Resource Directory  
 Migrant and Seasonal Farmworkers

**December 2014**

**Migrant & Seasonal Farmworker  
Resource Directory  
  
Fifth Edition  
December 2014**  
  
Compiled and issued by  
Maine Department of Labor  
Bureau of Employment Services Office of State   
Monitor Advocate for Migrant and Seasonal Farmworkers  
  
This resource guide is for individuals and organizations that work with   
Maine’s migrant and seasonal farmworkers.  
  
This is not a compilation of every service provider in Maine, but rather a list of the agencies that either provide services to farmworkers or could prove to be useful resources to serve farmworkers in the future.  
  
We continue to build this directory and welcome your suggestions for subsequent editions. Please submit additions and corrections to the address below.  
  
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# Shelters

Bangor Area Homeless Shelter

263 Main Street  
Bangor, ME 04401  
207-947-0092  
info@bangorareashelter.org  
  
Bread of Life Ministries Shelter   
  
157 Water Street  
Augusta, ME 04330  
*Contact:* Dean Lachance at 207-626-3434 or John Richardson at 207-626-3434

Emmaus Center

P.O. Box 811  
Ellsworth, ME 04605  
*Contact:* Sister Lucille MacDonald  
207-667-3962  
Open year-round, 24 hours a day.  
  
Providing shelter and services for the homeless in Hancock and southern Washington counties.   
  
Hope Haven Gospel Mission, Inc.   
  
209 Lincoln Street  
Lewiston, ME 04240  
*Contact:* Pastor John W. Robbins  
207-783-6086  
  
Shelter open 5:30 to 8 p.m. daily, to clients who are sober and have photo ID.   
  
Daily meals offered from 7:30 to 8:30 a.m. and 4:30 to 5:30 p.m. (Sundays at 2:30 p.m. only.)  
Food and clothes giveaway, Monday to Friday, 10 to 11:15 a.m. and 12:30 to 4 p.m.  
  
Joe Kreisler Teen Shelter   
  
Preble Street Resource Center  
38 Preble Street  
Portland, ME 04101  
207-775-0026   
  
Open every day 8 a.m. to 8 p.m.   
Office hours: Monday to Friday, 8 a.m. to 5 p.m.  
  
Mid-Coast Hospitality House   
  
169 Old County Road  
Rockport, ME 04856  
*Contact:* Gordon and Samantha Mank  
Phone: 207-593-8151  
Open 24/7  
  
Mid-Maine Homeless Shelter   
19 Colby Circle  
Waterville, ME 04901  
207-872-8082  
  
Hours: 4 p.m. to 8 a.m., 7 days a week  
Day Shelter open 8 a.m. to 4 p.m., by appointment.   
  
Serves the Central Maine area providing emergency food and shelter to homeless/displaced persons and families. Free of charge.   
  
New Beginnings   
  
436 Main Street  
Lewiston, ME 04240  
*Contact:* Marian Carney  
207-795-4070  
info@newbeginmaine.com  
  
Helping homeless youth and their families.  
  
Portland Family Shelter  
54 Chestnut Street  
Portland, ME 04101  
207-772-8339  
  
  
  
Portland Outreach for Family Crisis Services   
  
P.O. Box 704  
Portland, ME 04101  
207-874-8512  
1-800-537-6066  
  
Preble Street Shelter and Resource Center   
  
5 Portland Street  
P.O. Box 1459  
Portland, ME 04104  
Day Shelter: 207-874-6560  
Administration: 207-775-0026  
\*Spanish-speaking staff available.  
Services available 24 hours.  
  
Serving the Portland area assisting with locating and referral of housing. Assistance in locating low-income housing, providing mediation between tenant and landlord. Also provides a wide variety of solution-centered social work services, including case management, advocacy, crisis intervention, supportive counseling, problem solving and activity groups. Food pantry and clothes bank available free of charge to those in need.  
  
Shaw House   
  
136 Union Street   
Bangor, ME 04401  
207-941-2874  
24-hour number: 1-888-561-7429  
info@theshawhouse.org   
  
 Help for the young and homeless.   
  
Sister Mary O’Donnell Shelter   
  
745 Central Drive  
Presque Isle, ME 04769  
207-764-5114  
  
St. Andre's Home   
  
283 Elm Street  
Biddeford, ME 04005  
Website[: www.SaintAndreHome.org](http://www.saintandrehome.org/)  
*Contact:* Lisa Cornin   
207-710-2773  
  
Hours: Administration: Monday to Friday,  
8:30 a.m. to 4:30 p.m.  
Group Homes: 24 hours Residential  
  
Provides shelter and an outreach program for parenting or pregnant single mothers. Also provides assistance for emotionally or behaviorally disturbed adolescent females. Sliding fee available. Serving the state of Maine. Call for location of homes and for assistance with adoption.  
  
St. Francis Homeless Shelter   
  
P.O. Box 223  
East Orland, ME 04431  
207-469-1988  
  
Tedford Emergency Homeless Shelters   
  
Adult Shelter  
49 Cumberland Street  
Brunswick, ME 04011  
207-729-1161 x104  
  
Family Shelter  
34 Federal Street  
Brunswick, ME 04011  
207-729-1161 x108  
  
York County Shelter Programs   
  
147 Shaker Hill Rd.  
Alfred, ME 04002  
Voice and TTY 207-324-1137  
bobd@ycspi.org

# Food pantries, kitchens and clothes closets

Clothes Closet/Food Pantry - Windham

377 Gray Road  
Windham, ME 04062  
207-892-1931  
Office Hours: Monday to Thursday, 8:30 a.m. to 4:30 p.m.   
  
Food Bank – Raymond   
  
Lake Region Baptist Church  
1273 Roosevelet Trail  
Raymond, ME 04071  
Contact: Jennifer Hawkins  
207-232-5830  
Open the second and fourth Thursday of the month, 4 p.m. to 6 p.m.  
  
Food Pantry - South Portland   
  
130 Thadeus Street  
South Portland, ME 04106  
207-874-0379  
Open Thursdays, 8:30 to 11:30 a.m.   
  
Good As New Thrift Shop  
106 Main Street  
Houlton, ME 04730  
207-532-0632  
  
Hours: Monday to Friday, 10 a.m. to 3 p.m.  
  
Sells low-cost second-hand clothing.  
  
Loaves & Fishes Food Pantry   
  
119 Bucksport Rd.  
Ellsworth, ME 04605  
207-667-4363  
  
Call for an appointment for pick-up on Monday, Wednesday and Friday, 7:30 to 11:30 a.m.   
  
M&M Ministry Soup Kitchen   
   
21 Parson Street  
Presque Isle, ME 04769  
207-764-0758  
  
Meals and takeout at 3 p.m. on Monday, Wednesday and Friday.   
  
Manna Ministries   
  
629 Main Street  
Bangor, ME 04402  
207-990-2870  
info@mannamaine.org  
  
Kitchen, shelter and counseling services.

Mid-Coast Hunger Prevention Program, Inc.

84A Union Street  
Brunswick, ME 04011  
207-725-2716  
  
Food bank, donation and office hours: Monday to Friday, 8 a.m. to 3:30 p.m.  
Soup kitchen: Monday to Saturday, 11 a.m. to 12:15 p.m.  
Food pantry: Monday and Wednesday, 11 a.m. to 1 p.m., Thursday, 10 a.m. to 3 p.m. and Friday, 10 a.m. to 2 p.m.

Project Feed (Emergency Food Pantry)

202 Woodford Street  
Portland, ME 04103  
207-761-3920  
Open Monday to Friday, 1 to 3:30 p.m.   
  
State Street Church – Clothes Closet   
  
159 State Street  
Portland, ME 04101  
207-774-6396  
  
Open Wednesdays, 9 to 11 a.m.  
Tree of Life   
  
23 South Street  
Blue Hill, ME 04614  
Food Pantry: 207-374-2900  
Open Thursdays, 9 a.m. to 3 p.m.   
Thrift shop: 207-314-9181  
Open Tuesday and Thursday, 10 a.m. to 5 p.m. and Saturday, 10 a.m. to 3 p.m.

