

*Health Services in  
Lewiston, Maine*

New Mainers Community  
Collaborative Resource Guide

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## CHILD HEALTH

### *Advocates for Children*

**Phone Number:** (207) 783-3990

**Fax Number:** (207) 783-9402

**Address:** 57 Birch Street, Suite 204, Lewiston, ME 04240

**Mailing Address:** P.O. Box 3316, Auburn, ME 04212

**Website:** [www.advocatesforchildren.net](http://www.advocatesforchildren.net)

**Contact Person:** Betsy Norcross Plourde

Gillian Bourassa (Home visitor; cultural broker)

**Hours:** Mon-Fri 8:30 a.m.-4:30 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** Families with children.

**Description:** Advocates for Children is a community-based non-profit organization that offers programs to prevent child mistreatment and empower children and families to live healthy and productive lives.

### **Services:**

#### Maine Families Androscoggin

- Voluntary home visiting program.
  - Answer parenting questions.
  - Help connecting with community resources.

#### Parent Resource Center

- PRC Lending Library.
  - Books and videos about parenting and children.
- Interactive Play Groups for parents and children birth to five.
- Kids First Parenting through Separation and Divorce.
- Parent Education.

#### Educational Programs

- School-based programs to ensure children learn the skills and information to keep them safe from abuse.
- Professional Development Training and parent workshops.

### *Androscoggin Home Care and Hospice Care*

**Phone Number:** (207) 777-7740

**TDD Phone Number:** 1-800-437-1220

**Other Phone Number:** 1-800-482-7412

**Fax Number:** (207) 777-7748

**Address:** 15 Strawberry Avenue, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 819, Lewiston, Maine 04240

**Website:** [www.ahch.org](http://www.ahch.org)

**Office Hours:** Mon-Fri 8 a.m.-4:30 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Description:** AHCH offers a wide range of high-quality home health care services to help people maintain their health, independence and quality of life in their homes and communities.

**Services:**

**Montello Multicultural Program**

**Contact Person:** Pedro Rojas

**Hours:** Once a week for an hour.

**Population Served:** Children in 5<sup>th</sup> and 6<sup>th</sup> grade at Montello School who have lived in a refugee camp and lost a parent.

**Description & Services:** An after school program which includes activities that allow children who have experienced loss to express their feelings.

***Child Development Services State Office (Androscoggin County)***

**Phone Number:** (207) 795-4022

**Fax Number:** (207) 795-4082

**Address:** 1567 Lisbon Street, Lewiston, Maine 04240

**Mailing Address:** 1567 Lisbon Street, Lewiston, Maine 04240

**Contact Person:** Carrie Morgan (Extension 23)

**Hours:** Mon-Fri 8 a.m.-4 p.m.

**Payment/Insurance:** MaineCare, private insurance.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** Children with disabilities ages birth through 5 and their families.

**Services:**

- Early intervention evaluation and screening for developmental, physical, and learning disabilities.
- Case management.

***Child Health Center***

**Phone Number:** (207) 782-5437

**Fax Number:** (207)753-0105

**Address:** 24 Falcon Drive, Auburn, Maine 04210

**Mailing Address:** 16 Madison Avenue, Oxford, ME 04270

**Website:** [www.childhealthcenter.org](http://www.childhealthcenter.org)

**Contact Person:** Sue Gould

**Hours:** Mon-Fri 8 a.m.-4 p.m.

**Payment/Insurance:** MaineCare, Cash, private insurance, personal checks, credit cards.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Parents and children.

**Description:** The Child Health Center assists children and families by providing care, knowledge, skills and resources to help them achieve their goals.

**Services:**

- Preschool.
- Occupational, developmental, speech and physical therapy.
- Parent education.
- Support groups for persons with developmental delays, pregnant and parenting teens, children in need of a mentor, and first-time families.

***Community Concept, Inc.***

**Phone Number:** (207) 795-4065

**Other Phone Number:** 1-800-866-5588

**TDD Phone Number:** (207) 783-7951

**Address:** 79 Main Street, Auburn, Maine 04210

**Mailing Address:** 124 Main Street, Suite 105, Farmington, Maine 04938

**Website:** [www.community-concepts.org](http://www.community-concepts.org)

**Hours:** Mon-Fri 8 a.m. -4:30 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** Children and families referred by DHHS.

**Description:** Community Concepts, Inc. offers a variety of social services that promote self-sufficiency within the communities of Androscoggin, Franklin and Oxford counties of Maine.

**Services:**

**Case Management**

- Locating and assessing services.
- Identifying goals and developing a service plan to achieve them.
- Attending meetings at school to help advocate.
- Coordination with other service providers.
- Building and fostering community-based support.

**Family Support Services**

- Assess risk to child's safety and develop and implement a safety plan.

**Infant Toddler Specialist**

**Contact Person:** Karen White

**Email:** [kwhite@community-concepts.org](mailto:kwhite@community-concepts.org)

**Description/Services:** Statewide Information Technology Specialist (IT) working on the professional development system for IT child care providers and offering technical assistance and training to child care programs caring for infants and toddlers.

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### ***Hope House***

**Phone Number:** (207) 345-3027

**Address:** 91 College Street, Lewiston, Maine 04240

**Mailing Address:** 91 College Street, Lewiston, Maine 04240

**Website:** [www.hopehousemaine.com](http://www.hopehousemaine.com)

**Hours:** Mon 6-8 p.m.; Wed 10 a.m.-1 p.m.

**Contact Person:** Bruce and Jan Willson

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Translators/interpreters available for summer classes; bring interpreter/translator for other services.

**Population Served:** Persons who are pregnant and/or parenting.

**Description:** Hope House offers resources and services to pregnant people or parents to help support local families.

#### **Services:**

##### **Bear-ly Used Boutique (Wednesday 10 a.m.-12:30 p.m.)**

- New and recycled adult and kids' clothing
- Children's items and furnishings
- Toys
- Diapers
- Food
  - Farmer's Market during the summer offers free fruits and vegetables.
- Health supplies
- Books
- Videos
- House goods

##### **The Pregnancy and Single Moms' Support Center**

###### **Hours:**

- Classes and support groups on birth preparation, parenting skills, life skills, single mothering, abuse recovery, health and first aid, and healthy relationships
- Library
- Seasonal events
- Child care
- Children's activities

##### **Women's Health Cottage**

- Free reproductive healthcare, pregnancy testing, pregnancy options information, prenatal care, well woman care, well baby care, prenatal vitamins, labor aids, and breast pumps.

### ***Kidspeace***

**Phone Number:** (207) 786-8122

**Fax Number:** (207) 786-8164

**Address:** 35 Westminster Street, Lewiston, Maine 04240

**Mailing Address:** 35 Westminster Street, Lewiston, Maine 04240

**Website:** [www.kidspeace.org](http://www.kidspeace.org)

**Hours:** Mon-Fri 8 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translation services.

**Population Served:** Infants, toddlers, children, and adolescents from birth to 21 years of age with mental health diagnosis, Autism Spectrum Disorder or medical challenges and insured by MaineCare.

**Description:** KidsPeace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities.

**Services:**

- Foster Care
- Supported Families Program (Children's Community Behavioral Health Services)
- Family Visitation Program (Supervised Visitation)
- Outpatient Counseling
- Targeted Case Management (Children)
- Family Reunification Services

### ***Maine Department of Health and Human Services (Office of Child and Family Services)***

**Phone Number:** (207) 795-4300

**TDD Phone:** 1-800-606-0215

**Other Phone:** 1-800-482-7517

**Address:** 200 Main Street, Lewiston, Maine 04240

**Mailing Address:** 200 Main Street, Lewiston, Maine 04240

**Website:** [www.maine.gov/dhhs/ocfs/](http://www.maine.gov/dhhs/ocfs/)

**Hours:** Mon-Fri 8 a.m.-5 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** Children, Adolescents, and their families.

**Description:** Child-centered and family-focused system of care that works to protect the health and well-being of youth and families by helping families access services in the community, providing child care subsidy/vouchers, and investigating child abuse.

**Services:**

**Children's Behavioral Health Services**

- Provides information and referrals for children until their 21<sup>st</sup> birthday with developmental disabilities/delays, Pervasive Developmental Disorder (PDD)/autism and mental health disorders.

**Child Welfare**

- Works to provide safe and permanent homes for children.
- Investigates child abuse to keep children safe and to guide families in creating safe homes for children.

**Early Childhood**

- Includes childcare and Head Start programs, coordination of child care licensing, technical assistance, training and employer incentives.

**Public Service Management**

- Provides integration of and oversight to Community, Residential, and Information Services.

*The Margaret Murphy Center for Children* (John F. Murphy Homes)

**Phone Number:** (207) 376-3311

**Fax Number:** (207) 786-7277

**Address:** 655 Main Street, Lewiston, Maine 04240

**Mailing Address:** 800 Center Street, Auburn, Maine 04210

**Website:** [www.jfmhomes.org](http://www.jfmhomes.org)

**Hours:** Mon-Thu 8 a.m.-4:30 p.m.; Fri 8 a.m.-4 p.m.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** School day treatment services for children with developmental delays, Autism, and related disabilities.

**Services:**

**School Day Treatment Services**

- Individualized Academic, Social, Behavioral, Communication, Adaptive behavior and community-based programming.
- Internal Case Management.
- Psychological Assessment and Consultation, including cognitive, social, emotional, behavioral, and adaptive skills evaluation.
- Speech and Language services.
- Occupational therapy services.
- Social work services, family supports and individual counseling.
- Nursing consultation.

- Behavioral consultation and training services for area public schools.
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### *Mary's Place*

**Phone Number:** (207) 795-6528

**Address:** 88 Oxford Street, Lewiston, Maine 04240

**Mailing Address:** 88 Oxford Street, Lewiston, Maine 04240

**Website:** <http://www.saintandrehome.org/>

**Hours:** 24 Hours

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Women who are single with infants and young children.

**Description:** Mary's Place is a residential facility that offers women a chance to make changes in their lives by allowing them to realize their own potential and to achieve their goals.

**Services:**

- Parenting education, life skills, and opportunities to learn about healthy relationships.
  - Professional clinical staff provides counseling and case management services.
- 

### *New Beginnings*

**Phone Number:** (207) 795-4077

**Fax Number:** (207) 795-4080

**Administration Address:** 436 Main Street, Lewiston, Maine 04240

**Mailing Address:** 436 Main Street, Lewiston, Maine 04240

**Website:** [www.newbeginmaine.org](http://www.newbeginmaine.org)

**Hours:** Mon-Fri 9 a.m.-5 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Youth between 14 and 21 years of age who are homeless or at risk of becoming homeless.

