

Wellness and Recovery

Listed below is contact information for Social Clubs, Club Houses, Peer Support Centers, and Self Help groups in Maine. The list may not encompass all Self Help groups, please check your local news paper for more listings.

Area	Name	Mailing address	Contact
Augusta	Peer Centers & Social Clubs		
	LINC Social Club 285 State Street Augusta ME 04332 Web site: Linc Club or http://www.mocomaine.com/	PO Box 229 Augusta, ME 04332 (207) 623-2279 (x243)	Sr. staff Scott Hallot Phone: (207) 626-2817 or (207) 626-3444 x 334
	Club Houses		
	Capitol Clubhouse Hours: Monday-Friday 8 am-4 pm Web site: www.capitalclubhouse.org	37 Stone Street Augusta, ME 04330	Terrie Key, Activity Cord. & Christine Dunbar, Director E-mail: akirkpatrick@kvmhc.org Phone: (207) 629-9080
	Self Help Group		
	Dual recovery Anonymous meets Monday at noon at Crisis and Counseling in Augusta.	32 Winthrop St. Augusta, ME 04330	
The Holistic Recovery Project Which meets: Wednesdays, Fridays and Sundays at noon, at Crisis and Counseling, 32 Winthrop Street in Augusta. Open discussion support group for those suffering from any addiction, compulsion, obsession or disorder. Compliment your current recovery program in a forum where any other issues you face many be addressed. We encourage anyone seeking life change to attend.	2 Swan Street, Suite 2 Augusta, Maine 04330-7432	Phone 207-512-8379	
<u>ALL RECOVERY SUPPORT MEETINGS</u> Green Street Methodist Church 13 Green St. Augusta Maine Thursdays 12pm-1pm		Phone 207-458-4366	
Bangor	Peer Centers and Social Clubs		
	Together Place Hours: Monday-Friday 8 am-4 pm For calendar of events: www.mmhc.us/tpsc.htm	150 Union Street Bangor, ME 04401	Jan Hinckley, Club Mgr. E-mail: together@mmhc.us Phone: (207) 941-2997 or 2897

Rockland	Self Help Group		
	Rockland (DBSA Mid-Coast)		Heather Christie Phone: (207) 691-3599 dbsamc@hotmail.com
	Food Addicts Anonymous in Recovery	Belfast Center, 9 Field St., Belfast, Me	Contact Pat - (207)323-1067
Bridgton	Peer Centers and Social Clubs		
	The Gathering Place (c/o Bridgton Community Center)	15 Depot Street Bridgton, ME 04009	Tricia Wakefield, Pres. E-mail: mongoose04040@hotmail.com Phone: (207) 583-5235
Brunswick	Peer Centers and Social Clubs		
	The Learning & Recovery Center at Sweetser Hours: Monday - Sunday 9 am-5 pm Web site: www.sweetser.org/	174 Mere Point Road Brunswick, ME 04011	Scott Metzger, Program Coordinator E-mail: smetzger@sweetser.org Phone: (207) 373-4273 Warm Line: (207) 373-4278 FAX: (207)373-4282 1800-434-3000
Caribou	Peer Centers and Social Clubs		
	Harvest Inn Social Club 43 Hatch Drive, Caribou, Me	AMHC PO Box 1018 Caribou, ME 04736	E-mail: sgagnon@amhc.org or cmacdougal@amhc.org Phone: (207) 498-2347
Jay	Peer Centers and Social Clubs		
	Friends Together Hours: Monday thru Thursday 1-4 pm	70 Main Street Jay, ME 04239	Arlene Hebert E-mail friendstogether@fairpoint.net Phone: (207) 897-1010
Lewiston	Peer Centers and Social Clubs		

