

WASHINGTON COUNTY

FAMILY Resource Guide

wcresourceguide.com



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



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

To learn more about the benefits of having a home visitor
when you are having a baby give us a call at (207) 255-0481
or check us out by scanning this QR code:



Last update: 6/16/25

Emergency / Safety	1-2
Birthing Support	3
Childcare—Preschool—Head Start	4
Child Development & Parent Support	5-8
Children’s Library Programs	9-10
Children’s Playgroups	11-12
Clothing & Household Items	13-14
Counseling: Mental and Behavioral Health	15-16
Dental Services	17
Domestic Violence Services	18
Education and Job Training	19-22
Financial Assistance	23-24
Food Assistance & Meals	25-27
Food Pantries	27-28
Health - Chronic Conditions	29-32
Health Clinics and Hospitals (by Name)	33-34
Health Clinics and Hospitals (by Town)	35-36
Health—Home Care	37
Heating Assistance	38
Homeless & Shelter Resources	39-40
Housing and Home Repair	41-42
Legal Services	43
Pregnancy Support & Infant Care	45-47
▲ High Risk Pregnancy Resources	47-48
Protection Services	49
Spanish Language Resources	50
Special Needs	51-55
Substance Use Disorder —Resources	57-62
Support Groups	63-70
Transportation	71-73
Utilities	74-75
Veterans’ Support Services	76-78
Wi-Fi Access—Free	79-80
Women’s Health Services	81-82
How to Contact your Representatives	83

Emergency and Safety

HOTLINES:

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

Poison Control Center: 1-800-222-1222

Suicide & Crisis Lifeline: dial or text 988

24-hour service—When someone calls, texts, or chats 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network.

Crisis HOTLINE (Maine Statewide): 1-888-568-1112

24-hour service will connect you to the closest crisis center

Crisis Help Line (AMHC): 1-800-244-6431

24-hour service for anyone depressed, stressed, suicidal

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

Intimate Partner Violence Abuse (24/7 Hotline): 1-800-315-5579

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

Crisis response; Shelter; Legal assistance; Advocacy; Support

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

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

1-800-871-7741

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

Suicide Hotline: 1-888-568-1112

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

Confidential help for Veterans and their families

SERVICES:

Adult Crisis Stabilization Unit (Calais): 207-454-1910

Each unit provides a 24-hour, short-term residential program for adults 18 years and older experiencing a behavioral health crisis. The goal is to stabilize the client before higher levels of care are needed. The average length of stay is five to seven days.

Calais: 127 Palmer Street

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

To report suspected abuse or neglect of adults over 18

A Helping Voice (from the Elder Abuse Institute of Maine): 207-805-5555

Confidential support line offering guidance to people who are concerned about the safety of an older person. "If at any point you are concerned that an older adult is being mistreated, please reach out by calling 207-805-5555. All calls are confidential and callers can remain anonymous.

Emergency and Safety

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

To report animal cruelty or abuse

Care Fund (Downeast Community Partners): 207-598-5648

Funds for emergency needs (must be enrolled in DCP's Whole Family Coaching Program)

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

Report suspected child abuse or neglect of ages 0-18

Downeast Recovery Support Centers:

Our centers welcome individuals who are interested in learning more about how to support themselves, a loved one, or an employee. All free services.

Calais: 311 Main Street 207-952-9279

Machias: 11 Free Street 207-259-6238

Emergency Housing for Veterans (Augusta): 207-623-8411 x5647

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

The Lamb House (Emergency Shelter Housing): 207-546-4357

The Lamb House is a mission project through the Cherryfield Congregational Church. It provides short-term, emergency housing for families displaced by fire, natural disaster, or other emergencies.

Email: thelambhousemaine@gmail.com

Passamaquoddy Peaceful Relations: 207-853-2600 x265 or x 266

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

Pleasant Point Child Welfare: 207-853-2600

For families having difficulty meeting the needs of their children.

Safe Families for Children: 207-853-2600

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

Washington County Emergency Management: 207-255-3931

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

Birth Support

Birth Doula (serving Washington County):

Bono, Kristen:

Full spectrum Doula
Serving Washington County
Email: newchaptersdoula.kristen@gmail.com

Dunham, LeAnne: 1-603-781-5845

Birth and Postpartum Doula, Childbirth Educator
Serving Washington County
Email: doulaleanne7@gmail.com
Facebook: Adventure Awaits Birth Services

Beal, Elana: Birth Photographer: 1-860-301-4452

Certified Doula Birth Photographer
Serving Washington County and surrounding areas
Email: doulabeal@gmail.com
Website: BirthingDowneast.com

Childbirth Classes

Adventure Awaits Birth Services: 1-603-781-5845

See LeAnne's class dates and information of her Facebook page *Adventure Awaits Birth Services*. Class locations include Machias, Ellsworth, and Bangor. She recommends expectant moms take the classes during their third trimester. Topics include: Biology and mechanics of birth; Comfort measures; Role of the partner; Planning for postpartum; Breastfeeding and lactation.

Midwives (serving Washington County):

Anchored Women's Health: 207-573-0270

Dr. Kristen Hayward, Doctorally-prepared Certified Nurse-Midwife
Primary care, Women's Health Services, Physical Therapy
Ellsworth: 710 Bucksport Road

DECH – Women's Center: 207-255-0400

Donna Waterman, Certified Nurse-Midwife
Sees patients at the DECH Women's Center in Machias.
Machias: 11 Hospital Drive (on the DECH campus)

Women First Machias: 207-255-0014

Bjarni Thomas, Certified Nurse-Midwife
Full scope women's healthcare services and birthing center. Also offers a home birth option.
Machias: 53 Fremont Street

Women's Health—Dixon Family Birthing Center: 207-664-5464

Staff Certified Midwives, 24/7 Midwifery Coverage
Contact the Birthing Center for an appointment with the midwives
Ellsworth: 50 Union Street (at Northern Light Maine Coast Hospital)

(See also Pregnancy Support & Infant Care pages in this guide)

Calais Pre-K Head Start: 454-0131

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

Calais Elementary School, 53 Garfield Street, Calais

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

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

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

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

Flaherty Early Care and Education Center: 255-1441

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

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

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

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

Milbridge Pre-K: 546-2210

Pre-K. Open September – May. Free, healthy breakfast and lunch served in the classroom family style, with teachers and children eating together.
39 Washington Street, Milbridge

St. Croix Early Childhood Education Center: 454-3212

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

25 Gatcomb Drive, Calais

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

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

Child Development & Parent Support

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

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

Car Seat Safety Program: 207-255-0481

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

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

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

Child Development Services (CDS): 207-255-4892

Screenings and evaluations for 3-5 year-olds; Services for preschool children with special needs (referral required from provider).

Early Intervention for ME (EIM): 207-255-4892

Screenings and evaluations for 0-3 year-olds (referral required). EIM sets babies & toddlers up for better developmental outcomes.

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

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

Family Time Together—Craft Kits: 207-263-5270

Each month the Prevention Council distributes free craft kits designed to provide an opportunity for families to spend quality time together.

Email: ssteiger@sun-rise.org or call for more information.

Hear Me Now: 207-688-4544 x205

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

Help Me Grow: 1-833-714-7969 or 207-624-7969

A free information line for families AND providers in Maine. They provide info about child development, pregnancy, and community resources. Help Me Grow also offers developmental screenings and car seat assistance.

Email: HelpMeGrow@Maine.gov or call 211 and choose option 5.

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

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

Maine Families: 207-255-0481

Home Visitors provide support for expectant parents and parents of Newborns; Covering infant care, healthy growth and development, home safety, and much more. Other free services include: Breastfeeding counseling, car seat safety technicians, and online resource library.

More information and live links available at www.WCresourceguide.org

Nurse Bridging Program: 207-598-5639

Support for prenatal moms who have a high-risk pregnancy, or moms with newborns that have medical complications. Program can provide home visiting nurses to work with families & help facilitate on-going supports.

The Openshaw Spot (Occupational & Speech Therapy Clinic): Machias 207-598-7775 / Milbridge 207-546-2880

Providing OT and speech therapy for kids (0-21). Pediatric occupational therapy focuses on helping children develop the skills they need to grow into independent adults.

Machias: 53 Fremont Street email: Milbridge@theopenshawspot.com

Milbridge: 23 Main Street email: Machias@theopenshawspot.com

Parent Enrichment Classes (Sunrise Opportunities/CAN Council): 207-263-5270

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

Parenting Support Groups

See our **Support Groups** page in this booklet. There are many active support groups for parents, grandparents, parents in recovery, parents of children with special needs and more.

Project Linus: 207-598-5963

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

Public Health Nursing: 207-287-4112 / 1-877-763-0438

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

Safe Families for Children: 207-713-0523

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

Email: maine@safefamilies.net

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

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

Continued next page....

Sunrise Opportunities—Prevention Council: 207-263-5270

An amazing resource for all parents offering numerous programs, playgroups, craft kits, and concrete supports (like emergency diapers, wipes, cribs, heating assistance) to families. Check their website online for details as they are always adding more offerings to parents.

Sunrise Opportunities—Targeted Case Management: 255-3426 / 263-5721

Serving youth from birth up to 21 years old with a mental health or developmental diagnosis.

Washington County Children's Program (WCCP): 207-255-4701

A structured licensed daycare providing 1:1 services for children with special needs ages 1—6. Each service is specially designed to meet the needs of each child and help them to become school ready. Referrals may come from parents/caregivers, CDS, EIM, and Children's Case Managers.

We Care Community Baby Center: 207-255-8903

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

Machias: 5 Water Street

Tuesdays—Thursdays 9a – 12p

Whole Family Coaching (DCP): Calais: 207-664-2424 / Machias: 207-259-5015

Support for anyone who needs help tackling an issue and finding resources (like finding childcare, reliable transportation, filling out forms, or any kind of life issue). The family coach can come to your home or meet you at a location comfortable to you. No fees, MaineCare is not required.

Calais: 11 Church Street

Machias: 7 VIP Drive

WIC - Women, Infants and Children:

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

Call for more info or to make an appointment.

WIC Locations:

Calais: 10 Barker Street, Suite D (207-454-3634)

Tuesdays 10a – 6p, Fridays 8a—4p

Eastport: 30 Boynton Street (Call Machias office 207-255-8280 for appt)

WIC Continued next page....

WIC Locations continued:

Machias: 247 Main Street (207-255-8280)

Mondays 8a – 4p

Tuesdays 10a—6p

Wednesdays 8a – 4p

Thursdays 8a—4p

Fridays 8a—4p

Milbridge: 87 Main Street, the WHRL

2nd & 3rd Wednesdays 9a – 2:30p

Call Ellsworth office 207-667-5304 to schedule an appointment in Milbridge

WINGS: 1-800-823-2988

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

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up-to-date for our community.
We welcome any additions or corrections.
Please contact us at
255-0481 or use the *Contact Us* tab at:
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Children's Library Programs

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

Baileyville — Woodland Public Library

“Story Time” Offering a story, crafts, and a snack!

Tuesdays 3:30—4:30pm

169 Main Street, Baileyville | 207-427-3235

Calais — Calais Free Library

“Homeschool Group” For school-aged children and families

Thursdays 12:00—2:00pm

“Wiggles and Giggles” For babies, toddlers, preschoolers and caregivers.

Storytelling, crafts, fun, and more!

Fridays 10:30—11:30pm

“Friday Fun Crafternoons” For elementary and middle school ages.

Fridays: 2:00—4:00pm

9 Union Street, Calais | 207-454-2758

Cherryfield — Cherryfield Public Library

The library welcomes children of all ages! Check out their website for online story time where “Miss Clara reads!” Videos are posted of her reading books for different age groups.

35 Main Street, Cherryfield | 207-546-4228

Columbia Falls—Columbia Falls Town Library

“Big Sibling Class” A play-based, one hour class to get ready to be a big brother or sister! Contact: LeAnne at doulaleanne7@gmail.com

Offered every other month, 10:00—11:00am

8 Point Street, Columbia Falls | 207-483-1255

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

The library is open Monday—Thursday 9:30—4:30, Stay tuned for programs.

2655 Cutler Road, Cutler

Dennysville — Lincoln Memorial Public Library

“Storytime” for children in 1st through 4th grades. Alternating weeks between children from the Pembroke and Edmunds Schools.

Tuesday afternoons (call for more information)

17 King Street, Dennysville | 207-726-4750

Eastport — Peavey Memorial Library

The library offers seasonal events for children and their families. Check our their Facebook page for more information.

26 Water Street, Eastport | 207-853-4021

Harrington — Gallison Memorial Library

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

1292 Main Street, Harrington | 207-483-4547

Children's Library Programs (*continued*)

Jonesport / Beals / Addison— Peabody Memorial Library

The library offers many activities and special events for children. Call or check out their website for upcoming activities.

162 Main Street, Jonesport | 207-497-3003

Lubec — Lubec Memorial Library

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

Wednesdays 10:30am

55 Water Street, Lubec | 207-733-2491

Machias — Porter Memorial Library

“Storytime at the Library” A volunteer or guest will read a story and provide a craft in the Children's Library.

Tuesdays 11a-12pm

“Bumps & Babies” A place of support for all moms and caregivers during pregnancy and postpartum.

1st Thursday of the month 10:00am

“Playgroup” (*Seasonal during cold weather months*) For parents and caregivers of children 0—5 years old. 1 hour of fun!

Fridays 10:00am (Use the rear entrance at the back of building)

“Storywalk” A year-round “storywalk” has been installed in the backyard of the library. The book selection is changed each month. Families are welcome to visit the backyard storywalk at any time.

92 Court Street, Machias | 207-255-3933

Princeton — Princeton Public Library

“Story Hour” Themed stories, crafts, and snacks!

3rd Thursday of the month 10:30—11:30am

Join the “Lego League!” (ages 5 and up) Contact the library for more info.

Tuesdays 3:00—4:00pm

40 Main Street, Princeton | 207-796-5333

Whitneyville — Whitneyville Public Library

The library offers a children's reading program during the Summer months and a top rated children's collection year round. Call for more info.

51 School Street, Whitneyville | 207-255-8077

Children's Playgroups

Many groups do not meet during the summer, or some may have changed their hours. Please check with the organization before attending.

Calais — Infant Toddler Playgroup

Ages 0 – 5, Tuesdays 10 – 11am

All play materials will be provided. Hosted by Wash. County CAN Council
21 Calais Avenue (the former Calais First Congregational Church)

Calais — Wiggles & Giggles Playgroup

Fridays 10:30 – 11:30

Babies, toddlers, preschoolers, and caregivers are all invited to join us for songs, stories, crafts, fun, and more!

Calais Free Library, 9 Union Street, Calais | 454-2758

Columbia Falls—Big Sibling Class

A play-based, one hour class to get ready to be a big brother or sister!

Offered every other month (10a – 11:00) Contact LeAnne for dates.

