



***Migrant &  
Seasonal  
Farmworker  
Resource  
Directory***

# Migrant & Seasonal Farmworker Resource Directory

**Fourth Edition  
July 2009**

Compiled and issued by  
*Maine Department of Labor  
Division of Migrant & Immigrant Services*

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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## **Abused Women's Advocacy Project**

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P.O. Box 713  
Auburn, ME 04212-0713  
*Contact:* Jill Brown  
207-795-6744  
Toll Free: 1-800-559-2927

## **American Red Cross**

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### **Bangor**

122 Target Industrial Circle  
Bangor, ME 04401  
207-941-2903

### **Caribou**

111 High Street  
Caribou, ME 04736  
207-493-4620

### **Ellsworth**

75 State Street  
Ellsworth, ME 04605  
207-667-4737

### **Lewiston**

1180 Lisbon Street, Suite 2  
Lewiston, ME 04240  
207-795-4004.

### **Portland**

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

### **Rockland**

312 Broadway  
Rockland, ME 04769  
207-594-4576

### **Topsham**

16 Community Way  
Topsham, ME 04086  
207-729-6779

## **Androscoggin Head Start & Child Care**

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Coburn School  
269 Bates Street  
Lewiston, ME 04240  
*Contact:* Estelle Rubinstein  
207-795-4040  
Website: [www.androkids.com](http://www.androkids.com)

Office Hours: Monday – Friday  
8:00 a.m. to 4:00 p.m.  
Classes run: 6:30 a.m. to 5:30 p.m.

Head Start/Early Head Start for children ages 0-5. Serving the Androscoggin County area. Free to families meeting income guidelines. Call to apply or to receive additional information on other programs available.

## **Aroostook County Action Program, Inc.**

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771 Main Street  
Presque Isle, ME 04769  
*Contacts:* Susan Bergeron  
207-764-3721  
Toll Free: 800-432-7881  
Child & Family Services: 207-768-3045  
Website: [www.acap-me.org](http://www.acap-me.org)

Spanish-speaking staff available.

Office Hours: Monday – Friday  
8:00 a.m. to 5:00 p.m.  
Centers open: Monday – Friday  
6:00 a.m. to 6:00 p.m.

Full-day educational program for children age 6 months through middle school. Includes developmental screenings, referrals, meals, transportation and strong parental involvement. Serving the Central Aroostook County area. Call or write for an application.

## **Aroostook Medical Center**

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

### **North St. Complex**

Walk-In Family Care  
19 North Street  
Presque Isle, ME 04769  
207-760-8167

## **Arthur Jewell Community Health Center**

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55 Reynolds Road  
Brooks, ME 04921  
207-722-3488  
Hours: Monday – Friday  
9:00 a.m. to 4:30 p.m.

## **Bangor Area Homeless Shelter**

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263 Main Street  
Bangor, ME 04401  
207-947-0092

A 32-bed emergency shelter for adults 18 and over, with no serious medical / ambulatory issues, no bad history at the shelter and not under the influence. Open 24 hours a day, 7 days a week.

## **City of Bangor Health & Community Services**

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103 Texas Avenue  
Bangor, ME 04401  
*Contact:* Laura Hunnecut, Director of WIC  
207-992-4530  
Fax: 207-945-3348  
Email: health.comm.service@bangormaine.gov

WIC Program Administration

## **Battered Women's Project**

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

Office hours are Monday – Friday  
8:00 a.m. to 4:00 p.m.

Spanish speaking volunteers available.

**Toll Free: 800-439-2323 or 207-769-8251**

### **Caribou**

P.O. Box 1358  
Caribou, ME 04736  
207-498-6146

### **Fort Kent**

P.O. Box 223  
Fort Kent Mills, ME 04744  
207-834-7395

### **Houlton**

P.O. Box 986  
Houlton, ME 04730  
207-532-4004

### **Madawaska**

P.O. Box 651  
Madawaska, ME 04756  
207-728-3199

### **Presque Isle**

421 Main Street  
Presque Isle, ME 04769  
207-764-2977

## **Belgrade Regional Health Center**

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4 Clement Way  
P.O. Box 274  
Belgrade Lakes, ME 04918  
207-495-3323



Hours: Monday, Tuesday 8:00 a.m. to 4:30 p.m., Wednesday, Thursday, Friday 7:30 a.m. to 4:30 p.m., Tuesday nights 5 p.m. to 7 p.m.

Serves the Belgrade Lakes Region providing general health care for all ages including pediatrics, adolescents, adults, and the elderly. Refers patients to appropriate specialists and provide hospital care when necessary. Fees are based on family size and income for patients who qualify.

### **Bethel Family Health Center**

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32 Railroad Street  
P.O. Box 1367  
Bethel, ME 04217  
207-824-2193

Hours: Monday – Friday 8 a.m. to 5 p.m.,  
Saturday 8 a.m. to 12 p.m.

### **Biddeford Free Clinic**

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189 Alfred Street  
Biddeford, ME 04005  
207-282-1138

Hours: Monday & Thursday evenings  
6:00 to 9:00 p.m.

Serving mostly York County providing general medical care. Provides non-narcotic medications prescribed by a physician and a few laboratory tests are conducted on site.

### **Bingham Health Center**

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237 Main Street  
P.O. Box 746  
Bingham, ME 04920  
207-672-4187

Hours: Monday – Friday 8 a.m. to 4:30 p.m.

### **Blueberry Harvest Rakers' Center**

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Epping Road  
Columbia Falls, Maine 04623  
*Contact:* Barbara Ginley, MPH  
207-622-9252

Hours: Monday – Friday 8:30 a.m. to 4:00 p.m. for 4 weeks during the blueberry harvest. Call prior to harvest for exact dates.

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

### **Board of Pesticides Control**

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28 State House Station  
Augusta, ME 04333  
*Contact:* Gary Fish  
E-mail: gary.fish@state.me.us  
207-287-2731

Hours: Monday – Friday 8:00 a.m. to 5:00 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.

## **Bread of Life Ministries Shelter**

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157 Water Street  
Augusta, ME 04330  
*Contact:* Dean Lachance  
207-626-3434

## **Bucksport Regional Health Center**

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P.O. Box 447  
Bucksport, ME 04416  
207-469-7371

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

## **Bureau of Rehabilitation Services**

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150 State House Station  
Augusta, ME 04333-0150  
1-800-698-4440  
TTY: 1-888-755-0023

## **Camelia Agency**

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Camelia Agency  
25 Bates Street  
Portland, ME 04103  
*Contact:* Lucy Marmanillo-Gore  
207-774-5290

Hours: Monday – Friday 9:00 a.m. to 5:00 p.m.

Services offered include Spanish-English translations, Notary Public services, immigration applications for resident alien cards, asylum requests and naturalization. Fees for services: \$15.00 per hour (negotiable.)

## **CareerCenters**

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Serving the entire State of Maine by providing training and employment assistance.

Training: Whether you are looking to upgrade your skills or embarking on a new career, the CareerCenter can put you in touch with the best education and training resources in your area of choice; Employment: If you are unemployed, the CareerCenter Staff will provide expert assistance backed by up-to-date resources. We know which companies are hiring, and offer tests to evaluate your aptitude for and interests in various careers. The professional staff will help you prepare a Resume and polish your interviewing techniques. At the heart of each CareerCenter is the Information Center. Combining the elements of a library, computer center, office and video center, it's free and open to all job seekers and employers. Website: [www.mainecareercenter.com](http://www.mainecareercenter.com)

### **Locations and Phone Numbers:**

**Augusta**  
21 Enterprise Drive, Suite 2  
109 State House Station  
Augusta, ME 04333-0109  
207-624-5120  
Toll Free: 1-800-760-1573  
TTY: 1-800-633-0770  
Fax: 207-287-6236

**Bangor**  
45 Oak Street, Suite 3  
P.O. Box 402  
Bangor, ME 04402-0402  
207-561-4050  
TTY: 1-800-498-6711  
Fax: 207-561-4066

**Bath**  
34 Wing Farm Parkway  
Bath, ME 04530  
207-442-0300  
Toll Free: 1-888-836-3355  
TTY: 1-800-697-2871  
Fax: 207-442-0065

**Calais**

1 College Drive  
P.O. Box 415  
Calais, ME 04619-0415  
207-454-7551  
Toll Free: 1-800-543-0303  
TTY: 1-888-697-2883

**East Millinocket**

1 Industrial Drive, Suite 2  
East Millinocket, ME 04430  
207-746-9608  
Toll Free: 1-800-777-8173  
Fax: 207-746-9439

**Houlton**

91 Military Street  
Houlton, ME 04730-2421  
207-532-5300  
Toll Free: 1-800-691-0033

**Lewiston**

5 Mollison Way  
Lewiston, ME 04240-5805  
207-753-9000  
Toll Free: 1-800-741-2991  
TTY: 1-877-796-9833  
Fax: 207-783-5301

**Machias**

15 Prescott Drive, Suite 1  
Machias, ME 04654-9752  
207-255-1900  
Toll Free: 1-800-292-8929  
TTY: 1-800-381-9932  
Fax: 207-255-4778

**Madawaska**

(ACAP Job Training)  
88 Fox Street, Suite 103  
Madawaska, ME 04756-1352  
207-728-6345  
Toll Free: 1-800-432-7881  
Fax: 207-728-4491

**Portland**

185 Lancaster Street  
Portland, ME 04101-2453  
207-771-5627  
Toll Free: 1-877-594-5627  
TTY: 1-888-817-7113  
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: 1-888-697-2877  
Fax: 207-760-6350

**Rockland**

91 Camden Street, Suite 201  
Rockland, ME 04841-2421  
207-569-2600  
Toll Free: 1-877-421-7916  
TTY: 1-888-212-6229  
Fax: 207-594-1428

**Rumford**

60 Lowell Street  
Rumford, ME 04276-2096  
207-364-3738  
Toll Free: 1-877-421-7915  
TTY: 1-888-313-9400  
Fax: 207-369-9315

**Skowhegan**

98 North Avenue  
Skowhegan, ME 04976-1923  
207-474-4950  
Toll Free: 1-800-760-1572  
TTY: 1-888-697-2912  
Fax: 207-474-4914

**South Paris**

232 Main Street  
South Paris, ME 04281  
207-473-7763  
Toll Free: 1-877-237-6171  
TTY: 1-888-313-9400

Fax: 207-743-8439

### **Springvale**

9 Bodwell Court  
Springvale, ME 04083-1801  
207-324-5460  
Toll Free: 1-800-343-0151  
TTY: 1-888-697-2913  
Fax: 207-324-7069

### **Wilton**

865 US Route 2E  
Wilton, ME 04294-6649  
207-645-5800  
Toll Free: 1-800-982-4311  
TTY: 1-888-697-2895  
Fax: 207-645-2093

## **Caribou Headstart Program**

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P.O. Box 204  
Caribou, ME 04736  
207-496-7681  
Office Hour: Monday – Friday  
6 a.m. to 6 p.m.  
Students are in class from 7 a.m. to 11 a.m.

