

RESOURCE INFORMATION

(Updated March 20, 2019)

CITY OF SOUTH PORTLAND SOCIAL SERVICES

25 Cottage Road

South Portland, ME

(207) 767-7617

www.southportland.org

Welcome to the City of South Portland's Resource Directory. The programs/resources described below may be able to assist you in paying your bills & offer solutions to current concerns. Please, keep in mind that programs/resources listed here may have eligibility requirements.

Are you interested in home repairs and upgrades to help you use less energy and reduce your monthly bill? Visit www.efficiencymaine.org for valuable energy assistance information. By visiting or calling the Department of Health & Human Services, you may apply for food supplements, TANF, Alternative Aid, Emergency Assistance & other programs. DHHS is located at 151 Jet Port Blvd in South Portland and may be reached at 1-800-442-6003.

If you know of additional resources that would be of benefit, please contact Kathleen at 767-7617. Thank you!

Please call 211 for direction to any program that you are interested in. This is a comprehensive directory for resources and programs.

[Adult Protective Services](#)

[Children's Services](#)

[DHHS](#)

[Domestic Violence Victims](#)

[Education & Training](#)

[Employment](#)

[Family](#)

[Housing](#)

[Home Repair](#)

[Legal](#)

[Life Skills](#)

[Pets](#)

[Phone/Cable](#)

[Pregnant and/or Parenting](#)

[Refugee Services](#)

[Senior Services](#)

[Shelters](#)

[Subsidized Housing](#)

[Substance Abuse Treatment](#)

[State Refund/Referral](#)

[Tax Return Assistance](#)

[Transportation](#)

Medical
Mental Health/Substance Abuse Services
Money & Credit Counseling / Foreclosure
Home Ownership
Nutrition / Food Programs & Non Food

Unemployment
Utility Programs
Veterans
Women's Programs

| NAME | DESCRIPTION | CONTACT INFORMATION/URL |
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| ADULT | ADULT | ADULT |
| Adult Protective | Protection for Adults at risk Adult & Child Abuse-Neglect | 1-800-624-8404 http://www.maine.gov/dhhs |
| CHILDREN'S SERVICES | CHILDREN'S SERVICES | CHILDREN'S SERVICES |
| 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 st & 3 rd Wednesday & 1 st & 3 rd Saturday from 9:00 AM - 11:00 AM. Please call the First Congregational Church to confirm as the times and days may change. | First Congregational Church 301 Cottage Road South Portland, ME 04106 (207) 799-3361 |
| Children's Clothing | Preble Street Clothing Closet Receiving Center - Adults & Teens | 18 Portland Street (2 nd door-ring doorbell) Monday, Wednesday, Friday 9 am - noon Tuesday, Thursday 12:30 - 3:30 pm |
| Children's Clothing (& Adults) | Seventh Day Adventist Community Services Please bring photo id. | Monday's 4 - 6 p, 97 Allen Avenue Portland, ME 797-4414 |
| Children's Clothing | St. Vincent De Paul Society | 317 Congress Street |

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| | Clothing available on Fridays only | Portland, ME 772-1113 |
| Children's Clothing | State Street Church/Clothes Closet – free to all Open Wednesday mornings 9:00 am – 11:00 am | 159 State Street Portland, ME 774-6396 |
| Children's Clothing | The Root Cellar/Clothing Center Open to all Thursdays 10:30 am – 11:30 am See Staff for clothing “voucher” for bag of clothes for those with no/low income | 94 Washington Avenue Portland 774-3197 |
| Children's Clothing | White Memorial Monday 4 – 6 pm | 105 Allen Avenue Portland 776-0867 |
| Diapers/Baby Supplies | Williston Emmanuel Baptist Church The entrance to Pantry is on Deering Place off Deering Street. Please call ahead. Thursdays 9:30 am, access by lottery, they are closed one Thursday each month. | 156 High Street Portland, ME 775-2301 |
| Diapers/Baby Supplies | Cuddle Me Program Offer free baby items such as diapers, wipes, formula and baby clothes when available to income eligible client. You must be referred via a church, social service agency or by calling 211 from Maine. You can also inquire/seek assistance by completing an application on their website. Click on the “Get Help” link at the top of their website page or call the number listed in the next column. | http://www.cuddlemeprogram.com/ 772-242-8045 |
| Diapers/Baby Supplies | ABBA (A Women's Resource Center) Offers diapers and other parenting supplies. Has 9 different programs including the “Learn and Earn” program where attendees (must have some English proficiency) can attend a variety of classes and earn points which they can redeem for diapers or items at their clothing/supply boutique or participants can save up their points and access Baby's R Us or other locations for supplies and items needed for their child. Interpreters only available for medical screenings not class participation(s). | 207-253-5555 1250 Forest Avenue, 2nd Floor Portland, ME 04101 Monday – Thursday 10 am – 4 pm |
| Diapers/Baby Supplies | St. Elizabeth's Essentials Pantry at St. Luke's Cathedral | 143 State Street Portland, ME 207-772-5434 |