Email: doulaleanne7@gmail.com

Columbia Falls Library, 8 Point Street, Columbia Falls | 207-483-1255

Jonesport — Playgroup for Toddlers and Preschoolers

Tuesdays 10:30am – Noon

Peabody Memorial Library, 162 Main Street, Jonesport | 207-497-3003

Lubec — Wiggles & Giggles Playgroup

Wednesdays 10:15am

Songs, stories, and play for babies and toddlers.

Lubec Memorial Library, 55 Water Street, Lubec | 207-733-2491

Machias Indoor & Outdoor Infant Toddler Playgroup:

Playgroup for ages 0 – 5 years, Fridays: 10:00—11:00am

All play materials will be provided. Hosted by Wash. County CAN Council

Winter months: Porter Memorial Library, 92 Court St, Machias | 255-3933

Warm weather months: Salem Street Playground, 15 Salem St., Machias

Milbridge — WHRLigig Infant & Toddler Playgroup

Wednesdays 10:00 – 11:00am

For children 0—5 years old. Coffee and tea available for parents.

Women for Healthy Rural Living (WHRL), 87 Main Street, Milbridge |
207-546-7677

Trescott — Friday Playgroup

Fridays 10:00am—12:00pm

Playgroup for all ages (with their caregivers). Children will have access to an impressive inventory of loose parts (like milk crates, fabrics, old keyboards and much more). Bring a snack, water bottle, and wear play clothes.

Cobscook Institute, 10 Commissary Point Road, Trescott | 207-733-2233

Children's Playgroups (continued)

FACEBOOK Groups for Families:

Downeast Family Fun: A Facebook Group Page

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

Kids Hiking Club of Washington County: A Facebook Group Page

We gather at kid appropriate hiking trails to find adventure and community through exploring the outdoors with our children.

Machias Area Family Activities: A Facebook Group Page

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

Make sure you check out the Children's Library Programs page in this Resource Guide for your local library's story hours or other activities for kids.

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

Clothing & Household Items

Note: (\$) means there may be a cost or fee to purchase items

Calais Community Thrift Store (\$)

Gently used clothing, shoes, small furniture and household goods at very reasonable prices. Also on Facebook: Calais Community Thrift Store

Tuesday — Saturday (9am—3pm)

255 Main Street, Calais

Finders Keepers Resale Shop (\$): 207-483-2331

Clothing from newborn up to plus sizes for men and women, as well as household and sporting goods.

Tuesdays—Fridays (10am – 4pm)

Saturdays (10am—3pm)

10 Station Road (at 4 Corners), Columbia

Lubec Community Outreach Center Thrift Store (Free & \$): 207-733-5262

Free children's clothing and toys. Highly discounted household items and clothing for adults.

Thursdays & Fridays (9am – 12pm)

85 South Street, Lubec

New To You Thrift Store (\$)

Clothing and small household items at very reasonable prices.

Tuesday — Saturday (11am – 3pm)

9 Brighton Avenue, Eastport

Power of Love Thrift Store (\$): 207-214-6927

Gently used clothing for babies, children, and adults. Not-for-profit store raising funds to assist disabled pet owners pay for veterinary expenses.

Tuesday — Friday (11am – 5pm)

667 Houlton Road, Baileyville

ReShine (Free & \$):

Gently used clothing and some household items at low or no cost.

Saturdays (12pm – 4pm)

Barber Lane, Cherryfield

SO Prevention Council—Clothing & Supplies (Free): 207-263-5270

Emergency diapers, wipes, and baby formula for families in need. Also, emergency pack & play sleepers for families who need a safe place for their newborn to sleep. **Seasonal October—March:** Winter clothing, hats, coats, and boots.

Email: molivares@sun-rise.org for more information

Pick up in Machias

Too Good to Toss (Free): 207-483-3844

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

Too Good to Toss continued next page....

Clothing & Household Items *(continued)*

Too Good to Toss: continued

Jonesport, Columbia and Columbia Falls.

Wednesdays & Saturdays (8am – 4:30pm)

Fridays (12pm—4:30pm)

Pleasant River Waste Facility, 1340 Highway Route 1, Columbia Falls

We Care Community Baby Center (Free): 207-255-8903

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

info@wecarebabycenter.com

Tuesdays— Thursdays 9a – 12pm

5 Water Street, Machias

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up-to-date for our community.**

We welcome any additions or corrections.

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255-0481 or use the *Contact Us* tab at:

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HOTLINES:

Crisis & Suicide Lifeline: dial or text 988

24-hour service—When someone calls, texts, or chats 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network.

Crisis HOTLINE (Maine Statewide): 1-888-568-1112

24-hour service will connect you to the closest crisis center

Crisis Help Line (AMHC): 1-800-244-6431

24-hour service for anyone depressed, stressed, suicidal

Suicide Prevention Lifeline: 1-800-273-8255

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

Support Warm Line: 1-866-771-9276

Telephone support during challenging times and non-crisis situations

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

Confidential help for Veterans and their families

Counseling Centers / Programs:

Behavioral Health Center (Eastport Health):

Calais 207-454-3022 | Eastport 207-853-6001 | Machias 207-255-3400

Alcohol and substance use counseling; Counseling for families of substance users; Mental health counseling for children, adolescents, adults, families, and groups.

Behavioral Health Home Svcs for Children (AMHC): 1-800-244-6431

A holistic service to help children and families manage their behavioral health and emotional needs. Targeted case management.

Behavioral Health Home Svcs for Adults (AMHC): 1-800-244-6431

A holistic service intended to help adults 18 and older manage their behavioral health and physical health needs. Case management.

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

Child, teen and family counseling; substance use counseling

East Grand Health Center (Danforth): 207-448-2347

Mental and behavioral health counseling; substance use counseling

Family Counseling (AMHC): 1-800-244-6431

Child, teen, couple and marriage counseling; substance use counseling

Harrington Community Mental Health Program: 207-532-8530

Mental health counseling

Harrington Family Health Center: 207-483-4502

Family counseling; Play therapy

Counseling / Mental Health

Healthways—Regional Medical Center:

Lubec: 207-733-7531 | Machias 207-255-0102

Mental heal and substance counseling

MAS Community Health: 207-259-1645

Child and family outpatient counseling. Targeting Case Management services for children.

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

Support, education, and advocacy

National Maternal Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)

Free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. English & Spanish speaking Counselors.

St. Croix Regional Health Center: 207-796-5503

Mental health counseling; substance use counseling; Psychiatry

Sunrise Opportunities - Children’s Counseling: 207-255-3426 / 207-263-5721

Counseling for children. Counseling services can be provided at schools or in our offices.

Sunrise Opportunities - Adult Mental Health: 207-255-4701

Sunrise Opportunities provides an array of services for adults with an intellectual disability, autism, or mental health need, including: Mental health services; Home support services; Community/Work supports; Employment services; Assisted living; Subsidized housing; Shared living services

Veterans Counseling—Readjustment Counseling: 1-877-927-8387

For veterans who are having difficulty readjusting to civilian life, they can find resources here.

Individual Counselors:

To find an individual counselor or therapist search the following websites online for the most up-to-date contact information.

Find a Therapist—Washington County

Online at: www.findatherapist.com/local/maine/washington-county/

Health Affiliates of Maine—Washington County

Online at: <https://healthaffiliatesmaine.com/find-a-provider/>

Psychology Today—List of Therapists in Maine

Online at: www.psychologytoday.com/us/therapists/maine

Dental Services

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

Calais - Dr. Karen Delaney: 207-904-0025

Full service dental facility for families.
254 South Street, Calais

Dental Funds for Washington County Children: 207-546-5868

Financial assistance for children to receive routine dental services from Northeast Delta Dental Foundation through Maine Seacoast Mission.

Eastport - Eastport Health Care: 207-853-6001

Full service dental facility for families. Provides dental services to all patients regardless of ability to pay.
30 Boynton Street, Eastport

Harrington - Dental Clinic at Harrington Family Health: 207-483-4502

Full range of dental services.
50 East Main Street, Harrington

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

Full range of dental services.
43 South Lubec Road, Lubec

Machias - Washington County Children's Program "Tooth Ferry":

207-255-3426

WCCP's Tooth Ferry Van is a mobile unit that travels to schools and Head Starts in the county providing oral health education and preventive care.

Machias - WCCP Annual Dental Clinic: 207-255-3426

NYU School of Dentistry provides free dental care. The clinic offers: complete dental care for children (exams, x-rays, fillings, extractions, crowns...) and emergency-only dental care for adults (exams, x-rays, fillings, root canals, extractions). Dates are usually in the Spring.

Milbridge - Prevention is Key: 207-598-6195

We want everyone to have access to dental care and our goal is to provide quality care at a low cost.
19 Main Street, Milbridge

Princeton - Dental Center at St. Croix Regional Family Health: 207-796-5503

Routine cleanings, dental exams, and complete services.
136 Mill Street, Princeton

Maine Veterans' Dental Network: 207-287-6836

The MVDN provides a yearly grant to veterans who qualify. Call for more information.

More information and live links available at www.WCresourceguide.org

Domestic Violence Services

HOTLINES:

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

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

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

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

SERVICES:

INTERNITY: 207-619-1413

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

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

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

Next Step Domestic Violence Project/Shelter: 207-255-4934

Shelter/supportive housing; Legal assistance and advocacy; Support groups.

Next Step now has a staff member that is a dedicated Child Protective liaison.

She provides support to mom's in the shelter when they are working with the DHHS child protective unit. For more info email them at:

Info@NextStepDVProject.org

Passamaquoddy Peaceful Relations: 207-853-2600

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

Education & Job Training

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

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

Axiom Education and Training Center: 207-255-4917

(See *Washington County Adult Education* below)

Career Center: Calais 207-454-7551 / Machias 207-255-1900

Assistance in job training and training services; Assistance with changing career paths, resumes, applications, and job searches. You do not need to be on unemployment to use these free services. Walk-ins welcome.

Calais: 5 Lowell Street | Wednesdays 9a—4p

Machias: 53 Prescott Drive, Suite #1 | Mondays—Fridays 8a-5p

College Transitions Support: (Wash. County Adult Ed.): 207-255-4917

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

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

Disabled Veterans Outreach Program (at the Career Center): 207-255-1920

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

Division of Vocational Rehabilitation - ME Dept of Labor: 207-255-1900

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

Eastern Maine Development Corp. (EMDC): 207-255-0983

Meet one-on-one with a Workforce Development Specialist to help set you up with training, educational requirements, certifications or on-the-job training to help you pursue the career of your choice. Help can also include help with mileage, childcare, books, and even laptops.

Family Futures Downeast (FFD): 207-255-0983

A program designed for parents of young children to attend college, earning 16 credit hours and a Certificate in Family Studies. The certificate covers core courses that participants can use to continue their education toward degrees or certifications in a number of fields or professions. FFD students can choose to take classes in Machias at UMM or Calais at WCCC.

Financial assistance, childcare, school supplies and mentoring throughout the year-long course of study are provided to help students succeed.

A parent must have a child under 8 years old to participate in the program.

FastWeb and FinAid! (online only):

Online student guides for financial aid for college

Online at: www.fastweb.com | www.finaid.org

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

Resource information for help paying for college

The Gracie Fund (through SCEC): 207-255-0983

The Gracie Fund is a student loan repayment program that awards recipients \$5,000 per year for up to 3 years to help repay student loans in return for community volunteerism. Applications are typically accepted from early Spring to mid July for the next school year. Contact Jen Peters at the number above or email her at: scec@sunrisecounty.org

JMG—Jobs for Maine Graduates: 207-200-1397

Pathway Navigation Services: Designed to support students on every step of their journey—whether transitioning to college, returning to school, or building new career skills. Help with credentialing, financial assistance, and more.

HOPE: This program welcomes income-eligible students pursuing college and training programs who are parents or specified relatives of a minor.

PaS (Parents as Scholars): Supports students who are a parent or specified relative of a dependent child who is living with them while pursuing a 2- or 4 year degree.

Maine Resource Center: This [online](#) resource center is made available to all students to ensure they have the resources they need to be successful, including: academic, career, financial, healthcare, housing, and various other supports.

For all of the above programs call the number above or email:
jbassett@jmg.org or Jasmine.Bassett@maine.gov

Literacy Volunteers of Washington County: 207-726-4688

If you'd like to learn how to read, write, or spell English better we can help!
Call or email: lvwcme@gmail.com

Maine Coast Works:

Are you interested in a career along Maine's coast? Maine Coast Works is a library of current resources and opportunities to work, learn, or grow your business. Email them at: info@mainecoastworks.org

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

A federally funded program that works with adults to assist them in going to college. Assistance completing college admission and financial aid forms; Also offering career counseling and workshops.

Maine Street Business Building (free Business Support): 207-255-0983

The MSBB team provides free business advising, career development resources, technical assistance, help with finding and winning federal contracts, technology advising, and more. We can also provide assistance with gap loans and micro-financing.
Machias: 19 Main Street

Education & Job Training (*continued*)

Migrant Education Program: 207-546-3006

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

Narraguagus Adult Education: 207-483-2746

Free courses for students to finish earning their high school diploma.
Email: narraguagus@gmail.com

National Farmworker Jobs Program: 207-951-0840

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

New Ventures Maine (Student Loan Repayment Asst.): 207-621-3440

Staff offer free student loan repayment counseling in addition to classes and coaching in financial education.

Passages Program (through Wayfinder Schools): 207-255-1468

Free program for teens (14 - 20) to earn an accredited high school diploma from home. Whether caring for a child or out of school for other reasons, students study a combination of academic, parenting and life skills. Lessons plans are designed around the student's needs and interests.

Sunrise Opportunities Employment Services: 207-255-4156

This program is contracted through the State of Maine Vocational Rehabilitation Program. Staff work to find an appropriate job for each individual person. Job assessments and job coaching are also provided to help people refine their job skills. Email: mpepperman@sun-rise.org

Sunrise Scholarship Fund: 207-255-0983

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

TRIO Student Support Services (on the WCCC Campus, Calais): 207-454-4000

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

US Career Institute: 1-866-250-6851

Certificate programs and Degree Programs offered online. Course materials are relevant and career-focused, developed by industry experts. Wide range of programs available from healthcare to business careers. Self-paced courses allow you to learn at home according to your schedule. (**NOTE: Contact the *Machias Career Center* at 207-255-1933 if you are interested in any of these programs, they can help you find financial assistance and more.**)

Education & Job Training (*continued*)

Washington County Adult and Community Education: 207-255-4917

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

Washington County Community College: 207-454-1000

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

Washington County Education Services & Job Training Resource Guide (printable)

Download this handy 4-page guide of programs and contact information available for Washington County compiled by the Washington County Educational Attainment Initiative. [Click here](#) for a live link.

Whole Family Coaching Program (Downeast Community Partners): 598-5648

Support for people who need help tackling an issue (filling out applications or paperwork for school, applying for a job, needing a driver's license, and more). The coach can come to your home and help you figure out a plan, fill out paperwork, or find resources that may be available to you. This is a free service with no age or income restrictions.

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

We welcome any additions or corrections.

