

## Community Resources for Homeless/Needy Students and Families

Resource	Category	Telephone #	Location	Notes
Waldo Community Action Partners	General	338-6809	Belfast	
MidCoast Public Health	General	(207) 596-4278 (office)	Rockland	
Patrick Walsh, Broadreach Family and Community Services	General	338-2200	Belfast	
Local VFW	General	338-2358	Belfast	
Food Cupboard @ BAHS	Food	338-1790	Belfast	
Belfast Soup Kitchen	Food	338-4845	Belfast	
Belfast Church of Nazarene	Food	338-3740	Belfast	
Little River Baptist Church	Food	338-1006	Belfast	
Belfast United Methodist Church	Food	338-5575	Belfast	
Waldo Community Action Partnership	Childcare	338-6809	Belfast	
Game Loft	General	338-6447	Belfast	
New Hope For Women	General	338-6559	Belfast	
Bangor Homeless Shelter	Shelter	947-0092	Bangor	
Shaw House in Bangor for Youth	Shelter	941-2874	Bangor	
City of Belfast Emergency Funds	General		Belfast	

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# **Waldo County Resources**

## **EMERGENCY**

DIAL 911 FOR ALL URGENT EMERGENCIES

DIAL 211 for emergency shelters, warming centers or similar public emergency services

Domestic Violence Hotline (24 hours) 1-800-863-9909

Suicide Prevention Lifeline (24 hours) 1-800-273-8255

Poison Control Center (24 hours) 1-800-222-1222

Sexual Assault Crisis Center (24 hours) 1-800-871-7741

Crisis Line (24 hours) 1-888-568-1112

WARM Line (NOT in crisis but needing assistance) 1-866-771-9276

## **CLOTHING**

Goodwill Store and Donation Center, Belfast 338-8363

Brooks Thrift Store

## **EDUCATION**

Belfast Adult Education 338-3197

\*Education for adults, High School Credential, High School Diploma  
Senior College, Belfast 338-8033

\*College courses for age 50+

Literacy Volunteers of Waldo County 338-3197

\*Reading, Math, Computer skills, English Language

RSU #3 Adult & Community Education 568-3426

\*Education for adults, High School Credential, SPICE Program

Belfast Area High School 338-1790

Troy Howard Middle School 338-3320

Captain Albert Stevens School 338-3510

Kermit Nickerson School 338-1858

Ames School 342-5100

Weymouth School 342-5300

East Belfast School 338-4420

Searsport District High School 338-2317

Searsport Middle School 338-2317

Searsport Elementary School 548-2317

Morse Memorial 722-3636  
Troy Central School 948-2280  
Walker Elementary School 589-4330  
Monroe Elementary School 525-3504  
Mount View High School 568-3255  
Mount View Middle School 568-7561  
Mount View Elementary School 568-7541  
Hutchinson Center 338-8000  
BCOPE 338-0261  
Waldo County Technical Center 342-5231  
Edna Drinkwater Elementary School 338-3430  
Lincolnvill Central School 763-3366  
Cornerspring Montessori School 338-5800  
Blue School, Inc. 948-9995  
Belfast Area Children's Center 342-5535  
Starrett Center 338-1751  
Ironwood School 342-3655  
Sweetser 434-3000  
South Liberty Baptist Academy 845-6013  
Lighthouse Christian School 722-3197  
Waldo County Head Start 338-6809  
Unity Head Start 948-5228  
Helping Hands Family School 930-5311  
HOPE Program 624-4170

\*Assistance to cover the cost of education

## **ELDERLY SUPPORT SERVICES**

New Hope for Women 1-800-522-3304

\*Domestic violence services

Office of Elder Services 1-800-624-8404

\*Various services and for reporting abuse

Senior Companion Program 1-800-287-0274

\*Visits to homebound senior citizens

Waldo County Communications Center 338-2040

\*Non-emergency support and "Friendly Callers Program": Elders who

register can call in at regular times; if a person doesn't call in, county personnel follow up.

Wanderers Program, Belfast Police Department 338-5255

Spectrum Generations 338-1190

Aging Well in Waldo County 930-5460/338-0462

## **EXERCISE/ACTIVITY**

Journey to Health 921-3950

YMCA Waldo County 338-4598

HeartSong 338-3080/559-3212/589-6006

\*Singing group

Dance Studio 338-5380

\*Dance, Chair Yoga, etc.

