children are welcome.

Cost: No Cost

Language(s) Offered: English

Hours: 2nd Thu 7-8:30pm

**Empty Arms, Northern Light Eastern Maine Medical Center**

1110 Broadway

Bangor, ME 04401

Phone: (207) 973-9045

Open meeting support group for parents who have experienced death of a baby through pregnancy loss, stillbirth or in the first few months of life provides the opportunity to share experiences and reflect upon struggles to grieve, heal, and grow.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 3rd Thu 6:30-8pm

**Hospital Free Care, Northern Light Eastern Maine Medical Center**

43 Whiting Hill Road – Suite 300

Bangor, ME 04401

Phone: (207) 973-5000

Toll Free: 1-877-366-3662 x5000

[www.emhs.org/billing-help.aspx](http://www.emhs.org/billing-help.aspx)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Individuals whose family income is 150% or less of the Federal Income Guidelines for Free Care; individuals whole family income is between 151% and 250% of the Federal Income Guidelines for sliding fee; all third party payment sources must be exhausted.

Cost: No Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: Call for hours of operation

**MatchMe EMMC, Northern Light Eastern Maine Medical Center**

489 State Street

Bangor, ME 04401

Toll Free: 1-877-366-3662

[www.Matchme.emmc.org](http://www.Matchme.emmc.org)

Website provides an on line searching tool to help find a new primary care provider for you and your family.

Eligibility: Open to all.

Cost: No Cost

Hours: 24 hours; 7 days

**Northern Light Behavioral Medicine, Northern Light Eastern Maine Medical Center**

905 Union Street

Bangor, ME 04401

Phone: (207) 973-4037

After Hours: (207) 973-7000

Fax: (207) 973-8276

[www.northernlighthealth.org/Services/Behavioral-Care/Behavioral-Medicine](http://www.northernlighthealth.org/Services/Behavioral-Care/Behavioral-Medicine)

Multidisciplinary approach to symptom management and to restore and enhance function to optimize quality of life; promote health behavior change and wellness.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Northern Light Breast and Osteoporosis Center, Northern Light Eastern Maine Medical Center**

489 State Street

Bangor, ME 04401

Phone: (207) 973-8103

[www.northernlighthealth.org/Locations/Northern-Light-Eastern-Maine-Medical-Center/Locations/Northern-Light-Breast-and-Osteoporosis-Imaging](http://www.northernlighthealth.org/Locations/Northern-Light-Eastern-Maine-Medical-Center/Locations/Northern-Light-Breast-and-Osteoporosis-Imaging)

Screening and diagnostic mammography, breast ultrasound, aspiration, biopsy, and ductograms; genetic counseling for breast cancer risk assessment; bone density testing.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Northern Light Cancer Care of Maine, Northern Light Eastern Maine Medical Center**

33 Whiting Hill Road

Brewer, ME 04412

Phone: (207) 973-7478

Toll Free: 1-800-987-3005

[www.northernlighthealth.org/Services/Cancer-Care](http://www.northernlighthealth.org/Services/Cancer-Care)

Comprehensive cancer care includes consultation, treatment, and management for malignant diseases and blood disorders, medical and genetic cancer risk assessments, participation in clinical trials, community resources, information and referral, education programs, and support groups.

Eligibility: Individuals with a malignant disease or blood disorder, their families, and loved ones.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 7am-6pm Daily

**Northern Light Cystic Fibrosis Clinic, Northern Light Eastern Maine Medical Center**

133 Corporate Drive

Bangor, ME 04401

Phone: (207) 973-7520

Fax: (207) 973-7674

[www.emmc.org/Pediatric-and-Adolescent-Services.aspx](http://www.emmc.org/Pediatric-and-Adolescent-Services.aspx)

Multidisciplinary team coordinates and helps manage care.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 9am-5pm

**Northern Light Developmental Pediatric Care, Northern Light Eastern Maine Medical Center**

133 Corporate Drive

Bangor, ME 04401

Phone: (207) 973-7520

Fax: (207) 973-7674

[www.northernlighthealth.org/Locations/Northern-Light-Eastern-Maine-Medical-Center/Locations/Northern-Light-Developmental-Pediatric-Care](http://www.northernlighthealth.org/Locations/Northern-Light-Eastern-Maine-Medical-Center/Locations/Northern-Light-Developmental-Pediatric-Care)

Multidisciplinary evaluation services include metabolic and genetic disorders, Autism, pervasive developmental disorders, attention/learning disorders, and attachment disorders.

Eligibility: Medically complex infants and children from birth-5 years of age.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 9am-5pm

**Northern Light Eastern Maine Medical Center**

489 State Street

Bangor, ME 04401

Phone: (207) 973-7000

Toll Free: 1-877-366-3662

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

Hospital.

Cost: No Cost, Low Cost, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Northern Light EMMC Neuropsychology, Northern Light Eastern Maine Medical Center**

417 State Street

Bangor, ME 04401

Phone: (207) 973-5831

Fax: (207) 973-4659

[www.emmc.org/Neuropsychology.aspx](http://www.emmc.org/Neuropsychology.aspx)

Adult neuropsychological evaluations; pediatric neuropsychological and multidisciplinary evaluations.

Eligibility: Children, adolescents, and adults.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Northern Light EMMC Pediatric Orthopedic Services, Northern Light Eastern Maine Medical Center**

417 State Street

Bangor, ME 04401

Phone: (207) 973-9570

Fax: (207) 973-9577

[www.emmc.org/Pediatric-Orthopedic-Services.aspx](http://www.emmc.org/Pediatric-Orthopedic-Services.aspx)

Diagnosis, non-surgical, and surgical treatment of all types of bone, joint, and muscle disorders.

Eligibility: Infants, children, and adolescents.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 4:15pm

**Northern Light EMMC Pediatric Primary Care, Northern Light Eastern Maine Medical Center**

133 Corporate Drive

Bangor, ME 04401

Phone: (207) 941-1155

[www.emmc.org/Pediatric-Primary-Care.aspx](http://www.emmc.org/Pediatric-Primary-Care.aspx)

Check-ups and physicals, blood collection for testing, vision and hearing screening, throat and urine cultures, newborn weight checks, coordinated immunizations, flu clinics, asthma evaluation, care management for chronic illnesses, patient education; same day sick appointments; winter hours September through May; summer hours June through August.

Eligibility: Children from birth-18 years of age.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu; 8am-7pm; Fri 8am-5pm; Sat & Sun 10am-noon

Summer Hours: Mon-Thu 8am-6:30pm; Fri 8am-5pm

**Northern Light EMMC Primary Care - Family Medicine, Northern Light Eastern Maine Medical Center**

133 Corporate Drive

Bangor, ME 04401

Phone: (207) 941-4312

Fax: (207) 945-5063

[www.northernlighthealth.org/Services/Primary-Care](http://www.northernlighthealth.org/Services/Primary-Care)

<https://www.northernlighthealth.org/Locations/Eastern-Maine-Medical-Center/Locations/Pediatric-Primary-Care>

Eligibility: Infants, children, adolescents, adults, and seniors.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 7am-5:30pm; Sat & Sun 8:30am-12:30pm

**Northern Light EMMC Rehabilitation Care, Northern Light Eastern Maine Medical Center**

905 Union Street

Bangor, ME 04401

Phone: (207) 973-8998

Fax: (207) 973-7391

[www.emmc.org/Rehabilitation.aspx](http://www.emmc.org/Rehabilitation.aspx)

Treatment of disabilities and functional problems related to and including stroke, head and spinal cord injuries, back or neck pain, chronic pain, sports injuries, work related injuries, multiple trauma, amputations, orthopedic injuries, deconditioning, and congenital, neurological, and rheumatological disorders; inpatient and outpatient services available.

Eligibility: Children, adolescents, adults, and seniors.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Northern Light EMMC Retina Associates of Maine, Northern Light Eastern Maine Medical Center**

885 Union Street, Eastern Maine Healthcare Mall, Suite 130

Bangor, ME 04401

Phone: (207) 973-4185

Fax: (207) 973-4187

[www.emmc.org/Retina-Associates-of-Maine.aspx](http://www.emmc.org/Retina-Associates-of-Maine.aspx)

Diagnoses and treatment for vitreoretinal disease, diabetic retinal diseases, retinal detachments, macular degeneration, and all retinal diseases.

Eligibility: Adults.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Northern Light EMMC Substance Use Treatment, Northern Light Eastern Maine Medical Center**

268 Stillwater Avenue

Bangor, ME 04401

Phone: (207) 973-6100

<https://northernlighthealth.org/Services/Behavioral-Care/Addiction-Care>

Addiction care and substance use disorder treatment programs include smoking cessation and addiction recovery support.

Eligibility: Adolescents and adults.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-4:30pm

**Northern Light EMMC Urologic Surgery of Maine, Northern Light Eastern Maine Medical Center**

55 Broadway

Bangor, ME 04401

Phone: (207) 947-0469

Toll Free: 1-877-847-0469

Fax: (207) 947-5368

[www.emmc.org/Urologic-Surgery-of-Maine.aspx](http://www.emmc.org/Urologic-Surgery-of-Maine.aspx)

Comprehensive care and treatment includes consultations, urinary incontinence, male infertility, vasectomy, vasectomy reversal, impotence, circumcision, pediatric urology, and prostate, bladder, and kidney cancer treatment.

Eligibility: Infants, children, adolescents, adults, and seniors.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8:30am-4:30pm

**Northern Light EMMC Walk-In Care, Northern Light Eastern Maine Medical Center**

915 Union Street

Bangor, ME 04401

Phone: (207) 973-8030

Fax: (207) 973-6005

[www.emmc.org/Walk-In-Care.aspx](http://www.emmc.org/Walk-In-Care.aspx)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Eligibility: infants, children, adolescents, adults, and seniors.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: 8am-7pm Daily

**Northern Light EMMC Women's Healthcare of Maine, Northern Light Eastern Maine Medical Center**

417 State Street

Bangor, ME 04401

Phone: (207) 973-4670

Fax: (207) 973-4669

[www.emmc.org/Women-s-Healthcare-of-Maine.aspx](http://www.emmc.org/Women-s-Healthcare-of-Maine.aspx)

Comprehensive women's care includes women's wellness, routine annual breast exam, pap smears, gynecological surgery, family planning, obstetrical and high-risk care, infertility, menopausal management, permanent sterilizations, and urinary management.

Eligibility: Adolescents and adults.

Call for details.

Cost: Vary, Fixed Cost

Application Process: Call to schedule an appointment.

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Languages Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4:30pm

**Northern Light Endocrinology and Diabetes Care, Northern Light Eastern Maine Medical Center**

885 Union Street

Bangor, ME 04401

Phone: (207) 973-7334

Fax: (207) 973-6265

[www.northernlighthealth.org/Services/Endocrinology-and-Diabetes-Care](http://www.northernlighthealth.org/Services/Endocrinology-and-Diabetes-Care)

Adult diabetes clinic, diabetes self management training, insulin pump therapy, insulin administration and adjustment education, gestational diabetes clinic, pre-existing diabetes and pregnancy clinic, adult and pediatric weight management, endocrine services.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4:30pm

**Northern Light Family Medicine Center, Northern Light Eastern Maine Medical Center**

895 Union Street

Bangor, ME 04401

Phone: (207) 973-7979

Fax: (207) 947-9579

[www.emmc.org/EMMC-Family-Medicine-Center-and-Residency](http://www.emmc.org/EMMC-Family-Medicine-Center-and-Residency)

Pediatric and adolescent care, women's health, family planning and birth control, geriatric care including home visits and nursing home care, high blood pressure treatment, heart disease prevention and treatment, cancer screening, diabetes care; specialty clinics for prenatal screening, sports health, endocrinology, dermatology, and osteopathic manipulation; mental health services include adult and child counseling and addiction assistance; care management includes medication management, home visits, and coordination of home services.

Eligibility: Infants, children, adolescents, adults, and seniors.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4:45pm

**Northern Light Infectious Disease Professional Services, Northern Light Eastern Maine Medical Center**

417 State Street

Bangor, ME 04401

Phone: (207) 973-4377

Fax: (207) 973-5810

[www.emmc.org/Infectious-Disease-Professional-Services.aspx](http://www.emmc.org/Infectious-Disease-Professional-Services.aspx)

Infectious disease consultations, diagnosis and treatment of bacterial infections, viral infections, parasitic infections, fungal infections including HIV/AIDS, Hepatitis B, Hepatitis C, MRSA, osteomyelitis, endocarditis, infections in the immunocompromised, fever of unknown origin, tickborne diseases, and many other diagnoses.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am - 4:30pm

**Northern Light Internal Medicine, Northern Light Eastern Maine Medical Center**

302 Husson Avenue

Bangor, ME 04401

Phone: (207) 947-6141

Fax: (207) 947-6720

[www.emmc.org/Internal-Medicine.aspx](http://www.emmc.org/Internal-Medicine.aspx)

Wellness and preventive care, women's healthcare, men's healthcare, geriatric healthcare, patient education; help with ongoing conditions such as COPD, heart disease, asthma, gastrointestinal disorders, and diabetes.

Eligibility: Adults and seniors.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 7:30am - 5pm

**Northern Light Muscular Dystrophy Clinic, Northern Light Eastern Maine Medical Center**

133 Corporate Drive

Bangor, ME 04401

Phone: (207) 973-7250

Fax: (207) 973-7674

[www.emmc.org/Pediatric-and-Adolescent-Services.aspx](http://www.emmc.org/Pediatric-and-Adolescent-Services.aspx)

Multidisciplinary team coordinates and helps manage care.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am-5pm

**Northern Light Spina Bifida Clinic, Northern Light Eastern Maine Medical Center**

133 Corporate Drive

Bangor, ME 04401

Phone: (207) 973-7520

Fax: (207) 973-7674

[www.emmc.org/Pediatric-and-Adolescent-Services.aspx](http://www.emmc.org/Pediatric-and-Adolescent-Services.aspx)

Multidisciplinary team coordinates and helps manage care.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 9am-5pm

**Northern Light Surgery and Trauma Specialists of Maine, Northern Light Eastern Maine Medical Center**

417 State Street

Bangor, ME 04401

Phone: (207) 973-4949

Fax: (207) 973-4466

[www.emmc.org/Surgery-and-Trauma-Specialists.aspx](http://www.emmc.org/Surgery-and-Trauma-Specialists.aspx)

General and trauma surgery, orthopedic trauma surgery, oral and maxillofacial surgery, and orthopedic reconstructive surgery.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Northern Light Surgical Weight Loss Program, Northern Light Eastern Maine Medical Center**

905 Union Street

Bangor, ME 04401

Phone: (207) 973-6383

Fax: (207) 973-7364

[www.emmc.org/Surgical-Weight-Loss.aspx](http://www.emmc.org/Surgical-Weight-Loss.aspx)

Program provides a comprehensive, multi-disciplinary approach to weight loss and incorporates nutritional education, physical therapy, professional counseling, and peer support to help individuals reach their goals; free on-line and in person information sessions available.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Hospice, Northern Light Homecare and Hospice**

Toll Free: (866) 591-8843

Fax: (207) 400-8894

In-home hospice care, personal care for patient, chaplain, medical social workers, nutritional services, pain management; respite care and grief/bereavement services offered to family members; volunteer opportunities.

Eligibility: Adults with a terminal illness.

Cost: Sliding Fee, Fixed Cost, Donation

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Contact Northern Light Central Intake – phone numbers pasted above.

**Telehealth, Northern Light Homecare and Hospice**

50 Foden Road

South Portland, ME 04106

Toll Free: 1-800-757-3326

Fax: (207) 400-8894

[vnahomehealth@emhs.org](mailto:vnahomehealth@emhs.org)

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

Patient and nurse set machine to a specific time to provide an alert to check weight, blood pressure, and other critical vital signs; nurse then follows-up with a telephone call after receiving information to discuss any changes.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Visiting Nurses, Northern Light Homecare and Hospice**

18 Greenhill Drive, Presque Isle, ME 04769

2 Water Street, Houlton, ME 04730

342 West Main Street, Fort Kent, ME 04743

Toll Free: (800) 757-3326

Fax: (207) 400-8894

Home health aides, skilled nursing, occupational, physical, and speech therapy, patient assessment, IV services, medical social worker, telehealth.

Eligibility: Adults under the care of a physician who need health care in their home and have a need for skilled nursing or therapy.

Cost: Sliding Fee, Fixed Cost, Donation

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Call to schedule service.

**VNA Home Health Hospice Flu Shots, Northern Light Homecare and Hospice**

50 Foden Road

South Portland, ME 04106

After Hours: 1-800-757-3326

Fax: (207) 400-8894

[vnahomehealth@emhs.org](mailto:vnahomehealth@emhs.org)

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

Influenza vaccines.

Eligibility: Individuals 6 months of age and older.

Cost: No Cost, Fixed Cost

Forms of Payment: Cash

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

No cost to the uninsured.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri 8am-5pm

**Financial Assistance Program, Northern Light Inland Hospital**

200 Kennedy Memorial Drive

Waterville, ME 04901

Phone: (207) 861-3304

Toll Free: 1-800-491-8600

[inlandcr@northernlight.org](mailto:inlandcr@northernlight.org)

<https://northernlighthealth.org/billing-help>

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Inland Hospital, Northern Light Inland Hospital**

200 Kennedy Memorial Drive

Waterville, ME 04901

Phone: (207) 861-3000

Toll Free: 1-800-491-8600

[inlandcr@northernlight.org](mailto:inlandcr@northernlight.org)

<http://www.northernlighthealth.org/inland-hospital>

Hospital.

Eligibility: Call for more information

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; PayPal

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**McAuley Residence, Northern Light Mercy Hospital**

68 High Street

Portland, ME 04101

Phone: (207) 747-4121

[skahanm@ehms.org](mailto:skahanm@ehms.org)

[www.mercyhospital.org/Mercy-In-the-Community/McAuley-Residence.aspx](http://www.mercyhospital.org/Mercy-In-the-Community/McAuley-Residence.aspx)

Transitional housing program provides holistic approach including spirituality, parenting, physical and emotional wellness, career/education, financial responsibility, and recreation; comprehensive individualized coaching, psycho-educational and community groups.

Eligibility: Women with or without children who are in recovery from drugs and alcohol.

Cost: Vary

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**Northern Light Mercy Hospital**

144 State Street

Portland, ME 04104

Phone: (207) 879-3000

Toll Free: 1-800-293-6583

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

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**Northern Light Urgent Care, Northern Light Mercy Hospital - Portland**

175 Fore River Parkway

Portland, ME 04102

Phone: (207) 553-6154

Fax: (207) 857-8984

[northernlighthealth.org/Services/Urgent-Care](https://northernlighthealth.org/Services/Urgent-Care)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Cost: Vary

Documents Required: Insurance card if applicable.

Languages Offered: English; interpreters available.

Accepted Insurance: MaineCare; Medicare; Private Insurance

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Hours: 10am-10pm Daily

**Northern Light Urgent Care, Northern Light Mercy Hospital - Westbrook**

40 Park Road

Westbrook, ME 04092

Phone: (207) 857-8174

Fax: (207) 857-8984

[northernlighthealth.org/Services/Urgent-Care](https://northernlighthealth.org/Services/Urgent-Care)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Cost: Vary

Documents Required: Insurance card if applicable.

Languages Offered: English; interpreters available.

Accepted Insurance: MaineCare; Medicare; Private Insurance

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Hours: 8am-6pm Daily

**Northern Light Urgent Care, Northern Light Mercy Hospital - Gorham**

70 County Road

Gorham, ME 04038

Phone: (207) 535-1400

Fax: (207) 535-1439

[northernlighthealth.org/Services/Urgent-Care](https://northernlighthealth.org/Services/Urgent-Care)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Cost: Vary

Documents Required: Insurance card if applicable.

Languages Offered: English; interpreters available.

Accepted Insurance: MaineCare; Medicare; Private Insurance

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Hours: 8am-8pm Daily

**Northern Light Urgent Care, Northern Light Mercy Hospital - Windham**

409 Roosevelt Trail

Windham, ME 04062

Phone: (207) 400-8600

Fax: (207) 400-8618

[northernlighthealth.org/Services/Urgent-Care](https://northernlighthealth.org/Services/Urgent-Care)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Cost: Vary

Documents Required: Insurance card if applicable.

Languages Offered: English; interpreters available.

Accepted Insurance: MaineCare; Medicare; Private Insurance

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Hours: 8am-6pm Daily

**Northern Light Urgent Care, Northern Light Mercy Hospital - Yarmouth**

385 Route One

Yarmouth, ME 04096

Phone: (207) 535-1200

Fax: (207) 535-1204

[northernlighthealth.org/Services/Urgent-Care](https://northernlighthealth.org/Services/Urgent-Care)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Cost: Vary

Documents Required: Insurance card if applicable.

Languages Offered: English; interpreters available.

Accepted Insurance: MaineCare; Medicare; Private Insurance

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Hours: 8am-6pm Daily (Except Thanksgiving and Christmas)

**Northern Lights Emergency Care, Northern Light Mercy Hospital**

144 State Street

Portland, ME 04102

Phone: (207) 879-3000

<https://northernlighthealth.org/Services/Emergency-Care>

Emergency room.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: 24 hours, 7 days

**Hospital Free Care, Northern Light Sebasticook Valley Hospital**

447 North Main Street

Pittsfield, ME 04967

Phone: (207) 487-4000

Toll Free: 1-800-557-8578

Hotline:

Fax: (207) 487-3790

[www.northernlighthealth.org/billing-help](http://www.northernlighthealth.org/billing-help)

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Sebasticook Valley Health Hospital, Northern Light Sebasticook Valley Hospital**

447 North Main Street

Pittsfield, ME 04967

Phone: (207) 487-4000

Toll Free: 1-800-557-8578

Fax: (207) 487-3790

[www.northernlighthealth.org/Sebasticook-Valley-Hospital](http://www.northernlighthealth.org/Sebasticook-Valley-Hospital)

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Adult Case Management, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Relationship building skills; information and referral to various support systems.

Eligibility: Adults with developmental disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Adult Developmental Training Program, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Physical and emotional skill development through participation in activities related to daily living.

Eligibility: Adults 18 years of age and older with developmental disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Behavioral Health Home, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152 x244

Fax: (207) 444-4889

[megan.bonenfant@nmgeneral.org](mailto:megan.bonenfant@nmgeneral.org)

<http://nmgeneral.org/behavioralhealth/>

Community and team-based approach provides coordination of mental health and physical health among all service providers and includes assisting individuals and improving their overall wellness.

Eligibility: Adults who have a mental health diagnosis or children who have an intellectual disability or Autism, and are covered by MaineCare.

Cost: Fixed Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Case Management for Adults with Developmental Disabilities, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Case management services include screening and assessment, individualized service planning, linkage to services, service monitoring, and accessing resources and funding for services; multiple needs of family or individual addressed as a team.

Eligibility: Adults who are diagnosed with developmental disabilities, Pervasive Developmental Disorder Syndrome or Autism.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Case Management for Children with Developmental Disabilities, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Case management services include screening and assessment, linkage to services, service monitoring, and accessing resources and funding for services; multiple needs of family or individual addressed as a team.

Eligibility: Individuals 20 years of age and younger who are diagnosed with developmental disabilities, Pervasive Developmental Disorder Syndrome or Autism.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Case Management for Children with Mental Health Diagnosis, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Case management services include screening and assessment, linkage to services, service monitoring, and accessing resources and funding for services; multiple needs of family or individual addressed as a team.

Eligibility: Individuals 20 years of age and younger who are diagnosed with a mental illness.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Children's Day Habilitation Program, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Daily living skills, self-help skills, self-care skills, physical development, and social development.

Eligibility: Individuals 20 years of age and younger with developmental disabilities, Autism or any diagnosis under the Autism Spectrum Disorder.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Children's Home and Community Treatment Services, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

1-on-1 in home and community habilitation, behavior management, mental and physical skill development.

Eligibility: Individuals 20 years of age and under who have a diagnosis of mental illness, intellectual disability, Autism or a pervasive developmental disorder.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Daily Living Supports, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Home based service helps to maintain the highest level of independence possible; assist with learning to cook and clean, shop, organize tasks, take medications regularly, and maintain safety in home environment.

Eligibility: Adults with mental illness.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Franciscan Home, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Resident case management, community involvement, emotional support, medication management, person centered planning; encouragement to remain as self-sufficient as possible in daily living skills; focus on helping to transition to the community.

Eligibility: Individuals with a mental health diagnosis.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Outpatient Mental Health, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Therapy and counseling for anxiety/stress management, attention/hyperactivity disorders, depression/bipolar/mood disorders, eating disorders, grief/loss, personality disorders, psychotic disorders, and post-traumatic stress and trauma.

Eligibility: Adults, children, and families.

Cost: Vary

Accepted Insurance: Private Insurance

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Outpatient Rehabilitation, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Physical therapy, occupational therapy, speech therapy, electrical stimulation and ultrasound therapy for pain management.

Cost: Vary

Accepted Insurance: Private Insurance

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Section 17 Adult Community Integration, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Home and community based program helps to maximize ability to function independently with environment; services include screening and assessment, individualized service planning, service linkage and coordination, service monitoring, and assisting with accessing funding for services.

Eligibility: Adults with mental illness.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Section 18 Home Supports for Adults with Brain Injury, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Direct support professionals services in home, apartments or in an agency operated group home assist in increasing or re-learning independent living skills including cooking and light housekeeping, physical and occupational fitness, personal hygiene, general safety, money management, management of medical appointments, administering medications, and facilitating friendship and natural supports; support can range from a few hours a week up to 24 hours per day.

Eligibility: Adults with brain injury.

Cost: Fixed Cost

Forms of Payment:

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Section 20 Home Supports for Adults, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Direct support professionals services in home, apartments or in an agency operated group home assist in increasing or re-learning independent living skills including cooking and light housekeeping, physical and occupational fitness, personal hygiene, general safety, money management, management of medical appointments, administering medications, and facilitating friendship and natural supports; support can range from a few hours a week up to 24 hours per day.

Eligibility: Adults with cerebral palsy, epilepsy or any other conditions other than mental illness that is closely related to intellectual disabilities.

Cost: Fixed

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Section 21 & 29 Home Supports for Adults with Intellectual and Physical Disabilities and/or Autism, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Direct support professionals services in home, apartments or in an agency operated group home assist in increasing or re-learning independent living skills including cooking and light housekeeping, physical and occupational fitness, personal hygiene, general safety, money management, management of medical appointments, administering medications, and facilitating friendship and natural supports; support can range from a few hours a week up to 24 hours per day.

Eligibility: Adults with intellectuals disabilities and/or Autism.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Shared Living, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Shared living arrangements provide a home and supports in the home of a qualified independent contractor; cooperative sharing of space and supports between adults with the goal of independent living and community involvement.

Eligibility: Adults with intellectual disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Skills Development, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

Teaching based service to learn skills necessary to improve level of independent functioning in the home and community; teaching includes how to access community resources, increase natural supports, participate in educational, vocational, and social activities, effectively manage stress, resolve conflicts, solve problems, increase self-advocacy, and understand and self-administer medications.

Eligibility: Adults with mental illness.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Subsidized Apartments, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

3 subsidized apartment complexes; rent includes heat, electricity, water, sewer, garbage removal, and maintenance; discounted cable service available.

Eligibility: Individuals 62 years of age and older or individuals who are disabled, regardless of age and with or without children.

Cost: Low Cost

Uninsured Accepted:

For those who qualify for rental assistance, cost of apartment is based on 30% of the tenant's adjusted gross income.

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Trainings, Northern Maine General**

5 Carter Street

Eagle Lake, ME 04739

Phone: (207) 444-5152

Toll Free: 1-866-321-1999

TTY: (207) 444-2876

Fax: (207) 444-6099

[missy.boutot@nmgeneral.org](mailto:missy.boutot@nmgeneral.org)

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

CPR trainings, first aid training, bloodborne pathogens, MHSS, MANDT, ergonomic/visual display terminal, CRMA, effective supervisor trainings, ethic, boundaries, and confidentiality; meet regulatory requirements for OSHA or staff development.

Eligibility: Professionals seeking occupation related trainings.

Cost: Vary

Uninsured Accepted:

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-5pm

**Acadia Family Health Center, Northern Maine Medical Center**

460 Main Street

Madawaska, ME 04756

Phone: (207) 728-7300

TTY: (207) 834-4100

Fax: (207) 728-7838

[www.nmmc.org/acadia-family-health-center](http://www.nmmc.org/acadia-family-health-center)

Preventive care, routine physicals, women's health, wellness visits, acute and chronic illness management, minor office procedures.

Eligibility: Infants, toddlers, children, adolescents, adults, and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Acadia Internal Medicine, Northern Maine Medical Center**

460 Main Street

Madawaska, ME 04756

Phone: (207) 728-6359

Fax: (207) 728-7614

[www.nmmc.org/acadia-family-health-center](http://www.nmmc.org/acadia-family-health-center)

Primary care, preventative care, chronic disease management, medication management, specialty referrals.

Eligibility: Adults and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Alzheimer's Dementia Support Group, Northern Maine Medical Center**

25 Bolduc Avenue

Fort Kent, ME 04743

Phone: (207) 834-1859

[ericka.saucier@nmmc.org](mailto:ericka.saucier@nmmc.org)

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

Support group for family members, friends, and caregivers of individuals with Alzheimer's or dementia provides emotional, educational, and social support about maintaining personal care, physical and emotional health, and optimal care for the patient.

Cost: No Cost

Language(s) Offered: English

Hours: 1st Wed 6:30-7:30pm

**Behavioral Health Services, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-3101

TTY: (207) 834-4100

Fax: (207) 834-2917

[www.nmmc.org/behavioral-health](http://www.nmmc.org/behavioral-health)

Group, family, and individual counseling, comprehensive diagnostic evaluations, strength based treatment recommendations, medication management, and treatment of Autism disorders for physical, psychological, spiritual, biological, emotional, and environmental needs.

Eligibility: Children, adolescents, adults, and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Diabetes Support Group, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04753

460 Main Street

Madawaska, ME 04756

Phone: (207) 834-1946

[www.nmmc.org/diabetes-education](http://www.nmmc.org/diabetes-education)

Support group for individuals diagnosed with diabetes provides the opportunity to network, education about nutrition, and how to manage chronic disease and maintain quality of life.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: Call for class schedule

**Fort Kent Family Medicine Pediatrics Obstetrics, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-6140

TTY: (207) 834-4100

Fax: (207) 834-4451

[www.nmmc.org/medical-practices](http://www.nmmc.org/medical-practices)

Preventive care, family medicine, prenatal care, postpartum care, pediatrics, physicals, well child care including immunizations.

Eligibility: Infants, toddlers, children, adolescents, adults, and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri, 8am-5pm

**Fort Kent Internal Medicine, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-6117

Fax: (207) 834-3022

[www.nmmc.org/medical-practices](http://www.nmmc.org/medical-practices)

Primary care, preventative care, chronic disease management, medication management, specialty referrals.

Eligibility: Adults and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri, 8am-5pm

**Hospital Free Care, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-1442

TTY: (207) 834-4100

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English, French; interpreters available.

Hours: Wed - Fri; 8am - 4:30pm

**Medical Office Building Internal Medicine, Northern Maine Medical Center**

197 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-6784

TTY: (207) 834-4100

Fax: (207) 834-2967

[www.nmmc.org/medical-office-building](http://www.nmmc.org/medical-office-building)

Primary care, preventative care, chronic disease management, medication management, specialty referrals.

Eligibility: Adults and seniors.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: Mon-Fri, 8am-5pm

**Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-3155

TTY: (207) 834-4100

Fax: (207) 834-2202

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

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French; interpreters available.

Hours: 24 hours; 7 days

**St. John Valley Cancer Support Group, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-1686

TTY: (207) 834-4100

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

Support group for individuals diagnosed with all types of cancer, survivors, and their family or friends.

Cost: No Cost

Language(s) Offered: English

Hours: 1st Wed 10:30-11:30am

**Suicide Loss Support Group, Northern Maine Medical Center**

194 East Main Street

Fort Kent, ME 04743

Phone: (207) 834-5790

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

Support group for individuals who are grieving the suicide of a loved one provides a place to meet, share, and work to heal together.

Cost: No Cost

Language(s) Offered: English

Hours: 1st Thu 6:30-7:30pm

**Nursing Home Compare**

[www.medicare.gov/NHCompare/Home.asp](http://www.medicare.gov/NHCompare/Home.asp)

Online database of nursing homes provides details on every Medicare and Medicaid-certified nursing home in the country; searches by name, city, county, state or zip code; comparison of quality includes health inspection results, nursing home staff data, quality measures, and fire safety inspections.

Eligibility: Individuals needing information on nursing home facilities.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Charities and Public Benefit Corporations - Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Toll Free: 1-800-436-2131

TTY: 37073

Fax: (207) 626-8812

[consumer.mediation@maine.gov](mailto:consumer.mediation@maine.gov)

[www.maine.gov/ag/consumer/charities/index.shtml](http://www.maine.gov/ag/consumer/charities/index.shtml)

Consumer information about donating to charities, how to start a charity, laws relating to public charities, and filing a consumer complaint against a charity; information for charitable corporation board members.

Cost: No Cost

Uninsured Accepted:

Language(s) Offered: English

Hours: Mon-Fri 9am-12 noon; 1-4pm

**Chief Medical Examiner - Crime and Victims, Office of the Maine Attorney General**

37 State House Station

Augusta, ME 04333

Phone: (207) 624-7180

TTY: 37073

Fax: (207) 624-7178

[chief-medical.examiner@maine.gov](mailto:chief-medical.examiner@maine.gov)

[www.maine.gov/ag/crime/chief\_medical\_examiner.shtml](http://www.maine.gov/ag/crime/chief_medical_examiner.shtml)

Statewide system that is charged with the investigation of sudden, unexpected, and violent deaths; Medical Examiner reports.

Cost: No Cost, Low Cost

Forms of Payment: Check; Money Order

Except for next of kin there is a charge for Medical Examiner reports.

Language(s) Offered: English

**Consumer Mediation Service - Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Toll Free: 1-800-436-2131

TTY: 37073

Fax: (207) 626-8812

[consumer.mediation@maine.gov](mailto:consumer.mediation@maine.gov)

[www.maine.gov/ag/consumer/complaints/index.shtml](http://www.maine.gov/ag/consumer/complaints/index.shtml)

Mediate complaints between consumers and businesses.

Eligibility: Consumers with a complaint about a business located in Maine.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-12 noon; 1-4pm

**Healthcare Crimes - Crime and Victims, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8870

TTY: 37073

Fax: (207) 287-3120

[AG.HCU@Maine.gov](mailto:AG.HCU@Maine.gov)

[www.maine.gov/ag/crime/crimes\_we\_prosecute/healthcare\_crimes.shtml](http://www.maine.gov/ag/crime/crimes_we_prosecute/healthcare_crimes.shtml)

Detect, investigate, audit, and prosecute all types of MaineCare provider fraud and healthcare facility patient abuse, neglect, or financial exploitation; handle complaints.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Home Heating Rights – Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Fax: (207) 626-8812

[consumer.mediation@maine.gov](mailto:consumer.mediation@maine.gov)

[www.maine.gov/ag/consumer/law\_guide\_article.shtml?id=27939](http://www.maine.gov/ag/consumer/law_guide_article.shtml?id=27939)

Mediate complaints between consumers and fuel delivery companies.

Eligibility: Consumers who are refused delivery of home heating oil if the consumer has cash or government guaranteed payment, the dealer regularly serves the consumer's area, and the consumer requests at least 20 gallons.

Cost: No Cost, Low Cost

If all requirements are met, surcharge of up to $20 may be applied to consumer fees from fuel company.

Language(s) Offered: English

Hours: Mon-Fri 9am-12 noon, 1-4pm

**Housing - Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Toll Free: 1-800-436-2131

TTY: 37073

Fax: (207) 626-8812

[consumer.mediation@maine.gov](mailto:consumer.mediation@maine.gov)

[www.maine.gov/ag/consumer/housing/index.shtml](http://www.maine.gov/ag/consumer/housing/index.shtml)

Consumer information on home construction and contractor issues, tenant rights, tenant rights in mobile homes and mobile home parks, lead poisoning; handle consumer complaints.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**Maine Crime Victims' Compensation Program - Crime and Victims, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 624-7882

Toll Free: 1-800-903-7882

TTY: 37073

[www.maine.gov/ag/crime/victims\_compensation/index.shtml](http://www.maine.gov/ag/crime/victims_compensation/index.shtml)

Financial reimbursement for losses suffered by victims of violent crime and their families; program may reimburse for crime related expenses not covered by insurance or other funds; possible reimbursements include medical equipment, supplies, and medications, dental charges and replacement of dentures, counseling expenses, funeral/burial costs, lost wages, and loss of financial support for dependents of homicide victims.

