



United Way  
of Mid Coast Maine

# Directory of Commonly Requested Community Services

FEBRUARY 2010



**Dial 211 or 1-877-463-6207 | or visit [211Maine.org](http://211Maine.org)**

**for confidential help & information on these and other area services**

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

## **EMERGENCY SERVICES**

Adult Protective Services (24 hr. Hotline) ..... 1-800-624-8404  
 American Red Cross-Mid Coast Chapter ..... 729-6779 or 563-3299  
 Emergency Oil Spill Response ..... 1-800-482-0777  
 Emergency Hazardous Materials Response ..... 1-800-452-4664  
 Maine Emergency Management Agency ..... 1-800-452-8735 or 624-4400  
 Northern NE Poison Center ..... 1-800-222-1222 or 662-4720  
 Sexual Assault Support Services ..... 1-800-822-5999  
 Statewide Crisis Hotline Connector ..... 1-888-568-1112

## **FINANCIAL ASSISTANCE & SUPPORT PROGRAMS**

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

Adventist Community Services (Clothing and Housewares) ..... 725-7015  
 Bath Clothing Bank ..... 837-8832  
 Bath Area Food Bank & Soup Kitchen ..... 837-8832  
 Boothbay Region Community Resources ..... 633-0672 or 633-6320  
 Boothbay Region Food Bank ..... 633-4757  
 Brunswick Food Bank and Soup Kitchen ..... 725-1151  
 CHIP – Lincoln County ..... 1-800-924-9571  
 Coastal Enterprises, Inc. .... 1-877-340-2649/882-7552  
 Community Energy Fund-Lincoln Co ..... 563-3883  
 Corporal Works of Mercy - Bath Area ..... 442-7963  
 DHHS Emergency Assistance –  
   Cumberland ..... 624-8000  
   Lincoln/Sagadahoc ..... 624-8000  
 Ecumenical Food Pantry - Newcastle ..... 563-6900  
 Freeport Community Services ..... 865-3985  
 General Assistance - ..... Local Town Office or Call 211  
**LIHEAP** (Heating Assistance)  
   PROP (Brunswick/Harpswell) ..... 1-800-698-4959  
   KVCAP (Lincoln & Sagadahoc County) ..... 1-800-542-8227  
   Penquis (Knox County) ..... 596-0361  
 Meals on Wheels ..... 1-800-639-1553 or 729-0475  
 Midcoast ME Community Action (MMCA) ..... 1-800-221-2221/442-7963  
 Mid Coast Hunger Prevention-Food Bank & Soup Kitchen ..... 725-1151  
 New Harbor Food Pantry ..... 677-3055  
 Philbrook Fund (Damariscotta only) ..... 563-5168  
 Salvation Army - Bath ..... 443-3611  
 Salvation Army - Rockland ..... 594-5326  
 Salvation Army - other communities ..... call 211  
 Salvation Army Food Bank ..... 443-3611  
 Shepherd of Faith Food Bank - Richmond ..... 737-8592  
 SNAP (Food Stamps) - Lincoln & Sagadahoc ..... 1-800-432-7802  
 SNAP (Food Stamps) - Cumberland ..... 1-800-482-7520  
 Social Security Administration ..... 1-800-772-1213  
 First Baptist Church Food Bank - Jefferson ..... 563-2090  
 Veterans Affairs (VA) ..... 1-800-827-1000  
 Waldoboro Food Bank ..... 832-6902  
 Warm Thy Neighbor-Fuel Assistance (Brunswick Area) ..... 725-4594  
 Whitefield Union Food Bank ..... 582-2684  
 Women, Infants & Children (WIC) ..... 1-800-221-2221 or 442-7963

## **ABUSE/ASSAULT**

### **Child Abuse**

Families Can! – Greater Brunswick ..... 442-7963  
 Child Protective Services - DHHS ..... 1-800-452-1999  
 Healthy Kids! Lincoln County ..... 563-1818

### **Domestic Violence**

Abused Women's Advocacy Project (24 hr., Auburn) ..... 1-800-559-2927  
 Family Crisis Services (24 hr.) ..... 1-800-537-6066  
 Domestic Abuse Helpline for Men & Women ..... 1-888-743-5754  
 National Domestic Violence Hotline ..... 1-800-799-7233  
 New Hope for Women - Rockland ..... 1-800-522-3304 or 594-2128  
 New Hope for Women - Damariscotta ..... 563-2404

### **Sexual Assault**

Sexual Assault Support Services ..... 1-800-822-5999  
 ME Coalition Against Sexual Assault ..... 1-800-877-7741

