



## DIRECTORY OF

# COMMONLY REQUESTED COMMUNITY SERVICES

Brought to you locally by: United Way of the Tri-Valley Area

CALL **2-1-1** or 1-866-811-5695 or go on-line to [www.211Maine.org](http://www.211Maine.org)

for confidential help and information on local and state wide resources.

Also look to The Community Connector to find local services:

[www.TheCommunityConnector.org](http://www.TheCommunityConnector.org)

### EMERGENCY SERVICES

Emergency.....	9-1-1
American Red Cross United Valley Chapter .....	705-4004
Emergency Oil & Hazardous Materials Response .....	1-800-482-0777
Franklin County Emergency Management Agency .....	778-5892
Maine Emergency Management Agency .....	1-800-452-8735
Northern NE Poison Center .....	1-800-222-1222
NorthStar Emergency Medical Services .....	779-2770
Statewide Mental Health Crisis Line .....	1-888-568-1112

### ABUSE/ASSAULT

#### **Child Abuse**

Child Protective Services - DHHS.....	1-800-452-1999
Franklin County Children's Task Force .....	1-888-429-6960 or 778-6960

#### **Domestic Violence**

Abused Women's Advocacy Project (Farmington) .....	778-6107
..... Or the hotline .....	1-800-559-2927
Family Crisis Services (24-hour service) .....	1-800-537-6066
Domestic Abuse Helpline for Men & Women .....	1-888-743-5754
National Domestic Violence Hotline .....	1-800-799-7233

#### **Sexual Assault**

Sexual Assault Victims Emergency Services .....	778-6107
..... Or the hotline .....	1-866-740-9516

### DISABILITY SERVICES

Alpha One .....	1-800-640-7200
Department of Labor, Bureau of Rehabilitation .....	1-800-741-2991
Disability Rights Center .....	1-800-452-1948 or 626-2774
Franklin County Child Development Services .....	1-800-561-1165
IRIS (Maine Center for the Blind) .....	1-800-715-0097
LEAP (Life Enrichment Advancing People, Inc) .....	778-3443
Maine Center for Integrated Rehabilitation.....	872-0270
Maine Parent Federation (SPIN).....	1-800-870-7746
Maine Relay Service for the Deaf .....	7-1-1
Pine Tree Society.....	443-3341
Special Library Services-Books on Tape .....	1-800-762-7106
SeniorsPlus Connections & Disabilities Resources.....	1-800-234-3921
Vocational Rehabilitation .....	1-800-315-1192
Work First, Inc .....	778-3200

### EDUCATION & EMPLOYMENT SERVICES

ASPIRE/JOBS.....	1-800-482-7517
CareerCenter at Wilton.....	645-5800
Franklin County Community College Network.....	755-5100
Gold LEAF (Senior College) .....	778-7063
Jay and Livermore Falls Adult & Community Education.....	897-6384
Literacy Volunteers of Franklin and Somerset Counties.....	778-3460
MSAD #9 Adult & Community Education .....	778-3460
MSAD #58 Adult & Community Education .....	678-2701 ext. 226
Occupational Safety Hotline .....	1-800-321-6742
Pathway Partners School .....	678-2455
Parents as Scholars .....	778-8400
Rangeley Adult and Community Education.....	864-3311 ext. 126
Unemployment Insurance .....	1-800-593-7660
Univ. of Maine Farmington.....	778-7050
Univ. of Maine Cooperative Extension .....	1-800-287-1478 or 778-4650
Vocational Rehabilitation .....	1-800-315-1192
Women, Work & Community .....	1-800-442-2092 or 386-1664
Worker's Compensation Board .....	1-888-801-9087