**Description:** New Beginnings is a program that provides basic shelter care, as well as an agency with a variety of community-based services meeting the needs of youth in crisis and their families.

**Services:**

**Residential Services**

**Address:** 491 Main Street, Lewiston, Maine 04240

**Phone Number:** (207) 795- 4070

- Shelter provides emergency care for up to twelve youth (male and female) ages 12 through 19.
- Maximum length of stay is three weeks.

- Services include:
  - Room & board.
  - Informal individual counseling.
  - Family mediation.
  - Individualized education program.
  - Referrals to community resources.

### **Transitional Living Program**

**Address:** 436 & 597 Main Street, Lewiston, Maine 04240

**Phone Number:** (207) 795- 4074

#### ***Description & Services:***

##### **Supervised Apartment Program**

- 24-hour on-site staff supervision and is for youth ages 16-20.

##### **Community Living Program**

- Provides housing and case management services and accepts referrals for young adults, ages 18-20, and emancipated minors.

- Youth may remain in these transitional housing programs for a maximum of 18 months. Follow up counseling is available for up to one year after a youth is discharged from the residential programs.

**Referrals may be made Monday through Friday 9 a.m. to 5 p.m.**

### **Outreach Services**

**Address:** 245 Lisbon Street, Lewiston, Maine 04240

**Phone Number:** (207) 795- 6831

#### ***Description & Services:***

- Lewiston office has a drop-in center that is open Monday-Friday afternoons providing meals, information and referrals, supplies and clothing, and group activities.

### **HIV Prevention/Research/Training**

**Address:** 436 Main Street, Lewiston, Maine 04240

**Phone Number:** (207) 795-4077

#### ***Description & Services:***

- Provides effective, skills-based education to youth in all of the agency's programs to help them stay healthy and reduce their risk of HIV infection.
- Offers training for you to serve as HIV educators with their peers.

### ***Possibilities Counseling***

**Phone Number:** 1-800-973-8177; this number can be used to make a referral, or if you need a counselor or case manager

**Other Phone Number:** (207) 333-3833

**Fax Number:** (207) 333-6939

**Address:** 1120 Center Street, Auburn, Maine 04240

**Mailing Address:** P.O. Box 958, Lewiston, Maine 04240

**Website:** <http://www.possibilitiescounseling.com/pcs2.swf>

**Contact Person:** Eileen Manglass, Wendy Bergeron

**Hours:** Mon-Fri 8 a.m. - 4:30 p.m.; evening and weekend hours available by appointment.

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check (sliding fee, fixed cost).

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** People with mental illnesses.

**Description:** Possibilities works with affiliate mental health counselors to provide outpatient counseling and case management to the population of the Lewiston-Auburn area, offering treatment for trauma, anxiety, depression, and other mental illnesses.

**Services:**

- Provide outpatient counseling and case management services.
- Provide treatment for
  - Trauma
  - Anxiety
  - Depression
  - Developmental delays
  - Parenting
  - ADHD/ADD
  - OCD
  - Sexual Abuse
  - Grief & loss
  - Life changes
  - Personality disorders
  - Psychosis
  - Bipolar disorder
  - Offender treatment

***Providence Services Corporation of Maine***

**Phone Number:** (207) 777-5888; emergency after hours number 1-888-480-9550

**Fax Number:** (207) 777-5802

**Address:** 155 Center Street, Building F, Auburn, Maine 04210

**Mailing Address:** 155 Center Street, Building F, Auburn, Maine 04210

**Website:** [www.providenceofmaine.com](http://www.providenceofmaine.com)

**Hours:** Mon-Fri 9 a.m.-5 p.m.

**Payment/Insurance:** MaineCare

**Referral:** Referral from DHHS, case manager or parent.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring interpreter/translator.

**Population Served:** Young people from birth to 21 years of age with a mental health or developmental disorder diagnosis and their families.

**Description:** Providence Services Corporation of Maine is a provider of home-based behavioral health treatment services to children and families and evidence-based education and treatment services to children with Autism Spectrum Disorders.

**Services:**

**Family-Centered Services**

- Home and community based treatment.
  - Outpatient therapy and assessment services.
  - Free standing day habilitation services.
  - Targeted case management services.
  - School and center based educational day treatment.
- 

***St. Andre's Group Home***

**Phone Number:** (207) 783-8003

**Address:** 188 Sabattus Street, Lewiston, Maine 04240

**Mailing Address:** 188 Sabattus Street, Lewiston, Maine 04240

**Website:** [www.saintandrehome.com](http://www.saintandrehome.com)

**Hours:** 24 hours

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Adult women 19-29 and their children.

**Description:** St. Andre's Group Home offers women a chance to make changes in their lives with support, allowing them to realize their own potential and to achieve the goals they have set for themselves and their children.

**Services:**

- Residential group care
  - Individual counseling
  - Parent training
  - Group counseling
  - After-care planning.
- 

***Sweetser***

**Sweetser PromiseLine:** 1-800-434-3000

**Lewiston Phone:** (207) 689-2314

**Lewiston Address:** 646 Main Street, Lewiston, Maine 04240

**Mailing Address:** 646 Main Street, Lewiston, Maine 04240

**Executive Office Address:** 50 Moody Street, Saco, Maine 04072

**Executive Office Phone:** 1-800-434-3000

**Website:** [www.sweetser.org](http://www.sweetser.org)

**Hours:** Mon-Fri 8 a.m.-4 p.m.

**Payment/Insurance:** MaineCare, cash, credit cards, private insurance, personal check (sliding fees)

**Language:** English

**Interpretation/Translation Services:** Request services in advance or bring interpreter/translator.

**Population Served:** Young persons 21 years and younger with developmental delays, emotional or behavioral health needs and their families.

**Description:** Sweetser is a mental health organization that operates throughout Maine. It offers a variety of mental health services including programs that focus on emotional issues, substance abuse, and educational disabilities. It has outpatient therapy and medication, school-based practitioners, as well as office-based practices.

**Services:**

**Case Management**

- Assist families to locate, engage, and monitor the effectiveness of necessary local services.

**Community- Based Clinical Services**

- Individual, family and/or group therapy in schools, homes or other community settings.

***THRIVE System of Care Initiative***

**Phone Number:** (207) 282-5783

**Other Phone Number:** 1 (877) 784-4705

**Fax Number:** (207) 782-5793

**Address:** 124 Canal Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 2008 Lewiston, Maine 04240

**Website:** [www.thriveinitiative.org](http://www.thriveinitiative.org)

**Contact Person:** Arabella Perez (Extension 1601)

**Hours:** Mon-Fri 8:30 a.m.-4:30 p.m.

**Payment/Insurance:** Cost for training sessions only.

**Language:** English

**Interpretation/Translation Services:** Available-- request services in advance.

**Population Served:** Young people from birth to 20 years of age with mental health issues who are involved with child welfare or juvenile justice and their families; agencies serving youth and children.

**Description:** THRIVE is a program that works with various agencies to improve their mental health services. Although THRIVE does not provide any direct mental health services, it does important work in ensuring that service providers in the Lewiston-Auburn area are culturally competent. It has worked with various agencies and organizations, including its sponsor organization TCMHS, to promote increased and improved access to mental health services among underserved populations, particularly the Somali refugee population.

**Services:**

- The Trauma- Informed Training and Technical Assistance offered by THRIVE includes:
  - Training and support in trauma-informed service delivery;
  - Streamlined referrals;
  - Help from a family partner to plan and facilitate family team meetings;

- Training and support for evidence-based practices.

**Diversion to Assets:**

**Phone Number:** (207) 782-5783, Extension 1606

**Eligibility:** Youth between 9 & 17 years of age residing in the Lewiston/Auburn area who have been charged with a non-violent first offense.

**Referral:** Made by police, juvenile community corrections officers and district attorneys.

**Description:** This program promotes healthy youth development and enhanced community partnerships resulting in fewer repeat offenders.

**Services:**

- An assessment of the individual and the development of an activity and a follow-through plan to promote the individual's strengths.
- Connections to caring adults and peers.
- Connections to mentors, after-school programs, community service, non-paid jobs and projects, restorative justice meetings, evidence-based curricula and other community-based learning experiences.

***Tri-County Mental Health Services (TCMHS)***

**Phone Number:** (207) 783-9141

**Toll Free Phone Number:** (800) 787-1155

**Fax Number:** (207) 783-4660

**Referral Line:** 1-888-304-HOPE (4673)

**TTY and Statewide Crisis Services:** 1-888-568-1112

**Address:** 1155 Lisbon Street, Lewiston, Maine 04241

**Mailing Address:** 1155 Lisbon Street, Lewiston, Maine 04241

**Website:** <http://www.tcmhs.org/>

**Hours:** Mon-Fri 8:30 a.m.-5 p.m.

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** Persons with mental illness, substance abuse issues, Autism or developmental disabilities.

**Description:** TCMHS is a mental health agency that aims at providing mental health care to the communities in Androscoggin, Franklin, Oxford, and Cumberland Counties.

**Services:**

**Child and Family Services**

- Group, family, and individual child therapy.
- Family Counseling and activity groups.
- Crisis intervention.
- Case management.
- Multi-Systemic Therapy.
- Early intervention for very young children and their families.
- Psychiatric Trauma-Focused Cognitive Behavioral Therapy.

- Medication Management for children offered through collaboration with St. Mary's Hospital.

#### **Child Case Management**

- Assessment of needs, current level of function, level of risk, supports, and cross-disability needs.
- Advocacy and mediation.
- Creation of crisis and behavior plans.
- Link to community services and other resources.

### ***Trinity Jubilee Center***

**Phone Number:** (207) 782-5700

**Address:** 247 Bates Street, Lewiston, Maine 04240

**Mailing Address:** 247 Bates Street, Lewiston, Maine 04240

**Website:** [http://www.trinitylewiston.episcopalmaine.org/URBAN\\_MINISTRY/trinity-jubilee-center.html](http://www.trinitylewiston.episcopalmaine.org/URBAN_MINISTRY/trinity-jubilee-center.html)

**Contact Person:** Kim Wettlaufer

**Hours:** Mon-Fri 8 a.m.-3 p.m.; Sat 8 a.m.-12 p.m.; Sun 2-6 p.m.

**Payment/Insurance:** No cost.

**Language:** English, Somali

**Interpretation/Translation Services:** Available—request in advance.

**Population Served:** People who are homeless, low-income or hungry.

**Description:** The Trinity Jubilee Center is a non-profit organization that offers a variety of different practical services to the Lewiston-Auburn communities. They are associated with the Episcopal Diocese of Maine, the Trinity Episcopal Church, other religious organizations, as well as various secular agencies.

