

Penobscot County

Transition Team

RESOURCE GUIDE

Printed Courtesy of

Bangor
Savings Bank

Independence • Capacity • Action

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Resources Available To Assist Consumers

Maine Office of Consumer Credit Regulation

35 State House Station
Augusta, ME 04333-0035
Tel: 624-8527 or 1-800-332-8529
Website: www.MaineCreditReg.org
Contact People: David Stetson, Principle Examiner
David Leach, Consumer Outreach Specialist

Maine Attorney General's Office

Public Protection Unit
#6 State House Station
Augusta, ME 04333-0006
Tel: 626-8849 (Lines open from 9am to 12pm.)
Website: state.me.us/ag

Debt Management Companies

Any company offering debt management services (credit counseling) in Maine must be registered with the Office of Consumer Credit Regulation. Only non-profit organizations are allowed to offer these services in Maine.

For information on debt management service providers, or to see if a company is authorized to do business in Maine, visit the Consumer Credit Regulation web page at www.MaineCreditReg.org

Volunteer Lawyers Project

Tel: 1-800-442-4293
Lawyers volunteer their time to assist low-income consumers with problems requiring legal counsel.

Maine Centers for Women, Work & Community

Bangor Center
University College Bangor
216 Texas Ave., Bangor, ME 04401
Tel: 1-800-442-2092
Statewide non-profit organization that does training for men and women on starting their own business, personal finances and other workshops.

Maine Lawyer Referral & Information Services

Maine State Bar Association
PO Box 788
Augusta, ME 04332-0788
Tel: 622-1460
This service can help you find a lawyer able to assist you with your problem. There is a \$20 fee for the use of their service, which entitles you to a half-hour consultation with an attorney. They also provide a recorded message service known as Tel-Law. It may be accessed by using a touch-tone phone and dialing (207) 622-1470.

Credit Reporting Agencies

Credit bureaus or credit reporting agencies collect and store data provided by many of your creditors. The credit bureaus then assemble and deliver the information, for a fee, to their business customers. You can obtain a free copy of your credit reporting:

www.annualcreditreport.com

1-877-322-8228

Or

Annual Credit Report Request
P.O. Box 105281
Atlanta, GA 30348

Penquis Community Action Program

262 Harlow St., Bangor, ME 04401
Tel: 973-3618
119 Main St., Lincoln, ME 04457
Tel: 794-3093
Penquis CAP provides financial education and budgeting assistance.

Taxes

Internal Revenue Service	Maine Revenue Services
Tel: 253-6140	24 State House Station
Fax: 253-6410	Augusta, ME 04333-0024
www.irs.gov	Tel: 287-2076
	Fax: 624-9694

Unemployment Compensation Tax Unit

54 State House Station
PO Box 259
Augusta, ME 04332-0259
Tel: 287-3176
Fax: 287-3733
www.Maine.gov/labor/uitax/uctax.html

Business Development

Maine Department of Economic and Community Development

Employers can get business development assistance and displaced workers can investigate starting new businesses by contacting this department and some of their online resources:

Business Answers: In-state: (800) 872-3838 Out-of-state (800) 541-5872

Website: www.Maine.gov/businessanswers

Fast Trac Business Management Training:

www.usm.maine.edu/cesb/fastrac.html

Maine Business Works:

www.mainebusinessworks.org

Maine Small Business Development Centers

Provides comprehensive business management assistance, training and information services to Maine's small business community.

Maine SBDC Service Center: Bangor

Eastern Maine Development Corporation (EMDC)

1 Cumberland Place, Suite 300, PO Box 2579

Bangor, ME 04402-2579

Tel: 942-1744 or (800) 339-6389 (in Maine)

Fax: 942-3548

Maine SBDC Outreach Office

Career Center

248 State St., Suite 3A

Ellsworth, ME 04605-0554

Tel: (207) 664-2317

Veterans Services

www.Maine.gov/va/defense/hmpgmys.htm

US Department of Agriculture

Rural Development

Business loans to applicants starting a business and current business owners, can provide community

loans to towns and cities.