## **DISABILITIES SERVICES**

Alpha One ..... 1-800-640-7200 & TTY: 1-866-906-5375  
 Dept. of Behavioral & Developmental Services  
   Rockland ..... 1-800-704-8999 & TTY: 1-800-606-0215  
 Disability Rights Center ..... 1-800-452-1948 or 626-2774  
 Elmhurst, Inc.-Bath ..... 443-9783 & TTY: 1-800-545-1833x756  
 Independence Association, Inc.-Brunswick ..... 725-4371  
 IRIS (Maine Center for the Blind) ..... 1-800-715-0097 or 774-6273  
 Maine Center for Integrated Rehabilitation ..... 596-7555  
 Maine Parent Federation (SPIN) ..... 1-800-870-7746 or 623-2144  
 Maine Relay Service for the Deaf ..... 711  
 Mobius - Damariscotta ..... 563-3511 & TTY: 563-3864  
 Pine Tree Society ..... 443-3341 (also TTY)  
 Special Library Services-Books on Tape ..... 1-800-762-7106  
 Spectrum Link - Aging & Disabilities Resources ..... 1-800-639-1553  
 Vocational Rehabilitation ..... 1-800-315-1192 & TTY: 1-888-817-7113

## **EDUCATION & EMPLOYMENT SERVICES**

ASPIRE/JOBS ..... 1-800-482-7517 or 795-4480  
 Bailey Evening School - Bath ..... 443-8255  
 Boothbay Region Adult Education ..... 633-3224  
 Career Prospects - Brunswick ..... 373-0488  
 Central Maine Community College ..... 1-800-891-2002 or 755-5100  
 Cooperative Extension Service ..... 1-800-287-1458  
 GED - Bath Career Center ..... 1-888-836-3355 or 442-0300  
 High School Vocational Education - Brunswick ..... 729-6622  
 Merrymeeting Adult Education - Brunswick/Topsham ..... 729-7323  
 Mid Coast Senior College ..... 442-7349  
 Occupational Safety Hotline ..... 1-800-321-6742  
 Southern Maine Community College ..... 1-877-282-2182 or 741-5500  
 Southern New Hampshire University ..... 1-800-427-9238 or 725-6486  
 Tri-County Literacy Volunteers ..... 1-877-885-7441 or 443-6384  
 Unemployment Insurance ..... 1-800-593-7660 or TTY: 1-888-457-8884  
 Univ. College at Bath/Brunswick ..... 1-800-696-2329 or 442-7736  
 Vocational Rehabilitation ..... 1-800-315-1192 or TTY: 1-888-817-7113  
 Wiscasset Adult Community Education ..... 882-9710  
 Women Unlimited ..... 1-800-281-5259 or 623-7576  
 Women, Work & Community ..... 1-800-442-2092 or 386-1664  
 Worker's Compensation Board ..... 1-888-801-9087 or 287-3751

## **ELDER SERVICES**

Adult Protective Services (24 hr. to report abuse) ..... 1-800-624-8404  
 Bath Area Senior Citizens ..... 443-4937  
 Elder Independence ..... 1-888-234-3920 & TTY: 795-7244  
 Eldercare Locator ..... 1-800-677-1116  
 Greater Bath Elder Outreach Network ..... 837-8810  
 Hearthside Senior Assistance ..... 1-877-686-5748 or 443-5748  
 Legal Services for the Elderly ..... 1-800-750-5353  
 Long Term Care Ombudsman ..... 1-800-499-0229 or 621-1079  
 Lifeline Emergency Response ..... 373-3635  
 Low Cost Drug Program (ME.Rx Plus) ..... 1-866-796-2463  
 Meals on Wheels ..... 1-800-639-1553 & TTY: 1-800-464-8703  
 Neighbors Inc. - Greater Brunswick ..... 725-9444  
 Office of Elder Services ..... 1-800-262-2232 & TTY: 1-800-606-0215  
 People Plus-Brunswick ..... 729-0757  
 Project Good Morning - Bath ..... 443-5563  
 Project Good Morning - Brunswick ..... 729-0757  
 Respite Care – Bath/Brunswick ..... 729-8571  
 Richmond Area Senior Center ..... 737-2161  
 Spectrum Generations/Area Agency on Aging ..... 1-800-639-1553

## **FAMILY & CHILDRENS SERVICES**

Child Care Information and Vouchers  
 Mid Coast Resource Dev. Center ..... 1-888-917-1100 or 396-6566  
 Child Care Centers/After School Programs  
 Bath Area Family YMCA ..... 443-4112  
 Boothbay Region YMCA ..... 633-2855  
 Casco Bay YMCA ..... 865-9600  
 Central Lincoln Co. YMCA ..... 563-3477 or 563-9622  
 Family Focus - Child Care Services ..... 1-800-675-2413/386-1662  
 Harbor Children's Center ..... 633-4341  
 Head Start ..... 1-800-221-2221  
 PenBay YMCA ..... 236-3375

