# TABLE OF CONTENTS

**Housing** .............................................................................................................. 3
  - Emergency Shelter .................................................................................. 3
  - Recovery or Transitional Housing ...................................................... 3
  - Affordable Housing ............................................................................ 4

**Employment Services** .................................................................................. 5

**Education & Financial Services** .................................................................. 7

**Peer Support** .................................................................................................. 8
  - Peer Recovery Centers ........................................................................ 8
  - Support Groups .................................................................................... 8
  - Support & Crisis Hotlines ................................................................... 11

**Health Care** .................................................................................................. 12
  - Substance Use Treatment Facilities ................................................. 12
  - Counselors .......................................................................................... 15
  - Complementary Health Services ....................................................... 21
  - Harm Reduction Services ................................................................ 23
  - Free Clinics & Affordable Health Care .............................................. 23
  - Affordable Dental Services ............................................................... 24
  - Hospitals ............................................................................................. 25

**Legal & Criminal Justice Services** .............................................................. 26
  - Legal Assistance ................................................................................. 26
  - Support for Incarcerated Individuals ................................................ 27
  - Domestic Violence & Sexual Assault Services .............................. 27

**Transportation** ................................................................................................ 28

**Food** ............................................................................................................... 29
  - Food Pantries ....................................................................................... 29
  - Free Community Meals ..................................................................... 31
  - Farmer’s Markets ............................................................................... 31
  - Food & Nutrition Assistance ............................................................ 32

**Child & Family Services** ............................................................................. 32

**Additional Resources** .................................................................................. 34
**HOUSING**

**Emergency Shelter**

- **Emmaus Homeless Shelter**
  - Address: 51 Main St., Ellsworth, ME
  - Contact: P: 207-667-3962, F: 207-667-1086
  - Description: 25 bed facility that provides a safe & comfortable environment for homeless men, women & families in need of temporary shelter & transitional services. Emmaus is a dry (no substances allowed) shelter.

- **H.O.M.E. Co-op**
  - Address: 90 School House Rd., Orland, ME
  - Contact: P: 207-469-7961, F: 207-469-1023
  - Description: HOME operates six shelters throughout Hancock County. They provide short term & long term assistance, depending on individual needs. They have space available for single persons, families, couples, & parents with children.

- **Next Step Domestic Violence Project**
  - Address: 733 Bangor Rd., Ellsworth, ME
  - Contact: P: 207-667-0176, F: 207-667-8033
  - Description: 24-hour Crisis Hotline: 1-800-315-5579
  - Notes: Next Step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington county.

- **The Shaw House**
  - Address: 136 Union Street, Bangor, ME
  - Contact: P: 207-941-2874, F: 207-941-2875
  - Description: Emergency shelter, drop-in center, street outreach, transitional living program, and other services for teens experiencing homelessness.

**Recovery or Transitional Housing**

- **ARISE Addiction Recovery**
  - Address: P.O. Box 353, Machias, ME
  - Contact: P: 207-255-5011
  - Description: ARISE is a nine-month faith-based residential program for men struggling with substance use. Note: ARISE does not allow program participants to take psychotropic medications, including medication assisted treatment.

- **Community Housing of Maine**
  - Address: 31 Church St., Ellsworth, ME
  - Contact: P: 207-879-0347, E: sarah@chomhousing.org
  - Description: 6 1-bedroom units of permanent supportive housing. Housing is designated for individuals participating in the Hancock County Drug Court. Maine Pretrial Services provide on-site support, case management & linkages with treatment and services.

- **Families First Community Center**
  - Address: 90 School House Rd., Ellsworth, ME
  - Contact: P: 207-460-3711
  - Description: Families First Community Center will be transitional living programs for homeless families with minor children. The service will include all of Hancock County.

- **Sunrise Opportunities**
  - Address: 26 Hadley Lake Rd., Machias, ME
  - Contact: P: 1-800-255-3124, F: 207-255-8596
  - Description: Housing and services for people with disabilities or mental health issues.

**Affordable Housing**

- **Community Health & Counseling Services**
  - Address: 42 Cedar St., Bangor, ME
  - Contact: P: 207-947-0366
  - Description: Administer 2 housing assistance programs for individuals with mental illness: Bridging Rental Assistance Program (BRAP), which provides rental assistance while on Section 8 wait list, and Shelter Plus Care, which provides a permanent housing voucher. CHCS also operates affordable apartment sites in the Bangor/Brewer/Ellsworth area.

- **Ellsworth / MDI Housing Authorities**
  - Address: 80 Mt. Desert St., Bar Harbor, ME
  - Contact: P: 207-288-4770, E: terry.kelley@emdih.org
  - Description: Rental and housing assistance for residents of Mount Desert Island and Ellsworth who meet income limits. Offer public housing program and Section 8 rental assistance.

- **H.O.M.E Co-op Affordable Housing Project**
  - Address: 90 School House Rd., Orland, ME
  - Contact: P: 207-469-7961 ext. 22
  - Description: HOME works together with Covenant Community Land Trust to provide low-income individuals and families the opportunity to purchase a home. While HOME works to build and rehabilitate houses, CCLT crafts unique lease agreements for the land which keeps it within the low-income community. Visit the website for an application.
Indian Township Passamaquoddy Reservation Housing Authority
P.O. Box 99
www.passamaquoddy.com
U.S. Route 1
P:207-796-8004
Princeton, ME
F:207-796-8019
Provides the Passamaquoddy Tribe at Indian Township with better housing for low-income families, effective housing code enforcement, and uplifting and encouraging self-improvement of the community’s low-income families. All housing units are drug-free.

Maine Development Associates
www.mainedevelopment.com
P.O. Box 2219
P:207-947-6795
Bangor, ME
F:207-990-1401
Privately owned company providing clean, safe, and affordable housing to low income, elderly, or disabled families throughout Maine. Accepts Section 8.

Maine State Housing Authority
www.mainehousing.org
353 Water Street
P:207-624-5789
Augusta, ME
F:1-800-357-4853
Administers Section 8 Housing Assistance to residents of Washington County. Also provides low-interest loans for housing, refers low-income renters to housing providers assisted by MSHA and maintains a list of homeless shelters.

Mano en Mano
www.manomaine.org
2 Maple Street
P:207-546-3006
Milbridge, ME
Provides farm workers who want to settle in Milbridge with affordable housing. Helps with rental applications and organizing documents for a lease, and operates an affordable housing complex for up to 6 families.

Pleasant Point Passamaquoddy Reservation Housing Authority
RR 1, Box 339
www.wabanaki.com
Perry, ME
P:207-853-6021
Manages and maintain rental programs and properties for low-income members of the Pleasant Point Tribe. Provides training for those interested in Homeownership, Tax Credit project, financial security and personal development.

“You’ve Got a Friend Fund”
www.healthyacadia.org
140 State Street #1
P:207-667-7171
Ellsworth, ME
Accepting applications for “You’ve Got a Friend Fund, a mini-grant program that provides up to $1,000 to individuals across Hancock County in need of assistance to overcome specific hurdles or setbacks.

Maine Career Centers
www.mainecareercenter.com
One College Drive
P:207-454-7551
Calais, ME
F:207-454-0349
53 Prescott Drive, Suite 1
P:207-255-1900
Machias, ME
F:207-255-4778
The Maine Career Center provides a variety of employment and training services at no charge for Maine workers and businesses. Have services targeted towards veterans, young people, and people with disabilities.

Northeastern Workforce Development Board
www.northeasternwdb.org
26 Franklin St.
P:207-992-0775
Bangor, ME
This workforce development board operates Career Centers in the five county location.

New Ventures Maine
www.newventuresmaine.org
248 State St., Suite 1
P:207-669-6018
Ellsworth, ME
F:207-262-7951
Classes and workshops at no charge, in-person and online options, one-on-one coaching. We offer programs that encourage and empower those thinking about making a change to take the next step towards a new career.

