Kennebec/Somerset Transition Team

Resource Guide
What is the Kennebec/Somerset County Transition Team?

The Kennebec/Somerset Transition Team is comprised of community members that are concerned about their neighbors who are in the throes of unemployment. With individuals representing social service agencies, state and municipal offices, health care, employment agencies, education, workforce development and training organizations, local businesses, as well as other interested individuals, this team recognizes its role as a provider of information, resources, and support to people who have lost their jobs.

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**Transition Team Partners**

Central/Western Maine Workforce Investment Board
   Congressman Michael H. Michaud
   Congresswoman Chellie Pingree
   Crisis and Counseling Centers, Inc.
   Kennebec Valley Community Action Program
   Kennebec Valley Community College
   Kennebec Valley Council of Governments
   Maine CareerCenters
   Maine DECD Office of Business Development
   Maine Department of Labor
   Mid-Maine Chamber of Commerce
   MSAD 54 Adult and Community Education
   Sebasticook Valley Hospital
   Senator Olympia J. Snowe
   Senator Susan M. Collins
   Somerset County Association of Resource Providers (SCARP)
   Somerset County Economic Development Corporation
   Town of Pittsfield
   United Way of Mid-Maine
   USDA Rural Development
   Women, Work, and Community

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# Table of Contents

Pg. 3 ...........................................Important Numbers

Pg. 4 ...........................................Resources Available To Assist Consumers

Pg. 5 ...........................................Business Development

Pg. 6 ...........................................Children & Family Services

Pg. 8 ...........................................Clothing & House Wares

Pg. 8 ...........................................Domestic Violence

Pg. 9 ...........................................Education — Adult Ed and Local Colleges

Pg. 10 .........................................Education Services

Pg. 11 .........................................Employment & Training Services

Pg. 12 .........................................Financial Information & Assistance

Pg. 13 .........................................Food & Nutrition

Pg. 16 .........................................General Assistance

Pg. 18 .........................................Health Services

Pg. 20 .........................................Housing & Shelter

Pg. 22 .........................................Legal Services

Pg. 22 .........................................Maine’s Congressional Delegation

Pg. 23 .........................................Maine Legislators

Pg. 24 .........................................Mental Health/Substance Abuse Services

Pg. 25 .........................................Seniors

Pg. 25 .........................................Transportation

Pg. 26 .........................................Utilities

Pg. 27 .........................................Veterans Services

Pg. 28 .........................................State CAP Agencies
Important Numbers

211Maine.org .......................................................................................................................... 211
Connects you to services statewide—including heating and utility resources.

Adult Learning Opportunities ................................................................. 1-800-322-5455

Al-Anon Anonymous .............................................................................. 1-888-425-2666

Alcoholics Anonymous ........................................................................ 1-800-737-6237

Maine Alzheimer’s Association ......................................................... 1-800-660-2871
24 hour helpline, Statewide

Suspected Child Abuse or Neglect ......................................................... 1-800-452-1999
TTY .............................................................................................................. 1-800-963-9490

Domestic Violence
Family Violence Project (Kennebec & Somerset counties) ........ 1-877-890-7788
Spruce Run (Penobscot county) ............................................................. 1-800-863-9909

Food Stamp Hotline .................................................................................. 1-800-452-4643

Mental Health Crisis/Substance Abuse .............................................. 1-888-568-1112
24 hour hotline

Mental Health, Warm Line ................................................................. 1-800-490-8748
A non-crisis phone line for persons with mental illness and their families
Open 5pm – 8 am, 7 days a week

Narcotics Anonymous ......................................................................... 1-800-974-0062

Poison Control Center ........................................................................ 1-800-442-6305

Runaway National Switchboard ......................................................... 1-800-621-4000

Sexual Assault/Rape Response ......................................................... 1-800-310-0000

Unemployment Call Center—Benefits Claims ............................. 1-800-593-7660
Resources Available To Assist Consumers

Credit Reporting Agencies
Credit bureaus or credit reporting agencies collect and store data provided by many of your creditors. The credit bureaus then assemble and deliver the information, for a fee, to their business customers. You can obtain a free copy of your credit report at:

www.annualcreditreport.com
1-877-322-8228

Or Annual Credit Report Request
P.O. Box 105281
Atlanta, GA 30348

Debt Management Companies
Any company offering debt management services (credit counseling) in Maine must be registered with the Office of Consumer Credit Regulation. Only non-profit organizations are allowed to offer these services in Maine.

For information on debt management service providers, or to see if a company is authorized to do business in Maine, visit the Consumer Credit Regulation web page at:

Maine Attorney General’s Office
Public Protection Unit
#6 State House Station
Augusta, ME 04330-0006
Tel: 626-8800 (Lines open from 9am to 12pm)
www.maine.gov/ag

Maine Lawyer Referral & Information Services
Maine State Bar Association
PO Box 788
Augusta, ME 04332-0788
Tel: 622-1460 or 1-800-860-1460
For details go to Website:
www.mainebar.org/lawyer_need.asp

Maine Revenue Services
24 State House Station
Augusta, ME 04333-0024
Tel: 287-2076  Fax: 624-9694
http://maine.gov/REVENUE

Maine Office of Consumer Credit Protection
35 State House Station
Augusta, ME 04333-0035
Tel: 624-8527 or 1-800-332-8529

Penquis
Penquis provides financial education and budgeting assistance.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
119 Main St., Lincoln, ME 04457
Tel: 794-3093
50 North St., Dover-Foxcroft, ME 04426
Tel: 564-7116
www.penquiscap.org

Taxes
Internal Revenue Service
68 Sewall St., Augusta, ME 04330
Tel: 622-1508
324 Harlow St., Bangor, ME 04401
Tel: 942-8573
www.irs.gov

Unemployment Claims Centers-Maine Department of Labor
Unemployment is an insurance program providing temporary, partial wage replacement to workers who are unemployed through no fault of their own.
PO Box 1092, Augusta, ME 04332-1092
Tel: 1-800-593-7660
Fax: 287-3733
www.file4ui.com

Volunteer Lawyers Project
Lawyers volunteer their time to assist low-income consumers with problems requiring legal counsel.
Tel: 1-800-442-4293
Hotline hours: M, W, F—9 am-noon, T, Th-1 pm-4 pm
http://vlp.org

Women, Work & Community
State
Tel: 1-800-442-2092
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
216 Texas Ave, Acadia Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482
Statewide non-profit organization that provides training for men and women on starting a business, personal finances and other workshops.
www.womenworkandcommunity.org
Business Development

**Eastern Maine Development Corporation**
EMDC can help your business expand and grow in Eastern Maine, whether you are a start-up, a micro-business or an established business of any size. Serves 6 counties: Hancock, Knox, Penobscot, Piscataquis, Waldo, and Washington Counties.  
40 Harlow Street, Bangor, ME 04401  
Tel: 942-6389 or 1-800-339-6389  
Fax: 942-3548  
[www.emdc.org](http://www.emdc.org)

**Kennebec Valley Council of Governments (KVCOG)**
Provides free business counseling services to persons interested in starting a business and to persons with existing businesses seeking to expand. Also makes loans to eligible businesses typically in partnership with the borrower’s bank. Serves Kennebec, Somerset and western Waldo counties.  
17 Main St., Fairfield, ME 04937  
Tel: 453-4258  
[www.kvcog.org](http://www.kvcog.org)

**Maine Department of Economic and Community Development**
Employers can get business development assistance and displaced workers can investigate starting new businesses by contacting this department and some of their online resources. Get answers to questions regarding licensing, permits, taxes, financing and more:  
[www.econdevmaine.com](http://www.econdevmaine.com)

**Maine Small Business Development Centers**
Provides comprehensive business management assistance, training and information services to Maine’s small business community.  
Maine SB Service Center: Fairfield  
CEI at Kennebec Valley Council of Governments  
17 Main St  
Fairfield, ME 04937-1119  
Tel: 453-4258 ext. 16  
Maine SB Service Center: Bangor  
Tel: 942-1744  
Maine SB Service Center: Augusta  
Tel: 620-3521  
[www.mainesbdc.org](http://www.mainesbdc.org)

**Maine Small Business Development Centers—continued**
Maine SBDC Outreach Office: Skowhegan  
Tel: 453-4258 Ext. 14  
Maine Business Works  
On-line business development resource for Maine  
[www.mainebusinessworks.com](http://www.mainebusinessworks.com)

**MaineStream Finance**
Assistance is provided with startup or expansion of micro-enterprises through classroom training, workshops and 1:1 counseling.  
262 Harlow St., Bangor, ME 04401  
Tel: 973-3663  
[www.mainestreamfinance.org](http://www.mainestreamfinance.org)

**The University of Maine Cooperative Extension**
Assistance is provided to small and home based businesses that are in the thinking and start up phase. Workshops are provided to address many topics. Business consultations, which are free and confidential, are scheduled by appointment.  
307 Main Ave., Bangor, ME 04401  
Tel: 942-7396 or 1-800-287-1485  
[www.umext.maine.edu/](http://www.umext.maine.edu/)

**US Department of Agriculture**
Rural Development  
Business loans to applicants starting a business and current business owners can provide community loans to towns and cities.  
Somerset, Waldo, Penobscot Counties  
967 Illinois Ave., Suite 4, Bangor, ME 04401  
Tel: 990-9121  
Fax: 990-9129  
Kennebec County  
254 Goddard Rd., Lewiston, ME 04241  
Tel: 753-9400  

**University of Southern Maine**
FastTrac Business Management Training  
Offers essential business information to help you develop your entrepreneurial skills and build your business on a strong foundation.  
Heart of Maine RC&D  
1423 Broadway, Bangor, ME 04401  
Tel: 947-6622 x 5  
[www.usm.maine.edu/cesb/programs.html](http://www.usm.maine.edu/cesb/programs.html)
Business Development—continued

Women, Work & Community
Statewide non-profit organization that does training for men and women on starting their own business, personal finances and other workshops.
State
1-800-442-2092
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
216 Texas Ave, Acadia Hall, Bangor, ME 04401
Tel: 262-7840

Children & Family Services

Care & Comfort
Children’s Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.
180 Main Street, Suite 2
Waterville, ME 04901
1-800-366-5302
www.CareandComfort.com

Community Care
Therapeutic foster care and adoption services.
98 North Ave., Skowhegan 04976
Tel: 858-0067
12 Shuman Dr., Suite 16, Augusta, ME 04330
Tel: 621-0646
www.caremaine.org

DHHS Voucher Program
The voucher program helps eligible parents/guardians pay the fees for child care in licensed or registered facilities, (private day care is allowed pending approval i.e. background check and limited children). To receive a voucher, parents or guardians must be employed; in training or an educational program, or enrolled in substance abuse treatment (limited funding available for individuals enrolled in substance abuse treatment program). There is a waiting list for eligible applicants.
2 Anthony Ave., 11 State House Station
Augusta, ME 04333
(207) 624-7999 or 1-800-606-0215
www.maine.gov

Child Care Options
337 Maine Avenue
Farmingdale, ME 04344
582-3110 or 1-800-525-2229

DHHS Voucher Program

www.skedc.org
Child Care Options provides information and referral services to parents in Kennebec & Somerset counties looking for licensed or registered providers. Provides training to providers at no cost. Trainings are also available for parents. Assistance is available to parents in choosing the appropriate type of care for their child(ren) - Center, Family Day Care, Before and After School or In-home Care.

