

WASHINGTON COUNTY

FAMILY Resource Guide

wcresourceguide.com



Welcome to our **Family Resource Guide**.
To learn about services for seniors and elder care please
see our special **Seniors Resource Guide**.



This guide is provided by
Maine Families of Washington County.
Our Home Visiting services are available to any expectant
parent or parent of a newborn regardless of income.

To learn more about the benefits of having a
home visitor when you are having a baby
give us a call at (207) 255-0481 or
check us out online at **www.MaineFamiliesWC.org**

Print Date: 2/5/19

Table of Contents	Page
Birthing Support	1
Childcare—Preschool—Head Start	2
Child Development & Parent Support	3-5
Children’s Library Programs	6
Children’s Playgroups	7
Clothing & Household Items	8-9
Counseling: Mental and Behavioral Health	10-12
Dental Services	13
Domestic Violence Services	14
Education and Job Training	15-16
Emergency / Safety	17
Financial Assistance	18
Food Assistance & Meals	19
Food Pantries	20
Health - Chronic Conditions	21-22
Health Clinics and Hospitals (by Name)	23
Health Clinics and Hospitals (by Town)	24
Health—Home Care	25
Heating Assistance	26
Homeless & Shelter Resources	27-28
Housing and Home Repair	29
Legal Services	30
Pregnancy Support & Infant Care	31
~ High Risk Pregnancy Resources	32
Protection Services	33
Spanish Language Resources	34
Special Needs	35-38
Substance Use—for Individuals & Families	39-41
~ For Parents with Children Using Substances	42
Support Groups	43-45
Transportation	46
Utilities	47-48
Veterans’ Support Services	49-50
Women’s Health Services	51

Birthing Support

Midwives (serving Washington County):

DECH – Women’s Center: 255-0400

Bjarni Thomas, Certified Nurse Midwife

Sees patients at the DECH Women’s Center in Machias.

Machias: 11 Hospital Drive (on the DECH campus)

Maine Coast Memorial Hospital, Midwifery Dept.: 664--5311

Staff Certified Midwives

Website: www.mcmhospital.org/Practitioner/Midwifery/15

Milbridge Medical Center: 546-2391

Bjarni Thomas, Certified Nurse Midwife

Sees patients at Milbridge Medical Center.

Milbridge: 24 School Street

Mount Desert Island:

Julie Havener, Midwife: 460-8983 or Email to: mail@juliehavener.com

Bangor:

Chris Yentes, Midwife: 323-2462 or Email to: cyentes@gmail.com

Home Births and Births at the Holly No. 7 Birthing Center, Bangor

Birth Doulas (serving Washington County):

Arsenault, Madonna : 1-603-475-5994

Doula & Childbirth Educator

Serving Washington County (including births at Maine Coast in Ellsworth and EMMC in Bangor)

Email: Madonna.arsenault1@gmail.com

Graves, Nancy (Island Birth Doula): 288-1122

Birth Doula, Lactation Counseling, Hypnobirthing

Serving Hancock, Washington, & Penobscot Counties

Email: nancydoula@hotmail.com

Hatch, Lena (Acadia Birth Companion Doula Services): 469-8872

Serving Downeast & Acadia area

Email: ABC_Doulas@aol.com

On FaceBook: Acadia Birth Companions – Doula Services

Jumper, Katie: 650-2043

Birth Doula

Serving Washington County

Email: jumpirate@gmail.com

Childcare / Preschool / Head Start

Calais Pre-K Head Start: 454-0131

Both programs are free and breakfast and lunch provided. Open 4 mornings a week September through May. Staff is trained in working with children with disabilities

Calais Elementary School, 53 Garfield Street, Calais

Child Care Search Tool / Day Care Locator: Online www.childcarechoices.me

Searchable database of licensed child care providers in your area. Just enter your zip code and it will give you a list of providers near you.

DHHS Child Care Development Fund: 1-877-680-5866

Provides childcare subsidies or vouchers for parents that are in school, training, working, or in a treatment program.

Flaherty Early Care and Education Center: 255-1441

Child Care, Head Start Child Care and Head Start. (School Age Child Care for children up to 8 years old is available as space allows.) Open all year for child care and Early Head Start. Sept – May for Head Start. Free healthy meals provided. Child care subsidies including Voucher, ASPIRE, and Transitional Child Care (TCC) accepted. Also a sliding fee and an in-house subsidy for eligible families.

116 O'Brien Avenue, Machias (on the UMM campus)

Harrington Pre-K: 483-6681

Head start and Pre-K. Open September – May for Head Start / Pre-K. Free meals and children enrolled in Head Start or Pre-K programs attend at no cost. 1491 US Highway 1A, Harrington

Head Start: 667-2995 / 1-800-834-4378

Free childcare and preschool with meals provided for income-eligible families

Milbridge Pre-K: 546-2210

Head start and Pre-K. Open September – May. Free, healthy breakfast and lunch served in the classroom family style, with teachers and children eating together. Children enrolled in Head Start or Pre-K programs attend at no cost. 39 Washington Street, Milbridge

St. Croix Early Childhood Education Center: 454-3212

Child Care, Early Head Start, Head Start and Public Pre-K. Open all year for child care and Early Head Start. Sept – May for Head Start & Pre-K. Free healthy meals provided. State of Maine child care subsidies including Voucher, ASPIRE, and Transitional Child Care (TCC) accepted. Also a sliding fee and an in-house subsidy for eligible families. Call for info 25 Gatcomb Drive, Calais

Transitional Childcare Program (Fedcap): 1-844-585-2505 (Machias) or 1-877-369-0935 (Calais)

The Transitional Child Care (TCC) Program helps families who can no longer get TANF or PaS benefits because they are working and their income is too high for TANF. Talk to your Fedcap worker about TCC when your TANF ends.

Child Development & Parent Support

AMHC Targeted Case Management: 1-800-244-6431

Services for children age 0 to 20 who have a developmental disability or a mental health diagnosis. Case managers meet with children and families in their homes to develop service plans, and advocate for needed supports.

Breastfeeding Support Facebook page (Maine Families): Facebook forum to ask questions of Certified Lactation Counselors and share information with other breastfeeding moms. (Facebook: *MF of Wash. County Breastfeeding*)

Bridging Program: 598-5639

Support for prenatal moms on drug replacement therapy, who have a high risk pregnancy, or moms with newborns that have medical complications. Program can provide home visiting nurses or non-medical home visitors to work with families to help address their immediate needs and identify and facilitate on-going supports.

Car Seat Safety Program: 255-0481

Child car seats and booster seats for low-income families. Installation assistance, safety information, and free trainings available to groups or individuals. Free seat checks. Call for appointment.

Catholic Charities Education Services: 1-800-781-8550

Support services for parents with children who are blind or visually impaired.

Child Development Services (CDS): 255-4892

Screening and evaluations; Services for preschool children with special needs.

Early Childhood Consultation (ECCO): 214-8434 / 454-4117

Request a consultant to observe a child in their environment—for children experiencing challenges in daycare, school, or at home. Free service for parents, childcare providers, and schools. No MaineCare required.

Family Respite Program (through NAMI Maine): 1-800-464-5767

Assisting families by enabling a much needed break in the responsibility of caring for a child with significant developmental delays and behavioral or emotional disorders.

Hear Me Now: 688-4544 x205

Parent-Infant support program to assist in education of infants who are deaf or hearing impaired.

Maine Equal Justice Partners: 1-866-626-7059

Help navigating MaineCare programs for different family needs; Help with TANF or ASPIRE sanctions, and more.

Maine Families: 255-0481

Home Visitors provide support for expectant parents and parents of newborns, providing resources around infant care, healthy growth and development, home safety, and more. Services include: Childbirth classes, lactation counseling, car seat safety technicians, and online resource library.

Maine Kids-Kin: 866-298-0896

Support services for grandparents, aunts, uncles, cousin, siblings, or other family members raising children. Support groups, clothing exchange, and other support resources.

Child Development & Parent Support

Parent Enrichment Classes (Sunrise Opportunities/CAN Council): 263-5270

Free courses are offered in Machias, Calais and other locations several times a year. Courses include: “*Active Parenting Now*”, “*Cooperative Parenting Through Separation & Divorce*”, “*Father’s Connection*”, “*Infant Safe Sleep Workshop*”, “*Period of Purple Crying*”, “*Strengthen Maine Families*”. Courses offered in the evenings with dinner and childcare provided free. Call for more information and to find out when the next set of classes will be offered.

Pathways of Maine: 1-888-480-9550

Offering a range of services for children with behavioral health disorders, developmental disabilities, or autism. Services include targeted case management, home-based therapy, and more.

Project Linus: 598-5963

Handmade quilts for children who are ill, experienced trauma, or need a hug.

Public Health Nursing: 287-4112 / 1-877-763-0438

Nurse Home Visiting—Nurses can provide support to parents in their home if they have an infant with a medical condition or who has been exposed to substances prenatally. No insurance or MaineCare required.

Resource Advocates Program (DCP): 598-5648

Support for a parent who needs help tackling an issue (like childcare, housing, reliable transportation...) The Resource Advocate will work with you to get the right supports in place. (No fees or MaineCare required)

Safe Families for Children: 733-6161

Volunteer host families provide temporary safe care for children while their parents take time out to cope with stress, therapy, incarceration, or difficult situations in their lives. This arrangement is made between the parent and Safe Families and does not involve DHHS.

SSI Benefits for Infants: 1-800-772-1213

Disability benefits for premature babies or babies born with low birth-weight called “presumptive disability” on SSI website.

We Care Community Baby Center: 255-8903

Free diapers, wipes and other baby care needs available monthly to WIC or MaineCare eligible families. Also gently used clothing, shoes, outerwear, toys, and books donated from the community. For more information message We Care’s Facebook page or email info@wecarebabycenter.com

5 Water Street, Machias

Mondays, Wednesdays, and Thursday 9a – 11am

Tuesdays 9a – 1p

Now providing delivery service for Machias and Lubec. Message their Facebook page to get on the delivery schedule.

Continued next page....

Child Development & Parent Support

WIC - Women, Infants and Children: Calais 454-3634 | Machias 255-8280

Healthy food packages and food vouchers for pregnant women and children up until they turn **five** (food includes eggs, cheese, whole grains, peanut butter, fruit & vegetables, baby foods, formula, and Farmer's market vouchers); Prenatal vitamins; Breastfeeding support (including electric and manual breast pumps); Baby weight checks, iron deficiency and anemia tests; Referrals to healthcare and other community services. Mainecare not required to be eligible. Call for more info or to make an appointment.

Calais: 43 Union Street

Tuesdays 8:30a – 4p

1st & 3rd Thursdays 8:30a – 3pm

Eastport: at Eastport Health Center, 30 Boynton Street (Call for dates/times)

Harrington: at Harrington Family Health, 50 E. Main (Call for dates/times)

Lubec: at Healthways Center, 43 S. Lubec Road (Call for dates/times)

Machias: 247 Main Street

Mondays 10a – 6pm

Wednesdays 8a – 4pm

2nd & 4th Thursdays 8a – 4p

Fridays 9a – 3:30p

WINGS: 1-800-823-2988

Case management services for children with cognitive and behavioral challenges, mental health, medical, and developmental diagnosis.

Children's Library Programs

Your public library is a great place to find books and DVDs for your child. Please contact the library before planning your trip as times may change based on school schedules or the weather.

Baileyville — Woodland Public Library

Story Time Story, crafts, and a snack! Tuesdays 3:30—4:30pm

169 Main Street, Baileyville | 427-3235

Calais — Calais Free Library

Coloring with Grammy Helen Thursdays 3:00—5:00pm

Wiggles and Giggles Singing, storytelling & crafts for babies, toddlers & caregivers. Fridays 10:30—11:30pm

Pokemon Club Fridays 3:00—5:00pm

Lego Club: 1st Saturday of the month 11:00am—12:30pm

9 Union Street, Calais | 454-2758

Continued next page....

Children's Library Programs (continued)

Cherryfield — Cherryfield Public Library

Saturday Storytime For preschool aged children. Stories, a snack and coloring. After the story hour is over children have free run of the library for play time giving the children a chance to socialize without worrying about adults they don't know and the parents a chance to visit with one another.