967 Illinois Ave., Bangor

MaineStream Finance

Assistance is provided with startup or expansion of micro-enterprises through classroom training, workshops and 1:1 counseling

262 Harlow St., Bangor

Tel: 973-3663

119 Main St., Lincoln

Tel: 794-3093

Incubator Without Walls:

www.penquiscap.org

Eastern Maine Development Corporation

EMDC can help your business expand and grow in Eastern Maine, whether you are a start-up, a micro-business or an established business of any size.

1 Cumberland Place, Suite 300

PO Box 2579, Bangor, ME

Tel: 942-6389 Fax: 942-3548

Maine Centers for Women, Work and Community

Statewide non-profit organization that does training For men and women on starting their own business, Personal finances and other workshops.

216 Texas Ave., Bangor

Tel: 262-7840

www.womenworkandcommunity.org

The University of Maine Cooperative Extension

Assistance is provided to small and home based businesses that are in the thinking and start up phase. Workshops are provided to address many topics. Business consultations, which are free and confidential, are scheduled by appointment.

Penobscot County Extension Office

307 Maine Ave., Bangor

Tel: 1-800-287-1485 or 942-7396

Employment & Training Services

ASPIRE - D.H.S.

396 Griffin Rd.
Bangor, ME 04401
Tel: 561-4175 or 1-800-482-7517

Training Development Corp.

1 Cumberland Place, Suite 116
Bangor, ME 04401
Tel: 945-9431

Unemployment Call Center - Benefit Claims

Tel: 561-4600

Tri-County Workforce Investment Board

1 Cumberland Place
Bangor, ME 04401

Career Centers In Eastern Maine

Bangor

45 Oak St. Suite 3, PO Box 402
Bangor, ME 04401-7902
Tel: 561-4050 or 1-888-828-0568
Fax: 561-4066

Belfast

9 Field St., Suite 309
Belfast, ME 04915-6663
Tel: 338-5158 or 1-877-421-7917
Fax: 338-5000
TTY: 338-4399

Dover-Foxcroft

50 Pine Crest Drive, PO Box 360
Dover-Foxcroft, ME 04426-0360
Tel: 564-8358 or 1-800-350-4165
Fax: 564-3263
TTY: 564-6990

East Millinocket

One Industrial Drive, Suite 2
East Millinocket, ME 04430-1062
Tel: 746-9608 or 1-800-777-8173
Fax: 746-9439

Ellsworth

248 State St., Suite 3A
Ellsworth, ME 04605-1850
Tel: 664-2300 or 1-800-371-7543
Fax: 667-4789

Financial Information & Assistance

Consumer Credit Counseling Services

Provides consumers with knowledge
of and assistance with personal money
396 Griffin Rd., Bangor, ME 04401
Management. Portland, ME
Tel: 561-4220 or 1-800-432-7825
Tel: 1-800-439-2227
www.cccsmc.org

Social Security Administration

202 Harlow Street, Bangor
Tel: 990-4530 or 1-800-772-1213

MaineStream Finance

Training, counseling & loan programs
aim to eliminate or alleviate poverty
& create individual wealth through
financial literacy, business start up,
job creation and home ownership.
262 Harlow St., Bangor
Tel: 973-3500
www.mainstreamfinance.org

Maine Centers for Women, Work & Community

Statewide non-profit organization that does
training for men and women on starting their
own business, personal finances and other
workshops.

Bangor Center

University College Bangor
355 Maine Ave., Bangor, ME 04401
Tel: 1-800-442-2092

Millinocket Center

28 Balsam Dr., Millinocket, ME 04462
Tel: 723-9931

Education Services

Career Development & Computer Training

67 Bellevue Ave., Bangor
Tel: 990-5731

Career Development & Facilitation

67 Bellevue Ave., Bangor
Tel: 990-4900

Learning Center - G.E.D. Exam

121 York St., Bangor
Tel: 941-6315 or 941-6316

Maine Educational Opportunity Center

Provides assistance with preparing for post secondary education
University of Maine, 314 Chadbourne Hall, Orono
Tel: 1-800-281-3703