Stretch Around @ St. Margaret's Episcopal Church 338-0842

Bay Area Fitness 338-3567

Ananda Yoga & Wellness 218-7017

Fireside Inn & Suites 338-2090

\*Pool Use

Weight Watchers (YMCA) 338-4598

Badminton (YMCA) 338-4598

Pool (YMCA) 338-4598

## **FINANCIAL ASSISTANCE**

Bankruptcy Lawyers 1-800-425-0540

\*Legal assistance for bankruptcy

Bureau of Consumer Credit Protection 1-800-436-2131

\*Financial and credit information

Care Partners Financial Assistance 1-877-626-1684

Waldo County General Hospital 338-2500

Seaport Family Practice 338-6900

Tax Help - YMCA 338-4598

HR Block Belfast 338-2188

Money Management International 1-866-336-0624

\*credit assistance, debt reduction, foreclosure assistance (HUD certified)

InCharge Debt Solutions 1-800-497-5396

\*credit counseling

Institute for Financial Literacy, Inc. 1-866-662-4932

## **LEGAL SERVICES**

Maine Legal Services for the Elderly 1-800-750-5353

\*Legal services for adults age 60+

Pine Tree Legal, Bangor 942-8241

\*Free legal services for low-income residents

Waldo County Probate Court 338-2780

\*Wills, adoptions, appointment of personal representatives

Waldo County Unified Court 338-3107

\*Superior Court and District Court

## **FOOD**

Belfast Soup Kitchen 338-4845

BCR Youth Program - Game Loft 338-6447

Belfast Senior Center 1-603-498-9317

\*Tuesdays

Greater Bay Area Ministerial Food Cupboard 218-1213

Little River Baptist Church, Belfast 338-4843

No Greater Love Food Pantry 299-2093

The Birches 930-3681

Waldo County Head Start 338-3827

Waldo County YMCA 338-4598

W.I.C. 338-1267

AMVETS Memorial Post #150 Liberty 589-4218

Jackson Food Pantry 722-3205

Neighbors Cupboard Winterport 223-5726

Northport Food Pantry 338-2868

Palermo Food Pantry 993-2225/441-6447

Searsport Methodist Church Food Cupboard 548-6204

Unity Soup Kitchen 948-6232

Monthly Luncheon (YMCA) 338-4598

Food Stamps Rockland 1-800-432-7802

\*Financial Assistance for groceries

Meals on Wheels Belfast 338-1190

\*Hot meals delivered to individuals age 60+

Heroes4Hunger 338-6809

\*Food distribution

Neighbor for Neighbor 338-6809

\*Holiday food baskets

## **HEALTH**

Arthur Jewell Community Health Center Brooks 722-3488

Donald S. Walker Health Center Liberty 589-4509

Home Care and Hospice 1-800-660-4867/930-2677

Lincolntown Regional Health Center 236-4851

Hospice Volunteers of Waldo County 930-2677

Maine Care at Home 1-800-660-4867

New Horizons Health Care Unity 948-2100

Pen Bay Hospital Rockport 921-8000

Practice at Biscone Building Belfast 338-9344

Seaport Community Health Center PCHC Belfast 338-6900

Walk-In Clinic

\*M-F 7 a.m. to 7 p.m.; Sat - Sun 9 a.m. to 4 p.m.

Searsport Health Center 548-2432

Stockton Springs Regional Health Center 567-4000

Waldo County Home Health and Hospice Belfast 338-2268

Winterport Health Center PCHC 223-0965

MaineCare/Medicaid Rockland 1-800-432-7802

\*Health insurance for income-eligible

Public Health Nursing Belfast 338-3368/505-4950

Waldo County General Hospital Belfast 338-2500

Medicare Advocate for Medicare Assistance 1-800-750-5353

Medicare Advocate for Part D Assistance 1-877-744-7772

MaineHealth Birthing and Breastfeeding Center

Private Home Care Inc 338-2100

Palliative Care 301-8301

\*Care and support for people living with a serious illness

Pain Management 548-2475

MorningStar Midwifery 338-0708

Dirigo Choice Health Plan 1-877-892-8391

Maine Quit Smoking Network 1-800-784-8669 (1-800-QUIT NOW)

