

COMMUNITY RESOURCE GUIDE

For

Hancock and Washington Counties



667-2995 ~ 1-800-834-4378

www.childandfamilyopp.org

~ REVISED 2009 ~

TABLE OF CONTENTS

Toll Free Crisis Intervention Numbers	3
Maine Department of Human Services	4
Child Abuse Prevention	5
Child Care & Early Childhood Education	5
Child Development and Special Needs	7
Community Programs for Families	9
Education and Training for Adults	9
Emergency Services	11
Including Domestic Violence	
Financial Assistance	13
Food Assistance	13
Health and Dental	15
Mental Health	18
Housing and Utilities	20
Legal Services	21
Parent Education	21
Transportation	21
Libraries	22
Government ~ Town & City Listings	25-26



TOLL FREE CRISIS INTERVENTION NUMBERS

(Available 24 hours a day)

EMERGENCY – FIRE POLICE AMBULANCE CALL 9-1-1

Downeast AIDS Network	1-800-669-0893
HIV/STD Hotline	1-800-851-2437
Maine DHNS Child Abuse & Neglect TTY (Deaf/Hard of Hearing)	1-800-452-1999 1-800-963-9490
Crisis Response, Phone Help-Family Down East Sexual Assault	1-888-568-1112 1-800-228-2470
Maine Care Questions	1-800-321-5557
Mental Health Crisis 24-hour Hotline-Family	1-888-568-1112
Poison Control Center (national number)	1-800-222-1222
Downeast Sexual Assault Sexual Assault Hot Line	1-800-228-2470 1-800-871-7741
Next Step (Domestic Violence) Washington County	1-888-604-8692
Next Step (Domestic Violence) Hancock County	1-800-315-5579
Spruce Run (Domestic Violence Penobscot County)	1-800-863-9909
Rape Crisis (Penobscot County)	1-800-310-0000

Hancock County Sheriff	667-7575	(non-emergency calls)
Washington County Sheriff	255-6871	(non-emergency calls)
Washington County Regional Dispatch Center	1-800-432-7303	(to connect with law enforcement)
Winter Road Information 5-1-1		www.511.Maine.gov
Resource Telephone Line 2-1-1		www.211.org.maine

Maine Department of Health & Human Services (DHHS)

Hancock County

17 Eastward Lane
Ellsworth, ME 04605
667-1600 or 1-800-432-7823

Washington County

13 Prescott Drive
Machias, ME 04654
255-2000 or 1-800-432-7846

392 South Street
Calais, ME 04619
454-9020 or 1-800-622-1400

The Maine DHHS provides services in the following areas:

Adult Protection: for dependent adults in danger of abuse, neglect, exploitation or serious harm.

Behavioral and Mental Health Services (formerly BDS): Covers mental health, retardation, autism, and substance abuse. Community Social Services include: counseling, public guardianship, protective, supportive services, placement in residential accommodations, arranging enrollment in community services, crisis intervention, and program coordination. Child Development Worker available to work with preschool children. No income guidelines. **Bangor Office** - 941-4392 (TTY); 1-800-963-9491

Mental Retardation Services provided by Mental Retardation Services for adults 18 and over include: intake services, case management, public guardianship, protective services, crisis intervention, arranging residential placement, arranging program coordination which could include supported employment. No income guidelines.

Children Services: Child Protective Services (see below); Foster Care; Adoption

Children's Emergency Services, 24-Hour Hotline: 1-800-452-1999: Initiates investigative services in response to referrals of child neglect and abuse (including incest and other forms of sexual exploitation). Emphasis is placed on safety and protection of children ages 0-18. Investigates primarily civil protective cases. Referral services to link client with appropriate resources also available.

Food Stamps: Provides nutritional support by supplementing family income, with eligibility based on financial circumstances and household size.

Medicaid and MaineCare: Coverage for medical care and catastrophic illnesses

Public Health Nursing: Provides direct service related to specific Bureau of Health Programs and to general public health nursing practices. Services include individual health education and coordination of resources.

TANF: Provides supplemental financial aid through TANF(Transitional Assistance to Needy Families)

ASPIRE: Education, training and work program for families enrolled in TANF.

Parents as Scholars: Student aid program for TANF recipients who enroll in 2-4 year post-secondary degree program

Vocational Rehabilitation: Rehabilitation for individuals with physical, mental and emotional disabilities that interfere with employment.

For vocational rehabilitation call the following numbers: Hancock County 561-4000 (Bangor Office)
Or 1-888-545-8811 Washington County 255-0149 or 1-800-770-7774

Child Abuse Prevention

To make a report of suspected abuse or neglect, call 1-800-452-1999.

Hancock County Children's Council

52 Christian Ridge Road

Ellsworth, ME 04605

1-800-492-5550 or 667-5304

Community organization to support and encourage local child protection and treatment services and to help prevent child abuse through community education and awareness. Services include: family planning, HIV testing, sexual assault services, WIC program, maternal child health, visiting nurses, Parent lending Library. (See Downeast Health Services)

Families United

Hancock County

P.O. Box 1373

Ellsworth, ME 04605

667-3239

Washington County

Upper Court Street

Machias, ME 04654 phone 255-3000

7 Lowell Street

Calais, ME 04619 phone 454-0422

This private, non-profit organization dedicated to reducing the economic, social and personal costs of dysfunctional families in Washington County, and which is actively engaged in trying to provide direct home-based services to adolescents and their families.

Child Care & Early Childhood Education

Child Care Resource and Referral Hancock & Washington Counties

Child Care Opportunities Resource Development Center (RDC)

P.O. Box 648 (18 Avery Lane)

Ellsworth, ME 04605

667-2467; 1-800-834-4378 Fax 667-2212

Child care resource and referral information for parents, providers, employers and community organizations. Our goal is to enhance the availability, affordability, accessibility and quality of child care in Hancock and Washington Counties. The RDC can help you find certified child care, and has information regarding how to choose quality, safe and appropriate child care to meet your needs.

Call the Resource Development Center for information on

- Nursery schools
- Head Start
- Full-day child care programs.
- Training for child care providers.
- Subsidized Child Care Services (Voucher Program)

Child Care Vouchers

A sliding fee subsidy to help pay for the cost of child care through the Department of Health and Human Services, Early Childhood Division.