Bangor Adult Education

885 Broadway, Bangor
Tel: 941-6310

Husson College

Offers 2 and 4 year programs in Accounting, Business Administration, Criminal Justice, Computer Information Systems, and Business & Technology. Financial Aid is available. Students do not need to be in a degree program to take a class.
One College Circle, Bangor
Tel: 941-7121

Katahdin Region Higher Education Center

KRHEC has professional staff available to assist you in meeting your educational goals. Call for an appointment and get started today. Offering both credit and non-credit courses as well as entire degrees.
1 Industrial Dr., E.Millinocket
Tel: 746-5744 or 1-800-498-8200

Eastern Maine Community College

EMCC has professional staff available to assist you in meeting your educational goals. Call for an appointment and get started today. Offering both credit and non-credit courses as well as entire degrees.
354 Hogan Rd., Bangor
Tel: 974-4600

Old Town Adult Education

21 Jefferson St., Old Town
Tel: 827-3906

Orono Adult Education

14 Goodridge Dr., Orono
Tel: 866-4119

Newport Adult Education

Libby Hill Rd., Newport
Tel: 368-3290

Hampden Adult Education

28 Main Rd. South, Hampden
Tel: 862-6422

Northeast Penobscot Tech, Region III

Region III offers a wide range of adult classes throughout the school year. The primary focus of our program is to provide training and re-training for entry level positions.
35 West Broadway, Lincoln
Tel: 794-3004 ext. 11
Fax: 794-8049

Penobscot Job Corps Center

Education and vocational skills training to help young people become job ready. Applicants do not need a high school diploma. Job Corps provide residences for students.
Bangor
Tel: 990-3000

School Union 113—Adult Education

31 North St., E. Millinocket, ME
Tel: 746-3200

Beal College

Provides traditional & non traditional students with a quality education in Allied Health & Human Services, Business Studies, Computer Information Technology, Criminal Justice, Hospitality, and Professional Office Technology & Support.
629 Main Rd., Bangor
Tel: 1-800-660-7351

Legal Services

Lawyer Referral & Info. Service

www.mainebar.org
Tel: 1-800-860-1460

Legal Services for the Elderly

Provides free, high quality legal assistance to socially and economically Needy Maine Residents age 60 or older.
450 Essex St., Bangor
Tel: 941-2880 or 1-800-432-7812

Maine Civil Liberties Union

401 Cumberland Ave, Portland
Tel: 774-5444

Maine Human Rights Commission

Winthrop St., Hallowell Annex
Cleveland Bldg., Hallowell
Tel: 624-6050

Penquis CAP Law Project

Legal assistance is provided in matters of domestic relations, including divorce, protection from abuse, child support, and visitation.
262 Harlow St, Bangor
Tel. 973-3671

Volunteer Lawyers Project

88 Federal St., Portland
Tel: 1-800-442-4293

Pine Tree Legal Assistance

Provides free legal services to low-income individuals.
61 Main St., Bangor
Tel: 942-8241

Children & Family Services

Abnaki Girl Scout Council

156 N. Main St., Brewer
Tel: 989-7474 or 1-800-464-3858

Department of Human Services

396 Griffin Rd., Bangor
Tel: 561-4220 or 1-800-432-7825
PO Box 400, Lincoln
Tel: 794-0253

Downeast Big Brothers & Big Sisters

1066 Kenduskeag Ave., Bangor
Tel: 941-2862

Wings for Children & Families

900 Hammond St., Bangor
Tel: 941-2988

Catholic Charities of Maine

1066 Kenduskeag Ave
Bangor, ME 04401
Tel: 941-2855

Care Development of Maine

Therapeutic foster care and adoption services.
227 Main St., Lincoln, ME 04457
Tel: 794-0285
970 Illinois Ave., Bangor
Tel: 945-4240

Children & Family Services Continued

Penquis CAP Head Start

A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parent involvement components. Services are provided to 3, 4, and 5 year old children at sites in Penobscot and Piscataquis Counties.
262 Harlow St., Bangor
Tel: 973-4534

Old Town- Orono YMCA

472 Stillwater Ave. Old Town
Tel: 827-6111

YMCA Bangor

127 Hammond St., Bangor
Tel: 941-2815

Parents Are Teachers, Too

Provides education and support to first-time parents to empower them to give their children the best possible start. Offers home visits and group activities.
262 Harlow St. Bangor
Tel: 973-3642 or 1-888-389-3610

Penquis Community Action Program

262 Harlow St., Bangor
Tel: 973-3500
119 Main St., Lincoln
Tel: 794-3093

Penquis Resource Development Ctr.