Eligibility: Individuals victimized by a violent crime in Maine; dependents and family members of homicide victims; any individuals responsible for the funeral expenses of a homicide victim.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-4pm

**Motor Vehicles - Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Toll Free: 1-800-436-2131

TTY: 37073

Fax: (207) 626-8812

[lemon.law@maine.gov](mailto:lemon.law@maine.gov)

[www.maine.gov/ag/consumer/motor\_vehicles](http://www.maine.gov/ag/consumer/motor_vehicles)

Protect consumers who have purchased a new or used defective vehicle and provide consumer rights information about vehicle repair and warranties; the Maine Lemon Law protects purchase of a defective new vehicle.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-12 noon, 1-4pm

**Office of the Maine Attorney General, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8800

TTY: 37073

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

Represent the State and its agencies in civil actions; prosecute claims to recover money for the State; investigate and prosecute homicides and other crimes; consult with and advise the district attorneys; enforce proper application of funds given to public charities in the State; give written opinions upon questions of law submitted by the Governor, Legislature, or state agencies.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Privacy Identity Theft and Data Security Breaches - Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Toll Free: 1-800-436-2131

TTY: 37073

Fax: (207) 626-8812

[consumer.mediation@maine.gov](mailto:consumer.mediation@maine.gov)

[www.maine.gov/ag/consumer/identity\_theft/index.shtml](http://www.maine.gov/ag/consumer/identity_theft/index.shtml)

Consumer information on being a victim of identity theft and a data security breach; data security information for small businesses; handle consumer complaints.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-12 noon, 1-4pm

**Purchasing Goods and Services - Consumer Protection Division, Office of the Maine Attorney General**

111 Sewall Street, Burton M. Cross Building

Augusta, ME 04333

Phone: (207) 626-8849

Toll Free: 1-800-436-2131

TTY: 37073

Fax: (207) 626-8812

[consumer.mediation@maine.gov](mailto:consumer.mediation@maine.gov)

[www.maine.gov/ag/consumer/purchasing\_goods/index.shtml](http://www.maine.gov/ag/consumer/purchasing_goods/index.shtml)

Consumer information on door-to-door sales, door-to-door home repair services, warranties, sales contracts, returning or rejecting defective goods, deposits, buying goods as is, ordering by phone or mail; handle consumer complaints.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 9am-12 noon, 1-4pm

**Operation Homefront**

21 Franklin Street, Suite 2

Quincy, MA 02169

Phone: (617) 913-8120

Toll Free: 1-888-810-0221

[joe.ohara@operationhomefront.net](mailto:joe.ohara@operationhomefront.net)

[www.operationhomefront.net](http://www.operationhomefront.net)

Emergency financial assistance for temporary basic needs including rent, utilities, food, car repairs, home repairs, baby items, and warm clothing; transitional housing; mortgage free homes; school supplies and holiday toys for children; retreats and celebrations for caregivers; holiday meals; baby showers for expectant military moms.

Eligibility: Active, deployed service members and/or service members medically retired from an injury or illness suffered post 9/11; families of deployed service members in the E1-E6 ranks.

Cost: No Cost

Language(s) Offered: English

**Overeaters Anonymous World Service Office**

6075 Zenith Court NE

Rio Rancho, NM 87144

Phone: (505) 891-2664

Fax: (505) 891-4320

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

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

<https://oa.org/find-a-meeting/?type=0&country=United%20States&sort=ASC&distance=25&lat=45.253783&longit=-69.4454689&zip=Maine&limit=100&submit=true>

Support groups for individuals who are compulsive overeaters offer shared experience, strength, and hope; face-to-face, internet, and telephone meetings.

Cost: No Cost

Language(s) Offered: English

Hours: Call, visit website for a listing of local meetings

**Gambling Self Exclusion Program, Oxford Casino**

777 Casino Way

Oxford, ME 04270

Phone: (207) 539-6700

[info@oxfordcasino.com](mailto:info@oxfordcasino.com)

[www.oxfordcasino.com](http://www.oxfordcasino.com)

Location for individual to complete paperwork to self exclude from casino; help to complete necessary self exclusion paperwork with individual.

Eligibility: Individual can only self exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Back Bay, Oxford House**

37 William Street

Portland, ME 04101

Phone: (207) 899-4687

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Women in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Bangor, Oxford House**

1209 Union Street

Bangor, ME 04401

Phone: (207) 404-4873

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Men in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Biddeford, Oxford House**

386 Main Street

Biddeford, ME 04005

Phone: (207) 494-8306

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Men in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Brighton Ave, Oxford House**

472 Brighton Avenue

Portland, ME 04103

Phone: (207) 613-9624

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Women in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Granite, Oxford House**

6 Horton Place

Portland, ME 04101

Phone: (207) 536-0765

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Men in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Holyoke Haven, Oxford House**

10 Holyoke Street

Brewer, ME 04412

Phone: (207) 805-4379

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Women in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Oakdale, Oxford House**

106 Oakdale

Portland, ME 04101

Phone: (207) 835-0302

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Men in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Penobscot, Oxford House**

261 Griffin Road

Bangor, ME 04401

Phone: (207) 631-9180

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Men in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

Oxford House Prospect Place, Oxford House

228 Prospect Street

Portland, ME 04101

Phone: (207) 619-7385

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Women in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Theresa Louise, Oxford House**

190 Deering Avenue

Portland, ME 04102

Phone: (207) 899-1700

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Women in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**Oxford House Washburn II, Oxford House**

192 Deering Avenue

Portland, ME 04102

Phone: (207) 899-1584

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

Self run, self supported addiction recovery home; drug free.

Eligibility: Women in recovery from alcohol and drug addiction.

House is leased to residents; residents determine rent and expenses are shared.

Language(s) Offered: English

Hours: 24 hours, 7 days

**PaintCare**

901 New York Avenue NW,

Washington, DC 20005

Phone: 1-855-724-6809

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

[www.paintcare.org/drop-off-locations](http://www.paintcare.org/drop-off-locations) (25 locations around Maine)

Statewide paint recycling and disposal at paint retailers who volunteer to take paint back; fact sheets available in Spanish, Russian, and Korean.

Eligibility: Businesses with oil based paint must generate less than 220 pounds of hazardous waste per month, including oil based paint; no restrictions otherwise.

Cost: No Cost

Uninsured Accepted: Yes

Program is funded by a fee on all new paint sold in Maine.

Language(s) Offered: English, French, Somali, Spanish

Hours: Hours vary by location.

**Holy Family Thrift Shop, Parish of the Resurrection**

26 Carroll Street, In the convent behind Holy Family Rectory

Old Town, ME 04468

Phone: (207) 827-4000

After Hours: (207) 827-4000

Fax: (207) 827-2113

[www.esurrectionofthelord.org/food-pantry-and-thrift-shop](http://www.esurrectionofthelord.org/food-pantry-and-thrift-shop)

New and gently used clothing, household goods, small appliances, linens, baby items; coats, boots, and winter outerwear available during winter months; closed on Saturdays June through September.

Cost: Low Cost, Donation

Forms of Payment: Cash

Language(s) Offered: English

Hours: Wed-Sat; 9am-1pm

**Pathways, Pathways of Maine**

155 Center Street

Auburn, ME 04120

Toll Free: 1-888-480-9550

[contact\_me@pathways.com](mailto:contact_me@pathways.com)

[www.pathwaysofmaine.com](http://www.pathwaysofmaine.com)

Section 65 children's home and community based treatment, in-home and community based Virtual Residential Program, Section 28 children's rehabilitation and community treatment service, targeted case management.

Eligibility: Individuals from birth-21 years of age with a mental health, developmental disorder or Autism Spectrum Disorder diagnosis with active MaineCare who may be best treated in a home based setting.

Cost: Vary

Forms of Payment:

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 9am-5pm

**Patient Airlift Services**

7110 Republic Airport, Republic Airport

2nd Floor, Suite 202

Farmingdale, NY 11735

Phone: 1-888-818-1231

After Hours: (631) 755-2184

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

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

Network of volunteer pilots provide medical flights and air transportation services using their own or rented aircraft.

Eligibility: Individuals receiving diagnosis, medical treatment or follow-up for acute or chronic health care conditions and cannot afford commercial or charter flights who are 250 pounds or less, must be able to get in and out of a 4-6 passenger plane, if on oxygen m

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**Pen Bay Medical Center**

6 Glen Cove Drive

Rockport, ME 04856

Phone: (207) 301-8000

[www.mainehealth.org/pen-bay-medical-center](http://www.mainehealth.org/pen-bay-medical-center)

Hospital.

Cost: No Cost, Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**Psychiatric Addiction and Recovery Center, Pen Bay Medical Center**

6 Glen Cove Drive

Rockport, ME 04856

Phone: (207) 301-8390

Fax: (207) 301-5286

<https://mainehealth.org/pen-bay-medical-center/services/psychiatric-addiction-recovery-center>

Drug and alcohol rehabilitation program with a focus on mental health and substance use disorder treatment.

Eligibility: Adults 18 years of age and older with no history of Mental Retardation or violence.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**Regional Hearing Aid Bank, Penobscot Community Health Care**

992 Union Street

Bangor, ME 04401

Phone: (207) 404-8080

Fax: (207) 941-2852

[www.pchc.com](http://www.pchc.com)

Refurbished, reprogrammed, behind the ear hearing aid.

Eligibility: Individuals 21 years of age and older with hearing loss who are unable to be served by the Veterans' Administration, Vocational Rehabilitation program, insurances or other third-party providers, and whose annual income is less than 200% of the Federal Pov

Cost: Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri, 8am-5pm

**Seaport Community Health Center, Penobscot Community Health Care**

53 Schoodic Drive

Belfast, ME 04915

Phone: (207) 338-6900

After Hours: (207) 338-6900

[www.pchc.com](http://www.pchc.com)

Family medicine, integrated medicine, geriatrics, psychiatric services, mental health services, chronic disease care management, substance abuse services, and walk-in care.

Eligibility: Open to insured and uninsured individuals.

Cost: No Cost, Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Affordable Care Program and Prescription Assistance available for uninsured and underinsured patients who qualify.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 7am - 7pm; Fri 7am - 5pm; Sat 7:30am - 1pm

**Speech-Language Program, Penobscot Community Health Care**

992 Union Street

Bangor, ME 04401

Phone: (207) 404-8080

Fax: (207) 941-2852

[www.pchc.com](http://www.pchc.com)

Diagnostic evaluations for identification and treatment of communication disorders; group speech therapy for children.

Eligibility: Open to insured and uninsured individuals.

Cost: Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Affordable Care Program and Prescription Assistance available for uninsured and underinsured patients who qualify.

Language(s) Offered: English; interpreters available.

Hours: Mon- Fri 8am - 5pm

**Warren Center for Speech and Hearing, Penobscot Community Health Care**

992 Union Street

Bangor, ME 04401

Phone: (207) 404-8080

Fax: (207) 941-2852

<https://www.pchc.com>

Evaluation, therapies, and technologies in the areas of speech, language development, and hearing.

Eligibility: Open to insured and uninsured individuals.

Cost: Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Affordable Care Program and Prescription Assistance available for uninsured and underinsured patients who qualify.

Language(s) Offered: English; interpreters available upon request.

Hours: Hours: Mon- Fri 8am - 5pm

**Hospital Free Care, Penobscot Valley Hospital**

7 Transalpine Road

Lincoln, ME 04457

Phone: (207) 794-3321

[info@pvhme.com](mailto:info@pvhme.com)

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Individuals who meet hospital income guidelines.

Cost: No Cost

Back bills may be paid with proof that hospital income guidelines were met at the time the bills were incurred.

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours, 7 Days

**24 Hour Hotline - Rape Response Services, Penquis**

262 Harlow Street

Bangor, ME 04401

Phone: 1-800-310-0000

Hotline: 1-800-310-0000

TTY: 1-888-458-5599

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

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

24 hour hotline provides confidential crisis intervention and support.

Eligibility: Individuals impacted by sexual violence or stalking.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Foster Grandparent Program, Penquis**

262 Harlow Street

Bangor, ME 04401

Phone: (207) 973-3684

Toll Free: 1-800-215-4942

Fax: (207) 973-3699

[www.penquis.org/index.php?id=2&sub\_id=1259](http://www.penquis.org/index.php?id=2&sub_id=1259)

Volunteers work 15 to 40 hours a week with disabled, disadvantaged and developmentally delayed children in 1-on-1 and small group settings such as schools, hospitals or Head Start centers; benefits include a stipend for hours worked, paid holidays, earned time, and assistance with transportation and meals.

Eligibility: Individuals 55 years of age and older who are physically capable of working with children, pass a background check, and meet program income guidelines.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri 8am - 4:30pm

**Lead Testing Education and Services, Penquis**

262 Harlow Street

Bangor, ME 04401

Phone: (207) 973-3552

Toll Free: 1-800-215-4942

Fax: (207) 973-3699

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

[www.penquis.org/services/home-repairinspections/lead-and-radon-testingabatement](http://www.penquis.org/services/home-repairinspections/lead-and-radon-testingabatement)

Lead inspection of properties includes lead dust wipe testing, education on lead poisoning, information and resources for positive test results, and a report of any lead findings.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Money Order

Report of the lead findings will be given to the property owner upon receiving payment for services.

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri 8am - 4:30pm

**PeopleReady**

456 Sabattus Street, Lewiston, ME 04240

63 Union Street, Bangor, ME 04401

74 Elm Street, Portland, ME 04101

[2801-br@peopleready.com](mailto:2801-br@peopleready.com)

[www.peopleready.com](http://www.peopleready.com)

Temporary staffing agency specializes in construction, warehousing, manufacturing, assembly, retail, hospitality, food service, light industrial, waste management, and recycling work assignments; on demand labor, long term temporary, and temporary to hire work available.

Eligibility: Individuals who are legal residents and are motivated to work.

Cost: No Cost

Language(s) Offered: English

Hours: Online data base available 24 hours/day

**PFLAG Houlton Chapter, PFLAG**

31 Cary Street

Houlton, ME 04730

Phone: (207) 532-0670

[pflaghoulton@gmail.com](mailto:pflaghoulton@gmail.com)

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

Support resources, support groups, advocacy, education.

Eligibility: Individuals who identify as LGBTQ+, their families, and friends.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: No regular hours of operation.

**Partnership for Prescription Assistance, Pharmaceutical Research and Manufacturers of America**

950 F Street, Suite 300

Washington, DC 20004

Phone: 1-888-477-2669

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

Free or low cost medicines through public and private prescription assistance programs.

Eligibility: Individuals who lack prescription drug coverage and earn less than 200% of Federal Poverty Guidelines; individuals above Federal Poverty Guidelines are still encouraged to apply.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours, 7 days

**Philips Lifeline**

111 Lawrence Street

Framingham, MA 01702

Phone: 1-800-380-3111

Fax: 1-800-448-0107

[referrals@lifelinesys.com](mailto:referrals@lifelinesys.com)

[www.lifelinesys.com](http://www.lifelinesys.com)

Statewide personal medical alert service links subscribers to 24 hour assisstance in the event of a fall or emergency; Auto-Alert, an optional enhanced service, automatically detects a fall if the subscriber can't, won't or forgets to press the personal response button.

Eligibility: Individuals who are elderly, homebound, disabled or high risk.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare

MaineCare may be accepted by local carrier depending on eligibility; installation and activation fee as well as monthly fee for monitoring service.

Language(s) Offered: English

Hours: Mon - Fri 8am - 10pm; Sat 9am - 6pm

**KIDS LEGAL, Pine Tree Legal Assistance**

88 Federal Street

Portland, ME 04101

Toll Free: 1-866-624-7787

Fax: (207) 828-2300

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

Direct representation for issues relating to homeless students, dating violence, domestic violence, sexual assault, special education, emancipations, guardianships, schools, and housing; consultations to community providers; group trainings on civil legal issues focus on education, health and well-being, public benefits, homeless students, dating violence, sexual assault, special education, and housing.

Eligibility: Children and adolescents whose household income is at or below 200% of Federal Poverty Guidelines; community providers.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 12pm - 3pm; Tue 9am - 12pm; Thu 9am - 12pm

**Low Income Taxpayer Clinic, Pine Tree Legal Assistance**

115 Main Street, 2nd Floor

Bangor, ME 04401

Phone: (207) 942-8241

Fax: (207) 942-8323

[www.ptla.org/low-income-taxpayer-clinic](http://www.ptla.org/low-income-taxpayer-clinic)

Legal assistance on federal tax matters including innocent spouse relief requests, injured spouse claims, audits, earned income credit disallowance, deficiency notices, liens and levies, tax debt, employees vs. independent contractor, and taxpayer education.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 12pm - 3pm; Tue 9am - 12pm; Thu 9am - 12pm

**Native American Unit, Pine Tree Legal Assistance**

115 Main Street, 2nd Floor

Bangor, ME 04401

Toll Free: 1-877-213-5630

Fax: (207) 255-8657

[www.ptla.org/pine-tree-native-american-unit](http://www.ptla.org/pine-tree-native-american-unit)

Civil legal assistance with eviction, landlord/tenant problems, unsafe housing, fair housing violations, Medicaid services and access to health care, federal tax problems, property tax abatements, problems with TANF, food stamps or general assistance, domestic violence, foreclosure prevention, predatory lending, special education, misdemeanor criminal issues, consumer issues, DHHS issues, child support issues, employment issues, job training and ASPIRE, and other non-criminal issues; clinics on site at Indian Island, Indian Township, Pleasant Point, Houlton, and Presque Isle several times per year.

Eligibility: Enrolled Tribal members, members of the Micmac, Maliseet, Penobscot, and Passamaquoddy Tribes residing in Maine or eligible for enrolled tribal membership.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: No regular hours of operation.

**Pine Tree Farmworker Unit, Pine Tree Legal Assistance**

115 Main Street, 2nd Floor

Bangor, ME 04401

Fax: (207) 942-8323

[www.ptla.org/pine-tree-farmworker-unit](http://www.ptla.org/pine-tree-farmworker-unit)

Legal services provided on site at labor camps during the harvest seasons.

Eligibility: Agricultural workers including farmworkers, dairy farmworkers and forestry workers.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon - Thu 8am - 3pm; Fri 8am - 12pm

**Pine Tree Legal, Pine Tree Legal Assistance - Presque Isle Office**

373 Main Street

Presque Isle, ME 04769

Phone: (207) 764-4349

Fax: (207) 764-2455

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

Non-criminal legal assistance with housing, welfare benefits, DHHS, tax problems with IRS, foreclosure/predatory lending, Medicaid and access to health care, special education, consumer problems, property tax abatement for low-income homeowners, job training, and ASPIRE/Parents as Scholars; accept referrals for Maine Attorneys Saving Homes foreclosure assistance.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 12 noon - 2:30pm; Tue 9am - 11:30am; Thu 9am - 11:30am; Fri 9am-11:30am

**Pine Tree Legal, Pine Tree Legal Assistance – Bangor Office**

115 Main Street – 2nd Floor

Bangor, ME 04401

Phone: (207) 942-8241

Fax: (207) 942-8323

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

Non-criminal legal assistance with housing, welfare benefits, DHHS, tax problems with IRS, foreclosure/predatory lending, Medicaid and access to health care, special education, consumer problems, property tax abatement for low-income homeowners, job training, and ASPIRE/Parents as Scholars; accept referrals for Maine Attorneys Saving Homes foreclosure assistance.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 12 noon - 2:30pm; Tue 9am - 11:30am; Thu 9am - 11:30am; Fri 9am-11:30am

**Pine Tree Legal, Pine Tree Legal Assistance – Machias Office**

13 Cooper Street

Machias, ME 04654

Phone: (207) 255-8656

Fax: (207) 255-8657

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

Non-criminal legal assistance with housing, welfare benefits, DHHS, tax problems with IRS, foreclosure/predatory lending, Medicaid and access to health care, special education, consumer problems, property tax abatement for low-income homeowners, job training, and ASPIRE/Parents as Scholars; accept referrals for Maine Attorneys Saving Homes foreclosure assistance.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 12 noon - 2:30pm; Tue 9am - 11:30am; Thu 9am - 11:30am; Fri 9am-11:30am

**The Family Law and Victims Rights Unit, Pine Tree Legal Assistance**

88 Federal Street

Portland, ME 04101

Phone: (207) 774-8246

Toll Free: 1-866-624-7787

Fax: (207) -828-2300

[www.ptla.org/family-law-and-victim-rights-unit](http://www.ptla.org/family-law-and-victim-rights-unit)

Direct representation for issues relating to dating violence, domestic violence, sexual assault, stalking, information and resources.

Language(s) Offered: English; interpreters available.

Hours:

**Pine Tree Recovery Center**

17 Bishop Street

Portland, ME 04103

Phone: (207) 671-2877 (Business Line & Admissions)

Toll Free: 1-833-338-6945

Alternative Phone: (207) 618-9611 (Front Desk)

[chris.treantos@pinetreerecovery.com](mailto:chris.treantos@pinetreerecovery.com)

[www.pinetreerecovery.com](http://www.pinetreerecovery.com)

Inpatient medical detoxification and intensive outpatient treatment facility offers individualized, evidenced based care for drug, alcohol, and opiate use and co-occurring disorders; transportation available.

Eligibility: Individuals with substance use or co-occurring disorders and their loved ones.

Cost: Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: Private Insurance

Uninsured Accepted:

Scholarships available.

Language(s) Offered: English

Hours: Admissions and transportation teams available 24 hours.

Mon -Fri Open-12 noon; Closed-12 midnight

**Audiology, Pine Tree Society**

149 Front Street

Bath, ME 04530

Phone: (207) 386-5920

Fax: (207) 443-1795

[audiology@pinetreesociety.org](mailto:audiology@pinetreesociety.org)

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

Comprehensive hearing tests and evaluations, hearing aid evaluations, hearing aid sales and services, recommendation and instruction on use of assistive listening devices.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri; 8:30am-5pm

**Camp Communicate, Pine Tree Society**

114 Pine Tree Camp Road

Oakland, ME 04963

Phone: (207) 443-3341

TTY: (207) 443-3341

Fax: (207) 443-1070

[lbonnar@pinetreesociety.org](mailto:lbonnar@pinetreesociety.org)

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

Weekend summer camp with social and educational activities.

Eligibility: Children, adolescents, and young adults 8-20 years of age who use high-tech augmentative communication devices; camper must be accompanied by a parent or caregiver.

Cost: Low Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8:30am-5pm

**Camp Pine Cone, Pine Tree Society**

114 Pine Tree Camp Road

Oakland, ME 04963

Phone: (207) 443-3341

TTY: (207) 443-3341

Fax: (207) 443-1070

[ptcamp@pinetreesociety.org](mailto:ptcamp@pinetreesociety.org)

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

Summer day camp offers 5 day sessions at fully adapted recreational facility.

Eligibility: Children 5-12 years of age who have a physical and/or developmental disability.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8:30am-5pm

**Communication Pathways, Pine Tree Society**

149 Front Street

Bath, ME 04530

Phone: (207) 443-3341

TTY: (207) 443-3341

Fax: (207) 443-1070

[lbonnar@pinetreesociety.org](mailto:lbonnar@pinetreesociety.org)

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

Speech/language pathologists provide a full range of speech and language services including assessments, therapy and intervention.

Eligibility: Individuals who have a physical and/or developmental disability with a speech/language disorders, impairment, learning challenge or neurological condition, their families, and educators.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon-Fri; 8:30am-5pm

**Community Support Services, Pine Tree Society**

114 Pine Tree Camp Road

Rome, ME 04963

Phone: (207) 386-5927

[szielinski@pinetreesociety.org](mailto:szielinski@pinetreesociety.org)

[www.pinetreesociety.org/adults-and-families/community-support](http://www.pinetreesociety.org/adults-and-families/community-support)

Day program provides educational, vocational, and recreational experiences to promote life skills, community socialization, and independence.

Eligibility: Adults 18 years of age and older with developmental disabilities, traumatic brain injury or Autism Spectrum Disorder.

Cost: Vary

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

**Pine Tree Camp, Pine Tree Society**

114 Pine Tree Camp Road

Rome, ME 04963

Phone: (207) 386-5920

Fax: (207) 443-1070

[ptcamp@pinetreesociety.org](mailto:ptcamp@pinetreesociety.org)

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

Summer overnight camp offers 7 sessions for 6 days each at fully adapted recreational facility.

Eligibility: Children and adults 8 years of age and older who have a physical and/or developmental disability who do not present a danger to self or others.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon-Fri; 8:30am-5pm

**Sign Language Interpreting Services, Pine Tree Society**

71 US Route 1

Scarborough, ME 04074

Phone: (207) 386-5971

TTY: (207) 510-4647

Fax: (207) 885-0076

[interpreting@pinetreesociety.org](mailto:interpreting@pinetreesociety.org)

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

General, emergency, and video relay sign language interpreting.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Uninsured Accepted: Yes

Language(s) Offered: American Sign Language, English

Hours: 24 Hours, 7 Days

**Connecting Maine Kids to Coverage, Pines Health Services**

Toll Free: (800) 371-6240

[contact@pineshealth.org](mailto:contact@pineshealth.org)

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

Inform families about the availability of free or low cost health coverage under Medicaid and CHIP, identify children likely to be eligible, and assist families with the application and renewal process.

Eligibility: Children or adolescents in a family of 4 earning up to $50,200 may qualify for free or low-cost MaineCare; parents may also qualify at different income levels.

Cost: No Cost

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

**Pines Caribou Health Center, Pines Health Services**

74 Access Highway

Caribou, ME 04736

Phone: (207) 498-2356

After Hours: 1-888-899-4227

Fax: (207) 492-6260

[lgardner@pineshealth.org](mailto:lgardner@pineshealth.org)

[www.pineshealth.org/caribou/](http://www.pineshealth.org/caribou/)

Diabetes care, family practice, internal medicine, occupational health, pediatrics, prescription assistance program, surgical services, telepsychiatry, urology; outpatient substance abuse treatment provided; AMHC includes co-occurring services, substance use disorder services, substance use disorder intensive outpatient services, medication management, and DEEP services.

Eligibility: Individuals in need of primary healthcare; substance abuse services for adolescents, adults, and seniors; pregnant females 13 years of age and older are given highest priority for substance abuse services.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

If unable to pay bill in full call about Access to Care at 207-498-1371, 207-498-1617, 800-858-2279 x1371 or x1617, email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English

Hours: Mon 7am - 5:30pm; Tue 7am - 5:30pm; Wed 7am - 6:30pm; Thu 7am - 6:30pm; Fri 7am - 6:30pm; Sat 8am - 3pm

**Pines Children's Health Center, Pines Health Services**

163 Van Buren Road, Suite 4

Caribou, ME 04736

Phone: (207) 492-3451

Fax: (207) 498-1697

[lgardner@pineshealth.org](mailto:lgardner@pineshealth.org)

[www.pineshealth.org/womensandchildrens/](http://www.pineshealth.org/womensandchildrens/)

Pediatric services include diagnosing and treating illnesses, routine physical exams, monitoring growth and development, and immunizations.

Eligibility: Infants, children, and adolescents.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

If unable to pay bill in full call about Access to Care at 207-498-1371, 207-498-1617, 800-858-2279 x1371 or x1617, email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English

Hours: Mon – Fri; 7am – 5pm

**Pines Kimball Community Health Center, Pines Health Services**

11 Harmony Lane

Fort Fairfield, ME 04742

Phone: (207) 472-0590

Fax: (207) 472-0597

[lgardner@pineshealth.org](mailto:lgardner@pineshealth.org)

[www.pineshealth.org/fortfairfield](http://www.pineshealth.org/fortfairfield)

Family medicine, internal medicine, primary care, gynecology, obstetrics, behavioral health, physical therapy, prescription assistance.

Eligibility: Children, adolescents, adults and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

If unable to pay bill in full call about Access to Care at 207-498-1371, 207-498-1617, 800-858-2279 x1371 or x1617, email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English

Hours: Mon – Fri; 7am – 5:30pm

**Pines Presque Isle Family Health Center, Pines Health Services**

66 Spruce Street, Suite 4

Presque Isle, ME 04769

Phone: (207) 769-2025

Fax: (207) 764-0629

[koneal@pineshealth.org](mailto:koneal@pineshealth.org)

[www.pineshealth.org/presqueisle/](http://www.pineshealth.org/presqueisle/)

Family practice, internal medicine, sclerotherapy for varicose veins, women's health care, behavioral health, occupational medicine, prescription assistance.

Eligibility: Children, adolescents, adults and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

If unable to pay bill in full call about Access to Care at 207-498-1371, 207-498-1617, 800-858-2279 x1371 or x1617, email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English

Hours: Mon-Fri; 7am - 7:30pm

**Pines St. John Valley Health Center, Pines Health Services**

4 Main Street

Van Buren, ME 04785

Phone: (207) 868-2796

Fax: (207) 868-2799

[llabreck@pineshealth.org](mailto:llabreck@pineshealth.org)

[www.pineshealth.org/vanburen/](http://www.pineshealth.org/vanburen/)

Family practice, internal medicine, gynecology, obstetrics, behavioral health, prescription assistance.

Eligibility: Children, adolescents, adults and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

If unable to pay bill in full call about Access to Care at 207-498-1371, 207-498-1617, 800-858-2279 x1371 or x1617,

email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English, French

Hours: Mon-Fri; 7am - 5pm

**Pines Washburn Health Center, Pines Health Services**

1260 Main Street

Washburn, ME 04786

Phone: (207) 455-4750

Fax: (207) 455-4729

[koneal@pineshealth.org](mailto:koneal@pineshealth.org)

[www.pineshealth.org/washburn/](http://www.pineshealth.org/washburn/)

Family practice, primary care, behavioral health, prescription assistance.

Eligibility: Children, adolescents, adults and seniors.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

If unable to pay bill in full call about Access to Care at 207-498-1371, 207-498-1617, 800-858-2279 x1371 or x1617, email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English

Hours: Mon-Thu; 7:30am - 4pm

**Pines Women's Health Center, Pines Health Services**

163 Van Buren Road, Suite 4

Caribou, ME 04736

Phone: (207) 498-6921

Fax: (207) 498-1697

[lgardner@pineshealth.org](mailto:lgardner@pineshealth.org)

[www.pineshealth.org/womensandchildren/](http://www.pineshealth.org/womensandchildren/)

Gynecology, obstetrics, midwifery.

Eligibility: Women and girls of child-bearing age.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

If unable to pay bill in full, call about Access to Care at (207) 498-1371, (207) 498-1617, 1-800-858-2279 x1371 or x1617, email pinesbillinghelp@pineshealth.org or visit 24 Sweden Street, Caribou.

Language(s) Offered: English

Hours: Mon-Fri; 7:30am - 5pm

**Prescription Assistance Program, Pines Health Services**

74 Access HighwayCaribou, ME 04736

Phone: (207) 769-2025

Fax: (207) 764-0629

[lcyr@pineshealth.org](mailto:lcyr@pineshealth.org)

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

Assist in obtaining free or low cost prescription medication; coordinate enrollment on behalf of both patient and physician.

Eligibility: Individuals with no prescription coverage who meet income guidelines; affiliation with Pines Health Services not required.

Cost: No Cost, Low Cost

Language(s) Offered: English

Hours: Mon-Fri; 7:30am - 5pm

**Maine Family Planning Benefit, Planned Parenthood of Northern New England**

275 Main Street, Biddeford, ME 04005

4 Bowdoin Mill Island, Topsham, ME 04086

443 Congress Street, Portland, ME 04101

886 Main Street, Sanford, ME 04073

Toll Free: 1-866-476-1321

[getcoveredME@ppnne.org](mailto:getcoveredME@ppnne.org)

[www.plannedparenthood.org/planned-parenthood-northern-new-england/for-patients/special-programs/maine-family-planning-benefit](http://www.plannedparenthood.org/planned-parenthood-northern-new-england/for-patients/special-programs/maine-family-planning-benefit)

Reproductive health care includes well person check-ups, birth control, HPV vaccines, STI testing and treatment, and testing and treatment for vaginal and urinary tract infections.

Eligibility: Maine residents who are not pregnant and whose income meets eligibility guidelines.

Cost: No Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted: Yes

If your application is denied, services will be pro-rated based on your income and will be billed to you directly; any services received which are not covered by this program will be billed to you directly.

Language(s) Offered: English; interpreters available.

Hours: Call **1-866-476-1321** to [make an appointment.](https://www.plannedparenthood.org/planned-parenthood-northern-new-england/for-patients/special-programs/navigator-program)

**Gambling Self Exclusion Program, Portland Recovery Community Center**

468 Forest Avenue, Suite A

Portland, ME 04102

Phone: (207) 553-2575

Fax: (207) 512-1202

<http://adcareme.org/problem-gambling/>

Location for individual to complete paperwork to self exclude from casino; help completing necessary self exclusion paperwork.

Eligibility: Individual can only self exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri 9am - 8pm; Sat 12 noon - 8pm; Sun 8am - 12 noon

**Post Polio Support Group of Maine, Post Polio Support Group of Maine**

674 Hallowell Litchfield Road

Gardiner, ME 04345

Phone: (207) 724-3784

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

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

Support network; information and referrals on polio and the late effects of polio; some members in Portland area gather occasionally for lunch and opportunities to share experiences.

Eligibility: Individuals and/or their families who have survived polio; health care providers.

Cost: No Cost

Language(s) Offered: English

Hours: No regular hours of operation.

**Anti-Trafficking Services, Preble Street**

38 Preble Street

Portland, ME 04101

Phone: (207) 775-0026

Hotline: 1-888-373-7888

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

[www.preblestreet.org/preble-street-anti-trafficking-coalition/](http://www.preblestreet.org/preble-street-anti-trafficking-coalition/)

Support and information to access services, help survivors understand those services, and support survivors.

Eligibility: Individual must be a victim of human trafficking as defined by TVPA regardless of age, gender, and immigration status; statewide training for professionals, educators, and concerned others.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Maine Hunger Initiative, Preble Street**

38 Preble Street

Portland, ME 04101

Phone: (207) 775-0026

Fax: (207) 842-3614

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

[www.preblestreet.org/what-we-do/advocacy-programs/maine-hunger-initiative](http://www.preblestreet.org/what-we-do/advocacy-programs/maine-hunger-initiative)

Advocacy and community organizing to meet emergency food needs, maximize access to existing public nutrition programs for the food insecure throughout Maine, promote best practices at local food pantries, and inform policies to end hunger in Maine.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Daily 8am - 5pm

**Preble Street Homeless Voices for Justice, Preble Street**

5 Portland Street

Portland, ME 04101

Phone: (207) 874-6560

Fax: (207) 842-2924

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

[www.preblestreet.org/what-we-do/advocacy-programs/homeless-voices-for-justice](http://www.preblestreet.org/what-we-do/advocacy-programs/homeless-voices-for-justice)

Peer led community organizing, advocacy, and leadership development to empower individuals and effect social change.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8am - 5pm

**Preble Street Veterans Housing Services, Preble Street**

18 Portland Street

Portland, ME 04101

Phone: (207) 956-6556

Toll Free: 1-800-377-5709

Fax: (207) 699-4463

[vhs@preblestreet.org](mailto:vhs@preblestreet.org)

[www.preblestreet.org/what-we-do/housing-services/veterans-housing-services](http://www.preblestreet.org/what-we-do/housing-services/veterans-housing-services)

Housing search, placement, and support with limited financial assistance to ensure stable housing; case management, budget counseling.

Eligibility: Homeless or nearly homeless veterans and their families who have served Active Duty with discharge status other than dishonorable and meet income eligibility guidelines.

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Pregnancy Care Center of Aroostook – Presque Isle**

184 Academy Street

Presque Isle, ME 04769

Phone: (207) 764-0022

Toll Free: 1-800-300-0220

Fax: (207) 764-6874

<https://pcc-hope.org/contact/>

[www.pcc-hope.org](http://www.pcc-hope.org)

Free pregnancy tests, free infant clothing, parenting classes, post-abortion counseling, Give Moms Credit Program and Moms Video Program for baby furniture; education on pregnancy, abortion, and alternatives; Survivor Intervention Program promotes abstinence and substance use disorder prevention.

Eligibility: Individuals who are pregnant or parenting and their children.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue 5pm-8pm; Wed & Thurs 10am-4pm

**Pregnancy Care Center of Aroostook – Houlton**

35 Military Street

Houlton, ME 04730

Phone: (207) 532-6380

Toll Free: 1-800-300-0220

Fax: (207) 764-6874

<https://pcc-hope.org/contact/>

[www.pcc-hope.org](http://www.pcc-hope.org)

Free pregnancy tests, free infant clothing, parenting classes, post-abortion counseling, Give Moms Credit Program and Moms Video Program for baby furniture; education on pregnancy, abortion, and alternatives; Survivor Intervention Program promotes abstinence and substance use disorder prevention.

Eligibility: Individuals who are pregnant or parenting and their children.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Wed & Thu 2pm-4pm

**Pregnancy Care Center of Aroostook – Fort Kent**

272 West Main Street

Fort Kent, ME 04743

Phone: (207) 834-5800 and (207) 764-0022

Toll Free: 1-800-300-0220

Fax: (207) 764-6874

<https://pcc-hope.org/contact/>

[www.pcc-hope.org](http://www.pcc-hope.org)

[www.pcc-hope.org](http://www.pcc-hope.org)

Free pregnancy tests, free infant clothing, parenting classes, post-abortion counseling, Give Moms Credit Program and Moms Video Program for baby furniture; education on pregnancy, abortion, and alternatives; Survivor Intervention Program promotes abstinence and substance use disorder prevention.

Eligibility: Individuals who are pregnant or parenting and their children.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tues 3pm-7pm and Thu 12:30pm-4:30pm

**Presque Isle Housing Authority**

58 Birch Street

Presque Isle, ME 04769

Phone: (207) 768-8231

TTY: (207) 764-5161

Fax: (207) 764-5614

[pihousing@pihousing.org](mailto:pihousing@pihousing.org)

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

Affordable and/or subsidized housing.

Eligibility: Individuals who are elderly, handicapped or disabled, and families who meet HUD Gross Income Guidelines.

Cost: Low Cost

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8:30a-12p and 1p-4:30p; Fri 8:30a-12p

**Presque Isle Housing Authority Housing Choice Voucher Program, Presque Isle Housing Authority**

58 Birch Street

Presque Isle, ME 04769

Phone: (207) 768-8231

TTY: (207) 764-5161

Fax: (207) 764-5614

[pihousing@pihousing.org](mailto:pihousing@pihousing.org)

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

Section 8 Housing Choice Voucher Program provides rental assistance by subsidizing a portion of monthly rent and utilities and paying it directly to landlords; where utilities are not included in rent, the program may pay a larger portion of the rent so the tenant is able to cover utility payments; assistance provided is the difference between what the tenant pays toward rent and the cost of the rent.

Eligibility: Household income restrictions apply and vary by location and family size; when awarding vouchers, Presque Isle Housing Authority may have preferences and priorities based on administrative plan; local housing authorities (LHA) also have voucher programs;

Cost: No Cost

Housing subsidy is paid to landlord directly by Presque Isle Housing Authority on behalf of participating family; family pays difference between actual rent and amount subsidized by the program; no cost to apply.

Language(s) Offered: English; interpreters available.