## **Catholic Charities Maine Family Child Care Program**

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270 Minot Avenue, Suite B  
Auburn, ME 04210  
207-786-0925  
Toll-Free: 1-800-784-0157  
Fax: 207-784-2453

Collaborates with a network of certified home child care providers to enroll children from income eligible families seeking assistance with their child care needs. Child care providers possess CPR/First Aid certification and ongoing child development training. Children are provided with a safe and healthy environment, nutritious meals and snacks. Child care providers are visited monthly by a field coordinator. Eligibility is

based on income. Subsidized child care services available on a sliding-fee scale.

## **Catholic Charities Maine Refugee & Immigration Services**

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250 Anderson Street  
Portland, ME 04101  
207-871-7437  
Fax: 207-871-7465

Spanish speaking staff and interpreter service available

Hours: 8:00 a.m. to 5:00 p.m.

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

## **Center for Community Dental Health**

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People of all ages and incomes are welcome for preventive and restorative treatment at the center servicing their locale. 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.

**Farmington**

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

**Lewiston**

177 Main Street  
Lewiston, ME 04240

**Portland**

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

**Rumford**

60 Lowell Street  
Rumford, ME 04276  
207-369-3600  
Hours: Monday – Friday 8:00 a.m. to 4:30  
p.m.

**Saco**

Kimball Health Center  
333 Lincoln Street  
Saco, ME 04072  
207-282-1305  
Hours: Monday – Friday 8:00 a.m. to 4:30  
p.m.

**Sanford**

941 Main Street, Suite 101  
Sanford, ME 04073  
207-324-5508  
Hours: Monday, Tuesday, Thursday, Friday  
8:00 a.m. to 4:30 p.m.

Bill on sliding scale according to income.  
Accept Medicaid and Cubcare.

**Central Maine Medical Center**

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

**Child & Family  
Opportunities, Inc.**

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18 Avery Lane  
P.O. Box 648  
Ellsworth, ME 04605  
E-mail: [brittum@childandfamilyopp.com](mailto:brittum@childandfamilyopp.com)  
*Contact:* Britt Uhr-Morse  
207-667-2995  
Toll-Free: 1-800-834-4378

Hours: Monday – Friday  
8:30 a.m. to 4:30 p.m.

Administers a 9-month Head Start Program and the Harrington Migrant Head Start Program. The latter program is for children 6 weeks through 5 years (until kindergarten eligible) of migrant blueberry workers. The Head Start Center is located on Route 1A, approximately 2 miles south of Junction Route 1 in Harrington, or 5 miles north of Milbridge. Transportation is provided for all children, and runs from 6:30 a.m. to 5:30 p.m., Monday through Friday. Saturday care provided from 6:30 a.m. to 2:30 p.m. Interested families should enroll at the Rakers' Center, Epping Road, Columbia Falls. Parents should bring children's immunization records, Medicaid or band numbers, social security numbers and proof of income. If children have attended the program previously, bring child's continuity record. Enrollment staff can assist parents in obtaining any of the above information or refer them to other agencies available to meet their needs during their stay in Washington County. For more information, contact Julie

Noyes at 207-483-2212 or write to Child & Family Opportunities, Inc.

## **Chisholm Family Shelter**

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32 Erchles Street  
Rumford, ME 04276  
207-364-3824

Ride Sharing Program  
207-743-6905

## **Clothes Closet/Food Pantry - Windham**

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377 Gray Road  
Windham, ME 04062  
Hours: Monday nights  
5:30 p.m. to 7:00 p.m.  
207-892-1931

Clients must prove Windham residency with a utility bill.

## **Coastal Community Action Program/Penquis**

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Agency administers a variety of programs for residents of Knox, Lincoln and Waldo Counties; among them the WIC Program, the Fix Me Program, which offers low interest home improvement/replacement loans; CCAP Housing Investment Funds, a weatherization program for low income households to make their homes more energy efficient, also offers temporary assistance to homeless persons or families at risk of homelessness due to eviction.

**Bangor**  
262 Harlow Street  
P.O. Box 1162  
Bangor, ME 04402  
207-973-3500

**Dover**  
50 North Street  
Dover, ME 04426  
207-546-7116

**Millinocket**  
20 Balsam Drive  
Millinocket, ME 04462  
207-723-8155

**Rockland**  
170 Pleasant Street, Suite A  
Rockland, ME 04841  
*Contact:* Linda Jackson  
207-596-0361

## **Coastal Enterprises, Inc.**

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**Main Office: Wiscasset**  
36 Water Street  
P.O. Box 268  
Wiscasset, ME 04578  
207-882-7552  
Toll-Free: 1-877-340-2649

**Augusta**  
Community Drive  
Augusta, ME 04330  
207-620-3521

**Bath**  
Bath MidCoast Council for Business Development and Planning  
7 Park Street  
Bath, ME 04530  
207-443-5790

**Ellsworth**  
210 Main Street  
Ellsworth, ME 04605  
207-664-2990

**Fairfield**  
17 Main Street  
Fairfield, ME 04927  
207-453-4258

**Farmington**

107 Church Street  
P.O. Box 963  
Farmington, ME 04938  
207-778-6529

**Lewiston**

415 Lisbon Street, Number 4  
Lewiston, ME 04240  
207-777-5141

**Machias**

1 Stackpole Road  
P.O. Box 679  
Machias, ME 04654  
207-255-0983

**Portland Startsmart**

2 Portland Fish Pier, Suite 201  
Portland, ME 04101  
207-772-5356

**Rockland**

116 Tillson Avenue  
Rockland, ME 04841  
207-594-9576

**Springvale**

21 Bradeen Street, Suite 102  
Springvale, ME 04083  
207-324-0888

**Office of Senator Susan Collins**

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202 Harlow Street, Rm. 204  
Bangor, ME 04402  
207-945-0417

**Washington, DC**

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

**Community Concepts, Inc.**

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**Main Office in South Paris:**

17-19 Market Square  
So. Paris, ME 04281  
207-743-7716

**Auburn:**

79 Main Street  
Auburn, ME 04210  
207-795-4065 or 207-795-4030

**Community Health & Counseling Services/Crisis Services**

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**Auburn**

1441 Hotel Road  
Auburn, ME  
207-777-1845

**Bangor**

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

**Calais**

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

**Caribou**

137 Bennett Drive  
Caribou, ME  
207-496-3166

**Ellsworth**

415 Water Street  
Ellsworth, ME  
Adult Mental Health 207-667-5357  
Children's services 207-667-2061

**East Winthrop**

Route 202  
East Winthrop, ME  
207-395-2555

**Fort Kent**

415 Main Street  
Fort Kent, ME  
207-834-4410

**Houlton**

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

**Lincoln**

313 Enfield Road  
Lincoln, ME  
Home health & Hospice 207-794-2001  
Adult Mental Health 207-794-3554  
Children's Services 207-794-3554

**Machias**

7 East Main Street  
15 Kids Corner  
Machias, ME  
Home Health & Hospice 207-255-8311  
Adult Mental Health 207-255-8473  
Children's Services 207-255-6786

**Skowhegan**

78 Madison Avenue  
Skowhegan, ME  
207-858-4860

**Cuban Interest Section**

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2639 16th Street NW  
Washington, DC 20009  
202-797-8518  
202-797-8519  
202-797-8520

**Cuban Consulate**

2630 16 Street NW  
Washington, DC 20009  
202-797-8609  
202-797-8610  
202-797-8615

**Cumberland Legal Aid Clinic**

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University of Maine School of Law  
246 Deering Avenue  
Portland, ME 04102  
*Contact:* Karen Murphy, Office Manager  
207-780-4370, Toll Free: 877-780-2522  
(Outside of Greater Portland)

The Cumberland Legal Aid Clinic represents financially qualified individuals in Cumberland, York, Southern Androscoggin and Western Sagadahoc counties. We also represent clients before state agencies in Augusta. Services are at no charge, but there is a required \$10 deposit for miscellaneous expenses. The Clinic handles most civil and criminal matters. New cases are taken when resources are available. The Clinic cannot give advice or information on the phone and does not maintain a waiting list. The Clinic represents clients at both the trial and appellate levels. Clients are represented by student attorneys, who are third-year law students specially licensed by the Maine Supreme Judicial Court and the United States District Court to practice under the supervision of a fully licensed faculty member.

**D.F.D. Russell Medical Center**

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**Turner**

7 South Main Street  
Turner, ME 04282  
207-225-2676  
Hours: Monday, Wednesday, Thursday,  
Friday 8:30 a.m. to 5:00 p.m.  
Tuesday 8:30 a.m. to 7:00 p.m.

**Leeds**

180 Church Hill Road, Suite 1  
Leeds, ME 04263  
207-524-3501  
Hours: Tuesday, Wednesday, Friday  
8:30 a.m. to 5:00 p.m.



Monday, Thursday 8:30 a.m. to 8:00 p.m.  
Saturday, Sunday 9:00 a.m. to 12 noon for  
sick visits only

**Monmouth**

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

Hours: Monday, Wednesday, Thursday,  
Friday, 8:30 a.m. to 5:00 p.m.  
Tuesday 8:30 a.m. to 7:00 p.m.