# Health Services

Aroostook Medical Center

140 Academy Street  
Presque Isle, ME 04769  
Hospital: 207-768-4000  
Emergency Room: 207-768-4100  
TTY: 207-768-4192  
  
Walk-In Family Care  
23 North Street  
Presque Isle, ME 04769  
207-760-9278  
  
Office Hours: Monday to Friday, 8 a.m. to 8 p.m. and Saturday and Sunday, 8 a.m. to 1 p.m.   
  
Arthur Jewell Community Health Center   
  
55 Reynolds Road  
Brooks, ME 04921  
207-722-3488  
Hours: Monday to Wednesday, 8 a.m. to 4 p.m., Thursday, 8 a.m. to 6 p.m. and Friday, 8 a.m. to noon.

Bangor Public Health & Community Services

103 Texas Avenue  
Bangor, ME 04401  
207-992-4530  
Office hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
http://www.bangorpublichealth.org/  
  
The department offers services such as immunization and STI clinics, general assistance program, WIC program, visiting  
nurses, etc.   
  
Belgrade Regional Health Center   
  
4 Clement Way  
Belgrade Lakes, ME 04917  
207-495-3323  
Hours: Monday to Friday, 7:30 a.m. to 4:30 p.m. and Tuesday nights, 4:30 to 7 p.m.  
  
Bethel Family Health Center  
32 Railroad Street  
Bethel, ME 04217  
207-824-2193  
Hours: Monday to Friday, 8 a.m. to 5 p.m. and Saturday, 8 a.m. to noon   
  
Biddeford Free Clinic   
  
189 Alfred Street  
Biddeford, ME 04005  
207-282-1138  
Hours: Monday and Thursday evenings, 6 to 9 p.m.  
  
Serving mostly York County providing general medical care to the uninsured.   
  
Bingham Health Center   
  
237 Main Street  
Bingham, ME 04920  
207-672-4187  
  
Health Center: Open Monday to Friday, 7:30 a.m. to 4:30 p.m.   
  
Dental Center: Open Monday to Thursday, 7 a.m. to 5:30 p.m.   
  
Bucksport Regional Health Center   
  
110 Broadway  
Bucksport, ME 04416  
207-469-7371  
1-800-453-3819  
  
Hours: Monday to Friday, 8 a.m. to 5 p.m.  
  
Center for Community Dental Health   
  
Dental treatment (excluding root canals, dentures and crowns), are provided at a sliding fee rate for qualified patients based on family size and income. Medicaid eligible patients also accepted. Call for an appointment.  
  
**Biddeford**57 Barra Road, Suite 3  
Biddeford, ME 04005  
207-282-1305  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
  
**Farmington**  
131 Franklin Health Commons   
Farmington, ME 04938  
207-779-2659

Hours: Monday to Thursday, 7:30 a.m. to 5:30 p.m.  
  
**Lewiston**  
177 Main Street  
Lewiston, ME 04240  
207-777-7442  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.   
  
**Portland**  
640 Brighton Avenue  
Portland, ME 04102  
207-874-1028  
Hours: Monday to Friday, 8:00 a.m. to 4:30 p.m.  
  
**Rumford**  
60 Lowell Street  
Rumford, ME 04276  
207-369-3600  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
  
Central Maine Medical Center   
  
300 Main Street  
Lewiston, ME 04240  
207-795-0111  
**Emergency: 207-795-2200**

TTY: 207-795-2690  
  
D.F.D. Russell Medical Center   
  
**Turner**  
7 South Main Street  
Turner, ME 04282  
207-225-2676  
  
Hours: Monday, Wednesday and Friday, 8:30 a.m. to 5 p.m.  
Tuesday and Thursday, 8:30 a.m. to 7 p.m.  
  
**Leeds**  
180 Church Hill Road, Suite 1  
Leeds, ME 04263  
207-524-3501  
  
Hours: Monday, Tuesday and Friday, 8:30 a.m. to 5 p.m.   
Wednesday and Thursday, 8:30 a.m. to 8 p.m.   
Saturday and Sunday, 9.a.m. to noon for sick visits only.   
  
**Monmouth**  
11 Academy Road  
Monmouth, ME 04259  
207-933-9646  
  
Hours: Monday, Wednesday, Thursday and Friday, 8:30 a.m. to 5 p.m., Tuesday, 8:30 a.m. to 7 p.m.  
  
Down East Community Hospital   
  
11 Hospital Drive  
Machias, ME 04654  
207-255-3356  
  
East Grand Health Center   
  
201 Houlton Road  
Danforth, ME 04424  
Call 207-448-2347 for an appointment.  
  
Hours: Monday to Friday, 8:30 a.m. to 4 p.m., Thursday evenings to 6 p.m.  
  
Eastern Maine Medical Center  
  
489 State Street  
Bangor, ME 04401  
Hospital: 207-973-7000  
Emergency Room: 207-973-8000 or   
1-800-366-3662  
  
**Walk-In Center**  
915 Union St., Suite 4  
Bangor, ME 04401  
207-973-8030  
Open seven days a week, 8 a.m. to 7 p.m.   
  
Eastport Health Care   
  
30 Boynton Street  
Eastport, ME 04631  
207-853-6001  
  
Hours: Monday, 8 a.m. to 5 p.m., Tuesday, 8 a.m. to 8 p.m. and Wednesday to Friday, 8 a.m. to 5 p.m.   
  
Ellsworth Free Clinic   
  
Mill Mall, Suite 16  
248 State Street  
Ellsworth, ME 04605  
207-667-7953  
By appointment only.   
  
Fish River Rural Health Systems   
  
**Eagle Lake Health Center**  
10 Carter Street  
P.O. Box 309  
Eagle Lake, ME 04739  
207-444-5973  
Hours: Monday, Wednesday and Friday, 8 a.m. to 5 p.m., Tuesday and Thursday, 8 a.m. to 8 p.m.  
 **Fort Kent Health Center**  
Northern Maine Medical Center  
194 East Main Street  
Fort Kent, ME 04743  
207-834-3971  
Hours: Monday, Tuesday, Wednesday and Friday, 8 a.m. to 5 p.m., Thursday, 8 a.m. to 8 p.m.  
  
Harrington Family Health Center   
  
50 East Main Street  
Harrington, ME 04643  
207-483-4502  
Medical Hours: Monday to Friday, 7:30 a.m. to 4:30 p.m., Thursdays, 8 a.m. to 8 p.m.  
  
Dental Hours: Monday and Wednesday, 8 a.m. to 5 p.m., Tuesday, 7:30 a.m. to 6 p.m. and Thursday, 7:30 a.m. to 8 p.m.   
  
Mental Health: Monday to Wednesday and Friday, 8 a.m. to 5 p.m. and Thursday, 8 a.m. to 8 p.m.   
  
Provides cost effective medical and dental services for families.   
  
Health Care for the Homeless Program   
  
City of Portland Public Health Division  
389 Congress Street  
Portland, ME 04101  
207-874-8784  
  
Health and Dental Clinic  
20 Portland Street  
Portland, ME 04102  
Call 207-874-8445 to schedule an appointment.  
  
Health Clinic Hours: Monday to Thursday, 8 a.m. to 5 p.m. and Friday, 8 a.m. to 4 p.m.   
  
Dental Clinic: Monday to Thursday, 8 a.m. to 4:30 p.m.   
  
Islesboro Health Center   
  
150 Main Road  
P.O. Box 137  
Islesboro, ME 04848  
207-734-2213  
Hours: Monday to Friday, 9 a.m. to 4:30 p.m. Saturday, 9 a.m. to noon.  
  
Katahdin Valley Health Center   
  
**To contact all clinics, call 1-866-366-5842.   
  
Patten Primary Care**  
30 Houlton Street  
Patten, ME 04765  
Open Monday to Friday, 8 a.m. to 5 p.m.   
  
**Houlton Primary Care, Dental Care and Walk-In Care**  
59 Bangor Street  
Houlton, ME 04730  
  
**Island Falls Primary Care**  
1300 Crystal Falls Road  
Island Falls, ME 04747  
  
**Millinocket Primary and Dental Care**  
50 Summer Street  
Millinocket, ME 04462  
  
**Ashland Primary and Dental Care**33 Walker Street  
Ashland, ME 04732  
  
Lovejoy Health Center   
  
7 School Street, Suite 1  
Albion, ME 04910  
207-437-9388  
  
Hours: Monday and Tuesday, 8 a.m. to 6 p.m., Wednesday to Friday, 8 a.m. to 5 p.m.   
Walk-in hours: Monday to Friday, 7 a.m. to 8 a.m.   
  
