

Resource Directory

Migrant and Seasonal Farmworkers



December 2014

Migrant & Seasonal Farmworker Resource Directory

**Fifth Edition
December 2014**

Compiled and issued by
Maine Department of Labor
Bureau of Employment Services Office of State
Monitor Advocate for Migrant and Seasonal Farmworkers

This resource guide is for individuals and organizations that work with
Maine's migrant and seasonal farmworkers.

This is not a compilation of every service provider in Maine, but rather a list of the agencies that
either provide services to farmworkers or could prove to be useful resources to serve
farmworkers in the future.

We continue to build this directory and welcome your suggestions for subsequent editions.
Please submit additions and corrections to the address below.

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1. Shelters

Bangor Area Homeless Shelter

263 Main Street
Bangor, ME 04401
207-947-0092
info@bangorareashelter.org

Bread of Life Ministries Shelter

157 Water Street
Augusta, ME 04330
Contact: Dean Lachance at 207-626-3434 or
John Richardson at 207-626-3434

Emmaus Center

P.O. Box 811
Ellsworth, ME 04605
Contact: Sister Lucille MacDonald
207-667-3962
Open year-round, 24 hours a day.

Providing shelter and services for the
homeless in Hancock and southern
Washington counties.

Hope Haven Gospel Mission, Inc.

209 Lincoln Street
Lewiston, ME 04240
Contact: Pastor John W. Robbins
207-783-6086

Shelter open 5:30 to 8 p.m. daily, to clients
who are sober and have photo ID.

Daily meals offered from 7:30 to 8:30 a.m.
and 4:30 to 5:30 p.m. (Sundays at 2:30 p.m.
only.)
Food and clothes giveaway, Monday to
Friday, 10 to 11:15 a.m. and 12:30 to 4 p.m.

Joe Kreisler Teen Shelter

Preble Street Resource Center
38 Preble Street
Portland, ME 04101
207-775-0026

Open every day 8 a.m. to 8 p.m.
Office hours: Monday to Friday, 8 a.m. to 5
p.m.

Mid-Coast Hospitality House

169 Old County Road
Rockport, ME 04856
Contact: Gordon and Samantha Mank
Phone: 207-593-8151
Open 24/7

Mid-Maine Homeless Shelter

19 Colby Circle
Waterville, ME 04901
207-872-8082

Hours: 4 p.m. to 8 a.m., 7 days a week
Day Shelter open 8 a.m. to 4 p.m., by
appointment.

Serves the Central Maine area providing
emergency food and shelter to
homeless/displaced persons and families.
Free of charge.

New Beginnings

436 Main Street
Lewiston, ME 04240
Contact: Marian Carney
207-795-4070
info@newbeginmaine.com

Helping homeless youth and their families.

Portland Family Shelter
54 Chestnut Street
Portland, ME 04101
207-772-8339

Portland Outreach for Family Crisis Services

P.O. Box 704
Portland, ME 04101
207-874-8512
1-800-537-6066

Preble Street Shelter and Resource Center

5 Portland Street
P.O. Box 1459
Portland, ME 04104
Day Shelter: 207-874-6560
Administration: 207-775-0026
*Spanish-speaking staff available.
Services available 24 hours.

Serving the Portland area assisting with locating and referral of housing. Assistance in locating low-income housing, providing mediation between tenant and landlord. Also provides a wide variety of solution-centered social work services, including case management, advocacy, crisis intervention, supportive counseling, problem solving and activity groups. Food pantry and clothes bank available free of charge to those in need.

Shaw House

136 Union Street
Bangor, ME 04401
207-941-2874
24-hour number: 1-888-561-7429
info@theshawhouse.org

Help for the young and homeless.

Sister Mary O'Donnell Shelter

745 Central Drive
Presque Isle, ME 04769
207-764-5114

St. Andre's Home

283 Elm Street
Biddeford, ME 04005
Website: www.SaintAndreHome.org

Contact: Lisa Cornin
207-710-2773

Hours: Administration: Monday to Friday,
8:30 a.m. to 4:30 p.m.
Group Homes: 24 hours Residential

Provides shelter and an outreach program for parenting or pregnant single mothers. Also provides assistance for emotionally or behaviorally disturbed adolescent females. Sliding fee available. Serving the state of Maine. Call for location of homes and for assistance with adoption.

St. Francis Homeless Shelter

P.O. Box 223
East Orland, ME 04431
207-469-1988

Tedford Emergency Homeless Shelters

Adult Shelter
49 Cumberland Street
Brunswick, ME 04011
207-729-1161 x104

Family Shelter
34 Federal Street
Brunswick, ME 04011
207-729-1161 x108

York County Shelter Programs

147 Shaker Hill Rd.
Alfred, ME 04002
Voice and TTY 207-324-1137
bobd@ycspi.org

2. Food pantries, kitchens and

clothes closets

Clothes Closet/Food Pantry - Windham

377 Gray Road
Windham, ME 04062
207-892-1931
Office Hours: Monday to Thursday, 8:30 a.m.
to 4:30 p.m.

Food Bank – Raymond

Lake Region Baptist Church
1273 Roosevelt Trail
Raymond, ME 04071
Contact: Jennifer Hawkins
207-232-5830
Open the second and fourth Thursday of the
month, 4 p.m. to 6 p.m.

Food Pantry - South Portland

130 Thadeus Street
South Portland, ME 04106
207-874-0379
Open Thursdays, 8:30 to 11:30 a.m.

Good As New Thrift Shop
106 Main Street
Houlton, ME 04730
207-532-0632

Hours: Monday to Friday, 10 a.m. to 3 p.m.

Sells low-cost second-hand clothing.

Loaves & Fishes Food Pantry

119 Bucksport Rd.
Ellsworth, ME 04605
207-667-4363

Call for an appointment for pick-up on
Monday, Wednesday and Friday, 7:30 to
11:30 a.m.

M&M Ministry Soup Kitchen

21 Parson Street
Presque Isle, ME 04769
207-764-0758

Meals and takeout at 3 p.m. on Monday,
Wednesday and Friday.

Manna Ministries

629 Main Street
Bangor, ME 04402
207-990-2870
info@mannamaine.org

Kitchen, shelter and counseling services.

Mid-Coast Hunger Prevention Program, Inc.

84A Union Street
Brunswick, ME 04011
207-725-2716

Food bank, donation and office hours: Monday to Friday, 8 a.m. to 3:30 p.m.

Soup kitchen: Monday to Saturday, 11 a.m. to 12:15 p.m.

Food pantry: Monday and Wednesday, 11 a.m. to 1 p.m., Thursday, 10 a.m. to 3 p.m. and Friday, 10 a.m. to 2 p.m.

Project Feed (Emergency Food Pantry)

202 Woodford Street
Portland, ME 04103
207-761-3920
Open Monday to Friday, 1 to 3:30 p.m.

State Street Church – Clothes Closet

159 State Street
Portland, ME 04101
207-774-6396

Open Wednesdays, 9 to 11 a.m.

Tree of Life

23 South Street
Blue Hill, ME 04614
Food Pantry: 207-374-2900
Open Thursdays, 9 a.m. to 3 p.m.
Thrift shop: 207-314-9181
Open Tuesday and Thursday, 10 a.m. to 5 p.m. and Saturday, 10 a.m. to 3 p.m.

