

 Family Crisis Services



**Resources  
Around The  
Community**

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## Career Services

### **Career Center**

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

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

**Phone:** 207-771-5627

**Area Served:** Maine

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

## Child Care Resources

### **Catherine Morrill Day Nursery**

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

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

**Phone:** 207-874-1115

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

### **Child Care Connections**

**Address:** 307 Cumberland Avenue, Portland, ME 04104

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

**Phone:** 207-871-7449 or 1-888-917-1100

**Area Served:** Cumberland County except Brunswick

**Services:** A community service organization that works with parents, child care providers, businesses, and community organizations to help promote the availability of quality child care services. Provides parents with child care referrals and information on evaluating quality child care plus resources on various parenting issues.

### **Child Care Voucher Program**

**Agency:** Child Care Connections

**Address:** 307 Cumberland Avenue, Portland, ME 04104

**Phone:** 207-871-7449

**Area Served:** Cumberland County except Brunswick

**Services:** State and federally funded program which helps eligible Maine parents pay for child care.

### **Day Care Center**

**Agency:** The Children's Co-op

**Address:** 302 Stevens Avenue, Portland, ME 04103

**Phone:** 207-774-9029

**Area Served:** Greater Portland

**Services:** Private and subsidized slots.

### **East End Children's Workshop, Inc.**

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

**Phone:** 207-772-5467

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

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

## **Clothing Resources**

### **Clothes Closet**

**Agency:** Town of New Gloucester

**Address:** PO Box 82, New Gloucester, ME 04260

**Phone:** 207-926-4126

**Area Served:** New Gloucester

**Services:** Clothes provided to those in need.

### **Clothes Closet**

**Agency:** First Baptist Church of Westbrook

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

**Phone:** 207-854-8394

**Area Served:** Westbrook and surrounding towns

**Services:** Maintains clothes closet for Westbrook residents.

### **Clothes Closet**

**Agency:** State Street Church UCC

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

**Phone:** 207-774-6396

**Area Served:** Maine

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

### **Clothing Distribution**

**Agency:** The Root Cellar

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

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

**Phone:** 207-774-3197

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

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

### **Dress For Success**

**Address:** 565 Congress Street, Suite 206R, Portland, ME 04101

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

**Phone:** 207-780-1686

**Services:** An organization that helps women by providing them with one suit when they have an interview scheduled and then once they receive a job will provide them with alternate outfits and/or suits for their new position.

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

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

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

*Phone:* 207-874-6560

### **Salvation Army Greater Portland**

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

*URL:* [www.servingnewengland.org/index.asp](http://www.servingnewengland.org/index.asp)

*Phone:* 207-774-6304

*Area Served:* Maine, New Hampshire, Vermont

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

## **Counseling & Support Services**

### **Amistad, Inc.**

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

*URL:* [amistad1@maine.rr.com](mailto:amistad1@maine.rr.com)

