

**Kennebec/Somerset
County
Transition Team**

**COMMUNITY
RESOURCE
GUIDE
FOR
JOB SEEKERS**

What is the Kennebec/Somerset County Transition Team?

The Kennebec/Somerset Transition Team is comprised of community members that are concerned about their neighbors who are in the throes of unemployment. With individuals representing social service agencies, state and municipal offices, health care, employment agencies, education, workforce development and training organizations, local businesses, as well as other interested individuals, this team recognizes its role as a provider of information, resources, and support to people who have lost their jobs.

Transition Team Partners

Central/Western Maine Workforce Investment Board
Congressman Michael H. Michaud
Congresswoman Chellie Pingree
Crisis and Counseling Centers, Inc.
Kennebec Valley Community Action Program
Kennebec Valley Community College
Kennebec Valley Council of Governments
Maine CareerCenters
Maine DECD Office of Business Development
Maine Department of Labor
Mid-Maine Chamber of Commerce
Mid-Maine Regional Adult Community Education
Lawrence Adult Education
Sebasticook Valley Hospital
Senator Angus King
Senator Susan M. Collins
Somerset County Association of Resource Providers (SCARP)
Somerset Economic Development Corporation
Town of Pittsfield
United Way of Mid-Maine
USDA Rural Development
Waterville Public Library
Women, Work, and Community

The Resource Guide for Job Seekers is available electronically. For more information, contact Dana Hamilton by email at danah@kvcap.org or by phone at (207) 859-1584

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Important Numbers

211Maine.org.....	211
Connects you to services statewide—including heating and utility resources.	
Adult Learning Opportunities.....	1-207-875-2722
Al-Anon Anonymous.....	1-888-425-2666
Alcoholics Anonymous.....	1-800-737-6237
Maine Alzheimer’s Association.....	1-800-660-2871
24 hour helpline, Statewide	
Suspected Child Abuse or Neglect	1-800-452-1999
TTY.....	1-800-963-9490
Domestic Violence	
Family Violence Project (Kennebec & Somerset counties)	1-877-890-7788
Spruce Run (Penobscot county).....	1-800-863-9909
Food Stamp Hotline	1-800-452-4643
Mental Health Crisis/Substance Abuse.....	1-888-568-1112
24 hour hotline	
Mental Health, Warm Line	1-866-771-9276
A non-crisis phone line for persons with mental illness and their families	
Open 5pm – 8 am, 7 days a week	
Narcotics Anonymous.....	1-888-773-999
Poison Control Center.....	1-800-222-1222
Runaway National Safeline.....	1-800-621-4000 or
.....	1-800- RUNAWAY
Sexual Assault/Rape Response	1-800-313-9900
Unemployment Call Center—Benefits Claims.....	1-800-593-7660

Resources Available To Assist Consumers

Credit Reporting Agencies

Credit bureaus or credit reporting agencies collect and store data provided by many of your creditors. The credit bureaus then assemble and deliver the information, for a fee, to their business customers. You can obtain a free copy of your credit report at:

www.annualcreditreport.com

1-877-322-8228

Or

Annual Credit Report Request

P.O. Box 105283

Atlanta, GA 30348

Debt Management Companies

Any company offering debt management services (credit counseling) in Maine must be registered with the Office of Consumer Credit Regulation. Only non-profit organizations are allowed to offer these services in Maine.

Maine Office of Consumer Credit Protection

35 State House Station

Augusta, ME 04333-0035

Tel: 624-8527 or 1-800-332-8529

For information on debt management service providers, or to see if a company is authorized to do business in Maine, visit the Consumer Credit Regulation web page at:

<http://www.maine.gov/pfr/consumercredit/index.shtml>

Maine Attorney General's Office

Public Protection Unit

#6 State House Station

Augusta, ME 04333-0006

Tel: 626-8800 (Lines open from 9am to 12pm)

www.maine.gov/ag

Maine Lawyer Referral & Information Services

Maine State Bar Association

PO Box 788

Augusta, ME 04332-0788

Tel: 622-7523 or 1-800-860-1460

For details go to Website:

www.mainebar.org/lawyer_need.asp

Maine Revenue Services

24 State House Station

Augusta, ME 04333-0024

Tel: 287-2076 Fax: 624-9694

<http://maine.gov/REVENUE>

Penquis

Penquis provides financial education and budgeting assistance.

262 Harlow St., Bangor, ME 04401

Tel: 973-3500 or 1-800-215-4942

119 Main St., Lincoln, ME 04457

Tel: 794-3093

50 North St., Dover-Foxcroft, ME 04426

Tel: 564-7116

www.penquis.org

Taxes

Internal Revenue Service

68 Sewall St., Augusta, ME 04330

Tel: 622-1508

324 Harlow St., Bangor, ME 04401

Tel: 942-8573

www.irs.gov

Unemployment Claims Centers-Maine Department of Labor

Unemployment is an insurance program providing temporary, partial wage replacement to workers who are unemployed through no fault of their own.

97 State House Station, Augusta, ME 04332-1092

Tel: 1-800-593-7660

Fax: 287-5905

www.file4ui.com

Volunteer Lawyers Project

Lawyers volunteer their time to assist low-income consumers with problems requiring legal counsel.

Tel: 1-800-442-4293

Hotline hours: M,T 9-12 & 1-4; W,F 9-12; Th 1-4

<http://vlp.org>

Women, Work & Community

State

Tel: 1-800-442-2092

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482

Statewide non-profit organization that provides training for men and women on starting a business, personal finances and other workshops.

www.womenworkandcommunity.org

Business Development

Eastern Maine Development Corporation

EMDC can help your business expand and grow in Eastern Maine, whether you are a start-up, a micro-business or an established business of any size. Serves 6 counties: Hancock, Knox, Penobscot, Piscataquis, Waldo, and Washington Counties.

40 Harlow Street, Bangor, ME 04401

Tel: 942-6389 or 1-800-339-6389 Fax: 942-3548

www.emdc.org

Kennebec Valley Council of Governments (KVCOG)

Provides free business counseling services to persons interested in starting a business and to persons with existing businesses seeking to expand. Also makes loans to eligible businesses typically in partnership with the borrower's bank. Serves Kennebec, Somerset and western Waldo counties.

17 Main St., Fairfield, ME 04937

Tel: 453-4258

www.kvcog.org

Maine Department of Economic and Community Development

Employers can get business development assistance and displaced workers can investigate starting new businesses by contacting this department and some of their online resources. Get answers to questions regarding licensing, permits, taxes, financing and more:

www.econdevmaine.com

Tel: 624-9800

Business Answers

On line service to assist in starting and conducting business in the State of Maine.

In-state: (800) 872-3838 Out-of-state: (800) 541-5872

www.Maine.gov/businessanswers

Maine Small Business Development Centers

Provides comprehensive business management assistance, training and information services to Maine's small business community.

Maine SB Service Center: Fairfield

CEI at Kennebec Valley Council of Governments

17 Main St

Fairfield, ME 04937-1119

Tel: 453-4258 ext. 14

Maine SB Service Center: Bangor

Tel: 942-1744

Maine SB Service Center: Augusta

Tel: 620-3521

www.mainesbdc.org

Maine SBDC Outreach Office: Fairfield

Fairfield CATDC Biotech (by appointment)

Maine's Applied Technology Centers

50 Eskelund Dr.

PO Box 149

Fairfield, ME 04937-1378

Maine Small Business Development Centers—continued

Maine SBDC Outreach Office: Skowhegan

Tel: 453-4258 Ext. 16

Maine Business Works

On-line business development resource for Maine

www.mainebusinessworks.com

Contact Wiscasset Office: 882-4340

MaineStream Finance

Assistance is provided with startup or expansion of micro-enterprises through classroom training, workshops and 1:1 counseling.

262 Harlow St., Bangor, ME 04401

Tel: 973-3500

www.mainestreamfinance.org

Somerset Economic Development Corporation

SEDC provides free business counseling and planning services to people in Somerset County that are considering starting a business or existing businesses that are seeking to expand. We also have loan services available to eligible borrowers for equipment, real estate or working capital needs. We work with the borrower's bank or other sources of capital to assist in the financing of new and existing businesses.

41 Court Street

Skowhegan, ME 04976

Tel: 474-0166

www.somersetcountymaine.org

The University of Maine Cooperative Extension

Assistance is provided to small and home based businesses that are in the thinking and start up phase.

Workshops are provided to address many topics.

Business consultations, which are free and confidential, are scheduled by appointment.

307 Main Ave., Bangor, ME 04401

Text: 735-4145 or call 1-800-287-0274

TTY: 1-800-287-8957

<http://extension.umaine.edu>

US Department of Agriculture

Rural Development

Business loans to applicants starting a business and current business owners can provide community loans to towns and cities.

Somerset, Waldo, Penobscot Counties

967 Illinois Ave., Suite 4, Bangor. ME 04401

Tel: 990-9160

Kennebec County

254 Goddard Rd., Lewiston, ME 04241

Tel: 753-9400

www.rurdev.usda.gov/rbs/index.html

Business Development—continued

University of Southern Maine

FastTrac Business Management Training offers essential business information to help you develop your entrepreneurial skills and build your business on a strong foundation.

Heart of Maine RC&D

1423 Broadway, Bangor, ME 04401

Tel: 947-6622 x 5

www.usm.maine.edu/cesb/programs.html

Women, Work & Community

Statewide non-profit organization that does training for men and women on starting their own business, personal finances and other workshops. Please call our toll free number for an appointment for any of the locations listed below.

State

1-800-442-2092

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482

www.womenworkandcommunity.org

Children & Family Services

Care & Comfort

Children's Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.

180 Main Street, Suite 4
Waterville, ME 04901
872-5300 or
1-800-366-5302

www.careandcomfort.com

Charlotte White Center

Children's Case Management services; Adult Community Integration Case Management services; Children's Rehabilitative In-home & Community Support for children with a mental health diagnosis or a diagnosis of autistic disorder or developmental delay. Please contact our administration office at:

564-2464 or (888)440-4158

www.charlottewhitecenter.com

Community Care

Therapeutic foster care and adoption services.

98 North Ave., Skowhegan 04976
Tel: 858-0067

www.caremaine.org

DHHS Voucher Program

The voucher program helps eligible parents/guardians pay the fees for child care in licensed or registered facilities, (private day care is allowed pending approval i.e. background check and limited children). To receive a voucher, parents or guardians must be employed; in training or an educational program, or enrolled in substance abuse treatment (limited funding available for individuals enrolled in substance abuse treatment program). There is a waiting list for eligible applicants.

35 Anthony Ave., 11 State House Station
Augusta, ME 04333

(207) 624-8090 or 1-800-606-0215-TTY

<http://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm>

The Children's Center

Provides inclusive, early education, childcare, speech and language therapy, occupational therapy, specialized treatment services, behavioral health services, outpatient mental health services, assessments and evaluations.

Also provides support with Case Management Services, available for children ages birth through twelve (12) years of age who have a developmental or mental health diagnosis (or who are at-risk for developing such diagnoses). In addition, provides

rehabilitative support services, in home and community, for children ages two (2) to eight (8) years of age who need support with improving or maintaining behavioral and functional skills.

1 Alden Ave., Augusta, ME 04330

Tel: 626-3497 or 1-800-894-6264

48 South Factory Street, Suite 2 Skowhegan, ME 04976

Tel: 399-2060

www.childrenscenteraugusta.com

Child Care Options

337 Maine Avenue

Farmingdale, ME 04344

582-3110 or 1-800-525-2229

www.skcdc.org

Child Care Options provides information and referral services to parents in Kennebec & Somerset counties looking for licensed or registered providers. Provides training to providers at no cost. Trainings are also available for parents. Assistance is available to parents in choosing the appropriate type of care for their child(ren) - Center, Family Day Care, Before and After School or In-home Care.

