

# Migrant and Seasonal Farmworkers Resource Directory



Connecting workers with local information

July 2015

# Migrant & Seasonal Farmworker Resource Directory

**Sixth Edition**  
**July 2015**

Compiled and issued by Maine Department of Labor  
Bureau of Employment Services, Office of State Monitor Advocate for National 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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# 1. 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  
breadoflife@mainebreadoflife.org

## Emmaus Shelter

P.O. Box 811  
Ellsworth, ME 04605  
Physical Address:  
Corner of Main St. and Water St.  
Ellsworth, ME  
Contact: Sister Lucille MacDonald  
207-667-3962  
officemgr@emmaushelter.org  
Open year-round, 24 hours a day.

Providing shelter and services for the homeless in Hancock and southern Washington counties.

## Florence House

190 Valley Street  
Portland, ME 04401  
207-775-0026

Florence House provides safe, supported permanent housing to chronically homeless women in Portland, Maine. It also has a small number of emergency beds for immediate, short-term housing for women.

## Hope Haven Gospel Mission

209 Lincoln Street  
Lewiston, ME 04240  
Contact: Pastor John W. Robbins  
207-783-6086

Shelter open 5:30 p.m. to 8 p.m. Monday through Saturday, 4:00 p.m. to 8 p.m. on Sunday, to clients who are sober and have photo ID.

Daily meals offered to non-residents from 7:30 a.m. to 8:00 a.m. and 4:30 p.m. to 5:30 p.m. (Sundays at 2:30 p.m. only.)

Food and clothes giveaway hours: Monday, Wednesday, Friday, 9:30 a.m. to 3 p.m.

## Joe Kreisler Teen Shelter

Preble Street Resource Center  
38 Preble Street  
Portland, ME 04101  
207-775-0026

Open every day 8 p.m. to 8 a.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  
info@homehelphope.org  
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. Monday through Friday and weekends 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.  
Overnight residence for youth ages 12-19 only.

## **Portland Family Shelter**

54 Chestnut Street  
Portland, ME 04101  
207-772-8339

## **Outreach for Family Crisis Services**

P.O. Box 704  
Portland, ME 04101  
207-874-1973

Free, confidential hotline:  
1-800-537-6066

### **Portland Outreach**

Portland Police Department Building  
109 Middle St., Portland, Maine  
207-874-8512

Hours: Monday-Friday, 8 a.m. to 4 p.m.

### **Midcoast Outreach**

173 Park Row, Brunswick, Maine  
207-721-0199

Hours: Tuesday-Friday, 8 a.m. to 4 p.m.

### **Bridgton Outreach**

Lakes Environmental Building  
230 Main St., Bridgton, Maine  
207-647-8501

Hours: Monday-Friday, 8 a.m. to 4 p.m.

## **Preble Street Resource Center**

5 Portland Street  
P.O. Box 1459  
Portland, ME 04104  
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  
207-764-4125

Serves families and individuals who are in need of emergency shelter. They are the only emergency homeless shelter in Aroostook County.

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

283 Elm Street  
Biddeford, ME 04005  
Contact: Anna Casey  
207-282-3351  
www.SaintAndreHome.org

Administration Hours: 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.

## **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  
info@tedfordhousing.org

## **York County Shelter Programs**

147 Shaker Hill Rd.  
Alfred, ME 04002  
Voice and TTY 207-324-1137  
info@ycspi.org

# **2. 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, 8:00 a.m. to 4:00 p.m.

Food Pantry Hours: Monday and Tuesday, 10 a.m. to 12 p.m. and Monday through Thursday, 8:30 a.m. to 4 p.m. by appointment only. The food pantry is open to Windham residents only.

Clothes Closet Hours: Monday and Tuesday, 10 a.m. to 12 p.m.

## **Food Bank – Raymond**

Lake Region Baptist Church  
1273 Roosevelt 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

Hours: Thursdays, 7 a.m. to 12 p.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. and Saturday, 10 a.m. to 2 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, 9 a.m. to 11:30 a.m.

Open on the third Friday of every month by appointment from 5 p.m. to 7 p.m.

Residents of Hancock County only.



### **M&M Ministry Soup Kitchen**

21 Parson Street  
Presque Isle, ME 04769  
207-764-0758

Open Monday, Wednesday, and Friday from 2 p.m. to 5 p.m. The meal is served at 3 p.m.

### **Manna Ministries**

629 Main Street  
Bangor, ME 04402  
207-990-2870  
info@mannamaine.org

Kitchen, shelter and counseling service.

### **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, 11 a.m. to 2 p.m., Wednesday, 11 a.m. to 4 p.m., Friday, 11 a.m. to 2 p.m., and Saturday 11 a.m. to 2 p.m.

### **Project Feed (Emergency Food Pantry)**

202 Woodford Street  
Portland, ME 04103  
207-761-3920  
projectfeed@hotmail.com

Open Monday to Friday, 1 p.m. to 3:00 p.m.

