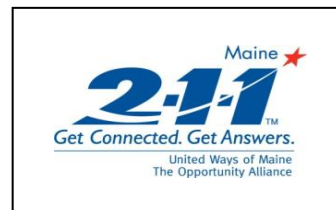




Directory of Commonly Requested Community Services

JANUARY 2012



Dial 2-1-1 or 1-877-463-6207 | or visit 211Maine.org
for confidential help & information on these and other area services

Brought to you locally by: United Way of Mid Coast Maine

EMERGENCY SERVICES

- Adult Protective Services (24 hr. Hotline) .1-800-624-8404
- American Red Cross-Mid Coast Chapter . 729-6779 or 563-3299
- Cumberland Co. Emergency Management..... 892-6785
- Emergency Oil Spill Response.....1-800-482-0777
- Emergency Hazardous Materials Response.1-800-452-4664
- Family Crisis Services (24 hr.)1-866-834-4357
- Lincoln Co. Emergency Management 882-7559
- ME Emergency Management Agency. 1-800-452-8735 or 624-4400
- Northern NE Poison Center.....1-800-222-1222
- Sagadahoc Co. Emergency Management 443-8210
- Sexual Assault Support Services1-800-822-5999
- Mental Health Crisis Hotline Connector 1-888-568-1112

FINANCIAL ASSISTANCE & SUPPORT PROGRAMS

Clothing, Emergency \$, Food, Fuel, Mortgage, Rent, Utilities

- Adventist Community Services (Clothing and Housewares).....725-7015
- Bath Area Food Pantry 443-4781
- Bath Area Soup Kitchen.....443-5356
- Boothbay Region Community Resources ..633-0672 or 633-6320
- Boothbay Region Food Pantry..... 633-4757
- Brunswick Food Pantry- Mid Coast Hunger Prevention 725-1151
- Brunswick Soup Kitchen- Mid Coast Hunger Prevention729-8647
- CHIP – Lincoln County..... 1-800-924-9571
- Coastal Enterprises, Inc.....1-877-340-2649 or 882-7552
- Community Energy Fund-Lincoln Co 563-3883
- Corporal Works of Mercy - Bath Area 442-7963
- DHHS Emergency Assistance – Cumberland..... 822-2000
- DHHS Emergency Assistance - Lincoln/Sagadahoc..... 596-4200
- Ecumenical Food Pantry - Newcastle 563-6900
- Freeport Community Services 865-3985
- General Assistance Local Town Office or Call 2-1-1
- LIHEAP** (Heating Assistance)
 - PROP-The Opportunity Alliance (Brunswick/Harpswell) 1-800-698-4959
 - KVCAP (Lincoln & Sagadahoc County) 1-800-542-8227
 - Penquis (Knox County)1-800-215-4942 or 596-0361
- Meals on Wheels1-800-639-1553 or 729-0475
- Midcoast ME Community Action (MMCA) 1-800-221-2221 or 442-7963
- New Harbor Food Pantry 677-3424 or 677-3055
- Philbrook Fund (Damariscotta only) 563-5168
- Salvation Army - Bath 443-3611
- Salvation Army - Rockland.....594-5326
- Salvation Army - other communitiescall 2-1-1
- SNAP (Food Stamps) - Cumberland..... 822-2000
- SNAP (Food Stamps) - Lincoln & Sagadahoc 596-4200
- Social Security Administration 1-800-772-1213
- First Baptist Church Food Bank - Jefferson 549-5361
- Veterans Affairs (VA) 1-800-827-1000
- Waldoboro Food Pantry..... 832-4743
- Warm Thy Neighbor-Fuel Assistance (Brunswick Area) ... 729-1161 x112
- Whitefield Union Food Pantry 582-2684
- Women, Infants & Children (WIC)....1-800-221-2221 or 442-7963

ABUSE/ASSAULT

Child Abuse

- Families Can! (MMCA)..... 442-7963
- Child Protective Services - DHHS..... 1-800-452-1999
- Healthy Kids Lincoln County 563-1818

Domestic Violence

- Family Crisis Services (24 hr.)1-866-834-4357
- Domestic Abuse Helpline for Men & Women 1-888-743-5754
- National Domestic Violence Hotline..... 1-800-799-7233
- New Hope for Women - Rockland ..1-800-522-3304 or 594-2128
- New Hope for Women - Damariscotta 563-2404
- Safe Voices AWAP (24 hr., Auburn) 1-800-559-2927