Video and printed resource materials on a wide variety of topics such as parenting, child development, nutrition and discipline are available at no cost to parents.

CDS (Child Development Services)

- Provides case management and direct instruction for children birth through age five and their families.
- Conducts ChildFind (the process of identifying children with disabilities) screenings and evaluations for children birth through age five.
- Identifies eligible children through Part C or Part B and secure local service access for services.
- Provides Early Intervention and Special Education programming in the following areas:
 - Physical Gross/Fine motor skills; cognitive;
 - communication (Speech and Language);
 - Social/Emotional; Adaptive

Northern Kennebec/Somerset

163 Silver St., Waterville, ME 04901

Tel: 877-2498

Fax: 877-7459

Penobscot County

250 State Street, Brewer, ME 04401

Tel: 947-8493

Fax: 990-4819

www.maine.gov/education

Children & Family Services—continued

Home Counselors Inc.

Home Based Family Services: Intensive, short term, home based counseling to help families provide safe home environments in order to reduce the risk of out of home placement of children in Somerset & Kennebec Counties. Families must be MaineCare eligible.

Augusta: 621-0191
Hinckley: 453-0060
Madison: 696-8200

Alternative Response Services: Case management for low and moderate risk families referred by DHHS to ensure that children at risk of abuse or neglect (and their families) receive needed services appropriate to their level of assessed risk. Both non-MaineCare and MaineCare families are eligible in Somerset and Kennebec Counties.

Kennebec County: 621-0191
Somerset County: 453-0060

Supervised Family visitation

Provision of court ordered or DHHS requested supervised or facilitated visitation in a safe environment, both office and community based, between child in the custody of DHHS and members of their family. Both MaineCare and non-MaineCare families are eligible in Somerset and Kennebec Counties.

Kennebec County: 621-0191
Somerset County: 696-8200

Locations

280 State Street
Augusta, ME 04330

160 Old Point Avenue
Madison, ME 04950

13 Tobey Road
Hinckley, ME 04944

Community Health & Counseling

Individual/group/family therapy services, long term and therapeutic foster care, home-based services

78 Madison Ave., Skowhegan, ME 04976

Tel: 858-4860 or 1-800-437-9227

PO Box 28, E. Winthrop, ME 04343

Tel: 395-2555 or 1-800-291-6021

www.chcs-me.org

Crisis and Counseling Centers

10 Caldwell Road, Augusta, ME 04330

Tel: 626-3448 or 1-888-568-1112

If calling from a cell phone in Somerset or Kennebec County: 621-2552

www.crisisandcounseling.org

GEAR Parent Network

A statewide family support network whose primary focus is on the emotional, behavioral, mental and social health of all children, youth and their families. Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health concerns to build on their family's strengths and to advocate for their family's needs. Free services available to parents & families include: support by phone, monthly support groups, education, health & legal trainings and social opportunities.

Tel: 1-800-264-9224

www.gearparentnetwork.com

KVCAP Child Care & Head Start

97 Water St., Waterville, ME 04901

Tel: 859-1645

28 Mary St., Skowhegan, ME 04976

Tel: 474-8487 ext. 2520 or both locations at -
1-800-542-8227

www.kvcap.org

Full Day/Full Year Head Start & Child Care Centers serving children ages 0-5:

Waterville CDC; Waterville Early Head Start; KVCC; Skowhegan Child Development Center; Home Start – Fairfield, Waterville & Ripley

Part Day/Part Year Head Start Programs serving children ages 3-5:

Kennebec Preschool, KVCAP Waterville; Waterville Pre-K, Educare; Fairfield Preschool, Pittsfield, Hartland, Palmyra, St. Albans, Madison, Anson, Norridgewock, Skowhegan Before and After School Program

Home Based - Child Development services delivered to parents and children in their homes

Children & Family Services—continued

KidsPeace National Centers for Kids in Crisis

Residential, day treatment, outpatient services, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, autistic spectrum disorder and counseling. Serves New England
744 Western Avenue, Ste.4, Manchester, ME 04351
Tel: 622-1404
444 Stillwater Avenue, Ste. 204 Bangor, ME 04401
Tel: 299-1414 or 1-800-221-7965

www.kidspeace.org

Maine Parent Federation

Provides information, training and support to parents of children with disabilities and special health care needs and the professionals who work with the families.
484 Maine Ave, Suite 2D, Farmingdale, ME 04344
Tel: 588-1933 or 1-800-870-7746 Fax: 588-1938

www.startingpointsforme.org

My Maine Connection

Online application can be completed for the following programs from home, libraries or any other location with internet access: Food Supplement Program (**SNAP**), Medical Assistance (**MaineCare**), Temporary Assistance for Needy Families (**TANF**), and **Child Care subsidy**.

<http://www.maine.gov/MyMaineConnection>

Catholic Charities Maine

Children's Case Management provides case management services to children with mental health needs, developmental disabilities and chronic medical conditions, ages 0-20. Services may also be provided to children under 5 years old if they are documented to be "at-risk" of developing such a condition by a medical provider. Through a variety of services from assessment through advocacy and evaluation, we seek to encourage and build independence, enhance functioning in home, school and community and empower children to achieve their optimal potential.

Functional Family Therapy is a short-term, evidence-based program that is offered in your home or office based setting, whichever is more comfortable for your family. FFT therapists are licensed Master's level clinicians who receive on-going, specialized training through FFT, Inc., and are held to the highest fidelity standards to promote successful treatment outcomes.
Locations:

66 Western Avenue
Fairfield, ME 04937
(207) 453-4365

136 State Street
Augusta, ME 04438
(207) 238-8635

Penquis CAP Head Start

A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parent involvement components. Services are provided to 3, 4, and 5 year old children at sites in Penobscot and Piscataquis Counties.
262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
www.penquis.org

Southern Kennebec Child Development Corporation

Head Start and Day Care for the Augusta area
337 Maine Avenue, Farmingdale, ME 04344
Tel: 582-3110 or 1-800-525-2229
www.skcdc.org

Waterville Boys & Girls Club and YMCA

126 North St., Waterville, ME 04901
Tel: 873-0684
www.aplaceforkidstogo.org

Clothing & Housewares

Addie's Attic - St. Mark's Episcopal Church

9 Summer St., Augusta, ME 04330
Tel: 622-2424

Bear-ly Used Boutique

104 Kennedy Memorial Drive, Waterville, ME 04901
Tel: 872-5055

Becky's Second Time Around

125 Maine St., Winthrop, ME 04364
Tel: 377-6143

Community Clothes Closet

Methodist Church
103 Dr. Mann Road, Skowhegan, ME 04976
Tel: 474-3915

HVWA Resale Shop

304 Main St., Waterville, ME 04901
Tel: 873-3615 ext. 13

Clothes Closet

101 Spring St., Gardiner, ME 04345
Tel: 582-5188

Goodwill Retail Store

5 Senator Way, Augusta, ME 04330
Tel: 623-1774

Goodwill Retail Store

10 Concourse West
Waterville, ME 04901
Tel: 877-0673

Ken-A-Set Thrift Store

1 College Ave
Waterville, ME 04901
Tel: 873-3932

Pennywise – Thrift Shop

First Congregational Church
134 Somerset Ave., Pittsfield, ME 04967
Tel: 487-4760

Salvation Army Store

184 College Ave, Waterville, ME 04901
Tel: 680-2531

Skills Thrift Store

78 Water Street, Skowhegan, ME 04976
Tel: 474-2117

Palmyra Clothes Cupboard

190 Springhill Road
Palmyra, ME 04965
Tel: 938-2683

Domestic Violence

Family Violence Project

PO Box 304, Augusta, ME 04332

Tel: 623-8637

PO Box 3104, Skowhegan, ME 04976

Tel: 474-8860

Hotline: 1-877-890-7788 (24 hour)

Men's Work

Offers group education for men who have verbally, mentally or physically abused a woman in a relationship. Because many men who abuse their partners have abused their children as well, Menswork groups also address the connections between intimate partner abuse and child abuse.

218 Water St., Augusta, ME 04330

Tel: 623-7252

Sexual Assault Crisis Support Center

134 Main St., Winthrop, ME 04364

Tel: 377-1010 Hotline: 1-800-871-7741

18 Silver St., Suite 3, Waterville, ME 04901

www.silentnomore.org

Spruce Run

Serves people affected by domestic abuse. Services include a 24 hr hotline (7 days a week), support groups, education groups, children's services, shelter, training & education.

PO Box 653, Bangor, ME 04401

Tel: 945-5102

Hotline: 1-800-863-9909

Victim/Witness Advocate

Services provide help to any victim of, or witness to a crime. Short term counseling, emergency assistance with law enforcement, judicial system guidance and support.

District Attorney, Somerset County, Skowhegan, ME 04976

Tel: 474-2423

Kennebec County Court House, 95 State St. Augusta, ME

Tel: 623-1156

Education

Adult Education

Augusta Adult & Community Education
33A Union St., Augusta, ME 04330
Tel: 626-2470

Mid Maine Regional Adult & Community Education

Waterville/Winslow Office
1 Brooklyn Ave., Waterville, ME 04901
Tel: 873-5754
Or
Messalonskee Office
131 Messalonskee Dr., Oakland, ME 04963
Tel: 465-9134
www.waterville.maineadulted.org

Mt. View Adult & Community Education

577 Mt. View Rd., Thorndike, ME 04986
Tel: 568-3426
www.msad3.org

MSAD 13 Adult Education

125 Canada Rd., Moscow, ME 04920
Tel: 672-5572
www.sad13.com

RSU 19 Adult Education

266 Williams Road, Newport, ME 04953
Tel: 368-3290
www.rsu19.org

MSAD 53 Adult & Community Education

Warsaw Middle School
167 School St., Pittsfield, ME 04967
Tel: 487-5145
www.msad53.org

RSU 54 / MSAD 54 Adult & Community Education

High School Diploma, Office Skills, CNA, CDL & more
Academy Circle, Skowhegan, ME 04976
Tel: 474-7553
www.msad54.maineadulted.org

MSAD 74 Adult Education

PO Box 87, North Anson, ME 04958
Tel: 566-7302
www.msad74.org

RSU/MSAD11 Adult Education

40 West Hill Rd., Gardiner, ME 04345
Tel: 582-3774
www.msad11.maineadulted.org

Lawrence Adult Ed.—MSAD 49

4 School St., Fairfield, ME 04937
Tel: 453-4200 ext 3114
www.lawrenceadulted.org

RSU 38 Maranacook Adult Education

2250 Millard Harrison Dr., Readfield, ME 04355
Tel: 685-4923 ext. 1065
<http://adulted.maranacook.org>

Local Colleges

Beal College

Provides traditional & non traditional students with a quality education in Allied Health, Business Studies, Criminal Justice, Early Childhood Education, Social & Human Services, and Professional Office Technology & Support. Day and evening courses available with six start date options per year.
99 Farm Rd., Bangor, ME 04401
Tel: 1-800-660-7351
www.bealcollege.edu/

Eastern Maine Community College

EMCC has professional staff available to assist you in meeting your educational goals. Call for an appointment and get started today. Offering both credit and non-credit courses as well as entire degrees.
354 Hogan Rd., Bangor, ME 04401
Tel: 974-4600 or 1-800-286-9357 ext 4680
www.emcc.edu

Husson University

Offers 2 & 4 year programs in Accounting, Business Administration, Criminal Justice, Computer Information Systems, and Business & Technology. Financial Aid is available.
One College Circle, Bangor, ME 04401
Tel: 941-7121 or 1-800-448-7766
www.husson.edu

Kennebec Valley Community College

Admissions/Financial Aid—453-5035
92 Western Ave., Fairfield, ME 04937
Tel: 453-5000 or 1-800-528-5882
www.kvcc.me.edu

University of Maine at Augusta

Regional state university providing baccalaureate and select associate degrees to meet the educational, economic and cultural needs of Central Maine. Additionally, UMA offers several bachelor degrees statewide through University College outreach centers.
46 University Dr., Augusta, ME 04330
Tel: 621-3000 or 1-877-862-1234
www.uma.maine.edu

Education Services

Bonney Staffing & Training Center

Temporary staffing firm for office and light industrial positions in the Augusta area. Job listings available.