9am – every other Saturday

Lego Club Saturdays 11:00am

35 Main Street, Cherryfield | 546-4228

Cutler — Louise Clements Library (in the Cutler Town Office)

Wiggles and Giggles Story time followed by free play (ages 0-4)

2655 Cutler Road, Cutler

Eastport — Peavey Memorial Library

Tots Program Story time plus a craft for the tots and kids 0-7

Tuesdays 11am—12pm

26 Water Street, Eastport | 853-4021

Harrington — Gallison Memorial Library

They have a great children's library and the librarians will read stories to children on request..

1292 Main Street, Harrington | 483-4547

Jonesport / Beals / Addison— Peabody Memorial Library

Summer Reading Program with lots of prizes (June 1—Sept 1)

162 Main Street, Jonesport | 497-3003

Lubec — Lubec Memorial Library

Wiggles and Giggles Songs, stories and play for babies & toddlers

Wednesdays 10:115am

55 Water Street, Lubec | 733-2491

Machias — Porter Memorial Library

Saturday Morning Story Hour (Ages 0—6) 1st & 3rd Saturdays 11a-12pm

Dog Days at the Library Kids get to practice their reading skills by reading to Beau, the pet therapy dog 2nd & 4th Saturdays 11a—12pm

Kids Story Hour (for grades 2—5) Exploring our world through reading & activities with Beau the dog 1st & 3rd Tuesdays 3p—4p

Mother Goose on the Loose Songs and socials time for babies, tots and moms Wednesdays 10:30—11am

52 Court Street, Machias | 255-3933

Princeton — Princeton Public Library

Story Time Themed stories, crafts, and snacks! 3rd Wednesday of the month 4pm—5pm

Summer of Science Program with the 4H Club (5 weeks in the summer), contact the Library for more information.

40 Main Street, Princeton | 796-5333

Whitneyville — Whitneyville Public Library

The library offers a children's reading program during the Summer months. Call for more info.

Children's Playgroups

Check online at www.WCresourceGuide.org for the latest announcements for playgroups and free events for children. Many groups do not meet during the summer, check with the organization before attending.

Calais "Circle of Parents"— Playgroup:

Playgroup for ages 0 – 3 years (older siblings are welcome)
Tuesday: 11am—12p
Calais Recreation Center, 344 Main Street

Harrington "Circle of Parents"— Playgroup:

Playgroup for ages 0 – 3 years (older siblings are welcome)
Thursdays: 10:30am—11:30am
Harrington Family Health Center, 50 East Main Street

Machias "Circle of Parents"— Playgroup:

Playgroup for ages 0 – 3 years (older siblings are welcome)
Last Monday of the month: 3pm—4:30pm
Sunrise Opportunities, 232 Court Street

Steuben "Lamb Tails at the Big House"

Playgroup for ages 0 – 4 years
Tuesdays: 11am – 1:00pm
Bible stories, music, and lots of play! No registration needed, just bring yourself and your tot for lots of fun. Free lunch available or you can bring your own. Unionville Church Youth Center (behind the church), 1021 Unionville Rd., Steuben

Make sure you check out our **Children's Library Programs** page for your local community library's story hour and other activities for kids.

FACEBOOK Groups for Families:

Downeast Family Fun: A Facebook Group Page

Join this great Facebook group and find out about fun activities for kids and their families from all around Washington County.

Machias Area Family Activities: A Facebook group created to help spread information about various family events and meet-up opportunities going on in the Machias area. This will also be the internet home of the Tuesday story hour currently meeting at Porter Memorial Library. Plans to meet, changes, or cancellations will be handled through the Events section of this page.

Clothing & Household Items

Note: If you see this (\$) next to the listing name, it means there is usually a cost or fee to purchase items

Bags O 'Rags Thrift Store (\$): 255-4649

Offers nine rooms of donated clothing and other useful items including small household appliances, dishware, books, movies, and arts and craft supplies.

Tuesday — Friday (10am – 4pm)

15 Main Street, Machias

Calais Community Thrift Store (\$)

Gently used clothing, shoes, small furniture and household goods at very reasonable prices. Staffed by volunteers from the community. All proceeds go to the Irene Chadbourne Ecumenical Food Pantry Programs which includes an emergency shelter for families in Calais.

Tuesday — Saturday (9am—3:00pm)

255 Main Street, Calais

Also on Facebook: Calais Community Thrift Store

Heart To Heart (\$): 214-6927

Gently used clothing for adults, children and babies.

Wednesday — Saturday (12pm – 5pm)

Baileyville Shopping Center

Nancy's Collectibles & Yard Sale Goodies (\$): 483-6650

Resale shop with yard sale goodies.

Thursday — Saturday (10am – 3pm)

148 Wescogus Rd., Addison (first right off Route 187)

New To You Thrift Store (\$)

Clothing and small household items at very reasonable prices. Proceeds from sales are part of the effort which sponsors the Labor of Love Food Pantry, provides emergency heating assistance, and much more.

Tuesday — Saturday (11am – 3pm)

9 Brighton Avenue, Eastport

Once Again (\$)

New, brand name clothing, gently used clothing, shoes and accessories, for men, women, and children.

Tuesday — Saturday (10am – 4pm)

Four Corners Mall (Route 1), Columbia

Too Good To Toss (at Pleasant River Waste Facility): 483-3844

A shed filled with donated items like tools, furniture, household items, books, and clothing. Items are free to residents of Addison, Beals, Jonesboro, Jonesport, Columbia and Columbia Falls.

Wednesday & Saturday (8am – 6pm)

1340 Highway Route 1, Columbia Falls

Continued next page....

Clothing & Household Items (continued)

We Care Community Baby Center: 255-8903

Free diapers, wipes and other baby care needs available monthly to WIC or MaineCare eligible families. They also have a closet of gently used clothing, shoes, outerwear, toys, and books donated from the community and We Care participants. For more information message We Care's Facebook page or email info@wecarebabycenter.com

5 Water Street, Machias

Mondays, Wednesdays, and Thursday 9a – 11am

Tuesdays 9a – 1p

Wee-Cycle of Machias (\$):

Children's clothing shop specializing in new and slightly used clothing sold on consignment. Baby toys and furniture welcome too.

Tuesday &, Thursday (10am – 2pm)

97 Main Street (next to Berry Vines), Machias

Counseling: Centers & Programs

Crisis Help Hot Line: 1-800-273-8255

A 24-hour service for anyone depressed, stressed, suicidal

Support Warm Line: 1-866-771-9276

AMHC Family Counseling: 1-800-244-6431

Child, teen, and couple counseling; Substance use counseling

AMHC Targeted Case Mgmt for Children: 1-800-244-6431

Services for children ages 0—20 with a mental health diagnosis

Behavioral & Developmental Services: 255-1955

Mental health services for children and adults are offered through contract with Dept. of Health & Human Services. Call to find a provider near you.

Calais Behavioral Health Center: 454-3022

Mental health counseling; substance use counseling

Community Health & Counseling Services: 1-800-540-8311

Child, teen and family counseling; substance use counseling

Eastport Health—Behavioral Health: Calais 454-3022 | Machias 255-3400

Substance use counseling for individuals and family members; counseling children, adolescents, adults, and families

Harrington Community Mental Health Program: 532-8530

Mental health counseling

Harrington Family Health Center: 483-4502

Family counseling; Play therapy

Machias Behavioral Health Center: 255-3400

Mental health counseling; substance use counseling

MAS Homecare of Maine: 561-9533

Child and family outpatient counseling

National Alliance of Mental Health (NAMI) - Maine: 1-800-464-5767

Support, education, and advocacy

Pathways of Maine: 888-480-9550

Home and community-based behavioral health treatment services for children and their families.

Regional Medical Center: Lubec 733-1090 | Machias 255-0102

Mental health and substance use counseling

St. Croix Regional Health Center: 796-5503

Mental health counseling; substance use counseling; Psychiatry

Vogl Behavioral Health Center: Eastport 853-6001

Mental health counseling; substance use counseling

Wash. County Children's Program—HCT Child & Family Treatment: 255-3426

Short-term treatment program for children diagnosed with emotional disorders. Trained clinicians provide education and training to assist children and their families/caregivers to acquire the skills to live together successfully.

Individual Counselors listed on next page....

Counseling: Individual Counselors/Therapists

Barbee, Karen, LCSW: 546-3546

Counseling: Mental health, addiction, marriage, and family
11 Elm Street, Milbridge

Beckman, Carol, LCSW: 255-3417

25 Main Street, Suite #8, Machias

Brooks, Sarina, LCSW: 271-7270

Counseling for adolescents, children, couples, families, older adults, and young adults

25 Main Street, Suite #3, Machias, ME

Email: Sarinabrookslcsw@yahoo.com

Chamberlain, Robin, DMin, LCPC: 263-5530

Consultation and counseling ministry from a Christian perspective
Whiting, ME

Corey-Childs, Serita, LCSW, RPT-S (Compass Mental Health): 259-1233

Counseling for children, adults, and families. Registered Play Therapy supervisor

182 Main Street, Jonesport

Davis, Kristi, LCSW: 263-5034

181 Marshfield Flats Road, Machias

Evans, Katharine, LCSW: 214-7920

Mental health counseling/psychotherapy for adolescents, adults, and Couples; treating anxiety, PTSD, divorce, relationship issues, bipolar, personality disorders, grief, and loss, and more

5 Lowell Street, Suite #4, Calais

Evans, Wendy, LCSW: 255-4600

Specializing in trauma, PTSD, depression, anxiety, separation and divorce, grief and loss, couples and family therapy

25 Main Street, Machias

Gaspar, Daniel, LCPC, LADC: 530-7774

Counseling for couples, young adults, and older adults. Specializing in substance use, trauma, PTSD, anxiety, panic disorder, depression, sexual abuse, divorce, and more

87 Milbridge Road, Suite #1, Cherryfield

Helmstadter, John, ALDC, LCPC: 454-8670

Substance use and mental health and counseling
5 Lowell Street, Calais

Helmstadter, Pamela, LCPC: 454-0407

Mental health and substance use counseling for adults

5 Lowell Street, Suite #9, Calais

Knabenshue, Kristina, LCPC, CADC: 598-5957

Counseling for adolescents, families, young and older adults; specializing in depression, anxiety, relationship conflict, self-awareness and mindfulness

25 Main Street, Suite #4, Machias

Email: Kristina.knabenshueLCPC@gmail.com

Landry, Laura, LCSW (Leeward Counseling LLC): 271-8105

Specializing in clients with co-occurring mental health and substance use issues, anxiety, depression and trauma related problems. Accepting adult clients of all ages.

25 Main Street, Suite #1, Machias

Librizzi, Tara, LCSW (New Leaf Counseling Service): 255-5090

Specializing in domestic violence, attachment issues, mood disorders, sexuality, trauma, LGBT-specific issues, and anger management; seeing adolescents and families

4 Colonial Way, Suite #2, Machias

Mertinke, Jill, LCPC: 255-4833

Ell Point Road, East Machias

Patterson, Greg, LCPC: 255-0199

Counseling services

Machias

Robertson, Kandi, LCSW, RPT: 598-0432

Counseling for all ages. Cognitive behavioral therapy; treating trauma, grief and loss, anxiety, PTSD and more. Registered Play Therapist

66 Main Street, Milbridge

van de Sande, Saber, LCPC: Office 259-6022 | Cell 271-0062

Mental health counseling and substance abuse clinician. Services for all ages (including families and couples).

25 Main Street, Suite #6, Machias

Email: saybervandesandelcpc@gmail.com

**Please help keep this Resource Guide
up-to-date for our community.**

We welcome any additions or corrections.

**Please contact us at
255-0481 or use the *Contact Us* tab at:
www.WCresourceguide.org**

Dental Services

Listed here are dental clinics and services with sliding scale fees for adults with no dental insurance. For all other dental services see your area phonebook. *(For children dental care is covered by MaineCare or the CHIP program—go online to our resource guide for a live link to search for a CHIP provider near you.)*

Calais - Dr. Karen Delaney: 904-0025

254 South Street, Calais

Full service dental facility for families; including check-ups, cleanings, restorations, extractions, dentures, and specialty services

Eastport - Eastport Health Care: 853-6001

30 Boynton Street, Eastport

Services Include: Routine and preventative dental care; prosthetics; minor oral surgery; dental hygiene care; provides dental services to all patients regardless of ability to pay.

Harrington - Harrington Family Health: 483-4502

Full range of dental services: diagnosis and treatment planning; dental hygiene care; general restorative care; extractions.