### **State Street Church – Clothes Closet**

159 State Street  
Portland, ME 04101  
207-774-6396  
Hours: Wednesdays, 9 a.m. to 11 a.m.

### **Tree of Life (Food Pantry and Thrift Shop)**

23 South Street  
Blue Hill, ME 04614

Food Pantry: 207-374-2900  
Hours: Thursdays, 9 a.m. to 3 p.m.

Thrift Shop: 207-314-9181  
Hours: Tuesday and Thursday, 10 a.m. to 5 p.m. and Saturday, 10 a.m. to 3 p.m.

## **3. 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, Suite 2  
Presque Isle, ME 04769  
207-760-9278

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  
ajchc@wchi.com

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 3 p.m.

### **Bangor Public Health @ Community Services**

103 Texas Avenue  
Bangor, ME 04401  
207-992-4530  
www.bangorpublichealth.org

Walk-in Clinic Hours: Monday and Wednesday, 9 a.m. to 12 p.m. and on the fourth Thursday of every month,

from 4 p.m. to 7 p.m.

Offers immunization, 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 5 p.m. and extended Tuesday hours, 5 p.m. 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 p.m. to 9 p.m.  
**Arrive by 5 p.m. for care.**

Serving mostly York County and providing general medical care to the uninsured.

### **Bingham Health Center**

237 Main Street  
Bingham, ME 04920  
Health Center: 207-672-4187  
Dental Center: 207-672-3519

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  
info@bucksportrhc.com

Hours: Monday to Friday, 7 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, Suite 1  
Farmington, ME 04938  
207-779-2659

Hours: Monday to Friday, 8 a.m. to 4:30 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: 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: 207-7952690**

## D.F.D. Russell Medical Center

**Turner**  
7 South Main Street  
Turner, ME 04282  
207-225-2676

Hours: Monday and Thursday from 8:30 a.m. to 6:45 p.m., Tuesday, Wednesday, and Friday from 8:30 a.m. to 5 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 6:45 p.m., and Saturday and Sunday, 9 a.m. to noon for sick visits only.

**Monmouth**  
11 Academy Road  
Monmouth, ME 04259  
207-933-9646

Hours: Monday to Friday, 8:30 a.m. to 5 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 extended hours to 6 p.m.

## Eastern Maine Medical Center

489 State Street  
Bangor, ME 04401  
Hospital: 207-973-7000  
Emergency Room: 207-973-8000 or  
Toll Free at 1-877-866-3662

**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

Hours: Some Mondays 8:30 a.m. to 3:30 p.m., most Thursdays 8:30 a.m. to 3:30 p.m., and every other Friday 9:30 a.m. to 12 p.m.

**By appointment only, please call ahead.**

## **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 and Friday from 7 a.m. to 5:30 p.m.,  
Tuesday from 8 a.m. to 8 p.m., Wednesday from 8 a.m.  
to 5 p.m., and Thursday from 7 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: Mondays and Wednesdays from 8 a.m. to 8 p.m.,  
Tuesdays, Thursdays, and Fridays from 8 a.m. to 5 p.m.,  
and Saturdays from 9 a.m. to 1 p.m.

## **Harrington Family Health Center**

50 East Main Street  
Harrington, ME 04643  
207-483-4502

Office Hours: Monday to Friday, 7:30 a.m. to 4:30 p.m.

Provides cost effective medical and dental, and mental  
health services for families.

## **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 to Friday 8 a.m. to 4:30 p.m.  
Walk-in hours: Monday to Friday, 7 a.m. to 7:45 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 8:30 a.m. to 8 p.m.

Walk-in hours: Monday to Friday, 7:45 a.m. to 8:45 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  
207-621-0677  
www.MEPCA.org

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

**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  
brian.altvater@ihs.gov

Hours: Monday to Friday 8 a.m. to 4:30 p.m.

Walk in hours: Registration Monday to Friday between 10:45 a.m. and 11:45 a.m.

Established by the Passamaquoddy Tribal Government at Pleasant Point to provide direct health care services to all members of Federally Recognized American Indians/Alaska Natives as well as others in accordance with regulations set forth by the Indian Health Services.

## Portland Community Free Clinic

103 India Street  
Portland, ME 04103  
207-874-8982

Call Monday to Thursday, 9 a.m. to 4:30 p.m. or Friday, 9 a.m. to noon 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

Hours: Monday, Wednesday, Thursday, and Friday from 8 a.m. to 4:30 p.m., Tuesday from 9 a.m. to 6 p.m.

## Redington-Fairview General Hospital

46 Fairview Avenue  
P.O. Box 468  
Skowhegan, ME 04976  
207-474-5121  
TTY – 207-858-4769  
info@rfgh.net

## Regional Medical Center at Lubec

43 South Lubec Road  
Lubec, ME 04652  
207-733-1090 or 207-733-5541  
trier@rmcl.org

Hours: 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, 8:30 a.m. to 5 p.m.

## Sacopee Valley Health Center

70 Main Street Porter, ME  
207-625-8126  
TTY: 1-800-437-1220  
info@svhc.org

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, Saturday, and Sunday 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, 7:30 a.m. to 5 p.m. Friday, 8 a.m. to 5 p.m. and Saturday, 8 a.m. to 12 p.m.