**Department of  
Environmental Protection**

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**Augusta**

28 Tyson Drive  
Augusta, ME 04333  
Mail: 17 State House Station  
Augusta, ME 04333-0017  
207-287-7688  
Toll-Free: 1-800-452-1942  
Fax: 207-287-7826  
TTY: 1-800-492-0859

**Bangor**

106 Hogan Road  
Bangor, ME 04401  
207-941-4570  
1-888-769-1137  
Fax: 207-941-4584

**Portland**

312 Canco Road  
Portland, ME 04103  
207-822-6300  
Toll Free: 1-888-769-1036  
Fax: 207-822-6303

**Presque Isle**

1235 Central Drive  
Presque Isle, Me 04769  
207-764-0477  
Toll Free: 1-888-769-1053  
Fax: 207-760-3143

**Department of Human Services**

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Department of Health & Human Services  
helps with locating resources and allocates  
funds for food stamps, Temporary Assis-  
tance for Needy Families (TANF), Medicaid  
and other social services.  
Website: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)

**Augusta**

35 Anthony Avenue  
Augusta, ME 04330  
207-624-8000  
Toll Free: 1-800-452-1926  
TTY: 1-800-606-0215  
Fax: 207-624-8124

**Bangor**

396 Griffin Road  
Bangor, ME 04401  
207-561-4100  
Toll Free: 1-800-432-7825  
TTY 1-800-606-0215  
Fax: 207-561-2122

**Biddeford**

208 Graham Street  
Biddeford, ME 04005  
207-286-2400  
Toll Free: 800-322-1919  
TTY 1-800-606-0215  
Fax: 207-286-2408

**Calais**

392 South Street  
Calais, ME 04619  
207-454-9000  
Toll Free: 800-622-1400  
TTY 1-800-606-0215  
Fax: 207-454-9012

**Caribou**

Skyway Plaza Unit 100  
30 Skyway Drive  
Caribou, ME 04736  
207-493-4000

Toll Free: 800-432-7366  
TTY 1-800-606-0215  
Fax: 207-493-4001

**Ellsworth**

17 Eastward Lane  
Ellsworth, ME 04605  
207-667-1600  
Toll Free: 800-432-7823  
TTY 1-800-606-0215  
Fax: 207-667-5364

**Farmington**

114 Corn Shop Lane  
Farmington, ME 04938  
207-778-8400  
Toll Free: 800-442-6382  
TTY 1-800-606-0215  
Fax: 207-778-8410

**Fort Kent**

137 Market Street  
Fort Kent, ME 04743  
207-834-7700  
Toll Free: 800-432-7340  
TTY 1-800-606-0215  
Fax: 207-834-7701

**Houlton**

11 High Street  
Houlton, ME 04730  
207-532-5000  
Toll Free: 800-432-7338  
TTY 1-800-606-0215  
Fax: 207-532-5027

**Lewiston**

200 Main Street  
Lewiston, ME 04240  
207-795-4300  
Toll Free: 800-482-7517  
TTY 1-800-606-0215  
Fax: 207-795-4444

**Machias**

13 Prescott Drive  
Machias, ME 04654  
207-255-2000  
Toll Free: 800-432-7846  
TTY 1-800-606-0215  
Fax: 207-255-2022

**Portland**

161 Marginal Way  
Portland, ME 04101  
207-822-2000  
Toll Free: 800-482-7520  
TTY 1-888-720-1925  
Fax: 207-822-2310

**Rockland**

91 Camden Street  
Rockland, ME 04841  
207-596-4200  
Toll Free: 800-432-7802  
TTY: 1-800-606-0215  
Fax: 207-596-4331

**Sanford**

890 Main Street, Suite 208  
Sanford, ME 04073  
207-490-5400  
Toll Free: 800-482-0790  
TTY 1-800-606-0215  
Fax: 207-490-5463

**Skowhegan**

98 North Avenue, Suite 10  
Skowhegan, ME 04976  
207-474-4800  
Toll Free: 1-800-452-4602  
TTY 1-800-606-0215  
Fax: 207-474-4888

**South Paris**

243 Main Street, Suite 6  
South Paris, ME 04281-9901  
207-774-1200  
Toll Free: 1-888-593-9775  
TTY 1-800-606-0215

Fax: 207-743-8735

**Office of Substance Abuse**

41 Anthony Avenue  
#11 State House Station  
Augusta, ME 04333  
207-287-2595  
TTY: 1-800-606-0215  
Osa.ircosa@maine.gov

**Language Access and Deaf Services**

Maine Department of Health and Human  
Services  
Meryl Troop

207-287-4240

**Department of Labor**

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54 State House Station  
Augusta, ME 04333  
207-623-7900  
TTY: 1-800-794-1110  
Website: [www.maine.gov/labor](http://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. See also Division for the Blind and Visually Impaired, Division of Migrant & Immigrant Services, and CareerCenters.

**Division for the Blind & Visually Impaired**

185 Lancaster Street  
Portland, ME 04101-2453  
207-771-5627  
Toll Free: 1-800-315-1192  
TTY: 1-888-817-7113

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

Our goal is to help the blind and visually impaired retain or return to employment. Individuals may receive individual counseling and guidance, vocational assessment, orientation and mobility instruction to develop independent travel skills, and other training, devices, treatment, job placement and follow-up services to enable them to succeed in a job.

**Division of Migrant & Immigrant Services**

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:*

Director & State Monitor Advocate  
Juan A. Perez-Febles  
185 Lancaster Street  
Portland, ME 04101-2453  
207-822-0152  
TTY: 1-800-794-1110

**Alien Labor Certification**

Jorge Acero  
45 State House Station  
Augusta, ME 04333-0045  
207-623-7938

**Migrant Farm Worker Hotline:**

1-888-307-9800  
Spanish Speaking Operator

**Dorr House**

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H.O.M.E. Inc.  
90 Schoolhouse Road  
P.O. Box 10  
Orland, ME 04472  
207-469-7961

## **Down East Community Hospital**

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Upper Court Street  
Machias, ME 04654  
207-255-3356

## **Downeast Health Services, Inc.**

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Email: [info@downeasthealth.org](mailto:info@downeasthealth.org)

### **Calais**

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

### **Ellsworth**

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

### **Machias**

247 Main Street, Suite 2  
Machias, ME 04654  
207-255-8280  
Toll Free: 1-800-313-1223

Agency provides and administers WIC Program services.

## **East Grand Health Center**

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201 Houlton Road  
Danforth, ME 04424  
Contact: Priscilla Knights  
207-448-2347

Hours: Monday – Friday 8:30 a.m. to 4:00 p.m., Thursday evenings to 6:00 p.m.

Provides general medical care for Danforth and the surrounding communities.

## **Eastern Maine Medical Center**

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

### **Walk-In Center**

Union Street, Bangor  
207-973-8030  
Hours: Monday – Friday 7:00 a.m. to 8:00 p.m.  
Saturday, Sunday, Holidays 8:00 a.m. to 7:00 p.m.

## **Eastport Health Care**

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30 Boynton Street  
Eastport, ME 04631  
Contact: Fred Connley  
207-853-6001

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m., Tuesday 8:00 a.m. to 8:00 p.m.

Providing comprehensive health care services including dental, podiatry, and mental health for groups, serving the northeast Washington County area.

## **El Salvador, Embassy of**

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Section of Migratory Orientation, Cultural & Educational Affairs  
2308 California Street, NW  
Washington, DC 20008  
202-387-4766

### **General Embassy**

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

## **Electricity Lifeline Program**

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Central Maine Power  
83 Edison Drive  
Augusta, ME 04336  
Toll Free: 1-800-750-4000

## **Ellsworth Free Clinic**

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

## **Emmaus Center**

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Corner Main/Water Streets  
P.O. Box 811  
Ellsworth, ME 04605  
*Contacts:* Nichole Gulowsen & Sister Lucille MacDonald  
207-667-3962

Open year round 24 hours a day.

Providing shelter for the homeless in Hancock & lower Washington Counties. Fee for shelter, if possible, is \$3.00 - \$5.00 per night.

## **Family Crisis Services**

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Portland, ME 04104-0704  
207-874-1973  
Toll Free: 1-800-537-6066

### **Outreach Walk-In Offices:**

#### **Bridgton**

Lakes Environmental Building  
230 Main Street  
Bridgton, ME  
207-647-8501  
Hours: Monday – Friday  
8:00 a.m. to 4:00 p.m. by appointment

#### **Brunswick**

173 Park Row  
Brunswick, ME  
207-721-0199  
Hours: Monday – Friday  
8:00 a.m. to 4:00 p.m. by appointment

#### **Portland**

Public Safety Building  
109 Middle Street  
Portland, ME  
207-874-8512  
Hours: Monday, Wednesday, Thursday  
9:00 a.m. to 12 noon  
All other times by appointment.

**24-hour Hotline. Interpreters available.** Call for an appointment if interpreter is needed.

Serving Cumberland and Sagadahoc Counties providing support and assistance to all victims of domestic violence, regardless of race, religion, income level, marital status, sexual orientation, immigration status or language spoken. Two confidential location shelters available for battered women and their children. Outreach offices provide assistance with police, court systems, obtaining Protection from Abuse orders and referral to community resources. Support groups for women meet in Bath, Portland, and Bridgton. All services are free and confidential. We are not the police and will never contact the police without the permission of the person we are working with.

## **Family Violence Project**

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P.O. Box 304  
Augusta, ME 04332  
207-623-8637  
Crisis Line: 207-623-3569  
Toll Free 24 Hours: 877-890-7788

#### **Skowhegan Outreach Office**

P.O. Box 3104

Skowhegan, Me 04976  
Crisis Line: 207-474-8860  
Phone: 207-858-0941

### **Waterville Outreach Office**

P.O. Box 51  
Waterville, Me 04903  
Crisis Line: 207-877-0835  
Phone 207-877-2248

Email: fvp@familyviolenceproject.org

Interpreter available if needed.

Hours: Monday – Friday 9:00 a.m. to 5:00 p.m.

Serving Kennebec and Somerset counties. Family Violence Project is an independent, nonprofit organization dedicated to servicing the special needs of women, men and children who are experiencing domestic violence. Services include advocacy, referrals, children's programs, emergency shelter, support groups, and community education.

## **Fish River Rural Health Systems**

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### **Eagle Lake Health Center**

10 Carter Street  
P.O. Box 309  
Eagle Lake, ME 04739  
207-444-5973  
Hours: Monday, Wednesday, Friday 8:00 a.m. to 5:00 p.m.  
Tuesday, Thursday 8:00 a.m. to 8:00 p.m.