Lubec - Dental Clinic at Regional Medical Ctr. Lubec / Healthways: 733-5541

Routine cleanings, dental exams, dental restoration (fillings, crowns..), emergency care and replacement devices (bridges, dentures, etc).

Machias - No-Cost Dental Clinic: 255-3426

NYU School of Dentistry provides this clinic once a year in Machias, generally in the Spring. Contact Teresa Alley at Washington County Children's Program for dates. The clinic offers: complete dental care for children (exams, x-rays, fillings, extractions, crowns...) and emergency-only dental care for adults (exams, x-rays, fillings, root canals, extractions). All services are free to Washington County families.

Princeton - Dental Center at St. Croix Regional Family Health: 796-5503

136 Mill Street, Princeton

Routine cleanings, dental exams, and complete services.

Domestic Violence Services

Domestic Violence Hotline - 24 hr Hotline (with interpreter services available for many languages): 1-866-834-4357

Next Step - 24 hr Hotline: 1-800-315-5579

Passamaquoddy Peaceful Relations - 24 hr Hotline: 877-853-2613

Sexual Assault Crisis & Support - 24 Hr Hotline: 1-800-871-7741

INTERNITY: 619-1413

A non-profit group connecting veterans who are survivors of sexual assault or other trauma with PTSD resources. Programs offered:

Operation 22: designed to fill the gap between hotline assistance and medical or psychological help.

Sexual Assault Survivor Advocates (SASA): Trained advocates work with survivors as they experience difficulties and barriers in their communities.

Next Step Domestic Violence Project/Shelter: 1-888-604-8692

Calais Office: 454-8088 / Machias Office: 255-4934

Crisis response; hotline; shelter/transitional housing; legal assistance and advocacy; support groups.

Passamaquoddy Peaceful Relations: 853-2600 x265 or 266

A tribal domestic and sexual violence response program; help dealing with domestic abuse; crisis response and shelter; legal assistance and advocacy.

Education & Job Training

Aspire/Parents as Scholars/TANF Program (Fedcap): 1-844-653-0316

Financial support and help for parents trying to find employment; job training and job preparation; PaS provides a monthly payment to help parents attending a 2-year or 4-year college program. More information is available online at www.WCResourceGuide.org

Axion Education and Training Center: 255-4917

(See *Washington County Adult Education* below)

Career Center: Calais 454-7551 / Machias 255-1900

Assistance in job training; preparation and finding a job

College Transitions Support: (Wash. County Adult Ed.): 255-4917

Provides free support for people thinking of taking college courses but not sure what career path or how to apply for school, fill out financial aid forms, or take college entrance exams.

Accuplacer test assistance and free tutoring are offered. Staff can travel to meet with people anywhere in the county. Call for more info.

Disabled Veterans Outreach Program (at the Career Center): 255-1920

Program Specialists available to counsel veterans in all aspects of job search and career development.

Division of Vocational Rehabilitation - ME Dept of Labor: 255-1900

Provides assistance with training, educational expenses, and special equipment for the disabled.

Family Futures Downeast (FFD): 255-0983

A new program that is designed for parents of young children to attend college, earning 16 credit hours and a Certificate in Family Studies. The certificate covers core courses that participants can use to continue their education toward degrees or certifications in a number of fields or professions. FFD students can choose to take classes in Machias at UMM or Calais at WCCC. Financial assistance, childcare, transportation, dinner meals and snacks, school supplies and mentoring throughout the year-long course of study are provided to help students succeed. Courses are scheduled for two evenings per week. A parent must have a child under 8 years old to participate in the program.

FastWeb and FinAid!

Online student guides for financial aid for college

Websites: www.fastweb.com | www.finaid.org

Finance Authority of Maine (FAME): 1-800-228-3734

Resource information for help paying for college

Maine Educational Opportunity Center (MEOC): 1-800-281-3703

Assistance completing college admission and financial aid forms; career counseling; workshops

Narraguagus Adult Education: 483-2746

Courses for students to finish earning their high school diploma

Continued next page....

National Farmworker Jobs Program: 951-0840

If you or a family member worked on a farm (blueberries, livestock, vegetables, aquaculture, etc.) within the last 2 years, you may be eligible for training assistance for various career paths in areas such as healthcare, commercial driving, and more.

Passages Program: 255-1468

Teen parents earn an accredited high school diploma from home while caring for their child. Passages is a free program offered in Washington County for pregnant or parenting youth ages 14-20 years old. Classes take place in your home, over the phone or internet. Students study a combination of academic, parenting and life skills. Lessons plans are designed around the student's needs and interests

Resource Advocates Program (DCP): 598-5648

Provides support for people who need help tackling an issue such as filling out paperwork for school, applying for a job, obtaining a driver's license, or any kind of life issue. The Resource Advocate can come to your home and help you figure out a plan, fill out paperwork, or find resources. No age or income restrictions.

Sunrise Scholarship Fund: 255-0983

Provides scholarships up to \$500 for low-income Washington County residents attending a training or certificate program that will increase their opportunities for immediate employment or job advancement

TRIO Student Support Services (on the WCCC Campus, Calais): 454-4000

A program designed to support students through their college experience to help ensure they stay in school and achieve their degree. To be eligible for the TRIO program a student must be income eligible, have a documented disability, or be first generation in their family to attend college. TRIO program services include: tutoring; academic advising; career counseling; financial literacy education; and more.

US Career Institute: 1-866-250-6851

Certificate programs and Degree Programs offered online. Course materials are relevant and career-focused, developed by industry experts. Wide range of programs available from healthcare to business careers. Self-paced courses allow you to learn at home according to your schedule. **(NOTE: Contact the Machias Career Center at 255-1933 if you are interested in any of these programs, they can help you find financial assistance and more.)**

Washington County Adult and Community Education: 255-4917

Classes available to earn credits toward a high school diploma or preparing for college entrance exams. Also available: HiSET test center, ESL, literacy education, computer/digital literacy

Washington County Community College: 454-1000

One-year certificate and two-year degree programs in occupational fields of study. Low tuition & fees

Emergency and Safety

Ambulance / Fire / Maine State Police / Sheriff's Office: Dial 911

Poison Control Center: 1-800-222-1222

Adult Protective Services (DHHS): 1-800-624-8404

To report suspected abuse or neglect of adults over 18

Animal Welfare Program: 287-3846 or 1-877-269-9600

To report animal cruelty or abuse

Care Fund (Downeast Community Partners): 598-5648

Funds for emergency needs (must be enrolled in DCP's Resource Advocates Program)

Child Protective Services (DHHS): 1-800-452-1999

Report suspected child abuse or neglect of ages 0-18

Crisis Help Line (AMHC): 1-800-273-8255

A 24-hour service for anyone depressed, stressed, suicidal

Homeless Crisis Hotline (National—24 Hrs.): 1-800-438-3890

The Lamb House (Emergency Shelter Housing): Contact on Facebook

The Lamb House provides short-term, emergency housing for families displaced by fire, weather or other natural disaster.

Next Step Domestic Violence Shelter Hotline: 1-800-315-5579

Crisis response; Shelter housing; legal assistance; advocacy; support

Passamaquoddy Peaceful Relations: 853-2600 x265 or x266

Support for victims of domestic violence, sexual assault, stalking and dating violence

Peaceful Relations (24 Hr. Hotline): 1-877-853-2613

Pleasant Point Child Welfare: 853-2600

Families having a difficulty meeting the needs of their children

Safe Families for Children: 733-6161

Volunteer host families provide temporary safe care for children while their parents take time to cope with stress or difficult situations in their lives. This arrangement is made between the parent/caregiver and Safe Families and does not involve DHHS.

Sexual Assault Crisis & Support— 24 Hrs. (Translation services available):

1-800-871-7741

Offers 24-hour, confidential, toll-free sexual assault crisis and support line for people affected by sexual violence, no matter when it happened. Trained advocates staff the support line and their job is to listen, offer support, and provide helpful, practical information and referrals to resources.

Suicide Hotline: 1-888-568-1112

Veteran's Crisis Line: 1-800-273-8255, Press 1

Confidential help for Veterans and their families

Washington County Emergency Management: 255-3931

Community disasters (floods, hurricanes, flu epidemic...)

Financial Assistance

Dept. of Health & Human Services (DHHS): 1-800-432-7846

Alternative Aid—short-term support for families that do not have TANF that are working or looking for work

Emergency Assistance—benefits to families in specified emergency situations (evictions, utility terminations, and more)

Division of Support Enforcement and Recovery: 624-4100

Enforce existing support orders, establish support orders for children of unmarried parents, update old orders of support

Free Financial Coaching & Advice: 907-0152

Meet with a financial coach on issues from debt help, choosing student loans, avoiding foreclosure, starting up a business, retirement planning, etc. Services are free to anyone in Washington County regardless of income

General Assistance: Contact your local town office to apply

Emergency assistance for low income families

Indian Township Welfare: 796-2301

Financial assistance for tribal residents

Machias Food Pantry (Centre Street Church): 255-6665

Emergency fuel assistance; Coats for Kids; Christmas Giving Tree

SSI Benefits for Infants: 800-772-1213

Disability benefits for premature or low birth-weight babies, called “Presumptive Disabilities” by SSI. Call for more information

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI): 800-772-1213

SSI is for disabled people who do not have past earnings; SSDI is for people with recent earnings. You can also apply online (or appeal a decision) at their website

TANF (apply through Fedcap): Machias 1-844-585-2505 | Calais 1-844-653-0316

Temporary help while the family works toward being self-sufficient.

Veterans—Temporary Financial Assistance: 610-5924

Assistance with utilities, rent, child care, transportation, etc

Food Assistance — MEALS

Community Cafes and Meals on Wheels (EAAA): 1-800-432-7812 or 454-2215
\$4.00 per meal for Community Café noontime hot meals to senior citizens.
For more details on meals and support for seniors see our separate **Guide for Seniors**. You can download it online at [ww.WCResourceGuide.org](http://www.WCResourceGuide.org)

Community Lunch (Free): 255-4662

All are welcome to free lunches at the Whitneyville Community Building.
Last Thursday of the month 11:00am – 1:00pm
South Main Street, Whitneyville

Downeast Table of Plenty (Maine Seacoast Mission): 546-6101

All are welcome to free Sunday afternoon community meals at EdGE Center
Sundays 3:30 – 5pm
US Route 1, Cherryfield

Healthy Acadia: 255-3741

Nutrition education, information, and assistance with accessing local food programs and food assistance. Programs include: Summer Meals Program, Senior Farm Share, Farmers Markets for All

Incredible Edible Milbridge (Seasonal): Free pick-your-own veggie gardens during the growing season (typically July through early October) at the IEM Market Garden at the Red Barn Motel in Milbridge - a 14,000 sq. ft. garden with everything from broccoli to zucchini. Additionally look for IEM raised beds throughout Milbridge with more veggies. These veggies are free to all! Look for the IEM signs. IEM is a program of www.whrl.org

Joan's Coffee House: 546-5870

Free and open to the public at the EdGE Center (Maine Seacoast Mission)
Fridays 9:30 – 11:30am
US Route 1, Cherryfield

SNAP—Supplemental Nutrition Assistance:

Calais 454-9000 | 1-800-622-1400
Machias 255-2000 | 1-800-432-7846

Visit or call your local DHHS Office and complete an inter-active interview

St. Croix Valley Healthy Communities: 454-0761

Programs on healthy foods and nutrition for home and schools

Summer Meals for Kids: online only at www.fns.usda.gov/summerfoodrocks

Free breakfast and lunches for kids up to age 18. Check website for school locations, dates & times.

University of Maine Cooperative Extension: 1-800-287-1542

Nutrition; food preparation; cooking and shopping on a budget; recipes

WIC - Women, Infants and Children: Calais 454-3634 | Machias 255-8280

Healthy food packages and vouchers for pregnant women and children under age five. Breastfeeding support, formula, and much more.

Calais: 43 Union Street / Tuesdays 8:30-4 and 1st & 3rd Thursdays 8:30a-3p

Machias: 247 Main Street / Mondays 10a – 6pm, Wednesdays 8a-4pm

2nd & 4th Thursdays 8a-4p, Fridays 9a – 3:30p

Call to find out dates/times for **Eastport, Harrington, and Lubec** locations.