Extended hours on Tuesday, 8 a.m. to 6 p.m.

## St. Croix Regional Family Health Center

136 Mill Street  
Princeton, ME 04668  
207-796-5503  
info@scrfhc.org  
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  
Health Center: 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 6:30 p.m.

### **Western Maine Family Health Center**

16 Depot Street, Suite 300  
Livermore Falls, ME 04254  
207-897-4345

Hours: Monday to Friday, 7:30 a.m. to 5 p.m.

## **4. 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**

1180 Lisbon St.  
Lewiston, ME 04240  
207-795-4004

#### **Portland**

2401 Congress Street  
Portland, ME 04102  
207-874-1192

#### **Topsham**

16 Community Way  
Topsham, ME 04086  
207-563-3299

The American Red Cross exists to provide compassionate care to those in need.

### **Blueberry Harvest Rakers' Center**

**See contact information for Maine Migrant Health Program.**

Hours: Hours and dates vary each season. Call Maine Migrant Health before the blueberry harvest to get this year's information.

#### **Bilingual services available**

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  
207-623-6799  
TTY: Maine Relay 711

BRS works to bring about full access to employment, independence and community integration for people with disabilities.

### **Catholic Charities Maine Refugee & Immigration Services**

#### **Portland**

80 Sherman Street  
Portland, ME 04101  
207-871-7465

\*Spanish-speaking staff and interpreter service available.

**Lewiston**

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

**Wilton:**

Bass-Wilson Building  
 284 Main Street  
 Wilton, ME 04294  
 207-645-9512

**All locations toll free call: 1-800-866-5588**

\*Interpreter services available.

Provides fuel and energy assistance, money management, transportation, etc.

### Community Health & Counseling/Crisis Services

**Bangor**

42 Cedar Street  
 Bangor, ME 04401  
 Home, health, hospice, adult, child, and family services:  
 207-947-0366

**Calais**

10 Barker Street  
 Calais, ME 04619  
 Adult mental health: 207-454-2743  
 Children and family services: 207-454-2928  
 Home, Health, and Hospice: 207-255-8311

**Caribou**

7 Hatch Drive, Suite 120  
 Caribou, ME 04736  
 Adult, child, & family services: 207-496-3166

**Dover-Foxcroft**

1093 W. Main Street  
 Dover-Foxcroft, ME 04426  
 Adult, child, & family services: 207-564-8175  
 Home, health, and hospice: 207-564-2267

**Ellsworth**

415 Water Street  
 Ellsworth, ME 04605  
 Adult mental health: 207-667-5357  
 Children's services: 207-667-2061  
 Home, health, and hospice: 1-800-924-0366

**East Winthrop**

2518 Route 202  
 East Winthrop, ME 04364  
 Adult, child, & family services: 207-213-2162

**Fort Kent**

413 W. Main Street  
 Fort Kent, ME 04743  
 Adult, child, & family services: 207-834-4410

**Houlton**

2 Water Street, Office #2  
 Houlton, ME 04730  
 Adult, child, & family services: 207-532-5510

**Lincoln**

313 Enfield Road  
 Lincoln, ME 04457  
 Adult, child, & family services: 207-794-3554  
 Home, health, and hospice: 207-764-2001

**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



**Mechanic Falls**

24 Lewiston Road  
 Lewiston, ME 04256  
 Adult, child, & family services: 207-345-9113

**Riverstone**

67 Acme Road  
 Brewer, ME 04412  
 Crisis Services: 207-991-5200

**Sojourn**

1883 Essex Street  
 Bangor, ME 04401  
 207-990-5470

Sojourn provides short-term crisis stabilization services to youth up to 18.

**Stillwater Academy**

26 Acme Road  
 Brewer, ME 04412  
 Adult, child, & family services: 207-989-9720

**Skowhegan**

78 Madison Avenue  
 Skowhegan, ME 04976  
 207-858-4860

**Department of Health and Human Services**

Department of Health & Human Services helps with food stamps, Temporary Assistance for Needy Families (TANF), Medicaid and other social services.

