

## RESOURCE INFORMATION

### CITY OF SOUTH PORTLAND GENERAL ASSISTANCE/SOCIAL SERVICES

25 Cottage Road  
South Portland, ME  
(207) 767-7617  
[www.southportland.org](http://www.southportland.org)

The South Portland General Assistance program may be able to help with basic needs: Rent, Utilities, Food & Medical Care.

The programs/resources outlined below may be able to assist you in paying your bills & offer solutions to current concerns. If you are behind in your utility payments, it is important to first try to make payment arrangements with your utility provider. Keep in mind that all of the programs/resources listed here have eligibility requirements, which means that you may not qualify for every program. In addition, most of these programs/resources are designed to meet emergency needs, not to pay your bills on a regular basis.

To supplement the following information relative to food, clothing or help finding a job, dial 2-1-1 or visit [www.211maine.org](http://www.211maine.org). Or if you are unable to dial 211 on your phone for any reason you may call 1-877-463-6207.

You may also want to consider programs that offer home repairs and upgrades to help you use less energy and reduce your monthly bill. Visit [www.energymaine.org](http://www.energymaine.org) for other valuable energy assistance information for resources. The site provides you with some basic energy conservation and safety tips and contains links to many other energy sites.

**Department Health & Human Services: 1-800-482-7520 -or- 207-822-2000**

[Adult Protective Services](#)

[Children's Services](#)

[DHHS](#)

[Domestic Violence Victims](#)

[Education & Training](#)

[Employment](#)

[Family](#)

[Housing](#)

[Home Repair](#)

[Legal](#)

[Life Skills](#)

[Medical](#)

[Mental Health/Substance Abuse Services](#)

[Money & Credit Counseling / Foreclosure](#)

[Pets](#)

[Phone/Cable](#)

[Pregnant and/or Parenting](#)

[Refugee Services](#)

[Senior Services](#)

[Shelters](#)

[Subsidized Housing](#)

[Substance Abuse Treatment](#)

[State Refund/Referral](#)

[Tax Return Assistance](#)

[Transportation](#)

[Unemployment](#)

[Utility Programs](#)

[Veterans](#)

Home Ownership  
Nutrition / Food Programs & Non Food

Women's Programs

NAME	DESCRIPTION	CONTACT INFORMATION/URL
<b>ADULT</b>	<b>ADULT</b>	<b>ADULT</b>
Adult Protective	Protection for Adults at risk	1-800-624-8404
<b>CHILDREN'S SERVICES</b>	<b>CHILDREN'S SERVICES</b>	<b>CHILDREN'S SERVICES</b>
Opportunity Alliance Child and Family Services	Opportunity Alliance Child and Family Services provides Early Head Start, Head Start, and Child Care services to qualifying families throughout Cumberland County. Some programs run for a half day, part year, some are full day, full year, and others are family visiting programs. Families must meet certain criteria to be eligible to participate in these programs.	Opportunity Alliance Client Service Center 50 Lydia Lane South Portland, ME 04106  (207) 553-5816
Children's Closet	Clothing Open every 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday & 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday from 9:00 AM - 11:00 AM.	First Congregational Church 301 Cottage Road South Portland, ME 04106  (207) 799-3361
<b>DHHS</b>	<b>DHHS 1-800-482-7520</b>	<b>DHHS</b>
AAA Alternative Aid Assistance	Alternative Aid: a benefit for those who choose not to apply for TANF on an on-going basis but need short-term support in order to become, or to stay, employed. This benefit - worth up to 3 months of TANF support - is available once in a 12-month period.	More information available here <a href="http://www.mejp.org/alternativeaid.htm">http://www.mejp.org/alternativeaid.htm</a>
ASPIRE: TANF	TANF & PAS Recipients: <ul style="list-style-type: none"> <li>• May be able to assist with Childcare for children under the age of 13 or if over the age of 13, children who are physically or mentally unable to care for themselves.</li> <li>• Transportation</li> <li>• Respite Childcare: Childcare during hours when you are not doing activities in the Family Contract (for</li> </ul>	1-800-482-7520 822-2000  DHHS 151 Jetport Blvd., South Portland, ME 04106

	<p>shopping, health care appointments, other personal care appointment). Limited to 25 hours in any 90 days.</p> <ul style="list-style-type: none"> <li>• Auto Repairs: up to \$500 every 12 months for needed Repairs on a vehicle registered in your name</li> <li>• Auto Liability Insurance</li> <li>• Books and Supplies</li> <li>• Clothing and uniforms</li> <li>• Eye Care</li> <li>• Dental Care</li> <li>• Occupational Expenses</li> <li>• Moving Costs</li> </ul>	
<b>Child Protective Intake</b>	<b>Children at risk</b>	<b>(800) 452-1999 available 24/7</b>
<b>Child Support Enforcement DSER</b>	<p><b>Enforcement &amp; collection activities on behalf of both welfare &amp; non-welfare children.</b>  <b>If you suspect a child under the age of 18 is being abused or neglected by a parent or caregiver.</b></p>	<b>(800) 452-1999 available 24/7</b>
<b>Emergency Assistance</b>	<p><b>Emergency Assistance (Range \$150- \$600): There are five categories of EA;</b>  <b>1) Disasters, 2) Repair/Replace (this could replace or repair a well, chimney, or stove etc), 3) Emergency Housing, 4) Utilities, 5) Special Medical Equipment or Clothing.</b>  <b>Families with eligible children</b>  <u><b>Eligible Child</b></u></p> <ul style="list-style-type: none"> <li>• Under 21 years</li> <li>• Living with specified relative in Maine or lived with specified relative within 6 months prior to application</li> <li>• Women in last Trimester</li> <li>• Prevention of crisis program</li> </ul>	<p><b>For more information and specific application instructions go to</b>  <b><a href="http://www.ptla.org/emergency-assistance">http://www.ptla.org/emergency-assistance</a></b>  <b>1-800-442-6003</b>  <b>DHHS</b>  <b>151 JetPort Blvd</b>  <b>South Portland, ME 04106</b>  <b>822-2000 or 1-800-482-7520</b>  <b>TDD/TTY 1-888-720-1925</b></p>
<b>Food Supplements</b>	<ul style="list-style-type: none"> <li>• Formerly food stamps</li> <li>• Low income individuals residing in Maine</li> <li>• In need must meet income and asset guidelines unless categorically eligible</li> </ul>	<p><b>Apply online @</b>  <b><a href="http://www.maine.gov">www.maine.gov</a> or visit DHHS kiosk on 151 JetPort Blvd, South Portland, ME 04106</b></p>

	<ul style="list-style-type: none"> <li>• U.S. Citizen or qualified non-citizen</li> <li>• Some non-citizens may be eligible for State-Funded benefits</li> <li>• Post-secondary students must meet certain conditions.</li> </ul>	
Maine Care	Health care	(207) 822-2000
PAS (Parents as Scholars)	<p>Similar to TANF- educational</p> <p>Also, must</p> <ul style="list-style-type: none"> <li>• Be enrolled full-time 2 – 4 year degree program</li> <li>• Not have marketable Bachelor’s Degree</li> <li>• Not have skills to earn at least 85% Maine’s median wage.</li> <li>• Be pursuing degree that will improve ability to support a family</li> <li>• Be able to succeed in educational program chosen.</li> </ul>	<p>1-800-442-6003</p> <p>DHHS</p> <p>151 JetPort Blvd</p> <p>South Portland, ME 04106</p> <p>822-2000 or 1-800-482-7520</p> <p>TDD/TTY 1-888-720-1925</p>
RCA	<p>Refugee defined by Federal Government INS</p> <ul style="list-style-type: none"> <li>• No deprivation criteria/no children required</li> <li>• Limited to 8 months beginning with land date</li> <li>• Most eligibility criteria are same as TANF.</li> </ul>	<p>1-800-442-6003</p> <p>DHHS</p> <p>151 JetPort Blvd</p> <p>South Portland, ME 04106</p> <p>822-2000 or 1-800-482-7520</p> <p>TDD/TTY 1-888-720-1925</p>
SSI State Supplement	<p>May add add’l \$10 – 15/mo</p> <p>Supplemental Security Income (SSI) is a needs-based program, providing financial aid to disable people who meet low-income guidelines. SSI program benefits are available to the disabled regardless of their employment history.</p>	<p>1-800-442-6003</p> <p>DHHS</p> <p>822-2000 or 1-800-482-7520</p> <p>TDD/TTY 1-888-720-1925</p>
SSI State Supplement State MOE (for Maine Care)	<p>Low income individuals who do not have sufficient work quarter credits to get full Social Security benefits. The State Supplement supplements the SSI benefit which is a cash benefit to low income elderly and disabled individuals. Eligibility for SSI has nothing to do with work quarters for SSA.</p> <ul style="list-style-type: none"> <li>• Must be disable or over 65 years</li> </ul>	<p>1-800-442-6003</p> <p>DHHS</p> <p>822-2000 or 1-800-482-7520</p> <p>TDD/TTY 1-888-720-1925</p>