### **Fort Kent Health Center**

At Northern Maine Medical Center  
194 East Main Street  
Fort Kent, ME 04743  
207-834-3971  
Hours: Monday, Tuesday, Wednesday, Friday 8:00 a.m. to 5:00 p.m.  
Thursday 8:00 a.m. – 8:00 p.m.

## **Food Bank - Raymond**

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Raymond Town Hall  
71 Main Street  
Raymond, ME 04071  
Contact: Jennifer Hawkins  
207-655-5058  
First and third Thursdays of the month  
2:00 p.m. to 6:00 p.m.

## **Food Pantry - South Portland**

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### **First Congregational Church**

301 Cottage Road  
South Portland, ME 04106  
207-799-3361

Serving the South Portland/Cape Elizabeth community.

## **Good As New Thrift Shop**

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Main Street  
Houlton, ME 04730  
207-532-0632  
Hours: Monday – Friday 10:00 a.m. to 3:00 p.m.  
Saturday 10:00 a.m. to 2:00 p.m.

Sells low cost second hand clothing.

## **Good Shepherd Food Bank**

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### **Auburn**

3121 Hotel Road  
Auburn, ME 04210  
207-782-3554  
Hours: Monday – Thursday 7:30 a.m. to 4:30 p.m.  
Friday 7:30 a.m. to 1:30 p.m.

### **Brewster**

88 Stevens Road  
Brewster, ME 04412  
207-989-4672  
Tuesday – Thursday 8 a.m. to 3 p.m.

## **Guatemala, Embassy of**

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2220 R Street, NW  
Washington, DC 20008-4081  
202-745-4952  
info@guatemala-embassy.org

## **Harrington Family Health Center**

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50 East Main Street  
Harrington, ME 04643  
207-483-4502  
Medical Hours: Monday, Wednesday, Friday  
8:00 a.m. to 4:30 p.m.  
Tuesday, Thursday 8:00 a.m. to 8:00 p.m.

Dental Hours: Monday – Thursday  
7:30 a.m. to 4:30 p.m.  
Every other Friday 7:30 a.m. to 4:30 p.m.

Provides family health care to migrant and seasonal workers in Washington County. When mobile health care unit is at the blueberry barrens, workers may be referred when necessary. Sliding fees available with a \$10.00 minimum charge.

## **Health Care for the Homeless Program**

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City of Portland Public Health Division  
20 Portland Street  
Portland, ME 04101  
207-874-8445  
Hours: Monday, Tuesday, Thursday  
8:00 a.m. to 5:30 p.m.  
Wednesday, Friday 8:00 a.m. to 4:00 p.m.

Serving the homeless of the Greater Portland area with comprehensive acute and primary care. Also provides substance abuse treatment, counseling, and mental health services. Patient is not charged, but Medicaid is charged if person is covered.

## **HealthReach Network**

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**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

## **Hope Haven Gospel Mission, Inc.**

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209 Lincoln Street  
Lewiston, ME 04240  
*Contact:* Pastor Paul McLaughlin  
207-783-6086

Shelter Open 5:30 p.m. to 8:00 p.m. daily, to clients who are sober and have photo ID. Daily meals offered.  
Food & Clothes Giveaway Monday – Friday  
10:00 a.m. to 11:15 a.m. & 12:30 p.m. – 4:00 p.m.

Serving Androscoggin County. Hope Haven Gospel Mission provides an emergency shelter, family shelter, a structured substance abuse counseling, soup kitchen and pastoral counseling.

## **Horizons Health Centers**

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**Ashland**  
33 Walker Street  
Ashland, ME 04732  
207-435-6341

Hours: Monday – Friday 7:30 a.m. to 5:00 p.m. with a lunch hour break.

**Horizons Aroostook Family Practice**  
146 Academy Street, Suite A

Presque Isle, ME 04769  
207-764-3142  
Hours: Monday – Friday 8:00 a.m. to 4:30 p.m.

### **Horizons Caribou Health Center**

118 Bennet Drive  
Caribou, ME 04736  
Family Practice 207-498-3476  
Hours: Monday – Friday  
8:00 a.m. to 5:00 p.m.  
Pediatric Services 207-498-3296  
Hours: Wednesday, Thursday  
7:30 a.m. – 6:30 p.m.

### **Central Aroostook Health Center**

106 Main Street  
Mars Hill, ME 04758  
207-429-8333

### **Horizons Fort Fairfield Health Center**

23 High Street  
Fort Fairfield, ME 04742  
207-768-4753  
Hours: Monday – Friday  
8:00 a.m. to 4:30 p.m.

### **Horizons Presque Isle Health Center**

19 North Street  
Presque Isle, ME 04769  
207-760-8167

## **Immigrant Legal Advocacy Project (ILAP)**

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309 Cumberland Avenue, Suite 201  
P.O. Box 17917  
Portland, Maine 04112  
Website: [www.ilapmaine.org](http://www.ilapmaine.org)  
*Contact:* Beth Stickney, Esq.  
207-780-1593  
Toll Free: 1-800-497-8505  
Spanish speaking staff available

Intake conducted Fridays  
9:00 a.m. to 1:00 p.m.

The Immigrant Legal Advocacy Project (ILAP) is part of Maine Equal Justice Partners, Inc., a nonprofit agency. ILAP's lawyers specialize in immigration law, and assist low-income immigrants and their U.S. citizen family members with petitions to help family members become permanent residents, applications for residency for certain persons from El Salvador, Guatemala, Nicaragua, and Cuba, applications for U.S. citizenship, deportation defense, and other issues. ILAP charges no or low fees for its services. ILAP also conducts informational workshops for immigrant community groups, and immigration law training for other service providers who work with non-citizens. ILAP produces written informational materials about certain immigration benefits and has a website where basic immigration law information can be found.

## **Indian Township Health Clinic**

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401 Peter Dana Point Road  
Princeton, ME 04668  
207-796-2321  
Hours: Monday – Friday  
7:30 a.m. to 4:00 p.m.

## **Islesboro Health Center**

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150 Main Road  
P.O. Box 137  
Islesboro, ME 04848  
207-734-2213  
Hours: Monday – Friday  
9:00 a.m. – 4:30 p.m.  
Saturday 9:00 a.m. – 12:00 noon.

## **Jamaica, Embassy of**

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1520 New Hampshire Avenue, NW  
Washington, DC 20036  
Website: [www.EmbassyofJamaica.org](http://www.EmbassyofJamaica.org)



## **Katahdin Valley Health Center**

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### **Patten Primary Care**

30 Houlton Street  
Patten, ME 04765  
207-528-2285

### **Houlton Primary Care**

59 Bangor Street  
Houlton, ME 04730  
207-521-0022

### **Island Falls Primary Care**

1300 Crystal Falls Road  
Island Falls, ME 04747  
207-463-3600

## **Kennebec Valley Community Action Program**

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### **Augusta**

219 Cony 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

## **Knox County Child Development Services**

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111 Tilson Avenue  
Rockland, ME 04841  
*Contact:* Ellen Courtney, Director  
207-594-5933

Hours: Monday – Friday  
8:00 a.m. to 4:00 p.m.

Serving Knox County, Waldoboro, Lincolnville and offshore islands for ages birth to 5 years who are determined to be developmentally delayed or disabled by an Early Childhood Team following appropriate evaluations. Provides developmental, vision and hearing screening, referral services, evaluations and early intervention services, such as speech therapy, occupational therapy and developmental therapy/special instruction. Screening, evaluations, and most services are provided at no cost. Call to schedule screening appointments.

## **Latin Community Council**

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13 Carroll Street  
Portland, ME 04102  
*Contact:* Gladys García  
207-761-7975

## **League of United Latin American Citizens Council 3100 (LULAC)**

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169 Ocean Street, Suite 209  
South Portland, ME 04106-3642  
*Contact:* John Connors  
207-347-7359  
E-mail: johnconnorshotmail.com

## **Lighthouse Adolescent Shelter**

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Administered by Preble Street Resource Center  
65 Elm Street  
Portland, ME 04101  
*Contact:* Daniella Cameron  
207-775-0026 x 133

## **Loaves & Fishes Food Pantry**

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16 High Street  
Ellsworth, ME 04605  
207-667-4363

Pick-ups are Monday, Wednesday, and Friday. 9:00 a.m. to 10:00 a.m., by appointment.

## **Lovejoy Health Center**

---

7 School Street, Suite 1  
Albion, ME 04910  
207-437-9388  
Hours: Monday 8 a.m. to 6 p.m.  
Tuesday – Friday 8 a.m. to 5 p.m.

## **M&M Ministry Soup Kitchen**

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21 Parson Street  
Presque Isle, ME 04769  
*Contact:* Sue Jarvais  
207-764-0758

## **Madison Area Health Center**

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8 South Main Street  
P.O. Box 200  
Madison, ME 04950  
207-696-3992

Hours: Monday – Friday 8:30 a.m. to 4:30 p.m. Tuesdays 5:30 p.m. to 8:00 p.m. Twenty-four hour on-call availability for regular patients. Provides comprehensive health care for the whole family, immunizations, minor office surgery, high school sport physicals, podiatrist/foot care, flu shot clinics, dietitian services, substance abuse and mental health counseling, teen parenting education, car seat loaner program, pharmacy for our patients, and diabetes education (ADEF). Fees billable to all types of insurance and sliding fee schedule for low income families.

## **Maine AFL-CIO**

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**Augusta**  
21 Gabriel Drive  
Augusta, ME 04330  
E-mail: mainelabor@aol.com

207-622-9675  
**Bangor**  
P.O. Box 2669  
Bangor, ME 04402  
207-947-3707  
MEAFLCIO@aol.com

Hours: Monday – Friday  
8:00 a.m. to 5:00 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.

## **Maine Coast Memorial Hospital**

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50 Union Street  
Ellsworth, ME 04605  
207-664-5311

## **Maine Medical Center**

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

## **The Maine Human Rights Commission**

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Cleveland Building, Hallowell State Annex  
9 Coos Lane (off Winthrop Street)  
Hallowell, ME  
Mailing: 51 State House Station  
Augusta, ME 04333-0051  
207-624-6050  
TTY: 1-888-577-6690  
Website: [www.maine.gov/mhrc](http://www.maine.gov/mhrc)

The Maine Human Rights Commission specializes in issues regarding discrimination of

race, color, creed, sex, or national origin, as well as sexual harassment.