124 State St., Augusta, ME 04330

Tel: 621-1100 or 1-888-433-0693

www.bonneystaffing.com

Helping Hands Trade School

Helping Hands offers ongoing classes in the healthcare field. These courses are designed for both entry level positions and advanced training in specific occupations.

Hours-M-F, 7:30-3:30

410 China Rd., Winslow, ME 04901

Tel: 873-0011 or 1-800-777-8976

www.helpinghandstradeschool.com

Kennebec Learning Center

Day program for Augusta Adult Education. Provides high school diploma, GED and college prep classes.

Hours: M-Th, 8:30 am-9:00 pm

33A Union St., Augusta, ME 04430

Tel: 626-2528

www.augustaschools.org/schools/adult_education/index.php

Literacy Volunteers of Maine

Provides one on one reading help for adults wanting to improve reading skills. Assistance available for individuals of a variety of reading levels at no cost.

Augusta

Literacy Volunteers of Greater Augusta

12 Spruce St., Suite 2, Augusta, ME 04430

Tel: 626-3440

Waterville

Literacy Volunteers of Waterville

PO Box 1645

107 Kennedy Memorial Dr., Waterville, ME 04901

Hrs: T, W, F, 10 am-2 pm

Tel: 873-7786

Franklin & Somerset Counties

Literacy Volunteers of Franklin & Somerset County

108 Fairbanks Rd., Suite 3, Farmington, ME 04938

Tel: 778-3460

Maine Educational Opportunity Center

Provides assistance with preparing for post secondary education

University of Maine, 5713 Chadbourne Hall, Orono

Tel: 581-1226 or 1-800-281-3703

<http://meoc.maine.edu>

Penobscot Job Corps Center

Education and vocational skills training to help young people become job ready. Applicants do not need a high school diploma. Job Corps provide residences for students.

1375 Union St., Bangor, ME 04401

Tel: 990-3000 or 1-800-733-5627

www.jobcorps.gov

University of Maine Cooperative Extension

Somerset Office

Provides information on the following: nutrition & food, resources, agriculture, dairy, natural resource management, 4-H, family financial management and senior companion program.

7 County Dr., Skowhegan, ME 04976

Tel: 474-9622 or 1-800-287-1495

Kennebec Office

Provides information on the following: health & nutrition education, resources, agriculture, dairy, natural resource management, and 4-H

125 State St., 3rd Floor, Augusta, ME 04330

Tel: 622-7546 or 1-800-287-1481

Penobscot Office

Provides information on the following: agriculture, gardening, home-based business management, nutrition & food, parenting, 4-H, and senior companion program.

307 Maine Ave., Bangor, ME 04401

Tel: 942-7396 or 1-800-287-1485

<http://extension.umaine.edu/>

Women, Work & Community

Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.

www.womenworkandcommunity.org

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482

Employment & Training Services

ASPIRE - DHHS

For individuals who qualify for TANF; offers field placements for employment experience; support services for individuals in education training or employment programs - may include books & supplies, child care, transportation, auto repair and insurance, and clothing.

35 Anthony Ave., Augusta, ME 04333
Tel: 624-8090 or 1-800-452-1962

98 North Ave., Skowhegan, ME 04976
Tel: 474-4800

396 Griffin Rd.
Bangor, ME 04401
Tel: 561-4175 or 1-800-482-7517

Maine CareerCenter

Assistance looking for your first job, a better job or a whole new career. It is also a place to find information on training and education.

21 Enterprise Dr., Suite 2, Augusta, ME 04333-0109

Tel: 624-5120 Fax: 287-6236

45 Oak St., Suite 3, Bangor, ME 04401-7902

Tel: 561-4050 Fax: 561-4066

98 North Ave., Suite 20, Skowhegan, ME 04976

Tel: 474-4950 Fax: 474-4914

Statewide Help line: 1-888-457-8883

TTY: 1-800-794-1110

www.mainecareercenter.com

Senior Community Employment Program (SCSEP)

Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.

Missy Ayotte

Older Worker Program Coordinator

Goodwill Workforce Solutions

185 Lancaster Street

Portland, ME 04101

Tel: 207-370-3902

Unemployment Call Center - Benefit Claims

Tel: 1-800-593-7660

TTY: 1-888-457-8884

www.maine.gov/labor/unemployment/benefits.html

Women, Work & Community

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Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410

Tel: 621-3440 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401

Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901

Tel: 872-9482 or 1-800-442-2092

www.womenworkandcommunity.org

WorkReady

WorkReady is a 60-hour, standards-based workforce development education and training program designed to provide participants with the essential work skills to seek, attain and retain employment, as well as a portable credential. WorkReady is endorsed by many organizations and businesses throughout the state. For more information on this program and a schedule, contact your nearest Adult Education Program or go online to

www.workreadyforme.org

Waterville Public Library Business & Career Center

73 Elm Street, Waterville, ME 04901

207.680.2611

business@watervillelibrary.org

<http://www.watervillelibrary.org/departments/business/>

<http://www.facebook.com/wplbcc>

Employment and business development resources and programming. CareerCenter Veterans' Representative available weekly to assist veterans in exploring career options. 14 public computers and a laptop training classroom. Free wi-fi network.

Financial Information & Assistance

Money Management International CCCS (Previously known as - Consumer Credit Counseling Services)

Provides residents of Maine with financial counseling, debt repayment plans and consumer education, seven offices throughout the state.

1 Bangor St., Augusta, ME 04330
175 Exchange St, Suite 200 Bangor, ME 04401
Tel: 1-866-889-9347
www.cccsme.org

MaineStream Finance

Training, counseling & loan programs aim to eliminate or alleviate poverty & create individual wealth through financial literacy, business start up, job creation and home ownership.

262 Harlow St., Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
www.mainestreamfinance.org

Maine Veterans' Services, Bureau of

Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission
on Women Veterans

Waterville Office

National Guard Armory
Drummond Avenue
Waterville, ME 04901
Tel: 872-7846

Email: Conrad.n.edwards@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)

117 State House Station
Augusta, ME 04333-0117
Tel: 626-4464

Email: mainebvs@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Maine Public Utilities Commission

101 2nd Street
Hallowell, ME 04347
Tel: 287-3831 or 1-800-452-4699
TTY Relay: 1-800-437-1220
www.maine.gov/mpuc/consumer/other_agencies.html

Maine Office of the Public Advocate

103 Water St.
Hallowell, ME 04347
Maine Ratewatcher Guide
www.maine.gov/meopa/ratewatcher/wireless.htm

My Maine Connection

Online application can be completed for the following programs from home, libraries or any other location with internet access: Food Supplement Program (**SNAP**), Medical Assistance (**MaineCare**), Temporary Assistance for Needy Families (**TANF**), and **Child Care subsidy**.

<http://www.maine.gov/MyMaineConnection>

Salvation Army

Augusta

Emergency Assistance - Emergency Financial Assistance,
Seasonal Services

11 North Pearl, Augusta, ME 04330
Tel: 623-3752

Waterville

Helps with emergency needs such as: financial assistance,
rental assistance (not deposit) - income eligible.

225 Main St., Waterville, ME 04901
Tel: 872-2172

Bangor

Disaster Services, Emergency Assistance - Food &
Nutrition Programs, Emergency Assistance - Seasonal
Services

65 South Park St., Bangor, ME 04401
Tel: 941-2990

www.use.salvationarmy.org/nne

Social Security Administration

Federal Building

208 Harlow Street, Bangor
Tel: 990-4530 or 1-877-405-1448

Waterville Office

46 Front St., Waterville, Me 04901
Tel. 872-2723

Women, Work & Community

Support for individuals experiencing the stress and upheaval of life changes surrounding divorce, separation, widowhood, the disability of a spouse, or loss of public assistance. Financial literacy training and career exploration. Confidential and free.

Augusta

UMA, 46 University Dr., Augusta, ME 04330-9410
Tel: 621-3440 or 1-800-442-2092

Bangor

1 University Drive, Bangor Hall, Bangor, ME 04401
Tel: 262-7840

Waterville

93 Main St., Waterville, ME 04901
Tel: 872-9482

www.womenworkandcommunity.org

Food & Nutrition

University of Maine Cooperative Extension

Somerset Office

Free Educational Programs on Nutrition and Food
Purchasing, Preparation and Safety for Maine Families
Receiving Food Stamps.
7 County Dr., Skowhegan, ME 04976
Tel: 474-9622 or 1-800-287-1495

Kennebec & Somerset Counties

Please note:

- ☛ If you need food assistance you must go to the food bank in your town.
- ☛ If you do not have a food bank in your town, please contact your town office to find which food bank they support.
- ☛ Most food banks do not serve people outside of their service area nor are they obligated to do so.
- ☛ The food you are given at the food bank is to supplement your grocery needs and is not intended to supply all of your food needs.
- ☛ The food items available will change with each visit and you should not expect to always receive the same items.

ALBION

Loaves & Fishes

123 Benton Road
Hrs. of operation: 1st & 3rd Thurs. 9:00 – 11:00 AM

AUGUSTA

Augusta Food Bank c/o St. Mark's Church

9 Summer Street
Tel. 622-5225
Hrs. of operation: Mon. & Thur. 12:30-2:00 PM
& Mon. 5:30 - 7:00 PM

Bread of Life Ministries Soup Kitchen

157 Water Street
Tel. – office: 626-3434 Kitchen: 621-2541
Hrs. of operation: Mon. thru Sat. 11:00 AM – 12:30 PM

The Family Violence Project

83 Western Avenue
Tel: 623-3560
Hrs. of operation: Mon. – Fri. 9:00 AM – 5:00 PM

BELGRADE

Belgrade – Rome Special Needs Food Pantry

6 Manchester Road
Tel: 495-2258
Hrs. of operation: Tues. 9:00 – 11:00 AM

BINGHAM

Bingham Area Food Pantry

St. Peter's Rectory Basement, Owens Street
Hrs. of operation: 3rd Tues. of month 8:00 AM – Noon

CANAAN

Canaan Community Food Bank

Rt 2 (across from Post Office)
Hrs. of operation: 1st and 3rd Mon. 1:00 - 2:15 PM
2nd Mon. 5:00 - 6:00 PM
(Snow day or holidays - open on Tuesdays)

CHINA

China Community Food Pantry

1320 Lakeview Drive at Parameter Terrace,
Tel. 968-2421
Hrs. of operation: Fri. and Sat. Noon – 1:00 PM

CORNVILLE

Cornville Athens Food Cupboard

489 West Ridge Road
Hrs. of operation: 2nd Saturday of month 9:00 – 11:00 AM

FAIRFIELD

Fairfield Interfaith Food Pantry

12 New Hall Street (Baptist Church)
Tel. 509-9972
Hrs. of operation: 2nd and 4th Thurs.
(November and December 2nd and 3rd Thurs.)

GARDINER

Chrysalis Place/Gardiner Food Bank

576 Brunswick Road
Tel. 582-5507
Hrs. of operation: Tues. 6:00 – 8:00 PM,
Thurs. 1:00 – 3:00 PM

HALLOWELL

Hallowell Food Bank, Inc.