## **DENTAL**

Bucksport Regional Dental Center 902-1100

\*MaineCare accepted, sliding fees for uninsured

Donated Dental Services Program Augusta 1-800-205-5615/620-8276

\*Free dental care to elderly and disabled

Senior-Dent Belfast 1-800-639-1553

\*Dental services for low-income, age 62+

Dental Care 505-4910

## **HOUSING/WEATHERIZATION/OTHER**

Efficiency Maine 1-866-376-2463

\*Rebate, loan, financing programs for home energy systems

MaineHousing Home Repair Program 930-6809

\*Funding to low-income homeowners for basic home repairs

Subsidized Housing Information Waldo County 338-6809

\*To receive a list of subsidized housing

WCAP Weatherization Belfast 338-6809

\*Home weatherization for low-income families

Window Dressers 596-3073

\*Insulated window inserts

Rent Relief Program 930-7361

USDA 990-3676 , ext. 5450

\*Direct Home Loans and Home Repair Loans/Grants

Maine Development Associates 947-6795

\*HUD Section 8



Foothills Management/Seabreeze Apartments 778-0607

\*Low Income Apartment Building

Maine Centralized Section 8/HCV Housing Authority Augusta 626-2357

Maine Centralized Section 8/HCV Housing Authority Bangor 942-6365

Maine Centralized Section 8/HCV Housing Authority Waterville 873-2155

Maine State Housing Authority 624-5789

\*Section 8 Housing Choice Voucher Program, Moderate Rehabilitation Program

Maine Development Associates 947-6795

\*Low Income Housing: Ambassador Apartments/Belfast, Marriner Woods/Searsport, Pinegrove Apartments I & II/Searsport

The Housing Foundation 1-866-394-2049

\*Low Income Housing: Bay Head Apartments/Belfast, Windward Manor Apartments/Searsport

R & E Associates 985-9740

\*Low Income Housing: Bayview Apartments/Belfast

Realty Resources 1-800-338-8538

\*Low Income Housing: Belfast Birches/Belfast, Hilltop Birches I & II/Belfast, Seaside Heights/Belfast, Village Heritage I & II/Winterport

Stanford Management LLC 772-3399

\*Low Income Housing: Belfast Square Apartments/Belfast, Huntress

hoMEworks Homebuyer Education 321-2037

\*housing solutions, foreclosure counseling, budgeting Gardens/Belfast, Harborlight Square Apartments/Searsport

VOA Northern New England 373-1140

\*Low Income Housing: Edward J. Reynolds House/Belfast

Group Home Foundation Inc. 338-2080

\*Low Income Housing: Group Home Foundation/Belfast, Waldo Avenue Apartments/Belfast

C.B. Mattson 582-1888

\*Low Income Housing: Moosehead Trail Village/Brooks, Sandy Stream Village/Unity, School Street Village/Unity

C & C Realty Management 1-866-621-7705

\*Low Income Housing: Lake St. George Apartments/Liberty

R & C Management 265-4006

\*Low Income Housing: Lincolnville Apartments/Lincolnville

Foothills Management 778-0607

\*Low Income Housing: Seabreeze Apartments/Searsport

Multi-Management Group 990-2099

\*Low Income Housing: Unity Leisure Homes/Unity

Sweetser Mental Health Services 373-3049

\*Bridging Rental Assistance Program, Shelter Plus Care (S + C) Program

Alternative Mortgage Solutions Inc. 775-5850

## **UTILITIES/FUEL**

Efficiency Maine 1-866-376-2463

\*Rebate, loan, financing programs for home energy systems

Interfaith Fuel Fund Belfast 338-5575

Maine Public Utilities Commission Augusta 1-800-452-4699

\*Ensures safety and reasonable rates

WCAP CHIP Belfast 338-6809

\*Grants to low income homeowners to repair or replace central heating systems

WCAP Fuel Assistance Belfast 338-3025

\*One time emergency benefit up to 100 gallons of home heating oil

Woodshed Waldo County 338-2692

\*Free firewood for short-term heating assistance. Sign up in advance.

Internet Access Assistance 563-9911

## **VETERANS' SERVICES**

Garry Owen House Searsport 342-2045

\*Transitional shelter for homeless veterans

Maine Bureau of Veterans' Services Waterville 430-6035

\*Information and assistance for veterans

VA Maine Healthcare System Augusta 623-8411

\*Healthcare and resources for veterans

## **PHARMACIES**

Hannaford 338-1918  
Seaport 218-6001  
Walgreens 338-6844  
Belfast Pharmacy  
Prescription Discount Program 1-877-321-2652  
Low Cost Drugs for Elderly & Disabled 1-866-796-2463

## **LIBRARIES**

Alice L. Pendleton Library Islesboro 734-2218  
Belfast Free Library 338-3884  
Carver Memorial Library Searsport 548-2303  
Dorothy W. Quimby Library Unity 509-7110  
Liberty Library 589-3161  
Lincolnvile Community Library 706-3896  
Monroe Community Library 525-3515  
Palermo Community Library 993-6088  
Searsmont Town Library 342-5549  
Stockton Springs Community Library 567-4147  
Waldo Peirce Reading Room Frankfort 223-4438  
Winterport Memorial Library 223-5540

