



Directory of Commonly Requested Community Services

United Way of Mid Coast Maine

October 2015



Dial 2-1-1 or 1-877-463-6207 | or visit 211Maine.org

for confidential help & information on these and other area services

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EMERGENCY SERVICES

Emergency Dial 9-1-1

Adult Protective Services (24 hr. Hotline) .. 1-800-624-8404

American Red Cross-Mid Coast Chapter. 729-6779 or 563-3299

Cumberland Co. Emergency Management 892-6785

Emergency Hazardous Materials Response 1-800-452-4664

Emergency Oil Spill Response 1-800-482-0777

Family Crisis Services (24 hr.) 1-800-537-6066

Lincoln Co. Emergency Management 882-7559

ME Emergency Management Agency. 1-800-452-8735 or 624-4400

Mental Health Crisis Hotline connector: 1-888-568-1112

Northern NE Poison Center 1-800-222-1222

Sagadahoc Co. Emergency Management 443-8210

Sexual Assault Support Services 1-800-822-5999

FINANCIAL ASSISTANCE & SUPPORT PROGRAMS

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

Adventist Community Services (Clothing and Housewares) 725-7015

Bath Area Food Pantry 737-9289

Bath Area Soup Kitchen (Oct-June) 798-2239

Boothbay Region Community Resources 633-6272

Boothbay Region Food Pantry 633-4757

Brunswick Food Pantry- Mid Coast Hunger Prevention 725-2716

Brunswick Soup Kitchen- Mid Coast Hunger Prevention 725-2716

CEI - Coastal Enterprises, Inc. 504-5900

CHIP - Lincoln County 1-800-924-9571

Community Energy Fund-Lincoln Co. 563-3883

DHHS Emergency Assistance - Cumberland 822-2000

DHHS Emergency Assistance - Lincoln/Sagadahoc 596-4200

Freeport Community Services 865-3985

Friends Helping Community Food Pantry 666-5651 x2820

General Assistance Local Town Office or Dial 2-1-1

LIHEAP (Heating Assistance)

KVCAP (Lincoln & Sagadahoc County) 1-800-542-8227

Penquis (Knox County) 1-800-215-4942 or 596-0361

The Opportunity Alliance PROP-(Brunswick/Harpswell) .. 1-800-698-4959

Little Flock Non Food Bank 443-9333

Meals on Wheels 1-800-639-1553 or 729-0475

Midcoast ME Community Action (MMCA) 1-800-221-2221 or 442-7963

New Harbor Food Pantry 677-3424 or 677-3055

Newcastle Ecumenical Food Pantry 563-1133

Richmond Food Pantry 607-2777

Salvation Army - Bath 443-3611

Salvation Army - Rockland 594-5326

Salvation Army - other communities Dial 2-1-1

SNAP (Food Stamps) - Cumberland 822-2000

SNAP (Food Stamps) - Lincoln & Sagadahoc 596-4200

Social Security Administration 1-800-772-1213

St. Denis Whitefield Food Pantry 582-2684

St. Philips Help Yourself Shelf 882-7184

Tedford Housing 729-1161

The Gathering Place (Drop-in Day Center) 729-0288

Veterans Affairs (VA) 1-800-827-1000

Waldoboro Food Pantry 832-4743

Warm Thy Neighbor-Fuel Assistance (Brunswick Area) 729-1161 x111

Wiscasset Food Pantry 882-9088

Women, Infants & Children (WIC) ... 1-800-221-2221 or 442-7963

ABUSE/ASSAULT

Child Abuse

Child Protective Services - DHHS 1-800-452-1999

Families Can! (MMCA) 442-7963 x286

Healthy Kids Lincoln County 563-1818

Domestic Violence

Family Crisis Services (24 hr.) 1-800-537-6066

National Domestic Violence Hotline 1-800-799-7233

New Hope for Women-Bath,Damariscotta,Rockland1-800-522-3304

Safe Voices AWAP (24 hr., Auburn) 1-800-559-2927

Sexual Assault

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

DISABILITIES SERVICES

Alpha One 1-800-640-7200

Disability Rights Center 1-800-452-1948 or 626-2774

Elmhurst, Inc.-Bath 443-9783 & TTY: 1-800-545-1833x756

Independence Association - Brunswick 725-4371

IRIS (Maine Center for the Blind) 1-800-715-0097 or 774-6273

Maine Parent Federation (SPIN) 1-800-870-7746 or 588-1933

Maine Relay Federation for the Deaf 7-1-1

Maine State Library Services-Books on Tape 1-800-762-7106

Mobius, Inc. - Damariscotta 563-3511 & TTY: 563-3864

Office of Aging and Disabilities (DHHS)

