

A REQUEST FOR A MINUTE OF YOUR TIME

The Office of Substance Abuse Information and Resource Center has put together this list of support groups in order that we may help all those people in the State of Maine in need of a support group.

Should you know of any changes or areas starting new meetings, please get in touch with us. We don't want to leave people without the best possible list of resources. Our contact information is listed below, along with a change form in the back of this publication.

Should your list be older than a year, please call to request a new one, as it is updated at least once a year.

This list was updated August 2009

Prepared By:

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Definitions of the Abbreviations

A	Accessible Meeting Location
AA	Alcoholics Anonymous (For additional meeting and contact information 1-800-737-6237)
ACOA	Adult Children of Alcoholics
AIDS C&T	AIDS Counseling & Testing
AIDS Support	AIDS Support Group
Al anon	Affected Other of Substance Abusers (For additional meeting and contact information 1-800-498-1844)
Alateen	Affected Teen of Substance Abusers
ABSI	As Bill Sees It
B	Beginners
BB	Big Book
C	Closed
CA	Cocaine Anonymous
CC	Child Care Provided (Recommended calling ahead)
CODA	Codependents Anonymous
D	Discussion
F	Family/Friends
G	Gay (Homosexual Men)
GAM	Gambler's Anonymous
GV	Grapevine-Subject Discussion
HTLN	Hotline
L	Lesbian (Homosexual Women)
Lit	Literature Discussed
M	Men Only
MED	Meditation
MH	Mental Health
NA	Narcotics Anonymous (For additional meeting and contact information 1-800-974-0062)
Nar Anon	Affect Other of Substance Abusers
OA	Overeaters Anonymous
TOPS	Take Off Pounds Sensibly
SP	Speaker
ST	Step
Tag	Taking Turns to Speak
TTY	Teletypewriter (telecommunication for deaf persons)
W	Women Only
Wisdum	Support Group for Divorced or Widowed
Women Support	Support Group for Women

AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
AA					
Abbott Village	D	Thurs	8 PM	Abbot Town Hall, 101 West Rd	
Acton	SP/A	Fri	7 PM	Acton Congregational Ch, H Road	
Alfred	SP/A	Sat	6:30 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
Alfred	ST/A	Thurs	6:30 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
Andover	D/C	Wed	7:30 PM	Andover Congregational Ch, 25 Elm St	
Aroostook Jct, NB	D	Wed	8 PM	Our Lady of Mercy Ch, Main St	
Arundel	D	Tues	4:15 PM	Fire Barn,468 Limerick Rd	
Ashland	D	Thurs	7:30 PM	Ashland Comm Lib, 57 Exchange St	
Auburn	D/C	Sun	7 PM	High Street Congregational Ch, 35 High St	
Auburn	BB/C	Fri	5:30 PM	Calvary United Methodist Ch,59 Sabattus S	
Auburn	D	Sat	7:30 AM	St Michael's Ch, 78 Pleasant St	
Auburn	SP/A	Wed	8 PM	St Philips Ch, 365 Turner Rd, Rt 4	
Auburn	W/ST	Sun	4 PM	Grace Lutheran Ch, 757 Summer St	
Auburn	D	M-F	7 AM	St Michael's Ch, 78 Pleasant St	
Auburn	ST/C	Fri	7 PM	St Michael's Ch, 78 Pleasant St	
Auburn	D	Thurs	7 PM	High Street Congregational Ch, 35 High St	
Auburn	ST/C	Sat	7 PM	7th Day Adventist Community Ctr,310 Minot	
Auburn	BB/D	Mon	7:30 PM	United Methodist Ch, 439 Park Ave	
Augusta	D	Wed	Noon	Green St Methodist Ch, 13 Green St	
Augusta	C/D	Thurs	7 PM	Kennebec County Correctional Facility	
Augusta	D	Sat	10 AM	St Mark's Episcopal Ch, 9 Summer St	
Augusta	D/C	Thurs	2 PM	Bread of Life Ministries, 157 Water St	
Augusta	D	Tues	10 AM	Salvation Army, 11 North Pearl St	
Augusta	D	Fri	Noon	7th Day Adventist Ch, 235 Eastern Ave	
Augusta	SP	Sat	8 PM	St Mark's Episcopal Ch, 9 Summer St	
Augusta	D	Sun	12:30 PM	Bread of Life Ministries, 157 Water St	
Augusta	D	Tues	7 PM	Bread of Life Ministries, 157 Water St	
Augusta	ST/D	Fri	7 PM	Bread of Life Ministries, 157 Water St	
Augusta	SP/D	Wed	7 PM	Bread of Life Ministries, 157 Water St	
Augusta	BB/D/C	Thurs	7 PM	Prince of Peace Lutheran Ch, Eastern Ave	
Augusta	SP/D/BB	Mon/Wed	6 PM	Riverview Psychiatric Hosp, Sebago Room	
Augusta	D	Mon	Noon	7th Day Adventist Ch, 235 Eastern Ave	
Bangor	D	Tues	7 PM	Grace United Methodist Ch,193 Union St	
Bangor	BB/B	Wed	7 PM	Acadia Recovery Community,179 Indiana Ave	
Bangor	BB	Mon	7 PM	St John's Episcopal Ch, 234 French St	
Bangor	D/A	Sat	11 AM	Peabody Hall, Husson College, Rm 127	
Bangor	B/C/W	Mon/Wed	7:30 PM	Penobscot County Jail, 85 Hammond St	
Bangor	SP	Sun	7 PM	St John's Episcopal Ch, 234 French St	
Bangor	D	Tues	Noon	Acadia Hosp, 268 Stillwater, Osprey Rm	
Bangor	BB	Thurs	7 PM	Pathway Wesleyan Ch,183 Harlow St	
Bangor	ST/A	Sun	9 AM	Acadia Recovery Community,179 Indiana Ave	
Bangor	D/A	Sat	8 AM	Acadia Recovery Community,179 Indiana Ave	
Bangor	GV	M-F	7:30 AM	Acadia Recovery Community,179 Indiana Ave	
Bangor	D/A	Thurs	8 PM	Capehart Comm Ctr, Davis Rd	
Bangor	BB/ST/A	M-F	Noon	Unitarian Universalist Ch, 120 Park St	
Bangor	W/BB	Wed	Noon	Congregational Ch, Hammond St	
Bangor	B/SP/D	Mon/Fri	7 PM	Acadia Recovery Community,179 Indiana Ave	
Bar Harbor	D	Sat	7 PM	St Savior's Parish Hall, 41 Mt Desert St	
Bar Harbor	D	Mon	7 PM	St Savior's Parish Hall, 41 Mt Desert St	
Bar Harbor	D	Wed	7 PM	Mt Desert Island Hosp, 10 Wayman Lane	
Bar Harbor	D	Fri	7 PM	Holy Redeemer Parish, 21 Ledge Lawn Ave	
Bar Harbor	D	Wed	Noon	St Savior's Parish Hall, 41 Mt Desert St	
Bar Harbor	D	Tues	7 PM	First Baptist Ch, 46 Ledge Lawn Ave	
Bath	D/M/A	Wed	8 PM	United Church of Christ, 150 Congress Ave	

AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Bath	BB/A	Tues	7 PM	United Church of Christ, 150 Congress Ave	
Bath	B/A	Fri	6:30 PM	United Church of Christ, 150 Congress Ave	
Bath	D	Tues	Noon	Nazarene Ch, 191 Centre St	
Bath	ST	Thurs	7:30 PM	United Church of Christ, 150 Congress Ave	
Bath	L	Wed	Noon	Church of Nazarene, Crn Lincoln & Center	
Bath	D	Mon	8 PM	United Church of Christ, 150 Congress Ave	
Bath	D	Sat	7 PM	United Church of Christ, 150 Congress Ave	
Bath	SP/A	Fri	8 PM	United Church of Christ, 150 Congress Ave	
Beals Island	D	Sat	7 PM	RLDS Church, Main St	
Belfast	ST/A	Wed	Noon	St Margaret's Episcopal Ch, 95 Court St	
Belfast	BB/D	Sun	8 AM	WCGH Ed Center, 118 Northport Ave	
Belfast	D	Mon-Sat	7 AM	St Margaret's Episcopal Ch, 95 Court St	
Belfast	B/D	Sat	Noon	Unitarian Universalist Ch, 37 Miller St	
Belfast	GV/A	Mon	6 PM	First Baptist Ch, 95 High St	
Belfast	ST/A	Wed	8 PM	First Baptist Ch, 95 High St	
Belfast	D/A	Tues	6 PM	St Margaret's Episcopal Ch, 95 Court St	
Belfast	D/A/C	Sun	10 AM	WCGH Ed Center, 118 Northport Ave	
Belfast	BB	Thurs	6 PM	St Margaret's Episcopal Ch, 95 Court St	
Belgrade Lakes	ST	Tues	7 PM	Union Church, Rt 27	
Belgrade Lakes	W/BB/D	Mon	7 PM	Union Church, Rt 27	
Belgrade Lakes	SP/D	Sun	2 PM	Union Church, Rt 27	
Berwick	M/BB	Tues	7:30 PM	Our Lady of Peace Ch, Berwick St	
Berwick S	BB/ST	Mon/Fri	7 PM	First Federated Ch, Academy St	
Bethel	D	Tues	6 PM	United Methodist Ch, 75 Main St	
Bethel	BB/ST	Sun	6 PM	United Methodist Ch, 75 Main St	
Bethel	ST	Fri	6 PM	United Methodist Ch, 75 Main St	
Biddeford	D/L/B	Fri	7 PM	Southern ME Medical Ctr, Caf� 4&5,2nd Fl	
Biddeford	D/A	Sat	10 AM	Southern ME Medical Ctr, Caf� 4&5,2nd Fl	
Biddeford	SP/A	Wed	7 PM	Richard Martin Comm Ctr, 189 Alfred St	
Biddeford	D	Tues	7 PM	Southern ME Medical Ctr, Caf� 4&5,2nd Fl	
Biddeford	SP/D	M-F	Noon	Second Parish Congr Ch, 19 Crescent St	
Bingham	ASBI	Fri	7:30 PM	Congregational Ch, 7 Meadow St	
Blue Hill	D	Sat	10 AM	Odd Fellows Hall, Main St	
Blue Hill	D/A	Sun	7 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Blue Hill	ST/D	Fri	7 PM	Congregational Ch, Main St	
Blue Hill	D	Wed	7:30 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Blue Hill	D	Tues	Noon	St Francis Episcopal Ch, Hinckley Ridge Rd	
Boothbay Harbor	D	Mon	7 PM	Methodist Ch, 75 Townsend Ave	
Boothbay Harbor	D	Fri	6 PM	East Boothbay Methodist Ch	
Boothbay Harbor	BB	Sat	9:30 AM	YMCA Teen Center Annex	
Boothbay Harbor	D	Thurs	7 PM	Our Lady Catholic Ch, 82 Atlantic Ave	
Boothbay Harbor	ST/A	Sun	6:30 PM	Catholic Church	
Boothbay Harbor	D	Wed	7 PM	St Columbia Episcopal Ch, Emery Lane	
Bowdoinham	D	Mon	7 PM	Bowdoinham Baptist Ch, Main St	
Brewer	D/A	Wed	8 PM	St Joseph Ch, No. Main St, Rt 9	
Brewer	D	Sun	11 AM	VFW Hall, 235 Center St	
Brewer	BB/ST	Wed/Sat	6:30 PM	First United Methodist Ch, 40 S. Main St	
Brewer	D/ABSI	M-F	Noon	Brewer Auditorium, 318 Wilson St	
Bridgeton	D/ST	Mon-Fri	Noon	American Legion Hall, Depot St	
Bridgeton	D	Tues	8 PM	First Congregational Ch, 77 High St	
Bristol Mills	D	Wed	7:30 PM	Congregational Ch Hall, Rt 130	
Bristol S	D	Thurs	7 PM	So Bristol Parish House, Rt 129	
Brooklin	L/SP/C	Thurs	7 PM	Baptist Ch, 22 Bay Rd	
Brooks	D	Mon	8 PM	Varney Memorial Bldg, Main St, Rt 7	
Brunswick	C/ST	Sun	7 PM	First Parish Ch Vestry, 9 Cleaveland St	
Brunswick	SP/A	Tues	8 PM	First Parish Ch Vestry, 9 Cleaveland St	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Brunswick	BB/A	Mon	7 PM	Good Shepard Ch, 330 Maine St	
Brunswick	C/W/A	Sat	8:30 AM	Good Shepard Ch, 330 Maine St	
Brunswick	ABSI	Fri	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	D/ST/A	Sun	11 AM	Mid Coast Hosp,123 Medical Center Dr	
Brunswick	C/W/D/A	Wed	10:30 AM	Good Shepard Ch, 330 Maine St	
Brunswick	D/A	Sun	7 PM	Sr Citizen Club, Maine St	
Brunswick	D/A/B	Sat	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	D/A	M-F	7 AM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	D	Fri	10 PM	Unitarian Ch, 15 Pleasant St	
Brunswick	D	Sat	8 PM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	BB	Thurs	8 PM	Unitarian Ch, 15 Pleasant St	
Brunswick	D/A	Mon	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	ABSI	Fri	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	D	Mon	7 PM	Baptist Ch, Main St	
Brunswick	ST	Thurs	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	D	Thurs	5:30 PM	United Methodist Ch, 320 Church Rd	
Brunswick	D	Sun	11 AM	Seventh Day Adventist Ch, 333 Maine Ave	
Brunswick	D	Wed	7 PM	Addiction Resource Ctr, 66 Baribeau Dr	
Bucksport	ST	Sat	4 PM	Jewett School, 66 Bridge St, Comm Ed Bldg	
Bucksport	D	Wed	7 PM	Congregational Ch, Elm St	
Buxton	BB	Wed	7:30 PM	North Congregational Ch,22 Churchill Rd	
Buxton	ST	Mon	7 PM	Bar Mill Community Ch,13 Hermit Thrush Dr	
Calais	D	Wed	Noon	St Ann's Episcopal Ch,23 Church St	
Calais	D	Mon	7:30 PM	United Methodist Ch, Main St	
Calais	SP/A	Thurs	7:30 PM	Calais Regional Hosp Café, 22 Hospital St	
Calais	GV/D	Sat	9 AM	United Methodist Ch, Main St	
Calais	BB/D	Fri	6:30 PM	United Methodist Ch, Main St	
Calais	D/C	Mon	7 PM	Residence of 90 Boardman St	
Camden	W/C	Fri	6 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Camden	/ABSI/BB	Mon-Thurs	6:30 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Camden	BB	Wed	6:30 PM	Congregational Ch, Rt 1	
Camden	D/ST/BB	Mon-Sat	7 AM	Methodist Church,98 St John St	
Camden	SP	Fri	7:30 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Camden	BB	Sat	6:30 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Campabello Island	D	Sat	7 PM	St Timothy's Church	
Canaan	D	Tues	8 PM	Elementary School	
Cape Elizabeth	D	Wed	7 PM	St Bartholomews Ch, 8 Two Lights Rd	
Cape Elizabeth	SP/CC	Fri	7 PM	St Albans Episc Ch, 885 Shore Rd	
Caribou	BB/C	Sat	9:30 AM	St Luke's Episcopal Ch, 650 S. Main St	
Caribou	D	Mon	7:30 PM	Lion's Club Community Ctr, 111 High St	
Caribou	SP/D	Fri	7:30 PM	Lion's Club Community Ctr, 111 High St	
Carrabassett Valley	D	Sat	9 AM	Town Office/Fire House at Valley Crossing	
Casco	ST	Thurs	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	GV	Mon	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	D	Fri	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	MED	Sat	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	D/L	Wed	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	D	Wed	7 PM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	W/ST	Thurs	6:30 PM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	ABSI/C	Mon	5:30 PM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	SP/A	Sun	7 PM	Alliance Ch, Pt Sebago Rd, Rt 302	
Casco	C/M/ST	Tues	7 PM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	ST	Sun	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	BB	Tues	9 AM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Casco	B/A	Sat	7 PM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Charleston	D/M	Wed	6:30 PM	Charleston Correctional Ctr, Rt 15	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Chebeague Island	B/C	Fri	7 PM	Parish House, North Rd	
China	D	Sat	8 AM	China Baptist Ch, 36 Causeway Rd	
Clinton	D	Fri	8 PM	Town Hall, Baker St	
Columbia Falls	BB	Thurs	7 PM	Faith Methodist Ch, 444 US Rt 1	
Columbia Falls	B	Tues	7 PM	Faith Methodist Ch, 444 US Rt 1	
Columbia Falls	D	Wed	7 PM	Faith Methodist Ch, 444 US Rt 1	
Connor	D	Thurs	7:30 PM	Connor School, 1581 Van Buren Rd	
Coopers Mills	BB/D	Sun	7 PM	Sheepscot Valley Hlth Ctr, 47 Main St	
Corinna	D	Thurs	7 PM	Morse's Corner Baptist Ch, Exeter Rd	
Cumberland	ABSI	Sat	8:30 AM	United Methodist Ch, 52 Tuttle Rd	
Cumberland	SP	Tues	7 PM	United Methodist Ch, 52 Tuttle Rd	
Damariscotta	W/D	Mon	7:30 PM	Baptist Ch, 4 Bristol Rd	
Damariscotta	SP/A	Wed	6:30 PM	Baptist Ch, 4 Bristol Rd	
Damariscotta	D	Mon	6 PM	Baptist Ch, 4 Bristol Rd	
Damariscotta	SP/D	Sat	8 PM	Baptist Ch, 4 Bristol Rd	
Dedham	D	Mon	8 PM	Dedham Town Hall	
Deer Isle	D	Mon	7:30 PM	Town Hall, Route 15	
Denmark	D	Thurs	8 PM	Congregational Ch, Rt 117	
Detroit	BB	Tues	7 PM	Town Hall, 355 Main St	
Dexter	D	Tues	7 PM	First Free Baptist Ch, 130 Spring St	
Dixfield	D/C	Fri	7 PM	Congregational Ch, 10 High St	
Dover Foxcroft	D	Fri	8 PM	Penquis Ed Ctr, Rm 116, 50 Mayo St	
Dover Foxcroft	D	Sun	11 AM	Thompson Free Library, 186 East Main St	
Drummond	D	Thurs	8 PM	Church Basement Tobique Rd	
Eagle Lake	D	Sun	7 PM	St Mary's Parish Hall, Rt 11	
Eastport	D/BB	W/Th/F	7:30 PM	Eastport Health Ctr, 30 Boynton Rd	
Eastport	D	Mon	7:30 PM	St Joseph Parish Hall, 11 Chapel St	
Eddington	B/C	Thurs	7 PM	United Methodist Ch, Rt 9	
Edmondston NB	D/C	Mon	8:30 PM	12 Step Center, 15 Costello St Canada	
Edmondston NB	ST	Wed	8:30 PM	12 Step Center, 15 Costello St Canada	
Edmondston NB	D	Sun	10:30 AM	12 Step Center, 15 Costello St Canada	
Edmondston NB	SP	Fri	8 PM	Notre Dame des Septs Ch, Victoria St	
Edmondston NB	SP	Sat	8:30 PM	12 Step Center, 15 Costello St Canada	
Ellsworth	BB	Wed	7 PM	Your Place, 8 Old Mill Rd	
Ellsworth	D	Tues	6 PM	Hancock County Jail, State St	
Ellsworth	D	Fri	5:15 PM	ME Coastal Hosp, Conf Rm, 50 Union St	
Ellsworth	D	Tue/Thurs	Noon	St Joseph Catholic Ch, High St	
Ellsworth	D	Sun	6 PM	Congregational Ch, State St, Rt 179	
Ellsworth	D	Sat	6 PM	Your Place, 8 Old Mill Rd	
Ellsworth	D	M/W/F/Sat	Noon	Your Place, 8 Old Mill Rd	
Ellsworth	W/ST	Sat	10 AM	St Josephs Catholic Ch, High St	
Ellsworth	ST	Tues	8 PM	Congregational Ch, State St, Rt 179	
Ellsworth	D	Thurs	7 PM	Congregational Ch, State St, Rt 179	
Ellsworth	SP	Mon	7 PM	Congregational Ch, State St, Rt 179	
Ellsworth	ST	Mon	6:30 PM	ME Coastal Hosp, Conf Rm, 50 Union St	
Ellsworth	G/D	Fri	6:30 PM	Unitarian Universalist Ch, 121 Bucksport R	
Fairfield	D/SP	Sat	7:30 PM	Fairfield United Methodist Ch, Rt 201	
Fairfield	D	Mon	7 PM	Fairfield United Methodist Ch, Rt 201	
Falmouth	M/C/ST	Thurs	7:30 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Falmouth	SP	Tues	7 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Falmouth	SP/D	Tues	8 PM	Foreside Community Ch, 340 Foreside Rd	
Farmingdale	D	Thurs	7 PM	Seventh Day Adventist Ch, 333 Maine Ave	
Farmington	ST	Mon	7 PM	U of ME, Roberts Learning Ctr, Rm 105	
Farmington	BB	Thurs	7 PM	Congregational Ch, 227 Main St	
Farmington	D/C	Fri	7 PM	Franklin Memorial Hosp, Board Rm	
Farmington	SP	Sun	7 PM	Franklin Memorial Hosp, Board Rm	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Farmington	D	Wed	7:30 PM	Henderson Baptist Ch, 110 Academy St	
Fort Fairfield	D	Tues	7:30 PM	St Paul's Episcopal Ch, 66 Lower Main St	
Fort Kent	ST	Sat	7 PM	St Louis Catholic Ch, 26 East Main St	
Fort Kent	BB	Wed	7 PM	St Louis Catholic Ch, 26 East Main St	
Fort Kent	D	Fri	Noon	St Louis Catholic Ch, 26 East Main St	
Fort Kent	ST	Tues	7 PM	St Louis Catholic Ch, 26 East Main St	
Freeport	SP/D	Wed	12:15 PM	First Parish Congregational Ch,40 Main St	
Freeport	ST	Wed	7:30 PM	First Parish Congregational Ch,40 Main St	
Fryeburg	D	Sat	Noon	American Legion Hall, Bradley St	
Fryeburg	M/ST/C	Tues	7:30 PM	Dearborn Precision, Rt 113	
Fryeburg	W/ST/C	Tues	5:30 PM	St Elizabeth Ch, Rt 5	
Fryeburg	D	Sun	9 AM	Fryeburg Academy, Main St, Science Wing	
Fryeburg	B	Wed	6:30 PM	Fryeburg Academy, Main St, Science Wing	
Fryeburg	ABSI	Mon	6:30 PM	Fryeburg Academy, Main St, Science Wing	
Fryeburg	BB	Thurs	4 PM	St Elizabeth Ch, Rt 5	
Gardiner	ST/D	Tues	7 PM	Congregational Ch, 46 Church Hill	
Gardiner	BB/D	Tues	7 PM	Gardiner United Methodist Ch,31 Highland	
Gardiner	D	Sun	7 PM	Congregational Ch, 46 Church Hill	
Gardiner	SP/D	Thurs	7 PM	Congregational Ch, 46 Church Hill	
Gorham	ST/C	Tues	6 PM	Life Church, New Portland	
Gorham	D	Fri	7:30 PM	USM,Gorham, Bailey Hall, Rm 102	
Gouldsboro	D	Sun	6 PM	Gouldsboro Firehouse	
Grand Falls NB	SP	Fri	8:30 PM	Knights of Columbus Hall, Front St	
Grand Falls NB	ST/C	Mon	7 PM	St George Catholic Ch	
Grand Falls NB	D	Sun	9 AM	Hill Top Hotel, Madawaska Rd	
Grand Falls NB	SP	Fri	8 PM	Church of Notre Dame, Basement	
Gray	D	Mon	10:30 AM	St Gregorys Ch, Rt 26, North Raymond Rd	
Gray	W/ST	Tues	7 PM	St Gregorys Ch, Rt 26, North Raymond Rd	
Gray	SP	Thurs	8 PM	St Gregorys Ch, Rt 26, North Raymond Rd	
Greenville	D	Fri	7 PM	Union Evengelst Ch,114 South Main St	
Greenville	ST	Wed	7 PM	Union Evangelist Ch,114 South Main St	
Guilford	D	Sat	7 PM	Guilford Methodist Ch, 3 School St	
Hallowell	D	Tues	7 PM	St Mathew's Ch, 20 Union St	
Hallowell	W/D	Fri	Noon	Cox Memorial Ch, 33 Central St	
Hallowell	SP/C/M	Mon	7 PM	Pre-Release, Stevens School, Winthrop St.	
Hallowell	ST/C	Wed	Noon	St Mathew's Ch, 20 Union St	
Hallowell	ABSI	Tues	Noon	St Mathew's Ch, 20 Union St	
Hampden	BB	Sat	9:30 AM	St Mathews Episcopal Ch, 70 Western Ave	
Hampden	D	Sun	5 PM	Kiwanis Club, Main St	
Hampden	C/ST	Mon	8 PM	St Mathews Episcopal Ch, 70 Western Ave	
Hampden	SP	Tues	8 PM	Methodist Ch, 44 Kennebec Rd	
Hampden	D	Sat	7:30 PM	Church of the Open Door,Route 1	
Hancock	D	Sun	10 AM	Hancock Community Ctr, Rt 1	
Hancock	D	Wed	7 PM	Hancock Community Ctr, Rt 1	
Harrison	ABSI	Sun	6:30 PM	United Parish of Harrison,77 Main St	
Hartland	D/C	Sun	7 PM	Grace Lynn Methodist Church	
Hollis	D	Tues	7 PM	Salmon Falls Library, 28 Salmon Falls Rd	
Houlton	D	Fri	8 PM	Congregational Ch, High St	
Houlton	SP	Thurs	7:30 PM	Church of Good Shepard, 116 Main St	
Houlton	D	Tues	7:30 PM	Unitarian Church, 61 Military St	
Houlton	D	Daily	Noon	White House, 106 1/2 Main St	
Houlton	BB/D	S/M/W/Sat	7:30 PM	White House, 106 1/2 Main St	
Howland	B/C	Thurs	8 PM	Methodist Ch, 23 Coffin St	
Indian Island	D	Fri	8 PM	St Ann's Parish Hall, Center St	
Island Falls	D	Mon	8 PM	Congregational Ch, Burliegh St	
Jackman	D/BB	Tues	7 PM	Jackman Public Library, 604 Main St	