	<p>100 Pine Street Wellness & Recovery Center Hours: Monday thru Friday 9 am-5 pm Weekends & Holidays 1-5pm.</p> <p>Web site: www.commonities.org</p>	<p>100 Pine Street Lewiston, ME 04240</p>	<p>Rebecca Poole, Prog. Mgr. E-mail: rpoole@commonities.org Phone: (207) 795-6719 or 6040</p>
<p>Lincoln County</p>	<p>Self Help Group</p>		
	<p>NAMI Lincoln County</p> <ul style="list-style-type: none"> 2nd Congregational Church 3rd Wednesday Peer Group New Castle 6:30pm - 8:30pm 		<p>Sara George 882-9877</p>
<p>Madawaska</p>	<p>Peer Centers and Social Clubs</p>		
	<p>Valley Social Club</p>	<p>272 Main Street Suite 101 Madawaska, ME 04756</p>	<p>Sally Gagnon, Prog. Coord Phone: (207) 728-4806</p>
<p>Portland</p>	<p>Peer Centers and Social Clubs</p>		
	<p>Amistad Hours: Monday-Saturday 9 am-5 pm 66 State Street 2nd Floor Web site: www.amistadinc.org</p>	<p>PO Box 992 Portland, ME 04104-0992</p>	<p>E-mail: amistad1@maine.rr.com Phone: (207) 773-1956 Fax: (207)773-2087</p>
<p>Self Help Group</p>			
	<p>Portland (DBSA Portland, ME)</p> <p><u>ALL RECOVERY SUPPORT MEETINGS</u> HOPE.GATE.WAY 185 HIGH ST. PORTLAND MAINE</p>		<p>Jeff Irving Phone: (207) 650-3248 jcirving@maine.rr.com Phone 756-8119</p>
	<p>The Sunday group Sundays 1 – 2:30 pm</p>	<p>39 Forest Ave., Portland</p>	<p>Keenan Martin Phone: (207)899-0392</p>
<p>Rumford</p>	<p>Peer Centers and Social Clubs</p>		

	<p>Beacon House Hours: Monday-Friday 10 am-5 pm, Saturday 11 am-4 pm, Sunday 12 noon-5 pm</p> <p>41 Bridge Street, Rumford ME</p>	<p>150 Congress Street Rumford, ME 04276</p>	<p>E-mail: Cheryl Mclean BeaconHouse@ocmhs.org or BeaconHouse@adelphia.net</p> <p>Phone: (207) 369-0868 Fax: 364-2143</p>
Peer Centers and Social Clubs			
Biddeford	<p>Common Connections Hours: Monday-Friday 8:30 am-4 pm Tuesday, Wednesday & Friday 8:30-8:30 pm Saturday & Sunday 10 am-4 pm</p> <p>32 Alfred Street(rear entrance) Biddeford, Me</p>	<p>PO Box 1010 Saco, ME 04072</p>	<p>Sue Simpson, Director Phone:(207) 282-5455</p>
Peer Centers and Social Clubs			
Sanford	<p>Harmony Support Center Hours: Monday 3-8 pm, Tuesday-Thursday 8:30 am-4 pm, Friday 8:30 am-8 pm, Saturday & Sunday 10-4 pm</p>	<p>19 Washington St. Sanford, Maine</p>	<p>Sue Simpson, Director, Phone:(207) 490-5253</p>
StateWide Programs			
StateWide Programs	<p>Advocacy Initiative Network of Maine Web site:www.thenetwork123.com</p>	<p>PO Box 878 Bangor, ME 04402-0878</p>	<p>E-mail: ainfrontdesk@adelphia.net</p> <p>Phone:(207) 941-4734 1-888-375-5969</p> <p>FAX (207) 561-5050</p>
	<p>Consumer Council of Maine</p> <p>Web site: http://www.transformationinme.org/</p> <p>"The Consumer Council System of Maine is a vehicle for consumers of mental health services to give advice and make positive changes from the inside out."</p>		
Washington	Self Help Group		

County	Washington County Support Group <ul style="list-style-type: none"> Pembroke Consumer Group 3 rd Monday of each month 		Phone: 259-3601 259-3601
Waterville	Peer Centers and Social Clubs		
	Waterville Social Club Web site: www.mocomaine.com	32 Ticonic Street Waterville, ME 04901	Brandy French. Sr. SRRS E-mail: bfrench@mocomaine.com Phone: (207) 873-1029 or 1027
	Club Houses		
	High Hopes Clubhouse Web site: www.highhopesclubhouse.org	26 College Avenue Waterville, ME 04901	Lisa Soucie, Director E-mail: lsoucie@kbhmaine.org Phone: (207) 877-0038