



United Way
of Mid Coast Maine



United Ways of Maine - YAI

DIRECTORY of COMMONLY REQUESTED COMMUNITY SERVICES

CALL **2-1-1** or 1- 877- 463 - 6207 or on-line at www.211Maine.org

for confidential help & information on these and other area services

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

November 2008

EMERGENCY SERVICES

Adult Protective Services (24 hour Hotline)	1-800-624-8404
American Red Cross-Mid Coast Chapter	729-6779 or 563-3299
Emergency Oil & Hazardous Materials Response	1-800-482-0777
Maine Emergency Management Agency	1-800-452-8735
Northern NE Poison Center	1-800-222-1222
Sexual Assault Support Services	1-800-822-5999
Statewide Mental Health Crisis Line	1-888-568-1112

ABUSE/ASSAULT

Child Abuse

Families Can! – Greater Brunswick	442-7963x237
Child Protective Services - DHHS	1-800-452-1999
Healthy Kids! Lincoln County	563-1818

Domestic Violence

Abused Women's Advocacy Project (Auburn)	1-800-559-2927
Family Crisis Services (24-hour service)	1-800-537-6066
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
New Hope for Women- Damariscotta	563-2404

Sexual Assault

Sexual Assault Support Services	1-800-822-5999
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DISABILITIES SERVICES

Alpha One	1-800-640-7200
Dept. of Behavioral & Developmental Services	
Thomaston	1-800-704-8999
Disability Rights Center	1-800-452-1948 or 626-2774
Elmhurst, Inc.-Bath	443-9783
Independence Association, Inc.-Brunswick	725-4371
IRIS (Maine Center for the Blind)	1-800-715-0097
Maine Center for Integrated Rehabilitation	253-5440
Maine Parent Federation (SPIN)	1-800-870-7746
Maine Relay Service for the Deaf	711
Mobius - Damariscotta	563-3511
Pine Tree Society	443-3341
Special Library Services-Books on Tape	1-800-762-7106
Spectrum Link-Aging & Disabilities Resources	1-800-639-1553
Vocational Rehabilitation	1-800-315-1192

EDUCATION & EMPLOYMENT SERVICES

Adult Vocational Education-Brunswick	729-6622
ASPIRE/JOBS	1-800-482-7517
Bailey Evening School-Bath	443-8255
Bath Career Center	1-888-836-3355 or 442-0300
Boothbay Region Adult Education	633-3224
Career Prospects	373-0488
Central Maine Community College	755-5100
Cooperative Extension Service	1-800-287-1458
GED - Bath Career Center	1-888-836-3355 or 442-0300
Merrymeeting Adult Education-Brunswick/Topsham	729-7323
Mid Coast Senior College	442-7349
Occupational Safety Hotline	1-800-321-6742
Southern Maine Community College	741-5500
Southern New Hampshire University	725-6486
Tri County Literacy Volunteers	1-877-885-7441 or 443-6384
Unemployment Insurance	1-800-593-7660
Univ. College at Bath/Brunswick	1-800-696-2329 or 442-7736
Vocational Rehabilitation	1-800-315-1192
Wiscasset Adult Community Education	882-9710
Women Unlimited	1-800-281-5259
Women, Work & Community	1-800-442-2092 or 386-1664
Worker's Compensation Board	1-888-801-9087

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
Eldercare Locator	1-800-677-1116
Greater Bath Elder Outreach Network	837-8810
Hearthside Senior Assistance	443-5748
Legal Services for the Elderly	1-800-750-5353
Long Term Care Ombudsman	1-800-499-0229
Lifeline	373-3635
Low Cost Drug Program-Elder/Disabled (ME.Rx Plus)	1-866-796-2463
Meals on Wheels	1-800-639-1553
Neighbors Inc. - Greater Brunswick	725-9444
Office of Elder Services	1-800-262-2232
People Plus-Brunswick	729-0757
Project Good Morning - Bath	443-5563
Project Good Morning - 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

FAMILY & CHILDRENS SERVICES

Child Care Information and Vouchers

Mid Coast Resource Development Center	1-888-917-1100
	or 396-6566
Family Focus - Child Care Services	1-800-675-2413 or 386-1662

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
Family Focus - Child Care Services	1-800-675-2413/386-1662
Harbor Children's Center	633-4341
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	563-5599
Kennebec Girl Scout Council	1-800-660-1072
Pine Tree Council Boy Scouts of America	797-5252