Penobscot JobCorps
penobscot.jobcorps.gov
1375 Union St.
P:207-990-3000
Bangor, ME
F:207-942-9829
Job Corps is a job training program for young adults age 16 to 24 who are low income. You do not need a high school diploma, and applicants can be homeless or have a criminal record. Job Corps has a zero tolerance policy for drug use during the time participants are in the program.

Unlimited Solutions Clubhouse
www.unlimitedsolutionsclubhouse.com
30 Summer St.
P:207-404-8383
Bangor, ME
Peer support program that offers transitional employment, supported employment, and coaching for independent employment. Must have a diagnosis of a mental illness to join.
**EDUCATION SERVICES**

**Adult & Community Education**

Ellsworth  
248 State St., Suite 1  
P: 207-664-7110  
F: 207-664-7110  
Ellsworth, ME

Mount Desert Island  
1081 Eagle Lake Rd.  
P: 207-288-4703  
F: 207-288-9022  
Bar Harbor, ME

RSU 24  
1888 US Highway 1  
P: 207-422-3612  
Sullivan, ME

Axiom Education & Training Center  
6 Colonial Way  
P: 207-255-4917  
F: 207-255-5825  
Machias, ME

Offers classes in business and skills training, basic math and literacy skills, college transitions, and personal enrichment as well as classes designed to help someone finish their high school diploma or obtain a GED.

FedCap  
www.fedcap.org  
150 High Street  
P: 207-812-9608  
Ellsworth, ME


Literacy Volunteers of Washington County  
RR1, Box 12-A, Outer Court  
P: 207-255-0344  
Machias, ME

Tutoring for reading and writing skills; English as a second language.

Maine Educational Opportunity Center (MEOC)  
meoc.maine.edu  
Statewide Program  
P: 1-800-281-3703  
Assistance completing college admission and financial aid forms and offers career counseling for individuals wishing to return to school.

Mount Desert Island Adult and Community Education  
1081 Eagle Lake Rd.  
P: 207-288-4703  
Bar Harbor, ME

**Passages Program**  
wayfinderschools.org/passages-program  
79 Washington St.  
P: 207-236-3000  
Camden, ME  
F: 207-236-2505

Allows teen parents to earn an accredited high school diploma from home while caring for their child.

**Sunrise Education Pathways**  
www.machias.edu/sunrise-education-pathways  
116 O’Brien Avenue  
P: 207-255-1318  
Machias, ME

Support accessing career courses & programs through University of Maine Machias as well as scholarships for returning adults.

**University College at Ellsworth**  
www.learn.maine.edu/Ellsworth  
248 State Street, Suite 1  
P: 207-667-3897  
Ellsworth, ME

Offering access to and support for college programs and courses from the University of Maine System and Eastern Maine Community College. Free advising and placement testing.

**PEER SUPPORT SERVICES**

**Recovery Community Centers**

Bangor Area Recovery Network (BARN)  
www.bangorrecovery.org  
142 Center St.  
P: 207-561-9444  
Brewer, ME

A recovery community center that provides recovery resources and support to Eastern & Central Maine including support groups and events.

Your Place, Inc.  
8 Old Mill Rd.  
P: 207-374-2733  
Ellsworth, ME

Your Place, Inc. (YPI) is incorporated as a 501 (c)(3) non-profit corporation. Established in 1992, YPI serves as a recovery support center to our neighbors and community members. YPI is proud to host meetings for those interested, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA) (Meets at 12:00pm seven days a week), Overeaters Anonymous (OA), Co-Dependents Anonymous (CODA) and Al-anon.

**Support Groups**

**Alcoholics Anonymous (AA)**

Down East Inter-Group  
www.downeastintergroup.org  
Down East, ME  
24 Hour Helpline: 207-479-1779

The Down-East Inter-Group is a group of Alcoholics Anonymous members coming together to help carry the AA message by publishing a newsletter,
sponsoring social events, and distributing AA literature. Their 24-hr helpline assists callers in finding or getting to a meeting or offering support.

AA meetings are available every day in various locations throughout the Down East region. For a full list of meetings in the area contact the Down East Intergroup. For information about A.A. visit www.aa.org.

**Narcotics Anonymous (NA)**

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beal's Island</td>
<td>Discussion; Thu/Sun 7:00pm</td>
<td>Community of Christ Church</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Discussion; Tues 7:00pm</td>
<td>Blue Hill Memorial Hospital</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Sun 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Tues 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Fri. 7:00pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Danforth</td>
<td>Discussion; Mon. 6:00pm</td>
<td>East Grand Health Center in Danforth</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Wed 7pm</td>
<td>St. Aidan's Church</td>
</tr>
</tbody>
</table>

For a full list of Maine NA Meetings & more information contact the Maine Area of Narcotics Anonymous: www.namaine.org or call the Maine NA helpline at 1-800-974-0062.

**Al-Anon**

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Mon. 12:00pm</td>
<td>St. Saviour's, 41 Mount Desert St.</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Tues. 7:00pm</td>
<td>First Baptist Church, 46 Ledgelawn</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Fri. 7:00pm</td>
<td>St. Saviors' 41 Mount Desert St.</td>
</tr>
<tr>
<td>Beal's Island</td>
<td>Discussion; Sat. 7:00pm</td>
<td>RLDS Church, Main Street</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Discussion; Sun 7:00pm</td>
<td>Blue Hill Hospital, 57 Water St.</td>
</tr>
<tr>
<td>Bucksport</td>
<td>Discussion; Wed 7:00pm</td>
<td>Elm St. Cong. Church, 31 Elm St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Wed 6:30pm</td>
<td>Old Calais Hospital, Palmer St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Tues. 7:00pm</td>
<td>The Refuge Church (childcare available)</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Mon. 7:00pm</td>
<td>St. Anne's Episcopal Church</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Mon/Tues. 7:00pm</td>
<td>Personal Residence - 90 Boardman St.</td>
</tr>
<tr>
<td>Columbia</td>
<td>Discussion; Wed. 7:00pm</td>
<td>Faith United Methodist, 444 Rte. 1</td>
</tr>
<tr>
<td>Danforth</td>
<td>Call 207-448-2347</td>
<td>East Grand Health Center in Danforth</td>
</tr>
<tr>
<td>Dennysville</td>
<td>Discussion; Sat. 6:00pm</td>
<td>Housing Comm. Room - Shipyard Room</td>
</tr>
<tr>
<td>Deer Isle/Stonington</td>
<td>Discussion; Thurs. 8:30am</td>
<td>Deer Isle Library, 17 Main St.</td>
</tr>
<tr>
<td>Eastport</td>
<td>Discussion; Mon. 7:30pm</td>
<td>Cornerstone Baptist Church Rt. 190</td>
</tr>
<tr>
<td>Eastport</td>
<td>Discussion; Wed/Fri 7:30pm</td>
<td>Health Care Center - 30 Boynton St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Mon 6:00pm</td>
<td>Congregational Church, 2 Church St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 12:00pm</td>
<td>UU Church, 121 Bucksport Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 12:00pm</td>
<td>UU Church, 121 Bucksport Rd.</td>
</tr>
<tr>
<td>Gouldsboro</td>
<td>Fire House Group; Sun 6pm</td>
<td>Fire House</td>
</tr>
<tr>
<td>Jacksonville</td>
<td>Discussion; Thurs. 7:00pm</td>
<td>Jacksonville Church</td>
</tr>
<tr>
<td>Lubec</td>
<td>Discussion; Fri. 7:00pm</td>
<td>Reg. Med Center at Lubec (AA Al-Anon)</td>
</tr>
<tr>
<td>Lubec</td>
<td>Discussion; Wed. 7:00pm</td>
<td>Sunrise Apartments Community Room</td>
</tr>
<tr>
<td>Hancock</td>
<td>Discussion; Wed. 12:00pm</td>
<td>Union Congregational, 1368 US Hwy 1</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Sun/Fri 7:30pm</td>
<td>Community of Christ Church - North St.</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Mon. 7:30pm</td>
<td>Center St. Congregational Church</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Tues. 7:30pm</td>
<td>St. Aidan's Episcopal Church - 36 Dublin</td>
</tr>
<tr>
<td>Machias</td>
<td>Discussion; Sat. 10:00am</td>
<td>St. Aidan's Episcopal Church - 36 Dublin</td>
</tr>
</tbody>
</table>

Al-Anon is for people who are affected by another person’s drinking or substance use. For a full list & more information contact Maine Al-Anon Family Groups: www.maineafg.org or call 207-284-1844.