**Department of Health & Human Services
OCFS/Early Childhood Division
CCDF Voucher Program
11 State House Station
Augusta, ME 04333-0011**

624-7999 or 1-877-680-5866(TTY)

Eligibility Requirements:

All adults in the household are required to be employed, involved with an education/job training program or have special circumstances documented by a professional. You will be placed on a waiting list if child care funding is not available.

Head Start Programs

Child and Family Opportunities, Inc.

PO Box 648 ~ 18 Avery Lane

Ellsworth, ME 04605 ~ 667-2995 or 1 800 834-4378

CFO operates Head Start programs in Washington and Hancock Counties. All of the CFO programs offer Head Start preschool services. The Ellsworth, Machias, Flaherty, and St. Croix programs also offer full-day, full-year programs for children six weeks to five years old. The Peninsula center in Sedgwick, Moose-a-bec Center in Jonesport, and the Lubec Preschool Learning Center at the Lubec Consolidated School all offer a full-day, full-year program for three and four year olds.

The following programs offer part-day preschool Head Start programs for 3 and 4-year-olds:

Bucksport

Early Care & Education Center
66 Bridge Street
PO Box 1729
Bucksport, ME 04416
469-2755

Stonington

Early Care & Education Center
PO Box 423
Stonington, ME 04681
367-5179

Sullivan-Mt. View

Early Care & Education Center
Mountain View School
Bert Gray Road
422-3188

Calais Early

Kindergarten/Head Start
Calais Elementary School
53 Garfield Street
Calais, ME 04619
454-0131

Harrington

Early Care & Education Center
1491 US Highway 1A
Harrington, ME 04643
483-2212

Step by Step Childcare

15 Bozo's Way
Milbridge ME 04658
546-7212

The following programs offer part-day preschool Head Start programs for 3 and 4-year-olds along with full day, full year child care for 3 and 4 year olds.

Sedgwick

Peninsula Early Care and Education Center
Sedgwick Elementary School
272 Snows Cove Road
Sedgwick, ME 04676
359-2464

Jonesport

Moose-A-Bec Early Care and Education Center
PO Box 242
Jonesport, ME 04649
497-2888

Lubec Pre-School Learning Center

PO Box 536
Lubec, ME 04652
733-2203
(in partnership with RMCL, at the Lubec Consolidated School.)

The following programs offer part-day preschool Head Start programs for three and four-year-olds AND full day, full year child care for infants, toddlers, and preschoolers:

Ellsworth

Ellsworth Early Care and Education Center
18 Avery Lane
PO Box 648
Ellsworth, ME 04605
667-9005 ~ 1-800-834-4378

Machias (UMM Campus)

Flaherty Early Care and Education Center
9 O'Brien Ave
Machias, ME 04654
255-1441

Machias

Machias Valley Early Care and Education Center
Steve's Lane, Marshfield
PO Box 131
Machias, ME 04654
255-4972

Calais(WCCC Campus)

St. Croix Early Care and Education Center
Washington County
Community College
Gatcomb Road
Calais, ME 04619
454-3212

Child Development and Special Needs

Bureau of Mental Retardation- Regional office, Bangor

941-4360

Child Development Services (CDS)

Hancock County

190 Bangor Rd, Suite A
Ellsworth, ME 04605
667-7108 fax 664-0416

Washington County

9 Cooper St, PO Box 718
Machias, ME 04654
255-4892 fax 255-6457

Calais Office

6 Lowell Street
454-7962

A program for families with preschool children with special needs. CDS accepts referrals of children who may have handicapping conditions and provides an evaluation mechanism for assessing the child's strengths and needs. CDS is an Intermediate Educational Unit responsible for ensuring identification of children with delays in development, who are age birth through five and reside in Hancock and Washington Counties. The agency functions under the Individuals with Disabilities Education Act, and is funded through the Department of Education with Federal and State dollars.

Children with Special Health Needs: 1-800-698-3624.

Rehabilitation programs for in-patient and out-patient with speech and hearing problems.

Counseling for people with speech and hearing problems.

Developmental Pediatrics A department of Eastern Maine Medical Center 973-7520

Clinic and counseling for learning and other developmental disabilities.

Disability Rights Center

24 Stone St, P.O Box 2007

Augusta, ME 04338-2007

207-626-2774; 1-800-452-1948, fax 621-1419

e-mail advocate@drcme.org Provides services for people who have been discriminated against.

Offers advice, limited legal services and legal referrals.

Downeast Therapy Associates - DTA Center for Growth & Learning

102 Main St. Suite A

Ellsworth, ME 04605 Phone, 667-6783.

An agency serving Hancock County with speech and language pathologists, as well as occupational therapists and developmental therapists.

Maine Parent Federation

1-800-870-7746; 623-2144 Email parentconnect@mpf.org; Web site www.mpf.org

Maine Parent Federation offers information, referral, support and training at no cost to parents and professionals. They publish a newsletter and provide one-on-one support by phone or e-mail. Contact April MacLelland 801-2515 in Hancock and Washington County.

Speech and Hearing Clinics

Conley Speech and Hearing Center

336 Dunn Hall-UMO

Orono, ME 04469

581-2006 Fax 581-2060

Community services related to the language, speech and hearing problems of children and adults.

Eastern Maine Medical Center

Speech and Hearing Clinic

Bangor, ME 04401

973-4500

Bangor Regional Speech & Hearing

103 Texas Avenue

Bangor, ME 04401

947-2716

Special Children's Friends (Hancock County)

78 Union Street

Ellsworth, ME 04605 phone 667-2430

Provides individual and group developmental therapy, family support, social work and case management services to family and children.

Washington County Children's Program

Steve's Lane, Marshfield

P.O. Box 311

Machias, ME 04654 phone 255-3426 - or 255-3427

WCCP's primary focus is early intervention with children who have special developmental needs and with their families. For older children our focus is to build community capacity. Services may

include: identification and screening, developmental therapy, individual case management, parent and provider support and education and developing advocacy skills.

WINGS for Children and Families

Washington County 1-800-749-0224

Bangor 1-800-823-2988 web site: www.wingsinc.org

Serving children and families with such diagnoses as ADHD, ADD, OCD, PTSD, Depression and Bipolar Disorder, as well as other mental and behavioral health disorders.

Community Programs for Families

Big Brothers Big Sisters of Hancock and Washington Counties

Downeast Health Services

Ellsworth ME 04605

667-5304 or 1-800-492-5550

Provides adult mentors for children (ages 7 through 14) in need of support and friendship.