Food Assistance—FOOD PANTRIES

Baileyville—Woodland Community Food Pantry: 427-6518 | 454-9990

55 Broadway, Baileyville

1st & 4th Thursday of the month 9-11am

Calais—Ecumenical Food Pantry: 214-8553 | 454-3307

513 Main Street, Calais

Monday 3-5p | Thursday 10a-Noon | Friday 1p-3p (or call as needed)

Email: Irene.Chadbourne.Food.Pantry@gmail.com or Facebook: Calais Food Pantry

Cherryfield—Weald Bethel Food Pantry: 546-7424

36 Weald Bethel Lane, Cherryfield

Tuesday 9-Noon & 3:30p-5p | Thursday 9-Noon

Email: gnorgaard@seacoastmission.org

Mobile Food Pantry delivers to folks who are house-bound or have no transportation to get to the Cherryfield food pantry. Call Jillian at 546-5866 (Delivery service area includes the towns between Steuben and Columbia Falls, and towns from Beddington to Addison.)

Danforth Food Pantry: 448-2611 | 448-2298

Danforth Town Hall

Open the Thursday *after* the 1st Wednesday of the month 10-11am

Email: townofdanforth@pwless.net (write Food Pantry in the subject line)

Eastport—Labor of Love Food Pantry: 853-2373 | 853-0812

137 County Road (across from the airport), Eastport

2nd Tuesday 9a-11a | Saturday 10a—1pm

Emergency food: 3rd, 4th & 5th Tuesdays 9a-11a

Indian Township Food Pantry: 796-6134 | 796-2841

Monday—Friday 10am—2:30pm

Jonesport Food Pantry: 497-5985

Sawyer Memorial Congregational Church, Jonesport

Wednesday 9am-11:00am

Lubec Food Pantry: 733-5262

44 South Street (Lubec Community Outreach Center)

3rd Wednesday of the month 1pm-4:00pm. *Emergency food available on request. *Email: cathy@lubecoutreach.org*

Machias Food Pantry: 255-6665

Centre Street Congregational Church, 7 Center Street

Mondays 2-6pm

Email: sjbmaxwell@gmail.com or CentreStreetChurchUCC@gmail.com

Pleasant Point—Saint Ann's Food Pantry: 853-2600 x239

Monday—Thursday 9:00am-3pm

Email: lmittchell@wabanaki.com

Whiting Food Pantry: 726-4722

960 US Route 1, Whiting

3rd Wednesday of the month Noon-7pm

211 Maine: Dial 2-1-1 (toll free)

Free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. Call, text, email, or search online database.

Keep Me Well (online only):

An easy to use on-line resource to help Maine residents assess their risk for chronic diseases, improve their health through education, and learn more about local resources and supports. Recommended by Healthy Acadia

Medline Plus (online only):

Online service that provides a wide variety of health resources and enables visitors to search health topics, cross-reference their medicines, review educational videos, and more. Recommended by Healthy Acadia

Public Health Nursing (PHN): 287-4112 / 1-877-763-0438

Nurse Home Visiting – Nurses can provide support to patients of any age, in their home, providing health assessments, medicine management, and care coordination. This is a free service for residents of Maine.

Taking Action for Health: 255-3741 or email: angela@healthyacadia.org

Free, interactive 18-hour workshop series that is open to anyone living with a chronic health condition, including heart disease, stroke, diabetes, cancer, obesity, arthritis, migraines, asthma, and more. Caregivers are also welcome. Classes meet once weekly for six weeks. Call for more information.

AIDS / HIV:

Health Equity Alliance (*formerly Down East AIDS Network*): 255-5849

HIV testing, support and resources for living with HIV/AIDS

ALZHEIMER'S / DEMENTIA:

Family Caregiver Services & Dementia Programs: 941-2865 or 1-800-432-7812

Offering information, assistance, support, referrals, and sometimes just a friendly ear, to anyone who is providing unpaid assistance to a senior.

Caregiver Resource Specialists are licensed Social Workers who are specially trained in caregiving issues.

Savvy Caregiver Training:

Training workshop for family or caregivers of loved ones with dementia or Alzheimer's. Training provides family caregivers the knowledge and skills essential for successful caregiving. Training is provided over 6 – 2hr. sessions.

Materials and training are provided at no cost. Available free through EAAA

CANCER:

Beth C Wright Cancer Resource Center (Wash. County Programs): 664-0339

Support groups, Reiki treatments, Yoga and exercise classes geared just for cancer patients, and much more. Call for class and support group schedules, and for locations closest to you.

Health — Chronic Conditions (*continued*)

Cancer Patient Navigator (Healthy Acadia): 255-3741

Downeast cancer patient navigators work with directly patients and health-care providers throughout Washington County. Navigators can connect you to a variety of resources throughout your cancer treatment process.

Downeast Hospice Cancer Support: 726-5087 / 664-0339

Support groups for cancer patients and survivors.

The Joe Andruzzi Foundation: 1-508-261-0630

The foundation provides assistance to patients of all ages throughout New England who have fallen on financial hardships as a result of a cancer diagnosis. Email: grants@joeandruzzifoundation.org

Yoga for Cancer: 288-8103 or email to cloudnine@gwi.net

Free exercise/movement classes for seniors to maintain active lifestyles. A variety of weekly exercise classes for older adults at any fitness level.

CEREBRAL PALSY:

Maine Parent Federation: 1-800-870-7746

Help for parents of children with disabilities including cerebral palsy. Family Support Navigators help with paperwork, find needed services, accompany parents meeting with doctors, school providers, and other service providers.

United Cerebral Palsy of Northeastern Maine: 941-2885

Non-profit organization providing support, education, and advocacy to our members and our communities

DIABETES:

Diabetes Prevention Lifestyle Change Program: 255-3741

Healthy Acadia lifestyle coaches offer this program designed for preventing type 2 diabetes. Participants meet with a trained coach and a small group of people. Sessions are weekly for 6 months and then monthly for 6 months. This is free program provided by Healthy Acadia

Dining with Diabetes Down East : 255-3345

This program complements medical care by teaching people with type 2 diabetes or pre-diabetes, and caregivers what they can do to help control blood sugar, blood pressure and cholesterol. Presented free of charge by a University of Maine Cooperative Extension registered dietitian nutritionist with support from Hannaford Supermarkets.

PARKINSON'S:

Fitness for Parkinson's: 288-8103

Free exercise/movement classes for older adults with Parkinson's. Call or email for times and locations. Provided by Healthy Acadia's Graceful Ageing Program and the Parkinson's Wellness Fund

Parkinson's Wellness Fund (online only):

The Parkinson's Wellness Fund provides individuals with Parkinson's access to the services they need to live an improved quality of life. Services are free, [must apply online](#). Grants are available to the caregiver as well as the individual living with Parkinson's.

Health Clinics & Hospitals (by Name)

Arnold Memorial Medical Center: 497-5614

70 Snare Creek Road, Jonesport (off Rte 187—Indian River Rd.)

Baileyville Health Services (CRMS): 454-9361

71 Broadway, Baileyville

Calais Regional HOSPITAL: 454-7521

24 Hospital Lane, Calais (off of South Street)

Down East Community HOSPITAL: 255-3356

11 Hospital Drive, Machias (off of Court Street)

East Grand Health Center: 448-2347

201 Houlton Road, Danforth

Eastport Healthcare: 853-6001

30 Boynton Street, Eastport (off of Water Street)

Family Practice Services at Reid Emery Building: 255-4567

229 Main Street, Machias

Harrington Family Health Center: 483-4502

50 East Main Street, Harrington

Health Equity Alliance (*formerly Down East AIDS Network*): 990-3626

HIV Testing; Help & Case Management services for HIV or AIDS

Machias: 7 VIP Road

Healthways – East Machias Clinic: 255-0102

893 Main Street (Route 1), East Machias

Healthways / Regional Medical Center at Lubec: 733-5541

43 S. Lubec Road, Lubec

Machias Family Practice: 255-8290

53 Fremont Street, Machias

Maine Family Planning: Calais 853-8930 | Machias 402-3230

Reproductive Health Care Services Include: gynecological and breast exams; testing & treatment of infections; pregnancy testing; counseling; birth control methods and supplies; abortion care; referrals for adoptions
Calais: 43 Union Street | Machias: 247 Main Street

Milbridge Medical Center: 546-2391

24 School Street, Milbridge (off of Route 1A)

Passamaquoddy Health Center Indian Township: 796-2321

401 Peter Dana Point Road, Peter Dana Point

Pleasant Point Health Center: 853-0711

11 Back Road, Pleasant Point

Public Health Information Line: 1-800-432-7846

Answers to health questions and assistance on health care for all ages

St. Croix Regional Health Center: 796-5503

136 Mill Street, Princeton

VA Community Clinic: 623-8411 x7490 / 1-877-421-8263 x7490

Primary Care; Telehealth services for mental health, pharmacy, dermatology, retinal imaging, wound care

50 Union Street, Calais

Health Clinics & Hospitals (by Town)

Baileyville – CRMS Baileyville Health Services: 454-9361

71 Broadway, Baileyville

Calais

Calais Regional HOSPITAL: 454-7521

24 Hospital Lane, Calais (off of South Street)

Maine Family Planning: Calais 853-8930

Health care & exams; testing & treatment; birth control; abortion care

43 Union Street, Calais

VA Community Clinic: 623-8411 x7490 / 1-877-421-8263 x7490

Primary Care; Telehealth services for mental health, pharmacy, and more

50 Union Street, Calais

Danforth - East Grand Health Center: 448-2347

201 Houlton Road, Danforth

East Machias - Healthways - Regional Medical Center: 255-0102

893 Main Street (Route 1), East Machias

Eastport - Eastport Healthcare: 853-6001

30 Boynton Street, Eastport (off of Water Street)

Harrington - Harrington Family Health Center: 483-4502

50 East Main Street, Harrington

Indian Township - Passamaquoddy Health Center: 796-2321

401 Peter Dana Point Road, Peter Dana Point

Jonesport - Arnold Memorial Medical Center: 497-5614

70 Snare Creek Road, Jonesport (off Rte 187—Indian River Rd.)

Lubec - Healthways - Regional Medical Center: 733-5541

43 S. Lubec Road, Lubec

Machias

Down East Community HOSPITAL: 255-3356

11 Hospital Drive, Machias (off of Court Street)

Family Practice Services at Reid Emery Building: 255-4567

229 Main Street, Machias

Health Equity Alliance (formerly Down East AIDS Network): 990-3626

HIV Testing; help & case management services for HIV or AIDS

7 VIP Road, Machias

Machias Family Practice: 255-8290

53 Fremont Street, Machias

Maine Family Planning: 402-3230

Health care & exams; testing & treatment; birth control; abortion care

247 Main Street, Machias

Milbridge - Milbridge Medical Center: 546-2391

24 School Street, Milbridge (off of Route 1A)

Pleasant Point - Pleasant Point Health Center: 853-0711

11 Back Road, Pleasant Point

Princeton- St. Croix Regional Health Center: 796-5503

136 Mill Street, Princeton

Health — Home Care

Calais Regional Hospital—Home Health Program: 454-7200

CRH Home Health offers six disciplines of service. A plan for your care in the home will be developed by the Registered Nurse (RN) in coordination with your physician and other caregivers, i.e. therapists who might be involved in your care. The care team will include you and your family in the plan for care whenever possible.

Community Health & Counseling Svcs: 1-800-540-3811 | 255-8311

Home health care; hospice program

Independent Support Services (through Catholic Charities Maine):

1-888-477-2263 / 454-0492

For seniors and adults with physical disabilities, especially those on a limited income. Homemaking Services include: light housekeeping, grocery shopping, essential errands (such as banking and pharmacy), laundry, menu planning, and food preparation. Call for more information.

Living Innovations: 255-3733

In-home support to seniors, plus in-home services for adults or children with disabilities

MAS Homecare: Calais 561-9533 | Machias 259-1645

Homecare and support for the elderly and/or chronically ill. Providing personal care, assistance with chores, companionship

Public Health Nursing: 1-877-763-0438

Nurse Home Visiting – Nurses can provide support to parents in their home if they have an infant with a medical condition or who has been exposed to substances prenatally. Free program for residents of Maine.

