



NOVEMBER 2020
**DIRECTORY of
 COMMONLY REQUESTED
 COMMUNITY SERVICES**



A service of United Way

Need Help? DIAL 211 free & confidential

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

EMERGENCY SERVICES

EMERGENCY **DIAL 911**
 American Red Cross - Midcoast.....729-6779
 ME Emergency Management 800-452-8735
 Mental Health Crisis Hotline 888-568-1112
 Maine Poison Control Center 800-442-6305

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 800-537-6066

FOOD / CLOTHING / EMERGENCY ASSISTANCE

Adventist Community Services 725-7015
 Alna Food Pantry.....586-5313
 Bath Area Food Pantry & Soup Kitchen.....737-9289
 Boothbay Region Food Pantry.....350-2962
 Bowdoinham Food Pantry 751-7779
 Brunswick Food Pantry & Soup Kitchen 725-2716
 Friends Helping Food Pantry - Bowdoin 751-0538
 General Assistance Dial 211
 Jefferson Area Community Food Pantry 315-1134
 MMCA 442-7963
 New Harbor Food Pantry 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.....549-3672
 St. Philip's Help Yourself Shelf 882-7184
 TANF..... 855-797-4357
 Waldoboro Food Pantry.....701-7363
 Westport Island Helping Hands 882-8477
 Wiscasset Food Pantry 504-2488
 Women, Infants, & Children (WIC) 442-7963x203

TRANSPORTATION

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

HOUSING / SHELTER / RENT / UTILITIES

Bath Housing.....443-3116
 Boothbay Region - Community Navigator.....633-6272
 Brunswick/Topsham Housing Authority725-8711
 CEI Housing Counselor.....504-5900
 CHIP – Lincoln County677-3450
 Community Energy Fund-Lincoln Co.....563-3883
 DHHS Emergency Assistance.....855-797-4357
 Freeport Community Services865-3985
 General Assistance Local Town Office or Dial 211
 Habitat for Humanity/ 7 Rivers Maine504-9333
 Housing Discrimination Hotline.....800-669-9777
 LIHEAP (Heating Assistance)
 KVCAP - Lincoln & Sagadahoc800-542-8227
 HEAP - Cumberland County553-5900
 Maine Housing Authority626-4600
 MMCA Housing Counseling800-221-2221
 Neighborhood Café - Day Center -Bath.....443-2187
 Rebuilding Together Lincoln County.....380-5719
 Tedford Housing.....729-1161
 The Gathering Place - Day Center - Brunswick ...841-5905
 Volunteers of America Housing373-1140
 Warm Thy Neighbor-Fuel Assistance (Brunswick)729-1161

EDUCATION & EMPLOYMENT SERVICES

ASPIRE.....624-5200
 Bath/Wiscasset Adult Education443-8255
 Boothbay Region Adult Education633-3224
 Central Lincoln County Adult Education 563-2811
 Merrymeeting Adult Ed - Brunswick/Topsham.....729-7323
 Midcoast Literacy443-6384
 Midcoast Senior College725-4900
 New Ventures Maine386-1664
 Southern Maine Community College.....741-5500
 Southern MidCoast Career Center888-836-3355
 Southern New Hampshire University.....800-427-9238
 Technical High School **Vocation Ed** - Brunswick .. 729-6622
 Unemployment Insurance800-593-7660
 UMA Brunswick Center442-7736
 Vocational Rehabilitation.....877-594-5627

LEGAL & TAX INFORMATION

CASH Coalition – Free Tax PrepDial 211
 Legal Services for the Elderly800-750-5353
 Maine Equal Justice Partners866-626-7059
 Pine Tree Legal Assistance – www.ptla.org774-8211
 Veterans Affairs (VA).....800-827-1000

HEALTH / MENTAL HEALTH

Addiction Outreach- Boothbay Region.....	350-7477
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 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 and Orthodontic Center.	443-9721
Lincoln County Dental	563-8668
LincolnHealth – Boothbay Harbor.....	633-2122
Damariscotta	563-1234
Low Cost Drug Program.....	855-797-4357
Maine Behavioral Health	844-292-0111
Maine Family Planning	622-7524
Maine HIV/AIDS hotline	800-851-2437
Maine Tobacco Helpline	800-207-1230
MaineCare Member Services	800-977-6740
MaineHealth Care at Home/Hospice	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
Miles & St. Andrews Home Health/Hospice ...	563-4592
Miles Hospital.....	207-563-1234
Narcotics Anonymous Helpline.....	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	888-644-1130
Richmond Area Health Center.....	737-4359
Sheepscot Valley Health Center-Cooper's Mills	549-7581
St. Andrews - LincolnHealth Urgent Care	633-2121
Support Groups.....	Dial 211
Sweetser Behavioral Health	800-434-3000
Veterans Medical Center - Togus	877-421-8263

LEGISLATURE

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

Need help finding services?
You call - We listen
DIAL: 211
TEXT your zip code to 898-211
VISIT: 211maine.org
DIAL: 1-866-811-5695
FREE & CONFIDENTIAL
Information & referral service



AGING & DISABILITIES SERVICES

Alpha One	800-640-7200
Bath Area Senior Citizens Activity Center.....	443-4937
Boothbay Harbor Community Center.....	633-9876
Brunswick Area Respite Care.....	729-8571
Disability Rights Center	800-452-1948
Eldercare Locator.....	800-677-1116
Elmhurst, Inc.-Bath.....	443-9783
Independence Association - Brunswick	725-4371
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 Health	373-3646
Mobius, Inc. - Damariscotta.....	563-3511
People Helping People – BBH Region only ...	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
The IRIS Network	800-715-0097
Vocational Rehabilitation.....	877-594-5627
Wandering Person Program.....	386-5800

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	594-5933
Coastal Kids Preschool	563-5335
Families Can! (MMCA)	442-7963 x230
Family Focus - Child Care Services	406-4573
G.E.A.R. Parent Network Services	800-264-9224
Girl Scouts of Maine	888-922-4763
Head Start & Early Head Start.....	442-7963 x 236
Healthy Kids (Lincoln Co.).....	563-1818
Home to Home-Supervised Visitation	837-4894
LGBT Hotline - National	888-843-4564
LGBT Hotline - Senior	888-234-7243
LGBT Hotline - Youth	800-246-7743
Maine Families Home Visiting – Cumberland.	553-5801
Maine Families Home Visiting – Lincoln & Sag.	832-0343
Maine Parent Federation (SPIN)	800-870-7746
Midcoast Youth Center - Bath	443-8750
Runaway Safeline	800-786-2929
Seeds of Independence Youth Collaborative.	406-2365
United Way of Mid Coast Maine	443-9752
Women, Infants & Children (WIC)	800-221-2221

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

Phone (207) 443-9752

Email info@uwmcm.org

www.uwmcm.org