



JULY 2018  
DIRECTORY of  
COMMONLY REQUESTED  
COMMUNITY SERVICES



United Way of  
Mid Coast Maine

**DIAL 211 toll free**

**VISIT 211maine.org | TEXT your zip code to 898-211 | 1- 866-811-5695**

**EMERGENCY SERVICES**

- EMERGENCY ..... DIAL 911**
- American Red Cross of Maine.....563-3299
- ME Emergency Management ..... 800-452-8735
- Mental Health Crisis Hotline ..... 888-568-1112
- Northern NE Poison Center..... 800-222-1222

**ABUSE/ASSAULT**

- Adult Protective Intake - 24 hr ..... 800-624-8404
- Child Protective Services - DHHS ..... 800-452-1999
- Maine Domestic Violence Hotline ..... 866-834-4357
- New Hope for Women ..... 800-522-3304
- Sexual Assault Support Services..... 800-871-7741
- Through These Doors (formerly Family Crisis Services) ..... 800-537-6066

**FOOD/CLOTHING/EMERGENCY ASSISTANCE**

- Adventist Community Services ..... 725-7015
- Bath Area Food Pantry & Soup Kitchen.....737-9289
- Boothbay Region Food Pantry.....350-2962
- Brunswick Food Pantry & Soup Kitchen .....725-2716
- Friends Helping Food Pantry - Bowdoin .....449-6326
- General Assistance ..... Dial 211
- Jefferson Area Community Food Pantry .....315-1134
- Little Flock Non Food Bank - Bath .....443-9333
- MMCA .....442-7963
- New Harbor Food Pantry .....677-3424 or 677-3055
- Newcastle Ecumenical Food Pantry .....563-5597
- Richmond Food Pantry.....607-2777
- Salvation Army - Bath.....443-3611
- Salvation Army - other communities ..... Dial 211
- SNAP - ..... 855-797-4357
- St. Denis Whitefield Food Pantry.....582-2684
- St. Philips Help Yourself Shelf.....882-7184
- TANF..... 855-797-4357
- Waldoboro Food Pantry.....785-4782 or 701-7363
- Westport Island Helping Hands ..... 882-8477
- Wiscasset Food Pantry .....882-9088

**HOUSING/SHELTER/RENT/UTILITIES**

- Bath Housing.....443-3116
- Boothbay Region Community Resources .....633-6272
- Brunswick/Topsham Housing Authority .....725-8711
- CEI Housing Counselor .....504-5900
- CHIP – Lincoln County .....677-3450
- Community Energy Fund-Lincoln Co .....563-3883
- DHHS Emergency Assistance – Cumberland 822-2000
- DHHS Emergency Assistance - Lincoln/Sag 596-4200
- Freeport Community Services .....865-3985
- General Assistance ..... Local Town Office or Dial 211
- Habitat for Humanity/ 7 Rivers Maine .....504-9333
- Housing Discrimination Hotline..... 800-669-9777
- LIHEAP (Heating Assistance)
  - KVCAP - Lincoln & Sagadahoc ..... 800-542-8227
  - TOA - Cumberland County ..... 800-698-4959
- Maine Housing ..... 800-452-4668
- MMCA Housing Counseling ..... 800-221-2221
- Neighborhood Café - Day Center -Bath.....443-2187
- Open Door Café - Day Center - Damariscotta..... 563-3587
- Rebuilding Together Lincoln County.....380-5719
- Tedford Housing.....729-1161
- The Gathering Place - Day Center - Brunswick ....841-5905
- VOA Housing .....373-1140
- Warm Thy Neighbor-Fuel Assistance (Brunswick).... 729-1161

**TRANSPORTATION**

- Amtrak Downeaster.....800-872-7245
- Bath City Bus .....443-8363
- Brunswick Explorer ..... 721-9600
- FISH Transportation - Boothbay..... 633-4357
- Lincoln County FISH ..... 350-9808
- MaineCare Transportation.....855-930-7900
- METRO BREEZ Bus .....774-0351
- Volunteer Transportation Network - Brunswick.729-0757