Please contact us at

255-0481 or use the *Contact Us* tab at:

www.WCresourceguide.org

Financial Assistance

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

Calais Office: Open Tuesdays & Thursdays 8:30a – 4p (closed for lunch 12:30 – 1:15), 5 Lowell Street, Calais

Machias Office: Monday – Friday 8:30a – 4p, 38 Prescott Drive, Machias

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

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

TANF—Temporary funds while the family works toward being self-sufficient (must apply for TANF through Fedcap.

Calais Fedcap: 1-877-369-0935

Machias Fedcap: 1-844-585-2505

Division of Support Enforcement and Recovery: 207-624-4100

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

Dream Fund (Community Caring Collaborative):

The Dream Fund is a program of the CCC to allow children and young adults (ages 5-18) to pursue their interest in something that gives them joy, yet may be beyond the financial capacity of their family. The fund is accessed by providers from **partner agencies**, who know a family's needs and goals best, they submit the application on behalf of the family. Providers can visit cccmaine.org for more info.

General Assistance: Contact your local town office to apply
Emergency assistance for low income families.

Hope Fund (Community Caring Collaborative):

The Hope Fund provides one-time financial assistance for expenses that threaten a Washington County family's ability to care for their children, ages 0 – 8 and are not covered through other sources. The fund is designed to be one part of an overall plan of services or supports for families. The fund is accessed by providers from **partner agencies** who know a family's needs and goals best. The provider then submits the application to address a barrier that is jeopardizing family well-being. Providers can visit cccmaine.org for more info.

Indian Township Welfare: 207-96-2301

Financial assistance for tribal residents

Machias Food Pantry (through Centre Street Church): 207-255-6665

Emergency fuel assistance; Coats for Kids; Community Christmas Giving Tree

Maine Eviction Prevention Program: 207-598-5648

If you are a renter and are behind in your rent or are facing eviction, you may be eligible for assistance. This program will cover past due rent and provide rental assistance going forward for as long as a year.

Financial Assistance *(continued)*

Maine Family Development Account: 207-598-5648

This FDA program is available through Downeast Community Partners. It enables income eligible individuals and families to have matched savings that can be used to buy a home, pay for education, or start or expand a small business. Every dollar saved is matched by \$4 from the FDA Coalition.

Maine Veterans Project: 207-262-6061

Thanks to a great partnership with the Maine Military Supply's "Hero of the Month" program, Maine Veterans Project is able to assist with life-essential needs such as utility bills, food, and clothing.

Neighbor4Neighbor Fund (mini grants for seniors): 207-667-7171

One-time mini-grants up to \$500 to seniors in Washington County who are facing hardship. Funds may be used for eyeglasses, dentures, medical equipment, emergency household repairs, or other one-time challenges.

Email: nina@healthyacadia.org

Shaw Fund for Mariner's Children: 207-677-2070

Short-term assistance to families who mainly make their living on the water fishing, lobstering, etc... during times of illness or injury. The Fund accepts referrals from community service providers and self-referrals. Proof of a substantial work history in the industry, as well as financial need, is required to be considered for assistance. The Fund's social workers assist applicants with establishing required documentation.

Typical grants include: payments for housing costs and utilities; assistance with medical transportation costs and purchase of durable medical equipment. The goal of the fund is to aid mariners and their families during times of financial challenge, and to work toward establishing their long-term financial stability.

Student Loan Repayment Counseling (New Ventures Maine): 207-621-3440

Staff offer free student loan repayment counseling in addition to classes and coaching in financial education.

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

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

Veterans—Emergency Financial Assistance Program (through Fedcap):

VEFAP is administered by the Maine Bureau of Veterans' Services in partnership with FEDCAP, and provides financial assistance to Maine veterans facing unexpected financial hardships. This program helps cover essential expenses such as rent or mortgage payments, utilities, vehicle repairs, and other urgent needs to prevent financial instability.

Calais Fedcap: 1-877-369-0935

Machias Fedcap: 1-844-585-2505

Food Assistance and Meals

Community Cafe (Free): 207-454-2215

Offering free, hot, nutritious meals to senior citizens while providing an opportunity for socializing and playing board games and puzzles.

Registration required for 1st meal, then participants can RSVP by phone at 207-454-2215 prior to the next cafe.

Tuesdays 11:30a - 12:30p

849 Main Street, Calais (Calais Methodist Church)

Community Lunch (Free): 207-255-4662

All are welcome to free lunches at the Whitneyville Community Building.

Last Thursday of the month 11a – 1p

South Main Street, Whitneyville

Community Dinner (Free): 207-598-0583

The public is invited to enjoy a free community dinner at Machias Christian Fellowship

2nd and 4th Tuesdays of the month 5p—6p

3 Davis Road, Machias

Community Supper (Free): 207-255-6665

All are welcome to free suppers at Centre Street Congregational Church.

2nd and 4th Thursdays of the month 5p—6p (doors open at 4:30p)

9 Centre Street, Machias

Downeast Table of Plenty (Maine Seacoast Mission): 207-546-6101

Free Sunday afternoon community meals at Weald Bethel Community Center—all are welcome.

Monthly (on Sundays) 3:30 – 5pm

US Route 1, Cherryfield

Farmers' Markets (Seasonal):

Fresh local, seasonal produce and baked goods from local farmers and bakers.

Calais Farmer's Market: 207-404-1177

Tuesdays 12p—2p

9 Union Street, Calais (Accepts WIC & SNAP)

Eastport Farmer's Market:

Saturdays 11a—1p

141 Water Street, Eastport (Accepts WIC)

Lubec Farmer's Market: 207-733-2068

Saturdays 10a—12p

55 Water Street, Lubec (Accepts WIC)

Machias Farmer's Market: 207-255-8556

Fridays 9a—2p

76 US Route 1, Machias (Accepts WIC)

Milbridge Farmer's Market: 207-337-4881

Saturdays 9a—12p

29 Main Street, Milbridge (Accepts WIC)

Food Assistance and Meals *(continued)*

Healthy Acadia: 207-255-3741

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

Incredible Edible Milbridge (Seasonal): Free pick-your-own veggie gardens during the growing season (typically July through early October). You can find vegetables in raised bed gardens throughout town, at the 15,000-square-foot garden next to the Red Barn Motel, and the 19,000-square-foot garden at Milbridge Commons Wellness Park. These veggies are free to all! Look for the IEM signs. IEM is a program of Women for Healthy Rural Living.

Machias Marketplace: 207-255-0605

Accepts SNAP/EBT. Fresh produce, eggs, organic dairy and meats, home baked breads, desserts, honey, jams, oats, and more. All grown, raised, or produced by local farmers or from Maine suppliers.

167 Dublin Street, Machias

Maine Senior FarmShare Program (Seasonal): 1-877-353-3771

The program allows low-income older adults to receive up to a \$50 share of fresh, local produce directly from Maine farmers **at no cost**. Eligible participants can sign up directly with a participating farm of their choice. Maine residents must be aged 60 or older and meet income eligibility guidelines. Eligible adults can call the number above.

Maine Senior Food Boxes: 1-877-353-3771

The Commodity Supplemental Food Program works to improve the health of low-income Maine seniors, at least 60 years of age, by supplementing their diets with nutritious foods. These monthly food packages include a variety of items such as: non-fat dry and ultra pasteurized milk, juice, Farina, canned meat/poultry or fish, oats/ready-to-eat cereal, rice or pasta, peanut butter, dry beans, and canned fruits or vegetables. Contact the number above.

Meals on Wheels (Eastern Area Agency on Aging): 1-800-432-7812

Delivering low cost to no-cost meals directly to your home. Must meet eligibility criteria. Available on short or long term basis, depending on need.

SNAP—Supplemental Nutrition Assistance:

Calais 207-454-9000 | 1-800-622-1400

Machias 207-255-2000 | 1-800-432-7846

Supplemental assistance for seniors, disabled individuals, and low-income families to purchase food for good health. Call to apply for benefits.

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

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

Continued next page....

Food Assistance and Meals *(continued)*

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

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

WIC - Women, Infants and Children:

Calais 207-454-3634 | Machias 207-255-8280

Healthy food packages and food vouchers for pregnant women and children up until they turn 5 years old (food includes eggs, cheese, whole grains, peanut butter, fruit & vegetables, baby foods, formula, Farmer's market vouchers and so much more); Prenatal vitamins; Breastfeeding support. Mainecare not required to be eligible. Call for more info or to make an appointment.

Calais WIC:

Tuesdays 10a – 6p, Fridays 8a – 4pm

10 Barker Street, Suite D

Eastport WIC:

For Eastport dates and times call the Machias office

30 Boynton Street (at Eastport Health Center)

Machias WIC:

Mondays 8am – 4pm

Tuesday: 10am - 6pm

Wednesdays 8am – 4pm

Thursdays 8am – 4pm

Fridays 8am – 4pm

247 Main Street 207-255-8280

Milbridge WIC:

2nd & 3rd Wednesday of each month 9a – 2:30p

Call Ellsworth WIC to schedule an appointment for Milbridge 207-667-5304

87 Main Street (at the WHRL - Women for Healthy Rural Living building)

WIC vouchers can also be used at most Washington County Farmers' Markets in the warmer months for fresh produce.

Food Pantries

Baileyville—Woodland Community Food Pantry: 207-427-6927

55 Broadway, Baileyville

Monday—Friday 9a—6p

Baileyville—Woodland Jr-Sr High School Food Pantry: 207-427-3325

For Junior and High School students and their families

14 First Avenue, Baileyville

Families can contact the school for more information on distribution hours.

Calais—Irene Chadbourne Ecumenical Food Pantry: 207-726-3928

513 Main Street, Calais

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

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

Food Pantries (continued)

Cherryfield—Weald Bethel Food Pantry: 207-546-7424

Maine Seacoast Mission, 36 Weald Bethel Lane, Cherryfield
Tuesday—Friday 9a—3p

Danforth Food Pantry: 207-538-6954

85 Bancroft Road, Danforth
Open the 1st Wednesday *after* the 1st Tuesday of the month 3p—6p
1st & 4th Thursday 10a-11a

Eastport—Labor of Love Food Pantry: 207-853-0812

137 County Road (across from the airport), Eastport
Fridays 2:30p—6:30p
Emergency food: 3rd, 4th & 5th Tuesdays 9a-11a

Indian Township Food Pantry: 207-796-2781

27 US Route 1
Monday—Friday 7:30a—4p

Jonesport Food Pantry: 207-497-2294 | 207-461-9200

Sawyer Memorial Congregational Church, 28 Sawyer Square, Jonesport
Wednesday 9a-11a

Lubec—LCOC Food Pantry: 207-733-5262

44 South Street (Lubec Community Outreach Center)
Saturdays 10a—12p
3rd Wednesday of the month 9:30a-12:30p
*Emergency food available on request if you cannot meet their posted times

Machias Area Food Pantry: 207-259-6044

43 Kennebec Road, Machias
Mondays 1p-6p | Wednesdays 9:30a—1:30p
(Emergency food delivery is available if a family is unable to pick-up or unable to find someone to pick up for them, contact Ken Warner 207-598-8222)

Milbridge—Mano en Mano Food Pantry: 207-546-3006

4 Maple Street, Milbridge
Monday—Friday 10a—6p

Pleasant Point—Sipayik Food Pantry: 207-853-2600

Tribal Office Building, Route 190, Pleasant Point
Monday—Thursday 12p—4p

Woodland—Woodland Community Food Pantry: 207-427-6927

55 Broadway, Baileyville
Monday—Friday 9a—6p

Woodland—Woodland Jr-Sr High School Food Pantry: 207-427-3325

For Junior and High School students and their families
14 First Avenue, Baileyville
Families can contact the school for more information on distribution hours.

Health — Chronic Conditions & Supplies

Please also see the “Support Groups” section in this guide for additional resources

AIDS / HIV:

Northern Maine HIV Program: 207-733-1090 x5221

HIV testing, counseling, & referral services for high-risk individuals through Regional Medical Center in Lubec. Free 20-minute confidential test.

ALZHEIMER’S / DEMENTIA:

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

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

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

Memory Care Facilities in Washington County: 1-888-319-7682

This free website lists residential facilities, assisted living, and boarding homes available in Washington County (and across Maine) for seniors with Alzheimer’s or dementia.

CANCER:

Beth C Wright Cancer Resource Center (Wash. County): 207-610-5152

Support groups, Reiki treatments, Yoga and exercise classes geared just for cancer patients, and much more. Call for class and support group schedules. 163 Main Street, Baileyville

Cancer Patient Navigator (Healthy Acadia): 207-255-3741

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

Colorectal Cancer Screening Support Fund: 207-255-3741

This fund is to assist where the cost of screening, transportation to screening, or other barriers, prevent access to screening. (for ages 45+)

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

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

CANCER TRAVEL ASSISTANCE:

Beth Wright Center’s Transportation & Lodging Financial Assistance Program: 207-664-0339

Funds to reimburse cancer patients or their caregivers for transportation and lodging costs while traveling to receive treatment.

Email: info@bethwrightcancercenter.org

Road To Recovery: 1-800-227-2345

This American Cancer Society program helps provide free rides to cancer-related medical appointments through volunteer drivers. Please call several days in advance to coordinate a driver for your appointment.

CEREBRAL PALSY:

Maine Parent Federation: 1-800-870-7746

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

United Cerebral Palsy of Northeastern Maine: 207-941-2885

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

CHRONIC HEALTH CONDITIONS:

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

Free, confidential information, and referral service that connects people of all ages across Maine to local services. Available 24/7.

Keep Me Well (online only):

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

Online at: www.keepmewell.org

Medline Plus (online only):

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

Online at: <https://medlineplus.gov>

Parent Support Group (of Children with Complex Medical Needs): 207-588-1933 / 1-800-870-7746

This support group provides parents and caregivers the opportunity to connect, give and receive empathy, share resources, and provide encouragement to others who share common life experiences of medical caregiving.

A confidential, safe space to share experiences.

Via Zoom | 4th Thursday of the month 12:00pm

Email: awiest@mpf.org to register and receive zoom link

Public Health Nursing (PHN): 207-287-4112 / 1-877-763-0438

Nurse Home Visiting – Nurses can provide support to patients of any age, in their home, providing health assessments, medicine management, and care coordination. This is a free service for residents of Maine, no insurance or Mainecare required.

DIABETES:

Diabetes Prevention Lifestyle Change Program: 207-255-3741

Healthy Acadia lifestyle coaches offer this program designed for preventing type 2 diabetes. Participants meet with a trained coach and a small group of people. Sessions are weekly for 6 months and then monthly for 6 months. Sign up by contacting info@healthyacadia.org

Dining with Diabetes Down East: 207-255-3345

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

MEDICAL SUPPLIES:

Durable Medical Equipment Exchange (through The Connection Initiative): 207-255-7786

The Connection Initiative (TCI) offers a free durable medical equipment exchange in Washington County. If you are in need of medical equipment or have used equipment to donate, contact TCI. All equipment is free to borrow. Items they often have available include: wheel chairs, commode chairs, rollators (4-wheel walkers), manual or electric lifts, lift chairs, hospital beds, grab bars for bathrooms and hallways, and more.

