



# **Resources Around The Community**

{Fall 2014}

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## Career Services

### Career Center

**Mailing Address:** 185 Lancaster Street, Portland, ME 04101

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

**Phone:** 1 (877) 594-5627 or (207) 771-5627

**Area Served:** Maine

**Services:** Provides vocational assistance to individuals seeking career change. Programs assist people who are employed, underemployed, or have barriers to employment.

## Child Care Resources

### Catherine Morrill Day Nursery

**Address:** 96 Danforth Street, Portland, ME 04101

**URL:** [www.catherinemorrill.org](http://www.catherinemorrill.org)

**Phone:** (207) 874-1115

**Services:** Early childhood programs based on high/scope curriculum, provided for children with working parents or parents in educational programs.

### Child Care Subsidy Program

**Agency:** Office of Child & Family Services (DHHS)

**Address:** 2 Anthony Avenue, Augusta

**URL:** [www.maine.gov/dhhs/ocfs/ec/occhs/step.htm](http://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm)

**Phone:** 1-877-680-5866 or (207) 624-7900

**Area Served:** State of Maine

**Services:** State and federally funded program which helps eligible Maine parents pay for child care. Provides parents with child care referrals and information on evaluating quality child care plus resources on various parenting issues.

### Day Care Center

**Agency:** The Children's Nursery School

**Address:** 159 State Street, Portland, ME 04101

**URL:** [www.childrensnurserieschool.org/index.html](http://www.childrensnurserieschool.org/index.html)

**Phone:** (207) 780-0226

*Area Served:* Greater Portland  
*Services:* Private and subsidized slots.

**East End Children’s Workshop, Inc.**

*Address:* 215 Congress Street, Portland, ME 04101

*Phone:* (207) 772-5467

*Area Served:* Portland, South Portland, Gorham, Falmouth

*Services:* A full day, inclusive pre-school program for children aged 2 ½ to 5 years of age in four classrooms. A part-time program for Kindergarten aged children. A before and after school program for students in grades 1-3; full-time during the school vacation weeks and the summer recess.

**Clothing Resources**

**Clothes Closet**

*Agency:* First Baptist Church of Westbrook

*Address:* 733 Main Street, Westbrook, ME 04092

*URL:* [www.fbcwestbrook.com/](http://www.fbcwestbrook.com/)

*Phone:* (207) 854-8394

*Area Served:* Westbrook and surrounding towns

*Services:* Maintains clothes closet for Westbrook residents.

**Clothes Closet**

*Agency:* State Street Church UCC

*Address:* 159 State Street, Portland, ME 04101

*URL:* [www.statestreetchurch.org/mission-projects/](http://www.statestreetchurch.org/mission-projects/)

*Phone:* (207) 774-6396

*Area Served:* Greater Portland

*Services:* Free clothing, shoes, boots, coats, and small household items. Shower, changing room and free laundry facility available for homeless people. Weekend meal served the last Saturday of each month. Entrance is on the left side of the courtyard.

**Clothing Distribution**

*Agency:* The Root Cellar

*Address:* 94 Washington Avenue, Portland, ME 04101

*URL:* [www.therootcellar.org](http://www.therootcellar.org)

*Phone:* (207) 774-3197

**Area Served:** Portland (Primarily from Franklin Street to Eastern Promenade)

**Services:** Distributes warm, attractive usable clothing to those in need.

### **Preble Street Resource Center Clothing Bank**

**Address:** 5 Portland Street, Portland, ME 04104

**URL:** [www.preblestreet.org](http://www.preblestreet.org)

**Phone:** (207) 775-0026

**Services:** The Preble Street Resource Center is the hub of services for hundreds of homeless people in Portland—meeting urgent needs at an on-site clothing closet, soup kitchen, and food pantry; and providing direct access to the healthcare clinic and casework services.

### **Salvation Army Greater Portland**

**Address:** 297 Cumberland Avenue, Portland, ME 04101

**URL:** [www.use.salvationarmy.org/use/www\\_use\\_portland.nsf](http://www.use.salvationarmy.org/use/www_use_portland.nsf)

**Phone:** (207) 774-4172

**Area Served:** Maine, New Hampshire, Vermont

**Services:** A variety of services for all age groups including food pantry, emergency clothing, travelers' aide for stranded person, disaster services/assistance, etc.

## **Counseling & Support Services**

### **Amistad, Inc.**

**Address:** 66 State Street, Portland, ME 04102

**URL:** [www.amistadinc.com](http://www.amistadinc.com)

**Phone:** (207) 773-1956

**Area Served:** Greater Portland

**Services:** Peer support and recovery center open to adults with histories of mental illness, retardation, substance abuse or other life changes.

### **Catholic Charities Maine**

**Mailing Address:** 66 State Street, Portland, ME 04101

**URL:** [www.ccmaine.org](http://www.ccmaine.org)

**Phone:** 1 (800) 781-8550 or (207) 781-8550

**Area Served:** Cumberland County

**Services:** Offers assessments, substance abuse education, and individual and group treatment. Provides case management and Assertive

Community Treatment (ACT) services to persons with prolonged and severe mental health issues in Cumberland and York Counties.

### **The Center for Grieving Children**

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

**URL:** [www.cgcmaine.org](http://www.cgcmaine.org)

**Phone:** (207) 775-5216

**Services:** Offering our services for free, for as long as people need them, the Center's mission is to provide loving support that encourages the safe expression of grief and loss and fosters each individual's resilience and emotional well-being. Programs Include: Bereavement, multicultural, serious illness, and crisis response.

### **Maine Behavioral Healthcare {formerly Community Counseling Center}**

**Mailing Address:** 165 Lancaster Street, Portland, ME 04101

**URL:** [www.memhp.org](http://www.memhp.org)

**Phone:** (207) 874-1030

**Area Served:** Cumberland County

**Services:** Outpatient counseling for children, adolescents, and adults, couples, and families.

### **My Sister's Keeper**

**Mailing Address:** 280 Ocean House Road, Cape Elizabeth, ME 04107

**URL:** [www.ceumc.org/my-sisters-keeper/](http://www.ceumc.org/my-sisters-keeper/)

**Email:** [mysister@maine.rr.com](mailto:mysister@maine.rr.com)

**Phone:** (207) 799-8396

**Services:** Faith-based ministry for women who request assistance to meet their immediate needs during transition from jail or prison to family and community services. Provides support, guidance, information, referral and practical assistance.

### **Northeast Occupational Exchange, Inc. (Portland)**

**Address:** 62 Elm Street, Portland, ME 04104

**URL:** [www.noemaine.org](http://www.noemaine.org)

**Phone:** (800) 857-0500

**Area Served:** Greater Portland Area

*Services:* Mental health and substance abuse agency serving adults, children and families with assessments, community and job support, therapy, treatment, case management, etc.