Sunrise County Homecare Services: 255-3344

Visiting Nurses; home health aides; physical therapy, occupational therapy, speech therapy

Heating Assistance

For help with electric bills, cell phones, land-lines and other resources see the “Utilities” page of this booklet

FUEL ASSISTANCE

DCP (formerly WHCA): 664-2424 extension 5908 or 1-800-828-7544

LIHEAP and THAW fuel assistance; assistance with heating system upgrades (ECIP & CHIP). Website has online forms to view or print. Ask to speak with DCP’s “Heat Coach” for help on fuel assistance, heating your home, and making your place more fuel efficient and draft resistant.

EMERGENCY FUEL ASSISTANCE

211 Maine: Dial 2-1-1 (toll free)

Assistance finding community resources for services including emergency fuel

Catholic Charities: 523-2770

Families can call for emergency assistance with fuel

Labor of Love, Greater Eastport Ecumenical Churches Association: 853-2373

Emergency fuel assistance; Salvation Army assistance

Lubec Senior Fuel Assistance: 733-2341 (after hours emergency 733-2953)

Emergency assistance for 75 gallon of heating oil (For residents of Lubec and must be 60 years or older, have less than 1/4 tank, and have exhausted all other resources for assistance)

Machias Food Pantry, Centre Street Church: 255-6665

Emergency fuel assistance; Salvation Army assistance

Homeless & Shelter

Homeless Shelter Locations (statewide): 800-452-4668

DHHS Adult Protective Department: 1-800-624-8404

If you or someone you know is over 18 years old and at risk of being homeless contact the DHHS Adult Protective Department for emergency assistance.

Emmaus Homeless Shelter (Ellsworth): 667-3962

Temporary shelter for men and women over 18, also space to shelter 4 families at a time. Other services and referrals are provided to shelter guests.

Families First Community Center (Ellsworth): 460-3711

Long-term transitional housing & community center for homeless families with children. The center provides residents with supports, training, and education so that when they are ready to leave they will have reliable housing, confidence in their parenting skills, a steady income and savings, and affordable transportation. Call for more info.

Independent Living Support: 1-888-236-2273

If you are in the Bangor area and are homeless or in a transitional program; between 18–24 yrs old; and were in the custody of the state as a foster child or in group home. This program can provide money for an apartment and help finding and maintaining a job, assistance finding solid health care, transportation options, and other necessary supports for successful living.

The Lamb House (Emergency Shelter Housing):

The Lamb House provides short-term, emergency housing for families displaced by fire, weather or other natural disaster. Located at #4 River Road in Cherryfield, the Lamb House is a mission project of the Cherryfield Congregational Church. Contact through Facebook: The Lamb House

Next Step DV Project – Crisis Shelter and Transitional Housing: 800-315-5579

Temporary crisis shelter for victims of domestic violence. Next Step also offers transitional housing for families who have left an abusive situation and are involved in Next Step's programs. Families can stay up to two years in transitional housing.

Passamaquoddy Peaceful Relations: 853-2600

Temporary crisis shelter for tribal victims of domestic or sexual violence.

Ruth Rogan Emergency Shelter for Calais Residents: 214-8553 | 214-4883

Short-term emergency shelter for Calais residents through the Irene Chadbourne Ecumenical Food Pantry

The Shaw House—for Teens (Bangor): 941-2874

Emergency shelter for kids ages 10—20 including bed, clothing, food and crisis intervention services. Also offer a Day drop-in program for kids to have a safe alternative to the streets. Free showers, clothing, food & laundry.

Shelter & Support for Veterans:

Emergency Housing for Veterans (in Augusta): 623-8411 x5647

For veterans and their family experiencing homelessness, this program is a shared living environment with supportive case management. The program provides stability while working towards housing. (Located in Augusta)

Shelter & Support for Veterans (continued):

Transitional Housing for Veterans: 623-8411 x 4344

The *Huot House* is for homeless veterans who are in recovery, the *Career House* is for veterans focusing on establishing employment. Both programs come with supportive services. *Both located outside of Washington County*

Veteran Support Services: 1-800-877-5709

For veterans at risk of homelessness, help with rent, security deposits, utilities, and more

Please help keep this Resource Guide
up-to-date for our community.
We welcome any additions or corrections.
Please contact us at
255-0481 or use the *Contact Us* tab at:
www.WCresourceguide.org

Housing & Home Repair

DCP (formerly WHCA): 1-800-828-7544

Section 8 vouchers; weatherization assistance; home repairs; heating system repair; tank and pipe repair or replacement; and more.

EZ-Fix: (From EAAA) 941-2865 / 1-800-432-7812

A fee-for-service program available to seniors over 50 and people with disabilities. For \$20 an hour, a handyman or housekeeper will come to your home and clean or make minor repairs.

Financial Coaching & Advice: 907-0152 or Email: jconnors@afsc.com

Help with financial issues such as debt help and avoiding foreclosure.

Services are free to anyone in Washington County regardless of income.

Maine Foreclosure Prevention Hotline: 1-888-664-2569

Counseling and assistance if you are facing foreclosure

Maine Sea Coast Mission, Downeast Campus: 1-866-207-4010

Home repair and weatherization help

Maine State Housing Authority: 1-800-452-4668

Go online for a complete list of affordable and subsidized housing for Washington County. The list has contact information and links to websites, and for many of the property companies you can fill out their applications and apply right online

Maine Veterans' Project: 1-415-553-0523

MVP assists veterans with emergency home repairs, VA processes and paperwork and many other services

Mano En Mano Housing: 546-3006

Provides migrant workers who want to settle in Milbridge with affordable housing. The program operates a complex that houses up to 6 families

Neighbor4Neighbor Senior Mini Grants: 255-3741

Mini grants provide funds for wheelchair ramps or handrails, medical equipment (including eyeglasses, hearing aids, and dentures) and support services that can assist seniors (65 years and up) to maintain quality of life and remain independent in their homes (low income guidelines apply).

Neighbors Helping Neighbors: Email: davidddowneast@gmail.com

Based out of East Machias, this program organizes volunteers to provide essential services to the homes of folks in need of help. The services include roof repairs, wheelchair ramps, decks, painting and other repairs. They accept projects from the Columbia/Jonesport area up to the Eastport area.

Next Step DV Project – Transitional Housing: 1-800-315-5579

Transitional housing available for families in need who have left an abusive situation and are involved in Next Step's programs. Families can stay up to two years in transitional housing

USDA Rural Development: 764-4157

Home repairs; loans, grants; home ownership assistance

Veteran Support Services: 1-800-877-5709

Support for veterans at risk of homelessness, including help with rent, security deposits, utilities, etc.

Legal Services

Court Alternative Dispute Resolution Services: 822-0719

Mediation assistance for court cases (divorce & child support)

Immigrant Legal Advocacy Project: 1-800-497-8505

Spanish speaking staff available—free & low-cost legal assistance and immigration information

KIDS LEGAL at Pine Tree Legal Assistance: 774-8246 | 1-866-624-7787

Provides free advocacy and legal services for low-income children who are in need of special education or other disability based supports in school and students facing disciplinary issues at school. Help with IEP and 504 meetings, due process requests, and more. They also provide free consultations to community professionals working with children on these issues.

Legal Services for the Elderly: 538-8784 | 1-800-750-5353

Free legal help for seniors

Maine Equal Justice Partners: 1-866-626-7059

Help navigating MaineCare, TANF, Aspire, etc...

Pine Tree Legal Services: 255-8656

Free legal advice to low-income families; civil cases only (no criminal cases). Help with housing issues, employment, foreclosures, protection orders, parental rights, small claims, any issues regarding income including employment problems, or problems with benefits such as SSI, SNAP, TANF. Contact their statewide phone intake anytime at 255-8656 or leave a message for Debi at the Machias office 400-3248. You can also go in-person during walk-in office hours:

Wednesdays 9:00 – 12pm | Thursdays 1:00pm – 4:00pm

13 Cooper Street, Machias

Volunteer Lawyers Project: 1-800-442-4293

Free information, brief assistance and pro bono legal representation in civil legal matters for low-income families

Pregnancy Support & Infant Care

Breastfeeding Support Facebook page (Maine Families): Facebook forum to ask questions of Certified Lactation Counselors and other breastfeeding moms

Maine Families: 255-0438

Pregnancy support & resources; breastfeeding support with staff certified Lactation Counselors; child development; building a healthy family; online resource library

Maine Mother's Network (AMHC): 1-800-244-6431

Case management for pregnant and parenting women using substances.

Women who are pregnant or have children up to five years old are eligible.

Passages Program: 255-1468

Teen parents can earn an accredited high school diploma while staying home and caring for their baby.

Public Health Nursing: 287-4112 / 1-877-763-0438

Nurse Home Visiting—Nurses can provide support to parents in their home if they have an infant with a medical condition or who has been exposed to substances prenatally.

Text4Baby: Text *Baby* to 511411

Sign up for free text messages on prenatal health and newborn health and safety information.

We Care Community Baby Center: 255-8903

Free diapers, wipes and other baby care needs available monthly to WIC or MaineCare eligible families. Also gently used clothing, shoes, outerwear, toys, and books donated from the community. For more information message We Care's Facebook page or email info@wecarebabycenter.com

5 Water Street, Machias

Mondays, Wednesdays, and Thursday 9a – 11am

Tuesdays 9a – 1p

Now providing [delivery service](#) for Machias and Lubec. Message their Facebook page to get on the delivery schedule.

WIC - Women, Infants and Children: Calais 454-3634 | Machias 255-8280

Healthy food packages and food vouchers for pregnant women and children up until age 5 (food includes eggs, cheese, whole grains, peanut butter, fruit & vegetables, baby foods, formula); Prenatal vitamins; Breastfeeding support (including breast pumps); Baby weight checks, iron deficiency and anemia tests; Referrals to healthcare and community services.

Calais: 43 Union Street

Tuesdays 8:30a – 4p

1st & 3rd Thursdays 8:30a – 3pm

Eastport: at Eastport Health Center, 30 Boynton Street (Call for dates/times)

Harrington: at Harrington Family Health, 50 E. Main (Call for dates/times)

Lubec: at Healthways Center, 43 S. Lubec Road (Call for dates/times)

Machias: 247 Main Street

Mondays 10a – 6pm

Wednesdays 8a – 4pm

2nd & 4th Thursdays 8a – 4p

Fridays 9a – 3:30p

High Risk Pregnancy

Acadia Hospital: Bangor 973-6100

For mom's on medication-assisted recovery and have a child in the NICU. With prior authorization from their local treatment provider, mom's can receive courtesy doses during their stay in Bangor while their baby receives medical treatment. Located at 268 Stillwater Ave.

Bridging Program: 598-5639

Support for prenatal moms on medication-assisted recovery or who have a high-risk pregnancy, or moms with newborns that have medical complications. Program can provide home visiting nurses or non-medical home visitors to work with families to help address their immediate needs and identify and facilitate on-going supports

Discovery House (Bangor): 947-6800

For mom's on medication-assisted recovery and have a child in the NICU. With prior authorization from their local treatment provider, mom's can receive courtesy doses during their stay in Bangor while their baby receives medical treatment. Located at 74 Dowd Road. Medication hours: Mon – Fri 5:30am – 11am, weekends & holidays 6:30am – 10:30am

Maine Families: 255-0481

Home visiting program offering parent support and specific help for moms who have a newborn in the NICU.

Ronald McDonald House: Bangor 207-942-9003

Affordable to no-cost lodging for families of children receiving treatment in the hospital. The Ronald McDonald Houses provide many of the comforts of home, such as fully equipped kitchens, laundry facilities, recreation areas, private guest rooms and more. (A referral from a medical social worker is required). Location is 654 State Street in Bangor

Protection Services

Child Protective Services (DHHS):

State Hotline: 1-800-452-1999 Report suspected child abuse of ages 0-18.

Maine Adult Protective Services (DHHS): State hotline 1-800-624-8404

To report abuse and neglect of adults over 18.

Next Step Domestic Violence Shelter: 1-800-315-5579

Shelter; crisis response; legal assistance

Passamaquoddy Peaceful Relations: 853-2600 x265 or 266

Support for victims of sexual assault

Peaceful Relations 24 Hour Hotline: 1-877-853-2613

Pleasant Point Child Welfare: 853-2600

Help for families having a difficult time meeting the needs of their children.