3. Health Services

Aroostook Medical Center

140 Academy Street

Presque Isle, ME 04769
Hospital: 207-768-4000
Emergency Room: 207-768-4100
TTY: 207-768-4192

Walk-In Family Care
23 North Street
Presque Isle, ME 04769
207-760-9278

Office Hours: Monday to Friday, 8 a.m. to 8 p.m. and Saturday and Sunday, 8 a.m. to 1 p.m.

Arthur Jewell Community Health Center

55 Reynolds Road
Brooks, ME 04921
207-722-3488
Hours: Monday to Wednesday, 8 a.m. to 4 p.m., Thursday, 8 a.m. to 6 p.m. and Friday, 8 a.m. to noon.

Bangor Public Health & Community Services

103 Texas Avenue
Bangor, ME 04401
207-992-4530
Office hours: Monday to Friday, 8 a.m. to 4:30 p.m.
<http://www.bangorpublichealth.org/>

The department offers services such as immunization and STI clinics, general assistance program, WIC program, visiting nurses, etc.

Belgrade Regional Health Center

4 Clement Way
Belgrade Lakes, ME 04917
207-495-3323
Hours: Monday to Friday, 7:30 a.m. to 4:30 p.m. and Tuesday nights, 4:30 to 7 p.m.

Bethel Family Health Center
32 Railroad Street
Bethel, ME 04217

207-824-2193
Hours: Monday to Friday, 8 a.m. to 5 p.m.
and Saturday, 8 a.m. to noon

Biddeford Free Clinic

189 Alfred Street
Biddeford, ME 04005
207-282-1138
Hours: Monday and Thursday evenings, 6 to 9
p.m.

Serving mostly York County providing general
medical care to the uninsured.

Bingham Health Center

237 Main Street
Bingham, ME 04920
207-672-4187

Health Center: Open Monday to Friday, 7:30
a.m. to 4:30 p.m.

Dental Center: Open Monday to Thursday, 7
a.m. to 5:30 p.m.

Bucksport Regional Health Center

110 Broadway
Bucksport, ME 04416
207-469-7371
1-800-453-3819

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Center for Community Dental Health

Dental treatment (excluding root canals,
dentures and crowns), are provided at a
sliding fee rate for qualified patients based
on family size and income. Medicaid eligible
patients also accepted. Call for an
appointment.

Biddeford
57 Barra Road, Suite 3

Biddeford, ME 04005
207-282-1305
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Farmington

131 Franklin Health Commons
Farmington, ME 04938
207-779-2659
Hours: Monday to Thursday, 7:30 a.m. to 5:30
p.m.

Lewiston

177 Main Street
Lewiston, ME 04240
207-777-7442
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Portland

640 Brighton Avenue
Portland, ME 04102
207-874-1028
Hours: Monday to Friday, 8:00 a.m. to 4:30
p.m.

Rumford

60 Lowell Street
Rumford, ME 04276
207-369-3600
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Central Maine Medical Center

300 Main Street
Lewiston, ME 04240
207-795-0111
Emergency: 207-795-2200
TTY: 207-795-2690

D.F.D. Russell Medical Center

Turner
7 South Main Street
Turner, ME 04282
207-225-2676

Hours: Monday, Wednesday and Friday,
8:30 a.m. to 5 p.m.
Tuesday and Thursday, 8:30 a.m. to 7 p.m.

Leeds

180 Church Hill Road, Suite 1
 Leeds, ME 04263
 207-524-3501

Hours: Monday, Tuesday and Friday, 8:30 a.m. to 5 p.m.
 Wednesday and Thursday, 8:30 a.m. to 8 p.m.
 Saturday and Sunday, 9 a.m. to noon for sick visits only.

Monmouth

11 Academy Road
 Monmouth, ME 04259
 207-933-9646

Hours: Monday, Wednesday, Thursday and Friday, 8:30 a.m. to 5 p.m., Tuesday, 8:30 a.m. to 7 p.m.

Down East Community Hospital

11 Hospital Drive
 Machias, ME 04654
 207-255-3356

East Grand Health Center

201 Houlton Road
 Danforth, ME 04424
 Call 207-448-2347 for an appointment.

Hours: Monday to Friday, 8:30 a.m. to 4 p.m., Thursday evenings to 6 p.m.

Eastern Maine Medical Center

489 State Street
 Bangor, ME 04401
 Hospital: 207-973-7000
 Emergency Room: 207-973-8000 or 1-800-366-3662

Walk-In Center

915 Union St., Suite 4
 Bangor, ME 04401

207-973-8030

Open seven days a week, 8 a.m. to 7 p.m.

Eastport Health Care

30 Boynton Street
 Eastport, ME 04631
 207-853-6001

Hours: Monday, 8 a.m. to 5 p.m., Tuesday, 8 a.m. to 8 p.m. and Wednesday to Friday, 8 a.m. to 5 p.m.

Ellsworth Free Clinic

Mill Mall, Suite 16
 248 State Street
 Ellsworth, ME 04605
 207-667-7953
 By appointment only.

Fish River Rural Health Systems**Eagle Lake Health Center**

10 Carter Street
 P.O. Box 309
 Eagle Lake, ME 04739
 207-444-5973

Hours: Monday, Wednesday and Friday, 8 a.m. to 5 p.m., Tuesday and Thursday, 8 a.m. to 8 p.m.

Fort Kent Health Center

Northern Maine Medical Center
 194 East Main Street
 Fort Kent, ME 04743
 207-834-3971

Hours: Monday, Tuesday, Wednesday and Friday, 8 a.m. to 5 p.m., Thursday, 8 a.m. to 8 p.m.

Harrington Family Health Center

50 East Main Street
 Harrington, ME 04643
 207-483-4502

Medical Hours: Monday to Friday, 7:30 a.m.

to 4:30 p.m., Thursdays, 8 a.m. to 8 p.m.

Dental Hours: Monday and Wednesday, 8 a.m. to 5 p.m., Tuesday, 7:30 a.m. to 6 p.m. and Thursday, 7:30 a.m. to 8 p.m.

Mental Health: Monday to Wednesday and Friday, 8 a.m. to 5 p.m. and Thursday, 8 a.m. to 8 p.m.

Provides cost effective medical and dental services for families.

Health Care for the Homeless Program

City of Portland Public Health Division
389 Congress Street
Portland, ME 04101
207-874-8784

Health and Dental Clinic
20 Portland Street
Portland, ME 04102
Call 207-874-8445 to schedule an appointment.

Health Clinic Hours: Monday to Thursday, 8 a.m. to 5 p.m. and Friday, 8 a.m. to 4 p.m.

Dental Clinic: Monday to Thursday, 8 a.m. to 4:30 p.m.

Islesboro Health Center

150 Main Road
P.O. Box 137
Islesboro, ME 04848
207-734-2213
Hours: Monday to Friday, 9 a.m. to 4:30 p.m.
Saturday, 9 a.m. to noon.

Katahdin Valley Health Center

To contact all clinics, call 1-866-366-5842.

Patten Primary Care
30 Houlton Street

Patten, ME 04765
Open Monday to Friday, 8 a.m. to 5 p.m.