Child care & child care subsidy
262 Harlow St., Bangor
Tel: 973-3500

YWCA Bangor

17 Second St., Bangor
Tel: 942-9672

Child Development Services of Penobscot County

Free developmental screening for children birth to five, self referrals welcome, case management and referral.
376 Harlow St., Bangor
Tel: 947-8493

Community Health & Counseling

Family therapy services, psychiatry adults and children, foster care, home-based services, and case management
PO Box 208, Lincoln
Tel: 794-3554
42 Cedar St., Bangor
Tel: 947-0366

Family Crisis Services

Provides workshops on teen dating violence to area high schools and youth groups through its Young Adult Abuse Prevention Program. Also, offers residential shelter for battered women and their children.
Tel: 1-800-537-6066

KidsPeace National Centers for Kids in Crisis

Residential, day treatment, outpatient services, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, and counseling.
New England
Tel: 1-800-992-9553

Children's Emergency Response

Provides services to families with children at risk of abuse or neglect by early intervention by putting needed services in place before abuse or neglect occurs. Service area includes, Medway, E. Millinocket, Millinocket and Woodville.
30 Balsam Dr., Millinocket
Tel: 723-8155

Maine Legislators

Richard Rosen
PO Box 877, Bucksport, ME
Orrington

Brian Duprey
PO Box 214, Hampden, ME
Dixmont, Hampden, Newburgh

William Rogers, Jr.
PO Box 360, Brewer, ME
Brewer (part of)

Mary Ellen Ledwin
165 Eaton Ridge Holden, ME
Bradley, Brewer (part of), Eddington, Holden, Veazie

Sean Faircloth
PO Box 1574, Bangor, ME
Bangor (part of)

Joseph Perry
PO Box 8055, Bangor, ME
Bangor (part of)

Patricia Blanchette
2 Old Orchard Dr., Bangor,
Bangor (part of)

Robert Crosthwaite
PO Box 311, Ellsworth, ME
Clifton

Henry Joy
PO Box 103, Island Falls, ME
Mattawamkeag, Patten, Unorganized
Kingman Township

Roderick W. Carr
24 Pleasant St., Lincoln
Enfield, Howland, Lincoln (part of)

Joseph Clark
299 Katahdin Ave., Millinocket
Provides a link to resources for local, state, and federal governments.

Jacqueline Norton
85 Thomas Hill Rd., Bangor
Bangor (part of)

Matthew Dunlap
143 Middle St., Old Town, ME
Indian Island Voting District, Old Town (part of)

Christian Greeley
PO Box 353, Levant, ME
Glenburn, Kenduskeag, Levant (part of), Orono
(part of)

Jonathan Thomas
PO Box 446, Orono, ME
Orono (part of)

Russell Treadwell
RR 2 Box 1570, Carmel, ME
Carmel, Etna, Hermon, Levant

Joshua Tardy
PO Box 381, Newport, ME
Charleston, Corinth, Exeter, Newport, Stetson

James Tobin, Jr.
350 Charleston Rd., Dexter, ME
Corinna, Dexter, Garland

Anita Peavey-Haskell
100 Goulds Ridge Rd., Greenbush
Alton, Edinburg, Greenbush, Hudson, Lagrange,
Milford, Old Town (part of), Passadumkeag, Unor-
ganized Argyle, Greenfield Townships

Guy J. Duprey, Jr.
PO Box 307, Medway
Chester, E. Millinocket, Lincoln (part of), Maxfield,
Medford, Medway, Milo, Woodville and Plantations
of Lake View and Seboeis, plus unorganized territo-
ries

Senator Stephen Stanley
HCR 69, Box 466, Medway
Any services you think State Senator Stephen Stanley
can help you with.