## **Maine Migrant Education Program**

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23 State House Station  
Augusta, ME 04333  
*Contact:* Terrie Bennett  
Email: Terrie.A.Bennett@Maine.gov  
207-624-6723  
Toll Free: 800-452-1909

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.

## **Maine Migrant Health Program**

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9 Green Street  
P.O. Box 405  
Augusta, ME 04330  
*Contact:* Barbara Ginley, MPH  
207-622-9252  
Spanish speaking staff and telephone interpreter service available.

Hours: Monday – Friday  
8:00 a.m. to 5:00 p.m.

MMHP administers a statewide migrant health program in Washington, Aroostook & Androscoggin counties. Services for migrant workers and their families are provided on site with a Mobile Medical Unit (Aroostook

& 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 \$3.00 requested based on sliding fee eligibility.

## **Maine Primary Care Association**

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73 Winthrop Street  
Augusta, ME 04330  
Website: [www.MEPCA.org](http://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. Can also provide information about Maine's community health centers which provide primary health care services regardless of people's ability to pay.

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

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2802 Riverside Drive  
Vassalboro, ME 04989  
E-mail: [Priscilla@MaineSafe.org](mailto:Priscilla@MaineSafe.org)  
*Contact:* Priscilla Doel  
207-872-2653  
Spanish speaking staff available.

Maine Service Advocates in Foreign Languages and English (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; educational and mediation services. It is the

purpose of ME S.A.F.E. to facilitate clear and professional communication to people requiring help in understanding one another. Serving the State of Maine at no charge.

## **Maine Volunteer Lawyers Project**

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P.O. Box 547  
Portland, ME 04112  
207-774-4348  
Toll Free: 800-442-4293

## **Maine WIC Nutrition Program**

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11 State House Station  
263 Water Street, 4<sup>th</sup> Floor  
Augusta, ME 04330  
207-621-6202

### **WIC Sites**

#### **Aroostook County Action Program**

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

#### **City of Bangor, Health & Community Services Department**

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**

321 Elm Street  
Biddeford, ME 04005  
207-283-2402  
Toll-Free: 1-800-644-4202

#### **Calais**

43 Union Street  
Calais, ME 04619  
207-454-3634

#### **Downeast Health Services, Inc.**

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

#### **Machias**

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

#### **Midcoast Maine Community Action Program**

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

#### **Peoples Regional Opportunity Program**

510 Cumberland Avenue  
Portland, ME 04101  
207-874-1140  
Toll-Free: 1-800-698-4959

#### **Rockland**

7 Union Street  
Rockland, ME 04841  
207-594-5319  
Toll-Free: 1-866-260-6609

#### **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

**Western Maine Community Action Program**

1 Auburn Center  
Auburn, ME 04210  
207-795-4016  
Toll-Free: 1-877-512-8856

**East Wilton**

859 US Route 2 East  
East Wilton, ME 04234  
207-645-3764  
Toll-Free: 1-800-645-9636

**York County Community Action Corp.**

6 Spruce Street  
Sanford, ME 04073  
207-324-5762  
Toll-Free: 1-800-240-2407

**MaineGeneral Medical Center**

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**Augusta**

6 East Chestnut Street  
Augusta, ME 04330  
207-626-1000

**Waterville**

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

**Mandala Farm**

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46 Young's Farm Road  
Gouldsboro, ME 04431  
*Contact:* Eugenio Bertin  
207-963-2984

**Manna Inc. Kitchen**

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629 Main Street  
Bangor, ME 04401  
207-990-2870

**Mexico, Consulate of**

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20 Park Plaza, Suite 506  
Boston, MA 02116  
*Contact:* Aida Chavez  
617-426-4181

**Congressman Mike Michaud  
Maine 2<sup>nd</sup> District**

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**Bangor**

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

**Lewiston**

179 Lisbon Street  
Ground Floor  
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

**Waterville**

16 Common Street  
Waterville, ME 04901  
207-873-5713  
Fax: 207-873-5717

**Washington, DC**

1724 Longworth HOB  
Washington, DC 20515-1902  
202-225-6306  
202-225-2943

**Mid-Coast Hospitality House**

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169 Old County Road  
Rockport, ME 04856  
*Contact:* Gordon & Samantha Mank

House: 207-594-1422  
Hours: 5:00 p.m. to 9:00 a.m.

Serving Knox, Lincoln and Waldo Counties. Hospitality House is an outreach of the Christian community of Mid-Coast Maine offering temporary and emergency housing to individuals and families in need; assisting them in making the transition to permanent housing. Dinner is served family style at 6:00 p.m. Laundry facilities and phones are available.

### **Mid-Coast Hunger Prevention Program, Inc.**

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

### **Mid-Maine Homeless Shelter**

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28 Ticonic Street  
P.O. Box 2612  
Waterville, ME 04903  
*Contact:* Mike Marston  
207-872-6550

Hours: 6:00 p.m. to 8:00 a.m.

Serves the Central Maine area providing emergency food and shelter to homeless/displaced persons over 18 years of age. Free of charge.

### **Motor Vehicles Division Offices & Mobile Units**

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

**Bangor**  
1129 Union Street, Suite 9  
Bangor, ME 04001

207-942-1319

**Calais**  
376 North Street  
Calais, ME 04619  
207-454-2175

**Caribou**  
159 Bennett Drive, Suite 1  
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**  
212 New County Road/Rt. 1  
Thomaston, ME 04861  
207-596-2255

**South Portland**  
364 Maine Mall Road, Box 704  
South Portland, ME 04106

207-822-0730

**Springvale**

456 Main Street  
Springvale, ME 04083  
207-490-1261

**Topsham**

49 Topsham Fair Mall Road  
Topsham, ME 04086  
207-725-6520

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

**Ashland Motor Vehicles Mobile Unit**

Town Office  
Ashland, ME 04732  
12:00 p.m. to 2:00 p.m.  
Monday preceding 3rd Tuesday

**Belfast Motor Vehicles Mobile Unit**

Methodist Church  
23 Mill Lane  
Belfast, ME 04915  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
4th Monday

**Bingham Motor Vehicles Mobile Unit**

Municipal Bldg  
Murray Street  
Bingham, ME 04920  
10:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
2nd Thursday

**Bridgton Motor Vehicles Mobile Unit**

3 Chase Street, Suite 1  
Bridgton, ME 04009  
10:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
2<sup>nd</sup> Tuesday  
1st & last Thursdays

**Danforth Motor Vehicles Mobile Unit**

Town Office  
Central Street  
Danforth, ME 04424  
11:30 a.m. to 1:30 p.m.  
Monday preceding 3<sup>rd</sup> Tuesday in Jan, March, May, July, Sept & Nov

**Dover-Foxcroft Motor Vehicles Mobile Unit**

United Methodist Church  
East Main Street  
Dover-Foxcroft, ME 04426  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
2<sup>nd</sup> Tuesday  
1st & last Wednesday

**Farmington Motor Vehicles Mobile Unit**

Elks Lodge  
120 School Street  
West Farmington, ME 04938  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 4:00 p.m.  
1st & last Wednesdays

**Fort Kent Motor Vehicles Mobile Unit**

Municipal Bldg.  
West Main Street  
Fort Kent, ME 04743  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
Wednesday following 3rd Tuesday

**Houlton Motor Vehicles Mobile Unit**

Fire Department  
Military Street  
Houlton, ME 04730  
8:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
Thursday following 3rd Tuesday

**Jackman Motor Vehicles Mobile Unit**

Town Office  
Main Street  
Jackman, ME 04945  
11:30 a.m. to 2:00 p.m.

Last Tuesday of month

**Kittery Motor Vehicles Mobile Unit**

Lions Club  
Route 1  
South Kittery, ME 03904  
10:00 a.m. to 1:00 p.m. and 2:00 p.m. to 4:00 p.m.  
3rd Tuesday and following Wednesday

**Limerick Motor Vehicles Mobile Unit**

Municipal Building  
55 Washington Street  
Limerick, ME 04048  
10:30 a.m. to 1:30 p.m.  
Monday preceding 3rd Tuesday

**Lincoln Motor Vehicles Mobile Unit**

First Congregational Church  
19 School Street  
Lincoln, ME 04457  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:30 p.m.  
1st & last Thursdays

**Machias Motor Vehicles Mobile Unit**

Town Office  
Machias, ME 04654  
11:00 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
1st & 2nd Tuesdays

**Madawaska Motor Vehicles Mobile Unit**

Safety Complex Bldg.  
Main Street  
Madawaska, ME 04756  
8:30 a.m. to 1:00 p.m. and 2:00 p.m. to 4:00 p.m.  
3rd Tuesday

**Milbridge Motor Vehicles Mobile Unit**

Town Office  
School Street  
Milbridge, ME 04658  
10:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.

1st Monday

**Millinocket Motor Vehicles Mobile Unit**

American Legion Hall  
Outer Central Street  
Millinocket, ME 04462  
90:00 a.m. to 1:00 p.m. and 2:00 p.m. to 3:30 p.m. Friday following the 3<sup>rd</sup> Tuesday

**Pittsfield Motor Vehicles Mobile Unit**

Municipal Building  
Lower Conference Room  
Pittsfield, ME 04967  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:30 p.m.  
1st & 2nd Fridays

**Stacyville Motor Vehicles Mobile Unit**

Town Office  
Rt. 11  
Stacyville, ME 04777  
10:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m. 2nd Wednesday

**Skowhegan Motor Vehicles Mobile Unit**

Municipal Building  
39 Poulin Drive  
Skowhegan, ME 04976  
9:30 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
2nd Monday, 1st Tuesday and 2nd Wednesday

**South Paris Motor Vehicles Mobile Unit**

Trinity Lutheran Church  
34 Buckfield Road  
South Paris, ME  
10:00 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.  
Last Monday

**Waterville Motor Vehicles Mobile Unit**

93 Main Street  
Waterville, ME 04901  
9:00 a.m. to 1:00 p.m. and 2:00 p.m. to 3:00 p.m.



1<sup>st</sup> Monday, 2<sup>nd</sup> & 4<sup>th</sup> Fridays

### **Wiscasset Motor Vehicles Mobile Unit**

Municipal Building

Rt. 1

Wiscasset, ME 04578

9:00 a.m. to 1:00 p.m. and 2:00 p.m. to 3:30 p.m.