Sexual Assault

- Sexual Assault Support Services of Mid Coast ME ..1-800-822-5999

DISABILITIES SERVICES

- Alpha One 1-800-640-7200 & TTY: 1-866-906-5375
- Dept. of Adults with Cognitive & Physical Disabilities (DHHS)
 - Portland.....1-800-269-5208
 - Rockland 1-800-704-8999 & TTY: 1-800-606-0215
- Disability Rights Center..... 1-800-452-1948 or 626-2774
- Elmhurst, Inc.-Bath.....443-9783 & TTY: 1-800-545-1833x756
- Independence Association, Inc.-Brunswick 725-4371
- IRIS (Maine Center for the Blind) 1-800-715-0097 or 774-6273
- Maine Center for Integrated Rehabilitation.....596-7555
- Maine Parent Federation (SPIN)..... 1-800-870-7746 or 588-1933
- Maine Relay Service for the Deaf.....7-1-1
- Mobius, Inc. - Damariscotta563-3511 & TTY: 563-3864
- Pine Tree Society..... 443-3341 (also TTY)
- Special Library Services-Books on Tape1-800-762-7106
- Spectrum Generations - Aging & Disabilities Resources 1-800-639-1553
- Vocational Rehabilitation1-800-315-1192 & TTY: 1-888-817-7113

EDUCATION & EMPLOYMENT SERVICES

- ASPIRE/JOBS..... 1-800-482-7517 or 795-4377
- Bath Adult Education RSU1 443-8255
- Boothbay Region Adult Education..... 633-3224
- Central Maine Community College.. 1-800-891-2002 or 755-5100
- Cooperative Extension Service (Sagadahoc).....1-800-287-1458
- High School Vocational Education - Brunswick (Region 10)... 729-6622
- Merrymeeting Adult Education - Brunswick/Topsham.... 729-7323
- Mid Coast Senior College 442-7349
- Occupational Safety Hotline.....1-800-321-6742
- Southern Maine Community College . 1-877-282-2182 or 741-5500
- Southern MidCoast Career Center - 1-888-836-3355 or 373-4000
- Southern New Hampshire University1-800-427-9238 or 725-6486
- Tri-County Literacy 1-877-885-7441 or 443-6384
- Unemployment Insurance1-800-593-7660 & TTY: 1-888-457-8884
- Univ. College at Bath/Brunswick 1-800-696-2329 or 442-7736
- Vocational Rehabilitation1-800-315-1192 & TTY: 1-888-817-7113
- Wiscasset Adult & Community Education 882-9710
- Women Unlimited..... 1-800-281-5259 or 623-7576
- Women, Work & Community 1-800-442-2092 or 386-1664
- Worker's Compensation Board 1-888-801-9087 or 287-3751

ELDER SERVICES

- Adult Protective Services (24 hr. to report abuse) ...1-800-624-8404
- Bath Area Senior Citizens 443-4937
- Elder Independence 1-888-234-3920 & TTY: 1-888-459-6667
- Eldercare Locator.....1-800-677-1116
- ElderCare Network - Lincoln County563-2148
- Good Morning Program- Bath 443-5563
- Good Morning Program - Brunswick 729-0757
- Greater Bath Elder Outreach Network 837-8810
- Hearthside Senior Assistance 1-877-686-5748 or 443-5748
- Legal Services for the Elderly 1-800-750-5353 or 623-1797
- Long Term Care Ombudsman..... 1-800-499-0229 or 621-1079
- Lifeline Emergency Response..... 373-3635
- Low Cost Drug Program (ME.Rx Plus).....1-866-796-2463
- Meals on Wheels..... 1-800-639-1553 & TTY: 1-800-464-8703
- Neighbors Inc. - Greater Brunswick 725-9444
- Office of Elder Services.1-800-262-2232 & TTY: 1-800-606-0215
- People Plus-Brunswick 729-0757
- Respite Care – Bath/Brunswick 729-8571
- Richmond Area Senior Center 737-2161
- Spectrum Generations/Area Agency on Aging.....1-800-639-1553

VOLUNTEERING or DONATING GOODS:

United Way of Mid Coast Maine 443-9752

Email: volunteersolutions@uwmcm.org



FAMILY & CHILDRENS SERVICES

Child Care Information and Vouchers

Mid Coast Resource Dev. Center ... 1-888-917-1100 or 1-877-684-0466

Child Care Centers/After School Programs

Bath Area Family YMCA..... 443-4112
Boothbay Region YMCA..... 633-2855
Casco Bay YMCA..... 865-9600
Central Lincoln Co. YMCA 563-3477 or 563-9622
Coastal Kids Preschool 563-5335
Family Focus - Child Care Services..... 1-800-675-2413/386-1662
Harbor Children's Center..... 633-4341
Head Start & Early Head Start..... 1-800-221-2221
PenBay YMCA 236-3375

Mentoring and Scouting Programs

Big Brothers Big Sisters of Bath-Brunswick 729-7736
Big Brothers Big Sisters of Midcoast Maine 593-0380
Girl Scouts of Maine 1-888-922-4763
Pine Tree Council Boy Scouts of America 797-5252

Parenting Resources

Child Development Services (SEARCH)

Mid Coast Regional CDS 1-877-443-1301 or 594-5933
Damariscotta office 1-888-760-8114 or 563-1411
Families Can! (MMCA)..... 442-7963
Healthy Kids (Lincoln Co.) 563-1818
Healthy Generations 373-6967
Home to Home-Children Exchange Program..... 837-4894
Success By 6 442-7440
Teen & Young Parent Program..... 594-1980

Youth and Family

Gay & Lesbian National Hotline 1-888-843-4564
Grief and Loss Support - CHANS .1-888-486-0340 or 729-6782
Home Counselors 596-0359
Runaway Hotline..... 1-800-786-2929
Teen Center-People Plus 721-0754
The Opportunity Alliance-Family Mediation 1-877-429-6884 or 874-1175
Youth Promise 563-6123

HEALTH AND HEALTHCARE

All About Prevention 725-4955
Consumers for Affordable Health Care .1-800-965-7476 or 622-7083
CHANS Hospice 1-888-486-0340 or 729-6782
Childhood Lead Poisoning Prevention..... 1-866-292-3474
Low-Cost Drug Maine RX Program (Elder/Disabled) 1-866-796-2463
Maine HIV/STD/Hepatitis Frannie Peabody 1-866-701-3897 or 774-6877
MaineCare HelpLine (CHIP)1-877-543-7669 & TDD: 1-800-606-0215
MaineCare Member Services 1-800-977-6740
Medicare 1-800-633-4227
National AIDS Hotline (CDC) 1-800-232-4636
Northern NE Poison Center 1-800-222-1222
Public Health Nurse- Portland..... 797-3401
Public Health Nurse- Rockland..... 1-800-432-7802 or 596-4238

HOME HEALTH CARE

Catholic Charities Maine – Family Services..... 1-877-621-8520
CHANS Home Health Care..... 729-6782
CHANS Hospice 1-888-486-0340 or 729-6782
Home Care for Maine..... 1-800-639-3084 or 582-8001
Kno-Wal-Lin Home Health Care Newcastle 563-5119
Rockland ... 1-800-540-9561 or 594-9561
Miles Home Health & Hospice (Lincoln Co.) 563-4592
Respite Care..... 729-8571
St. Andrews Hospital & Healthcare Center - Boothbay .. 633-2121
Veterans Affairs TeleCare..... 1-800-827-1000

HOSPITALS/CLINICS

Family Planning of Maine..... 622-7524
Jessie Albert Dental Center 1-888-304-8020 or 443-9721
Knox County Health Clinic 594-6996
Martin's Point Health Care 1-800-322-0280 or 774-5801
Mid Coast Hospital - Brunswick 1-877-729-0181 or 729-0181
Miles Memorial Hospital - Damariscotta..... 563-1234
OASIS Health Clinic..... 721-9277
Parkview Adventist Medical Center – Brunswick 373-2000
Penobscot Bay Medical Center - Rockland..... 596-8000
Planned Parenthood - Brunswick..... 1-877-326-2345 or 725-8264
Richmond Area Health Center 737-4359
St. Andrews Hospital – Boothbay Harbor..... 633-2121
Sheepscot Family Health Services-Somerville 549-7581
Veterans Hospital - Togus 1-877-421-8263 or 623-8411