Parenting Resources

Child Development Services (SEARCH)	
Knox Co.	594-5933
Lincoln Co.-Damariscotta	563-1411
Sagadahoc Co. & Brunswick	725-6365
Families Can! - Greater Brunswick	442-7963
Healthy Kids! (Lincoln Co.)	563-1818
Healthy Generations	373-6957
Home to Home-Children Exchange Program	837-4894
Mainly Parents	1-800-249-5506

Youth and Family

Gay & Lesbian National Hotline	1-888-843-4564
Home Counselors	596-0359
Merrymeeting Project-Bath	443-5473
Runaway Hotline	1-800-786-2929
Success by 6	442-7440
Transitions (Grief Support)	1-888-486-0340 or 721-9702
Youth Alternatives - Family Mediation	874-1175 or 632-0041 toll free

FINANCIAL ASSISTANCE & SUPPORT PROGRAMS

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

Adventist Community Services (Clothing and House wares)	725-7015
Bath Clothing Bank	837-8832
Bath Area Food Bank & Soup Kitchen	837-8832
Boothbay Region Community Resources	633-0672 or 633-6320
Boothbay Region Food Bank	633-4757
Brunswick Food Bank and Soup Kitchen	725-1151
CHIP – Lincoln County	1-800-924-9571
Coastal Enterprises, Inc.	1-877-340-2649/882-7552
Community Energy Fund-Lincoln Co.	563-3883
Corporal Works of Mercy - Bath Area	442-7963
DHHS Emergency Assistance- Cumberland	624-8000
Lincoln/Sagadahoc	624-8000



VOLUNTEERING or DONATING GOODS

www.VolunteerSolutions.org/UnitedWayofMidCoastMaine
email volunteersolutions@uwmcm.org

Ecumenical Food Pantry-Newcastle	563-3695
Food Stamps- Lincoln & Sagadahoc	1-800-432-7802
Food Stamps- Cumberland	1-800-482-7520
Freeport Community Services	865-3985
General Assistance -	Local Town Office or Call 211
LIHEAP (Heating Assistance).....	1-800-221-2221
Meals on Wheels.....	1-800-639-1553
Mid Coast ME Community Action (CED) (Fuel/Utilities)	1-800-221-2221/442-7963
Mid Coast Hunger Prevention-Food Bank and Soup Kitchen..	725-1151
New Harbor Food Pantry	677-3424
People to People - Damariscotta	563-5511
Philbrook Fund (Damariscotta only)	563-5168
Poverty Tax Abatement Information	1-800-438-3890
Salvation Army-Bath.....	443-3611
Salvation Army-Rockland	594-5326
Salvation Army-other communities	call 2-1-1
Salvation Army Food Bank	443-3611
SERVE Food Cooperative.....	725-1725
Shepherd of Faith Food Bank-Richmond.....	737-2902
Social Security Administration	1-800-772-1213
Truth Baptist Church-Jefferson	445-4841
Veterans Administration	1-800-827-1000
Waldoboro Food Bank.....	832-6902
Warm Thy Neighbor-Fuel Assistance	725-4594
Whitefield Union Food Bank.....	582-2684
Women, Infants & Children (WIC)	1-800-221-2221

HOUSING & SHELTER

Bath Housing Authority.....	443-3116
Brunswick Housing Authority (Cumberland Co.).....	725-8711
CEI Housing Counselor	1-877-340-2649/882-7552
Maine Housing Auth. (Lincoln Co.)	1-866-357-4853, 624-5777
Maine Housing Auth. (Sagadahoc Co.).....	1-866-357-4853, 624-5777
MMCA Housing Counseling.....	1-800-221-2221
Habitat for Humanity.....	386-5081
Housing Discrimination.....	1-800-669-9777
Maine State Housing Authority	1-800-452-4668
Poverty Tax Abatement.....	call local Town Office
Property Tax & Rent Refund Program	626-8475
Tedford Shelter	725-4871
Tedford Shelter- Family Services	729-4583
York/Cumberland Housing Authority.....	1-888-294-3551 or 363-8444

LEGAL & TAX INFORMATION

Child Support Enforcement	1-800-371-3101 or 624-8000
Consumer Credit Counseling Services	1-866-889-9347
Cumberland Legal Aid Clinic	780-4370
Finance Authority of Maine	623-3263 or 1-800-228-3734
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 Revenue Services.....	287-2076
Maine Attorney Generals Office.....	626-8800
Maine Civil Liberties Union	774-5444
Maine Equal Justice Project	626-7058
Maine Human Rights Commission	624-6050
Maine Volunteer Lawyers Project	1-800-442-4293 or 774-4348
Pine Tree Legal Assistance	
Lincoln County	622-4731
Cumberland/Sagadahoc County.....	774-8211
Property Tax Abatement Information.....	1-800-438-3890
Property Tax and Rent Refund	626-8475
Public Utilities Commission	1-800-452-4699
Social Security Administration	1-800-772-1213
TEL LAW-recorded legal messages	626-8849
Veterans Administration	1-800-827-1000
Victim's Compensation Board	1-800-903-7882