Perley's Lane (Basement of Hallowell Fire Department)
Tel. 512-8431
Hrs. of operation: Fri. 1:00 – 2:30 PM

HARTLAND

Tri-Town Food Cupboard

94 Hubbard Avenue
Tel. 938-3283
Hrs. of operation: Wed. 9:30 - 11:30 AM

JACKMAN

Jackman Food Cupboard

369 Main Street
Tel. 668-5962
Hrs. of operation: 3rd Wed. of month 1:00 - 2:00 PM or
on demand

Food & Nutrition—continued

Kennebec & Somerset Counties—continued

LITCHFIELD

Litchfield Community Food Bank

Hallowell – Litchfield Road

Tel. 557-2680

Hrs. of operation: Thurs. Noon -2:00 PM

MADISON

People Who Care Food Cupboard

Old Point School, Myrtle Street,

Tel. 696-9294

Hrs. of operation: Tues. 9:00 AM – Noon

MONMOUTH

Monmouth Food Pantry

776 Main Street

Tel. 933-2502

Hrs. of operation: Thurs. Noon - 1:00 PM

North Monmouth Food Bank

North Main Street

Tel. 933-2400

Hrs. of operation: Mon. 5:30 - 6:00 PM

Fri. 5:00 - 6:00 PM

MOUNT VERNON

First Baptist Church Food Bank

321 Pond Road

Tel. 293-2273

Hrs. of operation: Sat. 10:00 AM - Noon

NORRIDGEWOCK

Norridgewock Community Food Cupboard

227 Waterville Road

Tel. 634-4116

Hrs. of operation: 1st 4 Tues. per month 9:00 - 11:00 AM

OAKLAND

Oakland Food Bank

14 West School Street (United Methodist Church)

Tel. 649-4811

Hrs. of operation: Thur. 4:00 - 6:00 PM

Oakland Soup & Sandwich

37 Church Street (United Baptist Church)

Hrs. of operation: Thur. 4:00 - 5:30 PM

PALMYRA

Palmyra Baptist Soup Kitchen

868 Main Street

Tel. 938-7094

Hrs. of operation: Tues. & Thurs. Noon - 1:00 PM

Sat. 5:00 - 6:30 PM

PITTSFIELD

Community Christmas Project

Downtown Parking Lot (Behind Main St)

Hrs of operation: Tues. & Fri. 9:00 AM - Noon

SIDNEY

Sidney Food Cupboard

3018 West River Road

Tel. 547-3543

Hrs. of operation: By appointment only

SKOWHEGAN

Skowhegan Community Food Cupboard

16 Cariani Street

Tel. 474-9249

Hrs. of operation: Mon., Wed., & Fri. 10:00 – 11:00 AM

St. Anthony's Soup Kitchen

Notre Dame de Lourdes Church

Tel. 474-5211

Hrs. of operation: Mon-Tues, Thurs 4:30 – 5:30 PM

SMITHFIELD

Town of Smithfield

962 Village Road

Tel. 362-4772

Hrs. of operation: Monday thru Friday 8:00 – 11:45 AM & 12:30 - 4:00 PM (must call ahead)

SOLON

Solon Food Closet

School and Pleasant Street

Tel. 643-2855

Hrs. of operation: 1st & 4th Thurs. & Fri. 9:00 AM - 3:00 PM (closed from noon - 1:00 PM)

STARKS

Starks Food Cupboard

Chicken Street

Tel. 696-4337

Hrs. of operation: 1st and 3rd Wed. 10:00 AM – Noon

VASSALBORO

Vassalboro Food Station

Rt. 32 North

Tel. 873-7375

Hrs. of operation: Thurs. 11:00 AM - Noon

Food & Nutrition—continued

Kennebec & Somerset Counties—continued

WATERVILLE

St. Francis Soup Kitchen

112 Silver Street, Waterville 04901

Tel: 872-2281

Hrs. of operation: Sat. 11:00 AM - Noon

Evening Sandwich Program

69 Silver Street

Tel: 873-4006

Hrs. of operation: Mon. thru Fri. 4:00 - 5:00 PM

Greater Waterville Area Food Bank

United Methodist Church

61 Pleasant Street

Tel: 872-7564

Hrs. of operation: Mon. thru Thurs. 10:00 AM - Noon
(Except Holidays)

Kid's Kitchen - Boys & Girls Club

126 North Street

Tel: 873-0684

Hrs. of operation: Mon. - Fri. 2:30 - 4:30 PM

(When school is in session)

7:00 AM - 1:00 PM (when school is not in session)

Mid-Maine Homeless Shelter

28 Ticonic Street

Tel: 872-8082

Hrs. of operation: Fri. 1:00 - 3:00 PM

Sacred Heart Soup Kitchen

72 Pleasant Street

Tel: 872-5725 (before 2:00 PM)

Hrs. of operation: Mon. - Fri. 11:00 AM - 12:30 PM

WINDSOR

Windsor Food Bank

523 Ridge Road

Tel. 445-2998

Hrs. of operation: 1st and 3rd Thur. of each month
6:30 - 8:00 PM

WINSLOW

St. John's Food Pantry

26 Monument Street

Tel: 872-2281

Hrs. of operation: 3rd Wed. 10:30 AM - 12:30 PM

WINTHROP

Winthrop Food Pantry

25A High Street

Tel. 377-3332

Hrs. of operation: Thur. 1:00 - 2:30 PM
2nd & 4th Thurs. 5:00 - 6:30 PM

WIC - HealthReach Network

Augusta

263 Water St., 4th Floor, Augusta, ME 04330

Tel: 621-6202

Waterville

63 Eustis Parkway, Waterville, ME 04901

Tel: 872-1593

Skowhegan

165 North Ave., Skowhegan, ME 04976

Tel: 474-7463 or 1-888-942-6333

Penobscot County

BANGOR

Bangor Area Homeless Shelter

263 Main St., Bangor, ME 04401

Tel: 947-0092

Hrs: every day 24 hours

Ecumenical Food Cupboard

28 High St., Bangor, ME 04401

Tel: 942-4381

Hrs: Monday, Wednesday & Friday 10 to Noon

Manna Inc. Food Pantry

629 Main St., Bangor, ME 04401

Tel: 990-2870

Hrs: Mon, Wed & Fri for pantry - 3 to 4 pm;
Mon thru Fri for kitchen - 4:30 to 5:30

General Assistance Program - Town Offices

Each town has a General Assistance Program to help people in emergencies. You may be eligible even if you work or receive other benefits such as: food stamps, veterans' benefits, or social security income. **To request General Assistance, it is best if you can call your town office ahead of time and make an appointment.** Your application must be accepted for a review. You may be turned down for help if you do not meet the guidelines for the program. The application is private and confidential. If you have problems concerning General Assistance, you can contact:

Office of Integrated Access and Support
Department of Health and Human Services
287-2826 or 1-800-442-6003 (Toll Free)
TTY: 1-800-606-0215

Kennebec County

Albion

22 Main Street
P.O. Box 287
Albion 04910
Phone: 437-2900
Tues: 8:30 AM – 4:30 PM
Thurs: 1:00 – 6:00 PM
Fri.: 8:00 AM – 1:00 PM
1st Monday of the Month: 7:00PM – 9:00 PM

Augusta

City Center Plaza
16 Cony Street
Augusta 04330
Phone: 626-2310
General Assist.: 626-2325
Mon. – Fri.: 7:45 AM – 4:30 PM

Belgrade

6 Manchester Road
Belgrade 04917
Phone: 495-2258
Mon. – Fri.: 8:00 AM – 4:30 PM
General Assist: Tues. & Thurs.
9:00 – 11:00 AM

Benton

1279 Clinton Avenue
Benton 04901-3050
Phone: 453-7191
Mon. – Wed., Fri.: 9:00 AM – 4:00 PM
Thurs.: 11:00 AM – 6:00 PM

Chelsea

560 Togus Road
Chelsea 04330
Phone: 582-4802
Mon. – Fri 9:00 AM – 4:00 PM
Last Thurs. of month: 9:00 AM – 5:00 PM

China

571 Lakeview Drive
South China 04358
Phone: 445-2014
Mon. – Fri.: 7:30 AM – 4:00 PM
Sat.: 8:00 – 11:00 AM

Clinton

27 Baker Street
Clinton 04927
Phone: 426-8511
Mon.- Fri.: 8:00 AM – 3:45 PM
2nd & 4th Tues. of the month: 8:00 – 6:00 PM

Farmingdale

289 Main Avenue
Farmingdale 04344
Phone: 582-2225
Mon., Tues., Thurs., Fri.: 8:00 AM – 5:00 PM
Wed.: 10:00 AM – 5:00 PM

Fayette

2589 Main Street, Route 17
Fayette 04349
Phone: 685-4373
Mon., Tues., Wed.: 7:00 AM – 4:30 PM
Thurs.: 7:00 AM – 6:30 PM

Gardiner

6 Church Street
Gardiner 04345
Phone: 582-4200
Mon. – Fri.: 8:00 AM– 4:30 PM

Hallowell

1 Winthrop Street
Hallowell 04347
Phone: 623-4021
Mon. – Fri.: 8:00 AM – 5:00 PM

Litchfield

2400 Hallowell Road
Litchfield 04350
Phone: 268-4721
Mon.: 8:30 AM – 7:00 PM
Tues., Wed., Thurs.: 8:30 AM – 6:00 PM

Manchester

12 Readfield Road
Manchester 04351
Phone: 622-1894
Mon. & Thurs.: 8:00 AM – 4:00 PM
Tues.: 8:00 AM – 6:00 PM
Wed.: 8:00 AM – noon
Fri.: 8:00 AM – 2:00 PM

General Assistance Program - Town Offices Continued
Kennebec County

Monmouth

859 Main Street
Monmouth 04259
Phone: 933-2206
Mon.: 10:00 AM – 6:00 PM
Tues. – Thurs.: 9:00 AM – 5:00 PM

Mt. Vernon

1997 North Road
Mt. Vernon 04352
Phone: 293-2376
Mon., Tues., Thurs.: 9:00 AM – 5:00 PM
Wed.: 1:00 – 7:00 PM
4th Saturday of the month: 9:00 AM – noon

Oakland

6 Cascade Mill Road
Oakland 04963
Phone: 465-7357
Mon. – Thurs.: 8:30 AM – 4:30 PM
Fri: 8-4:30pm

Pittston

38 Whitefield Road, Route 126
Pittston 04345
Phone: 582-4438
Mon.: 9:00 AM – 5:00 PM
Tues.: 9:00 AM – 1:00 PM
Wed.: 9:00 AM – 1:00 PM & 4:00 – 8:00 PM
Thurs. & Fri.: 9:00 AM – 2:00 PM

Randolph

121 Kinderhook Street
Randolph 04346
Phone: 582-5808
Tues.: 10:00 AM – 7:00 PM
Wed. – Fri.: 10:00 AM – 5:00 PM

Readfield

8 Old Kents Hill Road
Readfield 04355
Phone: 685-4939
Mon., Tues., Thurs., Fri.: 8:30 AM – 4:30 PM
Wed.: noon – 6:00 PM

Rome

8 Mercer Road
Rome 04963
Phone: 397-4011
Mon., Tues.: 2:00 – 6:00 PM
Wed.: 4:00 PM – 8:00 PM
Sat.: 9:00 – 11:45 AM

Sidney

2986 Middle Road
Sidney 04330
Phone: 547-3340
Mon., Tues., Thurs., Fri.: 9:00 AM – 4:30 PM
Wed.: noon – 7:30 PM

Vassalboro

682 Main Street
North Vassalboro 04962
Phone: 872-2826
Mon. – Wed.: 8:00 AM – 5:00 PM
Thurs.: 8:00 AM – 6:30 PM
Fr.: 8:00 AM - noon

Vienna

212 Townhouse Road
Vienna 04360
Phone: 293-3383
T&Th 9-12 & 4:45-7pm
Last Sat.of Month 1-4
And by appointment

Waterville

One Common Street
Waterville 04901
Phone: 680-4200
Mon. – Fri.: 7:30 AM – 5:00 PM