Madison Area Health Center   
  
8 South Main Street  
Madison, ME 04950  
207-696-3992  
  
Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. and Tuesdays, 5:30 p.m. to 8 p.m.   
  
Walk-in hours: Monday to Friday, 8 a.m. to 9 a.m.   
  
Maine Coast Memorial Hospital   
  
50 Union Street  
Ellsworth, ME 04605  
207-664-5311  
  
Maine Medical Center   
  
22 Bramhall Street  
Portland, ME 04102-9954  
207-662-0111  
Toll-Free: 1-877-339-3107  
Emergency Department: 207-662-2381  
  
Maine Migrant Health Program   
  
9 Green Street  
P.O. Box 405  
Augusta, ME 04330  
207-622-9252  
\*Spanish-speaking staff and telephone interpreter service available.  
mmhp@mainemigrant.org  
Hours: Monday to Friday, 8 a.m. to 5 p.m.  
  
MMHP administers a statewide, migrant- health program in Washington, Aroostook and Androscoggin counties. Services for migrant workers and their families are provided on-site with a Mobile Medical Unit (Aroostook and Washington counties) and by referral arrangements with local providers in all harvest locations. Providing primary health care service, no inpatient hospital, pharmacy (limited) and some dental. Fee of $3 requested based on sliding fee eligibility.  
  
Maine Primary Care Association   
  
73 Winthrop Street  
Augusta, ME 04330  
Website[: www.MEPCA.org](http://www.mepca.org/)  
207-621-0677  
  
Chairs and staffs the Maine Migrant and Seasonal Farmworkers Health Services Council. Can provide general information about migrant and seasonal farmworkers in the state, services available to them and links to agencies on the Council.   
  
MaineGeneral Medical Center   
  
**Augusta**  
35 Medical Center Parkway  
Augusta, ME 04330  
207-626-1000  
1-800-464-4463  
  
**Waterville**  
149 North Street  
Waterville, ME 04901  
207-872-1000  
  
\*Interpreter services available.   
  
Mt. Abram Regional Health Center   
  
25 Depot Street  
P.O. Box 188  
Kingfield, ME 04947  
207-265-4555  
  
Hours: Monday to Friday, 8 a.m. to 5 p.m.Pleasant Point Health Center   
  
11 Back Road  
Perry, ME 04667  
207-853-0644  
Sandra.Yarmal@ihs.gov  
  
Portland Community Free Clinic   
  
103 India Street  
Portland, ME 04103  
207-874-8982  
  
Call Monday to Thursday, 8:30 a.m. to 5 p.m. to make an appointment. No walk-in service; call for an appointment.   
\*Spanish-speaking volunteer physicians available.   
  
Staffed primarily by volunteers, the Portland Street Clinic provides free, comprehensive health care to low income, uninsured adults in the Greater Portland Area.  
  
Rangeley Family Medicine   
  
42 Dallas Hill Road  
P.O. Box 569  
Rangeley, ME 04970  
207-864-3303  
  
Redington-Fairview General Hospital   
  
46 Fairview Avenue  
P.O. Box 468  
Skowhegan, ME 04976  
207-474-5121   
info@rfgh.net  
  
Regional Medical Center at Lubec   
  
43 South Lubec Road  
Lubec, ME 04652  
207-733-1090 or 207-733-5541  
Open Monday to Friday, 8 a.m. to 5 p.m.  
  
Richmond Area Health Center   
  
24 Gardiner Street  
Richmond, ME 04357  
207-737-4359  
  
Walk-in acute care: Monday to Friday, 7 a.m. to 8 a.m.  
By appointment: Monday to Friday, 8 a.m. to 5 p.m.  
  
Sacopee Valley Health Center   
  
70 Main Street Porter, ME   
Ema[il: info@svhc.org](mailto:info@svhc.org)  
207-625-8126  
TTY: 1-800-437-1220  
  
Regular office hours: Monday, Tuesday, Wednesday and Friday, 8 a.m. to 5 p.m. and Thursday, 9 a.m. to 5 p.m.   
  
Walk-in care: Monday, Tuesday, Wednesday, Friday and Saturday, 8 a.m. to 3 p.m. and Thursday, 9 a.m. to 3 p.m.   
  
Helping those who are not insured or underinsured.  
  
Sheepscot Valley Health Center   
  
47 Main Street  
P.O. Box 207  
Coopers Mills, ME 04341  
207-549-7581  
  
Hours: Walk-in: Monday to Saturday, 8 a.m. to 9 a.m.  
  
By appointment: Monday to Thursday, 7 a.m. to 5 p.m. Tuesdays 8 a.m. to 6 p.m., Saturdays, 9 a.m. to noon.  
  
St. Croix Regional Family Health Center   
  
136 Mill Street  
Princeton, ME 04668  
207-796-5503  
Call for an appointment.   
  
Hours: Monday to Wednesday, 8 a.m. to 5:30 p.m., Thursday, 8 a.m. to 7:30 p.m. and Friday, 8 a.m. to noon  
  
Strong Area Health Center   
  
177 North Main Street  
P.O. Box 189  
Strong, ME 04983  
207-684-4010  
Dental Center: 207-684-3045  
  
Health Center hours: Monday to Friday, 8 a.m. to 4:30 p.m., Tuesdays, 8 a.m. to 7 p.m.  
  
Dental Center Hours: Tuesday to Friday, 8 a.m. to 5 p.m. and Monday, 8 a.m. to 7 p.m.   
  
Western Maine Family Health Center   
  
16 Depot Street, Suite 300  
Livermore Falls, ME 04254  
207-897-4345  
  
Hours: Walk-in acute care Monday to Friday, 8 a.m. to 9 a.m.  
Monday, Wednesday and Friday, 7:30 a.m. to 5:30 p.m. by appointment, Tuesday, 8 a.m. to 5 p.m. and Thursday 8 a.m. to 7 p.m.

# Social Services

American Red Cross

**Bangor**  
145 Exchange Street, Suite 1  
Bangor, ME 04401  
207-941-2903  
  
**Caribou**  
7 Hatch Drive, Suite 250  
Caribou, ME 04736  
207-493-4620  
  
**Lewiston**  
475 Pleasant Street  
Lewiston, ME 04240  
207-874-1192  
  
**Portland**  
2401 Congress Street  
Portland, ME 04102  
207-874-1192  
  
**Topsham**  
16 Community Way  
Topsham, ME 04086  
207-874-1192  
  
Blueberry Harvest Rakers' Center   
  
Epping Road  
Columbia Falls, Maine 04623  
*Contact:* Elizabeth Charles  
Enabling Services Coordinator  
Maine Migrant Health Program  
207-622-9252 • 800-351-9634

Hours: Monday to Friday, 8:30 a.m. to 4 p.m. for four weeks during the blueberry harvest. Call prior to harvest for exact dates.  
  
Agency representatives are available from Training and Development Corporation, general assistance, food stamps, Migrant Education, Social Security, Department of Labor, Medicaid, Pine Tree Legal and Harrington Migrant Head Start Program. There is also a food pantry on site, sponsored by the Maine Migrant Health Program of Maine. Workers and their families must go to the intake desk located at the Rakers' Center to access services.  
  
Bureau of Rehabilitation Services   
  
150 State House Station  
Augusta, ME 04333-0150  
207-469-7371  
TTY: Maine Relay 711  
  
Catholic Charities Maine Refugee & Immigration Services   
  
80 Sherman Street  
Portland, ME 04101  
207-523-2730   
\*Spanish-speaking staff and interpreter service available.   
  
27 Pine Street  
Lewiston, ME 04240  
207-344-6615  
  
  
Serving refugees in the state of Maine under a cooperative agreement with the United States Catholic Conference Migration and Resettlement Services, Catholic Charities Resettlement Services offers a comprehensive program of the reception and placement of refugees resettling in the Portland area. Resettlement services promote community acceptance and early self-sufficiency. Services also available to refugees are airport reception, assurance of basic needs (food, clothing and housing), case management, cultural orientation, education and training for employment, mental health case management and assistance with family reunification.  
  