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Jay N	C/M/ST/BB	Tues	7 PM	Niles Memorial Library, Rt 4	
Kennebunk	BB/ST	Fri	6:30 PM	First Parish Unitarian Ch, 114 Main St	
Kennebunk	C/ST/A	Sat	7:30 PM	St Davids Episcopal Ch, 138 York St	
Kennebunk	C/W/A	Fri	10 AM	St Davids Episcopal Ch, 138 York St	
Kennebunk	SP/A	Mon	8 PM	First Parish Unitarian Ch, 114 Main St	
Kennebunk	M/C/D/A	Sun	8 AM	American Legion Hall, Water St	
Kennebunk	G/D	Tues	8 PM	St Davids Episcopal Ch, 138 York St	
Kennebunk	D/L	Sun	7 PM	St David's Episcopal Ch, 138 York St	
Kennebunk	ST/C	Mon-Sat	7:15 AM	First Parish Unitarian Ch, 114 Main St	
Kennebunk	D	Wed/Thurs	7 PM	St Davids Episcopal Ch, 138 York St	
Kennebunk	C/W/D/A	Sun	10 AM	American Legion Hall, Water St	
Kennebunkport	C/ABSI	Wed	8 PM	Community Hall, Temple St	
Kents Hill	B	Thurs	7 PM	Torsey Memorial Methodist Ch, Rt 17	
Kezar Falls	ST	Tues	7:30 PM	Riverside Methodist Ch, 5 School St	
Kingfield	D	Wed	7:30 PM	Webster Hall, School St	
Kittery	D	Sat	7 PM	Youth Connection Ctr, 10 Shapleigh Rd	
Kittery	SP/C	Sun	7:30 PM	Lion's Club, Rt 1	
Kittery	SP/A	Sat	9 AM	St Raphaels Ch, Government St	
Kittery	BB/D/A	Wed	7 PM	St Raphaels Ch, Government St	
Kittery	D	M-F	7:30 AM	Lion's Club, Rt 1	
Kittery Pt	ST/M/C	Thurs	7 PM	First Congregational Ch, 23 Pepperel Rd	
Kittery Pt	D	Sun	4:30 PM	First Congregational Ch, 23 Pepperel Rd	
Levant	ST/C	Tues	8 PM	Harvest Chapel, 3135 Union St	
Lewiston	SP/D	Sat	8 PM	St Mary's Hospital, Rm AB 4	
Lewiston	D/BB/ST	M-F	Noon	12 Hour Club, 120 Lisbon St	
Lewiston	C/W/D/A	Mon	6 PM	12 Hour Club, 120 Lisbon St	
Lewiston	D/A	Sun	9:30 AM	12 Hour Club, 120 Lisbon St	
Lewiston	SP/A	Sat	7 PM	Holy Family Ch Parish Ctr, 581 Sabbathus St	
Lewiston	SP	Fri	7 PM	Trinity Episcopal Ch, Spruce & Bates St	
Lewiston	ST/D/A	Mon	7 PM	Trinity Episcopal Ch, Spruce & Bates St	
Lewiston	BB	Mon	7 PM	St Marys, 99 Campus Ave, Lapage Conf Rm	
Limerick	D	Sat	8 PM	Faith Christian Ch, Rt 11	
Lincoln	D	Wed	8 PM	Masonic Hall, 75 Main St	
Lincoln	ST	Fri	7 PM	Penobscot Valley Hosp, Transalpine Rd	
Lincoln	D	Sat	8 PM	American Legion Hall, 3 Fleming St	
Lisbon Falls	SP	Sun	7 PM	Holy Trinity Ch, 67 Frost Hill Ave	
Lisbon Falls	BB	Tues	7:30 PM	St Mathews Episcopal Ch, 496 Lisbon St	
Livermore	D	Fri	7:30 PM	N Livermore Baptist Ch, 555 Federal Rd	
Lubec	D	Mon	7 PM	Regional Medical Ctr, 43 South Lubec Rd	
Lubec	BB	Thurs	7 PM	Sacred Heart Parish Hall, 19 Church St	
Machais	D	Fri	7:30 PM	Downeast Community Hosp, Court St	
Machias	W/D	Sat	10 AM	St Aidens Episc Ch, Dublin St	
Machias	D	Tues	7:30 PM	St Aidens Episc Ch, Dublin St	
Machias	D	Sun	7:30 PM	Downeast Community Hosp, Court St	
Madawaska	BB/C/D	Sat	9:30 AM	Senior Citizens Ctr, 5318 Main St	
Madawaska	SP	Tues	7:30 PM	Senior Citizens Ctr, 5318 Main St	
Madison	D	Tues	8 PM	St Sebastian School, Pleasant St	
Madrid	D	Fri	7 PM	Old School (Summer Only)	
Manchester	D	Mon	7 PM	Manchester Lions Club, Route 17	
Mexico	D/C	Sat	7 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Mexico	C/D	Mon	7 PM	Green Congregational Ch, Rte 2	
Mexico	SP	Thurs	8 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Mexico	D/C	Tues	8 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Milbridge	D	Mon	7 PM	Congregational Ch, 10 Bridge St	
Millinocket	D/C	Mon	7 PM	Congregational Ch, 274 Katahdin Drive	
Millinocket	SP/C	Fri	8 PM	St Andrew Episcopal Ch, 40 Highland Ave	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Millinocket	BB/ST	Thurs	7 PM	I Care Ministries, 45 Spring St	
Millinocket	D/ST/BB	M-F	Noon	St Martin's Center, 112 Maine Ave	
Millinocket E	SP	Sun	7 PM	Congregational Ch, 11 Maple St	
Milo	D	Mon	7 PM	Milo Methodist Ch, Park St	
Monhegan Island	D	Sun/Thurs	7:30 PM	Library, 1 Main St	
NE Harbor	D	Sat	9:30 AM	St Mary's Parish Hall, 5 Kimball Rd	
New Denmark, NB	D	Tues	8 PM	Bethany Lutheran Ch Foley Brook Rd Canada	
New Sweden	D	Sat	7:30 PM	Gustaf Adolph Lutheran Ch, 48 Capitol Hill	
Newcastle	D	Fri	6 PM	Second Congregational Ch, River Rd	
Newcastle	C/D	Fri	9 AM	Second Congregational Ch, River Rd	
Newcastle	D	Tues	7 PM	Second Congregational Ch, River Rd	
Newcastle	D	Sun	7 PM	St Andrew's Ch, 11 Glidden St	
Newcastle	BB	Thurs	9:30 AM	St Andrew's Ch, 11 Glidden St	
Newcastle	ST	Tues	9:30 AM	St Andrew's Ch, 11 Glidden St	
Newfield W	D/A	Sun	7 PM	United Church of Christ, Maplewood Rd	
Newfield W	ST/A	Wed	7 PM	United Church of Christ, Maplewood Rd	
Newport	D	Mon	7 PM	Methodist Ch, 54 Main St	
Newport	C/M	Wed	7 PM	Methodist Ch, 54 Main St	
Newry	D	Sat	4 PM	Human Resources Conf Rm Sunday River	
Norridgewock	BB/ST	Sun/Wed	7 PM	Congregational Ch, River Rd	
North Haven Island	D	Fri	7:30 PM	Islander, Take Rockland Ferry (Summer Only)	
North Haven Island	C/D	Wed	7:30 PM	Baptist Church (Take Rockland Ferry)	
North Haven Island	BB/C/A	Sun	6:30 PM	Baptist Church (Take Rockland Ferry)	
Norway	B	Mon	6:30 PM	Second Congregational Ch, 201 Main St	
Norway	BB/A	Tues	6:30 PM	Stephen's Mem Hosp, 181 Main St, Boardroom	
Norway	SP	Mon	8 PM	Second Congregational Ch, 201 Main St	
Norway	D	Thurs	Noon	St Catherine's Ch, 30 Paris St	
Norway	B/ST/BB	M-F	8 AM	Universalist Unitarian Ch, 497 Main St	
Norway	C/D	Wed	8 PM	Weary Club Bldg, 385 Main St	
Norway	D	Thurs	8 PM	Christ Episcopal Ch, 35 Paris St	
Norway	D	Sat	10 AM	Universalist Unitarian Ch, 479 Main St	
Norway	B/D/A	Fri	6:30 PM	Stephen's Mem Hosp, 181 Main St	
Norway	D/C	Sun	8:30 AM	Weary Club Bldg, 385 Main St	
Oakland	D	Sat	8 PM	St Theresa Catholic Ch, Church St	
Ogunquit	SP/A	Sun	8 PM	Dunaway Ctr, Town Hall, School St	
Ogunquit	D/BB/ST	M/W/F	9 AM	Baptist Ch, 71 Shore Rd	
Old Town	ABSI	Sun	7 PM	St James Episcopal Ch, Crn Center & Main	
Old Town	D/A	Sat	8 PM	United Methodist Ch, 744 Stillwater Ave	
OOB	ST	Mon	7 PM	United Methodist Ch, Washington Ave	
OOB	ST	Thurs	6:30 PM	Milestone, 28 Portland St	
OOB	B	Sat	6:30 PM	United Methodist Ch, Washington Ave	
OOB	BB	Sun	7 PM	United Methodist Ch, Washington Ave	
Orland	D/A	Mon	7:30 PM	Methodist Ch, Narramissic Dr	
Orono	D	Fri	Noon	Chapel, 3rd Floor Memorial Union	
Orono	D/A	Tues	8 PM	C.M. Parker Senior Ctr, Birch St	
Orrington	D/A	Fri	6 PM	E Congregational Ch, 38 Johnson Mills Rd	
Orrington	W/ST/D	Thurs	7 PM	E Congregational Ch, 38 Johnson Mills Rd	
Orrs Island	BB	Thurs	7 PM	Methodist Ch, Rt 24, Main Rd	
Palmyra	D	Fri	7 PM	Town Hall, Rt 2	
Paris S	ST	Sun	7 PM	Deering Methodist Ch, 39 Main St	
Paris S	ABSI	Fri	8 PM	First Congregational Ch, 17 East Main St	
Paris W	D	Sat	7:30 PM	Unitarian Congregational Ch, 208 Main St	
Peaks Island	D	Tues	6:30 PM	St Christophers Ch, 15 Central Ave	
Pembroke	D	Sun	7:30 PM	Grace Chapel, Leighton Point Rd	
Penobscot	BB	Thurs	7 PM	United Methodist Ch	
Phippsburg	GV/D	Mon	7:30 PM	Linden Tree Meeting House, Church Lane	

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Pittsfield	D	Sat	7 PM	Unitarian Universalist Ch, Easy St	
Pittsfield	D	Thurs	7 PM	First Congregational Ch, 132 Somerset Ave	
Pittston	D	Wed	7:30 PM	Congregational Ch, Rt 27, Arnold Rd	
Pittston	D	Fri	7:30 PM	Congregational Ch, Rt 27, Arnold Rd	
Plaster Rock, NB	ST	Sat	8 PM	United Church Basement	
Poland	D	Tues	8 PM	Poland Community Ch, 12 Maine St	
Port Clyde	ST	Mon	7:30 PM	Church across from Post Office	
Porter	W/BB	Wed	6:30 PM	Kezar Falls Fire Station, Statton River St	
Portland	W/ST	Mon	7 PM	The New Church, 302 Stevens Ave	
Portland	D	M-F	12:15 PM	Sahara Club, 135 Washington Ave	
Portland	SP/C	Mon	6:30 PM	Cumberland Cty Jail, 50 Country Way	
Portland	D/A	Tues	7 PM	New England Rehab, Brighton Med Ctr, Rm 3	
Portland	SP/D	Wed	8 PM	Immanuel Baptist Ch, 156 High St	
Portland	G/ST/M	Fri	6:30 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	D/A	Mon	6:30 PM	Universalist Ch, 524 Allen Ave	
Portland	ST/C/A	Mon	7:30 PM	Trinity Episcopal Ch, 113 Coyle St	
Portland	W/B/ST	Sun	7 PM	Trinity Episcopal Ch, 113 Coyle St	
Portland	SP/D	Sat	7 PM	YMCA, 70 Forest Ave	
Portland	B/D	Mon	5:30 PM	Dana Health Ed Ctr, 22 Bramhall St	
Portland	BB	Thurs	Noon	St Patricks Ch, 1342 Congress St	
Portland	D/A	Fri	8 PM	MMC, Dana Ctr, 22 Bramhall St, Rm 7	
Portland	SP	Sun	7 PM	Washington Gardens Ctr, 66 Pembroke St	
Portland	BB	Tues	5:30 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	SP	Thurs	7 PM	Clark Methodist Ch, Forest Ave	
Portland	SP	Wed	7 PM	First Baptist Ch of Portland, 360 Canco Rd	
Portland	SP	Sun	11 AM	Washington Gardens Ctr, 66 Pembroke St	
Portland	D	Sun	6 PM	Portland W Community Ctr, 181 Bracket St	
Portland	ST/D	Mon	Noon	St Patricks Ch, 1342 Congress St	
Portland	D	Sat	8 AM	Williston West Ch, 32 Thomas St	
Portland	SP	Wed	7:30 PM	First Parish Unitarian Ch, 425 Congress St	
Portland	SP	Sat	8 PM	Portland W Community Ctr, 181 Bracket St	
Portland	B/D/A	Thurs	6:30 PM	Sahara Club, 135 Washington Ave	
Portland	SP/A	Sat	7 PM	Sahara Club, 135 Washington Ave	
Portland	W/ST	Mon	12:15	First Parish Unitarian Ch, 425 Congress St	
Portland	SP	Tues	8 PM	Serenity House, 30 Mellen St	
Portland	B	Wed	6:30 PM	Community Ctr, 66 Pembroke St	
Portland	D/ST	M-F	7:30 AM	Sacred Heart Ch, 80 Sherman St	
Portland	SP	Fri	8 PM	Church of Holy Spirit, 1047 Congress St	
Portland	ST/C/A	Wed	7:30 PM	Clark Methodist Ch, Forest Ave	
Portland	D/L/B	M-Sat	7 AM	First Parish Unitarian Ch, 425 Congress St	
Portland	BB	Sun	5 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	ST/W/C	Thurs	5:30 PM	St Peter's Ch, 72 Federal St	
Portland	MED/CC	Sun	8 AM	Williston West Ch, 32 Thomas St	
Portland	ABSI	Thurs	7 AM	Residence of 158 Danforth St	
Portland	SP	Wed	7 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	G/SP	Sun	6:30 PM	Williston West Ch, 32 Thomas St	
Portland	SP	Mon	8 PM	St Peter's Ch, 72 Federal St	
Portland	SP/D	Tues	6:30 PM	Sahara Club, 135 Washington Ave	
Portland	SP/D	M-F	7 AM	Old Paul's Ch, 279 Congress St	
Portland	B	Mon	6:30 PM	Cathedral of Immaculate Conception	
Portland	C/D/A	Sat	8:30 AM	Portland W Community Ctr, 181 Bracket St	
Portland	D	Wed	6 PM	1st Atlantic Bldg, 222 St John St, Back Bld	
Portland	BB/C/D	Sat	6:30 PM	Irish Heritage Ctr, Cornr Gray & State St	
Portland	SP/A	Fri	7 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	ST/CC	Sun	8 AM	Williston West Ch, 32 Thomas St	
Portland	BB/ST	Tues	7:30 PM	Central Square Baptist Ch, 466 Stevens Ave	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Portland	Tag	Sat	9 AM	Sahara Club, 135 Washington Ave	
Portland	D	Wed	7:30 PM	Sahara Club, 135 Washington Ave	
Portland	C/M/D	M-F	Noon	First Parish Unitarian Ch,425 Congress St	
Portland	D	Fri	7:30 PM	Sahara Club, 135 Washington Ave	
Portland	SP/B/D	Sat	10:30 AM	Sahara Club, 135 Washington Ave	
Portland	D	Thurs	7:30 PM	Cumberland Cty Jail PreRelease, 36 County	
Portland S	D	Mon	7:30 PM	United Methodist Ch, 179 Ridgeland St	
Portland S	M/ST/C	Thurs	7:30 PM	St John Evangelist Ch, 611 Main St	
Portland S	D	Sat	2 PM	Congregational Ch, 301 Cottage St	
Portland S	D	Tues	7:30 PM	United Methodist Ch, 179 Ridgeland St	
Portland S	ST	Sun	6:30 PM	People's United Methodist Ch,310 Broadway	
Portland S	D	Wed	8 PM	So ME Comm College, Jewett Hall,Rm 108	
Portland S	SP	Sun	8 PM	St John Evangelist Ch, 611 Main St	
Portland S	D	Fri	6:30 PM	United Methodist Ch, 179 Ridgeland St	
Presque Isle	D	Wed/Sat	7:30 PM	Academy House, 150 Academy St	
Presque Isle	W/D	Fri	7:30 PM	Academy House, 150 Academy St	
Princeton	W	Fri	Noon	Indian Township Health Ctr,Peter Dana Pt	
Princeton	SP/D	Tues	7:30 PM	Elders Meal Ctr, Off Rt 1	
Princeton	D	Sat	7 PM	Elders Meal Ctr, Off Rt 1	
Randolph	D	Fri	7:30 PM	Randolph Methodist Ch, 16 Astbury St	
Rangeley	D	Tues	7 PM	Good Shepard Ch, 2614 Main St	
Raymond	BB	Fri	7 PM	Raymond Village Ch,Rt 121	
Richmond	D	Fri	Noon	Richmond Methodist Ch, 21 Pleasant St	
Richmond	BB	Mon	Noon	Richmond Methodist Ch, 21 Pleasant St	
Richmond	D/SP	Sun	7 PM	Richmond Grange, Alexander Reed Rd	
Richmond	ST	Sat	9 AM	Richmond Methodist Ch, 21 Pleasant St	
Robinston	ST	Wed	7 PM	Robinston Elementary Sch,904 U.S. Rt1	
Rockland	D	Mon-Sat	12:15 PM	Recreational Ctr, Tower Rm, Union St	
Rockland	D/A	Tues	7 PM	St Bernard's Church, 150 Broadway	
Rockland	D	Sat	7 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D	Sun	7 PM	First Universalist Ch, 345 Broadway	
Rockland	C/M/D	Mon	7 PM	Lutheran Ch, 179 Old County Way	
Rockland	C/D	Tues	7 PM	Knox County Jail, Upper Park St	
Rockland	W/D/C	Sat	8:30 AM	Unitarian Universalist Ch,345 Broadway St	
Rockland	D	Thurs	6:30 PM	St Peters Episcopal Ch, 11 White St	
Rockland	ST/C	Sun	10:30 AM	Knox Center,Rockland Rm, 6 White St	
Rockland	W/ST	Sun	7 PM	St Peters Episcopal Ch, 11 White St	
Rockport	D	Sun	10:30 AM	Pen Bay Physician Bldg, Glen Cove Drive	
Rumford	ST/BB	Sun	10 AM	St John's School Café, 115 Maine St	
Saco	SP/A	Fri	7:30 PM	Oasis Club, 63 School St	
Saco	M/ST/C	Thurs	7 PM	First Parish Congregation Ch, 12 Beach St	
Saco	W/ST/C	Thurs	6:30 PM	First Parish Congregation Ch, 12 Beach St	
Saco	SP/A	Wed	7:30 PM	Oasis Club, 63 School St	
Saco	D/A	M-F	Noon	Oasis Club, 63 School St	
Saco	C/M/D	Sun	9:30 AM	Oasis Club, 63 School St	
Saco	B/D	Thurs	7 PM	Oasis Club, 63 School St	
Saco	D/A	Sun	7 PM	Oasis Club, 63 School St	
Saco	ASBI	Sun	10:30 AM	Oasis Club, 63 School St	
Saco	BB/ST	Mon	7:30 PM	Unitarian Universalist Ch, 60 School St	
Saco	BB/ST/B	Tues	7 PM	Trinity Episcopal Ch, 15 Cleaveland St	
Sanford	ABSI	Tues	Noon	St George's Episcopal Ch, Main St	
Sanford	BB	Thurs	Noon	St George's Episcopal Ch, Main St	
Sanford	BB/ST	Sun	6 PM	Holy Family Ch Basement, 66 North Ave	
Sanford	SP/D/A	Thurs	6 PM	Holy Family Ch Basement, 66 North Ave	
Sanford	ABSI	Tues	Noon	St George's Episcopal Ch, Main St	
Sanford	BB	Thurs	Noon	St George's Episcopal Ch, Main St	