	<ul style="list-style-type: none"> <li>• Individuals who receive SSI, or</li> <li>• Individuals who would be eligible for SSI except for income and citizenship.</li> <li>• Income is based solely on the individual or couple and countable income must be below \$684 for an individual and \$1026 for a couple</li> </ul>	
<b>TANF</b>	<b>Temporary Assistance for Needy Families</b> <ul style="list-style-type: none"> <li>• Families with an eligible child</li> </ul> <u>Eligible Child:</u> <ul style="list-style-type: none"> <li>• Deprived of parental support</li> <li>• Under age 18</li> <li>• Living with parent or specified relative in Maine</li> <li>• U.S. Citizen or qualified Non-Citizen.</li> <li>• In need must meet income and asset guidelines</li> <li>• A child in involuntary child welfare custody is not an eligible child.</li> <li>• Women in last Trimester.</li> </ul>	<b>1-800-442-6003</b> <b>DHHS</b> <b>822-2000 or 1-800-482-7520</b> <b>TDD/TTY 1-888-720-1925</b>
<b>DOMESTIC VIOLENCE VICTIMS</b>	<b>DOMESTIC VIOLENCE VICTIMS</b>	<b>DOMESTIC VIOLENCE VICTIMS</b>
<b>Family Crisis Services</b>	<b>Family in crisis</b>	<b>1-800-537-6066 or</b> <b>(207) 874-1973</b> <a href="http://www.familycrisis.org">www.familycrisis.org</a>
<b>Maine Victims Compensation Program</b>	<p>If you or someone you know is the victim of a violent crime, the Maine Victims' Compensation Program in the Attorney General's Office may be able to help. The Victims' Compensation Program provides financial reimbursement for losses suffered by victims of violent crime and their families.</p>	<a href="http://www.maine.gov/ag/crime/victims_compensation/index.shtml">http://www.maine.gov/ag/crime/victims_compensation/index.shtml</a> Victims' Compensation Program Maine Office of the Attorney General 6 State House Station Augusta, Maine 04333-0006 Tel: (207) 624-7882, or (800) 903-7882
<b>McAuley Residence</b>	<p>Celebrating 23 years of excellence, McAuley Residence provides a safe environment and a comprehensive transitional housing program offering life skills, counseling, emotional support, and mentoring to women in need, with or without children. The program helps participants develop the skills necessary for self-</p>	<b>MCAULEY RESIDENCE</b> 68 High Street Portland, ME 04101 Phone: (207) 747-4121 <a href="https://mercyhospital.org/Me">https://mercyhospital.org/Me</a>

	sufficiency and to live in a manner that improves their lives in a real and meaningful way. McAuley Residence is guided by the Sisters of Mercy philosophy of compassionate care for all, with special concern for disadvantaged women and children.	rcy-In-the-Community/McAuley-Residence.aspx
<b>EDUCATION &amp; TRAINING</b>	<b>EDUCATION &amp; TRAINING</b>	<b>EDUCATION &amp; TRAINING</b>
Portland Adult Education	High school & GED diploma, basic skills tutoring, office skills certificates, certified nurse assistant program, English as a second language, vocational skills, academic classes, College Connection, foreign language courses, Street Academy, office & computer skills.	(207) 775-0432 <a href="http://www.portlandadulted.org">www.portlandadulted.org</a>
Women Unlimited	This program helps improve the economic well being of Maine women by providing access to & support in trade, technical & transportation careers. Located in Augusta, non traditional training offered in various locations. Ask Career Staff	(207) 623-7576 (800) 281-5259
Women, Work & Community	A program designed for women who have been out of the community workforce for a long time. There are some restrictions, but if you have worked at home most of your life & need special assistance to re-enter the local job market.	(207) 799-5025 <a href="http://newventuresmaine.org/">http://newventuresmaine.org/</a>
<b>EMPLOYMENT</b>	<b>EMPLOYMENT</b>	<b>EMPLOYMENT</b>
Adecco Employment Agency	Temporary & Permanent Placement Center	20 Free Street Portland, ME (207) 772-2882 <a href="http://www.adeccousa.com/Pages/Welcome.aspx">http://www.adeccousa.com/Pages/Welcome.aspx</a>
Career Center Vocational Rehab	Located in South Portland, assistance with career counseling.	(877) 594-5627 <a href="http://www.mainecareercenter.com">www.mainecareercenter.com</a>
Robert Half Portland	Employment agency	<a href="https://www.roberthalf.com/portland-maine?medium=tsa&amp;gclid=CMaNhpPlwssCFQ6LaQod6kgEtQ&amp;gclsrc=aw.ds">https://www.roberthalf.com/portland-maine?medium=tsa&amp;gclid=CMaNhpPlwssCFQ6LaQod6kgEtQ&amp;gclsrc=aw.ds</a> 844-824-8455

Springborn Staffing	107 Exchange Street Portland, ME	(207) 761-8367 <a href="http://www.springbornstaffing.com/">http://www.springbornstaffing.com/</a>
Bonney Staffing Center	21 Donald B Dean Drive South Portland, ME	(207)773-3829 <a href="http://www.bonneystaffing.com/">http://www.bonneystaffing.com/</a>
Pro Search Inc.	70 Center Street #3	(207) 775-7600 <a href="http://www.psicareers.com/">http://www.psicareers.com/</a>
Employment Search Engines		<a href="http://www.Indeed.com">www.Indeed.com</a> <a href="http://www.jobsinme.com">www.jobsinme.com</a> <a href="http://www.craigslist.com">www.craigslist.com</a> <a href="http://www.southernmainehelpwanted.com">www.southernmainehelpwanted.com</a>
Unemployment	Compensation for unemployment	(800) 593-7660
<b>FAMILY</b>	<b>FAMILY</b>	<b>FAMILY</b>
Good Cause Thrift Shop	Clothing	16 Forest Avenue Portland, ME (207) 772-4903
Clothing Swap Shop	Clothing Swap Shop You do not necessarily have to bring clothing to swap.	Elm Street United Methodist Church Chapel Street South Portland 9 AM-3PM Every first Saturday of every month
Grandfamilies	Maine Kids-Kin provides services for grandparents, aunts, uncles, siblings, cousins and extended family who are raising relatives children. Provides information and referrals on legal, financial and family challenges, as well as provide respite and emergency funds, a resource library, clothing exchange, and support and activity groups.	869 Main Street, Suite 900 Westbrook, ME 04092 1-800-870-7746(Maine only) Phone: 207-588-1933 <a href="http://www.startingpointsforme.org/content/maine-kids-kin">http://www.startingpointsforme.org/content/maine-kids-kin</a>
Southern Maine Agency on Aging	Family Caregiver Support provides support groups, education, counseling & respite.	SMAAA 136 US Route One Scarborough, ME 04074