**Other Recovery Support Groups**

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Nicotine Anonymous;</td>
<td>St. Saviour's, 41 Mt. Desert St.</td>
</tr>
<tr>
<td></td>
<td>Mon. 4:30pm</td>
<td></td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Celebrate Recovery MDI</td>
<td>First Baptist Church, 46 Ledgelawn Ave.</td>
</tr>
<tr>
<td></td>
<td>Christian-based 12-Step Program</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>Young People in Recovery</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Tues. 6:00pm</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>Codpendents Anonymous</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Sun. 5:30pm</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>Gamblers Anonymous</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Tues/Thurs 6:00pm</td>
<td>Call 207-664-6071</td>
</tr>
<tr>
<td>Brewer</td>
<td>M.A.P.S. (MAT Recovery Group)</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Fri. 5:00pm</td>
<td>Call:207-852-7220</td>
</tr>
<tr>
<td>Brewer</td>
<td>Sex &amp; Love Addicts, Sun. 7PM</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Fri. 7:00pm</td>
<td></td>
</tr>
<tr>
<td>Bangor</td>
<td>Nar-Anon</td>
<td>St. Francis Ctr., 294 Center St.</td>
</tr>
<tr>
<td></td>
<td>Thurs 6:30PM</td>
<td></td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Food Addicts,</td>
<td>First Congregation Church, 22 Tenney Hill</td>
</tr>
<tr>
<td></td>
<td>Sat. 8:30am</td>
<td>Call Sharon: 207-479-5750</td>
</tr>
<tr>
<td>Calais</td>
<td>ARISE Faith-based recovery</td>
<td>The Refuge Church, 21 Calais Avenue</td>
</tr>
<tr>
<td></td>
<td>Tuesday 7PM</td>
<td>Call 207-255-501</td>
</tr>
<tr>
<td>Calais</td>
<td>Drugs-anon</td>
<td>St. Anne’s Episcopal Church, 29 Church St.</td>
</tr>
<tr>
<td></td>
<td>Sat. 6:00pm</td>
<td></td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Alateen; Wed. 11:30</td>
<td>Deer Isle Stonington High School</td>
</tr>
<tr>
<td></td>
<td>(Al-anon for Teenagers)</td>
<td>251 Deer Isle Rd.</td>
</tr>
<tr>
<td></td>
<td>High School Students Only</td>
<td></td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Nicotine Anonymous</td>
<td>Congregational Church, Downstairs</td>
</tr>
<tr>
<td></td>
<td>Tues. 6:00pm</td>
<td></td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Nicotine Anonymous</td>
<td>St. Joseph’s, 231 Main Street</td>
</tr>
<tr>
<td></td>
<td>Tues. 7:00pm</td>
<td></td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Food Addicts</td>
<td>St Dunstan’s Ch., 134 State Street</td>
</tr>
<tr>
<td></td>
<td>Wed. 6:30pm</td>
<td>Call Kathy 207-942-1738</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Faith Based Recovery Meeting</td>
<td>St. Mary's Hospital, 24 High Rd.</td>
</tr>
<tr>
<td></td>
<td>Wed. 7:00pm</td>
<td></td>
</tr>
<tr>
<td>Ellsworth Falls</td>
<td>Codependents Anonymous</td>
<td>Congregation Church</td>
</tr>
<tr>
<td></td>
<td>Mon., 12:15pm</td>
<td></td>
</tr>
<tr>
<td>Jonesport</td>
<td>ARISE Faith-based recovery</td>
<td>Community of Christ Church, 156 Main St.</td>
</tr>
</tbody>
</table>

www.namaine.org
**Maine Support Group and Crisis Hotlines**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Anonymous (Statewide)</td>
<td>1-800-737-6237</td>
</tr>
<tr>
<td>Down East AA Intergroup Helpline</td>
<td>207-479-1779</td>
</tr>
<tr>
<td>Al-Anon</td>
<td>1-800-498-1844</td>
</tr>
<tr>
<td>Narcotics Anonymous—Statewide</td>
<td>1-800-974-0062</td>
</tr>
<tr>
<td>The Women’s Project</td>
<td>1-800-611-1779</td>
</tr>
<tr>
<td>Maine Tobacco HELPLine</td>
<td>1-800-207-1230</td>
</tr>
<tr>
<td>NAMI Maine Helpline</td>
<td>1-800-464-5767</td>
</tr>
<tr>
<td>Maine Warmline</td>
<td>1-866-771-9276</td>
</tr>
<tr>
<td>Maine 2-1-1</td>
<td>2-1-1</td>
</tr>
<tr>
<td>The Opportunity Alliance</td>
<td>1-866-568-1112</td>
</tr>
<tr>
<td>Domestic Violence 24 Hour Crisis Line—Statewide</td>
<td>1-866-834-4357</td>
</tr>
<tr>
<td>Downeast—Next Step Domestic Violence Project</td>
<td>1-800-315-5579</td>
</tr>
<tr>
<td>Passamaquoddy Peaceful Relations Program</td>
<td>1-877-853-2613</td>
</tr>
<tr>
<td>Indian Township Passamaquoddy Domestic &amp; Sexual Violence Advocacy Center Violence Program</td>
<td>207-796-6106</td>
</tr>
<tr>
<td>Domestic Violence Hotline for Spanish speakers</td>
<td>207-553-2252</td>
</tr>
</tbody>
</table>

**Sexual Assault Support—Statewide (AMHC)**

1-800-871-7741

A 24-hour statewide sexual assault crisis and support line providing confidential services free of charge.

**HEALTH CARE SERVICES**

**Substance Use Treatment Services**

<table>
<thead>
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<td>Aroostook Mental Health Center (AMHC)</td>
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<td><a href="http://www.thevillagedoc.org">www.thevillagedoc.org</a></td>
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<tr>
<td>40 Main Street,</td>
<td>P:207-847-8020</td>
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<td>Milbridge, ME</td>
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**Door to Door Doctors**

1-800-871-7741

A 24-hour statewide sexual assault crisis and support line providing confidential services free of charge.

**Substance Use Treatment Services**

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Provides addiction recovery services, including medication assisted treatment and required weekly groups.

Community Health & Counseling Service (CHCS)  
www.chcs.org  
52 Christian Ridge Rd., Ellsworth, ME  P:207-667-5357  
15 Kids Corner, Machias, ME  P:207-255-8473

Individual counseling, group counseling, medication assisted treatment (suboxone). Accepts MaineCare primarily as well as SOME health insurances.

The Downeast Treatment Center (DTC)  
406 State St., Suite 2  P:207-412-0973  
Ellsworth, ME  AMHC Access Center: 1-800-244-6431

The DTC provides an integrated medication-assisted treatment (MAT) service. The service consists of medication prescribed by a provider and group substance use treatment by a licensed substance use treatment provider. Peer recovery coaching also available for all participants. The service is part of the Hub and Spoke model. The DTC serves as the Hub, supporting spoke providers, including consultation. This Hub treatment is open to all individuals in need, including those who are uninsured or underinsured.

Discovery House  
www.discoveryhouse.com  
74 Dowd Street, Bangor, ME  P:207-947-6800  
12 Beech Street, Calais, ME  P:207-454-1300

Individual and group counseling, medication assisted treatment (including methadone & suboxone). Accepts most major insurances.

The East Grand Health Center  
www.eastgrand.org  
201 Houlton Road  P:207-448-2347  
Danforth, ME

Medication assisted treatment (suboxone) for primary care patients. Accepts most insurances, including MaineCare, and offers a sliding fee.