Wayne

48 Pond Road
Wayne 04284
Phone: 685-4983
Mon. & Wed.: 1:30 – 5:30 PM
Tues.: 1:00 – 6:00 PM
Thurs.: 7:30 AM – 12:30 PM
Fri.: 1:30 – 4:30 PM

West Gardiner

318 Spears Corner Road
West Gardiner 04345
Phone: 724-3945
Mon. – Fri.: 8:00 AM – 1:00 PM
Thurs.: 5:00 – 8:00 PM

Windsor

523 Ridge Road
Windsor 04363
Phone: 445-2998
Mon.: 9:00 AM – 5:00 PM
Tues.: 11:00 AM – 8:00 PM
Thurs.: 7:00 AM – 4:00 PM
Fri.: 9:00 AM – 3:00 PM

Winslow

114 Benton Avenue
Winslow 04901-6898
Phone: 872-2776
Mon. – Fri.: 8:00 AM – 4:30 PM

Winthrop

17 Highland Avenue
Winthrop 04364
Phone: 377-7200
Mon. – Fri.: 8:00 AM - 5:00 PM

General Assistance Program - Town Offices Continued
Somerset County

Anson

62 Main Street
Anson 04911
Phone: 696-3979
Mon. – Fri.: 8:00 AM – 4:00 PM

Athens

28 Academy Road
Athens 04912
Phone: 654-3471
Mon. & Thurs.: 3:30 – 7:30 PM

Bingham

13 Murray Street
Bingham 04920
Phone: 672-5519
Mon. – Fri.: 9:00 AM – 4:00 PM

Brighton Plantation

Post Office Box 126
Athens 04912
Phone: 654-2551
No set hours

Cambridge

202 Ripley Road
Cambridge 04923
Phone: 077-3241
Mon., Wed., Fri.: 9:00 AM – noon
Thurs.: 6:00 – 8:00 PM

Canaan

277 Main Street
Canaan 04924
Phone: 474-8976
Mon., Tues., Thurs., Fri.: 8:00 AM – 4:00 PM
Wed.: 8:00 AM – 1:00 PM & 5:00 – 8:00 PM

Caratunk

Post Office Box 19
Caratunk 04925
Phone: 672-3030
No set hours

Cornville

508 West Ridge Road
Cornville 04976-6307
Phone: 474-3275
Tues.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Dennistown Plantation

28 Sandy Stream Road
Dennistown 04945
Phone: 668-4082
No set hours

Detroit

35 South Main Street
Detroit 04929
Phone: 257-4488
Mon. – Wed. & Fri.: 8:30 AM – 5:30 PM
2nd & 4th Saturday: 9:00 AM – noon

Embden

809 Embden Pond Road
Embden 04958
Phone: 566-5553
Tues., Wed., Fri.: 10:00 AM – 4:00 PM
Thurs.: 1:00 – 7:00 PM

Fairfield

19 Lawrence Avenue
Fairfield 04937
Phone: 453-7911
Mon. – Fri. 8:30 AM – 4:30 PM

Harmony

3 Main Street
Harmony 04942
Phone: 683-5681
Tues.: 2:00 – 6:00 pm
Thurs.: 9:00 AM – noon

Hartland

21 Academy Street
Hartland 04943
Phone: 938-4401
Mon. – Wed. & Fri.: 8:30 AM – 4:30 PM
Thurs.: 8:30 AM – 6:00 PM

Highland Plantation

2001 Long Falls Dam Road
Highland PLT 04961
Phone: 628-4247
No set hours

Jackman

369 Main Street
Jackman 04945
Phone: 668-2111
Mon. – Fri.: 8:00 AM – 4:30 PM

Madison

26 Weston Avenue
Madison 04950
Phone: 696-3971
Mon. – Fri.: 7:30 AM – 4:00 PM
General Assistance: Mon. – Thurs.
9:00 AM – 3:00 PM

General Assistance Program - Town Offices Continued
Somerset County

Mercer

Mercer Community Center
1015 Beech Hill Road, Suite A
Mercer 04957
Phone: 587-2911
Mon., Wed., Thurs.: 9:00 AM - 3:00 PM
Tues. & Wed: 6:00 - 8:00 PM
1st Sat. of Month: 7:30 AM - 1:00 PM

Moose River

705 Main Street
Moose River 04945
Phone: 668-4019
Mon., Tues., Thurs.: 3:00 – 6:00 PM

Moscow

110 Canada Road
Moscow 04920
Phone: 672-4834
Mon., Wed., Fri.: 9:00 AM – noon &
1:00 – 4:00 PM

New Portland

901 River Road
North New Portland 04961
Phone: 628-4441
Mon., Tues., Wed.: 11:00 AM- 5:00 PM
Thurs.: 2:00 - 7:00 PM
First Saturday of each month: 8:00 AM – noon

Norridgewock

16 Perkins Street
Norridgewock 04957
Phone: 634-2252
Mon. - Wed., & Friday: 8:30 AM - 4:15 PM
Thurs.: 8:30 AM - 6:00 PM

Palmyra

768 Main Street
Palmyra 04965
Phone: 938-4871
Mon. - Fri.: 8:00 AM - 4:30 PM
1st Saturday of each month: 8:00 AM - noon

Pittsfield

112 Somerset Avenue
Pittsfield 04967
Phone: 487-3136
Mon. - Fri.: 8:00 AM - 5:00 PM

Pleasant Ridge Plantation

Bingham 04920
Phone: 672-3952
Wednesday: 6:00 - 8:00 PM

Ripley

1084 Main Street
Ripley 04930
Phone: 277-4871
Mon.: 1:00 - 6:00 PM
Wed.: 4:00 - 6:00 PM
Fri.: 9:00 AM - 6:00 PM

St. Albans

7 Water Street
St. Albans 04971
Phone: 938-4568
Mon.: noon - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Skowhegan

225 Water Street
Skowhegan 04976
Phone: 474-6907
Mon. - Fri.: 8:00 AM - 4:30 PM

Smithfield

926 Village Road
Smithfield 04978
Phone: 362-4772
Mon. - Fri.: 8:00 - 11:45 AM &
12:30 - 4:00 PM

Solon

121 South Main Street
Solon 04976
Phone: 643-2812
Mon., Wed., Fri.: 8:00 AM - noon & 1:00 - 4:00 PM
Wed.: 6:00 - 7:45 PM
General Assistance: Wednesday 9:00 - 11:00 AM

Starks

10 Locke Hill Road
Starks 04911
Phone: 696-8069
Mon.: 10:00 AM - 2:00 PM
Wed.: 3:00 - 7:00 PM

The Forks Plantation

Post Office Box 77
The Forks 04985
Phone: 663-4454
No set hours

West Forks Plantation

Post Office Box 35
West Forks 04985
Phone: 663-4404
No set hours

General Assistance Program - Town Offices Continued

Penobscot County Border Town Offices

Bangor City Hall

73 Harlow St.
Bangor 04401
Phone: 945-4400
Mon. - Fri.: 8:00 AM - 4:30 PM

Carmel Town Office

1 Safety Lane
Carmel 04419
Phone: 848-3361
Mon.: 8:00 AM - 8:00 PM
Tues.: 1:00 - 5:00 PM
Wed. - Fri.: 8:00 AM - 5:00 PM

Corinna Town Office

8 Levi Stewart Drive
Corinna 04928
Phone: 278-4183
Mon. - Fri.: 8:00 AM - 4:30 PM

Dexter Town Office

23 Main St.
Dexter 04930
Phone: 924-7351
Mon. - Fri.: 8:30 AM - 4:30 PM

Exeter Town Office

1220 Stetson Road
Exeter 04435
Phone: 379-2191

Levant Town Office

691 Townhouse Road
Levant 04456
Phone: 884-7660

Newport Town Office

23 Water Street
Newport 04953
Phone: 368-4410
Mon. - Fri.: 8:30 AM - 5:00 PM

Plymouth Town Office

1947 Moosehead Trail
Plymouth 04969
Phone: 257-4646
Mon.: 11:00 AM - 6:00 PM
Tues. - Fri.: 11:00 AM - 4:00 PM

Waldo County Border Town Offices

Burnham Town Office

247 South Horseback Road
Burnham 04922
Phone: 948-2369
Mon.: 8:00 AM - 4:00 PM &
7:00 - 9:00 PM
Tues. - Thurs.: 8:00 AM - 4:00 PM
Fri.: 8:00 AM - 2:00 PM

Troy Town Office

129 Rogers Road
Troy 04987
Phone: 948-2283
Mon., Tues., Thurs.:
9:00 AM-4:00 PM
Wed.: 4:00 - 7:00 PM
Fri.: 8:30 AM - noon

Unity Town Office

4 Clifford Common
Unity 04988
Phone: 948-3763
Mon. - Fri.: 8:30 AM - 2:30 PM
Tues.: 5:00 - 7:00 PM

Health Services

Health Centers

Fee is based on income

Bingham Area Health Center

PO Box 746, 237 Main St.
Bingham, ME 04920
Tel: 672-4187

Family Medicine Institute

15 East Chestnut Street
Augusta, ME 04330
Tel: 626-1561

Jackman Regional Health Center

376 Main Street
Jackman, ME 04945
Tel: 668-2691

Madison Area Health Center

PO Box 200, 8 South Main St.
Madison, ME 04950
Tel: 696-3992

Penobscot Community Health Center

1012 Union St., Ste A
Bangor, ME 04401-3060
Tel: 945-5247

Sebasticook Family Doctors

333 Main Street
Canaan, ME 04924
Tel: 474-6990

29 Church Street
Dexter, ME 04930
Tel: 924-3253

1008 West Main Street
Dover-Foxcroft, ME 04426
Tel: 564-8710

118 Moosehead Trail
Newport, ME 04953
Tel: 368-5189

1309 Main St. Unit # 1
Clinton, ME 04927
Tel: 426-0976

140 Chandler Street
Pittsfield, ME 04967

Hospitals

Inland Hospital

200 Kennedy Memorial Drive
Waterville, ME 04901
Tel: 861-3000 or 1-800-491-8600

MaineGeneral Medical Center

149 North Street
Waterville, ME 04901
Tel: 872-1000

35 Medical Parkway
Augusta, ME 04330
Tel: 626-1000

Redington-Fairview General Hospital

PO Box 468
Fairview Ave.
Skowhegan, ME 04976
Tel: 474-5121

Sebasticook Valley Health

447 North Main St.
Pittsfield, ME 04967
Tel: 487-4000

SVH Family Care (walk in care available)

8 Main St., Suite A
Newport, ME 04953
Tel: 368-4292

470 Somerset Avenue
Pittsfield, ME 04967
Tel: 487-5154

Reproductive Health

Fee is based on income

Skowhegan Family Planning

188 Madison Avenue
Skowhegan, ME 04976
(207) 612-5000

Waterville Family Planning

18 Silver Street
Waterville, ME 04901
(207) 509-3267

Penquis Family Planning

26 Harlow Street
Bangor, ME 04401
Tel: 973-3500

115 Main Street
Lincoln, ME
Tel: 794-3313

311A Corinna Road
Dexter, ME 04930
Tel: 924-7383

Health Services - continued

Dental

Bingham Area Health Center

Accepting Medicare and other insurances
PO Box 746, 273 Main St.
Bingham, ME 04920
Tel: 672-3519

Emergency Dental Services

325 Kennedy Memorial Drive, Building D
Waterville, ME 04901
Tel: 877-7246

Garcelon Children's Dental Center

133 State St.
Augusta, ME 04330
Tel: 622-2022

Maine Street Dental Center

Accepts MaineCare, open evenings & weekends
179 Main St., Suite 212
Waterville, ME 04901
Tel: 872-6815

Saulter Dental Hygiene Center

Accepting MaineCare
81 Western Ave.
Waterville, ME 04901
Tel: 861-8080

The Community Dental Center

93 Main St., 3rd Floor
Waterville, ME 04901
Tel: 872-8891

Other

Care Partners

A group of doctors, hospitals and other providers that have volunteered to provide health care to eligible members at a very reduced fee. Lab work, x-rays and some hospital services are at no charge.

