



OCTOBER 2019  
DIRECTORY of  
COMMONLY REQUESTED  
COMMUNITY SERVICES



United Way of  
Mid Coast Maine

A service of United Way

DIAL 211 toll free

VISIT 211maine.org | TEXT your zip code to 898-211 | 1- 866-811-5695

**EMERGENCY SERVICES**

- EMERGENCY** ..... DIAL 911
- American Red Cross - Midcoast.....729-6779
- ME Emergency Management ..... 800-452-8735
- Mental Health Crisis Hotline ..... 888-568-1112
- Maine Poison Control Center ..... 800-442-6305

**ABUSE/ASSAULT**

- Adult Protective Intake - 24 hr ..... 800-624-8404
- Child Protective Services - DHHS ..... 800-452-1999
- Maine Domestic Violence Hotline ..... 866-834-4357
- New Hope for Women ..... 800-522-3304
- Sexual Assault Support Services..... 800-871-7741
- Through These Doors ..... 800-537-6066

**FOOD/CLOTHING/EMERGENCY ASSISTANCE**

- Adventist Community Services ..... 725-7015
- Alna Food Pantry.....586-5313
- Bath Area Food Pantry & Soup Kitchen.....737-9289
- Boothbay Region Food Pantry.....350-2962
- Bowdoinham Food Pantry .....751-7779
- Brunswick Food Pantry & Soup Kitchen .....725-2716
- Friends Helping Food Pantry - Bowdoin .....449-6326
- General Assistance ..... Dial 211
- Jefferson Area Community Food Pantry .....315-1134
- MMCA .....442-7963
- New Harbor Food Pantry .....677-3055
- Newcastle Ecumenical Food Pantry .....563-5597
- Richmond Food Pantry.....607-2777
- Salvation Army - Bath.....443-3611
- Salvation Army - other communities ..... Dial 211
- SNAP - ..... 855-797-4357
- St. Denis Whitefield Food Pantry.....549-3672
- St. Philip's Help Yourself Shelf .....882-7184
- TANF..... 855-797-4357
- Waldoboro Food Pantry.....785-4782
- Westport Island Helping Hands ..... 882-8477
- Wiscasset Food Pantry .....882-9088
- Women, Infants, & Children (WIC) ..... 442-7963x203

**HOUSING/SHELTER/RENT/UTILITIES**

- Bath Housing.....443-3116
- Boothbay Region - Community Navigator.....633-6272
- Brunswick/Topsham Housing Authority .....725-8711
- CEI Housing Counselor .....504-5900
- CHIP – Lincoln County .....677-3450
- Community Energy Fund-Lincoln Co.....563-3883
- DHHS Emergency Assistance..... 855-797-4357
- Freeport Community Services .....865-3985
- General Assistance ..... Local Town Office or Dial 211
- Habitat for Humanity/ 7 Rivers Maine .....504-9333
- Housing Discrimination Hotline..... 800-669-9777
- LIHEAP (Heating Assistance)
  - KVCAP - Lincoln & Sagadahoc ..... 800-542-8227
  - HEAP - Cumberland County .....553-5900
- Maine Housing Authority .....626-4600
- MMCA Housing Counseling ..... 800-221-2221
- Neighborhood Café - Day Center -Bath.....443-2187
- Rebuilding Together Lincoln County.....380-5719
- Tedford Housing.....729-1161
- The Gathering Place - Day Center - Brunswick ....841-5905
- Volunteers of America Housing .....373-1140
- Warm Thy Neighbor-Fuel Assistance (Brunswick).... 729-1161

**TRANSPORTATION**

- AHOY – Boothbay Area Transportation..... 633-6272
- Amtrak Downeaster.....800-872-7245
- Bath City Bus .....443-8363
- Boothbay Community Rides ..... 633-4357
- Brunswick Explorer ..... 721-9600
- Lincoln County FISH ..... 350-9808
- MaineCare Transportation.....855-930-7900
- METRO BREEZ Bus- Cumberland County....774-0351
- Volunteer Transportation Network - Brunswick.729-0757