TTY users call Maine Relay 711

**Augusta**

35 Anthony Avenue  
 Augusta, ME 04333  
 207-624-8090  
 Toll Free: 1-800-452-1926

**Bangor**

396 Griffin Road  
 Bangor, ME 04401  
 207-561-4100  
 Toll Free: 1-800-432-7825

**Biddeford**

208 Graham Street  
 Biddeford, ME 04005  
 207-286-2400  
 Toll Free: 1-800-322-1919

**Calais**

392 South Street  
 Calais, ME 04619  
 207-454-9000  
 Toll Free: 1-800-622-1400

**Caribou**

30 Skyway Drive, Skyway Plaza Unit 100  
 Caribou, ME 04736  
 207-493-4000  
 Toll Free: 1-800-432-7366

**Ellsworth**

17 Eastward Lane  
 Ellsworth, ME 04605  
 207-667-1600  
 Toll Free: 1-800-432-7823

**Farmington**

114 Corn Shop Lane  
 Farmington, ME 04938  
 207-778-8400  
 Toll Free: 1-800-442-6382

**Fort Kent**

137 Market Street  
 Fort Kent, ME 04743  
 207-834-1000  
 Toll Free: 1-800-432-7340

**Houlton**

11 High Street  
 Houlton, ME 04730  
 207-532-5000  
 Toll Free: 1-800-432-7338

**Lewiston**

200 Main Street  
 Lewiston, ME 04240  
 207-795-4300  
 Toll Free: 1-800-482-7517

**Machias**

38 Prescott Drive  
 Machias, ME 04654  
 207-255-2000  
 Toll Free: 1-800-432-7846

**Portland**

151 Jetport Boulevard  
 South Portland, ME 04102  
 207-822-2000  
 Toll Free: 1-800-482-7520

**Rockland**

91 Camden Street, Suite 103  
 Rockland, ME 04841  
 207-596-4217  
 Toll Free: 1-800-432-7802

**Sanford**

890 Main Street, Suite 208  
 Sanford, ME 04073  
 207-490-5400  
 Toll Free: 1-800-482-0790

**Skowhegan**

98 North Avenue, Suite 10  
 Skowhegan, ME 04976  
 207-474-4800  
 Toll Free: 1-800-452-4602

**South Paris**

243 Main Street, Suite 6  
 South Paris, ME 04281  
 207-744-1200  
 Toll Free: 1-888-593-9775

**Office of Substance Abuse**

41 Anthony Avenue  
 #11 State House Station  
 Augusta, ME 04333  
 207-287-2595  
 samhs.irc@maine.gov

**Language Access and Deaf Services**

207-287-4242  
 TTY: Maine Relay 711

**Maine Department of Labor**

45 Commerce Drive  
 Augusta, ME 04330  
 207-623-7900  
 TTY: Maine Relay 711  
 mdol@maine.gov

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  
 45 Commerce Drive  
 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  
 Contact: Priscilla Doel  
 207-314-4214  
 Priscilla@MaineSafe.org  
 \*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 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: 1-800-542-8227  
info@KVCAP.org

## Maine WIC Nutrition Program

WIC is a nutrition program for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research.

### Main Office

263 Water Street, 4<sup>th</sup> Floor  
Augusta, ME 04330  
207-621-6202 or 207-287-3991  
1-800-437-9300  
TTY: Maine Relay 711  
wic.maine@maine.gov

### Auburn

79 Main Street  
Auburn, ME 04210  
207-795-4016  
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 101B  
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  
East Wilton, ME 04294  
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  
 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**

10 Water Street, Suite 214  
 Waterville, ME 04901  
 207-861-3580  
 Toll-Free: 1-888-942-6333

**National Center for Farmworker Help**

1770 FM 967  
 Buda, TX 78610  
 512-312-2700  
[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.

General email: [info@penquis.org](mailto:info@penquis.org)

**Bangor**

262 Harlow Street  
 P.O. Box 1162  
 Bangor, ME 04402  
 207-973-3500  
 Toll Free: 1-800-215-4942

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.

**Dover-Foxcroft**

50 North Street  
 Dover, ME 04426  
 207-564-7116

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
 (Summer hours 8 a.m. to 4 p.m.)

**Lincoln**

40A Street  
 Lincoln, ME 04457  
 207-794-3093

Hours: Monday to Friday, 8 a.m. to 4:30 p.m.  
 (Summer hours 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 4:30 p.m.  
 (Summer hours 8 a.m. to 4 p.m.)

**People's Regional Opportunity Alliance**

50 Monument Square, 6<sup>th</sup> floor  
 Portland, ME 04101  
 207-523-5049  
 1-877-429-6884

The Opportunity Alliance works with people to build better lives and stronger communities. They provide advocacy, leadership, and support to identify the goals and address the needs of individuals, families, and communities.

## **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

**Ellsworth**  
248 Bucksport Road  
P.O. Box 299  
Ellsworth, ME 04605  
207-664-2424

www.whcacap.org  
administration@whcacap.org

Provides and directs opportunities to help people help themselves become safe, self-sufficient and independent.

## **York County Community Action Program**

**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  
Hours: Monday to Friday, 8 a.m. to 5 p.m.

**Biddeford**  
15 York Street, Bldg. 9  
Biddeford, ME 04005  
207-283-2402  
Toll Free: 1-800-644-4202  
Open Monday to Friday, 8 a.m. to 5 p.m.

## **Kittery**

120 Rogers Road  
Kittery, ME 03905  
207-439-2699  
Open Monday to Friday, 8 a.m. to 5 p.m.

For low-income persons, with total household incomes that fall within the Federal Poverty Guidelines.

www.yccac.org

## **YWCA of Central Maine**

130 East Avenue  
Lewiston, ME 04240  
207-795-4050  
frontdesk@ywcainmaine.org  
ywcainmaine.org

Hours: Monday to Thursday, 5 a.m. to 7:30 p.m. and Friday, 5 a.m. to 9 p.m.

