

State Assistance Programs

Resource	Location/Area(s) served	Website	Notes
Temporary Assistance for Needy Families (TANF)	Statewide	Temporary Assistance for Needy Families (TANF) Department of Health and Human Services (maine.gov)	
Supplemental Nutrition Assistance Program (SNAP)	Statewide	Supplemental Nutrition Assistance Program (SNAP) Department of Health and Human Services (maine.gov)	
MaineCare	Statewide	Health Care Assistance Department of Health and Human Services (maine.gov)	
Child Care Subsidy Program (CCSP)	Statewide	Paying for Child Care Department of Health and Human Services (maine.gov)	
Women, Infant, and Children Nutrition Program (WIC)	Statewide	For Families WIC Division of Disease Prevention MeCDC Maine DHHS	

Housing

Resource	Location/Area(s) served	Website	Notes
Emergency Shelters	Statewide (organized by county)	Emergency Shelters (mainehousing.org)	
General Assistance	Statewide (by town)	General Assistance Department of Health and Human Services (maine.gov)	For help with legal assistance related to GA: General Assistance in Maine Pine Tree Legal Assistance (ptla.org)
Mobile Diversion and Navigation (Preble Street)	Cumberland and York counties (and nine other counties in the state)	Teen Outreach - Preble Street	Fill out referral form at bottom of page
Project for Assistance in Transition from Homelessness (PATH)		PATH — The Opportunity Alliance	

(The Opportunity Alliance)			
Homeless Youth Services (The Opportunity Alliance)	Cumberland and York counties	Homeless Youth Services — The Opportunity Alliance	
Cumberland County Homelessness Prevention Program (The Opportunity Alliance)	Cumberland County	CCHP — The Opportunity Alliance	

Food

Resource	Location/Area(s) served	Website	Notes
Preble Street list of food pantries in greater Portland	Greater Portland	Food-Pantry-Map-and-list-of-Portland-Food-Pantries-ENGLISH3.22.22.pdf (preblestreet.org)	
Good Shepherd Food Map	Statewide	Food Map Maine Food Pantries Good Shepherd Food Bank (gsfb.org)	

Clothing

Resource	Location/Area(s) served	Website	Notes
Maine Needs	Statewide	Maine Needs	
List of clothing closets in Cumberland County	Cumberland County	Free clothes, school supplies and furniture Portland and Cumberland County (needhelppayingbills.com)	

Other needs

Resource	Location/Area(s) served	Website	Notes
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JCASM Diaper Bank	Greater Portland	Diaper Bank - Jewish Community Alliance of Southern Maine (mainejewish.org)	
JCASM Essentials Pantry	Greater Portland	Essentials Pantry - Jewish Community Alliance of Southern Maine (mainejewish.org)	
Home Energy Assistance Program (The Opportunity Alliance)	Cumberland County	HEAP — The Opportunity Alliance	
Energy Crisis Intervention Program (The Opportunity Alliance)	Cumberland County	ECIP — The Opportunity Alliance	
Emergency Services of Southern Midcoast Map	Southern Midcoast	Emergency Services of Southern MidCoast Maine Map Tedford Housing	Includes food, housing, healthcare and other resources
211	Statewide	211 Maine Services Directory & Assistance Programs	Connection to a range of services