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# RESOURCE DIRECTORY FOR CHILDREN AND FAMILIES

*York County, Maine*

*A publication of:*



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This directory is designed for those who work directly with  
York County families and children at risk.

If we have missed your organization or misprinted any information, please let us  
know so we may update our files.

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# Services Listing

## **ALANON – ALATEEN**

**(Ph) 284-1844 or 800-498-1844 Website:** [www.maineafg.org](http://www.maineafg.org)

**Address:** *PO Box 1173, Biddeford, ME 04005*

**Services:** Alanon offers support programs for family and friends of alcohol abusers. Alateen offers support programs for adolescent and teen children of alcohol abusers. Call for locations and times in your area.

## **ALCOHOLICS ANONYMOUS**

**(Ph) 774-3034 or 24-Hr Hotline 800-737-6237, (F) 774-3034**

**Website:** [www.aamaine.org](http://www.aamaine.org) **E-Mail:** [cso@aamaine.org](mailto:cso@aamaine.org)

**Address:** *78 Portland St., Portland, ME 04101*

**Services:** Offers support and self-help in recovery from alcoholism. Groups in York County meet in Alfred, Biddeford, Buxton, Kennebunk, Kezar Falls, Kittery, Limerick, Ogunquit, Old Orchard Beach, Saco, Sanford, South Berwick, Springvale, Waterboro, Wells and York. Call or visit website for locations and times.

## **ALLIANCE FOR HEALTHY FAMILIES – BIDDEFORD (Ph) 294-8083**

**Mailing Address:** *1 Medical Center Dr., Biddeford, ME 04005*

**Location:** *2 Cole Rd., Biddeford, ME 04005*

**SANFORD (Ph) 490-7699E-Mail:** [healthyfamilies@goodallhospital.org](mailto:healthyfamilies@goodallhospital.org)

**Mailing Address:** *25 June St., Sanford, ME 04073*

**Location:** *312 Cottage St., Sanford, ME 04073*

**Services:** Free and voluntary service that provides prenatal support to first-time parents up to the time their first child is age five. Support consists of home visitation, group events, and mailings for the purposes of promoting healthy childhood growth and development, promoting positive parent/child relationships, and linking families with available community resources. The program is accredited by Healthy Families America and also has certified Parents as Teachers Educators on its staff. Any first-time parent is eligible but must enroll before their baby is born or by the time their baby is 3 months of age.

## **AMERICAN RED CROSS of Southern Maine**

**(Ph) 207 -874 -1192 (TDD) 874-1976, (F) 874- 1976**

**Website:** [www.southernmaineredcross.org](http://www.southernmaineredcross.org)

**E-mail:** [prepareme@southernmaine.redcross.org](mailto:prepareme@southernmaine.redcross.org)

**Address:** *2401 Congress Street, Portland, Maine 04102-1932*

**Services:** Disaster relief, health and safety education, training in First Aid, CPR, and water safety.

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**AUTISM SOCIETY OF MAINE****(Ph) 377-9603 or 800-273-5200****Website:** www.asmonline.org **E-Mail:** asm@asmonline.org**Address:** 72-B Main St., Winthrop, ME 04364**Services:** Promotes advocacy for improved services for individuals with autism, offers training and support for families, and provides a lending library and newsletter. Also provides pet support for families and schools.**BETTER BUSINESS BUREAU****(Ph) 878-2715, (F) 508-797-5818****Website:** www.boston.bbb.org **Email:** info@bosbbb.org**Address:** 812 Stevens Ave., Portland, ME 04103**Services:** Consumer/Business information, assistance in resolving complaints and monitors advertising.**BIDDEFORD FREE CLINIC****(Ph) 282-1138, (F) 284-7896 Website:** www.biddefordfreeclinic.org**E-Mail:** bfc1@gwi.net**Address:** 189 Alfred St., Biddeford, ME 04005**Services:** Open Monday and Thursday from 6 to 9 pm. Offers medical care and non-narcotic medications for all York County individuals who (1) are not Medicare/Medicaid eligible, (2) are without health insurance and (3) within reasonable income guidelines.**BIDDEFORD HOUSING AUTHORITY****(Ph) 282-6537 (F) 286-0580****Physical Location:** 22 South Street, Biddeford**Mailing Address:** PO Box 2287, Biddeford, ME 04005**Services:** Offers elderly, low-income or disabled town residents rent subsidy and suitable housing locations.**BON APPETIT COMMUNITY MEAL PROGRAM****(Ph) 283-0380****Mailing Address:** PO Box 1091, Biddeford, ME 04005**Location:** 19 Crescent St., Biddeford, ME 04005**Services:** Meal Site for anyone in need of a meal. Dining room opens at 4:30 pm and meals are served at 5:00pm. Open Monday to Friday. There are no fees, but donations are gratefully accepted.**BOY SCOUTS OF AMERICA, Pine Tree Council****(Ph) 797-5252 (F) 797-7183****Website:** www.pinetrebsa.org **E-mail:** scoutinfo@pinetrebsa.org**Address:** 131 Johnson Road, Portland, ME 04102**Services:** Offers programs that teach character development, citizenship and physical fitness to area youth. Provides summer camperships for disadvantaged youth.

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**CAREER CENTER – SPRINGVALE**

**(Ph) 324-5460 or 1-800-343-0151 (TTY) 888-697-2913(F) 324-7069**

**Website:** [www.mainecareercenter.com](http://www.mainecareercenter.com)

**Address:** *9 Bodwell Ct., Springvale, ME 04083*

**Services:** Provides educational, pre-vocational and occupational assessment, evaluation and counseling, job training and retraining for income-eligible residents or those receiving TANF or UI. Also provides career information and use of computers for job seekers. (Formerly Maine Job Services.)

**CARELINK RESOURCE DEVELOPMENT CENTER****A PROGRAM OF CHILD CARE SERVICES OF YORK COUNTY**

**(Ph) 324-0735 or 888-917-1100**

**Website:** [www.carelinkrdc.com](http://www.carelinkrdc.com) or [www.ccsyc.com](http://www.ccsyc.com)

**Address:** *906 Main Street, Sanford, ME04073*

**Services:** Offers childcare referrals from an extensive database of York County childcare providers; training and technical assistance for child care providers, families, businesses, and other social service agencies; CCBE (Child Care Benefit Network) for area employers to offer a childcare benefit for their employees, surveys of their workforce, childcare solutions; USDA food program for childcare providers; slot funding for eligible families and community resources in a variety of areas.

**CARING UNLIMITED (York County's Domestic Violence Program)**

**(Ph) 490-3227 or 24-Hr Hotline: 324-1802 or 800-239-7298 (F) 490-2186**

**Website:** [www.caring-unlimited.org](http://www.caring-unlimited.org) **E-Mail:** [mail@caring-unlimited.org](mailto:mail@caring-unlimited.org)

**Address:** *PO Box 590, Sanford, ME 04073*

**Services:** 24-Hour confidential hotline offering support; individual advocacy; information and referrals. Confidential emergency shelter and transitional housing offering advocacy and support services for victims of domestic violence and their children. Community support groups for adults and their children providing education and information throughout York County. Legal advocacy providing assistance in obtaining Protection from Abuse orders, Parental Rights and Responsibilities and Pro Se Divorce in all York County courts. Community education and training available to community organizations upon request. All services are confidential and free.

**CASEY FAMILY SERVICES**

**(Ph) 772-4110 or 800-559-1115 (F) 761-0748**

**Website:** [www.caseyfamilyservices.org](http://www.caseyfamilyservices.org)

**Address:** *75 Washington Ave., Portland, ME 04101*

**Services:** Provides foster care (including treatment care and supporting youth making the transition to independence) along with post-adoption, family reunification, preservation and advocacy and other services for families and children. Also provides innovative community-based programs to strengthen families and enable parents to provide the healthy, nurturing environments their children need to grow and thrive.

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### **CATHOLIC CHARITIES MAINE- COUNSELING SERVICES**

**(Ph) 207-775-5671, (F) 207-871-1243**

**Website:** ccmaine.org **E-Mail:** counselinginfo@ccmaine.org

**Location:** 205 Andersen Street, Portland, ME 04104

**Services:** To assist those who are experiencing bio-psycho-social problems and adverse consequences because of their addiction or mental illness, to obtain stability and/or recovery from their illness and the impact of each on the other on overall wellbeing and functioning. Primary services include: diagnosis and evaluation; individual counseling and psychotherapy; professionally facilitated groups; Intensive Outpatient treatment (IOP); early recovery treatment; relapse prevention and ongoing recovery activities; solution focused motivational therapy; women's groups; co-occurring treatment; adolescent treatment; Driver Education and Evaluation (DEEP) Treatment; Psychiatric Consultation; Differential Substance Abuse Treatment Program (DSAT); anger management; criminal thinking; consultation, information and referral Employee Assistance Plan (EAP) solutions. Sliding fee scale based on income eligibility, accept many insurances, including MaineCare and Medicare as well as self pay by the client.

### **CATHOLIC CHARITIES MAINE - FAMILY LIFE INSTITUTE**

**(BIRTHLINE & PROJECT RACHEL),**

**(Ph) 871-7464 Website:** ccmaine.org

**E-Mail:** familylifeinstitute@ccmaine.org

**Address:** 307 Congress Street, PO Box 1066, Portland, ME 04104-6060

**Services:** BIRTHLINE: Provides free and confidential services to women and couples facing unplanned pregnancies regardless of their faith. Services include unplanned pregnancy care; free self-administered pregnancy test; information and referrals; family preparation and outreach services. PROJECT RACHEL: Offers confidential, sensitive, non-judgmental support to women, men, and family members experiencing grief or conflict after abortion. Offers weekend retreats for anyone affected by an abortion and individual support as needed.

### **CATHOLIC CHARITIES MAINE - HOME AND FAMILY SERVICES**

**(Ph) 781-8550 or 888-313-6093 Website:** www.ccmaine.org

**Address:** 307 Congress Street, PO Box 1066, Portland, ME 04104-6060

**Services:** Provides homemaking services to allow elderly clients, disabled individuals, and families in crisis to remain in their homes. Also helps families needing support with parenting skills and child rearing. Services include grocery shopping, laundry and errands, light house cleaning, household management, emotional support, and occasional respite care. Through the Senior Community Service Employment Program, Home and Family Services provides training opportunities for part-time employment for low-income senior citizens. Fees are based on a sliding scale, depending on the household income.

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**CATHOLIC CHARITIES MAINE - REFUGEE & IMMIGRATION SERVICES**

**(Ph) 879-1130 (F) 871-7465 Website:** [www.ccmaine.org](http://www.ccmaine.org)

**E-Mail:** [RISinfo@ccmaine.org](mailto:RISinfo@ccmaine.org)

**Address:** *205 Andersen Street, Portland, ME 04104*

**Services:** Administers the federal program that resettles refugees in this country. Program works with refugees to access housing, English skills, jobs, medical and mental health services that will allow them to begin a new life here and become part of the community in which they live.

**CATHOLIC CHARITIES MAINE - ST. LOUIS CHILD DEVELOPMENT CENTER**

**(Ph) 282-3790, (F) 284-7317 Website:** [www.ccmaine.org](http://www.ccmaine.org)

**Mailing Address:** *PO Box 645, Biddeford, ME 04005*

**Location:** *229 Pool Street, Biddeford, ME 04005*

**Services:** Offers full and part time child care for pre-school children (21 months to 5 years) for the full year; before and after school care for children in kindergarten - grade 4; USDA approved meals (breakfast, lunch and afternoon snack) provided at no additional costs; sliding fee scale (fee for child care based upon family size and family income); developmental screening for children; resource and referral for children with special needs; parent support and referrals to outside community supports. All services provided through the program are strictly non-sectarian. There is no religious education and the program has no requirements concerning religious matters for either staff or clients.

**CATHOLIC CHARITIES MAINE - SUPPORT AND RECOVERY SERVICES**

**(Ph) 871-7431 (F) 871-7457 Website:** [www.ccmaine.org](http://www.ccmaine.org)

**Address:** *66 State Street, PO Box 797, Portland, ME 04104*

**Services:** Provides community-based mental health services. The mission of Support And Recovery is to work in partnership with persons with mental illness to achieve their goals of successful community living, recovery, and self-management of mental illness and life.