PARKINSON'S:

Parkinson's Wellness Fund (online only):

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

Online at: <https://parkinsonswellnessfund.org/apply/>

PTSD:

Guide for Supporting a Loved One with PTSD (online only):

Caring for a loved one with PTSD can feel isolating, but you don't have to do it alone. Our new PTSD Caregiver Guide is here to help you: Recognize PTSD symptoms and how they affect daily life; Prepare for doctor visits and medication discussions; Manage stress & avoid burnout with real strategies; Find 24/7 peer support through our partnership with Kindly Human.

Online at: www.caregiveraction.org/

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

Post-traumatic stress therapy and case management services for active service members, veterans, and families.

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

Post-traumatic stress therapy and case management services for active service members, veterans, and families. Health Affiliates Maine is committed to helping the men and women of the armed forces manage:

- * Post-traumatic stress
- * Impactful events
- * Relationship challenges
- * Substance use disorder
- * Anger, grief, and loss
- * Depression and anxiety
- * Other mental health concerns

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

Health Clinics & Hospitals (by Name)

HOSPITALS:

Calais Community Hospital: 207-454-7521

24 Hospital Lane, Calais (off of South Street)

Down East Community Hospital: 207-255-3356

11 Hospital Drive, Machias (off of Court Street)

HEALTH CLINICS:

Arnold Memorial Medical Center: 207-497-5614

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

Baileyville Family Health Services: *coming soon*

71 Broadway, Baileyville

Calais Family Medicine: 207-454-8195

37 Palmer Street, Suite #3, Calais

Down East Health Center – Family Practice: 207-255-2772

1031 Main Street, East Machias

East Grand Health Center: 207-448-2347

201 Houlton Road, Danforth

Eastport Healthcare:

Eastport: 207-853-6001

30 Boynton Street, Eastport (off of Water Street)

Machias: 207-255-8290

160 Dublin Street, Machias

Family Medicine (Reid Emery Building): 207-255-4567

229 Main Street, Machias

Harrington Family Health Center: 207-483-4502

50 East Main Street, Harrington

Healthways – Regional Medical Center:

East Machias: 207-255-0102

893 Main Street (Route 1), East Machias

Lubec: 207-733-5541

43 S. Lubec Road, Lubec

Maine Family Planning:

Reproductive Health Care Services Include: Gynecological and breast exams; Testing & treatment of infections; Pregnancy testing; Preconception counseling; Birth control methods and supplies; Abortion care; Referrals for adoptions. Now offering Family Planning Benefit Program for no or low-cost care

Calais: 207-853-8930

43 Union Street, Calais

Machias: 207-402-3230

247 Main Street, Machias

Health Clinics & Hospitals (by Name)

HEALTH CLINICS (continued):

Milbridge Medical Center: 207-546-2391

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

Moosabec Medical: 207-598-9648

Primary care, acute care, lab draws, and more services

Mondays & Wednesdays 8a – 3:30p | Thursdays by appointment

298 Main Street, Jonesport

Passamaquoddy Health Center Indian Township: 207-796-2321

401 Peter Dana Point Road, Peter Dana Point

Pleasant Point – Sipayik Health Center: 207-853-0711

11 Back Road, Pleasant Point

St. Croix Regional Family Health Center – Calais: 207-796-5503

Calais: 207-796-5503

5 Lowell Street, Suite #4, Calais

Princeton: 207-796-5503

136 Mill Street, Princeton

VA Community Clinic: 207-623-8411 x7490 / 1-877-421-8263 x7490

Services Provided: Primary Care; Telehealth services for mental health;

Pharmacy; Dermatology; Retinal imaging; Wound care

50 Union Street, Calais

Whiting Bay Family Medicine/Dr. Julia Arnold: 207-733-2900

125 US Route 1, Whiting

Women First Machias: 207-255-0014

Women's health care and midwifery

53 Fremont Street, Machias

Women's Health Center (at DECH): 207-255-0400

Comprehensive women's health care and obstetric services

On the Down East Community Hospital campus, 11 Hospital Drive, Machias

Public Health Information Line

1-800-432-7846

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

Health Clinics & Hospitals (by Town)

Baileyville

Baileyville Family Health Services: *coming soon*

71 Broadway, Baileyville

Calais

Calais Community HOSPITAL: 207-454-7521

24 Hospital Lane, Calais (off of South Street)

Calais Family Medicine: 207-454-8195

37 Palmer Street, Suite #3, Calais

Maine Family Planning: 207-853-8930

Reproductive Health Care Services Include: Gynecological and breast exams; Testing & treatment of infections; Pregnancy testing; Preconception counseling; Birth control methods and supplies

43 Union Street, Calais

St. Croix Regional Family Health Center – Calais: 207-796-5503

5 Lowell Street, Suite #4, Calais

VA Community Clinic: 207-623-8411 x7490 / 1-877-421-8263 x7490

Services Provided: Primary Care; Telehealth services for mental health; Pharmacy; Dermatology; Retinal imaging; Wound care

50 Union Street, Calais

Danforth

East Grand Health Center: 207-448-2347

201 Houlton Road, Danforth

East Machias

Down East Health Center – Family Practice: 207-255-2772

1031 Main Street, East Machias

Healthways – Regional Medical Center: 207-255-0102

893 Main Street (Route 1), East Machias

Eastport

Eastport Healthcare: 207-853-6001

30 Boynton Street, Eastport (off of Water Street)

Harrington

Harrington Family Health Center: 207-483-4502

50 East Main Street, Harrington

Indian Township

Passamaquoddy Health Center: 207-796-2321

401 Peter Dana Point Road, Peter Dana Point

Facebook: Passamaquoddy Health Center

Jonesport

Arnold Memorial Medical Center: 207-497-5614

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

Health Clinics & Hospitals (by Town)

Jonesport continued:

Moosabec Medical: 207-598-9648

Primary care, acute care, lab draws, and more services

Mondays & Wednesdays 8a – 3:30p | Thursdays by appointment

298 Main Street, Jonesport

Lubec

Healthways – Regional Medical Center: 207-733-5541

43 S. Lubec Road, Lubec

Machias

Down East Community HOSPITAL: 207-255-3356

11 Hospital Drive, Machias

Eastport Health Care: 207-255-8290

160 Dublin Street, Machias

Family Medicine (Reid Emery Building): 207-255-4567

229 Main Street, Machias

Maine Family Planning: 207-402-3230

Reproductive Health Care Services Include: Gynecological and breast exams; Testing & treatment of infections; Pregnancy testing; Preconception counseling; Birth control methods and supplies; Abortion care; Referrals for adoptions. Now offering Family Planning Benefit Program for no or low-cost care

247 Main Street, Machias

Women First Machias: 207-255-0014

Full scope women's health care and midwifery

53 Fremont Street, Machias

Women's Health Center (at DECH): 207-255-0400

Comprehensive women's health care and obstetric services

On the Down East Community Hospital campus, 11 Hospital Drive, Machias

Milbridge

Milbridge Medical Center: 207-546-2391

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

Pleasant Point

Pleasant Point – Sipayik Health Center: 207-853-0711

11 Back Road, Pleasant Point

Princeton

St. Croix Regional Health Center: 207-796-5503

136 Mill Street, Princeton

Whiting

Whiting Bay Family Medicine/Dr. Julia Arnold: 207-733-2900

125 US Route 1, Whiting

Health — Home Care

Alpha One—Caregiver Services: 800-640-7200

Alpha One is a home care coordination agency. Alpha One believes that everyone should live in the setting that they choose and has programs and services that can assist individuals with remaining in their homes.

Homemaking Services include: light housekeeping, laundry, assistance with chores.

Community Health & Counseling—Home Health Svcs: 207-922-4601

Home Health services can be the right choice for you or your loved one when:

- You are returning home from a hospital stay
- Experiencing a complication or exacerbation of a medical condition
- Adjusting to a new diagnosis or new medication
- There are risks for falling at home
- Recovering from surgery (both planned and unplanned)
- Experiencing changes in managing daily activities (dressing, bathing, etc.)
- You require IV therapy
- Recovering from a stroke or injury and in need of rehabilitation services
- Needing assistance with wound care

Independent Support Services (through Catholic Charities Maine):

1-888-477-2263 / 207-454-0492

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

Living Innovations In-Home Support: 207-255-3733

In-home support for seniors, or for adults / children with disabilities. Our Home Care staff provide and coordinate high quality, comprehensive home care services through nursing, personal care, and physical therapy, to promote the highest quality of life possible for each client.

MAS Homecare: Calais 207-561-9533 | Machias 207-259-1645

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

Public Health Nursing: 1-877-763-0438

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

Sunrise County Homecare Services: 207-255-3344

Our Home Care staff provide and coordinate high quality, comprehensive home care services through nursing, personal care, and physical therapy, to promote the highest quality of life possible for each client.

Heating Assistance

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

FUEL ASSISTANCE

Downeast Community Partners (DCP): 207-610-5914

HEAP, and THAW fuel assistance; ECIP (Energy Crisis Intervention for fuel when HEAP runs out); Emergency assistance with heating system upgrades (CHIP). Ask to speak with DCP’s “Heat Coach” for help on fuel assistance, and making your place more fuel efficient and draft resistant.

EMERGENCY FUEL ASSISTANCE

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

Assistance finding community resources for services including emergency fuel

Calais - Irene Chadbourne Ecumenical Food Pantry: 214-8553 | 214-4883

Emergency fuel assistance for Calais area residents.

Catholic Charities: 207-523-2770

Families can call for emergency assistance with fuel

Centre Street Congregational Church: 207-255-6665

Emergency fuel assistance

Eastport - Labor of Love: 207-853-2373

Emergency fuel assistance for Eastport area residents. Also, Salvation Army Assistance.

“In a Pinch” Emergency Fuel Assistance: 207-263-5270

For families in Washington County with a child under 18, and in need of heating assistance due to financial hardship. Income restrictions apply. Applications must be submitted by a provider on behalf of the family in need.
Email: molivares@sun-rise.org

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

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

Maine Veterans Project: 207-262-6061

Emergency heating fuel for disabled Maine veterans with a valid DD124 or ID card, a financial need, and an account with RH Foster (contact 947-3835 to set up an MVP heating fuel program account).
MVP also accepts donations for their heating fund.

Homeless & Shelter

Homeless Shelter Locations (statewide): 1-800-452-4668

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

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

Emergency Housing Supports (Healthy Acadia): 207-255-3741

Healthy Acadia has Safety and Shelter Funds to support individuals and provide essential resources to keep community members safe. Funds include purchases of sleeping bags, tents, and other life saving necessities; emergency shelter, placement in local vacant rentals, transportation to safe spaces, and access to communication devices.

Emmaus Homeless Shelter (Ellsworth): 207-667-3962

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

Families First Community Center (Ellsworth): 207-460-3711

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

Housing Support Program (Healthy Acadia): 207-259-5015

Housing navigation supports individuals and families at risk of homelessness to seek, apply, enter, and maintain permanent housing. Navigators work to identify and meet housing goals, and overcome barriers.

The Lamb House (Emergency Shelter Housing): 207-546-4357

The Lamb House provides short-term, emergency housing for families who have lost their homes due to fire, natural disasters, or other emergencies. The Lamb House is a mission project of the Cherryfield Congregational Church. Email: thelambhousemaine@gmail.com
#8 River Road, Cherryfield

Next Step DV Project – Crisis Shelter and Supportive Housing: 207-255-4934

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

Passamaquoddy Peaceful Relations: 207-853-2600

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

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

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

The Shaw House—for Teens (Bangor): 207-941-2874

Emergency shelter for kids ages 10—20 including bed, clothing, food and crisis intervention services. Also offer a Day drop-in program for kids to

The Shaw House (continued)

have a safe alternative to the streets. Free showers, clothing, food & laundry. Support services on site to help get kids off the street into a stable living situation. 136 Union Street, Bangor

STEP (Stability Through Engagement Program): *Online only*

STEP is designed to provide short-term rental assistance for 6-12 months to help individuals and families achieve housing stability. STEP is currently offered in 10 counties including Washington County, and is administered directly through the shelters participating in the Emergency Shelter Homeless Assistance Program. [Click here](#) for a live link to the Maine Housing website.

Shelter & Support for Veterans:

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

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

National Call Center for Homeless Veterans: 1-877-4AIDVET or 1-877-424-3838

If you are a veteran who is homeless or at imminent risk of homelessness, you are encouraged to contact the National Call Center for Homeless Veterans for assistance.

Transitional Housing for Veterans: 207-623-8411 x 4344

Housing for homeless veterans who are in recovery.

Veterans Career House is shared living with emphasis on establishing employment.

The Huot House is single unit apartments with the focus on maintaining recovery.

Both programs come with supportive services (Note: these two locations are outside of Washington County, transportation help is provided)

Veteran Support Services: 1-800-877-5709

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

Housing & Home Repair

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

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

Home Modifications for Aging (Elderly Hardship Grant): 207-626-4602

The Maine State Housing Authority offers the MaineHousing's Home Accessibility and Repair Program and a sub-program relevant to seniors called the Elderly Hardship Grant. Grants can be used to make home modifications, not just for structural improvements but also to improve disability access.

The Housing Choice Voucher Program: 1-866-357-4853 / 207-624-5789

This program is available for tenants who are having difficulty with rental payments. The program provides rental assistance to income-eligible tenants by subsidizing a portion of their monthly rent and utilities and paying it directly to their landlords.

The Joy Fund (Home Inspection Assistance Fund): *Online only*

The Joy Fund will award up to \$1,000 per calendar year towards the inspection(s) of a residence during the transition months between making an offer and closing on a house. **Please note:** *this application must be submitted by a Washington County-based real estate agent on behalf of the buyer.*

Maine Eviction Prevention Program: 207-274-1240

If you rent your primary home in Maine and are behind in your rent or facing eviction, you may be eligible for assistance from the Maine Eviction Prevention Program. This program will cover past due rent and provide rental assistance going forward for as long as a year. To qualify you must meet certain requirements around income and monthly rent level.

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

Counseling and assistance if you are facing foreclosure.

Maine Sea Coast Mission (Downeast Campus): 207-460-9322

Home repair and weatherization help.

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

An online list of affordable and subsidized housing for Washington County.

The list has contact information and links to websites, and for many of the property companies you can fill out their applications and apply right online

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

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

Mano En Mano Housing: 207-546-3006

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

Housing & Home Repair *(continued)*

Neighbor4Neighbor Fund (Mini Grants for Seniors): 207-667-7171

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

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

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

Safe Harbor – A Recovery Residence for Women (and their children):

207-255-3741

A place for women to live and grow with their children while seeking recovery from substance use disorder. Our mission is to provide a safe, supportive, affordable living environment for women in recovery.