## **YWCA of 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.

# 5. Education and job training services

## Aroostook County Action Program

### Main Office (Presque Isle)

771 Main Street  
Presque Isle, ME 04769  
207-764-3721  
Toll Free: 1-800-432-7881  
www.acap-me.org

### Fort Kent

40 Alfalfa Avenue, Suite 102  
Fort Kent, ME 04743  
207-834-5135

### Madawaska

88 Fox Street  
Madawaska, ME 04730  
207-728-6345

### Houlton

91 Military Street  
Houlton, ME 04730  
207-532-5300

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  
garyfish@maine.gov or pesticides@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.

www.mainecareercenter.com

TTY for every location: Maine Relay 711

All locations open Monday to Friday, 8 a.m. to 5 p.m.

### Augusta

21 Enterprise Drive, Suite 2  
Augusta, ME 04333  
207-624-5120  
Toll Free: 1-800-760-1573  
augusta.careercenter@maine.gov

### Bangor

45 Oak Street, Suite 3  
P.O. Box 402  
Bangor, ME 04401  
207-561-4050  
Toll Free: 1-888-828-0568  
bangor.careercenter@maine.gov

### Brunswick

275 Bath Road, Suite 3  
Brunswick, ME 04011  
207-373-4000  
Toll Free: 1-888-836-3355  
Brunswick.careercenter@maine.gov

### Calais

1 College Drive  
Calais, ME 04619  
207-454-7551  
Toll Free: 1-800-543-0303  
Calais.careercenter@maine.gov

### Lewiston

5 Mollison Way  
Lewiston, ME 04240  
207-753-9001  
Toll Free: 1-800-741-2991  
Lewiston.careercenter@maine.gov

**Machias**

53 Prescott Drive, Suite 1  
Machias, ME 04654  
207-255-1900  
Toll Free: 1-800-292-8929  
machias.careercenter@maine.gov

**Portland**

151 Jetport Blvd.  
Portland, ME 04102  
207-822-3300  
Toll Free: 1-877-594-5627  
Portland.careercenter@maine.gov  
\*Spanish speakers available

**Presque Isle**

66 Spruce Street, Suite 1  
Presque Isle, ME 04769  
207-760-6300  
Toll Free: 1-800-635-0357  
presqueisle.careercenter@maine.gov

**Rockland**

91 Camden Street, Suite 201  
Rockland, ME 04841  
207-596-2600  
Toll Free: 1-877-421-7916  
rockland.careercenter@maine.gov

**Skowhegan**

98 North Avenue  
Skowhegan, ME 04976  
207-474-4950  
Toll Free: 1-800-760-1572  
Skowhegan.careercenter@maine.gov

**Springvale**

9 Bodwell Court  
Springvale, ME 04083  
207-324-5460  
Toll Free: 1-800-343-0151  
springvale.careercenter@maine.gov

**Wilton**

865 US Route 2E  
Wilton, ME 04294  
207-645-5800  
Toll Free: 1-800-982-4311  
TTY: Maine Relay 711

**Maine Migrant Education Program**

23 State House Station  
Augusta, ME 04333  
Contact: David Fisk  
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.

**Mano en Mano (Hand in Hand)**

2 Maple Street  
Milbridge, ME 04658  
Contact: Ian Yaffe  
207-546-3006  
iy@manomaine.org

Mano en Mano works to build a stronger downeast Maine by working with diverse populations to provide educational and affordable housing opportunities, remove barriers to health and social services, and advocate for social justice.

## 6. 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.

The Cumberland Legal Aid Clinic, a program of the University of Maine School of Law, is a small legal services provider, in which clients are represented by “student attorneys”, law students specially licensed by the state and federal courts to provide legal services to low-income clients. The student attorneys practice under the supervision of fully-licensed attorney faculty members.

### Embassy of El Salvador

#### General Embassy

1400 Sixteenth Street, NW, Suite 100  
Washington, DC 20036  
202-595-7500  
correo@elsalvador.org

### Embassy of Guatemala

2220 R Street, NW  
Washington, DC 20008  
202-745-4953  
info@guatemala-embassy.org

### Embassy of Jamaica

1520 New Hampshire Avenue, NW  
Washington, DC 20036  
202-452-0660

www.EmbassyofJamaica.org

### Immigrant Legal Advocacy Project (ILAP)

309 Cumberland Avenue, Suite 201  
Portland, Maine 04112  
Website: www.ilapmaine.org  
207-780-1593  
Toll Free: 1-800-497-8505

info@ilapmaine.org

\*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.

### Maine AFL-CIO

#### Augusta

21 Gabriel Drive  
Augusta, ME 04330  
207-622-9675  
info@maineaflcio.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.