Community Concepts, Inc.   
  
**South Paris:**  
17 Market Square  
South Paris, ME 04281  
207-743-7716  
  
**Lewiston:**  
240 Bates Street  
Lewiston, ME 04240  
207-795-4065   
  
\*Interpreter services available.  
  
Provides fuel and energy assistance, money management, transportation, etc.  
  
Community Health & Counseling/Crisis Services   
  
**Bangor**  
42 Cedar Street  
Bangor, ME 04401  
207-947-0366  
  
**Calais**  
10 Barker Street  
Calais, ME 04619  
Adult mental health: 207-454-2743  
Children’s services: 207-454-2928  
  
**Caribou**  
7 Hatch Drive, Suite 120  
Caribou, ME 04736  
207-496-3166  
  
**Dover-Foxcroft**1093 W. Main Street  
Dover-Foxcroft, ME 04426  
207-564-8175  
  
**Ellsworth**  
415 Water Street  
Ellsworth, ME 04605  
Adult mental health: 207-667-5357  
Children’s services: 207-667-2061  
  
**East Winthrop**  
2518 Route 202  
East Winthrop, ME 04364  
207-213-2162  
  
**Fort Kent**  
413 W. Main Street  
Fort Kent, ME 04743  
207-834-4410  
  
**Houlton**  
2 Water Street, Suite 2  
Houlton, ME 04730  
207-532-5510  
  
**Lincoln**  
313 Enfield Road  
Lincoln, ME 04457  
207-794-3554  
  
**Machias**  
15 Kids Corner  
Machias, ME 04654  
Home, health and hospice: 207-255-8311  
Adult mental health: 207-255-8473  
Children’s services: 207-255-6786  
  
**Skowhegan**  
78 Madison Avenue  
Skowhegan, ME 04976  
207-858-4860  
  
Department of Health and Human Services (DHHS   
  
Department of Health & Human Services helps with locating resources and allocates funds for food stamps, Temporary Assistance for Needy Families (TANF), Medicaid and other social services.  
  
Website[: www.maine.gov/dhhs](http://www.maine.gov/dhhs)  
  
**Augusta**  
35 Anthony Avenue  
Augusta, ME 04330  
207-624-8000  
Toll Free: 1-800-452-1926  
TTY: Maine Relay 711  
Fax: 207-624-8124  
  
**Bangor**  
396 Griffin Road  
Bangor, ME 04401  
207-561-4100  
Toll Free: 1-800-432-7825  
TTY: Maine Relay 711  
Fax: 207-561-2122  
  
**Biddeford**  
208 Graham Street  
Biddeford, ME 04005  
207-286-2400  
Toll Free: 800-322-1919  
TTY: Maine Relay 711  
Fax: 207-286-2408  
  
**Calais**  
392 South Street  
Calais, ME 04619  
207-454-9000  
Toll Free: 800-622-1400  
TTY: Maine Relay 711  
Fax: 207-454-9012  
  
**Caribou**  
Skyway Plaza Unit 100  
Caribou, ME 04736  
207-493-4000  
Toll Free: 1-800-432-7366  
TTY: Maine Relay 711  
  
**Ellsworth**  
17 Eastward Lane  
Ellsworth, ME 04605  
207-667-1600  
Toll Free: 1-800-432-7823  
TTY: Maine Relay 711  
Fax: 207-667-5364  
  
**Farmington**  
114 Corn Shop Lane  
Farmington, ME 04938  
207-778-8400  
Toll Free: 1-800-442-6382  
TTY: Maine Relay 711  
Fax: 207-778-8410  
  
**Fort Kent**  
137 Market Street  
Fort Kent, ME 04743  
207-834-7700  
Toll Free: 800-432-7340  
TTY: Maine Relay 711  
Fax: 207-834-7701  
  
**Houlton**  
11 High Street  
Houlton, ME 04730  
207-532-5000  
Toll Free: 800-432-7338  
TTY: Maine Relay 711  
Fax: 207-532-5027  
  
**Lewiston**  
200 Main Street  
Lewiston, ME 04240  
207-795-4300  
Toll Free: 1-800-482-7517  
TTY: Maine Relay 711  
Fax: 207-795-4444  
  
**Machias**  
38 Prescott Drive, Suite 3  
Machias, ME 04654  
207-255-2000  
Toll Free: 1-800-432-7846  
TTY: Maine Relay 711  
Fax: 207-255-2022  
  
**Portland**  
161 Marginal Way  
Portland, ME 04101  
207-822-2000  
Toll Free: 1-800-482-7520  
TTY: Maine Relay 711  
Fax: 207-822-2310  
  
**Rockland**  
91 Camden Street  
Rockland, ME 04841  
207-596-4200  
Toll Free: 800-432-7802  
TTY: Maine Relay 711  
Fax: 207-596-4331  
  
**Sanford**  
890 Main Street, Suite 208  
Sanford, ME 04073  
207-490-5400  
Toll Free: 800-482-0790  
TTY: Maine Relay 711  
Fax: 207-490-5463  
  
**Skowhegan**  
98 North Avenue, Suite 10  
Skowhegan, ME 04976  
207-474-4800  
Toll Free: 1-800-452-4602  
TTY: Maine Relay 711  
Fax: 207-474-4888  
  
**South Paris**  
243 Main Street, Suite 6  
South Paris, ME 04281  
207-774-1200  
Toll Free: 1-888-593-9775  
TTY: Maine Relay 711  
  
**Office of Substance Abuse**  
41 Anthony Avenue  
#11 State House Station  
Augusta, ME 04333  
207-287-2595  
TTY: Maine Relay 711  
samhs.irc@maine.gov  
  
**Language Access and Deaf Services**Maine Department of Health and Human Services  
207-287-4242  
TTY: Maine Relay 711  
Maine Department of Labor   
  
54 State House Station  
Augusta, ME 04333  
207-623-7900  
TTY: Maine Relay 711  
Website[: www.maine.gov/labor](http://www.maine.gov/labor)  
  
The Maine Department of Labor (MDOL) provides job recruitment and training, loans and grants, tax credits, unemployment insurance, rehabilitation and displaced worker services, and information regarding legal compliance, labor relations and labor markets. MDOL’s SafetyWorks! program assists with workplace safety and health and can be reached at 1-877-SAFE-345.  
  
**State Monitor Advocate**  
  
Coordinates migrant and immigrant issues in Maine, ensuring that these workers obtain social services, helping employers hire foreign workers and promoting awareness of the needs of the migrant and immigrant communities throughout Maine.  
  
*Contact:*  
State Monitor Advocate  
Jorge A. Acero  
55 State House Station  
Augusta, ME 04330  
Jorge.A.Acero@maine.gov  
207-623-7928  
  
Maine Service Advocates in Foreign Languages and English, Inc. (ME S.A.F.E.)   
  
2802 Riverside Drive  
Vassalboro, ME 04989  
Email: Prisciall@MaineSafe.org  
Contact: Priscilla Doel  
207-872-2653  
\*Spanish-speaking staff available.  
  
Maine Service Advocates in Foreign Languages and English, Inc. (ME S.A.F.E.) provides professional services in foreign languages and English. Services to clients include, but are not limited to, the following areas: translations, interpretations, transcriptions, referrals to local, state and federal agencies, education and mediation services. Serving the state of Maine at no charge.  
  