*Phone:* 207-773-1956

*Area Served:* Greater Portland

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

### **Community Counseling Center**

*Mailing Address:* 343 Forest Avenue, Portland, ME 04101

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

*Phone:* 207-874-1030

*Area Served:* Cumberland County

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

### **Counseling Services**

**Agency:** Catholic Charities Maine

**Mailing Address:** 250 Anderson Street, Portland, ME 04101

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

**Phone:** 207-775-5671

**Area Served:** Cumberland County

**Services:** Offers assessments, substance abuse education, and individual and group treatment.

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

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

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

**Phone:** 207-799-8396

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

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

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

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

**Phone:** 207-857-0500

**Area Served:** Greater Portland Area

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

# Crisis Hotline Numbers

## **Family Crisis Services**

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

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

**Phone:** 874-1973; 800-537-6066

**Area Served:** Cumberland & Sagadahoc Counties

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

## **Ingraham**

**Address:** 237 Oxford Street, Portland, ME 04101

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

**Phone:** 207-774-4357

**Area Served:** Southern Maine

**Services:** Provides crisis, residential and support programs.

## **Sexual Assault Response Services of Southern Maine**

**Address:** 145 Newbury Street, Portland, ME 04104

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

**Phone:** 207-774-3613, 800-313-9900

**Area Served:** Cumberland & York Counties

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

## **Statewide Domestic Violence Support**

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

**Phone:** 866-834-4357

**Services:** Information, crisis counseling, emotional support and advocacy.

## **Statewide Sexual Assault Support**

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

**Phone:** 800-871-7741

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

## Employment Programs

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### **Aspire**

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

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

**Phone:** 207-822-2304

**Area Served:** Cumberland & York Counties

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

### **Employment Services**

**Address:** 353 Cumberland Avenue, Portland, ME 04104

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

**Phone:** 207-774-6323

**Area Served:** Cumberland and York Counties

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

### **Transitional Employment Program**

**Agency:** City of Portland

**Mailing Address:** 190 Lancaster Street, Portland, ME 04101

**Phone:** 207-253-5064

**Area Served:** Portland

**Services:** Targets non-custodial parents working to overcome barriers to employment including poor work history, limited education or job skills, substance abuse, mental health issues, learning difficulties, homelessness, etc.

## **Vocational Rehabilitation Services**

*Agency:* Ingraham

*Address:* 237 Oxford Street, Portland, ME 04104

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

*Phone:* 207-874-1055

*Area Served:* Cumberland and York Counties

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

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

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

*Phone:* 207-799-5025

*Area Served:* Portland and surrounding communities

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

# **Family Resources**

## **Casey Family Services**

*Mailing Address:* 261 Commercial Street, Portland, ME 04101

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

*Phone:* 207-772-4110, 800-559-1115

*Area Served:* New England

*Services:* Offers foster care for children as well as post-adoption, preservation and reunification services for families. Specialized community-based programs to strengthen families and enable parents to provide healthy, nurturing environments for their children.

### **Kids First Center**

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

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

**Phone:** 207-761-2709; 866-543-7347

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

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

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

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

**Phone:** General- 207-822-2000, 800-482-7520

Adult Abuse & Neglect Reports- 800-624-8484

Child Abuse & Neglect Reports- 800-452-1999

Mental Health Crisis- 800-568-1112

**Area Served:** Maine

### **Prop**

**Address:** 510 Cumberland Avenue, Portland, ME 04101

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

**Phone:** 207-874-1140

**Area served:** Cumberland County

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

**Sweetser**

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

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

*Phone:* 207-284-5981 or 800-434-3000

*Office Hours:* Mon-Fri 8a-5p

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

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

**TANF (Temporary Assistance To Needy Families)**

*Agency:* Maine Department of Health and Human Services

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

*URL:* [www.mejp.org/tanf/index\\_html](http://www.mejp.org/tanf/index_html)

*Phone:* 207-822-2071

*Area Served:* Cumberland County

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

**WIC (Women, Infants And Children)**

*Agency:* Maine Department of Health and Human Services

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

*Phone:* 207-874-1140

*Area Served:* Maine

*Services:* Supplemental food and nutrition.

**Youth Alternatives**

*Address:* 400 Congress Street, Portland, ME 04101

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

*Phone:* 207-874-1175

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

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

## **Food Resources**

### **Food Distribution**

**Agency:** The Root Cellar

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

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

**Phone:** 207-774-3197

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

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

### **Food Pantry**

**Agency:** First Baptist Church of Westbrook

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

**Phone:** 207-854-8394

**Area Served:** Westbrook and surrounding towns

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

### **Food Pantry**

**Agency:** First Baptist Church of Portland

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

**Phone:** 207-773-3123

**Area Served:** Portland

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

### **Food Pantry**

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

**Address:** PO Box 114, New Gloucester, ME 04260

**Phone:** 207-926-3260

**Area Served:** New Gloucester

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

## **Food Pantry**

**Agency:** Town of Standish

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

**Phone:** 207-642-3386

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

## **Food Programs**

**Agency:** Preble Street Resource Center

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

**Phone:** 207-874-6560

**Area Served:** Greater Portland

**Services:** Food programs are available to anyone in need. A hot nutritious breakfast is provided seven days a week. The food pantry is intended to be used once per month, and provides a three-day supply for each person in the family.

