



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

for confidential help and information on local and state wide resources.
Also look to The Community Connector to find local services:

www.TheCommunityConnector.org

CRISIS / EMERGENCY SERVICES

- Emergency.....9-1-1
- AIDS hotline (Portland)..... 1-800-851-2437
- 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
- National Center for Missing/Exploited Children..... 1-800-843-5678
- Northern NE Poison Center 1-800-222-1222
- NorthStar Emergency Medical Services 779-2770
- Statewide Mental Health Suicide/ 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
- Peace in Our Families 1-800-525-3136
- Sexual Assault**
- Sexual Assault Victims Emergency Services 778-9522
- Or the helpline 1-871-7741
- For cell phone users 1-866-740-9516

DISABILITY SERVICES

- Alpha One 1-800-640-7200
- Department of Health and Human Services (Franklin County) 778-8400
- 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
- Career Center (East Wilton) 645-5800
- Foster Regional Applied Technology Center..... 778-3562
- Franklin County Community College Network..... 755-5100
- Gold LEAF (Senior College) 778-7063
- Jay and Livermore Falls Adult & Community Education 897-6384
- Jobs for Maine Graduates..... 778-3562
- 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
- Opportunity Center 639-5000
- Pathway Partners School 678-2455
- Parents as Scholars 778-8400
- Rangley 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
- Western Maine Community Action..... 1-800-982-4311
- Women, Work & Community 1-800-442-2092 or 386-1664
- Worker's Compensation Board 1-888-801-9087
- Women's Business Center..... 778-6529
- WorkReady..... 778-3460

VOLUNTEERING or DONATING GOODS

<http://www.volunteermaine.org/>
e-mail: info@uwtva.org
or call: 778-5048

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
- Child Care Resource and Referral(Tri-County)..... 1-800-866-5588
- Child Development Center (Farmington)..... 778-6262
- 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
- New Beginnings outreach (Farmington)..... 778-6193
- 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..... 778-8833
- Carthage Food Pantry 562-8874
- Catholic Charities Maine..... 1-800-287-1478
- Catholic Charities Maine (Cooperative Extension Service)..... 778-4650
- 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 1-800-482-7517
- Farmington 778-4010
- 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
- Good Neighbor Tri-Town Fuel Assistance..... 897-3851 or 897-2070
- LIHEAP/HEAP (Heating Assistance) 1-800-645-9636 or 645-3764
- MaineHousing..... 1-800-425-4668



Meals on Wheels.....	645-2550
Modest Needs.....	212-463-7042
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.....	897-2070 or 897-2656
United Methodist Economic Ministry.....	678-2611
Veterans Administration.....	1-800-827-1000
Western Maine Community Action.....	1-800-645-9636
Wilton Area Food Pantry.....	645-4885
West Side Traders (furniture).....	778-1406
Women, Infants & Children (WIC).....	1-800-645-9636

HOUSING & SHELTER

Affordable Housing (Wilton).....	645-3764
Androscoggin County Habitat for Humanity.....	786-2598
Community Concepts.....	743-7716
Housing Discrimination.....	1-800-669-9777
Maine Housing Authority.....	1-800-425-4668
Mission at the Eastward (Farmington).....	778-4705
Poverty Tax Abatement.....	call local Town Office
Property Tax & Rent Refund Program (for applications only).....	624-7894
Rural Community Action Ministry.....	524-3791 or 224-7505
Shelter Resources.....	626-4632
Western Maine Community Action.....	1-800-645-9636
New Beginnings.....	778-6193

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 (for filing assistance).....	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
Rangeley Regional Health Appointment Transportation.....	864-3765
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
Goold Health Systems.....	1-800-609-7893
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
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.....	1-800-366-5302
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 Practices.....	778-6031
Physician Referral Line.....	1-800-450-2075
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.....	1-800-366-5302
Community Correctional Alternatives.....	778-5600
Department of Health and Human Services.....	1-800-442-6382
Evergreen Behavioral Services.....	1-800-568-1112
Evergreen Behavioral Crisis Line.....	1-800-394-1900
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
Tri-County Crisis Line.....	1-888-568-1112

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
Every Mother's Wish.....	1-800-207-1230
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 afischang@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.