

# WALDO COUNTY DIRECTORY OF SERVICES

## LEGAL SERVICES

- Legal Services for the Elderly, Augusta**  
 Legal services for adults age 60 and older.....1-800-750-5353
- Pine Tree Legal, Bangor**  
 Free legal services for low income residents.....942-8241

## MEDICAL

- Belfast Family Planning, Belfast**  
 Birth-control information, services, and supplies.....338-3736
- Bucksport Regional Dental Center, Bucksport**  
 MaineCare accepted, sliding fees for uninsured.....902-1100
- Donated Dental Services Program, Augusta**  
 Free dental care to elderly and disabled.....1-800-205-5615
- Dental Hygiene Clinic, Bangor**  
 Low cost dental services; open September-April.....262-2872
- Healthy Waldo County, Belfast**  
 Offers health opportunities for free.....930-6761
- Health Centers**  
 Arthur Jewell Community Health Center, Brooks.....722-3488  
 Donald S. Walker Health Center, Liberty.....589-4509  
 Lincolnville Regional Health Center, Lincolnville.....236-0776  
 New Horizons Health Care, Unity.....948-2100  
 Seaport Family Practice, Belfast.....338-6900  
 Searsport Health Center, Searsport.....548-2475  
 Stockton Springs Health Center, Stockton Springs.....567-4000
- MaineCare/Medicaid, Rockland**  
 Health Insurance for income eligible.....1-800-432-7802
- Public Health Nursing, Belfast**.....338-3368
- Senior-Dent, Belfast**  
 Dental services for low-income, age 62+.....1-800-639-1533
- Waldo County General Hospital, Belfast**.....338-2500

## SUBSTANCE ABUSE

- Alcoholics Anonymous, Portland**  
 Assists those suffering from alcoholism.....1-800-737-6237
- Choice Skyward, Belfast**  
 Outpatient substance abuse counseling.....338-2295
- Partners for Change, Swanville**  
 Substance abuse treatment & counseling.....338-6055
- Maine Tobacco Helpline, Augusta**  
 Assist with tobacco addiction.....1-800-207-1230

## TRANSPORTATION

- Helping Hands Garage, Ellsworth**  
 Helps income eligible residents buy used vehicles.....667-4763
- Good Wheels Program, Rockland**  
 Auto loans for working TANF recipients.....287-5012
- WCAP Public Transportation Program, Belfast**  
 Rides for a small fee. Also, other benefits.....338-4769

## UTILITIES/FUEL

- Maine Public Utilities Commission, Augusta**  
 Ensures safety and reasonable rates.....1-800-452-4699
- Joe's Oil, Waldo County**  
 January yearly, free fuel first come/first serve....1-877-563-4645
- Interfaith Fuel Fund, Belfast**  
 Greater Bay Area Ministerium.....338-5575
- WCAP CHIP/Weatherization, Belfast**  
 Furnace replacement and weatherization services.....338-6809
- WCAP Fuel Assistance, Belfast**  
 Payments to fuel vendors.....338-3025

## VETERAN'S SERVICES

- Maine Bureau of Veterans' Services, Waterville**  
 Information and assistance for veterans.....872-7846
- VA Maine Healthcare System, Augusta**  
 Healthcare and resources for veterans.....1-877-421-8263

## YOUTH SERVICES/PARENTING

- Broadreach Family & Community Services, Belfast**  
 Ages 0-17 free program & adult mental health.....338-2200
- Child Safety Seat Program, Belfast**  
 Free car seats for income eligible children.....338-6809  
 \*Car seat safety checks and fittings at the Belfast Fire Station  
 2nd Thursday of each month from 9am-1pm.
- Game Loft, Belfast**  
 After school activities and volunteer opportunities.....338-6447
- Maine Families, Waldo**  
 Education/support/home visits for first  
 time parents.....1-800-287-1426
- Making Change, Belfast**  
 Addictions support group for those age 13-29.....207-338-2500
- Mid-Coast Resource Development Center, Bath**  
 Child care information and referrals.....1-877-684-0466
- Starrett Center, Belfast**  
 Pre-school and school age child care.....338-1751
- Waldo County Child Care Voucher Program, Rockland**  
 Assistance if parent is working or in school.....1-800-432-7802
- WCAP Head Start and Early Head Start, Belfast**  
 Ages 0-5, free program based on income.....338-3827
- Women, Infants and Children (WIC), Belfast**  
 Nutrition program for income eligible families.....338-1267
- YMCA After School Program, Belfast**  
 After school activities for youth.....338-4598
- Youthlinks, Belfast**  
 Volunteerism, coaching, and socializing for youth.....594-2221

## MISCELLANEOUS

- Belfast District Court.....338-3107
- Camden Rockport Animal Rescue League.....236-8702
- DHHS General Assistance Hotline.....1-800-432-7802
- Emergency Animal Shelter (Storms).....338-3870
- Eyeglasses (Belfast Lions Club).....338-1900
- Miss Millie's Pet Food Cupboard.....223-4334
- Townline Animal Shelter.....338-1403
- Waldo County Superior Court.....338-1940
- Waldo County Emergency Management Agency.....338-3870