## **Food Stamps**

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

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

**Phone:** 207-822-2000

**Area Served:** Cumberland County

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

## **Wayside Soup Kitchen**

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

**Phone:** 207-775-4939

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

**Services:** Serves hot nutritious lunch and dinner meals to the homeless and poor seven days a week.

## Healthcare/Health Insurance

### **CarePartners**

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

**Phone:** 207-662-7000

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

### **Dental Clinic at Health Care for the Homeless**

**Address:** 20 Portland St. Portland, ME 04101

**Phone:** 207-874-8450

**URL:** <http://www.portlandmaine.gov/hhs/phindigentcare.asp>

**Services:** Dental exams, cleanings, fillings, extractions and referrals for homeless individuals.

### **Health Care for the Homeless**

**Address:** 20 Portland Street, Portland, ME 04101

**Phone:** 207-874-8445

**URL:** <http://www.portlandmaine.gov/hhs/phindigentcare.asp>

**Services:** Healthcare services for homeless individuals ranging from primary care to prevention, mental health and substance abuse treatment also available along with community referrals. New patients need to call first to schedule an appointment. Clients who have been seen before can access walk-in services based on availability.

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

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

**Phone:** 207-822-2000

**Area Served:** Statewide program

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

### **Portland Community Free Clinic**

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

**Phone:** 207-874-8982

**URL:** <http://www.portlandmaine.gov/hhs/phindigentcare.asp>

**Area Served:** Greater Portland

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

### **The Oasis Health Center**

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

**Phone:** 207-721-9277

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

**Area Served:** Mid-Coast area

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

## **Housing**

### **Avesta Housing**

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

**Phone:** 207-553-7777

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

**Area Served:** York and Cumberland County

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

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

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

*Phone:* 207-874-1080

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

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

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

### **Cumberland Commons (housing through Crossroads for Women)**

*Address:* Apartments located in Windham

*Phone:* 207-773-9931

*URL:* <http://www.crossroadsforwomen.org/transitionalhousing.php>

*Services:* Transitional apartments in Windham owned and operated by Crossroads for Women. There is no treatment associated with this housing. Residents must have completed substance abuse treatment or been affected by a loved one's addiction. Residents must have 3 months sobriety and be committed to living a sober lifestyle.

### **Esther Residence**

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

*Phone:* 207-283-0323

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

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

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

**Phone:** 207-282-0032

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

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

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

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

1. Portland Housing Authority 14 Baxter Boulevard, Portland, ME 04101  
Phone: 207-773-4753
2. South Portland Housing Authority 51 Landry Circle, South Portland, ME 04106  
Phone: 207-773-4140
3. Westbrook Housing Authority 30 Liza Harmon Drive, Westbrook, ME 04092  
Phone: 207-854-9779
4. Brunswick Housing Authority 12 Stone Street, Brunswick, ME 04011  
Phone: 207-725-8711

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

## **McAuley Residence**

**Address:** 91 State Street, Portland, ME 04101

**Phone:** 207-773-5289

**URL:** <http://www.mercyhospital.org/content/mcauleyresidence1.htm>

**Services:** McAuley Residence is a transitional housing program offering life skills, counseling, emotional support, and mentoring to women in need, with or without children. Residents have their own apartment at the McAuley Residence. Call to set up an interview with the social worker.

## **Oxford Houses**

**Address:**

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

**Phone:**

1. Washburn House: 207-899-1584
2. Theresa Louise House: 207-899-1700
3. Back Bay House: 207-899-4687

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

## **Rental Assistance Coupon Plus Program (RAC+)**

**Address:** Applications should be sent to: RAC+ Program, Maine State Housing Authority 252 Water Street, Augusta, ME 04330

The housing counselor in Portland is located at: 196 Lancaster Street, Portland, ME 04101

**Phone:** Statewide: 207-626-4677/ Portland: 207-775-4879

**Area Served:** State-wide program

**Services:** Provides one-time housing assistance and a one-time security deposit for up to 24 months and encourages self-sufficiency for homeless individuals and families. Provides housing counselors to work with participants to secure permanent housing. Participants pay 30% of their income and RAC+ subsidizes the rest.

## **Shalom Housing**

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

**Phone:** 207-874-1080

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

**Area Served:** Housing in Cumberland and York counties

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

### **Shelter Plus Care**

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

**Phone:** 207-874-1080

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

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

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

### **St. Andre's**

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

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

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

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

### **Youth Alternatives Ingraham Residential Programs**

**Address:** 50 Lydia Lane, South Portland, ME 04106 (Administrative Office)

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

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

**Services:** Youth Alternatives Ingraham operates four residential programs (The Bridge, Gordon Green, Helen Winslow Ray House, Morrison Place at Randall St.) located in Portland, South Portland and Scarborough. The focus of these programs is mental illness, substance abuse problems and ending homelessness.