Single Family Housing Programs: 207-760-4587 / 207-760-4606

USDA Rural Development Single Family Housing Programs includes loans and grants to repair and rehab a house.

Contact Sean Thibeau at Sean.thibeau@me.usda.gov or Stacey Summerson at Stacey.summerson@me.usda.gov

STEP (Stability Through Engagement Program): *Online only*

STEP is designed to provide short-term rental assistance for 6-12 months to help individuals and families achieve housing stability. STEP is currently offered in 10 counties including Washington County, and is administered directly through the shelters participating in the Emergency Shelter Homeless Assistance Program. [Click here](#) for a live link to the Maine Housing website.

USDA Rural Development: 207-764-4157

Home repairs; loans, grants; home ownership assistance

Veteran Housing: 207-610-5955 / 207-598-5648

Apartment rentals for veterans. Brand new unfurnished one bedroom units, located in Milbridge; Walking distance to downtown stores, restaurants, banks, churches. All utilities included. Parking, washer/dryer in units. Handicapped accessible. For more information contact DCP at the numbers listed above.

Veteran Support Services: 1-800-877-5709

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

Legal Services

Court Alternative Dispute Resolution Services: 207-822-0719

Mediation assistance for court cases (divorce & child support)

Immigrant Legal Advocacy Project: 207-780-1593 x4118

Free legal and immigration assistance. Attorney will meet with families one-on-one in Washington County. Spanish-speaking staff available.

KIDS LEGAL at Pine Tree Legal Assistance: 207-774-8246 | 1-866-624-7787

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

Legal Services for Maine Elders: 207-538-8784 | 1-800-750-5353

Free legal help for seniors (must be a resident of Maine, 60 years or older, income guidelines may apply).

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

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

Maine Eviction Prevention Program: 207-274-1240

If you rent your primary home in Maine and are behind in your rent or facing eviction, you may be eligible for assistance from the Maine Eviction Prevention Program. This program will cover past due rent and provide rental assistance going forward for as long as a year. To qualify you must meet certain requirements around income and monthly rent level.

Pine Tree Legal Services: 207-255-8656

Free legal advice to low-income families; civil cases only (no criminal cases). Help with housing issues, employment, foreclosures, protection orders, parental rights, small claims, any issues regarding income including employment problems, or problems with benefits such as SSI, SNAP, TANF, Aspire...

Contact their statewide phone service anytime during call-in hours:

Mondays 12:00 pm – 2:30 pm

Tuesdays 9:00 am – 11:30 am

Thursdays 9:00 am – 11:30 am

You can also go in-person during walk-in office hours:

Mondays 9:00 – 11:30a, 13 Cooper Street, Machias

Volunteer Lawyers Project: 1-800-442-4293

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

Washington County—Adult Recovery Court: 207-255-1919

1 Stackpole Road, Machias

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

Breastfeeding Support :

Maine Families: 207-255-0481

Certified Lactation Counselors are here to provide free support for breastfeeding moms in-person in your home or the hospital, on the phone, or via zoom. Maine Families has 3 certified lactation counselors on staff, you do not need to be enrolled in our program to utilize this free service.

Latching On, LLC: 740-231-2227

Lisa Sheer, IBCLC, CEIM

International Board Certified Lactation Consultant (IBCLC), Certified Educator of Infant Massage (CEIM), and certified in the TummyTime! Method, Lisa Sheer is the owner of Latching On in Lubec. With over 25 years experience in the lactation field, Lisa has also completed many hours in various skilled trainings including tongue-tie assessment, bottle feeding/refusal, and flange fitting/pumping guidance. [Click here](#) to learn more about Lisa's services or schedule a consultation, some insurances are accepted.

Maine State Breastfeeding Coalition: *Online only*

Breastfeeding and returning to work? The Maine State Breastfeeding Coalition has a Toolkit to help you return to work after having your baby.

Online at: www.mainebreastfeeds.org/employees

Childbirth Classes:

Adventure Awaits Birth Services: 1-603-781-5845

This in-person class (offered in locations in Machias, Ellsworth, and Bangor) will cover the essentials of childbirth with the goal of feeling prepared and confident for your birth experience. Topics will include: Biology and mechanics of birth; Comfort measures; Role of the partner; Planning for postpartum. This 4-day class will be offered 4 times a year: See her **Facebook page** for the latest class schedules. The cost is \$100-\$150, but scholarships are available.

Email: doulaleanne7@gmail.com or call (603) 781-5845

Pregnancy / Newborn Support:

Bumps and Babies (Support Group):

A place of support for all moms and caregivers during pregnancy and postpartum. Contact LeAnne for more information: doulaleanne7@gmail.com
Machias | 1st Thursday of the month 10:00am (Porter Memorial Library)

Count the Kicks: *Online App*

A baby's movements are an important sign of their well-being in the 3rd trimester. Get to know what's normal for your baby using the FREE *Count the Kicks* pregnancy app by going to www.countthekicks.org

Maine Families: 207-255-0438

Pregnancy support & resources; Breastfeeding support with staff certified Lactation Counselors; Child development; Building a healthy family; Online resource library.

Pregnancy / Newborn Support Continued:

National Maternal Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)

Free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. We have English- and Spanish-speaking counselors.

Passages Program: 207-255-1468

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

Perinatal Behavioral Health Support: 207-661-4455

A statewide virtual program supporting pregnant and postpartum women experiencing behavioral health challenges. This service is statewide, 100% virtual, and tailored to support individuals who are pregnant, postpartum (up to 52 weeks), or have experienced perinatal loss. Program components include:

- Psychotherapy provided by a licensed clinical social worker (LCSW) specializing in perinatal mental health
- Medication management provided by a psychiatric nurse practitioner
- Virtual services – accessible from anywhere in Maine
- Insurance accepted – commercial and MaineCare
- Accepts referrals from organizations across Maine

Call 207-661-4455 for more information or contact Telehealth Program Manager Anna Gilbert at anna.gilbert@mainehealth.org

Public Health Nursing (PHN): 207-287-4112 / 1-877-763-0438

Nurse Home Visiting – Nurses can provide support to parents in their home if they have an infant with a medical condition or who has been exposed to substances prenatally. This is a free service for residents of Maine, no insurance or Mainecare required.

Text4Baby: Text Baby to 511411

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

We Care Community Baby Center: 207-255-8903

Free diapers, wipes and other baby care needs available monthly to WIC or MaineCare eligible families. We Care also has a closet of gently used clothing, shoes, outerwear, toys, and books donated from the community and We Care participants.

Machias: 5 Water Street

Tuesdays -Thursdays 9a – 12p

WIC - Women, Infants and Children:

Healthy food packages and food vouchers for pregnant women and children up until they turn **five** (food includes eggs, cheese, whole grains, peanut butter, fruit & vegetables, baby foods, formula, and

WIC continued on next page....

Pregnancy Support & Infant Care *(continued)*

WIC - Continued:

Farmer's market vouchers); Prenatal vitamins; Breastfeeding support (including electric and manual breast pumps); Baby weight checks, iron deficiency and anemia tests; Referrals to healthcare and other community services. MaineCare not required to be eligible. Call for more info or to make an appointment.

WIC Locations:

Calais: 10 Barker Street, Suite D (207-454-3634)

Tuesdays 10a – 6p, Fridays 8a—4p

Eastport: 30 Boynton Street (Call Machias office 207-255-8280 for appt)

Machias: 247 Main Street (207-255-8280)

Mondays 8a – 4p

Tuesdays 10a—6p

Wednesdays 8a – 4p

Thursdays 8a—4p

Fridays 8a—4p

Milbridge: 87 Main Street, the WHRL

2nd & 3rd Wednesdays 9a – 2:30p

Call Ellsworth office 207-667-5304 to schedule an appointment in Milbridge

Women Veterans Call Center: 1-855-829-6636

Women veterans can contact the [Call Center](#) for information about a variety of services and benefits available including women's health and **maternity care**.

High-Risk Pregnancy Support

Bridging Program: 207-598-5639

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

Bangor Comprehensive Treatment Center: 1-855-936-4919

For mom's on medication-assisted recovery and have a child in the NICU. With prior authorization from their local treatment provider, mom's can receive courtesy doses during their stay in Bangor while their child receives medical treatment. Located at 689 Odlin Road, Suite 1. 24/7 appointment scheduling.

Maine Families: 207-255-0481

Home visiting program offering parent support and specific help for moms who have an infant in the neonatal ICU.

High-Risk Pregnancy Support *(continued)*

MaineMOM: 1-888-644-1130

If you are pregnant or a new parent with substance use disorder we're here to help you. MaineMOM can help with:

- Advocate for you and your baby.
- Provide you with counseling, support, and treatment, including medications.
- Work with you to develop a treatment plan and provide referrals for other services you might need during and after your pregnancy like health care, housing, or transportation.
- Introduce you to other moms who have experienced what you are going through.
- Provide safe and supportive care for you and your baby while you are in the hospital.
- Answer your questions and make sure you are part of the team caring for your baby.
- Provide care in a baby-friendly setting.

With the MaineMOM program, you'll receive the care you need, the compassion you deserve, and the support you've been looking for. This program is offered at Northern Light Eastern Maine Medical Center, Women's Health Center, 417 State Street, Webber Building West, Suite 141, Bangor.

PROSPER Initiative (Healthy Acadia): 207-974-7460

Support for expectant and new parents, caregivers, and families living with substance use disorder. You, your infant, and your support system (friends, partner, relatives) can count on compassionate, person-centered navigation, mentoring, education, training, care coordination, advocacy, referrals, and overall supports. For more information or additional assistance, please call (207) 974-7460 or email prosper@healthyacadia.org.

Public Health Nursing (PHN): 207-287-4112 / 1-877-763-0438

Nurse Home Visiting – Nurses can provide support to parents in their home if they have an infant with a medical condition or who has been exposed to substances prenatally. This is a free service for residents of Maine, no insurance or MaineCare required

Ronald McDonald House: Bangor 207-942-9003

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

Protection Services

Child Protective Services (DHHS):

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

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

To report abuse and neglect of adults over 18.

Next Step Domestic Violence Shelter: 1-800-315-5579 | 207-255-4934

Shelter; crisis response; legal assistance

Passamaquoddy Peaceful Relations: 207-853-2600 x265 or 266

Support for victims of sexual assault

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

Pleasant Point Child Welfare: 207-853-2600

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

Safe Families for Children: 207-713-0523

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

Email: maine@safefamilies.net

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

24 hour phone support for victims of sexual assault

Spanish Language

Catholic Charities Refugee & Immigration Services: 207-523-2700

Spanish speaking staff and interpreter services available

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

Harrington Family Health Center: 207-483-4502

Staff medical providers that speak Spanish

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

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

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

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

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

Assisting migrant families to access healthcare services

Mano En Mano: 207-546-3006

Educational services and scholarships; English classes; translation assistance; assistance with affordable housing; access to essential services for Spanish speakers.

Mano En Mano Housing Units: 207-546-3006

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

Mano En Mano Migrant Education Program: 207-546-3006

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

Migrant Farmworker Hotline: 1-888-307-9800

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

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

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

Assistance with school enrollment, education or referrals other services

Special Needs

Providers Serving Washington County:

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

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

Bridging Program (Washington County Nurse Bridging): 207-598-5639

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

Catholic Charities: Education Services for Blind and Visually Impaired Children

207-781-8550 / 1-800-781-8550

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

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

Child Development Services: 207-255-4892

Screenings and evaluations for 3-5 year olds; Services for preschool children with special needs (referral required from a provider).

Circle of Parents Support Group: 207-263-5270

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

Pembroke Elementary School | 2nd & 4th Mondays, 3:30p—4:30p

Early Intervention for ME (EIM): 207-255-4892

Screenings and evaluations for 0-3 year-olds (referral required from provider).

Early Intervention for ME sets babies and toddlers in Maine up for better developmental outcomes. We address not only social-emotional and cognitive delays, but *all* developmental areas in which a young child may be affected.

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

640-7200 This grant program (Title 7, Part B) through Alpha One in Maine offers financial assistance to help consumers with disabilities address: self-care; mobility and home accessibility; communication; learning difficulties, and more. Funds are available to purchase services and adaptive equipment such as hand controls or lifts for vehicles, ramps, roll-in showers, hearing aids, TTYs, or flashing alarms or signals.

Independent Support Services (through Catholic Charities Maine):

1-888-477-2263 / 207-454-0492

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

Special Needs (continued)

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

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

Kendall Case Management: 207-726-4003

Case Management for adults with autism and/or intellectual disabilities.

KIDS LEGAL at Pine Tree Legal Assistance: 207-774-8246 | 1-866-624-7787

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

Lean On Me: 207-598-8066 | Email to: stephanie_moores@yahoo.com

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

Living Innovations: 207-255-3733

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

Maine Division for Blind and Visually Impaired: 207-561-4000 | 888-545-8811

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

Maine Parent Federation: 1-800-870-7746

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

MAS Home Care of Maine: Calais 207-561-9533 | Machias 207-259-1645

Support for parents of children with autism or special needs.

The Openshaw Spot (Occupational & Speech Therapy Clinic): Machias 207-598-7775 | Milbridge 207-546-2880

The Openshaw Spot Clinic provides occupational therapy and speech therapy for kids (0-21) in Downeast Maine. Pediatric occupational therapy focuses on helping children develop the skills they need to grow into independent adults. Machias: 53 Fremont Street email: Milbridge@theopenshawspot.com Milbridge: 23 Main Street email: Machias@theopenshawspot.com

Parent Support Group (of Children with Complex Medical Needs): 207-588-1933 / 1-800-870-7746

This support group will provide parents and caregivers the opportunity to connect, find solidarity, give and receive empathy, share resources and provide encouragement to others who share common life experiences of medical caregiving. This group provides a confidential and safe space to share experiences related to the journey of caring for a child with complex medical needs.

Via Zoom | **4th** Thursday of the month 12:00p

Email: awiest@mpf.org to register

Special Needs (continued)

Providers Serving Washington County (continued):

Parent Support Group (of Children with Special Needs): 207-588-1933 | 1-800-870-7746

Are you a parent of a child with different abilities and/or special needs? Would you like to connect with other parents to share experiences and resources? Join us on the first Thursday of the month at noon. This is an opportunity to connect with other parents & caregivers to share, learn and support each other as we navigate the journey with our kiddos.

Via Zoom | 1st Thursday of the month 12:00p

Email: awiest@mpf.org to register

Partners in Care Coordination (PCC): 207-287-5349

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

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

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

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

Nurse Home Visiting – Nurses can provide support to patients of any age, in their home, providing health assessments, medicine management, and care coordination. This is a free service for residents of Maine, no insurance or Mainecare required

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

The Foundation's mission is to fund adaptive equipment, assistive technology, therapy treatment and/or any necessary item not covered by insurance.

Applications must be submitted online. Applications are approved on a quarterly basis.