Houlton Primary Care, Dental Care and Walk-In Care

59 Bangor Street
Houlton, ME 04730

Island Falls Primary Care

1300 Crystal Falls Road
Island Falls, ME 04747

Millinocket Primary and Dental Care

50 Summer Street
Millinocket, ME 04462

Ashland Primary and Dental Care

33 Walker Street
Ashland, ME 04732

Lovejoy Health Center

7 School Street, Suite 1
Albion, ME 04910
207-437-9388

Hours: Monday and Tuesday, 8 a.m. to 6 p.m., Wednesday to Friday, 8 a.m. to 5 p.m.
Walk-in hours: Monday to Friday, 7 a.m. to 8 a.m.

Madison Area Health Center

8 South Main Street
Madison, ME 04950
207-696-3992

Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. and Tuesdays, 5:30 p.m. to 8 p.m.

Walk-in hours: Monday to Friday, 8 a.m. to 9 a.m.

Maine Coast Memorial Hospital

50 Union Street
Ellsworth, ME 04605

207-664-5311

Maine Medical Center

22 Bramhall Street
Portland, ME 04102-9954
207-662-0111
Toll-Free: 1-877-339-3107
Emergency Department: 207-662-2381

Maine Migrant Health Program

9 Green Street
P.O. Box 405
Augusta, ME 04330
207-622-9252
*Spanish-speaking staff and telephone
interpreter service available.
mmhp@mainemigrant.org
Hours: Monday to Friday, 8 a.m. to 5 p.m.

MMHP administers a statewide, migrant-health program in Washington, Aroostook and Androscoggin counties. Services for migrant workers and their families are provided on-site with a Mobile Medical Unit (Aroostook and Washington counties) and by referral arrangements with local providers in all harvest locations. Providing primary health care service, no inpatient hospital, pharmacy (limited) and some dental. Fee of \$3 requested based on sliding fee eligibility.

Maine Primary Care Association

73 Winthrop Street
Augusta, ME 04330
Website: www.MEPCA.org
207-621-0677

Chairs and staffs the Maine Migrant and Seasonal Farmworkers Health Services Council. Can provide general information about migrant and seasonal farmworkers in the state, services available to them and links to agencies on the Council.

MaineGeneral Medical Center

Augusta
35 Medical Center Parkway
Augusta, ME 04330
207-626-1000
1-800-464-4463

Waterville
149 North Street
Waterville, ME 04901
207-872-1000

*Interpreter services available.

Mt. Abram Regional Health Center

25 Depot Street
P.O. Box 188
Kingfield, ME 04947
207-265-4555

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Pleasant Point Health Center

11 Back Road
Perry, ME 04667
207-853-0644
Sandra.Yarmal@ihs.gov

Portland Community Free Clinic

103 India Street
Portland, ME 04103
207-874-8982

Call Monday to Thursday, 8:30 a.m. to 5 p.m. to make an appointment. No walk-in service; call for an appointment.

*Spanish-speaking volunteer physicians available.

Staffed primarily by volunteers, the Portland Street Clinic provides free, comprehensive health care to low income, uninsured adults in the Greater Portland Area.

Rangeley Family Medicine

42 Dallas Hill Road
P.O. Box 569
Rangeley, ME 04970
207-864-3303

Redington-Fairview General Hospital

46 Fairview Avenue
P.O. Box 468
Skowhegan, ME 04976
207-474-5121
info@rfgh.net

Regional Medical Center at Lubec

43 South Lubec Road
Lubec, ME 04652
207-733-1090 or 207-733-5541
Open Monday to Friday, 8 a.m. to 5 p.m.

Richmond Area Health Center

24 Gardiner Street
Richmond, ME 04357
207-737-4359

Walk-in acute care: Monday to Friday, 7 a.m. to 8 a.m.

By appointment: Monday to Friday, 8 a.m. to 5 p.m.

Sacopec Valley Health Center

70 Main Street Porter, ME
Email: info@svhc.org
207-625-8126
TTY: 1-800-437-1220

Regular office hours: Monday, Tuesday, Wednesday and Friday, 8 a.m. to 5 p.m. and Thursday, 9 a.m. to 5 p.m.

Walk-in care: Monday, Tuesday, Wednesday, Friday and Saturday, 8 a.m. to

3 p.m. and Thursday, 9 a.m. to 3 p.m.

Helping those who are not insured or underinsured.

Sheepscot Valley Health Center

47 Main Street
P.O. Box 207
Coopers Mills, ME 04341
207-549-7581

Hours: Walk-in: Monday to Saturday, 8 a.m. to 9 a.m.

By appointment: Monday to Thursday, 7 a.m. to 5 p.m. Tuesdays 8 a.m. to 6 p.m., Saturdays, 9 a.m. to noon.

St. Croix Regional Family Health Center

136 Mill Street
Princeton, ME 04668
207-796-5503
Call for an appointment.

Hours: Monday to Wednesday, 8 a.m. to 5:30 p.m., Thursday, 8 a.m. to 7:30 p.m. and Friday, 8 a.m. to noon

Strong Area Health Center

177 North Main Street
P.O. Box 189
Strong, ME 04983
207-684-4010
Dental Center: 207-684-3045

Health Center hours: Monday to Friday, 8 a.m. to 4:30 p.m., Tuesdays, 8 a.m. to 7 p.m.

Dental Center Hours: Tuesday to Friday, 8 a.m. to 5 p.m. and Monday, 8 a.m. to 7 p.m.

Western Maine Family Health Center

16 Depot Street, Suite 300

Livermore Falls, ME 04254
207-897-4345

Hours: Walk-in acute care Monday to Friday,
8 a.m. to 9 a.m.
Monday, Wednesday and Friday, 7:30 a.m. to
5:30 p.m. by appointment, Tuesday, 8 a.m. to
5 p.m. and Thursday 8 a.m. to 7 p.m.

4. Social Services

American Red Cross

Bangor

145 Exchange Street, Suite 1
Bangor, ME 04401
207-941-2903

Caribou

7 Hatch Drive, Suite 250
Caribou, ME 04736
207-493-4620

Lewiston

475 Pleasant Street
Lewiston, ME 04240
207-874-1192

Portland

2401 Congress Street
Portland, ME 04102
207-874-1192

Topsham

16 Community Way
Topsham, ME 04086
207-874-1192

Blueberry Harvest Rakers' Center

Epping Road
Columbia Falls, Maine 04623
Contact: Elizabeth Charles

Enabling Services Coordinator
Maine Migrant Health Program
207-622-9252 • 800-351-9634

Hours: Monday to Friday, 8:30 a.m. to 4 p.m.
for four weeks during the blueberry harvest.
Call prior to harvest for exact dates.

Agency representatives are available from
Training and Development Corporation,
general assistance, food stamps, Migrant
Education, Social Security, Department of
Labor, Medicaid, Pine Tree Legal and
Harrington Migrant Head Start Program.
There is also a food pantry on site, sponsored
by the Maine Migrant Health Program of
Maine. Workers and their families must go to
the intake desk located at the Rakers' Center
to access services.

