



SEPTEMBER 2017  
**DIRECTORY of  
 COMMONLY REQUESTED  
 COMMUNITY SERVICES**



United Way of  
 Mid Coast Maine

For more information

**DIAL 2-1-1 toll free | TEXT your zip code to 898-211 | VISIT 211maine.org**

**EMERGENCY SERVICES**

**EMERGENCY ..... DIAL 9-1-1**  
 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  
 Family Crisis Services Statewide ..... 800-537-6066  
 Maine Domestic Violence Hotline ..... 866-834-4357  
 New Hope for Women ..... 800-522-3304  
 Sexual Assault Support Services ..... 800-871-7741

**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 2-1-1  
 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 2-1-1  
 SNAP - Cumberland ..... 822-2000  
 SNAP - Lincoln & Sagadahoc ..... 596-4200  
 St. Denis Whitefield Food Pantry ..... 582-2684  
 St. Philips Help Yourself Shelf ..... 882-7184  
 TANF ..... 855-797-4357  
 Waldoboro Food Pantry ..... 785-4782 or 522-5507  
 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 2-1-1  
 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  
 Volunteer Transportation Network - Brunswick ..... 729-0757

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**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 ..... 563-3477  
 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 ..... 800-405-4573  
 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  
 Merrymeeting Homeless Youth Program ..... 729-1161  
 Runaway Safeline ..... 800-786-2929  
 Seeds of Independence ..... 406-2365  
 Success By 6/United Way ..... 442-7440  
 TOA Mediation Service ..... 523-5049  
 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 [uwmcm.org](http://uwmcm.org)  
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**LEGAL & TAX INFORMATION**

CASH Coalition - Free Tax Prep ..... Call 2-1-1  
 Legal Services for the Elderly ..... 800-750-5353  
 Maine Equal Justice Partners ..... 866-626-7059  
 Pine Tree Legal Assistance - [www.ptla.org](http://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 .....	888-486-0340
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 .....	866-796-2463
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 Behavioral Health .....	373-6600
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 2-1-1
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.....	7-1-1
Meals on Wheels.....	800-639-1553
Mid Coast Senior Mental Health .....	888-253-8428
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.....	822-2034
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.....	877-282-2182
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
Univ. College at Bath/Brunswick.....	800-696-2329
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