**LEGAL & TAX INFORMATION**

- CASH Coalition – Free Tax Prep .....Dial 211
- Legal Services for the Elderly.....800-750-5353
- Maine Equal Justice Partners.....866-626-7059
- Pine Tree Legal Assistance – [www.ptla.org](http://www.ptla.org) .....774-8211
- Veterans Affairs (VA).....800-827-1000

**SOMETIMES YOU NEED MORE THAN AN INTERNET SEARCH. YOU NEED A CONVERSATION.**

Certain issues are hard to navigate. You're not alone. Call 2-1-1 — it's free and confidential. Maine specialists are available 24/7 to provide information and connect you to local programs and services that can help. Friendly, non-judgmental people are waiting to assist you!

**DIAL 2-1-1**  
**TEXT YOUR ZIP CODE TO 898-211**  
**VISIT 211MAINE.ORG**

United Way Opportunity Alliance  
Contact Center Partner  
Department of Health and Human Services  
Maine People's Voice  
Safe. Healthy. 211. It's the way to live.

**Want to Volunteer?**  
Contact United Way of Mid Coast Maine  
443-9752  
or visit [volunteer.uwmcm.org](http://volunteer.uwmcm.org)

## HEALTH / MENTAL HEALTH

Addiction Outreach- Boothbay Region.....	350-7477
Addiction Resource Center.....	373-6950
Alanon - Statewide .....	800-498-1844
Alcoholics Anonymous - Statewide.....	800-737-6237
Alliance on Mental Illness (NAMI).....	800-464-5767
Boothbay Region Nursing & Outreach.....	633-5533
CHANS Home Health & Hospice .....	729-6782
Childhood Lead Poisoning Prevention... ..	866-292-3474
Consumers for Affordable Health Care ..	800-965-7476
Health Care Navigator (MMCA).....	800-221-2221
Healthy Lincoln County .....	563-1330
HIV/STD/Hepatitis Info (CDC) .....	800-232-4636
Jessie Albert Dental and Orthodontic Center.	443-9721
Lincoln County Dental .....	563-8668
LincolnHealth – Boothbay Harbor.....	633-2122
Damariscotta .....	563-1234
Low Cost Drug Program .....	855-797-4357
Maine Behavioral Health .....	844-292-0111
Maine Family Planning .....	622-7524
Maine HIV/STD/Hepatitis .....	866-701-3897
Maine Tobacco Helpline.....	800-207-1230
MaineCare Member Services .....	800-977-6740
MaineHealth Care at Home/Hospice .....	800-660-4867
Medicare .....	800-633-4227
Mental Health Crisis Hotline .....	888-568-1112
Mid Coast Hospital - Brunswick .....	373-6000
Mid Coast Hospital Outpatient Behavioral Health	373-6980
Mid Coast Walk-in Clinic - Brunswick .....	406-7500
Miles and St. Andrews Home Health/Hospice	.....563-4592
Miles Hospital.....	207-563-1234
Narcotics Anonymous Helpline.....	800-974-0062
OASIS Free Clinics .....	721-9277
Office of Substance Abuse & Mental Health ...	287-2595
Planned Parenthood – Health Center.....	725-8264
Public Health Nurse- DHHS .....	888-644-1130
Richmond Area Health Center.....	737-4359
Sheepscot Valley Health Center-Cooper's Mills	549-7581
St. Andrews - LincolnHealth Urgent Care .....	633-2121
Support Groups.....	Dial 211
Sweetser Behavioral Health .....	800-434-3000
Veterans Medical Center - Togus.....	877-421-8263

