

A scenic landscape photograph of a lake at sunset. The sky transitions from a clear blue at the top to a warm, golden yellow near the horizon. The lake's surface is calm, reflecting the soft light of the setting sun. In the foreground, there is a rocky, uneven terrain with patches of green grass and a large, dark rock on the left. The middle ground is dominated by a dense forest of green trees, with some taller evergreens visible on the right. The background shows rolling hills and a distant shoreline under the hazy light of dusk.

Downeast Recovery Supports Guide

2022-2023 Edition

Due to the Covid-19 Pandemic, it is highly recommended that you call or contact any of the listings in this guide to be sure they are operating, open to the public, and to confirm any Covid restrictions they may have. Please continue to be safe by frequently washing your hands, maintaining social distance, wearing a mask, and staying home if you are feeling unwell.

This guide was compiled by Healthy Acadia, with assistance and input from the Down East Substance Treatment Network and the Down East Recovery Support Coalition. We have attempted to make this guide as comprehensive and up-to-date as possible, but we cannot guarantee the accuracy of this information. For additions and corrections, please email beth.alteri@healthyacadia.org

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HOUSING

Emergency Shelter

Emmaus Homeless Shelter

51 Main St
Ellsworth, ME

www.emmaushomelessshelter.org

P: 207-667-3962
F: 207-667-1086

Provides a safe & comfortable environment for homeless men, women, & families in need of temporary shelter & transitional services. Emmaus is a dry shelter, meaning no substances are allowed. Please call for more information and availability.

H.O.M.E. Co-Op

90 School House Rd
Orland, ME

www.homemmausa.org

P: 207-469-7961 (8a-3p)
P: 207-460-3234 (after 3)
F: 207-469-1023

Provides short term & long term assistance depending on individual needs, provides a safe & secure environment for men, women, & families.

Next Step Domestic Violence Project

733 Bangor Rd
Ellsworth, ME

www.nextstepdv.org

P: 207-667-0176
F: 207-667-8033

23 Broadway
Machias, ME

P: 207-255-4934
F: 207-255-4243

24/7 Helpline: 1-800-315-5579

Next step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington Counties.

Partners for Peace

PO Box 653
Bangor, ME

www.partnersforpeaceme.org

P: 207-945-5102
F: 207-990-4252

24/7 Helpline: 1-800-863-9909

Partners for Peace offers safe, confidential, & supportive shelter and transitional housing for domestic violence survivors in Penobscot & Piscataquis Counties.

The Shaw House

136 Union St
Bangor, ME

www.theshawhouse.org

P: 207-941-2874
F: 207-941-2875

The Shaw House offers emergency shelter, drop-in center, & transitional living program for teens ages 10 to 20 that are experiencing homelessness. Please contact the number provided for more information.

Recovery or Transitional Housing

Arise Addiction Recovery

www.ariseaddictionrecovery.com

Arise House - Residential Program (Men)

P: 207-255-5011

PO Box 353

Machias, ME

A 9-month faith-based residential program for men struggling with substance use.

Please call or visit the website for more information.

Families First Community Center

<https://familiesfirstellsworth.org>

PO Box 951

P: 207-412-2045

41 North St

E: familiesfirstellsworth@gmail.com

Ellsworth, ME

Provides supported transitional housing for families with at least one minor child in Hancock County. Please call or visit the website for more information.

Fresh Start Sober Living

www.freshstartrecovery-maine.org

51 Fourth St

P: 207-903-1053

Bangor, ME

Provides housing for individuals in recovery who need safe & affordable housing.

Please call or visit the website for more information.

H.O.M.E. - Dedham Transitional Housing

www.homemmausa.org/services

Dedham, ME

P: 207-479-7961

Provides 2-3 bedroom apartments for 4 families. Please call or visit the website for more information.

H.O.M.E. - Hospitality House

www.homemmausa.org/services

Bucksport, ME

P: 207-469-7961

Provides 1-bedroom apartments for rent. Please call or visit the website for more information.

H.O.M.E. - Sister Barbara Hance House

www.homemmausa.org

186 Surry Rd

P: 207-667-1533

Ellsworth, ME

Transitional housing for men and women, please call or visit the website for more information.

Northwoods Sober Living

www.northwoodsranchandretreat.com

Orrington, ME

P: 207-416-2115

Sitting in Penobscot County, Northwoods is structured to focus on the individual to meet them where they are at and help them achieve the necessary and sustainable change they are seeking. Call or visit the website for more information.

Restoration Homes

www.rlcellsworth.com

Ellsworth, ME

P: 207-812-2500

P: 207-812-2423

A faith-based, 9-month residential recovery program for men and women. Please call or visit the website for more information.

Safe Harbor

www.healthyacadia.org/spr-shrhfw

Machias, ME

P: 207-263-5096

Safe Harbor is a safe, supportive, and affordable living environment for women in recovery, while still being able to be with their children. *Safe Harbor supports women with or without children, those with shared custody, and those with reunification plans.*

Wellspring

www.wellspringmaine.com

255 Hammond St

P: 207-941-1612 ext 201

Bangor, ME

F: 207-941-1634

Call or visit the website for more information on services and residential opportunities available.

Affordable Housing

Covenant Community Land Trust

<https://mainecclt.org>

21 School House Rd

P: 207-619-2246

Orland, ME

By Appointment Only

A non-profit organization building cooperative communities through affordable housing and land conservation. Please call or visit the website for more information.

Ellsworth/MDI Housing Authorities

www.emdiha.org

80 Mt Desert St

P: 207-288-4770

Bar Harbor, ME

For more information on eligibility, application process, available rentals, and general inquiries please contact using the information provided or visit the website.

H.O.M.E. Co-Op Affordable Housing Project

www.homemmausa.org/housing

90 School House Rd

P: 207-479-7961

Orland, ME

H.O.M.E. works together with Covenant Community Land Trust to provide low income individuals and families the opportunity to buy a home. Visit the website or call for more information.

Indian Township Passamaquoddy Reservation Housing Authority

www.passamaquoddy.com

PO Box 99

P: 207-796-2301

US Route 1

F: 207-796-2420

Princeton, ME

Provides the Passamaquoddy Tribe at Indian Township with better housing for low-income families, effective.

Maine Development Associates

www.mainedevelopment.com

PO Box 2219

P: 207-947-6795

Bangor, ME

TF: 1-800-639-1747

F: 207-990-1401

A privately owned company providing clean, safe, and affordable housing throughout Maine. Call or visit the website for more information.

Maine State Housing Authority

www.mainehousing.org

26 Edison Dr

P: 207-626-4600

Augusta, ME

TF: 1-800-452-4668

F: 207-626-4678

Visit the website or contact using the number provided for more information and general inquiries.

Meadow View Apartments

www.mvapt.org

25 Tweedie Ln

P: 207-667-2651

Ellsworth, ME

F: 207-667-7468

TDD: 1-800-457-1220

E: ktuppermvapt@gmail.com

Subsidized housing and related services. Please call or visit the website for more information.

Oriole Way Apartments

www.ccrealtymanagement.com

13 Oriole Way

P: 207-621-7700

Ellsworth, ME

TF: 1-866-621-7705

F: 207-621-7702

Housing for families, elderly, disabled/handicap. Visit the CC Realty Management website or call for more info.

Pleasant Point Passamaquoddy Reservation Housing Authority

www.wabanaki.com

RR 1, Box 339

P: 207-853-6021

Perry, ME

Low income housing for Call or visit the website for more information.

Quoddy View

www.ccrealtymanagement.com

Emery Circle

P: 207-621-7700

Lubec, ME

TF: 1-866-621-7705

F: 207-621-7702

Housing for elderly(62 & over), disabled/handicap any age. Visit the website or call for more information.

Sunrise Apartments

Hallett Circle
Lubec, ME

www.ccrealtymanagement.com

P: 207-621-7700
TF: 1-866-621-7705
F: 207-621-7702

Housing for elderly (62 & over), disabled/handicap any age. Visit the CC Realty Management website or call.

Sunrise Opportunities

Vicki Espling, HUD Specialist
Machias, ME

https://sun-rise.tv

P: 207-255-1054
E: vespling@sun-rise.tv

Offers subsidized housing opportunities in Washington County. Contact Vicki for eligibility requirements and referral information.

Employment & Financial Support

CCC - Hope Fund

Machias, ME

www.cccmaine.org

E: adonaghy@ccmaine.org

The Hope Fund is available to Washington County residents, provides a one-time financial assistance for expenses that threaten a family's ability to care for their young children. Visit their website under *Programs & Services* or contact using the email provided to get more information or eligibility questions.

Downeast Community Partners

Bucksport Road Office
248 Bucksport Rd
Ellsworth, ME

www.downeastcommunitypartners.org

P: 207-664-2424
TDD: 207-546-7607
F: 207-664-2430

E: dcp@downeastcommunitypartners.org

Avery Lane Office

18 Avery Lane
PO Box 648
Ellsworth, ME

P: 207-664-2424

TDD: 207-546-7607

F: 207-664-2430

E: dcp@downeastcommunitypartners.org

7 VIP Drive

Machias, ME

P: 207-259-5015

TDD: 207-546-7607

F: 207-546-3216

E: dcp@downeastcommunitypartners.org

Visit the DCP website or call one of the contacts provided for more information on the services and programs.

CCC - Dream Fund

Machias, ME

www.cccmaine.org

P: 207-255-8000

An initiative of the CCC to allow children and young adults to pursue their interest in something that gives them joy and may be beyond the financial capacity of their family. This fund is available to Washington County residents only. Visit the website under *Programs & Services* to learn more.