## NOTES

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# WALDO COUNTY DIRECTORY OF SERVICES

## CLOTHING

- Clothes Closet, Stonington**  
Free clothes, sometimes furniture is available.....367-2308
- Goodwill Store and Donation Center, Belfast**  
Secondhand clothing and other goods.....338-8363
- Second Time Around, Belfast**  
Thrift store with clothing and accessories.....338-8912
- Waldo County TRIAD, Belfast**  
Winter clothing for seniors and children.....338-2040

## DOMESTIC VIOLENCE

- New Hope for Women, Rockland, Waldo, Knox, Lincoln**  
Domestic violence resources for all.....1-800-522-3304
- Time for Change, Rockland**  
Certified batterer's intervention program.....594-0270

## EDUCATION

- Belfast Adult and Community Education, Belfast**  
Education for adults, free for seniors 65+.....338-3197
- College Connection**  
Free college preparation for adults.....338-3197
- Jobs for Maine's Graduates, Augusta**  
Services/support for high-school students.....620-7180
- Passages, Camden & Residential**  
Home-school program for at-risk high school teens.....236-3000
- Senior College, Belfast**  
College courses for those age 50+.....338-8033
- Waldo County Community Exchange, Belfast**  
Teaching and learning exchange of skills.....338-4254

## EMPLOYMENT

- Career Center, Rockland**  
Free employment and training services.....596-2600
- Goodwill Workforce Solutions Center, Belfast**  
Job training/placement for youth and adults.....930-7047
- Penobscot Job Corps, Bangor**  
Free education/career training for ages 16-24.....990-3000
- Sen. Comm. Service Employment Program, Searsport**  
Career training/placement for seniors.....1-800-244-5891

## ELDERLY SERVICES

- Senior Companion Program, Waldo County**  
Visits to homebound seniors. Open 4-8pm.....1-800-287-0274
- Spectrum Generations, Belfast**  
Activities, aging assistance, care giving.....338-1190

## FINANCIAL ASSISTANCE

- Bankruptcy Lawyers**  
Legal assistance for bankruptcy.....1-800-425-0540
- Bureau of Consumer Credit Protection**  
Financial and credit information.....1-800-332-8529
- Free Application for Federal Student Aid (FAFSA)**  
Federal financial aid for college.....1-800-433-3243
- Greater Bay Area Ministerium**  
(St. Margaret's Church) Rent, utilities, other.....338-2412
- Temporary Assistance for Needy Families (TANF)**  
Financial relief for eligible families.....1-800-432-7802
- Women, Work, and Community, Rockland**  
Financial advocacy and assistance.....1-800-442-2092

## EMERGENCY NUMBERS

### DIAL 911 FOR ALL URGENT EMERGENCIES

- Child Abuse Hotline (24 hrs.).....1-800-452-1999
- Teen Runaway Hotline (24 hrs.).....1-800-786-2929
- Domestic Violence Hotline (24 hrs.)....1-800-863-9909
- Suicide Prevention Lifeline (24 hrs.)....1-800-273-8255
- Poison Control Center (24 hrs.).....1-800-222-1222
- Sexual Assault Crisis Ctr. (24 hrs.).....1-800-871-7741
- U.S. Coast Guard, Rockland.....596-6666
- W.C. Sheriff's Dept. (non-emergency).....338-6786

## FOOD

- Food Cupboards/Soup Kitchens**
- AMVETS Memorial Post #150, Liberty.....589-4218
- Belfast Soup Kitchen, Belfast.....338-4845
- Greater Belfast Area Ministerium Food Cupboard, Belfast.....338-5575
- Jackson Food Pantry, Jackson.....722-3205
- Little River Baptist Church, Belfast.....338-1006
- Manna Incorporated, Bangor.....990-2870
- Neighbors Cupboard, Winterport.....223-5726
- Northport Food Pantry, Northport.....338-2868
- Searsport Congregational & Methodist Church Food Cupboard, Searsport.....548-6204
- Volunteer Regional Food Pantry, Unity.....948-6232
- Food Stamps, Rockland**  
Financial assistance for groceries.....1-800-432-7802
- Meals on Wheels, Belfast**  
Hot meals delivered to individuals age 60+.....338-1190

## HOUSING/HOMELESSNESS

- First Time Home Buyers Program, Augusta**  
Low fixed-rate mortgages, down payment and closing cost assistance, homebuyer education.....626-4663
- Group Home Found. Residential Programs, Belfast**  
Housing for people diagnosed with disabilities.....338-2080
- Homeless Shelters**
- Bangor Area Homeless Shelter, Bangor.....947-0092
- Emmanuel Homeless Shelter, Ellsworth.....667-3962
- Mid-Coast Hospitality House, Rockport.....594-1422
- Breakwater Teen Shelter, Rockland.....596-5793
- Homeless Youth Outreach Project, Rockland**  
Secures living situations for homeless youth.....596-0359
- Section 8, Rockland**  
Penquis Section 8 housing voucher applications.....596-0361
- Subsidized Housing Information, Waldo County**  
To receive a list of subsidized housing, call.....338-6809
- WCAP Weatherization, Belfast**  
Home weatherization for low-income families.....338-6809