**CENTER FOR GRIEVING CHILDREN**

**(Ph) 775-5216, (F) 773-7417**

**Website:** [www.cgcmaine.org](http://www.cgcmaine.org) **E-Mail:** [cgc@cgcmaine.org](mailto:cgc@cgcmaine.org)

**Mailing Address:** *PO Box 1438, Portland, ME 04104*

**Location:** *555 Forest Avenue, Portland, ME 04101*

**Services:** Offers peer support groups for children ages 3-18 and their families; a young adult program for those over 18 who have experienced the death of a family member or friend; Tender Living Care program offers peer support to children and families who have a family member or friend diagnosed with a serious illness; outreach program to provide education to businesses, schools, and civic organizations on support to children experiencing loss; a school-based

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multicultural program for children from war torn countries and a bereaved parent's group.

**CHILD ABUSE PREVENTION COUNCIL OF YORK COUNTY**

**(Ph) 985-5975, (F) 985-1758 Website:** [www.kidsfreetogrow.org](http://www.kidsfreetogrow.org)

**E-mail:** [info@kidsfreetogrow.org](mailto:info@kidsfreetogrow.org)

**Address:** *62 Portland Rd. Kennebunk, ME 04043*

**Services:** Provides: educational programs for children about personal body safety and understanding what child abuse is and how it can be prevented; programs and activities for parents that provide support and information on the development of healthy, nurturing parenting skills; workshops, conferences and professional development classes; awareness presentations to community groups. The Council is dedicated to the prevention of child abuse in all its forms - physical, emotional, sexual and neglect and collaborates with other child advocates to enhance the well-being of children and families.

**CHILD DEVELOPMENT ASSOCIATE OF YORK COUNTY (CDA)**

**(Ph) 207-324-6844 or 207-286-1445**

**Website:** [www.cdayorkcounty.org](http://www.cdayorkcounty.org) **E-Mail:** [cdayc@gwi.net](mailto:cdayc@gwi.net)

**Address:** *PO Box 512, Sanford, ME 04073*

**Services:** Provides individuals with the skills and credentials necessary to become a professional childcare provider and find employment in the childcare field or operate a home-based or center-based childcare program. Nine (9) month program offers hands-on training with children. Trainees receive credentials from the Council of Professional Recognition in Washington, D.C. upon completion and assistance in job placement is available.

**CHILD DEVELOPMENT SERVICES OF YORK COUNTY (CDS)**

**(Ph) 1-800-993-7615 or 985-7861, (F) 985-6703**

**E-Mail:** [cgsyc@gwi.org](mailto:cdsyc@gwi.org)

**Address:** *39 Limerick Rd. Unit 2, Arundel, ME, 04046*

**Services:** Provides ChildFind services (the process of identifying children with disabilities) for children birth through age 5 through screenings and evaluations, early intervention and free and appropriate special education programming for children between birth and 5 years old who have special needs.

**CHILDREN'S CENTER (THE)**

**A PROGRAM OF CHILD CARE SERVICES OF YORK COUNTY**

**(Ph) 324-6025 (F) 324-1787**

**Web address:** [www.ccsyc.com/www.thechildrenscenteronline.com](http://www.ccsyc.com/www.thechildrenscenteronline.com)

**Mailing Address:** *PO Box 512, Sanford, ME, 04073*

**Location:** *26 Amherst St., Sanford, ME, 04073*

**Services:** Childcare program offers developmental childcare in an open classroom setting for children ages 6 weeks to 6 years. Provides family supports

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which include: parent education, resource and referral, preventative health programs, coordination with outside service providers and social work services for parent and child.

#### **COMMUNITY BICYCLE CENTER**

**(Ph) 207-282-9700 Website:** [www.communitybike.net](http://www.communitybike.net)

**E-Mail:** [info@communitybike.net](mailto:info@communitybike.net)

**Mailing Address:** *c/o 21 Knight Farm Rd., Kennebunk, ME, 04043*

**Location:** *284 Hill St., Biddeford, ME, 04005*

**Services:** Facilitates youth development programs that equip youth living in Biddeford and surrounding communities with life skills, physical health, mentoring, and asset-building experiences. Programs use hands-on bicycle maintenance, cycling, and community service activities to develop thriving attitudes, behaviors, and skills in participants. Staff and volunteers are guided by the vision of engaging people of all ages and backgrounds in experiences to improve their well being through bicycle experiences.

#### **COMMUNITY DENTAL**

**Website:** [www.communitydentalme.org](http://www.communitydentalme.org) **E-mail:** [saco@cmmunitydentalme.org](mailto:saco@cmmunitydentalme.org)

**Saco - (Ph) 282-1305, (F) 282-7351**

**Address:** *333 Lincoln St., Kimball Health Center, Saco, ME 04072*

**Sanford - (Ph) 324-5508, (F) 324-5334**

**Address:** *941 Main St. Suite 101, Sanford, ME 04073*

**Services:** Provides access to dental health treatment, disease prevention and education to all people of Maine. Offices staffed by licensed dentists and hygienists, providing all forms of general dentistry such as cleanings, x-rays, fillings, extractions, dentures, partials, and emergency care. Affordable pricing, accepts all dental insurance plans, MaineCare, Aspire and sliding fee scale.

#### **COMMUNITY PARTNERS, INC.**

**(Ph) 282-7113 or 282-6113, (F) 282-6810**

**Website:** [www.cpime.org](http://www.cpime.org) **E-mail:** [info@cpi.com](mailto:info@cpi.com)

**Location:** *443 Main St., Biddeford, ME 04005*

**Services:** Provides residential and rehabilitation services for the developmentally disabled of all ages. Services include residential, independent living, health care, personal/social development and vocational training with supported employment and transitional work sites.

#### **COMMUNITY WELLNESS COALITION (also known as KEYS Coalition)**

**(Ph) 438-9100 (F) 439-8764 Website:** [www.keysregion.org](http://www.keysregion.org)

**E-Mail:** [Diane@keysregion.org](mailto:Diane@keysregion.org)

**Location:** *CWC/KEYS Coalition, Landmark Hill, 518 US Route 1, Kittery, ME 03904*

**Services:** Supports the development of community resources that increase whole-person and whole-family wellness. No direct services available.

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**COUNSELING SERVICES, INC.**

**(Ph) 282-1500 (Intake), (F) 282-7509 Website:** [www.counselingservices.org](http://www.counselingservices.org).

**Administrative Offices,** 265 North Street, P.O. Box 1010, Saco, ME 04072

**Services:** Home-based counseling and case management services; office-based counseling services; residential and supported housing services, psychiatric services; 24/7 Crisis Response Services. Provides accessible, responsive, comprehensive, integrated community mental health and substance abuse treatment and support services to Southern Maine residents of all ages.

Counseling and treatment centers:

*Thacher Brook*, 2 Springbrook Dr., Thacher Brook Business Park, Biddeford, ME 04005

*Goodall Hospital*, 25 June Street, Floor 1, Sanford, ME 04073, Tel: 324-1500

*Kittery*, 453 U.S. Route 1, Kittery, Maine 03904, Tel: 439.8391 or 439-3802

*Springvale Square*, 474 Main Street, Springvale, ME 04083, Tel: 324-1500

*Westbrook*, 12 Westbrook Common, Westbrook, ME 04092, Tel: 856-1500

*Primary Care Support Services*, 31 Beach Street, Saco, ME 04072, Tel: 282-1500

Member of Crisis Response Services partnership which provides York County residents support in a variety of crisis situations. (See also Crisis Response Services of Southern Maine.)

**Emergency Hotline – 1-888-568-1112, Crisis Response Services**

**TTY – 1-207-284-0009**

**CREATIVE WORKS SYSTEMS (YORK/CUMBERLAND ASSOCIATION OF HANDICAPPED PERSONS)**

**Central Office: (Ph) 879-1140**

**Portland Address:** 443 Congress St. 2<sup>nd</sup> floor, Portland, ME 04101

**Website:** [www.creativeworksystems.com](http://www.creativeworksystems.com),

**Saco Office: (Ph) 282-4173, (TTY) 282-4173, (F) 282-8383**

**Saco Address:** 90 Industrial Park Rd. Saco, ME 04072

**Services:** Offers community day services, residential and community living services, employment services, brain injury services and community case management for people with developmental disabilities, traumatic brain injuries, mental illness and other disabilities.

**CRISIS RESPONSE SERVICES OF SOUTHERN MAINE**

**Emergency Hotline (Ph) 888-568-1112 or TTY – 1-207-284-0009**

**Website:** [www.counselingservices.org](http://www.counselingservices.org)

**Address:** 2 Springbrook Dr., Thacher Brook Business Park, Biddeford, ME 04005

**Services:** 24-Hours a day/7 days a week. Crisis mental health and substance abuse hotline, phone support and intervention, face-to-face assessment and intervention, mobile crisis response for adults and children.

**CROSSROADS FOR WOMEN, INC.**

**(Ph) 773-9931, (F) 775-7023, (TTY) 775-2396**

**Website:** [www.crossroadsforwomen.org](http://www.crossroadsforwomen.org)

**Administrative Office:** 66 Pearl Street, Suite 326, Portland, ME 04101

**Client Services/Outpatient Program:** 66 Pearl Street, Suite 202, Portland

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**Call or email:** 773-9931 or intake@crossroadsforwomen.org

**General inquiries:** 773-9931 or info@crossroadsforwomen.org

**Services:** Provides the most comprehensive treatment for substance abuse and co-occurring mental health issues specialized for women only. Crossroads is where you would send your mother, sister or daughter for outpatient or residential treatment for substance abuse and co-occurring mental health issues in a comfortable, safe environment so she can remember who she wanted to be.

#### **CUMBERLAND LEGAL AID CLINIC**

**(Ph) 780-4370 (Greater Portland) or 877-780-2522, (toll free, outside Greater Portland) (TTY) 780-5646, (F) 780-4541,**

**Website:** mainelaw.amime.edu **E-Mail:** mainelaw@usm.maine.edu

**Address:** *University of Maine Law School, 59 Exeter St., Portland, ME 04102*

**Services:** Offers legal assistance on a variety of issues, excluding bankruptcies and small claims.

#### **DAY ONE**

**(Ph) 767-0991 (TTY) 800-437-1220 (F) 767-0995**

**Website:** www.day-one.org **E-Mail:** info@day-one.org

**Address:** *525 Main St, South Portland, ME. 04106*

**Services:** Programs address youth substance abuse issues through prevention, intervention, treatment, aftercare, training, education, assessment, screening, referrals and treatment regardless of ability to pay.

*Contact the Outpatient Clinic at 207-874-1045 if you need help or are worried about a family member or friend. The consultation is confidential.*

#### **DAY CARE LICENSING –Child Care Licensing Unit**

**DEPARTMENT OF HEALTH AND HUMAN SERVICES**

**(Ph) 287-5060 Address:** *Station #11, Augusta, ME 04333*

**Services:** Provides licensing for both home daycare and daycare centers.

#### **DEPARTMENT OF HEALTH AND HUMAN SERVICES –**

**CHILDREN’S BEHAVIORAL HEALTH SERVICES**

**Child Abuse Reporting Hotline: 287-2983 or 800-452-1999**

**(Ph) 822-2000, 800-482-7520**

**Address:** *161 Marginal Way, Portland, ME. 04101*

**Services:** Provides information and referrals for children to their 21st birthday with developmental disabilities/delays, mental retardation, Pervasive Developmental Disorder (PDD)/autism and mental health disorders. Works with the family to assist with the coordination and advocacy of services for the child and provides clinical, home and community based mental health treatment service.

#### **DEPARTMENT OF HEALTH AND HUMAN SERVICES –**

**OFFICE OF ELDER SERVICES**

**(Ph) 287-9200, 800-262-2232 (TTY) 800-606-0215**

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**Toll-Free Statewide Crisis Number Voice and TTY 1-888-568-1112**

**Address:** 11 State House Station, 422 Civic Center Drive, Augusta, ME 04333

**Services:** Promotes programs and services for older adults, their families and for people with disabilities.

**DEPARTMENT OF HEALTH AND HUMAN SERVICES –**

**OFFICE OF MENTAL HEALTH SERVICES**

**(Ph) 822-0270, 800-269-5208 (TTY) 888-254-0311**

**Toll-Free Statewide Crisis Number Voice and TTY 1-888-568-1112**

**Address:** 175 Lancaster Street, Portland, ME. 04101

**Services:** Maintains a comprehensive system of mental health services and supports for persons age 18 and older with severe and persistent mental illness including subsidized housing for SSI and/or SSDI individuals.