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

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

Sunrise Opportunities: 1-800-255-3124

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

Washington County Children's Program (WCCP): 207-255-3426

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

Wings: 255-0551

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

Maine Providers (Outside of Washington County):

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

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

C.A.R.E.S. Inc.: 207-377-7055 / 1-800-773-7055

Advocacy, case management and assistive technology for Maine's citizens with disabilities.

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

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

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

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

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

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

Hear ME Now: 207-781-7199

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

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

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

Continued next page...

Special Needs (continued)

Maine Providers (Outside of Washington County - continued):

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

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

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

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

Maine Fragile X Resource Group: 207-657-2395

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

Email: mainefragilex@yahoo.com

United Cerebral Palsy of Northeastern Maine: 207-941-2885

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

Additional Resources:

The Autism Response Team: 1-888-288-4762 or en *Español* 1-888-772-9050 or email familyservices@autismspeaks.org

Ask questions, find resources and tools, get guidance for what steps to take when you first receive a diagnosis for your child, find legal information regarding your child's rights, get connected to local services, get help planning for your child's future and transitioning to adulthood.

Hear Now (through Starkey Hearing Foundation): 1-800-328-8602

Hear Now is our application-based program that provides hearing help to low-income Americans. Each person we help is fit with new, top-of-the-line digital hearing aids that are customized to their hearing loss.

**For additional special needs resources available online
please visit our website at: WCresourceguide.org**

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

Substance Use Disorder—Resources

For the most up-to-date information please visit the Washington County Recovery Resource page on The Connection Initiative (TCI) website by scanning this QR code.



TCI is a county-wide program hosted and coordinated by the Community Caring Collaborative that connects community members to needed resources, including those for substance use and recovery. Contact TCI at 207-255-7786

EMERGENCY RECOVERY SUPPORT PROGRAMS

Out-patient Detox:

AMHC: Calais 207-454-0775 | Machias 207-255-0996

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

Down East Community Hospital – Emergency: 207-255-3356

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

Regional Medical Center at Lubec: 207-733-1090 ext 5215

In Lubec, you will meet with a Substance Use Disorder Counselor and a medical provider, usually on the same day. To enroll in the MAT program (for Suboxone), simply contact us for help at the number above, and we will get you in to see a counselor and provider as soon as possible to start you on the road to recovery. If you aren't insured, our Outreach & Enroll-

Regional Medical Center at Lubec - continued

ment counselor will guide you through obtaining coverage through the Affordable Care Act (ACA) or MaineCare, and can provide information and assistance with our generous Sliding Fee Discount program. Office hours for all services are Monday through Friday, 8 am until 5 pm.

In-patient Detox:

Downeast Project HOPE:

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

MEDICATION for OPIOID USE DISORDER

Arnold Memorial Medical Center: Jonesport 207-497-5614

Medication-assisted recovery for prenatal mothers

Calais Comprehensive Treatment Ctr (formerly Discovery House): 844-973-3148

Medication-assisted recovery for maintenance and long-term detox including: Methadone, Buprenorphine, Suboxone and Vivitrol. Substance counseling for families and couples, and group counseling
12 Beech Street, Calais

Groups: Recover Together: Calais & Machias 207-245-7654

Low-cost program for opioid addiction provides medication-assisted recovery (Suboxone), plus 24/7 support and counseling. Medication is free for those with health insurance or MaineCare, and low-cost for people without insurance. "Groups is a community of physicians, counselors and recovering opiate users whom you can rely on for affordable and convenient help."

Healthways – Regional Medical Center: Lubec 207-733-1090 | Machias 255-0102

Drug replacement therapy; Substance treatment and Counseling

MaineMOM: 1-888-644-1130

If you are pregnant or a new parent with substance use disorder we're here to help. MaineMOM can help provide you with: Counseling, support, and treatment, including medications; Work with you to develop a treatment plan and provide referrals for other services you might need during and after your pregnancy like health care, housing, or transportation; Introduce you to other

Substance Use Disorder—Resources

MaineMOM—continued

moms who have experienced what you are going through; Provide safe and supportive care for you and your baby while you are in the hospital; Answer your questions and make sure you are part of the team caring for your baby; Provide care in a baby-friendly setting; With the MaineMOM program, you'll receive the care you need, the compassion you deserve, and the support you've been looking for. The MaineMOM program is offered at Northern Light Eastern Maine Medical Center, Women's Health Center, 417 State Street, Webber Building West, Suite 141, Bangor

Women's Health Center (at Downeast Community Hospital): 207-255-0400
Medication-assisted recovery for prenatal mothers and complete OB/Gyn pre and post-natal care

RECOVERY RESIDENCES

Arise Addiction Recovery – Residential Treatment for Men: 207-255-5011

Arise provides residential treatment for men in Machias. Those in this program learn structure, discipline and hard work while they study God's Word and apply it to their lives. Our goal is not only to help people find freedom from addiction, but to help re-establish them in their community as effective members of their families, employees and friends. Arise Residential is a one-year program.

Safe Harbor – A Recovery Residence for Women (and their children):
207-255-3741

A place for women to live and grow with their children while seeking recovery from substance use disorder. Our mission is to provide a safe, supportive, affordable living environment for women in recovery.

RECOVERY RESOURCES

AMHC:

- ***Maine Enrichment Parenting Program*** Calais 207-454-0775 | Machias 207-255-0996
This program is for anyone with a substance use disorder, has a child under 5, and has an open case with DHHS. This is an 8 week treatment/recovery program that also provides support in parenting skills
- ***Substance Use Peer Recovery Center Services*** 207-498-6431
Offers Peer Centers staffed by peers to provide participants in recovery with peer recovery support services including mentoring, education, and resource provision. The services are offered in Calais, and Machias.

Downeast Recovery Supports GUIDE: (*Online only—printable*)

Download this printable guide from Healthy Acadia of recovery support services and substance use treatment in the Down East region.

[Click here](#) to download the latest version of this guide.

Substance Use Disorder (continued)

Downeast Recovery Support Centers: Calais 207-952-9279 / Machias 259-6238

A safe place to get support from peers during recovery. Resources, mentoring, education and support . For anyone seeking recovery, in recovery, and affected others.

Open 10a—6p M-F. Email: aday@amhc.org

Calais: 311 Main Street

Machias: 11 Free Street

Fentanyl Test Strips by Mail: 207-412-2288

Healthy Acadia is now offering free Narcan through the mail (or a person can schedule a time to pick it up) as well as Fentanyl test strips. Harm reduction materials can also be requested through their website.

INSPIRE Recovery Community Center (Healthy Acadia): 207-412-2288

Our INSPIRE Center is a dynamic community space for people in recovery to come together in a safe, fun, and comfortable place while connecting with others in the recovery community. The Center serves as a community hub for recovery meetings, recovery coaching services, complementary programs and services such as yoga and journaling, or simply connecting with others over coffee.

Open Monday through Friday, from 8 a.m. to 4 p.m.

24 Church Street, Ellsworth

Maine Access Points: 207-370-1042

Mail delivery of Naloxone, harm reduction support, Narcan use instruction, test strips, wound care supplies, community drug checking, FTIR testing.

Tues & Wed 9a - 1p

25 Main Street, Unit #15, Machias

Email: chасы@maineaccesspoints.org

Narcan by Mail: 207-412-2288

Healthy Acadia is now offering free Narcan through the mail (or a person can schedule a time to pick it up) as well as Fentanyl test strips. Harm reduction materials can also be requested through their website.

OPTIONS: 207-667-3210

OPTIONS Liaisons are behavioral health clinicians working in all 16 counties in Maine, employed by behavioral health organizations contracted through the State of Maine, Office of Behavioral Health. Liaisons provide brief therapeutic interventions, de-escalate behavioral health crises, and engage in post-overdose follow up visits and referrals of persons in need, to community and state-based services. Contacts for Washington County:

Joe (Eric) Finnemore – efinnemore@amhc.org – (207) 762-4851

John Chapman – jchapman@amhc.org – (207) 498-9560 (cell)

continued next page...

Substance Use Disorder (continued)

PROSPER Initiative (Healthy Acadia): 207-974-7460

Navigation and support for expectant and new parents, caregivers, and families living with substance use disorder. You, your infant, and your support system (friends, partner, relatives) can count on compassionate, person-centered navigation, mentoring, education, training, care coordination, advocacy, referrals, and overall supports. We walk with you through the experience of pregnancy and as a new parent to ensure that you feel supported and prepared for parenthood. Services include making a personal care plan, navigation support, parenting and life skills.

For more information or additional assistance, please call (207) 974-7460 or email prosper@healthyacadia.org.

Washington County Recovery Line: 1-833-687-4887

Help is here! Call the Washington County Recovery Line today to learn more about local substance use treatment and services.

RECOVERY SUPPORT GROUPS / MEETINGS:

Visit our **Support Group** page in this booklet for a full list of meeting dates, times, and locations

RECOVERY THERAPY / COUNSELING

Calais Behavioral Health Center: 207-454-3022

Substance counseling for individuals & families

East Grand Health Center: Danforth 207-448-2347

Substance use counseling; Mental and behavioral health counseling

Eastport Health—Behavioral Health Center: Calais 207-454-3022 | Machias 207-255-3400

Alcohol and substance use counseling; Counseling for families of substance users; Support groups

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

Therapy services for substances and addiction, DEEP counseling

Machias Behavioral Health Center: 207-255-3400

Substance counseling for individuals & families

Pleasant Point Health Center: 853-0644 x264

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

The QuitLink (Tobacco): 1-800-207-1230

If you are thinking about quitting or are ready to quit call the Maine Tobacco hotline and someone will work with you to help you quit successfully.

Quit ME (Alcohol or other Substances): 1-866-811-5695

This service offers a no pressure approach. Whether you are ready to quit or just thinking about quitting they will offer different levels of information, support, or counseling.

Substance Resources — FOR PARENTS

Reflections: Calais 207-454-1491 / Machias 207-255-0001

Group therapy & family counseling

St. Croix Regional Health Center: Princeton 207-796-5503

Substance use counseling for individuals, and families of users

Vogl Behavioral Health Center: Eastport 207-853-6001

Substance counseling for individuals and families

For the most up-to-date information please visit the Washington County Recovery Resource page on The Connection Initiative (TCI) website by scanning this QR code.



**TCI is a county-wide program hosted and coordinated by the Community Caring Collaborative that connects community members to needed resources, including those for substance use and recovery.
Contact TCI at 207-255-7786**

Support Groups

ADDICTION / SUBSTANCES SUPPORT:

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

- Sundays | Machias 7:00pm (“Downeast Group” – Downeast Recovery Support Center, 11 Free Street)
- Sundays | Pembroke 7:30pm (“Head of the Tide Group” – Grace Christian Church, 10 Leighton Point Road)
- Mondays | Calais 7:00pm (“Alcoholics Only Group” – Personal residence, 90 Boardman Street, Calais)
- Mondays | Milbridge 7:00pm (“Milbridge Group” – Congregational Church, 10 Bridge Street)
- Tuesdays | Indian Twp 7:00pm (“Indian Township Meeting” – Indian Twp Meal Site, 8 Kennebasis Road)
- Tuesdays | Machias 6:00pm (“AA Step- Downeast Group” – Downeast Recovery Support Center, 11 Free Street)
- Tuesdays | Pembroke 7:00pm (“Crossroads Big Book Meeting” – Grace Christian Church, 10 Leighton Point Road)
- Wednesdays | Calais 12:00pm (“Brown Bag Meeting” – Calais United Methodist Church, 849 Main Street)
- Wednesdays | Columbia 7:00pm (“Pleasant River Group” – Faith United Methodist Church, 444 US Route 1)
- Thursdays | Calais 7:00pm (“Bridge of Friendship Group” – St. Croix Historical Society, 527 Main Street)
- Thursdays | Machias 5:30pm (“AWOL AA Meeting” – Downeast Recovery Support Center, 11 Free Street)
- Thursdays | Machias 7:00pm (“Machias Valley Group” – St. Aidan’s Episcopal Mission, 36 Dublin Street)
- Fridays | Eastport 5:30pm (“Eastport Step Meeting” – Senior Center, 9 Boynton Street)
- Fridays | Machias 7:00pm (“Open AA – Downeast Group” – Downeast Recovery Support Center, 11 Free Street)
- Fridays | Princeton 7:00pm (“Keep It Simple Group” – Passamaquoddy Health Center, 401 Peter Dana Point Road)
- Saturdays | Calais 8:00pm (“Bar 30” – Recovery Center, 311 Main Street)
- Saturdays | Machias 10:00am (“Women’s AA Meeting” – Downeast Recovery Support Center, 11 Free Street)
- Saturdays | Machias 7:00p (“Moosebec Group” – St. Aidan’s Episcopal Mission, 36 Dublin Street)

Alcoholics Anonymous (AA) for Women Only: 1-844-915-3341

- Machias | Saturdays 10a-11:00a (“Women’s Meeting Machias” – St. Aidan’s Church, 72 Dublin Street)

Support Groups (*continued*)

Al-Anon: 207-284-1844 / 1-800-498-1844

For friends and family of alcohol users

Mondays | Calais 7pm (Calais United Methodist Church, 849 Main Street)

Wednesdays | Columbia 7pm (Faith United Methodist Church, 444 US Hwy 1)

Arise Addiction Recovery Support Groups: 207-271-7060

Support groups for substance users. Childcare is provided at every meeting unless noted. For more information contact: PaulTrovarelloArise@gmail.com

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

Maine Gambling Self-Exclusion Program: 207-255-3741 x103

For those who find casino gambling hard to resist, this voluntary program may help. For more information contact Healthy Acadia at the number above.

Narcotics Anonymous (NA): 1-833-436-6166

Sundays | Cherryfield 6:00pm (“Downeast Serenity Group” – Cherryfield Congregational Church, 12 River Road

Thursdays | Machias 7:00pm (“Downeast Group – Open NA Meeting” – Downeast Recovery Support Center, 11 Free Street)

Parenting in Recovery Support: 207-255-8273

This supportive, parent led group shares the challenges and successes of raising your children while in treatment and recovery. ***Call to register before attending.***

Calais | Every Tuesday 12:00p (Calais Recovery Center, 311 Main St.)

Machias | Every Wednesday 12:00p (Machias Recovery Center, 11 Free St.)

Quit ME (Tobacco, Alcohol or other Substances):

Tobacco: 1-800-807-1230

Alcohol or other Substances: 1-866-811-5695

This service offers a no pressure approach. Whether you are ready to quit or just thinking about quitting they will offer different levels of information, support, or counseling.

Washington County Recovery Line: 1-833-687-4887

Help is here! Call the Washington County Recovery Line today to learn more about local substance use treatment and services.

ALZHEIMER’S SUPPORT:

Alzheimer’s Support Group via Zoom: 1-800-432-7812 or 207-941-2865

Monthly meeting: every 3rd Thursday from 2:00pm – 3:30pm. Call to sign up.

BREASTFEEDING SUPPORT:

Maine Families: 207-255-0481

We have 3 certified lactation counselors on staff to provide breastfeeding support to new moms. Our counselors will work with moms one-on-one to

Continued on next page...