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Sanford	D	Daily	Noon	Holy Family Ch Basement, 66 North Ave	
Sanford	SP/A	Wed	6:30 PM	St George's Episcopal Ch, Main St	
Sanford	D	Tues	6 PM	Holy Family Ch Basement, 66 North Ave	
Scarborough	ST	Fri	8 PM	First Congregational Ch, 161 Black Point Rd	
Scarborough	C/D/A	Thurs	7:30 PM	Scarborough Methodist Ch, Church St	
Scarborough	W/D/C	Mon	5:30 PM	St Nicholas Episcopal Ch, 350 US Rt 1	
Scarborough	W/LS	Sat	8:30 AM	St Nicholas Ch, 350 Rt 1	
Scarborough	BB/D	Mon	Noon	Coastal Community Ch, 260 Rt 1	
Searsport	L/SP	Tues	8 PM	Seventh Day Adventist Ch, Route 3	
Searsport	D	Sun	7 PM	First Congregational Ch, Knox Brothers Ave	
Searsport	L/SP	Tues	8 PM	7th Day Adventist Ch, Route 3	
Sebago	SP/D	Mon	7 PM	Church of the Nazarene, Rt 114	
Sedgewick	D	Sun	10 AM	Sedgewick Town Hall, Rt 172	
Sidney	SP	Thurs	7:30 PM	Hearthside, 2093 Belgrade Rd	
Sinclair	D	Sun	7 PM	St Joseph Catholic Ch, 413 Shore Rd	
Skowhegan	SP/D	Fri	7 PM	Federated Ch, 12 Island Avenue	
Skowhegan	ST	Sat	10 AM	Reddington Fairview Hosp, Conf Rm C	
Skowhegan	D	Wed	8 PM	Notre Dame De Lourdes, 222 Water St	
Skowhegan	D/B	Thurs	10 AM	Notre Dame De Lourdes, 222 Water St	
Skowhegan	BB	Thurs	7 PM	Federated Ch, 12 Island Avenue	
Skowhegan	D	Mon	7:30 PM	All Souls Episcopal Ch, Malbon Mills Rd	
Skowhegan	W/D	Tues	11 AM	Federated Ch, 12 Island Avenue	
Skowhegan	BB/ST	Mon	10 AM	Methodist Ch, 103 Dr Mann Rd, Rt 4	
Somesville	D	Wed	7:30 PM	Union Meeting Parish Hall, Main St	
Springvale	D	Tues	8 PM	Baptist Church, 429 Main St	
St Andrew's	D	Fri	7 AM	Anglican Ch Hall, 75 King St	
St Leonard NB	B/D/C	Wed	8 PM	Boy Scout Building, Main St	
St Quentin NB	D/C	Wed	8 PM	Monocaln Theater	
St Stephen NB	D/C	Wed	7 PM	Satellite Serenity Club, Mark St	
St Stephen NB	SP	Sun	7 PM	Kirk McCall Ch, King St	
Stockholm	D	Sat	7:30 PM	Axel Siding, Lebonon Rd	
Stonington	D	Sat	7:30 PM	Town Hall, Upstairs, Main St	
Stratton	ST/C	Mon	7 PM	St John's Catholic Ch, 50 Main St	
Sullivan Harbor	D	Fri	6 PM	Sullivan Recreational Ctr, Rt 1	
SW Harbor	D	Sun	7 PM	Congregational Ch, High Rd	
SW Harbor	D	Thurs	7 PM	Congregational Ch, High Rd	
Swans Island	D	Wed	7 PM	Library	
Tenants Hbr	D	Tues	7 PM	American Legion Hall, Rt 131	
Thomaston	BB/A	Fri	6:30 PM	St John the Baptist Ch, 112 Main St	
Thomaston	D	Mon/Thurs	7 PM	St John the Baptist Ch, 112 Main St	
Thomaston	ST	Wed	7 PM	St John Episc Ch, 200 Main St	
Tobique NB	D	Sun/Sat	2 PM	Tobique Rehab Ctr, on Reservation	
Togus	SP	Wed	8 PM	USVA Hosp (Auditorium) Theater Bldg 210	
Togus	SP/A/D	Mon	7 PM	USVA Hospital, Bldg 206, Rm 140	
Topsham	D	Wed	8 PM	United Baptist Ch, Main St	
Turner	D/A	Tues	7 PM	Veterinary Hospital, 10 Business Parkway	
Union	D/A	Sat	8 PM	United Methodist Ch, Union Common	
Unity	D	Thurs	8 PM	Methodist Ch, Depot St	
Van Buren	ST/D	Sun/Mon	7 PM	Community Center, 16 Champlain St	
Veazie	D	Mon	8 PM	Veazie Community Ctr, 1005 Olive St	
Vinalhaven	D	Tues	7 PM	Harbor Wharf (Take Rockland Ferry)	
Waldoboro	ST	Thurs	6:30 PM	St Philip's Episcopal Ch, 12 Hodge St	
Warren	D	Sun	9 AM	Maine State Prison, 870 Cushing Rd	
Warren	D	Wed 2nd	5:45 PM	Maine State Prison, 870 Cushing Rd	
Warren	C/D/A	Tues	7 PM	Congregational Ch, Main St	
Warren	D/C	Thurs	7 PM	Maine State Prison, 870 Cushing Rd	

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Waterboro	SP/D/A	Mon	7 PM	St Stephens Ch, Sokokis Rd, Rt 5	
Waterboro	GV/D	Fri	7 PM	Waterboro Town Hall, 24 Townhouse Rd	
Waterville	ST/BB/D	Tue-Sat	10 AM	St Mark's Ch, 60 Eustis Parkway	
Waterville	D	Wed	7 PM	St Joseph Ch, Front St	
Waterville	B/D	Sun	7 PM	ME General, Seton, Lecture Hall A & B	
Waterville	D	Fri	6 PM	ME General, Seton, Downstairs PDR	
Waterville	D	Mon	10 AM	Advent Christian Ch, 4 Pleasant St	
Waterville	W/D	Wed	8:30 AM	United Methodist Ch, 61 Pleasant St	
Waterville	D	Wed	5 PM	Getchell Baptist Ch, Getchell St	
Waterville	D/ABSI	Sun	10 AM	Adolescent Center, Chase Ave	
Waterville	SP	Tues	8 PM	Lutheran Ch, 36 Cool St	
Waterville	D	Tues-Fri	6:45 AM	United Methodist Ch, 61 Pleasant St	
Waterville	D	Mon	7:30 AM	United Methodist Ch, 61 Pleasant St	
Waterville	SP/A	Thurs	8 PM	Seton Hospital,Adolescent Unit,30 Chase A	
Waterville	SP	Tues	8 PM	Seton Hospital, 6th Floor, 30 Chase Ave	
Wells	D/C	Thurs	8 PM	Congregational Ch, 1695 Post Rd	
Wells	D/B	Sat	8 AM	St Mary's Ch, 236 Eldridge Rd	
Wells	BB/D	Fri	7:30 PM	St Mary's Ch, 236 Eldridge Rd	
Westbrook	B/D	Thurs	8 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	SP/D	Thurs	6:30 PM	Highland Lake Congregational Ch, Rt 302	
Westbrook	SP	Sat	6:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	ST/D	Sun	10:30 AM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	D/B	Wed	7:30 PM	St Anthony Parish Ed Ctr,22 Walker St	
Westbrook	D/C	Wed	6 PM	Trinity Lutheran Ch, 612 Main St	
Westbrook	SP	Sun	6:30 PM	Housing Authority, 20 Lisa Harmon Dr	
Westbrook	D	Sat	10 AM	Westbrook Hous Authority,30 Liz Harmon Dr	
Westbrook	D/SP	Tues	12:15 PM	Trinity Lutheran Ch, 612 Main St	
Westbrook	C/M/D	Thurs	6:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	BB	Mon	6:30 PM	Trinity Lutheran Ch, 612 Main St	
Westbrook	B/D	Fri	7:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Whitefield N	SP	Sat	10 AM	St Dennis Ch, 298 Grand Army Rd, Rt 126	
Wilton	D	Sat	7:30 PM	St Lukes Ch Basement, 59 High St	
Wilton	D/C	Mon	7:30 PM	St Lukes Ch Basement, 59 High St	No Meeting 1st Mon
Windham	L/D	Wed	Noon	N Windham Union Ch,723 Roosevelt	
Windham	BB	Mon	7:30 PM	Windham Union Ch, Rt 302	
Windham	D/L	Sun	7:30 PM	St Ann's Episcopal Ch, River Rd	
Windham	BB	Sat	10 AM	St Ann's Episcopal Ch, River Rd	
Windham	D	Tues	7:30 PM	So Windham Community Ch, 31 Main St	
Winslow	SP	Thurs	5 PM	St John the Baptist Ch, Monument St	
Winslow	D	Sun	8:30 AM	Rec Hall behind Fire Station	
Winslow	D	Sun	5 PM	St John the Baptist Ch, Monument St	
Winslow	D	Tues	6 PM	Congregational Ch, 26 Lithgow St	
Winter Harbor	D	Tues	6 PM	Chart Room behind IGA, Main St	
Winterport	D	Fri	8 PM	St Gabriels Ch,Community House,Lower Main	
Winthrop	D	Mon	7 PM	United Methodist Ch, Main St	
Winthrop	D	Thurs	Noon	Congregational Ch, 11 Bowdoin St	
Winthrop	ST/D	Wed	7 PM	Congregational Ch, 11 Bowdoin St	
Winthrop	D	Fri	7 PM	Congregational Ch, 11 Bowdoin St	
Wiscasset	D	Sat	7:30 PM	Lincoln County Jail, 42 Bath Rd,Rt 1	
Wiscasset	ST	Thurs	6:30 PM	St Philips Episcopal Ch, 12 Hodge St	
Wiscasset	BB	Tues	6:30 PM	St Philips Episcopal Ch, 12 Hodge St	
Yarmouth	B	Fri	7:30 PM	Sacred Heart Ch, 362 Main St	
Yarmouth	BB	Thurs	7:30 PM	St Bartholomews Ch, Gilman Rd	
Yarmouth	W/ST	Mon	7 PM	Church of the Nazarene, Rt 1	
Yarmouth	B/C	Wed	7:30 PM	N Yarmouth Congregational Ch,3 Gray Rd	
Yarmouth	D	Mon	7:30 PM	First Congregational Ch,Main St	

AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Yarmouth	C/W/ST	Sun	7 PM	Unitarian Universalist Ch, 148 Main St	
York	D	Mon	7:30 PM	Methodist Ch, Rt 1	
York	W/D	Wed	9:30 AM	St Christopher's Ch, York St	
York	SP/A	Tues	8 PM	Methodist Ch, Rt 1	
York Beach	BB/ST	Mon	7:30 AM	Union Congregational Ch, 29 Church St	
York Beach	ST/C	Tues	Noon	Union Congregational Ch, 29 Church St	
York Harbor	ST	Mon	6 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	D/W	Wed	9:30 AM	St Christopher Ch, York St	
York Harbor	SP	Sun Last	9 AM	York Harbor Inn, Rt 1A	Last Sun of Month only
York Harbor	C/D	Wed	7:30 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	SP/B/D	Thurs	7:30 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	BB	Sat	Noon	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	ST	Fri	7:30 PM	St George Episc Ch, Rt 1A, 407 York St	
York Village	SP/A	Sat	8 PM	York Hospital ,Purple Bldg,16 Hospital Dr	

Abused Men

Statewide				Battered Men Support Groups, Call for Inf	1-877-643-1120 x757
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Abused Women

Androscg, Franklin, Oxford			24 HRS	AWAP (778-6107) (795-6744)	1-800-559-2927
Aroostook				Aroostook Band of MicMacs Family Violence	1-800-439-2323
Aroostook				Houlton Band Maliseet Domestic Violence	532-6401
Aroostook County			24 HRS	Battered Women's Project	1-800-439-2323
Cumberland, Sagadahoc			24 HRS	Family Crisis Srvs/Call for Information	1-800-537-6066
Eastport				Passamaquoddy Peaceful Relations	853-2613
Hancock, Washington			24 HRS	Next Step Domestic Violence Project	1-800-315-5579
Kennebec, Somerset			24 HRS	Family Violence Project	1-877-890-7788
Knox, Lincoln, Waldo			24 HRS	New Hope for Women (338-6569)	1-800-522-3304
National			24 HRS	National Domestic Violence	1-800-799-7233
Penobscot			24 HRS	Spruce Run	1-800-863-9909
Penobscot			24 HRS	Caring Unlimited/Call for Information	1-800-239-7298
Penobscot				Penobscot Nation/Spruce Run	1-800-863-9909
Piscataquis			24 HRS	WOMANCARE	1-888-564-8165
Statewide			24 HRS	Domestic Violence Helpline	1-866-834-4357
Statewide				Sudanese Development Institute of Maine	207-879-2281
Statewide				United Somali Women of Maine	207-753-0061
Statewide				Tengo Voz (Latin American, I Have Voice)	207-553-2252

Abuser Education

Augusta				Men's Work for Abusive Men	623-7252
Statewide	M		24 HRS	For Abusive Men (795-4020)	1-800-559-2927

ACOA

Augusta	D			Therapeutic Support Grp (Call for Info)	623-8375
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Addiction/MH

Aroostook				Peer Resource Ctr, Call for Information	1-888-565-5522
Statewide		Mon-Fri	5PM-3AM	Advocacy Incentive Network, Amistad	1-866-771-9276

AIDS C&T

Aroostook				Aroostook County Action Program(768-3062)	1-800-432-7881
Auburn		M-F		Auburn/Lewiston STD Clinic (795-4019)	1-800-587-9354
Augusta				HealthReach Harm Reduction	621-3793
Augusta		M-F	9-5	Horizon Program, 9 Green Street	621-3770
Bangor				Eastern Maine AIDS Network 990-3626	1-877-990-3626
Bangor		M-F		Wabanaki Mental Health	990-0605
Bangor		M-F	8:30-4:30	Bangor STD Clinic	947-0700

AIDS C&T

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Brunswick				Merrymeeting AIDS Support	725-4955
Damariscotta		Mon-Wed	8:30-4:30	Damariscotta Family Planning	563-1224
Ellsworth			24 HRS	Downeast Health Services (667-3506)	1-800-492-5550
Ellsworth			24 HRS	Western Maine Community Action (667-5304)	1-800-645-9636
Farmington		M-F	8-4	Tri County Health Svcs (778-4553)	1-800-645-9636
Lewiston				St Mary's Reg Med Ctr, 99 Campus Ave	777-8507
Lubec				Healthways HIV Program (733-4763)	1-877-270-4139
Portland				Portland STD Clinic	874-8446
Portland				Health 2000	828-2001
Portland				Frannie Peabody Ctr, 615 Congress St	774-6877
Rockland		M/T/Th/F	8:30-4:30	Mid Coast Health Family Planning	594-6880
Statewide				Maine DHHS HIV/STD Program	287-3747
Statewide				Maine AIDS Hotline	1-800-851-2437
Waldo		Mon-Thurs	8:30-4:30	Belfast Family Planning	338-3736
Warren				Coastal AIDS Network	273-3444

AIDS Support

Augusta		M-F	9-5	Horizon Program, 9 Green Street	621-3790
Bangor		M-F	8-5	Eastern ME AIDS Network, 80 Exchange St	990-3626
Ellsworth		M-F	8-4	DownEast AIDS Network, 25 Pine St, Ste A	667-3506
Portland		M-F	9-5	Frannie Peabody Ctr, 615 Congress St	774-6877

Al anon

Andover	D	Wed	7:30 PM	Andover Congregational Ch, 25 Elm St	
Auburn	D	Wed	8 PM	St Philips Ch, 365 Turner Rd, Rt 4	
Auburn	D	Sat	7 PM	Grace Lutheran Ch, 757 Summer St	
Auburn	D	Mon	7:30 PM	United Methodist Ch, 439 Park Ave	
Augusta	D	Fri	12:30 PM	Unitarian Universalist Ch, Winthrop St	
Augusta	D	Thurs	5:30 PM	Augusta Masonic Hall, 317 Water St, Upstair	
Augusta	D	Tues	7 PM	St Mark's Episcopal Ch, 9 Summer St	
Bangor	ST	Wed	10 AM	Boyd Place, 21 Boyd St	
Bangor	D	Mon/Fri	Noon	St John's Episcopal Ch, 234 French St	
Bangor	D	Sat	1 PM	St John's Episcopal Ch, 234 French St	
Bangor	D	Thurs	8 PM	Hammond St Cong Ch, 28 High St	
Bangor	D	Sat	1 PM	St John's Episcopal Ch, 234 French St	
Bangor	D	Sat	1 PM	St John's Episcopal Ch, 234 French St	
Bar Harbor	D	Tues	7 PM	First Baptist Ch, 46 Ledge lawn Ave	
Bar Harbor	D	Fri	7 PM	St Savior's Parish Hall, 41 Mt Desert St	
Bath	D	Thurs	7 PM	United Church of Christ, 150 Congress Ave	
Belfast	D	Thurs	7 PM	St Francis of Assisi Ch, 47 Court St	
Belfast	D	Mon	Noon	First Baptist Ch, 95 High St	
Belfast	D	Sat	10 AM	St Margaret Lighthouse, 100 Court St	
Berwick S	D	Mon	10 AM	First Federated Ch, Academy St	
Biddeford	D	Tues	7:45 PM	Second Parish Congr Ch, 19 Cresent St	
Blue Hill	D	Sun	7 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Boothbay Harbor	D	Mon	7 PM	St Columbia Episcopal Ch, Emery Lane	
Brewer	D	Tues	6 PM	First United Methodist Ch, 40 S. Main St	
Bridgeton	B/D	Tues	7 B/ 7:30 PM	St Joseph Ch, 225 High St	
Brunswick	D	Fri	Noon	First Parish Ch Vestry, 9 Cleaveland St	
Brunswick	D	Mon	Noon	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	D	Wed	10 AM	7th Day Adventist Ch, Fellowship Hall	
Brunswick	D	Sat	7:30 PM	St Paul's Episcopal Ch, 27 Pleasant St	
Bucksport	D	Wed	7:30 PM	Congregational Ch, Elm St	
Buxton	D	Tues	6:30 PM	North Congregational Ch, 22 Churchill Rd	
Camden	D	Tues	7 PM	Our Lady of Good Hope Ch, 7 Union St	
Cape Elizabeth	D	Fri	7 PM	St Albans Episc Ch, 885 Shore Rd	
Cape Elizabeth	D	Thurs	7:30 PM	United Methodist Ch, 280 Ocean House, Rt 77	

Al anon

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Caribou	D	Sat	2 PM	Caribou Public Library, 30 High St	
Casco	D	Sun	6:30 PM	Clyde Bailey Drop In Ctr,224 Roosevelt Tr	
Coopers Mills	D	Sun	7 PM	Sheepscot Valley Hlth Ctr, 47 Main St	
Damariscotta	D	Tues	7 PM	Mobius Bldg, Rt 1	
Eastport	D	Tues	6:30 PM	St Joseph Parish Hall, 11 Chapel St	
Ellsworth	D	Mon	7 PM	First Congregational Ch, Church St	
Ellsworth	D	Tues/Thurs	Noon	Unitarian Universalist Ch,121 Bucksport R	
Falmouth	D	Tues	8 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Falmouth	D	Fri	5:30 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Farmington	D	Sun	7 PM	Franklin Memorial Hosp, Waldon Rm	
Farmington	D	Wed	7 PM	Franklin Memorial Hosp, Waldon Rm	
Farmington	D	Fri	7 PM	Franklin Memorial Hosp, Waldon Rm	
Fort Fairfield	D	Tues	7:30 PM	St Paul's Episcopal Ch, 66 Lower Main St	
Fort Kent	D	Fri	7:30 PM	Fort Kent Public Library, Main St	
Fort Kent	D	Mon	1 PM	Rock's Dinner, Main St	
Freeport	D	Wed	7:30 PM	First Parish Congregational Ch,40 Main St	
Fryeburg	D	Tues	10 AM	American Legion Hall, Bradley St	
Gray	D	Thurs	8 PM	St Gregorys Ch, Rt 26, North Raymond Rd	
Hancock	D	Wed	Noon	Union Congregational Ch, Rt 1	
Hartland	D	Wed	7 PM	Irving Tanning Community Ctr,Elm St	
Indian Island	D	Sun	6 PM	St Ann's Rectory, Down St	
Kennebunk	D	Mon	8 PM	Advent Christian Ch, Sea Rd	
Kents Hill	D	Thurs	7 PM	Torsey Memorial Methodist Ch, Rt 17	
Kezar Falls	D	Wed	7 PM	Riverside Methodist Ch, 5 School St	
Kittery	D	Tues	7:30 PM	First Congregational Ch, 23 Pepperal Rd	
Lewiston	D	Wed	10 AM	Holy Family Ch Parish Ctr,581 Sabbathus St	
Limerick	D	Fri	7 PM	St Mathews Catholic Ch, 19 Dora St	
Lincoln	D	Fri	7 PM	Penobscot Valley Hosp, Conf Rm B	
Madawaska	D	Tues	7 PM	Residence of 291 Newberry St, Suite 105	
Mexico	D	Thurs	10:15 AM	Congregational Ch, 43 Main St	
Mexico	D	Tues	7 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Milo	D	Mon	7 PM	United Methodist Ch, Park St	
Monroe	D	Wed	7:30 PM	Monroe Ch, 26 West Main St	
Newcastle	D	Fri	9 AM	St Andrew's Ch, 11 Glidden St	
Newcastle	D	Mon	9 AM	First Baptist Ch, 144 Mills Rd,Ste 215	
Newcastle	D	Mon/Wed	9 AM	Faith Baptist Ch, Mills Rd	
Oakland	D	Fri	10 AM	St Theresa Catholic Ch, Church St	
Orrington	D	Fri	6 PM	Orrington Congreg Ch,58 Johnson Mills Rd	
Oxford	D	Wed	7:30 PM	Oxford Town Office, 85 Pleasant St	
Portland	D	Mon	8 PM	Trinity Episcopal Ch, 113 Coyle St	
Portland	D	Fri	9:30 AM	Trinity Episcopal Ch, 113 Coyle St	
Portland	D	Sun	7 PM	MMC, Dana Ctr, 22 Bramhall St, Rm 5	
Portland	D	Tues	Noon	St Paul Guild Hall, 279 Congress St	
Portland	D	Wed	6 PM/7 PM	Central Square Baptist Ch,466 Stevens Ave	
Portland	D	Mon	10 AM	Central Square Baptist Ch,466 Stevens Ave	
Portland	D	Tues	7 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland S	B/D	Sat	8:30B/9D AM	First Congregational Ch, 301 Cottage Rd	
Richmond	D	Tues	6 PM	United Methodist Ch, 121 Pleasant St	
Rockland	D	Thurs	6:30 PM	Rockland Public Library, 80 Union St	
Rockport	D	Sat	10 AM	Pen Bay Physician Bldg, Glen Cove Drive	
Rumford	D	Thurs	10:15 AM	Congregational Ch, Main St	
Saco	D	Mon	10 AM	Most Holy Trinity Ch, Main St	
Saco	D	Fri	8 PM	Trinity Episcopal Ch, 15 Cleaveland St	
Sanford	D	Mon	7 PM	Holy Family Ch Basement, 66 North Ave	
Sanford	D	Wed	7 PM	Notre Dame Spiritual Ctr,133 Shaker Hill	
Scarborough	D	Wed	10 AM	United Methodist Ch, 2 Church St	

Al anon

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Skowhegan	D	Tues	7:30 PM	Federated Ch, 12 Island Avenue	
Stonington	D	Thurs	9 AM	Island Community Ctr, 2 Memorial Lane	
SW Harbor	D	Sun	7 PM	SW Harbor Congregational Ch, High Rd	
Thomaston	D	Tues	7 PM	Episcopal Ch, St John St	
Van Buren	D	Tues	7 PM	St Bruno Ch Rectory, 180 Main St	
Waldoboro	D	Sun	7 PM	United Methodist Ch, 93 Friendship St	
Waterville	D	Tues	7 PM	Inland Hospital,Ford Conf Rm	
Waterville	D	Wed	Noon	St Mark's Ch, 60 Eustis Parkway	
Waterville	D	Sun	10 AM	Inland Hospital,Ford Conf Rm	
Wells	D	Thurs	7:30 PM	Congregational Ch, 1695 Post Rd	
Winthrop	D	Mon	7 PM	United Methodist Ch, Main St	
Yarmouth	D	Wed	10 AM	N Yarmouth Congregational Ch,3 Gray Rd	
Yarmouth	D	Thurs	7 PM	First Universalist Ch, 97 Main St	
York Harbor	D	Mon	7 PM	First Congregational Ch Hall, York St	
York Harbor	D	Wed	7:30 PM	First Congregational Ch Hall, York St	