Portland 1-800-269-5208

Rockland 1-800-704-8999

Pine Tree Society 443-3341

Spectrum Generations - Aging & Disabilities Resources 1-800-639-1553

Vocational Rehabilitation 1-877-594-5627

EDUCATION & EMPLOYMENT SERVICES

ASPIRE/JOBS 795-4377

Bath RSU1 Adult Education 443-8255

Boothbay Region Adult Education 633-3224

Central Maine Community College .. 1-800-891-2002 or 755-5100

Merrymeeting Adult Education - Brunswick/Topsham..... 729-7323

Midcoast Senior College 725-4900

New Ventures Maine (Women, Work & Community) 386-1664

Occupational Safety Hotline 1-800-321-6742

Southern Maine Community College.. 1-877-282-2182 or 741-5500

Southern MidCoast Career Center - 1-888-836-3355 or 373-4000

Southern New Hampshire University 1-800-427-9238 or 725-6486

Technical High School Vocacion Ed - Brunswick (Region 10) 729-6622

Tri-County Literacy 443-6384

Unemployment Insurance 1-800-593-7660

Univ. College at Bath/Brunswick 1-800-696-2329 or 442-7736

Univ. of ME Cooperative Extension Svc (Sageadahoc)1-800-287-1458

Vocational Rehabilitation 1-877-594-5627

Wiscasset Adult & Community Education 882-9710

Women Unlimited 1-800-281-5259 or 623-7576

Worker's Compensation Board 1-888-801-9087 or 287-3751

ELDER SERVICES

Adult Protective Services (24 hr. to report abuse) ... 1-800-624-8404

Bath Area Senior Citizens Activity Center 443-4937

Brunswick Area Respite Care - Bath/Brunswick 729-8571

Elder Independence of Maine 1-888-234-3920 or 795-7213

Eldercare Locator 1-800-677-1116

ElderCare Network - Lincoln County 563-2148

Good Morning Program- Bath 443-5563

Good Morning Program - Brunswick 729-0757

Hearthside Senior Assistance 443-5748

Legal Services for the Elderly 1-800-750-5353 or 623-1797

Lifeline Emergency Response Information 373-3635

Long Term Care Ombudsman 1-800-499-0229 or 621-1079

Low Cost Drug Program (ME Rx Plus) 1-866-796-2463

Meals on Wheels 1-800-639-1553 & TTY: 1-800-464-8703

Neighbors Inc. - Greater Brunswick 725-9444

Office of Aging & Disabilities 1-800-262-2232

People Plus-Brunswick 729-0757

Richmond Area Senior Center 737-2161

SEARCH-Greater Bath Elder Outreach Network 837-8810

Spectrum Generations/Area Agency on Aging 1-800-639-1553

VOLUNTEERING or DONATING GOODS:

United Way of Mid Coast Maine 443-9752

GetConnected.VolunteerMaine.org



FAMILY & CHILDRENS SERVICES

Child Care Information and Vouchers
 Child & Family Services DHHS 1-877-680-5866 or 624-7900
 Child Care Centers/After School Programs
 Bath Area Family YMCA 443-4112
 Boothbay Region YMCA 633-2855
 Casco Bay YMCA 865-9600
 Central Lincoln Co. YMCA 563-5347
 Coastal Kids Preschool 563-5335
 Family Focus - Child Care Services . 1-800-675-2413 or 386-1662
 Head Start & Early Head Start 1-800-221-2221
 Penobscot Bay YMCA 236-3375