HOUSING & SHELTER

Bath Housing Authority 443-3116
Brunswick Housing Authority (Cumberland Co.) 725-8711
CEI Housing Counselor 1-877-340-2649 or 882-7552
Habitat for Humanity/ 7 Rivers Maine 386-5081
Housing Discrimination Hotline 1-800-669-9777
Lincoln/Sagadahoc Co Housing Voucher Dept.... 1-866-357-4853
Maine State Housing Authority 1-800-452-4668
MMCA Housing Counseling 1-800-221-2221
Penquis (Knox Co.) 1-800-215-4942
Poverty Tax Abatement call local Town Office
Property Tax & Rent Refund Program 626-8475
Tedford Housing 729-1161

LEGAL & TAX INFORMATION

CASH Coalition..... 373-1140
Child Support Enforcement 624-8020
Cumberland Legal Aid Clinic 780-4370
Finance Authority of Maine 1-800-228-3734 or 623-3263
Internal Revenue Service 1-800-829-1040
Lawyer Info & Referral Service..... 1-800-860-1460 or 622-1460
Legal Services for the Elderly 1-800-750-5353 or 623-1797
Maine Attorney General's Office 626-8800
Maine Civil Liberties Union..... 774-5444
Maine Equal Justice Project..... 1-866-626-7059 or 626-7058
Maine Human Rights Commission 624-6290 & TTY: 1-888-577-6690
Maine Revenue Services - Tax Information 287-2076
Maine Volunteer Lawyers Project... 1-800-442-4293 or 774-4348
Money Management International 1-866-889-9347
Pine Tree Legal Assistance – www.ptla.org
Cumberland/Sagadahoc County 774-8211
Lincoln/Knox County 622-4731
Property Tax and Rent Refund..... 626-8475
Public Utilities Commission 1-800-452-4699
Social Security Administration..... 1-800-772-1213
Veterans Affairs (VA) 1-800-827-1000
Victim's Compensation Board 1-800-903-7882 or 624-7882

LEGISLATURE

State Representatives 1-800-423-2900 or 287-1400
State Senators 1-800-423-6900 or 287-1540

MENTAL HEALTH SERVICES

Alliance of the Mentally Ill (NAMI) 1-800-464-5767
Dept. of Health and Human Services (DHHS) 287-3707
G.E.A.R. Parent Network 1-800-264-9224
Maine Psychological Assoc. Information & Referral..... 1-800-287-5065
Mid Coast Behavioral Health..... 373-6600
Mid Coast Hospital-Partial Hospitalization 373-6980
Mid Coast Mental Health Center 1-800-540-2072
Senior Mental Health Services- Mid Coast..... 1-888-253-8428
Statewide Mental Health Crisis Hotline Connector 1-888-568-1112
Support Groups..... Call 2-1-1
Sweetser Community Mental Health-Intake 1-800-434-3000
Sweetser Learning and Recovery Center 373-4273

SUBSTANCE ABUSE

Addiction Resource Center - Mid Coast. 1-800-244-3805 or 373-6950
Alanon - Statewide 1-800-498-1844 or 284-1844
Alcoholics Anonymous - Statewide 1-800-737-6237
Choice Skyward Addiction–Mid-Coast Mental Health Center ... 701-4400
Crossroads for Women 773-9931
Maine Office of Substance Abuse... 1-800-499-0027 or 287-8900
Maine Tobacco Helpline..... 1-800-207-1230
Narcotics Anonymous 1-800-974-0062
Support Groups Call 2-1-1
Sweetser -Intake 1-800-434-3000

TRANSPORTATION

Bath City Bus 443-8363
Brunswick Explorer 721-9600
Coastal Trans 1-800-289-6605



2-1-1 Maine is a FREE statewide information and referral service available 24 hours a day, 365 days a year.

➤ Simply DIAL 2-1-1

or visit the on-line 2-1-1 Maine database, with over 9,000 human service programs, at www.211Maine.org

➤ 2-1-1 is available throughout Maine, but cell phone & workplace phone access varies.

If you can't dial 2-1-1,
please call 1-877-463-6207

Brought to you locally by:



United Way of Mid Coast Maine, 34 Wing Farm Parkway, Suite 201, Bath ME 04530

Phone (207) 443-9752

Email info@uwmcm.org

www.uwmcm.org