		(207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
Southern Maine Agency on Aging	Grocery Shopping Assistance for people 60+.	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
<b>HOUSING</b>	<b>HOUSING</b>	<b>HOUSING</b>
Avesta Housing/BrickHill	Housing Development	80 Brickhill Avenue South Portland, ME (207) 553-7777 <a href="http://www.avestahousing.org">www.avestahousing.org</a>
BRAP	Bridging Rental Assistance Program through the Shalom House. Designed to assist individuals with psychiatric disabilities, with housing assistance for up to 24 months or until they are awarded a Section 8 Voucher.	Shalom House 106 Gilman Street Portland, ME (207) 874-1080 <a href="http://www.shalomhouseinc.org">www.shalomhouseinc.org</a>
Friendship House	Sober/Substance Free Living for Men  Friendship House is a shelter for men who are in early recovery from substance abuse. Founded in 1985 by Louise and Claude Montgomery, Friendship House provided a safe and nurturing environment at its original Portland, Maine location until relocating to South Portland in 2003. Built on Christian values and a 12-step philosophy, the house continues to operate under the same principles as Louise and Claude set forth 24 years ago. Friendship House is run entirely on private donations and is not supported by Federal, State or Local Governments.	767-7395 \$80.00/wk for the 1 <sup>st</sup> 2 wks. \$90.00/wk for the next 8 wks. Final 10 wk \$100./wk
Greater Portland Habitat for Humanity	Build simple, decent, affordable homes & renovate family-owned homes in partnership with people in need & community support.	565 Congress Street #201 Portland, Me (207) 772-2151
Maine State Housing Authority	The HCV program provides rental assistance to income-eligible tenants by subsidizing a portion of	(207) 773-4140 1.877.428.8844 <a href="http://www.mainehousingsearch.org">www.mainehousingsearch.org</a>



	<p>their monthly rent and utilities and paying it directly to their landlords. The assistance provided is the difference between what the tenant pays toward rent and the cost of the rent.</p> <p>MaineHousing offers its HCV program in areas of the state not served by local housing authorities. (Local housing authorities offer HCV programs within their own service territories.) MaineHousing's HCV program helps more than 3,800 low-income households each month.</p> <p>In 2012, MaineHousing will be phasing out its contracts with local agents and will be assuming responsibility for directly delivering its HCV program in all 16 counties.</p>	
Martha's Cottage	3 BR residence for elder victims of domestic violence, sexual assault or stalking who are fleeing from their current residence because of this violence. The residence offers no cost independent living in a shared home in the Portland area. The home is not staffed. A resident can live at this home for up to two years. One BR is handicapped accessible. Small pets may be allowed if no other resident has allergies,	Linda Weare 207-767-4952 <a href="mailto:familycrisis@familycrisis.org">familycrisis@familycrisis.org</a> <a href="http://www.familycrisis.org">www.familycrisis.org</a>
Olde English Village		503 Westbrook Street South Portland, ME (207) 774-3337
Portland Housing Authority	Housing subsidized by the US Department of Housing & Urban Development & the Housing Choice Voucher Program, which are rent subsidies for decent, safe & sanitary housing, includes apartments, mobile homes or a house from a landlord, subsidy for utilities if included in rent, if utilities are not included, program may pay a larger portion of the rent, rental assistance subsidizes a portion	14 Baxter Boulevard Portland, ME (207) 773-4753 <a href="http://www.porthousing.org">www.porthousing.org</a>

	<b>of monthly rent &amp; pays the portion directly to the landlord. Eligibility dependent on income guidelines.</b>	
<b>RAC</b>	<b>Rental Assistance Coupon Plus Program Funds are used to assist certain categories of families and individuals in the State of Maine, who have been homeless for seven or more consecutive days and who are also willing to participate in a self-sufficiency program. Preference will be given to individuals and families who fall into one of the following categories: Youth (18 to 24) or emancipated minor Families, with two or more persons Individuals referred by correctional case workers or probation officers Victims of domestic violence.</b>	<b>Wayne Russell (207) 775-4879</b>
<b>RedBank</b>	<b>Housing Development</b>	<b>62 McCarthur Circle South Portland, ME (207) 772-3691</b>
<b>Senior Rental Housing</b>	<b>Opportunity Alliance has developed 103 rental units in the cities of Portland &amp; Westbrook, including Portland's only "green" senior housing facility. Bayside East. All property management/rental information (except Gray Street) is available through Preservation Management (207) 774-0501. For Gray Street rental information, contact Portland west (207) 775-0105</b>	<b>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME (207) 553-5800 <a href="mailto:www.rentals@propeople.org">www.rentals@propeople.org</a></b>
<b>Shelter Plus Care</b>	<b>Shelter Plus Care Program through Shalom House. Federal program funded by the U.S. Department of Housing and Urban Development (HUD) designed to provide rental subsidies and supportive services to homeless individuals with disabilities, primarily those with chronic mental illness, substance abuse, and HIV/AIDS. Program participants pay 30% of their income towards rent and Shelter Plus Care subsidizes the remaining portion of the rent. Following a Housing First model, initial APC recipients are encouraged, but not required to accept the provision of services to go hand in hand with the voucher.</b>	<b>Shalom House 106 Gilman Street Portland, ME  (207) 874-1080  <a href="http://www.shalomhouseinc.org">www.shalomhouseinc.org</a></b>
<b>South Portland Housing Authority</b>	<b>Provide quality housing for low to moderate income elderly, individuals w/ disabilities &amp; families in need. 5 Programs are administered: Their Properties:</b>	<b>100 Waterman Drive, Suite 101 South Portland, ME 04106</b>

	<p>Units available for elderly, handicapped or disabled include: Efficiencies, 1 &amp; 2 bedroom units. Water, heat, electric, gas included.  Family units available.  <b>PUBLIC HOUSING:</b>  Low-income, elderly, disabled, handicapped &amp; families, Resident pays 30% of income for rent.  <b>RIDGELAND ESTATES:</b> Affordable Housing, 2 rent levels, persons 55 years of age or older.  <b>MILLCOVE:</b> 30% of income for rent. Determined by Maine State Housing Authority.  <b>ADAM COURT:</b> 30% of income, determined by HUD  <b>SECTION 8 VOUCHERS:</b> 30% of income, HUD  The South Portland Housing Authority accepts applications for its waiting lists usually 2 times per year.  Applicants who live or work in South Portland have a preference on the waiting list. This means they will be housed before all others.</p>	<p>Tel: (207)773-4140  Fax: 207-773-4006  Monday – Friday:  8 AM – 4 PM</p> <p><a href="http://www.spha.net">www.spha.net</a></p>
<b>STEP</b>	<p><b>Stability Through Engagement Program</b></p> <p>STEP is designed to provide short term rental assistance for 3-6 months to help individuals and families achieve housing stability. The focus is on rapidly re-housing people who are homeless and referred by a shelter in one of the six counties where the program is offered. Participating Homeless Shelters and Office of Substance Abuse Service Providers select people for this program based on need and the likelihood that the participant, with the help of STEP, can achieve housing stability within 6 months. STEP currently is offered in Androscoggin, Cumberland, Kennebec, Knox, Penobscot and York Counties.</p>	<p>STEP Program Administrator;  Barbara Brann 626-4677  Wayne Russell  (207) 775-4879</p>
<b>VASH</b>	<p><b>Veteran’s Affordable Supportive Housing</b>  Wendy Thomas – Manager  Similar to Section 8 &amp; may also include Veteran’s families</p>	<p>(207) 623-8411</p>
<b>Westbrook Housing</b>	<p>30 Liza Harmon Dr. #500</p>	<p>(207) 854-9779  <a href="http://www.westbrookhousing.org">http://www.westbrookhousing.org</a></p>
<b>HOME REPAIR</b>	<b>HOME REPAIR</b>	<b>HOME REPAIR</b>
Furnace/Household Repair	Portland’s Home Program	Mary Davis: 874-8698