Bureau of Rehabilitation Services

150 State House Station
Augusta, ME 04333-0150
207-469-7371
TTY: Maine Relay 711

Catholic Charities Maine Refugee & Immigration Services

80 Sherman Street
Portland, ME 04101
207-523-2730
*Spanish-speaking staff and interpreter
service available.

27 Pine Street
Lewiston, ME 04240
207-344-6615

Serving refugees in the state of Maine under
a cooperative agreement with the United
States Catholic Conference Migration and
Resettlement Services, Catholic Charities
Resettlement Services offers a comprehensive
program of the reception and placement of

refugees resettling in the Portland area. Resettlement services promote community acceptance and early self-sufficiency. Services also available to refugees are airport reception, assurance of basic needs (food, clothing and housing), case management, cultural orientation, education and training for employment, mental health case management and assistance with family reunification.

Community Concepts, Inc.

South Paris:
17 Market Square
South Paris, ME 04281
207-743-7716

Lewiston:
240 Bates Street
Lewiston, ME 04240
207-795-4065

*Interpreter services available.

Provides fuel and energy assistance, money management, transportation, etc.

Community Health & Counseling/Crisis Services

Bangor
42 Cedar Street
Bangor, ME 04401
207-947-0366

Calais
10 Barker Street
Calais, ME 04619
Adult mental health: 207-454-2743
Children's services: 207-454-2928

Caribou
7 Hatch Drive, Suite 120
Caribou, ME 04736
207-496-3166

Dover-Foxcroft

1093 W. Main Street
Dover-Foxcroft, ME 04426
207-564-8175

Ellsworth
415 Water Street
Ellsworth, ME 04605
Adult mental health: 207-667-5357
Children's services: 207-667-2061

East Winthrop
2518 Route 202
East Winthrop, ME 04364
207-213-2162

Fort Kent
413 W. Main Street
Fort Kent, ME 04743
207-834-4410

Houlton
2 Water Street, Suite 2
Houlton, ME 04730
207-532-5510

Lincoln
313 Enfield Road
Lincoln, ME 04457
207-794-3554

Machias
15 Kids Corner
Machias, ME 04654
Home, health and hospice: 207-255-8311
Adult mental health: 207-255-8473
Children's services: 207-255-6786

Skowhegan
78 Madison Avenue
Skowhegan, ME 04976
207-858-4860

Department of Health and Human Services (DHHS)

Department of Health & Human Services helps with locating resources and allocates funds for

food stamps, Temporary Assistance for Needy Families (TANF), Medicaid and other social services.

Website: www.maine.gov/dhhs

Augusta

35 Anthony Avenue
Augusta, ME 04330
207-624-8000
Toll Free: 1-800-452-1926
TTY: Maine Relay 711
Fax: 207-624-8124

Bangor

396 Griffin Road
Bangor, ME 04401
207-561-4100
Toll Free: 1-800-432-7825
TTY: Maine Relay 711
Fax: 207-561-2122

Biddeford

208 Graham Street
Biddeford, ME 04005
207-286-2400
Toll Free: 800-322-1919
TTY: Maine Relay 711
Fax: 207-286-2408

Calais

392 South Street
Calais, ME 04619
207-454-9000
Toll Free: 800-622-1400
TTY: Maine Relay 711
Fax: 207-454-9012

Caribou

Skyway Plaza Unit 100
Caribou, ME 04736
207-493-4000
Toll Free: 1-800-432-7366
TTY: Maine Relay 711

Ellsworth

17 Eastward Lane
Ellsworth, ME 04605

207-667-1600
Toll Free: 1-800-432-7823
TTY: Maine Relay 711
Fax: 207-667-5364

Farmington

114 Corn Shop Lane
Farmington, ME 04938
207-778-8400
Toll Free: 1-800-442-6382
TTY: Maine Relay 711
Fax: 207-778-8410

Fort Kent

137 Market Street
Fort Kent, ME 04743
207-834-7700
Toll Free: 800-432-7340
TTY: Maine Relay 711
Fax: 207-834-7701

Houlton

11 High Street
Houlton, ME 04730
207-532-5000
Toll Free: 800-432-7338
TTY: Maine Relay 711
Fax: 207-532-5027

Lewiston

200 Main Street
Lewiston, ME 04240
207-795-4300
Toll Free: 1-800-482-7517
TTY: Maine Relay 711
Fax: 207-795-4444

Machias

38 Prescott Drive, Suite 3
Machias, ME 04654
207-255-2000
Toll Free: 1-800-432-7846
TTY: Maine Relay 711
Fax: 207-255-2022

Portland

161 Marginal Way
Portland, ME 04101

207-822-2000
Toll Free: 1-800-482-7520
TTY: Maine Relay 711
Fax: 207-822-2310

Rockland

91 Camden Street
Rockland, ME 04841
207-596-4200
Toll Free: 800-432-7802
TTY: Maine Relay 711
Fax: 207-596-4331

Sanford

890 Main Street, Suite 208
Sanford, ME 04073
207-490-5400
Toll Free: 800-482-0790
TTY: Maine Relay 711
Fax: 207-490-5463

Skowhegan

98 North Avenue, Suite 10
Skowhegan, ME 04976
207-474-4800
Toll Free: 1-800-452-4602
TTY: Maine Relay 711
Fax: 207-474-4888

South Paris

243 Main Street, Suite 6
South Paris, ME 04281
207-774-1200
Toll Free: 1-888-593-9775
TTY: Maine Relay 711

Office of Substance Abuse

41 Anthony Avenue
#11 State House Station
Augusta, ME 04333
207-287-2595
TTY: Maine Relay 711
samhs.irc@maine.gov

Language Access and Deaf Services

Maine Department of Health and Human
Services
207-287-4242

TTY: Maine Relay 711

Maine Department of Labor

54 State House Station
Augusta, ME 04333
207-623-7900
TTY: Maine Relay 711
Website: www.maine.gov/labor

The Maine Department of Labor (MDOL) provides job recruitment and training, loans and grants, tax credits, unemployment insurance, rehabilitation and displaced worker services, and information regarding legal compliance, labor relations and labor markets. MDOL's SafetyWorks! program assists with workplace safety and health and can be reached at 1-877-SAFE-345.

State Monitor Advocate

Coordinates migrant and immigrant issues in Maine, ensuring that these workers obtain social services, helping employers hire foreign workers and promoting awareness of the needs of the migrant and immigrant communities throughout Maine.

Contact:

State Monitor Advocate
Jorge A. Acero
55 State House Station
Augusta, ME 04330
Jorge.A.Acero@maine.gov
207-623-7928

Maine Service Advocates in Foreign Languages and English, Inc. (ME S.A.F.E.)

2802 Riverside Drive
Vassalboro, ME 04989
Email: Prisciall@MaineSafe.org
Contact: Priscilla Doel
207-872-2653

*Spanish-speaking staff available.

Maine Service Advocates in Foreign

Languages and English, Inc. (ME S.A.F.E.) provides professional services in foreign languages and English. Services to clients include, but are not limited to, the following areas: translations, interpretations, transcriptions, referrals to local, state and federal agencies, education and mediation services. Serving the state of Maine at no charge.