Health-Link (Maine Coast Memorial Hospital)

29 Union Street

Ellsworth, ME

667-2474

Contact person: Iris Simon. Health Link provides free clinics and health talks for adults. PATCH (Planned Approach Toward Community Health). Also exercising, line dancing, Tai Chi and CPR.

Hospice

Ellsworth, 667-2531 – 1-888-266-8035

Calais, 454-7521, ext 126

Provides volunteers to support the terminally ill and their families.

YMCA, Bar Harbor 288-3511

Recreational programs for families and child care. Scholarships available.

Adult Education and Job Training

Adult Basic Education (ABE)

Hancock County

George Stevens Academy

Blue Hill, ME 04614

374-2808

H.O.M.E Co-op

Orland ME

469-7961

Sumner Memorial High School

2456 US Highway 1

Bucksport Senior High School

60 Elm Street

Sullivan ME 04664
422-5310

Bucksport, ME 04416
469-6650

Mt. Desert Regional High School
Eagle Lake Road
Mt. Desert, ME 04660
288-4703

Deer Isle-Stonington Adult Education
Deer Isle- Stonington High School
Deer Isle, ME 04627
348-9336

Ellsworth High School
299 State Street
Ellsworth ME 04605
667-4722

Hancock County Technical Center
112 Boggy Brook Road
Ellsworth, ME 04605
667-6499(Adult Ed) 667-6499 (Tech Ctr)

Washington County

Calais Middle/High School
34 Blue Devil Rd
Calais, ME 04619
454-7126

Jonesport Beals High School
Jonesport/Beals High School
Jonesport, ME 04649
497-5454

Lubec Adult Education
South Street
Lubec, ME 04631
733-8807

Machias Adult Education
School Union 102, 12 E. Main St
Machias, ME 04654
255-4917

Shed Memorial High School
89 High Street
Eastport, ME 04631
853-6254

Narraguagus High School
Main Street
Harrington ME 04643
483-2746

ASPIRE (see page 4)

Sunrise Opportunities (Washington County Association For Retarded Citizens)

14 Bruce Street
Machias, ME 04654
255-8596 1-800-255-3124 www.sunrise.tv

Provides a sheltered workshop (day program) for handicapped persons. Serves Eastport to Harrington area. Provides transportation daily from Eastport to Machias, as well as from the Harrington area east to Machias via W-HCA transportation.

Career Centers

Career Centers provide assistance to anyone interested in exploring new/different career options. Helps with job searches and offers listings of available jobs. Career Centers are a state-wide network of professionally staffed offices, linking Maine job seekers with employers across the state and nationwide. They assist in job search, resource materials and resumes and with training.

Machias Office
15 Prescott Drive
Machias, ME 04654
1-800-292-8929
255-1900

Calais Office
1 College Avenue
Calais, ME 04619
1-800-543-0303
454-7551

Bangor Office
45 Oak Street
Bangor ME 04401
1-888-828-0568

Cooperative Extension

Hancock County

63 Boggy Brook Road
Ellsworth, ME 04605
667-8212 or 1-800-287-1479

Washington County

2 Washington Street
Whitneyville, ME 04654
255-3345/1-800-287-1542

Provides bulletins and answers questions on the following topics: forestry, home garden and orchard, small and part-time farmers, livestock and crops, 4H and youth activities, and home economics small and home-based information assistance, food safety, child care resources. Professional staff, including nutrition aids, are available to answer your questions.

H.O.M.E. Co-Op

90 Schoolhouse Rd
Orland, ME 04472
469-7961

Provides a variety of programs for low-income rural people in crafts training and sales, basic adult education, child care, farm assistance, outreach services, housing and firewood for needy families.

Women, Work and Community

Mill Mall, Ellsworth
667-1834
Washington County Community College
454-1045

Offer workshops on communication, self-esteem, and alternative job opportunities for women. Provide information via booklets such as "Job Search Guide Handbook" and "How to Do Business with State Government."

Emergency Services

See the Emergency Phone List on page 3.

Next Step Domestic Violence Project

Hancock County **Hotline:** 1-800-315-5579, or 667-0176
Washington County **Hotline:** 1-888-604-8692
Calais 454-8088 Machias 454-4934

Next Step - Domestic violence shelter and counseling services, including 24 hour toll-free Hotline Support groups, emergency shelters, court advocacy, community education, school presentations. All services are free and confidential.

Spruce Run Association – Bangor - (Domestic Violence)

Bangor, Maine 947-0496 or 1-800-863-9909

24 hour domestic violence hot line

Sexual Assault

Downeast Sexual Assault 1-800-228-2470 – Hotline (TTY) 1-888-458-5599

A 24-hour phone support when you or your child have been sexually assaulted.

Phone Help

Crisis Services 24-hour 7 days a week

1-888-568-1112 (for adults & children)

A service to call when you are feeling depressed, stressed out, overwhelmed and need help coping.

Maine Seacoast Missionary Society

1-888-824-7258

Provides emergency food, clothing, and house wares in an emergency.

Red Cross

157 High Street

Ellsworth, ME

667-4737

Disaster Services 24 hour on duty. Call above number for assistance. Disaster volunteers carry beepers and once Fire Department is dispatched, they can be contacted for emergency funds.

Poison Control

If you know or suspect that your child has swallowed a poisonous substance, call your local physician, Emergency Room, or **1-800-222-1222**, the national Poison Center number.

The person who answers the phone will begin asking questions. You need to have the following information ready:

1. Your name and phone number (so Poison Control can call you back if you get disconnected.)
2. Information about poisoned person: age, weight, sex, signs and symptoms.
3. Information about the product; take the container to the phone with you. Product's name, type (cleaner, paint, etc.), manufacturer, ingredients, and other information from the label.
4. If the child was poisoned by a plant or animal, an exact description of the bark, roots, leaves, flowers, size, color, and shape of animal will be helpful.
5. Amount of poison swallowed and time of poisoning.
6. Were others involved? The other person may be poisoned too, or she/he might know how much the person swallowed. If the poisoned person was an adult, might it have been suicide attempt? In such cases the Poison Control will help the victim get psychiatric help.

Financial Assistance

See DHS, Income Maintenance, page 4

Social Security – (Disability Benefits).

General Information: 1-800-772-1213 or www.socialsecurity.gov

Bangor Office 990-4530

202 Harlow St, Room 208 second floor

Monday through Friday 9:00 a.m. - 4:00 p.m.