## Legal Services

### **Cumberland Legal Aid Clinic**

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

*Phone:* 207-780-4370, 877-780-2522

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

*Services:* Services provided by law students regarding criminal defense, family law, and other civil cases.

### **Immigrant Legal Advocacy Project**

*Mailing Address:* One India Street, Portland, ME 04101

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

*Phone:* 207-780-1593, 800-497-8505

*Area Served:* Maine

*Services:* Representation regarding applications before INS and removal defense before Immigration Court. Provides consultations and immigration forms assistance. Offers outreach and education to immigrant groups.

### **Legal Services For The Elderly**

*Address:* 307 Cumberland Avenue, Portland, ME 04101

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

*Phone:* 207-775-6503

*Area Served:* Cumberland & York counties

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

### **Pine Tree Legal Assistance**

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

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

*Phone:* 207-774-8211

**Area Served:** Maine

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

### **Volunteer Lawyers Project**

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

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

**Phone:** 207-774-4753, 800-442-4293

**Area Served:** Maine

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

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

### **Federal Probation**

**Address:** 537 Congress Street, Portland, ME 04101

**Phone:** 207-780-3358

**URL:** <http://www.mep.uscourts.gov/>

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

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

**Phone:** 207-774-1501

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

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

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

**Phone:** 207-822-0806

**URL:** <http://www.state.me.us/corrections/adult/index.htm> (website includes information for all four regions in the state of Maine).

## Shelters

### **Chestnut Street Family Shelter**

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

**Phone:** 772-8339

**Area Served:** Portland

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

### **Family Crisis Services Shelter**

**Address:** The FCS shelter is in Portland but in a confidential location to ensure safety

**Phone:** 24-hour hotline: 1-866-834-HELP (4357)

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

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

### **Lighthouse Shelter**

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

**Phone:** 207-774-3073

**URL:** <http://www.preblestreet.org/youth.html>

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

### **MAPS Shelter**

**Address:** 107 India Street, Portland, ME 04101

**Phone:** 207-775-4188

**URL:** [http://www.mapsadopt.org/res\\_programs/sheltersvcs.html](http://www.mapsadopt.org/res_programs/sheltersvcs.html)

**Services:** MAPS shelter provides a safe environment for homeless, pregnant and/or parenting women and their children. MAPS also offers case management and other resources to help clients achieve healthy, independent lifestyles. Residents must be at least 18 years old and at least 7 months pregnant and/or parenting.

### **Milestone Shelter**

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

**Phone:** 207-775-4790

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

**Services:** Milestone provides emergency shelter for active substance abusers. In addition, they provide nutritional meals, clean clothing and substance abuse counseling. Admission and readmission to the shelter is done on a daily basis. The shelter opens at 5pm for admissions which are done on a first come, first serve basis.

### **Preble Street Resource Center**

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

**Phone:** 207-874-1005

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

**Services:** Intended to meet the basic needs of homeless individuals. Open to the public, provides 3 meals a day, showers, limited storage, toiletries, mail, housing/mental health referrals, case management for homeless individuals, etc.

### **Preble Street Women's Shelter**

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

**Phone:** 207-874-1005

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

**Services:** 50+ cots available from 7pm-7am for homeless women, case management services and referrals also available.

### **Tedford Adult Shelter**

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

**Phone:** 207-725-4871

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

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

### **Tedford Family Shelter**

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

**Phone:** 207-725-4871

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

**Services:** Provides shelter for families. Call 207-729-1161 ext. 107 (ext. 104 after 9-5 business hours) to determine eligibility/access services.

### **York County Shelter**

**Address:** Alfred

**Phone:** 207-324-1137

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

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

## **Substance Abuse Treatment**

### **Alcoholics Anonymous Maine**

**Mailing Address:** 78 Portland Street, Portland, ME 04101

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

**Phone:** 207-774-3034

**Area Served:** Maine

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

### **Cap Quality Care**

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

**Phone:** 207-856-7227

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

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

### **Catholic Charities**

**Address:** 250 Anderson Street, Portland, ME 04101

**Phone:** 207-775-5671

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

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

### **Crossroads for Women**

**Address:** 66 Pearl Street, Suite 201 Portland, ME 04101

**Phone:** 207-773-9931

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

**Services:** Inpatient and outpatient substance abuse treatment for women only. Programs range from outpatient therapy and groups to 28-day residential programs, a half-way house and a program for mothers and their children. Mainecare and most private insurance are accepted.