## **Mentoring and Scouting Programs**

Big Brothers/Big Sisters of Bath-Brunswick ..... 729-7736  
 Big Brothers/Big Sisters of Midcoast Maine ..... 593-0380  
 Kennebec Girl Scout Council ..... 1-888-922-4763  
 Pine Tree Council Boy Scouts of America ..... 797-5252

## **Parenting Resources**

Child Development Services (SEARCH)  
 Knox Co. .... 594-5933  
 Lincoln Co.-Damariscotta ..... 563-1411  
 Sagadahoc Co. & Brunswick ..... 725-6365

## **VOLUNTEERING or DONATING GOODS:**

[VolunteerSolutions.org/UnitedWayofMidCoastMaine](http://VolunteerSolutions.org/UnitedWayofMidCoastMaine)

Email: [volunteersolutions@uwmcm.org](mailto:volunteersolutions@uwmcm.org)



**FAMILY & CHILDRENS SERVICES (CONT.)**

Families Can! - Greater Brunswick ..... 442-7963  
Healthy Kids! (Lincoln Co.) ..... 563-1818  
Healthy Generations..... 373-6967  
Home to Home-Children Exchange Program ..... 837-4894  
Mainly Parents ..... 1-800-249-5506 or 842-2984  
Parents As Teachers (Knox, Lincoln, Sagadahoc)..... 832-0343

**Youth and Family**

Gay & Lesbian National Hotline ..... 1-888-843-4564  
Home Counselors..... 596-0359  
Runaway Hotline ..... 1-800-786-2929  
Success by 6..... 442-7440  
Ctr. for Grief and Loss (Transitions)..... 1-888-486-0340 or 721-9702  
Youth Alternatives - Family Mediation ..... 1-877-429-6884 or 874-1175

**HOUSING & SHELTER**

Bath Housing Authority..... 443-3116  
Brunswick Housing Authority (Cumberland Co.) ..... 725-8711  
CEI Housing Counselor..... 1-877-340-2649 or 882-7552  
Habitat for Humanity..... 386-5081  
Housing Discrimination Hotline..... 1-800-669-9777  
Lincoln & Sagadahoc Co. Housing Authority ..... 1-866-357-4853  
Maine State Housing Authority ..... 1-800-452-4668  
MMCA Housing Counseling ..... 1-800-221-2221  
Penquis (Knox Co.) ..... 1-800-215-4942  
Poverty Tax Abatement..... call local Town Office  
Property Tax & Rent Refund Program ..... 626-8475  
Tedford Shelter ..... 874-6560  
Tedford Shelter - Family Services ..... 729-4583

**LEGAL & TAX INFORMATION**

Child Support Enforcement ..... 1-800-371-3101 or 624-8000  
Consumer Credit Counseling Services (24 hr.)..... 1-866-889-9347  
Cumberland Legal Aid Clinic ..... 780-4370  
Finance Authority of Maine..... 623-3263 or 1-800-228-3734  
Internal Revenue Service ..... 1-800-829-1040  
Lawyer Info & Referral Service..... 1-800-860-1460 or 622-1460  
Legal Services for the Elderly ..... 1-800-750-5353 or 623-1797  
Maine Revenue Services..... 287-2076  
Maine Attorney Generals Office..... 626-8800  
Maine Civil Liberties Union ..... 774-5444  
Maine Equal Justice Project ..... 1-866-626-7059 or 626-7058  
Maine Human Rights Commission ..... 624-6050 & TTY: 1-888-577-6690  
Maine Volunteer Lawyers Project ..... 1-800-442-4293 or 774-4348  
Pine Tree Legal Assistance – www.ptla.org  
Lincoln County ..... 622-4731  
Cumberland/Sagadahoc County..... 774-8211  
Property Tax and Rent Refund..... 626-8475  
Public Utilities Commission ..... 1-800-452-4699  
Social Security Administration ..... 1-800-772-1213  
Veterans Affairs (VA)..... 1-800-827-1000  
Victim’s Compensation Board ..... 1-800-903-7882 or 624-7882

**LEGISLATURE**

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

**TRANSPORTATION**

Bath City Bus ..... 443-8363  
Coastal Trans-Bath/Brunswick ..... 1-800-444-6207 or 563-5555  
Coastal Trans-Rockland ..... 1-800-289-6605