## **Crisis Hotline Numbers**

### **Family Crisis Services**

*Mailing Address:* P.O. Box 704, Portland, ME 04104

*URL:* [www.familycrisis.org](http://www.familycrisis.org)

*Phone:* (207) 874-1973 or 1 (800) 537-6066

*Area Served:* Cumberland County

*Services:* Domestic violence hotline, advocacy, shelter, outreach services, education, training and support groups.

### **National Human Trafficking Resource Center/Polaris Project**

*URL:* [www.polarisproject.org](http://www.polarisproject.org)

*Call:* 1 (888) 373-7888

*Text:* BeFree (233733)

*Services:* The National Human Trafficking Resource Center (NHTRC) is a national, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year. The NHTRC is operated by Polaris Project, a non-profit, non-governmental organization working exclusively on the issue of human trafficking. We are not a government entity, law enforcement or an immigration authority.

### **Opportunity Alliance – 774-HELP**

*Address:* 50 Monument Square, Portland, ME 04101

*URL:* [www.opportunityalliance.org/](http://www.opportunityalliance.org/)

*Phone:* (207) 774-4357

*Area Served:* Cumberland County

*Services:* Offers immediate access to advocacy, crisis/supportive counseling, problem solving, crisis intervention, suicide prevention/intervention, and psychiatric services to adults and children throughout Cumberland County, 24 hours a day, 365 days a year.

### **Sexual Assault Response Services of Southern Maine (SARSSM)**

*Mailing Address:* P.O. Box 1371, Portland, ME 04104

*URL:* [www.sarsonline.org](http://www.sarsonline.org)

**Phone:** 1 (800) 313-9900

**Area Served:** Cumberland & York Counties

**Services:** Assistance resolving issues related to sexual assault.

### **Statewide Domestic Violence Support**

**Agency:** Maine Coalition to End Domestic Violence (MCEDV)

**URL:** [www.mcedv.org](http://www.mcedv.org)

**Phone:** 1 (866) 834-4357

**Services:** Statewide information, crisis counseling, emotional support and advocacy.

### **Statewide Sexual Assault Support**

**Agency:** Maine Coalition Against Sexual Assault (MECASA)

**URL:** [www.mecasa.org](http://www.mecasa.org)

**Phone:** 1 (800) 871-7741 / TTY 1 (888) 458-5599

**Services:** Offers confidential services, free of charge. Provides information, crisis counseling, and emotional support and advocacy.

## **Employment Programs**

### **Aspire**

**Agency:** Office for Family Independence (DHHS)

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

**Phone:** (207) 822-2034 or 1-(800)-442-6003

**Area Served:** Cumberland & York Counties

**Services:** Training and employment assistance for TANF recipients. Job search updating for food stamp recipients.

### **Employment/Workforce Solutions Services**

**Address:** 185 Lancaster Street, Portland, ME 04101

**URL:** [www.goodwillnne.org/](http://www.goodwillnne.org/)

**Phone:** (207) 774-6323

**Area Served:** Cumberland and York Counties

**Services:** Provides vocational assessment, career counseling, job seeking skill training, assistance with job placement, on-the-job training, supported employment and case management.

### **Homeless Employment Program**

**Agency:** City of Portland



**Address:** 196 Lancaster Street, Portland, ME 04101

**URL:** [www.portlandmaine.gov/hhs/sshomeless.asp](http://www.portlandmaine.gov/hhs/sshomeless.asp)

**Phone:** (207) 775-7911

**Area Served:** Portland

**Services:** The Homeless Employment Program assists consumers in strengthening their employment skills by working toward independence from public assistance programs.

## **MaineWorks**

**Address:** Portland

**URL:** [www.maineworks.us](http://www.maineworks.us)

**Phone:** 1 (800) 996-0289

**Services:** Temporary staffing company providing meaningful work opportunities within the field of industrial construction. Our employees are Veterans reentering the workforce, new Americans & Mainers, come from low socio-economic backgrounds or face other real barriers for employment such as being in recovery for drug or alcohol abuse or have previous non-violent convictions. Call or visit website to begin application process.

## **Vocational Rehabilitation Services**

**Agency:** Maine Vocational & Rehabilitative Services

**Address:** 59 Preble Street, Portland, ME 04104

**URL:** [www.mainevocandrehab.com/](http://www.mainevocandrehab.com/)

**Phone:** (207) 774-4248

**Area Served:** Cumberland and York Counties

**Services:** Assists individuals with a physical, mental, or emotional disability to remove barriers to employment and secure long-term employment that matches their skills, interests, and economic requirements.

## **Women, Work and Community (Portland)**

**Mailing Address:** 175 Main Street, South Portland, ME 04106

**Phone:** (207) 799-5443

**URL:** [womenworkandcommunity.org/](http://womenworkandcommunity.org/)

**Area Served:** Portland and surrounding communities

**Services:** Provides career development and workforce effectiveness training, self-employment training, life skills workshops, individual and group support, information and referrals for adults considering returning to school or re-entering the job market.

# Family Resources

## **Child & Family Services**

**Agency:** DHHS

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

**URL:** [www.maine.gov/dhhs/ocfs/](http://www.maine.gov/dhhs/ocfs/)

**Phone:** (207) 822-2034

**Services:** The Office of Child and Family Services (OCFS) supports Maine's children and their families by providing Children's Behavioral Health, Child Welfare (adoption, child protection, and foster parenting), Early Childhood, and Community services. OCFS joins with families and the community to promote long-term safety, well-being, and permanent families for children.

## **Kids First Center**

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

**URL:** [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)

**Phone:** (207) 761-2709 or 1 (866) 543-7347

**Area Served:** Augusta, Belfast, Biddeford, Farmington, Lewiston, Portland, Skowhegan, South Paris, Topsham, Unity, Waterville, York

**Services:** Serves families and professionals throughout Maine who are experiencing the effects of separation, divorce, and post-divorce. Offers co-parenting workshops and support groups. Children's support groups, a lending library, professional education series, and community outreach.

## **Maine Department of Health and Human Services**

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

**Phone:**

General: (207) 822-2000 or 1(800) 482-7520

Adult Abuse & Neglect Reports: 1 (800) 624-8484

Child Abuse & Neglect Reports: 1 (800) 452-1999

Mental Health Crisis: 1 (800) 568-1112

**Area Served:** Maine

## **Maine Families Home Visiting Program – Cumberland County**

**Agency:** Opportunity Alliance

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

**URL:** [www.maineamilies.org/index.html](http://www.maineamilies.org/index.html)

**Phone:** (207) 553-5801

*Services:* Maine Families works in partnership with expectant parents and parents of babies and toddlers to ensure safe home environments, promote healthy growth and development for babies and young children, and provide key connections to needed services. Professional home visitors support expectant parents to have a healthy pregnancy and access prenatal care. Parents of newborns are supported in their adjustment to parenthood and information is provided related to critical areas.