### ELDER SERVICES

Adult Protective Services (24 hr. to report abuse) .....	1-800-624-8404
Alzheimer's Geriatric Evaluation Services (AGES) .....	1-800-930-2437
Elder Independence of Maine.....	1-888-234-3920
Eldercare Locator.....	1-800-677-1116
Legal Services for the Elderly.....	1-800-750-5353
Lifeline .....	1-800-242-1306, ext. 4706
Long Term Care Ombudsman.....	1-800-499-0229
Low Cost Drug Program-Elder/Disabled (ME.Rx Plus) .....	1-866-796-2463
Meals on Wheels.....	645-2550
Office of Elder Services.....	1-800-262-2232
SeniorsPlus.....	645-3315

### FAMILY & CHILDREN'S SERVICES

#### **Child Care Information and Vouchers**

Children's Emergency Services.....	1-800-452-1999
Community Concepts-Head Start.....	1-800-427-1251 ext. 4114
Finders/Seekers Resource Development Center.....	1-800-543-7008
Franklin County Child Development Services.....	1-800-561-1165
Western Maine Community Action .....	1-800-645-9636

#### **Child Care Centers/After School Programs**

Nursery School Program at Mt. Blue High School .....	778-3562
Sweatt-Winter Child Care & Education Center .....	778-7480
UMF Fitness and Recreation Center After School Program....	778-7138

#### **Mentoring and Scouting Programs**

Big Brothers/Big Sisters of Franklin County .....	782-5437
Franklin County Children's Task Force.....	1-888-429-6960
Girls Talk/Teen Voices .....	778-7347
Kennebec Girl Scout Council.....	1-800-660-1072
Pine Tree Council Boy Scouts of America .....	797-5252

#### **Parenting Resources**

Department of Health and Human Services.....	1-800-442-6382
Everyone's Resource Depot, Inc. ....	778-7150
Families in Transition (helping with separations) .....	1-800-287-1482
Franklin County Child Development Services.....	1-800-561-1165
Franklin County Children's Task Force.....	1-888-429-6960
KidsPeace (behavioral and mental health needs).....	1-800-854-3123
Mainly Parents .....	1-800-249-5506
The Maine Transition Network.....	592-0940

#### **Other**

Maine Kids-Kin (grandparents raising children) .....	1-866-298-0896
Runaway Hotline .....	1-800-786-2929

### FINANCIAL ASSISTANCE & SUPPORT PROGRAMS

#### **Clothing, Emergency Money, Food, Fuel, Mortgage, Rent, Utilities**

Abused Women's Advocacy Program Food Pantry .....	778-6107
Care & Share Food Closet FAEM.....	779-1798
Carthage Food Pantry .....	562-8874
Church of the Good Shepherd Food Bank.....	864-3394
Clearwater Ministry Food Pantry .....	778-4523
Coastal Enterprises, Inc. ....	1-877-340-2649/882-7552
Community Concepts .....	743-7716
Department of Health and Human Services.....	1-800-442-6382
Food Stamps in Franklin County .....	1-800-442-6382
Franklin County Ecumenical Heating Fund.....	1-800-645-9636
Franklin Health Access.....	1-888-952-2772
General Assistance .....	Local Town Office or Call 2-1-1
LIHEAP (Heating Assistance).....	1-800-645-9636 or 645-3764
MaineHousing.....	1-800-425-4668
Meals on Wheels.....	645-2550
Mt. Vernon First Baptist Church Food Bank.....	293-2273
Phillips Area Food Pantry.....	639-2423
Poverty Tax Abatement Information .....	1-800-438-3890
Public Utilities Commission .....	1-800-452-4699
Rural Community Action Ministry.....	524-3791 or 224-7505
Salvation Army Assistance Program .....	774-6304
Salvation Army-local communities.....	call 2-1-1
SeniorsPlus.....	645-3315
Social Security Administration .....	1-800-772-1213
Stratton/Eustis Food Pantry.....	246-6231
Tri-Town Ministerial Association.....	897-3063
United Methodist Economic Ministry.....	678-2611
Veterans Administration .....	1-800-827-1000
Western Maine Community Action .....	1-800-645-9636
Western Mountains Alliance.....	778-3885
Wilton Area Food Pantry .....	645-4885
Women, Infants & Children (WIC) .....	1-800-645-9636