Eastport Health Care  
www.eastporthalthealth.org  
30 Boynton Street  P:207-853-6001  
Eastport, ME  F:207-853-6180

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available. Also in Machias and Calais.

Groups: Recover Together  
www.joingroups.com  
248 State Street—Suite 13B (Mill Mall)  P:1-800-683-8313  
Ellsworth, ME  F:207-667-6033

23 Washington Street, Suite 3, Calais, ME  F:207-448-9292

17 Stackpole Road, Suite 1, Machias, ME  F:207-255-8473

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available.

Harrington Family Health Center  
www.harringtonfamimlyhealth.org  
50 East Main St.  P:207-483-4502  
Harrington, ME

Individual counseling. Accepts all insurances.

HealthWays / Regional Medical Center at Lubec  
www.rmcl.org  
43 South Lubec Rd.  P:207-733-1090  
Lubec, ME  F:207-733-2847

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. DEEP/OUI and addiction treatment programs offered, including medication assisted treatment (suboxone). Accepts most insurances, sliding scale available. Counseling services also offered in Machias and Calais.

Mount Desert Island Hospital Behavioral Health Center  
www.mdihospital.org  
322 Main St., 3rd Floor  P:207-288-8604  
Bar Harbor, ME

Individual counseling, group counseling. Accepts all insurances.

Open Door Recovery Center  
www.opendoorrecoverycenter.org  
8 Old Mill Rd.  P:207-667-3210  
Ellsworth, ME  F:207-667-3133

IOP (Intensive outpatient treatment), Individual counseling, group counseling, medication management. Accepts most major health insurances.

Passamaquoddy Health Center  
www.pochaquoddyhc.org  
401 Peter Dana Point Rd  P:207-796-2321  
Princeton, ME

Substance use treatment services, individualized health services, and outpatient counseling services.

Penobscot County Metro Treatment  
www.pcmt.org  
659 Hogan Rd.  P:207-973-0400  
Bangor, ME  F:207-973-1881

Individual counseling, medication assisted treatment (including Methadone).

Pleasant Point Health Center  
www.pleasantpointhealth.org  
Pleasant Point Sipayik 11  P:207-853-0644  
Perry, ME

Substance use treatment services, individualized health services, and outpatient counseling services.

Wellspring  
www.wellspringmaine.org  
319 State St.  P:207-941-1639  
Bangor, ME  F:207-888-2160

Individual counseling, family counseling, group counseling, half way housing.
## Counselors

### MDI / Schoodic / Coastal Region

**Alan Graff (April—October only)**
Southwest Harbor, ME  P: 207-460-0595
Individual counseling. Accepts SOME major health insurances.

**Irene Greene-Murphy, LCSW, LADC**
Northeast Harbor  P: 207-460-6605

**Dawn Nuding, LCPC, Art Therapist**
Mount Desert, ME  P: 207-288-5888
Individual counseling and art therapy for children, teens and adults.

**Irene Greene-Murphy, LCSW, LADC**
Southwest Harbor, ME  P: 207-460-0595
Individual counseling. Accepts SOME major health insurances.

### Ellsworth / Bucksport area

**Alan Algee, LCPC CCS, Dirigo Counseling Services**
Ellsworth & Bangor, ME  P: 207-973-0505 or 877-656-5132
Individual and group substance use counseling. Accepts MaineCare and MOST major health insurance companies.

**Lila Balch, LCSW**
Bucksport, ME  P: 207-469-7371
Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

**Christine Berg, LADC**
Bucksport, ME  P: 207-469-3477
Licensed Alcohol and Drug Counselor that provides Individual counseling.

**Barbara Bland, LCSW**
Ellsworth, ME  P: 207-667-1917
Individual counseling for teens, adults, and couples.

**Nancy Cation, LCSW**
Bucksport, ME  P: 207-469-7544
Individual counseling for adults. Accepts MaineCare.
Donna Kelley, LCPC  
Bucksport, ME  
P:207-631-0081  
Individual counseling for children and adults.

Irene Laney, LADC, MSWCC  
Ellsworth, ME  
P:207-667-3100  
Individual counseling. Specializes in substance use. Accepts MaineCare and MOST major health insurances.

Hailee Langley, CADC  
Ellsworth, ME  
P:207-667-6890  
Provides substance use treatment services in both individual and Matrix IOP group services. Also provides substance use treatment services for MAT Downeast Treatment Center.

Laurie LaViolette, LCSW, CCS  
Ellsworth, ME  
P:207-667-9101  
Individual counseling. Accepts Medicare, MaineCare, and MOST insurances.

Emily Lowell, LCSW  
Ellsworth, ME  
P:207-479-4484  
Individual counseling for children, teens and adults. Accepts Medicare, MaineCare, and MOST insurances.

Angela Lyford, LCSW  
Bucksport, ME  
P:207-469-7371  
Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

Jeannie McPherson, Psychologist  
Ellsworth, ME  
P:207-667-2119  
Individual counseling for children, teens and adults.

Kimberly Morrison, LMSW-CC, CADC  
Ellsworth ME  
P:207-667-6890  
Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services. Also provides substance use treatment services for MAT Downeast Treatment Center.

Marc Mytar, Psychologist  
Ellsworth ME  
P:207-667-2095  
Individual counseling for adults and couples.

Maryann Ogonowski, MS, RN, LADC—Searsport Counseling Associate  
59C Franklin St.  
Ellsworth, ME  
P:207-664-7050  
Individual counseling, group counseling. Specializes in substance use. Accepts MOST insurances.

Carole Pascal, LCSW  
Ellsworth, ME  
P:207-326-4724  
Individual counseling for adults.

Cheryl Rubin, LCSW  
Ellsworth, ME  
P:207-667-2998  
Individual counseling for adults. No MaineCare.

Mica Slaven-LaMothe, LCSW - AMHC  
Ellsworth, ME (one day in Blue Hill)  
P:207-667-6890  
Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services.

Alan Wittenberg M.A., CMT (Surry Music Therapy)  
Surry, ME  
P:207-667-1308  
Individual and group music therapy for children, teens & adults.

Kip Young, LADC  
Ellsworth, ME  
P:207-664-1500  
Individual and group substance use counseling. Accepts BCBS, MaineCare, Cigna, and Maine Community Health.

Blue Hill Peninsula

Denise Antonition, LCSW  
Stonington, ME @ Island Family Medicine  
P:207-367-2311  
Individual counseling for children, teens, and adults, couples counseling, assessments and referrals. Accepts MaineCare and can apply for free care at hospital.

Lila Balch, LCSW  
Brooklin, ME (Serves Blue Hill & Bucksport as well)  
P:207-491-4802  

Steven Benson, Psychologist  
Blue Hill, ME  
P:207-374-2357  

Patty Bergstrom, LMSW-CC  
Blue Hill, ME  
P:207-374-2311  
Individual counseling for adults, brief interventions, consultations and assessments, Accepts MaineCare and can apply for free care at hospital.

Cynthia Booker-Bingler, LCSW, Therapeutic Way  
259 Toddy Pond Road  
Surry, ME  
P:207-412-8881  
Individual counseling for children, teens, and adults using Animal Assisted Therapy (canine). Accepts most major insurances, MaineCare and Medicare.

Gordanna Hassett, LCSW, CADC  
Castine, ME  
P:207-326-4348  
Individual counseling for adults, assessments, and referrals. Accepts MaineCare and can apply for free care at hospital.

Nancy Hathaway, M.Ed., LpastC  
Center for Studying Mindfulness  
259 Todd Pond Road  
Blue Hill, ME  
P:207-400-0494  
Focusing on Mindfulness Therapy for depression, anxiety, health, recovery, and stress.
Meagann Holland, LCPC-C
Blue Hill, ME
P:207-266-2069
Individual counseling for children, teens, adults. Sliding scale available.