Child Support Assistance

Support Enforcement and Location Unit - 947-0511 or 1-800-432-7825. \$20.00 fee for DHS Absent Parent Search.

Credit Counseling

Consumer Services 1-800-539-2227

Offers education programs, classes for budgeting, individual budgeting with a counsel, or bankruptcy.

DMP program which helps with creditors and payments.

Veteran's Administration

1-800-827-1000 Web site: www.va.gov

For information about VA benefits, home loans, education, disability and medical care, burial and survivor and insurance benefits

Food Assistance

Food Stamps see page 4

WIC (Special Supplemental Food Program)

Downeast Health Services

Washington County

37 Union Street

Calais, ME 04619

454-3634 or 454-7091 or 1-800-924-2628

71 Court Street

Machias, ME 04654

255-8280 or 255-3391 or 1-800-313-1223

Hancock County

Christian Ridge Road

Ellsworth

667-5304 or 1-800-492-5550

A nutrition-focused program for pregnant women, nursing mothers, infants and children. Eligibility: income, nutritional risk, residents of Washington and Hancock Counties.

Food Pantries

Hancock County

Ellsworth :

Loaves and Fishes Food Pantry
119 Bucksport Rd – 667-4363
call for appointment, regular hours
M-W-F 7:30am-11:00am

Sister Barbara Hance House
186 Surry Rd.
Bonnie Williams 469-7961

Emmaus Center
Main and Water Street – 469-6771

Bucksport:

Bucksport Community Concerns
Congregational Church, Elm St.
469-2400, Marcia Mushrall

Bar Harbor:

Bar Harbor Food Pantry
36 Mt. Desert St.
288-3375

Blue Hill:

Tree of Life
South Street – next to Rite Aid
374-2900

Deer Isle-Stonington:

Island Food Pantry
Island Community Center
Kathy Eaton 348-6181

Deer Isle-Stonington Salvation Army
Linda Shepard 367-2770

Orland:

H.O.M.E. Co-Op
469-7961, extension 26

Swan's Island:

Bread for Life
Rev Den Butille
dutille@hotmail.com

Washington County

Calias:

Irene Chadbourne Ecumenical Food Pantry
Main Street, Calais
Thursday 9:30-noon
796-0826, Carmella Watson for information

Cherryfield:

Downeast Food Pantry
36 Weald Bethel Lane
A ministry of Maine SeaCoast Mission
gena_norgaard@hotmail.com
546-7424

Jonesport:

Jonesport Food Pantry
Sawyer Congregational Church
Wed 7-8pm; Thurs 8-9 am
Stephen and Linda Nelson

Machias:

Machias Food Pantry
Center Street Congregational Church
255-6665

Health Services

AIDS

Downeast Health Services

667-5304

Counseling and screening information.

Downeast Aids Network

Ellsworth 667-3506

Machias 255-5849

Offers education, case management and support.

Car Seats For low-cost or free car seats contact:

Calais Regional Hospital 454-7521

Downeast Community Hospital (Machias) 255-3356

Washington Hancock Community Agency: 1-800-223-3632

Or 546-7544, 664-2424

Children with Special Health Needs

1-800-698-3624

Financial assistance for transportation and other costs related to health care for children with special health needs including asthma, cancer, orthopedic injuries, and a wide array of other conditions.

Dental Clinics

Children's Dental Program

Washington County Children's Program

Machias, ME 04654

255-3426 - or 255-3427

Screening and preventive treatments for children. Mobile unit, the Tooth Ferry, visits different Head Start programs.

Bucksport Regional Dental Center

74 Main Street Suite #200

Bucksport, ME

469-2359 or 1-800-993-5990

A full-service dental clinic.

Dental Hygiene Services

University College of Bangor

29 Texas Ave.

Bangor, ME 04401-4324 phone 262-7872

Provides a variety of dental services for reduced rates. The work is done by supervised students, call the above number or contact your Family Advocate for more details.

Downeast Health Services - Dental Clinic

190 Beechland Road

Ellsworth

1-800-492-5550 or 667-0293

Open Monday through Saturday

Children's Preventative Dental Clinic open to all children ages 2 to 17 who do not have regular dental services. MaineCare is welcome and a sliding fee is also available. This includes screenings, cleanings, fluoride, sealants and lots of learning.

Ellsworth Free Clinic

667-7953

Volunteers will take appointments for the clinic. The clinic will be open when a doctor is available to provide services for free.

Eye Care

Maine Center for the Blind and Visually Impaired

Maine State Bureau of Vocational Rehabilitation
Department of Human Services
248 State Street, Suite 3A

Bureau of Medical Assistance

Ellsworth, ME 04605

Division of Eye Care

664-2300, 1-800-371-7543 fax 667-4789

Augusta, ME 04333

287-6875

Any resident of Maine who has a vision problem which prevents them from carrying out the activities of daily living, obtaining an education or a job, retaining a job or medical eye problems which could result in loss of vision, may be eligible for help.

Family Planning

Downeast Health Services

Washington County

37 Union Street
Calais, ME 04619
454-3634 or 454-7091 or 1-800-924-2628

71 Court Street
Machias, ME
255-8280 or 255-3391
or 1-800-313-1223

Hancock County

Christian Ridge Road
Ellsworth
667-5304 or 1-800-492-5550

A comprehensive contraceptive program for females and males. Includes clinic or private doctor visits, methods counseling, VD testing, treatment, AIDS counseling, Women's Health Clinic and sexuality education. Sliding fee scale. They do not deny services if you are unable to pay. Services include: **Adolescent Pregnancy Program** to assist pregnant adolescents. Also has a health education program.

Women's Community Health Center

92 Darling Ave
South Portland, ME 04101
773-7247 or Toll Free 1-800-666-7247

Hospitals and Health Centers

Eastern Maine Medical Center

Family Practice Center

973-7979

A Residency program for EMMC. Physicians are here to finish their training. New OB patients are being accepted at this time.

Pediatric Specialty Clinic

973-7520

Specializing in working with children with serious diseases such as cancer.

Hancock County Homecare

P.O. Box 156
Blue Hill, ME 04614
Charge Nurse: Diane Setler
374-5510; 1-800-488-2836
Provides home care for the sick, well-child clinics, adult screening and school health services. Geographic area: Blue Hill, Brooklin, Brooksville, Castine, Deer Isle, Isle Au Haut, Orland, Penobscot, Sedgwick, Stonington, and Surry.