Hours: Mon-Thu 8:30am-12 noon, 1-4:30pm

**Professional Home Nursing**

7 Hatch Drive, Suite 110

Caribou, ME 04736

Phone: (207) 498-3915

After Hours: (207) 498-3915

Fax: (207) 493-4510

[kanderson.phn@myottmail.com](mailto:kanderson.phn@myottmail.com)

[www.professionalhomenursinginc.com](http://www.professionalhomenursinginc.com)

Skilled home care includes nursing visits for wound care, assessments, instruction for new or changed diagnoses and medication, intravenous therapy, physical therapy, occupational therapy and speech therapy, evaluation and intervention by a licensed medical social worker.

Eligibility: Individuals who are homebound as determined by Medicare with health needs requiring skilled care.

Cost: Fixed Cost, Vary

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon-Fri; 8am - 4:30pm

**STRIVE, PSL Services/STRIVE**

28 Foden Road

South Portland, ME 04106

Phone: (207) 774-6278

Fax: (207) 774-7695

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

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

Social events, wellness classes, life skills classes, educational and employment training opportunities, online educational opportunities and assistance navigating the system for participants and families. .

Eligibility: Children, adolescents, and adults 11-24 years of age with developmental disabilities.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards

Uninsured Accepted: Yes

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon 8am - 7:30pm; Tue 8am - 5pm; Wed 8am - 8pm; Thu 8am - 5pm; Fri 8am - 9pm

**STRIVE U, PSL Services/STRIVE**

28 Foden Road

South Portland, ME 04106

Phone: (207) 774-6278

Fax: (207) 774-7695

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

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

2 year residential program provides post-secondary education and training in residential, employment, and community skills to increase independence and productivity.

Eligibility: Adults 18-25 years of age with developmental disabilities.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri 8am - 5pm

**Redington-Fairview General Hospital**

46 Fairview Avenue

Skowhegan, ME 04976

Phone: (207) 474-5121

TTY: (207) 858-4769

Fax: (207) 474-5121

[info@rfgh.net](mailto:info@rfgh.net)

[www.rfgh.net](http://www.rfgh.net)

Hospital.

Cost: No Cost, Low Cost, Sliding Fee, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Reed Plantation**

8 Springer Road

Wytopitlock, ME 04497

Phone: (207) 456-7546

Fax: (207) 456-7507

[reedplantation@gmail.com](mailto:reedplantation@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue 9am - 5pm; Thu 9am - 5pm

**Reed Plantation General Assistance, Reed Plantation**

8 Springer Road

Wytopitlock Town Office

Wytopitlock, ME 04497

Phone: (207) 456-7546

After Hours: (207) 538-8100

Fax: (207) 456-7507

[reedplantation@gmail.com](mailto:reedplantation@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 9am - 5pm; Thu 9am - 5pm

Wytopitlock Food Pantry

Reed Plantation

8 Springer Road

Wytopitlock, ME 4497

Phone: (207) 456-7546

Fax: (207) 456-7507

[reedplantation@gmail.com](mailto:reedplantation@gmail.com)

Food pantry.

Eligibility: Individuals who meet 150% of the Federal Poverty Guidelines.

Cost: No Cost, Donation

Forms of Payment: Cash; Check

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English

Hours: First Wednesday of every month: 10:00 am - 12:00 am and 6pm - 8:00 pm.

**HIV Program, Regional Medical Center at Lubec**

43 South Lubec Road

Lubec, ME 4652

Phone: (207) 733-1090 x2226

Fax: (207) 733-2847

[www.rmcl.org/index.php/holder-1/hiv-programs](http://www.rmcl.org/index.php/holder-1/hiv-programs)

HIV testing, counseling, and referral services.

Eligibility: Individuals who are at high risk for HIV.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Regional Medical Center at Lubec**

43 South Lubec Road

Lubec, ME 4652

Phone: (207) 733-5541

TTY: (207) 955-3323

Fax: (207) 733-2847

[trier@rmcl.org](mailto:trier@rmcl.org)

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

Emergency care, family practice, podiatry care, geriatric care, health education, minor surgery, newborn and well child care, pediatrics, reproductive health care, school and sports physicals, care management services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 5pm

**Residential Resources of Maine**

39 Mechanic Street, Suite 700

Westbrook, ME 04092

Toll Free: 1-888-715-8086

Fax: (207) 289-1099

[info@ResResources.com](mailto:info@ResResources.com)

[www.resresources.com](http://www.resresources.com)

Staffed group homes, shared living programs, personal supports, staff and provider trainings in Mandt and CRMA, community case management, part time home based treatment for developmental disability.

Eligibility: Adults with acquired brain injuries, developmental disabilities, Leschâ-Nyhan syndrome or Myotonic Dystrophy, and providers.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon -Fri; 8am - 4:30pm

**Rite Aid Pharmacy Locator**

[www.riteaid.com/pharmacy/services](http://www.riteaid.com/pharmacy/services)

Online statewide pharmacy locator searches by street address, city and state, zip code or intersection.

Hours: 24; 7 days

**Robbie Foundation**

P.O. Box 1534

Scarborough, ME 04070

Phone: (207) 229-1807

[robbiefoundation@gmail.com](mailto:robbiefoundation@gmail.com)

[www.robbiefoundation.com](http://www.robbiefoundation.com)

Fund adaptive equipment, assistive technology, therapy treatment, and other essential items that maximize growth and development, and create easier and better learning and/or living environment not covered by insurance or any additional funding resources.

Eligibility: Individuals from birth-20 years of age with developmental and physical disabilities, speech and language delays, sensory integrated disorders, cerebral palsy, brain injury, Autism Spectrum Disorders or cognitive challenges.

Cost: No Cost, Donation

Forms of Payment: Credit Cards; PayPal

Language(s) Offered: English

Hours: Mon-Fri; 9am - 4pm

**Ronald McDonald House, Ronald McDonald House Charities of Maine**

250 Brackett Street, Portland, ME 04102

Phone: (207) 780-6282

654 State Street, Bangor, ME 04401

Phone: (207) 942-9003

<https://rmhcmaine.org/>

A place for families of seriously ill or injured children to stay together, close to the treatment hospital and cared for during their stay; meals, bedrooms, and playrooms for children.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English; interpreters available upon request.

Hours: Houses are open 24 hours; 7 days

**EMHS LiveSAFE, Rosscare**

885 Union Street, Suite 221

Bangor, ME 04401

Phone: (207) 973-7080

Toll Free: 1-877-880-7677

Fax: (207) 973-5652

[cysmith@emhs.org](mailto:cysmith@emhs.org)

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

Emergency response service provides 24 hour monitored help with the push of a button when you need help; month to month service.

Eligibility: Must have landline telephone service and be able to pay a monthly service fee.

Cost: Low Cost, Fixed Cost

Forms of Payment: Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Direct payment from a checking or savings account accepted; sponsorships available.

Language(s) Offered: English

Hours: Mon-Fri; 8am - 4:30pm

**Turner Family Support Center, Rumford Group Homes**

12 Kid's Place

Leeds, ME 04263

Phone: (207) 524-2580

(207) 364-3551 x201

Fax: (207) 524-2581

[mmcentee@rumfordgrouphomes.org](mailto:mmcentee@rumfordgrouphomes.org)

[www.rumfordgrouphomes.org/untitled-cs19](http://www.rumfordgrouphomes.org/untitled-cs19)

7 day trauma informed hospital diversion program assists in developing coping skills and offers medication administration, groups, treatment, family sessions, and supervision.

Eligibility: Children and adolescents 5-18 years of age who are in crisis including those with co-occurring disorders.

Cost: Fixed Cost

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted: No

Language(s) Offered: English; interpreters available.

**Rumford Hospital**

420 Franklin Street

Rumford, ME 04276

Phone: (207) 369-1000

Fax: (207) 369-0834

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

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**SAD 1 Adult & Community Education, SAD 1 Adult & Community Education**

79 Blake Street, Suite 2

Presque Isle, ME 04769

Phone: (207) 764-4776

Fax: (207) 764-8107

[lerae.kinney@sad1.org](mailto:lerae.kinney@sad1.org)

[www.adulted.sad1.org](http://www.adulted.sad1.org)

High school diploma, HiSET testing and classes, college transitions, workforce and career development, ESL, personal enrichment.

Eligibility: Students 5 years of age and older.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon - Thu 8a - 9p; Fri 8a - 4p

**Safe and Sound Youth Transportation**

34 Maple Street

Brewer, ME 04412

Phone: 1-866-990-1900

Toll Free: 1-866-990-1900

After Hours: (207) 949-1723

Fax: (207) 989-2100

[lcolpiltts45@aol.com](mailto:lcolpiltts45@aol.com)

[www.safeandsoundtransportation.com](http://www.safeandsoundtransportation.com)

Nationwide transport to and from accredited programs such as therapeutic boarding schools or wilderness programs.

Eligibility: Adolescents 18 years of age and younger who are at risk and in need of therapeutic placement.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English, French, Spanish

Hours: Mon – Fri; 8am - 4pm

**SafeLink Wireless Lifeline**

Presque Isle, ME

Phone: 1-800-723-3546

[www.safelinkwireless.com](http://www.safelinkwireless.com)

Free SafeLink wireless phone with a free cellular plan; this plan replaces Lifeline Telephone Assistance plan if you currently receive the service; provide information on enrollment, plan changes, and technical support.

Eligibility: Adults 18 years of age and older who are LIHEAP eligible and reside within an approved SafeLink Wireless area; eligibility reviewed annually.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Monday-Sunday 8:00 am-12:00 am; visit website for more information

**Saint Joseph's College**

278 Whites Bridge Road

Standish, ME 04084

Phone: (207) 892-6766

(207) 893-7746

[admissions@sjcme.edu](mailto:admissions@sjcme.edu)

[www.sjcme.edu](http://www.sjcme.edu)

College.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri; 8:30am - 4:30pm

**LA Hearing Center, Sandcastle Clinical and Educational Services**

72 Strawberry Avenue

Lewiston, ME 04240

Phone: (207) 782-2150

Fax: (207) 782-3621

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

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

Hearing evaluations, programming and counseling, assistive devices and supplies; hearing aid fitting, dispensing, and repairs.

Cost: Vary, Fixed Cost

Forms of Payment: Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: American Sign Language, English

Hours: Mon 8am - 5pm.

**Scarborough Public Library Heating and Cooling Center**

48 Gorham RD, Route 114

Scarborough, ME 04074

Phone: (207) 883-4723

Fax: (207) 883-9728

[askspl@scarboroughlibrary.org](mailto:askspl@scarboroughlibrary.org)

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

Warming and cooling center with heat and air conditioning provides respite from cold and heat; bottled water during heat waves, Wi-Fi, and free internet access; open during regular business hours; handicapped accessible; wheelchair and walker available; summer hours include July through Labor Day; extended hours may be available during emergency situations.

Eligibility: Open to all.

Cost: No Cost

Language(s) Offered: English; French, German, Norwegian may be available.

Hours: Summer: Mon 10am-5pm; Tue-Thu 10am-8pm; Fri 10am-5pm; Sat 10am-2pm

Winter: Mon 10am-5pm; Tue-Thu 10am-8pm; Fri 10am-5pm; Sat 10am-5pm

EIM, SeniorsPlus

[eimnotices@elderindependence.org](mailto:eimnotices@elderindependence.org)

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

Phone: (207) 795-7213

Toll Free: 1-888-234-3920

Fax: (207) 795-4009

Care coordination of in-home services.

Eligibility: Older adults and adults with disabilities.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare

Language(s) Offered: English, French, Somali

Hours: Mon-Fri; 8:30am-4:30pm

**SeniorsPlus**

8 Falcon Road

Lewiston, ME 04240

Phone: (207) 795-4010

Toll Free: 1-800-427-1241

Fax: (207) 795-4009

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

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

Area agency on aging.

Eligibility: Seniors and adults with disabilities along with their families or caregivers.

Cost: Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English, French

Hours: Mon-Fri; 8:30am-4:30pm

**SequelCare of Maine LLC**

70 Bayview Street

Yarmouth, ME 04096

Phone: 1-888-880-6193

Fax: (207) 847-2017

[info.maine@sequelyouthservices.com](mailto:info.maine@sequelyouthservices.com)

[www.sequelcareofmaine.com](http://www.sequelcareofmaine.com)

Child and family services, adult mental health services, outpatient mental health services, substance use disorder counseling, home health care, and behavioral health home.

Eligibility: Adjudicated delinquents, children with autism, and children, adolescents and adults with physical disabilities or sexual, substance abuse, emotional, or conduct disorders.

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4pm

**Sex Addicts Anonymous**

Phone: 1-800-477-8191

Fax: (713) 692-0105

[info@saa-recovery.org](mailto:info@saa-recovery.org)

[www.saa-recovery.org](http://www.saa-recovery.org)

12 step recovery meetings for individuals who have a desire to recover from compulsive or addictive behavior; meeting formats include face-to-face, telephone, and web-based options.

Eligibility: Adults.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, Spanish

Hours: Mon – Fri; 11am - 7pm

**Mason Place Transitional Living, Shaw House**

136 Union Street

Bangor, ME 04401

Phone: (207) 941-2882 x2

Toll Free: 1-866-561-7429

Fax: (207) 941-2875

[info@shawhouse.us](mailto:info@shawhouse.us)

[www.theshawhouse.org/programs-services/shaw-house-programs-services.html](http://www.theshawhouse.org/programs-services/shaw-house-programs-services.html)

Transitional living program offers a stable environment and assists with setting goals and developing living and job skills needed to become an independent, productive member in the community.

Eligibility: Individuals 16-20 years of age who are homeless or at risk of becoming homeless.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 day

**Shaw House Basic Center Day Program, Shaw House**

136 Union Street

Bangor, ME 04401

Phone: (207) 941-2882 x3

Toll Free: 1-866-561-7429

Fax: (207) 941-2875

[info@shawhouse.us](mailto:info@shawhouse.us)

[www.theshawhouse.org/programs-services/shaw-house-programs-services.html](http://www.theshawhouse.org/programs-services/shaw-house-programs-services.html)

Daytime drop in center is a safe environment which offers case management, a housing navigator, family mediation, educational groups, and a clinical group for support while navigating through barriers and trauma from being homeless; 3 meals and 2 snacks provided daily.

Eligibility: Individuals 10-20 years of age who are runaways, homeless or at risk of becoming homeless.

Cost: No Cost

Language(s) Offered: English

Hours: 8am-7pm; daily

**Shaw House Emergency Shelter, Shaw House**

136 Union Street

Bangor, ME 04401

Phone: (207) 941-2882

Toll Free: 1-866-561-7429

Fax: (207) 941-2875

[info@shawhouse.us](mailto:info@shawhouse.us)

[www.theshawhouse.org/programs-services/shaw-house-programs-services.html](http://www.theshawhouse.org/programs-services/shaw-house-programs-services.html)

Low barrier emergency shelter provides a safe space for youth and offers case management services to connect them with needed services and supports.

Eligibility: Individuals 10-20 years of age who are runaways, homeless or at risk of becoming homeless.

Cost: No Cost

Language(s) Offered: English

Hours: Daily; 7pm – 8am

**Streetlight Outreach, Shaw House**

136 Union Street

Bangor, ME 04401

Phone: (207) 944-4004

Toll Free: 1-866-561-7429

Fax: (207) 941-2875

[info@shawhouse.us](mailto:info@shawhouse.us)

[www.theshawhouse.org/programs-services/shaw-house-programs-services.html](http://www.theshawhouse.org/programs-services/shaw-house-programs-services.html)

Street based mobile outreach provides food, clothing, and personal hygiene items; community education in the area of youth homelessness, the services we provide, and services available within the community.

Eligibility: Individuals 10-20 years of age who are runaways, homeless or at risk of becoming homeless.

Cost: No Cost

Language(s) Offered: English

Hours: Daily; 8am-10pm

**Shaws Osco Pharmacy Locator**

<https://pharmacy.shaws.com/shweb/#/home>

Online statewide pharmacy locator searches by city, state or zip code.

Hours: 24 hours; 7 days

**Shriners Hospitals for Children**

51 Blossom Street

Boston, MA 02114

Toll Free: 1-800-237-5055

Phone: (617) 722-3000

[patientreferrals@shriners.org](mailto:patientreferrals@shriners.org)

<https://www.shrinershospitalsforchildren.org/boston>

Eligibility: Individuals from birth-18 years of age who are approved for care by physicians of Shriners Hospital for Children.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: Private Insurance

Language(s) Offered: English, Spanish; interpreters available upon request.

**Smart Interpreters Center**

284 Lisbon Street

Lewiston, ME 04240

Phone: (207) 783-4744

Fax: (207) 783-4644

Translate legal and medical documents; interpreters for employment, social service, court, and business related activities.

Eligibility: Call or email for more information.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Fee for translation material depends on the number of pages.

Language(s) Offered: Arabic, English, Somali, Swahili; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Medicare, Social Security Administration**

7500 Security Boulevard

Baltimore, MD 21235

Phone: 1-800-633-4227

[www.medicare.gov](http://www.medicare.gov)

Information on enrollment, coverage, costs, prescription drug plans, supplements and other insurance, resources, forms, and claims and appeals.

Eligibility: Individuals 65 years of age and older; individuals younger than 65 can qualify including those with disabilities and those who have permanent kidney failure or Lou Gehrig's Disease.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: 24 hours; daily

**Office of the Inspector General, Social Security Administration**

Phone: 1-800-269-0271

TTY: 1-866-501-2101

Fax: (410) 597-0118

<https://oig.ssa.gov/report>

Accept confidential and anonymous reports of alleged Social Security fraud, waste, or abuse.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Online reporting available 24 hours.

**Social Security Administration, Social Security Administration**

6401 Security Boulevard

Baltimore, MD 21235

Phone: 1-800-772-1213

TTY: 1-800-325-0778

[www.ssa.gov](http://www.ssa.gov)

Retirement, disability, burial, and survivors benefits to workers and their families, administer the Supplemental Security Income program, issue Social Security numbers, Medicare.

Eligibility: Individuals with a work history that pays into Social Security fund; unable to work due to a disability; over 65 years of age, disabled, or disabled children who have limited income and resources; spouse and children of deceased workers.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Mon-Fri; 7am-7pm

**Social Security Administration Extra Help Program, Social Security Administration**

6401 Security Boulevard

Baltimore, MD 21235

Phone: 1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

Help to pay for costs of monthly premiums, annual deductibles, and prescription co-payments of Medicare prescription drug plan.

Eligibility: Individuals who are Medicare beneficiaries and meet income eligibility guidelines.

Language(s) Offered: English, Spanish

Hours: Mon-Fri; 7am-7pm

**Southern Aroostook Pantry**

434 Callaghan Road

Houlton, ME 04730

Phone: (207) 538-6404

[ted.ivey@southernaroostookpantry.com](mailto:ted.ivey@southernaroostookpantry.com)

[www.southernaroostookpantry.com](http://www.southernaroostookpantry.com)

Food pantry, non-food pantry, diapers and baby items, paper products, personal care items; donation center; volunteer opportunities.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Call/email for hours of operations.

**Southern Baptist Disaster Relief Maine Division, Southern Baptist Disaster Relief Maine Division**

642 Rocky Knoll Road

Denmark, ME 04022

Phone: (207) 232-3389

[tebdiamond@hotmail.com](mailto:tebdiamond@hotmail.com)

No website available.

Post-disaster assistance with flood recovery clean up, mold remediation, tree felling, and debris removal; case by case basis.

Eligibility: Adults who own nonbusiness property.

Cost: No Cost, Donation

Forms of Payment: Cash

Language(s) Offered: English

Hours: Mon-Sat; 7am-5pm

**Maine Senior Games, Southern Maine Agency on Aging**

136 US Route 1

Scarborough, ME 04070

Phone: (207) 396-6500

Toll Free: 1-800-427-7411

TTY: 37073

Fax: (207) 883-8249

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

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

Annual athletic event with activities which contribute to physical, mental, social, and emotional well-being; individual events include archery, basketball, bowling, canoe and kayak race, bowling, cornhole, cycling, darts, golf, horseshoes, pickle ball, racquetball, swimming, table tennis, tennis, track and field, and triathlon.

Eligibility: Individuals 45 years of age or older.

Cost: Low Cost, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available.

**Biddeford Medical Center, Southern Maine Health Care**

1 Medical Center Drive

Biddeford, ME 04005

Phone: (207) 283-7000

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

[www.smhc.org/about-smhc/our-locations/biddeford-biddeford-medical-center-1-medical-center-drive](http://www.smhc.org/about-smhc/our-locations/biddeford-biddeford-medical-center-1-medical-center-drive)

Hospital.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Chemical Dependency Intensive Outpatient Program, Southern Maine Health Care**

1 Medical Drive

Biddeford, ME 04005

Phone: (207) 283-7660

Fax: (207) 283-7664

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

<https://mainehealth.org/southern-maine-health-care/services/partial-hospitalization-program>

Intensive outpatient treatment provides 3 afternoon group therapy sessions per week utilizing multidisciplinary team approach in a group setting.

Eligibility: Individuals with a chemical dependency.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:15am - 2:20pm

**Co-Occurring Disorder Program, Southern Maine Health Care**

1 Medical Center Drive

Biddeford, ME 04005

Phone: (207) 283-7660

Fax: (207) 283-7664

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

<https://mainehealth.org/southern-maine-health-care/services/partial-hospitalization-program>

Develop skills to avoid destructive behaviors and manage emotions that trigger use; psychiatric evaluations and medication management available for patients.

Eligibility: Adults with abuse/dependence and mental health diagnosis.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri; 8:45am - 2:20pm

**Find a Provider, Southern Maine Health Care**

1 Medical Center Drive

Biddeford, ME 04005

Phone: 1-866-436-6168

Toll Free: 1-866-436-6168

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

<https://mainehealth.org/provider-directory/search-results?fullname=&specialties=&zip=04005>

Information on physicians by specialty, name, gender, language, and location available by phone or online.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Mature Women's Support Group, Southern Maine Health Care**

1 Medical Center Drive

Biddeford, ME 04005

Phone: (207) 240-8638

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

https://mainehealth.org/southern-maine-health-care/healthy-communities/support-groups

Support group for women 50 years of age and older provides opportunity to discuss issues pertaining to life as women grow older.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Every other Tue 4-5:15pm

Tue: Open-See above; Closed-

**Partial Hospitalization Program, Southern Maine Health Care**

235 Main Street

Biddeford, ME 04005

Phone: (207) 283-7660

Fax: (207) 283-7664

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

<https://mainehealth.org/locations/smhc-partial-hospital-program/biddeford-235-main-street-04005-5951>

Multidisciplinary team of psychiatrists, social workers and nurses provide individual treatment focused on group therapy activities and skills acquisition with specific tracks and lengths of stay; through collaboration amongst staff, therapists, client and family, and community resources, program assists in achieving the highest possible level of emotional stability and independent living.

Eligibility: Individuals with mental illness who require more intensive treatment than outpatient office visits, but less restrictive than 24 hour inpatient care.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am - 3:30pm

**Sanford Medical Center, Southern Maine Health Care**

25 June Street

Sanford, ME 04073

Phone: (207) 324-4310

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

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

Hospital.

Eligibility: Open to all

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**SMHC Biddeford Weekend Clinic, Southern Maine Health Care**

9 Healthcare Drive

Biddeford, ME 04005

Phone: (207) 294-8390

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

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

Primary care.

Eligibility: Existing patients of Southern Maine Health Care.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Sat 8am - 1pm; Sun 8am - 1pm

**SMHC Family Medicine, Southern Maine Health Care**

2 Livewell DR – North Tower

Kennebunk, ME 04043

Phone: (207) 467-8988

Fax: (207) 985-1309

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

<https://mainehealth.org/southern-maine-health-care>

Family medicine.

Eligibility: Children and adults.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8:00am-5:00pm

**SMHC Internal Medicine, Southern Maine Health Care**

72 Maine Street

Kennebunk, ME 04043

Phone: (207) 467-8909

Fax: (207) 467-8910

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

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

Internal medicine.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**SMHC Pediatrics, Southern Maine Health Care**

3 Shape Drive

Kennebunk, ME 04043

Phone: (207) 467-8930

Fax: (207) 985-8459

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

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

Pediatrics.

Eligibility: Infants, toddlers, children, and adolescents.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**SMHC Physicians, Southern Maine Health Care**

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

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

Primary care.

Eligibility:

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Specialty Practices and Programs, Southern Maine Health Care**

1 Medical Center Drive

Biddeford, ME 04005

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

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

Cancer care, cardiology, breast care, dermatology, diabetes, ear, nose and throat, assisted living, Alzheimer's and dementia care, endocrinology, gastroenterology, weight loss, lymphedema program, neurology services, orthopedic services, osteopathic manipulative medicine, pain management, physical therapy, pulmonary medicine, outpatient rehabilitation services, women's health, occupational health, wound and ostomy care.

Eligibility: Individuals in need of specialized medical services.

Cost: No Cost, Low Cost, Sliding Fee, Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Travel Well, Southern Maine Health Care**

2 Medical Center Drive

Biddeford, ME 04005

Phone: (207) 294-8410

Fax: (207) 282-6037

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

<https://mainehealth.org/locations/smhc-infectious-disease-travel-well/biddeford-2-medical-center-drive-3-04005-1976>

1 hour appointment includes counseling, education, prescriptions, and vaccines.

Eligibility: Individuals who travel outside of the United States.

Cost: Vary

Call for more information.

Language(s) Offered: English; interpreters available.

Hours: Mon, Wed, Fri; 9am-noon

**Walk-In Care, Southern Maine Health Care**

[Kennebunk](https://mainehealth.org/locations/smhc-walk-in-care/kennebunk-2-livewell-drive--north-tower-04043-3480)  
2 Livewell Drive - North Tower  
(Right behind Shoppers Village)  
207-467-6900 Hours: 8 AM - 7 PM

[Saco](https://mainehealth.org/locations/smhc-walk-in-care/saco-655-main-street-04072-3006)  
655 Main Street (Route 1)  
207-294-5600 - Hours: 8 AM - 7 PM

[Sanford](https://mainehealth.org/locations/smhc-walk-in-care/sanford-25-june-street-suite-011-04073-4086)  
Goodall Medical Office Building  
25A June Street, Suite 011  
207-490-7900 - Hours: 8 AM - 7 PM

[Sanford](https://mainehealth.org/locations/smhc-walk-in-care/sanford-25-june-street-suite-011-04073-4086)  
Goodall Medical Office Building  
25A June Street, Suite 011  
207-490-7900  
Hours: 8 AM - 7 PM

[Waterboro](https://mainehealth.org/locations/smhc-walk-in-care/east-waterboro-10-goodall-drive-suite-900-04030-2098)  
10 Goodall Drive  
207-490-7760 - Hours: 8 AM - 7 PM

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

[www.smhc.org/walk-in-care](http://www.smhc.org/walk-in-care)

Minor emergency care and walk-in medical care for minor medical accidents and illnesses.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: See above

**Spay Maine**

[shall1@maine.rr.com](mailto:shall1@maine.rr.com)

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

Promote spay neuter clinics and programs around the state through an online directory of local resources.

Eligibility: Individuals in need of spay/neuter financial assistance.

Cost: No Cost

Language(s) Offered: English

Hours: 24 hours; 7 days

**Speaking Up For Us of Maine**

Phone: (207) 956-1004

Toll Free: 1-877-207-4077

Fax: (207) 621-1419

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

Self-advocacy network educates peers, legislators, and community members about issues related to disabilities; host statewide meetings on topics of interest to self-advocates.

Eligibility: Adults with intellectual or developmental disabilities.

Cost: No Cost, Low Cost, Donation

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 9am - 5pm

**Special Olympics Maine**

125 John Roberts Road

South Portland, ME 04106

Phone: (207) 879-0489

Fax: 1-888-490-0672

[lisab@somaine.org](mailto:lisab@somaine.org)

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

Year-round, statewide sports training and Olympic style athletic competition and events; volunteer opportunities.

Eligibility: Children 8 years of age and older, adolescents, and adults with an intellectual disability; non-competitive Young Athletes program for children 2-7 years of age.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Money Order

Fees for attending overnight competitions.

Language(s) Offered: English

Hours: Mon-Fri; 9am - 4pm

**A Family For ME, Spurwink Services**

901 Washington Avenue

Portland, ME 04101

Phone: 1-844-893-6311

[afamilyformemaine@spurwink.org](mailto:afamilyformemaine@spurwink.org)

afamilyformemaine.org

Partnership between DHHS and Spurwink Services focuses on raising awareness of urgent need, and to find families willing and able to parent children through adoption and foster care; responsible for Maine's Heart Gallery connecting children with forever families.

Eligibility: Foster parents must be at least 21 years of age.

Language(s) Offered: English; Interpeters available

Hours: Mon-Fri; 8am-5pm

**Children's Residential Treatment, Spurwink Services**

31 Spurwink Drive

Chelsea, ME 04330

Phone: (207) 871-1200

Toll Free: 1-888-889-3903

Fax: (207) 871-1232

[admissions@spurwink.org](mailto:admissions@spurwink.org)

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

Comprehensive residential services in community based therapeutic homes provides individual and family services in safe, structured, and therapuetic environment; assessment of educational needs; education and day treatment will be provided at the school affiliated with Spurwink or child may attend public school.

Eligibility: Individuals 5-21 years of age with severe emotional, behavioral or developmental disorders who are temporarily unable to live safely at home or be successfully treated in a less restrictive environment.

Cost: Fixed Cost

Forms of Payment:

Accepted Insurance: MaineCare

Uninsured Accepted:

Services must have prior approval by Office of Children and Family Services.

Language(s) Offered: English; interpreters available.

Hours: 24 hours; 7 days

**Spurwink ALLTECH, Spurwink Services**

892 Riverside Street

Portland, ME 04103

Phone: (207) 871-1200 x3322

Toll Free: 1-888-889-3903

Fax: (207) 871-1232

[lisomalltech@spurwink.org](mailto:lisomalltech@spurwink.org)

<https://spurwinkalltech.org>

Consultations, assessments, and trainings in the area of assistive technology for access to educational curriculum and employment; assistive technology for augmentative and alternative communication, specialized software, universal design in education, and web accessibility; virtual meetings can occur for the state and elsewhere.

Eligibility: Individuals with disabilities, schools, and organizations.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare

School systems and Vocational Rehabilitation may be billed for services; MaineCare reimbursements for specific services and programs.

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**Spurwink ALLTECH Store, Spurwink Services**

892 Riverside Street

Portland, ME 04103

Phone: (207) 535-2017

Fax: (207) 871-1232

[lisomalltech@spurwink.org](mailto:lisomalltech@spurwink.org)

<https://spurwinkalltech.org>

Specialize in the repair and resale of adaptive equipment; loaner program of equipment for up to 30 days for short term use or prior to purchase; gently used donations of adaptive equipment accepted.

Eligibility: Individuals with disabilities, schools, and organizations.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare

Uninsured Accepted:

School systems and Vocational Rehabilitation may be billed for services; MaineCare reimbursement for specific services.

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon 9am - 3pm; Tue 9am - 3pm; Thu 9am - 3pm; Fri 9am - 12pm

**Spurwink Center for Safe and Healthy Families, Spurwink Services**

778 Maine Street

South Portland, ME 04106

Phone: (207) 879-6160

Toll Free: 1-800-260-6160

Fax: (207) 871-5668

[lshea@spurwink.org](mailto:lshea@spurwink.org)

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

Forensic interviews and medical examinations to determine the existence and extent of any child abuse and the emotional, physical and behavioral effects of such abuse; child psychological evaluations, risk assessments of youth and adults who have committed a sexual offense, psychological evaluations with a focus on parental abilities, Pediatric Rapid Evaluations, assessment and management of children with failure to thrive, inpatient medical consultation and evidenced-based therapy for children who have experienced trauma .

Eligibility: Children of any age that may have experienced child abuse or neglect and their family members.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Private Insurance

Uninsured Accepted:

The Department of Health and Human Services may pay for services in cases where it is involved.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-5pm

**St. John Plantation**

1774 St. John Road

Fort Kent, ME 4743

Phone: (207) 834-6444

Fax: (207) 834-6445

[stjohnplt@fairpoint.net](mailto:stjohnplt@fairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Mon-Fri; 7am-12pm

**St. John Plantation General Assistance, St. John Plantation**

1774 St. John Road

Fort Kent, ME 04743

Phone: (207) 834-6444

After Hours: (207) 834-6834

Fax: (207) 834-6445

[stjohnplt@fairpoint.net](mailto:stjohnplt@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, French, interpreters available upon request.

Hours: No regular hours of operation.

**St. John Valley Associates**

291 Newberry Drive

Madawaska, ME 04756

Phone: (207) 728-7197

Fax: (207) 728-7550

[sjva@stjohnvalleyassociates.org](mailto:sjva@stjohnvalleyassociates.org)

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

Community support, day habilitation, independent living, in home support.

Eligibility: Adults diagnosed with intellectual disabilities.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English, French

Hours: Mon-Fri; 8am-4pm

**St. John Valley Pharmacy**

182 Market Street

Fort Kent, ME 04743

Phone: (207) 834-2880

Fax: (207) 834-2882

[www.sjvrx.com](http://www.sjvrx.com)

Retail pharmacy offers generic and prescription drugs at discount prices.

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: Mon -Thu 8am - 8pm; Fri 8am - 7pm; Sat 8am - 3pm

**St. Charles Food Pantry, St. John Vianney Parish**

100 Main Street

Saint Francis, ME 04774

Phone: (207) 834-5656

[stlouis@fairpoint.net](mailto:stlouis@fairpoint.net)

Food pantry; food available 1 day per month.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English, French

Hours: No regular hours of operation.

**Our Lady of the Valley Food Pantry, St. Joseph Catholic Church**

413 Shore Road

Sinclair, ME 04779

Phone: (207) 543-6073

After Hours: (207) 543-6073

[cecileouellette2@gmail.com](mailto:cecileouellette2@gmail.com)

Food pantry.

Eligibility: Residents of Cross Lake, Guerette, St. Agatha, and Sinclair who meet the USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English, French

Hours: 1st Tue 1-3:30pm

**Hospital Free Care, St. Joseph Healthcare**

360 Broadway

Bangor, ME 04401

Phone: (207) 907-3620

[billingquestions@sjhhealth.com](mailto:billingquestions@sjhhealth.com)

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

Financial assistance for medically necessary emergency hospital services.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English, interpreters available.

Hours: 24 hours; 7 days

**St. Luce Food Pantry**

441 US Route 1

Frenchville, ME 04745

Phone: (207) 728-4635

Food pantry; food delivery last Saturday of each month.

Eligibility: Adults who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English, French

Hours: No regular hours of operation.

**St. Elizabeth's Jubilee Center, St. Luke's Cathedral**

134 Park Street

Portland, ME 04101

Phone: (207) 772-5434

[office@cathedralofstluke.org](mailto:office@cathedralofstluke.org)

<http://stlukesportland.org/index.php/st-elizabeths-jubilee-center-essentials-pantry>

Weekly distribution of non-food items includes clothing, diapers, detergent, paper towels, cleaning supplies, toiletries, linens, pots, pans, small appliances, kitchen items and starter kits containing plates and silverware.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Tue 9:30am - 11am

**St. Catherine of Siena Residence, St. Martin de Porres**

23 Bartlett Street

Lewiston, ME 04240

Phone: (207) 241-7511

Fax: (207) 786-8866

[mdeporres@roadrunner.com](mailto:mdeporres@roadrunner.com)

Homeless shelter.

Eligibility: Women 18 years of age and older who are alcohol and drug free.

Cost: No Cost

Language(s) Offered: English

Hours: Daily 5pm-8am

**St. Martin de Porres Residence Inc., St. Martin de Porres**

23 Bartlett Street

Lewiston, ME 04240

Phone: (207) 786-4690

Fax: (207) 786-8866

[mdeporres@roadrunner.com](mailto:mdeporres@roadrunner.com)

Homeless shelter.

Eligibility: Men 18 years of age and older who are alcohol and drug free.

Cost: No Cost

Language(s) Offered: English

Hours: Daily 5pm-8am

**St. Martin's Bargain Basket, St. Martin de Porres**

23 Bartlett Street

Lewiston, ME 04240

Phone: (207) 786-4690

Fax: (207) 786-8866

[mdeporres@roadrunner.com](mailto:mdeporres@roadrunner.com)

Household items and furniture.

Cost: Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Mon 10am - 4pm; Wed 10am - 4pm; Fri 10am - 4pm

**St. Mary's Food Pantry, St. Mary's Catholic Church**

US Route 11

Eagle Lake, ME 04739

Phone: (207) 444-5195

Food pantry.

Eligibility:

Cost: No Cost

Language(s) Offered: English, French

Hours: 1st Thu 10:30am-12 noon

**St. Mary's Food Pantry, St. Mary's Food Pantry**

110 Military Street

New Limerick, ME 04761

Phone: (207) 532-9122

Food pantry.

Cost: No Cost

Language(s) Offered: English

Hours: Tue 9am - 11am; Thu 9am - 11am

**St. Joseph Food Pantry, St. Peter Chanel Parish**

1779 Hamlin Road

Van Buren, ME 04785

Phone: (207) 325-4592

[stpeterchanelparish@portlanddiocese.org](mailto:stpeterchanelparish@portlanddiocese.org)

Food pantry.

Cost: No Cost

Language(s) Offered: English, French

Hours: Call to schedule a time to pick up food.

**St. Peter Chanel Food Pantry, St. Peter Chanel Parish**

52 Main Street

Van Buren, ME 04785

Phone: (207) 868-2718

After Hours: (207) 868-5324

[stpeterchanelparish@portlanddiocese.org](mailto:stpeterchanelparish@portlanddiocese.org)

Food pantry.

Eligibility: Adults who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English, French

Hours: 1st Thu after last Tue 1-3pm

**Bargain Basement Thrift Shop, St. Philip's Episcopal Church**

12 Hodge Street

Wiscasset, ME 04578

Phone: (207) 882-7184

[stphilips@wiscasset.net](mailto:stphilips@wiscasset.net)

stphilipswiscasset.org/bargain-basement-thrift-store/

Appliances, books, adult and children's clothing, cribs, footwear, furniture, household goods, toys, magazines.