Lorraine Huckel, Psychologist
Blue Hill, ME
P:207-374-5811
Individual counseling for teens and adults.

Catherine Morse, LCSW
Blue Hill, ME
P:207-326-8356
Individual counseling for children and adults, specializes in neurofeedback.

Hector Sapien
Blue Hill, ME
P:207-460-6090
Individual counseling for children and teens, specializes in school issues.

Nancy Plouffe, LCSW
Blue Hill, ME
P:207-374-2296
Individual counseling for teens and adults. Accepts MaineCare.

Theresa Weigel, LCSW
Blue Hill, ME
P:207-374-5780
Individual counseling for teens and adults. Accepts MaineCare.

Washington County
Holly Billings, LMSW-CC
Harrington, ME
P:207-483-4502
Individual counseling for adults.

Linda Bird, LCSW
Harrington, ME
P:207-483-4502
Individual counseling for adults.

Barbara Chatterton-Luuring
Machias, ME
P:207-610-4351
Individual counseling. Will travel to see clients in Hancock County as well. Specializes in substance use, vocational rehabilitation, trauma.

Stacey Cherry, LCPC
Machias, ME
P:207-255-4100
Individual counseling for adults.

Jamie Corbett, LADC
14 Steve’s Ln.
Marshfield, ME
P:207-255-0996
Provides substance use treatment services in both individual and Matrix IOP group services.

Sandra Draper-Hayward, LADC
Calais, ME
P:207-733-1090, ext. 2198
Individual counseling. Substance use specialty.

Katherine Evans, LCSW
Calais, ME
P:207-726-4210
Individual counseling for teens and adults.

Paula Frost, LADC, LSW
Lubec, ME
P:207-733-1090, ext. 2198
Individual counseling. Substance use specialty.

Abby Frutchey, LADC, CCS
14 Steve’s Ln.
Marshfield, ME
P:207-255-0996
Provides substance use and criminogenic treatment services for the Washington County drug court program.

Dan Gasper, LCPC, LADC
Cherryfield, ME
P:207-530-7774
Mental health and substance use counseling. Accepts MaineCare and most major insurances.

Holly Greenleaf Whitney, LADC
Harrington, ME
P:207-255-8301
Individual counseling, substance use specialty. Accepts all insurances.

Matt Hall, LCPC
14 Steve’s Ln.
Marshfield, ME
P:207-255-0996
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

Pamela Helmstadler, LCPC
Calais, ME
P:207-454-0407
Individual counseling, substance use specialty.

David Hodgkins, LCSW
127 Palmer St.
Calais, ME
P:207-454-0775
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance, and offers sliding fee.

Jennifer Holcomb, LADC, CCS
14 Steve’s Ln.
Marshfield, ME
P:207-255-0996
Provides substance use treatment services in both individual and Matrix IOP group services.

Laura Landy, LCSW, CADC
Machias, ME
P:207-271-8105
Individual counseling for adults.

Anne Leaver, LCPC, LADC, CCS
East Machias, ME
P:207-255-0102
Individual and group counseling.

Tara Librizzi, LCSW
Machias, ME
P:207-255-0996
Individual counseling for adults.

Jill Mertinke, LCPC
East Machias, ME
P:207-255-4833
Individual counseling for adults. Accepts MaineCare and most insurances.
Jody Mountcastle, LCSW  
Harrington, ME  
P:207-483-4502  
Individual counseling for adults.

Bridget O’Rourke, LCSW  
127 Palmer St.  
P:207-454-0775  
Calais, ME  
Individual counseling for children, teens, and adults. Provides mental health counseling. Accepts MaineCare and most private insurance.

Virginia Pond, MEd, MSW, LCSW  
Lubec, ME  
P:207-733-1090, ext. 2198  
Individual and group counseling.

Valerie Renshaw, LCPC  
Machias, ME  
P:207-255-0996  
Individual counseling for adults.

Cynthia Scott, LCPC-C  
127 Palmer St.  
P:207-454-0775  
Calais, ME  
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurances.

Katie Sell, CADC  
14 Steve’s Ln., Marshfield, ME  
P:207-255-0996  
127 Palmer St., Calais, ME  
P:207-454-0775  
Provides substance use treatment services in both individual and Matrix IOP group services.

Tanya Zivkovic, LMSW-CC  
127 Palmer St.  
P:207-454-0775  
Calais, ME  
Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

Complementary Health Services

Acupuncture  

Acupuncture Care  
Ellsworth, ME  
P:207-667-4128  
Bangor Veterans Acupuncture Project  
P:207-479-2944  
Bangor, ME  
Weekly free ear-acupuncture clinic held on Thursdays 6:45pm

Christine Cuneo, RN  
Ellsworth, ME  
P:207-667-8036  
DownEast Community Acupuncture (DECA)  
P:207-479-2944  
Verona Island, ME  
Uses NADA and offers a sliding scale

Jean Guyette  
P:207-565-3891  
Offers volunteer outreach and education around the National Acupuncture Detoxification Association (NADA), and acupressure for tension and anxiety relief. Acudexox Specialist, NADA trained.

Linda Forslund - Caterpillar Hill  
P:207-209-1613  
Maine Coast Acupuncture & Herbal Medicine, Lea Lac Elliot  
P:207-812-8747  
Pleasant Point Health Center—Acupuncture  
Pleasant Point, ME  
P:207-853-0644  
Sarah Tewhey, L.Ac  
Southwest Harbor, ME  
P:207-266-7938  
Specialty in substance treatment; uses NADA protocol.

Massage  

Downeast Massage Therapy  
Perry, ME  
P:207-853-4083  
Passamaquoddy Health Center—Massage  
Dana Point, ME  
P:207-796-2321

Mindfulness  

Center for Studying Mindfulness  
Hathaway.N@gmail.com  
P:207-400-0494  
ME  
Eight week Mindfulness-based stress reduction programs for parents, individuals, and groups

Yoga  

Ayushri Yoga Ayurveda & Wellness  
Blue Hill, ME  
P:207-374-3800  
Bold Coast Yoga—Samantha Williams  
Machias, ME  
P:207-214-6516  
BKS Lyengar Yoga Center  
Sedgwick, ME  
P:207-326-2037  
Blue Hill Center for Yoga  
Blue Hill, ME  
P:207-374-2004  
Cherryfield Library  
Cherryfield, ME  
P:207-546-4228  
Wednesdays 6:00pm-7:00pm

Julie Bakis — Eastport Arts Center  
Eastport, ME  
P:207-853-4650  
Focus on breath and alignment. $5-10 sliding scale.

MDI YMCA  
Bar Harbor, ME  
P:207-288-3511
Free for MDI YMCA members.

**Pranava Living Arts Studio**  
Blue Hill, ME  
P:207-326-7957

**Sowelu Healing**  
Brooksville, ME  
P:207-326-3236

**The Yoga Place**  
Ellsworth, ME  
P:207-669-5685

**Women’s Health Resource Library—Geri Valentine**  
Milbridge, ME  
P:207-546-7677

Thursday evenings 5:30pm-7:00pm, $10

**Yoga @ Cattitude**  
Bar Harbor, ME  
www.cattitudemdi.com

**Smoking Cessation**

**Cancer Support Center of Maine**  
www.cancesupportofmaine.org  
Hancock & Washington Counties, ME  
P:207-326-2037

Free smoking cessation classes.

**Healthy Acadia**  
www.healthyacadia.org  
Hancock County, ME  
P:207-667-7171

Offers free (donation suggested) Tai Chi, smoking cessation, chronic pain management classes.

**Harm Reduction Services**

**Health Equity Alliance**  
www.mainéhealthequity.org  
25A Pine St.  
P:207-667-3506

Ellsworth, ME  
P:207-664-0574

7 VIP Lane  
P:207-255-5849

Machias, ME  
P:207-255-5937

304 Hancock St., Suite 3B  
P:207-990-3626

Bangor, ME  
P:207-990-2286

Provides needle exchange services, naloxone distribution, outpatient mental health counseling, medical case management, and HIV/Hepatitis C testing. Has support groups and advocacy / volunteer opportunities. HEAL also provides an LGBTQ+ inclusive space, called the Health Equity Center. This community center is a space for partner organizations that serve Maine’s LGBTQ+ community.