#### **Services:**

- Drop-In Center with coffee and snacks, open seven days a week.
- Four meals a week served, as well as food that can be taken to go for people who cannot go to the Center.
- Emergency food pantry.
- Parent and child care program that offers diapers, formula, clothes, and car seats to families in need.
- Liaison between refugee populations and other organizations, including assistance with meeting food and housing needs, as well as an after-school tutoring program, and translation services.
- Assistance with healthcare providers, including hospital, physicians, and pharmacies, by three part-time Somali translators and caseworkers.

### ***YWCA of Central Maine***

**Phone Number:** (207) 795-4050

**Fax Number:** (207) 795-4053

**Address:** 130 East Avenue, Lewiston, Maine 04240

**Mailing Address:** 130 East Avenue, Lewiston, Maine 04240

**Website:** <http://www.ywcamaine.org>

**Hours:** Mon-Fri 6 a.m.-7 p.m.

**Payment/Insurance:** Cash, personal check, state vouchers (sliding fees)

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Youth ages 12 years of age to 19 years of age who are dealing with issues of abuse, anger, crime, grief, family strife, or substance abuse.

**Description:** YWCA works locally, nationally, and globally to eliminate racism and empower women through advocacy work and makes sure that services stay relevant and accessible to individuals and families.

**Services:**

**Adolescent Counseling**

- Individual and group counseling.
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## **MENTAL HEALTH AND SUBSTANCE ABUSE**

### *Alternative Services Inc. Northeast*

**Phone Number:** (207) 777-1107

**Other Phone Number:** (207) 680-2592

**Fax Number:** (207) 777-1605

**Address:** 35 South Avenue, Lewiston, Maine 04240

**Mailing Address:** 35 South Avenue, Lewiston, Maine 04240

**Website:** [www.asi-ne.org](http://www.asi-ne.org)

**Hours:** Mon-Fri 8:30 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Adults with cognitive disabilities and severe chronic mental illness.

**Description:** ASI is a non-profit organization dedicated to providing quality support for people with intellectual and developmental disabilities, as well as mental health disabilities.

**Services:**

- Residential care facility.
  - Case management.
  - In-home support (Daily Living Support Services).
-

***Blue Willow Counseling***

**Phone Number:** (207) 777-3399

**Fax Number:** (207) 777-3391

**Address:** 300 Pine Street, Lewiston, Maine 04240

**Mailing Address:** 300 Pine Street, Lewiston, Maine 04240

**Contact Person:** Bryan Wood

**Hours:** Mon-Fri 8:30 a.m. - 5 p.m.; Saturdays by appointment only.

**Payment/Insurance:** MaineCare and some private insurance.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Adults with mental health and substance abuse issues.

**Services:**

- Intensive outpatient therapy.
  - Mental Health services.
  - Substance abuse treatment.
  - Individual, group, couple, and family therapy.
- 

***Common Ties Mental Health Services***

**Phone Number:** (207) 795-6710

**Other Phone Number:** (207) 795-6044

**Fax Number:** (207) 795-6714

**Address:** 140 Canal Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 1319, Lewiston, Maine 04240

**Website:** [www.commonities.org](http://www.commonities.org)

**Hours:** Mon-Fri 8 a.m.-5 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** People with physical, mental, and substance abuse illnesses.

**Description:** Common Ties Mental Health Services provides a range of community services and programs that support recovery from physical, mental, and substance abuse illnesses.

**Services Offered:**

- Community Integration Services.
- Medication management.
- Co-occurring services.
- Peer Support and consumer leadership.

- Housing resources and subsidy distribution.
- Integrated care of physical and mental health in partnership with St. Mary's Regional Medical Center.
- Access to Employment Specialist Services.

***Specific Programs:***

**Breaking Free**

- A cooperative living environment that offers support for males during recovery from an addiction and mental health illness.

**Community Support**

- Support and assistance that allows adults with mental illnesses to live independently and successfully.
- Services include housing, financial goals, education, access to health care, help getting back to work, connecting with legal services, daily living skills, counseling, trauma services, crisis intervention, and spirituality.

**100 Pine Street Wellness and Recovery Center**

**Address:** 100 Pine Street, Kelsey Building, Lewiston, Maine 04240

**Phone Number:** (207) 795-6040

***Description:***

- A day center that offers a place for adults with mental illnesses to meet friends, learn about community resources, and receive assistance and support during difficult times.

***Dirigo Place***

**Phone Number:** (207) 784-7144

**Fax Number:** (207) 784-5919

**Address:** 98 Russell Street, Lewiston, Maine 04240

**Mailing Address:** 98 Russell Street, Lewiston, Maine 04240

**Website:** [www.nafi.com](http://www.nafi.com)

**Hours:** 24 hours

**Contact Person:** Heather Lent, Joan Muldown

**Payment/Insurance:** MaineCare

**Referral:** DHHS referral

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Persons transitioning from a psychiatric hospital or more restrictive setting; persons in need of crisis stabilization.

**Services:**

- Assessment and treatment planning.

- Intensive family services and counseling.
  - Special education.
  - Aftercare.
  - 24 hour emergency respite and crisis stabilization.
- 

### *Facing Change*

**Phone Number:** (207) 784-0922

**Fax Number:** (207) 784-6143

**Address:** 4 Park Street, Lewiston, Maine 04240

**Mailing Address:** 4 Park Street, Lewiston, Maine 04240

**Hours:** Mon-Thurs 9 a.m. -8 p.m.; Friday by appointment only.

**Payment/Insurance:** MaineCare, Medicare, cash, personal check, private insurance.

**Language:** English

**Interpretation/Translation Services:** Not provide; bring interpreter/translator.

**Population Served:** Persons with substance abuse and/or mental illness.

**Description:** Facing Change is an outpatient substance abuse and family counseling practice.

### **Services Offered:**

- Substance abuse treatment.
  - Family interventions.
  - Adult Children of Alcoholics (ACOA)/co-dependency treatment.
  - OUI/DEEP evaluation and treatment.
  - Counseling for eating/nicotine/gambling disorders.
  - Physical/sexual/emotional abuse counseling.
  - Domestic violence counseling.
  - Treatment for depression/anxiety/anger.
  - Death and dying and grief/loss counseling.
  - Counseling around family life changes.
- 

### *Kidspeace*

**Phone Number:** (207) 786-8122

**Fax Number:** (207) 786-8164

**Address:** 35 Westminster Street, Lewiston, Maine 04240

**Mailing Address:** 35 Westminster Street, Lewiston, Maine 04240

**Website:** [www.kidspeace.org](http://www.kidspeace.org)

**Hours:** Mon-Fri 8 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator to appointment.

**Population Served:** Infants, toddlers, children, and adolescents from birth to 21 years of age with mental health diagnosis, Autism Spectrum Disorder or medical challenges.

**Description:** KidsPeace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities.

**Services:**

- Foster Care.
- Supported Families Program (Children's Community Behavioral Health Services).
- Family Visitation Program (Supervised Visitation).
- Outpatient Counseling.
- Targeted Case Management.
- Family Reunification Services.

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***Maine Department of Health and Human Services***

**Phone Number:** (207) 795-4300

**TDD Phone Number:** 1-800-606-0215

**Other Phone Number:** 1-800-482-7517

**Fax Number:** (207) 795-4445

**Address:** 200 Main Street, Lewiston, Maine 04240

**Mailing Address:** 200 Main Street, Lewiston, Maine 04240

**Website:** [www.maine.gov/dhhs/mh/](http://www.maine.gov/dhhs/mh/)

**Hours:** Mon-Fri 8 a.m.-5 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance or bring own interpreter/translator.

**Population Served:** People ages 18 and older with severe and persistent mental illness.

**Description:** The main responsibility of the OAMHS is to develop and maintain a comprehensive system of mental health services and support for people ages 18 and older with severe and persistent mental illness.

**Services:**

**Adult Mental Health Service**

- Management of the delivery of community support.
- Vocational, peer, residential, outpatient treatment.

- Medication management.
  - Crisis and inpatient treatment services.
  - Intermediate and long- term treatment.
  - Forensic services.
  - Intensive case management.
- 

### ***Lutheran Social Services of Maine***

**Phone Number:** (207) 783-3446

**Fax Number:** (207) 786-8061

**Address:** 155 Central Street, Auburn, Maine 04210

**Mailing Address:** 155 Center St., Building B, Box 3, Auburn, Maine 04210

**Website:** <http://www.lssne.org/>

**Hours:** Mon-Fri 7 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare, Medicare, cash, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** People with physical disabilities or mental illnesses.

**Description:** LSS is associated with the Lutheran Evangelical Church and offers services for people in need throughout New England.

#### **Services:**

##### **Lewiston/Auburn Area Support Services**

- Individualized support services to promote independence and growth in all areas of daily living for persons with disabilities or mental illnesses.
- 

### ***Possibilities Counseling***

**Phone Number:** 1-800-973-8177; this number can be used to make a referral, or if you need a counselor or case manager.

**Other Phone Number:** (207) 333-3833

**Fax Number:** (207) 333-6939

**Address:** 1120 Center Street, Auburn, Maine 04240

**Mailing Address:** P.O. Box 958, Lewiston, Maine 04240

**Website:** <http://www.possibilitiescounseling.com/pcs2.swf>

**Contact Person:** Eileen Manglass, Wendy Bergeron

**Hours:** Mon-Fri 8 a.m. - 4:30 p.m.; evening and weekend hours available by appointment

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check (sliding fee, fixed cost)

**Language:** English

**Interpretation/Translation Services:** Available—request in advance.

**Population Served:** People with mental illnesses.

**Description:** Possibilities works with affiliate mental health counselors to provide outpatient counseling and case management to the population of the Lewiston-Auburn area, offering treatment for trauma, anxiety, depression, and other mental illnesses.

**Services:**

- Provide outpatient counseling and case management services.
- Provide treatment for
  - Trauma
  - Anxiety
  - Depression
  - Developmental delays
  - Parenting
  - ADHD/ADD
  - OCD
  - Sexual Abuse
  - Grief & loss
  - Life changes
  - Personality disorders
  - Psychosis
  - Bipolar disorder
  - Offender treatment

***Providence Services Corporation of Maine***

**Phone Number:** (207) 777-5888; emergency after hours number 1-888-480-9550

**Fax Number:** (207) 777-5802

**Address:** 155 Center Street, Building F, Auburn, Maine 04210

**Mailing Address:** 155 Center Street, Building F, Auburn, Maine 04210

**Website:** [www.providenceofmaine.com](http://www.providenceofmaine.com)

**Hours:** Mon-Fri 9 a.m.-5 p.m.

**Payment/Insurance:** MaineCare

**Referral:** Referral from DHHS, case manager or parent.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Young people from birth to 21 years of age with a mental health or developmental disorder diagnosis and their families.