Video and printed resource materials on a wide variety of topics such as parenting, child development, nutrition and discipline are available at no cost to parents.

CDS (Child Development Services)
• Provides case management and direct instruction for children birth through age five and their families.
• Conducts ChildFind (the process of identifying children with disabilities) screenings and evaluations for children birth through age five.
• Identifies eligible children through Part C or Part B and secure local service access for services.
• Provides Early Intervention and Special Education programming in the following areas:
  Physical Gross/Fine motor skills; cognitive; communication (Speech and Language);
  Social/Emotional; Adaptive

Northern Kennebec/Somerset
163 Silver St., Waterville, ME 04901
Tel: 877-2498 Fax: 877-7459

Southern Kennebec
263 Water St., Suite 500, Augusta, ME 04330
Tel: 623-4989 Fax: 622-9798

Penobscot County
Intown Plaza, 376 Harlow St., Bangor, ME 04401
Tel: 947-8493 Fax: 990-4819
www.maine.gov/education
The Children’s Center
Provides in home support with case management services for children with special needs. Also provides classrooms and childcare.
1 Alden Ave., Augusta, ME 04330
Tel: 626-3497 or 1-800-894-6264
www.childrenscenteraugusta.com

Home Counselors Inc.
Home Based Family Services: Intensive, short term, home based counseling to help families provide safe home environments in order to reduce the risk of out of home placement of children in Somerset & Kennebec Counties. Families must be MaineCare eligible. Phone: 453-0060

Alternative Response Services: Case management for low and moderate risk families referred by DHHS to ensure that children at risk of abuse or neglect (and their families) receive needed services appropriate to their level of assessed risk. Both non-MaineCare and MaineCare families are eligible in Somerset and Kennebec Counties.
Kennebec County: 621-0191
Somerset County: 453-0060

Supervised Family Visitation
Provision of court ordered or DHHS requested supervised or facilitated visitation in a safe environment, both office and community based, between child in the custody of DHHS and members of their family. Both MaineCare and non-MaineCare families are eligible in Somerset and Kennebec Counties.
Kennebec County: 621-0191
Somerset County: 696-8200

Locations
280 State Street
Augusta, ME 04330

12 Rowell Street
Madison, ME 04950

13 Tobey Road
Hinckley, ME 04944

Community Health & Counseling
Individual/group/family therapy services, long term and therapeutic foster care, home-based services
78 Madison Ave., Skowhegan, ME 04976
Tel: 858-4860 or 1-800-437-9227
PO Box 28, E. Winthrop, ME 04343
Tel: 395-2555 or 1-800-291-6021
www.chcs-me.org

Crisis and Counseling Centers
32 Winthrop St., Augusta, ME 04330
Tel: 626-3448 or 1-888-568-1112
www.crisisandcounseling.org

GEAR Parent Network
A statewide family support network whose primary focus is on the emotional, behavioral, mental and social health of all children, youth and their families. Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health concerns to build on their family’s strengths and to advocate for their family’s needs. Free services available to parents & families include: support by phone, monthly support groups, education, health & legal trainings and social opportunities.
Tel: 1-800-264-9224
www.gearparentnetwork.com

KVCAP Child Care & Head Start
97 Water St., Waterville, ME 04901
Tel: 859-1593
26 Mary St., Skowhegan, ME 04976
Tel: 474-8487 ext. 2520 or both locations at 1-800-542-8227
www.kvcap.org

Full Day/Full Year Head Start & Child Care Centers serving children ages 0-5:
Waterville CDC; Waterville Early Head Start; KVCC; Skowhegan Child Development Center; Home Start – Fairfield, Waterville & Ripley

Part Day/Part Year Head Start Programs serving children ages 3-5:
Kennebec Preschool, KVCAP Waterville; Waterville Pre-K, George J. Mitchell; Fairfield Preschool, Pittsfield, Hartland, Palmyra, St. Albans, Madison, Anson, Norridgewock, Skowhegan Before and After School Program

Home Based - Child Development services delivered to parents and children in their homes
Children & Family Services—continued

**KidsPeace National Centers for Kids in Crisis**
Residential, day treatment, outpatient services, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, autistic spectrum disorder and counseling. Serves New England
16 Kids Peace Way, Ellsworth, ME 04605
Tel: 667-2021 or 1-800-992-9543
[www.kidspeace.org](http://www.kidspeace.org)

**Maine Parent Federation**
Provides information, advocacy, education, and training to parents and professionals to benefit all children.
12 Shuman Ave., Suite #7, Augusta, ME 04330
Tel: 623-2144 or 1-800-870-7746
[www.mpf.org](http://www.mpf.org)

**Penquis CAP Head Start**
A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parent involvement components. Services are provided to 3, 4, and 5 year old children at sites in Penobscot and Piscataquis Counties.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
[www.penquis.org](http://www.penquis.org)

**Southern Kennebec Child Development Corporation**
Head Start and Day Care for the Augusta area
337 Maine Avenue, Farmingdale, ME 04344
Tel: 582-3110
[www.skcdc.org](http://www.skcdc.org)

**Waterville Boys & Girls Club and YMCA**
126 North St., Waterville, ME 04901
Tel: 873-0684
[www.aplaceforkidstogo.org](http://www.aplaceforkidstogo.org)

**Youth & Family Services**
Provides quality treatment for individual, marital and family problems including substance abuse services; home based services, including short term intensive counseling and Family Reunification Services for DHHS referred families, Children’s Case Management, Community Case Management (for adult individuals with mental retardation and autism).
5 Commerce Dr., Skowhegan, ME 04976
Tel: 474-8311 or 1-888-420-9605
72 Whinthrop St., Augusta, ME 04330
Tel: 626-3478 or 1-877-258-7949
[www.yfsinc.org](http://www.yfsinc.org)
Clothing & House Wares

Addie’s Attic - St. Mark’s Episcopal Church
9 Summer St., Augusta, ME 04330
Tel: 622-2424

Bear-ly Used Boutique
104 Kennedy Memorial Drive, Waterville, ME 04901
Tel: 872-5055

Becky’s Second Time Around
125 Maine St., Winthrop, ME 04364
Tel: 377-6143

Lamb’s Clothes Closet—Fairfield First Baptist Church
12 Newhall Street, Fairfield, ME 04937
Tel: Office - 238-8029

Community Clothes Closet
Methodist Church
113 Dr. Mann Road, Skowhegan, ME 04976
Tel: 474-3409

Goodwill Retail Store
56 Western Ave., Augusta, ME 04330
Tel: 623-1774

Clothes Closet
101 Spring St., Gardiner, ME 04345
Tel: 582-5188

Goodwill Retail Store
10 Concourse West
Waterville, ME 04901
Tel: 877-0673

Ken-A-Set Thrift Store
1 College Ave
Waterville, ME 04901
Tel: 873-3932

Pennywise – Thrift Shop
First Congregational Church
134 Somerset Ave., Pittsfield, ME 04967
Tel: 487-4760

Salvation Army Store
184 College Ave, Waterville, ME 04901
Tel: 680-2531

Skills Thrift Store
165 Water Street, Skowhegan, ME 04976
Tel: 474-2177

Palmyra Clothes Cupboard
190 Springhill Road
Palmyra, ME 04965
Tel: 938-2683
Domestic Violence

Family Violence Project
PO Box 304, Augusta, ME 04332
Tel: 623-8637
PO Box 3104, Skowhegan, ME 04976
Tel: 474-8860
Hotline: 1-877-890-7788 (24 hour)

Men’s Work
Offers group education for men who have verbally, mentally or physically abused a woman in a relationship. Because many men who abuse their partners have abused their children as well, Menswork groups also address the connections between intimate partner abuse and child abuse.
218 Water St., Augusta, ME 04330
Tel: 623-7252

Sexual Assault Crisis Support Center
134 Main St., Winthrop, ME 04364
Tel: 377-1010 Hotline: 1-800-871-7741
18 Silver St., Suite 3, Waterville, ME 04901
www.silentnomore.org

ShelterHelp
ShelterHelp is a new program designed specifically for organizations providing services to domestic violence victims. Through this program, your organization can receive grants of CALL to PROTECT® cell phones, additional airtime minutes, or cash, depending upon your needs. This website provides your organization with a simple, turn-key program to implement in your community.
www.shelterhelp.org

Spruce Run
Serves people affected by domestic abuse. Services include a 24 hr hotline (7 days a week), support groups, education groups, children’s services, shelter, training & education.
PO Box 653, Bangor, ME 04401
Tel: 945-5102 Hotline: 1-800-863-9909

Victim/Witness Advocate
Services provide help to any victim of, or witness to a crime. Short term counseling, emergency assistance with law enforcement, judicial system guidance and support.
District Attorney, Somerset County, Skowhegan, ME 04976
Tel: 474-2423
Kennebec County Court House, 95 State St. Augusta, ME
Tel: 623-1156
Adult Education
Augusta Adult & Community Education
33A Union St., Augusta, ME 04330
Tel: 626-2470

Mid Maine Regional Adult & Community Education
Waterville/Winslow Office
1 Brooklyn Ave., Waterville, ME 04901
Tel: 873-5754
Or
Messalonskee Office
131 Messalonskee Dr., Oakland, ME 04963
Tel: 465-9134
www.waterville.maineadulted.org

Mt. View Adult & Community Education
577 Mt. View Rd., Thorndike, ME 04986
Tel: 568-3426
www.msad3.org

MSAD 13 Adult Education
125 Canada Rd., Moscow, ME 04920
Tel: 672-5572
www.sad13.com

RSU 19 Adult Education
266 Williams Road, Newport, ME 04953
Tel: 368-3290
www.rsu19.org

MSAD 53 Adult & Community Education
Warsaw Middle School
167 School St., Pittsfield, ME 04967
Tel: 487-5145
www.msad53.org

