

Community Resources

You can choose topic areas to jump between categories.

Any updates/changes please contact spalmer@sanford.org

4-17-25

Table of contents

Table of contents.....	1
Additional places to seek resources:.....	2
Food.....	3
Clothing.....	6
Household Items.....	7
Parent/Caregiver/Family Support.....	8
Childcare.....	12
Community Activities/Enrichment/Sports.....	12
Pets.....	14
Financial Resources.....	15
Housing.....	17
Tech Resources.....	18
Transportation.....	19
Behavioral Health Services.....	20
Dental.....	24
Vision.....	26
Reproductive Health/Breastfeeding:.....	26
OT/PT/Speech:.....	27
Nutrition/Healthy Living:.....	28
Insurance and Prescription Assistance.....	29
Employment.....	29
Aging/Elder Supports.....	31
Veterans.....	32
Substance Use Related Supports.....	33
Legal Services/Supports.....	39
Holiday/Seasonal Resources.....	40
Crisis/Emergency/Warm lines:.....	41

Additional places to seek resources:

Sanford News Community Calendar

Comprehensive weekly list of activities, events, and resources in Sanford (I signed up for the weekly email that sends the news every sunday to share out as needed)

<https://sanfordspringvalenews.com/category/calendar/>

York County Resource Map

Organized by Jeanne MacDonald-Johnson with Noble Adult Education

<https://sites.google.com/msad60.org/york-county-me-resource-map/home?authuser=0>

Biddeford Resource Map

 [Biddeford Resources](#)

211

Anyone can access resources by dialing 211 or <https://211maine.org/>

Help Me Grow Maine

Anyone pregnant or with a child under 8 can access resources by calling or a provider can refer, they offer 60 days of support with a family support specialist to help ensure families are connected to resources to meet their needs and they offer developmental screenings and support <https://www.maine.gov/dhhs/ocfs/support-for-families/child-development>

Be There for ME

A new campaign for **parents and caregivers** in Maine and the people who support them. Parenting can be a joy, and it can also be hard. Everyone needs help sometimes and support is out there. Learn more and start to find support at: <https://BeThereforME.org>.

FindHelp

MaineHealth Online directory of free or reduced cost resources/services, often able to find more national and unique resources here: <https://mainehealth.findhelp.com/>

Maine Access Navigator

This tool is to be used by **adults with disabilities aged 18 and older, older adults aged 60+, caregivers** who are 60 years or older OR providing care for someone who is aged 60+, and formal/informal kinship caregivers who are 60 years or older, providing care to relatives aged 18 and younger.

<https://me.accessgov.com/oads/Forms/Page/me-access-navigator/self-screening/1>

Access Maine

DHHS online resource guide that can be accessed by anyone: <https://accessmaine.org/>

Maine Children's Trust

Parenting education classes, training playgroups, events etc.

<https://www.mechildrenstrust.org/eventsearch.asp>

Printable resource guide for Maine Families, Schools and Communities

The Multi-Tier Systems of Support Resource Guide for Maine Families, Schools, and Communities was written to provide assistance to individuals, families, and schools in identifying needed resources and supports

<https://www.bhpartnersforme.org/sites/default/files/inline-files/Resource-Guide-for-Maine-Families-Schools-and-Communities.pdf>

Food

Pantries

Sanford Food Pantry

1204 Main St Sanford, ME 04073

Mondays 10:00 am - 12:00 am. Picture ID Required.

Sanford Residents Only.

Salvation Army

871 Main Street PO Box 391 Sanford Maine 04073 Telephone: (207) 324-3134

Food Pantry (3 day supply of food) Tuesdays 10A-12P

Harvest Table (fresh fruit, veggies, breads, meats) Fridays 9AM-12PM

Alfred Food Pantry

5 Swetts Bridge Road Alfred, ME, United States, 04002 Tuesdays and Fridays

12PM-3PM **All are welcome**

Acton Ecumenical Food Pantry

Located 59 H-Road Acton 207-636-3430 ***Acton residents only*** who meet Federal Poverty Guidelines and Maine TEFAP Guidelines. Must bring proof of residency. Food pantry service hours: 3rd Wednesday of the month from 10-11am

First Baptist Church Food Pantry

600 Shapleigh Corner Road Shapleigh 636-4100. Wednesday 5-7PM

St. Therese of Lisieux Food Bank

Thursdays 12-2 pm, The Holy Family Church 66 North Ave Sanford

SMHC Fresh Produce “Prescription for Health” Fridge

In the lobby at SMHC Sanford and SMHC Biddeford Hospital. A fridge located near Walk in/Lab doors. **One bag per visit.**

Community Meals

Curtis Lake Church

Wednesday Night Bite, free and delicious pizza, pasta and salad every Wednesday 6pm-7pm (or until it runs out) 38 Westview Drive Sanford, ME

New Beginnings Christian Church Free Community Meal

Thursdays, 5PM 181 Grammar Road, Sanford ME

Saint Thérèse of Lisieux Parish Matthew’s Meal

Second Tuesday of the month 6-7PM

St. Thomas School Address: 69 North Avenue, Sanford, ME Phone (207) 324-2420

Website: <http://stthereseparishmaine.org/matthew-meal>

Other food resources

The Sanford Backpack Program

Can provide weekly bags of food to Sanford students and families who may be experiencing food insecurity with recommendations from school staff. If you feel like your family would benefit from this assistance please reach out to your school counselor or another school staff member or email lori@strongersanford.org

WIC

To qualify for the York County WIC program, you must be pregnant, have a newborn, or have a child under the age of 5. Eligibility is also based on your gross income (your income before taxes are withheld), which must fall at or below 185 percent of the U.S. Poverty Income Guidelines. If you receive MaineCare, SNAP, or TANF benefits, you automatically meet the income eligibility requirement. WIC is a nutrition program for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research. WIC is open to anyone living in Maine, including migrants working in Maine. Applicants can be any of the following: •Women who are pregnant, breastfeeding or had a baby in the last six months, •Infants and children up to the age of five, including adopted and foster children. •Fathers may apply for their children.

<https://yccac.org/children-family/wic-nutrition-breastfeeding-support/>

Meals on Wheels

SMAA Southern Maine Agency on Aging 136 U.S. Route 1, Scarborough
1-800-427-7411 or or (800) 400-6325 <https://www.smaaa.org/wellness/meals.html> offers
a meal delivery program for residents age 60 or older

Senior Food Mobile

Crossroads United Methodist Church SANFORD At the corner of Grammar Rd. and Rt
202 in Sanford (across from John Deere) 1st Thursday after the 1st Friday of the month,
10-11:30am For anyone over 60 years old in need of food assistance: produce for all,
commodities for those who meet income eligibility.

Farmers Markets-Harvest Bucks

Email: SNAP@mffm.org Call: (207) 370-1524
<http://www.maineharvestbucks.org/maine-harvest-bucks-at-farmers-markets/> Spend \$1
in SNAP benefits at the farmers market get \$1 in Maine Harvest Bucks

Farm Shares

<https://www.cultivatingcommunity.org/programs/fresh-start-farms/csa/> We offer
automatic payment plans, which you can set up when you register, as well as a sliding
scale option. We also accept SNAP benefits and provide a 50% discount when you use
them! If you are able to pay full price or give a donation, know that your dollars are
supporting new Mainers, as well as helping to subsidize discounted CSA shares. Please
email our CSA Manager for more information about these options.

Maine Senior Free Farm Shares

Seniors sign up directly with a participating farmer each year beginning in April. • To find
participating farms in your area: ■ Call the Maine Senior FarmShare Program at
207-287-7526 ■ Email Maine Senior FarmShare at donna.murray@maine.gov ■
Contact the Area Agency on Aging by calling the ELDERS-1 toll free number at
1-877-353-3771 "The Maine Department of Agriculture, Conservation and Forestry
(DACF) receives a grant from the United States Department of Agriculture (USDA) to
fund the Maine Senior FarmShare Program. This program provides low-income seniors
the chance to receive a free share (worth \$50) of first-quality, fresh, local produce at no
cost directly from local Maine farmers during the growing season. If you participated in a
prior year, you are not automatically signed up the next year. • You may choose a
different farm each year, however you may only sign up with one farm per year. • You
are not officially signed up until you complete and sign an agreement with a farmer. • It is
the senior's responsibility to contact a local farmer to sign up for participation in the
program"

Farm Fresh Rewards

Visit farmfreshrewards.org for more information and to find a store near you or contact

Shannon Grimes at Maine Farmland Trust by email at shannon@mainefarmlandtrust.org or call (207) 338-6575 Double your SNAP dollars! Farm Fresh Rewards provides bonus local fruits and vegetables to anyone buying local products with SNAP/EBT at participating stores

Maine Snap-Ed

For more information, e-mail Maine SNAP-Ed at mainesnap-ed@une.edu or call 207-221-4560 Helps you shop, cook and eat healthy on a budget. Making the most of your food budget is a challenge – but with some simple tips, they can help you feed your family healthy foods and save money!