**DEPARTMENT OF HEALTH AND HUMAN SERVICES –**

**OFFICE OF SUBSTANCE ABUSE**

**(Ph) 287-2595 (TTY) 800-606-0215**

**Maine Statewide Crisis Hotline: 1-888-568-1112**

**Address:** 41 Anthony Avenue, 11 State House Station, Augusta, ME 04333-0011

**Services:** Information on programs of prevention, intervention and treatment.

**DEPARTMENT OF HEALTH AND HUMAN SERVICES – BIDDEFORD**

**(Ph) 286-2400 or 800-322-1919 (TTY) 286-2402**

**Child Abuse Reporting Hotline: 287-2983 or 800-452-1999**

**Website:** www.maine.gov/dhhs

**Address:** 208 Graham St., Biddeford, ME 04005

**Services:** Provides a wide range of health and human services including economic assistance, rehabilitation services, child protection programs and family services. Specific programs include but are not limited to: foster care licensing, adoption services, TANF, food stamps, Medicaid and child support enforcement.

**DEPARTMENT OF HEALTH AND HUMAN SERVICES – SANFORD**

**(Ph) 490-5400 or 800-482-0790 (TTY) 490-5466**

**Address:** 890 Main St. Suite 208, Sanford, ME

**Child Abuse Hotline: 287-2983 or 800-452-1999 Website:** www.maine.gov/dhhs

**Services:** Provides a wide range of health and human services including economic assistance, rehabilitation services, child protection programs and family services. Specific programs include but are not limited to: foster care licensing, adoption services, TANF, food stamps, Medicaid and child support enforcement.

**DISABILITY RIGHTS CENTER OF MAINE**

**(Ph) 626-2774 or Hotline: 800-452-1948, (F) 621-1419**

**Website:** www.drcme.org **E-Mail:** advocate@drcme.org

**Mailing Address:** PO Box 2007, Augusta, ME 04338

**Location:** 24 Stone St., Augusta, ME 04338-2007

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**Services:** Provides legal and advocate services for individuals whose civil rights are being violated because of their disability.

**EATING DISORDERS PROGRAM - NEW ENGLAND EATING DISORDERS PROGRAM AT MERCY HOSPITAL**

**(Ph) 879-3795**

**Address:** *144 Sate Street, Portland, ME 04101*

**Services:** Offers the only comprehensive in-patient and day treatment program for eating disorders in Maine. The program offers a unique balance of inpatient and day treatment services to meet our client's needs. Family therapy is available and support and education for family members is a critical component of treatment.

**EQUEST - THERAPEUTIC RIDING CENTER**

**(Ph) 985-0855 Website:** [www.equestmaine.org](http://www.equestmaine.org) **Email:** [info@equestmaine.org](mailto:info@equestmaine.org)

**Mailing Address:** *PO Box 935, Kennebunk, ME 04043*

**Location:** *73 Drown Lane, Lyman, ME 04002*

**Services:** Therapeutic horseback riding, carriage driving, grooming, and hippotherapy for children and adults with disabilities.

**FAMILY CARE SERVICES - NOW KNOW AS FAMILY ACCESS, A PROGRAM OF THE PARENT RESOURCE CENTER (Ph) 490-5847**

**Website:** [www.familycareservices-me.org](http://www.familycareservices-me.org) **E-mail:** [prc\\_inc@hotmail.com](mailto:prc_inc@hotmail.com)

**Mailing Address:** *Parent Resource Center, PO Box 91, Springvale, ME 04083*

**Services:** Provides children the opportunity to visit with their non-custodial parent or significant family members in a safe, neutral, and child friendly environment. Our trained monitors observe the interactions between the child and the parent in an objective and neutral manner.

**FAMILIES FIRST HEALTH AND SUPPORT CENTER**

**(Ph) 603-422-8208, (F) 603-422-8219 Website:** [www.familiesfirstseacoast.org](http://www.familiesfirstseacoast.org)

**E-mail:** [ffgs@communitycampus.org](mailto:ffgs@communitycampus.org)

**Address:** *100 Campus Dr. Suite 12, Portsmouth, NH 03801*

**Services:** Offers a community health center, primary health care for people of all ages, parenting and family programs, prenatal care, dental care and mobile health care for the homeless.

**FAMILIES READ, SANFORD COMMUNITY ADULT EDUCATION**

**(Ph) 490-5145, (F) 324-0932 Website:** [www.sanfordlearns.org](http://www.sanfordlearns.org)

**Address:** *12 King St., Springvale, ME 04083*

**E-mail:** [adulated@sanford.org](mailto:adulated@sanford.org)

**Services:** Offers home visits from the Alliance for Healthy Families for parenting support and community resources; parent support group with child activity time and parent/child together time; and free transportation and childcare during reading improvement, diploma, or GED classes.

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**FAMILY PLANNING ASSOCIATION OF MAINE**

**(Ph) 773-7247 or 866-531-7247**

**Address:** 92 Darling Ave., So. Portland, ME 04106

**Services:** Provides comprehensive, cost effective, high quality family planning clinical services and information; sexuality education, training and resources to prevent unintended pregnancies and to foster healthy and responsible decision making by individuals and families.

**FAMILY RESOURCE CENTER AT LANDMARK HILL  
A PROGRAM OF CHILD CARE SERVICES OF YORK COUNTY**

**(Ph) 451-9291 or 439-8764, E-Mail:** frcmichelle@yahoo.com

**Website:** www.connectingfamiliesogether.org

**Address:** 518 Route 1, Kittery, ME 03904

**Services:** Provides resources, referrals, educational and recreational programs for families with small children.

**FOSTER GRANDPARENT PROGRAM**

**(Ph) 553-5970 Website:** www.wherepeoplecomefirst.org

**E-Mail:** scl@wherepeoplecomefirst.org

**Address:** 510 Cumberland Avenue, Portland, ME 04101

**Services:** Elder volunteers provide one-to-one support and nurturing for special needs children in schools, daycare programs and at home.

**FRANNIE PEABODY YORK COUNTY  
PREVENTION AND CLIENT SERVICES**

**(Ph) 363-3558 or 866-439-8075 (F) 373-3996**

**Website:** www.peabodycenter.org **E-mail:** York@peabodycenter.org

**Address:** Meadowbrook Plaza, 647 Route 1, Suite 303, York, ME

**Mailing Address:** P.O. Box 724, York, ME 03909

**Services:** Offers HIV/AIDS services: including anonymous, rapid HIV testing; individual and group outreach; community education; and the York County Needle Exchange.

**FRISBIE MEMORIAL HOSPITAL**

**(Ph) 603-332-5211 Website:** www.frisbiehospital.com

**Address:** 11 Whitehall Rd., Rochester, NH 03867

**Services:** Offers medical, surgical, maternity, pediatrics, geropsychiatry, emergency and outpatient care. Also includes a wide range of free and ongoing health awareness programs and screenings.

**G.E.A.R. Parent Network (Gaining Empowerment Allows Results)  
A PROGRAM OF CRISIS AND COUNSELING CENTERS, INC.**

**(Ph) 800-264-9224 Website:** www.gearparentnetwork.com

**Address:** 32 Winthrop St., Augusta, ME 04330

**Services:** Empowers parents of children with emotional and behavioral health concerns to effect life decisions based on their family's individual strengths and

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needs by providing safe and supportive avenues for: emotional support; problem solving; sharing common experiences; seeking knowledge about community resources and advocacy; identifying the strengths and needs of their child/children and families; and accessing information/education related to children's issues.

#### **GENDER PROJECT (THE)**

**(Ph) 324-2814 or 800-287-1535 E-Mail:** [genderproject@umext.maine.edu](mailto:genderproject@umext.maine.edu)

**Website:** [www.umext.maine.edu/genderproject/default.htm](http://www.umext.maine.edu/genderproject/default.htm)

**Address:** 21 Bradeen Street, Suite 302, Springvale, Maine 04083

**Services:** Explores gender socialization and equity issues in our homes, schools, and communities serving as a resource and support for parents, teachers, and other professionals. The Gender Project is part of the University of Maine Cooperative Extension.

#### **GIRL SCOUTS OF MAINE**

**(Ph) 888-922-4763 Website:** [www.girlscoutsofmaine.org](http://www.girlscoutsofmaine.org)

**E-mail:** [info@gsmaine.org](mailto:info@gsmaine.org)

**Address:** PO Box 9421, South Portland, ME 04116

**Location:** 138 Gannett Dr., South Portland, ME 04116

**Services:** Offers girls a variety of experiences and adventures that increase their understanding of themselves, each other and their community. Summer camperships available to registered Girl Scouts. Membership assistance also available. Call for more information.

#### **GOODALL HOSPITAL**

**(Ph) 324-4310, (F) 490-7328, (TTY) 490-7358 Website:** [www.goodallhosp.org](http://www.goodallhosp.org)

**E-mail:** [info@goodallhospital.org](mailto:info@goodallhospital.org)

**Address:** 25 June St., Sanford, ME 04073

**Services:** Medical Care: complete continuum of care from birth through eldercare services including medical, surgical, maternity, pediatric, emergency, inpatient/outpatient, diagnostics, women's health, eldercare services, occupational health and rehabilitation (including speech pathology), family health care, nutrition counseling, cardiac rehabilitation and social services. Educational Programs: CPR, women's health, Alzheimer's support group, and diabetes education. The Stork Club: Pre-natal and sibling education and postpartum care. The Alliance for Healthy Families: Program for children born at Goodall Hospital and their families offering new first-time parents home visits, playgroups and other support services for the child's first five years.

#### **GOODWILL INDUSTRIES OF NORTHERN NEW ENGLAND**

**(Ph and TTY) 774-6323, (F) 761-8460**

**Website:** [www.ginne.org](http://www.ginne.org) **E-Mail:** [info@ginne.org](mailto:info@ginne.org)

**Mailing Address:** PO Box 8600, Portland, ME 04101

**Location:** 353 Cumberland Ave., Portland, ME 04101

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**Services:** Provides comprehensive services for those ages 16 and older with disabilities through employment services, day services, residential services, deaf services, and community support and brain injury rehabilitation.

**GOVERNOR BAXTER SCHOOL FOR THE DEAF - THE MAINE  
EDUCATIONAL CENTER FOR THE DEAF AND HARD OF HEARING**

**(Ph) 781-3165 (F) 781-6296 Website:** [www.gbsd.org](http://www.gbsd.org)

**Address:** *One Mackworth Island, Falmouth, ME 04105*

**Services:** Provides a wide range of public educational services. Also features an extensive Sound and Communications Technology Laboratory. Annual summer programming includes the Parent/Infant Program, the Preschool Program, Grades K to 8 and 9 to 12. Residential Life program is available to students of upper middle and high school.

**HABITAT FOR HUMANITY**

**(Ph) 985-4850 Website:** [www.habitatyorkcounty.org](http://www.habitatyorkcounty.org)

**E-mail:** [info@habitatyorkcounty.org](mailto:info@habitatyorkcounty.org)

**Mailing Address:** *PO Box 267 Kennebunk, ME 04043*

**Location:** *1296 Portland Rd. Arundel, ME 04046*

**Services:** Housing Assistance. Builds houses for low-income families. Houses are sold to qualifying families who pay back a no interest mortgage for the cost of the house. 400 hours of service required of personal participation in construction.

**HOME HEALTH - VISITING NURSES OF SOUTHERN MAINE**

**(Ph) 284-4566 or 800-660-4867 Website:** [www.homehealth.org](http://www.homehealth.org)

**E-mail:** [info@homehealth.org](mailto:info@homehealth.org)

**Address:** *15 Industrial Park Rd. Saco, ME 04072*

**Services:** Nursing care, home health aide services, rehabilitative therapies, counseling and emotional support, telehealth services, Point-of –Service Technology, parent and child health, community health and wellness and Lifeline – Emergency Response System.

**HOMELESS YOUTH SERVICES (See Youth Alternatives Ingraham, Inc.)**

**(Ph) 871-1175 or 877-429-6884 (F) 775-5515 Website:** [www.yaimaine.org](http://www.yaimaine.org)

**E-mail:** [info@yaimaine.org](mailto:info@yaimaine.org)

**Address:** *50 Lydia Lane, South Portland, Maine 04106*

*See Mainstay page 33 and Youth Alternatives Ingraham page 45*

**HOSPICE OF SOUTHERN MAINE**

**(Ph) 289-3640, Toll Free 866-621-7600**

**Website:** [www.hospiceofsouthernmaine.org](http://www.hospiceofsouthernmaine.org)

**Address:** *180 US Route One, #1, Scarborough, ME 04074*

**Services:** Provides compassionate care for patients struggling with terminal illness. The principal goals of hospice are enhancing the value of life by controlling pain and any other physical symptoms, maintaining patients' dignity

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and respecting their wishes and providing emotional and spiritual support for the patient and their family.