### **Derek House (Part of Manna Ministries)**

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

**Phone:** 207-990-2870

**URL:** <http://mannamaine.com/rehabilitation.html>

**Services:** Derek House is Manna's long-term (6-12 months) rehabilitation program for people suffering from substance abuse. Services include faith-based individual, family and group substance abuse counseling, educational/

vocational counseling and mental health counseling for clients with co-occurring mental health conditions. Call for more information and to fill out an application and/or set up a screening appointment.

### **Discovery House**

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

*Phone:* 207-774-7111

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

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

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

### **McGeachey Hall**

*Address:* 22 Bramhall Street, Portland, ME 04102

*Phone:* 207-662-2221

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

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

### **Mercy Recovery Center**

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

*Phone:* 207-879-3600

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

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

### **Merrimack River Medical Services**

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

*Phone:* 207-221-2292

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

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

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

**Phone:** 818-773-9999

**Area Served:** Nationwide

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

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

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

**Phone:** 207-325-4727

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

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

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

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

**Phone:** 877-777-9393 or 207-547-3065

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

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

### **The Women's Project (Part of PROP)**

**Address:** 510 Cumberland Avenue, Portland, ME 04101

**Phone:** 1-800-611-1588 (Portland) 1-800-611-1779 (Outside of Portland)

**URL:** [http://www.propeople.org/Programs/PROP\\_Community/](http://www.propeople.org/Programs/PROP_Community/)

**Area Served:** Statewide program

**Services:** The primary purpose of The Women's Project is to support women as they consider recovery for themselves or are affected by someone else's substance abuse issues. All services are free and confidential. The Women's Project can help arrange for transportation and child care, offer support and advocacy, educate about women's health issues and make referrals to treatment programs. Call the toll free number for more information.

## **Wellspring**

**Address:** 253-255 Hammond Street, Bangor, ME 04401

**Phone:** 207-941-1639 ext. 201

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

**Services:** Wellspring has residential treatment facilities for men and women seeking long-term (approx. 6 months) substance abuse treatment. Services include individual, family and group substance abuse counseling, educational/vocational counseling, treatment for co-occurring and psychiatric disorders and referrals to support services. Wellspring accepts MaineCare, private insurance and has a sliding fee scale. Call for more information or to set up a screening appointment.

# **Transportation**

## **Portland Metro**

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

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

**Phone:** 207-774-0351

**Area Served:** Greater Portland

**Services:** Transportation throughout the Greater Portland area.

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

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

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

**Phone:** 207-774-2666

**Area Served:** Cumberland County

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

### **Southern Maine Ride Share**

**Address:** 233 Oxford Street, Portland, ME 04101

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

**Phone:** 207-775-7433

**Area Served:** Anyone traveling from, to or through Cumberland and York Counties

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

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

**Agency:** York County Community Action Corporation

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

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

**Phone:** 207-459-9283

**Area Served:** York County- Sanford-Springvale and parts of Alfred and Wells

**Services:** Transports riders to training and job sites and their children to day care.

## **Miscellaneous Resources**

### **211Maine**

**Phone:** 2-1-1

**URL:** <http://www.211maine.org/index.asp>

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

## **General Assistance**

**Phone:** Directory listed below

**URL:** <http://www.maine.gov/dhhs/oes/resource/ga.htm>

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

### ***Town/Phone:***

Baldwin: 625-3581

Bridgton: 647-8786

Brunswick: 725-6659

Cape Elizabeth: 767-7473/799-0881

Casco: 627-4515

Chebeaque Island 846-3148

Cumberland: 829-2205

Falmouth: 781-5253

Freeport: 865-4743

Gorham: 222-1620/1670

Gray: 657-3339

Harpswell: 833-5771

Harrison: 583-2241

Long Island: 766-5820

Naples: 693-6364

New Gloucester: 926-4126 ext 1

North Yarmouth: 829-3705

Portland: 775-7911

Pownal: 688-4611

Raymond: 655-4742

Scarborough: 730-4000/4027

Sebago: 772-1184

South Portland: 767-7617/3201

Standish: 642-3461

Westbrook: 854-6843/9105

Windham: 892-1906/2511  
Yarmouth: 846-9036

**Family Crisis Services**  
Working to end domestic abuse in Cumberland and Sagadahoc  
Counties

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

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