RSU 54 / MSAD 54 Adult & Community Education
Academy Circle, Skowhegan, ME 04976
Tel: 474-7553
www.msad54.maineadulted.org

MSAD 74 Adult Education
PO Box 87, North Anson, ME 04958
Tel: 566-7302
www.msad74.org

RSU/MSAD11 Adult Education
40 West Hill Rd., Gardiner, ME 04345
Tel: 582-3774
www.msad11.maineadulted.org

Lawrence Adult Ed.—MSAD 49
4 School St., Fairfield, ME 04937
Tel: 453-4200 ext 3114
www.lawrenceadulted.org

RSU 38 Maranacook Adult Education
2250 Millard Harrison Dr., Readfield, ME 04355
Tel: 685-4923 ext. 317
http://adulted.maranacook.org

Local Colleges
Beal College
Provides traditional & non traditional students with a quality education in Allied Health, Business Studies, Criminal Justice, Early Childhood Education, Social & Human Services, and Professional Office Technology & Support. Day and evening courses available with six start date options per year.
99 Farm Rd., Bangor, ME 04401
Tel: 1-800-660-7351
www.bealcollege.edu/

Eastern Maine Community College
EMCC has professional staff available to assist you in meeting your educational goals. Call for an appointment and get started today. Offering both credit and non-credit courses as well as entire degrees.
354 Hogan Rd., Bangor, ME 04401
Tel: 974-4600 or 1-800-286-9357
www.emcc.edu

Husson University
Offers 2 & 4 year programs in Accounting, Business Administration, Criminal Justice, Computer Information Systems, and Business & Technology. Financial Aid is available.
One College Circle, Bangor, ME 04401
Tel: 941-7121 or 1-800-448-7766
www.husson.edu

Kennebec Valley Community College
Admissions/Financial Aid—453-5035
92 Western Ave., Fairfield, ME 04937
Tel: 453-5000 or 1-800-528-5882
www.kvcc.me.edu

University of Maine at Augusta
Regional state university providing baccalaureate and select associate degrees to meet the educational, economic and cultural needs of Central Maine. Additionally, UMA offers several bachelor degrees statewide through University College outreach centers.
46 University Dr., Augusta, ME 04330
Tel: 621-3000 or 1-877-862-1234
www.uma.maine.eduwww.uma.maine.edu
Education Services

Bonney Staffing & Training Center
Temporary staffing firm for office and light industrial positions in the Augusta area. Job listings available.
124 State St., Augusta, ME 04330
Tel: 621-1100
www.bonneystaffing.com

Helping Hands Trade School
Helping Hands offers ongoing classes in the healthcare field. These courses are designed for both entry level positions and advanced training in specific occupations.
Hours - M-F, 7:30-3:30
410 China Rd., Winslow, ME 04901
Tel: 873-0011 or 1-800-777-8976
www.helpinghandstradeschool.com

Kennebec Learning Center
Day program for Augusta Adult Education. Provides high school diploma, GED and college prep classes.
Hours: M-Th, 8:30 am-9:00 pm
33A Union St., Augusta, ME 04430
Tel: 626-2528
www.augustaschools.org/academ/adulted/augustaadulteducation.htm

Literacy Volunteers of Maine
Provides one on one reading help for adults wanting to improve reading skills. Assistance available for individuals of a variety of reading levels at no cost.
142 High St., Suite 632, Portland, ME 04101
www.lvmaine.org

Augusta
Literacy Volunteers of Greater Augusta
12 Spruce St., Suite 2, Augusta, ME 04430
Tel: 626-3440

Waterville
Literacy Volunteers of Waterville
PO Box 1645
107 Kennedy Memorial Dr., Waterville, ME 04901
Hrs: T, W, F, 10 am-2 pm
Tel: 873-7786

Franklin & Somerset Counties
Literacy Volunteers of Franklin & Somerset County
108 Fairbanks Rd., Suite 3, Farmington, ME 04938
Tel: 778-3460

Maine Educational Opportunity Center
Provides assistance with preparing for post secondary education
University of Maine, 5713 Chadbourne Hall, Orono
Tel: 1-800-281-3703
http://meoc.maine.edu

Penobscot Job Corps Center
Education and vocational skills training to help young people become job ready. Applicants do not need a high school diploma. Job Corps provide residences for students.
1375 Union St., Bangor, ME 04401
Tel: 990-3000 or 1-800-733-5627
www.jobcorps.gov

University of Maine Cooperative Extension
Somer Set Office
Provides information on the following: nutrition & food, resources, agriculture, dairy, natural resource management, 4-H, family financial management and senior companion program.
7 County Dr., Skowhegan, ME 04976
Tel: 474-9622 or 1-800-287-1495

Kennebec Office
Provides information on the following: health & nutrition education, resources, agriculture, dairy, natural resource management, and 4-H
125 State St., 3rd Floor, Augusta, ME 04330
Tel: 622-7546 or 1-800-287-1481

Penobscot Office
Provides information on the following: agriculture, gardening, home-based business management, nutrition & food, parenting, 4-H, and senior companion program.
307 Maine Ave., Bangor, ME 04401
Tel: 942-7396 or 1-800-287-1485
www.umext.maine.edu/

Women, Work & Community
Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.
www.womenworkandcommunity.org

Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092

Bangor
216 Texas Ave, Acadia Hall, Bangor, ME 04401
Tel: 262-7840

Waterville
93 Main St., Waterville, ME 04901
Tel: 872-948
Employment & Training Services

ASPIRE - DHHS
For individuals who qualify for TANF; offers field placements for employment experience; support services for individuals in education training or employment programs - may include books & supplies, child care, transportation, auto repair and insurance, and clothing.
35 Anthony Ave., Augusta, ME 04333
Tel: 624-8090 or 1-800-452-1962

98 North Ave., Skowhegan, ME 04976
Tel: 474-4800

396 Griffin Rd.
Bangor, ME 04401
Tel: 561-4175 or 1-800-482-7517

Maine CareerCenter
Assistance looking for your first job, a better job or a whole new career. It is also a place to find information on training and education.
21 Enterprise Dr., Suite 2, Augusta, ME 04333-0109
Tel: 624-5120 Fax: 287-6236
45 Oak St., Suite 3, Bangor, ME 04401-7902
Tel: 561-4050 Fax: 561-4066
98 North Ave., Suite 20, Skowhegan, ME 04976
Tel: 474-4950 Fax: 474-4914
Statewide Help line: 1-888-457-8883
TTY: 1-800-794-1110
www.mainecareercenter.com

Senior Community Employment Program (SCSEP)
Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.
National Able Network
Tel: 1-800-655-6073
www.nationalable.org

Unemployment Call Center - Benefit Claims
Tel: 1-800-593-7660
TTY: 1-888-457-8884
www.maine.gov/labor/unemployment/benefits.html

Women, Work & Community
Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092

Bangor
216 Texas Ave, Acadia Hall, Bangor, ME 04401
Tel: 262-7840

Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482 or 1-800-442-2092
www.womenworkandcommunity.org
Financial Information & Assistance

Money Management International CCCS
(Previously known as - Consumer Credit Counseling Services)
Provides residents of Maine with financial counseling, debt repayment plans and consumer education, seven offices throughout the state.
1 Bangor St., Augusta, ME 04330
157 Park St., Suite 34, Bangor, ME 04401
Tel: 1-866-889-9347
www.cccsme.org

MaineStream Finance
Training, counseling & loan programs aim to eliminate or alleviate poverty & create individual wealth through financial literacy, business start up, job creation and home ownership.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
www.mainestreamfinance.org

Maine Veterans' Services, Bureau of
Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission on Women Veterans
Waterville Office
National Guard Armory
Drummond Avenue
Waterville, ME 04901
Tel: 872-7846
Email: Conrad.n.edwards@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)
117 State House Station
Augusta, ME 04333-0117
Tel: 626-4464
Email: mainebyvs@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Maine Public Utilities Commission
242 State St.
Augusta, ME 04333
Tel: 287-3831 or 1-800-452-
www.maine.gov/mpuc/consumer/other_agencies.html

Maine Office of the Public Advocate
103 Water St.
Hallowell, ME 04347
Maine Ratewatcher Guide
www.maine.gov/meopa/ratewatcher/wireless.htm

Salvation Army
Augusta
Emergency Assistance - Emergency Financial Assistance, Seasonal Services
11 North Pearl, Augusta, ME 04330
Tel: 623-3752
Waterville
Helps with emergency needs such as: financial assistance, rental assistance (not deposit) - income eligible.
225 Main St., Waterville, ME 04901
Tel: 872-2172

Bangor
Disaster Services, Emergency Assistance - Food & Nutrition Programs, Emergency Assistance - Seasonal Services
66 South Park St., Bangor, ME 04401
Tel: 941-2990
www.use.salvationarmy.org/nne

Social Security Administration
Federal Building
202 Harlow Street, Bangor
Tel: 990-4530 or 1-800-772-1213
Waterville Office
46 Front St., Waterville, Me 04901
Tel. 872-2723

Women, Work & Community
Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.
Augusta
UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092
Bangor
216 Texas Ave., Acadia Hall, Bangor, ME 04401
Tel: 262-7840
Waterville
93 Main St., Waterville, ME 04901
Tel: 872-9482
www.womenworkandcommunity.org
Food & Nutrition

University of Maine Cooperative Extension
Somerset Office
Free Educational Programs on Nutrition and Food
Purchasing, Preparation and Safety for Maine Families
Receiving Food Stamps.
7 County Dr., Skowhegan, ME 04976
Tel: 859-2547 or 1-800-287-1495

ALBION
Loaves & Fishes
On Main Street, Albion, ME 04910
Tel. None
Hrs of operation: 1st & 3rd Thursday 9 – 11 am

AUGUSTA
Augusta Food Bank c/o St. Mark’s Church
9 Summer Street, Augusta, ME 04330
Tel. 622-5225
Hrs of operation: Monday 1–2 pm & 6–7 pm
Thursday 1-2 pm

Bread of Life Ministries Soup Kitchen
157 Water Street, Augusta, ME 04330
Tel. – office: 626-3434 Kitchen: 621-2541
Hrs of operation: Monday thru Saturday 11 am – 12:30 pm

The Family Violence Project
83 Western Ave., Augusta, ME 04330
Tel: 623-3560
Hrs of operation: Monday – Friday 9 am – 5 pm

BELGRADE
Belgrade – Rome Special Needs Food Pantry
6 Manchester Road, Belgrade, ME 04917
Tel. None
Hrs of operation: Tuesdays 9 – 11 am

BINGHAM
Bingham Area Food Pantry
St. Peter’s Rectory Basement, Owens Street
Bingham, ME 04920
Tel. None
Hrs of operation: 3rd Tuesday of month 8 am – 12 noon