Maine's Congressional Delegation

U.S. Senator Susan Collins
202 Harlow St. Rm. 204, Bangor
Tel: 945-0417
Fax: 990-4604
www.collins.senate.gov

U.S Senator Olympia Snowe
1 Cumberland Pl. Suite 306, Bangor
Tel: 945-0432 or 1-800-432-1599
Fax: 941-9525
www.snowe.senate.gov

Congressman Tom Allen (1st District)
234 Oxford St. Portland, ME 04101
Tel: 774-5019
Fax: 871-0720
www.tomallen.house.gov

Congressman Mike Michaud (2nd District)
202 Harlow St., Rm. 234, Bangor
Tel: 942-6935
Fax: 942-5907
www.michaud.house.gov

Utilities

Bangor Hydro Electric Company
Tel: 947-2414 or 1-800-499-6600

Emergency Assistance Program—DHS
396 Griffin Rd., Bangor
Tel: 561-4100 or 1-800-432-7825

Fuel Assistance & Utilities Discount- Penquis CAP
262 Harlow St., Bangor
Tel: 973-3630

Holy Family Parish
429 Main St., Old Town
Tel: 827-4000

Public Utilities Commission
242 State House Station, Augusta
Tel: 1-800-452-4699

Domestic Violence

Spruce Run

Serves people effected by domestic abuse. Services include a 24hr hotline (7days a week), support groups, education groups, children's services, shelter, training & education.

PO Box 653, Bangor

Tel: 945-5102

Hotline: 1-800-863-9909

Transportation

Holy Family Parish

429 Main St, Old Town
Tel: 827-4000

The Lynx, Penquis CAP

262 Harlow St., Bangor
Tel: 973-3695 or 1-877-374-8396

Safe & Sound Youth Transportation

Brewer, ME
Tel: 989-4200

Housing & Shelter

Homeless Crisis Hotline

Tel: 1-800-438-3890

Maine State Housing Authority

Augusta
Tel: 1-800-452-4668

Old Town Housing Authority

358 Main St. Old Town
Tel: 827-6151

MaineStream Finance/Penquis CAP

Provides first time home buyers assistance,
Financing and foreclosure prevention
262 Harlow St., Bangor
Tel: 973-3500

Brewer Housing Authority

1 Colonial Circle, Brewer
Tel: 989-7551

Bangor Housing Authority

161 Davis Road, Bangor
Tel: 942-6365

Bangor Area Homeless Shelter

26 Cedar Street, Bangor
Tel: 947-0092

Shaw House

Assistance to homeless youths
136 Union St., Bangor
Tel: 941-2882

US Housing & Urban Development

Loss mitigation for FHA homeowners and
other homeowners, housing counseling,
predatory lending information, rental
assistance, homeless assistance, HOME grants
and fair housing assistance and enforcement.
202 Harlow St., Bangor
Tel: 945-0467

US Department of Agriculture Rural Economic Community Dev.

Mortgage services for income eligible
applicants
28 Gilman Plaza, Suite 3, Bangor
Tel: 947-0334

Mental Health & Substance Abuse Services

Mental Health Crisis

24 Hour Hotline
Tel: 1-888-568-1112

Maine Mental Health Connections

150 Union St., Bangor
Tel: 941-2907

Northeast Occupational Exchange

Provides counseling to individuals with mental health and/or drug abuse issues.
29 Franklin St., Bangor
Tel: 942-3816 or 1-800-857-0500
PO Box 407, Lincoln
Tel: 794-9073

ABBAK Counseling Services

Outpatient alcohol and drug services
Bangor
Tel: 945-0072 or 1-800-483-3337

Acadia Hospital

Inpatient and outpatient mental health care and chemical dependency services.
268 Stillwater Ave., Bangor
Tel: 973-6100 or 1-800-640-1211

Alcoholics Anonymous

Tel: 942-0346 or 1-800-737-6237

The Women's Project

Enhances women's ability to cope with the effects of substance abuse through education and awareness, identification of resources, advocacy, and support. Also, provides referral services for pregnant women facing alcohol and drug issues.
Tel: 1-800-698-4959

Community Health & Counseling Services

Family therapy services, psychiatry adults and children, foster-care, home-based services, and case management
PO Box 208, Lincoln
Tel: 794-3554
42 Cedar St., Bangor
Tel: 947-0366