Maine Breast and Cervical Cancer Screening Program

Call 1-800-350-5180 to apply for free cancer screening services.

Maine Coast Physicians Referral Service

667-8095, web site: coed@acadia.net; fax 667-6718

Information about physicians at Maine Coast Memorial Hospital in Ellsworth

MEDICAID

To check on procedures that are covered call 1-800-321-5557

Hancock County

Blue Hill Memorial
Hospital
Water Street
374-2836

**Maine Coast
Memorial Hospital**
50 Union Street
Ellsworth, ME 04605
664-5311

**Bucksport Regional
Medical Center**
Main Street
469-7371 or 1800-
453-3819

**Mt. Desert Island
Hospital**
10 Wayman Lane
Bar Harbor
288-5081

**Southwest Harbor
Medical Center**
45 Herrick Road
Southwest Harbor
244-5513

Washington County

**Calais Regional
Hospital**
Calais, ME
454-7521

**Eastport Health Care,
Inc.**
30 Boynton Street
Eastport, ME
853-6001

**Arnold Memorial
Medical Center**
Jonesport, ME
497-5614

**St. Croix Regional
Family Health Center**
Mill Street
Princeton, ME
796-5503

**Downeast
Community
Hospital**
Machias, ME
255-3356

**Harrington Family
Health Care Center**
Harrington, ME
483-4502

**Regional Medical
Center at Lubec**
South Lubec Road
Lubec, ME
733-5541

**Milbridge Medical
Center**
School Street
Milbridge
546-2391

Mental Health Services

Community Health and Counseling Services

Identifies, evaluates, and diagnoses learning and emotional problems in children and adults. Provides therapy and comprehensive mental health care.

For Children's Services (all locations), call 1-800-273-7962

Hancock County Location	Washington County Locations
Ellsworth 204 Water Street	Machias Upper Court Street
	Calais 2 Barker Street

For Adult Services, call the 800 numbers below:

Hancock County	Washington County
Ellsworth 1-800-949-7889	Machias 1-888-224-4170
	Calais 1-800-851-7043

The following Health Care Facilities offer mental health services:

Eastport Health Care, Inc. (see page 18)

Harrington Family Health Care Center (see page 18)

Regional Medical Center at Lubec (see page 18)

St. Croix Regional Family Health Center (see page 18)

Kidspace National Centers of New England

73 Mariaville Road, Graham Lake Campus
Ellsworth, Maine 04605
667-0909

Center for kids in crisis.

Offers residential treatment, diagnostic assessment, educational services and community services.

National Alliance on Mental Illness (NAMI-Maine)

Joanne Marian, Addison 483-6040 or Sue Noddin, Hancock, 422-2011

Augusta Office 622-5767, 1-800-6465767

NAMI is a family-run support for family members of people who live with mental illness.

Washington County Psychotherapy Associates

1-877-272-6764

Offering individual and family therapy. Also residential treatment.

WINGS (see listing on page 9)

Public Health Nursing (see DHS listing, page 4)

Rehabilitation Services (see DHS listing, page 4)

Substance Abuse Services

Acadia Hospital

268 Stillwater Avenue

Bangor, ME

1-800-640-1211

Mental health care and chemical dependency services.

Alcoholics Anonymous

To learn the location and time of a meeting

near you, call 1-800-737-6237 or

www.aamaine.org

Twelve step programs for alcoholics.

Alanon

A twelve-step program for the friends and family of people addicted to alcohol and drugs.

To learn the location and time of an Alanon

meeting near you, call 1-888-425-2666

Alateen

A twelve-step program for young people living with the effects of alcohol and drugs in their family.

To learn the location and time of an Alateen

meeting near you, call 1-888-425-2666

The following health care facilities offer substance abuse treatment:

Mount Desert Island Hospital (see page 18)

Maine Coast Memorial Hospital (see page 18)

Blue Hill Memorial Hospital (see page 18)

Calais Regional Hospital (see page 18)

Eastport Health Care (see page 18)

Regional Medical Center (see page 18)

Open Door Recovery Center

High Street, Ellsworth

667-3210 or 1-866-783-3271

Outpatient substance abuse treatment

Reflections

Calais 454-1491

Machias 255-0001

Outpatient substance abuse treatment

Substance Abuse Resource Center

1-800-499-0027; 287-2595

An information center provided by the State of Maine.

Healthy Maine Partnerships

Healthy Peninsula Project is one of thirty-one Healthy Maine Partnerships, which are funded with Maine's share of its tobacco settlement monies. Healthy Peninsula is a coalition of citizens and groups working together to make our communities healthier places to live, work, and enjoy. Our service area includes the towns of the Blue Hill Peninsula, Deer Isle, and Isle au Haut. Other Healthy Maine Partnerships are listed below:

Healthy Peninsula

Name: Amy Vaughn

Address: PO Box 945

City: Blue Hill

State: ME

Zip: 04609

Phone: (207)374-3257

Email: avaughn@healthypeninsula.org

Healthy Acadia

Doug Michael

PO Box 962

Bar Harbor

ME

04609-0962

(207) 288-5331

Bucksport Bay Healthy Communities Coalition Downeast Healthy Tomorrows

Director

Title:

Name: Mary Jane Bush
Eleody Libby

Address: PO Drawer X
43 S. Lubec Road

City: Bucksport
Lubec

State: ME
ME

Zip: 04416
04652

Phone: (207) 469-6682
733-4760

Email: mjbush@bucksportbayhealth.org
elibby@rmcl.org

Calais

Billie Jo Johnson
43 Palmer Street, Suite 3
Calais
ME
04619
(207)454-0761
healthyc@calaishospital.org

Union River Healthy Communities

Title: Director
Name: Helena Peterson
Address: 52 Christian Ridge Rd
City: Ellsworth
State: ME
Zip: 04605
Phone: (207)667-5352
Email: healthy@downeasthealth.org
Website: www.downeasthealth.org/chhc.html

Weight Loss Programs

TOPS: Take Off Pounds Sensibly **783-9089** or www.tops.org

To find a weight loss support group in your area.

Weight Watchers

1-800-640-0146 or www.weightwatchers.com

Information for meeting times and places throughout the state.

Housing and Utilities

Emmaus Center - Ellsworth

Homeless Shelter
Cindy Booker-Bingler, Director
Monica Gatcomb, Housing Specialist
P.O. Box 811
Ellsworth, ME 04605
667-3962
Temporary Shelter for adults and children.
Provides assistance with paperwork assistance for housing vouchers.