Alateen

Augusta	D	Tues	7 PM	Unitarian Universalist Ch,69 Winthrop St	
Deer Isle	D	Wed	11:30 AM	Deer Isle Stonington HS,251 Deer Isle Rd	
Portland	D	Mon	7 PM	Trinity Episcopal Ch, 113 Coyle St	
Rockland	D	Thurs	6:30 PM	Rockland Public Library, 80 Union St	

CA

Portland	SP/D	Sun	7 PM	Sahara Club, 135 Washington Ave	
Portland	SP/D	Mon	7:30 PM	Portland YMCA	
Portland	BB	Fri	5:15 PM	Immanuel Baptist Ch, 156 High St	
Saco	SP/D	Wed	7:30 PM	88 North St, Rt 112	

CODA

Ellsworth	D	Thurs	7 PM	Your Place, 8 Old Mill Rd	
Portland	ST	Fri	12:30 PM	Sacred Heart Ch, 80 Sherman St	
Yarmouth	D	Thurs	6:30 PM	N Yarmouth Congregational Ch,3 Gray Rd	

Dual Recovery

Augusta	D	Tues/Thurs	Noon	Crisis & Counseling,32 Winthrop St	689-8833
Augusta	ST	Mon	2 PM	Graham Behavioral Health,76 Eastern Ave	
Bangor	D	Thurs	6:30 PM	Acadia Hosp, 268 Stillwater, Penobscot Rm	Pat 973-6057
Portland	ST	Tues	7 PM	YMCA, 70 Forest Ave,Harris Comm Rm	780-8551

Eating Disorder

Portland	D	Sat	10 AM	Mercy Hosp, 144 State St,Upper Auditorium	879-3795
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Families Anonymous

Caribou		Wed	6 PM	Cary Medical Ctr, 163 Van Buren Rd	896-3028
Westbrook		Wed	7 PM	Mercy Recovery Ctr, 40 Park Rd	774-3441

Food Addicts

Augusta	D	Sun	6:30 PM	St Mark's Episcopal Ch, 9 Summer St	Leann 623-8375
Augusta	D	Tues	7 PM	ME General Medical Ctr, 6 East Chestnut S	Leanne 623-8375
Bangor	D	Sun	4 PM	Acadia Hosp, 268 Stillwater, Penobscot Rm	Ann 667-3303
Bath	D	Mon	7 PM	United Methodist Ch,Oak Grove Ave	Maxine 633-5889
Bath	D	Wed	7 AM	United Church of Christ, 150 Congress Ave	Ann 443-3032
Belfast	D	Mon	6:30 PM	Belfast Ctr, Rm 306, 9 Field St	Pat 323-1067
Brunswick	D	Sat	9 AM	Mid Coast Hosp,123 Medical Center DrCnf 1	Ann 443-3032
Brunswick	D	Mon	9 AM	St Paul's Episcopal Ch, 27 Pleasant St	Patty 666-3945
Damariscotta	D	Tues	6:30 PM	Lincoln County Assembly of God, Rt 1	Karen 529-5997
Freeport	D	Thurs	9 AM	First Parish Ch, 40 Main St	Sandi 865-4076
Rockland	D	Sat	8:30 AM	Knox Center,Rockland Rm, 6 White St	Julie 594-9363
Scarborough	D	Tues	9 AM	MMC, Scarborough Campus, Bldg 100	Barbara 934-0859

Food Addicts

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Topsham	D	Wed	7 PM	Mid Coast Presbyterian Ch,84 Main St	Pam 371-2594
Waldoboro	D	Thurs	6:30 PM	American Legion Hall, 181 Jefferson St	Rita 832-0478
Waterville	D	Fri	6:30 PM	Inland Hosp,Med Arts Bldg,200 KM Drive	Robin 949-1379
Westbrook	D	Thurs	7 PM	Larrabee Village Adm Bldg, Liza Harmon Dr	Roberta 839-6452
Westbrook	D	Mon	6:30 PM	Larrabee Village Adm Bldg, Liza Harmon Dr	Kathy 883-4731
Westbrook	D	Sat	8 AM	Larrabee Village Adm Bldg, Liza Harmon Dr	Danielle 856-5588
York	D	Wed	9 AM	St Maximillian Ch,150 Black Point Rd	Jeanne 799-4407

GAM

Bangor	D	Tues	7 PM	Acadia Hosp, 268 Stillwater, Leonard Rm	
Lewiston	D	Tues	7 PM	YWCA, 130 East Avenue	
Portland	D	Thurs	7 PM	MMC, Dana Ctr, 22 Bramhall St	
Waterville	D	Wed	7 PM	Pleasant Street United Methodist Ch	
York	ST	Sat	9 AM	York Hospital ,Purple Bldg,16 Hospital Dr	

HTLN AA

Fort Kent		Daily	6-12	Fort Kent/New Brunswick	506-739-7515
Massachusetts				Out of State/Central Mass.	508-752-9000
Massachusetts			9-9	Out of State/Eastern Mass.	508-775-7060
Massachusetts				Out of State/Western Mass.	413-532-2111
New Hampshire			24 HRS	Out of State/New Hampshire	1-800-593-3330
New York		M-F	8:30-4:45	National General Service Office	212-870-3400
Portland				Signers Hearing Impaired(AA Central Srv)	774-4335
Portland	Deaf			Pine Tree Society	443-3341 V&TTY
Statewide			9-5	Statewide AA Meetings,Central Services	1-800-737-6237
Vermont				Out of State/Vermont	802-658-4221

HTLN Abuse

National			24 HRS	National Child Abuse Hotline	1-800-422-4453
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HTLN AIDS

Maryland	TTY	M-F	10AM-10PM	Center for Disease Control Information	1-800-243-7889
Maryland			24 HRS	Center for Disease Control (Spanish Line)	1-800-344-7432
National		M-F	24 HRS	CDC National Aids Hotline	1-800-342-2437
Portland		M-F	9-5	ME Civil Liberties	774-5444
Statewide		M-F	9-5	Maine Statewide AIDS Hotline	1-800-851-2437

HTLN AI anon

Statewide				211 Maine	211
Virginia			24 HRS	AI Anon Family Group Headquarters	757-563-1600

HTLN Anger Mngt

Augusta				Men's Work, Call for Information	623-7252
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HTLN Behavioral Health

Statewide				NAMI Maine	1-800-464-5767
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HTLN Child Abuse

National			24 HRS	Childheld USA, National Hotline	1-800-422-4453
Statewide			24 HRS	Reporting Child Abuse & Neglect	1-800-452-1999
Statewide		M-F	9-4	Preventing Child Abuse/Mainely Parents	1-800-249-5506

HTLN Drug Enforcement

Statewide			24 HRS	Bureau Intergovernmental Drug Enforcement	1-800-452-6475
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HTLN Eating

Westbrook				Mercy Recovery Ctr, 40 Park Rd	879-3795
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HTLN Elderly

Androscoggin Cty		M-F	8-5	Seniors Plus,8 Falcon Rd (795-4010)	1-800-427-1241
Aroostook County		M-F	8-4:30	Aroostook Area Agency on Aging,33 Davis R	1-800-439-1789

HTLN Elderly

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Augusta		M-F	8-4:30	Generations, One Weston Court	1-800-639-1553
Cumberland, York				Southern Maine Agency on Aging	1-800-427-7411
Knox Cty		M-F	9-2 PM	Knox Community Ctr, 61 Park St	596-0339
Lincoln Cty		M-F	8-3 PM	Coastal Community Ctr, 521 Main St	563-1788
Penobscot County		M-F	8-4:30	Eastern Maine Agency on Aging, 450 Essex S	1-800-432-7812
Sagadahoc County		M-F	8-4 PM	Brunswick Resource Ctr, 6 Noble St	729-5846
Somerset County		M-F	8-2 PM	Somerset Community Ctr, 45 Leavitt St	474-0866
Statewide			24 HRS	Reporting Elder Abuse	1-800-624-8404
Waldo Cty		M-F	8-4:30 PM	Waldo County Community Ctr, 18 Merriam Rd	338-1190

HTLN Family Violence

Kennebec				Call for Information	1-877-890-7788
Statewide			24 HR	ME Coalition to End Violence	1-866-834-4357

HTLN Food Addicts

Southern Maine				Food Addicts Maine Hotline	775-2132
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HTLN Gamblers

Los Angeles CA				Gamblers Anonymous Headqtrs	213-386-8789
National			24 HRS	National Council on Problem Gambling	1-800-522-4700
New Hampshire				Gamblers Anonymous	603-644-8097
New York				Gam Anon PO Box 157, Whitestone NY	718-352-1671
Portland			24 HRS	211 Maine	211
Statewide				Gamblers Anonymous	773-7433

HTLN Homeless

National			24 HRS	Homeless Crisis Hotline	800-438-3890
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HTLN Information

Statewide			24 HRS	211 Maine	211
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HTLN NA

Massachusetts				Narcotic Anonymous Meetings in Mass	1-866-624-3578
New Hampshire				NA Meetings for New Hampshire	603-645-4777
Statewide			24 HRS	State of Maine NA Meetings	1-800-974-0062
Vermont				Narcotics Anonymous Meetings Vermont	802-862-4516

HTLN OA

Portland			24 HRS	211 Maine	211
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HTLN Parents

Statewide				Parent TalkLine	1-800-249-5506
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HTLN Poison

Statewide			24 HRS	Poison Control Ctr	1-800-442-6305
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HTLN Rape

Aroostook			24 HRS	Sexual Trauma & Recovery Svcs	1-800-550-3304
Augusta			24 HRS	Rape Crisis Ctr (626-0660)	1-800-421-4325
Augusta			24 HRS	Survivors of Sexual Assault (626-0660)	1-800-871-7741
Bangor			24 HRS	Rape Response Svcs (941-2980)	1-800-310-0000
Bath/Brunswick			24 HRS	Mid Coast Sexual Assault Svcs (725-2181)	1-800-822-5999
Hancock County			24 HRS	Rape/Downeast Health Services	1-800-228-2470
Oxford/Franklin			24 HRS	Sexual Assault Victims Emergency Svcs	1-800-871-7741
Somerset, Androscoggin			24 HRS	Rape Crisis Assistance & Prevention	1-800-871-7741
York, Cumberland			24 HRS	Sexual Assault Response Svcs of So ME	1-800-313-9900

HTLN Runaways

National			24 HRS	Runaway Hot Line	1-800-621-4000
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HTLN Sex & Love Addict

Portland			24 HRS	211 Maine	211
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HTLN Smokers

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
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HTLN Smokers

Statewide				Maine Tobacco Helpline	1-800-207-1230
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HTLN Smokers Anonymous

Portland			24 HRS	211 Maine	211
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HTLN State Police

Statewide			24 HRS	Maine State Police	1-800-452-4664
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HTLN Substance Abuse

National		Daily	12PM-3AM	SAMHSA/Treatment	1-800-662-4357
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HTLN Suicide

National			24 HRS	National Suicide Prevention Initiative	1-800-273-8255
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Statewide			24 HRS	Statewide Crisis Hotline DHHS	1-888-568-1112
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Incest Survivor

Augusta			24 HRS	Sexual Assault & Support Svcs (626-0660)	1-800-871-7741
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Ellsworth			24 HRS	Unitarian Universalist Ch, 121 Bucksport R	422-3396
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Portland			24 HRS	Sexual Assault Response Svcs (774-3613)	1-800-313-9900
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Mental Illness

Statewide		M-F	8-4:30	National Alliance on Mental Illness	1-800-464-5767
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NA

Alfred	D	Tues	7 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
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Alfred	Lit/A	Thurs	8 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
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Augusta	D	Mon	7:30 PM	Grace Methodist Ch, 13 Green St	
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Augusta	D	Sat	6 PM	Riverview Psychiatric Hosp, 250 Arsenal St	
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Bangor	D/A	Sat	7 PM	EMMC, 489 State St, Conf Rm 2B	
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Bangor	ST/D	M/W/F	7 PM	Comm Health Counseling Svcs, 42 Cedar St	
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Bangor	D/ST	Sun/Tues/Thurs	7 PM	Acadia Hosp, 268 Stillwater, Osprey Rm	
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Bath	D/ST	Tues	7:30 PM	Church of the Nazarene, 191 Centre St	
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Beals Island	ST	Sat	Noon	Community Ch of Christ, Church St	
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Belfast	D	Sat	10 AM	United Methodist Ch, 23 Mill Lane	
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Belfast	D	Mon	6:30 PM	First Church of Belfast, 55 Spring St	
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Belfast	D	Thurs	6:30 PM	United Methodist Ch, 23 Mill Lane	
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Bridgeton	D	Tues	7 PM	St Peter's Episcopal Ch, 42 Sweden Rd	
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Bridgeton	D	Mon	7 PM	Community Center, 15 Depot St	
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Brunswick	B/D	Mon	7 PM	Unitarian Ch, 15 Pleasant St	
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Damariscotta	D	Fri	7:30 PM	Miles Memorial Hosp, 3rd Fl Conf Rm	
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Damariscotta	ST	Wed	7:30 PM	Miles Memorial Hosp, 3rd Fl Conf Rm	
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Ellsworth	D	Tue/Fri	7 PM	Your Place, 8 Old Mill Rd	
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Ellsworth	D	Sun	7 PM	Your Place, 8 Old Mill Rd	
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Farmington	D/A	Sat	9 AM	Franklin Memorial Hosp, Crosby Rm	
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Farmington	ST	Thurs	7 PM	Franklin Memorial Hosp, 111 Health Common	
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Farmington	ST	Tues	6:30 PM	Henderson Baptist Ch, 110 Academy St	
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Fort Kent	D/C	Thurs	7:30 PM	Wellness Ctr, 82 W Main St	
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Jonesport	D	Sun	7 PM	Community Ch of Christ, West Main St	
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Kennebunk	D	Sun	6:30 PM	Christ Church, 6 Dane St, Corner Rt 35	
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Kennebunk	D	Mon	7 PM	Unitarian Universalist Ch, 114 Main St	
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Kezar Falls	D	Fri	7 PM	Riverside Methodist Ch, 5 School S	
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Lewiston	D	Wed	6 PM	12 Hour Club, 120 Lisbon St	
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Lewiston	ST	Mon	6 PM	73 Pine St	
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Lewiston	D	Fri	6 PM	12 Hour Club, 120 Lisbon St	
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Madawaska	ST/C	Fri	6:30 PM	Madawaska Public Library, 363 Main St	
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Mexico	D/B	Fri	7 PM	Congregational Ch, 163 Main St	
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Mexico	W/C/L	Wed	7 PM	St Theresa Ch, Rt 17, Roxbury Rd	
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NA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Paris S	Lit/D	Thurs	6 PM	Church of Christ, 140 Paris Hill	
Portland	D	Thurs	8 PM	Sacred Heart Ch, 80 Sheman St	
Portland	ST	Tues	7 PM	Unitarian Universalist Ch, 159 State St	
Portland	ST	Sun	6 PM	First Parish Unitarian Ch,425 Congress St	
Portland	Lit/D	Fri/Sat	7 PM	Immanuel Baptist Ch, 156 High St	
Portland	D/A	Wed	7 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	W/B/C	Mon	5:30 PM	1st Unitarian Universalist Ch,425 Congres	
Portland	D/C	Mon	7 PM	First Parish Unitarian Ch,425 Congress St	
Portland S	D	Thurs	6 PM	United Methodist Ch, 168 Elm St	
Presque Isle	D	Tues	7 PM	Academy House, 150 Academy St	
Presque Isle	D	Fri	7:30 PM	Academy House, 150 Academy St	
Rockland	D	Tues	6:30 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D/C	Fri	6:30 PM	St Peters Episcopal Ch, 11 White St	
Sidney	D	Wed	7 PM	Sidney Second Baptist Ch,3022 W River Rd	
Thomaston	D	Sat	6:30 PM	People's United Methodist Ch,13 Chapel St	
Waterville	D	Tues	7:30 PM	St Mark's Ch, 60 Eustis Parkway	
Waterville	L/C	Mon	7:30 PM	St Mark's Ch, 60 Eustus Parkway	
Waterville	D/C	Fri	6 PM	First Congregational Ch, 7 Eustis Parkway	
Westbrook	D	Tues	7:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Winthrop	D	Thurs	7 PM	E Winthrop Baptist Ch, 55 Old Village Rd	