Clothing

Open Hearts Open Hands

67 Ocean Park Road, Saco, ME 04072 Tuesday and Thursday 9:30AM-11:30AM and last Tuesday of each month 5-7. Open Hands Open Heart provides clothing for **Children in York County**.. You may pick up clothing for infants and children up to age 17. Must be a York County Resident.

Saco Grange 53 Community Clothing Closet

168 North St Saco ME 04072 Backdoor follow signs.. Contact Carrie at sgcommunitycloset@gmail.com with questions. Free Clothing, please bring your own bag. **OPEN TO ALL**. The 1ST and 3RD Tuesday 9AM-12PM and second and fourth Wednesday (and some weekends) with later times, Find them on Facebook for more details.

Free Store at North Parish Congregational United Church

895 Main St, SANFORD, ME 04073 Mondays and Wednesdays 9:30AM-1PM for shopping. NORTHPARISHUCCSANFORDME.ORG some clothing and household available. Please call or email to request more information. northparish@metrocast.net

The Good Neighbor

Located at the community baptist church 6 Clarks Bridge Rd, NORTH WATERBORO, ME. Open Tuesday and Thursdays 1-3 and Saturdays 9-11.

Sanford Salvation Army

Usually will have some children's coats, hats/gloves etc. during business hours during

the winter months. 871 Main ST Sanford 04073 TELEPHONE: 207-324-3134
WEBSITE: [HTTP://NNE.SALVATIONARMY.ORG/SANFORD](http://NNE.SALVATIONARMY.ORG/SANFORD)

Adoptive Foster Families of Maine Clothing Closet

333 Lincoln St Saco, ME, 04072 WWW.AFFM.NET ELIGIBILITY: ADOPTIVE, FOSTER, AND KINSHIP FAMILIES IN NEED OF CLOTHING.

Sanford Adult Education Clothing Closet

668 Main Street Sanford, ME 04073. Hour available during business hours, call for more details: 207-490-5145

Household Items

The Corner Cupboard

Sanford Unitarian Universalist Church 5 Lebanon Street Sanford, Maine 207-324.3191. The Corner Cupboard is open the third Saturday of every month from 10:00-1:30. You do not need to be a resident of Sanford to receive help. The Corner Cupboard offers non-food items including personal care, paper, cleaning, household, baby and pet food products. We also have gently used clothing and household items. Volunteers are always needed and welcome to help us on the Saturdays we are open.

In a pinch non-food pantry

Phone: 207-571-9601 35 South Street, Seeds of Hope Neighborhood Center Biddeford, ME, United States, 04005. Open: 2nd and 4th Tue 4-6:45pm. Personal care items include toilet paper, paper towels, diapers, dish soap, personal hygiene items, and toiletry items; back-to-school supply packets during August only; use limited to 1 visit per month, 8 items per visit, 8 visits per year.
<http://www.iapnonfoodpantry.com/items-we-carry>

Sleep in Heavenly Peace

Sleep in Heavenly Peace A resource for children to receive beds in NH and Sanford. This agency must deliver and set up the bed as part of their process, families must be in agreement to this.

Free Store at North Parish Congregational United Church

895 Main St, SANFORD, ME 04073 Mondays and Wednesdays 9:30AM-1PM for shopping. NORTHPARISHUCCSANFORDME.ORG some clothing and household available. Please call or email to request more information. northparish@metrocast.net

Parent/Caregiver/Family Support

Parenting supports/info/resources:

The Basics Sanford

5 Fun, Simple and Powerful principles to boost brain development.

FREE personalized developmental tips and activities for Sanford families

Sign up here: <https://partners.mybliss.ai/basics-insights/SS13940?langName=en>

Facebook: <https://www.facebook.com/profile.php?id=61559168755952>

Instagram: <https://www.instagram.com/thebasicssanford/>



Sanford School Department Play and Learns

Sanford children ages 0-4 and their caregivers can join early childhood educators for FREE 6 week play and learn series, complete this interest form to learn more email: spalmer@sanford.org

Help ME Grow

Offers free developmental screenings and resource support to ALL families who have a child 0-8 years of age in Maine. There are no cost, insurance or financial requirements to access this service. They have social workers to support families through the process of accessing services/resources and follow up/support offered after any developmental screenings taken by parents.

<https://www.maine.gov/dhhs/ocfs/support-for-families/child-development>

Be There for ME

A new campaign for parents and caregivers in Maine and the people who support them. Parenting can be a joy, and it can also be hard. Everyone needs help sometimes and support is out there. Learn more and start to find support at: <https://BeThereforME.org>.

Maine State Parent Ambassadors

A program to empower Maine parents build leadership and advocacy skills, find out more here: <https://www.educarecentralmaine.org/maine-state-parent-ambassadors/>

Maine Parent Federation

<http://mpf.org/> MPF provides information, lending library, referral, one on one telephone support, and training to parents of children with disabilities or special health care needs and the professionals who work with these families through numerous grant-funded projects. Our services are offered at no cost to parents and are available statewide.

G.E.A.R. PARENT NETWORK

Parent/caregiver support for families with children who have behavioral health and emotional needs. Trainings, resources & peer support. Strengths-based peer support. <https://gearparentnetwork.org/> (800) 264-9224

Kids Free to Grow:

57 Portland Rd. Kennebunk, 985-5975, www.kidsfreetogrow.org Parenting Groups and Support

Maine Families

207-490-7852 <http://www.maineamilies.org/> Home visiting parent support for prenatal to newborn care

Opportunity Alliance-Parent Education

Offering circle of security <https://www.opportunityalliance.org/parent-education>

CPS 101:

A free, one-time, two-hour virtual session for parents who are involved in Child Protective Services in Maine. You will hear from professionals who work with parents, tips on navigating the process and you will receive an informational packet.

CPS101@MAINE.EDU or <https://forms.gle/uTc5Ap7AgbCzQ17k9> to find out more

ALPHA Pregnancy Resource Center (PRC)

6B Washington St. Suite 100 Sanford, Call: 324-5752, Text: 558-2552

<https://alpha-prc.com/> Earn-while-you-learn program. Parent education (earn baby items while you learn!), healthy relationship education, post-abortion support

Baby Blessings

St. George's Episcopal Church, 3 Emerson St. Sanford 324-8119 Emergency assistance for parents. Last Saturday of the month 10-12

KIDS FIRST CENTER

51 U.S. Route 1 Suite 5, Scarborough, 761-2709, <https://www.kidsfirstcenter.org/>

Support for families going through separation or divorce, and education for the professionals who support them.

CAR SEAT DISTRIBUTION

Biddeford Police Department 39 Alfred Street, Biddeford Ask for Officer Scott LaBreque 282-5127

Kennebunk Police Department 4 Summer Street, Kennebunk 604-1365

Kittery Police Department 200 Rogers Road, Kittery 439-1638 Car seat distribution based on availability.

Requirements: Proof of Maine residency, Proof of receiving one of the following: WIC, MaineCare, TANF, or SNAP

Mom Co. @ Pleasant Street

Mom Co is a community just for moms, by moms, to help every mom make friends, feel supported and be encouraged in their parenting journey. A Meetup typically includes kid free time, practical teaching through videos, discussions, and encouragement. There may be a snack, and definitely some coffee. But more importantly, you'll get to have honest conversations with other moms who understand the joys and frustrations of motherhood. Childcare is not available at this time, however we have two meetups each month. We hope this helps you choose the best time to come because being a mom is hard and community helps. Meets twice a month. Typically one is early in the month on a Monday at 10 AM, and the other time is later in the month on a Friday at 6 PM.

Specific dates are posted on our Facebook page at

<https://www.facebook.com/PleasantStreetFreeBaptist> .

VIOLENCE NO MORE, INC.

15 York St. Suite 201-H, Biddeford, 283-8574, <http://www.violencenomore.org/> Certified batterer intervention group.

WIC

Sanford WIC Office: 459-2942 6 Spruce St. Sanford Breastfeeding Peer Counselors: Angela Kelewar: 459-2942 & Jessica Archer: 408-2359 Breastfeeding support, referrals and screenings, supplemental nutritious foods, nutrition education and counseling.