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| | | Tuesday's 9:30 - 11:00 am |
| Diapers/Baby Supplies | Jewish Family Services Food Bank and Diaper Bank Tuesday's 9:30 - 11:00 am | 57 Ashmont Street Portland, ME 207-772-1959 |
| Life Essentials | <p>Our mission is to serve as a center where individuals are provided opportunity to meet their basic needs, develop natural supports, share their own abilities and be empowered to change the situation they are in. Coming events:</p> <p>Bread available every Thursday from 1:30 - 3:30pm.</p> <p>Children's Closet 3rd Thursday of every month from 7:30 am - 1:00 pm.</p> <p>Diapers available.</p> | Landry Village South Portland Coordinator: Cheryl Curlew 207-730-3895 |
| DHHS | DHHS 1-800-482-7520 | DHHS |
| 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 http://www.mejp.org/alternativeaid.htm |
| ASPIRE: TANF | <p>TANF & PAS Recipients:</p> <ul style="list-style-type: none"> • 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. • Transportation • Respite Childcare: Childcare during hours when you are not doing activities in the Family Contract (for shopping, health care appointments, other personal care appointment). Limited to 25 hours in any 90 days. • Auto Repairs: up to \$500 every 12 months for | 1-800-482-7520 822-2000 DHHS 151 Jetport Blvd., South Portland, ME 04106 |

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| | <p>needed Repairs on a vehicle registered in your name</p> <ul style="list-style-type: none"> • Auto Liability Insurance • Books and Supplies • Clothing and uniforms • Eye Care • Dental Care • Occupational Expenses • Moving Costs | |
| Child Protective Intake | Children at risk | (800) 452-1999 available 24/7 |
| Child Support Enforcement DSER | <p>Enforcement & collection activities on behalf of both welfare & non-welfare children. If you suspect a child under the age of 18 is being abused or neglected by a parent or caregiver.</p> | (800) 452-1999 available 24/7 |
| Emergency Assistance | <p>Emergency Assistance (Range \$150- \$600): There are five categories of EA; 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. Families with eligible children <u>Eligible Child</u></p> <ul style="list-style-type: none"> • Under 21 years • Living with specified relative in Maine or lived with specified relative within 6 months prior to application • Women in last Trimester • Prevention of crisis program | <p>For more information and specific application instructions go to <u>http://www.ptla.org/emergency-assistance</u> 1-800-442-6003 DHHS 151 JetPort Blvd South Portland, ME 04106 822-2000 or 1-800-482-7520 TDD/TTY 1-888-720-1925</p> |
| Food Supplements | <ul style="list-style-type: none"> • Formerly food stamps • Low income individuals residing in Maine • In need must meet income and asset guidelines unless categorically eligible • U.S. Citizen or qualified non-citizen • Some non-citizens may be eligible for State-Funded benefits • Post-secondary students must meet certain | <p>Apply online @ <u>www.maine.gov</u> or visit DHHS kiosk on 151 JetPort Blvd, South Portland, ME 04106</p> |

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| | conditions. | |
| Maine Care | Health care | (207) 822-2000 |
| PAS (Parents as Scholars) | <p>Similar to TANF- educational Also, must</p> <ul style="list-style-type: none"> • Be enrolled full-time 2 – 4 year degree program • Not have marketable Bachelor’s Degree • Not have skills to earn at least 85% Maine’s median wage. • Be pursuing degree that will improve ability to support a family • Be able to succeed in educational program chosen. | <p>1-800-442-6003 DHHS 151 JetPort Blvd South Portland, ME 04106 822-2000 or 1-800-482-7520 TDD/TTY 1-888-720-1925</p> |
| RCA | <p>Refugee defined by Federal Government INS</p> <ul style="list-style-type: none"> • No deprivation criteria/no children required • Limited to 8 months beginning with land date • Most eligibility criteria are same as TANF. | <p>1-800-442-6003 DHHS 151 JetPort Blvd South Portland, ME 04106 822-2000 or 1-800-482-7520 TDD/TTY 1-888-720-1925</p> |
| SSI State Supplement | <p>May add add'l \$10 – 15/mo Supplemental Security Income (SSI) is a needs-based program, providing financial aid to disabled 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 DHHS 822-2000 or 1-800-482-7520 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"> • Must be disable or over 65 years • Individuals who receive SSI, or • Individuals who would be eligible for SSI except for income and citizenship. • Income is based solely on the individual or couple | <p>1-800-442-6003 DHHS 822-2000 or 1-800-482-7520 TDD/TTY 1-888-720-1925</p> |

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| | and countable income must be below \$684 for an individual and \$1026 for a couple | |
| TANF | <p>Temporary Assistance for Needy Families</p> <ul style="list-style-type: none"> Families with an eligible child <p>Eligible Child:</p> <ul style="list-style-type: none"> Deprived of parental support Under age 18 Living with parent or specified relative in Maine U.S. Citizen or qualified Non-Citizen. In need must meet income and asset guidelines A child in involuntary child welfare custody is not an eligible child. Women in last Trimester. | <p>1-800-442-6003 DHHS 822-2000 or 1-800-482-7520 TDD/TTY 1-888-720-1925</p> |
| DOMESTIC VIOLENCE VICTIMS | DOMESTIC VIOLENCE VICTIMS | DOMESTIC VIOLENCE VICTIMS |
| Elder Abuse Prevention | A guide for preventing elder abuse, assault & theft | https://www.seniorliving.org/research/preventing-elder-abuse/ |
| Family Crisis Services | Family in crisis | <p>1-800-537-6066 or (207) 874-1973 www.familycrisis.org</p> |
| Maine Victims Compensation Program | 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>http://www.maine.gov/ag/crime/victims-compensation/index.shtml 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</p> |
| McAuley Residence | McAuley Residence provides a comprehensive transitional housing program for women with and without children who are in recovery from drug and alcohol dependency. The McAuley Residence staff collaborates with Mercy and community providers to offer a well-rounded approach providing women the skills they need to embrace recovery in all areas of their lives. McAuley Residence is guided by | <p><u>MCAULEY RESIDENCE</u> 68 High Street Portland, ME 04101 Phone: (207) 747-4121 https://mercyhospital.org/Mercy-In-the-</p> |