**HOSPICE OF YORK (York, Maine only)**

**(Ph) 363-7000, (F) 351-2126 Website:** [www.hospiceofyork.com](http://www.hospiceofyork.com)

**Address:** *15 Hospital Dr., York, ME 03909*

**Services:** Provides information, referrals, respite care and emotional support to the terminally ill and their families. Also offers bereavement group for widows/widowers, families and friends of those who have died.

**IMMIGRANT LEGAL ADVOCACY PROJECT**

**(Ph) 780-1593 Hotline: 800-497-8505**

**Website:** [www.ilapmaine.org](http://www.ilapmaine.org) **E-Mail:** [info@ilapmaine.org](mailto:info@ilapmaine.org)

**Address:** *309 Cumberland Ave., Suite 210, PO Box 17917, Portland, ME 04112*

**Services:** Provides free or low-fee immigration information and legal assistance to low-income Maine resident.

**INFOLINK, INC.**

**(Ph) 888-499-2525 or 603-422-8222**

**Website:** [www.infolinknh.org](http://www.infolinknh.org) **E-mail:** [information@infolinknh.org](mailto:information@infolinknh.org)

**Location /Mailing Address:** *100 Camps Drive, Suite 13, Portsmouth, NH 03801*

**Services:** Comprehensive information and referral to Rockingham County and Strafford County in New Hampshire and Southern York County in Maine.

**INGRAHAM, INC. (Now Youth Alternatives Ingraham)**

**(Ph) 874-1175, 523-5049 24-Hr Hotline 774-HELP or**

**(TTY) 874-1180, Website:** [www.yaimaine.org](http://www.yaimaine.org)

**Location /Mailing Address:** *50 Lydia Street, South Portland, ME 04106*

**JOB PLACEMENT SERVICES, INC. and SACO ISLAND SCHOOL**

**(Ph) 283-1435, (F) 283-2790 Website:** [www.jpssis.com](http://www.jpssis.com)

**Address:** *638 Elm Street (Rt. 1) Biddeford, Maine 04005*

**Mailing Address:** *PO Box 516, Biddeford, ME 04005*

**Services:** Provides vocational assessment and exploration, career planning, job development and training, on-the-job coaching, and assistive technology and computer training for individuals with disabilities. The Saco Island School provides alternative secondary educational and vocational services to students at-risk referred by local school systems in York and Cumberland Counties.

**KENNEBUNK YOUTH SERVICES**

**(Ph) 985-2102 x1343 Website:** [www.kennebunkmaine.us](http://www.kennebunkmaine.us)

**Address:** *1 Summer St., Kennebunk, ME 04043*

**Services:** Programs for families needing guidance in conflict resolution; families wishing to improve communication; parents who need help with parenting issues; families experiencing domestic abuse or substance abuse issues; youth who are experiencing difficulties at home, in school or with peers

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and youth who have had involvement with community law enforcement. All services are voluntary, confidential, and free of charge.

**KENNEBUNKPORT PUBLIC HEALTH DEPARTMENT**

**(Ph) 967-4401 Website:** [www.kennebunkportme.gov](http://www.kennebunkportme.gov)

**Mailing Address:** *PO Box 367, Kennebunkport, ME 04046*

**Location:** *101 Main St., Kennebunkport, ME 04046*

**Services:** Assists residents and community guests with their health and social service needs.

**KIDS FIRST CENTER (THE)**

**(Ph) 761-2709, (F) 780-0059 Website:** [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)

**E-Mail:** [info@kidsfirstcenter.org](mailto:info@kidsfirstcenter.org)

**Address:** *222 St. John St. Suite 101 Portland, ME 04102*

**Services:** Provides support services to families of divorce and separation including resources, referrals and education. Primary focus is to prevent the emotional trauma children experience during separation and divorce and prevent greater problems for families by helping them negotiate transition in a healthy way.

**KIDS LEGAL**

**A PROGRAM OF PINE TREE LEGAL**

**(Ph) 774-8246 or toll free 866-624-7787 (TTY) 828-2308**

**Website:** [www.kidslegalaid.org](http://www.kidslegalaid.org)

**Address:** *88 Federal Street Portland, ME 04112*

**Mailing Address:** *PO Box 547 Portland, ME 04112*

**Services:** Provides legal services addressing the needs of low-income Maine children. Also provides resources for kids, teens, young adults, parents, guardians and community providers in Maine, and information about legal issues and rights of children and young people.

**LAWYER REFERRAL AND INFORMATION CENTER**

**(Ph) 622-7523 or 800-860-1460 Website:** [www.mainebar.org](http://www.mainebar.org)

**E-Mail:** [LRIS@mainebar.org](mailto:LRIS@mainebar.org)

**Mailing Address:** *Maine State Bar Assoc., PO Box 788, Augusta, ME 04332-0788*

**Location:** *Maine State Bar Association, 124 State St., Augusta, ME 04330*

**Services:** Legal consultation with attorney, referral to mediator who is a licensed attorney in client's geographic area. Telephone service only.

**LEAVITT'S MILL HEALTH CENTER**

**(Ph) 929-6455 Website:** [www.leavittsmill.org](http://www.leavittsmill.org)

**E-Mail:** [mail@leavittsmill.org](mailto:mail@leavittsmill.org)

**Location:** *1013 Narragansett Trail, Buxton, ME 04093*

**Services:** Provides primary health care: including physicals, healthy lifestyle counseling, sick visits, chronic illness management, counseling and help with life problems. Help with mediations and supplies, or other medical services at

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low or no cost. Community-wide health promotion activities, such as exercise programs, nutrition workshops and smoking cessation counseling. Eligible for services if you have no health insurance, your insurance does not cover the services offered at the center and are a resident of Buxton, Hollis, or surrounding communities.

**LIGHTHOUSE SHELTER  
A PROGRAM OF PREBLE STREET**

**Lighthouse Shelter:** 65 Elm Street, Portland (8:00 am to 8:00 pm daily)

**Preble Street (Ph) 775-0026**

**Office Address:** 18 Portland Street, PO Box 1459, Portland, ME 04104

**Services:** Provides accessible barrier-free services to empower people experiencing problems with homelessness, housing, hunger and poverty; and to advocate for solutions to these problems.

**LITERACY VOLUNTEERS OF GREATER SACO-BIDDEFORD**

**(Ph) 283-2954 or 800-322-5455 Website:** www.sacoliteracy.org

**Mailing Address:** PO Box 467, Saco, ME 04072

**Location:** 180 Main St., Saco, ME 04072

**Services:** Provides free, confidential, student-centered, individual and small group tutoring to adults seeking to develop the literacy skills they need to reach important life goals like reading their first books, obtaining citizenship, writing letters to a child, taking care of personal bills and finding employment.

**LITERACY VOLUNTEERS OF GREATER SANFORD**

**(Ph) 324-2486 or 800-322-5455 Website:** www.sanfordliteracy.org

**Location/Mailing Address:** 883 Main Street, Suite 4, Sanford, ME 04073

**MAINE ADOPTION AND HUMANITARIAN AID (MAPS)**

**(Ph) 775-4101 Website:** www.mapsadopt.org **E-mail:** info@mapsadopt.org

**Address:** 277 Congress St., Portland, ME 04101

**Services:** Provides domestic and international adoption services, adoption education, pregnancy support and residential services for teens and women experiencing an unplanned pregnancy.

**MAINE CENTER FOR WOMEN, WORK & COMMUNITY**

**YORK COUNTY CENTER**

**(Ph) 286-1722 or 800-442-2092 (F) 283-9865**

**Website:** www.womenworkandcommunity.org

**Address:** University College at Saco, 110 Main St. Suite 1101, Saco, ME, 04072

**Services:** Programs that support women in their efforts to secure a more promising future through access to education, jobs that pay a living wage, self-employment, money management, and civic leadership.

**MAINE CHILDREN'S ALLIANCE**

**(Ph) 623-1868 (F) 626-3302 Website:** www.mekids.org

**E-Mail:** mainekids@mekids.org

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**Address:** 303 State St., Augusta, ME 04330.

**Services:** Advocates for sound public policies to improve the lives of all Maine's children, youth and families.

#### **MAINE CHILDREN'S CANCER PROGRAM**

**(Ph) 885-7565 Website:** www.mmc.org/mccp

**Address:** 22 Bramhall Street, Portland, ME 04102

**Services:** Provides the most advanced and up-to-date medical and psychosocial treatment to children (ages 0-21) with cancer and blood disorders, as well as their families. The program's mission is not only to cure a child with cancer but also to emotionally support the entire family through the demands of treatment.

#### **MAINE CIVIL LIBERTIES UNION**

**(Ph) 774-5444 (F) 774-1103 Website:** www.mclu.org **E-Mail:** info@mclu.org

**Address:** 401 Cumberland Ave. Suite 105, Portland, ME 04101

**Services:** Provides advocacy, litigation, public education and lobbying for people whose constitutional rights have been violated.

#### **MAINE MEDICAL CENTER**

**(Ph) 662-0111 or 877-339-3107 (TTY) 662-4900 Website:** www.mmc.org

**Address:** 22 Bramhall St., Portland, ME 04102

**Services:** Provides medical, surgical, maternity, pediatrics, emergency, intensive care, diagnostic services, abortion, AIDS, social services, education, occupational medicine, rehabilitation and mental health services.

#### **MAINE PARENT FEDERATION**

**(Ph) 623-2144 or 800-870-7746 (in Maine Only) Website:** www.mpf.org

**E-mail:** parentconnection@mpf.org

**Mailing Address:** PO Box 2067 Augusta, ME 04338

**Location:** 12 Shuman Ave. Suite 7 Augusta, ME 04330

**Services:** A statewide nonprofit organization that provides information, advocacy, education and training to parents and professionals to benefit all children. Works with families of children with special healthcare needs or disabilities.

#### **MAINE SPEAKOUT PROJECT**

##### **A PROGRAM OF COMMUNITY COUNSELING CENTER**

**(Ph) 874-1030 or 877-841-4357 (F) 874-1044**

**Website:** www.mainespeakout.org **Email:** speakout@commcc.org

**Address:** 343 Forest Avenue Portland, ME 04101

**Services:** Promotes respect and understanding among persons of differing sexual orientations by training and empowering volunteers to share their personal experiences and perspectives with individuals and community groups.

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**MAINE STATE HOUSING AUTHORITY (Mainehousing)**

**(Ph) 626-4600 or 800-452-4668, (F) 626-4678 (TTY) 800-452-4603**

**Website:** [www.mainehousing.org](http://www.mainehousing.org) **E-Mail:** [frontdesk@mainehousing.org](mailto:frontdesk@mainehousing.org)

**Address:** 353 Water St., Augusta, ME 04330

**Services:** Provides information about homebuyer assistance, home improvement assistance, rental assistance, energy assistance and homeless assistance.

Biddeford Housing Authority: 282-6537, Sanford Housing Authority: 324-6747.

**MAINELY PARENTS**

**A PROGRAM OF DAY ONE**

**(Ph) 512-2984 or 800-249-5506, (F) 842-2998**

**Website:** [www.mainelyparents.org](http://www.mainelyparents.org)

**Address:** 72 Winthrop Street, Augusta, ME 04330

**Services:** Offers prevention programs focused on parent education, mutual self-help support groups, parent talk-line and *Maine Parent Express* newsletter.

**MAINESTAY**

**A PROGRAM OF YOUTH ALTERNATIVES INGRAHAM**

**(Ph) 523-5049 or 877-429-6884**

**Website:** [www.yaimaine.org](http://www.yaimaine.org) **Email:** [info@yaimaine.org](mailto:info@yaimaine.org)

**Services:** Provides transitional residential treatment, outreach and support services for homeless youth ages 16-21 with serious emotional disorders or mental illness intensified by substance abuse issues.

**MERCY HOSPITAL**

**(Ph) 879-3000 or 1-800 293-6583**

**Website:** [www.mercyhospital.com](http://www.mercyhospital.com)

**Location:** 144 State Street, Portland, ME 04101

**Services:** Offers full range of medical services including Addiction Medicine, The Birthplace, Cancer Care, Center for Vascular Health, Diagnostic Services, Eating Disorders and therapeutic outpatient programs ranging from physical rehabilitation to managing diabetes. Mercy also offers VNA Home Health Care.

**MILESTONE FOUNDATION, INC.**

**Website:** [www.milestonefoundation.org](http://www.milestonefoundation.org)

**Old Orchard Beach Facility (Ph) 934-5231, (F) 934-5139**

**Mailing Address:** PO Box T, Old Orchard Beach, ME 04064

**Location:** 28 Portland Ave., Old Orchard Beach, ME 04064

**Portland Facility (Ph) 775-4790 (F) 775-5231**

**Address:** 65 India Street Portland, ME 04101

**Services:** Provides emergency shelter, detoxification, counseling, long term and extended care for individuals suffering from alcohol or substance abuse.