Tel: 1-877-646-1684

www.carepartnersmaine.org

Capitol Community Clinic

Riverview Psychiatric Center
250 Arsenal St.
11 State House Station
Augusta, ME 04332
Tel: 624-3900 or 1-888-261-6684

Dirigo Health

Harward Pilgrim Health Care and its network of appointed insurance producers/agents began selling DirigoChoice to small businesses and self-employed individuals. To get a quote and enroll call:

Individual: 1-877-892-8391

Self-employed: 1-877-892-8391

Employers: 1-877-892-8391

TTY: 207-287-4344

www.dirigohealth.gov

MBCHP

Maine Breast & Cervical Health Program
Maine Department of Health & Human Services
11 State House Station, Augusta, ME 04330
Tel: 1-800-350-5180 option 1

MaineCare

77 Sewell St. (Third Floor), Augusta, ME 04330
Tel: 1-800-977-6740

Provides a list of dentist who accepts MaineCare clients throughout the state.

Maine Physician Referral Service

Tel: 1-877-281-5108

Maternal and Child Oral Health Resource

Tel: 1-888-275-4772

Public Health Nursing - DHHS

35 Anthony Avenue, 11 State House Station
Augusta, ME 04333-0011
Tel: 624-8050 or 1-800-452-1926

98 North Avenue, Skowhegan, ME 04976-1995

Tel: 474-4808 or 1-800-452-460

Health Services - continued

My Maine Connection

Online application can be completed for the following programs from home, libraries or any other location with internet access: Food Supplement Program (**SNAP**), Medical Assistance (**MaineCare**), Temporary Assistance for Needy Families (**TANF**), and **Child Care subsidy**.
<http://www.maine.gov/MyMaineConnection>

Veterans Services

Provides information on VA programs, veterans benefits. Veterans need to call for eligibility.
Bureau of Veteran's Services (Waterville Office)
National Guard Armory
Drummond Ave., Waterville, ME 04901
Tel: 872-7846

www.Maine.gov/dvem/bvs

Veterans Affairs

Tel: 1-800-827-1000 (VBA—benefits);
1-877-421-8263 (VHA—health)
www.va.gov —total overview of VA services, provides links
www.vba.gov/ro/east/togus —benefits info
www.togus.va.gov —health info

Veteran Affairs (VA) Clinics

Community-Based Outpatient Clinic-Primary Care

304 Hancock St., Suite 3B, Bangor, ME 04401

Tel: 561-3600

Bangor VA Mental Health Clinic

304 Hancock St., Suite 2D, Bangor, ME 04401

Tel: 561-3600

Vet Centers-Readjusting Counseling

Provides services to combat veterans and military sexual trauma veterans

352 Harlow St., Bangor, ME 04401

Tel: 947-3391

Housing & Shelter

Augusta Housing Authority

Provides Section 8 housing assistance for families, elderly and disabled individuals. Covers Augusta and any town where the town line is at least within a 10 mile radius.

33 Union St., Augusta, ME 04330

Tel: 626-2357

Bread of Life Ministries

Homeless shelter. Individuals can stay up to 7 days. Check in time is 4-6 pm Sun-Th, 4-9 pm Fr-Sat

157 Water St., Augusta, ME 04330

Tel: 626-3479

Homeless Crisis Hotline

Hours 9-5, Sunday—Saturday

Tel: 1-800-438-3890

KVCAP Fuel Assistance (HEAP/LIAP)

HEAP—Provides a heating assistance credit one time per heating season. Once a person is qualified for this program, they are eligible for all of our other energy related programs, if the need is there.

LIAP—Program assists qualified low-income customers to pay their electric bills. The utility companies we allow assistance for are Central Maine Power & Madison Electric.

97 Water Street

Waterville, ME 04901

Tel: 859-1500 or 1-800-542-8227

Also—contact local town office for general assistance.

KVCAP—Housing Services

Education, counseling, and financial assistance, support affordable housing opportunities through development of single family homes in Somerset & Kennebec counties.

97 Water St., Waterville, ME 04901

Tel: 859-1619 or 1-800-542-8227 ext 1619

www.kvcap.org

Maine State Housing Authority

Offers programs and services that make decent, safe housing more affordable and accessible to Maine people.

Provides Section 8 Housing for Somerset and Franklin counties

353 Water St., Augusta, ME 04330

Tel: 1-800-452-4668 or 626-4600

www.mainehousing.org

Mid Maine Homeless Shelter

Provides overnight shelter and aid to families and individuals. Hours 4 pm-8 am, 7 days a week.

19 Colby St., Waterville, ME 04901

Tel: 872-8082

Motivational Services (MOCO)

Helps people meet their basic need for improving the quality of their lives by providing opportunities for safe and affordable housing, employment, case management, recreation, and socialization services.

14 Glenridge Dr., Augusta, ME 04330

Tel: 626-3465

www.mocomaine.com

Shaw House

Shelter, food, clothing, supervision, counseling, health clinic, drop in center, prevention programs, transitional housing for youth that are homeless or at-risk of being homeless.

136 Union St., Bangor, ME 04401

Tel: 941-2828 or 1-866-561-7429

US Department of Agriculture

Rural Development

Mortgage services for income eligible applicants

Somerset/Penobscot/Waldo Counties

1423 Broadway, Suite 3, Bangor, ME 04401

Tel: 947-3676

Kennebec County

PO Box 1938, Lewiston, ME 04240

Tel: 753-9400

www.rurdev.usda.gov/me/

US Housing & Urban Development

202 Harlow St., Bangor, ME 04401

Tel: 945-0467

www.hud.gov

Housing & Shelter - continued

Salvation Army

Augusta

Emergency Assistance - Emergency Financial Assistance, Seasonal Services

11 North Pearl, Augusta, ME 04330

Tel: 623-3752

Waterville

Helps with emergency needs such as: financial assistance, rental assistance (not deposit) - must meet eligibility criteria.

225 Main St., Waterville, ME 04901

Tel: 872-2172

Bangor

Disaster Services, Emergency Assistance - Food & Nutrition Programs, Emergency Assistance - Seasonal Services

65 South Park St., Bangor, ME 04401

Tel: 941-2990

www.use.salvationarmy.org/nne

VA Homeless Veterans Coordinator

Assists veterans with enrollment of overall veteran services. Assists with Section 8 application and provides list of housing resources available.

Tel: 623-8411 ext. 4344

Waterville Housing Authority

Provides Section 8 Housing assistance for families, elderly And disabled individuals.

88 Silver St, Waterville, ME 04901

Tel: 873-2155

Legal Services

Attorney General's Office

William J. Schneider

6 State House Station

Augusta, ME 04333

Tel: 626-8800

Community Mediation Services

PO Box 177

Augusta, ME 04330

Tel: 621-6848

Lawyer Referral & Info. Service

Tel: 1-800-860-1460

www.mainebar.org

Legal Services for the Elderly

Provides free, high quality legal assistance to socially and economically needy Maine Residents age 60 or older.

5 Wabon St., Augusta, ME 04330

Tel: 621-0087 or 1-800-750-5353

Maine Civil Liberties Union

Preserves civil liberties of Maine people through litigation, advocacy, public education and lobbying.

401 Cumberland Ave, Portland, ME 04110

Tel: 774-5444

www.mclu.org

Maine Equal Justice

126 Sewall St.

Augusta, ME 04330

Tel: 626-7058 or 1-800-626-7059

Maine Human Rights Commission

#51 State House Station

19 Union Street, Augusta, ME 04330

Tel: 624-6290 TTY: 1-888-577-6690

Pine Tree Legal Assistance

Provides free legal services to low-income individuals.

39 Green Street, PO Box 2429, Augusta, ME 04330

Tel: 622-4731

115 Main St., Bangor, ME 04401

Tel: 942-8241

Volunteer Lawyers Project

The Maine Volunteer Lawyers Project (VLP) coordinates the volunteer efforts of Maine attorneys and community members to help low-income people navigate the civil justice system. We provide free information, brief assistance and pro bono legal representation in civil legal matters to qualifying clients.

88 Federal St., Portland, ME 04112

Tel: 1-800-442-4293

www.vlp.org

Libraries

Kennebec County

Albert Church Brown Memorial Library

37 Main Street, China, ME 04926

www.acbrown.lib.me.us/

Tel: 968-2926

Hours: Tue: 2-6, Thu: 2-6, Sat: 10-12

Summer Hours: same

Wireless Access: Yes

Albion Public Library

18 Main Street, Albion, ME 04910

Email: albion@albion.lib.me.us

Tel: 437-2220

Hours: Mon: 2-8, Wed: 9-11, Thu: 2-8, Sat: 9-11

Summer Hours: same

Wireless Access: No

Belgrade Public Library

1 Center Drive, Belgrade, ME 04917

www.belgrade.lib.me.us

mhaigh@belgrade.lib.me.us

Tel: 495-3508

Hours: Tue: 10-7, Wed: 3-7, Thu: 10-7, Fri: 10-1

Summer Hours: same

Wireless Access: Yes

Brown Memorial Library – Clinton

53 Railroad Street, Clinton, ME 04927

www.clinton-me.us/

brownmemorial@roadrunner.com

Tel: 426-8686

Hours: Mon: 10-5, Tue: 10-6, Wed: 10-6, Thu: 12-8, Fri: closed, Sat: 9-1

Summer Hours: Mon: 9-4, Tue: 10-6, Wed: 9-4, Thu: 12-8, Fri: 9-3, Sat: 9-1

Wireless Access: Yes

Cary Memorial Library

17 Old Winthrop Road, Wayne, ME 04284

www.cary-memorial.lib.me.us/

jadelberg@cary-memorial.lib.me.us

Tel: 685-3612

Hours: Mon: 9-1, Wed: 2-7, Sat: 9-3

Summer Hours: Mon: 9-1, Tue: 5-8, Wed: 1-8, Thu: 5-8, Sat: 9-3, July & August only

Wireless Access: Yes

Charles M. Bailey Public Library

39 Bowdoin Street, Winthrop, ME 04364

www.baileylibrary.org

www.facebook.com/baileylibrary

director@baileylibrary.org

Tel: 377-8673

Hours: Mon: 10-6, Tue: 10-8, Wed: 10-6, Fri: 10-6, Sat: 10-3

Summer Hours: same

Wireless Access: Yes

Cumston Public Library

796 Main Street, Monmouth, ME 04259

www.cumston.lib.me.us/

director@cumston.lib.me.us

Tel: 933-4788

Hours: Mon: 1-8, Tue: 10-1, Wed: 1-8, Fri: 1-5, Sat: 9-1

Summer Hours: same

Wireless Access: Yes

Dorothy W. Quimby Library

90 Quaker Hill Road, Unity, ME 04988

www.unity.edu/academic/supportservices/library/library.aspx

library@unity.edu

Tel: 948-3131

Hours: Hours remain the same during the academic year but change for winter recess, semester breaks and the summer. See web site for posted hours.