	Low Interest PACE Loan	Efficiencymane.com
<b>LEGAL</b>	<b>LEGAL</b>	<b>LEGAL</b>
Covering Kids & Families Helpline	Helps with healthcare coverage questions, referrals, assistance with applying for MaineCare & other programs that are available in Maine. There is also an attorney on staff who can help with private insurance disputes.	(800) 965-7476
Immigrant Legal Advocacy Project	Provides legal assistance on issues such as family law, divorce, custody, bankruptcy, social security disability, foreclosure for people with low incomes. They do not handle criminal law.	(207) 780-1593 (800) 497-8508
Pine Tree Legal	Legal Help/Advice Free Foreclosure Prevention Clinics	88 Federal Street Portland, ME (207) 774-8211
Southern Maine Agency on Aging	Money Minders - bill paying and budgeting for older people with low incomes.	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
Volunteer Lawyer Project	Legal Advice	(207) 774-4348 (800) 442-4293
<b>LIFE SKILLS</b>	<b>LIFE SKILLS</b>	<b>LIFE SKILLS</b>
Tools for Life	TFL program at the Salvation Army will give you everything you need to build yourself up and walk confidently toward your goals. Class sessions will be interactive and fun. Pre-registration required & a commitment to attend all six classes to receive a certificate of completion. No cost to attend. Content consists of "Eat Well, Don't Stress, Meals & Menu, Finding Your Career, Parenting, & Clean Sweep"	297 Cumberland Avenue Portland, ME  (207) 774-4172  <a href="http://www.portland.salvationarmymaine.org">www.portland.salvationarmymaine.org</a>
<b>MEDICAL/DENTAL/EYES</b>	<b>MEDICAL/DENTAL/EYES</b>	<b>MEDICAL/DENTAL/EYES</b>
Southern Maine Agency on Aging - Alzheimer	Truslow Adult Day Center in Saco serves Cumberland county residents who have Alzheimer's or another dementia and need a safe place to be during the day along with therapeutic engagement. It's the only free-standing day center in Southern Maine	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411

		<a href="http://www.smaaa.org">www.smaaa.org</a>
<b>Care Partners</b>	Low cost or no cost healthcare program. Works in partnership with Maine Medical Center's Uncompensated Care Program. Care Partners is a large group of Drs, hosp, who have vol. to provide various health care services, ie regular check-ups & care when you are sick, prescription medications you can afford, lab, x-ray & hospital services at no cost, referrals to services and resources.	(207) 662-7000 or (877) 626-1684 or (207) 662-7967
<b>Portland Community Health Center</b>	South Portland	
<b>Healthcare for the Homeless</b>	Homeless HealthCare: No cost comprehensive primary medical care, behavioral health & dental services for individuals who are homeless.	20 Portland Street (207) 874-8445 Medical Services (207) 874-8450 Dental  <a href="http://www.portlandmaine.gov/hhs/phindigentcare.asp">www.portlandmaine.gov/hhs/phindigentcare.asp</a>
<b>HOPWA</b>	Housing Opportunity with Persons with Aids. Through Peabody Agency, provides services to clients living with HIV & Aids within Cumberland County all types of assistance including housing, case management. At or below 80% of income for the household size. Need to be clients of Franny Peabody & apply through case managers. May access rental assistance through any ASO in Maine. There is a waiting list of approximately one year. They contract with Shalom House for the rental portion. 30% of adjusted gross income. Short term mortgage rent and utility..... for assistance for current and back payments in an effort to avoid homelessness. GA eligibility is first. Permanent Housing placement: may be used for security deposits, first month rent, application fee. This is permanent housing.	Heather Doyon 335 Valley Street Portland, ME (207) 774-6877
<b>Maine Care</b>	Through DHHS	DHHS 151 JetPort Blvd South Portland, ME <a href="http://www.maine.gov/dhhs/index.shtm">http://www.maine.gov/dhhs/index.shtm</a>

<p><b>Maine Care Family &amp; Friends Program</b></p>	<p>Family members who drive a MaineCare eligible rider to a MaineCare appointment may receive reimbursement as part of a program offered by RTP. You can receive this reimbursement if you are a MaineCare eligible client and are driving yourself to your appointments.</p>	<p>For more information or to receive authorization numbers, call 774-2666</p>
<p><b>Med Access</b></p>	<p><b>Medication Based</b></p>	<p>Medication assistance, income base 200 – 300% of FPL 662-7968. Coordinates with pharmaceutical companies</p>
<p><b>Portland Community Health Center</b></p>	<p>Portland Community Health Center (PCHC) is a full-service, primary care medical facility serving the Greater Portland area. The Health Center accepts all private insurance as well as Medicare and Medicaid. There is a sliding fee scale available for patients without insurance. The Health Center's focus is on becoming a primary care provider (PCP) and a 'medical home' for those in need of consistent care and services.</p> <p>Interpreter services are available for those whose primary language is not English.</p> <p>Other services provided include: Case management, mental health counseling, healthcare discount enrollment, and clothing</p>	<p>100 Brick Hill Ave. South Portland, ME</p> <p>(207)874-2141</p> <p>(Mention you would like an appointment at Brick Hill) 180 Park Avenue Floor 1 Portland, ME</p> <p>(207) 482-5000</p> <p><a href="http://www.portlandmaine.gov/hhs/phpchcmain.asp">www.portlandmaine.gov/hhs/phpchcmain.asp</a></p>
<p><b>Portland Community Free Clinic</b></p>	<p>Requirements: Cumberland Cty resident, uninsured, in stable housing, ages 18 – 64, low income, appointment only (207) 874-8982. Volunteer physicians, nurses &amp; receptionists donate time to provide health care. Services include physical exams, pap screenings, sick visits, well visits, disease management, health screenings &amp; nutrition counseling, scheduled office visits. Single adult income not to exceed \$27,000.</p>	<p>103 India Street East End Portland, ME</p> <p>(207) 874-8982</p> <p><a href="http://www.ci.portland.me.us/hhs/p/aboutus.asp">www.ci.portland.me.us/hhs/p/aboutus.asp</a></p>

<b>Social Security Disability</b>	<b>The Simple Dollar</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.thesimpledollar.com/disability-benefits-guide/">http://www.thesimpledollar.com/disability-benefits-guide/</a></li> <li>• <a href="http://www.thesimpledollar.com/disability-benefits-guide/#social-security-disability-benefit-calculator">http://www.thesimpledollar.com/disability-benefits-guide/#social-security-disability-benefit-calculator</a></li> </ul>
<b>Uncompensated Care</b>	<b>Through Mercy Hospital</b>	<b>(207) 879-3000</b>
<b>Eye Care: Gift of Sight</b>	<b>Lens Crafters: voucher program</b>	
<b>Eye Care: ZENN Optical</b>		<a href="http://www.zennoptical.org">www.zennoptical.org</a>
<b>EyeCare: New Eyes for the Needy</b>	<b>Voucher program</b>	<a href="http://www.neweyesfortheneedy.org">www.neweyesfortheneedy.org</a>
<b>Aspen Dental</b>	<b>Will work with clients who receive SSDI with x-rays &amp; free consultation</b>	<b>(207) 775-1551</b>
<b>MENTAL HEALTH/SUBSTANCE ABUSE SERVICES</b>	<b>MENTAL HEALTH/SUBSTANCE ABUSE SERVICES</b>	<b>MENTAL HEALTH/SUBSTANCE ABUSE SERVICES</b>
<b>Crossroad for Women</b>	<b>Crossroads for Women is where you would send your mother, sister or daughter for outpatient or residential treatment for substance abuse and mental health in a comfortable, safe environment so she can remember who she wanted to be. Crossroads for Women offers Maine's most comprehensive treatment for substance abuse and mental health specialized for women.</b>	<b>773-9931</b> <a href="http://www.crossroadsforwomen.org/">http://www.crossroadsforwomen.org/</a>
<b>HIV/AIDS</b>	<b>Frannie Peabody Center: Subsidized Housing Vouchers</b>	<b>774-6877</b>
<b>Mental Health Services</b>	<b>Opportunity Alliance provides Mental Health services for children and youth from birth to age 20. Services include counseling, play therapy from licensed therapists, as well</b>	<b>Opportunity Alliance Client Service Center 510 Cumberland Center Portland, ME 04101</b>

	as referral to other resources.	(207) 553-5800 www.mentalhealth@ProPeople.org
<b>Opportunity Alliance Mental Health</b>	<p>Counselors available to meet with you that day.</p> <p>Support Services at Opportunity Alliance provide intensive case management, in-home support and outpatient services to those affected by mental illness and/or homelessness. We also offer state-of-the-art training, education, and publications.</p>	<p>1-877-429-6884 OR (207) 774-HELP</p> <p><a href="http://www.yimaine.org/adult-mental-health">www.yimaine.org/adult-mental-health</a></p>
<b>SHALOM/BRAP</b>	<p>Program Summary The Bridging Rental Assistance Program (BRAP) has been established in recognition that recovery can only begin in a safe, healthy, and decent environment, a place one can call home. People with psychiatric disabilities are often unable to afford to rent housing of their choice in the community. BRAP is designed to assist individuals with housing assistance for up to 24 months or until they are awarded a Housing Choice Voucher (aka Section 8 Voucher), another federal subsidy, or alternative housing placement. All units subsidized by BRAP funding must meet the U.S. Department of Housing and Urban Development's Housing Quality Standards and Fair Market Rents. Following a Housing First model, initial BRAP recipients are encouraged, but not required to accept the provision of services to go hand in hand with the voucher.</p>	<p>874-1080</p> <p><a href="http://www.maine.gov/dhhs/mh/Housing/brap">http://www.maine.gov/dhhs/mh/Housing/brap</a></p>
<b>Substance Abuse Prevention</b>	<p>Part of Communities Promoting Health Coalition</p> <p>Works to raise awareness of the importance of preventing substance abuse in youth and young adults. Collaborative</p>	<p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME</p>