CCC - Joy Fund

www.cccmaine.org

Available to residents of Washington County only, the Joy Fund is available to first-time home buyers who qualify for the assistance. Please visit their website under *Programs & Services* to learn more and for the application.

Eastern Maine Development Corporation

www.emdc.org

40 Harlow St

P: 207-942-6389

Bangor, ME

E: info@emdc.org

EMDC works with individuals to connect them with job opportunities, access to educational programming, skills training, and more. Visit the website or call for more information on the programs and services available.

Healthy Acadia - Colorectal Cancer Screening Support Fund

www.healthyacadia.org

Ellsworth, ME

P: 207-667-7171

Ellsworth, ME

P: 207-412-2288

Machias, ME

P: 207-255-3741

Dover-Foxcroft

P: 207-263-5234

info@healthyacadia.org

Exists to help in cases where the cost of screening or transportation to screening, or other barriers prevent access to screening. Visit the Healthy Acadia website and click on the *Need Help?* Button or call for more information.

Healthy Acadia - Neighbor 4 Neighbor Fund

www.healthyacadia.org

Ellsworth, ME

P: 207-667-7171

Ellsworth, ME

P: 207-412-2288

Machias, ME

P: 207-255-3741

Dover-Foxcroft

P: 207-263-5234

E: info@healthyacadia.org

Exists to help in cases of exceptional hardship, where a one-time grant of \$500 or less will make a lasting difference towards easing that hardship. Visit the Healthy Acadia website and click on the *Need Help?* Button or call for more information.

Healthy Acadia - You've Got a Friend Fund

www.healthyacadia.org

Ellsworth, ME

P: 207-667-7171

Ellsworth, ME

P: 207-412-2288

Machias, ME

P: 207-255-3741

Dover-Foxcroft

P: 207-263-5234

E: info@healthyacadia.org

The You've Got a Friend Fund is a mini-grant program that provides up to \$1,000 to individuals across Hancock County in need of assistance to overcome specific hurdles or setbacks. Visit the Healthy Acadia website and click on the *Need Help?* Button or call for more information.

Maine Career Centers
Tri-County Career Center
45 Oak St, Suite 3
Bangor, ME

www.mainecareercenter.gov
P: 207-623-7981
F: 207-561-4066
E: bangor.careercenter@maine.gov

Calais Career Center
One College Dr
Calais, ME

P: 207623-7981
F: 207-454-0349
E: calais.careercenter@maine.gov

Machias Career Center
53 Prescott Dr, Suite 1
Machias, ME

P: 207-623-7981
F: 207-255-4778
E: machias.careercenter@maine.gov

Provides a variety of employment and training services at no cost for Maine workers and businesses.

Maine Seacoast Mission
6 Old Firehouse Ln
PO Box 600
Northeast Harbor, ME

<https://seacoastmission.org>
P: 207-288-5097

Downeast Campus
39 Weald Bethel Ln
PO Box 428
Cherryfield, ME

P: 207-546-5870

Visit the website or call for more information on the services offered and available.

Mano En Mano
4 Maple St
Milbridge, ME

www.manomaine.org
P: 207-546-3006

Provides farmworkers and immigrants the information and assistance they need.

New Ventures Maine
1 University Dr
Bangor, ME

www.newventuresmaine.org
P: 207-262-7843
F: 207-262-7951

Creates an empowering environment for Maine people to define and achieve their career, financial, and small business goals. Call or visit the website for more information.

Penobscot Job Corps
1375 Union St
Bangor, ME

www.jobcorps.gov
P: 207-990-3000
F: 207-942-9829

A job training program for those ages 16 to 24 who have low income. Visit the website or call for more information.

Sunrise Opportunities - Employment Services

<https://sun-rise.tv>

Mandie Pepperman

P: 207-255-4156

Machias, ME

E: mpepperman@sun-rise.tv

Contact Mandie for eligibility requirements and referral information. Visit the website for more information on this and other services Sunrise Opportunities provides.

Sunrise Opportunities - Community/Work Support Services

<https://sun-rise.tv>

Calais Contact

Troy Donovan, Director

P: 207-454-0001

Calais, ME

E: tdonovan@sun-rise.tv

Machias/Millbridge Contact

Rob Hood, Director

P: 207-255-8858

Machias, ME

E: hood@sun-rise.tv

Contact Troy or Rob for eligibility requirements and referral information. Visit the website for more information on this and other services Sunrise Opportunities provides.

Unlimited Solutions Clubhouse

www.unlimitedsolutionsclubhouse.com

30 Summer St

P: 207-404-8383

Bangor, ME

The Clubhouse provides a peer support program that offers transitional employment, supported employment, and coaching for independent employment. Clients must have a diagnosis of a mental illness to join.

Education Services

Ellsworth Adult Education

<https://ellsworth.maineadulted.org>

248 State St, Suite 16B

P: 207-664-7110

Ellsworth, ME

F: 207-669-6247

Text: 207-613-6460

E: adultedinfo@ellsworthschools.org

Call, text, or visit the website for more information, available/upcoming classes, and general inquiries.

Family Futures Downeast

<https://familyfuturesdowneast.org>

7 Ames Way

P: 207-255-0983

Machias, ME

E: familyfutures@sunrisecounty.org

300 North St, Suite 1

P: 207-255-0983

Calais, ME

E: familyfutures@sunrisecounty.org

A 2 generation college program designed for parents and their children. Visit the website for more information or call with the contact provided.

FedCap
10 Barker St
Calais, ME

www.fedcapmaine.org
P: 207-454-4480
TF: 1-877-369-0934

150 High St
Ellsworth, ME

P: 207-812-9607
TF: 1-844-503-6072

89 Court St
Machias, ME

P: 207-271-4810
TF: 1-844-585-2505

Creates Opportunities for people with barriers to economic well-being and offers an array of services through its practice areas - education, workforce development, occupational health, and economic development. Visit the website or call for more information.

Literacy Volunteers of Washington County
Lubec, ME

<https://lvwc-me.com>
P: 207-726-4688
E: lvwcme@yahoo.com

Literacy Volunteers provide tutoring for reading and writing skills and more. Visit the website or call for more information.

Maine Educational Opportunity Center
Statewide Program

<https://meoc.maine.edu>
TF: 1-800-281-3703

Provides assistance to individuals completing college admission and financial aid forms and offers career counseling to those individuals wishing to return to school

Passages Program
Washington County Office
University of Maine Machias
116 O'Brien Ave
Torrey 101
Machias, ME

www.wayfinderschools.org/our-passages-program
P: 207-236-3000
F: 207-236-2505
E: info@wayfinderschools.org

A home-based high school diploma program, designed for teen parents and gives the opportunity to earn a high school diploma, develop life skills, and parenting skills.

University College at Ellsworth
248 State St, Suite 1
Ellsworth, ME

www.uma.edu/locations/ellsworth/about
P: 207-667-3897
F: 207-667-7451
E: UMAEllsworth@maine.edu

UCE offers access to and support for college programs and courses from the University of Maine System and Eastern Maine Community College. Call or visit the website for more information.

Peer Support Services

Free Recovery Coaching Services

Maine Alliance for Recovery Coaching www.healthyacadia.org
Healthy Acadia, with support from the Office of Behavioral Health, launched Maine-ARC to support community recovery coaching throughout Maine. Recovery Coaching services are **FREE** of charge and confidential. Trained recovery coaches offer direct peer support, helping to improve recovery success and resources among individuals and families facing Substance Use Disorders and other addictions. If you are interested in learning more about the services provided, or how to become a recovery coach, please contact Maine-ARC Co-Directors Denise Black - denise@healthyacadia.org or Terri Woodruff - terri@healthyacadia.org

Maine-ARC Coordinators:

Hancock County - Donna Mitchell

P: 207-460-0229

donna@healthyacadia.org

Piscataquis County - Georgia Underwood

P: 207-263-5234

georgia.underwood@healthyacadia.org

Somerset County - Stacy Austin

P: 207-861-189

saustin@kbhmaine.org

Washington County - Gretchen Harrington

P: 207-479-6287

gretchen@healthyacadia.org

Recovery Coaching services are available in other Maine Counties, call one of the numbers above to get connected.

Corrections Coaching

Corrections coaching services are available at both Hancock County and Washington County Jails. To access coaching services, call one of the numbers above.

East Grand Health Center

201 Houlton Rd

www.eastgrand.org

Danforth, ME

P: 207-448-2347

F: 207-448-2313

Peer Recovery Coaching services available. Call or visit the website for more information on this Free service.

Project HOPE

1 City Hall Plaza

www.healthyacadia.org

Ellsworth, ME

P: 207-667-2133

Individuals looking for Project Hope in Ellsworth can go to the Ellsworth Police Department or INSPIRE Recovery Center. Visit the Healthy Acadia website or call the number provided for more information.

Recovery Community Centers

Bangor Area Recovery Network (BARN)

142 Center St

Brewer, ME

BARN is a recovery community center that provides recovery resources and support to Eastern & Central Maine. Visit the website or call for more information.

www.bangorrecovery.org

P: 207-561-9444

Downeast Recovery Support Centers

11 Free St

Machias, ME

Provides a space for recovery related activities or gatherings and support for all pathways to recovery. Call for more information.

P: 207-259-6238

E: aday@amhc.org

Calais Peer Recovery

311 Main St

Calais, ME

Provides a space for recovery related activities or gatherings and support for all pathways to recovery. Call for more information.

