



JANUARY 2018
**DIRECTORY of
COMMONLY REQUESTED
COMMUNITY SERVICES**



For more information

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

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
- 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 Kitchen725-2716
- Friends Helping Food Pantry - Bowdoin449-6326
- General Assistance Dial 211
- Jefferson Area Community Food Pantry315-1134
- Little Flock Non Food Bank - Bath443-9333
- MMCA442-7963
- New Harbor Food Pantry677-3424 or 677-3055
- Newcastle Ecumenical Food Pantry563-5597
- Richmond Food Pantry.....607-2777
- Salvation Army - Bath.....443-3611
- Salvation Army - other communities Dial 211
- 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 Pantry882-9088

HOUSING/SHELTER/RENT/UTILITIES

- Bath Housing.....443-3116
- Boothbay Region Community Resources633-6272
- Brunswick/Topsham Housing Authority725-8711
- CEI Housing Counselor504-5900
- CHIP – Lincoln County677-3450
- Community Energy Fund-Lincoln Co563-3883
- DHHS Emergency Assistance – Cumberland 822-2000
- DHHS Emergency Assistance - Lincoln/Sag 596-4200
- 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
 - 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 County380-5719
- Tedford Housing.....729-1161
- The Gathering Place - Day Center - Brunswick841-5905
- VOA Housing373-1140
- Warm Thy Neighbor-Fuel Assistance (Brunswick).... 729-1161

TRANSPORTATION

- Amtrak Downeaster.....800-872-7245
- Bath City Bus443-8363
- Brunswick Explorer 721-9600
- FISH Transportation - Boothbay..... 633-4357
- Lincoln County FISH 350-9808
- MaineCare Transportation.....855-930-7900
- METRO BREEZ Bus774-0351
- Volunteer Transportation Network - Brunswick.729-0757

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CHILDREN, YOUTH & FAMILY

- Bath Area Family YMCA443-4112
- Bath Youth Meetinghouse and Skatepark443-8750
- Big Brothers Big Sisters of Bath-Brunswick...729-7736
- Big Brothers Big Sisters of Mid-Maine236-2227
- Boothbay Region YMCA633-2855
- Boy Scouts of America797-5252
- Brunswick Teen Center721-0754
- Central Lincoln Co. YMCA563-3477
- Child & Family Services DHHS877-680-5866
- Child Development Services729-8030/563-1411
- Coastal Kids Preschool563-5335
- Families Can! (MMCA) 442-7963 x230
- Family Focus - Child Care Services800-405-4573
- G.E.A.R. Parent Network800-264-9224
- Girl Scouts of Maine888-922-4763
- Head Start & Early Head Start.....442-7963
- Healthy Kids (Lincoln Co.)563-1818
- Home Counselors596-0359
- Home to Home-Supervised Visitation837-4894
- 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 Safeline800-786-2929
- Seeds of Independence406-2365
- Success By 6/United Way442-7440
- 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
LIVE UNITED

LEGAL & TAX INFORMATION

- CA\$H Coalition – Free Tax PrepDial 211
- Legal Services for the Elderly800-750-5353
- Maine Equal Justice Partners.....866-626-7059
- Pine Tree Legal Assistance – www.ptla.org774-8211
- 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	373-6585
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 Outpatient 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 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	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