For more information

Dial 211

TEXT your zip code to 898-211

Visit [211maine.org](http://211maine.org)

**CHILDREN, YOUTH & FAMILY**

- Bath Area Family YMCA .....443-4112
- Bath Youth Meetinghouse and Skatepark ....443-8750
- Big Brothers Big Sisters of Bath-Brunswick...729-7736
- Big Brothers Big Sisters of Mid-Maine .....236-2227
- Boothbay Region YMCA .....633-2855
- Boy Scouts of America .....797-5252
- Brunswick Teen Center .....721-0754
- Central Lincoln Co. YMCA .....563-9622
- Child & Family Services DHHS .....877-680-5866
- Child Development Services .....729-8030/563-1411
- Coastal Kids Preschool .....563-5335
- Families Can! (MMCA) ..... 442-7963 x230
- Family Focus - Child Care Services .....406-4573
- G.E.A.R. Parent Network .....800-264-9224
- Girl Scouts of Maine .....888-922-4763
- Head Start & Early Head Start.....442-7963
- Healthy Kids (Lincoln Co.) .....563-1818
- Home Counselors .....596-0359
- Home to Home-Supervised Visitation.....837-4894
- LGBT Hotline.....888-843-4564
- Maine Families Home Visiting – Cumberland. ....553-5801
- Maine Families Home Visiting – Lincoln & Sag. ....832-0343
- Maine Parent Federation (SPIN) .....800-870-7746
- Out of State.....800-588-1933
- Merrymeeting Homeless Youth Program.....729-1161
- Runaway Safeline .....800-786-2929
- Seeds of Independence .....406-2365
- Success By 6/United Way .....442-7440
- Women, Infants & Children (WIC) .....800-221-2221

**Want to Volunteer?**  
**Want to donate new or gently used items?**  
**Contact United Way of Mid Coast Maine**  
**443-9752**  
 or visit [volunteer.uwmcm.org](http://volunteer.uwmcm.org)  
**LIVE UNITED**

**LEGAL & TAX INFORMATION**

- CASH Coalition – Free Tax Prep .....Dial 211
- Legal Services for the Elderly .....800-750-5353
- Maine Equal Justice Partners.....866-626-7059
- Pine Tree Legal Assistance – www.ptla.org .....774-8211
- Veterans Affairs (VA).....800-827-1000

**HEALTH / MENTAL HEALTH**

Addiction Resource Center.....	373-6950
Alanon - Statewide .....	800-498-1844
Alcoholics Anonymous - Statewide.....	800-737-6237
Alliance on Mental Illness (NAMI).....	800-464-5767
Boothbay Region Addiction Outreach.....	633-6272
Boothbay Region Nursing & Outreach.....	633-5533
CHANS Home Health & Hospice .....	729-6782
Childhood Lead Poisoning Prevention...	866-292-3474
Consumers for Affordable Health Care ..	800-965-7476
Health Care Navigator (MMCA).....	800-221-2221
Healthy Lincoln County .....	563-1330
HIV/STD/Hepatitis Info (CDC) .....	800-232-4636
Jessie Albert Dental Center.....	443-9721
Lincoln County Dental .....	563-8668
LincolnHealth - Damariscotta .....	563-1234
LincolnHealth Home Health & Hospice .....	563-4592
Low Cost Drug Program.....	800-977-6740
Maine Behavioral Health .....	844-292-0111
Maine Family Planning .....	622-7524
Maine HIV/STD/Hepatitis .....	866-701-3897
Maine Tobacco Helpline.....	800-207-1230
MaineCare Member Services .....	800-977-6740
MaineHealth Care at Home.....	800-660-4867
Medicare .....	800-633-4227
Mental Health Crisis Hotline .....	888-568-1112
Mid Coast Hospital - Brunswick .....	373-6000
Mid Coast Hospital Outpatient Behavioral Health	373-6980
Mid Coast Walk-in Clinic - Brunswick .....	406-7500
Narcotics Anonymous .....	800-974-0062
OASIS Free Clinics .....	721-9277
Office of Substance Abuse & Mental Health ....	287-2595
Planned Parenthood - Health Center.....	725-8264
Public Health Nurse- DHHS .....	877-763-0438
Richmond Area Health Center.....	737-4359
Sheepscot Valley Health Center-Somerville .....	549-7581
St. Andrews - LincolnHealth Urgent Care .....	633-2121
Support Groups.....	Dial 211
Sweetser Mental Health .....	800-434-3000
Veterans Medical Center - Togus.....	877-421-8263