**MORRISON DEVELOPMENTAL CENTER**

**(Ph) 874-1125 (F) 874-1127**

**Website:** [www.mdcmaine.org](http://www.mdcmaine.org) **E-Mail:** [mdc1@gwi.net](mailto:mdc1@gwi.net)

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**Address:** 331 Veranda St., Portland, ME 04103

**Services:** Day programs and services that encourage growth and independence for persons with physical and developmental disabilities.

**NATIONAL RUNAWAY SWITCHBOARD**

**(Ph) 800-621-4000 (TTY) 800-621-0394 (F) 773-929-5150**

**Website:** www.1800runaway.org **E-Mail:** info@1800runaway.org

**Address:** 3080 N Lincoln, Chicago, IL 60657

**Services:** Hotline, crisis intervention, information and referral, education and prevention, web services, message delivery and conferencing services, free bus rides home via Greyhound, conflict mediation for persons 21 years of age and younger and their families.

**NORTHERN NEW ENGLAND POISON CENTER**

**A PROGRAM OF MAINE MEDICAL CENTER**

**(Ph) 800-222-1222 Website:** www.nnepc.org

**Address:** 22 Bramhall St., Portland, ME 04102

**Services:** Provides toll free confidential first aid recommendations for poison exposure and answers to poison prevention questions, pamphlets on poisonous plants, poison proofing the home, what to do in case of accidental poisoning or adverse drug effects.

**OFFICE OF SUBSTANCE ABUSE (State of Maine)  
INFORMATION & RESOURCE CENTER**

**(Ph) 800-499-0027 (within Maine) or 287-8900 (TTY) 800-215-7604**

**Website:** www.maine.gov/dhhs/osa/ **E-mail:** osa.ircosa@maine.gov

**Address:** 141 Anthony Ave., #11 Station House Station, Augusta, ME 04333

**Services:** Provides referrals for substance abuse treatment and support groups.

**OPERATION BLESSING, INC.**

**(Ph) 603-430-8561 Address:** 600A Lafayette Rd., Portsmouth, NH 03801

**Services:** Provides assistance to families in need by offering food, clothing, furniture, household necessities as well as Christian spiritual counseling.

**OUR FATHER'S HOUSE RECOVERY CENTER**

**(Ph) 571-8290 Address:** 88 North Street, ME 04072

**Services:** Provides a Faith Based Residential Restoration Program; an environment for alcoholics and addicts to become free of their addiction. The program embraces the exploration of addictive behaviors concentrating on the primary, chronic and progressive characteristics of addiction. Also includes Substance Dependency, Relapse Prevention, Looking Within, Anger, Self Worth, Life Management and Personal Growth.

**PARENT RESOURCE CENTER, INC.**

**(Ph) 324-1371 (F) 324-4822 Website:** www.parentresourcecenter.info

**E-Mail:** prc\_inc@hotmail.com

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**Address:** 21 Bradeen St. Suite 103, Springvale, ME 04083

**Services:** Provides a relaxed learning environment for parents who are interested in upgrading their parenting skills or enriching their family relationships through on-going parent education classes in a group setting, workshops, supervised visitation, or one-on-one sessions. Offers Parent Connection Support Groups, free parent education and support groups. Some groups include childcare. Provides parents with the opportunity to enhance parenting skills, socialize, receive support, and learn about local community resources. Call for locations near you.

**PINE TREE LEGAL ASSISTANCE, INC.**

**(Ph) 774-8211, (F) 828-2300 Website:** www.ptla.org **E-Mail:** info@ptla.org

**Address:** 88 Federal St., Portland, ME 04101

**Services:** Provides legal assistance with civil legal services including eviction, landlord/tenant problems, unsafe housing, fair housing violations, Medicaid services and access to health care, federal tax problems, poverty tax abatements, problems with TANF, food stamps or general assistance, domestic violence, foreclosure, predatory lending, special education, consumer issues, DHHS issues, and child support issues, employment issues, job training and ASPIRE, and other non-criminal issues.

**PLANNED PARENTHOOD OF NORTHERN NEW ENGLAND**

**Sanford:** **(Ph) 324-9385, (F) 324-2818 Website:** www.ppnne.org

**Address:** 886 Main St., Ste. 302, Sanford, ME 04073

**Biddeford:** **(Ph) 282-6620, (F) 283-4408 Website:** www.ppnne.org

**Address:** 281 Main St., Biddeford, ME 04005

**Hot Line: 800-230-7526**

**Services:** Offers annual exams, cervical, breast and testicular cancer screening, birth control, colposcopy (follow up to abnormal Pap test); STI testing and treatment; pregnancy testing and options education; HIV/AIDS education and testing; school, sports, and employment physicals; immunizations for vaccine-preventable diseases.

**POISON CONTROL (See Northern New England Poison Center)**

**PORTSMOUTH NAVAL SHIPYARD SERVICES**

**(Ph) 603-438-2083/3804/3608, (F) 603-438-3608**

**Address:** Code 820.101, bldg. 342, Portsmouth, NH 03804

**Services:** Child Development Center provides both center-based and home daycare for children of military and civilian shipyard workers; parenting workshops and resources. Social Worker Services at (207) 438-1693 offers individual, couple and family therapy and advocacy for naval families; counseling on domestic violence and child abuse issues.

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**PORTSMOUTH REGIONAL HOSPITAL**

**(Ph) 603-436-5110 Website:** [www.portsmouthhospital.com](http://www.portsmouthhospital.com)

**Location:** 333 Borthwick Ave., Portsmouth, NH 03801

**Services:** Provides a full range of medical, behavioral and health and wellness services and 24-hour walk-in emergency room.

**PREBLE STREET TEEN CENTER**

**Preble Street Program (Ph) 775-0026 Website:** [www.preblestreet.org](http://www.preblestreet.org)

**Lighthouse Shelter:** 65 Elm Street, Portland (8:00 am to 8:00 pm daily)

**Location of Teen Center:** 343 Cumberland Avenue, Portland, Maine

**Services:** Provides on-site preventive and supportive services and access to: meals, clothing, personal hygiene items, showers, laundry, phone (both local and long distance), and mail; alternative education; mental health counseling; health services; substance abuse services; employment services and outreach from a wide range of community providers.

**PROUD RAINBOW YOUTH OF SOUTHERN MAINE****A PROGRAM OF COMMUNITY COUNSELING CENTER**

**(Ph) 874-1022 Website:** [www.commcc.org/PRYSM/index.html](http://www.commcc.org/PRYSM/index.html)

**E-Mail:** [prism@commcc.org](mailto:prism@commcc.org)

**Address:** 43 Baxter Blvd., 2<sup>nd</sup> Floor, Portland, ME 04101

**Services:** Provides safe and supportive community for youth 22 and under who are lesbian, gay, bisexual, transgender, questioning, and their allies (LGBTQA). Also provides outreach, phone and email support; community education, leadership development, safer-sex/HIV prevention education, connections to community resources, and events like our annual Prom.

**RECOVERY CENTER AT MERCY HOSPITAL (THE)**

**(Ph) 879-3600 (F) 857-8226**

**Website:** [www.mercyhospital.com/patient/addictionmedicine/](http://www.mercyhospital.com/patient/addictionmedicine/)

**Address:** The Recovery Center, 40 Park Road, Westbrook, ME 04092

**Intake and Assessment, 879-3600, 24 hours a day, 7 days a week**

**Services:** Treatment of addictions from alcohol to all types of drugs. Provides skilled assessments, substance abuse evaluation; medical management of withdrawal; detoxification with the latest medications and comfort measure; outpatient counseling and support services - at whatever level a patient needs; treatment for associated medical and psychiatric complications and on-going support needed to stay clean and sober.

**SACO ISLAND SCHOOL (See Job Placement Services Inc.)****SACOPEE VALLEY HEALTH CENTER**

**(Ph) 625-8126 (F) 625-7820 TDD 800-437-1220**

**Website:** [www.svhc.org](http://www.svhc.org) **E-mail:** [info@svhc.org](mailto:info@svhc.org)

**Mailing Address:** PO Box 777 Porter, ME 04047

**Location:** 70 Main St. Porter, ME 04047

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**Services:** Behavioral health consultation, family planning services, mental health counseling, nutrition counseling, optometry, osteopathic manipulative therapy, podiatry, prepared childbirth classes, primary family medical care, social service coordination, substance abuse counseling. Offers sliding fees to eligible patients and discounts are based on income and family size.

**SAFE PLACE (A) – DOMESTIC ABUSE SUPPORT SERVICES**

**(Ph) 603-436-4619**

**Domestic Abuse Support Services 24-Hr Hotline 800-854-3552**

**Website:** [www.asafeplacenh.org](http://www.asafeplacenh.org)

**Address:** *6 Greenleaf Woods Suite 101 Portsmouth, NH 03801*

**Services:** Offers emergency shelter, court and agency advocacy, confidential support groups, safety planning, education, and outreach resources. Services for the survivors of domestic abuse and stalking are also provided.

**SALVATION ARMY**

**Old Orchard Beach:** **(Ph) 934-4381, Address:** *Corner of Church and 6<sup>th</sup> Sts., 2 Church Street, Old Orchard Beach, ME 04064*

**Sanford:** **(Ph) 324-3134, Address:** *871 Main St., Sanford, ME 04073*

**Services:** Provides emergency food, clothing, medicine, traveler's aid, information, and referrals. Noon-day meal served on Tuesday, Thursday, and Friday.

**SANFORD HOUSING AUTHORITY**

**(Ph) 324-6747 (F) 324-6870 Website:** [sanfordhousing.org](http://sanfordhousing.org)

**Physical Location:** *114 Emery Street, Sanford*

**Mailing Address:** *PO Box 1008, Sanford, ME 04072*

**Services:** Offers direct federal programs that financially assist in paying rent for family and individuals, and also takes the form of the advocating for and the promotion of more affordable housing in our community. Sanford Housing Authority serves Sanford, Springvale and the surrounding towns of Alfred, Kennebunk, Lebanon, North Berwick, Wells, Shapleigh and Acton.

**SEACOAST MENTAL HEALTH CENTER**

**(Ph 24-Hr) 603-431-6703 Website:** [www.smhc-nh.org](http://www.smhc-nh.org)

**Address:** *1145 Sagamore Ave. Portsmouth, NH 03801*

**Services:** Provides mental health services to children, adults and elders. Honors most major insurances and offers a sliding fee scale for those consumers living in eastern Rockingham County.

**SERVICES FOR CHILDREN WITH SPECIAL HEALTH**

**NEEDS/GENETICS (Department of Health and Human Services, Maine Center for Disease Control and Prevention, Division of Family Health)**

**(Ph) 1-800-698-3624 (TTY) 1-800-698-3624**

**website:** [www.maine.gov/dhhs/boh/cshn/](http://www.maine.gov/dhhs/boh/cshn/)

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**Address:** 11 State House Station, Key Bank Plaza, 286 Water Street, 7th Floor, Augusta, Maine 04333

**Services:** CSHN is a program that helps pay for medical care provided by specialists to eligible families, and offers assistance with coordination of care for infants, children and adolescents with special health needs.

**SEXUAL ASSAULT RESPONSE SERVICES OF SOUTHERN MAINE (Ph) 828-1035 (24-Hr Hotline) 800-313-9900**

**Website:** [www.sarsonline.org](http://www.sarsonline.org) **E-Mail:** [infosars@sarsonline.org](mailto:infosars@sarsonline.org)

**Address:** PO Box 1371, Portland, ME 04104

**Services:** 24 hour hotline, information and referral, short term support, school based educational programs, support groups and accompaniment services to hospital, police department or court. Services available to persons who have been sexually assaulted personally or are concerned for a family member or friend. No cost, Cumberland and York Counties

**SEXUAL ASSAULT SUPPORT SERVICES**

**24-Hr Hotline 888-747-7070, (F) 430-4017, Website:** [www.sassnh.org](http://www.sassnh.org)

**Address:** 7 Junkins Ave., Portsmouth, NH 03801 **E-mail:** [info@sassnh.org](mailto:info@sassnh.org)

**Services:** Serving Rockingham, Strafford and Southern York Counties. Provides confidential 24-hour sexual assault crisis hotline; 24-hour advocacy and support at police stations, hospital emergency rooms and the courts; support groups for rape survivors, sexual abuse survivors, parents, and others affected by sexual violence; and community education.