Mount Desert Island/Ellsworth Housing Authority

P.O. Box 28
Bar Harbor, ME 04609
288-4770
Provides public housing for families with low incomes, elders and people with special needs.
Also provides Section 8 rental assistance.

Washington – Hancock Community Action Agency (WHCA)

Milbridge Office
Ellsworth Office
Corner of Maple & Main
Bucksport Road
Milbridge, ME 04658
Ellsworth, ME 04605
546-7544
667-3613

Section 8 Rental Assistance: Call **546-7544**

Fuel Assistance:

Ellsworth: **1-800-828-7544** 8:00 a.m. - 3:45 p.m.

Machias: **1-800-828-7544**

Winterization: 546-7544

Materials and, when necessary, labor supplied for insulating, roofing, siding, doors and windows. Service for low income, elderly and handicapped. Applicant is usually placed on a waiting list.

Habitat for Humanity

942-8977

Hancock County Habitat for Humanity

667-8484

Maine Homeless Crisis Hotline

1-800-438-3890

(For families who are homeless or at risk of losing their housing)

Maine Housing Authority

1-800-452-4668; fax 626-4678; TTY 1-800-452-4603

Services and information provided about housing and rent subsidy

Maine Public Utilities Commission 1-800-452-4699

Also see the Town listings and call your town hall for information on subsidized or low rent housing in your area.

Legal Services

Board Lawyer Discipline 623-1121

Handles complaints related to any lawyer licensed in the state of Maine.

Victim Advocates

Ellsworth: 667-4621 Machias: 255-4425

Calais: 454-3366

Support for crime victims who are pressing charges. Helps prepare the person for court and provides referrals for other services if needed.

Maine Volunteer Lawyers Project 1-

800-442-4293

Pro-bono legal services.

Maine Equal Justice Partners

P.O. Box 5347

Augusta, ME 04332-5347

Phone: (207) 626-7058 Fax (207) 621-8148

Email: info@mejp.org Web site: www.mejp.org

Pine Tree Legal Assistance, Inc.

61 Main Street, Bangor ME 04401 942-8241

Machias Office: 255-8656 or 1-800-492-0101

Pine Tree Legal Assistance provides legal assistance to low income people in civil matters. Legal assistance in such areas as consumer, housing, welfare, government benefits and family law. Intake worker available Monday through Friday 8:00 a.m. to 4:00 p.m.

Probation and Parole

Hancock County

Adult

Juvenile

Parent Education

Family First

Down East Community Hospital

Jane Brissetteh

Machias, ME 04654

E-mail: janeb@dech.org

255-0438 or 454-0348

Offers support to all first time families and all teen parents in Washington County. This free program is designed to support families as they raise their children from pregnancy to age five.

Parents Are Teachers, Too (PATT)

Downeast Health Services

Cathy Jacobs

Christian Ridge Road

Ellsworth

667-5304 or 1-800-492-5550 extension 225.

A free home-visiting program offering information and support to first time parents in Hancock County. The Program begins during pregnancy or shortly after the baby's birth. PATT also offers playgroups, infant massage, Boot Camp for New Dads, and other family events.

Transportation

Downeast Transportation

Box 914

Ellsworth, ME 04605

Ed DeWitt, General Manager, 667-5796

Provides regularly scheduled fixed-route transportation. The cost is \$5.00 anywhere in

Hancock County, \$1.00 for a location in the

same town, \$2.50 to neighboring towns. The route in Bangor on Mondays goes to the mall,

hospital, the bus station and the airport. The

fare from Ellsworth to Bangor is \$7.00. From Bar Harbor it is \$9.00. A commuter bus goes to Jackson Lab and Shelter Workshop and transportation around the island.

Faith In Action

Volunteers general services for the elderly
664-6016

West's Transportation

Jolene Emery-West
P.O. Box 82
Milbridge, ME 04658
546-2823; 1-800-596-2823; fax: 546-2823;
cell phone 557-7154;
email westbus@midmaine.com

Bangor Public Library

145 Harlow St. **Bangor**, ME 04401

Hours

Monday	9:00-9:00
Tuesday	9:00-9:00
Wednesday	9:00-9:00
Thursday	9:00-9:00
Friday	9:00-5:00
Saturday	9:00-5:00

For more information call 207/947-8336.

Bass Harbor Memorial Library

Bernard Rd. ½ mile on right near Post Office

Bass Harbor, ME 04653

Hours

Tuesday	1:00-5:00/ 6:00-8:00
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Thursday	1:00-5:00
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Saturday	1:00-5:00
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For more information call 207/244-3798.

Provides low cost transportation on a schedule to Machias, Ellsworth and stops at various small towns in between. Western Washington county trips are Monday and Tuesday. Seven days a week service from Calais to Bangor – Departs Calais, 9:30 a.m.; departs Ellsworth, 12:20 p.m. arrives Bangor, 1 p.m.

Washington Hancock Community

Agency (WHCA)

664-2424 (Ellsworth)

546-7544 (Milbridge)

or 1-888-805-5552

Provides transportation for low income, elderly, and handicapped persons to doctors and other social services. Two working days notice necessary for most trips. Reservation taken between 8:30 a.m. and 12:00 noon. Income disability and age guidelines.

Libraries

Blue Hill Public Library

PO Box 824 Parker Point Rd.

Blue Hill, ME 04614

Hours

Monday	10:00-5:00
Tuesday	10:00-5:00
Wednesday	10:00-5:00
Thursday	10:00-8:00
Friday	10:00-5:00
Saturday	10:00-5:00

For more information call 207/374-5515.

Brewer Public Library

24 Union St.

Brewer, ME 04412

Near City Hall

Hours

Monday	11:00-7:00
Tuesday	11:00-7:00
Wednesday	11:00-7:00
Thursday	11:00-7:00
Friday	11:00-7:00

Saturday	10:00-3:00 Seasonal Sept-May
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For more information call 207/989-7943

Buck Memorial Library

Main Street

Bucksport ME 04416

Mon – Fri 10:00 am – 5:00pm

Saturday 10:00am – Noon

Children’s Story Hour Wed 10:30 am –
11:00 For more information call

469-2650

Calais Free Library

Union Street Calais ME 04619

Mon. & Tues. 12 noon - 8:00 p.m.

Wednesday 9:00 a.m. - 5:00 p.m.

Thursday 9:00 a.m. - 6:00 p.m.