HealthReach Network   
  
**Augusta**  
9 Green Street  
Augusta, ME 04330  
207-621-3700  
  
**Waterville**  
Hathaway Creative Center  
10 Water Street, Suite 307  
Waterville, ME 04901  
207-861-3400  
Toll-Free: 1-800-427-1127  
  
Kennebec Valley Community Action Program   
  
**Augusta**  
22 Armory Road  
Augusta, ME 04330  
207-622-4761  
  
**Skowhegan**  
26 Mary Street  
Skowhegan, ME 04976  
207-474-8487  
  
**Waterville**  
97 Water Street  
Waterville, ME 04901  
207-859-1500  
  
General: 1-800-524-8227  
  
Maine WIC Nutrition Program   
  
11 State House Station  
263 Water Street, 4th Floor  
Augusta, ME 04330  
207-621-6202 or 207-287-3991  
1-800-437-9300  
TTY: Maine Relay 711  
  
**Auburn**  
79 Main Street  
Auburn, ME 04210  
207-795-4012  
Toll-Free: 1-877-512-8856  
  
**Bath**  
34 Wing Farm Parkway  
Bath, ME 04530  
207-442-7963  
Toll-Free: 1-800-221-2221  
  
**Bangor**  
103 Texas Avenue  
Bangor, ME 04401  
207-992-4570  
Toll-Free: 1-800-470-3769  
  
**Belfast**  
147 Waldo Avenue, Suite 101A   
Belfast, ME 04915  
207-338-1267  
Toll-Free: 1-877-942-6622  
  
**Biddeford**  
15 York Street, Bldg. 9  
Biddeford, ME 04005  
207-283-2402  
Toll-Free: 1-800-644-4202  
  
**Calais**  
43 Union Street  
Calais, ME 04619  
207-454-3634  
1-800-924-2628  
  
**East Wilton**  
20B Church Street  
PO Box 200  
East Wilton, ME 04234  
207-645-3764  
Toll-Free: 1-800-645-9636  
  
**Ellsworth**  
52 Christian Ridge Road  
Ellsworth, ME 04605  
207-667-5304  
Toll-Free: 1-800-492-5550  
  
**Machias**  
247 Main Street  
Machias, ME 04654  
207-255-8280  
Toll-Free: 1-800-313-1223  
  
**Portland**  
510 Cumberland Avenue  
Portland, ME 04101  
207-553-5800  
Toll-Free: 1-800-698-4959  
  
**Presque Isle**  
744 Main Street, Suite 11  
Presque Isle, ME 04769  
207-768-3026  
Toll-Free: 1-800-432-7881  
  
**Rockland**  
7 Union Street  
Rockland, ME 04841  
207-594-4329  
Toll-Free: 1-866-260-6609  
  
**Sanford**  
6 Spruce Street  
PO Box 72  
Sanford, ME 04073  
207-459-2942  
Toll-Free: 1-800-965-5762  
  
**Skowhegan**  
165 North Avenue  
Skowhegan, ME 04976  
207-474-7463  
Toll-Free: 1-888-942-6333  
  
**Waterville**  
63 Eustis Parkway  
Waterville, ME 04901  
207-872-1593  
  
  
National Center for Farmworker Help   
1770 FM 967  
Buda, TX 78610  
512-312-2700  
Toll Free: 1-800-531-5120  
Website[: www.ncfh.org](http://www.ncfh.org/)  
  
Penquis Community Action Program, Inc.   
  
Helps low-income families become self-sufficient and improve their quality of life serving Penobscot, Piscataquis and Knox counties.   
  
**Bangor**  
262 Harlow Street  
P.O. Box 1162  
Bangor, ME 04402  
207-973-3500  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.   
  
**Dover**  
50 North Street  
Dover, ME 04426  
207-546-7116  
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
  
**Lincoln**  
40A Street  
Lincoln, ME 04457  
207-794-3093  
Hours: Monday to Friday, 9 a.m. to 3:30 p.m.   
  
**Rockland**  
315 Main Street  
Rockland, ME 04841  
207-596-0361  
Hours: Monday to Friday, 8 a.m. to 4 p.m.   
  
People's Regional Opportunity Program   
  
50 Monument Square, 6th floor  
Portland, ME 04101   
207-523-5049  
1-800-429-6884  
www.ProPeople.org  
  
Hours: Monday to Friday, 8 a.m. to 5 p.m.  
  
Sweetser   
  
50 Moody Street  
Saco, ME 04072  
Toll Free: 1-800-434-3000 (Voice and TTY)  
info@sweester.org  
  
Provides behavioral and mental health services to children, adults and families throughout the state of Maine.  
  
Washington-Hancock Community Agency   
  
**Machias**7 VIP Drive  
Machias, ME 04654  
207-259-5015  
Website[: www.whcacap.org](http://www.whcacap.org/)  
  
**Ellsworth**  
248 Bucksport Road  
P.O. Box 299  
Ellsworth, ME 04605  
207-664-2424  
administration@whcacap.org  
  
Provides and directs opportunities to help people help themselves become safe, self- sufficient and independent.  
  
York County Community Action Program   
  
For low-income persons, with total house- hold incomes that fall within the Federal Poverty Guidelines. **Main Office: Sanford**  
6 Spruce Street  
P.O. Box 72  
Sanford, ME 04073  
207-324-5762  
Toll Free: 1-800-965-5762  
TTY: 207-490-1078  
Website[: www.yccac.org](http://www.yccac.org/)  
Hours: Monday to Friday, 8 a.m. to 5 p.m.  
  
**Biddeford**  
15 York Street, Bldg. 9  
Biddeford, ME 04005  
207-283-2402  
Open Monday to Friday, 8 a.m. to 4:30 p.m.   
  
**Kittery**  
120 Rogers Road, Room A102  
Kittery, ME 03905  
207-439-2699  
Open Monday to Friday, 8 a.m. to 5 p.m.  
  
YWCA of Central Maine   
  
130 East Avenue  
Lewiston, ME 04240  
207-795-4045  
  
Hours: Monday to Thursday, 5 a.m. to 7:30 p.m. and Friday, 5 a.m. to 9 p.m.   
  
YWCA Mount Desert Island   
  
36 Mount Desert St.  
Bar Harbor, ME 04609  
207-288-5008  
  
Hours: Monday to Thursday, 5 a.m. to 7:30 p.m. and Fridays, 5 a.m. to 9 p.m.

# Education and job training services

Aroostook County Action Program, Inc.

771 Main Street  
Presque Isle, ME 04769  
207-764-3721  
Toll Free: 800-432-7881  
Website[: www.acap-me.org](http://www.acap-me.org/)  
  
Full-day educational program for children age six months through middle school. Includes developmental screenings, referrals, meals, transportation and strong parental involvement. Serving the Central Aroostook County area. Call for an application.  
  
Board of Pesticides Control (Pesticide safety training)   
  
90 Blossom Lane  
Augusta, ME 04333  
*Contact:* Gary Fish   
Email: garyfish@maine.gov  
207-287-2731  
  
Hours: Monday to Friday, 8 a.m. to 5 p.m. Answering service available for after hours or for emergencies.  
  
Statewide pesticide safety training for all agricultural workers and trainers of agricultural workers. Video tape library and training materials available for agriculture worker trainers. Free of charge.  
  
Maine CareerCenters   
  
Serving the entire State of Maine by providing training and employment assistance.   
Website[: www.mainecareercenter.com](http://www.mainecareercenter.com)  
  
All locations open Monday to Friday, 8 a.m. to 5 p.m.   
  
Augusta  
21 Enterprise Drive, Suite 2  
109 State House Station  
Augusta, ME 04333-0109  
207-624-5120  
Toll Free: 1-800-760-1573  
TTY: Maine Relay 711  
Fax: 207-287-6236  
  
**Bangor**  
45 Oak Street, Suite 3  
P.O. Box 402  
Bangor, ME 04402-0402  
207-561-4050  
TTY: Maine Relay 711  
Fax: 207-561-4066  
  
**Brunswick**  
275 Bath Road, Suite 3  
Brunswick, ME 04011  
207-373-4000  
1-800-836-3355  
TTY: Maine Relay 711  
  
**Calais**  
1 College Drive  
Calais, ME 04619-0415  
207-454-7551  
Toll Free: 1-800-543-0303  
TTY: Maine Relay 711  
  
**Lewiston**  
5 Mollison Way  
Lewiston, ME 04240-5805  
207-753-9001  
Toll Free: 1-800-741-2991  
TTY: Maine Relay 711  
Fax: 207-783-5301  
  
**Machias**  
53 Prescott Drive, Suite 1  
Machias, ME 04654-9752  
207-255-1900  
Toll Free: 1-800-292-8929  
TTY: Maine Relay 711  
Fax: 207-255-4778  
  
**Portland**  
185 Lancaster Street  
Portland, ME 04101-2453  
207-771-5627  
Toll Free: 1-877-594-5627  
TTY: Maine Relay 711  
Fax: 207-822-0221  
  