CANAAN
Canaan Community Food Bank
Rt 2 (across from Post Office)
Tel. None
Hrs of operation: 1st and 3rd Tuesday 5 – 6 pm
1st and 3rd Friday 11 am – 12 noon

CHINA
China Community Food Pantry
Lakeview Drive at Parameter Terrace,
China, ME 04926
Tel. 968-2421
Hrs of operation: Friday and Saturday 12 noon – 1 pm

CLINTON
Clinton Community Food Bank
Methodist Church, Clinton, ME 04927
Tel. 426-8975
Hrs of operation: 2nd & 4th Tuesdays 4:30 – 5:30 pm

CORNVILLE
Cornville Athens Food Cupboard
489 West Ridge Road, Cornville, ME
Tel. None
Hrs of operation: 2nd Saturday of month 9 – 11 am

FAIRFIELD
Fairfield Interfaith Food Pantry
21 High Street, Fairfield, ME 04937
Tel. 453-2780
Hrs of operation: 2nd and 4th Thursdays
(November and December 2nd and 4th Thursdays)

GARDINER
Chrysalis Place/Gardiner Food Bank
323 Water Street, Gardiner, ME 04345
Tel. 582-5507
Hrs of operation: Tuesday 6 – 8 pm, Thursday 1 – 3 pm

HALLOWELL
Hallowell Food Bank, Inc.
Perley’s Lane (Basement of Hallowell Fire Department),
Hallowell, ME 04347
Tel. 623-0053
Hrs of operation: Friday 1 – 2:30 pm

HARTLAND
Tri-Town Food Cupboard
9A Hubbard Ave., Hartland, ME 04943
Tel. 938-3283
Hrs of operation: Wednesdays 9:30 – 11:30 am

JACKMAN
Jackman Food Cupboard
Main Street, Jackman, ME 04945
Tel. 668-5962
Hrs of operation: 3rd Wednesday of month 1 - 2 pm or on demand

LITCHFIELD
Litchfield Community Food Bank
Hallowell – Litchfield Road
Tel. 268-4676
Hrs of operation: Open on Thursdays 12-2 pm
### Food & Nutrition—continued

**Kennebec Somerset Counties—continued**

**MADISON**

*People Who Care Food Cupboard*
Old Point School, Myrtle Street, Madison, ME 04950
Tel. 635-2133
Hrs of operation: Tuesdays 9 am – 12 noon

**MONMOUTH**

*Monmouth Food Pantry*
776 Main Street, Monmouth, ME 04259
Tel. 933-2502
Hrs of operation: Thursday 12 noon – 1 pm

*North Monmouth Food Bank*
North Main Street, North Monmouth, ME 04265
Tel. 933-2400
Hrs of operation: Wednesdays 5:15 – 6:30 pm and Thursday 12 – 1 pm

**MOUNT VERNON**

*First Baptist Church Food Bank*
321 Pond Road, Mount Vernon, ME 04352
Tel. 293-2273
Hrs of operation: Saturday 10 am – 12 noon

*Helping the Hungry Food Pantry*
396 Waterville Rd., Norridgewock, ME 04957
Hrs of operation: Thursdays from 10:00 a.m. – 2:00 p.m.

**NORRIDGEWOCK**

*Norridgewock Community Food Cupboard*
227 Waterville Rd., Norridgewock, ME 04957
Tel. 634-4116 (phone ahead)
Hrs of operation: Tuesdays

**OAKLAND**

*Oakland Food Bank*
14 West School St. (United Methodist Church)
Oakland, ME 04963
Tel. 465-3222
Hrs of operation: Thursdays 4-6 pm

*Oakland Soup & Sandwich*
35 Church St., Oakland, ME 04963
Tel. 465-9037
Hrs of operation: Thursdays 4-6 pm

**PALMYRA**

*Palmyra Baptist Soup Kitchen*
868 Main St., Palmyra, ME 04965
Tel. 938-2958
Hrs of operation: Mon – Wed & Friday 5 – 6 pm

**PITTSFIELD**

*Community Christmas Project*
Downtown Parking Lot (Behind Main St)
Pittsfield, ME 04967
Tel. 487-2800
Hrs of operation: Tuesday and Friday 9 am – 12 noon

*The Welcome Table*
6 Easy St. (First Universalist Church)
Pittsfield, ME 04967
Tel: 487-5861
Hrs of operation: Fridays 10:30 am - 2:30 pm

**RANDOLPH**

*Kincaid Food Pantry*
72 Winsdor Street, Randolph, ME
Tel: 582-5283

**SIDNEY**

*Sidney Food Cupboard*
3018 West River Rd., Sidney, ME 04330
Tel. 547-3376
Hrs of operation: appointment only

**SKOWHEGAN**

*Skowhegan Community Food Cupboard*
16 Cariani St. (behind Butler’s Dry Cleaning)
Skowhegan, ME 04976
Tel. 474-9249
Hrs of operation: Mon-Wed-Fri 10:00 – 11:00 am

*St. Anthony’s Soup Kitchen*
Notre Dame de Lourdes Church, Skowhegan, ME 04976
Tel. 474-5211
Hrs of operation: Mon-Tues, Thurs 4:30 – 5:30 pm

**SMITHFIELD**

*Town of Smithfield*
Rt 8 Town Office, Smithfield, ME 04978
Tel. 362-4772
Hrs of operation: Monday thru Friday 8 – 11:45 am & 12:30 - 4:00 pm (must call ahead)

**SOLON**

*Solon Food Closet*
School and Pleasant St., Solon, ME 04979
Tel. 643-2855
Hours of operation: Fridays 10 am – 4 pm

**STARKS**

*Starks Food Cupboard*
Chicken Street, Starks, ME 04911
Tel. 696-3855
Hrs of operation: 1st and 3rd Wednesdays 10 am – 12 noon
Food & Nutrition—continued

Kennebec Somerset Counties—continued

VASSALBORO

Vassalboro Food Station
Rt. 32, N. Vassalboro, ME 04962
Tel. 873-7375
Hrs of operation: Thursdays 11 am - 12 noon

WATERVILLE

Greater Waterville Area Food Bank
Pleasant Street United Methodist Church
61 Pleasant St.
Waterville, ME 04901
Tel. 872-7564
Hrs of operation: 10 am – 12 noon (except holidays)

Mid-Maine Homeless Shelter
PO Box 2612, 28 Ticonic St.
Waterville, ME 04903-2612
Tel. 872-8082
Hrs of operation: Fridays 1- 4 pm

Sacred Heart Soup Kitchen
72 Pleasant St., Waterville, ME 04901
Tel. 872-5725 (before 2 pm)
Hrs of operation: Monday through Friday 5:30 am – 2 pm

Corpus Christi Parish Soup Kitchen
116 Silver St., Waterville, ME 04901
Tel. None
Hrs of operation: Saturday and Sunday 11 am – 12 Noon

Evening Sandwich Program
69 Silver St., Waterville, ME 04901
Tel. 873-4006
Hrs of operation: Monday through Friday 4 – 5 pm

Kid’s Kitchen/Boy’s and Girl’s Club
126 North St., Waterville, ME 04901
Tel. 873-0684 ext 250
Hrs of operation: Monday through Friday 8 am – 4 pm (no school) 7 am – 2 pm (during school)

WINDSOR

Windsor Food Bank
Town Hall
Windsor, ME 04363
Tel. 445-2998
Hrs of operation: 1st and 3rd Thursdays of each month
6:30 – 8:00 pm

WINCHESTER

North East Dream Center
18 Lithgow St., Winslow, ME 04901
Tel. 692-2128
Hrs of operation: M-F

WINTHROP

Winthrop Food Pantry
High St., Winthrop, ME 04364
Tel. 377-3332
Hrs of operation: Thursday 1 – 2:30 pm

WIC - HealthReach Network
Augusta
263 Water St., 4th Floor, Augusta, ME 04330
Tel: 621-6202
Waterville
63 Eustis Parkway, Waterville, ME 04901
Tel: 872-1593
Skowhegan
165 North Ave., Skowhegan, ME 04976
Tel: 474-7463 or 1-888-942-6333

Penobscot County

BANGOR

Bangor Area Homeless Shelter
263 Main St., Bangor, ME 04401
Tel: 947-0092
Hrs: every day 24 hours

Ecumenical Food Cupboard
28 High St., Bangor, ME 04401
Tel: 942-4381
Hrs: Monday, Wednesday & Friday 10 to Noon

Manna Inc. Food Pantry
629 Main St., Bangor, ME 04401
Tel: 990-2870
Hrs: Mon, Wed & Fri for pantry - 3 to 4 pm; Mon thru Fri for kitchen - 4:30 to 5:30 pm

Samaritan Food For Life
1395 Essex St., Bangor, ME 04401
Tel: 207-947-4968
Hrs: Mon, Wed, Thurs, Fri & Sun 9 to Noon weekdays and 11 a.m. to 2 p.m. weekends
General Assistance Program - Town Offices

Each town has a General Assistance Program to help people in emergencies. You may be eligible even if you work or receive other benefits such as: food stamps, veterans’ benefits, or social security income. **To request General Assistance, it is best if you can call your town office ahead of time and make an appointment.** Your application must be accepted for a review. You may be turned down for help if you do not meet the guidelines for the program. The application is private and confidential. If you have problems concerning General Assistance, you can contact:

Office of Integrated Access and Support
Department of Health and Human Services
287-2826 or 1-800-442-6003 (Toll Free)
TTY: 1-800-606-0215

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**Kennebec County**

Albion
22 Main Street
P.O. Box 287
Albion 04910
Phone: 437-2900
Tues.: 8:30 AM – 4:30 PM
Thurs.: 1:00 – 6:00 PM
Fri.: 8:00 AM – 1:00 PM
1st Monday of the Month: 7:00 – 9:00 PM

Augusta
City Center Plaza
16 Cony Street
Augusta 04912
Phone: 626-2310
General Ass.: 626-2325
Mon. – Fri.: 8:00 AM – 4:30 PM

Belgrade
6 Manchester Road
Belgrade 04917
Phone: 495-2258
Mon. – Fri.: 8:00 AM – 4:30 PM
General Ass.: Tues. & Thurs.
9:00 – 11:00 AM

Benton
1279 Clinton Avenue
Benton 04901-3050
Phone: 453-7191
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 11:00 AM – 6:00 PM

Chelsea
560 Togus Road
Chelsea 04330
Phone: 582-4802
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 10:00 AM – 6:00 PM

China
571 Lakeview Drive
South China 04358
Phone: 445-2014
Mon. – Fri.: 7:30 AM – 4:00 PM
Sat.: 8:00 – 11:00 AM