Wireless Access: No

Dr. Shaw Memorial Library

344 Pond Road, Mount Vernon, ME 04352

Tel: 293.2565

Hours: Mon: 3-6, Wed: 3-8, Sat: 10-3

Summer Hours: Mon: 3-6, Wed: 9-12/3-8, Sat: 10-3 (Jul & Aug)

Wireless Access: Yes

Gardiner Public Library

152 Water Street, Gardiner, ME 04345-2195

www.gpl.lib.me.us/

annedavis@gpl.lib.me.us

Tel: 582-3312

Hours: Mon: 10:30-5:30, Tue: 10:30-7:30, Wed: 10:30-5:30, Thu: 10:30-5:30,

Fri: 9:30-5, Sat: 9:30-12:30

Summer Hours: same

Wireless Access: Yes

Hubbard Free Library

115 Second Street, Hallowell, ME 04347

www.hubbardfree.org/

hfl@msh.net

Tel: 622-6582

Hours: Mon: 10-5:30; Tue: 2-8; Wed: 10-5:30; Thu: 2-8; Fri: 2-5:30; Sat: 10-2

Summer Hours: same

Wireless Access: Yes

Lithgow Public Library

45 Winthrop Street, Augusta, ME 04330

www.lithgow.lib.me.us/

www.facebook.com/pages/Lithgow-Public-Library/106138912768608

betsy@lithgow.lib.me.us

Tel: 626-2415

Hours: Mon: 9-8, Tue: 9-8, Wed: 9-8, Thu: 9-8, Fri: 9-5, Sat: 9-12

Summer Hours: same

Wireless Access: Yes

Maine State Library

230 State Street, Augusta, ME 04333-0064

www.maine.gov/msl/

www.facebook.com/MaineStateLibrary

reference.desk@maine.gov

Tel: 287-5600

TTY: (888) 577-6690

Hours: Mon: 9-6, Tue: 9-7, Wed: 9-6, Thu: 9-6, Fri: 9-5, Sat: 9-2

Summer Hours: same

Wireless Access: Yes

Oakland Public Library

18 Church Street, Oakland, ME 04963

www.oaklandlibrary.net/

carolcooley@opl.lib.me.us

Tel: 465-7533

Hours: Tue: 10-7, Wed: 10-6, Thu: 10-6, Fri: 10-6

Summer Hours: same

Wireless Access: Yes

Readfield Community Library

1151 Main Street, Readfield, ME 04355

readfield.govoffice.com

readfieldlibrarian@readfield.lib.me.us

Tel: 685.4089

Hours: Mon: 6-8, Wed: 2-8, Thu: 10-12, Sat: 10-4

Summer Hours: same

Wireless Access: Yes

Libraries - continued

South China Public Library

247 Village Street, South China, ME 04358
www.southchina.lib.me.us/
southchinalibrary@gmail.com
Tel: 445-3094
Hours: Wed: 10-12/3-7, Sat: 10-2
Summer Hours: same
Wireless Access: Yes

Underwood Memorial Library

2006 Main Street, Fayette, ME 04349
faylib@fayette.lib.me.us
Tel: 685-3778
Hours: Tue: 9-12, Wed: 5-8, Thu: 1-4
Summer Hours: same
Wireless Access: Yes

Vassalboro Public Library

930 Bog Road, East Vassalboro, ME 04935
www.vplib.org/
vplib@gmail.com
Tel: 923-3233
Hours: Mon: 12:30-8, Wed: 12:30-8, Sat: 10-6
Summer Hours: same
Wireless Access: Yes

Waterville Public Library

73 Elm Street, Waterville, ME 04901
www.watervillelibrary.org
<http://www.facebook.com/watervillelibrary>
info@watervillelibrary.org
Tel: 872-5433
Hours: Mon: 10-7, Tue: 10-7, Wed: 10-7, Thu: 10-7, Fri: 10-7, Sat: 10-3
Summer Hours: same except no Sat. hours
Wireless Access: Yes
Additional Info:
Waterville Public Library Business & Career Center
<http://www.watervillelibrary.org/departments/business/>
<http://www.facebook.com/wplbcc>

Winslow Public Library

136 Halifax Street, Winslow, ME 04901
www.winslow.lib.me.us/
jlaron@winslow.lib.me.us
Tel: 872-1978
Hours: Mon: 9-8, Tue: 9-8, Wed: 1-8, Thu: 1-8, Fri: 9-8, Sat: 9-1
Summer Hours: same except no Sat hours
Wireless Access: Yes

Somerset County

Anna Field Fernald Library

35 South Main Street, Detroit, ME 04929
ecbjross@roadrunner.com
Tel: 257-4488
Hours: Mon-Thu: 8:30-6:30
Summer Hours: same
Wireless Access: No

Bingham Union Library

297 Main Street, Bingham, ME 04920
rtremblay@bingham.lib.me.us
Tel: 672-3002
Hours: Tue: 2-7, Wed: 2-6, Fri: 12-3
Summer Hours: same
Wireless Access: Yes

Canaan Public Library

288 Canaan Road, Canaan, ME 04924
www.canaan.lib.me.us
canplib@canaan.lib.me.us
Tel: 474.6397
Hours: Mon: 10-6, Wed: 10-6, Fri: 9-5, Sat: 10-1
Summer Hours: same
Wireless Access: Yes

Coolidge Library

17 South Main Street, Solon, ME 04979
books@coolidge.lib.me.us
Tel: 643-2562
Hours: Tue: 1-6:30, Thu: 10-3:30; Sat: 10-2:30
Summer Hours: same
Wireless Access: Yes

Hartland Public Library

16 Mill Street, Hartland, ME 04943
www.hartland.lib.me.us/
wizard@hartland.lib.me.us
Tel: 938-4702
Hours: Tue: 10-6; Wed: 10-6; Thu: 10-6, Fri: 10-5;
Sat: 10-1
Summer Hours: same
Wireless Access: Yes

Jackman Public Library

604 Main Street, Jackman, ME 04945
sallyjr@myfairpoint.net
Tel: 668-2110
Hours: Wed: 2-4, Sat: 2-4
Summer Hours: same plus Mon: 2-4
Wireless Access: Yes

Lawrence Public Library

33 Lawrence Avenue, Fairfield, ME 04937
www.lawrence.lib.me.us/
Tel: 453-6867
Hours: Mon: 12-6, Tue: 10-5, Wed: 10-5, Thu: 12-8, Fri: 10-5, Sat: 9-2
Summer Hours: same
Wireless Access: Yes

Madison Public Library

12 Old Point Avenue, Madison, ME 04950
www.madison.lib.me.us/
madison@madison.lib.me.us
Tel: 696.5626
Hours: Mon: 10-7:30, Tue: 10-7:30, Wed: 10-7:30, Fri: 1-5:30, Sat: 1-5:30
Summer Hours: same
Wireless Access: Yes

New Portland Community Library

899 River Road, Route 146, New Portland, ME 04961
www.new-portland.lib.me.us/
librarian@new-portland.lib.me.us
Tel: 628-6561
Hours: Mon: 4-6, Wed: 4-6, Thu: 4-6, Sat: 10-12
Summer Hours: same
Wireless Access: Yes

Norridgewock Free Public Library

40 Mercer Road, Norridgewock, ME 04957
library@townofnorridgewock.com
Tel: 634-2828
Tue: 10-6, Thu: 10-6, Sat: 10-2
Summer Hours: same
Wireless Access: Yes

Pittsfield Public Library

110 Library Street, Pittsfield, ME 04967
www.pittsfield.lib.me.us/
www.facebook.com/PittsfieldPublicLibrary
lsmith@pittsfield.lib.me.us
Tel: 487.5880
Hours: Mon: 10-6, Tue: 10-6, Wed: 10-6, Thu: 10-6, Fri: 10-6, Sat: 10-1
Summer Hours: same except no Sat hours
Wireless Access: Yes

Libraries - continued

Shaw Public Library - Mercer

1015 Suite B, Beech Hill Road, Mercer, ME 04957

Tel: 587-2529

Hours: Mon: 3-6, Wed: 5-7, Thu: 3-6, Sat: 10-1

Summer Hours: same

Wireless Access: Yes

Skowhegan Public Library

9 Elm Street, Skowhegan, ME 04976

www.skowhegan.lib.me.us/

skowlib@skowhegan.lib.me.us

Tel: 474-9072

Hours: Mon: 10-6, Tue: 10-6, Wed: 10-6, Thu: 10-6,

Fri: 10-6, Sat: 10-2

Summer Hours: same

Wireless Access: Yes

Stewart Public Library

37 Elm Street, North Anson, ME 04958

www.stewartpub.lib.me.us/

stewlib@stewartpub.lib.me.us

Tel: 635-3212

Hours: Wed: 2:30-6, Sat: 2:30-4:30 or by appointment

Summer Hours: same

Wireless Access: No

Maine's Congressional Delegation

U.S. Senator Susan Collins

68 Sewall Street, Room 507
Augusta, ME 04330
Tel: 622-8414

P.O. Box 655, 202 Harlow Street, Room 204
Bangor, ME 04402
Tel: 945-0417
www.collins.senate.gov

U.S Senator Angus King

40 Western Avenue, Suite 412
Augusta, ME 04330
Tel: 622-8292 Fax: 622-7295

202 Harlow Street, Suite 214
Bangor, ME 04401
Tel: 945-0432 Fax: 941-9525
www.king.senate.gov

Congresswoman Chellie Pingree (1st District)

2 Portland Fish Pier Suite 304
Portland ME, 04101
Tel: 774-5019 Fax: 871-0720

108 Main Street
Waterville, ME 04901
Tel: 873-5713 Fax: 873-5717
www.pingree.house.gov

Congressman Mike Michaud (2nd District)

6 State Street, Suite 101
Bangor, ME 04401
Tel: 942-6935 Fax: 942-5907

179 Lisbon Street Ground Floor
Lewiston, ME 04240
Tel: 782-3704 Fax: 782-5330
www.michaud.house.gov

Maine Legislators

SENATORS

www.maine.gov/legis/senate

REPRESENTATIVES

www.maine.gov/legis/house

Mental Health & Substance Abuse Services

Acadia Hospital

Inpatient and outpatient mental health care and chemical dependency services.

268 Stillwater Ave., Bangor, ME 04401

Tel: 973-6100 or 1-800-640-1211

Alcoholics Anonymous

Tel: 1-800-737-6237

Catholic Charities of Maine

Provides adult case management for individuals over 18 with a mental health diagnosis.

66 Western Ave., PO Box 378

Fairfield, ME 04937

Tel: 453-4365

www.ccmaine.org

Care & Comfort

Children's Case Management services; individual, family and group outpatient therapy for children and adults; in-home supports for children with a mental health diagnosis of Mental Retardation or Autism; home and community-based treatment for children with a primary mental health diagnosis.

180 Main Street, Suite 4

Waterville, ME 04901

Tel: 872-5300 or 1-800-366-5302

www.careandcomfort.com

Charlotte White Center

Children's Case Management services; Adult Community Integration Case Management services; Children's Rehabilitative In-home & Community Support for children with a mental health diagnosis or a diagnosis of autistic disorder or developmental delay.

Please contact our administration office at:

564-2464 or (888)440-4158

www.charlottewhitecenter.com

Community Health & Counseling Services

Family therapy services, psychiatry adults and children, foster-care, home-based services, and case management.

2518 Rte. 202, East Winthrop, ME 04364

Tel: 395-2555

78 Madison Ave., Skowhegan, ME 04976

Tel: 858-4860

<http://www.chcs-me.org/winthrop.html>

Crisis and Counseling Center

Outpatient services focuses on substance abuse and mental health, family group and crisis counseling.

10 Caldwell St., Augusta, ME 04330-5624

Tel: 626-3448 or 1-888-568-1112

www.crisisandcounseling.org

Kennebec Valley Behavioral Health

Vocational Clubhouses

Capitol Clubhouse

Resource for consumer of mental health services. Provides transportation, meals, support and vocational training.

37 Stone St., Augusta, ME 04330

Tel: 629-9080

<http://www.kbhmaine.org>

High Hopes Clubhouse

Div. of Kennebec Behavioral Health

26 College Ave., Waterville, ME 04901

Tel: 877-0038

<http://www.kbhmaine.org>

Kennebec Behavioral Health

Provides emergency, outpatient, medication clinic, in-home supports, school based programs, community support and independent or supported housing services to the community. Services are provided by professional licensed/certified multi-disciplinary staff.

