



NOVEMBER 2020
DIRECTORY of
COMMONLY REQUESTED
COMMUNITY SERVICES



United Way of
Mid Coast Maine

A service of United Way

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 - 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 Pantry751-7779
- Brunswick Food Pantry & Soup Kitchen725-2716
- Friends Helping Food Pantry - Bowdoin751-0538
- General Assistance Dial 211
- Jefferson Area Community Food Pantry315-1134
- MMCA442-7963
- New Harbor Food Pantry677-3055
- Newcastle Ecumenical Food Pantry563-5597
- Richmond Food Pantry.....607-2777
- Salvation Army - Bath.....443-3611
- Salvation Army - other communities Dial 211
- SNAP - 855-797-4357
- St. Denis Whitefield Food Pantry549-3672
- St. Philip's Help Yourself Shelf882-7184
- TANF..... 855-797-4357
- Waldoboro Food Pantry.....701-7363
- Westport Island Helping Hands 882-8477
- Wiscasset Food Pantry504-2488
- Women, Infants, & Children (WIC) 442-7963x203

HOUSING/SHELTER/RENT/UTILITIES

- Bath Housing.....443-3116
- Boothbay Region - Community Navigator.....633-6272
- Brunswick/Topsham Housing Authority725-8711
- CEI Housing Counselor504-5900
- 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 & Sagadahoc 800-542-8227
 - HEAP - Cumberland County553-5900
- Maine Housing Authority626-4600
- MMCA Housing Counseling 800-221-2221
- Neighborhood Café - Day Center -Bath.....443-2187
- Rebuilding Together Lincoln County.....380-5719
- Tedford Housing.....729-1161
- The Gathering Place - Day Center - Brunswick841-5905
- Volunteers of America Housing373-1140
- Warm Thy Neighbor-Fuel Assistance (Brunswick).... 729-1161

TRANSPORTATION

- Amtrak Downeaster.....800-872-7245
- Bath City Bus443-8363
- 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

LEGAL & TAX INFORMATION

- CASH Coalition – Free Tax PrepDial 211
- Legal Services for the Elderly.....800-750-5353
- Maine Equal Justice Partners.....866-626-7059
- Pine Tree Legal Assistance – www.ptla.org774-8211
- Veterans Affairs (VA).....800-827-1000

Want to Volunteer?
Contact United Way of Mid Coast Maine
443-9752
or visit volunteer.uwmcm.org

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

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

EDUCATION & EMPLOYMENT SERVICES

ASPIRE.....	624-5200
Bath/Wiscasset 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 Literacy	443-6384
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
Unemployment Insurance	800-593-7660
UMA Brunswick Center	442-7736
Vocational Rehabilitation.....	877-594-5627

LEGISLATURE

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



need help?

DIAL: 211

**TEXT your zip code to
898-211**

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DIAL: 1-866-811-5695



FREE & CONFIDENTIAL

Information & referral service

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