Clinton
27 Baker Street
Clinton 04927
Phone: 426-8511
Mon., Tues., Thurs., Fri.: 8:00 AM – 3:45 PM
Wed.: 8:00 AM – noon
2nd & 4th Tues. of the month: 8:00 – 6:00 PM

Farmingdale
289 Main Avenue
Farmingdale 04344
Phone: 582-2225
Mon., Tues., Thurs., Fri.: 8:00 AM – 5:00 PM
Wed.: 8:00 AM – 5:00 PM

Fayette
2589 Main Street, Route 17
Fayette 04349
Phone: 685-4373
Mon., Tues., Wed., Thurs.: 7:00 AM – 4:30 PM
Thurs.: 7:00 AM – 6:30 PM

Gardiner
6 Church Street
Gardiner 04345
Phone: 582-4200
Mon. – Fri.: 8:00 AM – 4:30 PM

Hallowell
1 Winthrop Street
Hallowell 04347
Phone: 623-4021
Mon. – Fri.: 8:00 AM – 5:00 PM

Litchfield
2400 Hallowell Road
Litchfield 04350
Phone: 268-4721
Mon.: 8:30 AM – 7:00 PM
Tues., Wed., Thurs.: 8:30 AM – 6:00 PM

Manchester
12 Readfield Road
Manchester 04351
Phone: 622-1894
Mon. & Thurs.: 8:00 AM – 4:00 PM
Tues.: 8:00 AM – 6:00 PM
Wed.: 8:00 AM – noon
Fri.: 8:00 AM – 2:00 PM
<table>
<thead>
<tr>
<th>Town</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monmouth</td>
<td>859 Main Street</td>
<td>933-2206</td>
<td>Mon.: 8:00 AM – 6:00 PM \nTues. – Thurs.: 8:00 AM – 5:00 PM \nFri.: 8:00 AM – 1:00 PM</td>
</tr>
<tr>
<td>Vassalboro</td>
<td>682 Main Street</td>
<td>872-2826</td>
<td>Mon. – Wed.: 8:00 AM – 5:00 PM \nThurs.: 8:00 AM – 6:30 PM \nFr.: 8:00 AM - noon</td>
</tr>
<tr>
<td>Mt. Vernon</td>
<td>1997 North Road</td>
<td>293-2376</td>
<td>Mon., Tues., Thurs.: 9:00 AM – 5:00 PM \nWed.: 1:00 – 7:00 PM \n4th Saturday of the month: 9:00 AM – noon</td>
</tr>
<tr>
<td>Vienna</td>
<td>212 Townhouse Road</td>
<td>293-2087</td>
<td>Office hours by appointment only</td>
</tr>
<tr>
<td>Oakland</td>
<td>6 Cascade Mill Road</td>
<td>465-7357</td>
<td>Mon. – Fri.: 8:30 AM – 4:30 PM \nLast Thursday of the month: 8:30 AM – 7:00 PM</td>
</tr>
<tr>
<td>Waterville</td>
<td>One Common Street</td>
<td>680-4200</td>
<td>Mon. – Fri.: 7:30 AM – 5:00 PM</td>
</tr>
<tr>
<td>Pittston</td>
<td>38 Whitefield Road, Route 126</td>
<td>582-4438</td>
<td>Mon.: 9:00 AM – 5:00 PM \nTues.: 9:00 AM – 1:00 PM \nWed.: 9:00 AM – 1:00 PM &amp; 4:00 – 8:00 PM \nThurs. &amp; Fri.: 9:00 AM – 2:00 PM</td>
</tr>
<tr>
<td>Wayne</td>
<td>3 Lovejoy Road</td>
<td>685-4983</td>
<td>Mon. &amp; Wed.: 1:30 – 5:30 PM \nTues.: 1:00 – 6:00 PM \nThurs.: 7:30 AM – 12:30 PM \nFri.: 1:30 – 4:30 PM</td>
</tr>
<tr>
<td>Randolph</td>
<td>121 Kinderhook Street</td>
<td>582-5808</td>
<td>Mon., Tues., Thurs., Fri.: 8:30 AM – 4:30 PM \nWed.: noon – 6:00 PM</td>
</tr>
<tr>
<td>West Gardiner</td>
<td>318 Spear Corner Road</td>
<td>724-3945</td>
<td>Mon. – Fri.: 8:00 AM – 1:00 PM \nThurs.: 5:00 – 8:00 PM</td>
</tr>
<tr>
<td>Readfield</td>
<td>8 Old Kents Hill Road</td>
<td>685-4939</td>
<td>Mon., Tues., Thurs., Fri.: 8:30 AM – 4:30 PM \nWed.: noon – 6:00 PM</td>
</tr>
<tr>
<td>Windsor</td>
<td>523 Ridge Road</td>
<td>445-2998</td>
<td>Mon.: 9:00 AM – 5:00 PM \nTues.: 11:00 AM – 8:00 PM \nThurs.: 7:00 AM – 4:00 PM \nFri.: 9:00 AM – 3:00 PM</td>
</tr>
<tr>
<td>Sidney</td>
<td>2986 Middle Road</td>
<td>397-4011</td>
<td>Mon., Tues., Thurs., Fri.: 9:00 AM – 4:30 PM \nWed.: noon – 7:30 PM</td>
</tr>
<tr>
<td>Winslow</td>
<td>114 Benton Avenue</td>
<td>872-2776</td>
<td>Mon. – Fri.: 8:00 AM – 4:40 PM</td>
</tr>
<tr>
<td>Sidney</td>
<td>2986 Middle Road</td>
<td>547-3340</td>
<td></td>
</tr>
<tr>
<td>Winthrop</td>
<td>17 Highland Avenue</td>
<td>377-7200</td>
<td>Mon. – Fri.: 8:00 AM - 5:00 PM</td>
</tr>
</tbody>
</table>
Anson
62 Main Street
Anson 04911
Phone: 696-3979
Mon. – Fri.: 8:00 AM – 4:00 PM

Athens
28 Academy Road
Athens 04912
Phone: 654-3471
Mon. & Thurs.: 3:30 – 7:30 PM

Bingham
13 Murray Street
Bingham 04920
Phone: 672-5519
Mon. – Fri.: 9:00 AM – 4:00 PM

Brighton Plantation
Post Office Box 126
Athens 04912
Phone: 654-2551
No set hours

Cambridge
202 Ripley Road
Cambridge 04923
Phone: 077-3241
Mon., Wed., Fri.: 9:00 AM – noon
Thurs.: 6:00 – 8:00 PM

Canaan
277 Main Street
Canaan 04924
Phone: 474-8976
Mon., Tues., Thurs., Fri.: 8:00 AM – 4:00 PM
Wed.: 8:00 AM – 1:00 PM & 5:00 – 8:00 PM

Caratunk
Post Office Box 19
Caratunk 04925
Phone: 672-3030
No set hours

Cornville
508 West Ridge Road
Cornville 04976-6307
Phone: 474-3275
Tues.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Dennistown Plantation
28 Sandy Stream Road
Dennistown 04945
Phone: 668-4082
No set hours

Detroit
35 South Main Street
Detroit 04929
Phone: 257-4488
Mon. – Wed. & Fri.: 8:30 AM – 5:30 PM
2nd & 4th Saturday: 9:00 AM - noon

Embden
809 Embden Pond Road
Embden 04958
Phone: 566-5553
Tues., Wed., Fri.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Fairfield
19 Lawrence Avenue
Fairfield 04937
Phone: 453-7911
Mon. – Fri. 8:30 AM – 4:30 PM

Harmony
3 Main Street
Harmony 04942
Phone: 683-5681
Tues.: 2:00 – 6:00 pm
Thurs.: 9:00 AM - noon

Hartland
21 Academy Street
Hartland 04943
Phone: 938-4401
Mon. – Wed. & Fri.: 8:30 AM – 4:30 PM
Thurs.: 8:30 AM – 6:00 PM

Highland Plantation
2001 Long Falls Dam Road
Highland PLT 04961
Phone: 628-4247
No set hours

Jackman
369 Main Street
Jackman 04945
Phone: 668-2111
Mon. – Fri.: 8:00 AM – 4:30 PM

Madison
26 Weston Avenue
Madison 04950
Phone: 696-3971
Mon. – Fri.: 7:30 AM – 4:00 PM
General Assistance: Mon. – Thurs.
9:00 AM – 3:00 PM
Mercer
Mercer Community Center
1015 Beech Hill Road, Suite A
Mercer 04957
Phone: 587-2911
Mon., Wed., Thurs.: 9:00 AM - 3:00 PM
Tues. & Wed.: 6:00 - 8:00 PM
1st Sat. of Month: 7:30 AM - 1:00 PM

Ripley
1084 Main Street
Ripley 04930
Phone: 277-4871
Mon.: 1:00 - 6:00 PM
Wed.: 4:00 - 6:00 PM
Fri.: 9:00 AM - 6:00 PM

St. Albans
7 Water Street
St. Albans 04971
Phone: 938-4568
Mon.: noon - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Skowhegan
225 Water Street
Skowhegan 04976
Phone: 474-6907
Mon. - Fri.: 8:00 AM - 4:30 PM

Smithfield
926 Village Road
Smithfield 04978
Phone: 362-4772
Mon. - Fri.: 8:00 - 11:45 AM &
12:30 - 4:00 PM

Solon
121 South Main Street
Solon 04976
Phone: 643-2812
Mon., Wed., Fri.: 8:00 AM - noon &
1:00 - 4:00 PM
Wed.: 6:00 - 7:45 PM
General Assistance: Wednesday
9:00 - 11:00 AM

Starks
10 Locke Hill Road
Starks 04911
Phone: 696-8069
Mon.: 10:00 AM - 2:00 PM
Wed.: 3:00 - 7:00 PM

The Forks Plantation
Post Office Box 77
The Forks 04985
Phone: 663-4454
No set hours

West Forks Plantation
Post Office Box 35
West Forks 04985
Phone: 663-4404
No set hours

Moose River
705 Main Street
Moose River 04945
Phone: 668-4019
Mon., Tues., Thurs.: 3:00 – 6:00 PM

Moscow
110 Canada Road
Moscow 04920
Phone: 672-4834
Mon., Wed., Fri.: 9:00 AM – noon &
1:00 – 4:00 PM

Moscow
1084 Main Street
Moscow 04930
Phone: 277-4871
Mon.: 1:00 - 6:00 PM
Wed.: 4:00 - 6:00 PM
Fri.: 9:00 AM - 6:00 PM