**Free Clinics & Affordable Medical Centers**

**Ellsworth Family Planning & Primary Care**  
www.mainefamilyplanning.org  
248 State Street  
P:207-812-7030

Ellsworth, ME  
P:207-664-0325

Provides family planning & reproductive health services, family support services, and more. Operates WIC program. Also has offices in Machias & Calais.

**Calais Family Planning**  
www.mainefamilyplanning.org  
43 Union Street  
P:207-853-8930

Calais, ME  
Provides family planning & reproductive health services, family support services, and more.

**Peninsula Free Health**  
www.peninsulafreehealth.net  
26 Hinckley Ridge Rd.  
P:207-374-5585

Blue Hill, ME  
Provides health services for adults and children. Open Monday from 3pm to 6pm. Walk-ins are welcome.

**Federally Qualified Health Centers**

**Bucksport Regional Health Center**  
www.bucksportrc.com  
Bucksport, ME  
P:207-469-7371

**East Grand Health Center**  
www.eastgrand.org  
Danforth, ME  
P:207-448-2347

**Eastport Health Care, Inc.**  
www.eastporthealth.org  
Eastport, Calais, & Machias, ME  
P:207-853-6001

**Harrington Family Health Center**  
www.harringtonfamilyhealth.org  
Harrington, ME  
P:207-483-4502

**St. Croix Regional Family Health Center**  
www.scrfhc.org  
Calais & Princeton, ME  
P:207-796-5503

**Regional Medical Center at Lubec**  
www.rmcl.org  
East Machias & Lubec, ME  
P:207-733-5541

Federally qualified community health care centers (FQHC’s) provide primary care services to anyone, regardless of health insurance status or ability to pay.

**Affordable Dental Services**

**Caring Hands of Maine Dental Center**  
www.caringhandsofmaine.com  
70 Kingsland Crossing  
P:207-667-6789

Ellsworth, ME  
The Dental Center provides comprehensive dental services. Accepts private insurance, MaineCare, and has discounted fees for those without insurance.

**Community Dental Center**  
www.mdhospital.org/health-centers/dental-center/  
4 Community Lane  
P:207-244-2888

Southwest Harbor, ME
The continuum of care we offer includes preventative cleanings, sealants, fluoride and general dentistry. By reaching out to patients, following up on appointments, and coordinating ongoing, regular check-ups, we aim to ensure that all patients—children and adults alike—receive a patient-centered model of care.

**Eastport Health Care, Inc.**  
www.eastporthealth.org  
30 Boynton St.  
P:207-483-4502  
Eastport, ME

As a Federally Qualified Health Center, EHC provides affordable dental care.

**Harrington Family Health Center**  
https://hfhc.healthcare  
50 East Main St.  
P:207-483-4502  
Harrington, ME

As a Federally Qualified Health Center, HFHC provides affordable dental care.

**Maine Donated Dental Services**  
www.dentallifeline.org  
P.O. Box 2282  
Augusta, ME  
P:1-800-205-5615

Provides dental services to those unable to pay if they are permanently disabled, medically at risk, or 65 years or older.

**Regional Medical Center at Lubec**  
www.rmcl.org  
43 South Lubec Rd.  
P:207-733-5541  
Lubec, ME

As a Federally Qualified Health Center, RMCL provides affordable dental care.

**St. Croix Regional Family Health Center**  
www.scrhc.org  
136 Mill St.  
P:207-796-5503  
Princeton, ME

As a Federally Qualified Health Center, SCRFHC provides comprehensive dental services to adults and children. Accepts private insurance, MaineCare, and offers sliding fee discounts based on family size and income.

**Maine Coast Memorial Hospital**  
www.mcmhospital.org  
50 Union Street  
P:207-664-5311  
Ellsworth, ME

**MDI Hospital**  
www mdihospital.org  
10 Wyman Lane  
P:207-288-5081  
Bar Harbor, ME

**LEGAL & CRIMINAL JUSTICE SERVICES**

**Legal Services**

**Legal Services for the Elderly**  
www.mainelse.org  
450 Essex Street  
P:207-941-2865  
Bangor, ME

Provides free, high quality legal services to Maine’s socially and economically elderly community age 60+.

**Maine Equal Justice Partners**  
www.mejp.org  
126 Sewall Street  
P:1-866-626-7059  
Augusta, ME  
P:207-621-8148

Legal assistance and help navigating Maine’s anti-poverty programs including MaineCare, TANF, Aspire, SNAP, and General Assistance.

**Maine Pretrial Services**

**Hancock County Adult Drug Court**  
50 State St., Suite 14  
P:207-667-3624  
Ellsworth, ME  
P:207-667-3630

**Criminogenic Treatment Services (Washington C. Adult Drug Court) - AMHC**  
14 Steve’s Ln  
P:207-255-0996  
Marshfield, ME

Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Washington County drug court program.

**Criminogenic Treatment Services (Hancock C. Adult Drug Court) - AMHC**  
710 Bucksport Rd.  
P:207-667-6890  
Ellsworth, ME

Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Hancock County drug court program.

**Pine Tree Legal**  
13 Cooper St.  
Intake  
P:207-255-8656  
Machias, ME  
P:207-400-3248

Free legal advice to low income families; civil cases only (no criminal case).  
Machias walk-in hours: wed 9am-12pm, Thurs 1-4pm.
Maine Volunteer Lawyer Project www.vlp.org  
PO Box 547 P:1-800-442-4293  
Portland, ME F:207-828-2300  
Free information, assistance and pro bono legal representation in civil legal matters for low-income families. Free legal advice from 1p-4pm at Machias courthouse the first Thurs. of Jan., March, May, July, Sept, and Nov.; at Calais courthouse the first Tuesday of Feb., April, June, Aug., Oct., and Dec. & at the Ellsworth courthouse the 2nd & 4th Tuesday of every month.

Support Services for Incarcerated Individuals

Maine Prisoner Advocacy Coalition www.maineprisoneradvocacy.org  
P.O. Box 2173 maineprisoneradvocacy@yahoo.com  
Waterville, ME  
The Maine Prisoner Advocacy Coalition (MPAC) is comprised of Maine prisoners, their friends and families, victims of crime, and others committed to ethical, positive, and humane changes in Maine's prison system.

Restorative Justice Project of the Midcoast www.rjpmidcoast.org  
P.O. Box 141 P:207-388-2742  
Belfast, ME  
The Restorative Justice Project of the Midcoast provides restorative conferences for adult & juvenile offenders in the Midcoast and an array of restorative justice services for the Maine Coast Regional Reentry Center and schools.

Volunteers for Hancock County Jail Residents www.jailvolunteers.org  
272 Turkey Farm Rd. bluehillme@roadrunner.org  
Blue Hill, ME  
Offers restorative justice and supportive services to individuals incarcerated in Hancock County Jail as well as those re-entering the community.

Domestic Violence & Sexual Assault Services

AMHC Sexual Assault Services www.amhc.org  
Washington, Hancock, & Aroostook , ME P:1-800-871-7741  
Offers immediate crisis intervention and support. When you call (available 24/7) you will be connected with an advocate that can provide assistance.

Indian Township Passamaquoddy Domestic & Sexual Violence Advocacy Center www.wabanakiwomen.org  
Serving residents of the Indian Township Reservation and Passamaquoddy Tribal members. Service include emotional support, court advocacy, emergency shelter, hospital accompaniment, safety planning, door lock program.