P: 207-952-9279

E: aday@amhc.org

INSPIRE Recovery Center

24 Church St

Ellsworth, ME

Offers a safe, fun, and comfortable environment to connect with members of the community.

www.healthycadia.org

P: 207-412-2288

F: 207-387-1492

Together Place

2 Second St

Bangor, ME

A peer run recovery center, call or visit the website for more information.

<https://togetherplace.org>

P: 207-941-2907

E: helping@togetherplace.org

Your Place Inc.

4 Old Mill Rd

Ellsworth, ME

A safe place to build community, foster recovery, and support family. Visit the website for more information.

www.facebook.com/Yourplacerecovery

P: 207-374-2773

Support Groups

Arise Addiction Recovery Meetings

Machias Christian Fellowship

Paul Trovarello

3 Davis Rd

Machias, ME

Arise offers a weekly meeting every Monday in Machias starting at 7pm. Every

www.ariseaddictionrecovery.com

P: 207-271-7060

3rd Monday of the month Arise holds a special dinner and testimony night that begins at 6:30pm. This meeting is open to the community. Please visit the website or contact the number provided for more information.

Ken Richards P: 207-692-3456
217 New England Rd
Searsmont, ME
Arise Meets weekly on Tuesday at 6:30pm in Belfast.

Christian Temple Church
Paul Maxie P: 903-371-1502
41 Main St
Lubec, ME
Arise meets weekly on Tuesday in Lubec.

Downeast Intergroup <https://downeastintergroup.org>
Ellsworth, ME
24/7 Helpline: 207-479-1779
Downeast Intergroup services AA district 3, 8, 10, 11, 16, 18, 21, and 25. From Calais to Greenville, Mount Desert Island to Belfast, and the Blue Hill Peninsula to Millinocket. Supporting AA in Bar Harbor, Bangor, Ellsworth, Castine, and Machias. Call the helpline or visit the website for more information on meetings and available support.

INSPIRE Recovery Center www.facebook.com/Insupportofpeopleinrecovery
24 Church St P: 207-412-2288
Ellsworth, ME F: 207-387-1492
INSPIRE offers a variety of programs and support groups. Call or visit the website for more information.

Narcotics Anonymous (Maine) <https://namaine.org>
Statewide **24/7 Helpline:** 1-800-974-0062
Check the website or call the helpline for more information and available meetings and support in your area.

Washington County Recovery Line TF: 1-833-687-4887
Help is here! Call the Washington Recovery Line today to learn more about local substance use treatment and services.

Other Support & Crisis Helplines in Maine & Nationwide

Crisis & Emergency Helplines

AMHC Emergency Service Helpline

24/7 Helpline: 1-888-568-1112

AMHC serves Hancock, Washington, and Aroostook counties. AMHC is available to anyone experiencing a crisis. To access their Mobile Emergency Services team, call or text the Maine Crisis Line.

Maine Crisis Hotline

<https://heretohelpmaine.com>

Statewide

24/7 Helpline: 1-888-568-1112 (VOICE)

Teen Text Line: 207-515-8398

Text Line: Text HOME to 741-741

Maine 2-1-1

Statewide

<https://211maine.org>

P: 211

Call or use the website to find services in the area of interest. You can also text your zip code to 898-211.

NAMI Maine Helpline

Statewide

www.namimaine.org

P: 1-800-464-5767 (Press 1)

E: helpline@namimaine.org

Safe and confidential mental health service for peers, law enforcement, professionals, friends, and family members. Available Monday - Friday 8am to 4pm.

National Suicide Prevention Lifeline

Statewide and beyond

24/7 Helpline: 1-800-273-8255 (TALK)

Lifeline provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

Peer Support Helplines

Frontline Warmline

Statewide

P: 207-221-8196

TF: 1-866-367-4440

Support for clinicians and first responders from 8am to 8pm 7 days a week.

Intentional Peer Support Warmline

Statewide

24/7 Helpline: 1-866-771-9276 (WARM)

Mental health peer-to-peer phone support program offering mutual conversations with a trained specialist who has life experience with mental health and/or substance use issues and recovery.

StrengthME Helpline

Statewide

P: 207-221-8198

Free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 pandemic. 8am to 8pm 7 days a week.

Substance Use Support and other Addiction Groups and Crisis Helplines

Alcoholics Anonymous (Maine)

Statewide

<https://csoamaine.org>

24/7 Helpline: 1-800-737-6237

Central Service Office Alcoholics Anonymous is a place to find available meetings whether in-person or online in the state of Maine.

Al-Anon/Al-Ateen

Statewide

www.maineafg.org

TF: 1-800-498-1844

Al-Anon meetings are a place to learn how to change reactions to the attitudes and behaviors common in alcoholic relationships, including those where drinking no longer occurs. Check the website or call the helpline for more information and available meetings and supports in your area.

Eyes Open for Me

Statewide

<https://eyesopenforme.org>

TF: 1-800-974-0062

Visit the website or call for more information on Opioid Use Disorder and ways to get help.

Maine Gambling Self-Exclusion Program

Healthy Acadia

121 Court St

Machias, ME

www.healthyacadia.org

P: 207-255-3741 ext 103

E: Angela@healthyacadia.org

For those who find casino gambling hard to resist, this voluntary program may help. For more information, visit Healthy Acadia's website and click on the *Need Help?* Button. To set up an appointment use the information provided.

SAMHSA - National Helpline

State and Nationwide

www.samhsa.gov/find-help/national-helpline

24/7 Helpline: 1-800-662-HELP
(4357)

Free, confidential treatment referral and information service for individuals and families facing mental and/or substance use disorders.

SAMHSA - Find Treatment Locator <https://findtreatment.samhsa.gov/locator>

State and Nationwide

A useful tool on the SAMHSA website to help find the services you're looking for.

Indigenous and Tribal Helplines

Indian Township Passamaquoddy Domestic and Sexual Violence

24/7 Helpline: 207-214-1917

Serving survivors of domestic violence, sexual violence, dating violence, stalking, and sex trafficking.

Maliseet Domestic Violence & Sexual Assault Program

24/7 Helpline: 207-532-6401

MicMac Domestic Violence & Sexual Advocacy Center

24/7 Helpline: 207-551-3639

Passamaquoddy Peaceful Relations Program

www.wabanakiwomenscoalition.org

11 Passamaquoddy Rd
Pleasant Point, ME

24/7 Helpline: 1-877-853-2613

Serving members of the Pleasant Point Passamaquoddy Tribe and all community members residing on the Pleasant Point Passamaquoddy Reservation who are experiencing domestic violence, sexual assault, dating violence, and stalking.

Passamaquoddy Peaceful Relations DV Program - Township

24/7 Helpline: 207-214-1917

Penobscot Nation

24/7 Helpline: 1-800-631-4886

Health Care Services

SUBSTANCE USE TREATMENT SERVICES

Acadia Hospital

268 Stillwater Ave
Bangor, ME

www.northernlighthealth.org

TF: 1-800-640-1211

Call for more information or visit the website to see what services are offered that may benefit you.

Arnold Memorial Medical Center

70 Snare Creek Rd
Jonesport, ME

www.dech.org

P: 207-497-5614

Provides MAT and individual counseling, call or visit the website for more information on services available.

Aroostook Mental Health Center (AMHC) Locations

Calais Outpatient

127 Palmer St
Calais, ME

www.amhc.org

P: 207-454-0775

DownEast Treatment Center

<https://dtecm.org>

406 State St, Suite 2
Ellsworth, ME

M-F, 8a-5p P: 207-667-6890
M & Th, 8a-8p P: 207-412-0973

Ellsworth Outpatient
710 Bucksport RD
Ellsworth, ME

www.amhc.org
P: 207-667-6890

Machias Outpatient
14 Steve's Ln
Marshfield, ME

www.amhc.org
P: 207-255-0996

Visit the website or call for more information on how DTC may be able to help you.

Comprehensive Treatment Centers

Bangor Comprehensive Treatment Center
689 Odlin Rd, Suite 1
Bangor, ME

www.ctcprograms.com
TF: 1-833-229-5582

Calais Comprehensive Treatment Center
12 Beech St
Calais, ME

www.ctcprograms.com
TF: 1-888-925-5840

MAT services. Call or visit the website for more information.

Door to Door Doctor's - The Village Doctors

Cathleen London, MD PA
40 Main St
Milbridge, ME

www.thevillagedoc.org
P: 207-847-8020
F: 844-297-7173
E: d2ddoc@gmail.com

For more information, questions about services, or general inquiries contact or visit the website.

Eastport Health Care - Locations

www.eastporthealth.org

Rowland B. French Medical Center Vogl Behavioral Health Center

30 Boynton St
Eastport, ME

P: 207-853-6001
F: 207-853-6180

Machias Behavioral Health Center

53 Fremont St
Machias, ME

www.eastporthealth.org
P: 207-255-3400
F: 207-255-3401

Calais Behavioral Health Center

55 Franklin St
Calais, ME

www.eastporthealth.org
P: 207-454-3022
F: 207-454-3099

Call or visit the website for more information on the services offered.

Groups Recover Together
70 Kingsland Xing, Suite A
Ellsworth, ME

<https://joiningroups.com>
P: 207-560-3422
TF: 1-800-683-8313

23 Washington St, Suite 3
Calais, ME

P: 207-560-3422

53 Prescott Drive
Machias, ME

P: 207-560-3422

Please call or visit the website for more information on how to get involved with Groups.