	efforts include working with law enforcement & community groups to reduce alcohol access. MaineBAC.org is an on-line tool created to help reduce high risk drinking among young adults.	(207) 553-5905 <a href="mailto:www.subabuseprev@ProPeople.org">www.subabuseprev@ProPeople.org</a>
Women's Project	Practical case management for women in all phases of substance abuse recovery serving clients throughout the state. Office in Portland.	Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME (207) 553-5905 <a href="mailto:www.womensproject@ProPeople.org">www.womensproject@ProPeople.org</a>
<b>MONEY &amp; CREDIT COUNSELING/FORECLOSURE</b>	<b>MONEY &amp; CREDIT COUNSELING/FORECLOSURE</b>	<b>MONEY &amp; CREDIT COUNSELING/FORECLOSURE</b>
Money Management International - Consumer Credit Counseling Services	Free credit counseling for the first initial call. They take down basic information on the client to determine their monthly living expenses, debt and income. They then come up with a personal payment plan and can also help to lower any credit card interest rates. If a client decides to follow up on any of the payment plan options then there is a one time "minimal" fee (determined by the situation). Most counseling is done over the phone, however, some people can schedule an appointment with the local branch (AT 111 Wescott St.). All appointments are made through this 1-800 number.  They also have a special line for Housing Counselors - 1-866-490-5378 - this is called the HOPE line. They can help with questions on mortgages.	111 Wescott Road South Portland, ME  (207) 828-5540 (877) 664-3328  1-800-539-2227 1-888-845-5669 (24 hours a day counseling service) <a href="http://www.moneymanagement.org">www.moneymanagement.org</a>
Southern Maine Agency on Aging	<u>Money Minders</u> - Trained volunteers help income eligible adults age 55 and older with tasks such as opening and organizing mail, writing checks (checks are signed by the participant), and balancing the checkbook.	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
<b>HOME OWNERSHIP</b>	<b>HOME OWNERSHIP</b>	<b>HOME OWNERSHIP</b>
Homeowners HOPE Hotline	Home Ownership	1-888-995-HOPE

		<a href="http://www.makinghomeaffordable.gov">www.makinghomeaffordable.gov</a> .
<b>Home Ownership Education</b>	Classes providing information and skills to assist first-time home-buyers negotiate and manage the purchase of their home are offered in the evenings and weekends throughout the year.	<a href="mailto:www.homeownership@ProPeople.org">www.homeownership@ProPeople.org</a>
<b>Opportunity Alliance</b>	<b>Forclosure Prevention Program</b>	<b>Maurice Georffroy 553-5931</b>
<b>NUTRITION/FOOD PROGRAMS &amp; NON-FOOD</b>	<b>NUTRITION/FOOD PROGRAMS &amp; NON-FOOD</b>	<b>NUTRITION/FOOD PROGRAMS &amp; NON-FOOD</b>
<b>Falmouth Food Pantry</b>	Serves Greater Portland Falmouth Food Pantry is located at the Town Hall in the space formerly occupied by the Falmouth Police Department. The Falmouth Food Pantry has been serving the needs of Falmouth Citizens, as well as other Cumberland County residents, for over 25 years.	271 Falmouth Road Falmouth, ME  (207) 632-2687 Please call for schedule
<b>Food Cupboard</b>	Thurs. 8:30 – 11:30, Doors open as early as 7:30 AM. 130 Thadeus Street South Portland, ME Can attend 1 time per month.	
<b>Food First Congregational Church</b>	Cong. Church, 301 Cottage Rd, Emergency Food pantry once every 3 months, client may call.	799-3361 <a href="http://www.fccucc.org">www.fccucc.org</a>
<b>Food Supplements</b>	Income qualified for monthly supplements for food	DHHS 151 JetPort Blvd South Portland, ME 800-442-6003
<b>Preble Street Soup Kitchen Wayside</b>	Resource Center Soup Kitchen Breakfast: Monday-Friday, 8:00pm-9:30am Saturday-Sunday, 8:00am-9:00am Lunch: Saturday-Sunday, noon-12:50pm 252 Oxford Street, Portland	<a href="http://www.preblestreet.org/soup_kitchens.php">http://www.preblestreet.org/soup_kitchens.php</a>

	<b>Teen Center</b> <b>Lunch: everyday, 12:00pm-1:00pm</b> <b>Dinner: everyday, 6:00pm-7:00pm</b> <b>343 Cumberland Avenue, Portland</b>	
<b>Preble Street Resource Center: Food Pantry</b>	<b>Serves Greater Portland For homeless &amp; at risk low income individuals &amp; families. Food Pantry offers breakfast &amp; dinner 7 days a week, with lunch on the weekends, medical clinic, substance abuse counseling, mental health, case management, employment services, advocacy outreach &amp; assistance in finding affordable housing.</b>	<b>(207) 874-6560</b> <b>(207) 874-1974</b>
<b>Project FEED</b>	<b>Woodford Congregational Church</b> <b>Must have a referral from the City of South Portland, NON-FOOD as well.</b>	<b>(207) 761-3920</b>
<b>Sacred Heart/St. Dominic's Catholic Church</b>		<b>80 Sherman Street</b> <b>Portland, ME</b> <b>(207) 772-6182</b>
<b>Saint Luke's Food &amp; Essentials Pantry</b>	<b>NON-FOOD as well</b>	<b>143 State Street</b> <b>Portland, ME</b> <b>(207) 772-5434</b>
<b>Salvation Army</b>	<b>Smaller food cupboard, call ahead for appt.</b>	<b>297 Cumberland Avenue</b> <b>Portland, ME</b> <b>(207) 774-4172</b>
<b>Southern Maine Agency on Aging</b>	<b>Meals On Wheels</b>  <b>Meals delivered to seniors</b>	<b>SMAAA</b> <b>136 US Route One</b> <b>Scarborough, ME 04074</b> <b>(207) 396-6500</b> <b>1-800-427-7411</b> <b><a href="http://www.smaaa.org">www.smaaa.org</a></b>
<b>Southern Maine Agency on Aging</b>	<b><u>As You Like It</u> - provides individuals 60 and above with the ability to enjoy a nutritious and delicious meal* at several comfortable dining sites. Register showing your driver's license or other proof of age and thereafter present your membership card thereafter whenever you obtain and redeem vouchers. Single vouchers are available for a suggested donation of \$4.00</b>	<b>SMAAA</b> <b>136 US Route One</b> <b>Scarborough, ME 04074</b> <b>(207) 396-6500</b> <b>1-800-427-7411</b> <b><a href="http://www.smaaa.org">www.smaaa.org</a></b>
<b>Southern Maine Agency on</b>	<b><u>Community Cafes</u> - Community Cafes provide individuals</b>	<b>SMAAA</b>