SAINT ANDRE HOME

168 Prospect St. Biddeford 282-3351 cmesurvey@saintandrehome.org

<https://www.saintandrehome.org/#mission> Support for women and children in need.

MAINE FAMILY PLANNING

922-3222 <https://mainefamilyplanning.org/>

CHADD- Children and Adults with Attention-Deficit/Hyperactivity Disorder

<https://chadd.org/resources/information/support> regarding ADHD/ADD

Understood.org

www.understood.org resources/information/support regarding learning/thinking differences such as ADHD, dyslexia etc.

NAMI-National Alliance Mental Illness

<https://www.nami.org/Home> resources/information/support on mental health

NAMI-Family RESPITE

NAMI Maine Family Respite exists to assist families by enabling a much needed break in the responsibility of caring for a child with significant developmental delays and behavioral or emotional disorders. <https://www.namimaine.org/page/respite>

Maine Child Support Enforcement

634-4100 <https://www.maine.gov/dhhs/ofidser/index.html> Part of DHHS, helps establish paternity for children born out of wedlock, establishes and enforces child and spousal support orders for current and past support, locates non-custodial parents.

Digital Literacy

<https://digitalequitycenter.org/our-maine-programs/> (free digital literacy/skills training)

Foster/Kinship care support:**Adoptive Foster Families of Maine**

333 Lincoln Street Saco, Maine 04072 Phone (Toll Free): 800-833-9786 or Phone: 207-827-2331 www.affm.net Support groups (see attached flyer in resource guide docs) Training, guidance, knowledge, and resources for adoptive, foster, and kinship families in Maine.

Step up parents

Step Up Parents provides financial assistance to these caregivers in New Hampshire/southern maine who are raising the children of parents with substance use disorder. [Apply | Step Up Parents — Step Up Parents](#)

Yuls Foundation for Foster Youth

<https://www.yulsfoundation.org/> Mentoring for youth 14-21 in foster care

Childcare

Child Care Search engine

Directory of childcare services in Maine, including licensing information

<https://search.childcarechoices.me/>

Child Care Subsidy Program

CCAP helps eligible families pay for child care so parents can work, go to school, or participate in a job training program. CCAP is also available for eligible families where the adult(s) are retired and are the legal guardian of a child. If your family income is at or below 125% of the Maine median income, you may be eligible. [Am I eligible?](#)

[Child Care Affordability Program \(CCAP\)](#)

Community Activities/Enrichment/Sports

Elementary School Aged Sports/Extracurricular Activities live lists:

[Late Winter/Spring](#)

[Summer/Fall](#)

[Late Fall/Winter](#)

Summer Camps: [HERE](#)

Sanford News Community Calendar

Comprehensive weekly list of activities, events, playgroups and resources in Sanford <https://sanfordspringvalenews.com/category/calendar/> or check out the facebook page

Louis B Goodall Memorial Library

Temporary Location: [1364 Main St, Sanford](#) - in Shaw's Plaza between Planet Fitness and Threads of Hope. <https://lbgoodall.org/> also check out their social media for events/activities

Springvale Public Library

443 Main Street Springvale, Maine 04083 <https://www.springvalelibrary.org/> also check out their social media for events/activities

Digital Literacy

<https://digitalequitycenter.org/our-maine-programs/> (free digital literacy/skills training)

YMCA

Swimming, wellness center, fitness classes, various community activities. Scholarship program for individuals and families who qualify. <https://sanfordymca.org/>

Sanford Rec Dept.

Sanford 324-9130 <http://sanfordrec.com/info/default.aspx>

Nasson Community Center

Offers youth programming through arts and sports, check out their website and social media pages: <https://nassoncommunitycenter.com/>

Continuum Arts Collective

Assists underserved, school-aged student artists and musicians in Maine and New Hampshire by supplying them with musical instruments, art supplies, art and music lessons, and experiential opportunities to perform music, display artwork, and read poetry in public forums. (Located in N. Berwick and will go 15 miles)
<https://continuumarts.org/>

Crystal Athletic Training center

Check out the facebook page for activities and events.
<https://crystalathletictrainingfacility.com/>

SSYAA—Sanford Springvale Youth Association

www.ssyaakids.org sign up for football, cheering, lacrosse etc.

Girl Scouts of Maine

<http://www.girlscoutsofmaine.org/>

Boy Scouts

PINE TREE COUNCIL (MAINE) <https://pinetreetsa.org/>

Trafton Center

The YMCA Trafton Center is a membership based organization dedicated to providing individuals 50 and older with opportunities to socialize and participate in learning and wellness opportunities. Annual single adult membership is \$72 No additional cost for

Sanford-Springvale YMCA members. Over 20 regularly scheduled classes/programs. Day and overnight trips with the Trafton Travelers.

Plays to play in Sanford Maine:

https://sanfordme.myrec.com/documents/places_to_play_in_sanfordspringvale2023.pdf

Community parks: <https://sanfordme.myrec.com/info/facilities/default.aspx>

Sanford Trails: Sanford trail system maps

https://sanfordme.myrec.com/info/activities/program_details.aspx?ProgramID=29843

School playgrounds can be used outside of school hours:

- Margaret Chase Smith-248 Twombly Road Sanford, ME 04073
- Carl J Lamb-233 Shaws Ridge Road Springvale, ME 04083
- Sanford Pride Elementary-708 Main St, Sanford, ME 04073

Bowlarama- Bowlings, arcade 1217 Main Street Sanford, ME

Smitty's- Movies, bowling, arcade 1327 Main St, Sanford, ME

A to Z abilities-Sensory Gym 2 Punkintown Rd #215, South Berwick, ME

The Playlot- indoor playground 10 WestPoint Ln, Building 10 - 219 Biddeford, Maine

The Point: Indoor turf and playground in Portland <https://www.thepoint.community/>

Children's Museum of NH- 6 Washington St, Dover, NH 03820

<https://childrens-museum.org/>

Jazz Tappin Dance Academy: <https://www.jazztappindance.com/>

Northern Explosion Dance Studio: <https://www.northernexplosiondancestudio.com/>

Dance Studio of Maine: <https://www.dancestudioofmainesouth.com/>

Pets

No Bowl Empty

238 Old Alfred Road East Waterboro. Phone: 233-2793 (call to schedule initial appointment) Offers temporary assistance to help individuals and families in need to

feed their pets and not be viewed as a permanent source of pet food. DOES NOT provide assistance to anyone breeding, selling or flipping animals. Clients are required to show proof that all dogs in their care are properly licensed, clients cannot take in any additional animals while receiving assistance, all food/supplies are donated so brands/specifics are not consistent or by request, must agree not to resell. No Bowl Empty will provide assistance for 6 months, at the end of 6 months it is requested that the client takes a break for 3 months.

Pittie Posse Rescue's Pet Pantry

Pittie Posse Rescue's Pet Pantry is a pet food pantry offering dog and cat food, treats, toys, cat litter and puppy pads free for those in need in Southern Maine.

<https://pittieposserescue.com/pet-pantry/>

YCSP Pet Food Pantry

We distribute pet food and supplies on the first Tuesday and third Friday of every month, from 12 PM to 2 PM - or until we run out of food and supplies. We are in the same building as the Food Pantry, and we are open in conjunction with their human food distribution.

ANIMAL WELFARE SOCIETY

P.O. Box 43, West Kennebunk, 46 Holland Rd. Kennebunk, P: 985-3244

<https://animalwelfaresociety.org/> Animal shelter, veterinary care, dog training classes.

Extensive resource page for low cost spay/neuter, vaccines, etc.

CORNER CUPBOARD

Unitarian Universalist Church 5 Lebanon St. Sanford 324-3191

www.sanforduuchurch.org Non-food pantry that also carries pet food. 3rd Saturday of the month, 10-2

National Financial Assistance Programs for pets

<https://arlqp.org/resources/financial-assistance-programs/>

Financial Resources

General Assistance

Individual towns—"General Assistance is a program administered through municipalities which purchases basic necessities for individuals who are without means to pay for such services. Applications for General Assistance can be made at any local municipal

office and can help with some housing expenses, food, etc” (see more at link below)
https://www.sanfordmaine.org/departments/general_assistance/index.php

DHHS financial assistance programs TANF, SNAP, Emergency Assistance etc: <https://www.maine.gov/dhhs/programs-services/financial-assistance>

Salvation Army

Individual offices can sometimes offer assistance in different areas financially--worth calling a local location to seek assistance.

EveryoneON

www.everyoneon.org is a website to help locate low cost internet offers and devices in areas for people to reduce barriers to internet access.