LEGISLATURE

State Representatives	1-800-423-2900
State Senators	1-800-426-6900

TRANSPORTATION

Bath City Bus	443-8363
Coastal Trans-Bath/Brunswick	1-800-444-6207/443-6207
Coastal Trans-Rockland.....	1-800-289-6605
Trans-Linc (for seniors only)	563-6244

HEALTH AND HEALTHCARE

HEALTH CARE

Consumers for Affordable Health Care & Healthcare Guide	1-800-838-0388 or 622-7083
Frannie Peabody Center	774-6877
Hospice Vol. in Midcoast Maine.....	1-888-486-0340 or 729-3602
Lead Program	287-4311
Low-Cost Drug Program (Elder/Disabled).....	1-866-796-2463
Maine HIV/STD/Hepatitis Hotline.....	1-800-232-4636
MaineCare HelpLine	1-800-965-7476 or 1-877-543-7669
MaineCare Member Services	1-800-977-6740
Medicare	1-800-633-4227
Merrymeeting AIDS Support Services	725-4955
National AIDS Hotline.....	1-800-232-4636
Northern NE Poison Center.....	1-800-222-1222
Public Health Nurse- Rockland.....	1-800-432-7802 or 596-4200
Public Health Nurse- Portland	1-800-432-7802 or 822-2000

HOME HEALTH CARE

Respite Care	729-8571
Veterans TeleCare	1-800-827-1000

Catholic Charities Maine – Family Services	1-800-781-8550
CHANS Home Health Care	729-6782
Home Resources of Maine.....	1-800-639-3084
Hospice Vol. in Midcoast Maine	1-888-486-0340 or 729-3602
Kno-Wal-Lin Home Health Care -Damariscotta.....	563-5119
Kno-Wal-Lin Home Health Care -Rockland.....	594-9561
Miles Home Health (Lincoln Co.).....	563-4592
St. Andrews Home Health Care - Boothbay	633-1919

HOSPITALS/CLINICS


Planned Parenthood – Statewide	1-877-326-2345
Family Planning of Maine.....	622-7524
Jessie Albert Dental Center	1-888-304-8020 or 443-9721
Martin's Point Health Care	1-800-479-8079
Mid Coast Hospital - Brunswick.....	729-0181
Miles Health Care Center - Damariscotta	563-1234
OASIS Health Clinic	721-9277
Parkview Hospital – Brunswick	373-2000
Penobscot Bay Medical Center	596-8000
Planned Parenthood	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

MENTAL HEALTH SERVICES

Alliance of the Mentally Ill (NAMI)	1-800-464-5767
Dept. of Health and Human Services	287-3707
Mid Coast Hospital-Partial Hospitalization.....	373-6980
Psychologist Information & Referral	1-800-287-5065
Senior Mental Health Services	1-888-253-8428
Statewide Mental Health Crisis Hotline	1-888-568-1112
Support Groups.....	Call 211
Sweetser Community Mental Health-Intake	1-800-434-3000
Sweetser Learning and Recovery Center	373-4273
Therapist Search-Line.....	1-800-386-4096
Transitions-Grief Support	1-888-486-0340 or 721-9702

SUBSTANCE ABUSE

Addiction Resource Center	1-800-244-3805 or 373-6950
Alanon-Statewide.....	1-800-498-1844
Alcoholics Anonymous - Statewide	1-800-737-6237
Choice Skyward Addiction Center	594-6900
Crossroads for Women	773-9931
Maine Office of Substance Abuse	1-800-499-0027
Maine Tobacco Helpline.....	1-800-207-1230
Narcotics Anonymous	1-800-974-0062
Overeaters Anonymous 24 hour hotline	774-4357
Support Groups	Call 211
Sweetser -Intake	1-800-434-3000



United Ways of Maine - YAI

211 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.**
- ★ If you know of a service in Brunswick, Harpswell, Lincoln, Sagadahoc, or Knox Counties that is not listed or listed incorrectly, please email 211Maine@uwmcm.org or call 443-9752.

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