HealthWays Locations

Regional Medical Center
43 South Lubec Rd
Lubec, ME

www.rmcl.org
P: 207-733-5541
F: 207-733-2847

East Machias Clinic
893 Main St
East Machias, ME

www.rmcl.org
P: 207-255-0102
F: 207-259-5079

Calais Office
5 Lowell St
Calais, ME

www.rmcl.org
P: 207-454-1491
F: 207-454-1492

Call the contact info provided or visit the website for more information on the services available for SUD treatment.

New Season
659 Hogan Rd
Bangor, ME

www.newseason.com
P: 207-973-0400
P: 1-877-284-7074
F: 207-973-1881

New Patients

Offers treatment for Opioid Use Disorder. Call or visit the website for more information.

Passamaquoddy Health Center
401 Peter Dana Point Rd
Princeton, ME

<https://passamaquoddyhealth.org>
P: 207-796-2321

Call or visit the website for more information on the services provided.

SaVida Health
43 Union St
Calais, ME

<https://svidahealth.com>
P: 207-952-3965

Medicated Assisted Treatment, call or visit the website for more information.

COUNSELING/THERAPY

Astor C. Gillis, LADC
59 Franklin St, Suite B
Ellsworth, ME

P: 207-667-2730

Provides services for persons with co-occurring mental and substance abuse disorders, LGBTQ clients, Veterans, Military, Military families, and clients referred from the court/judicial system.

Atlantic Counseling

20 Oak St
Ellsworth, ME

www.atlanticsac.net

P: 207-664-1500

Kip Young, LADC

Provides individual, family, and group counseling for people whose lives have been affected by substance use and chemical dependency. D.E.E.P services available.

Barbara Bland, LCSW

198 Main St, Suite 9
Ellsworth, ME

P: 207-667-1917

Provides individual counseling for teens, adults, and couples.

Community Health and Counseling

52 Christian Ridge Rd
Ellsworth, ME

www.chcs-me.org

P: 207-667-5357

Provides community-based mental health services for adults, children, and adolescents. Call or visit the website for more information.

The Counseling Collaborative

1489 State Highway 102
Bar Harbor, ME

www.tccmaine.com

P: 207-288-3388

Call or visit the website for more information and availability.

Milja Brecher-DeMuro MSW, LCSW

P: 207-288-3388 ext 3

E: milja@tccmaine.com

Works primarily with teens and adults, 16 years and up.

Dawn Nuding LCPC, ATR

P: 207-288-3388 ext 1

E: dawn@tccmaine.com

Registered art therapist with the American Art Therapy Association. Works with children 5+, adolescents, and adults.

Dennis Kiley MCP

P: 207-288-3388 ext 4

E: dennis@tccmaine.com

Works with adults, individuals and couples.

Kristin Holley LMSW-CC

P: Coming Soon

E: kristin@tccmaine.com

Works with adults, individuals, and couples.

Dr. Flagg Psychology

64 Church St
Ellsworth, ME

<https://drflagg.com>

P: 207-370-9227

F: 207-669-8362

fsuppsychology@live.com

Dr. Scott Flagg

Psychologist, serves both adolescents and adults. Children under 6 are usually not seen.

Request a referral from the website or call the referral team directly at the number provided.

Sarina L Brooks, LCSW

P: 207-217-7270

89 Court St Suite 206

Machias, Me

Provides services for children, adults, and adolescents. Certified in Triple P Parenting and TIR (Trauma Incident Reduction).

Serita Corey-Childs, LCSW

P: 207-259-1233

182 Main St

Jonesport, ME

Provides services for adolescents, adults, children, and families.

Hilary Chermak, MS, MED, LCPC, ATR-BC

P: 207-610-2372

1 Fernald Point Rd

Southwest Harbor, ME

Provides services to adolescents, adults, and children. Some of these services include but are not limited to *expressive arts therapy, strength-based therapy, acceptance and commitment therapy, and more.*

Wendy Evans, LCSW

P: 207-255-4600

25 Main St

Machias, ME

Provides services for adolescents, adults, children, couples and families.

Daniel Gasper, LCPC, LADC

P: 207-530-7774

87 Milbridge Rd Suite 1

Cherryfield, ME

Provides services for couples, older adults, and young adults.

Kristina Knabenshue, LCPC, CADC

P: 207-598-5957

East Machias, ME

Provides services for adolescents, families, older and young adults.

Laura Landry, LCSW

P: 207-271-8105

17 Stackpole Dr Suite 5

Machias, ME

Provides services for adults and families. Specializes in helping people reach their goals and potential.

Tara Librizzi, LCSW

P: 207-255-5090

4 Colonial Way Suite 2

Machias, ME

Provides services for adolescents and families.

- Emily Lowell, LCSW P: 207-479-4484
 210 Main St
 Ellsworth, ME
 Provides services for adolescents, adults, children, and families. Offers Equine Therapy sessions.
- James H Pearce, LMFT P: 805-550-7837
 567 Maine St
 East Machias, ME
 Provides services for adolescents, couples, families, older and younger adults. Expertise areas include but not limited to - *marriage therapy, parenting, men's issues, Male adolescent issues, and substance abuse.*
- Valerie Renshaw, LCPC P: 207-263-8884
 1 Stackpole Rd
 Machias, ME
 Provides services for adolescents, adults, children, couples, and families.
- Kandi Roberston, LCSW, RPT P: 207-598-0432
 66 Main St
 Milbridge, ME
 Provides services for adolescents and adults.
- Sayber van de Sande, LCPC, CADC P: 207-259-6022
 25 Main St Suite 6
 Machias, ME
 Provides services for all ages. Offers Holistic, trauma-informed and person centered counseling.
- Kerry Shea, LCPC P: 207-610-9641
 110 Oak St Suite 1
 Ellsworth, ME
 Provides services for children, teens, families and some adults. Uses art, sandplay and other hands-on creative activities
- Holly J Greenleaf-Whitney, LCPC P: 207-632-0035
 Washington Academy
 PO Box 190
 East Machias, ME
 Provides services for adolescents and families. Private mental health counselor who focuses their work in Washington Academy.
- Charlotte Young, LMFT P: 207-667-8358
 210 Main St Suite 10
 Ellsworth, ME
 Provides services for couples, families, adults and young adults. .
- Jody Gillen-Worden, LSW** P: 207-477-7499
 8 Bethany Ln

Bar Harbor, ME

Works with adults and individuals using a model of psychotherapy called *Internal Family Systems*. Specialties include - emotional disturbance, trauma, PTSD, and parenting.

Eastport Health Care

www.eastporthealth.org

Rowland B French Medical Center Vogl Behavioral Health Center

P: 207853-6001

F: 207-853-6180

30 Boynton St
Eastport, ME

Machias Behavioral Health Center

P: 207-255-3400

F: 207-255-3401

53 Fremont St
Machias, ME

Calais Behavioral Health Center

P: 207-454-3022

F: 207-4543099

55 Franklin St
Calais, ME

Eleanor Pancoe, LCSW, CADC

77 Mt Desert St, Suite B2

P: 207-288-1171

Bar Harbor, ME

Works with patients who need help with sleep disorders, grief, loss, bereavement, obsessive compulsive disorder (OCD), and more.

Help The Self

www.helptheself.com

1049 Main St

P: 207-244-8161

Northeast Harbor, ME

Irene Greene-Murphy, LCSW, LADC

Specializes in *cognitive behavioral therapy, neurofeedback sessions, addiction, and substance abuse counseling*. Works with individuals, families, couples, children, adolescents, and adults.

Mount Desert Island Hospital

www.mdihospital.org

MDI Behavioral Health Center

P: 207-288-8604

322 Main St

Bar Harbor, ME

Behavioral Health

Andres Abreu, MD

Specializes in general psychiatry with his expertise being *behavioral health, psychotherapy, and psychiatry*.

Diane E Kay-Daigle, LCSW

Specializes in behavioral health counseling for individuals, families, and groups from ages 10 and up. Works with adolescents, adults, young adults, LGBTQ and

Neurodiverse.

Rosamond Kreilkamp, LCSW, CADC

Specializes in behavioral health.

Nicole Randall, LLMSW

Being a social worker and therapist, makes her aware of and have faith in the importance of meeting people where they are at in their journey.

Rebekah Villarreal, MD

Specializes in psychiatry, psychotherapy and treatment of psychotic disorders with both groups and individuals.

Melissa Violette, MT-BC, NMT

Music Therapist, assists people of all ages.

Laurie Wellman, LCSW

Behavioral health.

Nancy Hathaway, M.Ed., LpascC

541 Morgan Bay Rd

Surry, ME

Specialty is Buddhist psychological theory and mindfulness-based strategies. Works with, but not limited to the following - individuals, couples, parents, mothers, families, health-care professionals. In-person or Zoom option available.

www.nancyhathaway.com

P: 207-400-0494

E: applymindful@gmail.com

Pyramid Counseling

24 Church Ave

Ellsworth, ME

www.pyramidcounseling.com

P: 207-667-9101

E: support@pyramidcounseling.com

Laurie Laviolette, LCSW, CCS

Services provided - *substance abuse and other addictions, mood disorders, anger management, gender specific issues, military/families, couples counseling, grief & loss, chronic illness, pain management, life skills, and phase of life issues*

Rosamond McLean, LADC, LSW

2089 US Hwy 1

Sullivan, ME

Evaluation, treatment and counseling for substance abuse. DEEP certified.