HealthReach Network

Augusta

9 Green Street
Augusta, ME 04330
207-621-3700

Waterville

Hathaway Creative Center
10 Water Street, Suite 307
Waterville, ME 04901
207-861-3400
Toll-Free: 1-800-427-1127

Kennebec Valley Community Action Program

Augusta

22 Armory Road
Augusta, ME 04330
207-622-4761

Skowhegan

26 Mary Street
Skowhegan, ME 04976
207-474-8487

Waterville

97 Water Street
Waterville, ME 04901
207-859-1500

General: 1-800-524-8227

Maine WIC Nutrition Program

11 State House Station
263 Water Street, 4th Floor

Augusta, ME 04330
207-621-6202 or 207-287-3991
1-800-437-9300
TTY: Maine Relay 711

Auburn

79 Main Street
Auburn, ME 04210
207-795-4012
Toll-Free: 1-877-512-8856

Bath

34 Wing Farm Parkway
Bath, ME 04530
207-442-7963
Toll-Free: 1-800-221-2221

Bangor

103 Texas Avenue
Bangor, ME 04401
207-992-4570
Toll-Free: 1-800-470-3769

Belfast

147 Waldo Avenue, Suite 101A
Belfast, ME 04915
207-338-1267
Toll-Free: 1-877-942-6622

Biddeford

15 York Street, Bldg. 9
Biddeford, ME 04005
207-283-2402
Toll-Free: 1-800-644-4202

Calais

43 Union Street
Calais, ME 04619
207-454-3634
1-800-924-2628

East Wilton

20B Church Street
PO Box 200
East Wilton, ME 04234
207-645-3764
Toll-Free: 1-800-645-9636

Ellsworth

52 Christian Ridge Road
Ellsworth, ME 04605
207-667-5304
Toll-Free: 1-800-492-5550

Machias

247 Main Street
Machias, ME 04654
207-255-8280
Toll-Free: 1-800-313-1223

Portland

510 Cumberland Avenue
Portland, ME 04101
207-553-5800
Toll-Free: 1-800-698-4959

Presque Isle

744 Main Street, Suite 11
Presque Isle, ME 04769
207-768-3026
Toll-Free: 1-800-432-7881

Rockland

7 Union Street
Rockland, ME 04841
207-594-4329
Toll-Free: 1-866-260-6609

Sanford

6 Spruce Street
PO Box 72
Sanford, ME 04073
207-459-2942
Toll-Free: 1-800-965-5762

Skowhegan

165 North Avenue
Skowhegan, ME 04976
207-474-7463
Toll-Free: 1-888-942-6333

Waterville

63 Eustis Parkway
Waterville, ME 04901
207-872-1593

National Center for Farmworker Help

1770 FM 967
Buda, TX 78610
512-312-2700
Toll Free: 1-800-531-5120
Website: www.ncfh.org

Penquis Community Action Program, Inc.

Helps low-income families become self-sufficient and improve their quality of life serving Penobscot, Piscataquis and Knox counties.

Bangor

262 Harlow Street
P.O. Box 1162
Bangor, ME 04402
207-973-3500
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Dover

50 North Street
Dover, ME 04426
207-546-7116
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Lincoln

40A Street
Lincoln, ME 04457
207-794-3093
Hours: Monday to Friday, 9 a.m. to 3:30 p.m.

Rockland

315 Main Street
Rockland, ME 04841
207-596-0361
Hours: Monday to Friday, 8 a.m. to 4 p.m.

People's Regional Opportunity Program

50 Monument Square, 6th floor
Portland, ME 04101
207-523-5049
1-800-429-6884
www.ProPeople.org

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Sweetser

50 Moody Street
Saco, ME 04072
Toll Free: 1-800-434-3000 (Voice and TTY)
info@sweester.org

Provides behavioral and mental health services to children, adults and families throughout the state of Maine.

Washington-Hancock Community Agency

Machias
7 VIP Drive
Machias, ME 04654
207-259-5015
Website: www.whcacap.org

Ellsworth
248 Bucksport Road
P.O. Box 299
Ellsworth, ME 04605
207-664-2424
administration@whcacap.org

Provides and directs opportunities to help people help themselves become safe, self-sufficient and independent.

York County Community Action Program

For low-income persons, with total house- hold incomes that fall within the Federal Poverty Guidelines.

Main Office: Sanford
6 Spruce Street
P.O. Box 72
Sanford, ME 04073
207-324-5762
Toll Free: 1-800-965-5762
TTY: 207-490-1078
Website: www.yccac.org

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Biddeford

15 York Street, Bldg. 9
Biddeford, ME 04005
207-283-2402
Open Monday to Friday, 8 a.m. to 4:30 p.m.

Kittery

120 Rogers Road, Room A102
Kittery, ME 03905
207-439-2699
Open Monday to Friday, 8 a.m. to 5 p.m.

YWCA of Central Maine

130 East Avenue
Lewiston, ME 04240
207-795-4045

Hours: Monday to Thursday, 5 a.m. to 7:30 p.m. and Friday, 5 a.m. to 9 p.m.

YWCA Mount Desert Island

36 Mount Desert St.
Bar Harbor, ME 04609
207-288-5008

Hours: Monday to Thursday, 5 a.m. to 7:30 p.m. and Fridays, 5 a.m. to 9 p.m.

5. Education and job training services

Aroostook County Action Program, Inc.

771 Main Street

Presque Isle, ME 04769
207-764-3721
Toll Free: 800-432-7881
Website: www.acap-me.org

Full-day educational program for children age six months through middle school. Includes developmental screenings, referrals, meals, transportation and strong parental involvement. Serving the Central Aroostook County area. Call for an application.

Board of Pesticides Control (Pesticide safety training)

90 Blossom Lane
Augusta, ME 04333
Contact: Gary Fish
Email: garyfish@maine.gov
207-287-2731

Hours: Monday to Friday, 8 a.m. to 5 p.m.
Answering service available for after hours or for emergencies.

Statewide pesticide safety training for all agricultural workers and trainers of agricultural workers. Video tape library and training materials available for agriculture worker trainers. Free of charge.

Maine CareerCenters

Serving the entire State of Maine by providing training and employment assistance.
Website: www.mainecareercenter.com

All locations open Monday to Friday, 8 a.m. to 5 p.m.

Augusta
21 Enterprise Drive, Suite 2
109 State House Station
Augusta, ME 04333-0109
207-624-5120
Toll Free: 1-800-760-1573
TTY: Maine Relay 711

Fax: 207-287-6236

Bangor

45 Oak Street, Suite 3
P.O. Box 402
Bangor, ME 04402-0402
207-561-4050
TTY: Maine Relay 711
Fax: 207-561-4066

Brunswick

275 Bath Road, Suite 3
Brunswick, ME 04011
207-373-4000
1-800-836-3355
TTY: Maine Relay 711

Calais

1 College Drive
Calais, ME 04619-0415
207-454-7551
Toll Free: 1-800-543-0303
TTY: Maine Relay 711

Lewiston

5 Mollison Way
Lewiston, ME 04240-5805
207-753-9001
Toll Free: 1-800-741-2991
TTY: Maine Relay 711
Fax: 207-783-5301

Machias

53 Prescott Drive, Suite 1
Machias, ME 04654-9752
207-255-1900
Toll Free: 1-800-292-8929
TTY: Maine Relay 711
Fax: 207-255-4778

Portland

185 Lancaster Street
Portland, ME 04101-2453
207-771-5627
Toll Free: 1-877-594-5627
TTY: Maine Relay 711
Fax: 207-822-0221