### VOLUNTEERING or DONATING GOODS

<http://www.volunteermaine.org/>

e-mail: [info@uwtva.org](mailto:info@uwtva.org)

or call: 778-5048

**HOUSING & SHELTER**

Androscoggin County Habitat for Humanity ..... 786-2598
Community Concepts ..... 743-7716
Housing Discrimination..... 1-800-669-9777
Maine Housing Authority..... 1-800-452-4668
Poverty Tax Abatement..... call local Town Office
Property Tax & Rent Refund Program ..... 0624-7894
Rural Community Action Ministry ..... 524-3791 or 224-7505
Shelter Resources ..... 626-4632
Western Maine Community Action..... 1-800-645-9636

**LEGAL & TAX INFORMATION**

Abused Women's Advocacy Program..... 778-6107
Child Support Enforcement..... 624-7829
Consumer Credit Counseling Services ..... 1-866-889-9347
Credit Counseling Centers, Inc..... 1-800-539-2227
Finance Authority of Maine ..... 623-3263 or 1-800-228-3734
Franklin County District Attorney Office ..... 778-5890
Internal Revenue Service ..... 1-800-829-1040
Lawyer Info & Referral Service ..... 1-800-860-1460 or 622-1460
Legal Services for the Elderly ..... 1-800-750-5353
Maine Revenue Services..... 287-2076
Maine Attorney General's Office ..... 626-8800
Maine Civil Liberties Union ..... 774-5444
Maine Equal Justice Project ..... 626-7058
Maine Human Rights Commission..... 624-6063
Maine Volunteer Lawyers Project ..... 1-800-442-4293
Middle Ground Mediation..... 778-4457
Office of Consumer Credit Regulation ..... 1-800-332-8529
Pine Tree Legal Assistance-Augusta ..... 622-4731
Pine Tree Legal Assistance- Portland..... 774-8211
Property Tax Abatement Information ..... 1-800-438-3890
Property Tax and Rent Refund ..... 626-8475
Public Utilities Commission..... 1-800-452-4699
Social Security Administration ..... 1-800-772-1213
TEL LAW-recorded legal messages ..... 626-8849
The National Senior Citizens Law Center ..... 289-6976
Veterans Administration ..... 1-800-827-1000
Victim's Compensation Board..... 1-800-903-7882

**LEGISLATURE**

State Representatives ..... 1-800-423-2900
State Senators..... 1-800-426-6900

**TRANSPORTATION**

Community Concepts Farmington ..... 779-0594
Community Concepts main office ..... 1-877-603-0594
Western Maine Transportation Services ..... 1-800-393-9335.
Go Maine..... 1-800-280-RIDE

**HEALTH AND HEALTHCARE**

**HEALTH CARE**

Androscoggin Home Care and Hospice ..... 1-800-482-7412
Community Concepts ..... 743-7716
Consumers for Affordable Health Care & Healthcare Guide ... 622-7083
Department of Health and Human Services..... 1-800-442-6382
Franklin Community Health Network..... 778-6031 or 1-800-398-6031
Franklin Health Access..... 1-888-952-2772
Healthy Community Coalition ..... 1-800-525-3136
Lead Program..... 287-4311
Low-Cost Drug Program (Elder/Disabled)..... 1-866-796-2463
MaineCare HelpLine ..... 1-800-965-7476 or 1-877-543-7669
MaineCare Member Services ..... 1-800-977-6740
Maine HIV/STD/Hepatitis Hotline..... 1-800-232-4636
Medicare ..... 1-800-633-4227
National AIDS Hotline..... 1-800-232-4636
Northern NE Poison Center ..... 1-800-222-1222
Public Health Nursing ..... 1-800-452-4602
Western Maine Community Action..... 1-800-587-9346