Step up parents

Step Up Parents provides financial assistance to these caregivers in New Hampshire/southern Maine who are raising the children of parents with substance use disorder. [Apply | Step Up Parents — Step Up Parents](#)

Yuls Foundation for Foster Youth

<https://www.yulsfoundation.org/> Financial mentoring for youth 14-21 in foster care and some opportunities for other financial assistance.

Child Care Subsidy

Apply at regional DHHS offices or online. Helps eligible families to pay for child care so they can work, go to school or participate in a job training program. Eligible families must meet the income guidelines and be enrolled in at least one of the following activities: work, school, job training program.

<https://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm>

CAR SEAT DISTRIBUTION

Biddeford Police Department 39 Alfred Street, Biddeford Ask for Officer Scott LaBreque 282-5127

Kennebunk Police Department 4 Summer Street, Kennebunk 604-1365

Kittery Police Department 200 Rogers Road, Kittery 439-1638 Car seat distribution based on availability.

Requirements: Proof of Maine residency, Proof of receiving one of the following: WIC, MaineCare, TANF, or SNAP

Help ME Grow can also support with Carseat checks and distributions call: Tel: 207-624-7969

York County Community Action

SANFORD 6 Spruce St Sanford, ME 04073 (207) 324-5762

Free Tax Prep, Community Outreach, HEAP-Heating Assistance, Weatherization Program, Electricity Lifeline, Central Heating Improvement, Other Energy Services

Community Work Incentive Coordinators (CWICs)

are experts in the special rules that apply when someone receiving social security benefits wants to work. 1-888-208-8700 or: www.mmc.org/benefits-counselingservices

Housing

State Homeless Shelters:

<https://www.mainehousing.org/programs-services/homeless/emergency-shelters>

Maine State Housing:

<https://www.mainehousing.org/information/resources/programming>

Affordable Housing (MAINE HOUSING) PDF

https://www.mainehousing.org/docs/default-source/rental/subsidized-housing-lists/york.pdf?sfvrsn=bf28a215_14 Affordable housing listing for York County

Affordable Housing search in York County

<https://affordablehousingonline.com/housing-search/Maine/York-County> Database of affordable apartments. York County is included in the link, but apartments nationwide can be viewed.

Sanford Maine Housing Authority

324-6747. 17 School Street, Sanford www.sanfordhousing.org

Veterans Housing Services

<https://www.preblestreet.org/what-we-do/housing-services/veterans-housing-services/> 207-956-6556, 1-800-377-5709 vhs@preblestreet.org Housing and resource support for veterans experiencing or at risk of homelessness

Homeless Youth Services-Opportunity Alliance

1-877-429-6884

<https://www.opportunityalliance.org/programs/children-and-youth-mental-health-services/homeless-youth-services/> Case management for families or individual youths who are homeless, or are at risk of being homeless. Youth must be between the ages of 6-21

PATH Projects for Assistance with Transition from Homelessness

(Opportunity Alliance) Adult homelessness support and case management

Tori Kenyon, LCSW PATH Director tori.kenyon@opportunityalliance.org

<http://www.opportunityalliance.org> 190 Lancaster St., Portland, Maine 04101

MAS Homeless Adult Services

Targeted adult case management for the homeless, the goal is to provide intensive direct support to homeless individuals and to link them with safe and affordable housing options in their communities. **How Can I Make a Referral?** To make a referral, simply call MAS at 877-668-8678. <https://mascommunityhealth.com/homeless-services-maine/>

Habitat for Humanity

P.O. Box 267 4 Industrial Dr. Kennebunk 985-4850 <https://www.habitatyorkcounty.org/>

Home ownership and weatherization programs Opportunities to volunteer. Re-store sells various household furniture and appliances

Preble Street Resource Center

38 Preble St. Portland 775-0026 <https://www.preblestreet.org/> Housing services, shelter (teen and adult), advocacy programs, anti-trafficking services, learning collaborative, food resources

York County Community Action

324-5762 6 Spruce Street, Sanford <https://yccac.org/>

Home ownership and weatherization programs

Tech Resources

EveryoneON

www.everyoneon.org is a website to help locate low cost internet offers and devices in areas for people to reduce barriers to internet access.

The LeClair Foundation

Zero cost support for veterans, elderly, disabled and low incoming community members!

Computer repair/support, internet support, assembly of common household/office items (desks, dressers, tables, etc.), basic security system support, general tech support, telehealth support, group lessons and more. Reach out. <https://leclairfoundation.org/index.html>

Transportation

Motivecare Transportation/Reimbursement

Maine Care offers Non-Emergency Transportation (NET) for eligible members. You may be able to get a ride to your appointment by a logisticare contracted driver. You can have your ride reimbursed by MaineCare (.44 a mile) if the appointment is covered by MaineCare and you are eligible for transportation services by calling to schedule your ride and filling out your sheet and obtaining a signature from your provider to confirm the appointment. Motivecare website: [Member Home | Mymodivcare.com](#)

York County Community Action Transportation:

YCCAC provides regular transportation services throughout York County including the Sanford Transit, the Orange Line, the Kennebunk In-Town Transportation (KITT), the Southern Maine Connector, the WAVE and the weekly Shopping services/Local Rides. Other services are available, and the YCCAC Transportation team is just a phone call away to discuss ways we can help clients get to where they want to go.

As of 9/9/2024 Transportation Fares will be reinstated.

New mobile ticketing system, using the app, Token Transit. Downloading the app on a smartphone enables riders to purchase, activate and board a bus. Cash (using exact fare) and paper passes are available for those who do not have a smartphone or don't wish to use the app. Clients who wish to purchase a transportation pass can visit the 6 Spruce Street, Sanford, Maine office or call (800) 965-5762 or (207) 459-9283 for more details from M-F, 7:30 – 4:30. More information is available at yccac.org/transportation/

York Hospital Patient Rides

Rides can be arranged by calling 351-3413. Advance notice is helpful as this service is provided on a first-come, first-served basis. York Hospital offers FREE rides for patients to and from the main campus, York Hospital Practices, and Walk-In Care Centers. These door-to-door rides are available for any location within the service area, which includes Wells, Ogunquit, York, Cape Neddick, Kittery, Eliot, the Berwicks, the Kennebunk's and Kennebunkport. Whether it's the flu, a cold or a minor injury, a safe and friendly driver from Patient Transportation will arrive in a York Hospital vehicle—which can include a wheelchair accessible van—and take you to a care center to be seen. Services are available Monday through Friday, from 7 a.m. to 5 p.m.

Zoom Shuttle Bus

282-5408 or www.shuttlebuszoom.com Bus system offered in Biddeford, Saco, OOB

Behavioral Health Services

Descriptions of current child behavioral health services: [here](#).

Outpatient therapy search options:

My Maine Therapist

www.mymainetherapist.com website that private practice providers that have Sweester billing can create a profile on, can search by specialty, insurance etc. (all providers on this site accept mainecare)

Psychology Today

www.psychologytoday.com website that private practice providers can create a profile on, can search by specialty, insurance etc.

Therapy.com

www.therapy.com/maine a new therapy search engine website similar to above sites that can be filtered by speciality, insurance and more.

Health Affiliates of Maine

Websites for private practice providers:

<https://www.healthaffiliatesmaine.com/find-a-counselor/>

Local Behavioral Health Agencies

Maine Health-Maine Behavioral Health

Offers adult and child mental health and substance use services. 474 Main St
Springvale ME 04083 207-324-1500.

Sweetser

Offers adult and child mental health and substance use services. 863 Main
StreetSanford ME 04073. Please contact the Sweetser PromiseLine at 1-800-434-3000
for services.