New Portland
901 River Road
North New Portland 04961
Phone: 628-4441
Mon., Tues., Wed.: 11:00 AM - 5:00 PM
Thurs.: 2:00 - 7:00 PM
First Saturday of each month: 8:00 AM – noon

Starks
10 Locke Hill Road
Starks 04911
Phone: 696-8069
Mon.: 10:00 AM - 2:00 PM
Wed.: 3:00 - 7:00 PM

Norridgewock
16 Perkins Street
Norridgewock 04957
Phone: 634-2252
Mon. - Wed., Fri.: 8:30 AM - 4:15 PM
Thurs.: 8:30 AM - 6:00 PM

Norridgewock
121 South Main Street
Norridgewock 04976
Phone: 643-2812
Mon., Wed., Fri.: 8:00 AM - noon &
1:00 - 4:00 PM
Wed.: 6:00 - 7:45 PM
General Assistance: Wednesday
9:00 - 11:00 AM

Palmyra
768 Main Street
Palmyra 04965
Phone: 938-4871
Mon. - Fri.: 8:00 AM - 4:30 PM
1st Saturday of each month: 8:00 AM - noon

Palmyra
768 Main Street
Palmyra 04965
Phone: 938-4871
Mon. - Fri.: 8:00 AM - 4:30 PM
1st Saturday of each month: 8:00 AM - noon

Pittsfield
16 Park Street
Pittsfield 04967
Phone: 487-3136
Mon. - Fri.: 8:00 AM - 5:00 PM

Pleasant Ridge Plantation
Bingham 04920
Phone: 672-3952
Wednesday: 6:00 - 8:00 PM

Pleasant Ridge Plantation
Bingham 04920
Phone: 672-3952
Wednesday: 6:00 - 8:00 PM

West Forks Plantation
Post Office Box 35
West Forks 04985
Phone: 663-4404
No set hours

Pleasant Ridge Plantation
Bingham 04920
Phone: 672-3952
Wednesday: 6:00 - 8:00 PM

West Forks Plantation
Post Office Box 35
West Forks 04985
Phone: 663-4404
No set hours

The Forks Plantation
Post Office Box 77
The Forks 04985
Phone: 663-4454
No set hours
### Health Centers

Fee is based on income

**Bingham Area Health Center**  
PO Box 746, 237 Main St.  
Bingham, ME 04920  
Tel: 672-4187

**Family Medicine Institute**  
15 East Chestnut Street  
Augusta, ME 04330  
Tel: 626-1561

**Jackman Regional Health Center**  
376 Main Street  
Jackman, ME 04945  
Tel: 668-4300

**Madison Area Health Center**  
PO Box 200, 8 South Main St.  
Madison, ME 04950  
Tel: 696-3992

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### Health Services

**Sebasticook Family Doctors**  
PO Box 125  
Canaan, ME 04924  
Tel: 474-6990  
Dexter, ME 04930  
Tel: 924-3253

10 Great Moose Dr.  
Hartland, ME 04943  
Tel: 368-2408

**Sebasticook Regional Family Care (walk in care available)**  
8 Main St., Suite A  
Newport, ME 04953  
Tel: 368-4292

1309 Main St. Unit # 1  
Clinton, ME 04927  
Tel: 426-0976

**Penobscot Community Health Center**  
1012 Union St., Ste A  
Bangor, ME 04401-3060  
Tel: 945-5247
Health Services - continued

Hospitals
Inland Hospital
200 Kennedy Memorial Dr.
Waterville, ME 04901
Tel: 861-3000 or 1-800-491-8600

MaineGeneral Medical Center
149 North St.
Waterville, ME 04901
Tel: 872-1000

6 East Chestnut Street
Augusta, ME 04330
Tel: 626-1000

Redington-Fairview General Hospital
PO Box 468
Fairview Ave.
Skowhegan, ME 04976
Tel: 474-5121

Sebasticook Valley Hospital
447 North Main St.
Pittsfield, ME 04967
Tel: 487-5141

Reproductive Health
Fee is based on income

Family Planning Association
43 Gabriel Drive
PO Box 587
Augusta, Maine 04332-0587
Tel: 626-3426

KVCAP Family Planning
97 Water Street
Waterville, ME 04901
Tel: 859-1638

26 Mary Street
Skowhegan, ME 04976
Tel: 474-8487 ext. 2507

Penquis Family Planning
26 Harlow St.
Bangor, ME 04401
Tel: 973-3500

311A Corinna Rd.
Dexter, ME 04930
Tel: 924-7383

50 North St.
Dover-Foxcroft, ME 04426
Tel: 564-7116

Dental
Bingham Area Health Center
Accepting Medicare and other insurances
PO Box 746, 273 Main St.
Bingham, ME 04920
Tel: 672-4187

Emergency Dental Services
325 Kennedy Memorial Drive, Building D
Waterville, ME 04901
Tel: 877-7246

Garcelon Children's Dental Center
133 State St.
Augusta, ME 04330
Tel: 622-2022

Maine Street Dental Center
Accepts MaineCare, open evenings & weekends
179 Main St., Suite 212
Waterville, ME 04901
Tel: 872-6815

Saulter Dental Hygiene Center
Accepting MaineCare
81 Western Ave.
Waterville, ME 04901
Tel: 861-8080

The Community Dental Center
93 Main St., 3rd Floor
Waterville, ME 04901
Tel: 872-8891
### Other Care Partners
A group of doctors, hospitals and other providers that have volunteered to provide health care to eligible members at a very reduced fee. Lab work, x-rays and some hospital services are at no charge.
Tel: 1-877-646-1684
[www.carepartnersmaine.org](http://www.carepartnersmaine.org)

### Capitol Community Clinic
Riverview Psychiatric Center
250 Arsenal St.
11 State House Station
Augusta, ME 04332
Tel: 624-3900 or 1-888-261-6684

### Dirigo Health
Anthem Blue Cross and Blue Shield and its network of appointed insurance producers/agents began selling DirigoChoice to small businesses and self-employed individuals. To get a quote and enroll call:
Individual: 1-800-585-0099
Self-employed: 1-800-585-0099 - TTY: 1-888-671-4333
Employers: 1-800-541-4251 - TTY: 1-888-671-4333
[www.dirigohealth.gov](http://www.dirigohealth.gov)

### MBCHP
Maine Breast & Cervical Health Program
Maine Department of Health & Human Services
11 State House Station, Augusta, ME 04330
Tel: 1-800-350-5180 option 1

### MaineCare
77 Sewell St. (Third Floor), Augusta, ME 04330
Tel: 1-800-977-6740
Provides a list of dentist who accepts MaineCare clients throughout the state.

### Maine Physician Referral Service
Tel: 1-877-281-5108

### Maternal and Child Oral Health Resource
Tel: 1-888-275-4772

### Public Health Nursing - DHHS
35 Anthony Avenue, 11 State House Station
Augusta, ME 04333-0011
Tel: 624-8050 or 1-800-452-1926
98 North Avenue, Skowhegan, ME 04976-1995
Tel: 474-4808 or 1-800-452-4602

### Veterans Services
Provides information on VA programs, veterans benefits. Veterans need to call for eligibility.
Bureau of Veteran’s Services (Waterville Office)
National Guard Armory
Drummond Ave., Waterville, ME 04901
Tel: 872-7846

### Veterans Affairs
Tel: 1-800-827-1000 (VBA—benefits);
1-877-421-8263 (VHA—health)
[www.va.gov](http://www.va.gov) —total overview of VA services, provides links
[www.vba.gov/ro/east/togus](http://www.vba.gov/ro/east/togus) —benefits info
[www.togus.va.gov](http://www.togus.va.gov) —health info

### Veteran Affairs (VA) Clinics
Community-Based Outpatient Clinic-Primary Care
304 Hancock St., Suite 3B, Bangor, ME 04401
Tel: 561-3600
Bangor VA Mental Health Clinic
304 Hancock St., Suite 2D, Bangor, ME 04401
Tel: 561-3650
Vet Centers-Readjusting Counseling
Provides services to combat veterans and military sexual trauma veterans
352 Harlow St., Bangor, ME 04401
Tel: 947-3391
**Housing & Shelter**

**Augusta Housing Authority**
Provides Section 8 housing assistance for families, elderly and disabled individuals. Covers Augusta and any town where the town line is a least within a 10 mile radius.
33 Union St., Augusta, ME 04330
Tel: 626-2357

**Bread of Life Ministries**
Homeless shelter. Individuals can stay up to 7 days. Check in time is 4-6 pm Sun-Th, 4-9 pm Fr-Sat
155 Hospital St., Augusta, ME 04330
Tel: 626-3479

**Halcyon House (a program of Youth & Family Services)**
Emergency shelter for ages 10-17.
5 Commerce Dr., Skowhegan, ME 04976 (mailing)
627 Middle Rd., Skowhegan, ME 04976
Tel: 474-8574

**Homeless Crisis Hotline**
Hours 9-5, Sunday—Saturday
Tel: 1-800-438-3890

**KVCAP Fuel Assistance ( HEAP/LIAP)**
HEAP—Provides a heating assistance credit one time per heating season. Once a person is qualified for this program, they are eligible for all of our other energy related programs, if the need is there.
LIAP—Program assists qualified low-income customers to pay their electric bills. The utility companies we allow assistance for are Central Maine Power & Madison Electric.
97 Water Street
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227
Also—contact local town office for general assistance.