P: 207-266-0626

Stephanie C Francis, LCPC, RPT, NCC

21 Schoolhouse Rd, Suite 25

Orland, ME

Focuses on children ages 4 to 12. Treatment types include but are not limited to child-centered play therapy and synergetic play therapy.

P: 207-517-2031

Surry Music Therapy

8 Cross Rd

Surry, ME

Alan Wittenberg, M.A.

<http://surrymusictherapy.com>

P: 207-667-1308

E: alan@surrymusictherapy.com

Provides individual and group sessions to clients of all ages.

Therapeutic Way

259 Toddy Pond Rd

Surry, ME

www.therapeutic-way.com

P: 207-412-8881

F: 207-629-3480

Cynthia Booker-Bingler, LCSW

Private Practice, specializing in adult, child, and family therapy.. Areas of expertise include but not limited to *grief & loss, anxiety, depression, Life changes/ caretaker concerns, self-esteem, trauma, substance/alcohol abuse & co-occurring disorders*, and more Patients

Trenton Health Center

394 Bar Harbor Rd

Trenton, ME

www.mdihospital.org

P: 207-6675899

Kate Mulrenin, PhD

Psychologist.

The Whole Health Center

162 Gilbert Farm Rd

Bar Harbor, ME

www.thewholehealthcenter.org

P: 207-288-4128

Paul Weiss Counselor

Offers mental and spiritual counseling for individuals and couples.

Sherene Certified Health and Wellness Coach

Specialty areas include stress/anxiety management, changes with diet, and exercise.

ACUPUNCTURE/ACUPRESSURE/MAS-SAGE

Back in Balance Wellness Center

16 Penn Plaza #22

Bangor, ME

www.backinbalancechiro.com

P: 207-747-2633

F: 207-947-3721

150 Bucksport Rd

Ellsworth, ME

F: 207-667-4679

P: 207-667-4678

DownEast Community Acupuncture
87 US Highway #1
Verona Island, ME

www.downeastca.com
P: 207-479-2944

DownEast Massage Therapy
848 US RT 1
Pembroke, ME

<http://downeastmassage.com>
P: 207-853-4083

Elephant and Owl - Massage Therapy and Holistic Wellness
210 Main St
Ellsworth, ME

P: 207-544-8969

Ellsworth Acupuncture & Medical Massage
Jennifer Macri, MS
31 Pine St
Ellsworth, ME

www.ellsworthacupuncture.com
P: 207-801-8844
E: Macri.acupuncture@gmail.com

Ellsworth Chiropractic Acupuncture & Nutrition

www.ellsworthchiropracticacupunctureandnutrition.com

108 Main St
Ellsworth, ME

P: 207-664-0013

Fiona Young Massage Therapy
130 Oak St Suite 7
Ellsworth, ME

P: 207-669-6239

Linda Forslund, Acupuncture
107 Main St
Blue Hill, ME

www.nccaomdiplomates.com/lindaforslund
P: 207-359-2800

Kari Guillen, LAc
1087 Main St
Mount Desert, ME
E: info@KariGuillen.com

www.kariguillen.com
P: 207-401-2242

Jean Guyette

P: 207-565-3891

Offers volunteer outreach and education around the National Acupuncture Detoxification Association (NADA) and acupressure for tension and anxiety relief.

Maine Coast Acupuncture & Herbal Medicine
58 Oak St
Ellsworth, ME

www.leaelliottlac.com

322 Main St
Bar Harbor, ME

Massage Bar Harbor
77 Mount Desert St
P: 207-266-6045
Bar Harbor, ME

<https://massagebarharbor.com>

Massage By Jodi
Milbridge, ME
Erica Moffet, LAc
www.ericamoffet.com
49 Main St
Blue Hill, ME
Passamaquoddy Health Center
401 Peter Dana POint Rd
Princeton, ME

<https://massagebyjodi.glossgenius.com>
P: 207-546-6997
P: 207-466-1902
E: ericamoffetacupuncture@gmail.com
<https://passamaquoddyhealth.com>
P: 207-796-2321

Vicki Pollard
10 Spruce Needle Ln
Blue Hill, ME

<http://traditional-acupuncture.com>
P: 207-374-9963

Rejuvenation Day Spa
283 Main St
Calais, ME

P: 207-538-0550

Suntouched Massage Therapy
Katherine Mahon
58 Dwelley Rd
East Machias, ME

<https://katherinemahonholmes.wordpress.com>
P: 207-263-5057

Sarah Tewhey
54 Herrick Rd
Southwest Harbor, ME

www.sarahtewhey.com
P: 207-266-7983
E: sarah@sarahtewhey.com

Therapeutic Massage for Wellness
Betsy Arntzen, LMT, BCTMP
61-A Pine St
Ellsworth, ME

<https://betsyarntzen.massagetherapy.com>
P: 207-266-7753
E: therapeuticmassageforwellness@gmail.com

MINDFULNESS/MEDITATION/YOGA

Blue Hill Yoga
49 Main St
Blue Hill, ME

<https://bluehillyoga.com>
P: 207-664-4856

Ellsworth Meditation Center
161 State St
Ellsworth, ME

www.ellsworthmeditationcenter.org
P: 207-422-2008

Downeast YMCA
32 Mines Rd
Blue Hill, ME

www.defymca.org

66 Bridge St
Bucksport, ME

238 State St
Ellsworth, ME

Healthy Acadia - Tai Chi for Health

www.healthyacadia.org

Ellsworth, ME

Check the website for more information on how to participate in this Free program.

L'abeja Yoga and Meditation

142 B Main St

P: 207-667-1991

Ellsworth, ME

The Morgan Bay Zendo

532 Morgan Bay Rd

www.morganbayzendo.org

E: info@morganbayzendo.org

Surry, ME

Quiet Strength Yoga

83 Main St Floor 2

<https://quietstrengthyoga.com>

E: QSYoga@gmail.com

Ellsworth, ME

Steamy Buddha Cafe & Yoga

50 Church St

www.steamybuddha.com

P: 207-667-0164

Ellsworth, ME

E: natasha@steamybuddha.com

SMOKING CESSATION

Healthy Acadia

www.healthyacadia.org

Hancock/Washington County, ME

Visit the website for more information on the programs offered to help stop smoking.

Maine QuitLink

<https://mainequitlink.com>

Statewide

P: 1-800-QUIT-NOW

Services with help quitting smoking tobacco.

Maine Tobacco Helpline

P: 1-800-207-1230

Statewide

HARM REDUCTION SERVICES

Bangor Public Health & Community Services

www.bangorpublichealth.org

Penobscot, Piscataquis, Aroostook, Hancock, and Washington Counties

P: 207-249-5632

E: denise.smith@bangormaine.com

Health Equity Alliance (HEAL)
304 Hancock St, Suite 3B
Bangor, ME

www.mainehealthequity.org
P: 207-990-3626

5 Long Lane Rd
Ellsworth, ME
Machias, ME

P: 207-667-3506

P: 207-255-4886

By Appointment Only.

HEAL provides needle exchange services, Naloxone (Narcan) distribution, substance use case management, medical case management, and HIV/Hepatitis C testing. This community center is a space for partner organizations that serve Maine's LGBTQ+ community.

Healthy Acadia
Statewide
Beth Alteri

www.healthyacadia.org

P: 207-412-2288

E: beth.alteri@healthyacadia.org

Healthy Acadia offers Naloxone (Narcan) and Fentanyl test strips free of charge. Requests for harm reduction materials can be requested on the website, click on the *Need Help?* Button.

OPTIONS

<https://knowyouroptions.me>

Statewide
Hancock & Washington County

Emily Colligan, CADC

P: 207-498-0824

E: ecolligan@amhc.org

Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative.

Maine Access Points

www.maineaccesspoints.org

Statewide Mail delivery Naloxone/Harm Reduction Support

P: 207-370-9445

York County

P: 207-370-4782

Washington County

P: 207-370-1042

Aroostook County

P: 207-370-9445

Maine General Harm Reduction

www.maine-general.org

Augusta

P: 207-621-3768

Waterville

P: 207-872-4102

An outreach initiative to improve the health of Mainers using substances through harm reduction strategies.

Portland Public Health Center

www.portlandmaine.gov

Kerri Barton

E: kbarton@portlandmaine.gov

FREE & AFFORDABLE MEDICAL CENTERS

Arnold Memorial Medical Center
70 Snare Creek Rd
Jonesport, ME

www.dech.org
P: 207-497-5614

Bucksport Regional Health Center
110 Broadway
Bucksport, ME

www.bucksporthc.com
P: 207-469-7371
F: 207-469-7306

Coastal Health Center
37 Commerce Park
Ellsworth, ME

P: 207-667-5064
F: 207-412-2351

Convenient MD
235 High St
Ellsworth, ME

P: 207-412-5200

Down East Community Hospital
11 Hospital Dr
Machias, ME

www.dech.org
P: 207-255-3356

East Grand Health Center
Danforth, ME

www.eastgrand.org
P: 207-448-2347

Eastport Healthcare
Machias Family Practice
53 Fremont St

www.eastporthealth.org
P: 207-255-8290
F: 207-255-4109

Ellsworth Free Medical Clinic
248 State Suite 16
Ellsworth, ME

www.ellsworthfreeclinic.org
P: 207-667-7953

Family Medicine
229 Main St
Machias, ME

www.dech.org
P: 207-4567

Harrington Family Health Center
50 East Main Street
Harrington, ME

<https://hfhc.healthcare>
P: 207-483-4502

Health Equity Alliance
Machias, ME

www.mainehealthequity.org
P: 207-990-3626

Free HIV/HCV testing. Call to make an appointment.