Presque Isle

66 Spruce Street, Suite 1
 Presque Isle, ME 04769-3222
 207-760-6300
 Toll Free: 1-800-635-0357
 TTY: Maine Relay 711
 Fax: 207-760-6350

Rockland

91 Camden Street, Suite 201
 Rockland, ME 04841-2421
 207-569-2600
 Toll Free: 1-877-421-7916
 TTY: Maine Relay 711
 Fax: 207-594-1428

Skowhegan

98 North Avenue
 Skowhegan, ME 04976-1923
 207-474-4950
 Toll Free: 1-800-760-1572
 TTY: Maine Relay 711
 Fax: 207-474-4914

Springvale

9 Bodwell Court
 Springvale, ME 04083-1801
 207-324-5460
 Toll Free: 1-800-343-0151
 TTY: Maine Relay 711
 Fax: 207-324-7069

Wilton

865 US Route 2E
 Wilton, ME 04294-6649
 207-645-5800
 Toll Free: 1-800-982-4311
 TTY: Maine Relay 711
 Fax: 207-645-2093

Maine Migrant Education Program

23 State House Station
 Augusta, ME 04333
 207-624-6722
 TTY: Maine Relay 711

The purpose of this program is to meet the unique needs of migrant students and their families. Teachers work with individual students or in small groups to improve academic skills and to help students develop a positive attitude about themselves, and also work closely with parents in educating migrant children. Migrant teachers provide unique tutorial services to all migrant students in grades K-12. The migrant teacher is an advocate for migratory families seeking supportive services such as dental and other health-related services.

6. Legal Assistance

Cumberland Legal Aid Clinic

University of Maine School of Law
 246 Deering Avenue
 Portland, ME 04102
 207-780-4370
 Toll Free: 877-780-2522
 Hours: Monday to Friday, 8 a.m. to 4:30 p.m.
 Call to make an appointment.

Embassy of El Salvador**General Embassy**

1400 Sixteenth Street, NW, Suite 100
 Washington, DC 20036
 202-595-7500

Embassy of Guatemala

2220 R Street, NW
 Washington, DC 20008-4081

202-745-4952
info@guatemala-embassy.org

Embassy of Jamaica

1520 New Hampshire Avenue,NW
Washington, DC 20036
202-452-0660

Website: www.EmbassyofJamaica.org

Immigrant Legal Advocacy Project (ILAP)

309 Cumberland Avenue, Suite 201
P.O. Box 17917
Portland, Maine 04112
Website: www.ilapmaine.org
207-780-1593
Toll Free: 1-800-497-8505
*Spanish-speaking staff available.

Call for an appointment. Open Monday to
Friday, 9 a.m. to 5 p.m.

Provides immigration and related legal aid to
low-income immigrants for little to no charge.

League of United Latin American Citizens Council 3100 (LULAC)

40 Strawberry Ave
Lewiston, ME 04210
Contact: Jose Lopez
207-740-7705

Maine AFL-CIO

Augusta

21 Gabriel Drive
Augusta, ME 04330
207-622-9675
info@maineafcli.org

Bangor

P.O. Box 2669
Bangor, ME 04402
207-947-3707

Hours: Monday to Friday, 8 a.m. to 5 p.m.

The Maine AFL-CIO is the statewide
federation of unions, which provides

advocacy, support, education, training and
action on behalf of unions, their members, and
all workers in the state, union or nonunion.

The Maine Human Rights Commission

19 Union Street
Augusta, ME 04333
207-624-6290
TTY: Maine Relay 711
Website: www.maine.gov/mhrc

Maine Volunteer Lawyers Project

88 Federal Street
Portland, ME 04112
207-774-4348
Toll Free: 1-800-442-4293
www.vlp.org

Mexico, Consulate of

55 Franklin Street, Ground Floor
Boston, MA 02116
617-426-4181
Hours: Monday to Friday, 9 a.m. to 5 p.m.
cmxboston@sre.gob.mx

Motor Vehicles Division Offices & Mobile Units

**All locations open Monday to Friday, 8
a.m. to 4:30 p.m.**

Augusta

19 Anthony Avenue
Augusta, ME 04330
207-287-3330

Bangor

1129 Union Street, Suite 9
Bangor, ME 04001
207-942-1319

Calais

23 Washington Street, Suite 2
Calais, ME 04619
207-454-2175

Caribou

14 Access Highway Suite 2
Caribou, ME 04736
207-492-9141

Ellsworth

24 Church Street
Ellsworth, ME 04605
207-667-9363

Kennebunk

63 Portland Road, Suite 4
Kennebunk, ME 04043
207-985-4890

Lewiston

36 Mollison Way
Lewiston, ME 04240
207-753-7750

Mexico

Mexico Shopping Plaza
110 Main Street
Mexico, ME 04257
207-369-9921

Portland

125 Presumpscot Street, Unit #4
Portland, ME 04102
207-822-6400

Rockland

360 Old County Road, Suite 1
Thomaston, ME 04861
207-596-2255

Scarborough

248 Payne Road
Scarborough, ME 04074
207-883-2596

*License renewals, motor vehicle registrations
and State ID's may only be obtained at the
following locations:*

Ashland Motor Vehicles Mobile Unit

Town Office

17 Bridgham Street

Ashland, ME 04732

Hours: Noon to 2:00 p.m.

Monday preceding third Tuesday in Feb.,
April, June, July, Aug., Oct. and Dec.

Belfast Motor Vehicles Mobile Unit

Methodist Church

23 Mill Lane

Belfast, ME 04915

Hours: 9:30 a.m. to 1 p.m. and 2 to 3 p.m.

Every fourth Monday

Bingham Motor Vehicles Mobile Unit

Municipal Building

13 Murray Street

Bingham, ME 04920

Hours: 10:30 a.m. to 1 p.m. and 2 to 3 p.m.

Every second Thursday

Bridgton Motor Vehicles Mobile Unit

Town Office

10 Treble Street

Bridgton, ME 04009

Hours: 10:30 a.m. to 1 p.m. and 2 to 3:00
p.m.

Second Tuesday and first and last Thursdays

Danforth Motor Vehicles Mobile Unit

Town Office Central

18 Street

Danforth, ME 04424

Hours: 11:30 a.m. to 1:30 p.m.

Monday preceding third Tuesday in Jan.,
March, May, July, Sep. and Nov.

Dover-Foxcroft Motor Vehicles Mobile Unit

American Legion Hall

112 Park Street

Dover-Foxcroft, ME 04426

Hours: 9:30 a.m. to 1 p.m. and 2 to 3 p.m.