Support Groups *(continued)*

Maine Families—continued:

help them recognize breastfeeding problems and ways to solve them. Our staff is available to work with Moms during their stay in OB after childbirth and can continue to work with them once they return home with their baby. Counselors can provide support in the home and over the phone, whichever is more convenient to moms. Our services are free and you do not need to be enrolled in our program to receive this lactation support.

CAREGIVER SUPPORT:

Be There for ME *(Maine online resource connection)*

Supporting parents and caregivers in Maine. This online resource site covers topics like food, transportation, childcare, stress, parenting, child development and more. Online at www.bethereforme.org

Caregiver Action Network *(Facebook group)*

Have you joined the Caregiver Action Network Community Facebook group? The group is a safe and supportive space for caregivers of all backgrounds who are caring for a loved one to share their story, ask questions, offer support, and connect with others who understand their journey. And, as a member, you can participate in Real Talk Tuesday. Each week at 1 pm we will be hosting a Facebook Live on various caregiving topics.

Caregivers Facebook Group *(Facebook group)*

A private Facebook group for caregivers in Washington County – both informal and professional caregivers welcome. Our goal is for this group to provide a platform for caregivers to talk to each other, ask questions, offer solutions based on experience with similar challenges, and point to helpful resources.

Caregiver Support Group: 1-800-432-7812

Eastern Area Agency on Aging brings caregivers together to share their experiences in a confidential and supportive setting in person at Calais United Methodist Church.

Calais | 4th Wednesday of the month 2:00 – 3:30p (at the United Methodist Church)

Zoom | 3rd Thursday of the month 2:00 – 3:30p (via zoom - call 1-800-432-7812 to sign up)

Caregiver Support Program for Veterans: 207-623-8411, ext. 5906

VA Maine health care offers a number of services to support you and the Veteran you care for. Ask a caregiver support coordinator to help you find what you need, whether it's in-home help, someone to listen, or anything in between.

Daughterhood.org Drop-in Circles *(Online only)*

Nearly a quarter of adults in the United States are simultaneously raising kids and supporting a parent. You are not alone. Managing the medical,

Daughterhood.org—continued

financial, legal and emotional burden of care is overwhelming. There are resources for support, but the caregiver barely has time to breathe, much less research respite options. Daughterhood is a community of experienced caregivers who facilitate virtual Drop In Circles where people can vent, share, and offer resources that are relevant because they've been there, done that. Make time to attend a Daughterhood Circle, and bring your own sandwich.

Sign up for a Circle that is convenient for your schedule at

www.daughterhood.org/circles

Family Caregiver Help Line: 1-855-227-3640

Available Monday–Friday, 8:00 AM – 7:00 PM Eastern Support via phone, email, or live chat—whatever works for you

Free, live, confidential conversations with caregiving experts. Family caregiving can be overwhelming—but you're not in this alone. When you reach out to the Caregiver Help Desk, you're connecting with real, trained professionals who listen, understand, and offer personalized guidance. This isn't AI. This isn't a bot. This is real support from real people who get it.

Support Group for Parents and Caregivers of Children with Complex Medical Needs: 207-588-1933

This virtual support group from Maine Parent Federation provides parents and caregivers the opportunity to connect, find solidarity, give and receive empathy, share resources and provide encouragement to others who share common life experiences of medical caregiving. This group provides a confidential and safe space to share experiences related to the journey of caring for a child with complex medical needs. Call to register.

Virtual Meetings | 4th Thursdays of the month 12p – 1p

CANCER SUPPORT:

Breast Cancer Support Group: 207-454-0501 / 207-952-2050

Calais | 4th Saturday of month 10am (at Calais United Methodist Church, 849 Main St, first floor conference room). Meeting by Zoom may be arranged upon request.

Down East Breast Cancer Support Group: 207-664-0339

The Beth C. Wright Cancer Resource Center in collaboration with the founder of the Down East Breast Cancer Support Group holds a monthly support group meeting for women living with breast cancer. The group's mission is to help newly diagnosed breast cancer patients navigate through the process of healing and surviving. Email info@bethwrightcancercenter.org with your questions.

Machias | 4th Sunday of month 3:00pm (Whitney Wreath, US Route 1, Whitneyville)

Support Groups *(continued)*

Open Arms Breast Cancer Support Group: 207-664-0339

The Beth C. Wright Cancer Resource Center in collaboration with the founders of the Open Arms Support Group holds a monthly support group meeting for women living with breast cancer. The group's mission is to help newly diagnosed breast cancer patients navigate through the process of healing and surviving. Email info@bethwrightcancercenter.org
Ellsworth | 1st Sunday of month 2:00pm (Beth C Wright Center, 23 Commerce Park, Ellsworth)

Prostate Cancer Support Group: 207-664-0339 or 207-949-0290

This monthly group is open to men diagnosed with prostate cancer that are seeking a community of support and understanding. The group also offers a great opportunity for men wanting to provide insight and mentorship for others.

Zoom | 4th Tuesday of month 3p – 4:30pm

To register call: 207-664-0339 or 207-949-0290 or
email: info@bethwrightcancercenter.org

DOMESTIC ABUSE & TRAUMA SUPPORT:

Next Step DV Women's Support Groups: 207-255-4934

Machias | Tuesdays 12 noon (call for location information)

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

Domestic Violence Support Group (Beth Wright Center): 207-610-5152

Bi-weekly DV support group is intended to give people a safe place to listen, share, or just get out for an hour to welcome people who have been, potentially could be, or are living in a domestic violence situation.

Email: info@bethwrightcancercenter.org

Baileyville | 1st & 3rd Mondays, 5:30p—6:30p (Beth C Wright Cancer Resource Center, 163 Main Street, Baileyville)

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

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

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

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

GRIEF / LOSS SUPPORT:

Grief Support Group: 207-610-5152

This support group is open to anyone affected by any type of cancer, bereavement, and/or grief. This supportive gathering is designed to provide participants with the tools and encouragement they need to lead happy and healthy lives, even while battling cancer, grief, and/ bereavement.

Support Groups *(continued)*

Grief Support Group—continued

Email: info@bethwrightcancercenter.org

Baileyville | 2nd & 4th Tuesdays, 4—5p (Beth C Wright Cancer Resource Center, 163 Main Street, Baileyville)

Grief Support Group: 207-454-3141 or 207-454-0407

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

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

GriefShare Support Group: 207-214-5754

A support group to help you move through the grief process. The support group is for anyone struggling with loss or grief.

Calais | Mondays, 6p (Calais Veterans Center, 255 Main Street, Calais)

MENTAL ILLNESS SUPPORT:

Recovery Support Groups: *(virtual)*

NAMI Connection is a peer-led support group for any adult who has experienced symptoms of a mental health condition. Gain insight from hearing the challenges and successes of others, with trained groups leaders who have been through similar struggles. Be heard & get what you need.

Zoom | Every Tuesday 6p – 7:30pm (call 1-646-558-8656 to register)

Zoom | Every Wednesday 6:30p – 8:00pm (call 1-301-715-8592 to register)

Zoom | 3rd Thursday of the month 6:30p – 8:00pm (call 1-929-205-6099)

Family Support Group: *(virtual)*

For any adult with a loved one who has experienced symptoms of a mental health condition... NAMI'S Family Support Group helps you gain insight from the challenges and successes of others facing similar experiences. These meetings follow a structured model, ensuring everyone has an opportunity to learn and be heard.

Zoom | 4th Monday of the month 6:00p – 7:30pm (call 1-646-558-8656)

Zoom | 2nd and 4th Tuesday of the month 6:30p – 8:00pm (call 1-646-558-8656)

PARENTING SUPPORT:

“Ask us Anything” Group (Maine Parent Federation): 207-588-1933 or 1-800-870-7746

A general forum for parents of children with special needs to ask questions about anything! Join alongside MPF staff, community members, and families to meet and have your questions heard. We will have the option of one-to-one breakout rooms for more private questions and personal preferences. Occurs on the last Tuesday of each month 12p-1pm. Please register to join.

Zoom | last Tuesday of the month 12:00pm

Continued next page...

Support Groups *(continued)*

Bumps and Babies:

A place of support for all moms and caregivers during pregnancy and postpartum. Contact LeAnne for more information: doulaleanne7@gmail.com
Machias | 1st Thursday of the month 10:00am (Porter Memorial Library)

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

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

Foster/Kinship and Adoptive Families Support Group: 207-271-3201

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

GEAR Parent/Caregiver Support Group: 1-800-264-9224

Weekly support group for parents or caregivers of children or youth with emotional / behavioral concerns. Call to register and learn more information.
Support groups held weekly via Webinar
Monday eves 7-8p | Wednesdays 1-2p

Lean On Me: 207-598-8066

Support group for parents with special needs children of all ages and diagnosis, focusing on advocating for your child.
Milbridge | 1st Tuesday of month 6:30pm (Women for Healthy Rural Living)

Parenting in Recovery Support: 207-255-8273

This unique group meets Tuesdays in Calais and Wednesday in Machias. This supportive, parent led group shares the challenges and successes of raising your children while in treatment and recovery. Please call to register before attending.

Calais | Every Tuesday 12:00p (Calais Recovery Center, 311 Main St.)
Machias | Every Wednesday 12:00p (Machias Recovery Center, 11 Free St.)

Parent Support Group (of Children with Complex Medical Needs): 207-588-1933 / 1-800-870-7746

This support group will provide parents and caregivers the opportunity to connect, find solidarity, give and receive empathy, share resources and provide encouragement to others who share common life experiences of medical caregiving. This group provides a confidential and safe space to share experiences related to the journey of caring for a child with complex medical needs. Register by calling or emailing: awiest@mpf.org

Via Zoom | 4th Thursday of the month 12:00p

Parent Support Group (of Children with Special Needs): 207-588-1933 / 1-800-870-7746

Are you a parent of a child with different abilities and/or special needs? Would you like to connect with other parents to share experiences and resources? Join us on the first Thursday of the month at noon. This is an opportunity to connect with other parents & caregivers to share, learn and

Support Groups (continued)

Parent Support Group (of Children with Special Needs) - continued

support each other as we navigate the journey with our kiddos.

Email: awiest@mpf.org to register

Via Zoom | 1st Thursday of the month 12:00p

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

24 hour hotline for support services

SPECIAL NEEDS/CHILDREN with DISABILITIES

(please see **Parent Support** section)

VETERAN'S SUPPORT:

Caregiver Support Program: 207-623-8411, ext. 5906

VA Maine health care offers a number of services to support you and the Veteran you care for. Ask a caregiver support coordinator to help you find what you need, whether it's in-home help, someone to listen, or anything in between.

Combat Veteran's Support Group: 207-255-6535

Machias | Mondays 9—10:30a

Transportation

Car Seat Safety Program (Maine Families): 207-255-0481

Free child car seats & booster seats for low-income families.

Installation assistance, safety information, seat checks, & free trainings available for agencies, companies, groups or individuals.

Online resource library.

DCP Rides: 1-877-374-8396 / 207-664-0012

No cost or low cost roundtrip transportation for local shopping, banking, errands, even visiting friends; handicapped accessible; \$2 to \$8. (48 hours advanced scheduling is advised).

- A. Eastport-Pleasant Point:** Thursdays to Calais (times vary) / Fridays in-town Eastport (times vary)
- B. Princeton-Baileysville:** Monday-Friday to Calais (times vary) / In-town Calais Monday-Friday (times vary)
- C. Lubec-Machias:** Monday-Friday to Machias (times vary) / In-town Lubec Tuesdays (times vary) / In-town Machias Monday-Friday (times vary)
- D. Milbridge-Machias:** Monday-Friday to Machias (times vary) / In-town Milbridge Wednesdays Wednesdays (times vary) Four Corners in Columbia Mondays (times vary)

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

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

Downeast Community Partners (DCP): 1-855-608-5176

DCP uses ModivCare (formerly Logisticare) to provide transportation for MaineCare recipients for medical appointments and "friends and family" driver reimbursement. Call in advance to schedule a pick-up.

If you are not a MaineCare recipient, but need help arranging non-emergency medical transportation, please call DCP at 1-877-374-8396 OR 664-0012 OR 546-7547 to determine eligibility for other transportation services that they can offer.

Maine Veterans' Project: 1-415-553-0523 / 207-262-2061

The Maine Veterans Project Vehicle Donation Program has provided dozens of inspected, reliable vehicles to Maine veterans. Every vehicle we've received has been from a generous Maine company or citizen. We then make sure the vehicle is safe before finalizing the donation with a Maine veteran recipient. Transportation is vital in a rural state like Maine and we hope to continue to grow this program. **Who is eligible:** Any veteran in need of assistance with a valid DD214 or ID card.

Medical Related Appointments – Transportation:

- **Cancer Related Appointments – Road To Recovery:** 1-800-227-2345
The American Cancer Society Road To Recovery® program provides free rides to cancer-related medical appointments. Our trained volunteer drivers pick you up, take you to your appointment, and drop you off at home. Patients must be traveling to a cancer-related medical appointment. Other eligibility requirements may apply. For example, a caregiver may need to accompany a patient who cannot walk without help, or is under age 18. Contact us to find out what is available in your area, and what the specific requirements are. ***It can take several business days to coordinate your ride, so please call us at 1-800-227-2345 well in advance of your appointment date.***
- **Cancer Related Appointments – Transportation & Lodging Financial Assistance Program:** 207-664-0339
The Beth C. Wright Cancer Resource Center has received a grant from the Maine Cancer Foundation to pay for transportation & lodging costs for cancer patients traveling to receive treatment. Patients and their caregivers will be reimbursed for gas, other forms of travel and hotel rooms. Call the number above or email info@bethwrightcancercenter.org
- **Mercy Medical Angels: (online only)**
A patient can apply to get a gas card, bus ticket, Amtrak ticket, or airplane ticket for medical travel of 50 miles or more. Gas cards are also available for multiple trips to local treatment to the same treating facility and must be equal or over 100 miles. ***Application must be at least 5 days prior to the appointment.*** Online at www.mercymedical.org
- **ModivCare (formerly Logisticare) – Free Transportation To and From Medical Appointments:** 1-855-608-5176
Call in advance to schedule transportation to/from medical appointments. Advance notice is needed when transporting children as vehicle needs to have car seats (or room for car seats if caregiver brings their own).
- **ModivCare (formerly Logisticare) – Mileage Reimbursement for Maine Care Covered Doctor's Visits:** 1-855-608-5175
Reimbursement for ***pre-approved*** doctor's visits is .38 cents a mile. Contact ModivCare in advance to make arrangements.
- **Patient AirLift Services – SkyHope:** 1-888-818-1231
PALS SkyHope is a nonprofit that arranges free flights for medical patients requiring medical diagnosis, treatment or follow-up who cannot afford or are unable to fly commercially to appointments over 2 1/2 hours away. PALS also arranges volunteer flights for family members of patients as compassionate missions, to ensure patients have support when they are away from home for long periods.