Friday 9:00 a.m. - 5:00 p.m.

for more information: 454-2758

Ellsworth Public Library

20 State Street

Ellsworth, ME 04605

www.ellsworth.lib.me.us

Mon/Tues 9:00-5:00

Wed/Thurs. 9:00-8:00

Friday 9:00-5:00

Saturday 9:00-2:00

For information call 667-6363

Friend Memorial Public Library, Inc.

PO Box 57 **Brooklin**, ME 04616

Route 175, across from the store.

Hours

Tuesday 10:00-4:00

Thursday 10:00-6:00

Friday 10:00-4:00

Saturday 10:00-4:00

Call 207/359-2276 for more information.

Witherle Memorial Library

41 School St.

Castine, ME 04421

Hours

Monday 4:00-8:00

Tuesday 11:00-5:00

Wednesday 11:00-5:00

Thursday 11:00-5:00

Friday 11:00-5:00

Saturday 11:00-2:00

For more information call 207/326-4375.

Peavey Memorial Library

26 Water St. **Eastport**, ME 04631

Hours

Monday 12:00-5:00

Tuesday 12:00-5:00

Wednesday 10:00-5:00

Thursday 12:00-7:00

Friday 12:00-5:00

Saturday 10:00- 12:00/ 1:00-5:00

For more information call 207/853-4021.

Lubec Memorial Library

10 School St.

Lubec, ME 04652

Monday 10:00-4:00

6:00-8:00

Tuesday 10:00-4:00/

6:00-8:00

Wednesday 10:00-5:30

Friday 10:00-4:00

Saturday 10:00-2:00

For more information call 207/733-2491.

Jesup Memorial Library

34 Mount Desert St.

Bar Harbor, ME 04609

Hours

Monday 10:00-5:00

Tuesday 10:00-5:00

Wednesday 10:00-7:00

Thursday 10:00-5:00

Friday 10:00-5:00

Saturday 10:00-5:00

For more information call 207/288-4245.

Porter Memorial Library

52 Court St. **Machias**, ME 04654

Hours

Monday 11:00-4:00

Tuesday 11:00-5:00

Wednesday 11:00-8:00

Friday 11:00-5:00

255-3933

Saturday 9:00-12:00
For more information call 207/244-7065.

Northeast Harbor Library:

Northeast Harbor, ME 04662

Hours

Monday 10:00-5:00

Tuesday 10:00-5:00

Wednesday 10:00-5:00

Thursday 10:00-5:00

Friday 10:00-5:00

Saturday 10:00-5:00

For more information call 207/276-3333.

Otis Public Library

Route 180, across from school

Hours

Tuesday 10:00-8:00

For more information call 207/537-2665

Princeton Public Library

Main St. Princeton, ME 04668

Hours

Monday 10:00-2:00

Dorcas Library

Route 186 Prospect Harbor, ME
04669

Hours

Monday 4:00-8:00

Wednesday 1:30-4:00/
6:00-8:00

Saturday 1:30-4:00

For more information call 207/963-4027

Southwest Harbor Public Library

PO Box 157, Main St.

Southwest Harbor, ME 04679

Hours

Monday 9:00-5:00

Tuesday 9:00-5:00

Wednesday 9:00-8:00

Thursday 9:00-5:00

Friday 9:00-5:00

Moore Henry D. Library

PO Box 127, 22 Village St.

Steuben, ME 04680

Hours

Tuesday 1:30-4:30

Wednesday 9:00-12:00

Thursday 1:30-4:30

Saturday 9:00-12:00

For more information call 207/546-7301

Stonington Public Library

P.O. Box 441, Main St

Stonington, ME 04681

Hours

Tuesday 12:30-4:30

Friday 12:30-4:30

Saturday 10:00-12:00

For more information call 207/367-5926

Woodland Public Library

Main Street

Baileyville, ME 04694

for information and schedule call
427-3235

Government

Senator Olympia J. Snowe

In Washington DC-

Website: www.senate.gov

(202) 244-5344

fax: (202)224-1946

In Maine-

1 Cumberland Place, Rm 306

Bangor, ME 04401

(207) 945-0432

Senator Susan Collins

In Washington DC-

461 Dirskin senate office Building

Washington, DC 20510

(202) 224-2523

In Maine-

P.O.Box 655

202 Harlow Room 204

Bangor, ME 04401

(207) 945-0417

Governor John Baldacci

#1 State House Station

Augusta, ME 04333

287-1034

governor@maine.gov

Representative Michael Michaud

In Washington, D.C.

437 Cannon House Office Building

Washington, DC 20515

(202) 225-6306

In Maine

To contact any of the elected
officials in Maine go to

www.maine.gov

Maine State Senate

Maine House of Representatives

State House Message Phone:

1-800-423-2900

Town and City Listings

Often emergency or crisis funds can be requested from the towns in which you reside.

Addison, 04606

Town Office 483-4678
D.W. Merritt School
518 Indian River Rd.
483-2229

Alexander, 04694

Town Office 454-3011
School Dept. 50 Cooper Road
Alexander ME 454-3011
Elem School 454-2683

Aurora, 04408

Town Office 584-2431
Airline Community School
584-5112

Baileyville, /Woodland 04694

Town Office 427-3442
Woodland Jr/Sr High School
14 First Ave
Baileyville 427-3325
Woodland Elementary
23 Fourth Avenue
Baileyville ME 04694
427-3882
Fire 427-6992
Police 427-6230

Bar Harbor, 04609

Connors-Emerson School
Eagle Lake Road
288-3631
Mt. Desert Island High School
1081 Eagle Lake Road
Mt Desert ME
288-0692
Town Office
93 Cottage St.
288-4098
Fire Dept 911 or 288-5554
Police 911 or 288-3391

Beals - 04611

Town Office 497-2589
Beal's Elementary School
PO Box 220
Beals, ME 04611
497-5449

Blue Hill - 04614

Town Hall 374-2281
Blue Hill Consolidated School
60 High Street 374-2202
Bay School PO Box 950 – 374-2187
George Stevens Academy High School
23 Union Street 374-2808
Ambulance, Fire, Police – 9-1-1

Brooklin, 04616

Town Office 23 Bay Rd, 359-8394
Brooklin Elementary School
359-2133
Ambulance, Fire, Police – 9-1-1

Brooksville, 04617

Town Office, 1 Town Hall Rd, 326-4518
Brooksville Elementary School 152 Coastal
Rd, West Brooksville ME 326-8500
Ambulance, Fire, Police – 9-1-1