  
**Presque Isle**  
66 Spruce Street, Suite 1  
Presque Isle, ME 04769-3222  
207-760-6300  
Toll Free: 1-800-635-0357  
TTY: Maine Relay 711  
Fax: 207-760-6350  
  
**Rockland**  
91 Camden Street, Suite 201  
Rockland, ME 04841-2421  
207-569-2600  
Toll Free: 1-877-421-7916  
TTY: Maine Relay 711  
Fax: 207-594-1428  
  
**Skowhegan**  
98 North Avenue  
Skowhegan, ME 04976-1923  
207-474-4950  
Toll Free: 1-800-760-1572  
TTY: Maine Relay 711  
Fax: 207-474-4914  
  
**Springvale**  
9 Bodwell Court  
Springvale, ME 04083-1801  
207-324-5460  
Toll Free: 1-800-343-0151  
TTY: Maine Relay 711  
Fax: 207-324-7069  
  
**Wilton**  
865 US Route 2E  
Wilton, ME 04294-6649  
207-645-5800  
Toll Free: 1-800-982-4311  
TTY: Maine Relay 711  
Fax: 207-645-2093  
  
Maine Migrant Education Program   
  
23 State House Station  
Augusta, ME 04333  
207-624-6722  
TTY: Maine Relay 711  
  
The purpose of this program is to meet the unique needs of migrant students and their families. Teachers work with individual students or in small groups to improve academic skills and to help students develop a positive attitude about themselves, and also work closely with parents in educating migrant children. Migrant teachers provide unique tutorial services to all migrant students in grades K-12. The migrant teacher is an advocate for migratory families seeking supportive services such as dental and other health-related services.

# Legal Assistance

Cumberland Legal Aid Clinic

University of Maine School of Law  
246 Deering Avenue  
Portland, ME 04102  
207-780-4370  
Toll Free: 877-780-2522   
Hours: Monday to Friday, 8 a.m. to 4:30 p.m.   
Call to make an appointment.   
  
Embassy of El Salvador   
  
**General Embassy**  
1400 Sixteenth Street, NW, Suite 100  
Washington, DC 20036  
202-595-7500  
  
Embassy of Guatemala   
  
2220 R Street, NW   
Washington, DC 20008-4081  
  
202-745-4952  
info@guatemala-embassy.org  
  
Embassy of Jamaica   
  
1520 New Hampshire Avenue,NW   
Washington, DC 20036  
202-452-0660  
  
Website[: www.EmbassyofJamaica.org](http://www.embassyofjamaica.org/)  
  
Immigrant Legal Advocacy Project (ILAP)   
  
309 Cumberland Avenue, Suite 201  
P.O. Box 17917  
Portland, Maine 04112  
Website[: www.ilapmaine.org](http://www.ilapmaine.org/)  
207-780-1593  
Toll Free: 1-800-497-8505  
\*Spanish-speaking staff available.   
  
Call for an appointment. Open Monday to Friday, 9 a.m. to 5 p.m.   
  
Provides immigration and related legal aid to low-income immigrants for little to no charge.  
  
League of United Latin American Citizens Council 3100 (LULAC)   
  
40 Strawberry Ave  
Lewiston, ME 04210  
*Contact:* Jose Lopez  
207-740-7705  
  
Maine AFL-CIO   
  
**Augusta**  
21 Gabriel Drive  
Augusta, ME 04330  
207-622-9675  
info@maineaflci.org   
  
**Bangor**  
P.O. Box 2669   
Bangor, ME 04402  
207-947-3707  
  
Hours: Monday to Friday, 8 a.m. to 5 p.m.   
  
The Maine AFL-CIO is the statewide federation of unions, which provides advocacy, support, education, training and action on behalf of unions, their members, and all workers in the state, union or nonunion.  
The Maine Human Rights Commission   
  
19 Union Street  
Augusta, ME 04333  
207-624-6290  
TTY: Maine Relay 711  
Website[: www.maine.gov/mhrc](http://www.maine.gov/mhrc)  
  
Maine Volunteer Lawyers Project   
  
88 Federal Street  
Portland, ME 04112  
207-774-4348  
Toll Free: 1-800-442-4293  
www.vlp.org  
  
Mexico, Consulate of   
  
55 Franklin Street, Ground Floor  
Boston, MA 02116  
617-426-4181  
Hours: Monday to Friday, 9 a.m. to 5 p.m.  
cmxboston@sre.gob.mx   
  
Motor Vehicles Division Offices & Mobile Units   
  
**All locations open Monday to Friday, 8 a.m. to 4:30 p.m.   
  
Augusta**  
19 Anthony Avenue  
Augusta, ME 04330  
207-287-3330  
  
**Bangor**  
1129 Union Street, Suite 9  
Bangor, ME 04001  
207-942-1319  
  
**Calais**  
23 Washington Street, Suite 2  
Calais, ME 04619  
207-454-2175  
  
**Caribou**  
14 Access Highway Suite 2  
Caribou, ME 04736  
207-492-9141  
  
**Ellsworth**  
24 Church Street  
Ellsworth, ME 04605  
207-667-9363  
  
**Kennebunk**  
63 Portland Road, Suite 4  
Kennebunk, ME 04043  
207-985-4890  
  
**Lewiston**  
36 Mollison Way  
Lewiston, ME 04240  
207-753-7750  
  
**Mexico**  
Mexico Shopping Plaza  
110 Main Street  
Mexico, ME 04257  
207-369-9921  
  
**Portland**  
125 Presumpscot Street, Unit #4  
Portland, ME 04102  
207-822-6400  
  
**Rockland**  
360 Old County Road, Suite 1  
Thomaston, ME 04861  
207-596-2255  
  
**Scarborough**   
248 Payne Road  
Scarborough, ME 04074  
207-883-2596  
  
*License renewals, motor vehicle registrations and State ID's may only be obtained at the following locations:* **Ashland Motor Vehicles Mobile Unit**Town Office  
17 Bridgham Street   
Ashland, ME 04732  
Hours: Noon to 2:00 p.m.  
Monday preceding third Tuesday in Feb., April, June, July, Aug., Oct. and Dec.  
  
**Belfast Motor Vehicles Mobile Unit**Methodist Church  
23 Mill Lane  
Belfast, ME 04915  
Hours: 9:30 a.m. to 1 p.m. and 2 to 3 p.m.  
Every fourth Monday  
  
**Bingham Motor Vehicles Mobile Unit**  
Municipal Building  
13 Murray Street   
Bingham, ME 04920  
Hours: 10:30 a.m. to 1 p.m. and 2 to 3 p.m.  
Every second Thursday  
  
**Bridgton Motor Vehicles Mobile Unit**  
Town Office  
10 Treble Street  
Bridgton, ME 04009  
Hours: 10:30 a.m. to 1 p.m. and 2 to 3:00 p.m.  
Second Tuesday and first and last Thursdays  
  
**Danforth Motor Vehicles Mobile Unit**  
Town Office Central   
18 Street   
Danforth, ME 04424  
Hours: 11:30 a.m. to 1:30 p.m.  
Monday preceding third Tuesday in Jan., March, May, July, Sep. and Nov.   
  