Next Step Domestic Violence Project www.nextstepdv.org  
733 Bangor Rd. P:207-667-0176  
Ellsworth, ME F:207-667-8033  
23 Broadway P:207-255-4934  
Machias, ME F:207-255-4243  
24-hour Crisis Hotline: 1-800-315-5579  
24-hour hotline, crisis counseling, safety planning, emergency shelter, appropriate resource referrals, advocacy with other systems, civil legal assistance, court accompaniment, support & education groups, safe homes, & transitional housing for domestic violence survivors in Hancock & Washington county.

TRANSPORTATION

Downeast Transportation www.downeasttrans.org  
Downeast, ME P:207-667-5796  
Offers in-town transportation in Bucksport, Ellsworth, and Bar Harbor and commuter transportation services between Ellsworth and Bar Harbor.

Friends in Action www.friendsinactionellsworth.org  
Ellsworth, ME P:207-664-6016  
Offers free transportation to elderly and disabled residents of Hancock County.

Island Connections www.islconnections.org  
P:207-288-4457  
Ellsworth, ME  
Provides free transportation for MDI residents to medical appointments, shopping and errands, and other activities.

Neighborcare www.caringinrememberedways.org/neighbor  
Deer Isle, ME P:207-367-5822  
Brooksville, ME P:207-326-4735  
All-volunteer group of people offering free health related services in the Blue Hill peninsula, including transportation.

West’s Transportation www.westbusservice.org  
Downeast, ME P:800-596-2823  
Affordable bus service from Calais to Bangor (and points in-between), operates 7 days a week.

Downeast Community Partners www.downeastcommunitypartners.org  
248 Bucksport Road P:207-664-2424  
Ellsworth, ME F:207-664-2430  
7 VIP Drive P:207-259-5015  
Machias, ME F:207-546-7607  
Provides transportation to medical appointments for those covered under MaineCare, transportation to child protective visits, to sheltered workshops and DCP Transportation that is open to the public.
FOOD

Food Pantries

Bar Harbor Food Pantry  www.barharborfoodpantry.org
36 Mount Desert St. (Basement of YWCA)  P:207-288-3375
Bar Harbor, ME
Open Tues. 9am-12pm & Thurs. 4pm -6pm the first three weeks of the month.

Bread of Life Food Pantry  www.seacoastmission.org/food_pantries
Old Village Firehouse  P:207-526-4347
Swan's Island, ME
Open Thursday afternoons or as needed.

Bucksport Community Concerns  www.elmstreetcc.org
Elm Street Congregational Church (basement)  P:207-469-2400
31 Elm St.
Bucksport, ME
Provides groceries, clothing, and household essentials. Open Wed. 9:30am to 11:30 am & on the second Monday of the month from 5:00pm to 7:00pm.

Danforth Food Pantry
Town Hall  P:207-448-2611
Danforth, ME
Open first Thursday after the first Tuesday of the month 10 am to 11am.

Emmaus Shelter Food Pantry  www.emmaushomelessness.org
Corner of Main & Water Street  P:207-667-3962
Ellsworth, ME
Open 24 hours a day. Also offers a clothing room (open M, W, F, Sat 10am-2pm) & household good.

H.O.M.E. Co-op Food Pantry  www.homemmausa.org/FoodBank
90 School House Rd.  P:207-469-7961
Orland, ME
Open daily from 8 am to 4pm. Provides individuals with food boxes once per month; produce & bread when available. Hot lunch served Sun-Fri at noon.

Indian Township Food Pantry
Indian Township, ME  P:207-796-6134
Open Monday-Friday 10am—2:30pm with a break at lunch time.

Irene Chadbourne Ecumenical Food Pantry
507 Main Street  www.irenehadbourneprograms.com
Calais, ME  P:207-214-8553
Open Mon 3-5pm, Thurs 10am-12pm, & Friday 1-3pm.

Island Food Pantry
6 Memorial Lane  P:207-348-6181
Stonington, ME
Open Thursdays 5:30-7:30. Provides groceries to Deer Isle residents in need.

Jonesport Food Pantry  www.sawyermemorialcongregationalchurch.com
Sawyer Memorial Congregational Church  P:207-497-2294
Jonesport, ME
Open Wednesday 9am to 11pm.

Lifeline Food Pantry
South Gouldsboro Road, Rte. 186  P:207-963-2321
Gouldsboro, ME
Third Saturday of the month, 9am to 10am & emergencies.

Labor of Love Food Pantry  facebook.com/LaborOfLoveNutritionCenter
137 County Rd.  P:207-853-2373
Eastport, ME
Open 2nd & Tuesday 9-11am, & Fridays 2:30-6:30pm.

Loaves & Fishes Food Pantry  www.facebook.com/LoavesandFishespanty
Ellsworth, ME  P:207-667-4363
Hours as needed, please call for assistance.

Lubec Community Food Pantry  www.lubecoutreach.org
Lubec Community Outreach Center  P:207-733-6113
Lubec, ME
3rd Wednesday of the month, 1:00-4:00pm.

Machias Food Pantry
Centre Street Congregational Church, 9 Center St.  P:207-255-6665
Machias, ME
Open Monday.

Saint Ann’s Food Pantry
Tribal Office building, Rt. 190  P:207-853-2600
Pleasant Point, ME
Open Monday-Thursday 9-3pm.

Tree of Life Food Pantry  www.treeoflifepantry.org
23 South Street  P:207-664-2245
Blue Hill, ME  F:207-664-2246
Open Thursday 9am to 3pm. Food for residents of Blue Hill Peninsula and other on limited basis.

Weald Bethel Food Pantry  www.seacoastmission.org/food_pantries
Maine Seacoast Mission  P:207-546-7424
Cherryfield, ME
Open Tuesday 9-12pm & 4-5pm, & Thursdays 9-12pm.
What’s for Suppa? Food Pantry
1268 Otis Road
Otis, ME
P: 207-460-1266
Call for hours & more information.

Woodland Community Food Pantry
55 Broadway
Baileyville, ME
P: 207-427-6518
Open the 1st & 4th Thursdays of every month from 9-11am.

Hancock & Washington County, ME
P: 207-598-5648
Support for families who need help tackling an issue & finding the resources that may be available to them. No fees – MaineCare is not required.

Free Community Meals

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Day and Time; Other Info</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Thurs, 4pm-7pm</td>
<td>Holy Redeemer, 21 Ledge-</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Mon, 2:30-6pm (not holidays)</td>
<td>1st Cong Church 22 Tenney</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Fri, 9:30-11:15am; Joan’s Coffee Shop</td>
<td>EdGE Center, US Rte. 1</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Fri, 9:30-6pm; 1st Sunday, 1:30pm</td>
<td>Deer Isle/Sunset Con. Church</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Mon, 3-6pm; 1st Cong Church, 2 Church St</td>
<td>St. Dunstan’s, 134 State St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Wed, 3-6pm.</td>
<td>1st Cong Church, 2 Church St</td>
</tr>
<tr>
<td>Orland</td>
<td>Sun-Fri, 12p.m.</td>
<td>HOME Co-op, 90 Schoolhouse</td>
</tr>
<tr>
<td>Southwest Harbor</td>
<td>Winter: Thur 12-2pm, Sat, 6 to 8pm</td>
<td>566 Seawall Rd.</td>
</tr>
<tr>
<td>Whitneyville</td>
<td>Last Thur. of the Month, 11a.m.-1p.m</td>
<td>Whitneyville Comm. Building</td>
</tr>
</tbody>
</table>