### Maine Human Rights Commission

19 Union Street  
Augusta, ME 04330  
207-624-6290  
TTY: Maine Relay 711  
www.maine.gov/mhrc

### Maine Volunteer Lawyers Project

88 Federal Street  
Portland, ME 04101  
207-774-4348  
Toll Free: 1-800-442-4293  
www.vlp.org

### Mexico, Consulate of

55 Franklin Street, 1<sup>st</sup> floor  
Boston, MA 02110  
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.

### Main Office of Bureau of Motor Vehicles

101 Hospital Street  
Augusta, ME 04330  
207-624-9000  
TTY: Maine Relay 711

### 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  
Calais, ME 04619  
207-454-2175

### Caribou

14 Access Highway, Suite 2  
Caribou, ME 04736  
207-492-9141

### Ellsworth

22 School Street  
Ellsworth, ME 04605  
207-667-9363

### Kennebunk

63 Portland Road  
Kennebunk, ME 04043  
207-985-4890

### Lewiston

36 Mollison Way, Suite 1  
Lewiston, ME 04240  
207-753-7750

### Portland

125 Presumpscot Street  
Portland, ME 04103  
207-822-6400

### Rockland

360 Old County Road, Suite 1  
Rockland, ME 04841  
207-596-2255

### Rumford

65 Lincoln Avenue  
Rumford, ME 04276  
207-369-9921

### Scarborough

200 Expedition Drive, Suite 6  
Scarborough, ME 04074  
207-883-2596

### Springvale

456 Main Street  
Springvale, ME 04083  
207-490-1261

### Topsham

125B Main Street  
Topsham, ME 04086  
207-725-6520

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.  
Open on Mondays that precede the third Tuesday in February, April, June, July, August, October, and December.

### 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.  
Open on the fourth Monday of every month.

### 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.  
Open on the second Tuesday of every month.

**Bridgton Motor Vehicles Mobile Unit**

Town Office  
10 Iredale Street  
Bridgton, ME 04009  
Hours: 10:30 a.m. to 1 p.m. and 2 to 3 p.m.  
Open on the second Tuesday and first and last  
Thursdays of every month.

**Danforth Motor Vehicles Mobile Unit**

Town Office  
18 Central Street  
Danforth, ME 04424  
Hours: 11:30 a.m. to 1:30 p.m.  
Open on the Monday that precedes the third Tuesday of  
the month in January, March, May, July, September and  
November

**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.  
Open on the second Tuesday and first and last  
Wednesdays of every month.

**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.  
Open on the first and last Wednesdays of every month.

**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.  
Open on the Wednesday that follows the third Tuesday  
of every month.

**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.  
Open on the Thursday that follows the third Thursday  
of every month.

**Jackman Motor Vehicles Mobile Unit**

Town Office  
369 Main Street  
Jackman, ME 04945  
Hours: 11:30 a.m. to 2 p.m.  
Open on the last Tuesday of every month.

**Kittery Motor Vehicles Mobile Unit**

Naval Lodge  
11 Shapleigh Road  
Kittery, ME 03904  
Hours: 9 a.m. to 1 p.m. and 2 to 4 p.m.  
Open on the third Tuesday and following Wednesday of  
every month.

**Limerick Motor Vehicles Mobile Unit**

Municipal Building  
55 Washington Street  
Limerick, ME 04048  
Hours: 10:30 a.m. to 1:30 p.m.  
Open on the Monday that precedes the third Tuesday of  
every month.

**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.  
Open on the first and last Thursdays of every month.

**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.  
Open on the first Tuesday of every 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 to 4 p.m.  
Open on the third Tuesday of every month.

**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.  
Open on the Friday that follows the third Thursday of  
every month.

**Pittsfield Motor Vehicles Mobile Unit**

Municipal Building  
 8 Park Street  
 Pittsfield, ME 04967  
 Hours: 9:30 a.m. to 1 p.m. and 2 to 3:30 p.m.  
 Open on the first and second Fridays of every month.

**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.  
 Open on the second Monday, first Tuesday, and second Wednesday of every month.

**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.  
 Open on the last Monday of every month.

**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 p.m.  
 Open on the second Wednesday of every month.

**Waterville Motor Vehicles Mobile Unit**

Sterns Building  
 93 Main Street  
 Waterville, ME 04901  
 Hours: 9 a.m. to 1 p.m. and 2 to 3 p.m.  
 Open on the first Monday and second and fourth Fridays of every month.

**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 3:30 p.m.  
 Open on the second Thursday of every month.

**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.  
 Open on the Thursday that follows the third Tuesday of every month.

**Occupational Safety & Health Administration (OSHA)****Bangor District Office**

M.C. Smith Federal Building  
 382 Harlow Street  
 Bangor, ME 04401  
 207-941-8177