**SHALOM HOUSE, INC., YORK COUNTY SERVICES**

**(Ph) 874-1080 Website:** [www.shalomhouseinc.org](http://www.shalomhouseinc.org)

**Portland Mailing Address:** PO Box 560, Portland, ME 04112-0560

**Operates several residential programs in Biddeford/Saco area Biddeford/Saco Ph 282-1500**

**Services:** Provides support services and affordable housing for people with serious mental illness escaping the stress of homelessness, hunger, and isolation. Staff support is available 24 hours a day to all tenants and provides basic safety, supervision, personal care, medication supervision, and coordination with community service providers are offered.

**SHELTER PLUS CARE (YORK COUNTY SERVICES)**

**A PROGRAM OF MAINE DEPARTMENT OF HEALTH AND HUMAN SERVICES ADMINISTERED BY COUNSELING SERVICES, INC.**

**(Ph) 286-1104** (Counseling Services)

**Website:** [www.maine.gov/dhhs/mh/Housing/spc/eligibility.html](http://www.maine.gov/dhhs/mh/Housing/spc/eligibility.html)

**Counseling Services Mailing Address:** PO Box 1010, Saco, ME 04072

**Services:** Permanent rental subsidy program for persons diagnosed with a disability which is expected to be of long and continued duration and also is substantially impeding the person's ability to live independently, persons with severe mental illness and substance abuse disabilities.

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**SHRINER'S BURN HOSPITAL AND ORTHOPEDIC HOSPITAL**

**(Ph) 782-6831 or 800-782-5672 (F) 782-2870**

**Website:** www.korashriners.org **E-mail:** office@koashriners.org

**Address:** 11 Sabattus St., Lewiston, ME 04240

**Services:** Provides specialized care for orthopedic conditions, burns, spinal cord injuries and cleft lip and palate. All services are provided at no charge.

**SOUTHERN MAINE AGENCY ON AGING**

**(Ph) 396-6500, Toll Free 800-427-7411 Website:** www.smaaa.org

**Mailing/Location Address:** 136 U.S. Route One, Scarborough, ME 04074

**Services:** To assure that older people living in Southern Maine, especially those who are frail, living alone, or have low incomes, receive the support necessary to maintain their independence in the community. Services include nutrition programs: Meals on Wheels and Senior Dining Centers in Biddeford, Buxton/Hollis, Kennebunk, Kittery, Sanford ; information and advocacy: Medicare D, independent housing with services, information and referral services, Maine's Senior Medicare Patrol (SMP) , Family Caregiver Support Program (FCSP), outreach services, Partners in Caring Program (PIC), SeniorSolutions Program, State Health Insurance Counseling Program (SHIP); adult day services; caregiver support groups and volunteer services.

**MEALS ON WHEELS 1-800-400-6325**

**SOUTHERN MAINE MEDICAL CENTER**

**(Ph) 283-7000, Website:** www.smmc.org **E-mail:** info@smmc.org

**Emergency Dept. 24hours 283-7100 or 294-5000**

**Mailing Address:** PO Box 626, Biddeford, ME 04005

**Location:** 1 Medical Center Dr., Biddeford, ME 04005

**Services:** Offers full range of medical services includes 24 hour emergency department, obstetrics, mental health, home care, on site and off site outpatient services, rehabilitation and surgery and education services.

**SOUTHERN MAINE PARENT AWARENESS**

**(Ph) 324-2337 or 800-564-9696 (In Maine only)**

**Website:** www.somepa.org **E-Mail:** support@somepa.org

**Address:** 886 Main St. Suite 303, Sanford, ME 04073

**Services:** Increase family involvement in special education and improve educational outcomes for students with disabilities; information and referral; individualized family conferences; telephone and email consultations; quarterly newsletter; support groups and workshops.

**SPRING HARBOR HOSPITAL**

**(Ph) 761-2200 or 888-524-0080 Website:** www.springharbor.org

**Emergency or after hours: (207) 761-6644 E-mail:** info@springharbor.org

**Address:** 123 Andover Road Westbrook, ME 04092

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**Services:** Offers inpatient and outpatient services for youth and adults who experience acute mental illnesses or dual disorders issues. Outpatient services include psychiatric evaluation; individual, couples, group, and family therapy; medication management; consultation with patients' primary care providers; treatment for co-occurring disorders; partial-day hospitalization; intensive outpatient care; assertive community treatment; and specialty groups for individuals of all ages. Youth services include inpatient, outpatient, community based treatment and early intervention.

#### **SPURWINK SERVICES**

**(Ph) 871-1200 or 888-889-3903 Website:** [www.spurwink.org](http://www.spurwink.org)

**E-mail:** [info@spurwink.org](mailto:info@spurwink.org)

**Address:** *899 Riverside Street, Portland, ME 04103*

**Services:** Offers community-based services for children, adolescents, adults and families who face challenges associated with mental illness, behavioral or emotional disorders and developmental disabilities. Youth services include: day treatment; Spring Harbor Hospital inpatient; preschool program and residential treatment programs. Adult services include: day services as well as residential services. Family services include: case management and juvenile risk reduction case management. Outpatient services include: child abuse program which provides evaluations, treatment services and referrals for children who have suffered abuse and the Spurwink Clinic that provides Autism evaluations, infant mental health/attachment evaluations as well as psychological evaluations.

#### **ST. ANDRE HOME INC.**

**(Ph) 282-3351, (F) 282-8733 Website:** [www.saintandrehome.org](http://www.saintandrehome.org)

**E-Mail:** [standre@aol.com](mailto:standre@aol.com) **Address:** *283 Elm St., Biddeford, ME 04005*

**Services:** Provides clinically based interventions for pregnant and parenting young women; case management; adoption services and outreach counseling.

#### **SUSAN CURTIS FOUNDATION (Camp Susan Curtis)**

**(Ph) 774-1552 (F) 774-4240 Website:** [www.susancurtisfoundation.org](http://www.susancurtisfoundation.org)

**E-Mail:** [info@susancurtisfoundation.org](mailto:info@susancurtisfoundation.org)

**Address:** *1321 Washington Ave., Suite 104, Portland, ME 04103*

**Services:** Offers a summer residential camp program for children ages 8-15 from low-income families in Maine.

#### **SWEETSER**

**(Ph) 294-4400 or 800-434-3000 Crisis Services: 888-568-1112**

**Website:** [www.sweetser.org](http://www.sweetser.org), **E-Mail:** [intake@sweetser.org](mailto:intake@sweetser.org)

**Address:** *50 Moody St., Saco, ME 04072*

**Services:** Offers services that address emotional issues, major mental illnesses, substance abuse disorders and educational disabilities through an integrated network of care that responds to the unique strengths and needs of each child, adult and family that seeks our help. Children's services include child and

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family community-based services, case management, crisis services, educational services, family-centered residential treatment services and outpatient services. Adult services include crisis services, outpatient services, and recovery programs.

**UNITED WAY OF YORK COUNTY**

**(Ph) 985-3359, (F) 985-3564, Website:** [www.uwycme.org](http://www.uwycme.org)

**Mailing Address:** *PO Box 727, Kennebunk, ME 04043*

**Location:** *36 Water St., Kennebunk, ME 04043*

**Services:** Addresses community human service needs through planning, resource development, and fund distribution; volunteerism and educational programs are offered to employees in the workplace.

**UNIVERSITY OF MAINE COOPERATIVE EXTENSION**

**(York County Extension Office)**

**(Ph) 324-2814 or 800-287-1535** (in Maine Only)

**Website:** [www.umext.maine.edu](http://www.umext.maine.edu)

**Address:** *21 Bradeen Street, Suite 302, Springvale, Maine 04083*

**Services:** Provides educational programs, publications, and events on/for 4-H and youth development; family programs including The Gender Project; gardening programs including the Master Gardeners Programs; horticulture programs including composting education and nutrition and food programs including the Maine Family Nutrition Program, Maine Senior Nutrition Program, Nutrition Learn-by-Mail Program, Food Safety, Food Preservation and Farmers' Markets.

**UNIVERSITY OF NEW ENGLAND DENTAL HYGIENE CLINIC**

**(Ph) 221-4900 Website:** [www.une.edu/chp/dental/patient.asp](http://www.une.edu/chp/dental/patient.asp)

**Address:** *716 Stevens Ave., Portland, ME 04103*

**Services:** Offers dental hygiene services at low fees. Services include oral inspections, nutritional counseling, scaling and plaque removal, personalized oral hygiene instruction, blood pressure screening, x-rays, fluoride treatments, sealants and athletic mouth guard fabrication. Services are available to the general public, and there are no income restrictions. Call Monday-Friday from 9 a.m. - 4 p.m. for an appointment. The clinic only operates during the academic year (September through April, closed May to August).

**VIOLENCE NO MORE, INC.**

**(Ph) 283-8574 E-Mail:** [vnv@gwi.net](mailto:vnv@gwi.net)

**Address:** *26 South St., Biddeford, ME 04005*

**Services:** Offers Family Violence classes for men or women who have been violent; Certified Batterer Intervention Program; counseling for teens that use violence, and individual and family counseling.

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**VISITING NURSES**

**(AFFILIATE OF SOUTHERN MAINE MEDICAL CENTER)**

**(Ph) 985-1000 or 800-794-3546 Website:** [www.smmcvisitingnurses.org](http://www.smmcvisitingnurses.org)

**Location:** 72 Main Street Kennebunk, ME 04043

**Services:** Offers a wide variety of compassionate, skilled nursing and clinical services for clients at home through clinics in Kennebunk and Biddeford.

Services include diabetic information, immunizations, occupational, physical and speech therapist, screening clinics and rehabilitative and restorative care.

**VOLUNTEER LAWYERS PROJECT**

**(Ph) 774- 4348 or 800-442-4293, (TTY) 828-2308 Website:** [www.vlp.org](http://www.vlp.org)

**Address:** PO Box 547, Portland, ME 04112, 88 Federal Street, Portland

**Services:** Assistance, referral, and information regarding bankruptcy, divorce, child custody, disability, and unemployment benefits to low-income people. All our legal services are provided by community and attorney volunteers supported and supervised by a small staff.

**VOLUNTEER! YORK COUNTY**

**A DIVISION OF UNITED WAY OF YORK COUNTY**

**(Ph) 985-6869 or 800-794-6896 (F) 985-3564**

**Website:** [www.buildcommunity.org](http://www.buildcommunity.org)

**Mailing Address:** PO Box 727, Kennebunk, ME 04043

**Location:** 36 Water St., Kennebunk, ME 04043

**Services:** Volunteer recruitment training and placement program.

**WABAN PROJECTS, INC.**

**(Ph) 490-6849 (F) 324-2695 Website:** [www.waban.org](http://www.waban.org)

**E-Mail:** [wban@waban.org](mailto:wban@waban.org)

**Address:** 5 Dunaway Dr., Sanford, ME 04073

**Services:** Child development programs include community-based services and center-based, preschool programs; infant and toddler programs, a developmental assessment team; RISE (Room for Individualized Supported Education) program for children with Pervasive Developmental Disorder (PDD) and/or Autism. Case management is a family support service for children ages birth through 21 with a diagnosis of Autism, Asperger's or PDD-NOS (Pervasive Developmental Disorder-Not Otherwise Specified) or mental retardation. Adult programs include both residential and day program services. Residential supported living offers supported living settings for individuals who are able to live more independently in the community. Residential licensed homes allow 3 to 5 adults with developmental disabilities to reside together. Residential licensed waiver homes are fully accessible homes serving 4-5 residents who have multiple disabilities and high medical needs. Life Works programs are community and center-based day programs serving adults with developmental disabilities. Other services include adult case management, independent support services and a week long summer recreational camp

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**WENTWORTH-DOUGLASS HOSPITAL**

**(Ph) 603-742-5252 Website:** www.wdhospital.com

**Address:** 789 Central Ave., Dover, NH 03820

**Services:** Provides medical, surgical, maternity, pediatrics, emergency, out-patient clinics, physician referral and social services/spiritual care.

**WOMEN'S PROJECT (THE)****A PROGRAM OF PROP, A MULTISERVICE AGENCY**

**(Ph) 800-698-4959 x5856 or x5857 Website:** www.wherepeoplecomefirst.org

**Address:** P.R.O.P., 510 Cumberland Ave., Portland, ME 04101

**Services:** Offers practical case management for women affected by substance abuse either, their own or others. Also offers home visits, if needed.