### **Opportunity Alliance – Assistance Programs**

*Address:* 50 Monument Square, Portland, ME 04101

*URL:* [www.opportunityalliance.org](http://www.opportunityalliance.org)

*Phone:* (207) 523-5049 or (207) 874-1175

*Area served:* Cumberland County

*Services:* Offers assistance through child development programs, including Head Start, Early Head Start, WIC, Maine Families, child care, Youth resiliency programs, case management, temporary housing, food commodities, Women’s Project, Women’s Substance Abuse Treatment support, foster grandparent program, housing weatherization, home improvement loans, HEAP fuel assistance, residential treatment programs, and outpatient psychiatry.

### **Opportunity Alliance – Child & Family Services**

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

*URL:* [www.opportunityalliance.org](http://www.opportunityalliance.org)

*Phone:* 207-874-1175

*Area Served:* Cumberland and York Counties, and Mid-Coast Maine

*Services:* Provides a continuum of care that serves families at all levels of need, from prevention to intensive interventions for child abuse and neglect, juvenile justice and children in need of services.

### **Portland Defending Childhood {*Maine Behavioral Healthcare, formerly Community Counseling Center*}**

*Address:* 196 Lancaster Street, Portland, ME 04101

*URL:* <http://www.portlanddefendingchildhood.org/>

*Phone:* (207) 874-1030

*Area Served:* Portland

*Services:* Portland Defending Childhood (PDC) is working to prevent children’s exposure to violence and to reduce negative effects of violence. Offering information, support and evidence-based treatment.

## **Sweetser**

**Address:** 50 Moody Street, Saco, ME 04072

**URL:** [www.sweetser.org](http://www.sweetser.org)

**Phone:** 1 (800) 434-3000

**Office Hours:** M-F, 8:00a to 5:00p; T & Th, 8:00a – 7:00p

**Area Served:** Androscoggin, Cumberland, Knox, Lincoln, Waldo, York counties

**Services:** Comprehensive mental health organization dedicated to serving children, adults and families.

## **TANF (Temporary Assistance to Needy Families)**

**Agency:** Maine Department of Health and Human Services

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

**URL:** [www.benefits.gov/benefits/benefit-details/1664](http://www.benefits.gov/benefits/benefit-details/1664)

**Phone:** (207) 822-2071

**Area Served:** Cumberland County

**Services:** A monthly grant for single parents supporting their children and/or intact families with disabled or unemployed parents. Emergency Assistance program to help with evictions, disasters, and utility bills.

## **WIC (Women, Infants and Children)**

**Agency:** Opportunity Alliance

**Address:** 50 Monument Square, Portland, ME 04101

**Phone:** (207) 874-1175

**Area Served:** Maine

**Services:** WIC is a nutritional education program which provides supplemental foods to promote good health for pregnant, postpartum, and breastfeeding women, and infants and children up to age 5. (Fathers cannot receive direct benefits but are encouraged to apply on behalf of their young children.) WIC services are free to families living in Cumberland County and who meet liberal income guidelines.

# Food Resources

## Food Distribution

**Agency:** The Root Cellar

**Address:** 94 Washington Avenue, Portland, ME 04101

**URL:** [www.therootcellar.org](http://www.therootcellar.org)

**Phone:** (207) 774-3197

**Eligibility:** Reside in the area from Franklin Street to Eastern Promenade

**Services:** Distributes fresh fruit, vegetable, meats, breads each Friday.

## Food Pantry

**Agency:** First Baptist Church of Westbrook

**Address:** 733 Main Street, Westbrook, ME 04092

**URL:** [www.fbcwestbrook.com/](http://www.fbcwestbrook.com/)

**Phone:** (207) 854-8394

**Area Served:** Westbrook and surrounding towns

**Services:** Provides food pantry for local citizens.

## Food Pantry

**Agency:** First Baptist Church of Portland

**Address:** 360 Canco Road, Portland, ME 04103

**URL:** [www.firstbaptistportland.org/](http://www.firstbaptistportland.org/)

**Phone:** (207) 773-3123

**Area Served:** Portland

**Services:** Emergency food pantry for Portland residents. Provides non-perishable food items once a month to those in need.

## Food Pantry

**Agency:** First Congregational Church of New Gloucester

**Address:** 19 Gloucester Hill Road or PO Box 114, New Gloucester, ME 04260

**URL:** [hwww.ngucc.org/](http://hwww.ngucc.org/)

**Phone:** (207) 926-3260

**Area Served:** New Gloucester

**Services:** Food pantry for those in need.

## **Food Pantry**

**Agency:** Town of Standish / Standish Congregational Church

**Address:** 25 Oak Hill Road, Standish, ME 04084

**Phone:** (207) 642-3386

**Services:** Non-perishable food items available once per month.

## **Food Stamps/SNAP**

**Agency:** Maine Department of Health and Human Services

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

**Phone:** (207) 822-2000

**Area Served:** Cumberland County

**Services:** Provides food stamps for low-income persons.

## **Preble Street Soup Kitchen**

**Agency:** Preble Street Resource Center

**Address:** 252 Oxford Street, Portland, ME 04104

**URL:** [www.preblestreet.org/soup\\_kitchens.php](http://www.preblestreet.org/soup_kitchens.php)

**Phone:** (207) 775-0026

**Hours:** Lunch Mon-Fri 12-12:50p; Dinner Mon-Sun 6-7p

**Services:** Serves hot nutritious lunch and dinner meals to the homeless and poor seven days a week. Programs are available to anyone in need. The food pantry is intended to be used once per month, and provides a three-day supply for each person in the family.

## **Wayside Food Programs**

**Address:** 135 Walton Street, Portland, ME 04104

**URL:** [www.waysidemaine.org/](http://www.waysidemaine.org/)

**Phone:** (207) 775-4939

**Services:** Wayside's hunger relief efforts include: free community meals sites, mobile food pantries, kids' healthy snacks program and community gardens. **CALL or VISIT WEBSITE FOR COMMUNITY MEAL SITES!**

## **Healthcare/Health Insurance**

### **CarePartners (Maine Behavioral Healthcare)**

**Address:** 241 Oxford St. Portland, ME 04101

**Phone:** (207) 662-7000 or toll-free 1(877) 626-1684

**URL:** [www.memhp.org](http://www.memhp.org)

*Services:* CarePartners is a large group of healthcare providers who volunteer to provide services. Provides healthcare services for individuals who are not eligible for MaineCare.

### **MaineCare (Maine's Medicaid Program)**

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

*URL:* [www.maine.gov/dhhs/oms/](http://www.maine.gov/dhhs/oms/)

*Phone:* (207) 822-2000; Member Services (800) 977-6740

*Area Served:* Statewide program

*Services:* Mainecare provides health insurance for low incomes Maine residents. Go to the closest DHHS office (Portland location listed above) to apply.