Cost: Low Cost, Vary, Fixed Cost, Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue 12pm - 5pm; Sat 9am - 2pm

**Help Yourself Shelf Food Pantry, St. Philip's Episcopal Church**

12 Hodge Street

Wiscasset, ME 04578

Phone: (207) 882-7184

[stphilips@wiscasset.net](mailto:stphilips@wiscasset.net)

stphilipswiscasset.org/help-yourself-shelf-food-pantry/

Food pantry, personal care items, and household paper goods including paper towels and toilet paper.

Cost: No Cost

Language(s) Offered: English

Hours: Thu 4:30pm - 5:15pm

**St. Thomas and St. David Parish Food Pantry, St. Thomas and St. David Parish**

309 St. Thomas Street

Madawaska, ME 04756

Phone: (207) 728-3841

After Hours: (207) 728-3209

[rgervais001@roadrunner.com](mailto:rgervais001@roadrunner.com)

Food pantry, free household items and furniture, vouchers available for free clothing at neighboring thrift store.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English, French

Hours: 1st and 3rd Wed 6-10:30am

**St. Vincent de Paul Thrift Shop**

11 Green Street

Biddeford, ME 04005

Phone: (207) 499-7490

[bilodeau5@myfairpoint.net](mailto:bilodeau5@myfairpoint.net)

<http://goodshepherdparish.us/st-vincent-de-paul>

Gently used clothing for men, women, children, and infants, household items, toys; donations can be dropped off Monday through Friday 8am-3pm.

Cost: Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Wed 12:30pm - 2:30pm

**State of Maine**

Augusta, ME 04333

Phone: (207) 287-5608

TTY: 37073

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

Information on branches of government, state agencies, the governor, state legislature, courts and corrections, elected officials, laws and law enforcement, information technology in state and local government.

Language(s) Offered: English

Hours: Mon-Fri; 8am-5pm

**State of Maine Board of Dental Practice**

161 Capitol Street

Augusta, ME 04330

Phone: (207) 287-3333

TTY: 37073

Fax: (207) 287-8140

[dental.board@maine.gov](mailto:dental.board@maine.gov)

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

Issue qualified applicants a license to practice dentistry, denturism, dental radiography, registered dental hygiene and expanded function dental assisting; issue authorities to practice independent practice dental hygiene, public health dental hygiene and dental hygiene therapy; issue qualified applicants permits to administer general anesthesia, deep sedation, local anesthesia, moderate sedation, and nitrous oxide; collect payment of specified fees to register dental and denturist externs; investigate all complaints and all cases of noncompliance with, or violations of, the provisions of law related to above licensees and impose discipline when it is deemed appropriate.

Eligibility: Criteria differs for each type of license/permit; applicants should refer to the website for laws and rules or contact the Board office.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**State of Maine Gambling Control Board**

45 Commerce Drive

State of Maine Gambling Control Unit

Augusta, ME 04333

Phone: (207) 626-3900

Fax: (207) 287-4356

[gambling.board@maine.gov](mailto:gambling.board@maine.gov)

[www.maine.gov/dps/GambBoard](http://www.maine.gov/dps/GambBoard)

Regulatory oversight and regulation of 2 state casinos, games of chance, beano, bingo, and fantasy sports contest; gambling complaints; self-exclusion program location for individual to complete paperwork to self-exclude from a casino and state self-exclusion list.

Eligibility: Individual can only self-exclude themselves.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Business and Consumer Court, State of Maine Judicial Branch**

205 Newbury Street

Portland, ME 04101

Phone: (207) 822-3220

TTY: 37073

[Business.Court@courts.maine.gov](mailto:Business.Court@courts.maine.gov)

[business.court@courts.maine.gov](mailto:business.court@courts.maine.gov)

Statewide docket of business and/or consumer disputes; cases that may be considered for transfer to the Business and Consumer Court are jury and nonjury civil actions and family matters that do not involve children.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am - 4:30pm

**Court Appointed Special Advocate Program, State of Maine Judicial Branch**

1 Court Street

Augusta, ME 04330

Phone: (207) 213-2865

TTY: 37073

[galadministrative@courts.maine.gov](mailto:galadministrative@courts.maine.gov)

[www.courts.maine.gov/maine\_courts/family/casa/index.shtml](http://www.courts.maine.gov/maine_courts/family/casa/index.shtml)

Volunteers act as guardian ad litem for abused and neglected Maine children involved in protective custody cases in the Maine District Court and see that the child's best interests are served; appointed by the Judge.

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am - 4:30pm

**Foreclosure Diversion Program, State of Maine Judicial Branch**

Phone: (207) 822-0706

TTY: 37073

[FDMP@courts.maine.gov](mailto:FDMP@courts.maine.gov)

[www.courts.maine.gov/maine\_courts/fdp/index.html](http://www.courts.maine.gov/maine_courts/fdp/index.html)

Assist homeowners and lenders in achieving mutally agreeable resolutions to mortgage foreclosure actions through the diversion process.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am - 4pm

**Maine District Court, State of Maine Judicial Branch**

1 Court Street

Augusta, ME 04333

Phone: (207) 213-2800

TTY: 711 Maine Relay

[www.courts.maine.gov/maine\_courts/findacourt/augusta\_district.shtml](http://www.courts.maine.gov/maine_courts/findacourt/augusta_district.shtml)

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am – 4:30pm

**Maine Judicial Branch Violations Bureau, State of Maine Judicial Branch**

71 Lisbon Street

Lewiston, ME 04240

Phone: 1-866-729-8499

TTY: 37073

Fax: (207) 783-5465

[www.courts.maine.gov/maine\_courts/traffic/index.shtml](http://www.courts.maine.gov/maine_courts/traffic/index.shtml)

Handles traffic infractions for the entire State of Maine through a centralized process.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am –3pm

**Maine Superior Court, State of Maine Judicial Branch**

205 Newbury Street

Cumberland County Courthouse

Portland, ME 04101

Phone: (207) 822-4146

[www.courts.maine.gov/maine\_courts/supreme/index.shtml](http://www.courts.maine.gov/maine_courts/supreme/index.shtml)

TTY: 37073

Trial court of general jurisdiction; may hear almost any kind of civil or criminal case that may be brought to trial except for family matters, juvenile cases, and civil violations; only level of court where jury trials are available.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am – 4pm

**State of Maine Judicial Branch, Administrative Office of the Courts**

125 Presumpscot Street

Portland, ME 04101

Phone: (207) 822-0792

TTY: 37073

[www.courts.maine.gov/maine\_courts/index.shtml](http://www.courts.maine.gov/maine_courts/index.shtml)

Administer Maine state courts.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Languages Offered: English; interpreters available upon request.

Hours: Mon 8am - 4:30pm; Tue 8am - 4:30pm; Wed 8am - 4:30pm; Thu 8am - 4:30pm; Fri 8am - 4:30pm

**Mediation and Alternative Dispute Resolution, State of Maine Judicial Branch**

Phone: (207) 822-0719

TTY: 37073

[www.courts.maine.gov/maine\_courts/adr/index.shtml](http://www.courts.maine.gov/maine_courts/adr/index.shtml)

Arbitration, Early Neutral Evaluation, mediation services available through Maine courts in family matters, small claims, eviction, larger civil and commercial cases, and in land use and environmental disputes.

Eligibility:

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

**State of Maine Unclaimed Property**

Phone: (207) 624-7470

Toll Free: 1-888-283-2808

TTY: 37073

Fax: (207) 287-2367

[up.claimstatus@maine.gov](mailto:up.claimstatus@maine.gov)

<https://maineunclaimedproperty.gov>

Online listing of financial assets turned over by national and local businesses and organizations.

Eligibility: Maine residents.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days Online

**StrongHearts Native Helpline**

Phone: 1-844-762-8483

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

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

Safe, anonymous, confidential nationwide helpline offers peer-to-peer support, crisis intervention, assistance with personalized safety planning, domestic violence information and education, and referrals to local, culturally appropriate resources.

Eligibility: American Indian or Alaska Native affected by domestic violence and dating violence; Native American victim-survivors of domestic violence and dating violence, individuals who identify as abused, concerned family members and friends, service providers, or

Cost: No Cost

Language(s) Offered: English; tribal languages may be spoken.

Hours: Daily; 8am - 10pm

**Survivors of Incest Anonymous for Adult Survivors of Childhood Sexual Abuse**

Toll Free: 1-877-742-9761

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

Information and resources for adult survivors of childhood sexual abuse who have not abused any child.

Cost: No Cost, Low Cost, Donation

Forms of Payment: Credit Cards

Donation may be requested for printed literature.

Language(s) Offered: English

Hours: No regular hours of operation.

**Affiliate Network, Sweetser**

Phone: 1-800-434-3000

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

[www.mymainetherapist.com](http://www.mymainetherapist.com)

Statewide referrals to affiliated, licensed professionals including psychiatrists, psychologists, clinical social workers, clinical professional counselors, alcohol and drug counselors, and advanced practice registered nurses.

Eligibility: Individuals with behavioral, emotional, and mental health and/or substance use issues.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8:30am - 5pm

**Child Crisis Stabilization Unit, Sweetser**

Phone: 1-800-434-3000

Hotline: 1-888-568-1112

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

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

Short term therapeutic placement.

Eligibility: Children and adolescents experiencing a behavioral or mental health crisis.

Cost: Vary

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours; 7 Days

**Developmental Services, Sweetser**

700 Mount Hope Avenue,

vergreen Woods Suite 650

Bangor, ME 04401

Phone: 1-800-434-3000

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

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

Supportive living in a community setting for individuals with intellectual and developmental disabilities.

Eligibility: Adults with intellectual and developmental disabilities.

Cost: Vary

Accepted Insurance: MaineCare; Private Insurance

Hours: 24 Hours; 7 Days

**Experiential Learning Program, Sweetser**

50 Moody Street

Saco, ME 04072

Phone: (207)-294-4949

Toll Free: 1-800-434-3000

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

[www.sweetser.org/explearning.php](http://www.sweetser.org/explearning.php)

Prevocational hands-on learning program develops skills, behaviors, and attitudes to help foster a positive school experience, advance into vocational training or successfully enter the work force; work collaboratively with school districts and allow students to earn necessary academic credits.

Eligibility: Students 12-18 years of age with emotional issues who are experiencing difficulty in traditional school settings.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8:30am - 3pm

**Family Focus, Sweetser**

Saco, ME 04072

Phone: 1-800-434-3000

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

[www.sweetser.org/focus.php](http://www.sweetser.org/focus.php)

Short term, family centered therapeutic residential program; residential stay is followed by community based treatment with the family in their home and community.

Eligibility: Children and adolescents 6-18 years of age with behavioral and emotional problems.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours; 7 Days

**FOCUS Through Adventure, Sweetser**

50 Moody Street

Saco, ME 04072

Phone: 1-800-434-3000

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

[www.sweetser.org/educationalservices.php](http://www.sweetser.org/educationalservices.php)

Education program teaches self awareness, team development, leadership, and communication skills; may be taught at client's site.

Eligibility: Organizations, businesses, student programs, and educators who would benefit from a team building and staff development program.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri 8am – 3pm

**Intentional Warm Line, Sweetser**

Phone: 1-866-771-9276

Mental health peer-to-peer phone support program for adults, age 18 and older, offering mutual conversations with a trained specialist who has life experience with mental health and/or substance use issues and recovery.

Eligibility: Individuals in need of services.

Cost: Free

Hours: 24 Hours; 7 Days

**New England Eating Disorder Program, Sweetser**

50 Moody Street

Saco, ME 04072

Toll Free: 1-800-434-3000

Fax: (207) 294-4934

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

[www.sweetser.org/need-program.php](http://www.sweetser.org/need-program.php)

Physiological, psychological, social, and spiritual needs are assessed with individual treatment plans developed and implemented; range of treatment settings to best match the intensity of care required to meet patient needs; treatment prospective is holistic and practices recognize the complex nature of eating disorders; staffed by nurses, therapists, nutritionists, and physicians.

Eligibility: Children, adolescents and adults diagnosed with anorexia nervosa, bulimia nervosa, binge-eating or other specified or unspecified eating disorder.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am – 5pm

**Staff Intensive Program, Sweetser**

Toll Free: 1-800-434-3000

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

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

Intensive residential program provides highly structured, therapeutic, safe living situation; services include intensive individual therapy, structured group therapy, and cognitive behavior therapy; case management, family therapy, and parenting education offered to families when appropriate.

Eligibility: Children and adolescents with a history of destructive behavior.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours; 7 Days

**Sweetser Training Institute, Sweetser**

2 Pendleton Drive

Saco, ME 04072

Toll Free: 1-800-434-3000

Fax: (207) 294-4465

[training@sweetser.org](mailto:training@sweetser.org)

[www.sweetser.org/training.php](http://www.sweetser.org/training.php)

Recovery focused, trauma informed, compassionate, ethical professional development training in mental health and substance use disorders; training honors diversity and inclusivity, and is grounded in evidence-based best practice.

Eligibility: Organizations and individual professionals in the fields of mental health and substance abuse.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare

Uninsured Accepted:

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 4pm

**The Schools at Sweetser, Sweetser**

50 Moody Street

Saco, ME 04072

Phone: 1-800-434-3000

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

[www.sweetser.org/school.php](http://www.sweetser.org/school.php)

Help students gain the skills needed to return to a public school.

Eligibility: Individuals 5-20 years of age with developmental, behavioral, or emotional difficulties that cannot be managed in a public school setting.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8:30 am – 3pm

**Tabitha's Closet**

72 Main Street

Winthrop, ME 04364

Phone: (207) 377-8620

[office@winthropumc.org](mailto:office@winthropumc.org)

[www.winthropumc.org/tabithascloset.html](http://www.winthropumc.org/tabithascloset.html)

Gently used clothing, bedding and curtains; linens sometimes available.

Eligibility: Adults and families; adults can shop for family members; no unaccompanied young people.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 2nd and 4th Sat 9am-12 noon

**Target Pharmacy Locator**

[www.target.com/store-locator/find-stores?lnk=findCVSPharmacy&lnk=findaCVSPharmac&address=55403&concept=pharmacy#?lnk=snav\_rd\_pharmacy](http://www.target.com/store-locator/find-stores?lnk=findCVSPharmacy&lnk=findaCVSPharmac&address=55403&concept=pharmacy#?lnk=snav_rd_pharmacy)

Online statewide pharmacy locator searches city and state or zip code.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Teen Challenge Maine**

11 Hudson Lane

Winthrop, ME 04364

Phone: (207) 377-2801

[jwilsey@tcmaine.org](mailto:jwilsey@tcmaine.org)

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

Faith-based residential drug and alcohol program with minimum 15 month stay.

Eligibility: Males 18 years of age and older with drug or alcohol addictions.

Cost: Low Cost, Vary

Forms of Payment: Cash; Credit Cards; Money Order

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**The American Legion - Maine**

5 Verti Drive

Winslow, ME 04901

Phone: (207) 873-3229

[LegionME@MaineLegion.org](mailto:LegionME@MaineLegion.org)

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

Family support network, scholarships, troop support, veterans benefits center, youth support, temporary financial assistance, assist in filing medical claims with the Maine VA Medical Center in Augusta.

Eligibility: Veterans of the armed forces and their families.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**The Ark Animal Shelter Thrift Shop, The Ark Animal Shelter**

232 Ellsworth Road

Blue Hill, ME 04614

Phone: (207) 546-3484

Fax: (207) 546-3656

[manager@thearkpets.org](mailto:manager@thearkpets.org)

<http://thearkpets.org/thrift-shop>

Gently used household items, small appliances, kitchen equipment, toys, linens, craft items, and small furniture; animal related items such as collars, leashes, toys, and bedding.

Cost: Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Thu 10am - 4pm; Fri 10am - 4pm; Sat 10am - 4pm

**Sex and Love Addicts Anonymous Support Groups, The Augustine Fellowship Sex and Love Addicts Anonymous Fellowship-Wide Services**

1550 NE Loop 410

San Antonio, TX 78209

Phone: (210) 828-7900

Fax: (210) 828-7922

[mmislaa@yahoo.com](mailto:mmislaa@yahoo.com)

<https://slaafws.org/meetings>

Support groups for individuals who struggle with sex and love addiction; meetings available throughout Maine.

Cost: No Cost, Donation

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Call/email for meeting locations and times

**The Bangor Interpreting Agency**

34 Steamboat Road

Swans Island, ME 04685

Phone: (207) 949-3839

After Hours: (207) 949-3839

Fax: (207) 526-4041

[bangorinterpreting@gmail.com](mailto:bangorinterpreting@gmail.com)

American Sign Language and foreign spoken language interpreting services for meetings, medical appointments, mental health appointments, dental health appointments, classroom needs, and interviews.

Eligibility: Businesses and community organizations.

Cost: Vary

Forms of Payment: Check; Credit Cards; Money Order

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: 24 Hours; 7 Days

**Intercultural Program, The Center For Grieving Children**

555 Forest Avenue

Portland, ME 04102

Phone: (207) 775-5216

Fax: (207) 773-7417

[cgc@cgcmaine.org](mailto:cgc@cgcmaine.org)

[www.cgcmaine.org/programs-and-services/intercultural](http://www.cgcmaine.org/programs-and-services/intercultural)

Peer support in partnership with local schools increases coping skills, builds positive peer relationships, improves self-confidence, and supports the acquisition of English language skills.

Eligibility: Children and adolescents who have resettled locally from countries experiencing war, persecution, and natural disaster.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 9am - 5pm

**Parent/Teacher Groups Disabilities Awareness Program, The Cromwell Center for Disabilities Awareness**

97A Exchange Street

Portland, ME 04101

Phone: (207) 775-9955

Fax: (207) 775-9959

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

<http://cromwellcenter.org/teacher-resources>

Trainings assist in understanding how disabilities affect all, reinforce compassion and inclusion, teach ways to talk to children about differences and how to address mistreatment, and model people-first language for use in schools and family life.

Eligibility: Parent Teacher Associations and Parent Teacher Organizations.

Cost: Vary

Forms of Payment: Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 5pm

**Student Disabilities Awareness Program, The Cromwell Center for Disabilities Awareness**

97A Exchange Street

Portland, ME 04101

Phone: (207) 775-9955

Fax: (207) 775-9959

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

<http://cromwellcenter.org/disability-awareness-for-students>

Classroom-based trainings teach sensitivity, understanding, compassion, acceptance, human diversity, strengths and challenges, and recognition of mistreatment and bullying and how to prevent it through hands on activities, group problem solving, and discussion; books about disabilities or diversity given to classroom library to reinforce what is learned.

Eligibility: Children in elementary school.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 5pm

**The Eating Disorders Association of Maine Inc.**

Phone: (207) 781-5445

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

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

Web-based directory of eating disorder treatment providers and resources for training and public awareness.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**The GI Rights Hotline**

3355 Woody Store Road

Siler City, NC 27344

Phone: 1-877-447-4487

[girights@girghtshotline.org](mailto:girights@girghtshotline.org)

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

Confidential national hotline staffed by trained counselors provides information on military regulations, policies, and current practices to help find ways to solve problems including military discharges, AWOL and UA, and GI rights; some additional evening and weekend hours.

Eligibility: Individuals who are enlisting in, presently in or discharged from all branches of the military and family and friends.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English, Spanish

Hours: 24 Hours; 7 Days

**The Homeownership Preservation Foundation**

7645 Lyndale Avenue South, Suite 250

Minneapolis, MN 55423

Toll Free: 1-888-995-4673

TTY: 711

Fax: (202) 216-0576

[info@995HOPE.org](mailto:info@995HOPE.org)

[www.995HOPE.org](http://www.995HOPE.org)

Foreclosure counselors act as liaison between homeowners and lenders, help identify options to avoid foreclosure, create a budget and plan of action, and provide information and referral to local services if available; phone counselors available who speak 170 languages.

Eligibility: Individuals who own their home and are struggling with mortgage payments.

Cost: No Cost

Language(s) Offered: English, Spanish; interpreters available.

Hours: 24 Hours; 7 Days Online

**Iris Park Apartments, The Iris Network**

201 Park Avenue

Portland, ME 04101

Phone: (207) 553-7777

(207) 774-6273

[lrouelle@theiris.org](mailto:lrouelle@theiris.org)

[www.theiris.org/services/iris-park-apartments](http://www.theiris.org/services/iris-park-apartments)

Low income, independent living 1 and 2 bedroom apartments; support services include optional 1 meal per day in the dining room, assistance with medication, light housekeeping, and recreational activities; tenants provided with vision rehabilitation therapy and mobility training.

Eligibility: Preference for individuals who are blind or visually impaired and whose family income falls within Avesta Housing guidelines.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance: MaineCare

Rent is approximately 30% of monthly income; 10 of 30 units have rental assistance provided by Portland Housing Authority.

Language(s) Offered: English

Hours: Mon - Fri 8am - 4:30pm

**Rehabilitation Center, The Iris Network**

189 Park Avenue

Portland, ME 04101

Phone: (207) 518-5015

Fax: (207) 774-0679

[admissions@theiris.org](mailto:admissions@theiris.org)

[www.theiris.org/services/rehabilitation-center](http://www.theiris.org/services/rehabilitation-center)

Center based instruction for employment offers independent living skills, vision rehabilitation therapy, orientation and mobility training, access technology, low vision assessment, Braille, pre-vocational training, personal adjustment counseling, and peer support; dormitory residence for participants.

Eligibility: Adolescents and adults 14-64 years of age who are blind or visually impaired who want to enter college, a vocational program, get a job or retrain or re-enter the workforce.

Cost: No Cost

Fees are paid by state rehabilitation or blindness agency budgets.

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri 7:30am - 5pm

**Vision Rehabilitation Services, The Iris Network**

189 Park Avenue

Portland, ME 04101

Phone: (207) 518-5015

Fax: (207) 774-0679

[admissions@theiris.org](mailto:admissions@theiris.org)

[www.theiris.org/services/rehabilitation-services](http://www.theiris.org/services/rehabilitation-services)

Individualized program at home, school or work provides vision rehabilitation therapy to assist with activities of daily living including kitchen skills, personal management, communication, lighting, magnification, and glare reduction; orientation and mobility instruction includes travel safety and navigation in familiar and new surroundings; personal adjustment counseling to work through the process of vision loss; training on accessible technology; referrals to other resources.

Eligibility: Adolescents and adults 14 years of age and older with documented vision loss; eligibility is determined by the Division for the Blind and Visually Impaired unless blind.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Services paid through a contract with Division for the Blind and Visually Impaired.

Language(s) Offered: English; interpreters available.

Hours: Mon-Fri; 8am-4:30pm

**Visually Impaired Support Team Alliance, The Iris Network**

Phone: (207) 774-6273

Bangor: Carrie Brooker at (207) 949-0843 [carrie.z.brooker@maine.gov](mailto:carrie.z.brooker@maine.gov) or

Andrea Treadwell at (207) 561-4020 or [Andrea.s.treadwell@maine.gov](mailto:Andrea.s.treadwell@maine.gov).

VA Group: Amy Tague 877-421-8263 ext. 5944

[www.theiris.org/news-events/user-support-groups-2](http://www.theiris.org/news-events/user-support-groups-2)

Telephone support group for blind or visually impaired individuals provides a connection to others to gain support, offer support, and learn from each another. Seven groups are listed in the directory.

Cost: No Cost

Language(s) Offered: English

Hours: Varies by location

**The JD Foundation**

107 Main Road

Abbot, ME 04406

Phone: (207) 876-2295

Crisis Hotline: 1-888-5568-1112 (Maine)

[thejdfoundation08@gmail.com](mailto:thejdfoundation08@gmail.com) Cheryl Morin, Executive Director

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

Suicide prevention and anti-bullying; support groups available.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards, Money Order, PayPal

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Phone: (207) 343-1732 to schedule an appointment

**Center Day Camp, The Jewish Community Alliance of Southern Maine**

1342 Congress Street

Portland, ME 04101

Phone: (207) 772-1959

Fax: (207) 772-2234

[jca@mainejewish.org](mailto:jca@mainejewish.org)

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

Arts and crafts, archery, athletics, boating, Red Cross swimming program, drama, music, nature, Israeli culture, tennis, kayaking, mountain biking; camp located on Sebago Lake.

Eligibility: Children of all faiths.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8:30am - 5pm

**Goldman Family Preschool Summer Program, The Jewish Community Alliance of Southern Maine**

1342 Congress Street

Portland, ME 04101

Phone: (207) 772-1959

Fax: (207) 772-2234

[jca@mainejewish.org](mailto:jca@mainejewish.org)

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

Thematic based curriculums, art, music, movement, outdoor fun.

Eligibility: Children 2-5 years of age.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 7:30am - 5:15pm

**George J. & Mary S. Mitchell Adoption Unit, The Maine Children's Home for Little Wanderers**

93 Silver Street

Waterville, ME 04901

Phone: (207) 873-6350

Fax: (207) 872-3613

[lbragdon@mainechildrenshome.org](mailto:lbragdon@mainechildrenshome.org)

[www.mainechildrenshome.org/programs/adoption](http://www.mainechildrenshome.org/programs/adoption)

Home studies and assistance for domestic and international adoptions, pregnancy and birth parent support services, post adoption services.

Forms of Payment: Check; Credit Cards

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am – 5pm

**Pregnancy & Birth Parent Support Services, The Maine Children's Home for Little Wanderers**

93 Silver Street

Waterville, ME 04901

Phone: (207) 873-6350

Fax: (207) 887-3813

[lbragdon@mainechildrenshome.org](mailto:lbragdon@mainechildrenshome.org)

[www.mainechildrenshome.org/programs/adoption/pregnancy-birth-parent-services](http://www.mainechildrenshome.org/programs/adoption/pregnancy-birth-parent-services)

Confidential pregnancy counseling services offer support and assist in exploring options.

Eligibility: Adolescents and adults experiencing an unplanned pregnancy who are in need of support.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**Sharon Abrams Teen Parent School Program, The Maine Children's Home for Little Wanderers**

93 Silver Street

Waterville, ME 04901

Phone: (207) 877-9469

Fax: (207) 872-7548

[rjudd@mainechildrenshome.org](mailto:rjudd@mainechildrenshome.org)

[www.mainechildrenshome.org/programs/teen-parent-school](http://www.mainechildrenshome.org/programs/teen-parent-school)

Supportive alternative education setting provides prenatal and parenting instruction along with academic and life skills courses while working toward a high school diploma.

Eligibility: Adolescents who are pregnant or parenting.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**Summer Camp Scholarship Program, The Maine Children's Home for Little Wanderers**

93 Silver Street

Waterville, ME 04901

Phone: (207) 873-4253

Fax: (207) 872-7548

[rdorian@mainechildrenshome.org](mailto:rdorian@mainechildrenshome.org)

[www.mainechildrenshome.org/programs/summer-camp](http://www.mainechildrenshome.org/programs/summer-camp)

Summer camp scholarship program assists with cost of 7 day camp programs throughout Maine.

Eligibility: Children finishing Grades 2-10 who are at or below 130% of the Federal Poverty Guidelines.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4pm

**Adult Community Integration, The Northern Lighthouse Inc**.

Phone: (207) 540-1522

14 Main Street, Mars Hill, ME 04758 (207) 435-9048

172 Academy Street, Presque Isle, ME 04769 (207) 540-1523

559 Sweden Street, Caribou, ME 04736 (207)492-2012

40 Market Square, Houlton, ME 04730 (207) 521-4730

32 College Avenue, Waterville, ME 04901 (207) 660-9386

[thenorthernlighthouse@tnlh.org](mailto:thenorthernlighthouse@tnlh.org) [linda.guiggey@tnlh.org](mailto:linda.guiggey@tnlh.org)

<http://tnlh.org/community-integration-skills-development>

Community integration services identifying and accessing needed resources and services for effective community independent living; includes but not limited to medical and psychiatric care, referrals, self advocacy, transportation and basic living needs such as housing and food.

Eligibility: Adults 18 years and older with a mental health diagnosis who are eligible for MaineCare.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Case Management, The Northern Lighthouse Inc.**

172 Academy Street

Presque Isle, ME 04760

Phone: (207) 540-1522

[linda.guiggey@tnlh.org](mailto:linda.guiggey@tnlh.org)

<http://tnlh.org/targeted-case-management>

Develop, implement, and monitor a plan to link child with appropriate agencies, community resources, and support systems.

Eligibility: Children and adolescents 20 years of age and younger with a mental health diagnosis.

Cost: Vary

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Comprehensive & Support Services (Section 21 & 29), The Northern Lighthouse Inc.**

14 Main Street

Mars Hill, ME 04758

Phone: (207) 492-2009

Fax: (207) 492-2012

[cory.tilley@tnlh.org](mailto:cory.tilley@tnlh.org)

<http://tnlh.org/section-21-29>

Services to support and assist with daily living skills and family relationships; support with personal development and activities for successful community integration.

Eligibility: Adults 18 years of age and older with Autistic disorders, developmental and cognitive disabilities, and who live on their own or in a family environment.

Cost: Vary

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**Home and Community Treatment, The Northern Lighthouse Inc.**

14 Main Street

Mars Hill, ME 04758

Phone: (207) 425-3880

Fax: (207) 425-4098

[linda.guiggey@tnlh.org](mailto:linda.guiggey@tnlh.org)

<http://tnlh.org/home-and-community-based-treatment-hct>

In-home clinical and behavioral support services provide assistance with managing mental health symptoms to function better at home, school, and community.

Eligibility: Children and adolescents 20 years of age and younger who have a mental health diagnosis and their families.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**In-Home and Community Support (Section 28), The Northern Lighthouse Inc.**

14 Main Street

Mars Hill, ME 04758

Phone: (207) 425-3880

Fax: (207) 425-9048

[blake.hatt@tnlh.org](mailto:blake.hatt@tnlh.org)

<http://tnlh.org/section-28>

Behavioral health therapy, mental health issues, life skill development to support in home or community settings independence.

Eligibility: Children and adolescents 20 years of age and younger with a developmental disability.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5 pm

**Outpatient Therapy, The Northern Lighthouse Inc.**

14 Main Street, Mars Hill, ME 04758 (207) 435-9048

172 Academy Street, Presque Isle, ME 04769 (207) 540-1523

559 Sweden Street, Caribou, ME 04736 (207)492-2012

40 Market Square, Houlton, ME 04730 (207) 521-4730

32 College Avenue, Waterville, ME 04901 (207) 660-9386

[linda.guiggey@tnlh.org](mailto:linda.guiggey@tnlh.org)

<http://tnlh.org/outpatient-therapy-hct>

Outpatient mental health therapy.

Eligibility: Children, adolescents and adults with a mental health diagnosis and their families.

Cost: Vary

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English

Hours: Call to schedule appointments

**Residential Facility, The Northern Lighthouse Inc.**

14 Main Street

Mars Hill, ME 04758

Phone: (207) 425-3880

Fax: (207) 425-9048

[linda.guiggey@tnlh.org](mailto:linda.guiggey@tnlh.org)

<http://tnlh.org/residential-facility>

Residential facility provides independent living skills.

Eligibility: Children and adolescents 8-20 years of age with a mental health diagnosis.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5 pm

**2-1-1 Maine, The Opportunity Alliance**

50 Lydia Lane

South Portland, ME 04106

Phone: 211

Toll Free: 1-877-463-6207

Hotline:

Fax: (207) 874-1181

[211info@opportunityalliance.org](mailto:211info@opportunityalliance.org)

<https://211maine.org/>

A statewide information and referral system that connects individuals to health and human services organizations and agencies in their community.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Child Development Associate (CDA) Development Center, The Opportunity Alliance**

50 Lydia Lane

South Portland, ME 04106

Phone: (207) 210-3536

[susan.carroll@opportunityalliance.org](mailto:susan.carroll@opportunityalliance.org)

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

Training program for adults 18 years of age or older working in the child development field or who are interested in exploring a career in child development.

Eligibility: Adults 18 years of age and older interested in a Child Development Associate credential.

Cost: Fixed Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5:pm

**Helen Winslow Ray House, The Opportunity Alliance**

705 Westbrook Street

South Portland, ME 4106

Phone: (207) 772-0732

Fax: (207) 874-1124

[intake@opportunityalliance.org](mailto:intake@opportunityalliance.org)

[www.opportunityalliance.org/programs/adult-mental-health-services/](http://www.opportunityalliance.org/programs/adult-mental-health-services/)

Residential facility for adults with chronic and persistent mental illness; 24 hour supervision, support, and services.

Eligibility: Adults with chronic, persistent mental illness.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare

Uninsured Accepted: No

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5:pm

**Maine Crisis Line, The Opportunity Alliance**

Hotline: 1-888-568-1112

After Hours:

Fax: (207) 874-2371

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

Trained crisis call specialists address mental health struggles; mobile crisis services available.

Eligibility: Individuals experiencing mental health struggles, their friends, and loved ones.

Cost: No Cost

Forms of Payment:

Language(s) Offered: English, interpreter services available upon request.

Hours: 24 Hours; 7 Days

**Morrison Place, The Opportunity Alliance**

Portland, ME

Phone: (207) 523-5049

Toll Free: 1-877-429-6884

After Hours: (207) 774-HELP (4357)

Fax: (207) 775-4034

[intake@opportunityalliance.org](mailto:intake@opportunityalliance.org)

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

Individualized residential treatment and comprehensive support for adults with co-occurring psychiatric diagnosis and substance use.

Eligibility: Adults with MaineCare.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 5:pm

**RISE, The Opportunity Alliance**

1519 Forest Avenue

Portland, ME 04103

Phone: (207) 523-5049

After Hours: 1-888-568-1112

Fax: (207) 874-1181

[hannah.williams@opportunityalliance.org](mailto:hannah.williams@opportunityalliance.org)

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

Six month supported housing project serving men 18 through 21 years of age, transitioning from Long Creek Youth Development Center.

Eligibility: Men ages 18-21 years of age leaving Long Creek Youth Development Center.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 5:pm

**The Bridge, The Opportunity Alliance**

Portland, ME

Phone: (207) 523-5049

Toll Free: 1-877-429-6884

Hotline: (207) 774-HELP (4357)

Fax: (207) 775-4034

[intake@opportunityalliance.org](mailto:intake@opportunityalliance.org)

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

Residential treatment program for homeless adults with a major mental illness who experience co-occurring conditions; provides a comprehensive treatment program that assists residents with securing long-term housing while stabilizing their mental health and connecting them to community resources and supports.

Eligibility: Adults who are homeless with chronic mental illness or co-occurring conditions who are MaineCare eligible.

Cost: Fixed Cost

Forms of Payment: Check; Money Order

Accepted Insurance: MaineCare

Uninsured Accepted:

Room and board costs not covered by MaineCare.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 5:pm

**The Park Danforth**

777 Stevens Avenue

Portland, ME 04103

Phone: (207) 797-7710

Fax: (207) 797-3627

[www.parkdanforth.com](http://www.parkdanforth.com)

Market rate and HUD subsidized independent and assisted living apartments equipped with emergency call system, 24 hour emergency staff, maintenance, transportation for shopping and social outings, on site activities, and service coordination.

Eligibility: Individuals 62 years of age and older or individuals who are physically challenged.

Cost: Sliding Fee, Fixed Cost

Forms of Payment: Cash; Check; Money Order

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available upon request.

Hours: 24 Hours; 7 Days

**The Salvation Army Capital Region Corps**

36 Eastern Avenue

Augusta, ME 04330

Phone: (207) 623-3752

Fax: (207) 621-0780

[www.nne.salvationarmy.org/capital-region](http://www.nne.salvationarmy.org/capital-region)

International charitable organization.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 9am-12 noon, 12:30-2:30pm

**The Salvation Army Northern New England Division**

297 Cumberland Avenue

Portland, ME 04101

Phone: (207) 774-6304

Fax: (207) 774-8826

<http://nne.salvationarmy.org/>

Oversee programs and services for Salvation Army locations throughout the state including food, heating, electricity, water, clothing, rental, transportation, medical prescriptions, household needs, school supplies, and personal care needs; assistance varies by location.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 4pm

Coats For Kids and Adults, The Salvation Army of Bangor

65 South Park Street

Bangor, ME 04401

Phone: (207) 941-2990

Fax: (207) 941-2992

[rebecca.kirk@USE.SalvationArmy.Org](mailto:rebecca.kirk@USE.SalvationArmy.Org)

[www.nne.salvationarmy.org/bangor](http://www.nne.salvationarmy.org/bangor)

Clean new and used cold weather outerwear available from October to February.

Eligibility: Individuals in need of a winter coat.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 1pm - 3pm

**Dorothy Day Soup Kitchen, The Salvation Army of Bangor**

65 South Park Street

Bangor, ME 04401

Phone: (207) 941-2990

Fax: (207) 941-2992

[rebecca.kirk@USE.SalvationArmy.Org](mailto:rebecca.kirk@USE.SalvationArmy.Org)

[www.nne.salvationarmy.org/bangor](http://www.nne.salvationarmy.org/bangor)

Soup kitchen.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 11:45 – 1pm; Sun 8:30am - 9:15am

Dorothy Day Soup Kitchen Sunday Breakfast, The Salvation Army of Bangor

65 South Park Street

Bangor, ME 04401

Phone: (207) 941-2990

Fax: (207) 941-2992

[rebecca.kirk@USE.SalvationArmy.Org](mailto:rebecca.kirk@USE.SalvationArmy.Org)

nne.salvationarmy.org/bangor

Soup kitchen offers Sunday breakfast and fellowship.

Eligibility: Individuals in need of a hot, nutritious meal.

Cost: No Cost

Language(s) Offered: English

Hours: Sun 8:30am - 9:15am

**Family Thrift Store, The Salvation Army of Bangor**

585 Broadway

Bangor, ME 04401

Phone: (207) 941-2993

[www.nne.salvationarmy.org/bangor](http://www.nne.salvationarmy.org/bangor)

Gently used clothing for all ages, household items including furniture when available; donation center.