Second Tuesday and first and last
Wednesday

Farmington Motor Vehicles Mobile Unit

Elks Lodge

120 School Street

West Farmington, ME 04938

Hours: 9:30 a.m. to 1 p.m. and 2 to 4 p.m.
First and last Wednesdays

Fort Kent Motor Vehicles Mobile Unit

Municipal Building
416 West Main Street
Fort Kent, ME 04743
Hours: 9:30 a.m. to 1 p.m. and 2 to 3 p.m.
Wednesday following third Tuesday

Houlton Motor Vehicles Mobile Unit

Fire Department
97 Military Street
Houlton, ME 04730
Hours: 8:30 a.m. to 1 p.m. and 2 to 3 p.m.
Thursday following third Tuesday

Jackman Motor Vehicles Mobile Unit

Town Office Main
369 Alt. Main Trail
Jackman, ME 04945
Hours: 11:30 a.m. to 2 p.m.
Last Tuesday of month

Kittery Motor Vehicles Mobile Unit

Naval Lodge
11 Shapleigh Road
Kittery, ME 03904
Hours: 10 a.m. to 1 p.m. and 2 to 4 p.m.
Third Tuesday and following Wednesday

Limerick Motor Vehicles Mobile Unit

Municipal Building
55 Washington Street
Limerick, ME 04048
Hours: 10:30 a.m. to 1:30 p.m.
Monday preceding third Tuesday

Lincoln Motor Vehicles Mobile Unit

First Congregational Church
19 School Street
Lincoln, ME 04457
Hours: 9:30 a.m. to 1 p.m. and 2 to 3:30 p.m.
First and last Thursdays

Machias Motor Vehicles Mobile Unit

Telecommunications Center
1 Stackpole Road

Machias, ME 04654
Hours: 11 a.m. to 1 p.m. and 2 to 3 p.m.
First Tuesday of the month

Madawaska Motor Vehicles Mobile Unit

Safety Complex Bldg. 428 Main Street
Madawaska, ME 04756
Hours: 8:30 a.m. to 1 p.m. and 2 p.m. to 4 p.m.
Every third Tuesday

Millinocket Motor Vehicles Mobile Unit

American Legion Hall
970 Outer Central Street
Millinocket, ME 04462
Hours: 9 a.m. to 1 p.m. and 2 to 3:30 p.m.
Friday following the third Tuesday

Pittsfield Motor Vehicles Mobile Unit

Municipal Building
8 Park Street
Pittsfield, ME 04967
Hours: 9:30 a.m. to 1 p.m. and 2 to 3:30 p.m.
First and second Fridays

Stacyville Motor Vehicles Mobile Unit

Town Office
414 Station Road, Rt. 11
Stacyville, ME 04777
Hours: 10:30 a.m. to 1 p.m. and 2 to 3:00 p.m.
Second Wednesday

Skowhegan Motor Vehicles Mobile Unit

Skowhegan Community Center
39 Poulin Drive
Skowhegan, ME 04976
Hours: 9:30 a.m. to 1 p.m. and 2 to 3:00 p.m.
Second Monday, first Tuesday and second Wednesday

South Paris Motor Vehicles Mobile Unit

Trinity Lutheran Church
34 Buckfield Road
South Paris, ME
Hours: 10 a.m. to 1 p.m. and 2 to 3 p.m.
Last Monday

Steuben

Town Office
 294 US Route 4
 Steuben, ME 04680
 Hours: 10:30 a.m. to 1 p.m. and 2 to 3 p.m.
 First Monday

Waterville Motor Vehicles Mobile Unit

93 Main Street
 Waterville, ME 04901
 Hours: 9 a.m. to 1 p.m. and 2 to 3 p.m.
 First Monday, second and fourth Fridays

Wiscasset Motor Vehicles Mobile Unit

Municipal Building
 51 Bath Road, Rt. 1
 Wiscasset, ME 04578
 Hours: 9 a.m. to 1 p.m. and 2 to 3 p.m.
 Second Thursday

York Motor Vehicles Mobile Unit

American Legion Hall
 9 Hannaford Drive
 York, ME 03909
 Hours: 8:30 a.m. to noon and 1 to 3 p.m.
 Thursday following the third Tuesday

Occupational Safety & Health Administration (OSHA)**Bangor District Office**

382 Harlow Street
 Bangor, ME 04401
 207-941-8177

Augusta Area Office

E. S. Muskie Federal Building
 40 Western Avenue, Room G-26
 Augusta, ME 04330
 207-626-9160

Penquis Community Action Program, Inc. Law Project

262 Harlow Street
 P.O. Box 1162
 Bangor, ME 04401-1162

207-973-3500
 Toll Free: 1-800-215-4942
 info@Penquis.org

Dover-Foxcroft

50 North Street
 Dover-Foxcroft, ME 04426

Pine Tree Legal Assistance

All offices: www.ptla.org
 Call for an appointment.

Augusta

39 Green Street
 P.O. Box 2429
 Augusta, ME 04338
 207-622-4731
 207-623-7777

Bangor

115 Main Street, second floor
 Bangor, ME 04401
 207-942-8241

Bangor Farmworker Unit

61 Maine Street, Rm. 41
 Bangor, ME 04401
 Contact: Mike Guare
 207-942-0673
 TTY: 207-942-1060
 *Spanish and Haitian Creole spoken

Lewiston

37 Park Street, Suite 401
 Lewiston, ME 04240
 207-784-1558

Machias

13 Cooper Street
 Machias, ME 04654
 207-255-8656

Portland

88 Federal Street
 Portland, ME 04112
 207-774-8211

Presque Isle
373 Main Street
Presque Isle, ME 04769
207-764-4349

Office of Congresswoman Chellie Pingree

Portland

2 Portland Fish Pier
Portland, ME 04101
207-774-5019
Toll Free: 1-888-862-6500
Open Monday to Friday, 8:30 a.m. to 5:30 p.m.

Waterville

108 Main Street
Waterville, ME 04901
207-873-5713

Washington, DC

1318 Longworth HOB Washington, DC
20515
202-225-6116

Office of Congressman Mike Michaud

Bangor

6 State Street, Suite 101
Bangor, ME 04401
207-942-6935
Fax: 207-942-5907

Lewiston

179 Lisbon Street
Lewiston, ME 04240
207-782-3704
Fax: 207-782-5330

Presque Isle

445 Main Street
Presque Isle, ME 04769
207-764-1036
Fax: 207-764-1060

Washington, DC

1724 Longworth HOB
Washington, DC 20515

202-225-6306
Fax: 202-225-2943

Office of Senator King

383 US Rt. 1
Scarborough, ME 04074
207-883-1588

359 Dirksen Building
Washington, D.C. 20510
202-224-5344
Toll Free: 1-800-432-1599

Office of Senator Susan Collins

202 Harlow Street, Room 201
Bangor, ME 04402
207-945-0417

413 Dirksen Senate Office Building
Washington, DC 20510
202-224-2523

U.S. Border Patrol Stations

Houlton Sector Headquarters

96 Calais Road
Hodgdon, ME 04730
207-532-6521
1-800-851-8727

Calais Station

67 Park Road
Baring, ME 04694
207-454-3613

Fort Fairfield Station

205 Limestone Road
P.O. Box 286
Fort Fairfield, ME 04742
207-472-5041

Houlton Station

591 North Street
Houlton, ME 04730
207-532-9061

Jackman Station
229 Long Pond Road
Jackman, ME 04945
207-668-3151

Rangely Station
224 Stratton Rd.
P.O. Box 194
Rangely, ME 04970
207-864-5356

Van Buren
9 Main Street
P.O. Box 28
Van Buren, ME 04785
207-868-3900

US Citizenship and Immigration Service

176 Gannet Drive
South Portland, ME 04106
1-800-375-5283
<http://www.uscis.gov/>

Workers' Compensation Board

Workers' Compensations is a type of insurance provided by your employer. It provides benefits to employees who suffer injuries on the job.