### **MaineCare Rx Plus**

*URL:* <http://www.maine.gov/dhhs/mainerx>

*Phone:* 1 (866) RxMaine {796-2463} or (207) 287-1828 {TTY/TDD}

*Area Served:* Statewide program

*Services:* Benefit (not a substitute for insurance) sponsored by Maine DHHS; two kinds of benefits available – MaineRx Plus (all members) can apply to save 15% on brand name drugs and up to 60% on generic drugs and Maine Low Cost Drugs for the Elderly (DEL). Call to check eligibility and enroll.

### **Portland Community Health Center**

*Address:* 180 Park Ave, Portland, ME 04101

*URL:* <http://portlandcommunityhealthcenter.org/>

*Phone:* (207) 874-2141

*Area Served:* Greater Portland

*Hours:* M-W-Th – 8:00a-7:00p; Tues & Fri – 8:00a-5:00p; Sat – 8:00a-12:00p

*Services:* Primary care for all ages; Physical exams, Sick visits, Disease management, Preventative care, Lab work, Immunizations (shots), Pediatrics, Physicals for work, sports, or camp, Counseling and mental health, Recovery groups, Support and education groups, Gynecological care (women's health), Osteopathic manipulative medicine, Health education. Call to schedule an appointment.

### **Portland Community Free Clinic**

*Address:* 103 India Street, Portland, ME 04101

**URL:** [www.portlandmaine.gov/hhs/phcommunityfreeclinic.asp](http://www.portlandmaine.gov/hhs/phcommunityfreeclinic.asp)

**Phone:** (207) 874-8982

**Area Served:** Greater Portland

**Services:** Healthcare clinic for low income, uninsured adults with stable housing living in Greater Portland. All appointments are in the evening, no walk-in appointments.

### **The Oasis Health Center**

**Address:** 66 Baribeau Drive, Suite 2, Brunswick, ME 04011

**URL:** <http://oasishealthnetwork.org/>

**Phone:** (207) 721-9277

**Area Served:** Mid-Coast area

**Services:** Provides outpatient, non-emergency health care for eligible adults in Mid-Coast Maine.

## **Housing**

### **Avesta Housing**

**Address:** 307 Cumberland Ave. Portland, ME 04101

**URL:** [www.avestahousing.org](http://www.avestahousing.org)

**Phone:** 1 (800) 339-6516 or (207) 553-7777

**Area Served:** York and Cumberland County

**Services:** Provides affordable housing for people in need through property management, property development, assisted living, rental assistance and advocacy.

### **Bridging Rental Assistance Program (BRAP)**

**Address:** Shalom House 106 Gilman Street, P.O. Box 560, Portland, ME 04112

**URL:** [www.shalomhouseinc.org](http://www.shalomhouseinc.org)

**Phone:** (207) 874-1080

**Area Served:** State-wide program, if outside of Portland- contact DHHS to find out who the administering agency is for that area

**Services:** BRAP assists individuals with housing assistance for up to 24 months or until they are awarded a Section 8 voucher or another federal subsidy or alternative housing placement. Must have a psychiatric disability, currently receive SSI or SSDI and have applied to Section 8 through your local public housing. Program participants pay 51% of their income for rent and BRAP subsidizes the rest. *Managed by Shalom House.*



## **Esther Residence**

*Address:* 27 Thornton Avenue, Saco, ME 04072

*URL:* <http://www.scimsisters.org/our-service/esther-residence>

*Phone:* (207) 283-0323 or (207) 775-1128

*Services:* Residency provided to low risk offenders who live with three Good Shepherd Sisters in a supportive, homelike environment which includes a spiritual component. Transitional housing is provided for up to 2 years for women coming out of a correctional center.

## **Housing Choice Vouchers (AKA Section 8)**

*Address:* Avesta Housing 30 South Street, Saco, ME 04072

*URL:* [www.avestahousing.org](http://www.avestahousing.org)

*Phone:* (207) 282-0032

*Area Served:* Statewide program (Avesta administers most vouchers in York and Cumberland Counties. Please note exceptions below\*.)

*Services:* Section 8 is a federal housing subsidy. The housing subsidy is paid to the landlord directly by the public housing authority administering the voucher on behalf of the participating family. The family then pays the difference between the actual rent and the amount of the subsidy that they qualify for.

\*Contact information for housing authorities that administer their own Section 8 vouchers (Portland, South Portland, Westbrook, Brunswick):

1. Portland Housing Authority: 14 Baxter Boulevard, Portland, ME 04101 / Phone: (207) 773-4753
2. South Portland Housing Authority: 100 Waterman Drive, Suite 101, South Portland, ME 04106 / Phone: (207) 773-4140
3. Westbrook Housing Authority: 30 Liza Harmon Drive, Westbrook, ME 04092 / Phone: (207) 854-9779
4. Brunswick Housing Authority: 12 Stone Street, Brunswick, ME 04011 / Phone: (207) 725-8711

\*\*For other areas not listed, call MaineHousing to find your local housing information at 1-800-452-4603.

## **McAuley Residence**

*Address:* 144 State Street and 68 High Street, Portland, ME 04101

*URL:* <http://mercyhospital.org/mercy-in-the-community/mcauley-residence/>

*Phone:* (207) 535-1333 or (207) 879-3000

*Services:* McAuley Residence provides a safe environment and a comprehensive transitional housing program – offering life skills, counseling, emotional support, and mentoring – to women and children in need. Call to set up an interview with the social worker.

### **Opportunity Alliance Residential Programs**

*Address:* 50 Monument Square, Portland, ME 04101 (Admin Office)

*URL:* [www.opportunityalliance.org/programs/adult-mental-health-services](http://www.opportunityalliance.org/programs/adult-mental-health-services)

*Phone:* (207) 523-5049 or 1 (877) 429-6884

*Services:* The Opportunity Alliance operates five residential programs (The Bridge, MaineStay, Gordon Green, Helen Winslow Ray House and Morrison Place) located in Portland, South Portland and Scarborough. The focus of these programs is mental illness, substance abuse problems and ending homelessness.

### **Oxford Houses**

*Address:*

1. Washburn House 192 Deering Avenue, Portland, ME 04102
2. Theresa Louise House 190 Deering Avenue, Portland, ME 04102
3. Back Bay House 37 William Street, Portland, ME 04103
4. Prospect Place 228 Prospect Street, Portland, ME 04013

*Phone:*

1. Washburn House: (207) 899-1584
2. Theresa Louise House: (207) 899-1700
3. Back Bay House: (207) 899-4687
4. Prospect Place: (207) 619-7385

*Services:* Sober apartments in Portland. Residents share an apartment with other women committed to have a sober lifestyle. Residents pay between \$350-390 to move in (includes 2 weeks rent) and then pay between \$100-120 per week.