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| | the Sisters of Mercy philosophy of compassionate care for all, with special concern for disadvantaged women and children. | Community/McAuley-Residence.aspx |
| EDUCATION & TRAINING | EDUCATION & TRAINING | EDUCATION & TRAINING |
| 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 www.portlandadulthood.org |
| South Portland Adult Education Program | | Contact: David Brenner |
| New Ventures Maine | <p>New Ventures Maine (NVME) can help you:</p> <ul style="list-style-type: none"> Review your interests, skills, and experience Discover new job and career possibilities Identify education and training options Develop your own career plan <p>Core classes include:</p> <ul style="list-style-type: none"> Career Planning: Find Your Place in Today's Job Market Creating Your Future: Career Planning for the New Economy <p>Other training:</p> <ul style="list-style-type: none"> Maintaining Self-Confidence During the Job Search Workplace Communication Skills Job Search Strategies | (207) 799-5025 http://newventuresmaine.org/ |
| EMPLOYMENT | EMPLOYMENT | EMPLOYMENT |
| Adecco Employment Agency | Temporary & Permanent Placement Center | 20 Free Street Portland, ME (207) 772-2882 http://www.adeccousa.com/Pages/Welcome.aspx |

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| Career Center Vocational Rehab | Located in South Portland, assistance with career counseling. | (877) 594-5627 www.mainecareercenter.com |
| Robert Half Portland | Employment agency | https://www.roberthalf.com/portland-maine?medium=tsa&gclid=CMaNhpPlwssCFQ6LaQod6kgEtQ&gclsrc=aw.ds 844-824-8455 |
| Springborn Staffing | 107 Exchange Street Portland, ME | (207) 761-8367 http://www.springbornstaffing.com/ |
| Bonney Staffing Center | 21 Donald B Dean Drive South Portland, ME | (207) 773-3829 http://www.bonneystaffing.com/ |
| Pro Search Inc. | 70 Center Street #3 | (207) 775-7600 http://www.psicareers.com/ |
| Employment Search Engines | | www.Indeed.com www.jobsinme.com www.craigslist.com www.southernmainehelpwanted.com |
| Unemployment | Compensation for unemployment | (800) 593-7660 |
| FAMILY | FAMILY | FAMILY |
| 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 |

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| 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 040921-800-870-7746(Main only) Phone: 207-588-1933 http://www.startingpointsforme.org/content/maine-kids-kin |
| 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 www.smaaa.org |

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| 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 www.smaaa.org |
| HOUSING | HOUSING | HOUSING |
| Avesta Housing/BrickHill | Housing Development | 80 Brickhill Avenue South Portland, ME (207) 553-7777 www.avestahousing.org |
| 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 www.shalomhouseinc.org |
| 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 st 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 their monthly rent and utilities and paying it directly to their landlords. The assistance provided is the difference between what the tenant pays | (207) 773-4140 1.877.428.8844 www.mainehousingsearch.org |

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| | <p>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> | |
| 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 of monthly rent & pays the portion directly to the landlord. Eligibility dependent on income guidelines. | 14 Baxter Boulevard Portland, ME (207) 773-4753 www.porthousing.org |
| Shelter Plus Care | 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. | Shalom House 106 Gilman Street Portland, ME (207) 874-1080 www.shalomhouseinc.org |
| South Portland Housing | Provide quality housing for low to moderate income | 100 Waterman Drive, Suite |

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| <p>Authority</p> | <p>elderly, individuals w/ disabilities & families in need. 5 Programs are administered: Their Properties: Units available for elderly, handicapped or disabled include: Efficiencies, 1 & 2 bedroom units. Water, heat, electric, gas included. Family units available. PUBLIC HOUSING: Low-income, elderly, disabled, handicapped & families, Resident pays 30% of income for rent. RIDGELAND ESTATES: Affordable Housing, 2 rent levels, persons 55 years of age or older. MILLCOVE: 30% of income for rent. Determined by Maine State Housing Authority. ADAM COURT: 30% of income, determined by HUD SECTION 8 VOUCHERS: 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>101 South Portland, ME 04106</p> <p>Tel: (207)773-4140 Fax: 207-773-4006 Monday – Friday: 8 AM – 4 PM</p> <p>www.spha.net</p> |
| <p>STEP</p> | <p>Stability Through Engagement Program</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> |
| <p>VASH</p> | <p>Veteran’s Affordable Supportive Housing Wendy Thomas - Manager Similar to Section 8 & may also include Veteran’s families</p> | <p>(207) 623-8411</p> |
| <p>Westbrook Housing</p> | <p>30 Liza Harmon Dr. #500</p> | <p>(207) 854-9779 http://www.westbrookhousing.org</p> |