Nar Anon

Ellsworth	D	Thurs	6 PM	Your Place, 6 Old Mill Rd	
Portland	D	Tues	6:30 PM	Dana Health Ed Ctr, 22 Bramhall St	Jane 594-2801
Rockland	D	Tues	6:30 PM	Rockland Public Library, 80 Union St	

Nicotine Anonymous

Bangor	D	Wed	6:30 PM	Maine Veterans Home, Conf Rm, Hogan Rd	
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OA

Ashland	D	Thurs	7:30 PM	Ashland Comm Lib, 57 Exchange St	
Augusta	ST	Sat	10 AM	ME Gen'l Med Ctr, 6 E Chestnut St,Conf C	Lynn 633-0788
Bangor	D	Sun	7 PM	St Joseph Hosp,900 Broadway	
Bangor	D	Sat	9 AM	EMMC, 489 State St	
Bangor	D	Thurs	Noon	Redeemer Lutheran Ch, 540 Essex St	
Bangor	D	Mon	10 AM	St Joseph Health Care Park, 360 Broadway	
Bangor	D	Wed	6:30 PM	St Joseph Hosp,900 Broadway,Strauss Conf	
Bath	D	Tues	7 PM	United Church of Christ, 150 Congress Ave	
Belfast	D	Fri	Noon	Universalist Ch, 37 Miller St	
Berwick S	D	Wed	7 PM	So Berwick Medical Ctr, 57 Portland St	
Blue Hill	D	Thurs	5 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Brunswick	D	Thurs	7 PM/8 PM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	D	Sun	9 AM	Mid Coast Hosp,123 Medical Center Dr	
Brunswick	D	Mon	7 PM	First Parish Ch, 9 Cleaveland St	
Caribou	D	Mon	6 PM	St Luke's Episcopal Ch, 650 S. Main St	
Dover Foxcroft	D	Sun	6 PM	Thompson Free Library, 186 East Main St	
Ellsworth	D	Tues	7 PM	St Josephs Catholic Ch, High St	
Farmington	D	Fri	6 PM	Franklin Memorial Hosp, Waldon Rm	
Fort Kent	D	Sat	2 PM	School of Religion, Pleasant St	
Lewiston	D	Sat	10 AM	CMMC, 12 High St	
Madison	D	Sun	6 PM	Madison Congregational Ch, 124 Main St	
Patten	D	Mon	9 AM	Residence of 25 Meadow Brook Apt 5	
Portland	D	Tues	6 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	D	Sat	10 AM	MMC, Dana Ctr, 22 Bramhall St, Rm 3	
Portland	D	Sun	7 PM	Brighton Hospital, 335 Brighton Ave	
Princeton	D	Mon	4 PM	St Croix Regional Family Hlth Ctr,Mill St	
Rockland	D	Wed	Noon	St Peters Episcopal Ch, 11 White St	

OA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Rockland	D	Tues	6:30 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D	Sat	9:15 AM	St Peters Episcopal Ch, 11 White St	
Scarborough	D	Mon/Thurs	10 AM	Scarborough Methodist Ch, Church St	
Stonington	D	Mon	Noon	Old School, School St #43, Rm C	
Van Buren	D	Thurs	7 PM	St Bruno Ch Rectory, 180 Main St	
Vinalhaven	D	Mon	5:30 PM	Vinal Haven Public Library, Carver St	
Waterville	D	Thurs	7 PM	First Congregational Ch, 7 Eutus Parkway	
York	D	Mon	7 PM	York Hospital ,Purple Bldg,16 Hospital Dr	
York	D	Fri	10 AM	First Parish Ch, York St	
York	D	Sat	8 AM/9AM	York Hospital ,Purple Bldg,16 Hospital Dr	

Parent Assistance

Bath				Coastal Economic Development,Parent Assis	1-800-221-2221
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Parent Support

Farmington	D/CC	Mon	5:30 PM	Ricker Extension Parent/Child Interact Gr	
Farmington	D/CC	Mon	5:30 PM	Trinity United Meth Ch,Farmington Falls R	Rene 778-6960
Portland	Alanon	Wed	6 PM	Central Square Baptist Ch,466 Stevens Ave	
Portland	Dads	Tues	6:30 PM	YMCA, 70 Forest Ave	874-1111 x227
Statewide				Parents of Sexual Abused Children,MECASA	1-800-871-7741
Statewide		M-F	9-4	Mainely Parents, Information on meetings	1-800-249-5506
Waterville	D/CC	Thurs	6 PM	Families First Kennebec Child Abuse Couns	626-3428

Recovery

Lewiston	D/ST	Fri	6:30 PM	Vineyard Café, 9 Foss Rd	Lorie 784-9500
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Recovery, Inc.

Portland	D	Sat	10 AM	MMC, Dana Ctr, 22 Bramhall St, Rm 2	Diana 892-9529
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Sex&Love Addiction

Statewide				211 Maine	211
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Sexual Abuse

Hancock,Washington			24 HRS	Downeast Sexual Assault Services	1-800-492-5550 x258
Southern ME			24 HRS	Sexual Assault Response Svcs of So ME	1-800-313-9900
Statewide			24 HRS	Rape Crisis Assistance & Prevention	1-800-871-7741

Smart Recovery

Statewide				On line meeting www.smartrecovery.org	
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Smoking Anonymous

Norway				Healthy Oxford Hills,Call for information	743-5933 x775
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Social Club

Augusta		Mon-Sat	Varies	LINC Social Club, 18 Green St	626-5736
Bangor		Mon-Fri	8-4 PM	Together Place,150 Union St Call for Info	941-2907
Caribou				Harvest Inn Social Club,43 Hatch Dr	492-1386
Jay		M/T/Th	1-4 PM	Friends Together Social Club, 70 Main St	897-1010
Kittery				Center for Life Enrichment, 581 US Rt 1	468-0147
Lewiston	D/A	Fri	5:30 PM	12 Hour Club, 120 Lisbon St	782-9140
Lewiston		Mon-Sat	Varies	100 Pine Street Social Club	795-6719
Madawaska				Valley Social Club, 564 Main St	728-4806
Portland		Mon-Sat	9-5 PM	Amistad, 66 State St, Call for Info	773-1956
Rumford		Daily	Varies	Beacon House, 41 Bridge St	369-0868
Saco		Sun-Sat	Varies	Common Connections, 32 Alfred St	369-0868
Sanford		Daily	Varies	Harmony Support Center, 1 High St	490-5253
Waterville		Daily	9AM-9PM	Central Maine Recovery Ctr,77 College Ave	1-888-774-9922
Waterville		Sun-Sat	Varies	Waterville Social Club, 32 Ticonic St	873-1027

Survivors of Suicide

Belfast	D	As Needed		Hospice Volunteers Waldo Call for Info	930-2677
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Survivors of Suicide

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Brunswick	D			Hospice Volunteers Mid Coast, Call for Inf	721-9702
Brunswick	D			Sweetsers, 76 Pleasant St, Call for Info	1-888-283-2279
Lewiston	D	2nd/4th Mon		Central Maine Medical Ctr, Call for Info	662-4226
Portland	D			Ctr for Grieving Children, 555 Forest Ave	775-5216
Portland	D	2nd/4th Mon	7 PM	MMC, Dana Ctr, 22 Bramhall St	871-0111
Rockport	D			Coastal Family Hospice, Call for Info	593-9355
Waterville	D	As Needed		Hospice Volunteers Waterville Call for In	873-3615

TOPS

Addison	D	Mon	4 PM	Indian River Grange, 1431 Indian River Rd	
Albion	D	Mon	8:45 AM	Lovejoy Hlth Clinic, 7 School St	
Alna	D	Wed	7 PM	Alna Baptist Ch, Rt 194 Head Tide Rd	
Anson	D	Tues	4:45 PM	Garrett Schenck School, 19 Ken Taylor Ave	
Auburn	D	Wed	6:30 PM	Grace Lutheran Ch, 757 Summer St	
Baileysville	D	Wed	4 PM	People's United Methodist Ch, 20 Third Ave	
Bangor	D	Wed	4 PM	Phillips Strickland House, 21 Boyd St	
Bangor	D	Thurs	5:30 PM	St Joseph Hosp, 900 Broadway, Willette Conf	
Belfast	D	Wed	6 PM	First Baptist Ch, 95 High St	
Bethel	D	Wed	6 PM	Bethal Alliance Ch, 251 Walkers Mills Rd	
Biddeford	D	Mon	6:30 PM	Christ Episcopal Ch, 19 Crescent St	
Blue Hill	D	Mon	3:30 PM	Ken-Rose Farm B&B, 1381 Pleasant St	
Brewer	D	Tues	6 PM	Brewer Housing, 1 Colonial Circle, Comm Rm	
Brooksville	D	Tues	6 PM	Brooksville Community Ctr, 5 Cornfield Rd	
Brunswick	D	Thurs	6:45 PM	Seventh Day Adventist Ch, 333 Maine Ave	
Brunswick	D	Wed	9:30 AM	Seventh Day Adventist Ch, 333 Maine Ave	
Bucksport	D	Mon	5:30 PM	Jewett School, 66 Bridge St, Comm Ed Bldg	
Buxton	D	Thurs	5:45 PM	Buxton Ctr Baptist Ch, 938 Long Plains Rd	
Calais	D	Tues	5:30 PM	United Methodist Ch, 339 Main St	
Camden	D	Mon	6:30 PM	Camden First Aid Bldg, 123 John St	
Caribou	D	Tues/Thurs	5:30 PM	Cary Medical Ctr, 163 Van Buren Rd	
Cherryfield	D	Mon	2:30 PM	Narraguagus Estates, 16 Estate St	
Clifton	D	Tues	6 PM	Clifton Town Hall, 135 Airline Rd	
Clinton	D	Tues	6:30 PM	Brown Methodist Ch, 10 Church St	
Cornish	D	Mon	5:30 PM	Cornish Station Apt, 133 Cumberland St	
Damariscotta	D	Thurs	6 PM	Assembly of Gods Ch, Belveder Rd	
Damariscotta	D	Tues	10:15 AM	Senior Spectrum, 521 Main St	
Dexter	D	Wed	9:15 AM	First Free Baptist Ch, 130 Spring St	
Dexter	D	Wed	6:15 PM	Dexter Fire Station, 98 Church St	
Dixfield	D	Thurs	6 PM	7th Day Adventist Ch, 1 Blayne St	
Dover Foxcroft	D	Wed	9 AM	Thayer Parkway Comm Bldg, Park St	
Eagle Lake	D	Tues	5:30 PM	Eagle Lake Town Office, 36 Devoe Brook Rd	
Ellsworth	D	Tues	7 PM	Family Bible Church, 460 High St	
Fairfield	D	Mon	6:45 PM	First Baptist Ch, 12 Newhall St	
Fairfield	D	Thurs	6:30 PM	Nazarene Ch, 81 Main St, Dining Rm	
Fairfield	D	Wed	6 PM	Lawrence HS, 9 School St, Library	
Fairfield	D	Wed	5:30 PM	United Methodist Ch, Skowhegan Rd, Rt 201	
Fort Fairfield	D	Tues	6:45 PM	United Parish Ch, 4 Church St	
Fort Kent	D	Wed	6 PM	Wellness Ctr, 82 W Main St	
Frenchville	D	Wed	6:30 PM	Christian Life Ctr, Dining Rm, US Rt 1	
Fryeburg	D	Thurs	6 PM	First Assembly of God, 8 Drift Rd	
Gardiner	D	Wed	11:30 AM	First Baptist Ch, 47 Church St	
Gardiner	D	Thurs	6:30 PM	Laura Richards School, Brunswick Ave, Café	
Gouldsboro	D	Thurs	6 PM	Gouldsboro Medical Clinic, Clinic Rd	
Gray	D	Mon	6 PM	Gray American Legion, 15 Lewiston Rd	
Hallowell	D	Mon	9:30 AM	Spectrum Generations, 22 Town Farm Rd	
Hermon	D	Mon	8:30 AM	Fire & Rescue Bldg, 262 Billings Rd	