**KVCAP—Housing Services**
Education, counseling, and financial assistance, support affordable housing opportunities through development of single family homes in Somerset & Kennebec counties.
97 Water St., Waterville, ME 04901
Tel: 859-1550 or 1-800-542-8227 ext 1550
[www.kvcap.org](http://www.kvcap.org)

**Maine State Housing Authority**
Offers programs and services that make decent, safe housing more affordable and accessible to Maine people.
Provides Section 8 Housing for Somerset and Franklin counties
353 Water St., Augusta, ME 04330
Tel: 1-800-452-4668 or 626-4600
[www.mainehousing.org](http://www.mainehousing.org)

**Mid Maine Homeless Shelter**
Provides overnight shelter and aid to families and individuals. Hours 6 pm-8 am, 7 days a week.
28 Ticonic St., Waterville, ME 04901
Tel: 872-8082

**Motivational Services (MOCO)**
Helps people meet their basic need for improving the quality of their lives by providing opportunities for safe and affordable housing, employment, case management, recreation, and socialization services.
14 Glenridge Dr., Augusta, ME 04330
Tel: 626-3465
[www.mocomaine.com](http://www.mocomaine.com)

**Shaw House**
Shelter, food, clothing, supervision, counseling, health clinic, drop in center, prevention programs, transitional housing for youth that are homeless or at-risk of being homeless.
136 Union St., Bangor, ME 04401
Tel: 941-2874 or 1-866-561-7429

**US Department of Agriculture Rural Development**
Mortgage services for income eligible applicants
Somerset/Penobscot/Waldo Counties
1423 Broadway, Suite 3, Bangor, ME 04401
Tel: 947-0334
Kennebec County
PO Box 1938, Lewiston, ME 04240
Tel: 753-9400
[www.rurdev.usda.gov/me/](http://www.rurdev.usda.gov/me/)

**US Housing & Urban Development**
202 Harlow St., Bangor, ME 04401
Tel: 945-0467
[www.hud.gov](http://www.hud.gov)
### Housing & Shelter - continued

**Salvation Army**  
**Augusta**  
Emergency Assistance - Emergency Financial Assistance,  
Seasonal Services  
11 North Pearl, Augusta, ME 04330  
Tel: 623-3752  

**Waterville**  
Helps with emergency needs such as: financial assistance,  
rental assistance (not deposit) - must meet eligibility criteria.  
225 Main St., Waterville, ME 04901  
Tel: 872-2172  

**Bangor**  
Disaster Services, Emergency Assistance - Food & Nutrition Programs, Emergency Assistance - Seasonal Services  
66 South Park St., Bangor, ME 04401  
Tel: 941-2990  
[www.use.salvationarmy.org/nne](http://www.use.salvationarmy.org/nne)

**VA Homeless Veterans Coordinator**  
Assists veterans with enrollment of overall veteran services. Assists with Section 8 application and provides list of housing resources available.  
Tel: 623-8411 ext. 4344 or Cell Phone: 329-5981

**Waterville Housing Authority**  
Provides Section 8 Housing assistance for families, elderly and disabled individuals.  
88 Silver St, Waterville, ME 04901-5924  
Tel: 873-2155

**Youth & Family Services**  
Runaway & Homeless Youth Outreach (Tony Viet)  
Mobil outreach program designed to help youth find safe housing and/or return home and return to school.  
Serves Kennebec and Somerset counties  
72 Winthrop St., Augusta, ME 04330  
Tel: 626-3478 ext 113 or 1-877-258-7949 ext 113

### Legal Services

**Attorney General’s Office**  
Janet T. Mills  
6 State House Station  
Augusta, ME 04333  
Tel: 626-8800

**Community Mediation Services**  
PO Box 177  
Augusta, ME 04330  
Tel: 621-6848

**Lawyer Referral & Info. Service**  
Tel: 1-800-860-1460  
[www.mainebar.org](http://www.mainebar.org)

**Legal Services for the Elderly**  
Provides free, high quality legal assistance to socially and economically needy Maine Residents age 60 or older.  
5 Waban St., Augusta, ME 04330  
Tel: 621-0087 or 1-800-750-5353

**Maine Civil Liberties Union**  
Preserves civil liberties of Maine people through litigation, advocacy, public education and lobbying.  
401 Cumberland Ave, Portland, ME 04110  
Tel: 774-5444  
[www.melu.org](http://www.melu.org)

**Maine Equal Justice**  
126 Sewall St.  
Augusta, ME 04330  
Tel: 626-7058 or 1-800-626-7059

**Maine Human Rights Commission**  
9 Coos Lane, Hallowell Annex  
Cleveland Bldg., Hallowell, ME 04347  
Tel: 624-6050

**Pine Tree Legal Assistance**  
Provides free legal services to low-income individuals.  
39 Green Street, PO Box 2429, Augusta, ME 04330  
Tel: 622-4731  
61 Main St., Bangor, ME 04401  
Tel: 942-8241
Legal Services

Volunteer Lawyers Project
The Maine Volunteer Lawyers Project (VLP) coordinates the volunteer efforts of Maine attorneys and community members to help low-income people navigate the civil justice system. We provide free information, brief assistance and pro bono legal representation in civil legal matters to qualifying clients.
88 Federal St., Portland, ME 04112
Tel: 1-800-442-4293
www.vlp.org

Maine’s Congressional Delegation

U.S. Senator Susan Collins
68 Sewall Street, Room 507
Augusta, ME 04330
Tel: 622-8414
P.O. Box 655, 202 Harlow Street, Room 204
Bangor, ME 04402
Tel: 945-0417
www.collins.senate.gov

U.S Senator Olympia Snowe
40 Western Avenue, Room 408C
Augusta, ME 04330
Tel: 622-8292 Fax: 622-7295
One Cumberland Place, Suite 306
Bangor, ME 04401
Tel: 945-0432 Fax: 941-9525
www.snowe.senate.gov

Congresswoman Chellie Pingree (1st District)
57 Exchange Street, Suite 302
Portland ME, 04101
Tel: 774-5019 Fax: 871-0720
www.pingree.house.gov

Congressman Mike Michaud (2nd District)
23 Water Street Suite 205
Bangor, ME 04401
Tel: 942-6935
179 Lisbon Street Ground Floor
Lewiston, ME 04240
Tel: 782-3704
16 Common Street
Waterville, ME 04901
Tel: 873-5713 Fax: 873-5717
www.michaud.house.gov
Maine Legislators

**Kennebec**

Rep. Henry Beck  
7497 Mayflower  
Wolfeboro, ME 04401

Rep. Anna D. Blodgett  
13 Greenwood Court  
Augusta, ME 04330

Rep. William P. Browne  
793 Webber Road  
Vassalboro, ME 04989

Rep. H. David Cotta  
55 53rd Fire Road  
China, ME 04358

Rep. Anna D. Blodgett  
13 Greenwood Court  
Augusta, ME 04330

Rep. Willia m P. Browne  
793 Webber Road  
Vassalboro, ME 04989

Sen. Lisa T. Marrache'  
109 Silver Street

Sen. Joseph C. Perry  
237 Grove St.  
Bangor, ME 04401

Rep. Emily Ann Cain  
103 Forest Avenue  
Orono, ME 04473

Rep. Michael Celi  
42 Gettysburg Avenue  
Brewer, ME 04412

Rep. Herbert E. Clark  
180 Bowdoin Street  
Millinocket, ME 04462

Rep. Andre E. Cushing III  
P. O. Box 211,  
Hampden, ME 04444

Rep. Robert S. Duchesne  
478 Beechwood Avenue  
Old Town, ME 04468

Rep. Jeffery A. Gifford  
346 Frost Street  
Lincoln Center, ME 04457

Rep. Adam Goode  
303 Hammond St, Apt. 15  
Bangor, ME 04401

P. O. Box 353  
Levant, ME 04456

Rep. Henry L. Joy  
P. O. Box 103  
Island Falls, ME 04747

Rep. James R. Martin  
557 Forest Avenue  
Orono, ME 04473

Rep. Everett W. McLeod, Sr.  
P. O. Box 155  
Lee, ME 04455

Rep. Benjamin M. Pratt  
638 Main Road,  
Eddington, ME 04428

Rep. David E. Richardson  
634 Hampden Road  
Carmel, ME 04419

Rep. Kimbrerley C. Rosen  
P. O. Box 877  
Bucksport, ME 04416

Rep. Sara R. Stevens  
252 Nowell Road  
Bangor, ME 04401

Rep. Joshua A. Tardy  
P. O. Box 381  
Newport, ME 04953

Rep. Douglas A. Thomas  
306 Stream Road  
Ripley, ME 04930

Sen. Joseph C. Perry  
237 Grove St.  
Bangor, ME 04401

Sen. Debra D. Plowman  
PO Box 468  
Hampden, ME 04444

Sen. Kevin L. Raye  
63 Sunset Cove Lane  
Perry, ME 04667

Sen. Richard W. Rosen  
PO Box 877  
Bucksport, ME 04441

Sen. Elizabeth M. Schneider  
55 Bennoch Rd.  
Orono, ME 04473

Sen. Douglas M. Smith  
P.O Box 460  
Dover-Foxcroft, ME 04426

**Waldo**

Rep. Jayne Crosby Giles  
15 Tozier Street  
Belfast, ME 04915

Rep. Veronica Magnan  
P. O. Box 37  
Sandy Point, ME 04972

217 Beach Road  
Lincolnville, ME 04849

Rep. John F. Piotti  
1075 Albion Road  
Unity, ME 04988

Rep. Michael Thibodeau  
169 Coles Corner Road  
Winterport, ME 04496

Rep. Lance Weddell  
P. O. Box 12  
Frankfort, ME 04438

Senator Carol Weston  
154 Choate Rd  
Montville, ME 04941

**Senate Republican Office**  
Tel: 287-1505

**Senate President’s Office**  
Tel: 287-1500
Mental Health & Substance Abuse Services

Acadia Hospital
Inpatient and outpatient mental health care and chemical dependency services.
268 Stillwater Ave., Bangor, ME 04401
Tel: 973-6100 or 1-800-640-1211

Alcoholics Anonymous
Tel: 1-800-737-6237

Catholic Charities of Maine
66 Western Ave., PO Box 378
Fairfield, ME 04937
Tel: 453-4365

Care & Comfort
Children’s Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.
180 Main Street, Suite 2
Waterville, ME 04901
1-800-366-5302
www.CareandComfort.com

Charlotte White
Assists adults and children with intellectual, behavioral, physical disabilities, and elder age related issues.
PO Box 380, Dover-Foxcroft, ME 04426
Tel: 564-2464 or 1-888-440-4158
www.charlottewhitecenter.com

Community Health & Counseling Services
Family therapy services, psychiatry adults and children, foster-care, home-based services, and case management.
Rte. 202, East Winthrop, ME 04364
Tel: 395-2555
78 Madison Ave., Skowhegan, ME 04976
Tel: 858-4860
http://www.chcs-me.org/winthrop.html

Crisis and Counseling Center
Outpatient services focuses on substance abuse and mental health, family group and crisis counseling.
35 Winthrop St., Augusta, ME 04330-5624
Tel: 626-3448 or 1-888-568-1112
www.crisisandcounseling.org

Kennebec Valley Behavioral Health
Vocational Clubhouses
Capitol Clubhouse
Resource for consumer of mental health services. Provides transportation, meals, support and vocational training.
37 Stone St., Augusta, ME 04330
Tel: 629-9080
http://www.kbhmaine.org/vocational.html

High Hopes Clubhouse
Div. of Kennebec Behavioral Health
26 College Ave., Waterville, ME 04901
Tel: 877-0038
http://www.kbhmaine.org/vocational.html

Kennebec Behavioral Health
Provides emergency, outpatient, medication clinic, in-home supports, school based programs, community support and independent or supported housing services to the community. Services are provided by professional licensed/certified multi-disciplinary staff.
67 Eustis Parkway, Waterville, ME 04901
Tel: 873-2136
66 Stone St., Augusta, ME 04330
Tel: 626-3455
30 High St., Skowhegan, ME 04976
Tel: 474-8368 or 1-888-322-2136

Mental Health Crisis
24 Hour Hotline
Tel: 1-888-568-1112

Northeast Occupational Exchange (NOE)
Provides mental health services to children, adolescents and adults; clinical services for individuals, groups or couples; parenting program for parents of infants, children 4-12 and adolescents 12 and up.
442 Moosehead Trail, Newport, ME 04953
Tel: 368-2072 or 1-800-857-0500
www.noemaine.org

Riverview Psychiatric Center
250 Arsenal St.
11 State House Station
Augusta ME 04332
Tel: 624-3900

Sweetser
Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and Substance Abuse Services. Substance Abuse and DEEP available at Waterville
43 Industrial Park Road, Saco
Tel: 294-4400 ALSO: 1-800-434-3000
3 Michael Lane, Waterville, 680-2065
863 Main Street, Sanford, 459-6050
50 Moody Street, Saco, 571-3080
329 Bath Road, Suite One, Brunswick, 1-877-776-8322
The Women’s Project
Enhances women’s ability to cope with the effects of substance abuse through education and awareness, identification of resources, advocacy, and support. Also, provides referral services for pregnant women facing alcohol and drug issues. Serves the State of Maine
Tel: 1-800-698-4959
Bangor Office: 1-800-611-1779
Portland Office: 1-800-611-1588
http://www.propeople.org/Programs/PROP_Community/womens_project.php
Mental Health & Substance Abuse Services—cont.