T r a n s p o r t a t i o n (c o n t i n u e d)

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

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

Transportation Assistance for Veterans: 207-255-8665

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

West's Transportation (\$): 1-800-596-2823

Bus service from Calais to Bangor (and points in-between), operates 7 days a week. There is a cost for this service, call for schedule and rates.

CELL PHONE ASSISTANCE

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

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

ELECTRIC BILL ASSISTANCE

Energy Goal program

Earn up to \$300 in credit toward your energy bill! Sign up for the Energy Goal program and work with the program advocate to complete the outlined steps (each step is worth \$50 in credit toward your energy bill). Complete all 6 steps to earn \$300 in credit. Contact Downeast Community Partners and ask for their Family Coach at 207-598-5648 to get signed up.

AMP Program:

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

LIAP Program:

The Low Income Assistance Plan (LIAP) helps low-income homeowners and renters pay for electricity costs by providing a credit on their electric bills. You must be enrolled in the HEAP program to qualify. Contact Downeast Community Partners to get signed up. 207-598-5648

Maine Veterans Project: 207-262-6061

Thanks to a great partnership with the Maine Military Supply’s ‘Hero of the Month’ program Maine Veterans Project is able to assist with life-essential needs such as utility bills, food and clothing.

FUEL ASSISTANCE

DCP (Downeast Community Partners): 1-800-828-7544

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

Utilities (continued)

EMERGENCY FUEL ASSISTANCE

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

Assistance finding community resources for services including emergency Fuel.

Catholic Charities: 207-523-2770

Families can call for emergency assistance with fuel

Calais – Irene Chadbourne Ecumenical Food Pantry: 207-214-8553 / 214-4883
Emergency fuel assistance for Calais area residents.

“In a Pinch” Emergency Fuel Assistance: 207-263-5270 or

This program is for any family living in Washington County who has a child under the age of 18 and who is in need of supplemental heating assistance due to financial hardship. Income restrictions apply. ***Applications must be submitted by a provider on behalf of the family in need.***

Email: molivares@sun-rise.org

Labor of Love, Greater Eastport Ecumenical Churches Association: 853-2373
Emergency fuel assistance; Salvation Army assistance.

Lubec Senior Fuel Assistance: 207-733-2341 (after hours emergency 207-733-2953)

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

Centre Street Congregational Church: 207-255-6665

Emergency fuel assistance for residents in the greater Machias area.

Maine Veterans Project: 207-262-6061

Emergency Heating Fuel for disabled Maine Veterans with a valid ID card, a financial need, and an account with RH Foster. To establish an account, please call 947-3835 and tell them you are setting up an account for the MVP heating fuel program. **Who is eligible:** Any veteran in need of assistance with a valid DD214 or ID card.

LAND-LINE PHONE ASSISTANCE

Lifeline and Assistance Programs (Consolidated Communications): 1-844-968-7224

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

REFRIGERATOR REPLACEMENT PROGRAM

For low income residents with energy inefficient refrigerators: 800-828-7544
Must be approved for LIHEAP Contact Downeast Community Partners for a LIHEAP application or to inquire about your eligibility for appliance replacement.

Crisis Help for Veterans: Dial 988, then press 1 (Help available 24/7)

Seek help by calling the number above, or by texting 838255.

Free, confidential crisis support for veterans and their loved ones.

You don't have to be enrolled in VA benefits or health care to connect.

Babies on the Homefront: Free phone app

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

Download for free at www.babiesonthehomefront.org

Caregiver Support Program: 207-623-8411, ext. 5906

VA Maine health care offers a number of services to support you and the Veteran you care for. Ask a caregiver support coordinator to help you find what you need, whether it's in-home help, someone to listen, or anything in between.

Counseling – Readjustment Counseling: 1-877-927-8387

For veterans who are having difficulty readjusting to civilian life, they can find resources by calling the number above.

Disabled Veterans Outreach Program (at the Career Center):

Machias 207-255-1920 | Calais 207-454-7551

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

Emergency Housing (Augusta): 207-623-8411 x5647

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

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

Therapy and case management services for active service members, veterans, and families. Health Affiliates Maine is committed to helping the men and women of the armed forces manage:

- Post-traumatic stress
- Impactful events
- Relationship challenges
- Substance use disorder
- Anger, grief, and loss
- Depression & anxiety
- Other mental health concerns

Veterans' Support (continued)

Homelessness Intervention Assistance for Veterans (Preble Street): 207-899-9184 | 1-800-877-5709

Case Management assistance for veterans who are without housing, in danger of eviction, or in need of temporary shelter. Help finding community and state resources to assist the homeless and those in danger of becoming homeless.

INTERNITY: 207-619-1413

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

- **Operation 22:** a program designed to fill the gap between hotline assistance and the medical / psychological help that the veterans may or may not have access to.
- **Pets 4 Vets:** a program through INTERNITY which will match rescue dogs with veterans
- **SASA:** Sexual Assault Survivor Advocates. Advocates are recruited and trained to work with survivors as they experience difficulties and barriers in their communities. They work side by side with veterans as they match resources to needs, and help veterans gain their voices again
- **SAFR:** Sexual Assault First Responders. Many times, survivors wait years to get help. Our board and team at INTERNITY know the proper processes and connections to get help – even if it is years after the assault.

Maine Military & Community Network: 207-561-4058 (Machias)

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

Maine Veterans' Benefits and Resource Guide (available online to print)

This booklet is intended to assist returning veterans in their successful transitions to civilian life and to serve as a resource for veterans of all ages to access financial and beneficial resources to which they are entitled.

[Click here](#) to download a copy of the booklet . Or go online to:

Maine.gov/veterans/sites/maine.gov.veterans/files/Resourceguide.pdf

Maine Veterans' Dental Network: 207-287-6836

The MVDN program provides a yearly grant to veterans who qualify. Eligible veterans who submit their completed application will be connected with a dental clinic in their county that will schedule an appointment for them. The program is on a first come, first served basis until funding in the veteran's county has been exhausted.

Maine Veterans' Project: 1-415-553-0523 | 207-262-2061

The Maine Veterans Project assists any veteran in need of assistance with a valid DD214 or ID card. Resources include: Emergency fuel assistance; Emergency home repairs; Life-essential needs such as utility bills, food and clothing; Vehicle donation program provides reliable, inspected vehicles to veterans in need; VA processes & paperwork; Outdoor recreation program.

Veterans' Support (continued)

Maine Veterans' Services: 207-255-3306

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

Email: machias.mainebvts@maine.gov

Monday—Friday 7:30am—4:00p

53 Prescott Drive, Suite 6, Machias

National Call Center for Homeless Veterans: 1-877-4AIDVET or 1-877-424-3838

If you are a veteran who is homeless or at imminent risk of homelessness, you are encouraged to contact the National Call Center for Homeless Veterans for assistance.

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

Assistance with utilities, rent, child care, transportation, security deposits.

Transitional Housing for Veterans: 207-623-8411 x 4344

Housing for homeless veterans who are in recovery. **Veterans Career House** is shared living with emphasis on establishing employment. **The Hout House** is single unit apartments with the focus on maintaining recovery. Both programs come with supportive services (Note: these two locations are outside of Washington County, transportation help is provided)

Transportation Assistance for Veterans: 207-255-8665

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

US Dept. of Veterans Affairs: 207-947-3391

Readjustment counseling and referral services for veterans and their families.

VA Community Clinic – Calais: 207-623-8411 x7490 | 1-877-421-8263 x7490

Services Provided: Primary Care, Telehealth services for mental health / pharmacy / dermatology / retinal imaging / wound care.

Calais CBOC, 50 Union Street, Calais

VA Maine Caregiver Support Program: 207-623-8411 x5906 or 1-855-260-3274

This program provides a range of supports to caregivers of veterans, including education & training, peer support mentoring, home and community based care, and more.

Veterans Count (A Program of Easter Seals of Maine): 207-828-0754

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

Women Veterans Call Center: 1-855-829-6636

Women veterans can contact the Call Center for information about a variety of services and benefits available including women's health and maternity care.

Wi-Fi Access (Free)

Note: The Maine State Library lists libraries that keep their Wi-Fi on 24/7 with available parking within range. Go to www.maine.gov/msl/libraries/directories/wireless.shtml

Baileysville – Woodland Public Library: 427-3235
169 Main Street

Calais

Calais Free Library: 207-454-2758

9 Union Street

Crumbs Café and Bake Shoppe: 207-454-8995

257 Main Street

Dunkin Donuts: 207-454-3301

131 North Street

Tradewinds Shop 'n Save: 207-454-7788

361 South Street

Washington County Community College: 207-454-1000

1 College Drive (off Route 1)

Cherryfield – Cherryfield Public Library: 207-546-4228
35 Main Street

Columbia Falls – Columbia Falls Town Library: 207-483-1255
8 Point Street

Cutler – Louise Clements Memorial Library: 207-259-3693
2655 Cutler Road

Dennysville – Lincoln Memorial Public Library: 207-726-4750
17 King Street

East Machias – Florence Sturdivant Public Library: 207-255-0070
514 Main Street (Wi-fi is accessible from parking lot)

Eastport – Peavey Memorial Library: 207-853-4021
26 Water Street

Harrington – Gallison Memorial Library: 207-483-4547
1292 Main Street (Wi-fi is accessible from parking lot)

Jonesport – Peabody Memorial Library: 207-497-3003
162 Main Street (Wi-fi for local residents)

Lubec

Artworks of Maine: 207-733-2468

10 N. Lubec Road

Lubec Brewing Company: 207-733-4555

41 Water Street

Lubec Memorial Library: 207-733-2491

55 Water Street

Wi-Fi Access (Free)

Machias

Axiom Parking Lot: 207-255-0679

3 Water Street

Bangor Savings Bank: 207-255-4522

1 Center Street

Down East Community Hospital: 207-255-3356

11 Hospital Drive (off Court Street)

Dunkin Donuts: 207-255-6218

300 East Main Street

Machias Causeway: (across from Helen's Restaurant)

(Free wi-fi by Axiom sponsored by Machias Savings Bank)

McDonald's Cafe: 207-255-4510

30 Dublin Street (Route 1)

Porter Memorial Library: 207-255-3933

92 Court Street

UMM Campus: use MaineEDU-Guest

(Free wireless access for users without a University User ID. Limited Bandwidth applies)

Milbridge – Milbridge Public Library: 207-546-3066

18 School Street

Pembroke – Pembroke Library Association: 207-726-4745

221 Old County Road

Princeton – Princeton Public Library: 207-796-5333

40 Main Street

Steuben – Henry D Moore Library: 207-546-7301

22 Village Road

Trescott – Cobscook Institute: 207-733-2233

10 Commissary Road

Whitneyville – Whitneyville Public Library: 207-255-8077

51 School Street

Women's Health

Anchored Women's Health: 207-573-0270

Dr. Kristen Hayward, Doctorally-prepared Certified Nurse-Midwife
Primary care, Women's Health Services, Physical Therapy
Ellsworth: 710 Bucksport Road

Arnold Memorial Medical Center: 207-497-5614

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

East Grand Health Center: 207-448-2347

Pregnancy testing, Family planning
201 Houlton Road, Danforth

Eastport Health Care: 207-853-6001

Gynecological tests, Family planning
30 Boynton Street, Eastport

Maine Family Planning: Calais 207-852-8930 | Machias 207-402-3230

Reproductive Health Care Services Include: Gynecological and breast exams; Testing & treatment of infections; Pregnancy testing; Preconception counseling; Birth control methods and supplies. Maine Family Planning also offers free Narcan to any community member.
43 Union Street, Calais | 247 Main Street, Machias

Milbridge Medical Center: 207-546-2391

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

Passamaquoddy Health Center Indian Township: 207-796-2321

Women's healthcare
401 Peter Dana Point Road

Pleasant Point – Sipayik Health Center: 207-853-0711

Women's health services
11 Back Road, Pleasant Point

St. Croix Regional Health Center: 207-796-5503

Women's health services
136 Mill Street, Princeton

Whiting Bay Family Medicine/Dr. Julia Arnold: 207-733-2900

Women's health services
125 US Route 1, Whiting

Women First Machias: 207-255-0014

Bjarni Thomas, Certified Nurse-Midwife
Full scope women's healthcare services and birthing center. Also offers a home birth option.
53 Fremont Street, Machias

Women's Health (continued)

Women's Health Center (at DECH): 207-255-0400

Comprehensive general and specialized gynecological and obstetric services including: Exams; Testing; Treatment; Surgeries; HRT and more

On the Down East Community Hospital campus, 11 Hospital Drive, Machias

Women for Healthy Rural Living: 207-546-7677

Programs and activities—yoga classes, osteoporosis exercise classes, and more

87 Main Street, Milbridge

Women's Health – Dixon Family Birthing Center: 207-664-5464

Staff Certified Midwives, 24/7 Midwifery Coverage

Contact the Birthing Center for an appointment with the midwives

Ellsworth: 50 Union Street (at Northern Light Maine Coast Hospital)

Women Veterans Call Center: 1-855-829-6636

Women veterans can contact the [Call Center](#) for information about a variety of services and benefits available including women's health and maternity care.

How to Contact Your Representatives

Maine Congressional Delegation:

Senator: Susan M. Collins (Republican)

413 Dirksen Senate Office Building, Washington, DC 20510

Phone: (202) 224-2523

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

133 Hart Senate Office Building, Washington, DC 20510

Phone: (202) 224-5344

Congressman: Jared Golden (Democrat)

223 Longworth House Office Building, Washington, DC20515

Phone: 202 225-6306

State of Maine:

State Senate: Marianne Moore (Republican)

Cell Phone: (207) 952-2050

State House Office Phone: (207) 287-1505

Mailing Address: 3 State House Station, Augusta, Maine 04333

Email: Marianne.Moore@legislature.maine.gov

Minority Leader: Billy Bob Faulkingham (Republican: District 12)

Contact: (207) 460-6967

E-Mail: William.Faulkingham@legislature.maine.gov

State Representative: Arthur Mingo (Republican): District 9

Contact: (207) 214-8537 |

E-Mail: Arthur.Mingo@legislature.maine.gov

State Representative: Tiffany Strout (Republican: District 11)

Contact: (207) 598-7043

E-Mail: Tiffany.Strout@legislature.maine.gov

State Representative: Tracy Quint (Republican: District 8)

Contact: (207) 217-4493

E-Mail: Tracy.Quint@legislature.maine.gov

State Representative: Will Tuell (Republican: District 10)

Contact: (207) 271-8521

E-Mail: William.tuell@legislature.maine.gov

Our goal for this guide is to help local families and service providers navigate affordable and/or free resources in Washington County, Maine.

Please help us keep this guide updated! Send us corrections, suggestions, and new listings by calling us at 207-255-0481 or by scanning our QR code here:



More handy resources are available for Washington County by visiting **The Connection Initiative (TCI)**
Scan their QR code here:



This publication is a service of
Maine Families of Washington County
and Women for Healthy Rural Living.
The information provided is not intended as an
endorsement or recommendation.