Farmer’s Markets

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Day and Time; Other Info</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Sun, 9am-12pm, Accepts SNAP &amp; WIC</td>
<td>MDI YMCA parking lot</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Sat, 9-11:30AM, Accepts SNAP &amp; WIC</td>
<td>Blue Hill Fairgrounds</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Winter market, Sat, 9:30am-12pm</td>
<td>Minesscape, in greenhouse</td>
</tr>
<tr>
<td>Brooklin</td>
<td>Thurs. 3:5pm</td>
<td>6 Bay Road (Rte. 175)</td>
</tr>
<tr>
<td>Brooksville</td>
<td>Tues. 9:30am-12pm</td>
<td>Cornfield Hill Road</td>
</tr>
<tr>
<td>Bucksport</td>
<td>Thurs, 2-5pm, Accepts SNAP &amp; WIC</td>
<td>Post office lot, Main St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Tues. 11:30-2pm, June-Oct, SNAP/WIC</td>
<td>Union St., on the green</td>
</tr>
<tr>
<td>Castine</td>
<td>Thurs, 9-11:30 AM</td>
<td>1 School St, Town Common</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Wed, 9:30-11:30am</td>
<td>70 Church St, by Town Hall</td>
</tr>
<tr>
<td>Eastport</td>
<td>Sat, 11am-2pm, June-Oct, SNAP/WIC</td>
<td>245 E. Main Street</td>
</tr>
</tbody>
</table>
| Ellsworth             | Mon, & Thurs, 2-5:30pm, SNAP / WIC | 190 Sweet
| Ellsworth             | Sat, 9:30am-12:30pm, Accepts SNAP & WIC | 121 Bucksport Rd. |
| Ellsworth             | Winter market: Sat. 9:30 AM-12:30PM | 121 Bucksport Rd. |
| Franklin              | Sat, 9am-1pm (July- Oct) | Franklin Trading Post |
| Machias Valley Rest.  | Fri & Sat, 9am-1pm, Accepts WIC | Rte., 1, Across for Helen’s |
| Milbridge             | Sat, 9am-12pm, Accepts WIC | Camden Bank lot, 29 Main St. |
| Princeton             | Thurs. 3-5pm, Jun-Sept, Accepts WIC/SNAP | 67 West St, Baseball Fields |

Food & Nutrition Assistance

Department of Health & Human Services
SNAP (Food Stamps) & Women, Infants, & Children (WIC)
17 Eastward Lane
Ellsworth ME 04605
P: 207-664-1400
F: 207-667-5364
38 Prescott Drive, Suite 3
Machias, ME 04654
P: 207-255-2000
F: 207-255-2022

WIC is food vouchers for pregnant women & children under age five. Apply online or in person.

Healthy Acadia
140 State St, Suite 1
Ellsworth, ME
P: 207-667-7171
F: 207-667-7173

Wide range of food & nutrition programs including nutrition education, information, & assistance with accessing local food programs & food assistance.

CHILD & FAMILY SERVICES

Being Present with Our Children
Hathaway.N@gmail.com
Center for Studying Mindfulness
P: 207-400-2094
Classes, workshops, and consultations for parents and families.

Bridging Program
www.downeastcommunitypartners.org
Downeast Community Partners
P: 207-259-5015
7 VIP Dr., Machias, ME

Support for prenatal moms on drug replacement therapy or who have a high-risk pregnancy. Program can provide home visiting nurses or non-medical home visitors to work with families.

Community Closet
25 Eastward Lane
Ellsworth, ME
P: 207-266-7242

Free clothing: first ten (10) items are free, then by donation.
Downeast Community Partners  www.downeastcommunitypartners.org
18 Avery Lane  P:207-667-2995
Ellsworth, ME
Please visit website or call for full list of locations. Serves children & families in Downeast Maine through Head Start, Early Head Start, Childcare & early education programming.

DCP Community Resource Services  www.downeastcommunitypartners.org
Hancock & Washington Counties  P:207-598-5648
Support for families who need help tackling an issue & finding the resources that may be available to them. No fees—MaineCare is not required.

Families and Children Together  www.familiesandchildren.org
304 Hancock St.  P:207-941-2347
Bangor, ME
Assists children facing emotional and behavioral challenges. Offers the Penquis Regional Linking Project to increase the wellbeing of young children affected by substance use and the Kids-Kin program to support for grandparents and other family members raising their relative’s children.

Maine Child Care Search  www.childcarechoices.me
Office of Child & Family Services  P:877-680-5886
Online resource to search list of child care providers and parent resources.

Maine Families  www.mainefamilieswc.org
18 Avery Lane  P:207-255-0481
Ellsworth, ME
Home Visitors provide support for expectant parents & parents of newborns, childbirth classes, lactation counseling, car seat safety technicians & more.

Maine Family Planning & Primary Care  www.mainefamilyplanning.org
248 State Street  P:207-812-7030
Ellsworth, ME
Provides family planning & reproductive health services, family support services, and more. Operates WIC program. Also has office in Machias & Calais.

Safe Families for Children  www.ellsworth-machias.safe-families.org
1A Water Street  P:207-812-7030
Machias, ME
Volunteer host families provide temporary safe care for children while their parents take time to cope with stress, incarceration, or difficult situations.

Safe Family Exchange  www.safefamilyexchange.org
50 Union St.  P:207-669-2661
Ellsworth, ME
Safe Family Exchange, Inc. provides a secure & friendly environment for parents to peacefully exchange their children for visitation.

We Care Community Baby Center  www.we-carecommunitybabycenter.org
3 Main St.  P:207-667-2995
Machias, ME
Open Tuesday 9am to 1pm. Provides free clothes, diapers, toys, blankets, outerwear & more for families that either have a WIC voucher or MaineCare.

Community Resource Services  www.whcap.org
Hancock & Washington Counties  P:207-598-5648
Support for families who need help tackling an issue and finding the resources that may be available to them. No fees—MaineCare not required.

Women’s Health Center  www.dech.org/Our-Affiliates/Women-s-Center
11 Hospital Drive  P:207-255-0400
Machias, ME
Provides complete reproductive, pre-natal, and post-natal health services, including drug replacement therapy for pregnant women.

ADDITIONAL RESOURCES

Government Agencies Devoted to Addiction

National Institute on Drug Abuse (NIDA)  www.drugabuse.gov
National Institute on Alcohol Abuse and Alcoholism (NIAAA)  www.niaaa.nih.gov
Center for Substance Abuse Treatment (CSAT)  www.samhsa.gov/about-us/who-we-are/offices-centers/csat
Center for Substance Abuse Prevention (CSAP)  www.samhsa.gov/about-us/who-we-are/offices-centers/csap
Office of National Drug Control Policy (ONDCP)  www.whitehouse.gov/ondcp
National Council on Alcoholism and Drug Dependence (NCADD)  www.ncadd.org
Substance Abuse & Mental Health Services Administration (SAMHSA)  www.samhsa.gov
National Addiction Technology Transfer Center (NATTC)  www.nattc.org/home

Associations & Societies Devoted to Addiction

American Society of Addiction Medicine, Inc. (ASAM)  www.asam.org
National Association of Alcoholism and Drug Abuse Counselors (NAADAC)  www.naadac.org
National Association of Addiction Treatment Providers (NAATP)  www.naapt.org
Political Action Organizations Devoted to Addiction

Partnership for a Drug-Free America
www.drugfree.org
Join Together
www.drugfree.org/news-service-disclaimer
Amnesty International USA
www.amnestyusa.org
Drug War Facts
www.drugwarfacts.org/cms
Common Sense for Drug Policy
www.csdp.org/cms/
Center on Juvenile & Criminal Justice
http://www.cjcj.org/index.html
The Trebach Institute
www.trebach.com
National Drug Strategy Network
www.ndsn.org
The Drug Policy Alliance
www.drugpolicy.org

Drug Court Resources

The National Association of Drug Court Professionals (NADCP)
http://www.nadcp.org
California Association of Drug Court Professionals (CADCP)
www.ca2c.org
Drug Court Clearinghouse/American University
www.american.edu/spa/jpo
Drug Court Technology
www.drugcourttech.org

Other Resources

In the Rooms
www.intherooms.com
Women for Sobriety
www.womenforsobriety.org/beta2
Refuge Recovery
This guide was compiled by the Health Equity Alliance & Healthy Acadia, with assistance and input from two community groups, the Down East Substance Treatment Network & the Down East Recovery Support Coalition. We have attempted to make this guide as comprehensive & up-to-date as possible, but we cannot guarantee the accuracy of this information. For additions and corrections e-mail denise@healthyacadia.org or alex@mainehealthequity.org.