

Midcoast Region Resources

HOUSING	contact	location	Web address
Midcoast Maine Community Action Network	442-7963	34 Wingfarm Pkwy, Bath Services include counseling, housing assistance, referral and advocacy, financial literacy and budgeting assistance, and emergency fund application assistance.	Midcoastmainecommunityaction.org
Bath Housing Authority	443-3116	80 Congress Ave, Bath	Bathhousing.org
Stepping Stone Housing	563-6297	PO Box 21 Damariscotta	steppingstonehousing.org
Coastal Enterprise Inc	504-5900	30 Federal St Brunswick	ceimaine.org Financial and housing advising
Tedford Shelter and Rapid Re-Housing Program	729-1161	14 Middle St Brunswick Services: Case management, legal support, rental assistance	tedfordhousing.org
Maine Property Tax Credit	626-8475	Credit for ppl spending 40% of total income on rent	

Food Support	contact	location	days/hours
St Phillips Church	882-7184	12 Hodge St. Wiscasset	Thursdays, 3:30-5:30
Wiscasset Food Pantry At the Nazarene Church	882-9088	255 Gardiner Rd Wiscasset	Sunday 12:30-1 2nd and 4th Sundays
Westport Island Human Resource Committee	882-5464	Delivery only	
Ecumenical Food Pantry	563-1133	Second Congregational Church 51 Main Street Newcastle	Tuesday 9:30-11
Lincoln Co. Food Initiative	563-6658	Second Congregational Church 51 Main Street Newcastle	Groceries, prepared meals, household items. Contact with needs.
Healthy Lincoln County	563-1330	281 Main St Damariscotta	Summer food program. Located at pick up sites. Visit website to learn locations. healthylincolncounty.org

Medical/Family Practice	contact	address	hours
Wiscasset Family Health	882-6008	35 Water St Wiscasset	8-4:30 Mon-Fri
Lincoln Medical Partners Family Medicine	882-7911	49 Hooper St Wiscasset	8-5 Mon- Fri
Oasis Free Health Center	721-9277	66 Baribeu Dr Suite, 5B, Box 1 Brunswick	Free primary care medical & dental clinic, for uninsured adults in Midcoast Maine. 6pm-8pm Tuesdays Appt required
Dental			
Jessie Albert Dental Center	443-9721	171 Congress Ave Bath	7:30-4pm Mon-Thurs Accepts Maine Care
Bath Family Dental	442-7581	304 Washington St Bath	8-5 Mon-Thurs Some free services
Oasis Free Clinics	721-9277	66 Baribeu Dr. Suite 5B, Box 1 Brunswick	Free primary care medical & dental clinic, for uninsured adults in Midcoast Maine. 6pm-8pm Tuesdays Appt required

MaineCare Access	Contact	Address	Services
CarePartners & MedAccess	563-4120	40 Belvedere Rd Damariscotta	CarePartners - help in getting primary care and specialty care as well as case management and low cost meds. MedAccess - help in signing up for Maine Care and finding low cost prescription drug options.
Mldcoast Maine Community Action	442-7963 Mike Pepin Community Services Dir.	34 Wingfarm Parkway Bath	

Heating Assistance	contact	address	
Lincoln County Community Energy Fund	http://www.communityenergyfund.com 563-3883	PO Box 40 Bristol	Fuel assistance; Wood supply
KVCAP fuel assistance	(800) 542-8227	62 Middle St Wiscasset	Fuel assistance

Family Support	contact	address	services
Healthy Lincoln County	563-1330 Kmarine@healthylincoln County.org Healthylincolncounty.org	280 Main St Damariscotta	Nutrition education Food support Substance prevention
Healthy Kids	563-1818 mcorrell@tidewater.net healthykidsmaine.com	PO Box 689 Damariscotta	Playgroups/home visits Ages 0-5 Parenting classes Grocery cards
Families CAN!	http://midcoastcommunity actionaction.org/families -can (800) 221-2221	Midcoast Community Action Network 34 Wing Farm Pkwy Bath	Enrichment and education about topics important to families with kids from birth through teen years.
Family Case Management MidCoast Maine Community Action	http://midcoastcommunity action.org/family-develo pment (800) 221-2221	Midcoast Community Action Network 34 Wing Farm Pkwy Bath	Support for parents by connecting to services, teaching new skills, & promoting positive relationships.
Pathways	http://www.pathwaysofmaine.c om/contact-us.html Ph: (207) 798-3500 Fx: (207) 373-3806	16 Burbank Avenue Brunswick, ME 04011	<ul style="list-style-type: none"> • Case Management • HCT (Home Community based Treatment)
Maine Behavioral Health	https://www.mainehealth.org/ Maine-Behavioral-Healthcare/ Services/Community-Treatme nt/Case-Management	Various locations	<ul style="list-style-type: none"> • Case Management • Team Approach