Bucksport, 04416

Town Office Main Street 469-7386
Schools:
Jewett School Bridge Street 469-6644
Bucksport Middle -Miles Lane 469-6647
Miles Lane School (K-3) 469-6644
Senior High School, Broadway Extension
469-6650
Police and Fire Franklin Street 469-7951
Ambulance, Fire, Police – 9-1-1

Calais, 04619

City Manager 454-2521
Elementary School, 53 Garfield St.
454-2000
Calais Middle/High, 34 Blue Devil Rd
454-2591
Police, North Street 454-2751
Ambulance, Fire, Police – 9-1-1

Castine, 04421

Town Office 326-4502
Adams School
Court Street 326-8608

Charlotte, 04666

Town Office 454-2114
Elementary School 454-2668

Cherryfield, 04622

Town Office 546-2376
Elementary School 546-7949

Columbia, 04623

Town Office 483-2365

Columbia, Falls, 04623

Town Office, 483-4067
Elementary School 483-2920

Cutler, 04626

Town Office 259-3693
Bay Ridge Elem 259-3347

Dedham, 04429

Town Office 843-6217
Elementary School 843-6498
Ambulance, Fire, Police – 9-1-1

Deer Isle, 04627

Town Office, Church Street 348-2324
Deer Isle-Stonington Elementary 348-6301
Deer Isle-Stonington High 348-2303
Fire Department 348-6618
Ambulance, Fire, Police – 9-1-1

Dennysville, 04628

Town Office 726-4700

Eastbrook, 04634

Town Office 565-3307
Cave Hill Elementary 565-3638

East Machias, 04630

Town office 255-8598
Elm Street School 255-8692
Ambulance, Fire, Police – 9-1-1

Ellsworth, 04605

City Hall 667-2563
Knowlton School State St. 667-8074
Moore School State St. 667-6261
Middle School Forrest Ave. 667-6494
High School State Street 667-4722
Adult Education, 112 Boggy Brook Rd
667-6499
Tech. Center, Boggy Brook Rd 667-9729
Ambulance, Fire, Police – 9-1-1
Non Emergency 667-8666 – fire

Franklin, 04634

Town Office 565-3663

Gouldsboro, 04607

Town Office 963-5589
Elementary School, Pond Road
963-5584
Fire 963-5589 (non emer)
Ambulance, Fire, Police – 9-1-1

Hancock, 04640

Town Office 422-3393
Hancock Grammar School 422-9024
Volunteer Police 610-9115
Ambulance, Fire, Police – 9-1-1

Harrington, 04643

Town Office 483-2061
Elementary School 483-6681
Narraguagus High School Main St.
483-2746
Fire Department
Ambulance, Fire, Police – 9-1-1

Jonesboro, 04648

Town Office 434-5141
Elementary School 434-2602
Law enforcement dispatch 1-800-432-7303
Ambulance, Fire, Police 9-1-1

Jonesport, 04649

Town Office 497-5962
Jonesport Elementary 497-2830
Jonesport-Beals High School 497-5454
Ambulance, Fire, Police 9-1-1

Lamoine, 04605

Town office 667-2242
Lamoine Consolidated School 667-8578
Ambulance, Fire, Police 9-1-1

Lubec, 04654

Town Manager 733-2341
Lubec Consolidated School 733-5591
Ambulance, Fire, Police 9-1-1

Machias, 04654

Town Office 255-6621
Rose Gaffney Elementary School 255-3411
Machias Memorial High School 255-3812
Police – 255-4033
Ambulance, Fire, Police 9-1-1

Marshfield,

Town Office 255-4779

Machiasport, 04655

Town Office 255-4516

Milbridge 04658

Town Office 546-2422
Milbridge Elementary School 546-2210

Mt. Desert, 04660

Municipal Office, Sea Street, 276-5531

Mt. Desert Regional High School 288-5011
Mt. Desert Elem School 276-3348
Ambulance, Fire, Police 9-1-1

Orland, 04472

Town Office 469-3186
Orland Consolidated School 469-2272

Otis, 04605

Beech Hill School, 105 Otis Rd 537-2203

Pembroke, 04666

Town Office 726-4047
Elementary School 726-5564

Penobscot, 04476

Town Office 326-4364
Consolidated School 326-9421

Perry, 04667

Municipal Building 853-4161
Elementary School 853-2522
Ambulance, Fire, Police 9-1-1

Princeton, 04668

Town Office 796-2744
Princeton Elementary 796-2253
Ambulance, Fire, Police 9-1-1

Robbinston, 04671

Robbinston Town Office 454-3220
Robbinston Grade School 454-3694
Ambulance, Fire, Police 9-1-1

Sedgwick, 04676

Town Office 359-2275
Sedgwick Elementary School
272 Snows Cove Rd
359-5002
Ambulance, Fire, Police 9-1-1

Sorrento, 04677

Town Office 422-6889

Southwest Harbor, 04679

Town Office 244-5404
Pemetec Elementary School
244-5502 or 7129
Ambulance, Fire, Police 9-1-1

Steuben 04680

Town Office 546-7209
Ella Lewis School
15 Village Rd
546-2430

Stonington, 04681

Town Office 367- 2351 – Main Street
Stonington Elementary
367-2301
Ambulance, Fire, Police 9-1-1

Sullivan, 04664

Town Office 422-6282
Mt. View Elementary Sschool
542 Bert Gray Rd 422-3200
Sumner Memorial High School 422-5310
Ambulance, Fire, Police 9-1-1

Surry 04684

Town Office 741 North Bend 667-5912
Surry Elem. School 667-9358 Ambulance,
Fire, Police 9-1-1

Tremont 04653

Town Office, Bernard 244-7204
Tremont Consolidated School
11 Tremont Rd- Bass Harbor
244-7777
Ambulance, Fire, Police 9-1-1

Trenton 04605

Town Office 667-7207
Trenton Elem. School
51 School Rd
667-8447
Ambulance, Fire, Police 9-1-1

Verona Island, 04616

Town Office 469-7965
Ambulance, Fire, Police 9-1-1

Winter Harbor 04693

Town Office 963-2235
Peninsula CSD School
22 School St. 963-5584
Ambulance, Fire, Police 9-1-1

Whiting, 04691

Town Office, 733-2027
Whiting Elem. School 733-4617

Woodland (see Baileyville)