Spurwink

Offers children and adult services including therapy, case management, in home services and more: <https://spurwink.org/>

Clarvida (previously Pathways)

Offers care coordination/case management services, HCT and other services.
<https://www.clarvida.com/>

Opportunity Alliance

Offers children and adult services including therapy, case management, in home services and more <https://www.opportunityalliance.org/>

Acorn & Oak

Offers children and adult services including therapy, case management, in home services and more <https://acornoakmaine.com/what-we-do>

Waypoint (previously Waban)

5 Dunaway Dr, Sanford, ME 04073 Phone: (207) 324-7955 Children's case manager and Outpatient therapy services offered

Milestones Family Services

Offers case management services to children and adults with developmental disabilities.
<https://www.milestonesfamilyservices.com/>

KidsPeace

Offers childrens TCM services and outpatient therapy. 49 Atlantic Place | South Portland, ME 04106 Phone: 207-771-5700 | 866-642-0003

Island Institute for Trauma

<http://iitrme.com/> Specialized focus on Trauma Treatment Located: 180 Main St. Biddeford, ME. For general referrals and information: Phone: (207) 571-3008 Fax: (207) 571-3263

Counseling and Trauma Therapy Associates

<https://www.catt-associates.com/> Agency offering multiple therapeutic services, outpatient, in home and HCT located: 314 Alfred Street Biddeford, ME 04005 catt.associates@gmail.com Tel: (207) 216-2637"

Oceanside Community Services

<https://www.ocsmaine.org/> Oceanside is a for-profit behavioral health organization in Southern Maine providing specialized services for children, adolescents, and adults with

behavioral, emotional, and developmental needs. Offering neuropsychological evaluations, outpatient therapy, juvenile sexual risk assessments, ABAS assessments, and substance use treatment. Location: 22 W. Cole Road, Unit 103 Biddeford, ME 04005

Ascend Community Wellness

<https://ascendcommunitywellness.org/> Offering adult case management and outpatient therapy for adults and teens. 5 Bragdon Lane, Suite 4 Kennebunk, ME 04043

Speciality Behavioral Health information/resources:

ShifaME

“Spurwink provides culturally appropriate services for refugee and immigrant youth and their families in Maine”- <https://spurwink.org/shifame/>

PIER Program

“The Portland Identification and Early Referral (PIER) and Resilience Programs are community resources for people experiencing early symptoms of psychosis. Both are family-based coordinated specialty care teams within the Department of Psychiatry at Maine Medical Center. The PIER Program offers treatment for ages 14-26 within a year of psychosis onset. The Resilience Program offers treatment for adults between the ages of 18-40, who are within two years of a first episode of psychosis.”

https://mmcri.org/?page_id=31732

Yuls Foundation for Foster Youth

<https://www.yulsfoundation.org/> Mental and Physical wellness mentoring for youth 14-21 in foster care

The Gender Clinic

The Gender Clinic at The Barbara Bush Children’s Hospital is dedicated to supporting the health and wellbeing of transgender, gender diverse and questioning youth across Northern New England. We give treatment to children and their families from childhood through adolescence.

<https://mainehealth.org/barbara-bush-childrens-hospital/services/the-gender-clinic>

New England Eating Disorders Program

Sweetser 50 Moody Street Saco ME 04072

<https://www.sweetser.org/programs-services/services-for-adults/outpatient-services/new-england-eating-disorders-program/> The New England Eating Disorders (NEED)

program has been providing high quality, specialized eating disorder treatment in the state of Maine. At NEED, we understand that eating disorders are complex illnesses that impair relationships, self-esteem, mood, and daily functioning. If you or someone

you care about is struggling with an eating disorder, our multidisciplinary team of eating disorder experts is here to help support individuals and their families through the recovery process.

Eating Disorder Association of Maine

<https://www.maineeatingdisorders.org/> Connection to resources and providers for eating disorder treatment and recovery

Thrive New England

[Prevention | Thrive New England](#) Providing aftercare and prevention for teens who have experienced human trafficking. Offering prevention and restorative care/support.

ADDitude

<https://www.additudemag.com/> Information/resources/support for ADD/ADHD (mailing list will send LOTS of information, sometimes useful resources)

Autism Society of Maine

72B Main St. Winthrop 1-800-273-5200 <https://www.asmonline.org/> The Autism Society of Maine provides education and resources to support the valued lives of individuals on the autism spectrum and their families.

Ladawn's Therapeutic Riding

<https://ladawntrc.org/> Offers volunteer opportunities, which can earn riding time

York County Juvenile Fire Safety & Intervention Collaborative

149 Jordan Springs Rd. Alfred 459-2463 -call to make referral Fire safety assessment and education program

Center for Grieving Children

893 Main St. Sanford 775-5216 Contact Janice Zurlo: janice@cgcmaine.org" The Center for Grieving Children is a nonprofit organization that encourages and supports the safe expression of grief and loss. With locations in Portland and Sanford, we provide completely free-of-charge services for children, teens, young adults, and their family members throughout southern Maine.

Kids First Center

51 U.S. Route 1 Suite 5, Scarborough 761-2709 <https://www.kidsfirstcenter.org/> Support for families going through separation or divorce, and education for the professionals who support them.

Physical Health

Primary Care

MaineHealth Maine Medical Center

Sanford, Biddeford, Kennebunk, Saco, Waterboro, Portland etc <https://mainehealth.org/>, Primary care, Emergency care, radiology, therapy, surgery, lab, etc.

Nasson Health Center

15 Oak St. Springvale 490-6900, <https://www.nassonhealthcare.org/>, Insurance navigators, affordable healthcare, sliding scale, insurance accepted but not required. Dental care. GATHER program helps neighbors access healthy living options

Sacopee Valley Health Center

70 Main Street, Porter, ME 04068 625-8126 Offers Primary Care services and walk in hours

York Hospital Network

<https://www.yorkhospital.com/> Walk-in care, x-ray, lab services. York main campus offers a wide range of services including prescription assistance, help for those without insurance, community support for various forms of recovery. Please see their website for all the services they offer.

Families First Health and Support Center

100 Campus Dr. Portsmouth 603-422-8208 <https://www.familiesfirstseacoast.org/> Health and dental care, parent and family programs. Serving the seacoast of NH and Southern Maine

Yuls Foundation for Foster Youth

<https://www.yulsfoundation.org/> Mental and Physical wellness mentoring for youth 14-21 in foster care

Dental

CALLING DENTAL Mainecare MEMBER SERVICES: 1-800-977-6740 They can provide information on providers accepting mainecare/coverage/providers

Nasson Health Center

15 Oak St. Springvale 490-6900 <https://www.nassonhealthcare.org/> Accepts Mainecare for children (20 and under), has sliding scale for adults **Not currently accepting new patients only offering emergency care for new patients

Montshire Pediatric Dentistry

New provider in Sanford. 955 Main Street Sanford Maine 207-324-0026. Accepting Medicaid, Private insurance and offering membership plans.

<https://montshirepediatricdentistry.com/>

Maine Tiny Dental

Preventative and Minimally Invasive Dental practice, opening September 10th, 2025 in Elliot, ME. Accepting Mainecare. <https://www.mainetinydental.com>

Community Dental

57 Barra Road Suite 3 Biddeford, ME 04005 Tel: 207-282-1305

www.communitydentalme.org provides comprehensive preventive and restorative dental services including oral health education to children and adults. MaineCare and private insurance are accepted. An income - based sliding fee schedule is available to uninsured residents of Community Dental's service areas in southern, central, and western Maine who meet the income guidelines.

Village Smiles

26 Main Street Limerick, ME. 04043 Phone: 207-793-8881. Adult and Children Dental Cleanings, Periodontal Cleanings, Fluoride Treatments, Sealants, holistic Natural Options, Bamboo Toothbrushes, Oral Hygiene Education, Nutritional Counseling, Referrals to Oral Health Specialists. Affordable Dental Hygiene Care. Accepting Most Major Dental Insurances, Visa, MasterCard, and MaineCare Insurance (for coverage services/children's services)

Sacopee Valley Health Center

(207) 625-2267, 70 Main Street, Porter, ME 04068, Accepts mainecare for children (20 and under), has sliding scale for adults

FAMILIES FIRST HEALTH AND SUPPORT CENTER

100 Campus Dr. Portsmouth, 603-422-8208, <https://www.familiesfirstseacoast.org/> Families First dentists, dental assistants and hygienists treat every patient as an individual and care about your health. We make dental care easier by providing free child care during appointments. (Accepts Mainecare)

UNE-University of New England Oral Health Center

1 College Street Portland, Maine 04103 (207) 221-4747

Vision

Sacopee Valley Health Center

70 Main Street, Porter, ME 04068 Optometry Direct Line – (207) 625-2212. Sacopee Valley Health Center offers optometry services that include vision screenings and in house optician services for eyeglasses and contact lenses.

OneSight

Any participating Luxottica Retail Location (LensCrafters, Target Optical, Sears Optical or Pearle Vision corporate store) Local contact @ Lenscrafters Portland: Lucretia Robichaud General Manager 708 Main Mall Road South Portland ME 207-761-9061 (please call her prior to going). Through OneSight's OnSite Voucher Program, eligible patients can receive glasses free of charge. The patient should: Have their visual and financial need verified by a 501(c)(3) non-profit organization (such as a school, church, Lions Club, Prevent Blindness, Red Cross, or United Way). Obtain a referral letter from the nonprofit (letter should be on company letterhead and include the Tax ID# for the nonprofit). Take the referral letter issued by the nonprofit as well as a valid prescription to a participating Luxottica Retail Location (LensCrafters, Target Optical, Sears Optical or Pearle Vision corporate store) to receive a pair of glasses at no charge. If the patient does not already have a valid prescription (one that is less than 2 years old) he or she can ask if the onsite doctor at the optical retailer is able to donate an eye exam or they can reach out to Prevent Blindness for assistance.