### **Shalom Housing**

*Address:* Shalom House 106 Gilman Street, P.O. Box 560, Portland, ME 04112

*URL:* [www.shalomhouseinc.org](http://www.shalomhouseinc.org)

*Phone:* (207) 874-1080

*Area Served:* Housing in Cumberland and York counties

*Services:* Shalom House provides housing for adults living with mental illness. Shalom provides many levels of care from short-term transitional housing to supported housing apartments.

### **Shelter Plus Care**

*Address:* Shalom House 106 Gilman Street, P.O. Box 560, Portland, ME 04112

*Phone:* (207) 874-1080

*URL:* [www.shalomhouseinc.org](http://www.shalomhouseinc.org)

*Area Served:* State-wide program, if outside of Portland- contact DHHS to find out who the administering agency is that area

*Services:* Housing subsidy program that provides rental subsidies and supportive services to individuals with disabilities who are homeless. Program participants pay 30% of their income towards rent and Shelter Plus Care subsidizes the rest. *Managed by Shalom House.*

### **St. Andre Home**

*Address:* Group homes and Outreach services in Biddeford, Lewiston and Bangor

*URL:* [www.saintandrehome.org](http://www.saintandrehome.org)

*Phone:* Biddeford: (207) 284-7436, Lewiston: (207) 783-8003, Bangor: (207) 945-5021

*Services:* Group homes for pregnant and parenting moms to live and learn the parenting and life skills they need to live independently in the community. Staff is present at the group homes 24-hours a day to assist the women in reaching their goals.

## **Legal Services**

### **Cumberland Legal Aid Clinic**

*Mailing Address:* 246 Deering Avenue, Portland, ME 04102

*URL:* [www.mainerlaw.maine.edu/programs-centers/clac.html](http://www.mainerlaw.maine.edu/programs-centers/clac.html)

*Phone:* (207) 780-4370 or 1 (877) 780-2522

*Area Served:* Southern Androscoggin, Cumberland and York counties

*Services:* The Clinic represents low-income individuals with legal cases in Southern Maine courts (Cumberland, and in parts of York, Sagadahoc, and Androscoggin counties) for most kinds of civil, criminal, juvenile, and family law matters. The Clinic represents clients at both the trial and

appellate levels. The Clinic asks clients to pay a \$10 administrative fee. In some cases, clients may be asked to pay court and other significant costs. The Clinic does not otherwise charge for its services.

### **Courthouse Assistance Project (CHAPs) {Sponsored by PTLA & VLP}**

**Address:** Portland District Court, Newbury Street entrance/ground floor, Portland, ME 04101

**URL:** [www.vlp.org](http://www.vlp.org)

**Phone:** 1 (800) 442-4293

**Areas Served:** Offices Statewide

**Services:** Attorney volunteers provide help with family law matters at the District Courts in Augusta, Biddeford, Lewiston and Portland. You can show up at the designated times for a brief conference with a lawyer.

**Hours:** Thursdays 1:00pm – 4:00pm

### **Immigrant Legal Advocacy Project**

**Mailing Address:** 309 Cumberland Ave, Portland, ME 04101

**URL:** [www.ilapmaine.org](http://www.ilapmaine.org)

**Phone:** (207) 780-1593 or 1 (800) 497-8505

**Area Served:** Maine

**Services:** The Immigrant Legal Advocacy Project (ILAP) provides free and low-cost immigration information and legal assistance to low-income Maine residents. ILAP helps Maine's immigrants keep their families together, gain protection from persecution and domestic violence, attain residency and work authorization, and become proud U.S. citizens. Representation regarding applications before INS and removal defense before Immigration Court. Provides consultations and immigration forms assistance. Offers outreach and education to immigrant groups.

### **Legal Services for the Elderly**

**Address:** 136 US Route 1, Scarborough, ME 04074

**URL:** [www.mainelse.org](http://www.mainelse.org)

**Phone:** 1 (800) 750-5353 or (207) 396-6502

**Area Served:** Cumberland, York & Sagadahoc counties

**Services:** Provides free legal services to socially and economically disadvantaged Maine residents over 60 years of age.

### **Pine Tree Legal Assistance**

**Address:** 88 Federal Street, Portland, ME 04101

**URL:** [www.ptla.org](http://www.ptla.org)

**Phone:** (207) 774-8211

**Area Served:** Maine

**Services:** Free legal services for people who meet eligibility guidelines. May be able to provide assistance regarding housing, protection orders, family matters, consumer, benefit programs and education.

### **Volunteer Lawyers Project**

**Physical Address:** 88 Federal Street, Portland, ME 04101

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

**URL:** [www.vlp.org](http://www.vlp.org)

**Phone:** (207) 774-4348 or (800) 442-4293

**Area Served:** Maine

**Services:** Referrals to appropriate sources of assistance, written legal information, legal hotline for help filling out court forms and legal advice and assistance to persons with family law matters. *Call to set up intake interview.*

## **Maine Pre-Trial Services and Probation**

### **Maine Pre-Trial Services**

**Address:** 175 Lancaster Street, Suite 305, Portland, ME 04101

**URL:** [www.mainepretrial.org](http://www.mainepretrial.org)

**Phone:** (207) 774-1501

**Services:** Pre-trial services, bail, community supervision and monitoring of court-ordered conditions of release.

### **Maine State Probation: Region 1**

**Address:** 107 Washington Avenue, Portland, ME 04101

**URL:** <http://www.maine.gov/corrections/adult/Region1A.htm>

(website includes information for all four regions in the state of Maine)

**Phone:** (207) 822-0807

### **US Probation & Pretrial Services**

**Address:** 400 Congress Street, 5<sup>th</sup> Floor, Portland, ME 04101

**URL:** [www.mep.uscourts.gov/](http://www.mep.uscourts.gov/)

**Phone:** (207) 780-3358

# Shelters

## **Family Crisis Services Shelter**

**URL:** [www.familycrisis.org](http://www.familycrisis.org)

**Phone:** 24-hour hotline: 1-866-834-HELP (4357) or (207) 874-1973

**Services:** A confidential shelter for women of all ages, with or without children, experiencing domestic violence. Advocates at the shelter work with residents on safety planning, making referrals for community resources, securing permanent housing, etc. Call the 24-hour hotline to be screened.

## **Family Shelter (City of Portland)**

**Address:** 54 Chestnut Street, Portland, ME 04101

**Phone:** (207) 772-8339

**Area Served:** Portland

**Services:** Shelter for homeless families living in Portland. Apply through the General Assistance office in Portland at 196 Lancaster St. Portland. Must have been living in Portland before becoming homeless and must have children with you.