**Dover-Foxcroft Motor Vehicles Mobile Unit**  
American Legion Hall  
112 Park Street  
Dover-Foxcroft, ME 04426  
Hours: 9:30 a.m. to 1 p.m. and 2 to 3 p.m.  
Second Tuesday and first and last Wednesday  
  
**Farmington Motor Vehicles Mobile Unit**  
Elks Lodge  
120 School Street  
West Farmington, ME 04938  
Hours: 9:30 a.m. to 1 p.m. and 2 to 4 p.m.  
First and last Wednesdays  
  
**Fort Kent Motor Vehicles Mobile Unit**  
Municipal Building   
416 West Main Street  
Fort Kent, ME 04743  
Hours: 9:30 a.m. to 1 p.m. and 2 to 3 p.m.  
Wednesday following third Tuesday  
  
**Houlton Motor Vehicles Mobile Unit**  
Fire Department   
97 Military Street   
Houlton, ME 04730  
Hours: 8:30 a.m. to 1 p.m. and 2 to 3 p.m.  
Thursday following third Tuesday  
  
**Jackman Motor Vehicles Mobile Unit**  
Town Office Main   
369 Alt. Main Trail   
Jackman, ME 04945  
Hours: 11:30 a.m. to 2 p.m.  
Last Tuesday of month  
  
**Kittery Motor Vehicles Mobile Unit**  
Naval Lodge  
11 Shapleigh Road  
Kittery, ME 03904  
Hours: 10 a.m. to 1 p.m. and 2 to 4 p.m.  
Third Tuesday and following Wednesday  
  
**Limerick Motor Vehicles Mobile Unit**  
Municipal Building  
55 Washington Street  
Limerick, ME 04048  
Hours: 10:30 a.m. to 1:30 p.m.  
Monday preceding third Tuesday  
  
**Lincoln Motor Vehicles Mobile Unit**  
First Congregational Church  
19 School Street  
Lincoln, ME 04457  
Hours: 9:30 a.m. to 1 p.m. and 2 to 3:30 p.m.  
First and last Thursdays  
  
**Machias Motor Vehicles Mobile Unit**  
Telecommunications Center  
1 Stackpole Road  
Machias, ME 04654  
Hours: 11 a.m. to 1 p.m. and 2 to 3 p.m.  
First Tuesday of the month   
  
**Madawaska Motor Vehicles Mobile Unit**  
Safety Complex Bldg. 428 Main Street  
Madawaska, ME 04756  
Hours: 8:30 a.m. to 1 p.m. and 2 p.m. to 4 p.m.  
Every third Tuesday  
  
**Millinocket Motor Vehicles Mobile Unit**  
American Legion Hall   
970 Outer Central Street   
Millinocket, ME 04462  
Hours: 9 a.m. to 1 p.m. and 2 to 3:30 p.m.   
Friday following the third Tuesday  
  
**Pittsfield Motor Vehicles Mobile Unit**Municipal Building  
8 Park Street  
Pittsfield, ME 04967Hours: 9:30 a.m. to 1 p.m. and 2 to 3:30 p.m.First and second Fridays  
  
**Stacyville Motor Vehicles Mobile Unit**Town Office  
414 Station Road, Rt. 11  
Stacyville, ME 04777  
Hours: 10:30 a.m. to 1 p.m. and 2 to 3:00 p.m.   
Second Wednesday   
  
**Skowhegan Motor Vehicles Mobile Unit**  
Skowhegan Community Center  
39 Poulin Drive  
Skowhegan, ME 04976  
Hours: 9:30 a.m. to 1 p.m. and 2 to 3:00 p.m.  
Second Monday, first Tuesday and second Wednesday  
  
**South Paris Motor Vehicles Mobile Unit**  
Trinity Lutheran Church  
34 Buckfield Road  
South Paris, ME  
Hours: 10 a.m. to 1 p.m. and 2 to 3 p.m.   
Last Monday  
  
**Steuben**Town Office  
294 US Route 4  
Steuben, ME 04680  
Hours: 10:30 a.m. to 1 p.m. and 2 to 3 p.m.   
First Monday  
  
**Waterville Motor Vehicles Mobile Unit**93 Main Street  
Waterville, ME 04901  
Hours: 9 a.m. to 1 p.m. and 2 to 3 p.m.   
First Monday, second and fourth Fridays  
  
**Wiscasset Motor Vehicles Mobile Unit**Municipal Building  
51 Bath Road, Rt. 1  
Wiscasset, ME 04578  
Hours: 9 a.m. to 1 p.m. and 2 to 3 p.m.  
Second Thursday   
  
**York Motor Vehicles Mobile Unit**  
American Legion Hall  
9 Hannaford Drive  
York, ME 03909  
Hours: 8:30 a.m. to noon and 1 to 3 p.m.   
Thursday following the third Tuesday  
  
Occupational Safety & Health Administration (OSHA)   
  
**Bangor District Office**382 Harlow StreetBangor, ME 04401207-941-8177 **Augusta Area Office**E. S. Muskie Federal Building40 Western Avenue, Room G-26Augusta, ME 04330  
207-626-9160  
  
Penquis Community Action Program, Inc. Law Project   
  
262 Harlow Street  
P.O. Box 1162  
Bangor, ME 04401-1162  
207-973-3500  
Toll Free: 1-800-215-4942  
info@Penquis.org  
  
**Dover-Foxcroft**  
50 North Street  
Dover-Foxcroft, ME 04426  
  
Pine Tree Legal Assistance   
  
All offices: www.ptla.org  
Call for an appointment.   
  
**Augusta**  
39 Green Street  
P.O. Box 2429  
Augusta, ME 04338  
207-622-4731  
207-623-7777  
  
**Bangor**

115 Main Street, second floor  
Bangor, ME 04401  
207-942-8241  
  
**Bangor Farmworker Unit**  
61 Maine Street, Rm. 41  
Bangor, ME 04401  
*Contact:* Mike Guare  
207-942-0673  
TTY: 207-942-1060  
\*Spanish and Haitian Creole spoken  
  
Lewiston  
37 Partk Street, Suite 401  
Lewiston, ME 04240  
207-784-1558  
  
Machias  
13 Cooper Street  
Machias, ME 04654  
207-255-8656  
  
Portland   
88 Federal Street  
Portland, ME 04112  
207-774-8211  
  
Presque Isle  
373 Main Street  
Presque Isle, ME 04769  
207-764-4349  
  
Office of Congresswoman Chellie Pingree   
  
**Portland**  
2 Portland Fish Pier  
Portland, ME 04101  
207-774-5019  
Toll Free: 1-888-862-6500  
Open Monday to Friday, 8:30 a.m. to 5:30 p.m.  
  
**Waterville**108 Main Street  
Waterville, ME 04901  
207-873-5713  
  
**Washington, DC**  
1318 Longworth HOB Washington, DC  
20515  
202-225-6116  
  
Office of Congressman Mike Michaud   
  
**Bangor**6 State Street, Suite 101Bangor, ME 04401207-942-6935Fax: 207-942-5907  
  
**Lewiston**179 Lisbon StreetLewiston, ME 04240207-782-3704Fax: 207-782-5330  
  
**Presque Isle**445 Main StreetPresque Isle, ME 04769207-764-1036Fax: 207-764-1060  
  
**Washington, DC**1724 Longworth HOB  
Washington, DC 20515  
202-225-6306Fax: 202-225-2943  
Office of Senator King   
  
383 US Rt. 1  
Scarborough, ME 04074  
207-883-1588  
  
359 Dirksen Building  
Washington, D.C. 20510   
202-224-5344   
Toll Free: 1-800-432-1599  
  
Office of Senator Susan Collins   
  
202 Harlow Street, Room 201  
Bangor, ME 04402  
207-945-0417  
  
413 Dirksen Senate Office Building  
Washington, DC 20510  
202-224-2523  
  
U.S. Border Patrol Stations   
  
**Houlton Sector Headquarters**  
96 Calais Road  
Hodgdon, ME 04730  
207-532-6521  
1-800-851-8727  
  
**Calais Station**  
67 Park Road  
Baring, ME 04694  
207-454-3613  
  
**Fort Fairfield Station**  
205 Limestone Road  
P.O. Box 286  
Fort Fairfield, ME 04742  
207-472-5041  
  
**Houlton Station**  
591 North Street  
Houlton, ME 04730  
207-532-9061  
  
**Jackman Station**  
229 Long Pond Road  
Jackman, ME 04945  
207-668-3151  
  
**Rangeley Station**  
224 Stratton Rd.  
P.O. Box 194  
Rangeley, ME 04970  
207-864-5356  
  
**Van Buren**  
9 Main Street  
P.O. Box 28  
Van Buren, ME 04785  
207-868-3900  
  
US Citizenship and Immigration Service

176 Gannet Drive  
South Portland, ME 04106  
1-800-375-5283  
http://www.uscis.gov/  
  
Workers’ Compensation Board   
  
Workers’ Compensations is a type of insurance provided by your employer. It provides benefits to employees who suffer injuries on the job.   
  
Hours: Monday to Friday, 8 a.m. to 5 p.m.  
  