**Augusta Area Office**

E. S. Muskie Federal Building  
 40 Western Avenue, Room G-26  
 Augusta, ME 04330  
 207-626-9160

**Office of Congresswoman Chellie Pingree****Portland**

2 Portland Fish Pier, Suite 304  
 Portland, ME 04101  
 207-774-5019  
 Toll Free: 1-888-862-6500

**Waterville**

1 Silver Street  
 Waterville, ME 04901  
 207-873-5713

**Washington, DC**

2162 Rayburn House Office Building  
 Washington, DC 20515  
 202-225-6116

**Office of Congressman Bruce Poliquin****Bangor**

6 State Street, Suite 101  
 Bangor, ME 04401  
 207-942-0583

**Lewiston**

179 Lisbon Street  
 Lewiston, ME 04240  
 207-784-0768

**Presque Isle**

631 Main Street  
 Presque Isle, ME 04769  
 207-764-1968

**Washington, DC**

426 Cannon House Office Building  
 Washington, DC 20515  
 202-225-6306

**Office of Senator Angus King**

All Maine offices can be reached toll-free at  
 1-800-432-1599

**Scarborough**

383 U.S. Rt. 1, Suite 1C  
 Scarborough, ME 04074  
 207-883-1588

**Augusta**

4 Gabriel Drive, Suite 3  
 Augusta, ME 04330  
 207-622-8292

**Presque Isle**

169 Academy St., Suite A  
 Presque Isle, ME 04769  
 207-764-5124

**Washington, DC**

133 Hart Building  
 Washington, D.C. 20510  
 202-224-5344

**Office of Senator Susan Collins****Aroostook County Constituent Service Center**

25 Sweden Street, Suite A  
 Caribou, ME 04736  
 207-493-7873

**Bangor Constituent Service Center**

202 Harlow Street, Room 20100  
 Bangor, ME 04401  
 207-945-0417

**Augusta Constituent Service Center**

68 Sewall Street, Room 507  
 Augusta, ME 04330  
 207-622-8414

**Lewiston Constituent Service Center**

55 Lisbon Street  
 Lewiston, ME 04240  
 207-784-6969

**York County Constituent Service Center**

160 Main Street  
 Biddeford, ME 04005  
 207-283-1101

**Portland Constituent Service Center**

1 Canal Plaza, Suite 802  
 Portland, ME 04101  
 207-780-3575

**Washington, DC**

413 Dirksen Senate Office Building  
 Washington, DC 20510  
 202-224-2523

**Penquis Community Action Program, Inc.  
Law Project****Bangor**

262 Harlow Street  
 P.O. Box 1162  
 Bangor, ME 04401  
 207-973-3671  
 Toll Free: 1-800-215-4942  
 info@Penquis.org

**Dover-Foxcroft**

50 North Street  
 Dover-Foxcroft, ME 04426  
 207-564-7116

This is a public interest practice which seeks to create access to civil and legal services for low income residents of Penobscot and Piscataquis counties who would otherwise be without counsel and/or representation. Legal assistance is provided for divorce, protection from abuse, child support, and visitation.

**Pine Tree Legal Assistance**

All offices: [www.ptla.org](http://www.ptla.org)  
 Call for an appointment.

**Augusta**

39 Green Street  
 P.O. Box 2429  
 Augusta, ME 04338  
 207-622-4731

Walk-in hours: Tuesdays, 1:30 p.m. to 4 p.m. and  
 Fridays, 9 a.m. to noon

**Bangor**

115 Main Street, Second floor  
Bangor, ME 04401  
207-942-8241

Walk-in hours: Wednesdays, 1 p.m. to 4 p.m. and  
Fridays, 9 a.m. to noon

#### **Bangor Farmworker Unit**

115 Main Street, 2<sup>nd</sup> floor  
Bangor, ME 04401  
Contact: Mike Guare  
207-942-0673  
Toll Free: 1-800-879-7463  
TTY: 207-942-1060

\*Spanish and Haitian Creole spoken

#### **Lewiston**

37 Park Street, Suite 401  
Lewiston, ME 04243  
207-784-1558

Walk-in hours: Tuesdays, 1 p.m. to 4 p.m. and Fridays, 9  
a.m. to noon

#### **Machias**

13 Cooper Street  
Machias, ME 04654  
207-255-8656

Walk-in hours: Wednesdays, 9 a.m. to noon and  
Thursdays, 1 p.m. to 4 p.m.

#### **Portland**

88 Federal Street  
Portland, ME 04112  
207-774-8211

Walk-in hours: Wednesdays, 9 a.m. to noon and 1 p.m.  
to 4 p.m.

#### **Presque Isle**

373 Main Street  
Presque Isle, ME 04769  
207-764-4349

Walk-in hours: Wednesdays and Fridays, 9 a.m. to noon

### **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**

200 Limestone Road  
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.  
Dallas Plantation, ME 04970  
207-864-5356

#### **Van Buren**

9 Main Street  
Van Buren, ME 04785  
207-868-3900

### **U.S. Citizenship and Immigration Service**

176 Gannet Drive  
South Portland, ME 04106  
1-800-375-5283  
[www.uscis.gov](http://www.uscis.gov)

### **Workers' Compensation Board**

Workers' Compensation 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.

**Central Office and Home of the Workers  
Compensation Board**  
27 State House Station  
Augusta, ME 04333  
207-287-3751  
Toll Free: 1-888-801-9087  
TTY: 877-832-5525

**Augusta**  
24 Stone Street, Suite 102  
Mailing: 27 State House Station  
Augusta, ME 04330  
207-287-2308  
Toll Free: 1-800-400-6854

**Bangor**  
106 Hogan Road, Suite 1  
Bangor, ME 04401  
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  
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

## 7. 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**

**Central Office**  
754 Main Street  
Presque Isle, ME 04769  
207-764-2977  
[info@hopeandjusticeproject.org](mailto:info@hopeandjusticeproject.org)

**Houlton**  
207-532-4004 or  
207-521-0047

**Madawaska**  
207-728-3199

**Fort Kent**  
207-834-7395

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: 1-800-537-6066**

Or call: 207-874-1973

TTY: 1-866-834-4357

### **Bridgton Outreach Office**

Lakes Environmental Building

230 Main Street

Bridgton, ME 04009

207-647-8501

Hours: Monday to Friday, 8 a.m. to 4 p.m.