Catholic Charities of Maine

1066 Kenduskeag Ave., Bangor
Tel: 990-0721

Mental Health, Mental Retardation & Substance Abuse Services

Tel: 1-888-568-1112

Acadia Hospital Outpatient Services

Mental health services, medication management
PO Box 357, Lincoln
Tel: 794-8741

Bangor Mental Health Institute

Mental health and substance abuse
PO Box 926, Bangor
Tel: 941-4134

Health Services

Penobscot Community Health Center

Community Health Center providing affordable
Healthcare on a sliding fee scale.
1012 Union St. Suite 1, Bangor
Tel: 945-5247

Maine Physician Referral Service

6 State St., Bangor
Tel: 1-800-439-2111
Fax: 262-3138

Covering Kids & Families Campaign

Staff are available to explain the benefit and assist
with the MaineCare application process and answer
questions concerning benefits.
262 Harlow St., Bangor
Tel: 973-3500

Penquis CAP Health Services & Family Planning

Women's health services, education,
counseling, health screenings & referrals
262 Harlow St. Bangor 973-3500
PO Box 45, Dexter 924-7383
115 Main St. Lincoln 794-3313
24 Balsam Dr. Millinocket 723-4994

Penquis Community Dental Clinic

1012 Union St., Bangor
Tel: 992-2152

Public Health Nursing - D.H.S.

396 Griffin Rd., Bangor
Tel: 561-4173
66D Main St., Lincoln
Tel: 794-0253

Chester Dental Center

A service of Catholic Charities, children
6mos. - 21yrs.
Main Rd., Chester
PO Box 92, Lincoln
Tel: 794-8185

Rural Outreach Program

Family support, health education, therapy
services, parenting resources/classes,
car seats, children's dental services.
Tel: 794-6700

MBCHP

Maine Breast & Cervical Health Program, Maine Department of Human Services
Bureau of Health, Division of Community Health
11 State House Station, Augusta
Tel: 1-800-350-5180 option 1

Health Access Network

Community Health Center providing
Affordable healthcare on a sliding fee scale.
Lincoln
Tel: 794-6700