**HEALTH AND HEALTHCARE**

**HEALTH CARE**

All About Prevention..... 725-4955  
Consumers for Affordable Health Care & Healthcare Guide ..... 1-800-838-0388 or 622-7083  
Frannie Peabody Center ..... 1-866-701-3897 or 774-6877  
Hospice Vol. in Midcoast Maine..... 1-888-486-0340 or 729-3602  
Childhood Lead Poisoning Prevention..... 1-866-292-3474  
Low-Cost Drug Program (Elder/Disabled)..... 1-866-796-2463  
Maine HIV/STD/Hepatitis Hotline..... 1-800-851-2437  
MaineCare HelpLine ..... 1-877-543-7669 & TDD: 1-800-965-7476  
MaineCare Member Services ..... 1-800-977-6740  
Medicare ..... 1-800-633-4227  
National AIDS Hotline..... 1-800-232-4636  
Northern NE Poison Center ..... 1-800-222-1222  
Public Health Nurse- Rockland..... 1-800-432-7802 or 596-4200  
Public Health Nurse- Portland ..... 1-800-482-7520 or 797-2376

**HOME HEALTH CARE**

Respite Care ..... 729-8571  
Veterans Affairs TeleCare ..... 1-800-827-1000  
Catholic Charities Maine – Family Services..... 1-800-781-8550  
CHANS Home Health Care ..... 729-6782  
Home Care for Maine ..... 1-800-639-3084 or 582-8001  
Hospice Vol. in Midcoast Maine..... 1-888-486-0340 or 729-3602  
Kno-Wal-Lin Home Health Care ..... 1-800-540-9561  
Newcastle..... 563-5119  
Rockland ..... 594-9561  
Miles Home Health (Lincoln Co.) ..... 563-4592  
St. Andrews Home Health Care - Boothbay..... 633-2121

**HOSPITALS/CLINICS**


Planned Parenthood – Statewide ..... 1-877-326-2345  
Family Planning of Maine ..... 622-7524  
Jessie Albert Dental Center ..... 1-888-304-8020 or 443-9721  
Martin’s Point Health Care ..... 1-800-322-0280 or 774-5801  
Mid Coast Hospital - Brunswick..... 729-0181  
Miles Memorial Hospital - Damariscotta ..... 563-1234  
OASIS Health Clinic ..... 721-9277  
Parkview Hospital – Brunswick..... 373-2000  
Penobscot Bay Medical Center - Rockland ..... 596-8000  
Planned Parenthood - Brunswick ..... 725-8264  
Richmond Area Health Center..... 737-4359  
St. Andrews Hospital – Boothbay Harbor ..... 633-2121  
Sheepscot Family Health Services-Somerville ..... 549-7581  
Veterans Hospital - Togus..... 1-877-421-8263 or 623-8411

**MENTAL HEALTH SERVICES**

Alliance of the Mentally Ill (NAMI)..... 1-800-464-5767  
Dept. of Health and Human Services ..... 287-3707  
Mid Coast Hospital-Partial Hospitalization ..... 373-6980  
Psychologist Information & Referral ..... 1-800-287-5065  
Senior Mental Health Services- Mid Coast ..... 1-888-253-8428  
Statewide Crisis Hotline Connector ..... 1-888-568-1112  
Support Groups..... Call 211  
Sweetser Community Mental Health-Intake..... 1-800-434-3000  
Sweetser Learning and Recovery Center ..... 373-4273  
Therapist Search-Line ..... 1-800-386-4096  
Ctr. for Grief and Loss (Transitions) ..... 1-888-486-0340 or 721-9702

**SUBSTANCE ABUSE**

Addiction Resource Center - Mid Coast..... 1-800-244-3805 or 373-6950  
Alanon - Statewide ..... 1-800-498-1844 or 284-1844  
Alcoholics Anonymous - Statewide..... 1-800-737-6237  
Choice Skyward Addiction Center – Mid Coast ..... 701-4400  
Crossroads for Women ..... 773-9931  
Maine Office of Substance Abuse ..... 1-800-499-0027 or 287-8900  
Maine Tobacco Helpline..... 1-800-207-1230  
Narcotics Anonymous ..... 1-800-974-0062  
Overeaters Anonymous 24 hour hotline..... 1-505-891-2664  
Support Groups ..... Call 211  
Sweetser -Intake ..... 1-800-434-3000



  
**2-1-1**  
*Get Connected. Get Answers.*  
United Ways of Maine  
Youth Alternatives Ingraham

**211 Maine is a FREE statewide information and referral service available 24 hours a day, 365 days a year.**

- **Simply DIAL 2-1-1** or visit the on-line 2-1-1 Maine database, with over 9,000 human service programs, at [www.211Maine.org](http://www.211Maine.org)
- 211 is available throughout Maine, but cell phone & workplace phone access varies.

If you can't dial 211,  
please call 1-877-463-6207

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