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| HOME REPAIR | HOME REPAIR | HOME REPAIR |
| Furnace/Household Repair | Portland's Home Program | Mary Davis: 874-8698 |
| | Low Interest PACE Loan | Efficiencymaine.com |
| LEGAL | LEGAL | LEGAL |
| 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 www.smaaa.org |
| Volunteer Lawyer Project | Legal Advice | (207) 774-4348 (800) 442-4293 |
| LIFE SKILLS | LIFE SKILLS | LIFE SKILLS |
| 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 www.portland.salvationarmymaine.org |
| MEDICAL/DENTAL/EYES | MEDICAL/DENTAL/EYES | MEDICAL/DENTAL/EYES |
| Southern Maine Agency on Aging - Alzheimer | Truslow Adult Day Center in Saco serves Cumberland county residents who have Alzheimer's or another | SMAAA 136 US Route One |

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| | 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 | Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org |
| Care Partners | 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 |
| Greater Portland Health | 100 Brick Hill Avenue South Portland | 874-2141 |
| Healthcare for the Homeless | 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 www.portlandmaine.gov/hhs/phindigentcare.asp |
| HOPWA | 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 |
| Maine Care | Through DHHS | DHHS 151 JetPort Blvd |

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| | | <p>South Portland, ME http://www.maine.gov/dhhs/index.shtm</p> |
| <p>Maine Care Family & Friends Program</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>Med Access</p> | <p>Medication Based</p> | <p>Medication assistance, income base 200 – 300% of FPL 662-7968. Coordinates with pharmaceutical companies</p> |
| <p>Greater Portland Health</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>www.portlandmaine.gov/hhs/phpchcmain.asp</p> |
| <p>Uncompensated Care</p> | <p>Through Mercy Hospital</p> | <p>(207) 879-3000</p> |
| <p>Eye Care: Gift of Sight</p> | <p>Lens Crafters: voucher program</p> | |
| <p>Eye Care: ZENN Optical</p> | | <p>www.zennoptical.org</p> |
| <p>EyeCare: New Eyes for the Needy</p> | <p>Voucher program</p> | <p>www.neweyesfortheneedy.org</p> |

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| Aspen Dental | Will work with clients who receive SSDI with x-rays & free consultation | (207) 775-1551 |
| MENTAL HEALTH/SUBSTANCE ABUSE SERVICES | MENTAL HEALTH/SUBSTANCE ABUSE SERVICES | MENTAL HEALTH/SUBSTANCE ABUSE SERVICES |
| Addiction Resource | Raises awareness of the dangers of addiction and helps local communities stay drug-free. Links provide information relative to the best rehabs in Maine. Aping Daily helps spread the knowledge relative to the effects of smoking and vaping. | https://addictionresource.com/ https://addictionresource.com/g-rehab/maine/ https://vapingdaily.com/ |
| Crossroad for Women | 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. | Address: 71 Us Route 1 Ste E, Scarborough, ME 04074 Phone: (207) 773-9931 |
| HIV/AIDS | Frannie Peabody Center: Subsidized Housing Vouchers | 774-6877 |
| Mental Health Services | 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 as referral to other resources. | Opportunity Alliance Client Service Center 510 Cumberland Center Portland, ME 04101 (207) 553-5800 www.mentalhealth@ProPeople.org |
| Milestone | 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 individual's motivation to engage in | 65 India Street Portland, ME 04101 207-775-4790 |

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| | <p>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.</p> | <p>www.milestonfoundation.org</p> |
| <p>Opportunity Alliance Mental Health</p> | <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>www.yimaine.org/adult-mental-health</p> |
| <p>SHALOM/BRAP</p> | <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 http://www.maine.gov/dhhs/mh/Housing/brap</p> |

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| <p>Substance Abuse Prevention</p> | <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 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.</p> | <p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME</p> <p>(207) 553-5905</p> <p>www.subabuseprev@ProPeople.org</p> |
| <p>Women's Project</p> | <p>Practical case management for women in all phases of substance abuse recovery serving clients throughout the state. Office in Portland.</p> | <p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME</p> <p>(207) 553-5905</p> <p>www.womensproject@ProPeople.org</p> |
| <p>MONEY & CREDIT COUNSELING/FORECLOSURE</p> | <p>MONEY & CREDIT COUNSELING/FORECLOSURE</p> | <p>MONEY & CREDIT COUNSELING/FORECLOSURE</p> |
| <p>Southern Maine Agency on Aging</p> | <p><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.</p> | <p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org</p> |
| <p>HOME OWNERSHIP</p> | <p>HOME OWNERSHIP</p> | <p>HOME OWNERSHIP</p> |
| <p>Home Ownership Education</p> | <p>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.</p> | <p>www.homeownership@ProPeople.org</p> |
| <p>NUTRITION/FOOD PROGRAMS & NON-FOOD</p> | <p>INFORMATION</p> | <p>DETAILS</p> |
| | <p>At the end of this Resource Directory, you will find a Community Meals Schedule.</p> | |