**WOODFORDS FAMILY SERVICES**

**(Ph) 878-9663 or 800-439-0314 Website:** www.woodfords.org

**Address:** PO Box 1768, Portland, ME 04104-1768

**Location:** 15 Saunders Way, Westbrook, ME 04092

**Services:** Programs support children, adolescents and young adults with special needs and their families. Children's services include: preschool programs, toddler and family programs, developmental evaluation team, behavioral consultation, case management, therapeutic foster care and residential programs. Family services include: respite, in-home support, therapeutic recreation and sibling education/support. Adult services include: case management, residential and shared living options.

**YMCA OF NORTHERN YORK COUNTY**

**(Ph) 283-0100 Website:** www.nycymca.org

**E-Mail:** info@nycymca.org

**Mailing Address:** PO Box 1001, Biddeford, ME 04005

**Location:** 3 Pomerleau St., Biddeford, ME 04005

**Services:** Provides after-school care and childcare, outdoor summer camps, community outreach, aquatics programs, sports, health and fitness, youth counseling and senior assistance.

**YMCA OF SANFORD/SPRINGVALE**

**(Ph) 324-4942 (F) 490-4147 Website:** www.sanfordymca.org

**Email:** info@sanfordymca.org

**Mailing Address:** PO Box 249, Sanford, ME 04073

**Location:** 1 Emile Levasseur Dr., Sanford, ME 04073

**Services:** Provides a diversity of programs for all ages including childcare, aquatic instruction, day camps, recreational activities and volunteerism.

**YORK COMMUNITY SERVICE ASSOCIATION**

**(Ph) 363-5504 (F) 363-5504 (call first) E-Mail:** ycsa@netzero.com

**Mailing Address:** PO Box 85, Cape Neddick, ME 03902

**Location:** 1320 US Route 1, Cape Neddick, ME 03902

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**Services:** Offers York residents information and referrals, transportation, loan of medical equipment, some financial assistance, camperships and thrift shop.

### **YORK COUNTY COMMUNITY ACTION CORPORATION**

**Website:** www.yccac.org **E-Mail:** info@yccac.org

**Sanford:** (Ph) 324-5762 or 800-965-5762 (within York County)

**Address:** 6 Spruce St., PO Box 72, Sanford, ME 04073.

**Biddeford:** (Ph) 283-2402, (F) 283-2410, 321 Elm St., Biddeford, ME 04005.

**Kittery:** (Ph) 439-2699, (F) 439-1973, 2 State Road, Kittery, ME 03904

**Services:** Provides many comprehensive programs and services to low income, elderly and disabled residents of York County, including:

**Access to Justice, Legal Advocacy:** This program helps people who need assistance with understanding court forms or in filling out court paperwork for family law issues such as parental rights and responsibilities, divorce, post-judgment motions, power of attorney, adoption, name change or guardianship. Call 1-800 644-4202 x30 for additional information.

**Community Outreach:** Serving all 29 towns of York County. Outreach Workers connect persons in need with community resources; provide information and referral; serve as advocates, provide emergency assistance for shelter, utilities, heat, or food; and make home visits to those who are homebound. (See listing on page ??, for contact numbers for individual towns.)

**Energy Assistance Program:** Provides financial and technical assistance to help York County residents solve problems regarding energy use and conservation, and health and safety issues.

*For more information call 800-324-5762 or 324-5762*

**Housing:** Helping our clients with asset development is the most effective long-term strategy to combat poverty. This program was created to help York County residents to acquire a home that will grow in value and create long-term financial security. Services include the Affordable Housing Program, Homebuyer Counseling, Homeownership Education Classes and Post-Purchase Education and Counseling.

*For more information call 800-965-5762 or 324-5762*

**STRONG Fathers Network:** Father-focused parenting classes, information, workshops, individual mentoring, support groups. *For more info call 459-2976 or 800 965-5762 or 324-5762.*

**Transportation:** The Program's promote self-sufficiency by providing York County residents with a means to get to work and/or services and resources which otherwise would not be accessible. Services are provided throughout York County, with reduced rates or free service available to eligible individuals. Programs include the Wave -Home pick up and drop off to training and job sites, and riders' children to day care. Other trip purposes on a space available basis. *For more info call 800 965-5762 or 324-5762.*

**Head Start – see below**

**The Women, Infants, Children (WIC):** Provides Healthy foods; nutrition education; parents of infants get breastfeeding support or iron fortified infant formula; referrals for health care, parenting help, food banks, day care, food

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stamps, TANF, heating assistance, transportation assistance, and clothing assistance; in the summer, vouchers are given for fresh fruits and vegetables from Maine farmers. *For more info call 800 965-5762 or 324-5762.*

**York County Community Health Care (YCCHC):** Offers medical, dental and mental health services to York County residents of all ages - newborns, children, teens, adults and elders. YCCHC accepts MaineCare, Medicare and private insurance. For those without insurance, discounts are available based on household income. *YCCHC is located at 32 Patriot Lane, Sanford*  
*Call 490-6900 to make an appointment.*

**YORK COUNTY EXTENSION OFFICE (See University of Maine  
Cooperative Extension)**

**YORK COUNTY HEAD START PROGRAMS**

**A PROGRAM OF YORK COUNTY COMMUNITY ACTION CORP.**

**(Biddeford Ph) 284-9856 (Sanford Ph) 324-5762**

**or 800 965-5762 in York County Website:** [www.yccac.org](http://www.yccac.org)

**Mailing Address:** *PO Box 72, Sanford, ME 04073*

**Location:** *6 Spruce St., Sanford, ME 04073*

**Services:** A state and federally funded comprehensive school readiness program for children ages 0 – 5 and their families. The program works to enhance children’s self esteem and school readiness skills and supports parents as the primary teachers of their children. Head Start believes that the home is the child’s first classroom where the earliest learning takes place. Parents are a child’s first and most important teacher. Center-based programs are located in Biddeford, including an Early Head Start Program, Kittery, Lebanon, Lyman, North Berwick, Old Orchard Beach, Porter, Saco, Sanford, and Waterboro. Head Start programs include fun indoor and outdoor activities, healthy meals, development of social skills, a program to meet each child’s individual needs, special services for children with disabilities and a curriculum focused on early literacy, kindergarten readiness and “hands-on” learning. The program also provides a comprehensive health program that includes immunizations, medical, dental, mental health, and nutritional services. Support, referrals and resources are available to parents and parental involvement is encouraged. Several home visits by Head Start staff throughout the year are required.

**YORK COUNTY JUVENILE FIRE SAFETY INTERVENTION**

**COLLABORATIVE (Ph) 459-2463 (TDD) 800-492-0855**

**Website:** [www.yorkcountyme.gov](http://www.yorkcountyme.gov) **E-mail:** [ycjfsic@yorkcountyme.gov](mailto:ycjfsic@yorkcountyme.gov)

**Mailing Address:** *PO Box 2146, Biddeford, ME 04005*

**Location:** *5 Swetts Bridge Road, Alfred, ME 04002*

**Services:** Provide standard procedures that allow consistent communication and effective interventions, interview by fire and police personnel, referral to appropriate services, coordination of services, fire safety education.

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**YORK COUNTY LEARNING AND BEHAVIORAL ASSESSMENT CLINIC, now known as BRIDGES AFOR INTERGRATED HEALTH  
A PROGRAM OF SOUTHERN MAINE MEDICAL CENTER**

**(Ph) 985-0880 OR 467-6986 E-Mail:** [memory@smmc.org](mailto:memory@smmc.org)

**Mailing/Location:** *72 Main Street, Kennebunk, ME 04043*

**Services:** Provides multidisciplinary clinic evaluations and recommendations for children 5 to 20 who have behavioral, emotional or learning disabilities.

**YORK COUNTY SHELTERS, INC.**

**(Main Phone) 324-1137 or 24-Hr Emergency Shelter 324-1137,**

**Mailing Address:** *PO Box 820, Alfred, ME 04002*

**Location:** *147 Shaker Hill Road, Alfred, ME 04002*

**Services:** Emergency extended shelter, family shelter, and permanent housing with access to case management and counseling; other services provided include food pantry; meals kitchens; clothing; independent living skills; remedial education; and vocational training.

**YORK-CUMBERLAND HOUSING/AVESTA HOUSING**

**(Ph voice/TTY) 553-7777 or 800-339-6516 Website:** [avestahousing.org](http://avestahousing.org)

**Address:** *307 Cumberland Avenue, Portland, ME 04101*

**Services:** Rental Assistance: Promotes and provides quality housing options for the benefit of people in need, including income-eligible families, elderly and disabled. Assisted Living Facility, The Inn at Village Square: Provides medical in-patient services to the elderly.

**YORK HOSPITAL**

**(Ph) 363-4321 or 877-363-4321 (Hotline) 351-2221(TTY) 363-7433**

**Website:** [www.yorkhospital.com](http://www.yorkhospital.com)

**Address:** *15 Hospital Dr., York, ME 03909*

**Services:** Full service hospital offers internal medicine, pediatrics, 24-hour emergency, oncology, nutrition services, cardiology, chemical dependency program and a complete birthing program, which includes pre-natal services, home-like birthing rooms and a home visitation program for new parents.

**YOUTH ALTERNATIVES INGRAHAM**

**(Ph) 874-1175 (F) 874-1181 Website:** [www.youthalternatives.org](http://www.youthalternatives.org)

**E-Mail:** [yainc@youthalternatives.org](mailto:yainc@youthalternatives.org)

**Mailing Address:** *PO Box 596, Portland, ME 04112-0596*

**Location:** *400 Congress St., Portland, ME 04112-0596*

**Services:** Offers therapeutic services to children and families in the child welfare and juvenile justice systems and adults with behavioral health needs. Programs support positive family relationships and address some of the most critical issues facing adults - including suicide, crisis intervention, homelessness, mental illness and substance abuse. Services for children and families include creating homes for vulnerable children and youth; supporting families in need, conflict or crisis; and reaching out to homeless youth. Services for adults

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include a crisis response system, residential treatment, adults affected by mental illness, substance abuse and/or homelessness and employee assistance programs. Case management services, in-home support and outpatient services are also available.

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## HOSPITALS

- **FRISBIE MEMORIAL HOSPITAL**  
11 Whitehall Road  
Rochester, NH 03867  
**603-332-5211**
- **GOODALL HOSPITAL**  
25 June St.  
Sanford, ME 04073  
**324-4310**
- **MAINE MEDICAL CENTER**  
22 Bramhall St.  
Portland, ME 04102  
**662-0111 or 877-339-3107**
- **MERCY HOSPITAL**  
144 State St.  
Portland, ME 04101  
**879-3000**
- **PORTSMOUTH REGIONAL HOSPITAL**  
333 Borthwick Ave.  
Portsmouth, NH 03801  
**603-436-5110**
- **SHRINER'S BURN/ORTHOPEDIC HOSPITAL FOR CHILDREN**  
11 Sabbattus St.  
Lewiston, ME 04240  
**782-6831**
- **SOUTHERN MAINE MEDICAL CENTER**  
1 Medical Center Drive  
Biddeford, ME 04005  
**283-7000**
- **WENTWORTH-DOUGLASS HOSPITAL**  
789 Central Ave.  
Dover, NH 03820  
**603-742-5252**
- **YORK HOSPITAL**  
15 Hospital Drive  
York, ME 03909  
**363-4321**

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# CRIMINAL JUSTICE SYSTEM

## **York County Court House**

Clerk of Courts Office (Superior Court)

45 Kennebunk Road

Alfred, ME 04002

**324-5122**

## **Victim/Witness Services:**

York County Court House **324-8001**

25 Adams Street, Biddeford **282-0466**

445 Main St., End Floor, Springvale **324-8214**

11 Chases Pond Road, Suite 101, York **363-7434**

**Victim/Witness Services:** Liaison between victims/witnesses and prosecutors, investigative staff, and court personnel; provide short term counseling, crisis intervention, needs assessment, court accompaniment, restitution information, and social service referrals to ease the burden associated with participation in criminal prosecutions.