## AGING & DISABILITIES SERVICES

Alpha One .....	800-640-7200
Bath Area Senior Citizens Activity Center.....	443-4937
Boothbay Harbor Community Center.....	633-9876
Brunswick Area Respite Care.....	729-8571
Disability Rights Center .....	800-452-1948
Eldercare Locator.....	800-677-1116
Elmhurst, Inc.-Bath.....	443-9783
Independence Association - Brunswick .....	725-4371
IRIS (Maine Center for the Blind).....	800-715-0097
Legal Services for the Elderly.....	800-750-5353
Long Term Care Ombudsman.....	800-499-0229
Maine Relay Service for the Deaf .....	711
Meals on Wheels.....	800-639-1553
Mid Coast Senior Health.....	373-3646
Mobius, Inc. - Damariscotta.....	563-3511
People Helping People - BBH.....	633-4368
People Plus-Brunswick.....	729-0757
Pine Tree Society .....	443-3341
Richmond Area Senior Center.....	737-2161
SEARCH- Elder Outreach .....	837-8810
Spectrum Generations .....	800-639-1553
Vocational Rehabilitation .....	877-594-5627
Wandering Person Program .....	386-5800

## EDUCATION & EMPLOYMENT SERVICES

ASPIRE.....	624-5200
Bath/Wiscasset Adult Education .....	443-8255
Boothbay Region Adult Education .....	633-3224
Central Lincoln County Adult Education .....	563-2811
Merrymeeting Adult Ed - Brunswick/Topsham.....	729-7323
Midcoast Literacy .....	443-6384
Midcoast Senior College .....	725-4900
New Ventures Maine .....	386-1664
Southern Maine Community College.....	741-5500
Southern MidCoast Career Center .....	888-836-3355
Southern New Hampshire University.....	800-427-9238
Technical High School Vocation Ed - Brunswick.....	729-6622
Unemployment Insurance .....	800-593-7660
UMA Brunswick Center .....	442-7736
Vocational Rehabilitation.....	877-594-5627

## LEGISLATURE

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



**need help?**

**DIAL: 211**

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

**VISIT: [211maine.org](http://211maine.org)**

**DIAL: 1-866-811-5695**



**FREE & CONFIDENTIAL**

Information & referral service

**A service of United Way**

## CHILDREN, YOUTH & FAMILY

Bath Area Family YMCA .....	443-4112
Bath Youth Meetinghouse and Skatepark .....	443-8750
Big Brothers Big Sisters of Bath-Brunswick... ..	729-7736
Big Brothers Big Sisters of Mid-Maine .....	236-2227
Boothbay Region YMCA .....	633-2855
Boy Scouts of America .....	797-5252
Brunswick Teen Center .....	721-0754
Central Lincoln Co. YMCA .....	563-9622
Child & Family Services DHHS .....	877-680-5866
Child Development Services .....	442-7146/563-1411
Coastal Kids Preschool .....	563-5335
Families Can! (MMCA) .....	442-7963 x230
Family Focus - Child Care Services .....	406-4573
G.E.A.R. Parent Network Services .....	800-264-9224
Girl Scouts of Maine .....	888-922-4763
Head Start & Early Head Start.....	442-7963 x 236
Healthy Kids (Lincoln Co.) .....	563-1818
Home to Home-Supervised Visitation.....	837-4894
LGBT Hotline.....	888-843-4564
Maine Families Home Visiting – Cumberland. ....	553-5801
Maine Families Home Visiting – Lincoln & Sag. ....	832-0343
Maine Parent Federation (SPIN) .....	800-870-7746
Runaway Safeline .....	800-786-2929
Seeds of Independence Youth Collaborative.	406-2365
United Way .....	443-9752
Women, Infants & Children (WIC) .....	800-221-2221

**United Way of Mid Coast Maine, 34 Wing Farm Parkway, #201, Bath ME 04530**

Phone (207) 443-9752

Email [info@uwmcm.org](mailto:info@uwmcm.org)

[www.uwmcm.org](http://www.uwmcm.org)