2<sup>nd</sup> Thursday

### **York Motor Vehicles Mobile Unit**

American Legion Hall

9 Hannaford Drive (Back Entrance)

York, ME 03909

8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 3:00 p.m.

Thursday following the 3<sup>rd</sup> Tuesday

### **MSFW HIV Prevention Outreach Project**

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Pine Tree Chapter of the American Red Cross

128 Target Industrial Circle

Bangor, ME 04401

*Contact:* Pat Walsh

207-941-2903 x104

E-mail: WalshP@PineTree.RedCross.org

### **Mt. Abram Regional Health Center**

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25 Depot Street

P.O. Box 188

Kingfield, ME 04947

207-265-4555

Hours: Monday – Friday

8:00 a.m. to 5:00 p.m.

The Mt. Abram Regional Health Center provides high quality health care services, including routine checkups, minor office surgery, state immunizations, preschool and high school sports physicals, teen parenting education, on-call availability 24 hours a

day, care of short term and chronic illnesses, walk-in blood pressure check, flu shot clinics, women's and men's wellness days, substance abuse counseling, on-site pharmacy, sliding fee discounts, car seat loaner program, mental health counseling, nutrition education and counseling, and home visits for our established home bound patients.

### **Multi-Purpose Center Health Department**

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45 Birch Street

Lewiston, ME 04240

*Contact:* Anne Coffin

207-784-2926

### **My Choice**

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306 Congress Street

Portland, ME 04101

E-mail: mapsdomestic@maine.com

*Contact:* Bonnie Porter

207-772-7552

Toll-Free: 1-800-640-7550

Hours: Office 8:00 a.m. to 5:00 p.m.

Residence 24 hours a day

My Choice is a service in Southern Maine for pregnant and/or parenting, homeless mothers. My Choice provides housing, parenting, prenatal and relationship classes; individual life skills counseling; nutrition education; donated clothing for mothers and babies; donated household goods; mentoring; transition to community, and outreach when in own place to access community resources. Fee based on ability to pay.

### **National Association of Anorexia Nervosa and Associated Disorders**

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Box 7

Highland Park, IL 60035  
E-mail: [anadhelp@anad.org](mailto:anadhelp@anad.org)  
Educational E-mail: [www.ANAD.org](http://www.ANAD.org)  
Hotline: 847-831-3438

Open 9:00 a.m. to 5:00 p.m. (Central time)

## **National Center for Farmworker Help**

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1770 FM 967  
Buda, TX 78610  
512-312-2700  
Toll Free: 800-531-5120  
Website: [www.ncfh.org](http://www.ncfh.org)

## **National Domestic Violence Hotline**

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Toll Free Hotline: 800-799-7233  
TTY: 800-787-3224

“Options-Support-Connections”  
Free-Anonymous-Confidential. Twenty-four  
hours a day. Spanish speaking operators.

## **The National Limited English Proficiency Advocacy Task Force**

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85 Lester Drive  
Portland, ME 04103  
*Contact:* Kathy Poulos-Minott  
207-878-5196  
E-mail: [KPoulosm@LEPTaskForce.org](mailto:KPoulosm@LEPTaskForce.org)

Because of language and cultural differences, limited English proficient (LEP) individuals are often delayed or denied the equal access to and participation in services, policies, procedures, and opportunities. Numerous laws, such as Title VI and Title VII of the 1964 Civil Rights Act, prohibit discrimination on the basis of national origin, but

there is widespread ignorance of and non-compliance with these laws.

The National LEP Advocacy Task Force is a group of advocates and attorneys spanning employment, education, housing, health and human services and the judicial system. Our mission is to encourage recipients of federal funds, public accommodations providing essential services, and employers to comply with the legal obligations to bridge language and cultural differences by:

- a. Linking advocacy groups together.
- b. Providing community legal education and information.
- c. Developing and submitting comments upon request from a government agency or representative thereof.
- d. Responding to requests for administrative advocacy for the purpose of assisting in the monitoring and enforcement of existing laws and regulations, including, but not limited to, Title VI, Title VII, and other applicable mandates.
- e. Assisting in the provision of equal access to and participation in services for LEP clients.
- f. Assisting in effectively implementing the requirements of civil rights laws.

## **New Beginnings**

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491 Main Street  
Lewiston, ME 04240  
*Contact:* Marian Carney  
207-795-4077

## **New Hope for Women**

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

### **Rockland Main Office**

93 Park Street  
Rockland, ME 04841  
207-594-2128

Hours: Monday – Friday  
9:00 a.m. to 5:00 p.m.

**Belfast**

111 Church Street  
207-338-6569

Hours: Thursday 10:00 a.m. to 4:00 p.m. and  
by appointment

**Damariscotta**

17 Water Street  
207-563-2404

Hours: Thursday 10:00 a.m. – 4:00 p.m. and  
by appointment

**Boothbay Harbor**

115 Townsend Avenue  
Call Damariscotta Office to schedule an  
appointment.

**The Next Step  
Domestic Violence Project  
of Hancock County**

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P.O. Box 1465  
Ellsworth, ME 04605  
E-mail: [nextstep@acadia.net](mailto:nextstep@acadia.net)  
*Contact:* Lencie Fogelman  
207-667-4606 (hotline)  
Toll Free 24-hour hotline: 800-315-5579  
Admin.: 207-667-0176

Machias  
P.O. Box 303  
Machias, ME 04654  
207-255-4934  
207-255-4785 (hotline)  
Toll Free 24-hour hotline: 1-888-604-8692

Hours: Monday – Friday  
8:00 a.m. to 5:00 p.m.

Provide toll-free confidential 24-hour hot-  
line for people whose lives are impacted by  
domestic abuse. Provides court advocacy,  
support groups, walk-in services, informa-

tion and referrals, community education, and  
school presentations in Hancock County.  
There is no fee for services.

**Occupational Safety & Health  
Administration (O.S.H.A.)**

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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

**Oxford Street Shelter**

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85 Preble Street  
Portland, ME 04101  
207-761-2072  
Spanish speaking and telephone interpreter  
service available.

Hours: Monday - Thursday 6:00 p.m. to  
11:00 p.m., Friday 12:30 p.m. to 11:00 p.m.  
Saturday & Sunday 8:00 a.m. to 11:00 p.m.

Emergency shelter for homeless men and  
women who are not under the influence of  
drugs or alcohol. Clients are provided with a  
cot, pillow, pillowcase, towel, and blankets.  
Various toiletries provided. Shower and  
laundry facilities and a limited number of  
lockers are available. Dayroom has a refrige-  
rator, microwave, television, and various  
games for client use. Two counselors and an  
outreach worker assist clients in accessing  
community resources and obtaining housing  
and employment. A clinician is available to  
provide services including assessments, psy-  
chotherapy, and psychiatric referrals.

## **Penobscot Nation Health Department**

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Ruth Attean Davis Health Center  
23 Wabanaki Way  
Indian Island, ME 04468  
207-827-6101  
207-817-7400

## **Penquis Community Action Program, Inc./Law Project**

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262 Harlow Street  
P.O. Box 1162  
Bangor, ME 04401-1162  
207-973-3500  
Toll Free: 1-800-215-4942  
TDD: 207-973-3520  
info@Penquis.org

### **Dover-Foxcroft**

50 North Street  
Dover-Foxcroft, ME 04426  
207-564-7116

### **Lincoln**

115 Main Street  
Lincoln, ME 04457  
207-794-3093

### **Rockland**

170 Pleasant Street  
Rockland, ME 04841  
207-596-0361  
Toll Free: 1-800-585-1605

Hours: 8:00 a.m. to 4:30 p.m.

Provides health and social services including child care, Head Start, weatherization, fuel assistance, transportation, home repair loans, home buyer education, family law/legal help for victims of domestic abuse and parenting education. Child and family mediation.

## **People's Regional Opportunity Program**

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510 Cumberland Avenue  
Portland, ME 04101  
207-553-5800  
www.ProPeople.org

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

Serving Cumberland County except for the Brunswick/Freeport area. People's Regional Opportunity Program is a full service agency offering resources, information and supportive services to individuals and families struggling with low income.

## **Pine Tree Legal Assistance**

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### **Portland Administrative Office**

88 Federal Street  
Portland, ME 04112  
207-774-8211  
All offices: www.ptla.org

### **Augusta**

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

### **Bangor**

61 Main Street  
Bangor, ME 04401  
207-942-8241

### **Bangor Farmworker Unit**

61 Maine Street, Rm. 41  
Bangor, ME 04401  
*Contacts:* Eric Nelson or Mike Guere  
207-942-0673  
TTY: 207-942-1060

### **Lewiston**

37 Park Street, Suite 401

Lewiston, ME 04240  
207-784-1558

**Machias**

208 Main Street  
P.O. Box 278  
Machias, ME 04654  
207-255-8656

**Presque Isle**

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

**Pine Tree Society Deaf Services**

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149 Front Street  
P.O. Box 518  
Bath, ME 04530  
Email: info@pinetreesociety.org  
207-443-3341

Case Management Services, Community Services, & Interpreting Services  
Nonesuch River Plaza  
51 U.S. Route 1, Suite G  
Scarborough, ME 04074  
Case Management: 207-885-9215  
Community Services: 207-883-8704  
Interpreting Services: 207-885-0536

Established in 1976, the Deaf Services program is a non-profit, statewide interpreter referral service sponsored by Pine Tree Society, Easter Seals Maine. Services provided are sign language interpreter referrals, Emcom Emergency Interpreting Services during non-business hours for medical, legal and mental health crisis, relay interpreting, consultation and training to agencies: accessibility issues for deaf and hard-of-hearing persons with effective use of sign language interpreters.