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

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

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

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

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

HOSPITALS/CLINICS
 Jessie Albert Dental Center 1-888-304-8020 or 443-9721
 Knox County Health Clinic 921-6996
 Lincoln County Dental 563-8668
 Maine Family Planning 622-7524
 Martin's Point Health Care 1-800-322-0280 or 774-5801
 Mid Coast Hospital - Brunswick 1-877-729-0181 or 373-6000
 Mid Coast Walk-in Clinic - Brunswick 406-7500
 Miles Campus of LincolnHealth - Damarscotta 563-1234
 OASIS Health Clinic 721-9277
 Parkview Adventist Medical Center – Brunswick 373-2000
 Pen Bay Medical Center - Rockland 921-8000
 Planned Parenthood - Topsham Health Center 725-8264
 Richmond Area Health Center 737-4359
 Sheepscot Valley Health Center-Somerville 549-7581
 St. Andrews Campus of LincolnHealth Urgent Care 633-2121
 Veterans Hospital - Topus 1-877-421-8263 or 623-8411

HOUSING & SHELTER
 Bath Housing 443-3116
 Brunswick/Topsham Housing Authority 725-8711
 CEI Housing Counselor 504-6900
 Habitat for Humanity/ 7 Rivers Maine 504-9333
 Housing Discrimination Hotline 1-800-669-9777
 Maine State Housing/Housing Choice Voucher 1-800-452-4668
 MMCA Housing Counseling 1-800-221-2221
 Penquis (Knox Co.) 1-800-215-4942
 Property Tax Abatement call local Town Office
 Tedford Housing 729-1161
 VOA Housing 373-1140

LEGAL & TAX INFORMATION

American Civil Liberties Union (ACLU) 774-5444
 CASH Coalition 373-1140 x214 or x236
 Child Support Enforcement 624-4168
 Cumberland Legal Aid Clinic 780-4370
 Finance Authority of Maine 1-800-228-3734 or 623-3263
 Internal Revenue 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 Attorney General's Office 626-8800
 Maine Equal Justice Partners 1-866-626-7059 or 626-7058
 Maine Human Rights Commission 624-6290
 Maine State Income Tax Call Center 626-8475
 Maine Volunteer Lawyers Project 1-800-442-4293 or 774-4348
 Money Management International 1-866-889-9347
 Pine Tree Legal Assistance – www.ptla.org
 Cumberland/Sagadahoc County 774-8211
 Lincoln/Knox County 622-4731

Public Utilities Commission 1-800-452-4699
Social Security Administration 1-800-772-1213
Veterans Affairs (VA) 1-800-827-1000
Victim's Compensation Program 1-800-903-7882 or 624-7882
VOA Community Mediation Services 373-1140 x229

LEGISLATURE


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

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

Addiction Resource Center-Mid Coast1-800-244-3805 or 373-6950
 Alanon - Statewide 1-800-498-1844 or 284-1844
 Alcoholics Anonymous - Statewide 1-800-737-6237
 Crossroads for Women 773-9931
 Healthy Lincoln County 563-1330
 Maine Behavioral Healthcare- Brunswick 373-9417
 Maine Behavioral Healthcare- Damarscotta/Rockland, 701-4400
 Maine Office of Substance Abuse&Mental Health1-800-499-0027
 Maine Psychological Assoc. Info & Referral 1-800-287-5065
 Maine Tobacco Helpline 1-800-207-1230
 Mental Health Crisis Hotline Connector 1-888-568-1112
 Mid Coast Behavioral Health 373-6600
 Mid Coast Hospital-Partial Hospitalization 373-6980
 Mid Coast Senior Mental Health Services 1-888-253-8428
 Narcotics Anonymous 1-800-974-0062
 Nat'l Alliance on Mental Illness (NAMI) 1-800-464-5767
 Support Groups Dial 2-1-1
 Sweeter Learning and Recovery Center 373-4273
 Sweeter Mental Health/Substance Abuse-Intake1-800-434-3000

TRANSPORTATION

Bath City Bus 443-8363
 Brunswick Explorer 721-9600
 Coastal Trans 1-800-289-6605
 MaineCare Transportation 1-855-930-7900
 Community Concepts Transportation 712-3712



Get Connected. Get Answers.
 United Ways of Maine
 The Opportunity Alliance


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

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

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

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

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