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| Locker Project | Food pantries and fresh produce giveaways at Kaler, Brown, and Skillin Elementary, Memorial Middle , and South Portland High Schools. Available for students and family members during school hours. Contact schools administration or the Locker Project for more information. | Locker Project 899-9540 infor@mainelockerproject.org www.mainelockerproject.org |
| South Portland Food Cupboard | You are able to visit the South Portland Food Cupboard once a month. Please bring ID. The Food Cupboard is opening the first Wednesday of every month from 5 - 7 PM for those clients that work during the day and cannot access the Thursday morning operation. | Thurs. 8:30 - 11:30 130 Thadeus Street South Portland, ME 0410 874-0379 Directions: Broadway heading towards the Mall, once you pass Lincoln St, take your second left onto Strout, then first left onto Thadeus, follow around bend to big warehouse building. |
| Stroudwater Christian Church Food Pantry | Pantry for community | 1520 Westbrook Street Portland, ME Sunday's 1:00 - 3:00 207-772-2193 |
| First Congregational Church, Scarborough, Maine | The Scarborough Food Pantry is an all -volunteer community group dedicated to helping hungry people in Scarborough and neighboring towns. Offering patrons choice in the foods available and strive to treat all with respect, dignity & kindness. Sponsored by the First Congregational Church of Scarborough, and many groups and private donors give generously to alleviate hunger in the community. | Scarborough Food Pantry 161 Black Point Road Scarborough, ME 04074 Tuesday and Thursday 9 a.m. - 12 p.m. |
| Project FEED | Woodford Congregational Church Must have a referral from the City of South Portland or other social services organization, NON-FOOD as well. The referral must be used within five business days. | (207) 761-3920 Hours: Monday - Friday 1:00 PM - 3:00 PM except holidays and Portland School snow days. Last intake interview is at 2:45. 202 Woodford St., Portland |
| Food First Congregational Church | Congregational Church on Cottage Road. Each Tuesday & Thursday from 10:30 - noon for food and non-food. Please 1 to 2 days ahead of time at 799-3361 for appointment. | 799-3361 www.fccucc.org |

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| South Portland's "The Hub" | Fresh produce from the South Portland Food Cupboard every Tuesday starting at 1 PM. On Thursdays, at 1 PM the Food Cupboard delivers fresh bread | The Hub 586 Westbrook Street South Portland, ME |
| The Farm Stand | You must use EBT to receive Bonus Fruits and Vegetables at 2 participating markets in this area in order to receive the following: For each \$10.00 spent, receive \$5.00 free to spend in store. Without EBT, no additional money to spend in store. | The Farm Stand location: 161 Ocean Street Mon-Sat 9am -7pm Sun: 10am-6pm 805-1481 Portland Food Co-Op location: 290 Congress Street Portland Daily 8am – 6pm. 805-1599 |
| Food Supplements | Income qualified for monthly supplements for food | DHHS 151 Jetport Blvd. South Portland, ME 04106 (207) 822-2000 (800) 482-7520 (888) 720-1925 |
| Diapers | Diaper Bank | Jewish Community Center Portland 57 Ashmont Street Portland 772-1959 |
| Preble Street Soup Kitchen Wayside | Hours & Locations <u>Resource Center Soup Kitchen</u> Breakfast: everyday, 8:00am-9:30am Lunch: everyday, 12-1p | <u>http://www.preblestreet.org/soup_kitchens.php</u> 874-6560 |

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| | <p>Weekends 11:30 - 1:00</p> <p>Dinner: Daily 4:30 - 6:00</p> <p>252 Oxford Street, Portland</p> <p><u>Teen Center</u></p> <p>Breakfast: everyday, 8-9am</p> <p>Lunch: everyday, 12:00pm-1:00pm</p> <p>Dinner: everyday, 6:00pm-7:00pm</p> <p>343 Cumberland Avenue, Portland</p> | |
| Preble Street Resource Center: Food Pantry | Food Pantry open on Thursdays from 1:30-3:00 | 38 Preble Street Portland, ME (207) 874-6560 (207) 874-1974 |
| Sacred Heart/St. Dominic's Catholic Church | Tuesdays 10-11:30am | 80 Sherman Street Portland, ME (207) 773-7746 |
| Saint Luke's & St. Elizabeth's Food & Essentials Pantry | NON-FOOD as well, one visit per month Identification required and household income verification St. Luke - Thursday 9:30-11AM St. Elizabeth Tuesday 9:30 -11:00AM | 143 State Street Portland, ME (207) 772-5434 office@cathedralofstluke.org |
| Salvation Army | Smaller food cupboard, call ahead for appt. | 297 Cumberland Avenue Portland, ME (207) 774-4172 |
| Southern Maine Agency on Aging | Meals On Wheels Meals delivered to seniors \$3.50 donation requested but not required | SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org |
| | <u>As You Like It</u> - provides individuals 60 and above with the | SMAAA |

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| <p>Southern Maine Agency on Aging</p> | <p>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 \$5.00.</p> <p>People's Methodist Church 310 Broadway</p> | <p>136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org</p> |
| <p>Southern Maine Agency on Aging</p> | <p><u>Community Cafes</u> - Community Cafes provide individuals 60 and above an opportunity to socialize and eat a nutritious lunch. Register by showing your license or proof of age. Suggested donation is \$4 for a regular meal and \$5 when the meals are catered.</p> <p>Our Community Meals provide a free, nutritious meal in a welcoming setting. Meals are located in Portland and Westbrook, and are open to all who wish to attend unless otherwise noted</p> <p>Location:</p> <p>East End Community Center</p> <p>195 North Street</p> <p>Portland, ME</p> <p>878-3285</p> <p>3rd Wed. on the month, serve time at noon.</p> | <p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org</p> <p><u>Location:</u> <u>Scarborough Blue Point Congregational Church</u> <u>236 Pine Point Road</u> <u>Scarborough, ME</u> <u>510-4974</u> <u>Catered Meals: 3rd Monday of the month. Serve time is noon.</u></p> <p><u>Location:</u> <u>Martin's Point Health Care Community Room</u> <u>153 US Route 1</u> <u>Scarborough, ME</u> <u>730-4150</u> <u>Every Wednesday, serve time is at 11:30.</u></p> |