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Augusta
24 Stone Street
Mailing: 27 State House Station
Augusta, ME 04333
207-287-3751
207-287-2308
Toll Free: 1-800-400-6854
TTY: Maine Relay 711

Bangor
106 Hogan Road
Bangor, ME 04401-5640
207-941-4550
Toll Free: 1-800-400-6856

Caribou
One Vaughn Place
43 Hatch Drive
Caribou, ME 04736
207-498-6428
Toll Free: 1-800-400-6855

Lewiston
36 Mollison Way
Lewiston, ME 04240-7711
207-753-7700
Toll Free: 1-800-400-6857

Portland
62 Elm Street
Portland, ME 04101
207-822-0840
Toll Free: 1-800-400-6858

7. Emergency Services (domestic violence hotlines etc.)

Battered Women's Project

24-hour toll-free domestic violence response phone line. Access to emergency shelter, support groups, information and education for victims of domestic violence.

Toll-Free 24-hour hotline: 1-800-439-2323

754 Main Street
Presque Isle, ME 04769

207-764-2977

Office hours: Monday to Friday, 8 a.m. to 4 p.m.

Dorr House

H.O.M.E. Inc.
90 Schoolhouse Road
Orland, ME 04472
207-469-7961

Family Crisis Services

24-hour Hotline: 207-874-1973
TTY: 1-866-834-4357

Bridgton Outreach Office

Lakes Environmental Building
203 Main Street
Bridgton, ME 04009
207-647-8501
Hours: Monday to Friday, 8 a.m. to 4 p.m. by appointment

Brunswick

173 Park Row
Brunswick, ME
207-721-0199
Hours: Tuesday to Friday,
8 a.m. to 4 p.m. by appointment

Portland

Portland Police Department Building
109 Middle Street
Portland, ME 04101
207-874-8512

Hours: Monday to Friday, 8 a.m. to 4 p.m.

Family Violence Project

P.O. Box 304
Augusta, ME 04332

207-623-8637

Toll Free, 24 Hours (anonymous and confidential): 1-877-890-7788

Skowhegan Outreach Office

P.O. Box 3104
Skowhegan, ME 04976
Outreach Advocate: 207-474-8860

Waterville Outreach Office

P.O. Box 51
Waterville, ME 04903
Crisis Line: 207-877-0835

Email: fvp@familyviolenceproject.org

*interpreter service available.

Hours: Monday to Thursday, 8 a.m. to 6 p.m.

National Domestic Violence Hotline

Toll Free Hotline: 800-799-7233

TTY: 800-787-3224

Free-Anonymous-Confidential. Twenty-four hours a day. Speak with trained advocates. Spanish-speaking operators.

New Hope for Women

***Crisis Hotline 24 Hours: 1-800-522-3304**

Rockland

5 Beech Street
Rockland, ME 04841
207-594-2128
Hours: Monday to Friday, 9 a.m. to 5 p.m.

Belfast

111 Church Street
Belfast, ME 04915
207-338-6569
Hours: Thursday, 10 a.m. to 4 p.m. and by appointment

Damariscotta

17 Water Street

Damriscotta, ME 04543
207-563-2404
Hours: Thursday, 10 a.m. to 2 p.m. and by appointment

Bath

12 Court Street
Bath, ME 04530
207-443-8898
Tuesday to Friday, 9 a.m. to 2 p.m.

The Next Step Domestic Violence Project of Washington and Hancock County

Toll Free 24-hour hotline: 1-800-315-5579

Machias Resource Center

23 Broadway
Machias, ME 04654
Admin: 207-255-4034
Local Hotline: 207-255-4785

Ellsworth

733 Bangor Road
Ellsworth, ME 04605
Admin: 207-667-0176
Local Hotline: 207-667-4606

Rape Response Services Bangor

262 Harlow Street
Bangor, ME 04401
24/7 Confidential Crisis and Support Line:
207-973-3561
Toll Free: 800-310-0000
TTY: 1-888-458-5599
www.RRSOnline.org

Safe Voices

P.O. Box 713
Auburn, ME 04212-0713
Contact: Kim Preble
207-795-6744
Toll Free: 1-800-559-2927
Website: <http://www.safevoices.org>

Sexual Crisis and Assault Hotline

P.O. Box 6
Auburn, ME 04212
Office: 207-784-5272
Toll Free 24-hour helpline: 1-800-871-7741
TTY: 1-888-458-5599

Spruce Run Association

P.O. Box 653
Bangor, ME 04402
Office: 207-945-5102
Toll Free: 800-863-9909 (24-hour hotline)
www.SpruceRun.net

Dover-Foxcroft

PO Box 192
Dover-Foxcroft, ME 04426
207-564-8165

Spruce Run Association offers counseling and shelter for victims of domestic violence.

Suicide and Crisis Intervention for Aroostook County

207-768-3304
Toll Free: 800-432-7805

Womancare

8 Mechanic Street
P.O. Box 192
Dover-Foxcroft, ME 04426
24-Hour Domestic Violence Hotline: 207-564-8165 or 1-888-564-8165
wmncare@wmncare.org

Dexter Outreach

Fridays, 8:30 a.m. to noon at the Dexter Town Office

Milo Outreach

Tuesdays, 9 a.m. to noon at the Milo Two Office Conference Room

Greenville Outreach

Second and last Wednesday of the month from noon to 4 p.m. at the Charles A. Dean Memorial Hospital

Youth Crisis Stabilization Program

42 Cedar Street
P.O. Box 425
Bangor, ME 04401
207-990-3927
Crisis: 1-800-488-9130

Youth & Family Services, Inc.

Crisis Hotline 1-888-568-1112

Main Office: Skowhegan

5 Commerce Drive
Skowhegan, ME 04976
207-474-8311
Toll Free: 1-888-420-9605
TTY: 207-474-9894
yfsinc@yfsinc.org

Augusta

72 Winthrop Street
Augusta, ME 04330
207-626-3478
Toll Free: 1-877-258-7949
TTY: 207-621-6390

Emergency Shelter

Halcyon House
5 Commerce Drive
Skowhegan, ME 04976
207-474-8574

8. Child Care

Androscoggin Head Start & Child Care

Coburn School
269 Bates Street
Lewiston, ME 04240
207-795-4040
www.androkids.com

Office hours: Monday to Friday, 8 a.m. to 4:30 p.m.

Head Start/Early Head Start for children ages zero to five. Serving the Androscoggin County area. Free to families meeting income guidelines. Call to apply or to receive additional information on other programs available.

Caribou Headstart Program

17 Bowles Road
Caribou, ME 04736
207-764-3721

*Pre-school program part of ACAD. No tuition.

Office hours: Monday to Friday, 8 a.m. to 5 p.m.

Child & Family Opportunities, Inc.

18 Avery Lane
Ellsworth, ME 04605
Email: info@childandfamilyopp.com
207-667-2995
Toll-Free: 1-800-834-4378

Offers early head start, head start and child care services in centers located across Hancock and Washington counties.

Knox County Child Development Services

11 Tilson Avenue
Rockland, ME 04841
207-594-5933

Hours: Monday to Friday, 8 a.m. to 4 p.m.

Southern Kennebec Child Development Corp.

337 Maine Avenue
Farmingdale, ME 04344
207-582-3110
1-800-525-2229
info@skcdc.org