## **Florence House for Women (Preble Street Resource Center)**

**Address:** 190 Valley Street, Portland, ME 04101

**URL:** [www.preblestreet.org](http://www.preblestreet.org)

**Phone:** (207) 699-4392

**Services:** *Efficiency Apartments* for individuals who are ready to manage independently. A *Safe Haven* provides a permanent private living space for chronically homeless women who are not quite ready to maintain their own apartments. A small number of *Emergency Beds* for immediate, short-term housing for women who are temporarily homeless because of an economic or situational crisis. Access services and staff by visiting Florence House during the daytime hours. Sign-in begins in the late afternoon; if full, a hot meal will be provided.

## **Joe Kreisler Teen Shelter (Preble Street Resource Center)**

**Address:** 38 Preble Street Extension, Portland, ME 04101

**URL:** [www.preblestreet.org/joe\\_kreisler\\_teen\\_shelter.php](http://www.preblestreet.org/joe_kreisler_teen_shelter.php)

**Phone:** (207) 775-0026

**Services:** Shelter for homeless teens (ages 12-20), open 365 days a year from 8pm-8am.

## **Milestone Shelter**

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

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

**Phone:** (207) 775-4790

**Services:** Milestone provides emergency shelter and detoxification for active substance abusers. *There are only a limited number of detox beds for women.*

**Hours:** The shelter opens at 7:00am – 9:30pm, 7 days a week for admissions which are done on a first come, first serve basis.

## **Oxford Street Shelter (City of Portland)**

**Address:** 203 Oxford Street, Portland, ME 04101

**URL:** [www.preblestreet.org](http://www.preblestreet.org)

**Phone:** (207) 761-2072

**Services:** Emergency shelter services for men and women. Services include housing placement assistance, mental health services, substance abuse services, police on-site for safety. Toiletries, linen, emergency supplies and community referrals available 7:45 PM - 7:45 AM daily.

## **Preble Street Resource Center**

**Address:** 5 Portland Street, Portland, ME 04101

**URL:** [www.preblestreet.org](http://www.preblestreet.org)

**Phone:** (207) 874-1005 or (207) 775-0026

**Services:** Intended to meet the basic needs of homeless individuals. Open to the public, provides showers, limited storage, toiletries, mail, housing/mental health referrals, case management for homeless individuals, etc.

**Hours:** Mon – Fri 8:00am – 6:00pm, Sat & Sun 9:00am – 12:00pm

## **Stepping Stones {formerly MAPS}**

**Address:** 482 Congress Street, Suite 301, Portland, ME 04101

**URL:** [www.stepsstonesusa.org/](http://www.stepsstonesusa.org/)

**Phone:** 1 (888) 866-0113

**Services:** Shelter, Family Stabilization, Transitional Living, Community Mental Health, Adoption Services and/or Mental Health First Aid.

## **Tedford Adult Shelter**

**Address:** 49 Cumberland Street, Brunswick, ME 04011

**URL:** [www.tedfordhousing.org](http://www.tedfordhousing.org)

**Phone:** (207) 729-1161 extension 104

**Services:** Shelter for single adults (men and women). A nightly meal is provided. Call 207-729-1151 ext. 104 or go to the shelter after 3:30pm any day of the week to determine eligibility/access services.

### **Tedford Family Shelter**

**Address:** 34 Federal Street, Brunswick, ME 04011

**URL:** [www.tedfordhousing.org](http://www.tedfordhousing.org)

**Phone:** (207) 729-1161 extension 107

**Services:** Provides shelter for families. Call to determine eligibility/access services.

### **York County Shelter Programs**

**Address:** Alfred

**URL:** [www.yorkcountyshelterprograms.org](http://www.yorkcountyshelterprograms.org)

**Phone:** (207) 324-1137

**Services:** Shelter for individuals and families. Case management and counseling offered. Call for more information on how to access services.

**Hours:** 24 hours/day 7 days/week

## **Substance Abuse & Mental Health Treatment Services**

### **ACCESS Program/ACT Team {*Maine Behavioral Healthcare, formerly Community Counseling Center*}**

**Address:** St. John Street, Portland, ME 04102

**Phone:** 1 (866) 857-6644 (toll-free) or (207) 761-6644, extension 2

**URL:** [www.memhp.org](http://www.memhp.org)

**Services:** Program candidates are 18 or older, have a history of resistance to psychiatric or substance abuse treatment, have failed to improve daily functioning despite treatment for mental illness and substance abuse, are frequent users of crisis services, emergency rooms, and hospital services, and have frequent contact with police or recent imprisonment for minor infractions due to psychiatric symptoms or substance abuse. Special consideration is given to those who are or have been recently homeless, or those who have recently resided in shelters or the county jail. Community caseworkers can call to make a referral.

### **Alcoholics Anonymous (AA) Maine**

**Mailing Address:** 47 Portland Street, Portland, ME 04101



**URL:** [www.csoamaine.org/](http://www.csoamaine.org/)

**Phone:** 1 (800) 737-6237 or (207) 774-4335

**Area Served:** Maine

**Services:** Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

### **Awakenings Recovery Center**

**Address:** 897 Brighton Avenue, Portland, 04102

**URL:** [www.awakeningsrecoverycenter.com](http://www.awakeningsrecoverycenter.com)

**Phone:** (207) 773-9300

**Services:** Men's and women's sober housing and substance abuse treatment (IOP, DEEP, group Counseling, family counseling, anger management).

*Sliding scale fee available for qualified individuals.*

### **Cap Quality Care**

**Address:** 1 Delta Drive, Westbrook, ME 04092

**URL:** [www.capqualitycare.com](http://www.capqualitycare.com)

**Phone:** (207) 856-7227

**Services:** Outpatient substance abuse treatment and methadone maintenance program.

### **Catholic Charities Counseling Services**

**Address:** 11 Baxter Boulevard, 2<sup>nd</sup> Floor, Portland, ME 04101

**URL:** [www.ccmaine.org](http://www.ccmaine.org)

**Phone:** 1(800) 781-8550 or (207) 775-5671

**Services:** Catholic Charities offers individual, family and group substance abuse and co-occurring disorders counseling/treatment. Mainecare is accepted and there is a sliding fee scale for individuals without insurance. Day and evening appointments are available, call to make an appointment.

### **Catholic Charities Support & Recovery**

**Address:** 66 State Street, Portland, ME 04101

**URL:** [www.ccmaine.org](http://www.ccmaine.org)

**Phone:** 1 (800) 781-8550 or (207) 775-5671

**Services:** Catholic Charities offers individual, family and group substance abuse and co-occurring disorders counseling/treatment. Mainecare is accepted and there is a sliding fee scale for individuals without insurance.

Day and evening appointments are available, call to make an appointment.