TOPS

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Hollis Center	D	Wed	6 PM	Hollis Community Bldg, Town Farm Rd	
Houlton	D	Tues	5 PM	Madigan Estates, 93 Military St, Conf Rm	
Houlton	D	Fri	9 AM	Aldergate Bldg, 21 High St	
Kenduskeag	D	Wed	6 PM	Kenduskeag Union Ch, 826 Kenduskeag Rd	
Kennebunk	D	Mon	5:30 PM	Pine Bluff Recreation Ctr, Cat Moussam Rd	
Kents Hill	D	Thurs	5:45 PM	United Methodist Ch, Main St	
Kittery	D	Tues	5:30 PM	Kittery Recreational Center, 2 Cole St	
Lewiston	D	Thurs	5:45 PM	Montello Heights, 550 College St, 2nd Fl	
Lewiston	D	Mon	6:30 PM	First Assembly of God Ch, 70 Hogan Rd	
Limington	D	Thurs	6:15 PM	Limington Town Hall, Sokokis Ave, Rt 11	
Lincoln	D	Thurs	9 AM	United Methodist Ch, 6 Lee Rd	
Litchfield	D	Wed	6:30 PM	Carrie Ricker School, 573 Richmond Rd	
Long Island	D	Thurs	7 PM	Long Island Learning Ctr, 33 Fern Ave	
Lubec	D	Tues	5:30 PM	Regional Medical Ctr, 43 South Lubec Rd	
Lyman	D	Thurs	6:30 PM	Goodwin Mills Methodist Ch, 55 Church St	
Machias	D	Tues	5 PM	Kay Parker Bldg, 66 Hadley Lake Rd	
Machias	D	Tues	11 AM	U of ME Machias, Simpson Conf Rm, O'Brien A	
Madawaska	D	Thurs	6:15 PM	Madawaska Public Library, 363 Main St	
Mechanic Falls	D	Tues	6:30 PM	Congregational Ch, 64 Elm St	
Medway	D	Thurs	5:30 PM	Medway Middle School Library, Rt 157	
Mexico	D	Thurs	5:45 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Milford	D	Mon	5:30 PM	Milford Congregational Ch, Main Rd	
Millinocket	D	Tues	9 AM	American Legion Hall, Cental St	
NE Harbor	D	Mon	4:30 PM	Mt Desert Nursing Association, 12 Summit R	
Newport	D	Thurs	6 PM	Nokomis HS, 266 Williams Rd, Rm 101	
Norridgewock	D	Wed	9 AM	Community Baptist Ch Vestry, 22 Main St	
Norway	D	Tues	7 PM	Norway Rehab, Marion Ave, Dining Rm	
Oakland	D	Tues	6:30 PM	All Souls Universalist Ch, 41 Church St	
Old Orchard Beach	D	Tues	6:15 PM	Cider Hill, 2 Cider Hill Dr	
Old Town	D	Thurs	6 PM	Helen Hunt Health Ctr, 242 Brunswick St	
Orrington	D	Mon	6 PM	First United Methodist Ch, 14 Center Dr	
Paris S	D	Mon	6 PM	Market Sq Health Care Ctr, 3 Market Sq	
Paris S	D	Tues	6 PM	First Baptist Ch of Paris	
Pittsfield	D	Thurs	9:30 AM	First Congregational Ch, 132 Somerset Ave	
Portland	D	Thurs	5:45 PM	MMC, Dana Ctr, 22 Bramhall St	
Portland	D	Wed	6:30 PM	Church of the Holy Spirit, 1047 Congress	
Portland S	D	Tues	6:45 PM	Thornton Heights Meth Ch, 100 Westbrook St	
Presque Isle	D	Mon	5 PM	Presque Isle Congregational Ch, Church St	
Presque Isle	D	Wed	5:30 PM	Grant Memorial Methodist Ch, 79 Fleetwood	
Randolph	D	Thurs	6:30 PM	Randolph Methodist Ch, 16 Astbury St	
Rangeley	D	Wed	5:30 PM	Rangeley Townhouse, School St, Dining Room	
Rockland	D	Thurs	6 PM	Stella Maris, 148 Broadway	
Rockland	D	Tues	5:45 PM	First Baptist Ch, 215 Limerock St	
Saco	D	Tues	6:30 PM	Saco Community Ctr, 75 Franklin St Rm 104	
Saco	D	Fri	9:30 AM	Saco Community Ctr, 75 Franklin St	
Saco	D	Tues	6:30 PM	Cornerstone United Methodist 20 Jenkins R	
Sanford	D	Wed	6 PM	Sanford Fish & Game Club, Route 4	
Sanford	D	Fri	9:15 AM	Sanford Fish & Game Club, Route 4	
Scarborough	D	Mon	5:45 PM	Hillcrest Community Ctr, 108 Hillcrest St	
Skowhegan	D	Thurs	10:30 AM	Skowhegan Grange Hall, 97 Hesselton St	
Skowhegan	D	Mon	6 PM	Notre Dame De Lourdes, 222 Water St	
Standish	D	Wed	5:30 PM	Ahead above Salon & Spa, 36 Ossipee	
Stetson	D	Mon	5:30 PM	Stetson Meeting House, 3 Lakins Rd	
Stillwater	D	Thurs	6 PM	Federated Church, 335 Benock St	
Strong	D	Thurs	5:30 PM	Strong Methodist Parish House, Main St	
Thorndike	D	Tues	4:45 PM	GT Fun Park, 187 Brooks Rd	

TOPS

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Thorndike	D	Thurs	6 PM	Thorndike Town Hall, 10 Abbott Rd	
Turner	D	Thurs	5:45 PM	LL Well Drilling, Rt 219 East	
Unity	D	Mon	6 PM	Unity Union Ch, Depot St	
Van Buren	D	Tues	4:45 PM	Connor School Gym	
Van Buren	D	Thurs	5:30 PM	North Aroostook Alternatives,459 Main St	
Waldoboro	D	Tues	6 PM	American Legion Hall, 181 Jefferson St	
Washburn	D	Mon	5:30 PM	Trailrunners Snowmobile Club,48 Station R	
Waterboro	D	Tues	6:30 PM	Waterboro Town Hall, 24 Townhouse Rd	
Waterville	D	Thurs	6:30 PM	Salvation Army, 225 Main St	
Westbrook	D	Wed	8:30 AM	Westbrook Hous Authority,30 Liz Harmon Dr	
Westbrook	D	Wed	6 PM	Stephen Manchester Post 62, 17 Dunn St	
Westbrook	D	Tues	6:15 PM	Warren Congregational Ch, 810 Main St	
Wilton	D	Mon	7 PM	Wilton Methodist Ch, Main St	
Windham	D	Tues	6 PM	N Windham Union Ch,723 Roosevelt	
Winterport	D	Mon	6 PM	Ellingwood Corner Methodist Ch,Lebanon Rd	

WISDUM

Augusta	D	Mon	7:30 PM	St Pauls Ctr, Columbus Hall, 136 State St	
Orono	D	Wed	7 PM	Orono Methodist Ch, 36 Oak St	866-4605

Women Support

Androscoggin/Oxford			24 HRS	Abused Women Advocacy Project	1-800-559-2927
Aroostook County			24 HRS	Battered Women's Project	1-800-439-2323
Cumberland,Sagadahoc			24 HRS	Family Crisis Srvs/Call for Information	1-800-537-6066
Franklin County			24 HRS	Abused Women Advocacy (778-6107)	1-800-559-2927
Hancock County			24 HRS	Next Step Domestic Violence Project	1-800-315-5579
Kennebec,Somerset			24 HRS	Family Violence Project	1-877-890-7788
Knox,Lincoln,Waldo			24 HRS	New Hope for Women (563-2404)	1-800-522-3304
National			24 HRS	Nat'l Domestic Violence TTY1-800-787-3224	1-800-799-7233
Penobscot			24 HRS	Spruce Run	1-800-863-9909
Penobscot,Piscataquis			24 HRS	WOMANCARE (564-8401 after 4 PM)	1-888-564-8165
Washington County			24 HRS	Peaceful Choices/ Call for Information	1-888-604-8692
York County			24 HRS	Caring Unlimited/Call for Information	1-800-239-7298

On Line Self Help Groups (Updated 7/09/09)

Adult Children of Alcoholics World Services Office

PO Box 3216, Torrance ,CA 90510

Telephone: (310) 534-1815

Web: <http://www.adultchildren.org>

Email: info@adultchildren.org

Alanon/Alateen Family Group Headquarters

1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Telephone: (757) 563-1600

Web: <http://www.al-anon.alateen.org>

Email: wso@al-anon.org

Alanon/Alateen (Maine)

Maine LDC/AIS, PO Box 1173, Biddeford, ME 04005

Telephone: 1-800-498-1844 or (207) 284-1844

Web: <http://sites.google.com/a/mainefg.org/ais/Home>

Email: maineldc@ghi.net

Alcoholics Anonymous World Service Office

PO Box 459, Grand Central Station, New York, NY 10163

Telephone: (212) 870-3400

Web: <http://www.aa.org>

Alcoholics Anonymous (Maine)

78 Portland Street, Portland, ME 04101

Telephone: 1-800-737-6237 or (207) 774-4335

Web: <http://www.aamaine.org>

Email: cso@aamaine.org

Alcoholics Anonymous (New Hampshire)

NH Area Assembly Office

1330 Hookset Rd, Hookset, NH 03106

Telephone: (603) 622-6967

Web: <http://www.mv.com/ipusers/nhaa/>

Email: office@nhaa.net

Cocaine Anonymous World Service Office

PO Box 492000, Los Angeles, CA 90049

Telephone: (310) 559-5833

Web: <http://www.ca.org>

Email: cawso@ca.org

Northern New England Cocaine Anonymous

Contact number for Maine: (207) 400-6471

Web: <http://nne-ca.org/>

Email: webmaster@nne-ca.org

New Hampshire Cocaine Anonymous

Telephone: (603) 236-2786 or (781) 551-6677

Massachusetts Area Cocaine Anonymous

PO Box 391456, Cambridge, MA 02139-0015

Telephone: (617) 517-3090

Web: <http://www.caofma.org>

Codependents Anonymous

PO Box 33577, Phoenix, AZ 85067-3577

Web: <http://www.codependents.org>

Email: outreach@codaa.org

Crystal Meth Anonymous

CMA General Services

4470 W.Sunset Blvd., Suite 107, PMB 555

Los Angeles, CA 90027-6302

Telephone: (213) 488-4455

Web: <http://www.crystalmeth.org/index.php>

Email: www.crystalmeth.org/contact-us.html

Cybersex Anonymous

Web: <http://www.cybersexualaddiction.com>

Email: www.cybersexualaddiction.com/contact.php

Families Anonymous

PO Box 3475, Culver City, CA 90231-3475

Telephone: 1-800-736-9805

Web: <http://www.FamiliesAnonymous.org>

Email: famanon@FamiliesAnonymous.org

Food Addicts Anonymous World Service Office

400 W. Cummings Park #1700, Woburn, MA 01801

Telephone: (781) 932-6300

Web: <http://www.foodaddicts.org>

Email: office@foodaddicts.org

Gamblers Anonymous International Service Office

PO Box 17173, Los Angeles, CA 90017

Telephone: (213) 386-8789

Web: <http://www.gamblersanonymous.org>

Email: isomain@gamblersanonymous.org

Internet Addiction

Center for Internet Addiction Recovery

PO Box 72, Bradford, PA 16701

Telephone: (814) 451-2405

Web: <http://www.netaddiction.com>

Email: www.netaddiction.com/contact_us.aspx

Marijuana Anonymous World Services

PO Box 2912, Van Nuys, CA 91404

Telephone: 1-800-766-6779

Web: <http://www.marijuana-anonymous.org>

Email: office@marijuana-anonymous.org

Men for Sobriety

PO Box 618

Quakertown, PA 18951

Telephone: (215) 536-8026

Email: NewLife@mni.com

Methadone Anonymous

Methadone Support Org.

10034 E. Evans Drive, Scottsdale, AZ 85260

Telephone: (480) 361-5489

Web: <http://www.methadonesupport.org>

Email: Carol@methadonesupport.info

Narcotics Anonymous World Service Office

PO Box 9999, Van Nuys, CA 91409

Telephone: (818) 773-9999

Web: <http://www.na.org>

Email: fsmail@na.org

Maine Area Narcotics Anonymous

MASCNA

PO Box 5309, Portland, ME 04101

Telephone: 1-800-974-0062

Web: <http://www.namaine.org>

Email: http://namaine.org/forms/hi_email.html

Naranon World Services

22527 Crenshaw Blvd, Suite 200 B, Torrance, CA 90505

Telephone: (310) 534-8188

Web: <http://www.nar-anon.org>

Email: naranonwso@gmail.com

National Alliance for the Mentally Ill (NAMI)

Colonial Place Three, 2107 Wilson Blvd, Suite 300, Arlington, VA 22201-3042

Telephone: 1-800-950-6264 or (703) 524-7600

Web: <http://www.nami.org>

National Alliance for the Mentally Ill (NAMI Maine)

1 Bangor Street, Augusta, ME 04330

Telephone: 1-800-464-5767 or (207) 622-5767

Web: <http://www.namimaine.org>

Email: www.info.namimaine.org

National Domestic Violence Hotline

PO Box 161810, Austin, TX 78716

Telephone: 1-800-799-7233 or TTY 1-800-787-3224

Web: <http://www.ndvh.org>

Email: ndvh@ndvh.org/get-help/contact-the-hotline/

Nicotine Anonymous World Services

419 Main Street, PMB # 370, Huntington Beach, CA 92648

Telephone: (415) 750-0328

Web: <http://www.nicotine-anonymous.org>

Email: info@nicotine-anonymous.org

Overeaters Anonymous World Service Office

PO Box 44020, Rio Rancho, NM 87174-4020

Telephone: (505) 891-2664

Web: <http://www.oa.org/>

Email: info@oa.org/contact/

Rational Recovery

Box 800, Lotus, CA 95651

Telephone: (530) 621-2667

Web: <http://www.rational.org>

Email: <http://www.rational.org/contact.html>

Recovery Resources on Line

Sober Recovery, PO Box 53969, Irvine, CA 92619

Telephone: (949) 468-5734

Web: <http://soberrecovery.com/links/resources.php>

Ritual Abuse

Web: <http://www.ra-info.org>

Email: rahome@ra-info.org

Secular Sobriety (SOS)

4773 Hollywood Blvd, Hollywood, CA 90027

Telephone: (323) 666-4295

Web: <http://www.cfiwest.org/sos/index.htm>

Email: sos@cfiwest.org

Take Off Pounds Sensibly (TOPS)

4575 South Fifth St, PO Box 70360, Milwaukee, WI 53207

Telephone: (414) 482-4620

Web: <http://www.tops.org>

Email: topsinteractive@tops.org

Women's Recovery

1450 Chapin Avenue, First Floor, Burlingame, CA 94010

Telephone: (650) 348-6603

Web: <http://www.womensrecovery.org>

Email: wra@womensrecovery.org



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

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