Eligibility: Open to all.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon – Sat; 9am – 6pm

**Coats For Kids and Adults, The Salvation Army of Bath-Brunswick**

25 Congress Avenue

Bath, ME 04530

Phone: (207) 443-3611

Fax: (207) 442-9336

[BathME.NNECorps@use.salvationarmy.org](mailto:BathME.NNECorps@use.salvationarmy.org)

<https://nne.salvationarmy.org/bath>

Clean new and gently used cold weather outerwear available October-February; one coat per person.

Eligibility: Individuals who reside within the service area.

Cost: No Cost

Language(s) Offered: English

**Bread Program, The Salvation Army of Houlton**

12 Court Street

Houlton, ME 04730

Phone: (207) 532-2322

After Hours: (207) 532-2322

Fax: (207) 532-0683

[Frank.Nataluk@use.salvationarmy.org](mailto:Frank.Nataluk@use.salvationarmy.org)

[www.nne.salvationarmy.org/houlton/welcome-to-the-salvation-army-of-houlton-maine](http://www.nne.salvationarmy.org/houlton/welcome-to-the-salvation-army-of-houlton-maine)

Breads, pastries, and some prepared food items when available.

Eligibility: Individuals who are unable to obtain services from other social service agencies.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon 9am - 12pm; Wed 9am - 12pm; Fri 9am - 12pm

**Coats for Kids and Adults, The Salvation Army of Houlton**

12 Court Street

Houlton, ME 04730

Phone: (207) 532-2322

Fax: (207) 532-0683

[www.nne.salvationarmy.org/houlton](http://www.nne.salvationarmy.org/houlton)

Clean new and used cold weather outerwear.

Eligibility: Children, adolescents, and adults in need of winter outerwear.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: Mon – Fri; 9am - 1pm

**Emergency Assistance Program, The Salvation Army of Houlton**

12 Court Street

Houlton, ME 04730

Phone: (207) 532-2322

After Hours: (207) 532-2322

Fax: (207) 532-0683

[Frank.Nataluk@use.salvationarmy.org](mailto:Frank.Nataluk@use.salvationarmy.org)

[www.nne.salvationarmy.org/houlton/welcome-to-the-salvation-army-of-houlton-maine](http://www.nne.salvationarmy.org/houlton/welcome-to-the-salvation-army-of-houlton-maine)

Emergency financial assistance on a case by case basis for heating fuel, electric and water utilities, food, shelter, medical needs, transportation; vouchers for free clothing at thrift store and necessary household, school, and personal items.

Eligibility: Individuals who are unable to obtain services from other social service agencies.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 1pm

**Food Pantry, The Salvation Army of Houlton**

12 Court Street

Houlton, ME 04730

Phone: (207) 532-2322

After Hours: (207) 532-2322

Fax: (207) 532-0683

[Frank.Nataluk@use.salvationarmy.org](mailto:Frank.Nataluk@use.salvationarmy.org)

www.nne.salvationarmy.org/houlton/welcome-to-the-salvation-army-of-houlton-maine

Food pantry.

Eligibility: Individuals who are unable to obtain services from other social service agencies.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 1pm

**Soup Kitchen, The Salvation Army of Houlton**

12 Court Street

Houlton, ME 04730

Phone: (207) 532-2322

Fax: (207) 532-0683

[Frank.Nataluk@use.salvationarmy.org](mailto:Frank.Nataluk@use.salvationarmy.org)

Soup kitchen

Cost: No Cost

Language(s) Offered: English

Hours: Wed 12pm - 1pm

**The Salvation Army of Houlton, The Salvation Army of Houlton**

12 Court Street

Houlton, ME 04730

Phone: (207) 532-2322

After Hours: (207) 532-2322

Fax: (207) 532-0683

[Frank.Nataluk@use.salvationarmy.org](mailto:Frank.Nataluk@use.salvationarmy.org)

[www.nne.salvationarmy.org/houlton](http://www.nne.salvationarmy.org/houlton)

International charitable organization.

Eligibility: Individuals who are unable to obtain services from other social service agencies.

Cost: No Cost

Language(s) Offered: English

Hours: Mon, Wed, Thu; 9am – 1pm; Fri; 9am - noon

**Emergency Assistance Program, The Salvation Army of Presque Isle**

771 Main Street, ACAP Helping Hands

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[hrackliffe@acap-me.org](mailto:hrackliffe@acap-me.org)

Emergency financial assistance for clothing, food, and utilities; motel vouchers for emergency shelter; limited financial assistance for non-emergencies provided on a case by case basis after other resources are exhausted.

Eligibility: Individuals who are unable to obtain services from other social service agencies or resources.

Cost: No Cost

Language(s) Offered: English

Hours: Mon, Wed, Thu; 9am – 1pm; Fri; 9am - noon

**The Salvation Army of Presque Isle, The Salvation Army of Presque Isle**

771 Main Street, ACAP Helping Hands

Presque Isle, ME 04769

Phone: (207) 764-3721

Toll Free: 1-800-432-7881

Fax: (207) 768-3021

[hrackliffe@acap-me.org](mailto:hrackliffe@acap-me.org)

International charitable organization.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri; 8am – 4pm

**Salvation Army Family Store, The Salvation Army Portland Adult Rehabilitation Center**

30 Warren Avenue, Portland, ME 04103

Toll Free: 1-800-728-7825

Toll Free: 1-800-SA-TRUCK

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

Gently used clothing, household items including furniture when available; donation center.

Cost: Low Cost

Forms of Payment: Cash; Credit Cards; Debit Cards

Language(s) Offered: English

Hours: Mon – Sat; 9am – 6pm

**The Salvation Army Portland Adult Rehabilitation Center**

88 Preble Street

Portland, ME 04101

Phone: (207) 774-7818

Fax: (207) 761-2769

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

Rehabilitation and recovery programs that assist individuals with substance use disorder; work therapy program and counseling.

Eligibility: Adult men seeking recovery from alcohol and drug abuse.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am – 4pm

**The Trevor Project**

Toll Free: 1-866-488-7386

Fax: 1-833-231-2347

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

thetrevorproject.org

Crisis intervention and suicide prevention services.

Eligibility: Individuals 24 years of age and younger who are gay, lesbian, transgender, bisexual or questioning.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Sebago Clothes Closet, The Warming Hut**

183 Sebago Road

Sebago, ME 04029

Phone: (207) 787-2177

Used adult, children, and baby clothing; footwear.

Cost: No Cost

Language(s) Offered: English

Hours: Sat 10am - 1pm

**Abuse in Later Life Program, Through These Doors**

Portland, ME

Phone: (207) 653-9623

Hotline: 1-800-537-6066

After Hours:

TTY: 37073

Fax: (207) 767-8109

[familycrisis@familycrisis.org](mailto:familycrisis@familycrisis.org)

[www.familycrisis.org/elder-advocacy](http://www.familycrisis.org/elder-advocacy)

Elder advocate services include face-to-face and telephone crisis intervention, safety planning, support with security deposits, assistance navigating legal processes such as divorce or Protection from Abuse or Harassment orders, resources to access transportation, assistance with housing applications, court advocacy, legal referrals, and emotional support.

Eligibility: Individuals 60 years of age and older who are experiencing intimidation, isolation, financial exploitation, threatening behaviors, emotional or physical abuse; individuals concerned about another individual being abused, service providers.

Cost: No Cost

Language(s) Offered: American Sign Language, English; interpreters available.

Hours: Mon – Fri; 9am – 5pm

**Time Initiative of Maine**

Augusta, ME

Phone: (207) 385-4238

Alternative Phone: (207) 242-3765

[time4maine@gmail.org](mailto:time4maine@gmail.org)

[www.mainetime.timebanks.org](http://www.mainetime.timebanks.org)

Statewide membership organization for time exchange to share skills and services between individuals, organizations, and communities; an hour of service is valued as one Time Credit; approved members may use Time Credits before acquiring them; services available may include social gatherings, companionship, small home repairs, transportation, tutoring, crafts, advocacy and wellness offerings.

Eligibility:

Cost: No Cost, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: American Sign Language, English, French, German, Spanish

Hours: Mon – Fri; 9am – 5pm Website available 24 Hours

**Allagash General Assistance, Town of Allagash**

1063 Allagash Road

Saint Francis, ME 04774

Phone: (207) 398-3198

After Hours: (207) 398-3378

Fax: (207) 398-4229

[allagashtownoffice@yahoo.com](mailto:allagashtownoffice@yahoo.com)

[www.allagash.info](http://www.allagash.info)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Tue & Wed; 8am – noon; Thu 8-10am, 5-7pm; Fri: 8am-12 noon

**Allagash Volunteer Fire Department, Town of Allagash**

1063 Allagash Road

Saint Francis, ME 04774

Phone: (207) 398-3273

[patp46@hotmail.com](mailto:patp46@hotmail.com)

[www.allagash.info](http://www.allagash.info)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Allagash**

1063 Allagash Road

Saint Francis, ME 04774

Phone: (207) 398-3198

Fax: (207) 398-4229

[allagashtownoffice@yahoo.com](mailto:allagashtownoffice@yahoo.com)

[www.allagash.info](http://www.allagash.info)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue & Wed; 8am – noon; Thu 8-10am, 5-7pm; Fri: 8am-12 noon

**Amity General Assistance, Town of Amity**

1143 US Route 1

Orient, ME 04471

Phone: (207) 532-2485

After Hours: (207) 532-2532

[townofamity@pioneerwireless.net](mailto:townofamity@pioneerwireless.net)

[www.townofamity.com](http://www.townofamity.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Wed & Thu; 8am – 2pm

**Town of Amity**

1143 US Route 1

Orient, ME 04471

Phone: (207) 532-2485

[townofamity@pioneerwireless.net](mailto:townofamity@pioneerwireless.net)

[www.townofamity.com](http://www.townofamity.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Wed & Thu; 8am – 2pm

**Ashland General Assistance, Town of Ashland**

17 Bridgham Street

Ashland, ME 04732

Phone: (207) 435-2311

After Hours: (207) 435-6626

Fax: (207) 435-2005

[townoffice@townofashland.org](mailto:townoffice@townofashland.org)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Wed 2pm - 3pm

**Ashland Police Department, Town of Ashland**

17 Bridgham Street

Ashland, ME 04732

Phone: (207) 435-6626

Fax: (207) 435-2312

[police@townofashland.org](mailto:police@townofashland.org)

[www.townofashland.org/departments/police](http://www.townofashland.org/departments/police)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French, Spanish

Hours: 24 Hours; 7 Days

**Ashland Recreation Department, Town of Ashland**

50 Oak Street

Ashland, ME 04732

Phone: (207) 435-4331

Fax: (207) 435-2005

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

<http://townofashland.org/departments/recreation-department/>

Indoor and outdoor facilities, team sports, cross-country skiing, swimming lessons, arts and crafts, dances, after school programs, open gym hours, facilities rental.

Cost: Donation

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: No regular hours of operation – Check website for list of programs.

**Ashland Volunteer Fire Department, Town of Ashland**

17 Bridgham Street

Ashland, ME 04732

Phone: (207) 435-6323

Fax: (207) 435-2005

[patl117@myfairpoint.net](mailto:patl117@myfairpoint.net)

[www.townofashland.org/departments/fire-department](http://www.townofashland.org/departments/fire-department)

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Ashland**

17 Bridgham Street

Ashland, ME 04732

Phone: (207) 435-2311

Fax: (207) 435-2005

[townoffice@townofashland.org](mailto:townoffice@townofashland.org)

[www.townofashland.org/departments/town-office](http://www.townofashland.org/departments/town-office)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Thu; 7:30am – 4:30pm; Fri 7:30am - noon

**Blaine General Assistance, Town of Blaine**

52 Military Street

Blaine, ME 04734

Phone: (207) 425-2611

After Hours: (207) 429-8132

Fax: (207) 425-9864

[townofblaine@pwless.net](mailto:townofblaine@pwless.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Language(s) Offered: English; interpreters available.

Hours:

**Town of Blaine**

52 Military Street

Blaine, ME 04734

Phone: (207) 425-2611

Fax: (207) 429-9864

[townofblaine@pwless.net](mailto:townofblaine@pwless.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Thu; 7:30am – 4:30pm; Fri 7:30am - noon

**Bridgewater General Assistance, Town of Bridgewater**

11 Bootfoot Road

Bridgewater, ME 04735

Phone: (207) 429-9856

After Hours: (207) 532-5400

Fax: (207) 425-2659

[bridgewater@pioneercable.net](mailto:bridgewater@pioneercable.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8:30am - 4pm

**Bridgewater Volunteer Fire Department, Town of Bridgewater**

467 Main Road

Bridgewater, ME 04735

Phone: (207) 429-9856

Fax: (207) 429-9856

[bridgewater@pioneercable.net](mailto:bridgewater@pioneercable.net)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Bridgewater**

11 Bootfoot Road

Bridgewater, ME 04735

Phone: (207) 429-9856

Fax: (207) 425-2659

[bridgewater@pioneercable.net](mailto:bridgewater@pioneercable.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 4pm

**Castle Hill General Assistance, Town of Castle Hill**

103 Pulcifur Road

Mapleton Town Office

Mapleton, ME 04757

Phone: (207) 764-3754

After Hours: (207) 769-8741

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am - 4pm

**Town of Castle Hill**

103 Pulcifur Road

Mapleton, ME 04757

Phone: (207) 764-3754

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Caswell General Assistance, Town of Caswell**

1025 Van Buren Road

Limestone, ME 04750

Phone: (207) 325-4604

After Hours: (207) 551-2883

(207) 554-9607

Fax: (207) 325-2155

[caswelltown@aol.com](mailto:caswelltown@aol.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 4pm – 6pm

**Town of Caswell**

1025 Van Buren Road

Limestone, ME 04750

Phone: (207) 325-4604

Fax: (207) 325-2155

[caswelltown@aol.com](mailto:caswelltown@aol.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 4pm – 6pm

**Chapman General Assistance, Town of Chapman**

103 Pulcifur Road

Mapleton Town Office

Mapleton, ME 04757

Phone: (207) 764-3754

After Hours: (207) 769-8741

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 8am - 10am; Thu 8am - 10am

**Town of Chapman**

103 Pulcifur Road

Mapleton, ME 04757

Phone: (207) 764-3754

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Tue 8am - 10am; Thu 8am - 10am

**Crystal General Assistance, Town of Crystal**

272 Crystal Road

Island Falls Town Office

Island Falls, ME 04747

Phone: (207) 463-2770

After Hours: (207) 463-2208

TTY:

Fax: (207) 463-3670

[crystalto@fairpoint.net](mailto:crystalto@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 8:15am - 12pm

**Town of Crystal**

272 Crystal Road

Island Falls, ME 04747

Phone: (207) 463-2770

Fax: (207) 463-3670

[crystalto@fairpoint.net](mailto:crystalto@fairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Tue 8:15am - 4pm; Wed 8:15am - 4pm; Thu 8:15am - 4pm

**Good Morning Neighbor, Town of Dexter**

23 Main Street

Dexter, ME 04930

Phone: (207) 924-7351 x17

Fax: (207) 924-7352

[humanservices@dextermaine.org](mailto:humanservices@dextermaine.org)

[www.dextermaine.org/human-services-general-assistance/](http://www.dextermaine.org/human-services-general-assistance/)

Phone call program for daily well-being checks.

Eligibility: Older adults or people with disabilities who live independently.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

**Dyer Brook General Assistance, Town of Dyer Brook**

864 Dyer Brook Road

Island Falls, ME 04747

Phone: (207) 757-8302

After Hours: (207) 757-8550

Fax: (207) 757-7415

[town@dyerbrook.net](mailto:town@dyerbrook.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 12pm - 4pm; Tue 3pm - 7pm; Wed 9am - 12pm; Thu 9am - 12pm

**Town of Dyer Brook**

864 Dyer Brook Road

Island Falls, ME 04747

Phone: (207) 757-8302

Fax: (207) 757-7415

[town@dyerbrook.net](mailto:town@dyerbrook.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon 12pm - 4pm; Tue 3pm - 7pm; Wed 9am - 12pm; Thu 9am - 12pm

**Eagle Lake General Assistance, Town of Eagle Lake**

36 Devoe Brook Road

Eagle Lake, ME 04739

Phone: (207) 444-5125

After Hours: (207) 444-9033

Fax: (207) 444-2810

[manager@townofeaglelake.org](mailto:manager@townofeaglelake.org)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 4:30pm

**Town of Eagle Lake**

36 Devoe Brook Road

Eagle Lake, ME 04739

Phone: (207) 444-5125

Fax: (207) 444-2810

[manager@townofeaglelake.org](mailto:manager@townofeaglelake.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**Easton General Assistance, Town of Easton**

3 Station Road

Easton, ME 04740

Phone: (207) 488-6652

After Hours: (207) 227-9758

Fax: (207) 488-7706

[eastontownmanager@gmail.com](mailto:eastontownmanager@gmail.com)

[www.eastonme.com/pages/general-assistance](http://www.eastonme.com/pages/general-assistance)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 4:30pm

**Easton Recreation Department, Town of Easton**

3 Station Road

Easton, ME 04740

Phone: (207) 488-6601

After Hours: (207) 551-7737

Fax: (207) 488-7706

[recreation@eastonme.com](mailto:recreation@eastonme.com)

[www.eastonme.com/pages/recreation-department](http://www.eastonme.com/pages/recreation-department)

Recreation and education programs, field trips, exercise and nutrition classes, arts and craft classes, summer day camp, seasonal events, building and site rentals.

Eligibility: Open to all.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: No regular hours of operation.

**Easton Volunteer Fire Department, Town of Easton**

3 Station Road

Easton, ME 04740

Phone: (207) 488-6652

Fax: (207) 488-7706

[firechief@eastonme.com](mailto:firechief@eastonme.com)

[www.eastonme.com/pages/fire-department](http://www.eastonme.com/pages/fire-department)

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Easton**

3 Station Road

Easton, ME 04740

Phone: (207) 488-6652

Fax: (207) 488-7706

[eastontownmanager@gmail.com](mailto:eastontownmanager@gmail.com)

[www.eastonme.com](http://www.eastonme.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon 8am - 4:30pm

**Fort Fairfield General Assistance, Town of Fort Fairfield**

18 Community Center Drive

Fort Fairfield, ME 04742

Phone: (207) 472-3800

After Hours: (207) 472-3808

Fax: (207) 472-3810

[bsharpe@fortfairfield.org](mailto:bsharpe@fortfairfield.org)

[www.fortfairfield.org/general-assistance.html](http://www.fortfairfield.org/general-assistance.html)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 7am – 4:30pm

**Fort Fairfield Police Department, Town of Fort Fairfield**

18 Community Center Drive

Fort Fairfield, ME 04742

Phone: (207) 472-3808

Fax: (207) 472-3810

[snewell@fortfairfield.org](mailto:snewell@fortfairfield.org)

[www.fortfairfield.org/departments/police.html](http://www.fortfairfield.org/departments/police.html)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Fort Fairfield Recreation Department, Town of Fort Fairfield**

18 Community Center Drive

Fort Fairfield, ME 04742

Phone: (207) 472-3800

(207) 472-3883

Fax: (207) 472-3810

[ttowle@fortfairfield.org](mailto:ttowle@fortfairfield.org)

[www.fortfairfield.org/departments/parks-recreation.html](http://www.fortfairfield.org/departments/parks-recreation.html)

Basketball, before and after school programs, cross country ski equipment rental, field trips, gymnasium and game room, laser tag, specialty camps, sports clinics, swimming, tennis, volleyball.

Eligibility: Residents of Fort Fairfield.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 7am - 4:30pm

**Fort Fairfield Volunteer Fire Department, Town of Fort Fairfield**

18 Community Center Drive

Fort Fairfield, ME 04742

Phone: (207) 472-3809

Fax: (207) 472-3810

[snewell@fortfairfield.org](mailto:snewell@fortfairfield.org)

[www.fortfairfield.org/departments/fire-department.html](http://www.fortfairfield.org/departments/fire-department.html)

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Fort Fairfield, Town of Fort Fairfield**

18 Community Center Drive

Fort Fairfield, ME 04742

Phone: (207) 472-3800

Fax: (207) 472-3810

[jrisner@fortfairfield.org](mailto:jrisner@fortfairfield.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 7am – 4:30pm

**Town of Fort Fairfield Medications and Sharps Collection, Town of Fort Fairfield**

18 Community Center Drive

Fort Fairfield, ME 04742

Phone: (207) 472-3808

Fax: (207) 472-3810

[snewell@fortfairfield.org](mailto:snewell@fortfairfield.org)

[www.fortfairfield.org/departments/police.html](http://www.fortfairfield.org/departments/police.html)

Collect unused, unwanted, outdated personal and veterinarian medications, sharps, needles, lancets, and syringes for safe disposal.

Eligibility: Adults and seniors who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Fort Kent General Assistance, Town of Fort Kent**

416 West Main Street

Fort Kent, ME 04743

Phone: (207) 834-3090

After Hours: (207) 834-5678

Fax: (207) 834-3126

[angela.coulombe@fortkent.org](mailto:angela.coulombe@fortkent.org)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: Mon – Thu; 8:30am-4:30pm

**Fort Kent Police Department, Town of Fort Kent**

416 West Main Street

Fort Kent, ME 04743

Phone: (207) 834-5678

policechief@fortkent.org

[www.fortkent.org/departments/police.php](http://www.fortkent.org/departments/police.php)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Fort Kent Recreation Department, Town of Fort Kent**

416 West Main Street

Fort Kent, ME 04743

Phone: (207) 834-3730

Fax: (207) 834-3126

[ann.beaulieu@fortkent.org](mailto:ann.beaulieu@fortkent.org)

[www.fortkent.org/departments/recreation\_and\_parks\_department/index.php](http://www.fortkent.org/departments/recreation_and_parks_department/index.php)

Swimming, skating, baseball, softball, soccer, basketball, tennis, adult exercise programs, preschool programs, trails, community and family events, health and safety educational workshops.

Eligibility: Open to all.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Mon – Fri; 8:30am – 4:30pm

**Fort Kent Volunteer Fire Department, Town of Fort Kent**

12 Dufour Street

Fort Kent, ME 04743

Phone: (207) 834-5678

Mon – Fri; 8:30am – 4:30pm Fax: (207) 834-3126

[ekendee@fairpoint.net](mailto:ekendee@fairpoint.net)

[www.fortkent.org/departments/fire.php](http://www.fortkent.org/departments/fire.php)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Town of Fort Kent**

416 West Main Street

Fort Kent, ME 04743

Phone: (207) 834-3090

Fax: (207) 834-3126

[donald.guimond@fortkent.org](mailto:donald.guimond@fortkent.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Mon – Fri; 8:30am – 4:30pm

**Town of Fort Kent Medication and Sharps Collection, Town of Fort Kent**

416 West Main Street

Fort Kent, ME 04743

Phone: (207) 834-5678

Fax: (207) 834-3126

[policechief@fortkent.org](mailto:policechief@fortkent.org)

[www.fortkent.org/departments/police.php](http://www.fortkent.org/departments/police.php)

Collect unused, unwanted or outdated personal veterinarian medications, and sharps, needles, lancets, and syringes for safe disposal.

Eligibility: Adults who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Frenchville General Assistance, Town of Frenchville**

285 US Route 1

Frenchville, ME 04745

Phone: (207) 543-7301

After Hours: (207) 436-0855

Fax: (207) 543-7322

[townmanager@frenchville.org](mailto:townmanager@frenchville.org)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, French, interpreters available.

Hours:

**Frenchville Volunteer Fire Department, Town of Frenchville**

285 US Route 1

Frenchville, ME 4745

Phone: (207) 543-73010

Fax: (207) 543-7301

[firedept@frenchville.org](mailto:firedept@frenchville.org)

[www.frenchville.org/departments/fire-department.html](http://www.frenchville.org/departments/fire-department.html)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Town of Frenchville, Town of Frenchville**

285 US Route 1

Frenchville, ME 04745

Phone: (207) 543-7301

Fax: (207) 543-7322

[townmanager@frenchville.org](mailto:townmanager@frenchville.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English, French

Hours: Mon – Fri; 8am – 4:30pm

**Grand Isle General Assistance, Town of Grand Isle**

366 Main Street

Grand Isle, ME 04746

Phone: (207) 895-3420

After Hours: (207) 316-5285

(207) 227-4615

(207) 316-9519

Fax: (207) 895-3355

[grandisletown@hotmail.com](mailto:grandisletown@hotmail.com)

[www.grandislemaine.com/Town\_Government.html](http://www.grandislemaine.com/Town_Government.html)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English, French; interpreters available.

Hours: Mon,Tue,Thu,Fri 8:30-11am, 1-3pm

**Grand Isle Volunteer Fire Department, Town of Grand Isle**

317 Main Street

Grand Isle, ME 04746

Phone: (207) 895-3420

Fax: (207) 895-3355

[gifdchief@hotmail.com](mailto:gifdchief@hotmail.com)

[www.grandislemaine.com/Fire\_Department.html](http://www.grandislemaine.com/Fire_Department.html)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Town of Grand Isle, Town of Grand Isle**

366 Main Street

Grand Isle, ME 04746

Phone: (207) 895-3420

Fax: (207) 895-3355

[grandisletown@hotmail.com](mailto:grandisletown@hotmail.com)

[www.grandislemaine.com/Town\_Government.html](http://www.grandislemaine.com/Town_Government.html)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English, French; interpreters available.

Hours: Mon,Tue,Thu,Fri 8:30-11:30am, 12:30-4pm

**Hamlin General Assistance, Town of Hamlin**

1227 Hamlin Road

Van Buren, ME 04785

Phone: (207) 868-5555

After Hours: (207) 557-5552

Fax: (207) 868-9705

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: No regular hours of operation.

**Town of Hamlin**

1227 Hamlin Road

Van Buren, ME 04785

Phone: (207) 868-5555

Fax: (207) 868-9705

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: No regular hours of operation.

**Hammond General Assistance, Town of Hammond**

13 Burnt Brow Road

**Houlton Town Office**

Houlton, ME 04730

Phone: (207) 532-1104

After Hours: (207) 538-6481

Fax: (207) 532-3491

[hammondmaine@gmail.com](mailto:hammondmaine@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 7:30am – 4pm

**Town of Hammond**

13 Burnt Brow Road

Houlton, ME 04730

Phone: (207) 532-1104

After Hours: (207) 538-6481

(207) 538-6481

Fax: (207) 532-3491

[hammondmaine@gmail.com](mailto:hammondmaine@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Call for hours of operation

**Haynesville General Assistance, Town of Haynesville**

16 Danforth Road

Wytopitlock, ME 04497

Phone: (207) 448-2239

After Hours: (207) 448-7005

Fax: (207) 448-2239

[townofhaynesville@yahoo.com](mailto:townofhaynesville@yahoo.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 7am - 2:30pm; Wed 7am - 2:30pm; Thu 7am - 8:30am

**Haynesville Volunteer Fire Department, Town of Haynesville**

3057 Military Road

Wytopitlock, ME 04497

Phone: (207) 448-2239

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Haynesville**

16 Danforth Road

Wytopitlock, ME 04497

Phone: (207) 448-2239

After Hours: (207) 448-7005

Fax: (207) 448-2239

[townofhaynesville@yahoo.com](mailto:townofhaynesville@yahoo.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon 7am - 2:30pm; Wed 7am - 2:30pm; Thu 7am - 8:30am

**Town of Haynesville Food Pantry, Town of Haynesville**

16 Danforth Road

Wytopitlock, ME 04497

Phone: (207) 448-2239

After Hours: (207) 448-7005

Fax: (207) 448-2239

[townofhaynesville@yahoo.com](mailto:townofhaynesville@yahoo.com)

Food pantry.

Eligibility: Individuals who meet USDA Income Eligibility Guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Mon 7am - 2:30pm; Wed 7am - 2:30pm; Thu 7am - 8:30am

**Hersey General Assistance, Town of Hersey**

21 Katahdin Street

Patten Town Office

Patten, ME 04765

Phone: (207) 528-2215

After Hours: (207) 267-0600

Fax: (207) 528-2055

[townofpatten@gmail.com](mailto:townofpatten@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Tue 10:30am - 12:30pm; Thu 10:30am - 12:30pm

**Town of Hersey**

21 Katahdin Street

Patten, ME 04765

Phone: (207) 528-2215

Fax: (207) 528-2055

[townofpatten@gmail.com](mailto:townofpatten@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 4:30pm

**Hodgdon General Assistance, Town of Hodgdon**

179 Hodgdon Mills Road

Houlton, ME 04730

Phone: (207) 532-6498

After Hours: (207) 532-7440

Fax: (207) 521-0139

[jdghodgdon@pioneercable.net](mailto:jdghodgdon@pioneercable.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 4pm

**Hodgdon Recreation Department, Town of Hodgdon**

179 Hodgdon Mills Road

Houlton, ME 04730

Phone: (207) 532-6498

After Hours: (207) 532-7440

Fax: (207) 521-0139

[jdghodgdon@pioneercable.net](mailto:jdghodgdon@pioneercable.net)

Basketball, baseball.

Eligibility: Residents of Hodgdon.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Hodgdon Volunteer Fire Department, Town of Hodgdon**

49 Hodgdon Mills Road

Houlton, ME 04730

Phone: (207) 532-4535

[jdghodgdon@pioneercable.net](mailto:jdghodgdon@pioneercable.net)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Hodgdon**

179 Hodgdon Mills Road

Houlton, ME 04730

Phone: (207) 532-6498

After Hours: (207) 532-7440

(207) 532-8615

Fax: (207) 521-0139

[jdghodgdon@pioneercable.net](mailto:jdghodgdon@pioneercable.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance:

Language(s) Offered: English

Hours: Mon -Fri; 8am - 4pm

**Houlton Fire and Ambulance Department, Town of Houlton**

99 Military Street

Houlton, ME 04730

Phone: (207) 532-1320

Fax: (207) 532-1309

[chiefmjcone@houlton-maine.com](mailto:chiefmjcone@houlton-maine.com)

[www.houlton-maine.com](http://www.houlton-maine.com)

Fire and ambulance department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Houlton General Assistance, Town of Houlton**

21 Water Street

Houlton, ME 04730

Phone: (207) 532-7111

After Hours: (207) 532-2287

Fax: (207) 532-1304

[tax.collector@houlton-maine.com](mailto:tax.collector@houlton-maine.com)

[www.houlton-maine.com](http://www.houlton-maine.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 7:30am - 4pm

**Houlton Police Department, Town of Houlton**

97 Military Street

Houlton, ME 04730

Phone: (207) 532-2287

[chief.tim.deluca@houlton-maine.com](mailto:chief.tim.deluca@houlton-maine.com)

[www.houltonpolice.com](http://www.houltonpolice.com)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Days; 7 Days

**Houlton Recreation Department, Town of Houlton**

128 Main Street

Houlton, ME 04730

Phone: (207) 532-1310

Fax: (207) 532-1311

[rec.program@houlton-maine.com](mailto:rec.program@houlton-maine.com)

[www.houlton-maine.com/departments/parks-recreation/](http://www.houlton-maine.com/departments/parks-recreation/)

Arts and crafts, baseball, basketball, Pilates, soccer, softball, walking, Zumba, American Red Cross babysitting training, science education, Spanish language learning, summer day camps, parents and tots programs, open game room, dances, seasonal events.

Eligibility: Residents of Amity, Cary Plantation, Hodgdon, Houlton, Linneus, Littleton, Ludlow, Monticello.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Town of Houlton**

21 Water Street

Houlton, ME 04730

Phone: (207) 532-7111

Fax: (207) 532-1304

[town.manager@houlton-maine.com](mailto:town.manager@houlton-maine.com)

[www.houlton-maine.com](http://www.houlton-maine.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 4pm

**Town of Houlton Medication and Sharps Collection, Town of Houlton**

97 Military Street

Houlton, ME 04730

Phone: (207) 532-2287

Hotline: (207) 694-3545

TTY: (207) 532-1308

Fax: (207) 532-1323

[chief.tim.deluca@houlton-maine.com](mailto:chief.tim.deluca@houlton-maine.com)

[www.houltonpolice.com](http://www.houltonpolice.com)

Collect unused, unwanted, outdated personal and veterinarian medications, sharps, needles, lancets, and syringes for safe disposal.

Eligibility: Adults who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Island Falls General Assistance, Town of Island Falls**

68 Houlton Road

Island Falls, ME 04747

Phone: (207) 463-2246

After Hours: (207) 463-2208

Fax: (207) 463-2550

[tmislandfalls@fairpoint.net](mailto:tmislandfalls@fairpoint.net)

[www.islandfallsme.us](http://www.islandfallsme.us)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 9am – 3pm

**Island Falls Recreation Department, Town of Island Falls**

68 Houlton Road

Island Falls, ME 04747

Phone: (207) 463-2246

Fax: (207) 463-2550

[tmislandfalls@fairpoint.net](mailto:tmislandfalls@fairpoint.net)

[www.islandfallsme.us](http://www.islandfallsme.us)

Volleyball, basketball, baseball, and softball; sporting events.

Eligibility: Residents of Island Falls.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: No regular hours of operation.

**Island Falls Volunteer Fire Department, Town of Island Falls**

30 Library Street

Island Falls, ME 04747

Phone: (207) 463-2246

Fax: (207) 463-2550

[tmislandfalls@fairpoint.net](mailto:tmislandfalls@fairpoint.net)

[www.islandfallsme.us](http://www.islandfallsme.us)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Island Falls**

68 Houlton Road

Island Falls, ME 04747

Phone: (207) 463-2246

Fax: (207) 463-2550

[tmislandfalls@fairpoint.net](mailto:tmislandfalls@fairpoint.net)

[www.islandfallsme.us](http://www.islandfallsme.us)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

Hours: Mon - Fri 8am - 4pm

**Limestone General Assistance, Town of Limestone**

93 Main Street

Limestone, ME 04750

Phone: (207) 325-4704

After Hours: (207) 325-4702

Fax: (207) 325-3330

[tmanager@limestonemaine.org](mailto:tmanager@limestonemaine.org)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 11am – 1pm

**Limestone Police Department, Town of Limestone**

93 Main Street

Limestone, ME 04750

Phone: (207) 325-4702; (207) 325-0912

[police@limestonemaine.org](mailto:police@limestonemaine.org)

limestonemaine.org

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Limestone Police Department Electric Heater Loan Program, Town of Limestone**

93 Main Street

Limestone, ME 04750

Phone: (207) 325-4702

[police@limestonemaine.org](mailto:police@limestonemaine.org)

limestonemaine.org

Electric heaters available for loan as emergency back up for lack of heat in residence.

Eligibility: Individuals whose primary heat source is temporarily unavailable.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Limestone Recreation Department, Town of Limestone**

93 Main Street

Limestone, ME 04750

Phone: (207) 325-4791

Toll Free:

Fax: (207) 325-3330

[rec@limestonemaine.org](mailto:rec@limestonemaine.org)

www.limestonemaine.org

Arts and crafts, team sports, dancing, educational activities, exercise programs, field trips, skating, skiing, swimming; baseball and soccer camps, after school and evening programs, campground, seasonal activities.

Eligibility: Residents of Limestone.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 10am – 6pm

**Limestone Volunteer Fire Department, Town of Limestone**

155 Main Street, Limestone, ME 04750

Phone: (207) 325-4703

[chiefpoitras@limestonemaine.org](mailto:chiefpoitras@limestonemaine.org)

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

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Limestone**

93 Main Street

Limestone, ME 04750

Phone: (207) 325-4704

Fax: (207) 325-3330

[tmanager@limestonemaine.org](mailto:tmanager@limestonemaine.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**Town of Limestone Medications and Sharps Collection, Town of Limestone**

93 Main Street

Limestone, ME 04750

Phone: (207) 325-4702

[police@limestonemaine.org](mailto:police@limestonemaine.org)

limestonemaine.org

Collect unused, unwanted, outdated personal and veterinarian medications, sharps, needles, lancets, and syringes for safe disposal.

Eligibility: Adults and seniors who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Linneus General Assistance, Town of Linneus**

1185 Hodgdon Mills Road

Houlton, ME 04730

Phone: (207) 532-6182

After Hours: (207) 532-7575

(207) 532-3432

Fax: (207) 521-5243

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am – 4pm

**Town of Linneus**

1185 Hodgdon Mills Road

Houlton, ME 04730

Phone: (207) 532-6182

After Hours: (207) 532-7575

Fax: (207) 521-5243

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Littleton General Assistance, Town of Littleton**

1536 US Highway 1

Houlton, ME 04730

Phone: (207) 538-9862

After Hours: (207) 538-8138

Fax: (207) 538-9518

[littleton@pwireless.net](mailto:littleton@pwireless.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, interpreters available upon request

Hours: Mon – Thu; 9am - 2pm

**Littleton Volunteer Fire Department, Town of Littleton**

1536 US Highway 1

Houlton, ME 4730

Phone: (207) 538-9862

[littleton@pwireless.net](mailto:littleton@pwireless.net)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Littleton**

1536 US Highway 1

Houlton, ME 04730

Phone: (207) 538-9862

After Hours: (207) 532-6481

Fax: (207) 538-9518

[littleton@pwireless.net](mailto:littleton@pwireless.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 9am – 4pm

**Ludlow General Assistance, Town of Ludlow**

831 Ludlow Road

Houlton Town Office

Houlton, ME 04730

Phone: (207) 532-7743

After Hours: (207) 538-8100

Fax: (207) 532-6513

[townofludlow@gmail.com](mailto:townofludlow@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon 9am - 5pm; Wed 9am - 5pm; Fri 9am - 5pm

**Town of Ludlow**

831 Ludlow Road

Houlton, ME 04730

Phone: (207) 532-7743

After Hours: (207) 538-8100

Fax: (207) 532-6513

[townofludlow@gmail.com](mailto:townofludlow@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English

Hours: Mon 9am - 5pm; Wed 9am - 5pm; Fri 9am - 5pm

**Madawaska Ambulance Department, Town of Madawaska**

428 St. Thomas Street

Madawaska, ME 04756

Phone: (207) 728-6162

[dchasse@townofmadawaska.net](mailto:dchasse@townofmadawaska.net)

www.townofmadawaska.com/town-departments/public-safety/ambulance-service.html

Local and long distance emergency and non-emergency medical transport to hospitals and nursing facilities.