Aging	60 and above an opportunity to socialize and eat a nutritious lunch. Register by showing your license or proof of age. Lunch is served at 12:00 noon. Days of service vary by location and reservations are required. Suggested donation is \$3.50 for a regular meal and \$5 when the meals are catered.	136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
Southern Maine Agency on Aging	<u>Grocery Shopping</u> - Individual volunteers or grocery shopping cooperatives (SSAC) arrange with the client to get the grocery list and payment, and then shop for and deliver the groceries. There is currently a waiting list for this program.	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
Southern Maine Agency on Aging	<u>Commodity Supplemental Food Program</u> - provides income eligible individuals 60 and older with 30 pounds of commodity food items such as dry pasta, cereal, canned meats and vegetables, and cheese on a monthly basis	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
The Root Cellar, Inc.	Ladies Breakfast <i>Wednesdays 9:30am-11am (September – June)</i> Ladies Breakfast – A great time for ladies to come together and share experiences, support one another and to receive spiritual uplifting. A free breakfast is prepared and served by volunteers. Each week there is a special speaker, prayer time, music, or special event.	94 Washington Avenue Portland, ME  (207) 774-3197
WIC: Women, Infants, Children Nutrition Program	Healthy Foods, Nutrition Education. Parents of infants receive breastfeeding support or iron-fortified infant formula. Referrals for: health care, food banks, parenting help, child care, Food Supplements, TANF, heating assistance, transportation assistance, and clothing assistance. In the summer, vouchers are given for fresh fruits and vegetables from amine farmers' Market	Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME (207) 553-5905 <a href="mailto:www.WICPortland@ProPeople.org">www.WICPortland@ProPeople.org</a>
<b>PETS</b>	<b>PETS</b>	<b>PETS</b>
Animal Refuge League Pet Pantry	Pet Pantry	Tuesdays: 1:00 PM – 3:00 PM @ Animal Refuge League located at 449 Stroudwater Street, Westbrook ME (207) 854-9771
Camp Bow Wow Pet Pantry	Furry Friends Pet Pantry	@ Camp Bow Wow located at

	Monday - Friday 6:30 AM – 7:00 PM Call Camp Bow Wow before coming by during pantry hours to ensure food is available as needed.	49 Blueberry Rd, Portland, ME. (207) 541-9247
Southern Maine Agency on Aging	Best Friend Fund – assists older people with costs related to keeping their pets	SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a>
<b>PHONE/CABLE</b>	<b>PHONE/CABLE</b>	<b>PHONE/CABLE</b>
FairPoint	Lifeline Program, basic land line phone line up to \$17.00 per month E911 Benefits	866-984-2001 <a href="http://www.fairpoint.com">www.fairpoint.com</a>
Safelink	This is a free government supported cell phone with minutes.	Apply at 1-800-723-3546 <a href="http://www.safelink.com">www.safelink.com</a>
Time Warner	Lifeline Program, basic cable channels \$15.00/month	(207) 232-2222 <a href="http://www.timewarner.com">www.timewarner.com</a>
<b>PREGNANT &amp;/OR PARENTING</b>	<b>PREGNANT &amp;/OR PARENTING</b>	<b>PREGNANT &amp;/OR PARENTING</b>
22 Park Avenue	(client must be < 22 women and men can apply)	<a href="http://www.yimaine.org/programs/residential-programs.htm">http://www.yimaine.org/programs/residential-programs.htm</a>
211	Resource Information	Call 211
FUP	FUP: Family Unification Program Vouchers, For households with current DHHS open child protective cases whose homelessness or housing instability is affecting their ability to parent. Their caseworker can request one of these vouchers which is a permanent section 8. However, in past years only 50 have been made available for the entire state. You would need to speak directly to your caseworker to access this resource.	Speak with your caseworker
McAuley Residence	Celebrating 23 years of excellence, McAuley Residence provides a safe environment and a comprehensive transitional housing program offering life skills, counseling, emotional support, and mentoring to women in	773-5289 <a href="http://www.mercyhospital.org/content/McAuleyResidence.htm">http://www.mercyhospital.org/content/McAuleyResidence.htm</a>

	need, with or without children. The program helps participants develop the skills necessary for self-sufficiency and to live in a manner that improves their lives in a real and meaningful way. McAuley Residence is guided by the Sisters of Mercy philosophy of compassionate care for all, with special concern for disadvantaged women and children.	
Opportunity Alliance: Homeless Youth Services	Homeless families with a member who is less than 15 years old.	523-5049 <a href="http://www.yimaine.org/programs/community-supports/homeless-youth-services.htm">http://www.yimaine.org/programs/community-supports/homeless-youth-services.htm</a> 523-5049
<b>REFUGEE SERVICES</b>	<b>REFUGEE SERVICES</b>	<b>REFUGEE SERVICES</b>
New Mainers Collaborative	A special jobs training program that is operated in a partnership that includes Portland & Lewiston Adult Education, Career Centers & Catholic Charities & Goodwill.	Ask at the Career Center
RCA Refugee Cash Assistance	Refugee defined by Federal Government INS No deprivation criteria/no children required Limited to 8 months beginning with land date Most eligibility criteria are same as TANF.	DHHS/Catholic Charities
<b>SENIOR SERVICES</b>	<b>SENIOR SERVICES</b>	<b>SENIOR SERVICES</b>
AARP	AARP is a nonprofit, nonpartisan membership organization for people age 50 and over.	By E-mail <a href="mailto:member@aarp.org">member@aarp.org</a>  Toll-Free Nationwide: 888-OUR-AARP (888-687-2277)
Aging & Disability Resource Center (ADRC)	ADRC is designed to streamline access to long-term care services and supports for consumers of all ages, incomes and disabilities & their families. One stop shop helping people make informed decisions relative to health, nursing homes, etc.	(207) 396-6544 <a href="http://www.aoa.gov">www.aoa.gov</a>
Foster Grandparent Program	Foster Grandparents share their experience and talent to help children develop the skills, confidence & strength to succeed in life. Children who need FG gain individual attention they might not otherwise receive, as well as	Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME

	confidence, etc. This program is open to individuals age 60 & over. Income eligible applicants receive a non-taxable stipend in return for volunteering 20- 40 hours as well as meals and travel reimbursement while volunteering. Training is provided.	(207) 773-0202  <a href="http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/">http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/</a>
<b>Jewish Family Services</b>	Provides social services that enhance and support Jewish Life throughout the life cycle. Numerous resources and programs include: in-home care, housing, transportation, financial management, Holocaust survivor benefits, Resources for home appliances & repairs, Hebrew Free Loan.	Jewish Family Services 57 Ashmont Street Portland, ME 04103 Tel: 207-871-0508 Email: <a href="mailto:jfs@mainejewish.org">jfs@mainejewish.org</a> <a href="http://www.mainejewish.org">www.mainejewish.org</a>
<b>Maine Legal Services for the Elderly</b>	May be able to help with foreclosure mediation and other housing disputes. Provide general legal services 60 years old + (no income criteria)	1-800-750-5353 (call back within 2-3 day) <a href="http://www.mainelse.org">www.mainelse.org</a>
<b>Martha's Cottages</b>	3 bedroom transitional housing for the Elder Victims of Domestic Violence, Sexual Assault or Stalking and who are fleeing their current residence	1-800-427-7411
<b>Physical Abuse Bureau of Elder &amp; Adult Protective Hotline</b>	Physical Abuse Bureau of Elder and Adult Protective hotline	Physical Abuse Bureau of Elder and Adult Protective hotline 1-800-624-8404 Nationwide 24 hr In state after hours 1-800-963-9490
<b>Senior Companion Program</b>	Senior Companions are friendly visitors to frail elders in need of support to maintain their independence. During weekly four-hour visits, companions assist with grocery shopping, provide transportation to medical appointments, help prepare meals and or encourage participation in leisure activities, etc. The program is open to individuals age 60 and over. Income eligible applicants receive a non-taxable stipend in return for volunteering 20 - 40 hours per week. Training is provided.	Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME (207) 773-0202  <a href="http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/g">http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/g</a>
<b>Social Security Benefits</b>	Social Security offers an online retirement application that you can complete in as little as 15 minutes. It's so easy. Better yet, you can apply from the comfort of your home or office at a time most convenient for you. There's no need to drive to a local Social Security office or wait for an	Social Security Office <a href="http://www.socialsecurity.gov/planners/about.htm?p&amp;gclid=CM2xi02V_a4CFWcQNAodVnrh2w">http://www.socialsecurity.gov/planners/about.htm?p&amp;gclid=CM2xi02V_a4CFWcQNAodVnrh2w</a>