### **Crossroads**

*Address:* 71 US Route 1, Scarborough, ME 04074

*URL:* [www.crossroadsme.org](http://www.crossroadsme.org)

*Phone:* (207) 773-9931

*Services:* Inpatient and outpatient substance abuse treatment. Crossroads services include outpatient counseling for men, women and families and residential substance abuse treatment for women. Call for screening/intake.

### **Discovery House**

*Address:* 400 Western Avenue, South Portland, ME 04106

*URL:* [www.discoveryhouse.com](http://www.discoveryhouse.com)

*Phone:* (207) 774-7111

*Area Served:* Additional clinics in Bangor, Calais and Waterville

*Services:* Outpatient individual and group substance abuse counseling and a methadone maintenance program. In addition, individuals receive HIV, STD, nutritional, housing and job placement counseling.

### **Elijah & Derek Houses (Part of Manna Ministries)**

*Address:* 629 Main Street, Bangor, ME 04401

*URL:* [www.mannamaine.org/](http://www.mannamaine.org/)

*Phone:* (207) 990-2870

*Services:* Derek House is Manna's long-term (6-12 months) rehabilitation program for people suffering from substance abuse. Services include faith-based individual, family and group substance abuse counseling, educational/vocational counseling and mental health counseling for clients with co-occurring mental health conditions. Call for more information and to fill out an application and/or set up a screening appointment.

### **Esther Residence**

*Address:* 27 Thornton Avenue, Saco, ME 04072

*URL:* <http://www.scimsisters.org/our-service/esther-residence>

*Phone:* (207) 283-0323 or (207) 775-1128

*Services:* Residency provided to low risk offenders who live with three Good Shepherd Sisters in a supportive, homelike environment which includes a spiritual component. Transitional housing is provided for up to 2 years for women coming out of a correctional center.

## **Grace Street Recovery Services**

*Address:* Portland Office – 24 Preble Street // Lewiston Office – 550 Lisbon Street, Suite 1

*URL:* [www.gracestreetservices.com/](http://www.gracestreetservices.com/)

*Phone:* Portland (207) 245-1800 // Lewiston (207) 795-0149

*Services:* Addiction and mental health treatment – IOP, individual & group counseling, medically-managed replacement therapy, Suboxone/Vivitrol, gender-specific groups, pain management and community support.

## **McAuley Residence**

*Address:* 144 State Street and 68 High Street, Portland, ME 04101

*URL:* [www.mercyhospital.org/mercy-in-the-community/mcauley-residence/](http://www.mercyhospital.org/mercy-in-the-community/mcauley-residence/)

*Phone:* (207) 535-1333 or (207) 879-3000

*Services:* McAuley Residence provides a safe environment and a comprehensive transitional housing program – offering life skills, counseling, emotional support, and mentoring – to women and children in need. Call to set up an interview with the social worker.

## **McGeachey Hall (Maine Behavioral Healthcare)**

*Address:* 216 Vaughn Street & 66 Bramhall Street, Portland, ME 04102

*URL:* [www.mehmp.org](http://www.mehmp.org)

*Phone:* (207) 662-2221 or 1 (866) 857-6644

*Services:* Mental health and co-occurring outpatient treatment for youth and adults. Mainecare is accepted.

## **Mercy Recovery Center**

*Address:* 40 Park Road, Westbrook, ME 04092

*URL:* [www.mercyrecovery.org](http://www.mercyrecovery.org)

*Phone:* (207) 857-8282

*Services:* Inpatient and outpatient substance abuse treatment for adults. Services include assessments and evaluations, medical management of withdrawal, detoxification center and outpatient counseling and support services. Mainecare and most private insurances are accepted.

*Hours:* Intake, 7:00am – 7:00pm, Monday – Friday; 10:00am – 6:00pm Saturday & Sunday

## **Merrimack River Medical Services**

*Address:* 2300 Congress Street, Portland, ME 04102

*URL:* [www.csacmethadone.com/](http://www.csacmethadone.com/)

*Phone:* (207) 221-2292

*Services:* Outpatient substance abuse treatment, individual and group substance abuse counseling as well as methadone and Suboxone maintenance program.

### **Narcotics Anonymous - Maine**

*Mailing Address:* MASCNA PO Box 5309, Portland, ME 04101

*URL:* [www.namaine.org](http://www.namaine.org)

*Phone:* 1(800) 974-0062

*Services:* Maine NA is a fellowship of recovering drug addicts who have come together to solve their common problem of addiction.

### **Narcotics Anonymous (Nationwide)**

*URL:* [www.na.org](http://www.na.org)

*Phone:* 1 (818) 773-9999

*Area Served:* Nationwide

*Services:* For people for who drugs have become a major problem.

### **Our Father's House Recovery Center**

*Address:* 325 North Street, Saco, ME 04072

*URL:* [www.ourfathershousemaine.org/](http://www.ourfathershousemaine.org/)

*Phone:* (207) 494-0050

*Services:* Outpatient counseling services and 10-bed residential sober living house for women.

### **Portland Recovery Community Center (PRCC)**

*Address:* 468 Forest Avenue, Portland, ME 04103

*URL:* [www.portlandrecovery.org](http://www.portlandrecovery.org)

*Phone:* (207) 553-2575

*Services:* The Portland Recovery Community Center stands as a safe haven for people from EVERY addiction recovery pathway and for our recovery allies. Various addiction and social support groups held daily (NA, Moms in Recovery, Yoga, Knitting, Open Mic, BBQs and more). Services are free.

*Walk-In Hours:* Mon, Tues, Th – 9:00am – 8:00pm; Wed 8:30am – 8:00pm; Sat 11:00am – 7:00pm; Sun 8:00am – 12:00pm

### **Preble Street Resource Center – Clinical Intervention Program (CLIP)**

*Address:* 5 Portland Street, Portland, ME 04101

*URL:* [www.preblestreet.org](http://www.preblestreet.org)

*Phone:* (207) 874-1005 or (207) 775-0026

*Services & Eligibility:* Outreach, Housing search and placement, Homelessness prevention, case management, intentional peer support, linking to MaineCare and Social Security benefits, referrals to mental health and substance abuse treatment. *Eligibility:* Currently homeless or at risk of losing housing in Cumberland County and diagnosed with a mental illness or co-occurring mental health and substance abuse.

### **Residential Treatment Facility (RTF)**

*Address:* 382 Main Street, Limestone, ME 04750

*URL:* [www.amhc.org/](http://www.amhc.org/)

*Phone:* (207) 498-6431

*Services:* Residential Treatment Facility is part of Aroostook Mental Health Services. RTF is a residential substance abuse treatment program. Services include counseling and therapy related to substance abuse dependency. Call for more information and to set up a screening.