**Description:** Providence Services Corporation of Maine is a provider of home-based behavioral health treatment services to children and families and a leader in providing evidence-based education and treatment services to children with Autism Spectrum Disorders.

**Services:**

**Family-Centered Services**

- Home and community based treatment
- Outpatient therapy and assessment services
- Free standing day habilitation services
- Targeted case management services
- School and center based educational day treatment

***Relatives & Families Together (RAFTS)***

**Phone Number:** (207) 784-6996

**Fax Number:** (207) 784-2398

**Address:** 47 Wood Street, Lewiston, Maine 04240

**Mailing Address:** 47 Wood Street, Lewiston, Maine 04240

**Contact Person:** Harold Strout

**Hours:** 24 hours a day/7 days a week.

**Payment/Insurance:** Medicaid

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Adults with mental illnesses.

**Services:**

- Residential care facility.
- In-home service.
- Case management.
- Community integration.

***St. Mary's Regional Medical Center***

**Phone Number:** (207) 777-8700

**Address:** 95 Campus Avenue, Lewiston, Maine 04240

**Mailing Address:** PO Box 2971, Lewiston, Maine 04240

**Website:** [www.stmarysmaine.com](http://www.stmarysmaine.com)

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Interpreters/translators provided for emergency care; request interpreters/translators in advance for outpatient services.

**Services:****Adolescent Inpatient Services**

*Address:* 95 Campus Avenue, Lewiston, Maine 04240

*Phone Number:* (207) 777-8700

*Hours:* 24 hours a day/7 days a week.

*Population Served:* Adolescents ages 12-18 with suicidal or homicidal ideation and psychosis.

*Services:*

- Inpatient treatment for an average stay of 7-10 days.

**Adult Inpatient Psychology**

*Address:* 95 Campus Avenue, Lewiston, Maine 04240

*Phone Number:* (207) 777-8700

*Hours:* 24 hours a day/7 days a week.

*Population Served:* Adults with mental illnesses.

*Services:*

- Intensive individual treatment with a multi-disciplinary team including psychiatrists, psychiatric nurses, case workers, psychologists, behavioral technicians, recreational therapists and pastoral care workers.

**Adult Intensive Outpatient Program**

*Address:* 95 Campus Avenue, Lewiston, Maine 04240

*Phone Number:* (207) 777-8700

*Hours:* Monday through Friday from 9 a.m. - 12 noon or 1 p.m. - 4 p.m., depending on support.

*Population Served:* Adults with major mental illness diagnoses, including depression, bipolar and anxiety disorders and adults with alcohol and drug dependence including prescription drugs, cocaine and opiate abuse.

*Services:*

- A therapeutic program that provides support, education and counseling.
- Works to ease the transition from the hospital through monitoring of medication adjustments, education on successful ways of coping with the stress of daily life, the establishment of a strong 12 step program and connection to the recovery community and community services and resources.

**Adolescent Psychiatry Intensive Outpatient Program (AIOP)**

*Address:* 95 Campus Avenue, Lewiston, Maine 04240

*Phone Number:* (207) 753-4800 or (207) 753-4801

*Hours:* Monday, Wednesday, Thursday, and Friday 11:30 a.m. - 3 p.m.; Tuesday -- time is scheduled for family sessions.

*Population Served:* Adolescents between the ages of 13 and 18.

*Services:*

- This program serves as a bridge between inpatient hospitalization and traditional outpatient counseling with the goal of providing a supportive environment to learn healthy coping skills and self-awareness.

**Alternatives for Change**

**Address:** 95 Campus Avenue, Lewiston, Maine 04240

**Phone Number:** (207) 777-8700

**Hours:** Mon-Sun 3-9 p.m.

**Population Served:** People with substance abuse and dual diagnosis issues.

**Services:**

- Intensive structured 15-25 hour per week program, including assessment and diagnosis, group therapy, family education and family recovery, planning for continued recovery and follow up.

**B Street Health Center:**

**Address:** 57 Birch Street, Lewiston, Maine 04240

**Hours:** Mon-Fri 8 a.m.-5 p.m.

**Phone Number:** (207) 753-5400

**Fax Number:** (207) 786-0489

**Population Served:** Open to all populations.

**Interpretation/Translation Services:** Cultural broker on staff; request services in advance or bring own interpreter/translator.

**Services:**

- Mental health counseling and treatment.
- Case management.

**Children's Psychiatric Unit:**

**Address:** 95 Campus Avenue, Lewiston, Maine 04240

**Hours:** 24 hours

**Phone Number:** (207) 777-8700

**Population Served:** Children ages 5-12.

**Services:**

- Separate 6-bed unit for intensive individual treatment for an average stay of 10-14 days.

**Child Intensive Outreach Program**

**Address:** 95 Campus Avenue, Lewiston, Maine 04240

**Hours:** Mon, Tues, Wed, and Fri 11:30 am- 3 pm.; Thursday - time is scheduled for a family session.

**Phone Number:** (207) 777-8673 or (207) 777-8105

**Population Served:** Children ages 7-12

**Services:**

- Short-term intervention for children who require immediate counseling and therapy, but whose needs are not severe enough for inpatient treatment.
- Bridge between inpatient hospitalization and outpatient counseling to allow for an easier transition.

**Community Clinical Services Outpatient Counseling Centers**

**Address:** 393 Sabattus Street, Lewiston, Maine 04240

**Hours:** Mon-Fri 8:30 a.m. - 4:30 p.m.

**Phone Number:** (207)782-9551

**Translation & Interpretation Services:** Available—request services in advance.

**Services:**

- Confidential outpatient counseling for problems such as relationship or family difficulties, stress management, depression and substance abuse.
- Services include:
  - Clinical assessment and evaluation services;
  - General and specialized outpatient psychiatric services;
  - Children and teen grief program;
  - Children's outpatient treatment and psychiatric evaluation;
  - Substance abuse treatment, including DEEP certified;
  - Day and evening appointments;
  - Educational workshops;
  - Individual and group counseling;
  - Support groups;
  - Access to 24-hour emergency crisis services.

**St. Francis Recovery Center** (Catholic Charities)

**Phone Number:** (207) 784-2901

**Fax Number:** (207) 783-5134

**Address:** 24 Dunn Street, Auburn, Maine 04210

**Mailing Address:** 24 Dunn Street, Auburn, Maine 04210

**Website:** [ccmaine.org](http://ccmaine.org)

**Contact Person:** Jiffy Kelley-Young

**Hours:** 24 hours a day/ 7 days a week; office open Mon-Fri 8 a.m. - 7 p.m.

**Payment/Insurance:** MaineCare, cash, personal check (\$10 per day for room and board plus insurance).

**Language:** English

**Interpretation/Translation Services:** Interpreters/translators offered if notified in advance; however, services cannot be provided 24 hours a day.

**Population Served:** Chemically dependent men over 18 years of age (a screening process is required before admission for treatment).

**Description:** Catholic Charities Maine St. Francis Recovery Center is an inpatient rehabilitation center for men that is dedicated to helping people overcome substance abuse.

**Services:**

- Drug/alcohol free environment.
- Individual and group counseling.
- 24 hour-a-day staff coverage.
- Support services.

- Referrals to community agencies.
- Involvement in self-help groups.
- Explore employment opportunities.
- Budgeting skills.
- Daily living skills.

### **The Extended Shelter**

- For men in the early stages of recovery who must be sober for a minimum of one week.
- Provides a structured therapeutic environment to address substance abuse issues with the primary objective is to stabilize the individual in order to provide continuity of treatment.
- Length of stay in this program is up to 45 days.

### **The Halfway House**

- Provides a safe, sober environment for men who have found it difficult to stay clean on their own with the goal of building a solid foundation in recovery.
- Stay is 3 to 6 months and most residents have a month of sobriety prior to admission.

## *Sweetser*

**Sweetser PromiseLine:** 1-800-434-3000

**Lewiston Phone:** (207) 689-2314

**Lewiston Address:** 646 Main Street, Lewiston, Maine 04240-5935

**Executive Office Address:** 50 Moody Street, Saco, Maine 04072-0892

**Executive Office Phone:** 1-800-434-3000

**Website:** [www.sweetser.org](http://www.sweetser.org)

**Hours:** Mon-Fri 8:30 a.m.-5:00 p.m.

**Payment/Insurance:** MaineCare, Cash, credit cards, private insurance, personal check (sliding fees)

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance or bring own interpreter/translator.

**Population Served:** Persons 21 years and younger with developmental delays, emotional or behavioral health needs and their families.

**Description:** Sweetser is a mental health organization that operates throughout Maine. It offers a variety of mental health services including programs that focus on emotional issues, substance abuse, and educational disabilities. They have outpatient therapy and medication, school-based practitioners, as well as office-based practices.

### **Services:**

#### **Case Management**

- Help families to locate, employ, and monitor the effectiveness of necessary local services.

### **Community- Based Clinical Services**

- Individual, family and/or group therapy in schools, homes or other community settings.

#### ***THRIVE System of Care Initiative***

**Phone Number:** (207) 282-5783

**Other Phone Number:** 1-877-784-4705

**Fax Number:** (207) 782-5793

**Address:** 124 Canal Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 2008 Lewiston, Maine 04240

**Website:** [www.thriveinitiative.org](http://www.thriveinitiative.org)

**Contact Person:** Arabella Perez (Extension 1601)

**Hours:** Mon-Fri 8:30 a.m.-4:30 p.m.

**Payment/Insurance:** Cost for training services only.

**Language:** English, Maay-Maay, Somali

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** Youth from birth to 20 years of age with mental health issues who are involved with child welfare or juvenile justice and their families; agencies serving youth and children.

**Description:** THRIVE is a program that works with various agencies to improve their mental health services. Although THRIVE does not provide any direct mental health services, it does important work in ensuring that service providers in the Lewiston-Auburn area are culturally competent. It has worked with various agencies and organizations, including its sponsor organization TCMHS, to promote increased and improved access to mental health services among underserved populations, particularly the Somali refugee population.

#### **Services:**

- The Trauma- Informed Training and Technical Assistance offered by THRIVE includes
  - Training and support in trauma-informed service delivery.
  - Streamlined referrals.
  - Help from a family partner to plan and facilitate family team meetings.
  - Training and support for evidence-based practices.

#### **Diversion to Assets:**

**Phone Number:** (207) 782-5783, Extension 1606

**Eligibility:** Youth between 9 & 17 years of age residing in the Lewiston/Auburn area who have been charged with a non-violent first offense.

**Referral:** Made by police, juvenile community corrections officers and district attorneys.

**Description:** This program promotes healthy youth development and enhanced community partnerships resulting in fewer repeat offenders.