	<p>appointment with a Social Security representative.</p> <p>In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed.</p>	<p>Social Security Administration 550 Forest Avenue, Suite 150 Portland, ME 04101</p>
Southern Maine Agency on Aging	<p>Aging and Disability Resource Center (ADRC) - streamlines access to long-term care services and supports for adults with disabilities &amp; their families. Call Southern Maine Agency on Aging at 396-6500 and ask to speak to the Resource Specialist on phone duty.</p>	<p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a></p>
Southern Maine Agency on Aging	<p>Money Mind Program, assist with financial planning. Services provided to people age 60+ &amp; their families. Free telephone consultation &amp; printed materials are provided to answer questions about resources, benefits &amp; services available to seniors &amp; their caregivers. To request this service, call &amp; ask for "Information &amp; Resources Program".</p> <p>Assists with alternative housing, income maintenance, social service programs, care management, Health Insurance Counseling, Nutrition</p>	<p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a></p>
Southern Maine Agency on Aging	<p><u>A Matter of Balance</u> - is a nationally recognized program for people over 60 designed to help manage falls and increase activity levels. Classes are two hours in length and are held twice a week for four weeks. There is a \$20 suggested donation for the entire 8-week series. Scholarships are available</p>	<p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a></p>
Southern Maine Agency on Aging	<p><u>Living Well</u> - is a program beneficial for anyone living with a long-term health problem. Classes are 2 ½ hours in length and are held once a week for six weeks. There is a \$10 suggested donation for the entire 6-week series. Scholarships are available. A workbook and CD are available for loan or purchase.</p>	<p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 <a href="http://www.smaaa.org">www.smaaa.org</a></p>



<p><b>Southern Maine Agency on Aging</b></p>	<p><u><a href="#">Maine Senior Games</a></u> - annual athletic events for adults over the age of 50.</p>	<p><b>SMAAA</b>  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>
<p><b>Southern Maine Agency on Aging</b></p>	<p><u><a href="#">Information &amp; Resources for Seniors, Caregivers, and Adults with Disabilities</a></u> - Our Resource Specialists offers services such as benefit screening, assistance completing applications for entitlement programs, unbiased health insurance counseling, help locating and applying for resources such as housing, home care, nutrition services, and financial assistance. Outreach services are available in some situations.</p>	<p><b>SMAAA</b>  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>
<p><b>Southern Maine Agency on Aging</b></p>	<p><u><a href="#">Health Insurance Counseling</a></u> --- The Southern Maine Agency on Aging offers “<u><a href="#">Welcome to Medicare Seminars</a></u>” and one-on-one appointments for health insurance counseling including <u><a href="#">Medicare D</a></u> for Medicare beneficiaries and people age 60 and older living in York and Cumberland counties.</p>	<p><b>SMAAA</b>  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>
<p><b>Southern Maine Agency on Aging</b></p>	<p><u><a href="#">Independent Housing with Services</a></u> - program offers independent living with support services to help eligible low income adults age 60 or older remain as independent and autonomous as possible, while enjoying a caring and supportive environment. Services may include meals, weekly housekeeping, laundry, chore services, errands, personal care assistance, and assistance with the arrangement of transportation. Currently, the program operates at supported housing sites in Westbrook, Portland and Scarborough.</p>	<p><b>SMAAA</b>  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>
<p><b>Southern Maine Agency on Aging</b></p>	<p><u><a href="#">Family Caregiver Support Program</a></u> - offers extensive resources that can help caregivers. Resources include information on benefit programs, adult day health programming, resources in the community and more. A licensed social worker can help you find what you need. The program also offers a variety of classes, about</p>	<p><b>SMAAA</b>  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>

	community resources, stress management and hands-on care. The <u>Partners in Caring</u> program may be able to help pay for respite for caregivers of someone with dementia. The program also offers regularly scheduled support groups to help cope with the challenges of caregiving. There is an online forum for support.	
Southern Maine Agency on Aging	<u>Truslow Adult Day Health Center</u> - is licensed by the State of Maine and staffed by a team of professionals and volunteers dedicated to the care and wellbeing of program participants. Recreational activities throughout the day provide wonderful social and mental stimulation for everyone. A registered nurse is on staff to oversee the healthcare needs of participants. The Center is a contracted provider for MaineCare and Elder Independence of Maine. Many veterans qualify for a VA benefit that pays for adult day services.	<p>SMAAA  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p> <p>Call the Program Director at 207-283-0166 for more information.</p>
Southern Maine Agency on Aging	Aging & Disability Resource Center	<p>SMAAA  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>
Southern Maine Agency on Aging	Medicare Insurance & Benefits Counseling to help people access benefits to save money.	<p>SMAAA  136 US Route One  Scarborough, ME 04074  (207) 396-6500  1-800-427-7411  <a href="http://www.smaaa.org">www.smaaa.org</a></p>
<b>SHELTERS</b>	<b>SHELTERS</b>	<b>SHELTERS</b>
Emergency Shelter – Domestic Violence Hotline	Domestic violence shelter, advocacy, hotline services, community support & referrals	<p>(800) 537-6066  <a href="http://www.familycrisis.org">www.familycrisis.org</a></p>
Florence House Women’s	Portland, ME	(207) 699-4392 Patty

<b>Shelter &amp; Preble</b>		<b>Robinson</b>
<b>Homelessness Prevention</b>	In a partnership with Preble Street, practical case management is provided to residents in Cumberland County, outside of Portland, that are experiencing or at risk of experiencing homelessness. Case managers work to identify and access appropriate stable housing for families in addition to providing information and referral to supportive mental health, health access, or substance abuse services.	Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME  (207) 553-5905  <a href="mailto:www.homelessness@ProPeople.org">www.homelessness@ProPeople.org</a>
<b>Hope Haven</b>	290 Lincoln Street Lewiston, ME	(207) 725-4871
<b>Milestone Foundation</b>	Homeless Outreach & Mobile Engagement Team Working toward engaging individuals who live on the streets of Portland in learning to live harmoniously with each other, the business community and the public at large. Work to enhance individuals motivation t engage in ongoing services that would improve their quality of life. Milestone is licensed to provide emergency shelter, detoxification, and extended residential substance abuse treatment in Portland and OOB. HOME Team will help guide individuals to appropriate services. 7 AM – 8 PM, no Sundays.	65 India Street Portland, ME 04101  207-775-4790  <a href="http://www.milestonfoundation.org">www.milestonfoundation.org</a>
<b>Oxford Street Men’s Shelter</b>	197 Oxford Street Portland, ME	(207) 761-2072 x222 Josh O’Brien or Rob Parritt
<b>Portland Family Shelter</b>	54 Chestnut Street Portland, ME, next to Boys & Girls Club	(207) 772-8339 Jeff Tardiff
<b>Step Up</b>	Young pregnant females or females with children	(207) 775-4188
<b>Tedford Shelter</b>	Brunswick	
<b>York Street Shelter</b>	York	(207) 324-1136
<b>Youth Alternative/Ingraham</b>	A parenting education program for people who are homeless, pregnant, parenting, and OR working on reunification	
<b>SUBSIDIZED HOUSING</b>	<b>SUBSIDIZED HOUSING</b>	<b>SUBSIDIZED HOUSING</b>
<b>Subsidized Housing</b>	There are many different types of subsidized or reduced cost housing. Do not assume because you are on one list that you are on them all. Each subsidized housing	<ul style="list-style-type: none"> <li>• <a href="http://www.mainehousingsearch.org">www.mainehousingsearch.org</a> <ul style="list-style-type: none"> <li>○ This resource is</li> </ul> </li> </ul>