	844-292-0111		
Maine Early Childhood Consultation Partnership (ECCP)	<p>Amy Beaulieu, LCSW ME ECCP® Program Manager Child & Family Services eccpprogram.dhhs@maine.gov Ph: (207) 624-7900 1-877-680-5866</p>	<p>https://www.maine.gov/dhhs/ocfs/support-for-families/child-care/early-childhood-consultation-partnership 2 Anthony Avenue 11 State House Station Augusta, ME 04333</p>	An infant & early childhood mental health consultation program that addresses the social-emotional needs of children aged 0-8 by offering support, education, and consultation to the adults who provide care for them.
Maine Parent Federation	<p>(800) 870-7746 parentconnect@mpf.org 484 Maine Ave, Suite 2D Farmingdale, ME 04344</p>	https://www.mpf.org/	Support for families with children with special needs resulting in better access to systems of care. Family support Navigator Prg
<p>NAMI Maine</p> <p>National Alliance on Mental Illness</p>	<p>(800) 464-5767 info@namimaine.org 52 Water Street Hallowell, ME 04347</p>	https://www.namimaine.org/	<p>Family to Family- course for family members of someone living with a mental illness.</p> <p>NAMI Basics - educational program for parents and primary caregivers of children living with mental illnesses covering the fundamentals of caring for yourself, your family and your child.</p> <p>Family Support Group - For friends and family members supporting individuals living with mental health challenges.</p>

			Family Respite - family assistance by enabling a much needed break in the responsibility of caring for a child with significant developmental delays and behavioral or emotional disorders.
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Transportation	services	contact	web address
Mid Coast Connector	Ride to medical appointments	(855) 930-7900	midcoastconnector.org
Mid Coast RideFinder	Free transportation	Coastal Trans	midcoastridefinder.org

General	Services	contact	website
211	Resource clearing house	211	
Women, Infants and Children (WIC) Nutrition program	Food support, health care referrals, nutrition education 0-5	(800) 221-2221	https://www.maine.gov/dhhs/mecdc/population-health/wic/
Supplemental Nutrition Assistance Program (SNAP)	Food benefits card	(800) 596-4200	https://www.maine.gov/dhhs/ofi/programs-services/food-supplement
Salvation Army	Clothing, food assistance, rental and utilities assistance.	594-5326 Gretchen Burleigh-Johnson gburleighj@gmail.com for	

		more information	
Wiscasset Town office	Rent, heat, Electric, Food assistance	882-8200 x 3 Kathleen Onoroto	
CHIP Lincoln County	Home repair	(800) 924-9571	
Maine unemployment office	Unemployment benefits and information	(207) 623-7900	https://www.maine.gov/unemployment/
St Phillips Church	882-7184 12 Hodge St. Wiscasset, ME	Bargain Basement with clothing and home items. Thursdays, 3:30-5:30	

Support Hotlines	Services	contact	Website
Crisis Support Helpline	contact assessments; home visits	(800) 568-1112	https://crisisandcounseling.org/
National Suicide Prevention Lifeline	Crisis counseling; connecting to resources; Safety planning	(800) 452-1999	https://suicidepreventionlifeline.org/
Domestic Violence Hotline	Crisis counseling; education; safety planning; local resources	(866) 834-4357	https://www.thehotline.org/
The Parental Stress Hotline	Confidential support counseling	(800) 632-8188	https://www.parentshelpingparents.org/parental-stress-line
National Parent Helpline	Emotional support from trained advocates	(855) 427-2736	https://www.nationalparenthelpline.org/
NAMI Maine	Teen text line for 14 years	(800) 464-5767	https://www.namimaine.org/

	and up; parent support groups; advocacy		
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Holiday Season Support	Contact	Services	website
Portland Press Herald Santa Fund	Press Herald Toy Fund PO Box 7310 Portland, ME 04112 207-791-6672 Pressheraldtoyfund@mainetoday.com	Toys offered for families with children 18 years and under.	https://www.pressherald.com/toy-fund/
Healthy Kids Annual Toy Drive	Barbara Dakin, off assistant 563-1818 bdakin@tidewater.net 15 Belvedere Rd, Damariscotta, ME 04543	Toys offered for families with children 18 years and under.	https://www.healthykidsmaine.org/
Toys for Tots	Lisa Marr	Toys offered for families with children 18 years and under.	https://wiscasset-me.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx?nPageID=100&nPreviewInd=200&nRedirectInd=3
St Phillips Church	882-7184 12 Hodge St. Wiscasset	Toy table and Bargain Basement with clothing and home items. Thursdays, 3:30-5:30	

Day Camps	FOCUS	LOCATION	LENGTH	AGES	COST	SCHLRSHIP
BBH YMCA camp	All around; specialty ½ day camps; sports	Boothbay, Damariscotta	Weekly throughout summer	4-18	--Varies --Lots of scholarship money	
DRA-Camp Mumichog	Natural History and all around	Damariscotta	M-F 9-1 , 9-4	5-12 y.o.	\$125 ½ day/ wk \$220 full-day/wk	
Hearty Roots	Outdoor-based adventure and mindfulness	Boothbay Bristol, Jefferson	4 days, 1 night (optional)	10-13 y.o. 8-10 y.o.	\$275 per session	Scholarship available
Morris Farm Camp	Farming, gardening	Wiscasset	6, 1 week sessions	5-12 y.o.	\$195 /wk for members \$215 / wk non-mmbr	
Wiscasset Recreation Center	All around	Wiscasset	8, 1 week sessions	5-15 y.o.	\$90/week, ½ day \$140/wk, full day	Scholarship available