**Services:**

- An assessment of the individual and the development of an activity and a follow-through plan to promote the individual's strengths.
- Connections to caring adults and peers.
- Connections to mentors, after-school programs, community service, non-paid jobs and projects, restorative justice meetings, evidence-based curricula and other community-based learning experiences.

***Tri-County Mental Health Services (TCMHS)***

**Phone Number:** (207) 783-9141

**Toll Free Phone Number:** 1-800-787-1155

**Fax Number:** (207) 783-4660

**Referral Line:** 1-888-304-HOPE (4673)

**TTY and Statewide Crisis Services:** 1-888-568-1112

**Address:** 1155 Lisbon Street, Lewiston, Maine 04241

**Mailing Address:** 1155 Lisbon Street, Lewiston, Maine 04241

**Website:** <http://www.tcmhs.org/>

**Contact Person:** Call front desk.

**Hours:** Mon-Fri 8:30 a.m.-5 p.m.

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** People with mental illnesses, substance abuse illnesses, Autism, or developmental delays.

**Description:** TCMHS is a mental health agency that aims at providing mental health care to the communities in Androscoggin, Franklin, Oxford, and Cumberland Counties.

**Services:**

**Adult Outpatient Services**

- Individual and group counseling.
- Diagnostic evaluations.
- Medication management.

**Child and Family Services**

- Group, family, and individual child therapy.
- Family Counseling and activity groups.
- Crisis intervention.
- Case management.
- Multi-Systemic Therapy.
- Early intervention for very young children and their families.
- Psychiatric Trauma-Focused Cognitive Behavioral Therapy.

- Medication Management for children offered through collaboration with St. Mary's Hospital.

### **Child Case Management**

- Assessment of needs, current level of function, level of risk, supports, and cross-disability needs.
- Advocacy and mediation.
- Crisis and behavior plans.
- Link to community services and other resources.

### **Community Integration Services**

- Support services find resources to assist community members.
- Day support groups offer skills development and socialization opportunities.

### **Community Trauma Response Team**

- Tragedies, deaths, serious injuries, accidents, hostage situations, natural disaster, and threatening situations.
- Designed to prevent or mitigate the development of acute stress reactions.

### **Deer Run-Crisis Residential**

- Short-term residential care and supervision.
- Counseling and case management to persons in crisis or those returning to independent living after an in-patient stay.

### **Emergency Services**

- Mobile crisis staff available for assessments in school, home, work, before a trip to the hospital becomes necessary.
- Staff at Crisis Line can be reached 24 hours a day, toll free, at 1-888-568-1112.

### **Mental Retardation/Developmental Disability/Autism Programs**

- Promotes life skills at adult day activity center.

### **ProCare Clinic**

- Support staff, midlevel providers, and physicians work as a team to serve patients/consumers, particularly in managing complex psychotropic medications.

### **Residential Services**

- Group homes for consumers returning to their communities after a long hospitalization.
- Provide housing referrals and information.
- Advocate for housing for individuals with special needs in conjunction with other community providers.
- Provide clinical consultation to other community agencies.

### **Substance Abuse Services**

- Outpatient substance abuse counseling programs.

### **THRIVE**

- Six-year initiative to create the nation's first Trauma-Informed System of Care for children and families.

- A network of mental health providers, educators, medical providers, child welfare, juvenile justice to work with youth and families to coordinate services and remove barriers to care.
- Offer training and technical assistance to providers.

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***YWCA of Central Maine***

**Phone Number:** (207) 795-4050

**Fax Number:** (207) 795-4053

**Address:** 130 East Avenue, Lewiston, Maine 04240

**Mailing Address:** 130 East Avenue, Lewiston, Maine 04240

**Website:** <http://www.ywcamaine.org>

**Hours:** Mon-Fri 6 a.m.-7 p.m.

**Payment/Insurance:** Cash, personal check, state vouchers (sliding fees)

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator to appointment.

**Population Served:** People 12 years of age to 19 years of age who are dealing with issues of abuse, anger, crime, grief, family strife, or substance abuse.

**Description:** YWCA works locally, nationally, and globally to eliminate racism and empower women through advocacy work and makes sure that services are accessible to individuals and families.

**Services:**

**Adolescent Counseling**

- Individual and group counseling.

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**PHYSICAL HEALTH**

***Androscoggin Home Care and Hospice Care***

**Phone Number:** (207) 777-7740

**TDD Phone Number:** 1-800-437-1220

**Other Phone Number:** 1-800-482-7412

**Fax Number:** (207) 777-7748

**Address:** 15 Strawberry Avenue, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 819, Lewiston, Maine 04240

**Website:** [www.ahch.org](http://www.ahch.org)

**Hours:** Mon-Fri 8 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Description:** AHCH offers a wide range of high-quality home health care services to help people maintain their health, independence and quality of life in their homes and communities.

**Services:**

- Skilled home care, nursing, therapy, social work, personal care, specialty and volunteer services during recovery from short-term illness or injury.
- Hospice care for individuals and families dealing with terminal illness.

***Central Maine Medical Center***

**Phone Number:** (207) 795-0111

**TDD Phone Number:** (207) 795-2690

**Fax Number:** (207) 795-2303

**Address:** 300 Main Street, Lewiston, Maine 04240

**Mailing Address:** 300 Main Street, Lewiston, Maine 04240

**Website:** [www.cmmc.org](http://www.cmmc.org)

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Available—schedule in advance for outpatient; provided for emergency care.

**Population Served:** Androscoggin, Franklin, Kennebec, Oxford, Sagadahoc counties.

**Services:**

**Cancer Care**

***Phone Number:*** (207) 795-2440

***Description & Services:***

- The Cynthia A. Rydholm Cancer Treatment Center provides state-of-the-art radiation therapy treatments.
- The Patrick Dempsey Center for Cancer Hope and Healing provides support, education, and health promotion for those affected by cancer.

**The Central Maine Heart and Vascular Institute**

***Mailing Address:*** 300 Main Street, Lewiston, Maine 04240

***Central Maine Heart Associates Phone Number:*** (207) 753-3900

***Central Maine Cardiovascular Surgery Phone Number:*** (207) 796-8260

***Description & Services:***

- An integrated outreach and primary prevention program.
- Comprehensive diagnostic services.

- Cardiac interventional services—encompassing cardiac catheterization, angioplasty, and stent placement.
- Open heart surgery.
- Valvular heart disease repair and replacement.
- Advanced arrhythmia management.
- Heart failure services—cardiac rehabilitation.
- Cardiovascular education and research.

### **Emergency Services**

**Phone Number:** (207) 795-2200

#### ***Description & Services:***

- The first hospital in the state to establish a 24-hour emergency service.
- Home base for the Lifeflight of Maine, the state's only medical helicopter service.

### **Orthopedic Institute**

**Phone Number:** (207) 344-2288

#### ***Description & Services:***

- Includes a multidisciplinary care team that includes physicians, physician assistants, nurses, physical therapists, occupational therapists, orthopedists, case managers, social workers and pastoral care services.
- Services include diagnostic tests, arthroscopic surgery, total joint replacement, foot and ankle surgery, hand surgery, and sports medicine.

### **Surgical Services**

**Phone Number:** (207) 795-2660

#### ***Description & Services:***

- Dozens of surgical or surgery-related specialists.
- Regional referral center with fine surgical services facilities.
- Critical care unit.
- Medical imaging and laboratory support.
- Broad range of primary and specialty care physicians.

### **Bariatric Surgery**

#### ***Description & Services:***

- Evaluation, diagnosis, and treatment of morbid obesity and its related medical comorbidities.

### ***Child Health Center***

**Phone Number:** (207) 782-5437

**Fax Number:** (207) 753-0105

**Address:** 24 Falcon Drive, Auburn, Maine 04210

**Mailing Address:** 24 Falcon Drive, Auburn, Maine 04210

**Website:** [www.childhealthcenter.org](http://www.childhealthcenter.org)

**Contact Person:** Sue Gould

**Hours:** Mon-Fri 8 a.m.-4 p.m.

**Payment/Insurance:** MaineCare, cash, private insurance, personal checks, credit cards.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator to appointment.

**Population Served:** Parents and children.

**Description:** The Child Health Center assists children and families by providing care, knowledge, skills and resources to help them achieve their goals in life.

**Services Offered:**

- Occupational, developmental, speech and physical therapy.

***Community Dental***

**Phone Number:** (207) 777-7442

**Fax Number:** (207) 777-7706

**Address:** 177 Main Street, Lewiston, Maine 04240

**Mailing Address:** 177 Main Street, Lewiston, Maine 04240

**Website:** [www.communitydentalme.org](http://www.communitydentalme.org)

**Hours:** Mon-Fri 8 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare, cash, credit cards, private insurance, check (sliding fee).

**Language:** English

**Interpretation/Translation Services:** Available-- request services in advance.

**Population Served:** Open to all; no income restrictions.

**Description:** Community Dental provides access to affordable dental health treatment, disease prevention and education to the Lewiston-Auburn community.

**Services:**

- Affordable general dentistry.
- Hygiene services.
- Tobacco cessation referral information is available on request.
- Education in dental health practices.

***Healthy Androscoggin***

**Phone Number:** (207) 795-5990

**Fax Number:** (207) 795-5992

**Address:** 130 East Avenue, Lewiston, Maine 04240

**Mailing Address:** 130 East Avenue, Lewiston, Maine 04240

**Website:** [www.healthyandroscoggin.org](http://www.healthyandroscoggin.org)

**Hours:** Mon-Fri 8:00 a.m.-4:30 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Some materials translated into different languages.

**Population Served:** Androscoggin County.

**Description:** Healthy Androscoggin works to create a community that supports healthy lifestyles through the promotion of four main goals:

- (1) Support tobacco free lifestyles.
- (2) Prevent youth substance use.
- (3) Encourage physical activity.
- (4) Promote healthy eating.

**Services Offered:**

- Provides educational information and resources on...
  - Chronic disease self-management.
  - Proper nutrition.
  - Tobacco cessation.
  - Substance abuse prevention.
  - Physical activity.
  - Policy and environmental changes.

**Healthy Homes, Healthy Families**

- Free two-day class that teaches participants how to store food and how to prepare food to keep food safe and healthy.
- Participants are given food storage containers and cleaning supplies at the completion of the course.

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***Lutheran Social Services of Northern New England***

**Phone Number:** (207) 783-3446

**Fax Number:** (207) 786-8061

**Address:** 155 Center Street, Auburn, Maine 04210

**Mailing Address:** 155 Center Street, Box 3, Auburn, Maine 04210

**Website:** <http://www.lssne.org/>

**Hours:** Mon-Fri 7:00 a.m.-4:30 p.m.

**Payment/Insurance:** MaineCare, Medicare, cash, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** People with physical disabilities or mental illnesses.