Safe Families for Children: 733-6161

An alternative option for families under stress. Volunteer host families provide temporary safe care for children while their parents take time to cope with stress, therapy, incarceration, or difficult situations in their lives. This arrangement is made between the parent/caregiver and Safe Families and does not involve DHHS

Sexual Assault & Crisis Support (24 Hrs.): 1-800-871-7741

24 hour phone support for victims of sexual assault

Spanish Language

Catholic Charities Refugee & Immigration Services: 523-2700

Spanish speaking staff and interpreter services available for immigrants

Domestic Violence Hotline (with interpreter services): 1-866-834-4357

Essential Communications: 263-7216

Maria Griggs, interpreter and translator (fees apply)

Harrington Family Health Center: 483-4502

Staff medical providers that speak Spanish

Immigrant Legal Advocacy Project: 800-497-8505

Spanish speaking staff available—free & low-cost legal assistance and immigration information

Interpreter Directory (211 Maine): dial 2-1-1

Directory of freelance qualified interpreters includes providers who speak over 50 languages. If you need assistance finding an interpreter, please dial **2-1-1** and a Call Specialist will search the database for you.

Maine Migrant Health Program: 1-888-351-9634

Assisting migrant families to access healthcare services

Maine Service Advocates in Foreign Languages: 314-4214

Assisting immigrant families in overcoming barriers

Mano En Mano: 546-3006

Educational services and scholarships; English classes; translation assistance; assistance with affordable housing; access to essential services for Spanish speakers including legal assistance, advocacy, and social services.

Mano En Mano Housing Units: 546-3006

Provides migrant workers who want to settle in Milbridge with affordable housing. The program operates a complex that houses up to 6 families

Migrant Education Program: 546-3006

Program to assist migrant children (0 - 22 yrs old) to ensure that all migrant students reach challenging academic standards and graduate with a high school diploma or equivalent. Tutoring, homework help, transportation to activities, after-school programs, and more.

Migrant Farmworker Hotline: 1-888-307-9800

Migrant & Seasonal Farmworker Directory: 1-888-457-8883

Directory of resources in Washington County available through the Career Center.

National Migrant Education Hotline: 1-800-234-8848

Assistance with school enrollment, education or referrals other services

Special Needs

Providers Serving Washington County:

Addison Point Agency: 483-6500

Support for children with autism; programs for adults with intellectual and developmental disabilities.

AMHC Targeted Case Management: 1-800-244-6431

Services to children ages of 0 to 20 who have a developmental disability or a mental health diagnosis. Case managers meet with children and families in their homes to develop service plans, and advocate for needed supports.

Bridging Program (Washington County Nurse Bridging): 598-5639

Support for moms with newborns that have medical complications. Program provides a nurse home visitor to work with families to help address their immediate needs and identify and facilitate on-going supports.

Catholic Charities: Education Services for Blind and Visually Impaired Children

781-8550 / 1-800-781-8550

Certified teachers work with children from birth through 21 years old.

Services include assistance in low vision training, Braille instruction, instruction in use of adaptive equipment, activities of daily living and more.

Child Development Services: Machias 255-4892 | Calais 454-7962

Screenings and evaluations; services for preschool children with special needs

Circle of Parents Support Group: 263-5270

A supportive, parent led group to talk about caring for children with special needs. Childcare is provided.

Pembroke Elementary School | 1st Monday of month 3p—4:40p

Family Respite Program (through NAMI Maine): 1-800-464-5767

Assisting families by enabling a much needed break in the responsibility of caring for a child with significant developmental delays and behavioral or emotional disorders.

Financial Assistance to Purchase Services and Adaptive Equipment: 1-800-

640-7200 This grant program (Title 7, Part B) through Alpha One in Maine offers financial assistance to help consumers with disabilities address:

self-care; mobility and home accessibility; communication; learning difficulties, and more. Funds are available to purchase services and adaptive equipment such as hand controls or lifts for vehicles, ramps, roll-in showers, hearing aids, TTYs, or flashing alarms or signals

Independent Support Services (through Catholic Charities Maine):

1-888-477-2263 / 454-0492

For seniors and adults with physical disabilities, especially those on a limited income. Homemaking Services include light housekeeping, grocery shopping, essential errands, laundry, menu planning, and food preparation.

Katie Beckett Program for Disabled Children: 1-800-965-7476

Insurance program for disabled children that do not qualify for MaineCare (can add on to private insurance or use as stand alone insurance)

Special Needs (continued)

KIDS LEGAL at Pine Tree Legal Assistance: 774-8246/ 1-866-624-7787

Free advocacy and legal services for low-income children who are in need of special ed or other disability based supports in school, and students facing disciplinary issues at school. They also provide free consultations to community professionals working with children on these issues.

Lean On Me: 598-8066 | Email to: stephanie_moores@yahoo.com

Support group for parents with special needs children of all ages and diagnosis, focusing on advocating for your child. (Meetings in Milbridge)

Living Innovations: 255-3733

Case Management services for adults or children with disabilities; in-home support for adults or children; in-home support for seniors.

Maine Division for the Blind and Visually Impaired: 561-4000

Comprehensive services for visually impaired and blind individuals of all ages.

Maine Parent Federation: 1-800-870-7746

Help for parents of children with disabilities. Links to services and resources including a team of providers called **Family Support Navigators** who can help organize paperwork, help find needed services, accompany families when meeting with doctors, school providers, other service providers.

MAS Home Care of Maine: Calais 561-9533 | Machias 259-1645

Support for parents of children with autism or special needs

Partners in Care Coordination (PCC): 287-5349

Providing help and resources for families with children with special needs or ongoing medical procedures. PCC also works with agencies and providers in Maine who work with families to help them connect with resources.

Pathways of Maine (formerly called Providence): 888-480-9550

Offering a range of services for children with behavioral health disorders, developmental disabilities, or autism. Services include targeted case management, home-based therapy, an Intensive home-based therapy program, and community-based behavioral health treatment for children and their families.

Robbie Foundation (Online only) Email: robbiefoundation@gmail.com

The Foundation's mission is to fund adaptive equipment, assistive technology, therapy treatment and/or any necessary item not covered by insurance. By providing such services, their hope is to improve the quality of life for Maine's children with special needs. Applications must be submitted online. Applications are approved on a quarterly basis.

SSI Benefits for Premature Infants: 1-800-772-1213

Special disability benefits for premature babies or babies born with low birth-weight babies called "presumptive disability" on SSI website

Sunrise Opportunities: 1-800-255-3124

Home care, day programs, and shared living, for adults with mental illness with and intellectual disabilities.

Continued on next page....

Special Needs

Providers Serving Washington County (continued):

Washington County Children's Program (WCCP): 255-3426

Support services for children with pervasive developmental disorder/autism, or intellectual developmental disabilities. WCCP also offers a more intensive home-based, short-term treatment program for children diagnosed with significant emotional disorders and their families or caregivers. WCCP also has an extensive resource lending library with books and DVDs on autism, parenting, gentle and effective discipline, professional development, and books for children.

Wings: 255-0551

Case Management services for children with cognitive or behavioral challenges, mental health diagnosis, intellectual disabilities, developmental disabilities, Autism or Asperger's Disorder. Wings also has case managers who specialize in serving youth with complex medical needs.

Maine Providers (Outside of Washington County):

Autism Society of Maine: 1-800-273-5200

ASM has Information Specialists who provide resource information to parents, guardians, and schools to support individuals with Autism Spectrum Disorders. The specialists will work one on one to assist families as they navigate child or adult services. The ASM website also has lots of links and resource materials for families.

C.A.R.E.S. Inc.: 377-7055 / 1-800-773-7055

Advocacy, case management and assistive technology for Maine's citizens with disabilities. For more information email: kathy.despres@caresinc.org

Disability Rights Center of Maine: 1-800-452-1948

Services include: Information and Referral; Individual Advocacy; Legal Representation; Education and Training.

Family Respite Program (through NAMI Maine): 1-800-464-5767

NAMI Maine Family Respite exists to assist families by enabling a much needed break in the responsibility of caring for a child with significant delays and behavioral or emotional disorders. Through a certified provider network, trained staff are available to care for children with special needs so that their parents can get a break.

G.E.A.R. Parent Network: 626-3448 / 1-800-264-9224

A program of crisis and counseling centers for parents of children with behavioral needs. Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. Parent Network empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs.

Hear ME Now: 781-7199

Hear ME now is a Listening and Spoken Language Specialty program serving parents, educators, medical professionals, hearing professionals, children and adults with hearing loss.

Special Needs (continued)

Healthy Children's Project: email: info@ldame.org

This project was started by the Learning Disabilities Association of Maine to address the links between toxic chemicals in the environment and learning disabilities. The project is designed to: Assist Maine families in learning more about toxic chemicals and what they can do to protect their families; Understand the possible causes of learning and developmental disabilities; Help protect the health of all Maine families.

Learning Disabilities Association of Maine: email: info@ldame.org

Comprehensive services for visually impaired and blind individuals of all ages including: assistance and education services for children; independent living services for adults; financial services.

Maine Down Syndrome Network: 1-866-571-2223

Non-profit organization providing support, education, and advocacy to our members and our communities

Maine Fragile X Resource Group: 657-2395 / Email: mainefragilex@yahoo.com

Provides educational and emotional support for those affected by Fragile X, promotes public and professional awareness, and supports research toward improved treatments and a cure for Fragile X Syndrome.

United Cerebral Palsy of Northeastern Maine: 941-2885

Non-profit organization providing support, education, and advocacy to our members and our communities

Substance Use: for Individuals & their families

For substance counseling services we have listed several agency providers below. For more providers and a list of individual counselors please see the “**Counseling: Mental & Behavioral Health**” section of this booklet

EMERGENCY RECOVERY SUPPORT PROGRAMS

Out-patient Detox:

Down East Community Hospital — Machias: If you have an opioid use disorder and want to start recovery with medication assisted treatment immediately, you can go to the Emergency Dept. They will assess your withdrawal symptoms, provide detox comfort medication and help enroll you in an MAT Suboxone program within 24 hours

Eastport Health Care — Eastport 853-6001 | Machias: 255-3400

Contact one of their offices and they will set you up with an outpatient detox care packet, connect you with recovery support counseling and enroll you in an MAT Suboxone program

In-patient Detox:

Downeast Project HOPE:

If you want to enter a recovery program immediately for opioid or heroin use, you can go to one of the Project HOPE locations. The program will team you with a trained volunteer who will guide you through the process to begin detox and recovery—including the option of an accelerated placement in rehabilitation and treatment programs. Locations are based on days of the week: Mondays (Pleasant Point Police Dept.), Tuesdays (Ellsworth Police Dept.), Wednesdays (Machias Sheriffs Dept.), Thursdays (Baileyville Police Dept.) (*Note: This process may takes several hours as they work to find an available facility, you may need to travel out of state, travel assistance will be available*)

AA—Alcoholics Anonymous: 1-800-737-6237

See the **Support Groups** page in this booklet for locations and times

Alanon: 1-800-498-1844

Call for info on day, time & location of local meetings

AMHC: Calais 454-0775 | Machias 255-0996

Intensive Outpatient Recovery Program (\$) in both locations. Individuals in this program meet with a counselor 3 days a week for 3 hours each session for several weeks. There is a small fee per session if you do not have insurance. This program is open to anyone with a substance use disorder

Maine Enrichment Parenting Program This program is for anyone with a substance use disorder, has a child under 5, and has an open case with DHHS. This is an 8 week treatment/recovery program that also provides support in parenting skills.

(AMHC Recovery Services continued next page...)

Substance Use *(continued)*

AMHC: Calais 454-0775 | Machias 255-0996

Maine Mother's Network 1-800-244-6431

Case management for pregnant and parenting women using substances.

Women who are pregnant or have children up to five years old are eligible.

Substance Use Peer Recovery Center Services 498-6431 AMHC offers Peer

Centers staffed by Peers to provide Participants in Recovery with Peer

Recovery Support Services which includes mentoring, education, and

resource provision. The services will be offered in Calais, and Machias.

Arise Addiction Recovery – Residential Treatment: Machias 1-856-812-7729

Nine month residential addiction recovery program. (A commitment fee

is required to enter the treatment program). A faith-based program for

recovery through hard work and bible study. Apply online.

Arise Support Groups: Support groups for substance users are held weekly,

childcare is provided at every meeting. (See the **Support Groups** page in

this booklet for dates, times & locations)

Arnold Memorial Medical Center: Jonesport 497-5614

Medication-assisted recovery for prenatal mothers

Calais Behavioral Health Center: Calais 454-3022

Substance use counseling for individuals & families

Circle of Hope Support Group: Machias 255-3400

Support group for relatives & loved ones affected by opiate addiction

Downeast Recovery Support Center: 259-6238

A safe place to get support from peers during recovery. Resources, mentor-

ing, education and support to others affected by a loved one's drug use.