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| Simply Delivered - Southern Maine Area on Aging | <i>Simply Delivered for ME: Meals Ready When You Are. Receive up to 7 meals a week, delivered to you on a Tuesday or Thursday. Simply Delivered for ME meals arrive frozen so you can eat them at your convenience and require no additional preparation - 4-5 minutes in the microwave and your meal is ready. Simply Delivered for ME meals are purchased in advance for a nominal cost per meal - delivery is included. We accept many convenient forms of payment including check, credit/debit card, cash, and SNAP/food stamps.</i> | <p>SMAA</p> <p>136 US Route One</p> <p>Scarborough, ME 04074</p> <p>(207)396-6500</p> <p>1-800-427-7411</p> <p>www.smaa.org</p> |
| 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. | <p>SMAAA</p> <p>136 US Route One</p> <p>Scarborough, ME 04074</p> <p>(207) 396-6500</p> <p>1-800-427-7411</p> <p>www.smaaa.org</p> |
| Southern Maine Agency on Aging | <p><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.</p> <p>Questions that are asked:</p> <p>Are you 60 or older? Is your income under \$1,276 per month for one or \$1,726 for two? Would you be able to pick up food once a month in a designated location in your county?</p> | <p>SMAAA</p> <p>136 US Route One</p> <p>Scarborough, ME 04074</p> <p>(207) 396-6500</p> <p>1-800-427-7411</p> <p>www.smaaa.org</p> <p><u>Please call Wayside for questions at 775-4939.</u></p> |
| | Healthy Foods, Nutrition Education. Parents of infants | Opportunity Alliance Client |

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| WIC: Women, Infants, Children Nutrition Program | 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 the farmer's market. | Service Center 510 Cumberland Avenue Portland, ME (207) 553-5905 www.WICPortland@ProPeople.org |
| PETS | PETS | PETS |
| 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 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. | @ Camp Bow Wow located at 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 www.smaaa.org |
| PHONE/CABLE | PHONE/CABLE | PHONE/CABLE |
| FairPoint | Lifeline Program, basic land line phone line up to \$17.00 per month E911 Benefits | 866-984-2001 www.fairpoint.com |
| Safelink | This is a free government supported cell phone with minutes. | Apply at 1-800-723-3546 www.safelink.com |
| Time Warner | Lifeline Program, basic cable channels \$15.00/month | (207) 232-2222 www.timewarner.com |
| PREGNANT &/OR PARENTING | PREGNANT &/OR PARENTING | PREGNANT &/OR PARENTING |
| FUP | FUP: Family Unification Program Vouchers, For households with current DHHS open child protective cases whose homelessness or housing instability is affecting their | Speak with your caseworker |

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| | 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. | |
| 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 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. | 773-5289 http://www.mercyhospital.org/content/McAuleyResidence.htm |
| Opportunity Alliance: Homeless Youth Services | Homeless families with a member who is less than 15 years old. | 523-5049 http://www.yimaine.org/programs/community-supports/homeless-youth-services.htm 523-5049 |
| REFUGEE SERVICES | REFUGEE SERVICES | REFUGEE SERVICES |
| 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 |
| SENIOR SERVICES | SENIOR SERVICES | SENIOR SERVICES |
| AARP | AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. | By E-mail member@aarp.org Toll-Free Nationwide: 888-OUR-AARP (888-687-2277) |

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| <p>Aging & Disability Resource Center (ADRC)</p> | <p>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.</p> | <p>(207) 396-6544 www.aoa.gov</p> |
| <p>Foster Grandparent Program</p> | <p>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 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.</p> | <p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME (207) 773-0202 http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/</p> |
| <p>Jewish Family Services</p> | <p>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.</p> | <p>Jewish Family Services 57 Ashmont Street Portland, ME 04103 Tel: 207-871-0508 Email: jfs@mainejewish.org www.mainejewish.org</p> |
| <p>Maine Legal Services for the Elderly</p> | <p>May be able to help with foreclosure mediation and other housing disputes. Provide general legal services 60 years old + (no income criteria)</p> | <p>1-800-750-5353 (call back within 2-3 day) www.mainelse.org</p> |
| <p>Elder Abuse Prevention</p> | <p>A guide for preventing elder abuse, assault & theft</p> | <p>https://www.seniorliving.org/research/preventing-elder-abuse/</p> |
| <p>Physical Abuse Bureau of Elder & Adult Protective Hotline</p> | <p>Physical Abuse Bureau of Elder and Adult Protective hotline</p> | <p>Physical Abuse Bureau of Elder and Adult Protective hotline 1-800-624-8404 Nationwide 24 hr In state after hours 1-800-963-9490</p> |
| <p>Senior Companion Program</p> | <p>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</p> | <p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME (207) 773-0202 http://www.opportunityalliance.org/</p> |