**Description:** LSS is associated with the Lutheran Evangelical Church and offers services for people in need throughout New England.

**Services:**

**Lewiston/Auburn Area Support Services**

- Individualized support services to promote independence and growth in all areas of daily living for persons with disabilities or mental illnesses.

***Nutrition Center of Maine***

**Phone Number:** (207) 513-3848

**Address:** 208 Bates Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 7291, Lewiston, ME 04243

**Contact Person:** Kirsten Walter

**Website:** <http://www.stmarysmaine.com/nutrition-center-of-maine.html>

**Payment/Insurance:** Sliding scale.

**Language:** English

**Interpretation/Translation Services:** Some programs offered in Somali but bring interpret/translator if needed.

**Population Served:** The Lewiston-Auburn community.

**Description:** The Nutrition Center works to improve the nutritional status of all Maine residents. It promotes community wellness and works to provide all people with access to nutritious food, the opportunity to learn and implement healthy and safe eating practices, and the ability to promote personal food security through growing one's own food.

**Services Offered:**

**Food Pantry**

**Hours:** Mon-Fri 9 a.m.-11 a.m.

- St. Mary's Food Pantry gives food to those who would otherwise go without.

**Lots to Gardens**

**Hours:** Mon-Fri 8 a.m.- 6 p.m.

- A youth and community driven organization that uses sustainable urban agriculture to create access to fresh food, and to nurture healthy youth and a healthy community.
- Lots to Gardens has built fifteen gardens and green-spaces in four neighborhoods in Lewiston.

**Nutrition Center Kitchen and Classroom****Hours:** Vary

- The Nutrition Center Kitchen and Classroom serve as sites for wellness education in nutrition and fitness.
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***St. Mary's Regional Medical Center*****Phone Number:** (207) 777-8700**Address:** 95 Campus Avenue, Lewiston, Maine 04240**Mailing Address:** P.O. Box 2971, Lewiston, Maine 04240**Website:** [www.stmarysmaine.com](http://www.stmarysmaine.com)**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check.**Language:** English**Interpretation/Translation Services:** Available—schedule in advance for outpatient services; provided for emergency care.**Services:****St. Marguerite d'Youville Pavilion***Address:* 102 Campus Avenue, Lewiston, Maine 04240*Phone Number:* (207) 777-4200*Hours:* Mon- Fri 8 a.m. - 5 p.m.*Services:*

- Licensed health care and residential services.
  - Skilled care and rehabilitation.
  - Transitional post-hospital care.
  - Long-term nursing care.
  - Hospice care.
  - Specialized care for persons with Alzheimer's disease.
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**WOMEN'S HEALTH*****Abused Women's Advocacy Project*****Phone Number:** (207) 795-6744**Helpline:** 1-800-559-2922**Fax Number:** (207) 795-6814**Mailing Address:** P.O. Box 713, Auburn, Maine 04212**Website:** <http://www.awap.org/>**Hours:** 24 hours a day, 7 days a week.**Payment/Insurance:** No cost to victims; fee for batterers' programs.**Language:** English

**Interpretation/Translation Services:** Not provided; bring interpreter/translator.

**Population Served:** Any person involved in a domestic violence situation, including women, men, and children.

**Description:** AWAP provides emergency housing and support to help empower individuals affected by domestic violence.

**Services:**

**Emergency Shelter**

- Emergency housing to victims of domestic violence and their children.
- Emotional support.
- Creation of a safety plan.
- Case management.
- Advocacy.
- Parenting support.
- Housing assistance.
- Job search assistance.

**Transitional Services**

- Affordable housing and support services for up to 24 months to assist battered women rebuild their lives.

**Outreach Advocacy**

- Support, information, and referrals to community resources and court advocacy regarding Protection from Abuse and Harassment, Parental Rights and Responsibilities, and other court proceedings.

**Support Groups**

- Provide victims of domestic violence a safe place to share their experiences and support one another.

**Community Education**

- Provide service trainings for employers, law enforcement, healthcare professionals, community groups and others.

**Alternatives to Abuse Program**

- 48 week state certified educational program designed to focus on victim safety and increased accountability for people who use abusive behaviors.

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*The Center for Wisdom's Women*

**Phone Number:** (207) 513-3922

**Address:** 97 Blake Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 1016, Lewiston, Maine 04240

**Website:** <http://www.wisdomswomen.org/index.html>

**Contact Person:** Klara Tammany

**Hours:** Monday, Tuesday and Thursday from 9 a.m. - 3 p.m.; Wednesday and Friday from 9 a.m. - 12 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Women in Lewiston-Auburn.

**Description:** The Center is a safe place that supports and empowers women. It functions as a collaborative of women that work to enrich and better their lives.

**Services:**

- Support groups and conversation, programs, activities and crafts that allow women to become friends and learn that they are not alone.

***Central Maine Medical Center***

**Phone Number:** (207) 795-0111

**TDD Phone Number:** (207) 795-2690

**Fax Number:** (207) 795-2303

**Address:** 300 Main Street, Lewiston, Maine 04240

**Mailing Address:** 300 Main Street, Lewiston, Maine 04240

**Website:** [www.emmc.org](http://www.emmc.org)

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance for outpatient; services provided for emergency care.

**Population Served:** Androscoggin, Franklin, Kennebec, Oxford, Sagadahoc counties.

**Services:**

**Bladder Control Center**

**Phone Number:** (207) 795-2121

**Other Phone Number:** 1-877-836-3900

***Description & Services:***

- Diagnostic tests and treatment options for people with bladder control problems.

**Central Maine Fertility Center/ Boston-IVF**

**Phone Number:** (207) 795-7180

***Description & Services:***

- Offers fertility assistance through its affiliation with Boston IVF.

### **Central Maine Obstetrics-Gynecology**

*Phone Number:* 207-795-5770

*Fax Number:* 207-795-5779

*Address:* 12 High Street, Suite 200, Lewiston, Maine 04240

*Hours:* Mon- Fri 8 a.m. - 5 p.m.; Tuesday evenings (care provider specific)

#### ***Description & Services:***

- Specializes in the medical and surgical care of the female reproductive system and associated disorders.
- Certified nurse-midwives offer patients an alternative for birthing and well-woman care.

### **Neonatal Intermediate Care Unit**

*Phone Number:* 207-795-2500

#### ***Description & Services:***

- Specializes in caring for premature babies and infants with developmental problems or medical complications, including infections, breathing disorders, traumatic injuries, and metabolic and neurologic disorders.

### **Osteoporosis Center**

*Phone Number:* (207) 795-2406

*Other Phone Number:* 1-877-664-9200

#### ***Description & services:***

- State-of-the-art bone density screening services.
- Mobile Osteoporosis Van, which brings screenings to patients at Bridgton and Rumford hospitals, and other central and western Maine communities.

### **The Sam & Jennie Bennett Breast Care Center**

*Phone Number:* (207) 795-2100

*Address:* 12 High Street, Suite 103, Lewiston, Maine 04240

#### ***Description & Services:***

- Mammography.
- Breast ultrasound.
- Stereotactic needle biopsy.
- Risk assessment.
- Lymphedema management.
- Physical therapy.
- Prosthesis fittings.
- Wig referrals.
- On-going community education.

### **Special Delivery Family Birthing Center**

*Phone Number:* 207-795-2530

#### ***Description & Services:***

- Comfortable birthing environment.

- Childbirth education program.

**Women's Specialty Center**

**Phone Number:** (207) 795-7180

**Address:** 287 Main Street Plaza, Suite 201, Lewiston, Maine 04240

**Description & Services:**

- Adult, adolescent and pediatric gynecologic care.
- Contraception.
- Vaginal and uterine bleeding problems.
- Breast cancer prevention and detection.
- Pelvic and vulvar pain.
- Male infertility.
- Sexually-transmitted diseases.
- Urinary incontinence (in conjunction with the CMMC Bladder Control Center).
- Women's surgical procedures.

**Hope House**

**Phone Number:** (207) 345-3027

**Address:** 91 College Street, Lewiston, Maine 04240

**Mailing Address:** 91 College Street, Lewiston, Maine 04240

**Website:** [www.hopehousemaine.com](http://www.hopehousemaine.com)

**Contact Person:** Bruce & Jan Willson

**Hours:** Mon 6-8 p.m.; Wed 10 a.m.-1 p.m.

**Payment/Insurance:** No cost.

**Language:** English

**Interpretation/Translation Services:** Translators/interpreters available for summer classes but bring interpreter/translator for other services.

**Population Served:** Persons who are pregnant and/or parenting.

**Description:** Hope House offers resources and services to pregnant people or parents to help support local families.

**Services:**

**Bear-ly Used Boutique (Wednesday 10 a.m.-12:30 p.m.)**

- New and recycled adult and kids' clothing
- Children's items and furnishings
- Toys
- Diapers
- Food
  - Farmers' Market during the summer offers free fruits and vegetables.

- Health supplies
- Books
- Videos
- House goods

### **The Pregnancy and Single Moms' Support Center**

#### **Hours:**

- Classes and support groups on birth preparation, parenting skills, life skills, single mothering, abuse recovery, health and first aid, and healthy relationships.
- Library
- Seasonal events
- Child care
- Children's activities

### **Women's Health Cottage**

- Free reproductive healthcare, pregnancy testing, pregnancy options information, prenatal care, well woman care, well baby care, prenatal vitamins, labor aids, breast pumps.

### ***Mary's Place***

**Phone Number:** (207) 795-6528

**Address:** 88 Oxford Street, Lewiston, Maine 04240

**Mailing Address:** 88 Oxford Street, Lewiston, Maine 04240

**Website:** <http://www.saintandrehome.org/>

**Hours:** 24 Hours

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Not provided; bring interpreter/translator.

**Population Served:** Women who are single with infants and young children.

**Description:** Mary's Place is a residential facility that offers women a chance to make changes in their lives by allowing them to realize their own potential and to achieve their goals.

#### **Services:**

- Parenting education, life skills, and opportunities to learn about healthy relationships.
- Professional clinical staff provides counseling and case management services.

### ***St. Andre's Group Home***

**Phone Number:** (207) 783-8003

**Address:** 188 Sabattus Street, Lewiston, Maine 04240

**Mailing Address:** 188 Sabattus Street, Lewiston, Maine 04240

**Website:** [www.saintandrehome.com](http://www.saintandrehome.com)

**Hours:** 24 hours

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Not provided; bring interpreter/translator.

**Population Served:** Adult women 19-29 and their children.

**Description:** St. Andre's Group Home offers women a chance to make changes in their lives with support, allowing them to realize their own potential and to achieve the goals they have set for themselves and their child.