Eligibility: Individuals in need of emergency or non-emergency services.

Cost: Vary

Forms of Payment: Cash

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Madawaska General Assistance, Town of Madawaska**

328 St. Thomas Street, Suite 101

Madawaska, ME 04756

Phone: (207) 728-3614

After Hours: (207) 728-6356

TTY:

Fax: (207) 728-3611

[generalassistance@townofmadawaska.net](mailto:generalassistance@townofmadawaska.net)

[www.townofmadawaska.com](http://www.townofmadawaska.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English, French; interpreters available.

Hours: Tue 9am - 11am; Thu 9am - 11am

**Madawaska Police Department, Town of Madawaska**

428 Main Street

Madawaska, ME 04756

Phone: (207) 728-6356

[madawaskapolice@yahoo.com](mailto:madawaskapolice@yahoo.com)

www.townofmadawaska.com/town-departments/public-safety/police-department.html

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Madawaska Police Department Electric Heater Loan Program, Town of Madawaska**

428 Main Street

Madawaska, ME 04756

Phone: (207) 728-6356

[madawaskapolice@yahoo.com](mailto:madawaskapolice@yahoo.com)

[www.townofmadawaska.com](http://www.townofmadawaska.com)

Electric heaters available for loan as emergency back up for lack of heat in residence.

Eligibility: Individuals whose primary heat source is temporarily unavailable.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Madawaska Recreation Department, Town of Madawaska**

106 7th Avenue

Madawaska, ME 04756

Phone: (207) 728-3604

Fax: (207) 728-3611

[dgendreau@townofmadawaska.net](mailto:dgendreau@townofmadawaska.net)

[www.townofmadawaska.com/town-departments/recreation-department.html](http://www.townofmadawaska.com/town-departments/recreation-department.html)

Team and individual sports, educational and recreational programs, seasonal events, sports clinics.

Eligibility: Residents of Madawaska.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Mon – Fri; 8am - 4pm

**Madawaska Volunteer Fire Department, Town of Madawaska**

428 Main Street

Madawaska, ME 04756

Phone: (207) 728-7716

Fax: (207) 728-3613

[firechief@townofmadawaska.net](mailto:firechief@townofmadawaska.net)

www.townofmadawaska.com/town-departments/public-safety/fire-department.html

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Town of Madawaska**

328 St. Thomas Street, Suite 101

Madawaska, ME 04756

Phone: (207) 728-6351

Fax: (207) 728-3611

[townmanager@townofmadawaska.net](mailto:townmanager@townofmadawaska.net)

[www.townofmadawaska.com](http://www.townofmadawaska.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Mon – Fri; 8am - 4pm

**Town of Madawaska Medication and Sharps Collection, Town of Madawaska**

428 Main Street

Madawaska Police Department

Madawaska, ME 04756

Phone: (207) 728-6356

[police@townofmadawaska.net](mailto:police@townofmadawaska.net)

[www.townofmadawaska.com](http://www.townofmadawaska.com)

Collect unused, unwanted, outdated personal and veterinarian medications, sharps, needles, lancets, and syringes for safe disposal.

Eligibility: Adults and seniors who want to dispose of unwanted personal or veterinarian medications and sharps.

Cost: No Cost

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Mapleton General Assistance, Town of Mapleton**

103 Pulcifur Road

Mapleton, ME 04757

Phone: (207) 764-3754

After Hours: (207) 769-8741

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

[www.mapleton.me](http://www.mapleton.me)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 8am - 10am; Thu 8am - 10am

**Mapleton Recreation Program, Town of Mapleton**

103 Pulcifur Road

Mapleton, ME 04757

Phone: (207) 764-3754

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

[www.mapleton.me](http://www.mapleton.me)

Swimming, baseball, tennis, arts and crafts.

Eligibility: Open to all.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon - Fri; 8am – 4pm

**Mapleton Volunteer Fire Department, Town of Mapleton**

117 Pulcifur Road

Mapleton, ME 04757

Phone: (207) 227-3310

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

[www.mapleton.me](http://www.mapleton.me)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Mapleton**

103 Pulcifur Road

Mapleton, ME 04757

Phone: (207) 764-3754

Fax: (207) 764-3754

[townmanager@mapleton.me](mailto:townmanager@mapleton.me)

[www.mapleton.me](http://www.mapleton.me)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Mars Hill General Assistance, Town of Mars Hill**

37 Main Street

Mars Hill, ME 04758

Phone: (207) 425-3731

After Hours: (207) 227-2915

Fax: (207) 429-8420

[manager@marshillto.com](mailto:manager@marshillto.com)

[www.marshillmaine.com](http://www.marshillmaine.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French, interpreters available upon request.

Hours: Mon – Thu; 8am - 4:30pm and Fri 8am - 4pm

**Mars Hill Recreation Department, Town of Mars Hill**

10 ACI Street

Mars Hill, ME 04758

Phone: (207) 425-8429

Fax: (207) 429-8420

<http://marshillmaine.org/?page_id=285>

Baseball, basketball, soccer, swimming, volleyball; after school programs.

Eligibility: Residents of Blaine and Mars Hill.

Cost: Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Thu; 8am - 4:30pm and Fri 8am - 4pm

**Mars Hill Volunteer Fire Department, Town of Mars Hill**

12 Market Street

Mars Hill, ME 04758

Phone: (207) 425-2841

Fax: (207) 429-8420

[info@marshillto.com](mailto:info@marshillto.com)

[www.marshillmaine.com](http://www.marshillmaine.com)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Mars Hill**

37 Main Street

Mars Hill, ME 04758

Phone: (207) 425-3731

Fax: (207) 429-8420

[manager@marshillto.com](mailto:manager@marshillto.com)

[www.marshillmaine.com](http://www.marshillmaine.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English, French

Hours: Mon - Thu 8am - 4:30pm; and Fri 8am - 4pm

**Masardis General Assistance, Town of Masardis**

26 School Street

Ashland, ME 04732

Phone: (207) 435-2841

After Hours: (207) 435-6163

Fax: (207) 435-3300

[masardis.town.clerk@gmail.com](mailto:masardis.town.clerk@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Tue and Wed 8-11am, 12 noon-4pm

**Masardis Volunteer Fire Department, Town of Masardis**

26 School Street

Ashland, ME 04732

Phone: (207) 435-2841

Fax: (207) 435-3300

[masardis.town.clerk@gmail.com](mailto:masardis.town.clerk@gmail.com)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Masardis**

26 School Street

Ashland, ME 04732

Phone: (207) 435-2841

Fax: (207) 435-3300

[masardis.town.clerk@gmail.com](mailto:masardis.town.clerk@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue & Wed; 8-11am, 12 noon-4pm

**Merrill General Assistance, Town of Merrill**

3391 Route 2

Smyrna Town Office

Smyrna Mills, ME 04780

Phone: (207) 757-8286

After Hours: (207) 757-8354

Fax: (207) 757-7155

[smyrna1@fairpoint.net](mailto:smyrna1@fairpoint.net)

[www.aroostook.me.us/Merrill](http://www.aroostook.me.us/Merrill)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon - Fri 8am - 4pm

**Town of Merrill**

3391 Route 2

Smyrna Mills, ME 04780

Phone: (207) 757-8286

Fax: (207) 757-7155

[smyrna1@fairpoint.net](mailto:smyrna1@fairpoint.net)

aroostook.me.us/Merrill

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Monticello General Assistance, Town of Monticello**

405 US Highway 1

Main Street

Monticello, ME 04760

Phone: (207) 538-9500

After Hours: (207) 538-9091

(207) 538-6877

Fax: (207) 538-9500

[townofmonticello@pioneercable.net](mailto:townofmonticello@pioneercable.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Thu; 8am - 4pm

**Monticello Volunteer Fire Department, Town of Monticello**

409 US Highway 1, Main Street

Monticello, ME 04760

Phone: (207) 538-9500

Fax: (207) 538-9500

[townofmonticello@pioneercable.net](mailto:townofmonticello@pioneercable.net)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Thu; 8am - 4pm

**Town of Monticello**

405 US Highway 1

Main Street

Monticello, ME 04760

Phone: (207) 538-9500

Fax: (207) 538-9500

[townofmonticello@pioneercable.net](mailto:townofmonticello@pioneercable.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Thu; 8am - 4pm

**New Canada General Assistance, Town of New Canada**

1809 Caribou Road

Fort Kent, ME 04743

Phone: (207) 834-4004

After Hours: (207) 834-5716

Fax: (207) 834-4005

[newcanada@fairpoint.net](mailto:newcanada@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

Hours: Tue 9am - 5pm; Wed 6pm - 8pm; Thu 9am - 5pm; Fri 8am - 12pm; Sat 8am - 11am

**Town of New Canada**

1809 Caribou Road

Fort Kent, ME 04743

Phone: (207) 834-4004

Fax: (207) 834-4005

[newcanada@fairpoint.net](mailto:newcanada@fairpoint.net)

Municipal services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Tue 9am - 5pm; Wed 6pm - 8pm; Thu 9am - 5pm; Fri 8am - 12pm; Sat 8am - 11am

**New Limerick General Assistance, Town of New Limerick**

11 Old Station Road

New Limerick, ME 04761

Phone: (207) 532-3303

After Hours: (207) 532-3471

Fax: (207) 532-4443

[newlimerick@pioneerwireless.net](mailto:newlimerick@pioneerwireless.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Tue 9am-12 noon, 1-4pm; Wed 9am-12 noon, 2-6pm; Thu: Open-9am; Closed-12 noon

**Town of New Limerick**

11 Old Station Road

New Limerick, ME 04761

Phone: (207) 532-3303

Fax: (207)532-4443

[newlimerick@pioneerwireless.net](mailto:newlimerick@pioneerwireless.net)

Municipal services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue 9am-12 noon, 1-4pm; Wed 9am-12 noon, 2-6pm; Thu: Open-9am; Closed-12 noon

**New Sweden General Assistance, Town of New Sweden**

50 Station Road

New Sweden, ME 04762

Phone: (207) 896-3306

After Hours: (207) 227-3988

Fax: (207) 896-3510

[newsweden@maine.rr.com](mailto:newsweden@maine.rr.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Wed 12pm - 4pm

**Town of New Sweden**

50 Station Road

New Sweden, ME 04762

Phone: (207) 896-3306

Fax: (207) 896-3510

[newsweden@maine.rr.com](mailto:newsweden@maine.rr.com)

Municipal services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon - Fri 12pm - 5pm

**Oakfield General Assistance, Town of Oakfield**

80 School Street

Oakfield, ME 04763

Phone: (207) 757-8479

After Hours: (207) 314-3568

Fax: (207) 757-8511

[oakfield.townoffice@fairpoint.net](mailto:oakfield.townoffice@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am - 4pm

**Oakfield Volunteer Fire Department, Town of Oakfield**

5 Station Street

Oakfield, ME 04763

Phone: (207) 757-8479

Fax: (207) 757-8511

[oakfield.townoffice@fairpoint.net](mailto:oakfield.townoffice@fairpoint.net)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Oakfield**

80 School Street

Oakfield, ME 04763

Phone: (207) 757-8479

Fax: (207) 757-8511

[oakfield.townoffice@fairpoint.net](mailto:oakfield.townoffice@fairpoint.net)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Orient General Assistance, Town of Orient**

82 School House Road

Orient, ME 04471

Phone: (207) 448-7729

(207) 448-2099

Fax: (207) 521-5202

[orient04417@gmail.com](mailto:orient04417@gmail.com)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon 8am - 4:30pm; Wed 1pm - 7pm

**Town of Orient**

82 School House Road

Orient, ME 04471

Phone: (207) 448-7729

(207) 448-2099

Fax: (207) 521-5202

[orient04417@gmail.com](mailto:orient04417@gmail.com)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon 8am - 4:30pm; Wed 1pm - 7pm

**Town of Orient Food Pantry, Town of Orient**

82 School House Road

Orient, ME 04471

Phone: (207) 448-7729

Fax: (207) 521-5202

[orient04417@gmail.com](mailto:orient04417@gmail.com)

Food pantry, personal care items; volunteer opportunities.

Eligibility: Individuals who meet the USDA Income Eligibility Guidelines.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Fri 10am - 2pm

**Perham General Assistance, Town of Perham**

206 High Meadow Road

Perham, ME 04766

Phone: (207) 455-5887

After Hours: (207) 455-8340

Fax: (207) 455-4473

[perhamtown@yahoo.com](mailto:perhamtown@yahoo.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Thu 1pm - 3pm

**Town of Perham**

206 High Meadow Road

Perham, ME 04766

Phone: (207) 455-5887

Fax: (207) 455-4473

[perhamtown@yahoo.com](mailto:perhamtown@yahoo.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon 10am - 6pm; Tue 8am - 4pm; Wed 8am - 4pm; Thu 8am - 4pm

**Portage Lake General Assistance, Town of Portage Lake**

20 School Street

Portage, ME 04768

Phone: (207) 435-4361

After Hours: (207) 435-1010

Fax: (207) 435-6229

[townofportage.manager@gmail.com](mailto:townofportage.manager@gmail.com)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Tue & Thu 8-11:30am, 12:30-4:30pm

**Portage Lake Volunteer Fire Department, Town of Portage Lake**

20 School Street

Portage, ME 04768

Phone: (207) 435-4361

After Hours: 37135

Fax: (207) 435-6229

[townofportage.firedepartment@gmail.com](mailto:townofportage.firedepartment@gmail.com)

[www.townofportage.org/town-government/fire-department.html](http://www.townofportage.org/town-government/fire-department.html)

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Portage Lake**

20 School Street

Portage, ME 04768

Phone: (207) 435-4361

Fax: (207) 435-6229

[townofportage.manager@gmail.com](mailto:townofportage.manager@gmail.com)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 8-11:30am, 12:30-4:30pm

**Rome General Assistance, Town of Rome**

8 Mercer Road

Oakland, ME 04963

Phone: (207) 397-4011

Fax: (207) 397-5877

[www.romemaine.com](http://www.romemaine.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Forms of Payment:

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

**Rome Volunteer Fire Department, Town of Rome**

10 Mercer Road

Oakland, ME 04963

Phone: (207) 458-1074

Fax: (207) 458-1074

[www.romemaine.com/fire-rescue](http://www.romemaine.com/fire-rescue)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Rome**

8 Mercer Road

Oakland, ME 04963

Phone: (207) 397-4011

Fax: (207) 397-5877

[www.romemaine.com](http://www.romemaine.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Thu; 10am – 5pm; 1st and 3rd Sat 9-11:30am

**Sherman General Assistance, Town of Sherman**

36 School Street

Sherman, ME 04776

Phone: (207) 365-4260

After Hours: (207) 365-4825

Fax: (207) 365-4143

[sherman@fairpoint.net](mailto:sherman@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Thu; 10am – 5pm; 1st and 3rd Sat 9-11:30am

**Sherman Recreation Department, Town of Sherman**

36 School Street

Sherman, ME 04776

Phone: (207) 365-4270

Fax: (207) 365-4143

[sherman@fairpoint.net](mailto:sherman@fairpoint.net)

Basketball, roller skating, baseball, softball, walking.

Eligibility: Residents of Sherman.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: No regular hours of operation.

**Sherman Volunteer Fire Department, Town of Sherman**

20 Golden Ridge Road

Sherman, ME 4776

Phone: (207) 365-7256

Fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Sherman**

36 School Street

Sherman, ME 04776

Phone: (207) 365-4260

Fax: (207) 365-4143

[sherman@fairpoint.net](mailto:sherman@fairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon-Fri 8-11:30am, 12:30-4:30pm

**Smyrna General Assistance, Town of Smyrna**

3391 Route 2

Smyrna Mills, ME 04780

Phone: (207) 757-8286

After Hours: (207) 757-8354

Fax: (207) 757-7155

[smyrna1@fairpoint.net](mailto:smyrna1@fairpoint.net)

[www.aroostook.me.us/Smyrna](http://www.aroostook.me.us/Smyrna)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 4pm

**Town of Smyrna**

3391 Route 2

Smyrna Mills, ME 04780

Phone: (207) 757-8286

Fax: (207) 757-7155

[smyrna1@fairpoint.net](mailto:smyrna1@fairpoint.net)

[www.aroostook.me.us/smyrna](http://www.aroostook.me.us/smyrna)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**St. Agatha General Assistance, Town of St. Agatha**

419 Main Street

Saint Agatha, ME 04772

Phone: (207) 543-7305

After Hours: (207) 316-2415

Fax: (207) 543-7306

[townmanager@stagatha.com](mailto:townmanager@stagatha.com)

[www.stagatha.com](http://www.stagatha.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household; applications available at the Town Office Monday-Friday, 8:00 am-4:30 pm.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

Hours: Mon -Fri, 8:00 am-4:30 pm

**St. Agatha Recreation Department, Town of St. Agatha**

419 Main Street

Saint Agatha, ME 04772

Phone: (207) 543-7305

Fax: (207) 543-7306

[townmanager@stagatha.com](mailto:townmanager@stagatha.com)

[www.stagatha.com/towndepartments/recreation.html](http://www.stagatha.com/towndepartments/recreation.html)

Programs and activities for adults and children, baseball field, tennis court, playground, walking trails, children's summer recreation program.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Mon-Thu 8:30-11:30am

**St. Agatha Volunteer Fire Department, Town of St. Agatha**

415 Main Street

Saint Agatha, ME 04772

Phone: (207) 543-6608

After Hours: 911

(207) 543-7305

Fax: (207) 543-7306

[townmanager@stagatha.com](mailto:townmanager@stagatha.com)

[www.stagatha.com/towndepartments/safety.html](http://www.stagatha.com/towndepartments/safety.html)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Town of St. Agatha**

419 Main Street

Saint Agatha, ME 04772

Phone: (207) 543-7305

Fax: (207) 543-7306

[townmanager@stagatha.com](mailto:townmanager@stagatha.com)

[www.stagatha.com](http://www.stagatha.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Mon – Fri; 8am - 4:30pm

**St. Francis General Assistance, Town of St. Francis**

857 Main Street

Saint Francis, ME 04774

Phone: (207) 398-3175

After Hours: (207) 398-4333

Fax: (207) 398-4342

[townofstfrancis@pivot.net](mailto:townofstfrancis@pivot.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue: 8am-noon; Wed: 8am-noon; Thu: 4pm-7pm; Fri: 8am-noon; Sat: 2nd and 4th Sat 9am-12 noon

**St. Francis Volunteer Fire Department, Town of St. Francis**

857 Main Street

Saint Francis, ME 04774

Phone: (207) 398-3175

Fax: (207) 398-4342

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of St. Francis**

857 Main Street

Saint Francis, ME 04774

Phone: (207) 398-3175

Fax: (207) 398-4342

[townofstfrancis@pivot.net](mailto:townofstfrancis@pivot.net)

[www.stfrancisme.com/](http://www.stfrancisme.com/)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Tue: 8am-noon; Wed: 8am-noon; Thu: 4pm-7pm; Fri: 8am-noon; Sat: 2nd and 4th Sat 9am-12 noon -

**Stacyville General Assistance, Town of Stacyville**

414 Station Road

Stacyville, ME 04777

Phone: (207) 365-4195

After Hours: (207) 365-6133

Fax: (207) 365-4137

[stacyvilleto@fairpoint.net](mailto:stacyvilleto@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Tue 10am - 12pm

**Stacyville Volunteer Fire Department, Town of Stacyville**

370 Station Road

Stacyville, ME 04777

Phone: (207) 365-4029

[stacyvilleto@fairpoint.net](mailto:stacyvilleto@fairpoint.net)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Stacyville**

414 Station Road

Stacyville, ME 04777

Phone: (207) 365-4195

Fax: (207) 365-4137

[stacyvilleto@fairpoint.net](mailto:stacyvilleto@fairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am - 3:30pm

**Stockholm General Assistance, Town of Stockholm**

62 School Street

Stockholm, ME 04783

Phone: (207) 896-5659

After Hours: (207) 896-3180

Fax: (207) 896-5706

[townofstockholm@pioneerwireless.net](mailto:townofstockholm@pioneerwireless.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon 9am - 4pm; Tue 9am - 4pm; Wed 9am - 4pm; Thu 9am - 1pm

**Town of Stockholm, Town of Stockholm**

62 School Street

Stockholm, ME 04783

Phone: (207) 896-5659

Fax: (207) 896-5706

[townofstockholm@pioneerwireless.net](mailto:townofstockholm@pioneerwireless.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon 9am - 4pm; Tue 9am - 4pm; Wed 9am - 4pm; Thu 9am - 1pm

**Town of Van Buren**

51 Main Street

Van Buren, ME 04785

Phone: (207) 868-2886

Fax: (207) 868-2222

[vbtownmanager@gmail.com](mailto:vbtownmanager@gmail.com)

[www.vanburenmaine.com](http://www.vanburenmaine.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Mon – Fri; 8am - 5pm

**Van Buren General Assistance, Town of Van Buren**

51 Main Street

Van Buren, ME 4785

Phone: (207) 868-2886

After Hours: (207) 868-3481

Fax: (207) 868-2222

[vbtownmanager@gmail.com](mailto:vbtownmanager@gmail.com)

[www.vanburenmaine.com](http://www.vanburenmaine.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

Hours: Wed 3pm - 4pm; Thu 3pm - 4pm

**Van Buren Police Department, Town of Van Buren**

51 Main Street

Van Buren, ME 04785

Phone: (207) 868-3481

Toll Free: 1-800-432-7842

Fax: (207) 868-3511

[vbtownmanager@gmail.com](mailto:vbtownmanager@gmail.com)

[www.vanburenmaine.com/police.html](http://www.vanburenmaine.com/police.html)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Van Buren Recreation Department, Town of Van Buren**

114 Champlain Street

Van Buren, ME 04785

Phone: (207) 868-3395

Fax: (207) 868-2222

[vbrecreation@gmail.com](mailto:vbrecreation@gmail.com)

[www.vanburenmaine.com](http://www.vanburenmaine.com)

Arts and crafts, baseball, basketball, biking, orienteering, soccer, softball, skating, skiing, snowshoeing, tennis, and trails; rental skis and snowshoes available.

Eligibility:

Cost: Low Cost

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Mon - Fri 8am - 5pm

**Van Buren Volunteer Fire Department, Town of Van Buren**

51 Main Street

Van Buren, ME 04785

Phone: (207) 868-2800

[vbtownmanager@gmail.com](mailto:vbtownmanager@gmail.com)

[www.vanburenmaine.com/fire.html](http://www.vanburenmaine.com/fire.html)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: 24 Hours; 7 Days

**Town of Wade**

1287 Main Street

Washburn, ME 04786

Phone: (207) 455-8485

Fax: (207) 455-4319

[townmanager@washburnmaine.org](mailto:townmanager@washburnmaine.org)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon - Thu 7am - 4pm; Fri 7am - 12pm

**Wade General Assistance, Town of Wade**

1287 Main Street

Washsburn Town Office

Washburn, ME 04786

Phone: (207) 455-8485

After Hours: (207) 455-4749

Fax: (207) 455-4319

[townmanager@washburnmaine.org](mailto:townmanager@washburnmaine.org)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon - Thu 7am - 4pm; Fri 7am - 12pm

**Town of Wallagrass**

1080 Aroostook Road, #2

Wallagrass, ME 04781

Phone: (207) 834-2263

Fax: (207) 834-4518

[townofwallagrass@fairpoint.net](mailto:townofwallagrass@fairpoint.net)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English, French

Hours: Mon – Fri; 8am - 5pm 3rd Wed 8am-6:30pm

**Wallagrass General Assistance, Town of Wallagrass**

1080 Aroostook Road, #2

Wallagrass, ME 4781

Phone: (207) 834-2263

After Hours: (207) 231-1425

Fax: (207) 834-4518

[townofwallagrass@fairpoint.net](mailto:townofwallagrass@fairpoint.net)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English, French; interpreters available.

Hours: Mon – Fri; 8am - 5pm; 3rd Wed 8am-6:30pm Fri: Open-8am; Closed-5pm

**Town of Washburn**

1287 Main Street, Washburn, ME 04786

Phone: (207) 455-8485

Fax: (207) 455-4319

[townclerk@washburnmaine.org](mailto:townclerk@washburnmaine.org)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon - Thu 7am - 4pm; Fri 7am - 12pm

**Washburn General Assistance, Town of Washburn**

1287 Main Street

Washburn, ME 04786

Phone: (207) 455-8485

After Hours: (207) 455-4043

Fax: (207) 455-4319

[townclerk@washburnmaine.org](mailto:townclerk@washburnmaine.org)

[www.washburnmaine.org/municipal-departments/general-assistance/](http://www.washburnmaine.org/municipal-departments/general-assistance/)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon - Thu 7am - 4pm; Fri 7am - 12pm

**Washburn Police Department, Town of Washburn**

1287 Main Street

Washburn, ME 04786

Phone: (207) 455-4043

Fax: (207) 455-4319

[police@washburnmaine.org](mailto:police@washburnmaine.org)

[www.washburnmaine.org/municipal-departments/police-department/](http://www.washburnmaine.org/municipal-departments/police-department/)

Police department.

Eligibility: Individuals in need of services.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Washburn Recreation Department, Town of Washburn**

13 Hines Street

Washburn, ME 04786

Phone: (207) 455-4959

Fax: (207) 455-4319

[marcieburr@hotmail.com](mailto:marcieburr@hotmail.com)

[www.washburnmaine.org/municipal-departments/recreation-department/](http://www.washburnmaine.org/municipal-departments/recreation-department/)

Basketball, skating, swimming, tennis, volleyball; before and after school programs; senior citizens programs.

Eligibility: Eligibility requirements differ for programs.

Cost: No Cost, Low Cost

Forms of Payment: Cash

Language(s) Offered: English

Hours: Mon - Thu 7am - 4pm; Fri 7am - 12pm

**Washburn Volunteer Fire Department, Town of Washburn**

1287 Main Street

Washburn, ME 04786

Phone: (207) 455-8485

Fax: (207) 455-4319

[nateallen58@hotmail.com](mailto:nateallen58@hotmail.com)

[www.washburnmaine.org/municipal-departments/fire-department/](http://www.washburnmaine.org/municipal-departments/fire-department/)

Volunteer fire department.

Eligibility: Individuals in need of services.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Town of Westfield**

6 Main Street

Westfield, ME 04787

Phone: (207) 425-5951

Fax: (207) 425-4144

[towestfield@maine.rr.com](mailto:towestfield@maine.rr.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon - Wed 9am - 5pm; Thu 11am - 7pm

**Westfield General Assistance, Town of Westfield**

6 Main Street

Westfield, ME 04787

Phone: (207) 425-5951

After Hours: (207) 227-6116

Fax: (207) 425-4144

[towestfield@maine.rr.com](mailto:towestfield@maine.rr.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available upon request.

Hours: Mon - Wed; 9am - 5pm; Thu 11am - 7pm

**Town of Westmanland**

1157 Westmanland Road

Stockholm, ME 04783

Phone: (207) 896-3019

[westmanlandclerk@gmail.com](mailto:westmanlandclerk@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue 2pm - 7pm; Wed 2pm - 7pm

**Westmanland General Assistance, Town of Westmanland**

1157 Westmanland Road

Stockholm, ME 04783

Phone: (207) 896-3019

After Hours: (207) 896-3091

[westmanlandclerk@gmail.com](mailto:westmanlandclerk@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue 2pm - 7pm; Wed 2pm - 7pm

**Town of Woodland**

843 Woodland Center Road, Suite 1

Caribou, ME 04736

Phone: (207) 498-6133

Fax: (207) 493-3319

[wtmgr@maine.rr.com](mailto:wtmgr@maine.rr.com)

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

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Credit Cards; Debit Cards; Money Order

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Woodland General Assistance, Town of Woodland**

843 Woodland Center Road, Suite 1

Caribou, ME 04736

Phone: (207) 498-6133

After Hours: (207) 992-6456; (207) 540-3963

Fax: (207) 493-3319

[wtotax@maine.rr.com](mailto:wtotax@maine.rr.com)

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

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4pm

**Tragedy Assistance Program for Survivors**

3033 Wilson Boulevard, Suite 630

Arlington, VA 22201

Hotline: 1-800-959-8277

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

Peer based support for individuals grieving the death of a military loved one, casework assistance, access to grief and trauma resources, and literature; survivor helpline.

Cost: No Cost

Language(s) Offered: English, Spanish

Hours: 24 Hours; 7 Days

**Trans Youth Equality Foundation**

Portland, ME

Phone: (207) 478-4087

[contact@transyouthequality.org](mailto:contact@transyouthequality.org)

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

Support groups, advocacy and educational workshops for transgender and non-conforming children and their families; trainings available for providers, schools and community organizations.

Eligibility: Individuals 2-18 years of age and their families; schools, providers.

Cost: No Cost

Language(s) Offered: English, Spanish, Japanese

Hours: Mon – Sat; 9am – 5pm

**Treasury Inspector General for Tax Administration**

Washington, DC 20044

Phone: 1-800-366-4484

Fax: (202) 927-7018

[www.treasury.gov/tigta/contact\_report\_scam.shtml](http://www.treasury.gov/tigta/contact_report_scam.shtml)

IRS impersonation scam reporting and complaints.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Turn Style Thrift Shop, Tree of Life**

23 South Street

Blue Hill, ME 04614

Phone: (207) 374-9181

[www.treeoflifepantry.org/turnstyle-thrift-shop](http://www.treeoflifepantry.org/turnstyle-thrift-shop)

Gently used clothing for all ages, dress clothes, business attire, outerwear, winter coats, shoes, and accessories; volunteer opportunities.

Eligibility: Open to all.

Cost: Low Cost, Donation

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Tue 10am - 3pm; Thu 10am - 5pm; Sat 10am - 3pm

**Chapter 13 Trustee, U.S. Bankruptcy Court - District of Maine**

537 Congress Street

Portland, ME 04101

Phone: (207) 780-3482

[www.meb.uscourts.gov](http://www.meb.uscourts.gov)

Enable individuals to develop a plan to repay part or all of their debts; debtors propose a repayment plan to make installments to creditors over 3 to 5 years.

Eligibility: Individuals including those who are self-employed or operating an unincorporated business, as long as individual's unsecured debts are less than $360,475 and secured debts are less than $1,081,400; these amounts are adjusted periodically to reflect change

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 4:30pm

**Chapter 7, U.S. Bankruptcy Court - District of Maine**

537 Congress Street

Portland, ME 04101

Phone: (207) 780-3482

Fax: (207) 780-3679

[www.meb.uscourts.gov](http://www.meb.uscourts.gov)

Bankruptcy trustee gathers and sells the debtor's nonexempt assets and uses the proceeds of such assets to pay holders of claims (creditors) in accordance with the provisions of the Bankruptcy code.

Eligibility: Individuals, partnerships, corporations or other business entity with debt.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Business or cashier's check accepted.

Language(s) Offered: English

Hours: Mon-Fri 8am-1pm, 2-4:30pm

**Maine Bankruptcy Court, U.S. Bankruptcy Court - District of Maine**

[www.meb.uscourts.gov](http://www.meb.uscourts.gov)

Bankruptcy matters.

Eligibility: Individuals seeking relief or resolution under the Bankruptcy Code.

Cost: No Cost

Language(s) Offered: English

Hours: Mon-Fri 8:30am-1pm, 1:30-4:30pm

**U.S. Bankruptcy Court, U.S. Bankruptcy Court - District of Maine**

537 Congress Street

Portland, ME 04101

Phone: (207) 780-3482

TTY: (207) 780-3656

Fax: (207) 780-3679

[www.meb.uscourts.gov](http://www.meb.uscourts.gov)

Office hours, filing of documents, fees, calendars, local rules, general orders, and answers to frequently asked questions relating to bankruptcy.

Eligibility: Individuals seeking relief or resolution under the Bankruptcy Code.

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon-Fri 8am-1pm, 2-4:30pm

**U.S. Census Bureau - New York Regional Office**

32 Old Slip, 9th Floor

New York, NY 10005

Phone: (212) 584-3400

Toll Free: 1-800-991-2520

TTY: (212) 478-4793

Fax: (212) 584-3402

[New.York.Regional.Office@census.gov](mailto:New.York.Regional.Office@census.gov)

[www.census.gov](http://www.census.gov)

Produce U.S. demographic data.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon - Fri 7:30am - 5pm

**Centers For Disease Control and Prevention Lyme Disease Information, U.S. Centers for Disease Control and Prevention**

1600 Clifton Road

Atlanta, GA 30333

Phone: 1-800-232-4636

TTY: 1-888-232-6348

[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

[www.cdc.gov/lyme/](http://www.cdc.gov/lyme/)

Information on prevention, transmission, symptoms, diagnosis, and treatment.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am -8pm

**U.S. Centers for Disease Control and Prevention**

1600 Clifton Road

Atlanta, GA 30333

Phone: 1-800-232-4636

TTY: 1-888-232-6348

[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

[www.cdc.gov](http://www.cdc.gov)

Protect health, promote health and safety, prepare for infectious, occupational, environmental, and terrorist threats.

Language(s) Offered: English

Hours: Mon – Fri; 8am -8pm

**U.S. Centers For Disease Control and Prevention Influenza Information, U.S. Centers for Disease Control and Prevention**

1600 Clifton Road

Atlanta, GA 30333

Phone: 1-800-232-4636

TTY: 1-888-232-6348

[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

[www.cdc.gov/flu/index.htm](http://www.cdc.gov/flu/index.htm)

Information on prevention, transmission, symptoms, diagnosis, and treatment of H1N1 and seasonal influenza.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am -8pm

**U.S. Courts**

Washington, DC 20544

Phone: (202) 502-2600

[www.uscourts.gov](http://www.uscourts.gov)

Protect rights and liberties guaranteed by the Constitution by interpreting and applying the law to resolve disputes.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**U.S. Probation and Pretrial Services Office, U.S. Courts**

202 Harlow Street - Bangor, ME 04401

Phone: **(207) 945-0369**

Fax: **(207) 945-0305**

400 Congress Street - Portland, ME 04101

### **Phone: (207) 780-3358**

### **Fax: (207) 780-3784**

[www.mep.uscourts.gov](http://www.mep.uscourts.gov)

Enforce compliance with conditions of release to the community, reduce risk of additional crimes, reduce risk of flight rather than returning to court as required; assist in accessing substance use disorder treatment, mental health treatment, medical care, training, and employment.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**Buprenorphine Physician and Treatment Program Locator, U.S. Department of Health and Human Services**

Address confidential, Rockville, MD 20857

Phone: 1-877-726-4727

[www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator?field\_bup\_physician\_us\_state\_value=ME](http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator?field_bup_physician_us_state_value=ME)

Online database of physicians who treat with suboxone/buprenorphine or suboxone/buprenorphine treatment programs.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Office for Civil Rights, U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Washington, DC 20201

Phone: 1-800-368-1019

TTY: 1-800-537-7697

[OCRMail@hhs.gov](mailto:OCRMail@hhs.gov)

<https://www.hhs.gov/ocr/index.html>

Enforce federal civil rights laws, conscience and religious freedom laws, the Health Insurance Portability and Accountability Act (HIPAA) Privacy, Security, and Breach Notification Rules, and the Patient Safety Act and Rule.

Eligibility: Health and social service workers, communities and individuals.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fr; 8am - 6pm

**The Elder Care Locator, U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Washington, DC 20201

Phone: 1-800-677-1116

<https://eldercare.acl.gov/Public/Index.aspx>

Connections to state and local area agencies on aging and community-based organizations which assist with safely living independently at home and in the community for as long as possible.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 9am - 8pm

**U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Washington, DC 20201

Phone: 1-877-696-6775

[www.hhs.gov](http://www.hhs.gov)

Programs include prevention of disease, assurance of food and drug safety, administration of Medicare and Medicaid, providing financial assistance and services for low income families, Head Start, prevention of child abuse and domestic violence, substance use disorder treatment and prevention, services for older Americans, including home-delivered meals, comprehensive health services for Native Americans, and medical preparedness for emergencies, including potential terrorism.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8:30am - 5pm

**Department of Homeland Security Citizenship and Immigration Services, U.S. Department of Homeland Security**

176 Gannett Drive

South Portland, ME 04106

Toll Free: 1-800-375-5283

[www.dhs.gov/index.shtm](http://www.dhs.gov/index.shtm)

Information and assistance with citizenship, naturalization, applying for Green Card, Green Card renewals and Green Card replacements, working in the United States in a specialty occupation or as a student, case status and referral follow-ups, adoption of orphans, and uniting with family members; help individuals and employers who need to resolve a problem.

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Temporary Protected Status for Haitians, U.S. Department of Homeland Security**

U.S. Department of Homeland Security

Washington, DC 20528

Phone: 1-800-375-5283

[www.uscis.gov/tps](http://www.uscis.gov/tps)

Designation of Temporary Protected Status to provide a temporary refuge for Haitian nationals whose personal safety would be endangered by returning to Haiti.