67 Eustis Parkway, Waterville, ME 04901

Tel: 873-2136

66 Stone St., Augusta, ME 04330

Tel: 626-3455

30 High St., Skowhegan, ME 04976

Tel: 474-8368 or 1-888-322-2136

Mental Health Crisis

24 Hour Hotline

Tel: 1-888-568-1112

Northeast Occupational Exchange (NOE)

Provides mental health services to children, adolescents and adults; clinical services for individuals, groups or couples; parenting program for parents of infants, children 4-12 and adolescents 12 and up.

442 Moosehead Trail, Newport, ME 04953

Tel: 368-2072 or 1-800-857-0500

www.noemaine.org

Riverview Psychiatric Center

250 Arsenal St.

11 State House Station

Augusta ME 04332

Tel: 624-3900

Mental Health & Substance Abuse Services—cont.

Sweetser

Provides Outpatient Therapy, Medication Management, Psychological Testing Services, and Substance Abuse Services. Substance Abuse and DEEP available at Waterville

43 Industrial Park Road, Saco

Tel: 294-4400 ALSO: 1-800-434-3000

3 Michael Lane, Waterville, 680-2065

863 Main Street, Sanford, 459-6050

50 Moody Street, Saco, 571-3080

329 Bath Road, Suite One, Brunswick, 1-877-776-8322

The Women's Project

Enhances women's ability to cope with the effects of substance abuse through education and awareness, identification of resources, advocacy, and support. Also, provides referral services for pregnant women facing alcohol and drug issues. Serves the State of Maine

Tel: 1-800-698-4959 or 942-3633

Bangor Office: 1-800-611-1779

Portland Office: 1-800-611-1588 or 874-1140 ext. 243

http://www.propeople.org/Programs/PROP_Community/womens_project.php

Seniors

Eastern Area Agency on Aging

Eastern Area Agency on Aging (EAAA) is the best source of information, options and services for people as they grow older. They are responsive to the changing needs of older people, families and their communities.

450 Essex St., Bangor, ME 04401

Tel: 941-2865 or 1-800-432-7812 Fax: 941-2869

TTY: 992-0150

www.eaaa.org

www.easternagencyonaging.org

Senior Community Employment Program (SCSEP)

Paid job-training program that provides a bridge to employment for mature workers. Partner community service agencies provide supportive, real work settings that help mature workers transition into employment. The program covers the cost of training by paying a stipend to the trainee.

Missy Ayotte

Older Worker Program Coordinator

Goodwill Workforce Solutions

185 Lancaster Street

Portland, ME 04101

Tel: 207-370-3902

Spectrum Generations

Provides an array of options for vital and independent living through a toll-free Information and Help Line staffed by experienced people, and a network of Community Centers spread through Central Maine. Offers various activities and classes, support group meetings, transportation, adult day care, caregiver respite, Meals on Wheels, and on-site dining.

Kennebec County

One Weston Court, Suite 203

PO Box 2589, Augusta, ME 04338

Tel: (207) 622-7857 or 1- 800-639-1553

Muskie Community Center

38 Gold St., Waterville, ME 04901

Tel: 873-4745

William S. Cohen Community Center

2010 Town Farm Rd., Hallowell, ME 04347

Tel: 626-7777

Somerset County

Somerset Community Center

30 Leavitt St., Skowhegan, ME 04976

Tel: 474-8552

www.spectrumgenerations.org

Senior Companion Program (SCP)

University of Maine Cooperative Extension

Volunteers provide support to isolated seniors and family caregivers. Assist older adults to maximize, maintain, or regain independence. May help with grocery shopping, doctors appointments, and daily tasks. Offer companionship, advocacy, and information to support quality of life. Provides volunteer experience (stipended) for qualified seniors 55+. Personal care not provided.

Senior Companion Program

7 County Drive

Skowhegan, ME 04976

Tel: 474-9622 / TTY: 800-287-8957

gene.tobey@maine.edu

<http://extension.umaine.edu/seniorcompanion/>

Transportation

KVCAP—Transportation Services

KV Van - Provides rides to medical and social service appointments, also referral from DHHS. Medicaid and/or low income. M-F

Kennebec Explorer - Fixed-route bus service available to the general public throughout the greater Waterville, Fairfield and Augusta area (M-F). Call for local bus schedules and cost or visit:

www.kvcap.org

www.kennebecexplorer.com

97 Water St., Waterville, ME 04901

Tel: 877-5677 or 1-800-542-8227

28 Mary St., Skowhegan, ME 04976

Tel: 474-8487

22 Armory St., Augusta, ME 04430

Tel: 622-4761

Penquis—Transportation Services

The Lynx provides transportation services for residents of Penobscot and Piscataquis Counties. All transportation is by appointment. Serving: general public; special services for the elderly; MaineCare recipients; other social service clients by agency contract; paratransit provider for The Bus.

Penquis

The Lynx

262 Harlow St., Bangor, ME 04401

Tel: 973-3695 or 1-866-853-5969

Utilities

Bangor Hydro

21 Telcom Drive

Bangor, ME 04401

Tel: 945-5621 or 1-800-499-6600

Central Maine Power Company

83 Edison Drive, Augusta, ME 04330

Tel: 1-800-750-4000

Citizens Energy

Tel: 1-877-563-4645

Apply online to complete an application at:

www.citizensenergy.com/

Emergency Assistance Program—DHHS

35 Anthony Ave.

Augusta, ME 04330

Tel: 624-8222 or 1-800-452-1926

Emergency Assistance Program—DHHS

98 North Ave., Suite 10

Skowhegan, ME 04976

Tel: 474-4800 or 1-800-452-4602

KVCAP

LIHEAP—a voucher for heat once per year

LIAP—discount on electric

Emergency Crisis Intervention Program

97 Water Street

Waterville, ME 04901

Tel: 859-1500 or 1-800-542-8227

Public Utilities Commission

Physical Address:

101 Second St

Hallowell, ME 04347

Postal Address:

18 State House Station

Augusta, ME 04330

1-800-452-4699

Veterans Services

FINANCIAL SERVICES

Maine Veterans' Services, Bureau of

Provides Information and Program Assistance on:
State and Federal Benefits; VA Claims and Appeals;
Military Records (DD Form 214); Advisory Commission
on Women Veterans

Waterville Office

National Guard Armory
Drummond Ave.

Waterville, ME 04901

Tel: 207-872-7846

Email: Conrad.n.edwards@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Main Office (Augusta)

117 State House Station

Augusta, ME 04333-0117

Tel: 207-626-4464

Email: mainebvs@maine.gov

Hours: M-F 7:30 a.m. – 4:00 p.m.

Togus VA Regional Office Center - (Benefits)

Tel: 623-8411, ext. 5900

TDD - 1-800-829-4833

FAX: 207 623-5737

CHAMPVA – Denver, CO: 1-800-733-8387

Debt Management, ST Paul, MN: 1-800-827-0648

Education (GI Bill): 1-888-442-4551

Homeless Veterans Coordinator: (207) 329-5981

Income Verification and Means Testing: 1-800-929-8387

Loan Guaranty – Manchester, NH: 1-800-827-6311

National Service Life Insurance: 1-800-669-8477

Pension Center: 1-877-294-6380

Service Group Life Insurance: 1-800-419-1473

Status of Headstones and Markers: 1-800-697-6947

VA Benefits: 1-800-827-1000

Vocational Rehab/Employment: (207) 626-4736

Returning OEF/OIF Combat Veterans:

Tel: 1-877-421-8263, ext. 4939/4534

VA SUICIDE HOT LINE 1-800-273-8255

Waterville Public Library Business & Career Center

73 Elm Street, Waterville, ME 04901

207.680.2611

business@watervillelibrary.org

<http://www.watervillelibrary.org/departments/business/>

<http://www.facebook.com/wplbcc>

Employment and business development resources and programming. CareerCenter Veterans' Representative available weekly to assist veterans in exploring career options. 14 public computers and a laptop training classroom. Free wi-fi network.

HEALTH CARE

Community Based Outpatient Clinics (CBOCs)

Bangor: 561-3600 or 1-877-421-8263 x-3600

Bangor Mental Health Clinic: 1-877-421-8263 x- 3651

Portland Mental Health Clinic: 1-877-421-8263 x-3500

Maine Veterans' Homes

Provides the following care:

Medical Services

Comfort Care; Dementia Care; Long-Term Care;

Residential Care; Respite Care; Skilled Nursing Care

Rehabilitative Services

Occupational Therapy; Physical Therapy;

Speech-Language Therapy

Augusta Home

310 Cony Rd.

Augusta, ME 04330

Tel: 207-622-2454 or 1-888-684-4664

www.maineveteranshomes.org

Togus VA Medical Center

Tel: 1-877-421-8263

DAV Transportation: 1-877-421-8263, ext. 5790

Gulf War/Agent Orange Helpline: 1-800-749-8387

Health Benefits Advisor: 1-877-421-8263, ext. 5688

Health Care Benefits: 1-877-222-8387

Mammography Helpline: 1-888-492-7844

Medical Release of Information: 1-877-421-8263, ext. 5232

Patient Representative: 623-5760

Pharmacy (refills): 1-877-421-8263, ext. 5751

VA Women Veterans' Clinic-623-8411 x-5039

Returning OEF/OIF Combat Veterans:

Tel: 1-877-421-8263, ext. 4120/4266/4296

Vet Centers

Offer readjustment counseling and outreach services to all veterans who served in any combat zone. These services are also available to family members for any military issues.

352 Harlow St.

Bangor, ME 04401

Tel: 947-3391

29 Westminster St.

Lewiston, ME 04240

Tel: 783-0068

475 Stevens Ave.

Portland, ME 04103

Tel: 780-3584

State CAP Agencies

<http://www.mainecommunityaction.org/members.htm>

Aroostook County Action Program, Inc.

771 Main St.(PO Box 1116)
Presque Isle, ME 04769-1116
Tel: 764-3721 or 1-800-432-7881
Fax: 768-3022

www.acap-me.org

Community Concepts, Inc.

17-19 Market Square (PO Box 278)
South Paris, ME 04281-0278
Tel: 743-7716 or 743-1520
Fax: 743-6513

www.community-concepts.org

Kennebec Valley Community Action Program

97 Water St.
Waterville, ME 04901
Tel: 859-1500 or 1-800-542-8227

www.kvcap.org/

Midcoast Maine Community Action

34 Wing Farm Parkway
Bath, ME 04530
Tel: 442-7963 or 1-800-221-2221
Fax: 443-7447

www.midcoastmainecommunityaction.org/

Penquis Community Action Program

262 Harlow St. (PO Box 1162)
Bangor, ME 04401
Tel: 973-3500 or 1-800-215-4942
Fax: 973-3699

www.penquiscap.org

Opportunity Alliance

50 Monument Square
Portland, ME 04101
Tel: 874-1140
Fax: 874-1155

www.opportunityalliance.org

Waldo Community Action Partners

9 Field St. (PO Box 130)
Belfast, ME 04915-0130
Tel: 338-6809
Fax: 338-6812

www.waldocap.org

Washington Hancock Community Agency

(Corner of Route 1 & Maple Street)
PO Box 280
Milbridge, ME 04658-0280
Tel: 546-7544
Fax: 546-3216

www.whcacap.org

Western Maine Community Action, Inc.

P.O. Box 200 (20A Church St.)
East Wilton, ME 04234-0200
Tel: 645-4287

www.wmca.org/

York County Community Action Corp.

P.O. Box 72 (6 Spruce St.)
Sanford, ME 04073
Tel: 324-5762 or 1-800-965-5762

www.yccac.org/