Machias Family Practice
53 Fremont St
Machias, ME

www.eastporthealth.org
P: 207-255-8290
F: 207-255-4109

Maine Family Planning
68 Mt Hope Ave
Bangor, ME

<https://mainefamilyplanning.org>
P: 207-922-3222

10 Barker St Suite D
Calais, ME

P: 207-922-3222

248 State St
Ellsworth, ME
247 Main St
Machias, ME

P: 207-922-3222

P: 207-922-3222

Milbridge Medical Center
24 School St
Milbridge, ME

www.dech.org
P: 207-546-2391

Passamaquoddy Health Center
401 Peter Dana Point Rd
Peter Dana Point, ME

<https://passamaquoddyhealth.org>
P: 207-796-2321

Peninsula Free Health Services
26 Hinckley Ridge Rd
Blue Hill, Me

P: 207-374-5585

Pleasant Point Health Center
11 Black Rd
Pleasant Point, ME

www.wabanaki.com
P: 207-853-0711

Regional Medical Center
HealthWays
43 S. Lubec Rd
Lubec, ME

www.rmcl.org
P: 207-733-5541

St Croix Regional Health Center
136 Mill St
Princeton, Me

<https://scrhfc.org>
P: 207-796-5503

Public Health Information Line

TF: 1-800-432-7846

AFFORDABLE DENTAL SERVICES

Aspen Dental
206 High St Suite D
Ellsworth, ME

www.aspendental.com
P: 207-669-4826

Bucksport Regional Dental Center
110 Broadway
Bucksport, ME

www.bucksportrhc.com
P: 207-902-1100
F: 207-902-1104

Caring Hands of Maine Dental Center
72 Beechland Rd
Ellsworth, ME

www.caringhandsofmaine.org
P: 207-667-6789

12 Village Green Way
Southwest Harbor, ME

P: 207-244-1150

Eastport Health Care
30 Boynton St
Eastport, ME

www.eastporthealth.org
P: 207-853-6001
F: 207-853-6180

Harrington Family Health Center
50 East Main St
Harrington, ME

<https://hfhc.healthcare/services>
P: 207-483-4502

Maine Coast Community Dental Center
52 Christian Ridge Rd
Ellsworth, ME

P: 207-667-0293

MDI Hospital's Community Dental Center
4 Community Ln
Southwest Harbor, ME

www.mdihospital.org
P: 207-244-2888

Regional Medical Center at Lubec
43 S Lubec Rd
Lubec, ME

www.rmcl.org
P: 207-733-5541

St Croix Family Health Center
136 Mill St
Princeton, ME

www.scrhc.org
P: 207-796-5503

UMA Dental Hygiene
201 Texas Ave #4324
Bangor, ME

P: 207-262-7872

HOSPITALS

Calais Regional Hospital
24 Hospital Ln
Calais, ME

www.calaishospital.org
P: 207-454-7521

Down East Community Hospital
11 Hospital Dr
Machias, ME

www.dech.org
P: 207-255-3556

Mount Desert Island Hospital
10 Wyman Ln
Bar Harbor, ME

www.mdihospital.org
P: 207-288-5081

Northern Light Hospital
57 Water St
Blue Hill, Me

<https://northernlighthealth.org>
P: 207-374-4300

Northern Light Maine Coast Hospital
50 Union St
Ellsworth, ME

<https://northernlighthealth.org>
P: 207-664-5311

LEGAL & CRIMINAL JUSTICE SERVICES

LEGAL SERVICES

Maine Legal Services for the Elderly
5 Wabon St
Augusta, ME

<https://mainelse.org>
TF: 1-800-750-5353

Maine Equal Justice Partners
126 Seawall St
Augusta, ME

<https://maineequaljustice.org>
TF: 1-866-626-7059

Maine PreTrial Services
Hancock County
Adult Recovery Court
50 State St Suite 14
Ellsworth, ME

<http://mainepretrial.org>

P: 207-667-3624
F: 207-667-3630

Washington County
Adult Recovery Court
1 Stackpole Dr
Machias, ME

P: 207-255-1919
F: 207-255-1936

Pine Tree Legal
Hancock/Washington Counties
13 Cooper St
PO Box 278
Machias, ME

www.ptla.org

P: 207-255-8656
F: 207-255-8657

Maine Volunteer lawyer Project
Northern Maine residents call
Southern Maine residents call

www.vlp.org
TF: 1-888-956-4276
TF: 1-800-442-4293

SUPPORT SERVICES FOR INCARCERATED INDIVIDUALS

Maine Prisoner Advocacy Coalition
PO Box 446
Lisbon, ME

www.maineprisoneradvocacy.org

Maine Prisoner Re-Entry Network (MPRN)
PO Box 7157
Lewiston, ME

<https://re-entrymaine.org>
P: 207-330-1446
E: info@re-entrymaine.org

DOMESTIC VIOLENCE/SEXUAL ASSAULT SERVICES

Domestic Violence Helplines

Domestic Violence Helpline
Statewide

www.mcedv.org

24/7 Helpline: 1-866-834-4357 (HELP)

Connects callers with advocates at Domestic violence resource centers and provides information, crisis counseling, emotional support and advocacy.

Domestic Violence Helpline for Spanish Speakers

P: 207-553-2252

Caring Unlimited
Sanford, ME

www.caring-unlimited.org

24/7 Helpline: 1-800-239-7298

Family Crisis Services
Portland, ME

www.familycrisis.org

24/7 Helpline: 1-800-537-6066

Family Violence Project
Augusta, ME

www.familyviolenceproject.org

24/7 Helpline: 1-877-890-7788

Hope and Justice Project
Presque Isle, ME

www.hopeandjusticeproject.org

24/7 Helpline: 1-800-439-2323

New Hope for Women
Rockland, ME

www.newhopeforwomen.org

24/7 Helpline: 1-800-522-3304

The Next Step
Ellsworth, ME
Machias, ME

www.nextstepdvproject.org

24/7 Helpline: 1-800-315-5579

24/7 Helpline: 1-888-604-8692

Partners for Peace
Bangor, ME

www.partnersforpeace.org

24/7 Helpline: 1-800-863-9909

Safe Voices

www.safevoices.org

Auburn, ME

24/7 Helpline: 1-800-559-2927

Sexual Assault, Trafficking, and other Violent Crime Helplines

Maine Coalition Against Sexual Assault
Statewide

www.mecasa.org

24/7 Helpline: 1-800-871-7741

National Human Trafficking Helpline
Nationwide

24/7 Helpline: 1-888-373-7888

Text: 233733

Rape, Abuse, & Incest National Network (RAINN)
Nationwide

www.rainn.org

24/7 Helpline: 1-800-656-HOPE

TRANSPORTATION

Downeast Community Partners
248 Bucksport Rd
Ellsworth, ME

www.downeastcommunitypartners.org

P: 207-664-2424

7 VIP Dr
Machias, ME

P: 207-259-5015

Downeast Transportation
PO Box 914
Ellsworth, ME

www.downeasttrans.org

P: 207-667-5796

E: info@downeasttrans.org

Friends in Action
115 State St
Ellsworth, ME

<https://friendsinactionellsworth.org>

P: 207-664-6016

E: info@friendsinactionellsworth.org

Transportation services for the elderly and handicapped.

Island Connections
93 Cottage St Suite 101
Bar Harbor, ME

<http://islconnections.org>

P: 207-288-4457

West Bus Service
Calais to Bangor
Points in Between

www.westbusservice.com

P: 207-546-2823

TF: 1-800-596-2823

FOOD RESOURCES

HANCOCK COUNTY

Bar Harbor

Bar Harbor Food Pantry
36 Mount Desert St (behind YWCA)
Bar Harbor, ME

www.barharborfoodpantry.org
P: 207-288-3375
E: bhpantry@bhfp.org

Days & Hours: Tue & Wed, 9a-2p
Thur 12p-6p
Fri: 9a-12p

Online orders filled Tue-Thur 9a-12p Curbside pickup by appointment or phone/
online order.

Open Table MDI

116 Cottage St
Bar Harbor, ME

www.opentablemdi.org
P: 207-664-9026
E: opentablemdi@gmail.com

Days & Hours: Tue, 4p-6p

Prepared meals for pickup or delivery. For delivery call, text or email by 2p Tue.

Good Food Box

Claire Bailey
Bar Harbor, ME

www.opentablemdi.org/mdi-food-access-project
P: 207-479-1941

E: food.access@opentablemdi.org

Days & Hours: Saturdays

Pick-up available in Bar harbor, Northeast Harbor, Southwest Harbor, and Trenton.

Blue Hill

Magic Food Bus
Healthy Peninsula
Anna Wind

www.healthypeninsula.org/magic-food-bus
P: 207-374-3257

E: awind@healthypeninsula.org

Days & Hours: Thurs & Fri, June-Sept

Tree of Life Food Pantry

23 South St
Blue Hill, ME

www.treeoflifepantry.org
P: 207-374-2900
E: presidenttol22@gmail.com

Days & Hours: Thurs, 9a-1p

The Simmering Pot

26 Hinckley Ridge Rd
Blue Hill, ME

www.healthypeninsula.org/community-meals
P: 207-374-3257

E: aschroth@healthypeninsula.org

Days & Hours: Monday afternoons

Bucksport

Bucksport Community Concerns

181 Franklin St

P: 207-217-3220

Bucksport, ME

Days & Hours: Wed, 9:30a-11:30a

2nd Mon of the month, 5:30p-6:30p

Find on Facebook for updates and more.