Eligibility: Haitian nationals who were in the United States as of January 12, 2010.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Dyas

**U.S. Customs and Border Protection Maine Information, U.S. Department of Homeland Security**

312 Fore Street

Portland, ME 04101

Phone: (207) 771-3600

Fax: (207) 771-3608

<http://cbp.gov>

Supply personnel, equipment, and technology for large and small scale crisis and events as well as day to day rescue efforts for those in trouble along the border; border security; agricultural inspections program; travel information; natural disaster emergency assistance.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 5pm

**U.S. Department of Homeland Security**

Washington, DC 20528

Phone: (202) 282-8000

[www.dhs.gov/index.shtm](http://www.dhs.gov/index.shtm)

The unifying core for the vast national network of organizations and institutions involved in efforts to secure the United States; prevent and deter terrorist attacks and protect against and respond to threats and hazards to the United States; facilitate lawful trade, travel, and immigration.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**HUD Maine, U.S. Department of Housing and Urban Development Bangor Field Office**

202 Harlow Street

Bangor, ME 04401

Phone: (207) 945-0467

TTY: 1-800-877-8339

Fax: (207) 945-0533

[William.D.Burney@hud.gov](mailto:William.D.Burney@hud.gov)

[www.hud.gov/states/maine/offices](http://www.hud.gov/states/maine/offices)

Referrals to housing counseling agencies, predatory lending information, homebuyer assistance programs, HUD homes for sale information, loan information for home improvements and repairs, foreclosure avoidance information, referrals for home weatherization, senior housing, legal assistance referral, referral for assistance with utility bills, disaster relief and emergency referrals, consumer rights referral for housing discrimnation, subsidized housing information, referrals to public housing and the Housing Choice Voucher program, fair housing information, homelessness referrals and services, programs and services that expand affordable housing opportunities, government grant information, special needs housing information.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**U.S. Department of Housing and Urban Development Counseling and Referral Line, U.S. Department of Housing and Urban Development Bangor Field Office**

451 7th Street S.W., Washington, DC 20410

Phone: 1-800-569-4287

TTY: 1-800-877-8339

[www.hud.gov/i\_want\_to/talk\_to\_a\_housing\_counselor](http://www.hud.gov/i_want_to/talk_to_a_housing_counselor)

Telephone referral line provides HUD approved housing counseling services in local area which provide information on buying a home, renting, default, foreclosure avoidance, credit issues or reverse mortgages.

Eligibility: Consumers in need of housing assistance.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Job Corps Center, U.S. Department of Labor**

Penobscot Job Corps Center

1375 Union Street, Bangor, ME 04401

Phone: (207-561-8625

[www.penobscot.jobcorps.gov](http://www.penobscot.jobcorps.gov)

Limestone Job Corps Center

1375 Union Street, Bangor, ME 04401

Phone: (207-561-8625

[www.loring.jobcorps.gov](http://www.loring.jobcorps.gov)

Year-round career technical training provides GED prep, vocational training, drivers education, basic medical/dental services, meals, and clothing stipend; spending allowance; residential dorms to live in; transition support and services upon completion; year-round rolling admissions.

Eligibility: Individuals 16-24 years of age who are U.S. citizens or legal resident; must meet financial guidelines; free from all court obligations; no open court cased, unpaid fines, restitution or community service; students on probation will be assessed on a case

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Occupational Safety and Health Administration, U.S. Department of Labor**

382 Harlow Street

Bangor, ME 04401

[www.osha.gov](http://www.osha.gov)

Answer workplace and occupational health and safety concerns; respond to workplace accidents and catastrophes; address complaints of unsafe or unhealthful working conditions; administer The Whistleblower Program.

Eligibility: Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**U.S. Department of Labor**

200 Constitution Avenue, NW

Washington, DC 20210

Toll Free: 1 -866-487-2365

TTY: 1-877-889-5627

[www.dol.gov](http://www.dol.gov) /

Administer a variety of Federal labor laws including those that guarantee workers' rights to safe and healthful working conditions, a minimum hourly wage and overtime pay, freedom from employment discrimination, unemployment insurance, and other income support.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**National Park Service Access Pass, U.S. Department of the Interior**

Washington, DC 20240

Phone: (202) 208-6843

[feedback@ios.doi.gov](mailto:feedback@ios.doi.gov)

[www.store.usgs.gov/pass/access.html](http://www.store.usgs.gov/pass/access.html)

Lifetime pass to parks and federal recreation areas.

Eligibility: U.S. citizens or permanent residents of any age who have been medically determined to have a permanent disability.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 5pm

**U.S. Department of the Interior**

Washington, DC 20240

Phone: (202) 208-3100

[feedback@ios.doi.gov](mailto:feedback@ios.doi.gov)

[www.doi.gov](http://www.doi.gov)

Manage natural and cultural resources including lands, wildlife, water, and energy.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 5pm

**U.S. Department of the Treasury**

1500 Pennsylvania Avenue, NW

Washington, DC 20220

Phone: (202) 622-2000

Fax: (202) 622-6415

[www.ustreas.gov](http://www.ustreas.gov)

Manage Federal finances, collect taxes, supervise national banks and thrift institutions, investigate and prosecute tax evaders, counterfeiters, and forgers, manage Government accounts and public debt, advise on domestic and international financial, monetary, economic, trade, and tax policy.

Language(s) Offered: English

Hours: Mon – Fri; 6am - 7pm

**Bangor Mental Health Outpatient Clinic, U.S. Department of Veterans Affairs**

304 Hancock Street, Suite 2D

Bangor, ME 04401

Phone: (207) 561-3651

After Hours: 1-877-461-8263

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

Outpatient clinic provides medication management, individual counseling for mental health, individual counseling and support groups for substance use disorder, dual diagnosis group, military sexual trauma, dialectic behavioral therapy skills training group, and non-combat Post Traumatic Stress Disorder Group.

Eligibility: Eligible veterans.

Cost: Vary

Forms of Payment:

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**Bingham Outreach Clinic Mobile Medical Unit, U.S. Department of Veterans Affairs**

241 Main Street

Bingham, ME 04920

Phone: 1-866-961-9263

Fax: 1-866-913-0764

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

Mobile medical unit provides primary care, preventive health services, and mental health services.

Eligibility: Eligible veterans.

Cost: Vary

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: Tue 7:30am - 4pm; Wed 7:30am - 4pm

**Boston Shuttle, U.S. Department of Veterans Affairs**

1 VA Center, Building 200, Main Lobby

Augusta, ME 04330

Phone: 1-877-421-8263 x5239

[www.maine.va.gov/visitors/Shuttle\_Schedule.asp](http://www.maine.va.gov/visitors/Shuttle_Schedule.asp)

Shuttle to Jamaica Plains and West Roxbury VA Medical Center from Augusta, Freeport, Westbrook, and Kennebunk.

Eligibility: Veterans.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am – 4:30pm

|  |  |  |
| --- | --- | --- |
| **Facility** | **Address** | **Phone** |
| [VA Maine Healthcare System - Togus](http://www.maine.va.gov/) | 1 VA Center  Augusta, ME 04330 | 207-623-8411 Or  207-623-8411 |
| [Fort Kent Access Point Clinic](http://www.maine.va.gov/locations/fort_kent.asp) | 3 Mountain View Drive  Fort Kent, ME 04743 | 207-834-1572 |
| [Houlton Satellite Clinic](http://www.maine.va.gov/locations/houlton.asp) | Houlton Regional Hospital - 20 Hartford Street  Houlton, ME 04730 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Mobile Medical Unit](http://www.maine.va.gov/locations/Mobile_Medical_Unit.asp) | 241 Main Street  Bingham, ME 04920 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Aroostook County (Caribou) Community Based Outpatient Clinic](http://www.maine.va.gov/locations/caribou.asp) | 163 Van Buren Drive, Ste 6  Caribou, ME 04736 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Bangor Community Based Outpatient Clinic](http://www.maine.va.gov/locations/bangor.asp) | 35 State Hospital Drive  Bangor, ME 04401 | 207-561-3600 |
| [Calais Outpatient Clinic](http://www.maine.va.gov/locations/calais.asp) | 50 Union St  Calais, ME 04619 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Lewiston/ Auburn Community Based Outpatient Clinic](http://www.maine.va.gov/locations/lewiston_auburn.asp) | 15 Challenger Drive  Lewiston, ME 04240 | 207-330-2700 Or  877-421-8263 X 2700 |
| [Lincoln Community Based Outpatient Clinic](http://www.maine.va.gov/locations/lincoln.asp) | 99 River Road  Lincoln, ME 04457 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Portland Community Based Outpatient Clinic](http://www.maine.va.gov/locations/portland.asp) | 144 Fore Street  Portland, ME 04101 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Rumford Community Based Outpatient Clinic](http://www.maine.va.gov/locations/rumford.asp) | 431 Franklin St.  Rumford, ME 04726 | 207-369-3200 |
| [Saco Community Based Outpatient Clinic](http://www.maine.va.gov/locations/saco.asp) | 655 Main Street  Saco, ME 04072 | 207-623-8411 X 7490 Or  877-421-8263 X 7490 |
| [Bangor Vet Center](https://www.va.gov/DIRECTORY/guide/facility.asp?id=5433&dnum=ALL) | 615 Odlin Road, Suite 3  Bangor, ME 04401 | 207-947-3391 |
| [Lewiston Vet Center](https://www.va.gov/DIRECTORY/guide/facility.asp?id=5435&dnum=ALL) | 35 Westminster St.  Lewiston, ME 04240 | 207-783-0068 |
| [Northern Maine Vet Center](https://www.va.gov/DIRECTORY/guide/facility.asp?id=5434&dnum=ALL) | 456 York Street   Caribou, ME 04736 | 207-496-3900 |
| [Portland Vet Center](https://www.va.gov/DIRECTORY/guide/facility.asp?id=5438&dnum=ALL) | 475 Stevens Ave.  Portland, ME 04103 | 207-780-3584 |
| [Sanford Vet Center](https://www.va.gov/DIRECTORY/guide/facility.asp?id=5439&dnum=ALL) | 628 Main Street  Springvale, ME 04083 | 207-490-1513 |

**Community Based Outpatient Clinic, U.S. Department of Veterans Affairs**

Locations pasted above

Toll Free: 1-877-421-8263 x3600

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

Primary care and preventive health services, mental health services, health promotion and disease prevention, medical benefits counseling, smoking cessation.

Eligibility: Eligible veterans.

Cost: Vary

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Dental Services, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411

Toll Free: 1-877-421-8263

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

Endodontics, general dentistry, oral surgery, periodontics, prosthodontics, restorative services.

Eligibility: Veterans.

Cost: Vary

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4pm

**Family and Veterans Support Group, U.S. Department of Veterans Affairs**

209 Eastern Avenue, Augusta, ME 04330

Phone: (207) 557-5513

[www.va.gov](http://www.va.gov)

Support group for Veterans living with mental health issues including PTSD, bi-polar disorder, schizophrenia, and anxiety disorder; families and friends welcome.

Cost: No Cost

Uninsured Accepted:

Hours: 2nd Wed 6-7:30pm

**Geriatrics and Extended Care, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411

Toll Free:

1-877-421-8263 x 5029

[www.maine.va.gov/services/geriatrics.asp](http://www.maine.va.gov/services/geriatrics.asp)

Geriatric primary care, geriatric psychiatry consultations, geriatric evaluation, inpatient and outpatient care, special care dementia unit, contract nursing home care program, respite, palliative care, rehabilitation.

Eligibility: Senior veterans or veterans needing long-term care who are enrolled and receiving care in the VA health care system and having a referral/consult from the VA provider.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Health Care Benefits, U.S. Department of Veterans Affairs**

Washington, DC 20420

Toll Free: 1-877-222-8387

[www.va.gov/healthbenetfits/apply/](http://www.va.gov/healthbenetfits/apply/)

Information on how to enroll in VA health care, copies of VA health care enrollments forms, address or phone number of VA medical centers or outpatient clinics throughout the country, information on how to reach the local Regional Benefits Office.

Eligibility: Veterans.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Home Based Primary Care, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411

Toll Free: 1-877-421-8263 x4665

[www.maine.va.gov/services/geriatrics.asp](http://www.maine.va.gov/services/geriatrics.asp)

Home based primary care, home telehealth care, adult day health care, community nursing home care, skilled home care, home hospice care, and home IV therapy provided in veterans homes and community settings.

Eligibility: Veteran must be currently enrolled for VA healthcare and have a referral/consult from the VA provider.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Medical Foster Home Program, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411 x 4558

Toll Free: 1-877-421-8263

[www.maine.va.gov/services/medical\_foster.asp](http://www.maine.va.gov/services/medical_foster.asp)

Safe long term, home-like environment provides private/semi-private room, 24 hour supervision, safeguards against abuse, flexibility in daily routine, and possibility of pets.

Eligibility: Veterans who are unable to remain in their own homes because of health issues.

No VA fee; cost is determined by the amount of assistance required by the individual Veteran and is negotiated between the Veteran and the home provider.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Mental Health, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411 x5515

Toll Free: 1-877-421-8263 x5515

Toll Free: 1-877-421-8263 X4443

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

Consultations, evaluations, and treatments for mental health conditions including depression, anxiety, addictive behaviors, relationship problems, stress from medical problems and/or pain,emotional problems including managing anger, PTSD, confused thinking, troublesome thoughts or ideas, vocational issues, aggressive or self harming behavior, and memory problems.

Eligibility: Eligible veterans.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**National Call Center for Homeless Veterans, U.S. Department of Veterans Affairs**

810 Vermont Avenue NW

Washington, DC 20420

Toll Free: 1-877-424-3838

[www.va.gov/homeless/](http://www.va.gov/homeless/)

Telephone assistance or online chat with trained VA responder for homeless services and resources including employment programs, mental health, health care, and safe housing; homeless veterans community outreach materials include posters and brochures.

Eligibility: Veterans who are homeless or at risk of homelessness and families.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Outreach Clinic, U.S. Department of Veterans Affairs**

Table of locations pasted pages prior

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

Primary care, preventive health services, mental health services.

Eligibility: Eligible veterans.

Cost: Vary

Language(s) Offered: English

Hours:

**Portland Mental Health Outpatient Clinic, U.S. Department of Veterans Affairs**

144 Fore Street

Portland, ME 04101

Phone: (207) 771-3500

Toll Free: 1-877-421-8263

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

Outpatient clinic provides mental health services which include treatment for anxiety and depression and other major mental illnesses, post traumatic stress disorder, individual and group therapy for chemical dependency, treatment for military sexual trauma, and medication management; substance use disorder treatment, smoking cessation program, Clozaril clinic, Suboxone intensive outpatient clinic, home-based primary care.

Eligibility: Veterans.

Cost: Vary

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: Mon – Fri; 8am-4:30pm Closed Federal holidays.

**Prescription Refill Line, U.S. Department of Veterans Affairs**

1 VA Center, Room 200, E107

Augusta, ME 04330

Phone: (207) 623-5770

Toll Free:

1-877-421-8263 x 5770

[www.maine.va.gov/services/pharmacy.asp](http://www.maine.va.gov/services/pharmacy.asp)

24 hour automated refill line and Internet refill; refills should be ordered online at least 10 days prior to when refill is due; prescriptions cannot be refilled at the VA Maine pharmacy window.

Eligibility: VA Maine patients.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Primary Care, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Toll Free: 1-877-421-8263 x7490

TTY: 1-800-829-4833

[www.va.gov](http://www.va.gov)

Cancer screening, high cholesterol treatment, chronic obstructive pulmonary disease treatment, diabetes prevention and treatment, flu vaccine, high blood pressure prevention and treatment, treatment of obesity, osteoporosis treatment, prostate disease prevention and treatment, smoking cessation; Primary Care Telephone Assistance Program for health care advice and information, medication information, and appointment information.

Eligibility: Eligible veterans.

Cost: Vary

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**Primary Care Telephone Assistance, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Toll Free: 1-877-421-8623 x7490

After Hours: 1-866-757-7503

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

Health care advice and information, medication information, appointment information.

Eligibility: Veterans.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am – 7:30pm

**Returning Service Members, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411

Toll Free: 1-877-421-8263 x3078

[www.maine.va.gov/services/returning/](http://www.maine.va.gov/services/returning/)

Information about the benefits the VA provides, eligibility, and family support services.

Eligibility: Veterans who served in Operation Enduring Freedom, Operation Iraqi Freedom and/or Operation New Dawn.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**Suicide Prevention Program, U.S. Department of Veterans Affairs**

1 VA Way

Augusta, ME 04330

Phone: (207) 623-8411 x5515

Toll Free: 1-877-421-8263

Hotline: 1-800-273-8255 x1

[www.mentalhealth.va.gov/suicide\_prevention/](http://www.mentalhealth.va.gov/suicide_prevention/)

Individual and group therapy to high risk suicidal veterans; couples therapy; family therapy; suicide prevention counselor available for consultation where clinician, family member or agency needs help with a suicidal veteran; train outside agencies on effective suicide interventions; satellite offices available.

Eligibility: Veterans who received honorable discharge from the military and have a medical or mental health condition as a result of time in the military; veterans who are unsure of eligibility status should contact the enrollment department at Togus at 207-623-8411.

Cost: No Cost, Low Cost

Veterans who are eligible for care through the VA either pay co-pays or no fee depending on level of service connection and income.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**The Suboxone Program, U.S. Department of Veterans Affairs**

73 Washington Avenue

Portland, ME 04101

Phone: (207) 771-3500

Toll Free: 1-877-421-8643

TTY: 1-800-829-4833

Fax: (207) 771-3577

[www.va.gov](http://www.va.gov)

Intensive outpatient opiate replacement treatment program 4 days a week for 4 weeks utilizes pharmacotherapy in the form of suboxone; monitored by a staff psychiatrist in conjunction with psycho-educational groups; after care groups once a week and individual support.

Eligibility: Veterans with opiate addiction who are medically and psychiatrically stable, competent to manage medication without supervision, have no pending legal issues, have stable living arrangement, and are willing to give up other drugs of abuse.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**U.S. Department of Veterans** **Affairs**

810 Vermont Avenue, NW,

Washington, DC 20420

Phone: 1-800-827-1000

TTY: 1-800-829-4833

[www.va.gov](http://www.va.gov)

Health care, mental health services, substance use disorder services, vocational rehabilitation and employment, education and training, home loans, life insurance, dependents and survivors services, burial.

Eligibility: Veterans and their dependents, surviving spouse, child or parent of a deceased veteran, an active duty military service member or a member of the Reserve or National Guard.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**U.S. Department of Veterans Affairs Loan Administration, U.S. Department of Veterans Affairs**

810 Vermont Avenue, NW

Washington, DC 20420

Phone: 1-800-827-0336

[NH\_LA@vba.va.gov](mailto:NH_LA@vba.va.gov)

[www.va.gov](http://www.va.gov)

Supplemental service to mortgage holder to ensure veterans receive the maximum opportunity to keep home includes payment or forbearance plan, refunding, short sale or compromise sale program, and a Deed-in-Lieu of Foreclosure; information on Guaranteed VA Mortgage.

Eligibility: Veterans with delinquent mortgage loans.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am – 4pm

**VA Caregiver Support, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411

Toll Free: 1-877-421-8263 x5906

[www.caregiver.va.gov/help\_landing.asp](http://www.caregiver.va.gov/help_landing.asp)

Licensed professionals offer information about assistance available from the VA, help access services and benefits, and provide local family Caregiver Support Coordinator contact information.

Eligibility: Family or friends who care for a veteran.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri 8am - 11pm; Sat 10:30am - 6pm

**VA Maine Medical Center, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411

Toll Free: 1-877-421-8263

Fax: (207) 623-5792

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

General medical, surgical, intermediate, and mental health beds; nursing home; dementia unit; prosthetic equipment; 24 hour emergency care; transportation if eligible.

Eligibility: Veterans.

Cost: Vary

Fees can be supplemented by private insurance.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Vet Center, U.S. Department of Veterans Affairs**

Various Locations – Table pasted on prior pages

[www.vetcenter.va.gov/](http://www.vetcenter.va.gov/)

Readjustment counseling and outreach services include individual counseling, group counseling, marital and family counseling, bereavement counseling, medical referrals, assistance in applying for VA benefits, employment counseling, guidance and referral, alcohol and drug assessments, information and referral to community resources, and military sexual trauma counseling and referral.

Eligibility: Veterans who have served in combat zone or war zone; survivors of military sexual trauma, no documentation of trauma required, only DD214; survivors of military personnel who died on active duty.

Cost: No Cost

Language(s) Offered: English

**Veterans Administration Benefits Office Togus Regional Office, U.S. Department of Veterans** **Affairs**

Alexandria, VA 22314

Toll Free: 1-800-827-1000

Information about VA disability, education, home loan, life insurance, vocational rehabilitation, employment, and survivors and dependent's benefits.

Eligibility: Veterans and their immediate family members.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Veterans Crisis Line, U.S. Department of Veterans Affairs**

VA National Call Center

Washington, DC 20420

Toll Free: 1-800-273-8255 x1

[www.veteranscrisisline.net/](http://www.veteranscrisisline.net/)

Confidential crisis services provided by trained mental health professional available by toll free hotline, online chat, or text; callers are immediately connected with provider; support for deaf and hard of hearing individuals available.

Eligibility: Veteran in crisis or a friend/family member of a Veteran in crisis.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Veterans Justice Outreach Program, U.S. Department of Veterans** **Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 713-2943

(207) 623-8411 x5408

Fax: (207) 771-3578

Linkage program with some case management assesses health care needs, identifies appropriate VA and non-VA services, refers and links Veteran to comprehensive health care services, and provides information and education about PTSD and TBI.

Eligibility: Veterans involved in the criminal justice system; eligibility is based upon veteran's discharge from active military service under honorable conditions, a general discharge or a discharge under honorable conditions.

Cost: No Cost

Eligible for VA benefits.

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**Voluntary Transportation Network, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: 1-877-421-8263 x5790

[www.maine.va.gov/visitors/DAV\_transportation.asp](http://www.maine.va.gov/visitors/DAV_transportation.asp)

Transportation network links veterans throughout the state of Maine to the Togus VAMC; volunteer drivers.

Eligibility: Veterans; cannot accommodate veterans who are wheelchair patients or veterans on oxygen except for shoulder carried oxygen canisters.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 4pm

**Women's Health Care, U.S. Department of Veterans Affairs**

1 VA Center

Augusta, ME 04330

Phone: (207) 623-8411 x4017

Toll Free: 1-877-421-8263 x4017

[www.maine.va.gov/services/women/index.asp](http://www.maine.va.gov/services/women/index.asp)

Comprehensive medical care services include cancer screenings, diabetes prevention and treatment, gynecology, menopause treatment, reproductive health care, breast exams and mammography, osteoporosis, high blood pressure prevention and treatment, high cholesterol treatment, flu vaccine, chronic pulmonary obstructive disorder, mental health including PTSD, smoking cessation, treatment for obesity, substance use disorder, Military Sexual Trauma treatment; patients will be referred to other VA facilities or to the community for any service not available at VA Maine Healthcare System; Primary Care Telephone Assistance Program for health care advice and information, medication information, and appointment information.

Eligibility: Women who have served in the Armed Forces.

Cost: Fees based on eligibility and priority categories.

Fees based on eligibility and priority categories.

Language(s) Offered: English

Hours: Mon – Fri; 7:30am - 4pm

**U.S. Food and Drug Administration, U.S. Food and Drug Administration**

10903 New Hampshire Avenue

Silver Spring, MD 20993

Phone: 1-888-463-6332

Toll Free: 1-888-463-6332

After Hours: 1-866-300-4374

1-800-891-8295

[www.fda.gov](http://www.fda.gov)

Ensure that foods are safe, wholesome, and correctly labeled; oversee medicines, medical devices, blood products, vaccines, cosmetics, veterinary drugs, animal feed, and electronic products that emit radiation to ensure that products are safe and effective.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Adult Residential, United Cerebral Palsy of Maine (UCP of Maine)**

700 Mount Hope Avenue, Suite 320

Bangor, ME 04401

Phone: (207) 941-2952

Fax: (207) 941-2955

[www.ucpofmaine.org/services/adult-residential/](http://www.ucpofmaine.org/services/adult-residential/)

Supported living homes offer individualized, home-like environment and provide the greatest level of independence possible while maintaining a level of safety.

Eligibility: Adults 18 years of age and older who have a diagnosis of intellectual disability, developmental disability or Autism Spectrum Disorder.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Elizabeth Levinson Center, United Cerebral Palsy of Maine (UCP of Maine)**

159 Hogan Road

Bangor, ME 04401

Phone: (207) 992-0600

Fax: (207) 992-0682

[elc@ucpofmaine.org](mailto:elc@ucpofmaine.org)

[www.ucpofmaine.org/services/elc/](http://www.ucpofmaine.org/services/elc/)

Intermediate care facility promotes independence and provides nursing care, developmental therapy, community integration, and enrichment programs.

Eligibility: Medically fragile children and adults with intellectual and physical disabilities who need at least 8 hours of nursing service per day and are covered by MaineCare.

Call for details.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Languages Offered: English

Hours: Mon - Fri; 8am - 4pm

**Bridges Early Intervention/Preschool, UCP of Maine**

700 Mount Hope Avenue, Suite 320

Bangor, ME 04401

Phone: (207) 941-2952 x333

Fax: (207) 941-2955

[www.ucpofmaine.org/services/early-childhood-services/](http://www.ucpofmaine.org/services/early-childhood-services/)

Center based program provides 1-on-1 behavioral and/or educational support and works on individual needs while participating in age appropriate activities, both with peers and individually, which include art, music and movement, playground time, circle time, and table activities; half day and full day sessions provided; snack provided.

Eligibility: Children 2.5-6 years of age who require individualized supports for behavioral, developmental, motor, sensory, or social needs.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Home and Community Based Treatment, UCP of Maine**

700 Mount Hope Avenue, Suite 320

Bangor, ME 04401

Phone: (207) 941-2952

Fax: (207) 941-2955

[www.ucpofmaine.org/services/hct/](http://www.ucpofmaine.org/services/hct/)

Short term intensive home-based therapy addresses issues such as Autism Spectrum Disorder, anxiety, depression, aggression, ADHD, severe family stress related to addictions, trauma, high conflict divorce or loss.

Eligibility: Children from birth through 20 years of age and their families who are struggling with emotional and behavioral difficulties.

Cost: Fixed Cost

Accepted Insurance: MaineCare

Additional funding may be available if client does not have MaineCare.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**United States Postal Services**

475 L'Enfant Plaza SW, Room 4012

Washington, DC 20260

Toll Free: 1-800-275-8777

TTY: 1-877-889-2457

[www.usps.com](http://www.usps.com)

Post office hours and locations, zip code information, mailing prices; 24-hour automated information.

Cost: Vary

Forms of Payment: Cash; Credit Card

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon - Fri 8am - 8:30pm; Sat 8am - 6pm

**United States Representative Jared Golden**

7 Hatch Drive, Suite 230

Caribou, ME 04736

Phone: (207) 492-6009

Phone: (202) 225-6306 (DC Office)

Fax: (202) 225-2943

[golden.house.gov/](https://golden.house.gov/)

Handle constituent difficulties with federal agencies.

Eligibility: Constituents living in District 2.

Call for details.

Languages Offered: English; interpreters available.

Hours: Mon – Fri; 8:30am - 5:30pm

**United States Senator Angus King**

167 Academy Street – Suite A

Presque Isle, ME 04769

Phone: 207-764-5124

Toll Free: 1-800-432-1599

Phone: (202) 224-5344 (DC Office)

[king\_constituent@king.senate.gov](mailto:king_constituent@king.senate.gov)

[www.king.senate.gov](http://www.king.senate.gov)

Assist with problems associated with any federal government agency.

Eligibility: Residents of Maine.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 5:30pm

**United States Senator Susan Collins**

25 Sweden Street – Suite A

Caribou, ME 04736

Phone: (207) 493-7873 (Caribou Office)

Phone: (202) 224-2523 (DC Office)

Fax: (202) 224-2693

[**scheduling@collins.senate.gov**](mailto:scheduling@collins.senate.gov?subject=Scheduling%20Request)

[www.collins.senate.gov](http://www.collins.senate.gov)

Assist with problems associated with any federal government agency.

Eligibility: Residents of Maine.

Languages Offered: English

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am - 5:30pm

**Dolly Parton's Imagination Library, United Way of Aroostook**

830 Main Street, Unit 4

Aroostook Centre Mall

Presque Isle, ME 04769

Phone: (207) 764-5197

Fax: (207) 764-8566

[www.unitedwayaroostook.org/imagination-library/](http://www.unitedwayaroostook.org/imagination-library/)

Age appropriate free book monthly for pre-school children.

Eligibility: Children from birth-5 years of age living in Aroostook.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8:30am – 4:30pm

**FamilyWize Community Service Partnership, United Way of Aroostook**

830 Main Street, Unit 4, Aroostook Centre Mall

Presque Isle, ME 04769

Phone: (207) 764-5197

Fax: (207) 764-8566

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

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

Distribute free prescription discount cards to present with each prescription at time of purchase for drugs not covered by insurance; participating pharmacies offer average savings of 40%.

Eligibility: Individuals who are uninsured or underinsured can use the discount card for all prescriptions; individuals who are insured can use the prescription card for prescriptions not covered.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8:30am – 4:30pm

**United Way of Aroostook**

830 Main Street, Unit 4, Aroostook Centre Mall

Presque Isle, ME 04769

Phone: (207) 764-5197

Fax: (207) 764-8566

[sarah@unitedwayaroostook.org](mailto:sarah@unitedwayaroostook.org)

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

Raise and invest funds in effective human service programs; promote volunteerism and work with partners to create and strengthen services that get to the heart of the problems that matter most to Aroostook County.

Eligibility: Must be a 501C(3) not for profit agency which provides services to Aroostook County to be considered for funding; volunteer opportunities open to all.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8:30am – 4:30pm

VolunteerME Aroostook, United Way of Aroostook

830 Main Street, Unit 4

Aroostook Centre Mall

Presque Isle, ME 4769

Phone: (207) 764-5197

Fax: (207) 764-8566

[sarah@unitedwayaroostook.org](mailto:sarah@unitedwayaroostook.org)

[www.volunteer.unitedwayaroostook.org/](http://www.volunteer.unitedwayaroostook.org/)

Local online directory of volunteer opportunities; train and provide information regarding volunteer management; community volunteer projects throughout the year.

Eligibility: Individuals interested in volunteer work.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8:30am – 4:30pm

**FamilyWize Community Service Partnership, United Way of the Tri-Valley Area**

218 Fairbanks Road

Farmington, ME 04938

Phone: (207) 778-5048

Toll Free: 1-800-300-3301

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

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

Distribute free prescription discount cards to present with each prescription at time of purchase for medications not covered by insurance; participating pharmacies offer average savings of 40%.

Eligibility: Individuals who are uninsured or underinsured can use the discount card for all prescriptions; individuals who are insured can use the prescription card for prescriptions not covered.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8:30am - 4:30pm

**FamilyWize Community Service Partnership, United Way of York County**

36 Water Street

Kennebunk, ME 04043

Phone: (207) 985-3359

Toll Free: 1-800-300-3301

Fax: (207) 985-3564

[prescriptioncard@buildcommunity.org](mailto:prescriptioncard@buildcommunity.org)

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

Distribute free prescription discount cards to present with each prescription at time of purchase for drugs not covered by insurance; participating pharmacies offer average savings of 40%.

Eligibility: Individuals who are uninsured or underinsured can use the discount card for all prescriptions; individuals who are insured can use the prescription card for prescriptions not covered.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8:30am – 4:30 pm

**Loraine J. Spenciner Curriculum Center, University of Maine System**

186 High Street

Farmington, ME 04938

Phone: (207) 778-7895; (207) 778-7210

[web-mantor@umf.maine.edu](mailto:web-mantor@umf.maine.edu)

[www.umf.maine.edu/cmc](http://www.umf.maine.edu/cmc)

Educational materials and assistive technology collection provides opportunities for patrons to field test and evaluate assistive technology for use in classroom and individual settings, instruction in use of assistive technology items, and assistance with other education-specific needs; open during academic year.

Eligibility: Maine teaching professionals, homeschoolers, parents of children with developmental and physical disabilities from birth-20 years of age; service providers serving individuals with disabilities and their families.

Cost: No Cost

Forms of Payment:

Accepted Insurance:

Uninsured Accepted: Yes

No cost for library card; individuals are responsible for the replacement cost of any book or item that is damaged or lost.

Language(s) Offered: English

Hours: Mon – Fri; 9am – 5pm

**Maine AgrAbility, University of Maine System**

138 Pleasant Street, Suite 1

Farmington, ME 04938

Phone: (207) 944-1533

Toll Free: 1-800-287-1478

TTY: 37073

Fax: [maine.agrability@maine.edu](mailto:maine.agrability@maine.edu)

[www.extension.umaine.edu/agrability](http://www.extension.umaine.edu/agrability)

Statewide resources, tools, and connections to make farming safer and more productive; educational programming on agricultural health and safety issues.

Eligibility: Maine farmers, farm family members, and farm workers with chronic health conditions or disabilities.

Cost: No Cost

Uninsured Accepted: Yes

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**Maine Autism Institute for Education and Research, University of Maine System**

5766 Shibles Hall, Room 234

Orono, ME 04469

Phone: (207) 581-2352

TTY: 37073

[maineautisminstitute@maine.edu](mailto:maineautisminstitute@maine.edu)

[www.umaine.edu/autisminstitute/](http://www.umaine.edu/autisminstitute/)

Professional development, technical assistance, and coaching; graduate level courses focused on Autism; early intervention services.

Eligibility: Maine agencies and school districts working with young children and students with Autism Spectrum Disorders and their families; children from birth-3 years of age and their families for early intervention services.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 9am – 5:30pm

**Maine Educational Opportunity Center, University of Maine System**

314 Chadbourne Hall, University of Maine

Orono, ME 04469

Phone: (207) 581-3711

Toll Free: 1-800-281-3703

(207) 581-3711

Fax: (207) 581-2532

[kkeim@maine.edu](mailto:kkeim@maine.edu)

[www.meoc.maine.edu](http://www.meoc.maine.edu)

Statewide college planning workshops; assist with the financial aid process and career planning.

Eligibility: Individuals 19 years of age and older who do not already have a 4 year college degree, meet income guidelines, and are facing barriers to higher education.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Maine Educational Talent Search, University of Maine System**

314 Chadbourne Hall, University of Maine

Orono, ME 04469

Phone: (207) 581-3736

Toll Free: 1-800-540-2522

Fax: (207) 581-2532

[kkeim@maine.edu](mailto:kkeim@maine.edu)

[www.mets.maine.edu/](http://www.mets.maine.edu/)

Academic preparation and support for post-secondary education.

Eligibility: Students in Grades 6-12 who are recognized by school guidance counselors or teachers as facing significant barriers to graduation and higher education; families must meet income guidelines.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Maine Roads to Quality Professional Development Network, University of Maine System**

34 Bedford Street, Wishcamper Center

Portland, ME 04101

Toll Free: 1-888-900-0055

Fax: (207) 780-5817

[pamela.soucy@maine.edu](mailto:pamela.soucy@maine.edu)

[www.muskie.usm.maine.edu/maineroads/](http://www.muskie.usm.maine.edu/maineroads/)

Statewide training to early care and education professionals working in child care centers, family child care homes, before and after school programs, and public preschools; trainings held in evenings and on weekends.

Eligibility:

Cost: No Cost, Low Cost

Forms of Payment: Check

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

Senior Companion Program, University of Maine System

260 Main Street, Suite B, Presque Isle, ME 04769

25 School Street, Houlton, ME 04730

[cynthia.whitney@maine.edu](mailto:cynthia.whitney@maine.edu)

[www.umaine.edu/seniorcompanion/](http://www.umaine.edu/seniorcompanion/)

Volunteer program with small stipend and mileage reimbursement provides non-medical assistance to homebound elders or isolated adults so they are able to remain in their home; opportunity to remain, regain or acquire independence; volunteer opportunities.

Eligibility: Individuals who are low income and 55 years of age and older; non-taxed stipend dependent upon income eligibility.

Cost: No Cost

Language(s) Offered: English; interpreters available.

**The University of Maine Center for Community Inclusion and Disability Studies, University of Maine System**

5717 Corbett Hall, Room 234

Orono, ME 04469

Phone: (207) 581-1084

Toll Free: 1-800-203-6957

TTY: 711

Fax: (207) 581-1231

[ccidsmail@maine.edu](mailto:ccidsmail@maine.edu)

[www.ccids.umaine.edu](http://www.ccids.umaine.edu)

Interdisciplinary undergraduate and graduate education; research, evaluation, and policy analysis; community engagement, technical assistance, and dissemination of information that reflect culturally competent attitudes and practices.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30 pm

**Tick ID Lab, University of Maine System**

491 College Avenue

Orono, ME 04473

Phone: (207) 581-3880

TTY: 711

[tickID@maine.edu](mailto:tickID@maine.edu)

[www.extension.umaine.edu/ipm/tickid/](http://www.extension.umaine.edu/ipm/tickid/)

Instructions on how to submit a tick for identification, list of different tick species in Maine and photo gallery, information on tick biology, safe removal, and management.

Eligibility: Individuals who need information on ticks.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am - 4:30pm

**UMaine Center on Aging, University of Maine System**

25 Texas Avenue, Camden Hall

UMA Bangor Campus

Bangor, ME 04401

Phone: (207) 262-7920

TTY: 711

Fax: (207) 262-7921

[paula.burnett@maine.edu](mailto:paula.burnett@maine.edu)

[www.umaine.edu/mainecenteronaging](http://www.umaine.edu/mainecenteronaging)

University-wide interdisciplinary center specializes in trainings on aging related topics, specialized continuing education, information and resource center for persons interested in the study of aging related topics, organize special programs for community elders and their families, offer technical assistance and consultation for aging related programs.

Eligibility: Community organizations, agencies, businesses, and corporations; community elders and families.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**UMaine Cooperative Extension, University of Maine System**

57 Houlton Road, Presque Isle, ME 04769

34 Armory Road, Fort Kent, ME 04743

[www.extension.umaine.edu/](http://www.extension.umaine.edu/)

Resources on agriculture, business and community, energy, food and health, gardening and horticulture, home, family, youth development programs including 4-H, natural resources, pests and plant disease management, and safety and preparedness.

Eligibility: Farmers, small business owners, parents, children, and consumers.

Cost: No Cost, Low Cost

Forms of Payment: Cash; Check

Language(s) Offered: English

**UMaine Extension Eat Well Nutrition Program, University of Maine System**

57 Houlton Road, Presque Isle, ME 04769

34 Armory Road, Fort Kent, ME 04743

Phone: 1-800-287-1458

[www.extension.umaine.edu/](http://www.extension.umaine.edu/)

Learn how to prepare healthy meals and snacks, save money on groceries, expand cooking skills, keep food safe to eat, and maintain a healthy weight.

Eligibility: Income-eligible adults with children participate in individual or group lessons and classes; income eligible adolescents can participate in classes in schools and other community settings.