Reproductive Health/Breastfeeding:

Maine Health Obstetrics & Gynecology OB/GYN

<https://www.mainehealth.org/care-services/obstetrics-gynecology-obgyn>

Maine Families

York County 490-7704 Cumberland County 553-5801

Alpha Pregnancy

6B Washington St. Suite 100 Sanford, Call: 324-5752, Text: 558-2552,

<https://alpha-prc.com> Parent education (earn baby items while you learn!), healthy relationship education, post-abortion support"

PLANNED PARENTHOOD

886 Main St. Suite 302 Sanford, 324-9385, <https://www.plannedparenthood.org/health-center/maine/sanford/04073/sanford-health-center-2942-91770> High quality, affordable health care, sex education, and family planning. Insurance accepted, but not required.

Maine State Breastfeeding Coalition

<https://www.mainebreastfeeds.org/resource-library#parents>

OT/PT/Speech:

Everything in between

25 Butler Street Springvale, ME 04083 Phone: (207) 370-1170 website:

<https://www.eibtherapy.com/>

York OT & PT

Offered in York and South Berwick, Referrals are placed by PCPs

SMHC OT & PT

Sanford, Biddeford, Kennebunk, Saco, Waterboro. Referrals are placed by PCPs

Center for Communication

469 Main Street, Suite 102, Springvale, Maine phone: (207) 324-2888 fax: (207) 324-2879 email: info@centerforcommunication.us The Center For Communication, located in Springvale, Maine, offers comprehensive diagnostic, therapeutic, and consultative services to those in southern Maine and New Hampshire, enabling individuals of all ages to move beyond the frustrations of impaired or ineffective communication. We see both children and adults in a variety of settings "

Pediatric Development Center

12 Westbrook Commons Westbrook, Maine 04092 Tel: 207-591-7210 Fax: 207-591-7213 Email: info@pediatricdevelopmentcenter.com. Pediatric Development Center provides evaluation and treatment services for children with known and suspected learning and/or developmental problems. Our goal is to help children reach their maximum potential in their home and academic environments.

Mainely Kidz

895 Portland Road Saco, ME 04072 p. (207) 439-5104 f. (207) 571-8134 Speech, OT and PT services for children. Referrals are placed by PCPs <http://mainelykidzpt.com/>

Wiggle Worms

764 U.S. Route 1, Suite 4 York, Maine 03909 (207) 351-3078 fax: (207) 351-3083 wigglewormspt.ks@gmail.com, www.wigglewormsPT.com Speech, OT and PT services for children.

Nutrition/Healthy Living:

Maine Health 5210 Let's Go

<https://mainehealth.org/lets-go> Programs and resources for adults, children and providers to support healthy living

SNAP Ed.

<https://www.mainesnap-ed.org/> with some simple tips, Maine SNAP-Ed can help you feed your family healthy foods and save money!

Hannaford Health and Wellness resources

Hannaford Supermarket offers resources, videos, classes and opportunity to send questions to dietitians. [Dietitians & Healthy Living | Hannaford](#)

Classes: [Free Dietitian Classes & Demos Maine | Hannaford](#)

Free online learning: [Hannaford Dietitians Events | Eventbrite](#)

Cooking matters

Provides hands-on cooking and nutrition classes led by volunteer chefs and nutritionists. Free 4 to 6 week classes. Participants receive a bag of groceries and recipes to try at home. If you are interested in participating in Cooking Matters please contact Denise Gaudette, Cooking Matters Manager at Good Shepherd Food Bank, dgaudette@gsfb.org or (207) 782-3554 X1129

[Cooking Matters in Maine | Good Shepherd Food Bank \(gsfb.org\)](#)

MaineHealth--Diabetes Prevention Program

The DPP helps people lower their chance of developing type 2 diabetes and other serious health problems, like heart disease or stroke. Designed for people who have been diagnosed with prediabetes, or who are at risk and want to make a healthy lifestyle change, this national program will help you: Develop skills to make healthier choices, Get the long-term support you need to stick with the changes, Feel better and inspire your friends and family to do the same.

<https://mainehealth.org/services/endocrinology-diabetes/diabetes-prevention-program>

Insurance and Prescription Assistance

Nasson Health Center/YCCA

15 Oak St. Springvale 490-6900 <https://www.nassonhealthcare.org/> Insurance navigators, affordable healthcare, sliding scale,

MaineHealth Financial Assistance Programs

<https://mainehealth.org/patients-visitors/billing-insurance/financial-assistance>

Information on: Affordable prescription help. Insurance help. Free Care.

MedAccess

1-877-275-1787 Medication assistance programs: Low-cost generic and free medicine from drug companies

Care Partners

Statewide: 1-877-626-1684 Sanford: 490-7962 Portland: 6662-7000 Rockland: 921-6979 Damariscotta: 563-4120 Belfast: 505-4532 This program is for low-income, uninsured adults ages 19-64 to increase their access to healthcare and existing community resources. (see flyer under physical health resources for more information)

Connecting Kids to Coverage

662-7947 or 1-833-284-8816 Help for families who have lost MaineCare coverage

Maine Consumers for Affordable Health Care

Health with connecting to coverage, free hotline, FAQ, and resources.

[Other Helpful Programs • Maine Consumers for Affordable Health Care \(mainecahc.org\)](http://mainecahc.org)

COR HEALTH HOPE FIRST MEDICAL CARE NAVIGATORS

980 Forest Ave. Suite 207 Portland 347-6106 corhealthservices.com Helps families achieve positive long-term outcomes by providing wrap-around support for medically complex children.

Employment

York County Career Center

9 Bodwell Ct. Springvale 324-5460

http://www.mainecareercenter.gov/locations/york_county.shtml Job fairs, employment skills, veteran's services, employment and training resources

Sanford Community Adult Education SCAE

668 Main Street Sanford, ME 04073. 207-490-5145

Programs provide reading and math instruction, offer the HiSET (formerly GED) and traditional diploma programs, have college preparation options and workforce training, and connect individuals with community resources. Additionally, Maine Adult Education recognizes the importance of lifelong learning as it empowers individuals, strengthens families, and builds community connections. <https://sanford.maineadulted.org/>

Digital Literacy

<https://digitalequitycenter.org/our-maine-programs/> (free digital literacy/skills training)

MANPOWER

481 Main St. Sanford, 490-1363, Temporary, Temp-to-hire employment connection

Yuls Foundation for Foster Youth

<https://www.yulsfoundation.org/> Vocational/Educational mentoring for youth 14-21 in foster care

Goodwill Workforce Solutions

190 Lancaster St. Suite 200, Portland, 775-5891 Helps with employment or continuing education planning and resources. Will meet with clients in their community.

<https://workforcesolutionsme.org/>

Great Bay Services

6 Washington St. Suite 4, Sanford, 850-1053, <https://www.gbsme.org/> Employment, independent living, and case management support for people and families with intellectual disabilities and special needs

New Ventures Maine

1-800-442-2092 <https://newventuresmaine.org/> Offers support for career, financial, and small business goals through tuition-free classes and individual coaching.

Vocational Rehabilitation

<https://www.maine.gov/rehab/dvr/vr.shtml> Support for finding work, including employability assessment, application and resume assistance, interview prep, job search, etc.

FEDCAP

11 Daigle Ln. Sanford 844-562-9811 <https://www.fedcap.org/> Employment and education assistance with those utilizing TANF/DHHS programming.

HOPE (Higher Opportunity for Pathways to Employment)

Through DHHS; Your local DHHS office --or-- 11 State House Station, Augusta, ME

04333 207-624-4170 www.maine.gov/dhhs/hope Provides support to families pursuing education and training beyond high school, and helps them achieve their career plans by addressing barriers to access.

Maine Works

494 Forest Ave info@maineworks.us 207-415-3585 <https://www.maineworks.us/>
Recovery and re-entry friendly employment. A sister organization of the Maine Recovery Fund. Provides connection to jobs and wrap-around supports.

Aging/Elder Supports

THRIVING IN PLACE (York County Community Action)

459-2903, Meaghan.arzberger@yccac.org, <https://yccac.org/thriving-in-place/>,
Connection to resources for elders and people with disabilities so they can live safely at home.