	<p>authority creates and administers the rules of their program in different ways. They are also able to decide which groups or individuals get “special preference” on their lists or if none at all do. Keep in mind that subsidized housing waitlists can frequently be three to five years long. Currently Maine has over 12,000 households on Section 8 waitlists and most waitlists are currently closed. This does not mean that all affordable housing opportunities are closed; by searching the databases listed below you can begin your search. Each housing opportunity will be unique so it is best to create a list and call each individually to ask them about their process. Applying for subsidized housing can be difficult and frustrating at times, do not give up, people do get subsidized housing. Agencies also frequently purge their lists so it is really important that you have a contact number or address that they will consistently be able to reach you at.</p>	<p>also available by phone at 1-877-428-8844. The listings include a variety of affordable housing options as well as fair market rents.</p> <ul style="list-style-type: none"> <li>• <a href="http://www.hud.gov/local/index.cfm?state=me&amp;topic=renting">www.hud.gov/local/index.cfm?state=me&amp;topic=renting</a> <ul style="list-style-type: none"> <li>○ This is a database of all subsidized units in the State of Maine.</li> </ul> </li> </ul>
<b>SUBSTANCE ABUSE TREATMENT</b>	<b>SUBSTANCE ABUSE TREATMENT</b>	<b>SUBSTANCE ABUSE TREATMENT</b>
McAuley Residence		773 -5289 <a href="http://www.mercyhospital.org/content/McAuleyResidence.htm">http://www.mercyhospital.org/content/McAuleyResidence.htm</a>
Mercy Hospital Recovery Center		857-8282 <a href="http://www.mercyhospital.org/content/AddictionMedicine.htm">http://www.mercyhospital.org/content/AddictionMedicine.htm</a>
<b>STATE REFUND/REFERRAL</b>	<b>STATE REFUND/REFERRAL</b>	<b>STATE REFUND/REFERRAL</b>
Maine Property Tax & Rent Refund “Circuit Breaker”	<ul style="list-style-type: none"> <li>• Apply for the Maine Property Tax and Rent Refund Program <ul style="list-style-type: none"> <li>○ This can help with a partial refund of your property taxes or refund you for a portion of what you paid in rent. <ul style="list-style-type: none"> <li>▪ This can benefit homeowners or renters</li> </ul> </li> </ul> </li> </ul>	626-8475  For more information and an application go to <a href="http://www.maine.gov/revenue/taxrelief/tnr.htm">http://www.maine.gov/revenue/taxrelief/tnr.htm</a>

	<ul style="list-style-type: none"> <li>▪ You can apply for this annually from August 1 to May 31</li> <li>▪</li> </ul>	
<b>Social Security: SSI &amp; SSDI</b>	<b>Pay retirement, disability, &amp; survivors' benefits to workers &amp; their families, administers the Supplemental Security Income program &amp; issues Social Security numbers</b>	<b>550 Forest Avenue Suite 150 Portland,ME</b>  <b>(207) 771-2851 (800) 772-1213</b>  <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
<b>Statewide Informational &amp; Referral</b>	<b>Informational</b>	<b>211</b>  <a href="http://www.211maine.org">http://www.211maine.org</a>
<b>Preble Street Resource Ctr (252 Oxford St)</b>	<b>Resource and Support</b> <b>Located at the Preble Street Resource Center, the Day Shelter is the hub of services for hundreds of homeless people in Portland—meeting urgent needs at an on-site clothing closet, soup kitchen, and food pantry; coordinating hours with the City of Portland Men's Shelter, a block away on Oxford Street, and the Preble Street Women's Shelter that occupies the Day Shelter space at night; and providing direct access to the healthcare clinic and casework services.</b>	<b>775-0026</b> <a href="http://www.preblestreet.org">www.preblestreet.org</a> <b>Monday-Friday, 8:00am-6:00pm</b> <b>Saturday-Sunday, 9:00am-noon</b>  <b>5 Portland Street, Portland</b>
<b>TAX RETURN ASSISTANCE</b>	<b>TAX RETURN ASSISTANCE</b>	<b>TAX RETURN ASSISTANCE</b>
<b>AARP TAX-AIDE</b>	<b>Free tax program</b>	<b>1-888-687-2277</b>
<b>TRANSPORTATION</b>	<b>TRANSPORTATION</b>	<b>TRANSPORTATION</b>
<b>DAV -Disabled American Veterans</b>	<b>Van Transportation for disabled Veterans</b>	<b>(207) 623-5790</b>
<b>RTP</b>	<b>Regional Trans Program</b>	<b>774-2666</b>

	<p><b>Regional Transportation Program, Inc. (RTP)</b> is a private, non-profit, United Way agency that provides publicly funded, low-cost transportation to persons in Cumberland County who need rides. Application must be completed and submitted.</p>	<p>1-800-244-0704  <a href="http://www.rtprides.org">www.rtprides.org</a>          fax: 207-828-8899</p>
<b>UNEMPLOYMENT</b>	<b>UNEMPLOYMENT</b>	<b>UNEMPLOYMENT</b>
<p><b>Maine Dept of Labor</b></p>	<p>You may qualify for unemployment even if you were self employed.</p>	<p>Fileforui.com</p> <p>Apply online at  <a href="http://www.maine.gov/labor/unemployment/claims.html">http://www.maine.gov/labor/unemployment/claims.html</a></p> <p>Call the Unemployment Claims Center toll-free at: 1-800-593-7660 or TTY: 1-888-457-8884. If you need interpreter services, press the number "1" once you are connected to the Claims Center and tell the Claims Representative what language you speak.</p>
<b>UTILITY PROGRAMS</b>		
<p><b>LIAP Low Income Assistance Plan</b></p>	<p>This program provides income eligible households a credit or reduction in monthly electric bills. To qualify, one must apply and be certified eligible for the Low Income Home Energy Assistance Program (LIHEAP). Once the application is certified eligible by PROP staff, it is sent to CMP for its review. If approved my CMP, the applicant will receive a reduction in monthly bills</p>	<p><b>Opportunity Alliance Client Service Center</b>          510 Cumberland Avenue          Portland, ME</p> <p>(207) 553-5905</p>
<p><b>LIHEAP Low Income Home Energy Assistance Program</b></p>	<p>LIHEAP provides a once-a-year benefit to cover a portion of the costs of purchasing heating energy. Heating energy includes fuel oil, kerosene, electricity, wood and coal. LIHEAP does not provide funds to heat a home for the entire winter. The program gives priority to persons who are elderly or who have children under the age of 2 years. All applicants will be screened for income eligibility and an</p>	<p><b>Opportunity Alliance Client Service Center</b>          510 Cumberland Avenue          Portland, ME</p>

	appointment is necessary.	
Maine PUC	101 Second St, Hallowell, ME	1-800-452-4699 <a href="http://www.maine.gov/mpuc">www.maine.gov/mpuc</a>
Portland Water District		842-2988 <a href="http://www.pwd.org/home.php">http://www.pwd.org/home.php</a>
<b>VETERANS</b>	<b>VETERANS</b>	<b>VETERANS</b>
Call Center for Homeless Veterans	The Department of Veterans Affairs' (VA) has founded a National Call Center for Homeless Veterans hotline to ensure that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community.	1-800-838-4357 To be connected with a trained VA staff member call 1-877-4AID VET (877-424-3838).
Togus VA Services	The Department of Veterans Affairs provides a variety of services and benefits to honorably discharged Veterans of the U. S. Military and their Dependents. The purpose of this Web page is to assist Maine's Veterans, their Dependents and Survivors, in contacting the nearest VA facility to inquire about their Veterans benefits or health care services.	623-8411 x 5404 <a href="http://www.benefits.va.gov/togus/index.asp">http://www.benefits.va.gov/togus/index.asp</a>  Contact Information for the Togus
VASH VOUCHERS	Help for Homeless Veterans  The HUD-Veterans Affairs Supportive Housing (HUD-VASH) program combines Housing Choice Voucher (HCV) rental assistance for homeless Veterans with case management and clinical services provided by the Department of Veterans Affairs (VA). VA provides these services for participating Veterans at VA medical centers (VAMCs) and community-based outreach clinics.	626-4464  Bangor Field Office One Merchants Plaza Suite 601 Bangor, ME 04401-8302 WILLIAM D. BURNEY Field Office Director (207) 945-0467
<b>WOMEN'S PROGRAMS</b>	<b>WOMEN'S PROGRAMS</b>	<b>WOMEN'S PROGRAMS</b>
My Sister's Keeper	Provides mentors for women transitioning from incarceration to community. With mutual respect, love, guidance, acceptance, accountability without shame, mentors strive to empower women to make positive	Cape Elizabeth United Methodist Church 280 Ocean House Road Cape Elizabeth, ME 04107

	<b>choices for their spiritual, physical, emotional and mental health needs. Working collaboratively with faith groups, community groups and government agencies. MSK assists women with the resources they need and provides mentors with direction, through training and practical and emotional support.</b>	<b>207-799-8396</b> <b><a href="http://www.ceumc.org/my-sisters-keeper/">http://www.ceumc.org/my-sisters-keeper/</a></b>
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