Bucksport Regional Health Center

www.bucksportrhcc.com/free-vegetables

110 Broadway

Bucksport, ME

Days & Hours: 3rd Weds of the month, 11a-4:30p

Bucksport Senior Center Community Meal

Senior Citizen Center

P: 207-469-3632

Bill Foster

125 Broadway

Bucksport, ME

Days & Hours: Mon, Wed, & Fri, 11:30a-12:30p

Ellsworth

Downeast Community Partners

www.downeastcommunitypartners.org/resources

Heather Barton-Lindloff

P: 207-460-5613

248 Bucksport Rd

Ellsworth, ME

Days & Hours: Call for an appointment

Opt-in pantry boxes available for pick-up or delivery.

Emmaus Center Food Pantry

www.emmaushomelessshelter.org/food-pantry

51 Main St

P: 207-667-3962

Ellsworth, ME

Days & Hours: Tue & Thurs, 8:30a-10a

Mon-Fri, 10am-2pm by appointment

For appointments, call the number provided 24 hours prior. Bring reusable bags.

Everybody Eats

St Dunstan's Episcopal Church

P: 207-664-3568

Ron King

E: ronking@gwi.net

134 State St

Ellsworth, ME

Days & Hours: Mon, 2:30p-4p

Free take-out meals.

Loaves & Fishes Food Pantry

<https://loavesandfishesellsworth.org/>

119 Bucksport RD

P: 207-667-4363

Ellsworth, Me

E: loavesandfishesellsworth@gmail.com

Days & Hours: Mon Weds Fri, 9:30a-12:30p

Weds 4p-6:30p

The Welcome Table

First Congregational Church
Kara Ibarguen
2 Church St
Ellsworth, ME

<https://ellsworthucc.org/the-welcome-table>

P: 207-667-8321

E: krowholla@gmail.com

Days & Hours: Weds, 2:30p-4p
Take out meals. Call by 3pm to reserve.

Gouldsboro

Life Line Food Pantry

www.foodpantries.org/li/life_line_ministries_food_pantry_04607

Donna Harmon
Rt 186

P: 207-650-9164

E: donnaharmon15@gmail.com

769 South Gouldsboro Rd
Gouldsboro, ME

Days & Hours: Tues & Fri, 11a-12p
3rd Sat of the month, 8a-10a

Orland

H.O.M.E. Co-Op Food Pantry

www.homemmausa.org/assistance.html#food_pantry

90 Schoolhouse Rd
Orland, ME

P: 207-469-7961 ext 3

Days & Hours: Hot Lunch: Mon-Fri & Sun, 1p-2p
Pantry open: Mon-Fri, 9:30a-11a & 1p-2:30p

Otis

What's for Suppa? Food Pantry

Faith Colburn
9 Church Ln
Otis, ME

P: 207-537-2252

Days & Hours: 3rd Weds, 12p-2p
Delivery service may be available based on a need assessment

Southwest Harbor

Westside Food Pantry

<https://westsidefoodpantry.org/>

St John Episcopal Church
Dean Henry

P: 207-664-8615

E: westsidefoodpantry@gmail.com

315 Maine St
Southwest Harbor, ME

Days & Hours: 1st Sun of the month, 12p-2p
3rd Sun of the month, 12p-1

November to May.

Common Good Soup Kitchen

Laurie Ward
19 Clark Point Rd
Southwest Harbor, ME

<https://commongoodsoupkitchen.org>

P: 207-479-5313

E: milalaurieward@gmail.com

Days & Hours: Lunch served Thurs, 11a-12:30p
Breakfasts Sun, 9a-11:30a
Pantry box delivery Fri

Stonington

Island Pantry

Island Community Center

www.islandcommunitycenter.net/programs

Caroline Friedell
Cathy Eaton-Grey
6 Memorial Ln
Stonington, ME

P: 207-367-2918

P: 207-460-1779

Days & Hours: Thurs, 5p-6:30p

Swan's Island

Bread of Life Food Pantry

www.foodpantries.org/li/bread_of_life_food_pantry_04685

Joanna Kohler
217 Harbor Rd

P: 207-526-4024

Days & Hours: Sun, 2p-3p
By appointment.

Trenton

The Timberwolf Community Cupboard

Trenton Elementary School
Steffanie Roguski

E: sroguski@mdirss.org

Days & Hours: Thurs, 12p-5p

WASHINGTON COUNTY

Calais

Irene Chadbourne Ecumenical Food Pantry

Father David Sivret
513 Main St

P: 207-214-4883

E: chsivret133@yahoo.com

Days & Hours: Mon, 3p-5p
Thurs, 10a-12p
Fri, 1p-3p

Cherryfield

Maine Seacoast Mission Family Food Center

Megan Smith
6 Weald Bethel Ln
Cherryfield, ME

<https://seacoastmission.org/>

P: 207-546-7424

E: msmith@seacoastmission.org

Days & Hours: Tue & Thu, 9a-12p
Wed, 2p-4p

Danforth

Danforth Food Pantry

Marily Stoddard
85 Bancroft Rd
Danforth, ME

P: 207-521-5008

E: brooks7.island@yahoo.com

Days & Hours: 1st & 3rd Thurs of the month, 10a-11a

Eastport

Labor of Love (Garrapy) Food Pantry

Patti Long
137 County Rd
Eastport, ME

P: 207-856-0812

E: manager@eastportlaboroflove.org

Days & Hours: Fri, 2:30p-6:30p
Emergency food available 3rd, 4th, and 5th Tues of the month,
9a-11a

Register by calling.

Indian Township

Passamaquoddy Tribe at Indian Township Food Pantry

Janet Lola
197 US Rt 1
Princeton, ME

P: 207-478-2494

E: jlola3@gmail.com

Days & Hours: Mon-Fri, 12:30p-2:30p

Jonesport

Jonesport Food Pantry

Sawyer Memorial Congregational Church
Pastor Phyllis Merritt
28 Sawyer Square
Jonesport, ME

E: smcc28@myfairpoint.net

Days & Hours: Wed, 9a-11a

Lubec

Lubec Community Outreach Center

Elody Libby
44 South St
Lubec, ME

P: 207-733-5262

E: director@lubecoutreach.org

Days & Hours: 3rd Wed of the month, 1p-3p
3rd Sat of the month, 8:30a-10a

Deliveries Wed-Sat. Call to register.

Machias

Machias Area Food Pantry
Center Congregational Church
9 Center St
Machias, ME
Days & Hours: Mon, 1p-6p

P: 207-255-6665
E: machiasfoodpantry@gmail.com

Downeast Community Partners

Heath Mawhinney
7 VIP Dr
Machias, ME
Days & Hours: Call for appointment

P: 207-460-5613
E: Heather.Mawhinney@downeastcommunitypartners.org

Pleasant Point

Passamaquoddy Food Pantry
Jaclyn Sockabeson
9 Sakom Rd
Days & Hours: Mon-Thur, 9a-3p

P: 207-853-5169

Woodland/Baileyville

Woodland Community Food Pantry
Tonya Scott
55 Broadway
Woodland, ME
Days & Hours: 1st & 4th Thur, 9a-11a
Delivery available based on need assessment.

P: 207-427-6518
E: musicalsunset@yahoo.com

ADDITIONAL STATE/FEDERAL RESOURCES

Supplemental Nutrition Assistance Program (SNAP)

Department of Health & Human Services - Office of Independence

338 North St
Calais, ME

TF: 1-855-797-4357
P: 207-454-2417

17 Eastward Ln
Ellsworth, ME

P: 207-664-1400

38 Prescott Dr
Machias, ME

P: 207-255-2000
P: 207-255-2022

Visit a DHHS office or go to the DHHS website (My Maine Connection) to fill out an application and sign up for SNAP benefits.

211 Maine
240 State St
Brewer, ME

P: 2-1-1
TF: 1-877-463-6207

Talk with someone to find out about social service resources in your area.

Senior Farm Share
Statewide

P: 207-446-5550
E: seniorfarmshare.agr@maine.gov

Income-eligible seniors can apply for \$50 worth of fresh produce from local farms over 8 weeks in the growing season. Delivery may be available.

Eastern Area Agency on Aging
240 State St
Brewer, ME

P: 207-941-2865
TF: 1-800-432-7812
E: info@eaaa.org

National Hunger Hotline

TF: 1-866-3-HUNGRY
TF: 1-877-8-HAMBRE

Talk with someone to find food resources in your area.