Clothing & Housewares

Crossroad Ministries

17 Center St., Old Town
Tel: 827-1298

Holy Family Parish Thrift Shop

(Open Tues, Wed, Fri. a.m. & Thurs p.m.)
Carroll St. Old Town
Tel: 827-4000

Manna

180 Center St., Bangor
Tel: 990-2870

Goodwill Industries of Maine

805 Stillwater Ave., Bangor
Tel: 947-7984
63 Union St., Bangor
Tel: 942-0864

Salvation Army Thrift Shop

146 Center St., Bangor
Tel: 941-2993

Penquis CAP Thrift Shop

115 Main St., Lincoln
Tel: 794-3093

General Assistance

City of Bangor

103 Texas Ave., Bangor
Tel: 941-0256

Brewer City Hall

80 N. Main St., Brewer
Tel: 989-7500
Fax: 989-8036

Old Town Town Hall

51 N. Brunswick St., Old Town
Fax: 827-3979

Orono Town Hall

49 Main St., Orono
Tel: 866-5065
Fax: 866-5053

Milford Town Hall

41 Davenport St., Milford
Tel: 827-2072
Fax: 827-1524

Hermon Town Hall

Billings Rd., Hermon
Tel: 848-3485

Holden Town Hall

906 Main Rd., Holden
Tel: 843-5151

Glenburn Town Hall

144 Lakeview Rd., Glenburn
Tel: 947-6623

Clifton Town Hall

135 Airline Rd., Clifton
Tel: 843-0709

Veazie Town Hall

1084 Main St., Veazie
Tel: 947-2781
Fax: 942-1654

Orrington Town Hall

Center Dr., Orrington
Tel: 825-3340

Burlington Town Hall

PO Box 70, Burlington
Tel: 732-3985

Chester Town Hall

Pea Ridge Rd., Chester
Tel: 794-0052

Enfield Town Hall

Cole Mem. Bldg.
PO Box 429, W. Enfield
Tel: 732-4270

Howland Town Hall

PO Box 386, Howland
Tel: 732-3513

Lee Town Hall

PO Box 308, Lee
Tel: 738-2134

Lincoln Town Hall

75 Main St., Lincoln
Tel: 794-3372

Lowell Town Hall

PO Box 144, W. Enfield
Tel: 732-5177

Mattawamkeag Town Hall

PO Box 260, Mattawamkeag
Tel: 736-2464

Maxfield Town Hall

231 River Rd., Maxfield
Tel: 732-5639

Passadumkeag Town Hall

PO Box 75, Passadumkeag
Tel: 732-5111

Food & Nutrition

Bangor Area Shelter

263 Main St., Bangor
Tel: 947-6018

Crossroad Ministries

17 Center St., Old Town
Tel: 827-1298

Holy Family Food Pantry

(Open 4th Mon. of each month
From 8:30 to 9:30. Emergency
Assistance available other weekdays
At Parish Office.)
Tel: 827-4000

Oasis Food Bank

72 Laskey Ln., Hampden
Tel: 862-4287

Ofelia's Food Cupboard of Glenburn

831 Pushaw Rd., Glenburn
Tel: 945-6015

St. Mary's Community Food Cupboard

Ballard Hill Com. Center
RR 1 Box 3140, Lincoln
Tel: 794-3510

Tri-Town Baptist Food Pantry

8 Cone St., E. Millinocket
Tel: 746-2211

Silver Spoons Meals Program

Nutritious meals for ages 60 and older,
call for reservations, home delivery in Lincoln and Lee.
Ballard Hill Community Center
Lincoln, ME
Tel: 794-3219

Carmel Food Bank

1768 Damascus Rd., Carmel
Tel: 848-7111

Corinna United Methodist Church

47 Exeter Rd., Corinna
Tel: 278-3016

Brewer Christian Food Cupboard

21 Holyoke St., Brewer
Tel: 989-9623

Food Stamps Hotline-State of Maine

Tel: 1-800-452-4643

Manna, Inc.

180 Center St., Bangor
Tel: 990-2870

Meals for ME

www.eaaa.org/meals.htm
Eastern Agency on Aging
450 Essex St., Bangor
Tel: 941-2872 or 1-800-462-9899

Penobscot County Extension Office

307 Maine Ave., Bangor
Tel: 942-7396 or 1-800-287-1485

Temporary Assistance for Needy Families

396 Griffin Rd., Bangor
Tel: 561-4333 or 1-800-432-7825

W.I.C. Program

103 Texas Ave., Bangor
Tel: 945-3743 or 1-800-470-3768

Acadia Recovery Community

179 Indiana Ave., Bangor
Tel: 973-6426/973-4190

Chester Baptist Food Pantry

RR3 Box 1840, Lincoln
Tel: 794-2541

Dexter Community Food Closet

1st & 3rd Sat. in AM
130 Spring St., Dexter
Tel: 924-7419

ICM Church

Mon - Fri 9 AM to 5 PM
45 Spring St., Millinocket
Tel: 723-7977

Hotlines

Al-Anon Anonymous	1-800-425-2666
Alcoholics Anonymous	1-800-737-6237
Maine Alzheimer's Association 24 hour helpline, Statewide	1-800-660-2871
Suspected Child Abuse or Neglect TTY	1-800-452-1999 1-800-963-9490
Crisis Intervention, adults 24 hour phone help, emergency Info and referral	1-800-245-8889
Crisis Intervention, families, children, And youth Northeast Crisis Services, Phone help, emergency info and referral	1-800-499-9130
Domestic Violence Spruce Run	1-800-863-9909
Food Stamp Hotline	1-800-452-4643
Infoline Emergency	1-800-204-2803
Mental Health Crisis/Substance Abuse 24 hour hotline	1-888-568-1112
Mental Health, Warm Line A non-crisis phone line for persons with Mental illness and their families	1-800-490-8748
Narcotics Anonymous	1-800-974-0062
Poison Control Center	1-800-442-6305
Runaway National Switchboard	1-800-621-4000
Sexual Assault/Rape Response	1-800-310-0000