The Tafton Center (YMCA)

19 Elm St. Sanford, 457-0080, <http://sanfordymca.org/tafton-center/>, Senior citizen community center offering art, exercise, special events, trips, and various other group activities.

Southern Maine Agency on Aging

136 U.S. Route 1, Scarborough, 1-800-427-7411, 396-6500, <https://www.smaaaa.org/>

Legal Services for the Elderly

1-800-750-5353, <https://www.mainelse.org/> Assistance for income-eligible seniors age 60+.

Meals on Wheels

Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough, 1-800-427-7411, 396-6500, <https://www.smaaaa.org/wellness/meals.html>, Prepared meals for seniors over 60 who qualify

Coastal Transitions of Maine

Free support making decisions about long term care & medicaid/medicare
<https://www.coastaltransitionsofmaine.com/>

Wells Ogunquit Senior Center at Moody

P.O. Box 987, 300 Post Rd. Wells, 646-7775, <https://wocam.org/>

Senior Fun Lunch

Curtis Lake Church 38 Westview Dr. Sanford, 324-0652, First Thursday of the month, 11am

Veterans

VETERANS CRISIS LINE---1-800-273-8263

Sanford Vet Center

628 Main St. Springvale, 490-1513, for assistance on holiday, weekends, or after-hours: 1-877-927-8387 Monday-Friday, 8-4:30, Access to veteran benefits, SUD and PTSD treatment

Veterans of Foreign Wars

1 Hutchinson St. Sanford, 324-1142

American Legion

856 Main St. Springvale, 324-5354

AMVETS

169 School St. Sanford, 324-1661

Maine Military Members and Family Assistance Hotline

1-888-365-9287, Connection to resources for veterans and their families

Veterans Housing Services

<https://www.preblestreet.org/what-we-do/housing-services/veterans-housing-services/> 207-956-6556, 1-800-377-5709 vhs@preblestreet.org, York County Caseworker: James Sisk 775-0026 ext. 1288, C: 400-0169, Housing and resource support for veterans experiencing or at risk of homelessness

Easter Seals of Maine

<https://www.easterseals.com/maine/>, Targeted case management, military and veteran services, clinical outpatient services

Goodwill Workforce Solutions

699-0798, Veteran-specific job training

Veterans case management, Health Affiliates

<https://www.healthaffiliatesmaine.com/veteran-case-management/>

York County Community Action (Veterans Transportation)

6 Spruce St. Sanford, 459-2932, Transportation for veterans as needed for medical and other appointments.

Boots 2 Roots

428 Fore St. Portland, 747-9225, <https://boots2roots.org/>, Transition support for military personnel and veterans looking to come to Maine to work.

VET 2 VET Maine

P.O. Box 1205, Biddeford, 571-5512 (office), 579-9204 (cell), <https://vet2vetmaine.org>
In-home veteran-to-veteran support to help reduce isolation

Operation Ray of Light

Physical address: 909 Main St. Sanford, 2nd floor Mailing address: P.O. Box 634, Standish, ME 04084, 233-1332, www.operationrayofflight.com, Veteran and family empowerment center, offering: coffee and conversation, peer support, veteran and family resource development, recreational activities, free haircuts monthly, support groups

The LeClair Foundation

Zero cost support for veterans, elderly, disabled and low incoming community members! Computer repair/support, internet support, assembly of common household/office items (desks, dressers, tables, etc.), basic security system support, general tech support, telehealth support, group lessons and more. Reach out. <https://leclairfoundation.org/index.html>

Substance Use Related Supports

Youth

Center for Tobacco Independence

<https://ctimaine.org/> resources for providers, patients and families

Youth Texting Program

free confidential texting program to help 13-24 year olds to quit vaping. Text MAINE to 88709.

Vaping Support:

1-844-9NO-VAPE, NoVape@TheQuitLink.com free and confidential vaping support lines

DAY ONE

www.day-one.org Youth-Substance/Opioid Use Counseling, Residential

Maine Behavioral Healthcare

<https://mainehealth.org/services/behavioral-mental-health> Substance/Opioid Use Counseling, Outpatient

New Beginnings Christian Church

181 Grammar Rd. Sanford, 206-0967, Thursday evenings, 6PM meetings, childcare provided for children 4 and younger, Celebrate Recovery meeting. **The Landing (for teens)** Celebration Place: whole family support

Adult**Center for Tobacco Independence**

<https://ctimaine.org/> resources for providers, patients and families

Youth/Young adult Texting Program

free confidential texting program to help **13-24** year olds to quit vaping. Text MAINE to 88709.

Vaping Support:

1-844-9NO-VAPE, NoVape@TheQuitLink.com, free and confidential vaping support lines

Maine QuitLink

offers a variety of programs variety of digital and phone based programs to meet them where they are in their quitting process. Mainers can choose from the robust integrated phone counseling program or from one of our new standalone digital services.

Individuals can access services by calling **1-800-QUIT-NOW**, visiting

www.mainequitlink.com or through provider referral. Phone Coaching Free one-on-one coaching with a Quit Coach who will assist in creating a customized Quit Plan. People who call are twice as likely to quit and using free nicotine replacement therapy (NRT) triples your chances.

- 8 weeks of FREE gum, patches or lozenges for eligible residents
- Talk to a certified Quit Coach for support
- Unlimited calls for support
- Free access to text, email and web services

Maine Health-Maine Behavioral Healthcare

<https://mainehealth.org/services/behavioral-mental-health> Substance/Opioid Use Counseling, Outpatient

Eyes Open for ME

1-800-974-0062 Visit www.eyesopenforme.org for more information on Opioid Use Disorder and ways to get help.

Never Use Alone

Call Never Use Alone **877-696-1996** your Overdose Prevention Lifeline.

[Never Use Alone – Meeting people where they are, on the other end of the line, one human connection at a time.](#)

Carpe Diem Maine

445 Main Street, Suite 4- Saco ME 04072 Phone: (207) 423-3161 Fax: (207) 602-6008

Substance use therapy/groups

<https://carpediemmaine.com/affiliates/>

Portland Recovery Community Center

<https://portlandrecovery.org/>

Maine Access Points

Heritage Crossing, Sanford Mail distribution available. Call: 207-370-4782 Safe injection kits, naloxone, and other safe use supplies. Tuesdays: 4-6pm Saturdays: 12-1 Thursday afternoons by appointment

ENSO

324-4054 69 Eagle Drive, Sanford <http://mainesuboxone.com/> Outpatient substance use treatment and support

Crossroads–Kennebunk

467-3369 2 Livewell Drive, Unit 202, Kennebunk www.crossroadsme.org Substance Use Counseling Outpatient

Crossroads-Scarborough

773-9931, 71 US Rte 1, Scarborough, www.crossroadsme.org Substance/Opioid Use Counseling Outpatient

York County Shelter Programs

324-1137, 147 Shaker Hill Road, Alfred, <http://www.yorkcountyshelterprograms.com> Substance/Opioid Use Counseling, Residential / Outpatient, Transitional Housing

Richer Counseling Services

324-4411, 49 Pleasant Street, Springvale, Substance/Opioid Use Counseling, Outpatient

Angers Farm

P: 636-5535, 105 Garland Road, West Newfield,
<http://www.yorkcountyshelterprograms.org>, Substance/Opioid Use Counseling, Residential / Outpatient

York Hospital Cottage Program

P: 351-2118, 15 Hospital Drive, York,
www.yorkhospital.com/programs/substance-abuse-cottage-pro Substance/Opioid Use Counseling, Outpatient

Milestone Foundation

P: 934-5231, 28 Portland Avenue, Old Orchard Beach, www.milestonefoundation.org
Substance/Opioid Use Counseling, Residential / Outpatient, Transitional Housing

Recovery Maine

P: 558-2111, 33 Main Street, North Berwick, www.recoverymaine.com,
Substance/Opioid Use Counseling, Residential / Outpatient, Transitional Housing for men, Outpatient counseling for all genders.

Recovery Associates of Southern Maine

1-888-828-1501 Intake, 1662 Post Road Wells, 58 Portland Road, Kennebunk,
Substance/Opioid Use Counseling, Outpatient / Detoxification

Groups

265 Main St. Biddeford, (800) 683-8313, Substance Use Outpatient Support

New Beginnings Christian Church

181 Grammar Rd. Sanford, 206-0967, Thursday evenings, 5:15 PM meal, 6PM meetings, childcare provided for children 4 and younger, Celebrate Recovery meeting.