**Augusta**  
24 Stone Street  
Mailing: 27 State House Station  
Augusta, ME 04333  
207-287-3751  
207-287-2308  
Toll Free: 1-800-400-6854  
TTY: Maine Relay 711  
  
**Bangor**  
106 Hogan Road  
Bangor, ME 04401-5640  
207-941-4550  
Toll Free: 1-800-400-6856  
  
**Caribou**  
One Vaughn Place  
43 Hatch Drive  
Caribou, ME 04736  
207-498-6428  
Toll Free: 1-800-400-6855  
  
**Lewiston**  
36 Mollison Way  
Lewiston, ME 04240-7711  
207-753-7700  
Toll Free: 1-800-400-6857  
  
**Portland**  
62 Elm Street  
Portland, ME 04101  
207-822-0840  
Toll Free: 1-800-400-6858

# Emergency Services (domestic violence hotlines etc.)

Battered Women's Project

24-hour toll-free domestic violence response phone line. Access to emergency shelter, support groups, information and education for victims of domestic violence.  
  
**Toll-Free 24-hour hotline: 1-800-439-2323**   
  
754 Main Street  
Presque Isle, ME 04769  
207-764-2977  
  
Office hours: Monday to Friday, 8 a.m. to 4 p.m.  
  
Dorr House   
  
H.O.M.E. Inc.  
90 Schoolhouse Road  
Orland, ME 04472  
207-469-7961  
  
Family Crisis Services   
  
24-hour Hotline: 207-874-1973  
TTY: 1-866-834-4357   
  
**Bridgton Outreach Office**  
Lakes Environmental Building  
203 Main Street  
Bridgton, ME 04009  
207-647-8501  
Hours: Monday to Friday, 8 a.m. to 4 p.m. by appointment  
  
**Brunswick**  
173 Park Row  
Brunswick, ME  
207-721-0199  
Hours: Tuesday to Friday,  
8 a.m. to 4 p.m. by appointment  
  
**Portland**  
Portland Police Department Building  
109 Middle Street  
Portland, ME 04101  
207-874-8512  
  
Hours: Monday to Friday, 8 a.m. to 4 p.m.   
  
  
  
Family Violence Project   
  
P.O. Box 304  
Augusta, ME 04332  
207-623-8637  
**Toll Free, 24 Hours (anonymous and confidential): 1-877-890-7788**  
  
**Skowhegan Outreach Office**  
P.O. Box 3104  
Skowhegan, ME 04976  
Outreach Advocate: 207-474-8860  
  
**Waterville Outreach Office**  
P.O. Box 51  
Waterville, ME 04903  
Crisis Line: 207-877-0835  
  
Ema[il: fvp@familyviolenceproject.org](mailto:fvp@familyviolenceproject.org)  
\*Interpreter service available.   
Hours: Monday to Thursday, 8 a.m. to 6 p.m.  
  
National Domestic Violence Hotline   
  
Toll Free Hotline: 800-799-7233  
TTY: 800-787-3224  
  
Free-Anonymous-Confidential. Twenty-four hours a day. Speak with trained advocates. Spanish-speaking operators.  
  
New Hope for Women   
  
**\*Crisis Hotline 24 Hours: 1-800-522-3304  
  
Rockland**5 Beech StreetRockland, ME 04841207-594-2128Hours: Monday to Friday, 9 a.m. to 5 p.m.  
  
**Belfast**111 Church Street  
Belfast, ME 04915207-338-6569Hours: Thursday, 10 a.m. to 4 p.m. and by appointment  
  
**Damariscotta**17 Water Street  
Damriscotta, ME 04543207-563-2404Hours: Thursday, 10 a.m. to 2 p.m. and by appointment   
  
**Bath**12 Court Street  
Bath, ME 04530  
207-443-8898  
Tuesday to Friday, 9 a.m. to 2 p.m.  
  
The Next Step Domestic Violence Project of Washington and Hancock County   
  
**Toll Free 24-hour hotline: 1-800-315-5579  
  
Machias Resource Center**  
23 Broadway  
Machias, ME 04654  
Admin: 207-255-4034  
Local Hotline: 207-255-4785  
  
**Ellsworth**733 Bangor Road  
Elssworth, ME 04605  
Admin: 207-667-0176  
Local Hotline: 207-667-4606  
Rape Response Services Bangor   
  
262 Harlow Street  
Bangor, ME 04401  
24/7 Confidential Crisis and Support Line:  
207-973-3561  
Toll Free: 800-310-0000 [TTY: 1-888-458-5599  
www.RRSOnline.org](http://www.rrsonline.org/)  
  
Safe Voices   
  
P.O. Box 713  
Auburn, ME 04212-0713  
*Contact:* Kim Preble  
207-795-6744  
Toll Free: 1-800-559-2927  
Website: http:///www.safevoices.org  
  
  
Sexual Crisis and Assault Hotline   
  
P.O. Box 6  
Auburn, ME 04212  
Office: 207-784-5272  
**Toll Free 24-hour helpline**: **1-800-871-7741**TTY: 1-888-458-5599  
  
Spruce Run Association   
  
P.O. Box 653  
Bangor, ME 04402  
Office: 207-945-5102  
Toll Free: 800-863-9909 (24-hour hotline)  
[www.SpruceRun.net](http://www.sprucerun.net/)  
  
**Dover-Foxcroft**PO Box 192  
Dover-Foxcroft, ME 04426  
207-564-8165  
  
Spruce Run Association offers counseling and shelter for victims of domestic violence.   
  
Suicide and Crisis Intervention for Aroostook County   
  
207-768-3304  
Toll Free: 800-432-7805  
  
Womancare   
  
8 Mechanic Street  
P.O. Box 192  
Dover-Foxcroft, ME 04426  
24-Hour Domestic Violence Hotline: 207-564-8165 or 1-888-564-8165  
wmncare@wmncare.org  
  
**Dexter Outreach**   
Fridays, 8:30 a.m. to noon at the Dexter  
Town Office  
  
**Milo Outreach**  
Tuesdays, 9 a.m. to noon at the Milo Two Office Conference Room  
  
**Greenville Outreach**Second and last Wednesday of the month from noon to 4 p.m. at the Charles A. Dean Memorial Hospital  
  
Youth Crisis Stabilization Program   
  
42 Cedar Street  
P.O. Box 425  
Bangor, ME 04401  
207-990-3927  
Crisis: 1-800-488-9130  
  
Youth & Family Services, Inc.   
  
**Crisis Hotline 1-888-568-1112**  
  
**Main Office: Skowhegan**  
5 Commerce Drive  
Skowhegan, ME 04976  
207-474-8311  
Toll Free: 1-888-420-9605  
TTY: 207-474-9894 [yfsinc@yfsinc.org](mailto:yfsinc@yfsinc.org)  
  
**Augusta**  
72 Winthrop Street  
Augusta, ME 04330  
207-626-3478  
Toll Free: 1-877-258-7949  
TTY: 207-621-6390  
  
**Emergency Shelter**  
Halcyon House  
5 Commerce Drive  
Skowhegan, ME 04976  
207-474-8574

# Child Care

Androscoggin Head Start & Child Care

Coburn School  
269 Bates Street  
Lewiston, ME 04240  
207-795-4040  
www.androkids.com   
  
Office hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
  
Head Start/Early Head Start for children ages zero to five. Serving the Androscoggin County area. Free to families meeting income guidelines. Call to apply or to receive additional information on other programs available.  
  
Caribou Headstart Program   
  
17 Bowles Road   
Caribou, ME 04736  
207-764-3721  
\*Pre-school program part of ACAD. No tuition.   
  
Office hours: Monday to Friday, 8 a.m. to 5 p.m.   
  
Child & Family Opportunities, Inc.   
  
18 Avery Lane  
Ellsworth, ME 04605  
Email: info@childandfamilyopp.com  
207-667-2995  
Toll-Free: 1-800-834-4378  
  
Offers early head start, head start and child care services in centers located across Hancock and Washington counties.   
  
Knox County Child Development Services   
  
11 Tilson Avenue  
Rockland, ME 04841  
207-594-5933  
Hours: Monday to Friday, 8 a.m. to 4 p.m.  
  
Southern Kennebec Child Development Corp.

337 Maine Avenue  
Farmingdale, ME 04344  
207-582-3110  
1-800-525-2229  
info@skcdc.org