**Services:**

- Residential group care.
- Individual counseling.
- Parent training.
- Group counseling.
- After-care planning.

***St. Mary's Regional Medical Center***

**Phone Number:** (207) 777-8700

**Address:** 95 Campus Avenue, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 2971, Lewiston, Maine 04240

**Website:** [www.stmarysmaine.com](http://www.stmarysmaine.com)

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, personal check.

**Language:** English

**Interpretation/Translation Services:** Interpreters/translators provided for emergency care; request interpreters/translators in advance for outpatient services.

**Population Served:** All populations welcome.

**Services:**

**Breast Health Program**

**Address:** 100 Campus Avenue, Ground Floor, Lewiston, ME 04240

**Phone Number:** (207) 777-4445

**Hours:** Mon-Fri 7:30 a.m. - 4:30 p.m.

**Population served:** Patients with any stage of breast cancer.

**Services:**

- Education and treatment services for breast health care.

- Clinical, educational, psychosocial, and personal resource for learning more about breast health and treating and living with breast cancer.

### **Women's Health Association**

**Address:** 330 Sabattus Street, Lewiston, Maine 04240

**Phone Number:** (207) 777-4300

**Hours:** Mon-Fri 8 a.m.-5:30 p.m.

**Services:**

- Preventive medicine, annual exams, breast care, and some primary care services.
- Prenatal, delivery, and postnatal care is provided by four obstetricians/gynecologists and six certified nurse-midwives.

### ***Western Maine Community Action Health Services***

**Phone Number:** (207) 795-4007

**Other Phone:** 1-800-587-9354

**Fax Number:** (207) 795-4084

**Address:** 179 Lisbon Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 1083, Lewiston, Maine 04240

**Website:** [www.wmca.org](http://www.wmca.org)

**Hours:** Mon 8 a.m.-5 p.m.; Tue 8 a.m.-4 p.m.; Wed 8 a.m.-7:30 p.m.; Thu 8 a.m.-4 p.m.; Fri 8 a.m.-4 p.m.

**Payment/Insurance:** MaineCare, Medicare, cash, credit cards, private insurance, check (sliding fees).

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator to appointment.

**Population:** Women and girls ages 14 and up.

**Description:** Western Maine Community Action Health Services is a social services agency that has been providing medical services to western Maine for 40 years.

**Services:**

- Routine physicals including breast & pelvic exams and pap smears.
- Birth control counseling & supplies.
- Emergency contraception.
- Treatment of common gynecological problems.
- Pregnancy testing & options counseling.
- Pre-pregnancy counseling.
- Prenatal counseling, education, & referral services.
- Testing, diagnosis and treatment of sexually transmitted infections (STIs).
- Colposcopy & cryotherapy for evaluation and treatment of abnormal pap smears.
- Midlife/Menopause consultation and treatment.

- FREE pap smears & breast exams (if income eligible) through the Maine Breast and Cervical Health Program.

### *YWCA of Central Maine*

**Phone Number:** (207) 795-4050

**Fax Number:** (207) 795-4053

**Address:** 130 East Avenue, Lewiston, Maine 04240

**Mailing Address:** 130 East Avenue, Lewiston, Maine 04240

**Website:** <http://www.ywcamaine.org>

**Hours:** Mon-Fri 6 a.m.-7 p.m.

**Payment/Insurance:** Cash, personal check, state vouchers (sliding fees).

**Language:** English

**Interpretation/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Families, children, and women.

**Description:** YWCA works locally, nationally, and globally to eliminate racism and empower women through advocacy work and makes sure that services are accessible to individuals and families.

#### **Services:**

##### **Adolescent Counseling**

- Individual and group counseling.

## **NUTRITION**

### *Nutrition Center of Maine*

**Phone Number:** (207) 513-3848

**Address:** 208 Bates Street, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 7291, Lewiston, Maine 04243

**Contact Person:** Kirsten Walter

**Website:** <http://www.stmarysmaine.com/nutrition-center-of-maine.html>

**Payment/Insurance:** Sliding scale.

**Language:** English

**Interpretation/Translation Services:** Some programs offered in Somali but bring interpret/translator if needed.

**Population Served:** The Lewiston-Auburn community.

**Description:** The Nutrition Center works to improve the nutritional status of all Maine residents. It promotes community wellness and works to provide all people with access to nutritious food, the opportunity to learn and implement healthy and safe eating practices, and the ability to promote personal food security through growing one's own food.

**Services Offered:**

**Food Pantry**

*Hours:* Mon- Fri 9 a.m.-11 a.m.

- St. Mary's Food Pantry gives food to those who would otherwise go without.

**Lots to Gardens**

*Hours:* Mon-Fri 8 a.m.- 6 p.m.

- A youth and community driven organization that uses sustainable urban agriculture to create access to fresh food, and to nurture healthy youth and a healthy community.
- Lots to Gardens has built fifteen gardens and green-spaces in four neighborhoods in Lewiston.

**Nutrition Center Kitchen and Classroom**

*Hours:* Vary

- The Nutrition Center Kitchen and Classroom serve as sites for wellness education in nutrition and fitness.

*Serve New England*

**Phone Number:** (207) 784-2164

**Lewiston Address:** 263 Turner Street, Auburn, Maine 04210

**Lewiston Mailing Address:** 263 Turner Street, Auburn, Maine 04210

**Website:** [www.servenewengland.org](http://www.servenewengland.org)

**Contact Person:** Janet Krapovicky

<b>Hours: Order Deadlines</b>	<b>Pick up</b>
Jan 11	Jan 22
Feb 15	Feb 27
Mar 15	Mar 27
Apr 12	Apr 24
May 10	May 22
June 14	June 26
July 19	July 31
Aug 16	Aug 28
Sept 13	Sept 25
Oct 11	Oct 23
Nov 08	Nov 20
Dec 06	Dec 18

\*\* Orders can be made online at [www.servenewengland.org](http://www.servenewengland.org)

\*\* Participants schedule specific time on day of pick up.

**Cost:** *Family Meal Package:* \$25 + 2 hours of volunteer service.

*Meat-Only Package:* \$16 + the purchase of a Family Meal Package.

**Language:** English

**Interpreter/Translation Services:** Not provided; bring own interpreter/translator.

**Population Served:** Open to all.

**Description:** Serve New England is an alternative food to food shopping. Individuals volunteer for 2 hours a month and in exchange they can purchase food for up to 50 percent off regular grocery store prices.

*How it works:*

- A participant registers at a local Serve Chapter, such as a church, school, council on aging, or other community agency.
- Serve New England purchases food directly from manufacturers, wholesalers, and N.E. farms.
- Participants complete 2 hours of community service for each food package purchased.
- Serve New England coordinates the distribution of food to the Chapters who in turn distribute packages locally.
- Participants return to the Chapter to pick up their order and begin the cycle of service to their community and savings for their families.
- Participants may also place your order here on our web site.

**Services:**

- Quality groceries for up to 50 percent off.

***Trinity Jubilee Center***

**Phone Number:** (207) 782-5700

**Address:** 247 Bates Street, Lewiston, Maine 04240

**Mailing Address:** 247 Bates Street, Lewiston, Maine 04240

**Website:** [http://www.trinitylewiston.episcopalmaine.org/URBAN\\_MINISTRY/trinity-jubilee-center.html](http://www.trinitylewiston.episcopalmaine.org/URBAN_MINISTRY/trinity-jubilee-center.html)

**Contact Person:** Kim Wettlaufer

**Hours:** Mon-Fri 8 a.m.-3 p.m.; Sat 8 a.m.-12 p.m.; Sun 2-6 p.m.

**Payment/Insurance:** No cost.

**Language:** English, Somali

**Interpretation/Translation Services:** Available—request in advance.

**Population Served:** People who are homeless, low-income or hungry.

**Description:** The Trinity Jubilee Center is a non-profit organization that offers a variety of different practical services to the Lewiston-Auburn communities. They are associated with the Episcopal Diocese of Maine, the Trinity Episcopal Church, other religious organizations, as well as various secular agencies.

**Services:**

- Drop-In Center with coffee and snacks, open seven days a week.
- Four meals a week served, as well as food that can be taken to go for people who cannot go to the Center itself.
- Emergency food pantry.
- Parent and child care program that offers diapers, formula, clothes, and car seats to families in need.

## **TRANSLATION/INTERPRETATION SERVICES**

*Certified Language International*

**Phone Number:** 1-800-225-5254

**Address:** 4724 SW Macadam Ave., Portland, Oregon 97239

**Mailing Address:** 4724 SW Macadam Ave., Portland, Oregon 97239

**Website:** <http://www.certifiedlanguages.com/>

**Hours:** 24 hours a day/7 days a week.

**Payment/Insurance:** Cost varies depending on services.

**Language:** Over 175 languages, including Somali, Arabic, Dinka, French.

**Services:**

- Telephone interpretation services.
- Document translation.

*Daryeelka*

**Phone Number:** (207) 713-7601

**Fax Number:** (207) 786-8592

**Address:** 145 Lisbon Street, Suite 201, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 3005, Auburn, Maine 04210

**Hours:** 24 hours a day/7 days a week.

**Payment/Insurance:** Cost varies depending on service.

**Language:** English, Somali, Arabic, French

**Population Served:** New Mainers and service providers.

**Services:**

- Advocacy
  - Translation
  - Interpreters
  - Information
  - Referrals
- 

***International Health Care Services*****Phone Number:** (207) 783-4744**Fax Number:** (207) 783-4644**Address:** 284 Lisbon Street, Lewiston, Maine 04240**Mailing Address:** 284 Lisbon Street, Lewiston, Maine 04240**Hours:** Mon-Fri 8:30 a.m.-4 p.m.**Payment/Insurance:** Company check accepted; fee for translation material depends on the number of pages.**Language:** Arabic, Somali, English, French**Population Served:** New Mainers and service providers.**Services:**

- Translate legal and medical documents.
  - Interpreters for employment, social services, courts, and business related activities.
- 

***Language Access for New Americans (LANA)*****Phone Number:** (207) 874-1000; Extension 311

Fax Number: (207) 874- 1007

**Address:** 400 Congress Street, Portland, Maine 04112**Mailing Address:** 400 Congress Street, Box 15200 Portland, Maine 04112**Website:** <http://www.lanamaine.org/index.php>**Contact Person:** Dolgormaa Hersom**Payment/Insurance:** Fees vary depending on services (interpreters generally charge \$20-40 per hour).**Language:** Over 40 languages, including Somali, Dinka, Maay Maay, Arabic.**Description:** LANA improves access to services for refugees and immigrants with limited English skills by improving the quality and increasing the number of interpreters and translators in Maine.**Services:**

- Training and testing for interpreters.
  - Basic training.
  - Court interpretation training.
  - Medical interpretation training.
- Online database for service providers or individuals to contact interpreters.