## **TRANSPORTATION**

Bay Taxi 338-1993  
Concord Bus 1-800-639-3317  
Downeaster Train 1-800-872-7245  
Downtown Area Shuttle Bus (DASH) Belfast 338-4769  
Schooner Bay Taxi 594-5000  
Midcoast Public Transportation Program Belfast 1-800-439-7865  
\*Rides for a small fee, other benefits

## **POLICE**

Belfast Police Department (non-emergency) 338-2420  
Waldo County Sheriff's Department (non-emergency) 338-2040  
Waldo County Regional Reentry Center 338-1080  
Searsport Police Department

## **MISCELLANEOUS**

Social Security Rockland 1-855-269-9179

Unemployment Rockland

Department of Health and Human Services Rockland

Ring of Caring 338-3370

\*Phone calls to check in during pandemic

Waldo County Cooperative Extension

Volunteers of America 338-3838

Badminton (YMCA) 338-4598

Mahjong (YMCA) 338-4598

Bridge (YMCA) 338-4598

Knitting (YMCA) 338-4598

## **TOWN OFFICES/GENERAL ASSISTANCE**

Belmont Town Office 342-5722

Brooks Town Office 722-3254

Burnham Town Office 948-2369

Frankfort Town Office 223-5546

Freedom Town Office 382-6177

Islesboro Town Office 734-2253

Jackson Town Office 722-3439

Knox Town Office 568-3907

Liberty Town Office 589-4318

Lincolnton Town Office 763-3555

Monroe Town Office 525-3515

Montville town Office 341-1932

Morrill Town Office 342-3300

Northport Town Office 338-3819

Palermo Town Office 993-2296

Prospect Town Office 567-3661

Searsmont Town Office 342-5411

Searsport Town Office 548-6372

Stockton Springs Town Office 567-3404

Swanville Town Office 338-4489  
Thorndike Town Office 568-3655  
Troy Town Office 948-2283  
Unity Town Office 948-3763  
Waldo Town Office 342-5400  
Winterport Town Office 223-5055

## **PETS**

Help Fix Me Program 287-7621  
\*Low cost spay/neuter  
Waldo County Humane Society 525-7723

## **CHILDREN'S SERVICES**

Maine Families 1-800-287-1426  
\*In home support for parents raising young children  
Parents as Teachers 342-5971  
Child Development Services  
Addison Point Specialized Services 861-7000  
Various Activities (YMCA) 338-4598

## **MENTAL/DEVELOPMENTAL HEALTH**

Addison Point Specialized Services 861-7000  
Aspire Behavioral Health and Counseling 362-5252  
Bridges of Maine 657-5585  
Care and Comfort 1-877784-6993  
Charlotte White Center 564-2464  
Downeast Horizons 1-855-894-3599  
Freedom First Support Services 649-1745  
Gateway Community Services 536-1590  
Maine Behavioral Health Organization 1-888-922-4736  
MAS 561-9533  
Sequel Care 338-8960  
UCP of Maine 941-2952  
Woodford's Family Services 680-4790

Northeast Occupational Exchange 857-0500

## **COUNSELORS/THERAPISTS/SUBSTANCE ABUSE**

Referral Care Team 333-3278

Michael Bowe, LCSW 808-7916

\*Adult mental health treatment specializing in trauma and depression

Erica Staples, LCSW 930-9524

\*Adult mental health treatment

Jeff Wilbur, LCSW 338-4038

\*Adult mental health and substance use treatment

Heather Ricker Morris, LCSW 322-3298

\*Adult mental health treatment (not all insurances accepted)

Thomas McWalters, LADC, LSW 649-1762

\*Substance use treatment including DEEP evaluations and treatment

Ed O'Brien, LCSW 706-4025

\*Adult mental health treatment

Nancy Foreman, LCSW 338-2045

\*Adult mental health treatment

Heather Huey, LCSW 505-1889

\*Adult mental health treatment

Marjorie Walsh, LCSW 338-1955

\*Adult mental health treatment

North Star Counseling 221-2951

\*Full range of individual and family therapy for adolescents and adults as well as substance use treatment

Steven Ouillette, PhD 322-4500

\*Adult mental health treatment

Kirsten Webb, LADC, M.Ed 338-9145

\*Adult mental health and substance use treatment, DEEP certified

Renee Light, LCSW 949-2870

\*Adult mental health and substance use treatment

Meredith Hill, LCSW 322-4048

\*Full range of child and adult therapy, offering individual, couples and family therapy