The Landing (for teens) Celebration Place: whole family support

Hope of Haven Hill

P.O. Box 1272 Rochester, NH 03867, 603-841-5353,
<http://www.hopeonhavenhill.org/contact-us.html>, Residential and outpatient substance use treatment for expecting mothers and mothers of children up to 5 years of age

Calvary Baptist Church

47 High St. Sanford, 324-0777, Reformers Unanimous (currently on hold)

Substance Abuse and Mental Health Service Administration (SAMHSA)

<https://www.samhsa.gov/>, National resource

The Women's Project

50 Lydia Ln. South Portland, 523-4059,

<https://www.opportunityalliance.org/programs/adult-mental-health-services/>, Recovery resource for women 18+, pregnant or parenting a child up to age 6.

Farnum

603-622-3020, <https://farnumcenter.org/>, Substance use treatment, including residential rehabilitation, outpatient services, and sober living/transitional housing

Our Father's House—Saco

325 North St. Saco, 571-4981, Sober living. Services include IOP, anger management, individual counseling, affected others counseling, outpatient counseling, DEEP, and sober housing

Aware Recovery Care

500 Southborough Dr. South Portland, 203-9097,

<https://www.awarerecoverycare.com/locations/maine/>, In-home SUD treatment. Private insurance only.

Maine Works

494 Forest Ave, info@maineworks.us, 415-3585, <https://www.maineworks.us/>, Recovery and re-entry friendly employment. A sister organization of the Maine Recovery Fund. Provides connection to jobs and wrap-around supports.

Affected Others Support

The Family Restored

Seven Mile Road Church, 71 Portland Rd. Kennebunk

Portland Recovery Community Center

468 Forest Ave. Portland,

<http://thefamilyrestored.org/support/the-family-restored-support-group/>, Support group for affected others, facilitated by someone in recovery, Kennebunk location: Tuesdays 6-7:30 (Starts 10/29/19), Portland location: Wednesdays and Thursdays, 6-7:30pm

AL-ANON, ALATEEN Maine

800-498-1844, Support for anyone affected by a loved one's alcoholism. Find a meeting near you.

Affected Others Support Group

Unitarian Universalist Church, 5 Lebanon St. Sanford, 324-3191, Thursdays, 5pm

Alcoholics Anonymous Groups**Simply Women's Big Book**

St. George Episcopal Church 3 Emerson Street, Sanford Monday 12:00 PM & 6:30 PM, Tuesday 12:00 PM, Wednesday 6:30 PM, Thursday 12:00 PM, Friday 7:00 PM

Brown Bag Group

St. Therese of Lisieux 66 North Avenue, Sanford Monday 12:00 PM, Tuesday 12:00 PM & 6:00 PM, Wednesday 12:00 PM, Thursday 12:00 PM & 6:00 PM, Friday 12:00 PM, Saturday 12:00 PM

Springvale Group

First Baptist Church 429 Main Street, Sanford Tuesday 8:00 PM

Open Door Group

Sanford Unitarian Universalist Church 5 Lebanon Street, Sanford Friday 6:00 PM

Narcotics Anonymous Groups**Live Clean or Die**

Sanford Unitarian Universalist Church 5 Lebanon Street, Sanford Wednesday 7:30 PM

Oasis Club

63 School Street, Saco, Monday 7:00 PM

Free At Last

Christ Church 6 Dane Street, Kennebunk Sunday 6:30 PM

How Ya Doing?

Notre Dame Spiritual Center 147 Shaker Hill Road, Alfred, Tuesday 7:00 PM, Thursday 7:00 PM

It Just Gets Better

St. David's Episcopal Church 138 York Street, Kennebunk Monday 7:00 PM

Friday Night Men's Group

Unitarian Universalist's Church 114 Main Street, Kennebunk, Friday 7:00 PM

Stairway to Freedom

Second Congregational Church 19 Crescent Street, Biddeford Tuesday 7:00 PM, Friday 7:00 PM, Saturday 7:00 PM

LGBTQIA+ Support

Equality ME

511 Congress St. Suite 107 P.O. Box 1951, Portland 04101 761-3732 fax: 761-3852
<https://www.equalitymaine.org/> Education, advocacy, and community support.

Maine Transnet

511 Congress St. Portland <https://www.mainetransnet.org/> info@mainetransnet.org
Support groups, resources (including a directory of affirming healthcare providers), and education and training.

The Trevor Project

Free phone, chat, text support and resource info...TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text START to 678-678.

https://www.thetrevorproject.org/?gclid=EAlaIQobChMIh5L1nP-k6wIVHAILCR3EiQbjEAYASAAEgJ_HfD_BwE

The Gender Clinic

The Gender Clinic at The Barbara Bush Children's Hospital is dedicated to supporting the health and wellbeing of transgender, gender diverse and questioning youth across Northern New England. We give treatment to children and their families from childhood through adolescence.

<https://mainehealth.org/barbara-bush-childrens-hospital/services/the-gender-clinic>

Legal Services/Supports

Pine Tree Legal

<https://ptla.org/>, 774-8211, Affordable legal help

Cumberland Legal Clinic at USM Law School

<https://mainelaw.maine.edu/public-service/clac/>

Maine Volunteer Lawyers Project

<https://www.vlp.org/> Answers to civil legal questions (no criminal questions). Income level will be checked to determine eligibility.

Caring Unlimited

Offers legal support and assistance for victims/survivors of domestic abuse/violence

<https://www.caring-unlimited.org/legal-assistance-programs>

SARSSM

Sexual Assault Legal Support <https://www.sarssm.org/advocacy--support.html>

Immigration Legal Advocacy Project

489 Congress St. 3rd floor, P.O. Box 17917, Portland, 780-1593, 11 Lisbon St. Suite 205, P.O. Box 1376, Lewiston 780-1593, <https://ilapmaine.org/>, Helps low-income immigrants improve their legal status, and works for more just and humane laws and policies affecting immigrants.

Lawyer Referral Services

P.O. Box 788, Augusta, 1-800-860-1460, https://mainebar.community.lawyer/pages/legal_aid, List of low or no-cost legal aid resources for people who meet eligibility requirements

Legal Services for the Elderly

1-800-750-5353, <https://www.mainelse.org/>, Assistance for income-eligible seniors age 60+.

Maine Equal Justice Partners

126 Sewall St. Augusta, 626-7058, <https://www.mejp.org/>, Policy work and advocacy for those in poverty. Resource page with legal aid links.

Disability Rights of Maine

DRM provides the following services: Information and Referral, Individual Advocacy, Legal Representation, Education and Training, Assistance with Self-Advocacy P: 800.452.1948 <https://drme.org/>

Maine Association of Mediators

<https://www.mainemediators.org/directory>, Directory of local mediation resources.

Maine Civil Liberties Union

P.O. Box 7860, Portland, 774-5444, <https://www.aclumaine.org/>, Defending , equality, liberty, and justice in Maine. Criminal justice reform, reproductive freedom, racial justice, immigrants' rights, LGBTQA+ rights, women's rights, freedom of expression, freedom of speech and religion, and poverty.

Holiday/Seasonal Resources

****Dates/details change each year, watch for updates closer to holiday season****

Sanford School Department Holiday resource live doc, [here](#)

Sanford School Department winter resource live doc,
[here](#)

Toys/Gifts:

(one resource per child, many lists are cross referenced with one another)

Toys for Tots: <https://www.toysfortots.org/> applications usually open November 1st

Salvation Army: <https://easternusa.salvationarmy.org/northern-new-england/sanford/>
sign ups open early usually in October time frame.

Press Herald Toy fund:

<https://www.pressherald.com/press-herald-toy-fund-apply-for-assistance/>

Holiday Food/Meals:

Alfred Food Pantry Thanksgiving Baskets:

Usually distributed in Alfred Monday, Tuesday and Wednesday prior to Thanksgiving, check back for more information leading up to Thanksgiving.

Salvation Army Food Baskets:

<https://easternusa.salvationarmy.org/northern-new-england/sanford/> sign ups open early usually in October time frame for both Thanksgiving and Christmas food baskets.

keep an eye of social media/newspapers for prepared and sit down holiday meals

School Supplies

Stuff the Bus

School supply drive for Sanford/Springvale area www.stuffthebus.me

Adoptive/Foster Families of Maine Holiday/School Resources

Contact agency for [foster/kinship placements](http://www.affm.net) needing support for supplies/resources
www.affm.net

Crisis/Emergency/Warm lines:

<https://www.maine.gov/dhhs/about/contact/hotlines>