**Congressman Chellie Pingree**

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**Portland**

57 Exchange Street, Suite 302  
Portland, ME 04101  
207-774-5019  
Toll Free: 1-888-862-6500

**Washington, DC**

1037 Longworth HOB  
Washington, DC 20515  
202-225-6116

**Pleasant Point Health Center**

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P.O. Box 351  
Perry, ME 04667  
207-853-0644

**Portland Community Free Clinic**

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103 India Street  
Portland, ME 04101  
Bilingual contact: Elna Osso  
207-756-8091 Tuesdays 10:00 a.m. to 2:00 p.m. and Thursdays 1:00 p.m. to 4:00 p.m.  
Clinic office: 207-874-8982  
Call Monday to Thursday 8:30 a.m. to 5:00 p.m. to make an appointment.

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

**Portland Family Shelter**

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54 Chestnut Street  
Portland, ME 04101  
Contact: Regina Phillips  
207-772-8339

## **Portland Outreach for Family Crisis Services**

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P.O. Box 704  
Portland, ME 04101  
207-874-8512

## **Preble Street Resource Center**

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18 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 provide 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.

## **Project Feed**

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Woodford's Congregational Church  
202 Woodford Street  
Portland, ME 04103  
207-761-3920  
Hours: Monday – Thursday 1:00 p.m. to 3:00 p.m. except holidays and Portland Schools storm days.

## **Rangeley Region Health Center**

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42 Dallas Hill Road  
P.O. Box 569  
Rangeley, ME 04970  
207-864-3303  
After Hours: 1-800-398-6031

## **Rape Education and Crisis Hotline - Norway**

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1 East Main Street, Suite 2  
P.O. Box 300  
South Paris, ME 04281  
207-743-9777  
Toll Free: 1-800-871-7741  
[www.ReachMaine.org](http://www.ReachMaine.org)

## **Rape Response Services Bangor**

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262 Harlow Street  
Bangor, ME 04402  
207-973-3561  
Toll Free: 800-310-0000  
[www.RRSOnline.org](http://www.RRSOnline.org)

## **Redington-Fairview General Hospital**

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46 Fairview Avenue  
P.O. Box 468  
Skowhegan, ME 04976  
207-474-5121  
[info@rfgh.net](mailto:info@rfgh.net)

## **Regional Medical Center at Lubec**

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43 South Lubec Road  
Lubec, ME 04652  
Autoattendant: 207-733-1090  
Switchboard: 207-733-5541

## **Richmond Area Health Center**

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

Hours: Walk-In acute care Monday – Friday  
7:00 a.m. to 8:00 a.m.  
By Appointment Monday – Friday  
8:00 a.m. to 5:00 p.m.

Tuesday open to 7:00 p.m.

We offer a full range of family medical services, including obstetrics, gynecology, mental health and substance counseling, dental services, podiatry, WIC, and child education. We can also assist in applying for Medicaid and offer a reduced fee program based on income for those who qualify.

## **Rural Community Action Ministry**

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81 Church Hill Road  
Leeds, ME 04263  
E-mail: rcam98@fairpoint.net  
207-524-5095  
Bilingual Contact: Fatma Perry  
From Turner area: 207-224-7505  
If don't speak English, 207-224-8125

Hours: 8:00 a.m. to 4:00 p.m.

## **Sacopec Valley Health Center**

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70 Main Street  
Porter, ME  
Mailing Address:  
P.O. Box 777  
Parsonsfield, ME 04047  
E-mail: info@svhc.org  
207-625-8126  
TTY: 1-800-437-1220

Hours: Walk-in care: Monday – Friday  
8:00 a.m. to 11:30 a.m.,  
Thursday 9:00 a.m. to 11:30 a.m.  
With appointment: Monday – Friday  
8 a.m. to 5 p.m., Tuesdays 8 a.m. to 8 p.m.

Serving Southern Maine providing a broad range of healthcare services, including primary medical care, optometry, podiatry, mental health and substance abuse counseling, and social service coordination. Fees

vary depending on service. Call to request a fee discount program application.

## **Sexual Crisis and Assault Hotline**

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P.O. Box 6  
Auburn, ME 04212  
Office: 207-784-5272  
**Toll Free: 800-871-7741**

Will connect callers to a sexual assault support services phone number in your area.

## **Shaw House**

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136 Union Street  
Bangor, ME 04401  
207-941-2875  
info@shawhouse.org

## **Sheepscot Valley Health Center**

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

Hours: Walk in Monday – Friday 8:00 a.m. to 9:00 a.m.  
By appointment Monday – Friday 8:00 a.m. to 5:00 p.m.  
Tuesdays 8:00 a.m. to 6:00 p.m., Saturdays 9:00 a.m. to 12:00 noon.

## **Sister Mary O'Donnell Shelter**

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

Hours: 24 hours a day  
Walk-ins 7:00 a.m. to 10:00 p.m.  
After 10:00 p.m. must be referred by Presque Isle Police Department.

A free, low barrier, emergency shelter for the homeless meeting low income guidelines in Aroostook County. Must be willing to do job searches (if applicable) and not have been convicted of a violent crime in the past three years (flexible depending on circumstances.) Provides a safe place to stay, meals, referral and counseling services.

## **Office of Senator Olympia Snowe**

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3 Canal Plaza, Suite 601  
P.O. Box 188 DTS  
Portland, ME 04112  
207-874-0883

### **Washington, DC**

154 Russell Senate Office Building  
Washington, DC 20510-1902  
202-224-5344  
Toll Free: 1-800-432-1599

## **Southern Kennebec Child Development Corp.**

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337 Maine Avenue  
Farmingdale, ME 04344  
207-582-3110

## **Spruce Run Association**

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P.O. Box 653  
Bangor, ME 04402  
Office: 207-945-5102  
Toll Free: 800-863-9909 (Hotline)  
[www.SpruceRun.net](http://www.SpruceRun.net)

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

## **St. Andre's Home**

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283 Elm Street  
Biddeford, ME 04005  
Website: [www.SaintAndreHome.org](http://www.SaintAndreHome.org)

*Contact:* Jane Vashon  
207-282-3351

Hours: Administration: Monday – 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. Croix Regional Family Health Center**

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136 Mill Street  
Princeton, ME 04668  
207-796-5503

Hours: Monday – Friday 8:00 a.m. to 5:30 p.m.; Thursday 8:00 a.m. to 7:30 p.m.

Provides medical services, primary health care, physical examinations, well-child examinations, treatment of minor injuries, health screenings, on-site mental health services, basic laboratory services, limited pharmacy and physical therapy on-site. Sliding fee scale for eligible patients.

## **St. Francis Inn**

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207-667-3962

## **St. Martin dePorres Residence**

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23 Bartlett Street  
Lewiston, ME 04240  
*Contact:* Irene Richard  
207-786-4690

By referral only. Call for hours.



## **State Street Church**

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

Clothes closet.  
Hours: Wednesday 9:00 a.m. to 11:00 noon

## **Strong Area Health Center**

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

Hours: Monday – Friday 8:00 a.m. to 4:30 p.m.  
Tuesdays 8:00 a.m. to 7:00 p.m.  
Dental Center Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.  
Monday and Thursday 8:00 a.m. to 7:00 p.m.

## **Suicide and Crisis Intervention for Aroostook County**

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

## **Sweetser**

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50 Moody Street  
Saco, ME 04072  
Toll Free: 1-800-434-3000 (Voice & TTY)

Care includes family-focused, person-centered, community-integrated services. Sweetser provides a continuum of comprehensive behavioral and mental health services to children, adults and families through the State of Maine.

## **Tedford Shelter**

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Offices: 14 Middle Street  
P.O. Box 958

207-729-1161 x100  
Info@TedfordHousing.org

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

Family Shelter  
34 Federal Street  
Brunswick, ME 04011  
207-729-1161 x107

Serving Lincoln County, Sagadahoc County, Brunswick, Harpswell, Freeport, Durham, Pownal, and Lisbon Falls. Emergency shelter for adults and children accompanied by an adult. Individuals must be drug and alcohol free and not fleeing domestic violence. Walk-ins welcome, but families need to call ahead. Tedford Shelter provides an emergency shelter, two meals a day, showers, laundry, toiletries, clothing, diapers and other essentials to individuals and families who are homeless. Free of charge for 5 days, then a fee will be discussed.

## **Training & Development Corporation**

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Corporate Offices and Finance  
118 School Street  
P.O. Box 1669  
Bucksport, ME 04416-1669  
207-469-6385  
Toll Free: 1-800-244-3598  
Fax: 207-469-6348

**Media WORKS**  
Contact: Doug Barkey  
207-659-0550

**Loring Job Corps Center**  
36 Montana Road  
Limestone, ME 04750  
207-328-4212

Toll Free: 1-888-216-2034  
Fax: 207-328-4219

**Career Advancement Services, Bangor**

45 Oak Street, Suite 4  
Bangor, ME 04401  
207-561-4050  
Fax: 207-561-4066

**Career Advancement Services, Ellsworth**

248 State Street, Suite 3A  
Ellsworth, ME 04605  
207-664-2300  
Toll Free: 1-800-371-7543  
Fax: 207-667-4789

**Career Advancement Services, Dover-Foxcroft**

P.O. Box 246  
Dover-Foxcroft, ME 04426  
207-564-8358  
Toll Free: 1-800-350-4165  
Fax: 207-564-3263

**Career Advancement Services, East Millinocket**

One Industrial Circle, Suite 2  
East Millinocket, ME 04430  
207-746-9608  
Fax: 207-746-3734

**Career Advancement Services, Presque Isle**

66 Spruce Street, Suite 5  
Presque Isle, ME 04769  
207-760-6333  
Toll Free: 1-800-635-0357  
Fax: 207-760-6346

Hours: Monday – Friday  
8:00 a.m. to 5:00 p.m.

Training & Development Corporation (TDC) is a national, not-for-profit, educational management, training and consulting organization headquartered in Bucksport,

Maine. TDC for over 20 years has administered the Maine JTPA Section 402 Program. The 402 Program is designed to help MSFWs and their families achieve economic self-sufficiency through nonagricultural or stabilized agricultural employment. The services authorized under this program include job training, basic and vocational education, social services referral and extensive outreach recruitment. The program also provides emergency supportive services to MSFWs and their families. These may include transportation, food assistance, housing and personal counseling. MSFWs who have done agricultural farmwork (not fishing or forestry) in the past 24 months, and their farmwork represents at least 50% of their income who also meet the low income guidelines or receive food stamps or welfare can call for an application.