Youth & Family Services
Provides quality treatment for individual, marital and family problems including substance abuse services; home based services, including short term intensive counseling and Family Reunification Services for DHHS referred families, Children's Case Management, Community Case Management (for adult individuals with mental retardation and autism).

5 Commerce Dr., Skowhegan, ME 04976
Tel: 474-8311 or 1-888-420-9605

72 Winthrop St., Augusta, ME 04330
Tel: 626-3478 or 1-877-258-7949
www.yfinc.org

Seniors

Eastern Area Agency on Aging
Eastern Area Agency on Aging (EAAA) is the best source of information, options and services for people as they grow older. They are responsive to the changing needs of older people, families and their communities.
450 Essex St., Bangor, ME 04401
Tel: 941-2865 or 1-800-432-7812  Fax: 941-2869
TTY: 992-0150
www.eaaa.org
www.easternagencyonaging.org

ElderCare Link
Provides elder care services including assisting living, in-home care, financial planning and elder law services.
1-866-451-5577
www.eldercarelink.com

Senior Community Employment Program (SCSEP)
Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.
National Able Network
Tel: 1-800-655-6073
www.nationalable.org

Spectrum Generations
Provides an array of options for vital and independent living through a toll-free Information and Help Line staffed by experienced people, and a network of Community Centers spread through Central Maine. Offers various activities and classes, support group meetings, transportation, adult day care, caregiver respite, Meals on Wheels, and on-site dining.

Kennebec County
One Weston Court, Suite 203
PO Box 2589, Augusta, ME 04338
Tel: (207) 622-7857 or 1-800-639-1553
Muskie Community Center
38 Gold St., Waterville, ME 04901
Tel: 873-4745
William S. Cohen Community Center
22 Town Farm Rd., Hallowell, ME 04347
Tel: 626-7777

Somerset County
Somerset Community Center
30 Leavitt St., Skowhegan, ME 04976
Tel: 474-8552
www.spectrumgenerations.org

Senior Companion Program (SCP)
University of Maine Cooperative Extension
Volunteers provide support to isolated seniors and family caregivers. Assist older adults to maximize, maintain, or regain independence. May help with grocery shopping, doctors appointments, and daily tasks. Offer companionship, advocacy, and information to support quality of life. Provides volunteer experience (stipended) for qualified seniors 55+. Personal care not provided.
Senior Companion Program
7 County Drive
Skowhegan, ME 04976
Tel: 474-9622 / TDD: 800-287-8957
gtobey@umext.maine.edu
Transportation

**KVCAP—Transportation Services**
KV Van—Provides rides to medical appointments, also referral from DHHS. Medicaid and/or low income. M-F
KV Transit—Fixed route bus service available to the general public in the greater Waterville and intown Fairfield (M-F) and Augusta are (M-F). Call for bus schedule and cost.

97 Water St., Waterville, ME 04901
Tel: 877-5677 or 1-800-542-8227

26 Mary St., Skowhegan, ME 04976
Tel: 474-8487

219 Cony Rd., Augusta, ME 04430
Tel: 622-4761

**Penquis—Transportation Services**
The Lynx provides transportation services for residents of Penobscot and Piscataquis Counties. All transportation is by appointment. Serving: general public; special services for the elderly; MaineCare recipients; other social service clients by agency contract; paratransit provider for The Bus.

Penquis
The Lynx
262 Harlow St., Bangor, ME 04401
Tel: 973-3695 or 1-866-853-5969

Utilities

**Bangor Hydro**
21 Telcom Drive
Bangor, ME 04401
Tel: 945-5621 or 1-800-499-6600

**Central Maine Power Company**
83 Edison Drive, Augusta, ME 04330
Tel: 1-800-750-4000

**Citizens Energy**
Tel: 1-877-563-4645
Apply online to complete an application at:
www.citizensenergy.com/

**Emergency Assistance Program—DHHS**
35 Anthony Ave.
Augusta, ME 04330
Tel: 624-8222 or 1-800-452-1926

**KVCAP**
LIHEAP—a voucher for heat once per year
LIAP—discount on electric
Emergency Crisis Intervention Program—$300 maximum benefit per year
97 Water Street
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227
Veterans Services

FINANCIAL SERVICES

Maine Veterans’ Services, Bureau of
Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission
on Women Veterans
Waterville Office
National Guard Armory
Drummond Ave.
Waterville, ME 04901
Tel: 207-872-7845
Email: Conrad.n.edwards@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)
117 State House Station
Augusta, ME 04333-0117
Tel: 207-626-4464
Email: mainebvs@maine.gov
Hours: M-F 7:30 a.m. – 4:00 p.m.

Togus VA Regional Office Center - (Benefits)
Tel: 623-8411, ext. 5900
TDD - 1-800-829-4833
FAX: 207 623-5737
CHAMPVA – Denver, CO: 1-800-733-8387
Debt Management, ST Paul, MN: 1-800-827-0648
Education (GI Bill): 1-888-442-4551
Homeless Veterans Coordinator: (207) 329-5981
Income Verification and Means Testing: 1-800-929-8387
Loan Guaranty – Manchester, NH: 1-800-827-6311
National Service Life Insurance: 1-800-669-8477
Pension Center: 1-877-294-6380
Service Group Life Insurance: 1-800-419-1473
Status of Headstones and Markers: 1-800-697-6947
VA Benefits: 1-800-827-1000
Vocational Rehab/Employment: (207) 626-4736

Returning OEF/OIF Combat Veterans:
Tel: 1-877-421-8263, ext. 4939/4534

HEALTH CARE

Community Based Outpatient Clinics (CBOCs)
Bangor: 561-3600 or 1-877-421-8263 x-3600
Bangor Mental Health Clinic: 1-877-421-8263 x-3651
Portland Mental Health Clinic: 1-877-421-8263 x-3500

Maine Veterans’ Homes
Provides the following care:
Medical Services
Comfort Care; Dementia Care; Long-Term Care;
Residential Care; Respite Care; Skilled Nursing Care
Rehabilitative Services
Occupational Therapy; Physical Therapy;
Speech-Language Therapy

Augusta Home
310 Cony Rd.
Augusta, ME 04330
Tel: 207-622-2454 or 1-888-684-4664
www.mainевeteranshomes.org

Togus VA Medical Center
Tel: 1-877-421-8263
DAV Transportation: 1-877-421-8263, ext. 5790
Gulf War/Agent Orange Helpline: 1-800-749-8387
Health Benefits Advisor: 1-877-421-8263, ext. 5688
Health Care Benefits: 1-877-222-8387
Mammography Helpline: 1-888-492-7844
Medical Release of Information: 1-877-421-8263, ext. 5232
Patient Representative: 623-5760
Pharmacy (refills): 1-877-421-8263, ext. 5751
VA Women Veterans’ Clinic-623-8411 x-5039

Returning OEF/OIF Combat Veterans:
Tel: 1-877-421-8263, ext. 4120/4266/4296

Vet Centers
Offer readjustment counseling and outreach services to all
veterans who served in any combat zone. These services
are also available to family members for any military
issues.
352 Harlow St.
Bangor, ME 04401
Tel: 947-3391

29 Westminster St.
Lewiston, ME 04240
Tel: 783-0068

475 Stevens Ave.
Portland, ME 04103
Tel: 780-3584

VA SUICIDE HOT LINE 1-800-273-8255
State CAP Agencies
http://www.mainecommunityaction.org/members.htm

Aroostook County Action Program, Inc.
771 Main St. (PO Box 1116)
Presque Isle, ME 04769-1116
Tel: 764-3721 or 1-800-432-7881
Fax: 768-3022
www.acap-me.org

Community Concepts, Inc.
17-19 Market Square (PO Box 278)
South Paris, ME 04281-0278
Tel: 743-7716 or 743-1520
Fax: 743-6513
www.community-concepts.org

Kennebec Valley Community Action Program
97 Water St.
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227
www.kvcap.org/

Midcoast Maine Community Action
34 Wing Farm Parkway
Bath, ME 04530
Tel: 442-7963 or 1-800-221-2221
Fax: 443-7447
www.midcoastmainecommunityaction.org/

Penquis Community Action Program
262 Harlow St. (PO Box 1162)
Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
Fax: 973-3699
www.penquiscap.org

Peoples Regional Opportunity Program
510 Cumberland Ave.
Portland, ME 04101
Tel: 874-1140
Fax: 874-1155
www.propeople.org

Waldo Community Action Partners
9 Field St. (PO Box 130)
Belfast, ME 04915-0130
Tel: 338-6809
Fax: 338-6812
www.waldocap.org

Washington Hancock Community Agency
(Corner of Route 1 & Maple Street)
PO Box 280
Milbridge, ME 04658-0280
Tel: 546-7544
Fax: 546-3216
www.whcacap.org

Western Maine Community Action, Inc.
P.O. Box 200 (20A Church St.)
East Wilton, ME 04234-0200
Tel: 645-4287
www.wmca.org/

York County Community Action Corp.
P.O. Box 72 (6 Spruce St.)
Sanford, ME 04073
Tel: 324-5762 or 1-800-965-5762
www.yccac.org/