## **York County District Attorney's Offices:**

Alfred: 45 Kennebunk Road  
Alfred, ME 04002 **324-8001/8002**

Biddeford: 25 Adams St.  
Biddeford, ME 04005-2510 **282-0466**

York: 11 Chase's Pond Road  
PO Box 770  
York, ME 03909-0770 **363-7434**

Springvale: 447 Main Street  
Springvale, ME 04083 **324-8214**

## **Maine Attorney General's Office:**

6 State House Station

Augusta, ME 04333

**800-436-2131**

## **Department of Corrections:**

Juvenile Services Unit: **287-4362**

111 State House Station

Augusta, ME 04333

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## YORK COUNTY MUNICIPAL WELFARE OFFICES

<u>Town Halls</u>	<u>Phone #</u>
ACTON	636-3839
ALFRED	324-5872
ARUNDEL	985-7523
BERWICK	698-1101
BIDDEFORD	284-9514
BUXTON	929-5191
CORNISH	625-4324
DAYTON	499-7526
ELIOT	439-1813
HIRAM	625-4663
HOLLIS	929-8552
KENNEBUNK	985-3786
KENNEBUNKPORT	967-4243
KITTERY	439-1633
LEBANON	457-1171
LIMERICK	793-2252
LIMINGTON	637-2171
LYMAN	499-7562
NEWFIELD	793-4348
NORTH BERWICK	676-3353
OGUNQUIT	646-5139
OLD ORCHARD BEACH	934-5714
PARSONSFIELD	625-4558
SACO	282-8206
SANFORD	324-9110
SHAPLEIGH	636-2844
SOUTH BERWICK	384-2263
WATERBORO	247-3166
WELLS	646-5113
YORK	363-1003

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**York County Community Action Corporation – Community Outreach -** For more information, contact the Outreach Worker assigned to your town:

<b>Town</b>	<b>Phone Number</b>
Community Outreach Worker-Acton	324-5762 or 800 965-5762
Community Outreach Worker-Alfred	324-5762 or 800 965-5762
Community Outreach Worker-Arundel	283-2402
Community Outreach Worker-Berwick	439-2699
Community Outreach Worker-Biddeford	283-2402
Community Outreach Worker-Buxton	283-2402
Community Outreach Worker-Cornish	324-5762 or 800 965-5762
Community Outreach Worker-Dayton	283-2402
Community Outreach Worker-Eliot	439-2699
Community Outreach Worker-Hollis	283-2402
Community Outreach Worker-Kennebunk	283-2402
Community Outreach Worker-Kennebunkport	283-2402
Community Outreach Worker-Kittery	439-2699
Community Outreach Worker- Lebanon	324-5762 or 800 965-5762
Community Outreach Worker-Limerick	324-5762 or 800 965-5762
Community Outreach Worker-Limington	283-2402
Community Outreach Worker-Lyman	283-2402
Community Outreach Worker-Newfield	324-5762 or 800 965-5762
Community Outreach Worker-North Berwick	324-5762 or 800 965-5762
Community Outreach Worker-Ogunquit	439-2699
Community Outreach Worker -Old Orchard Beach	283-2402
Community Outreach Worker-Parsonsfield	324-5762 or 800 965-5762
Community Outreach Worker-Saco	283-2402
Community Outreach Worker- Sanford	324-5762 or 800 965-5762
Community Outreach Worker- Shapleigh	324-5762 or 800 965-5762
Community Outreach Worker-South Berwick	439-2699
Community Outreach Worker-Waterboro	324-5762 or 800 965-5762
Community Outreach Worker-Wells	439-2699
Community Outreach Worker for York	439-2699

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## York County Food Pantries

**Acton:** Ecumenical Food Pantry - 207-636-3768

**Location:** Route 109 & H Road, P.O. Box 125, Acton, ME 04001

**Days and Hours:** 3rd Wednesday *10 to 11 a.m.*

**Alfred:** York County Shelters (Food Pantry & Meals Kitchen)

**Location:** 7 George Road, P.O. Box 820, Alfred, ME 04002

**Days and Hours:** Daily *24 hours* 207-324-8811

**Berwick:** Table of Plenty Food Kitchen - 207-698-9771

**Location:** School St (Route 9), Berwick, ME 03901

**Days and Hours:** Wednesday *5 to 6 p.m.*

**Biddeford:** Stone Soup Food Pantry 207-283-0055

**Location:** 316 Main Street, Biddeford, ME 04005

**Days and Hours:** Monday and Wednesday *10 to 11:30 p.m.*

**Biddeford:** Friends of Community Action 207-282-4771/283-4188

**Location:** 62 Elm Street, Biddeford, ME 04005

**Biddeford:** First Apostolic Church Food Pantry 207-284-0232

**Location:** One Apostolic Way, Biddeford, ME 04005

**Biddeford:** In-A-Pinch, Non-Food Item Pantry 207-283-0055

**Location:** Christ Church, 18 ½ Crescent Street, Biddeford, ME 04005

Rear Entrance on South Street

**Biddeford:** Host site for Angel Food Ministries 207-284-4840

**Location:** New Life Church, 551 Alfred Road, Biddeford, ME

**Days and Hours:** *Mon Thur 9 a.m. – 3 p.m.* Pre-order boxes of food  
Monthly order and delivery dates vary. Pre-payment by cash, food stamps and  
money orders accepted. For More Info: [www.angelfoodministries.com](http://www.angelfoodministries.com)

**Buxton:** Buxton Community Cupboard

**Location:** Buxton Centre Baptist Church, 207-642-2396

938 Long Plains Road, Buxton, ME 04093

**Days and Hours:** Wednesday and Friday *7 to 8 p.m. and 9:30 to 10:30 a.m.*

**Hollis Center** Baptist Church Food Pantry 207-929-4711

**Location:** 388 Hollis Road, Hollis, ME 04042

**Days and Hours:** Tuesday & Thursday *10 to 11 a.m.*

**Kennebunk** Social Services 207-985-3786 ext. 1342

**Location:** West Kennebunk United Methodist Church,

160 Alfred Road, Kennebunk, ME 04093

**Days and Hours:** 2nd Tuesdays *1 pm*

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**Kittery:** Food Pantry Footprints 207-439-4673  
**Location:** 37 Old Post Road, P.O. Box 246, Kittery, ME 03904  
**Days and Hours:** Wednesday 10 a.m. to 1 p.m.

**Kittery:** Table of Plenty Food Kitchen 207-363-8163  
**Location:** 114 Brave Boat Harbor Road, Kittery, ME 03905  
**Days and Hours:** Tuesdays 5:30 to 6:30 p.m.

**Limerick:** Faith Christian Center Food Pantry & Soup Kitchen  
**Location:** 143 Washington Street (Route 11), Limerick, ME 04048  
**Days and Hours:** Food Pantry - Wednesday Soup Kitchen - Friday 6 to 7 p.m.  
and 6:30 to 7:30 p.m. 207-793-8444.

**Limerick:** St. Matthew's Food Pantry 207-793-2244  
**Location:** 19 Dora Lane, Limerick, ME 04048  
**Days and Hours:** First Monday, First and Third Tuesdays and Second Friday 7  
to 9 pm Mondays, 10 am to Noon on Tuesday and Friday

**Lyman/Dayton** Community Food Pantry 207-499-0149  
**Location:** South 1 Street, Lyman, ME 04002  
**Days and Hours:** Wednesday 9 to Noon

**North Berwick:** New Covenant Food Pantry (Baptist Church)  
**Location:** 285 Maple Street, P.O. Box 288, North Berwick, ME 03906  
**Days and Hours:** Monday 4 to 6 p.m. 207-676-3332

**Old Orchard Beach:** Salvation Army Food Pantry 207-934-4381  
**Location:** 2 Church Street, P.O. Box 375, Old Orchard Beach, ME 04064  
**Days and Hours:** Monday, Tuesday, Thursday & Friday 1 to 3 p.m.

**Old Orchard Beach:** Jeanne Davis Memorial Food Pantry  
**Location:** Washington Avenue, P.O. Box K, Old Orchard Beach, ME 04064  
**Days and Hours:** Monday & Wednesday 9 to 11 a.m.  
**Contact:** Shirley Mullen 207-934-5553

**Porter:** Riverside United Methodist Church 207-625-7772  
**Location:** 5 School Street, Rtes 25 & 106, Porter, ME 04091  
**Days and Hours:** 1st and 3rd Friday of each month 9 to 10 a.m.

**Saco** Community Meals Program 207-282-3321  
**Location:** 271 Main Street (Holy Trinity Parish Hall),  
P.O. Box 310, Saco, ME 04072  
**Days and Hours:** Monday & Thursday 9 to 5:30 p.m.

**Saco** Food Pantry Inc. 207-284-6248  
**Location:** 67 Ocean Park Road, Saco, ME 04072  
**Days and Hours:** Monday - Friday 9 to 11 a.m.

**Sanford:** Free Meals Kitchen 207-324-8811  
**Location:** Sanford Unitarian Church, Sanford, ME 04073

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**Days and Hours:** Monday, Wednesday and Friday *11 a.m. to 1 p.m.*

**Sanford Food Pantry** 207-490-2397

**Location:** 29 River Street, P.O. Box 192, Sanford, ME 04073

**Days and Hours:** Monday *10 to Noon*

**Sanford:** The Salvation Army Food Pantry 207-324-3134

**Location:** 191 Main Street, P.O. Box 391, Sanford, ME 04073

**Days and Hours:** Tuesday, Thursday and Friday *9:30 am to 3:30 pm*

**Somersworth:** The Community Food Pantry, Inc. *Serves Berwick*

**Location:** 176 West High Street, Somersworth, ME 03878 603-692-2907

**Days and Hours:** Monday 10-Noon, Wednesday 6-8 pm, Thursday 3-5 pm

**South Berwick Community Food Pantry** 207-384-4091

**Location:** 150 Main Street, South Berwick, ME 03908

**Days and Hours:** Friday *10 to Noon and 7 to 9 p.m. on 2nd Fridays*

**Springvale:** Free Meals Kitchen of Springvale 207-324-8811

**Location:** Springvale First Baptist Church, Springvale, ME 04083

**Days and Hours:** Tuesday and Thursday *11 a.m. to 1 p.m.*

**Waterboro Center:** Food For Life / St. Stephen's Episcopal Church

**Location:** 424 Sokokis Trail (Rt. 5), Waterboro Center, ME 04030

**Days and Hours:** Wednesday *2 to 4 p.m.*

**Contact:** St. Stephen's 207-247-6458

**Wells:** St. Mary's Ecumenical Food Pantry 207-646-5605/2859

**Location:** 236 Eldridge Road, Wells, ME 04090

**Days and Hours:** Thursday *1 to 3 p.m.*

**Wells Pentecostal Church Food Pantry** 207-646-2859

**Location:** 131 Crediford Road, P.O. Box 1042, Wells, ME 04090

**Days and Hours:** Monday - Saturday *8 to 5*

**Wells:** Soup's On 207-646-4309

**Location:** U.S. Route 1, Wells, ME 04090

**Days and Hours:** Wednesday *Noon*

**York Community Food Pantry** 207-351-1928

**Location:** Woodbridge Road (Behind Fazio's Rest.),

P.O. Box 243 , York, ME 03909

**Days and Hours:** Thursday *9 to 3*

**York:** Table of Plenty Community Kitchen 207-676-0943

**Location:** 1st Parish Church, York Street, York, ME 03909

**Days and Hours:** Tuesdays *5:30 to 6:30 pm*

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~ NOTES ~

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## Hotlines 24 Hours

Adult Abuse & Neglect Hotline.....	1-800-642-8404
TTY Only.....	1-800-963-9490
Child Abuse & Neglect Hotline.....	1-800-452-1999
(to report suspected abuse or neglect) .. (from out of State)	1-207-287-2983
TTY Only.....	1-800-963-9490
Crisis Response Services Hotline within York County .....	1-888-568-1112
Biddeford .....	282-6136
Domestic Violence Hotline within York County .....	1-800-239-7298
Sanford.....	324-1802
Mental Health Crisis – 24 Hour Hotline .....	1-888-568-1112
Northern New England Poison Control .....	1-800-222-1222
Sexual Assault Response Services of Southern Maine.....	1-800-313-9900
Statewide Sexual Assault Crisis and Support.....	1-800-871-7741
Suicide Prevention Hotline (National).....	1-800-273-8255

## Helplines

AIDS/HIV Hotline.....	1-800-851-2437
Alcoholics Anonymous.....	1-800-737-6237
Child Care Availability:	
Carelink (Day Care information).....	1-888-917-1100 or 324-0735
Homelessness:	
Preble Street Program .....	775-0026
Sweetser.....	1-800-434-300
York County Shelters, Inc. ....	324-6591
Youth Alternatives Ingraham, Inc. ....	874-1175
Legal Aid:	
Immigrant Legal Advocacy Project. ....	1-800-497-8505 or 780-1593
Lawyer Referral and Information Center. ....	622-1460
Pine Tree Legal Assistance (KIDS Legal).....	774-8211
Volunteer Lawyers Project .....	774-8211
York County Community Action Corp. ....	1-800-442-4293
Parent Support & Classes:	
Maine Parent Federation.....	800-870-7746
Parent Resource Center .....	324-1371
Southern Maine Parent Awareness .....	800-564-9696
National Runaway Switchboard .....	1-800-621-4000