**Tree of Life**

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23 South Street  
Blue Hill, ME 04614  
*Contact:* Alice Ann Maddix  
207-374-2900

Hours: Thursday 10:00 a.m. to 3:00 p.m.

The Tree of Life operates a thrift store and food pantry. Money from the thrift store buys food for the pantry. Serving Blue Hill, Sedgwick, Brooklin, Brooksville, and Penobscot. Individuals are required to give first name, last initial, number of members in family, and which town they live in. No one is turned away.

**U.S. Border Patrol Stations**

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**Houlton Sector Headquarters**

96 Calais Road  
Hodgdon, ME 04730  
207-532-6521

**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

**Rangeley Sub-Station**

2602 Main Street  
 P.O. Box 19  
 Rangeley, 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**

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176 Gannet Drive  
 South Portland, ME 04106  
 207-780-3624  
 National Toll Free: 1-800-375-5283  
 Hours: Monday – Friday 8:00 a.m. to 4:00 p.m. by appointment

## **US Department of Labor**

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**Wage & Hour Division**

1750 Elm Street, Suite 111

Manchester, NH 03104

George Rioux, District Director  
 603-666-7716  
 Chris Mills, Farm Labor Specialist  
 Jim Claus, Investigator

Spanish speaking staff available.

**Division of Adult Services**

MSFW & Native Americans Unit  
 200 Constitution Avenue, N.W.  
 Room S-4209  
 Washington, D.C. 20210  
 202-693-3046

## **Washington-Hancock Community Agency**

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Corner of Main & Maple Streets  
 P.O. Box 280  
 Milbridge, ME 04658  
*Contact:* Pat Smith  
 207-546-7544  
 Website: [www.whcacap.org](http://www.whcacap.org)

**Ellsworth**

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

Provides and directs opportunities to help people help themselves become safe, self-sufficient, and independent. Programs offered are: energy conservation & housing opportunities, heating, utilities, & rental assistance, family & community services, child care in Machias, Calais, at the Cutler Navy Base, transportation services, job opportunities & business success, and Peaceful Choices ñ family violence intervention & prevention programs.

## **Wayside Evening Soup Kitchen**

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252 Oxford Street

P.O. Box 1278  
Portland, ME 04104  
Office: 207-775-4939  
Soup Kitchen: 207-828-1613

Lunch from 12:00 noon to 12:50 p.m. daily  
Dinner: 6:00 p.m. to 7:00 p.m. nightly

## **Weald Bethel**

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Weald Bethel Lane off Route 1  
P.O. Box 428  
Cherryfield, ME 04622  
207-546-7192

Runs the Recycle Shop (thrift store) and a food pantry.

## **Western Maine Community Action, Inc.**

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Agency administers a variety of programs such as WIC, low interest home improvement/replacement loans; CCAP Housing Investment Funds, a weatherization program for low income households, temporary assistance with heating, utilities and rental, and temporary assistance to homeless persons or families at risk of homelessness due to eviction.

### **Administrative Office**

20A Church Street  
P.O. Box 200  
East Wilton, ME 04234  
Contact: Gil Ward  
207-645-3764  
Toll Free: 1-800-645-9636  
Website: [www.wmca.org](http://www.wmca.org)

### **Androscoggin County**

#### **Auburn**

Women, Infants & Children  
One Auburn Center  
79 Main Street

P.O. Box 70  
Auburn, ME 04212  
207-795-4016  
Toll Free: 1-877-512-8856

#### **Lewiston**

Western Maine Community Action Health Services  
179 Lisbon Street  
P.O. Box 1038  
Lewiston, ME 04240  
207-795-4007  
Toll Free: 1-800-587-9354

### **Franklin County**

#### **East Wilton**

859 U.S. Route 2 East  
P.O. Box 200  
East Wilton, ME 04234  
207-645-3764  
Toll Free: 1-800-645-9636

#### **Farmington**

Western Maine Community Action Health Services  
193 Front Street  
Farmington, ME 04938  
207-778-4553  
Toll Free: 1-800-587-9346

### **Oxford County**

#### **Norway**

Western Maine Community Action Health Services  
Golden Arches Building  
39 Lower Main Street  
P.O. Box 151  
Norway, ME 04268  
207-743-2066  
Toll Free: 1-800-524-8066

#### **Rumford**

Western Maine Community Action Health Services

218 Penobscot Street  
Rumford, ME 04276  
207-364-3960  
Toll Free 1-800-346-9461

## **Western Maine Family Health Center**

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80 Main Street Central Plaza  
Livermore Falls, ME 04254  
207-897-4345

Hours: Walk in acute care Monday – Friday  
8:00 a.m. to 9:00 a.m.  
Monday – Friday 7:30 a.m. to 5:30 p.m. by  
appointment  
Saturday 8:00 a.m. to 12:00 noon by ap-  
pointment

Provides comprehensive family medical care  
and on-site laboratory work. Sliding fee  
schedule available.

## **Womancare**

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8 Winter Street  
P.O. Box 192  
Dover-Foxcroft, ME 04426  
207-564-8165  
Toll Free: 888-564-8165  
wmncare@wmncare.org

### **Dexter Outreach**

Fridays 8:30 a.m. to 1:00 p.m. at the Dexter  
Town Office

### **Milo Outreach**

Tuesdays 9:00 a.m. to 12:00 noon at the Mi-  
lo Police Station

### **Greenville Outreach**

2<sup>nd</sup> and Last Wednesday of the month from  
12:00 noon to 4:00 p.m. at the Charles A.  
Dean Memorial Hospital

Domestic violence hotline.

## **Workers' Compensation Board**

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Workers' Compensation is a type of insur-  
ance provided by your employer. It provides  
benefits to employees who suffer injuries on  
the job. These benefits include: weekly  
payments for time lost from work because of  
injury, payment of medical bills/prescrip-  
tions and related costs, payment for the lost  
of a specific body part, payment of the cost  
of vocational rehabilitation (such as job re-  
training and job placement), payment of  
death benefits to the dependents of a worker  
whose death was work related. If there is a  
dispute about whether your employer must  
pay your claim: a trouble shooter will con-  
tact you and try to resolve the dispute, if the  
trouble shooter cannot resolve the dispute, a  
mediation will be held, and if mediation  
does not resolve the dispute, you may re-  
quest a formal hearing. Qualified injured  
workers (workers who notified employer of  
injury within 90 days and if employer has se-  
lected health care provider, you must go to  
selected health care provider within 10 days  
of injury, and if you want to change health  
care provider after the first 10 days employer  
must be notified) are entitled to the services  
of a Worker Advocate. Worker Advocates  
help injured workers prepare for mediation  
and formal hearing. Interpreters will be pro-  
vided upon request for mediations and hear-  
ings.

Hours: Monday – Friday 8:00 a.m. to 5:00  
p.m.

### **Office Locations and Phone Numbers:**

#### **Augusta**

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

TTY: 1-877-832-5525

**Bangor**

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

**Caribou**

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

**Lewiston**

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

**Portland**

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

**York County Community  
Action Program**

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For low-income persons, with total household incomes that fall within the Federal Poverty Guidelines, the following services are available: Advocacy, case management, central heating improvement, crisis intervention, food pantry, family day care, energy conservation, head start programs, fuel assistance, home ownership assistance, housing preservation loans, infant/toddler car seat loaners, information referral, paralegal assistance with family law & probate, transportation, weatherization, and WIC programs.

**Locations and Phone Numbers:**

**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](http://www.yccac.org)  
Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

**Biddeford**

321 Elm Street  
Biddeford, ME 04005  
207-283-2402

**Kittery**

2 State Road  
Kittery, ME 03905  
207-439-2699

**York County Shelter, Inc.**

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P.O. Box 820  
Alfred, ME 04002  
Voice & TTY 207-324-1137  
[info@yorkcountyshelterprograms.org](mailto:info@yorkcountyshelterprograms.org)

**Youth Crisis Stabilization Program**

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

**Youth & Family Services, Inc.**

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**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](mailto:yfsinc@yfsinc.org)

## **Augusta**

72 Winthrop Street  
Augusta, ME 04330  
207-626-3478  
Toll Free: 1-877-258-7949  
TTY: 207-621-6390  
Laurie.Connelly@yfsinc.org

## **Emergency Shelter**

Halcyon House  
5 Commerce Drive  
Skowhegan, ME 04976  
207-474-8574  
[Danielle.Morse@yfsinc.org](mailto:Danielle.Morse@yfsinc.org)

## **YWCA Intervention Program**

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130 East Avenue  
Lewiston, ME 04240  
207-795-4050 x125  
Hours: Monday – Friday 8:30 a.m. to 4:30 p.m.

## **YWCA of Greater Portland**

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### **YWCA Fair Harbor Residence**

555 Cumberland Avenue  
Portland, ME 04101  
207-874-1137  
Spanish speaking staff available.

Hours: 8:00 a.m. to 5:00 p.m.

The YWCA has traditionally been in the forefront of offering community forums for social action, discussions of issues; health, wellness and aquatic programs that focus on the individual and need; emergency shelter for women and girls, and substance abuse and/or mental health counseling. When a client participating in the Substance Abuse Program is determined to need services requiring a specific focus (eating disorders, psychological testing, childhood sexual abuse, etc.) he/she will be referred to professionals with expertise and training in these areas. These referrals can occur in-house or

be sent to outside professionals. Fee for individual and family counseling is \$70.00 per hour and group counseling is \$50.00 per hour. Payment can be made by Medicaid, private insurance, or private pay. A sliding fee scale is also available for those who qualify. Young women and men come to our program on their own initiative and/or by referral from the Greater Portland human and social services providers or schools.

## **YWCA Women's Residence & Shelter**

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87 Spring Street  
Portland, ME 04101  
207-874-1130

24 Hours.

The YWCA Women's Residence & Shelter provides a safe, affordable independent community living and supportive services for women in crisis and transition for women 18 years of age and older who are homeless or at risk. Services include: mental health & substance abuse counseling, crisis intervention, community living skills, and referral to housing, medical, and other needed services. Fees are \$12.84 per night shelter bed or \$65.00 weekly for a single room.