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| | receive a non-taxable stipend in return for volunteering 20 – 40 hours per week. Training is provided. | ce.org/programs/community-initiatives/senior-volunteer-programs/g |
| Social Security Benefits | <p>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 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 Office http://www.socialsecurity.gov/planners/about.htm?p&gclid=CM2xi02V_a4CFWcQNAodVnrh2w</p> <p>Social Security Administration 550 Forest Avenue, Suite 150 Portland, ME 04101</p> |
| Southern Maine Agency on Aging | Aging and Disability Resource Center (ADRC) - streamlines access to long-term care services and supports for adults with disabilities & their families. Call Southern Maine Agency on Aging at 396-6500 and ask to speak to the Resource Specialist on phone duty. | SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org |
| Southern Maine Agency on Aging | <u>Information & Resources for Seniors, Caregivers, and Adults with Disabilities</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. | SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org |
| Southern Maine Agency on Aging | <u>Health Insurance Counseling</u> --- The Southern Maine Agency on Aging offers " <u>Welcome to Medicare Seminars</u> " and one-on-one appointments for health insurance counseling including <u>Medicare D</u> for Medicare beneficiaries and people age 60 and older living in York and Cumberland counties. | SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org |

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| <p>Southern Maine Agency on Aging</p> | <p><u>Independent Housing with Services</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>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org</p> |
| <p>Southern Maine Agency on Aging</p> | <p><u>Family Caregiver Support Program</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 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.</p> | <p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org</p> |
| <p>Southern Maine Agency on Aging</p> | <p><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> | <p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org</p> <p>Call the Program Director at 207-283-0166 for more information.</p> |
| <p>Southern Maine Agency on Aging</p> | <p>Ageing & Disability Resource Center</p> | <p>SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500</p> |

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| | | 1-800-427-7411 www.smaaa.org |
| Southern Maine Agency on Aging | Medicare Insurance & Benefits Counseling to help people access benefits to save money. | SMAAA 136 US Route One Scarborough, ME 04074 (207) 396-6500 1-800-427-7411 www.smaaa.org |
| SHELTERS | SHELTERS | SHELTERS |
| Emergency Shelter – Domestic Violence Hotline | Domestic violence shelter, advocacy, hotline services, community support & referrals | (800) 537-6066 www.familycrisis.org |
| Florence House Women’s Shelter & Preble | Portland, ME | (207) 699-4392 Patty Robinson |
| Homelessness Prevention | 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 www.homelessness@ProPeople.org |
| Hope Haven | 290 Lincoln Street Lewiston, ME | (207) 725-4871 |
| Milestone Foundation | 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 individual’s motivation to 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 | 65 India Street Portland, ME 04101 207-775-4790 www.milestonfoundation.org |

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| | services. 7 AM – 8 PM, no Sundays. | |
| Oxford Street Men’s Shelter | 197 Oxford Street Portland, ME | (207) 761-2072 x222 Josh O’Brien or Rob Parritt |
| Portland Family Shelter | 54 Chestnut Street Portland, ME, next to Boys & Girls Club | (207) 772-8339 Jeff Tardiff |
| Tedford Shelter | Brunswick | |
| York Street Shelter | York | (207) 324-1136 |
| Youth Alternative/Ingraham | A parenting education program for people who are homeless, pregnant, parenting, and OR working on reunification | |
| SUBSIDIZED HOUSING | SUBSIDIZED HOUSING | SUBSIDIZED HOUSING |
| Subsidized Housing | <p>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 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.</p> <ul style="list-style-type: none"> • www.hud.gov/local/index.cfm?state=me&topic=renting <p>This is a database of all subsidized units in the State of Maine</p> | <ul style="list-style-type: none"> • www.mainehousingsearch.org <ul style="list-style-type: none"> ○ This resource is also available by phone at 1-877-428-8844. The listings include a variety of affordable housing options as well as fair market rents. ○ . |
| SUBSTANCE ABUSE TREATMENT | SUBSTANCE ABUSE TREATMENT | SUBSTANCE ABUSE TREATMENT |
| Addiction Resource | Anchored in scenic Portland, Liberty Bay Recovery is arguably one of the most recognized addiction treatment programs in the USA. It serves both men and women struggling with alcohol and drug substance abuse and provides them with individualized plans as they combat cravings. | 888) 381-7967 https://addictionresource.com |
| Elite Rehab Placement | Elite Rehab Placement is a no-cost, rehab placement service that helps people of all backgrounds get into rehab. | http://www.eliterehabplacement.com |