Cost: No Cost

Language(s) Offered: English

**University College, University of Maine System**

18 Military Street

Houlton, ME 04730

Phone: 1-800-868-7000

[ucls@maine.edu](mailto:ucls@maine.edu)

[www.learn.maine.edu](http://www.learn.maine.edu)

Opportunity to take courses, pursue degrees, and receive needed support to earn a degree close to home and on schedules that fit into family and work lives; courses are taught by faculty on-site, online, via interactive television or 2 way videoconferencing.

Eligibility: Individuals 16 years of age and older with a high school diploma or GED for degree programs.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Language(s) Offered: English

**University of Augusta Bangor Dental Hygiene Clinic, University of Maine System**

201 Texas Avenue

Bangor, ME 04401

Phone: (207) 262-7872

TTY: 37073

Fax: (207) 262-7871

[bearor@maine.edu](mailto:bearor@maine.edu)

[www.uma.edu/academics/programs/](http://www.uma.edu/academics/programs/)

Oral exams, dental cleanings, fluoride treatments, sealants, athletic mouth guards, x-rays, oral hygiene instructions; services provided by dental hygiene students under close faculty supervision; services available September through April.

Eligibility: Individuals in need of dental care.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Payment required the day of service.

Language(s) Offered: English

**University of Maine, University of Maine System**

1 University Drive

Bangor, ME 04401

Phone: (207) 581-1865

TTY: 37073

[www.umaine.edu](http://www.umaine.edu)

4 year public college.

Eligibility:

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

Federal and institutional assistance is available to degree-seeking students; payment plans are available.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**University of Maine School of Law Programs, University of Maine System**

246 Deering Avenue

Portland, ME 04102

Phone: (207) 780-4355

TTY: 711

[mainelaw@maine.edu](mailto:mainelaw@maine.edu)

[www.mainelaw.maine.edu](http://www.mainelaw.maine.edu)

Law school, joint degree programs with University of Maine School of Business, USM School of Business, and USM Muskie School of Public Service.

Cost: Vary

Forms of Payment: Cash; Check; Credit Cards

To apply for financial aid, students must complete a Free Application for FAFSA.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**University of Maine System**

16 Central Street

Bangor, ME 04401

Phone: (207) 973-3200

TTY: 37073

Fax: (207) 973-3209

[moreinfo@maine.edu](mailto:moreinfo@maine.edu)

[www.maine.edu](http://www.maine.edu)

Public universities, University College regional outreach centers, law school, University of Maine Cooperative Extension.

Cost: Vary

Forms of Payment: Cash; Credit Cards; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 8am – 5pm

**University of Southern Maine, University of Maine System**

96 Falmouth Street

Portland, ME 04104

Phone: (207) 780-4141

Toll Free: 1-800-800-4876

TTY: (207) 780-5646

[www.usm.maine.edu](http://www.usm.maine.edu)

Bachelor's, Master's, and Ph.D. programs, professional certificates, online degree programs; students available for volunteer opportunities for nonprofit programs and to serve local businesses as interns; campuses in Gorham, Lewiston-Auburn, Portland.

Eligibility:

Cost: Vary

Forms of Payment: Cash; Credit Cards; Money Order

Federal and institutional assistance is available to degree-seeking students; payment plans are available.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Veterans Education and Transition Services, University of Maine System**

5748 Memorial Union

Orono, ME 04469

Phone: (207) 581-1316

TTY: 37073

Fax: (207) 581-9338

[um.veterans@maine.edu](mailto:um.veterans@maine.edu)

[www.umaine.edu/veterans/](http://www.umaine.edu/veterans/)

Information and referral to programs and resources at the University of Maine, surrounding community, and other agencies; facilitate administration of Veterans Educational Benefits; certify enrollment to the VA for each semester; support and advocacy.

Eligibility: Veteran students and dependents attending the University of Maine.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4pm

**Warm Line, University of Maine System**

34 Bedford Street, Wishcamper Center

Portland, ME 04101

Phone: 1-844-209-5964

[inclusion.warmline@maine.edu](mailto:inclusion.warmline@maine.edu)

<https://mrtq.org/warmline/>

Preventative and non-emergency person-to-person phone or email support and resources regarding children's disabilities, health, social and emotional development, behavior and early childhood mental health.

Eligibility: Individuals in need of information to support the successful inclusion of children with special health needs, disabilities, mental health concerns, or challenging behavior.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Dental Hygiene Clinic, University of New England**

716 Stevens Avenue

Portland, ME 04101

Phone: (207) 221-4900

[www.une.edu/wchp/dental/patient-info](http://www.une.edu/wchp/dental/patient-info)

Dental hygiene care provided by students under supervision of faculty includes oral inspections, nutritional counseling, teeth cleaning, personalized oral hygiene instruction, fluoride treatment, x-rays, sealants, and athletic mouth guard fabrication; services offered September through April.

Cost: Low Cost, Vary

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4pm

**Oral Health Center, University of New England**

1 College Street, Oral Health Center

Portland, ME 04103

Phone: (207) 221-4747

[www.une.edu/ohc](http://www.une.edu/ohc)

Comprehensive dental treatment includes fillings, crowns, bridges, root canals, partials, dentures, and oral surgery; provided by dental students under supervision of experienced licensed dental faculty.

Cost: Low Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Accepted Insurance: MaineCare; Private Insurance

Full payment required for all services at the time they are provided.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 5pm

**University of New England**

11 Hills Beach Road

Biddeford, ME 04005

Phone: (207) 283-0171

[www.une.edu](http://www.une.edu)

Undergraduate and graduate academic programs.

Cost: Fixed Cost

Forms of Payment: Cash; Check; Credit Cards; Debit Cards; Money Order

Language(s) Offered: English

Hours: Mon – Fri; 9am – 5pm

**Community Facilities Direct Loan and Grant Program, USDA Rural Development**

967 Illinois Avenue, Suite 4

Bangor, ME 04401

Phone: (207) 990-9121; (207) 990-9160

TTY: (207) 942-7331

Fax: 1-855-589-1098

[www.rd.usda.gov/programs-services/community-facilities-direct-loan-grant-program/me](http://www.rd.usda.gov/programs-services/community-facilities-direct-loan-grant-program/me)

Statewide assistance via loans, grants, and loan guarantees to improve, develop or finance essential community facilities.

Eligibility: Municipalities, nonprofit corporations, and Indian Tribes located in a community with a population of less than 20,000 which meet income requirements.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**Rural Energy for America Program, USDA Rural Development**

967 Illinois Avenue, Suite 4

Bangor, ME 04401

Phone: (207) 990-9168; (207) 990-9160

TTY: (207) 942-7331

Fax: 1-855-589-1098

[www.rd.usda.gov/programs-services/rural-energy-america-program-renewable-energy-systems-energy-efficiency/me](http://www.rd.usda.gov/programs-services/rural-energy-america-program-renewable-energy-systems-energy-efficiency/me)

Statewide assistance via guaranteed loan financing and grant funding to purchase or install renewable energy systems or make energy efficiency improvements.

Eligibility: Agricultural producers with at least 50% of gross income coming from agricultural operations and rural small businesses who have no outstanding delinquent federal taxes, debt, judgement or debarment.

Cost: Fees may apply.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**Section 502 Single Family Housing Direct Home Loans Program, USDA Rural Development**

967 Illinois Avenue, Suite 4

Bangor, ME 04401

Phone: (207) 990-9110; (207) 990-9160

TTY: (207) 942-7331

Fax: 1-855-589-1089

[www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/me](http://www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/me)

Statewide assistance via low interest loans made directly by Rural Development to applicants towards purchasing modest housing, constructing new homes or repairing pre-owned dwellings located in rural areas; can be 100% financing; no down payment required.

Eligibility: Families or individuals who do not already own adequate housing, have an adjusted family income that does not exceed low income limit for household size and county where home is located and meet other financial requirements, have an acceptable credit hist

Cost: Fees may apply.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**Section 502 Single Family Housing Guaranteed Loan Program, USDA Rural Development**

1423 Broadway, Suite 3

Bangor, ME 04401

Phone: (207) 990-3676

Fax: 1-855-589-1101

[www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program/me](http://www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program/me)

Statewide assistance via loans made by mortgage lenders and guaranteed by USDA Rural Development for properties located in rural areas; can be 100% financing; no down payment is required.

Eligibility: Families and individuals who are low to moderate income who do not already own adequate housing, meet income guidelines for household size and county where home is located, have an acceptable credit history, cannot obtain credit through conventional sourc

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**Section 504 Single Family Housing Repair Loans and Grants Program, USDA Rural Development**

967 Illinois Avenue, Suite 4

Bangor, ME 04401

Phone: (207) 990-9110; (207) 990-9160

TTY: (207) 942-7331

Fax: 1-855-589-1098

[www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants/me](http://www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants/me)

Statewide assistance in removing health and safety hazards or remodeling a dwelling to make it accessible for household members with disabilities; funds can be used for a new furnace, insulation, replacing old windows and doors, repair or replace a leaky roof or to replace a well or septic system; dwellings must be in rural areas.

Eligibility: Families or individuals who own their own land and dwelling, have adjusted family income that does not exceed the very low income limit for household size and county where home is located, have acceptable credit history, cannot obtain needed credit through conventional sources or other assets, are United States citizens or qualified aliens; for grants, applicants must be 62 years of age and older and not be able to repay a repair loan.

Cost: Fees may apply.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**USDA Rural Development**

967 Illinois Avenue, Suite 4

Bangor, ME 04401

Phone: (207) 990-9160

TTY: (207) 942-7331

Fax: 1-855-589-1060

[www.rd.usda.gov/me](http://www.rd.usda.gov/me)

Statewide utility programs, business-cooperative programs, housing loans and grants.

Eligibility: Individuals who meet USDA income guidelines.

Cost:

Fees may apply.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**Water and Waste Disposal Loan and Grant Program, USDA Rural Development**

967 Illinois Avenue, Suite 4

Bangor, ME 04401

Phone: (207) 990-9121; (207) 990-9160

TTY: (207) 942-7331

Fax: 1-855-589-1098

[www.rd.usda.gov/programs-services/water-waste-disposal-loan-grant-program/me](http://www.rd.usda.gov/programs-services/water-waste-disposal-loan-grant-program/me)

Statewide assistance via loans, grants, and guarantees for water and sewage disposal systems, public utilities, and not-for-profit water and/or sewer systems.

Eligibility: Entity located in a community with a population of less than 10,000 which meets USDA Income Guidelines.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mn – Fri; 8am – 4:30pm

**Van Buren Adult and Community Education**

169 Main Street, Suite 102

Van Buren, ME 04785

Phone: (207) 868-5758

[gparadis@msad24.org](mailto:gparadis@msad24.org)

<http://vanburen.maineadulted.org>

High School diploma completion, college and employment transition, family literacy, enrichment classes.

Eligibility: Individuals 16 years of age and older who are not registered in a daytime public school program for the High School diploma completion program; all ages accepted for the family literacy program.

Cost: No Cost, Vary

Forms of Payment: Cash; Check; Credit Cards; Debit Cards

Payment is expected at time of registration.

Language(s) Offered: English, French

Hours: Mon – Thu; 3pm – 9pm

**Van Buren Housing Authority**

130 Champlain Street

Van Buren, ME 04785

Phone: (207) 868-5441; (207) 686-5442

TTY: (207) 868-2833

Fax: (207) 868-2833

[vbha1@myfairpoint.net](mailto:vbha1@myfairpoint.net)

Affordable and/or subsidized housing.

Eligibility: Individuals who meet HUD Gross Income Guidelines; may be an emancipated minor.

Cost: Vary

Forms of Payment: Cash; Check; Money Order

Language(s) Offered: English, French

Hours: Mon 7:30am - 4:30pm; Tue 7:30am - 4:30pm; Wed 7:30am - 4:30pm; Thu 7:30am - 4:30pm; Fri 7am - 4pm

**Van Buren Housing Authority Housing Choice Voucher Program, Van Buren Housing Authority**

130 Champlain Street

Van Buren, ME 04785

Phone: (207) 868-5441; (207) 868-5442

TTY: (207) 868-2833

Fax: (207) 868-2833

[vbha1@myfairpoint.net](mailto:vbha1@myfairpoint.net)

Section 8 Housing Choice Voucher Program provides rental assistance by subsidizing a portion of monthly rent and utilities and paying it directly to landlords; where utilities are not included in rent, the program may pay a larger portion of the rent so the tenant is able to cover utility payments; assistance provided is the difference between what the tenant pays toward rent and the cost of the rent.

Eligibility: Household income restrictions apply and vary by location and family size; when awarding vouchers, Van Buren Housing Authority may have preferences and priorities based on administrative plan; local housing authorities (LHA) also have voucher programs; because waiting lists can be long, consumers are encouraged to apply to both MaineHousing's and LHA programs.

Cost: No Cost

Housing subsidy is paid to landlord directly by Van Buren Housing Authority on behalf of participating family; family pays difference between actual rent and amount subsidized by the program; no cost to apply.

Language(s) Offered: English, French

Hours: Mon 7:30am - 4:30pm; Tue 7:30am - 4:30pm; Wed 7:30am - 4:30pm; Thu 7:30am - 4:30pm; Fri 7am - 4pm

**Veterans Inc.**

393 Main Street

Lewiston, ME 04240

Toll Free: 1-800-482-2565

Fax: (207) 221-1711

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

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

Supportive services for veteran families; case management, transitional housing, employment and job training support.

Eligibility: Homeless veterans with at least 1 day of active duty and a discharge other than dishonorable; outreach services open to all veterans.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri; 9am – 5pm

Vets4Warriors, Vets4Warriors

Piscataway, NJ 8854

Hotline: 1-855-838-8255

[info@vets4warriors.com](mailto:info@vets4warriors.com)

<http://Vets4Warriors.com>

Confidential peer support helpline via email, online chat, and phone by trained veterans and service members who are available to help navigate the military, VA systems, and community support agencies as well as provide an opportunity to share concerns or challenges.

Eligibility: National Guard and Reserve service members, active duty Armed Forces members, veterans, retirees, and their families and caregivers.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri; 9am – 5pm

**Family Program, VFW National Home for Children**

3573 South Waverly Road

Eaton Rapids, MI 48827

Toll Free: 1-800-313-4200

Fax: 1-517-663-7549

[help@vfwnationalhome.org](mailto:help@vfwnationalhome.org)

[www.vfwnationalhome.org/help](http://www.vfwnationalhome.org/help)

Residential campus community with single family homes in neighborhood like setting provides community supports, including professional case management, on site licensed child care, life skills training, tutoring, and other educational services, as well as recreational and community service opportunities for 1 to 4 years.

Eligibility: Families of active duty military personnel, veterans and descendants of members of the VFW and its Ladies Auxiliary who are committed to making change in their lives may be eligible.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**National Home Helpline, VFW National Home for Children**

3573 South Waverly Road

Eaton Rapids, MI 48827

Phone: (517) 663-1521

Toll Free: 1-800-313-4200

[help@vfwnationalhome.org](mailto:help@vfwnationalhome.org)

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

Professional staff with understanding of unique challenges provides information and referral including VFW Posts, Departments, and Veterans Service Officers resources; helpline can serve as future resident's first step to moving to National Home.

Eligibility: Veterans, current active military, National Guard members and their families.

Cost: No Cost

Language(s) Offered: English

Hours: Mon - Fri 8am - 4:30pm

**Arthur B. Huot Veteran Housing, Volunteers of America Northern New England**

335 Lincoln Street

Saco, ME 04072

Phone: (207) 571-3359

Fax: (207) 571-3374

[www.voanne.org/homeless-veterans](http://www.voanne.org/homeless-veterans)

Transitional housing with case management, living skills development, career development, resume and job skills training, and transportation assistance; volunteer opportunities.

Eligibility: Veterans who are experiencing homelessness, as long as they have an honorable or general under honorable discharge from the military.

Cost: Vary

Forms of Payment: Check, Money Order

Accepted Insurance: MaineCare; Medicare

Tenant pays percentage of gross monthly income.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Beach Street House, Volunteers of America Northern New England**

255 Beach Street

Saco, ME 04072

Phone: (207) 282-2617

Fax: (207) 282-2617

[help@voanne.org](mailto:help@voanne.org)

[www.voanne.org/beach-street-residence](http://www.voanne.org/beach-street-residence)

Group home provides supportive living environment to learn independent, daily, and community living skills.

Eligibility: Men diagnosed with a mental illness who need a supportive living environment.

Cost: Low Cost, Vary

Forms of Payment: Check, Money Order

Accepted Insurance: MaineCare; Medicare

Uninsured Accepted: No

Rent is generally subsidized, client pays remainder.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Brackett Street House, Volunteers of America Northern New England**

232 Brackett Street

Portland, ME 04102

Phone: (207) 553-2188

[help@voanne.org](mailto:help@voanne.org)

[www.voanne.org/brackett-street-house](http://www.voanne.org/brackett-street-house)

Group home provides 24 hour residential treatment care in a supportive living environment.

Eligibility: Men with substance abuse disorders and a history of involvement with the criminal justice system .

Cost: Low CostVary

Forms of Payment: Check, Money Order

Accepted Insurance: MaineCare; Medicare

Uninsured Accepted:

Rent is generally subsidized, client pays remainder.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Cabin in the Woods, Volunteers of America Northern New England**

Eagle Drive, VA Togus Campus

Chelsea, ME 04330

Phone: (207) 373-1140

Fax: (207) 373-1160

[help@voanne.org](mailto:help@voanne.org)

[www.voanne.org/citw](http://www.voanne.org/citw)

Housing for homeless veterans.

Eligibility: Homeless veterans and their families who meet income guidelines.

Cost: Sliding Fee

Forms of Payment: Check

Uninsured Accepted: Yes

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am – 4:30pm

**Camp POSTCARD, Volunteers of America Northern New England**

14 Maine Street, Suite 100

Brunswick, ME 04011

Phone: (207) 373-1140

Fax: (207) 373-1160

[help@voanne.org](mailto:help@voanne.org)

[www.voanne.org/camp-postcard](http://www.voanne.org/camp-postcard)

Collaboration with the Maine Sheriffs' Association and Volunteers of America Northern New England, camp provides a 1 week-long summer camp which builds relationships between campers and law enforcement where campers will gain confidence, strengthen social skills, and learn tolerance; volunteer opportunities.

Eligibility: Students in Grades 5-6.

Cost: No Cost

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8:30 -4:30pm

**Intensive Residential Housing and Treatment Facilities, Volunteers of America Northern New England**

315 Harlow Street, Bangor, ME 04401

5 Vine Street, Biddeford, ME 04005

[help@voanne.org](mailto:help@voanne.org)

[www.voanne.org/behavioral-health](http://www.voanne.org/behavioral-health)

Supported apartments with home-like environment offer daily living skills, help obtaining education, and individualized treatment plan to improve and manage symptoms for transition to less restrictive housing.

Eligibility: Adults diagnosed with mental illness in need of 24 hour residential care.

Cost: Low Cost, Vary

Forms of Payment: Check

Accepted Insurance: MaineCare; Medicare

Rent is generally subsidized, client pays remainder.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Sawyer Street House, Volunteers of America Northern New England**

388 Sawyer Street

South Portland, ME 04106

Phone: (207) 799-0637

Fax: (207) 799-0637

[help@voanne.org](mailto:help@voanne.org)

[www.voanne.org/sawyer-street-house](http://www.voanne.org/sawyer-street-house)

Group home provides a supportive living environment to learn independent and community living skills.

Eligibility: Women diagnosed with a mental illness that need a supportive living environment.

Cost: Low Cost, Vary

Forms of Payment:

Accepted Insurance: MaineCare; Medicare

Uninsured Accepted: No

Rent is generally subsidized, client pays remainder.

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Supportive Senior Living, Volunteers of America Northern New England**

14 Maine Street, Suite 100

Brunswick, ME 04011

Phone: (207) 373-1140

Fax: (207) 373-1160

[www.voanne.org/supportive-senior-living](http://www.voanne.org/supportive-senior-living)

Designed for seniors who are no longer able to live on their own safely, but do not require the high level of care provided in a nursing home.

Eligibility: Seniors 62 years of age or older.

Cost: Vary

Forms of Payment: Check; Money Order

Uninsured Accepted: Yes

Fee charged for support services.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 9am – 4pm

**The Parish House, Volunteers of America Northern New England**

27 Kennebec Street

Bar Harbor, ME 04609

Phone: (207) 852-0023

[help@voanne.org](mailto:help@voanne.org)

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

6 unit residential assisted living home provides 24 hour direct support staff and person centered plans to assist with activities of daily living, peer interactions, community integration, and skill building.

Eligibility: Adults 18 years of age or older who are MaineCare eligible with a documented diagnosis of brain injury or intellectual disability.

Cost: Fixed Cost

Forms of Payment: Check

Accepted Insurance: MaineCare

Uninsured Accepted: No

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**Veterans Services, Volunteers of America Northern New England**

14 Maine Street, Suite 100

Brunswick, ME 04011

Phone: (207) 373-1140

Fax: (207) 286-2350

[brian.bouthot@voanne.org](mailto:brian.bouthot@voanne.org)

[www.voanne.org/veterans-career-house](http://www.voanne.org/veterans-career-house)

Outreach to veterans living in shelters and on the streets, access to health services, substance abuse services and career counseling.

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - pm

**TREE Center, Waban Projects Inc**.

5 Dunaway Drive

Sanford, ME 04073

Phone: (207) 324-7955 x644

Fax: (207) 324-6050

[TREE@waban.org](mailto:TREE@waban.org)

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

Teambuilding, outdoor recreation, environmental education, leadership development, summer camps.

Cost: Vary, Fixed Cost

Forms of Payment: Cash; Check; Credit Cards

Accepted Insurance:

Uninsured Accepted:

Language(s) Offered: English; interpreters available upon request.

Hours: Mon – Fri; 8am – 4pm

**Cinderella Project of Maine - Community Outreach and Referral, Waldo Community Action Partners**

Phone: (207) 338-6809 x119

Fax: (207) 338-6812

[www.waldocap.org/?page\_id=73](http://www.waldocap.org/?page_id=73)

New and gently used formal dresses available on a first come first served basis; accessories including jewelry and handbags also available; volunteer opportunities; event is held in April.

Eligibility: High school girls in need of a gown for their school prom; recipients must promise to pay the favor forward by volunteering or doing something nice for someone else in their community.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4:30pm

**Hospital Free Care, Waldo County General Hospital**

118 Northport Avenue

Belfast, ME 04915

Phone: (207) 505-4532

Fax: (207) 505-4994

<https://mainehealth.org/locations/carepartners-and-medaccess/belfast-125-northport-avenue--suite-105-04915>

Financial assistance for primary care and specialty care with supportive services, such as case management and low cost medicines.

Eligibility: Households that meet income restrictions.

Cost: No Cost

Back bills may be paid with proof that hospital program guidelines were met at the time the bills were incurred.

Language(s) Offered: English

Hours: Mon 8am - 6pm; Tue 8am - 6pm; Wed 8am - 6pm; Thu 8am - 6pm; Fri 8am - 5pm

**Walgreens Pharmacy Locator, Walgreens Pharmacy Locator**

[www.walgreens.com/storelocator/find.jsp](http://www.walgreens.com/storelocator/find.jsp)

Online statewide pharmacy locator searches by street address, city and state, zip code or intersection.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Walmart Pharmacy Locator, Walmart Pharmacy Locator**

[www.walmart.com/cp/pharmacy/5431](http://www.walmart.com/cp/pharmacy/5431)

Online statewide pharmacy locator searches by zip code.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Infinity House, Wellspring Inc.**

Bangor, ME 4401

Phone: (207) 217-6550 x501

Fax: (207) 307-7188

[jcolburn@wellspringsa.org](mailto:jcolburn@wellspringsa.org)

<https://www.wellspringmaine.com/programs/infinity-house-women-children-residential/>

4 to 6 month residential treatment program for treating chronic substance use and co-occurring disorders; therapy, education, and living skills development to assist in the recovery process.

Eligibility: Females 18 years of age and older who are pregnant and/or parenting a child 5 years of age and younger, are physically and mentally able to participate in a therapeutic community environment, are motivated for treatment, and are free from mood altering su

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

No one will be denied services based on inability to pay.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Men's Halfway House, Wellspring Inc.**

98 Cumberland Street

Bangor, ME 04401

Phone: (207) 941-1600 x401

Fax: (207) 941-1608

[www.wellspringmaine.com/programs/mens-residential/](http://www.wellspringmaine.com/programs/mens-residential/)

4 to 6 month residential treatment program includes individual, family, and group substance use disorder counseling, educational and vocational counseling, treatment and psychiatric consultation for co-occurring mental health disorders, daily living skills training, and aftercare.

Eligibility: Men 18 years of age and older who are struggling with a substance use disorder and/or have co-occurring mental illness, are physically and mentally able to participate in a therapeutic community environment, and are motivated for treatment.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

No one will be denied services based on inability to pay.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**New Horizons Detox Center, Wellspring Inc.**

Hampden, ME 04444

Phone: (207) 217-6521

Fax: (207) 573-9493

<https://www.wellspringmaine.com/programs/new-horizons-detox-center/>

3-7 day residential social detox treatment for withdrawal from alcohol and/or opioid substance use.

Eligibility: Adults 18 years of age and older wanting to withdraw from alcohol and/or opioid substance use, are physically and mentally able to participate in a social detox environment, and are motivated for treatment.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Money Order; Credit Cards

Accepted Insurance: Private Insurance

Individuals who are covered by MaineCare or uninsured are accepted.

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Outpatient Services, Wellspring Inc.**

265 Hammond Street

Bangor, ME 04401

Phone: (207) 941-1612 x201

Fax: (207) 941-1634

[twoods@wellspringsa.org](mailto:twoods@wellspringsa.org)

<https://www.wellspringmaine.com/programs/outpatient/>

Substance use disorder and mental health assessments; mental health, substance use disorder, and co-occurring disorder counseling; individual and family counseling services; information and referral to community services.

Eligibility: Adults who struggle with a substance use disorder or have co-occurring mental illness, their families, and other concerned individuals.

Cost: Low Cost, Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm Call to schedule an appointment

**Women's Halfway House, Wellspring Inc.**

319 State Street

Bangor, ME 04401

Phone: (207) 941-1639 x301

Fax: (207) 941-1620

[ahomstead@wellspringsa.org](mailto:ahomstead@wellspringsa.org)

<https://www.wellspringmaine.com/programs/womens-residential/>

4 to 6 month residential treatment program includes individual, family, and group substance use disorder counseling, educational and vocational counseling, treatment and psychiatric consultation for co-occurring mental health disorders, daily living skills training, and aftercare.

Eligibility: Women 18 years of age and older who are struggling with a substance use disorder and/or have co-occurring mental illness, are physically and mentally able to participate in a therapeutic community environment, and are motivated for treatment.

Cost: Sliding Fee

Forms of Payment: Cash; Check; Credit Cards; Money Order

Accepted Insurance: MaineCare; Medicare; Private Insurance

No one will be denied services based on inability to pay.

Language(s) Offered: English

Hours: Mon – Fri; 8am – 4pm

**White Memorial Seventh Day Adventist Church Food Pantry, White Memorial Seventh Day Adventist Church**

97 Allen Avenue

Portland, ME 04103

Phone: (207) 797-4414

[PastorDonnaHolland@gmail.com](mailto:PastorDonnaHolland@gmail.com)

[www.portland22.adventistchurchconnect.org/article/21/the-ministries-of-our-church/community-service](http://www.portland22.adventistchurchconnect.org/article/21/the-ministries-of-our-church/community-service)

Food pantry offers fresh fruit, vegetables, and dry goods.

Cost: No Cost

Language(s) Offered: Arabic, English, Spanish; interpreters available.

Hours: Thu 7:30am - 9am

**Wigs for Kids**

24231 Center Ridge Road

Westlake, OH 44145

Phone: (440) 333-4433

Fax: (440) 835-1084

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

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

Specially designed wigs to allow physical activity and help maintain confidence.

Eligibility: Individuals 18 years of age and younger experiencing hair loss as a result of medical treatments, health conditions or burn accidents who are unable to pay for a hairpiece after seeking assistance from all other resources.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 5pm

**Child and Adult Case Management, Wings for Children and Families**

93 State Street, Suite A

Presque Isle, ME 04769

Phone: (800) 823-2988

Fax: (207) 941-2989

[wingsmaine@wingsinc.org](mailto:wingsmaine@wingsinc.org)

[www.wingsinc.org/index.php?page=wraparound-maine](http://www.wingsinc.org/index.php?page=wraparound-maine)

Targeted case management services uses the strength based wraparound approach to provide an individual plan of care to assess needs, identify strengths, find resources, and make referrals.

Eligibility: Individuals from birth-21 years of age diagnosed with qualifying diagnosis of mental health, intellectual disability, developmental disability or complex medical needs who are MaineCare eligible; case management for adults 18 years of age and older with d

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Children's Behavioral Health Home, Wings for Children and Families**

93 State Street, Suite A

Presque Isle, ME 04769

Phone: (800) 823-2988

Fax: (207) 941-2989

[wingsmaine@wingsinc.org](mailto:wingsmaine@wingsinc.org)

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

Team-based approach includes integration of primary care, physical health, and behavioral health needs using care coordinator, nurse consultants, and family support partners to develop an individual plan of care to assess needs, identify strengths, find resources, and make referrals.

Eligibility: Individuals from birth-21 years of age diagnosed with qualifying diagnosis of mental health or developmental disability who are MaineCare eligible.

Cost: Fixed Cost

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare

Language(s) Offered: English; interpreters available.

Hours: Mon – Fri; 8am - 5pm

**Winterville Plantation**

391 Quimby Road

Eagle Lake, ME 04739

Phone: (207) 444-6460

Fax: (207) 444-3475

[wintervilletown@gmail.com](mailto:wintervilletown@gmail.com)

Municipal services.

Eligibility: Individuals in need of services.

Cost: Vary

Forms of Payment: Cash; Check

Language(s) Offered: English

Hours: Mon 1pm - 6pm; Wed 1pm - 6pm; Fri 1pm - 6pm

**Winterville Plantation General Assistance, Winterville Plantation**

391 Quimby Road

Eagle Lake, ME 04739

Phone: (207) 444-6460

After Hours: (207) 444-6460

Fax: (207) 444-3475

[wintervilletown@gmail.com](mailto:wintervilletown@gmail.com)

Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

Eligibility: Families and/or individuals who do not have sufficient funds for their basic necessities; services provided on case by case basis.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon 1pm - 6pm; Wed 1pm - 6pm; Fri 1pm - 6pm

**Behavioral Consultation, Woodfords Family Services**

15 Saunders Way

Westbrook, ME 04092

Phone: (207) 878-9663

Toll Free: 1-800-439-0314

Fax: (207) 854-3660

[gjefferson@woodfords.org](mailto:gjefferson@woodfords.org)

[www.woodfords.org/programs/behavioral-consultation](http://www.woodfords.org/programs/behavioral-consultation)

Behavioral assessments, curriculum development, behavior plan development, staff and caregiver training, consultation and follow-up, skills assessment, goal and objective development, parent training, school transition participation, speech therapy.

Eligibility: Adults and children with Autism, neurological disabilities or developmental disabilities and their caregivers and providers.

Cost: Vary

Forms of Payment: Check

Accepted Insurance: MaineCare; Private Insurance

Language(s) Offered: English; interpreters available upon request.

Hours: Mon -Fri; 8am - 4:30pm

**Therapeutic Foster Care, Woodfords Family Services**

15 Saunders Way

Westbrook, ME 04092

Phone: (207) 878-9663

Toll Free: 1-800-439-0314

Fax: (207) 854-3660

[tdearborn@woodfords.org](mailto:tdearborn@woodfords.org)

[www.woodfords.org/programs/therapeutic-foster-care](http://www.woodfords.org/programs/therapeutic-foster-care)

Treatment level foster care homes provide specialized services including daily living support, education, mental and physical health needs, and community inclusion.

Eligibility: Children and adolescents from birth-21 years of age with developmental and emotional disabilities who cannot reside with their biological family.

Cost: No Cost

Language(s) Offered: English; interpreters available upon request.

Hours: Mon -Fri; 8am - 4:30pm

**Wounded Soldier and Family Hotline**

Fort Sam

San Antonio, TX 78234

Phone: 1-800-984-8523

[wsfsupport@conus.army.mil](mailto:wsfsupport@conus.army.mil)

<https://armymedicine.health.mil>

Opportunity to share concerns on the quality of patient care, and gather information about medical care as well as ways to improve medical support systems; work hand in hand with the U.S. Army Medical Command's Ombudsman Program to enable hotline caller to receive individual local attention at the source of the problem/issue; open 365 days a year.

Eligibility: All U.S. Army soldiers and their families.

Cost: No Cost

Language(s) Offered: English

Hours: 24 Hours; 7 Days

**Benefits Service, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/benefits-service](http://www.woundedwarriorproject.org/programs/benefits-service)

Advisory services on benefits with information on how to access services through the VA and DoD; WWP teammates work closely with each agency to walk warriors through every step of the claims process; when a claim is filed, WWP will make sure it is processed correctly and provide guidance through the process.

Eligibility: Veteran must have a service-connected injury, wound or illness that occurred on or after September 11, 2001 to qualify for programs and services; family member benefits may be available.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**Coping with Combat Stress Seminars, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/benefits-service](http://www.woundedwarriorproject.org/programs/benefits-service)

Workshops and sessions to deal with effects of combat stress while reintegrating back into civilian life.

Eligibility: Veteran must have a service-connected injury, wound or illness that occurred on or after September 11, 2001 to qualify for programs and services.

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**Family Support, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/family-support](http://www.woundedwarriorproject.org/programs/family-support)

Outreach to ensure that the full range of support and benefits of WWP programs and services are provided.

Eligibility: Family member or caregiver of a veteran or service member who has incurred a physical or mental injury, illness, co-incident to their military service on or after September 11, 2011.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**Peer Support, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/family-support](http://www.woundedwarriorproject.org/programs/family-support)

Peer mentors further along in the recovery process receive training to help support peers as role models, motivators, and friends; peer support groups led by warriors for warriors offer opportunities to discuss personal challenges, lend support to one another, lead to new friendships, share experiences, and find new solutions to challenges.

Eligibility: Veteran must have a service-connected injury, wound or illness that occurred on or after September 11, 2001 to qualify for programs and services.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**Physical Health and Wellness, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/physical-health-wellness](http://www.woundedwarriorproject.org/programs/physical-health-wellness)

Fitness and educational activities, adaptive sports program, health and wellness programs, and strategies designed to reduce stress, combat depression, and promote an overall healthy and active lifestyle for every stage of recovery.

Eligibility: Veteran must have a service-connected injury, wound or illness that occurred on or after September 11, 2001 to qualify for programs and services.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**Project Odyssey, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/combat-stress-recovery-program/project-odyssey](http://www.woundedwarriorproject.org/programs/combat-stress-recovery-program/project-odyssey)

Outdoor, rehabilitative retreats across the country include horseback riding, canoeing, whitewater rafting, kayaking, rock climbing, a high ropes course, fishing, skeet shooting, sled hockey, and skiing; continued facilitated support through Wounded Warrior Project and other local combat stress resources.

Eligibility: Veteran must have a service-connected injury, wound or illness that occurred on or after September 11, 2001 to qualify for programs and services.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**Warriors to Work, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/warriors-to-work](http://www.woundedwarriorproject.org/programs/warriors-to-work)

Career guidance and support services include individualized goal setting, building an effective resume, preparing for an interview, networking, access to internships, and assistance with job placement; network with local employers.

Eligibility: Veteran must have a service-connected injury, wound or illness that occurred on or after September 11, 2001 to qualify for programs and services; family member services may be available.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**WWP Resource Center, Wounded Warrior Project**

4899 Belfort Road

Jacksonville, FL 32256

Phone: (904) 405-1213

Toll Free: 1-888-997-2586

Fax: (904) 405-1301

[resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

[www.woundedwarriorproject.org/programs/warriors-to-work](http://www.woundedwarriorproject.org/programs/warriors-to-work)

Information and referral provides resources in community; register Alumni or family members to participate in WWP programs and services; identify appropriate financial assistance options; connect individual with a WWP benefits liaison.

Eligibility: Veteran, caregiver or family member with Veteran who has a service-connected injury, wound or illness that occurred on or after September 11, 2001.

Cost: No Cost

Language(s) Offered: English

Hours: Mon – Fri; 9am - 7pm

**YMCA of the USA**

101 North Wacker Drive

Chicago, IL 60606

Toll Free: 1-800-872-9622

[www.ymca.net/find-your-y](http://www.ymca.net/find-your-y)

Search by city, state, and zip code in nationwide database for YMCA facilities in Maine to find address, phone numbers, hours of operation, programs, and website links when available; services may include aquatics, adult and youth sports, after school care, child care, health and fitness, senior activities, and teen activities depending upon location; information on YMCA camps.

Eligibility: Call local YMCA for more information.

Payment varies with camp and services provided.

Language(s) Offered: English

Hours: No regular hours of operation.

**York Hospital**

15 Hospital Drive

York, ME 03909

Phone: (207) 363-4321

Toll Free: 1-877-363-4321

Fax: (207) 351-3458

[cr@yorkhospital.com](mailto:cr@yorkhospital.com)

[www.yorkhospital.com](http://www.yorkhospital.com)

Hospital, primary care and specialty practices.

Cost: Varies

Language(s) Offered: English; interpreters available.

Hours: 24 Hours; 7 Days

**York Hospital Breast Care, York Hospital**

112 Sanford Road

Wells, ME 04090

Phone: (207) 351-2023

Fax: (207) 351-2036

[breastcare@yorkhospital.com](mailto:breastcare@yorkhospital.com)

[www.yorkhospital.com/services/breast-care](http://www.yorkhospital.com/services/breast-care)

Complete breast diagnostic care includes screening and diagnostic mammograms, breast ultrasound, stereotactic breast biopsy, and guidance to support treatment.

Eligibility: Women with breast health concerns.

Cost: Vary

Forms of Payment: Cash; Check

Accepted Insurance: MaineCare; Medicare; Private Insurance

Language(s) Offered: English; interpreters available.

Hours: Call for an appointment