11 Free Street, Machias (*Coming soon to Calais too*).

Discovery House: Calais 454-1300

Medication-assisted recovery for maintenance and long-term detox

including: Methadone, Buprenorphene, Suboxone and Vivitrol. Substance use

counseling for families and couples, and group counseling

East Grand Health Center: Danforth 448-2347

Substance use counseling; mental health counseling

Eastport Health—Behavioral Health Center: Calais 454-3022 | Machias 255-

3400

Alcohol and substance use counseling; counseling for families of substance

users, support groups

Groups - Recover Together: Calais / Machias 1-800-683-8313

New program for opioid addiction. Low-cost program provides medication-

assisted recovery (Suboxone), plus 24/7 support and counseling.

Medication is free for those with health insurance or MaineCare, and about

(\$50-\$60) for people without insurance.

Health Affiliates of Maine: 1-877-888-4304

Therapy services for substances and addiction; DEEP counseling

Continued next page...

Substance Use *(continued)*

Healthways - Regional Medical Center: Lubec 733-1090 / Machias 255-0102
Drug replacement therapy; substance treatment and counseling

Hills House (Ellsworth): 667-3210

A residential program for pregnant or mothers of children between 0-5 years who are recovering from substances ...while parenting their child. Case management and counseling services, childcare, parenting and budgeting classes, transportation, job search help, and finding a permanent home are all part of the recovery program.

Machias Behavioral Health Center: 255-3400

Substance counseling for individuals & families

NA—Narcotics Anonymous: 1-800-974-0062

Call for info on day, time and location of local meetings

Naloxone Kits (Free – through the Health Equity Alliance)

Free Naloxone kit (includes 2 doses) available to users or their families

Needle Exchange (through the Health Equity Alliance): 255-5849

Needle exchange on Tuesdays 3p – 6p and Fridays 10a – 1p
Machias office: 7 VIP Road.

Open Door Recovery Center (in Ellsworth): 667-3210

Addiction and mental health outpatient treatment programs and support groups. They also operate a residential housing program for recovering mother's with children under 5 (see Hills House above)
8 Old Mill Road, Ellsworth

Pleasant Point Health Center: 853-0644 x264

Substance counseling; DEEP Program; Mind Body Therapy; Neurofeedback; Acudetox

The QuitLink (Tobacco): 1-800-207-1230 or sign up online

If you are thinking about quitting or are ready to quit check out their website. It has checklists and lots of tools you can use to help you quit. When you are ready you can call the Maine Tobacco hotline or you can register on this site and someone will call you and work with you to help you quit successfully.

Quit ME (Tobacco, Alcohol or other Substances):

Call any of the helplines or submit an online referral for help. Whether you are ready to quit or just thinking about it they will offer different levels of information, support, or counseling. MaineCare covers nicotine replacement meds but if you do not have MaineCare the Helpline can cover the cost of either nicotine patches, gum or lozenges for up to 8 weeks if you enroll in their "multiple call option" plan.

Reflections: Calais 454-1491 / Machias 255-0001

Group therapy & family counseling

St. Croix Regional Health Center: Princeton 796-5503

Substance use counseling for individuals, and families of users

Continued next page...

Substance Use — FOR PARENTS

Vogl Behavioral Health Center: Eastport 853-6001

Substance use counseling for individuals and families

Women’s Health Center (at Down East Community Hospital): Machias 255-0400

Medication-assisted recovery for prenatal mothers and complete OB/Gyn pre and post-natal care.

For Parents with Children Using Substances

Circle of Hope Support Group: Machias 255-3400

Support group for relatives & loved ones affected by opiate addiction

Medicine Abuse Awareness

Tips for talking to your kids about the dangers of misusing prescriptions and even some over-the-counter remedies. Free parent talk kit at drugfree.org

Naloxone Kits (Free – through the Health Equity Alliance)

Free Naloxone kit (includes 2 doses) available to users or their families.

One-on-One Help for Parents: 1-855-378-4373

Talk to a trained counselor about your concern for your child. Talk on the phone, via live web chat, or email. All methods are free and confidential.

Partnership for Drug-Free Kids

Know the signs to look for; create a personalized action plan; resources and support for parents. Online at drugfree.org

Underage Drinking Awareness for Parents: “Talk. They Hear You.”

This program provides parents and caregivers useful ways to talk to their kids about drinking and substance use—online at samhsa.gov

Youth Marijuana Use Prevention: 255-3741

Educational information for parents about the effects of marijuana use on teens and young adults

Visit our website for more listings, information,
and live links:

www.WCresourceguide.org

Support Groups

ADDICTION / SUBSTANCES SUPPORT:

Alcoholics Anonymous (AA): 1-800-737-6237

Beals | Saturdays 7:00p (Community of Christ Church, 50 Church Street)
Columbia | Wednesdays 7:00p (Faith Methodist Church, 444 US Route 1)
Columbia | Thursdays 7:00p (Faith Methodist Church, 444 US Route 1)
Dennysville | Saturdays 6:00p (Housing Community Room, 200 Shipyard Rd)
Lubec | Thursdays 7:00p (Regional Medical Center, 43 S. Lubec Road)
Machias | Sundays 7:30p (Community of Christ Church, 54 North Street)
Machias | Mondays 7:30p (Centre St. Congregational Church, 9 Centre St)
Machias | Tuesdays 7:30p (St. Aidan's Church, 72 Dublin Street)
Machias | Thursdays 6:00p (MacBride Building at Down East Commtty Hosp.)
Machias | Fridays 7:30p (Community of Christ Church, 54 North Street)
Machias | Saturdays 10:00am (St. Aidan's Church, 72 Dublin Street)
Milbridge | Mondays 7:00p (Congregational Church, 10 Bridge Street)
Pembroke | Sundays 7:30p (Grace Chapel, Leighton Point Road)
Whiting | Mondays 7:00p (Cobscook Friend Meeting House, Route 189)

Alcoholics Anonymous for Women only: 255-3243 or 271-8533

Machias | Saturdays 10a-11:00a (St. Aidan's Church, 72 Dublin Street)

Al-anon: 733-2068 / 1-800-498-1844

For friends and family of alcohol users;

Lubec | Wednesdays 7pm (West Lubec Methodist Church, Route 189)

Arise Addiction Recovery Support Groups:

Support groups for substance users. Childcare is provided at every meeting

Machias | Mondays 7p (Christian Fellowship, 3 Davis Road)

Calais | Tuesdays 7p (The Refuge, 295 North Street)

Lubec | Fridays 7p (Sunrise Apartments)

Circle of Hope Support Group: 255-3400

Support group for friends and family of opiate users

Machias | Call for current dates 6p-7p (53 Fremont Street)

First Light Substance Awareness (Facebook group):

Facebook page aims to educate, support and provide programs and resources to Lubec area youth and their families

Narcotics Anonymous (NA): 271-8670

Machias | Wednesdays 7p-8p (St. Aidan's Church, 72 Dublin Street)

Quit ME (Tobacco, Alcohol or other Substances):

Tobacco: 1-800-807-1230 / Alcohol or other Substances: 1-866-811-5695

You can call any of their help lines or submit an online referral for help.

This service offers a no pressure approach. Whether you are ready to quit or just thinking about quitting they will offer different levels of information, support, or counseling. For tobacco help, MaineCare covers nicotine replacement meds but if you do not have MaineCare the Helpline can cover the cost of nicotine patches, gum or lozenges for up to 8 weeks if you enroll in their "multiple call option" plan. Individuals can also re-enroll in this program every 6 months if needed.

Support Groups *(continued)*

AIDS/HIV SUPPORT:

Health Equity Alliance (formerly Down East AIDS Network): 255-5849
HIV Testing, Support & resources for living with HIV/AIDS

BREASTFEEDING SUPPORT:

Maine Families Breastfeeding Support Facebook page: Forum to ask questions of Certified Lactation Counselors and share information with other breastfeeding moms

Maine Families Home Visiting: 255-0481

Four certified lactation counselors on staff can offer support in the OB, at home after the baby is born, or over the phone.

CANCER SUPPORT:

Breast Cancer Support: 454-0501 / 952-2050

Open to all that have a breast cancer diagnosis.

Calais | 4th Friday of month 3p (Calais United Methodist Church, 849 Main St)

Downeast Hospice Cancer Support: 726-5087 / 664-0339

Eastport | 3rd Thursday of month 1p—2:30p

at Eastport Medical Center, 30 Boynton Street

Harrington | 4th Thursday of month 1p—2:30p

at Harrington Health Center, Route 1

Lubec | 1st Friday of month 1p—2:30p

at Lubec Medical Center, 43 S. Lubec Road

Machias | 2nd Friday of month 1p—2:30p

at St. Aidan's Church, 72 Dublin Street

CAREGIVER SUPPORT:

Caregiver Support Group: Email: lking@mainevets.org

For caregivers of family members or friends, and for hospice workers.

Machias | 1st Friday of the month 2:00 – 4:00p (at Machias Veteran's Home)

DOMESTIC ABUSE & TRAUMA SUPPORT:

Next Step DV Women's Support Groups: 1-800-315-5579

Machias | Tuesdays 12 noon (call for location information)

Calais | Tuesdays 5p—6p (call for location information)

Downeast Sexual Assault Services: 1-800-871-7741 (24/7)

24 Hour Support Line. DE Sexual Assault Services offers support group services to assist victims and significant others of sexual assault. Support group services are confidential (call for dates, times & location information)

The Maine Coalition Against Sexual Assault (MeCASA): 1-800-871-7741

Statewide Sexual Assault Support Line: 24-Hour phone support, toll-free from anywhere in Maine

Support Groups—continued on next page...

Support Groups (*continued*)

GRIEF / LOSS SUPPORT:

Grief Support Group: 454-3141 or 454-0407

Drop-in occasionally or come each session, the support group is for anyone struggling with loss or grief. Different grief topics and strategies will be addressed each session as well as coping techniques.

Calais | 1st & 3rd Thursdays, 6—8p (Calais United Methodist Church, 849 Main Street, Calais)

MENTAL ILLNESS SUPPORT:

NAMI/Maine: 726-0608 or 263-7889

Safe places to share stories about struggles and successes with mental illness or co-occurring substance use

Machias | 1st Wednesday of month (Kay Parker Building, Hadley Lake Rd.)

PARENTING SUPPORT:

Circle of Parents (Parenting a Child with Special Needs): 263-5270

A supportive, parent led group to talk about caring for children with special needs. Childcare is provided.

Pembroke Elementary School | 1st Monday of month 3p—4:40p

Foster/Adoptive Parenting Group: 1-800-833-9786

Foster, grandparents, relatives raising children; Childcare is provided
Machias | 1st Friday of month 5:30p—7p

Foster/Kinship and Adoptive Families Support Group: 271-3201

Machias | 2nd Tuesday of month 6:30pm (Dunkin Donuts, no children under 1 years old)

Lean On Me: 598-8066

Support group for parents with special needs children of all ages and diagnosis, focusing on advocating for your child.

Milbridge | 1st Tuesday of month 6:30pm (Women's Health Resource Library)

Parents of Sexually Abused Children: 1-866-871-7741

24 hour hotline for support services

VETERAN'S SUPPORT:

Combat Veteran's Support Group: 255-6535

Machias | Mondays 9—10:30a

Transportation

Car Seat Safety Program (Maine Families): 255-0481

Child car seats and booster seats for low-income families. Installation assistance, safety information, seat checks, and free trainings available.

DCP Transportation (formerly SunRides): 546-7547 / 877-374-8396

Roundtrip transportation for local shopping, banking, errands, even visiting friends; handicapped accessible; \$2—\$8 and free for seniors 60+. (48 hours advanced scheduling is advised).

Machias: Mondays - Wednesdays (9:30a - 1:30p)

Cherryfield/Milbridge/Harrington: Wednesdays (8:00a - 5:00p)

Eastport/Perry/Pleasant Pt/Pembroke: Fridays (10:45a - 1:15p)

Dept. of Health & Human Svcs (DHHS): 800-432-7846

Fund to help with transportation for non-medical needs like shopping, non-medical appointments (*must submit the "DHHS-R Low Income Eligibility Application" to qualify*). Transportation arrangements are made through calling DCP (listed below)

Downeast Community Partners (formerly WHCA): 1-855-608-5176

DCP uses Logisticare to provide transportation for MaineCare recipients for medical appointments and "friends and family" driver reimbursement.