### **Penny's Place**

*Address:* Portland

*URL:* [www.pennysplaceportland.com/](http://www.pennysplaceportland.com/)

*Phone:* (207) 332-6143

*Services:* 8-bed residential program for women; all-female staff helping women recover from addiction and underlying issues such as grief, trauma, depression, body image and codependency. Private insurance or self-pay only. Call to set up intake.

### **SMART Child & Family Services**

*Address:* 86 Tandberg Trail, Windham, ME 04062

*URL:* [www.smartcfs.org](http://www.smartcfs.org)

*Phone:* (207) 893-0386

*Services:* Substance abuse treatment, mental health counseling, children's targeted case management, home & community-based treatment, veteran services and medication management.

### **Spruce Street (MaineGeneral Residential Services)**

*Address:* 9 Spruce Street, Augusta, ME 04330

*URL:* [www.mainegeneral.org](http://www.mainegeneral.org)

**Phone:** 1 (877) 777-9393 or 1 (855) 464-4463

**Services:** Spruce Street offers extended residential care (9 months to 1 year) for individuals who have substance abuse and mental health concerns. Services include individual and group counseling, AA/NA meetings, psychiatric services, medical referrals, etc. Call for more information and to set up a screening appointment.

### **The Women's Project (The Opportunity Alliance)**

**Address:** 50 Monument Square, Portland, ME 04101

**URL:** [www.opportunityalliance.org](http://www.opportunityalliance.org)

**Phone:** 1 (877) 429-6884 or Central Intake (207) 523-5049

**Area Served:** Cumberland, York, Lincoln, Androscoggin, Kennebec, Franklin, Sagadahoc, Waldo, and Oxford Counties.

**Services:** The Women's Project serves women 18 and older, pregnant or parenting a child up to age six, who are affected by substance use. We offer individual recovery planning to help women overcome the barriers that keep them from getting treatment; mental health and trauma screening, to help move toward health and wellness, and coordination and advocacy to help identify and connect to community resources that are most needed.

### **Top of the Hill Counseling**

**Address:** 142 High Street, Portland, ME 04101

**URL:** [www.topofthehill.me](http://www.topofthehill.me)

**Phone:** (207) 780-8999

**Services:** Individual outpatient treatment, specialty/early recovery and aftercare groups; DEEP and court-ordered evaluation and treatment; family counseling, counseling for affected others and interventions. Accepting MaineCare, private insurance and sliding scale fee structure. Call for more information or to set up an appointment.

### **Treetop Women's Recovery House**

**Address:** 126 Western Ave #181, Augusta, ME 04330

**URL:** <http://treetopwomensrecoveryhouse.com/>

**Phone:** (207) 458-2234

**Services:** small, intensive, residential program for women in early recovery. Our curriculum is based on the belief that women can best accomplish the initial work of recovery in the company of other women. We integrate both traditional and holistic approaches in an innovative model called the Matrix of Connectedness. This modality addresses every level of a woman's being; physical, relational, communal, ecological and spiritual. Treetop does not

accept insurance.

### **Wellspring Substance Abuse & Mental Health Services**

*Address:* 319 State Street, Bangor, ME 04401

*URL:* [www.wellspringmaine.wordpress.com/](http://www.wellspringmaine.wordpress.com/)

*Phone:* 1 (888) 590-2879 or (207) 941-1639 extension 201

*Services:* Wellspring has residential treatment facilities for men and women seeking long-term (approx. 6 months) substance abuse treatment. Services also include individual, outpatient treatment, treatment for co-occurring and psychiatric disorders and referrals to support services. Call for more information or to set up a screening appointment.

## **Transportation**

### **Portland Metro**

*Address:* 114 Valley Street, Portland, ME 04102

*URL:* [www.gpmetrobus.net](http://www.gpmetrobus.net)

*Phone:* (207) 774-0351

*Area Served:* Greater Portland

*Services:* Transportation throughout the Greater Portland area.

### **Regional Transportation Program, Inc. (RTP)**

*Address:* 127 St. John Street, Portland, ME 04102

*URL:* [www.rtprides.org](http://www.rtprides.org)

*Phone:* (207) 774-2666 or 1(800) 244-0704

*Area Served:* Cumberland County

*Services:* Curb to curb transportation service for persons with disabilities, seniors, low income, children of social service agencies and persons moving from welfare to work.

### **Go Maine Commuter Connections (ME Turnpike Authority)**

*Address:* 2360 Congress Street, Portland, ME 04102

*URL:* [www.gomaine.org](http://www.gomaine.org)

*Phone:* 1 (800) 280-RIDE [7433] or (207) 871-7771

*Area Served:* Statewide

*Services:* Assists commuters to organize car pools. Provides regional transportation information.

## **Wheels to Access Vocation and Education (WAVE)**

**Agency:** York County Community Action Corporation

**Address:** 6 Spruce Street, Sanford, ME 04073

**URL:** [www.yorkwave.org](http://www.yorkwave.org)

**Phone:** (207) 459-WAVE [9283]

**Area Served:** York County- Sanford, Springvale and parts of Alfred and Wells as well as Lyman and Biddeford.

**Services:** Residents of towns in York County covered by The WAVE may call between 7:30am and 4:30pm Monday – Friday for information.

## **Miscellaneous Resources**

### **211Maine**

**Phone:** 2-1-1

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

**Services:** A directory that connects people to a variety of health and human services in Maine which can be accessed online or on the phone.

### **General Assistance**

**Phone:** 1 (800) 442-6003 (Cumberland County office directory below)

**URL:** [www.maine.gov/dhhs/oes/resource/ga.htm](http://www.maine.gov/dhhs/oes/resource/ga.htm)

**Services:** Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household. Most general assistance officers are located in the town/city hall. Call the numbers listed below for more information.

<b>Town:</b>	<b>Phone:</b>
Baldwin:	625-3581
Bridgton:	647-8786
Brunswick:	725-6659
Cape Elizabeth:	767-7473/799-0881
Casco:	627-4515
Chebeaque Island:	846-3148
Cumberland:	829-2205
Falmouth:	781-5253
Freeport:	865-4743
Gorham:	222-1620/1670
Gray:	657-3339



Harpwell:	833-5771
Harrison:	583-2241
Long Island:	766-5820
Naples:	693-6364
New Gloucester:	926-4126 ext 1
North Yarmouth:	829-3705
Portland:	775-7911
Pownal:	688-4611
Raymond:	655-4742
Scarborough:	730-4000/4027
Sebago:	772-1184
South Portland:	767-7617/3201
Standish:	642-3461
Westbrook:	854-6843/9105
Windham:	892-1906/2511
Yarmouth:	846-9036

## **Family Crisis Services**

**Working to end domestic abuse in Cumberland and Sagadahoc  
Counties**

**24-Hour Hotline  
1-800-537-6066**

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**Family Crisis Services is funded in part by the United Way of Greater  
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