FARMER'S MARKETS

HANCOCK COUNTY

Bar Harbor Farmers' Market
21 Park St
Bar Harbor, ME
Sunday, 9a-12p

Blue Hill Farmers' Market
233 Ellsworth Rd
Ellsworth, ME
Saturday, 9a-11:30a

Brooklin Farmers' Market
4 Bay Rd
Brooklin, ME
Thursday, 11a-1p

Bucksport Bay Farmers' Market
95 Main St
Bucksport, ME
Thursday, 2p-5p

Ellsworth Farmers' Market
190 Main St
Ellsworth, ME
Saturday, 9:30a-12:30p

Simon's Hancock Farms
39 US Highway 1
Hancock, ME
Daily, 9a-5p

Beech Hill Farm
171 Beech Hill Rd
Mount Desert, ME
Tuesday - Saturday, 9a-4p

Northeast Harbor Farmers' Market
Harbor Drive, On the Green
Thursday, 9a-12p

Horsepower Farm
90 Horsepower Farm Rd
Penobscot, ME
Monday-Sunday, 7a-5p

Southwest Harbor Farmers' Market
315 Main St
Southwest Harbor, ME
Friday, 9a-1p

Stonington Farmers Market
43 School St
Stonington, ME
42 Friday, 10a-2p

Amber's Best
Route 1
Sullivan, ME
Daily, 10a-6p

Winter Harbor Farmers' Market

10 Newman St
Winter Harbor, ME
Tuesday, 9a-12p

WASHINGTON COUNTY

Denny's River Farmers' Market

17 King St
Dennysville, ME
Wednesday, 3p-6p

Redbird Farm

1491 Main St
Harrington, ME
Wednesday, 10a-5p

Machias Valley Farmers' Market

Route 1 on the Dike
Machias, ME
Friday-Saturday, 9a-1p

Milbridge Farmers' Market

29 Main St
Milbridge, ME
Saturday, 9a-12p

Waite General Store

455 Houlton Rd
Waite, ME
Monday-Saturday, 6a-7p

Sunrise County Farmers' Market

141 Water St
Eastport, ME
Saturday, 10a-12p

Lubec Market

55 Water St
Lubec, Me
Saturday, 9a-11a

Marion Township

207-726-4599
Call to order

Phoenix Rising Farm, LLC

393 Houlton Rd
Waite, ME
Daily, 8a-12p

Child & Family Services

Autism Society

72B Main St
Winthrop, ME

Provides education and resources to support the valued lives of individuals on the Autism spectrum and their families.

www.asmonline.org

TF: 1-800-273-5200

F: 207-377-9434

Big House

1021 Unionville Rd
Steuben, ME

P: 207-598-5750

A ministry of the Unionville church, this is a safe space for youth to connect with their community and each other.

Hours; Weds: 6pm to 7:30pm ages 5 & up

Fri: 6pm to 8pm for teens

Call for more information.

Bridging Program

Downeast Community Partners

www.downeastcommunitypartners.org

For more information call

P: 207-610-0740

Anyone can make a referral

F: 207-610-5121

Offers support for prenatal moms on drug replacement therapy or who have a high risk pregnancy. Call for more information.

Child Development Services

190 Bangor Rd
Ellsworth, ME

P: 207-667-7108

Community Caring Collaborative

www.cccmaine.org/services-programs

PO Box 224

P: 207-255-8000

East Machias, ME

Visit the website or call to see the available programs and services.

Community Closet

25 Eastward Ln
Ellsworth, ME

P: 207-266-7241

Provides free clothing to the community. First 10 items are free, then pay by donation.

Downeast Community Partners

www.downeastcommunitypartners.org/services/children-and-education

Bucksport Rd Office

P: 207-664-2424

248 Bucksport Rd

Ellsworth, ME

Avery Lane Office

P: 207-664-2424

18 Avery Lane

PO box 648

Ellsworth, ME

Machias Office

P: 207-259-5015

7 VIP Drive

Machias, ME

Downeast YMCA

238 State St

Ellsworth, ME

www.defymca.org

P: 207-667-3086

Call or visit the website for more information on the services offered.

Supporting Community days are open to all residents of the community for free access to the facility. The schedule for these days is as follows:

Days & Hours: Fri: 5:30pm to 7:30pm

Sat & Sun: 1pm to 4pm

Families First Community Center

PO Box 951

41 North St

Ellsworth, ME

<https://familiesfirstellsworth.org>

P: 207-412-2045

C: 207-460-3711

E: familiesfirstellsworth@gmail.com

Families Futures Downeast

7 Ames Way

Machias, ME

<https://familyfuturesdowneast.org>

P: 207-255-0983

E: familyfutures@sunrisecounty.org

1 College Drive @ WCCC

Calais, ME

A 2-generation program designed to improve economic outcomes for low-income families, accesses postsecondary education for parents delivered in a cohort model at the same time their children access higher education.

G.E.A.R. Parent Network

10 Caldwell Rd

Augusta, ME

<https://gearparentnetwork.org>

TF: 1-800-264-9224

Empowers parents of children with behavioral health needs to build on their family's strengths and advocate for their family's needs. Visit the website or call for more information.

Hancock County Connections

<https://fccmaine.com/resources/hancock-county-connections>

Local resources for families and children.

Maine Families

Hancock County

248 State St Suite 3a

Ellsworth, ME

www.maine-familyplanning.org

P: 207-667-5304 ext 225

E: mainefamilies@mainefamilyplanning.org

Washington County

108 Court St

Machias, ME

<https://mainefamilieswc.org>

P: 207-255-0481

F: 207-259-6054

Home visitors provide support for expectant parents and parents of newborns, childbirth classes, lactation counseling, and more.

Maine Families Play Group
Congregational Church of Ellsworth
2 Church St
Ellsworth, ME
Days & Hours: Every Thursday, 10a-11:30a
No registration needed!

www.mainefamilyplanning.org
P: 207-667-5304 ext 225

MaineMOM Services
Statewide

www.mainemom.org
P: 1-888-644-1130

A service provided to pregnant or new parents with Substance Use Disorder. Call or visit the website to learn more about the services offered.

Maine Parent Federation
484 Maine Ave 2D
Farmingdale, ME

www.mpf.org
P: 207-588-1933
TF: 1-800-870-7746
F: 207-588-1938

Visit the website or call for more information on the services and programs available to you or your children in your area.

Office for Family Independence
17 Eastward Ln
Ellsworth, ME

www.maine.gov/dhhs/ofi
P: 207-664-1400

Visit the website, call, or go in to apply for benefits.

PROSPER by Healthy Acadia
INSPIRE Recovery Center
24 Church St
Ellsworth, ME

www.healthyacadia.org/spr-prosper
P: 207-974-7460
F: 207-412-2288

PROSPER provides pregnant women/new moms who have a substance use disorder and their families with compassionate, person-centered navigation, mentoring, guidance, education, advocacy, and resources.

Special Children's Friends, Inc.
8 Union St
Ellsworth, ME

<https://specialchildrensfriends.org>
P: 207-667-2430
F: 207-667-1175

Serves children and youth with special needs and their families in Hancock County.

Sunrise Opportunities
Child Services
Pam Beal

<https://sun-rise.tv/child-services>
P: 207-255-3426
F: 207-255-2661
E: pbeal@sun-rise.tv

Contact Pam for information on services and programs, eligibility requirements and referral information.

WINGS inc.
409 High St
Ellsworth, ME

www.wingsinc.org
P: 207-941-2988
TF: 1-800-823-2988
F: 207-941-2989

168 Main St, Suite 7
Machias, ME

P: 207-941-2988
TF: 1-800-823-2988

Case management for children with mental health and special needs.

WCCC Child Care Opportunities
Washington County Community College
Calais, ME

www.wccc.me.edu
P: 207-454-3212

Child care available on a sliding scale based on income and family size. Call for more information

Women, Infants, & Children (WIC)
WIC Nutrition Program
10 Barker St Suite D
Calais, ME

TF: 1-800-492-5550
P: 207-454-3634

Ellsworth Adult WIC Office
248 State St
Ellsworth, ME

P: 207-667-5304

WIC Nutrition Program
247 Main St Suite 2
Machias, ME

P: 207-255-8280

Income-qualified pregnant or breastfeeding women or parents of infants and children up to 5 years old can apply for benefits online or in-person.

STATEWIDE/NATIONAL RESOURCES

Government Agencies

Center for Substance Abuse Treatment (CSAT)

www.samhsa.gov/find-treatment

Center for Substance Abuse Prevention (CSAP)

www.samhsa.gov/about-us/who-we-are/offices-centers/csap

Maine Opioid Response Initiative

www.maine.gov/future/initiatives/opioids

National Addiction Technology Transfer Center (NATTC)

<https://attcnetwork.org/>

National Council on Alcoholism and Drug Dependence (NCADD)

<https://ncadd.us>

National Institute on Drug Abuse (NIDA)

<https://nida.nih.gov/>

National Institute on Alcohol Abuse and Alcoholism (NIAA)
<https://www.niaaa.nih.gov/>

Office of National Drug Control Policy (ONDCP)
www.whitehouse.gov/ondcp/

Substance Abuse & Mental Health Services Administration (SAMHSA)
www.samhsa.gov

Associations & Societies

Addiction Policy Forum www.addictionpolicy.org

American Society of Addiction Medicine Inc. (ASAM) www.asam.org

Fetal Alcohol Syndrome Community Resource Center
www.come-over.to/FASCR

Fetal Alcohol Syndrome Maine (FASD ME) www.fasdmaine.org

National Association of Addiction Treatment Providers (NAATP)
www.naatp.org

National Association of State Alcohol and Drug Abuse Directors (NASADA)
<https://nasadad.org/>

Political Action Organizations Devoted to Addiction

Drug Policy www.drugpolicy.org

Maine Recovery Advocacy Project (ME-RAP) www.recoveryvoices.com/me

Partnership for a Drug Free America www.drugfree.org

Other Resources

In the Rooms www.intherooms.com

Women for Sobriety <https://womenforsobriety.org>

Refuge Recovery www.refugerecovery.org

Life Ring www.lifering.org

Smart Recovery www.smartrecovery.org

Notes

Notes

Notes

Notes

This guide was compiled by Healthy Acadia. We have attempted to make this guide as comprehensive and up-to-date as possible, but we cannot guarantee the accuracy of this information. For additions and corrections please email beth.alteri@healthyacadia.org