**HOME HEALTH CARE**

Androscoggin Home Care and Hospice ..... 1-800-482-7412
Care & Comfort ..... 778-5515 or 1-866-397-3350
Catholic Charities Maine – Family Services ..... 1-800-781-8550
Goold Health Systems..... 1-800-832-9672
Home Care for Maine ..... 1-800-639-3084
Veterans TeleCare ..... 1-800-827-1000

**HOSPITALS/CLINICS**

Children's Dental Center..... 1-866-253-1461
Community Dental..... 779-2659
Family Planning of Maine ..... 622-7524
Franklin Health Livermore Falls Family Practice ..... 897-6601
Franklin Memorial Hospital ..... 1 800-398-6031
Healthy Community Coalition ..... 1-800-525-3136
HealthReach Community Health Centers ..... 1-800-427-1127
Mt. Abram Regional Health Center ..... 265-4555
Rangeley Family Medicine..... 864-3303
Strong Area Health Center..... 684-4010
Western Maine Family Health Center ..... 897-4345
Maine Donated Dental Services ..... 1-800-205-5615
NorthStar Emergency Medical Services (non emergency) ..... 779-2770
Planned Parenthood - Statewide ..... 1-877-326-2345
Senior-Dent ..... 1-800-427-1241
Strong Area Dental Center ..... 684-3045
Veterans Hospital -Togus ..... 1-877-421-8263 or 623-8411

**MENTAL HEALTH SERVICES**

Care & Comfort ..... 778-5515 or 1-866-397-3350
Community Correctional Alternatives..... 778-5600
Department of Health and Human Services..... 1-800-442-6382
Evergreen Behavioral Services..... 1-888-568-1112
Families in Transition..... 1-800-287-1482

Friends Together Peer Support and Recovery Center..... 897-1010
Maine Warm Line..... 1-866-771-9276
State of ME Behavioral and Developmental Services... 1-888-568-1112
Statewide Mental Health Crisis Hotline ..... 1-888-568-1112
Support Groups..... Call 2-1-1
Sweetser Mental Health Services..... 645-2376
Therapist Search-Line..... 1-800-386-4096
Tri-County Mental Health ..... 1-800-559-3556

**SUBSTANCE ABUSE**

Alanon-Statewide ..... 1-800-498-1844
Alcoholics Anonymous - Statewide..... 1-800-737-6237
Crossroads for Women ..... 773-9931
Evergreen Behavioral Services ..... 1-888-568-1112
Maine Office of Substance Abuse ..... 1-800-499-0027
Maine Tobacco Helpline..... 1-800-207-1230
Narcotics Anonymous ..... 1-800-974-0062
New Directions..... 938-4431
Overeaters Anonymous 24 hour hotline ..... 774-4357
Support Groups ..... Call 2-1-1
Sweetser..... 645-2376
Tri-County Mental Health ..... 1-800-559-3556



2-1-1 Maine is a FREE statewide information and referral service available 24 hours a day, 365 days a year.

- ★ Simply DIAL 2-1-1, Or visit the on-line 2-1-1 Maine database, with over 9,000 human service programs, at www.211Maine.org
- ★ 2-1-1 is available throughout Maine, but cell phone & workplace phone access varies. If you can't dial 2-1-1, Please call 1-866-811-5695.
- ★ If you know of a service in The Tri-Valley Area that is not listed or listed incorrectly, please email debra@unitedwaymidme.org or call 873-0686.



The Community Connector is a program of Healthy Community Coalition, an affiliate of Franklin Community Health Network, connecting people to local health and human service resources in Greater Franklin County.

- ★ The Community Connector is a simple click away. Visit www.TheCommunityConnector.org to find local health and human services for the Greater Franklin County Area.
- ★ If you know of a service in The Tri-Valley Area that is not listed or listed incorrectly, please email: adyer@fchn.org or call 778-5048.

Brought to you locally by:



United Way of the Tri-Valley Area

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