Dorothy Howard, PhD, LCSW 338-3746

\*Adult mental health and substance use treatment (does not accept insurance - *sliding scale fees only*)  
Bucksport Regional Health Center 469-7371  
\*Full range of individual and family therapy for adolescents and adults and substance use treatment  
Amy Barnett, LADC 594-4828  
\*Substance use treatment  
Joanne Cook, LCSW 691-1100  
\*Child and adult mental health treatment  
Este Underdown, LCSW 542-7813  
\*Adult mental health treatment and substance use treatment  
Jennifer Walker 236-3155  
\*Full range of child and adult therapy  
Molly Harvey, LCSW 542-2558  
\*Adult mental health treatment and substance use treatment  
Leslie Marchus, LCPC 747-3106  
\*Adult mental health treatment  
Cecilia Kinast, PhD, ABPdN 747-3983  
\*Adult mental health treatment  
Katherine 'Casey' Heard, MEd, LCPC 691-2742  
\*Adult mental health treatment  
Emily Markowitz, MSW, LCSW 518-7486  
\*Adult mental health treatment  
Mitch Markowitz, 209-1569  
\*Child and Adult mental health treatment  
Brian Englander, LCSW, LADC 701-4400  
\*Substance use treatment  
Jon St. Peter, LCSW 491-0502  
\*Adult mental health treatment  
Gwen Ackley, LCSW 322-8061  
\*Adult, Teen, Child mental health treatment  
John Carroll, MSW, LCSW 517-2914  
\*Adult mental health treatment  
Lanphear Counseling, MEd, CAS, LCPC 747-3838  
\*Adult mental health treatment  
Melissa Kelly, LCPC, ATR 494-4809

\*Art Therapist  
Katherine Box, LCSW 322-0449  
Adult, Adolescent, Child mental health treatment  
Alma Carr, LCSW 402-3180  
\*Adult and Child mental health treatment  
Naya Clifford, LCSW 487-1059  
\*Adult, Young Adult mental health treatment  
Kati DeRevere, PMH-NP 244-4111  
\*Adult, Adolescent, Young Adult mental health treatment  
Kenneth Harvey, LCSW 323-4449  
\*Adolescent and Child mental health treatment  
Elsa Mead, LCSW 370-1567  
\*Child mental health treatment  
Ann Morgan, LCPC 314-7436  
\*Adult, Adolescent, Young Adult mental health treatment  
Laura Newsom, LCPC, LADC 221-2951  
\*Adolescent, Young Adult, Child mental health treatment  
Caren Plank, LCPC 322-1646  
\*Adult, Adolescent, Child mental health treatment  
Cynthia Reid, LCPC 505-0255  
\*Adolescent, Young Adult mental health treatment  
Julie Anne Smith, LADC 735-6370  
\*Adult and Adolescent mental health treatment  
Heidi Taylor, LCSW 542-7837  
\*Adult, Adolescent, Child mental health treatment  
Teen Challenge 377-2801  
\*Substance use recovery program  
Maine Tobacco Helpline 1-800-207-1230

## **SPIRITUAL**

Belfast Church of Nazarene 338-3740  
Belfast United Methodist Church 338-5575  
Faith Temple Church of God 322-8177  
First Baptist Church of Belfast 338-2544  
First Church in Belfast United Church of Christ 338-2282



Little River Baptist Church 338-1006  
Religious Society of Friends (Quakers) 338-3080  
Searsport First Congregational Church 548-0327  
St. Margaret's Episcopal 338-2412  
Temple Heights Spiritual Camp 338-3029  
Unitarian Universalist Church 338-4482  
Veracity Chapel 342-5238  
Christ the King 505-5847 Emmanuel Baptist Church 338-9060  
Beacon of Hope on the Hill 338-5899  
Lighthouse Bible Church 548-6285  
Swanville Community Church 338-3723  
St. Francis of Assisi Catholic Church 338-4433  
Searsport United Methodist Church 548-2239  
Searsport Full Gospel Church 548-2447  
Northport Community Church

## **EMPLOYMENT**

Workforce Solutions/Goodwill Industries 930-7047  
Belfast Adult Education 338-3197  
RSU #3 Adult & Community Education 568-3426  
Unemployment Office Augusta 624-5120  
Unemployment Office Bangor 561-4050  
Voc Rehab Rockland 1-877-421-7916  
Voc Rehab Augusta 1-800-760-1573  
Voc Rehab Bangor 1-888-545-8811

## **HOLIDAY/SPECIAL EVENTS**

Neighbor for Neighbor 338-6809  
    \*Holiday gifts and food baskets, Coordinates all holiday projects  
Cinderella Project 338-6809  
    \*Prom dresses