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### *Language Line*

**Phone Number:** 1-800-752-6096

**Address:** 1 Lower Ragsdale Drive, Building 2, Monterey, California 93940

**Mailing Address:** 1 Lower Ragsdale Drive, Building 2, Monterey, California 93940

**Website:** [www.language.com/page/opi/](http://www.language.com/page/opi/)

**Hours:** 24 hours a day/ 7 days a week.

**Payment/Insurance:** Varies depending on services.

**Language:** More than 170 languages, including Somali, Arabic, Maay Maay.

**Services:**

- Over the phone interpretation.
- Video interpretation services.
- On-site interpretation services.
- Document translation.

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### *Pacific Interpreter*

**Phone Number:** 1-800- 311-1232 (General Inquiries)

**Address:** 707 SW Washington, Suite 200, Portland, Oregon 97205

**Mailing Address:** 707 SW Washington, Suite 200, Portland, Oregon 97205

**Website:** [www.pacificinterpreters.com/services/](http://www.pacificinterpreters.com/services/)

**Hours:** 24 hours a day/7 days a week.

**Payment/Insurance:** Varies depending on services.

**Language:** Over 180 languages, including Somali, Arabic, Dinka.

**Description:** Pacific Interpreter offers healthcare related interpretation and translation services.

**Services:**

- Healthcare-specific telephone interpretation.
- Document translation.
- Interpretation program consulting.

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### *RISinterpret Catholic Charities*

**Phone Number:** (207) 523- 2700

**Other Phone Number:** 1-866-200-3963

**Address:** 250 Anderson Street, Portland, Maine 04101

**Mailing Address:** 250 Anderson Street, Portland, Maine 04101

**Website:** [http://www.ccmaine.org/info.php?info\\_id=76](http://www.ccmaine.org/info.php?info_id=76)

**Contact Person:** Malvina Gregory

**Hours:** 24 hours a day/7 days a week.

**Payment/Insurance:** Cost depends on services.

**Language:** 40 different languages including English, Acholi, Amharic, Arabic, Bulgarian, Chinese, Farsi, French, Haitian Creole, Khmer, Kinyarwanda, Russian, Serbo-Croatian, Somali, Spanish, Swahili, Vietnamese, and Zande.

**Population Served:** New Mainers and service providers.

**Description:** RISinterpret enables service providers and businesses to communicate with employees and customers. Additionally, translator services are available for a variety of fields, including legal, medical, government, education, and social service.

**Services:**

- Translation.
- Interpretation.
- Staff training.

***Somali Bantu Community Mutual Assistance***

**Phone Number:** (207) 784-5556

**Other Phone Number:** (207) 344-7472

**Fax Number:** (207) 784-5559

**Address:** 145 Lisbon Street, Suite 506, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 531, Lewiston, Maine 04240

**Website:** [www.Sbcmala.org](http://www.Sbcmala.org)

**Hours:** Mon-Fri 9:30 a.m.-4:30 p.m.; Saturday 10:30 a.m.-3:30 p.m.

**Payment/Insurance:** Cost depends on services.

**Language:** English, Somali, Maay Maay, Swahili

**Population Served:** New Mainers and service providers.

**Description:** The organizations main goal is to assist the Somali Bantu Community and the Lewiston refugee community on housing, employment, literacy and education, health, and safety matters.

**Services:**

- *Translation* such as
  - Reading mail.
  - Filling out applications.
- *Interpretation* services such as
  - Hospitalization.
  - Electricity provider.
  - Court appointments.
  - Low In-come Housing, subsidized etc.

- Telephone services.

***United Somali Women of Maine***

**Phone Number:** (207) 753-0061

**Fax Number:** (207) 753-0071

**Address:** 157 Main Street, Suite 102, Lewiston, Maine 04240

**Mailing Address:** P.O. Box 397, Lewiston, Maine 04240

**Website:** [www.uswofmaine.org](http://www.uswofmaine.org)

**Hours:** Mon-Fri 9 a.m.-5 p.m.

**Payment/Insurance:** \$30-40

**Language:** Somali, Swahili, Arabic

**Population Served:** Somali women and girls.

**Description:** The United Somali Women of Maine (USWM) works to promote a multi-cultural environment that strengthens Somali women and girls through the assistance of cultural brokers, barrier reducers, skill enhancers, and problem solvers.

**Services:** Somali, Swahili, and Arabic interpreters and translators.

## **TRANSPORTATION**

***Community Concept, Inc.***

**Phone Number:** (207) 795-6073

**TDD Phone Number:** (207) 783-7951

**Other Phone Number:** 1-800-866-5588

**Fax Number:** (207) 784-6882

**Address:** 79 Main Street, Auburn, Maine 04210

**Mailing Address:** 79 Main Street, Auburn, Maine 04210

**Website:** [www.community-concepts.org](http://www.community-concepts.org)

**Hours:** Mon-Fri 8 a.m.-4 p.m.

**Payment/Insurance:** MaineCare

**Language:** English

**Interpretation/Translation Services:** Available—request services in advance.

**Population Served:** MaineCare patients who need transportation to qualified medical appointments, public schools/special needs students, Maine Department of Health and Human Services, Child Development Services, kidney dialysis & chemotherapy patients, and day habilitation programs.

**Description:** Community Concepts, Inc. offers a variety of social services that promote self-sufficiency within the communities of Androscoggin, Franklin and Oxford counties of Maine.

**Services:**

**Elder Rides**

- Transportation to and from medical appointments for persons 60 years of age and older.

**MaineCare Mileage Reimbursement Program**

- Reimbursement for mileage and tolls to medical appointments for adults who are MaineCare recipients and are attending a medical appointment.
  - Family and friends can be reimbursed if driving.
  - Must provide information on who is being transported, verification from health care provider at the time of appointment, additional authorization needed if trip is out of state.

***Lewiston/Auburn Transit Committee***

**Phone Number:** (207) 783-9186

**Fax Number:** (207) 783-5211

**Address:** 125 Manley Road, Auburn, Maine 04210

**Mailing Address:** 125 Manley Road, Auburn, Maine 04210

**Website:** [www.purplebus.org](http://www.purplebus.org)

**Hours:** Mon-Fri 6 a.m.-5:45 p.m.

**Payment/Insurance:** Cash

**Fares**

<b>Fares</b>	<b>Single Ride</b>	<b>Multi-Ride</b>	<b>Monthly Pass</b>
Regular Fare	\$1.25	6=\$6.25	\$30
H.S. Students	\$1.00		\$15
Seniors/Disabled	60¢	11=\$6	\$15

with Medicare card or picture ID

Bus passes are available at the following locations:

- Auburn City Hall (Tax Office)
- Lewiston City Hall (Tax Office)
- Western Maine Transportation Services (76 Merrow Road, Auburn, Maine 04210)
- Auburn Shaw's (Auburn and Lewiston)
- Hannaford (Auburn and Lewiston)

**Language:** English

**Services Offered:****Citylink Bus System**

- Public fixed route transit service equipped with passenger lifts/ramps and bicycle carrying racks.
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***Somali Bantu Community Mutual Assistance*****Phone Number:** (207) 784-5556**Other Phone Number:** (207) 344-7472**Fax Number:** (207) 784-5559**Address:** 145 Lisbon Street, Suite 506, Lewiston, Maine 04240**Mailing Address:** P.O. Box 531, Lewiston, Maine 04240**Website:** [www.Sbcmala.org](http://www.Sbcmala.org)**Hours:** Mon-Fri 8 a.m.-4 p.m.**Language:** English, Somali, Maay Maay, Swahili**Interpretation/Translation Services:** Available—request services in advance.**Population Served:** New Mainers.**Description:** The organizations main goal is to assist the Somali Bantu Community and the Lewiston refugee community on housing, employment, literacy and education, health, and safety matters.**Services Offered:** Transportation services, such as to doctor appointments or shopping for needy families.***United Ambulance Service*****Phone Number:** (207) 777-6000**Fax Number:** (207) 777-6008**Address:** 192 Russell Street, Lewiston, Maine 04240**Mailing Address:** 192 Russell Street, Lewiston, Maine 04240**Website:** [www.unitedambulance.com](http://www.unitedambulance.com)**Hours:** Wheelchair transportation available Mon-Fri 7 a.m.-7 p.m.; ambulance 24 hours.**Payment/Insurance:** MaineCare, Medicare, cash, private insurance, personal check.**Language:** English**Interpretation/Translation Services:** Interpreter/translator service provided for emergencies.**Services Offered:** Wheelchair transportation, 24 hour ambulance services.

***Western Maine Transportation Services*****Phone Number:** 1-800-393-9335 (call at least 24 hours before needed service)**Fax Number:** (207) 777-4564**Address:** 76 Merrow Road, Auburn, Maine 04210**Mailing Address:** 76 Merrow Road, Auburn, Maine 04210**Website:** <http://www.wmtsbus.org/public/>**Hours:** Mon-Fri 5:20 a.m.-5:40 p.m.**Payment/Insurance:** Cash**Language:** English

All Fares are one-way

Distance*	Reduced**	Adult
0-25 Miles	\$1.00/Trip	\$2.00/Trip
0-50 Miles	\$2.00/Trip	\$4.00/ Trip
50 + Miles	\$2.50/Trip	\$5.00/ Trip

- One-Way  
\*\* Disabled, Seniors 60+, Children 5-11 (accompanied children under 5 ride free)
- Rides to and from MaineCare-covered appointments are provided without cost.

**Description:** WMTS is the public transportation provider for Androscoggin, Franklin and Oxford Counties to assist with transportation needs.

**Services:****Lisbon Connection***Hours:* 5:18 a.m.-5:46 p.m.

- Fixed route commuter run between Lisbon and the intermodal transfer station in Lewiston.

**Western Maine Transportation Services***Hours:* Mon-Fri 7:30 a.m.-5:30 p.m.

- Regional transportation service to healthcare and social service providers.

***(A) Friends & Family Rides***

- WMTS can reimburse you, a family member, or friend who drives you to and from MaineCare-covered appointments.
- Trips must be approved in advance by the WMTS Customer Service Department.
- **Please call 1-800-393-9335 at least 48 hours in advance (before 4 p.m.).**

***(B) Volunteer Driver Rides***

- A certified WMTS volunteer driver can pick you up at your home and transport you to your MaineCare-covered appointment.
- **Please call 1-800-393-9335 at least 48 hours in advance (before 4 p.m.) to schedule a MaineCare ride.**