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| | This company helps people with drug and alcohol abuse that best fits their unique situation and unique lifestyle. | Contact: For a free analysis of your health insurance benefits to find out if your rehab costs can be 100% covered, you may call 855-536-9220 |
| McAuley Residence | | 773 -5289 http://www.mercyhospital.org/content/McAuleyResidence.htm |
| Mercy Hospital Recovery Center | | 857-8282 http://www.mercyhospital.org/content/AddictionMedicine.htm |
| The Recovery Village | The Recovery Village treats addictions of alcohol, cocaine, opioids, methamphetamines, and prescription drugs, as well as co-occurring disorders and eating disorders. | 1-877-926-1985 https://www.therecoveryvillage.com/ |
| Vaping Daily | This website spreads the knowledge about the effects of smoking and vaping. Vaping is the act of inhaling vapor produced by a vaporizer or electronic cigarette. The vapor is produced from a material such as an e-liquid, concentrate, or dry herb. If you have questions and concerns, this website may provide help. | https://vapingdaily.com |
| STATE REFUND/REFERRAL | STATE REFUND/REFERRAL | STATE REFUND/REFERRAL |
| Maine Property Tax & Rent Refund “Circuit Breaker” | <ul style="list-style-type: none"> • Apply for the Maine Property Tax and Rent Refund Program <ul style="list-style-type: none"> ○ 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"> ▪ This can benefit homeowners or renters ▪ You can apply for this annually from August 1 to May 31 ▪ | 626-8475 For more information and an application go to http://www.maine.gov/revenue/taxrelief/tnr.htm |
| Social Security: SSI & SSDI | Pay retirement, disability, & survivors’ benefits to workers | 550 Forest Avenue |

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| | & their families, administers the Supplemental Security Income program & issues Social Security numbers | Suite 150 Portland,ME (207) 771-2851 (800) 772-1213 www.socialsecurity.gov |
| Statewide Informational & Referral | Informational | 211 http://www.211maine.org |
| Preble Street Resource Ctr (252 Oxford St) | Resource and Support 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. | 775-0026 www.preblestreet.org Monday-Friday, 8:00am-6:00pm Saturday-Sunday, 9:00am-noon 5 Portland Street, Portland |
| TAX RETURN ASSISTANCE | TAX RETURN ASSISTANCE | TAX RETURN ASSISTANCE |
| AARP TAX-AIDE | Free tax program | 1-888-687-2277 |
| TRANSPORTATION | TRANSPORTATION | TRANSPORTATION |
| DAV –Disabled American Veterans | Van Transportation for disabled Veterans | (207) 623-5790 |
| RTP | Regional Trans Program Regional Transportation Program, Inc. (RTP) 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. | 774-2666 1-800-244-0704 www.rtprides.org fax: 207-828-8899 |

| UNEMPLOYMENT | UNEMPLOYMENT | UNEMPLOYMENT |
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| Maine Dept of Labor | You may qualify for unemployment even if you were self employed. | <p>Fileforui.com</p> <p>Apply online at http://www.maine.gov/labor/unemployment/claims.html</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> |
| UTILITY PROGRAMS | | |
| LIAP Low Income Assistance Plan | 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 by CMP, the applicant will receive a reduction in monthly bills. | <p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME</p> <p>(207) 553-5905</p> |
| LIHEAP Low Income Home Energy Assistance Program | 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 appointment is necessary. | <p>Opportunity Alliance Client Service Center 510 Cumberland Avenue Portland, ME</p> |
| Maine PUC | 101 Second St, Hallowell, ME | <p>1-800-452-4699 www.maine.gov/mpuc</p> |
| Portland Water District | | 842-2988 |

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| | | http://www.pwd.org/home.php |
| VETERANS | VETERANS | VETERANS |
| 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 http://www.benefits.va.gov/togus/index.asp 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 |
| WOMEN'S PROGRAMS | WOMEN'S PROGRAMS | WOMEN'S PROGRAMS |
| 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 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 | Cape Elizabeth United Methodist Church 280 Ocean House Road Cape Elizabeth, ME 04107 207-799-8396 http://www.ceumc.org/my-sisters-keeper/ |

Community Meals Schedule

Our Community Meals provide a free, nutritious meal in a welcoming setting. Meals are located in Portland and Westbrook, and are open to all who wish to attend unless otherwise noted.

(207) 775-4939 | webadmin@waysidemaine.org



MONDAY

Woodfords Congregational Church / [202 Woodford Street](#) / Lunch 12 PM

East End Community School / [195 North Street](#) (Community Room) / Dinner 5 PM

Open to East End Community School students & their families

Reiche Community School / [166 Bracket Street](#) / Dinner 5:15 PM

Open to Reiche students & their families

Riverton Boys & Girls Club House / [55 Riverton Drive](#) / Dinner 5 PM

Open to Riverton Boys & Girls Club students

Sagamore Village Boys & Girls Club House / [21 Popham Street](#) / Dinner 5 PM

Open to Sagamore Village Boys & Girls Club students

TUESDAY

HopeGateWay / [185 High Street](#) / Lunch 12 PM

Parkside Neighborhood Center / [85 Grant Street](#) / Dinner 6 PM

Open to seniors (55+) & families with children

Salvation Army / [297 Cumberland Avenue](#) / Dinner 5 PM

Open to seniors (55+) & families with children

Westbrook Learns at the Westbrook Community Center / [426 Bridge Street, Westbrook](#) / Dinner 5 PM

Open to Westbrook Learns students & their families

WEDNESDAY

Westbrook Community Center / [426 Bridge Street, Westbrook](#) / Dinner 5 PM

THURSDAY

Salvation Army / [297 Cumberland Avenue](#) / Lunch 12 PM Open to seniors (55+)

HopeGateWay / [185 High Street](#) / Dinner, 5:30 PM

Deering Center Community Church / [4 Brentwood Street](#) / Dinner 5:30 PM

St. Peter's Episcopal Church / [678 Washington Avenue](#) / Dinner 5:30 PM