By appointment only.

### **Brunswick**

173 Park Row

Brunswick, ME

207-721-0199

Hours: Tuesday to Friday, 8 a.m. to 4 p.m.

By appointment only.

### **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

### **Main Office**

P.O. Box 304

Augusta, ME 04332

207-623-8637

fvp@familyviolenceproject.org

**Toll Free, 24 hour hotline (anonymous and confidential): 1-877-890-7788**

Hours: Monday to Thursday, 8 a.m. to 6 p.m.

### **Skowhegan Outreach Office**

P.O. Box 3104

Skowhegan, ME 04976

207-474-8860

### **Waterville Outreach Office**

P.O. Box 51

Waterville, ME 04903

207-877-0835

### **Menswork Office**

P.O. Box 304

Augusta, ME 04332

207-620-8494

menswork@familyviolenceproject.org

\*Interpreter service available.

## National Domestic Violence Hotline

**Toll Free Hotline: 1-800-799-7233**

TTY: 1-800-787-3224

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 Street

Rockland, ME 04841

207-594-2128

Hours: Monday to Friday, 9 a.m. to 5 p.m.

### **Belfast**

111 Church Street

Belfast, ME 04915

207-338-6569

Hours: Thursday, 10 a.m. to 4 p.m.  
and by appointment

### **Wiscasset**

41 Water Street

Wiscasset, ME 04598

207-882-6222

Hours: Thursday and Friday, noon to 4 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.  
and by appointment

## **The Next Step Domestic Violence Project of Washington and Hancock County**

**Toll Free 24-hour hotline: 1-800-315-5579**  
info@nextstepdvproject.org

### **Machias Resource Center**

23 Broadway  
Machias, ME 04654  
Admin: 207-255-4934

**Local Hotline: 207-255-4785**

### **Ellsworth**

733 Bangor Road  
Ellsworth, ME 04605  
Admin: 207-667-0176

**Local Hotline: 207-667-4606**

### **Calais Outreach Office**

This office has limited hours, call ahead  
43 Union Street  
Calais, ME 04619  
207-454-8088

## **Rape Response Services Bangor**

### **Main Office**

262 Harlow Street  
Bangor, ME 04401  
207-973-3651

### **Satellite Office**

50 North Street  
Dover-Foxcroft, ME 04426  
207-974-2477 or 207-974-2478

### **24/7 Confidential Crisis and Support Line:**

**1-800-310-0000**  
TTY: 1-888-458-5599

## **Safe Voices**

**24 Hour Helpline: 1-800-559-2927**

info@safevoices.org  
www.safevoices.org

### **Main Administrative Office**

P.O. Box 713  
Auburn, ME 04212  
207-795-6744

### **Franklin**

207-778-6107

### **Oxford-Norway**

207-743-5806

### **Rumford**

207-369-0750

## **Sexual Crisis and Assault Hotline**

**Toll Free 24-hour helpline: 1-800-871-7741**

TTY: 1-888-458-5599

## **Spruce Run-Womancare Alliance**

**24 hour toll free hotline: 1-800-863-9909**

TTY: 1-800-437-1220  
sprucerun@sprucerun.net  
www.SpruceRun.net

### **Bangor Resource Center**

P.O. Box 653  
Bangor, ME 04402  
207-945-5102

### **Dover-Foxcroft**

PO Box 192  
Dover-Foxcroft, ME 04426  
207-564-8166

Spruce Run-Womancare Alliance offers counseling and shelter for victims of domestic violence.

## **Suicide Hotline for Aroostook County**

**Toll Free Suicide Hotline: 1-800-432-7805**



## 8. Child Care

### **Arroostook Androscoggin Head Start & Child Care**

Coburn School, Second floor  
269 Bates Street  
Lewiston, ME 04240  
207-795-4040

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  
207-496-7681

Pre-school program part of ACAD. No tuition.

Hours: Monday to Friday, 8 a.m. to 5 p.m.

### **Child & Family Opportunities, Inc.**

18 Avery Lane  
Ellsworth, ME 04605  
207-667-2995  
Toll-Free: 1-800-834-4378  
info@childandfamilyopp.com

Offers early head start, head start and child care services in centers located across Hancock and Washington counties.

### **Knox County Child Development Services**

91 Camden Street, Suite 108  
Rockport, ME 04856  
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





MAINE  
DEPARTMENT OF  
LABOR

*The Maine Department of Labor provides equal opportunity in  
employment and programs.*

*Auxiliary aids and services are available to individuals with disabilities  
upon request.*