Call in advance to schedule a pick-up. If you are not a MaineCare recipient, but need help arranging non-emergency medical transportation, please call DCP at 1-877-374-8396 OR 664-0012 OR 546-7547 to determine eligibility for other transportation services

Logisticare - Free Transportation To and From Medical Appointments:

1-855-608-5176

Call in advance to schedule transportation to/from medical appointments. Advance notice is needed when transporting children as vehicle needs to have car seats (or room for car seats if caregiver brings their own)

Logisticare - Mileage Reimbursement for Maine Care Covered Doctor's Visits:

1-855-608-5175

Reimbursement for pre-approved doctor's visits is .38 cents a mile.

Contact Logisticare in advance to make arrangements

Transitional Transportation (Fedcap): 1-844-585-2505 (Machias) or 1-877-369-0935 (Calais)

Transitional Transportation (TT) helps families who lose their TANF or Parents as Scholars (PaS) benefits because they got a paying job. It helps with your transportation costs for the first 18 months after you get your last TANF check. It is paid on a monthly basis on the last day of each month. Talk to your Fedcap worker about the TT Program when you stop receiving TANF.

Transportation Assistance for Veterans: 255-8665

Limited transportation assistance for veterans from the American Legion Post #9 in Machias.

West's Transportation (\$): 800-596-2823

Bus service from Calais to Bangor (and points in-between), operates 7 days a week. *Call for rates*

Utilities

CELL PHONE ASSISTANCE

SafeLink Wireless “Lifeline Service”: 1-800-723-3546

SafeLink is a government supported program that provides a free cell phone plus free airtime each month to income-eligible customers. Apply online or over the phone.

ELECTRIC BILL ASSISTANCE

New! Earn up to \$300 in credit toward your energy bill: 598-5648

Sign up for the Energy Goal program. Work with the program advocate to complete the outlined steps (each step is worth \$50 in credit toward your energy bill). Complete all 6 steps to earn \$300 in credit. Contact Downeast Community Partners and ask for their **Resource Advocate** to get signed up.

AMP Program:

If you owe more than \$500 on back bills to your electric company, this program can help you wipe out what you owe. The AMP program can also work with you to see if there are some free or cheap ways to reduce how much electricity you use. *You must be enrolled in LIHEAP. If you are not enrolled, you must apply for LIHEAP and be accepted, **before** you can apply for AMP.* If your electric company will not help you, you can call the Consumer Assistance Division at the Maine Public Utilities Commission: 1-800-452-4699

FUEL ASSISTANCE

DCP (formerly WHCA): 1-800-828-7544

LIHEAP and THAW fuel assistance; assistance with heating system upgrades (ECIP & CHIP). Website has online forms to view or print. Ask to speak with DCP’s “Heat Coach” for help on fuel assistance, heating your home, and making your place more fuel efficient and draft resistant.

EMERGENCY FUEL ASSISTANCE

211 Maine: Dial 2-1-1 (toll free)

Help in finding community resources for services including emergency fuel

Catholic Charities: 523-2770

Families can call for emergency assistance with fuel

Labor of Love, Greater Eastport Ecumenical Churches Association: 853-2373

Emergency fuel assistance; Salvation Army assistance

Lubec Senior Fuel Assistance: 733-2341 (after hours emergency 733-2953)

Emergency assistance for 75 gallon of heating oil (For residents of Lubec and must be 60 years or older, have less than 1/4 tank, and have exhausted all other resources for assistance)

Machias Food Pantry, Centre Street Church: 255-6665

Emergency fuel assistance; Salvation Army assistance

Utilities continued next page....

LAND-LINE PHONE ASSISTANCE

Fairpoint Lifeline Program: 1-866-984-2001

Offers a reduced internet (\$9.25/month) and land-line phone (\$15.01/month) costs for low income families. 911 physical mailing address is required to set up account (not a PO box). A one-time set-up fee of about \$30 may also be required. Call for more information.

REFRIGERATOR REPLACEMENT PROGRAM

For low income residents with energy inefficient refrigerators: 1-800-828-7544

When you apply for LIHEAP, you are automatically considered for the Appliance Replacement Program and other assistance. Contact Downeast Community Partners (formerly WHCA) for a LIHEAP application or to inquire about your eligibility for appliance replacement

Veterans' Support

Veteran's Crisis Hotline: 1-800-273-8255, Press 1
Confidential help for Veterans and their families

Babies on the Homefront: *Access online only*

Free phone app designed for military & veteran families as they navigate the many transitions that are part of serving, including deployment and reintegration, moving, and transitioning back to civilian life. The app makes it easy to select from behavior tips and activities for parents and children, with a special section for parental self-care. Available in both English and Spanish.

Disabled Veterans Outreach Program (through the Career Center):

Machias 255-1920 | Calais 454-7551

Program Specialists are there to counsel veterans in all aspects of job search and career development.

Emergency Housing (Augusta): 623-8411 x5647

For veterans and their family experiencing homelessness. This program is a shared living environment with supportive case management. The program provides stability while working towards housing (located in Augusta)

Health Affiliates of Maine: 1-877-888-4304

Free counseling services for Maine National Guard members who do not have health insurance. Active members who are without insurance, have co-pays or cannot find a provider of their insurance in their area are eligible.

Homelessness Intervention Assistance for Veterans (Preble Street): 899-9184 or 1-800-877-5709

Case Management assistance for veterans who are without housing, in danger of eviction, or in need of temporary shelter. In addition to finding temporary solutions, they will work with those in crisis over a period of time to help them stabilize their lives. Some eligibility requirements may apply.

INTERNITY: 619-1413

A non-profit group connecting veterans who are survivors of sexual assault or other trauma with PTSD resources. Programs offered:

Operation 22: a program designed to fill the gap between hotline assistance and medical or psychological help.

Pets 4 Vets: a program through INTERNITY which will match rescue dogs with veterans.

Sexual Assault Survivor Advocates (SASA): Advocates work with survivors as they experience difficulties and barriers in their communities. Working side-by-side with veterans, they match resources to needs, and help veterans gain their voices again

Sexual Assault First Responders (SAFR): Many times, survivors wait years to get help. INTERNITY knows the proper processes and connections to get help, even if it is years after the assault.

Continued next page....

Veterans' Support (continued)

Maine Military & Community Network: 561-4058 (Machias)

Resources and help finding support services for veterans and their families.

Maine Veterans' Project: 415-553-0523

Dedicated to suicide prevention, MVP is creating a veterans retreat for at-risk veterans. MVP also assists with emergency home repairs, VA processes and paperwork and many other services.

Maine Veterans' Services: 255-3306

Learn about benefits you may qualify for, apply for Vet ID discount card, Choice card, info on disability and benefits, and more.

Monday—Friday 7:30am—4:00p

7 Court Street , Machias

Temporary Financial Assistance for Veterans: 1-800-877-5709

Assistance with utilities, rent, child care, transportation, security deposits, etc for income eligible veterans

Transitional Housing for Veterans: 623-8411 x 4344

Housing for homeless veterans who are in recovery. *Veterans Career House* is shared living with emphasis on establishing employment. The *Hout House* is single unit apartments with the focus on maintaining recovery. Both programs come with supportive services.

Transportation Assistance for Veterans: 255-8665

Limited transportation assistance for veterans from the American Legion Post #9 in Machias

US Dept. of Veterans Affairs: 947-3391

Readjustment counseling and referral services for veterans and their families.

VA Community Clinic – Calais: 623-8411 x7490 / 1-877-421-8263 x7490

Primary Care; Telehealth services for mental health, pharmacy, dermatology, retinal imaging, wound care

50 Union Street, Calais

VeteranAid.org: 1-866-584-7191

This website focuses on an often overlooked benefit called *Aid and Attendance* that is offered by the Veterans Administration. This benefit allows veterans and spouses of veterans who require the regular attendance of another person to assist in bathing, eating, dressing, etc. to receive additional monetary benefits. It also includes those who are blind or a patient in a nursing home because of mental or physical incapacity.

Veterans Count (A Program of Easter Seals of Maine): 828-0754

Their mission is to provide critical & timely financial assistance and services when no other resource is available to veterans, service members, and their families to ensure their dignity, health and overall well being

Women's Health

Arnold Memorial Medical Center: 497-5614

Obstetrics and gynecology; Women's health
70 Snare Creek, Jonesport

East Grand Health Center: 448-2347

Pregnancy testing, Family planning
201 Houlton Road, Danforth

Eastport Health Care: 853-6001

Gynecological tests, Family planning
30 Boynton Street, Eastport (off of Water Street)

Maine Family Planning – OB/Gyn Svcs: Calais 852-8930 | Machias 402-3230

Reproductive Health Care Services Include: Gynecological and breast exams; testing & treatment of infections; pregnancy testing; preconception counseling; birth control methods and supplies
43 Union Street, Calais | 247 Main Street, Machias

Milbridge Medical Center: 546-2391

Obstetrics and gynecology; focused women's health services
24 School Street, Milbridge

Passamaquoddy Health Center Indian Township: 796-2321

Women's healthcare
401 Peter Dana Point Road

Pleasant Point Health Center: 853-0711

Women's health services
11 Back Road, Pleasant Point

St. Croix Regional Health Center: 796-5503

Women's health services
136 Mill Street, Princeton

Whiting Bay Family Medicine/Dr. Julia Arnold: 733-2900

Women's health services
125 US Route 1, Whiting

Women's Health Center (at DECH): 255-0400

Comprehensive general and specialized gynecological and obstetric services including: exams; testing; treatment; surgeries; HRT and more
On the Down East Community Hospital campus, 11 Hospital Drive, Machias

Women's Health Resource Library: 546-7677

Programs and activities—yoga classes, bone care exercise, diabetes support group and more
School Street, Milbridge

How to Contact Your Representatives

United States:

Senator: Angus S. King, Jr. (Independent)

133 Hart Senate Office Building, Washington, DC 20510

Phone: (202) 224-5344 | Email: www.king.senate.gov/contact

Senator: Susan M. Collins (Republican)

413 Dirksen Senate Office Building, Washington, DC 20510

Phone: (202) 224-2523 | Email: www.collins.senate.gov/contact

Congressman: Jared Golden (Democrat)

6 State Street, Suite 101, Bangor, ME 04401

Phone: 942-0583 | Email: www.golden.house.gov/contact

State of Maine:

State Senate: Marianne Moore (Republican)

28 St. Croix Drive, Calais, ME 04619

Home Phone: 454-0501 | Cell Phone: 952-2050

State House Office Phone: (207) 287-1505

Email: Marianne.Moore@legislature.maine.gov

Representative: Anne C. Perry (Democrat): District 140

474 South Street, Calais, ME 04619

Home Telephone: (207) 454-7338 | Cell Phone: (207) 214-7000

Business Telephone: (207) 454-8195 | State House Phone: (800) 423-2900

E-Mail: Anne.Perry@legislature.maine.gov

Representative: Kathy Javner (Republican: District 141)

131 Pea Ridge Rd, Chester, ME 04457

Home Telephone: (207) 290-1321

State House Message Phone: (800) 423-2900

E-Mail: Kathy.Javner@legislature.maine.gov

Representative: Lawrence E. Lockman (Republican: District 137)

P. O. Box 623, Brewer, ME 04412

Home Telephone: (207) 584-5900 | Cell Phone: (207) 460-6518

State House Message Phone: (800) 423-2900

E-Mail: Lawrence.Lockman@legislature.maine.gov

Representative: Robert W. Alley, Sr. (Democrat: District 138)

P. O. Box 263, Beals, ME 04611

Home Telephone: (207) 497-5562 | Cell Phone: (207) 263-4442

State House Message Phone: (800) 423-2900

E-Mail: Robert.Alley@legislature.maine.gov

Representative: William R. Tuell (Republican: District 139)

431 Hadley Lake Road, East Machias, ME 04630

Cell Phone: (207) 271-8521 | State House Message Phone: (800) 423-2900



For more resources across the state of Maine call 211
or go online to **www.211maine.org**

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www.maineamilieswc.org
207-255-0481

**Women's Health
Resource Library**

www.whrl.org
207-546-7677