**AGING & DISABILITIES SERVICES**

Alpha One .....	800-640-7200
Bath Area Senior Citizens Activity Center.....	443-4937
Brunswick Area Respite Care.....	729-8571
Disability Rights Center .....	800-452-1948
Eldercare Locator.....	800-677-1116
ElderCare Network - Lincoln County.....	563-2148
Elmhurst, Inc.-Bath.....	443-9783
Independence Association - Brunswick .....	725-4371
IRIS (Maine Center for the Blind).....	800-715-0097
Legal Services for the Elderly.....	800-750-5353
Long Term Care Ombudsman.....	800-499-0229
Maine Relay Service for the Deaf .....	711
Meals on Wheels.....	800-639-1553
Mid Coast Senior Mental Health.....	373-3646
Mobius, Inc. - Damariscotta.....	563-3511
Office of Aging & Disabilities .....	800-262-2232
People Helping People - BBH.....	633-4368
People Plus-Brunswick.....	729-0757
Pine Tree Society.....	443-3341
Richmond Area Senior Center.....	737-2161
SEARCH- Elder Outreach .....	837-8810
Spectrum Generations .....	800-639-1553
Vocational Rehabilitation.....	877-594-5627
Wandering Person Program .....	386-5800

**EDUCATION & EMPLOYMENT SERVICES**

ASPIRE.....	624-5200
Bath RSU1 Adult Education .....	443-8255
Boothbay Region Adult Education.....	633-3224
Central Lincoln County Adult Education .....	563-2811
Merrymeeting Adult Ed - Brunswick/Topsham.....	729-7323
Midcoast Senior College .....	725-4900
New Ventures Maine .....	386-1664
Southern Maine Community College.....	741-5500
Southern MidCoast Career Center .....	888-836-3355
Southern New Hampshire University.....	800-427-9238
Technical High School Vocation Ed - Brunswick.....	729-6622
Tri-County Literacy .....	443-6384
Unemployment Insurance .....	800-593-7660
UMA Brunswick Center .....	442-7736
Vocational Rehabilitation.....	877-594-5627
Wiscasset Adult & Community Education.....	443-8255

**LEGISLATURE**

State Representatives .....	800-423-2900
State Senators .....	800-423-6900

**2-1-1**  
 Get Connected. Get Answers.

**United Ways of Maine**

**SOMETIMES YOU NEED MORE THAN AN INTERNET SEARCH. YOU NEED A CONVERSATION.**

Certain Issues are hard to navigate. You're not alone. Call 2-1-1 — It's free and confidential. Maine specialists are available 24/7 to provide information and connect you to local programs and services that can help. Friendly, non-judgmental people are waiting to assist you!

**DIAL 2-1-1**  
**TEXT YOUR ZIP CODE TO 898-211**  
**VISIT 211MAINE.ORG**

United Way, Opportunity Alliance, Department of Health and Human Services

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**United Way of Mid Coast Maine, 34 Wing Farm Parkway, #201, Bath ME 04530**  
 Phone (207) 443-9752      Email [info@uwmcm.org](mailto:info@uwmcm.org)      [www.uwmcm.org](http://www.uwmcm.org)