Resource Guide
Direct Aid and General Assistance

General Assistance (GA)
General Assistance helps individuals and families to meet their basic needs, such as:
- Household or personal supplies, Food, Fuel & Utilities, Burial Costs, medical, dental, prescriptions, medical supplies/equipment, Housing (e.g., mortgage, rent, room rent, temporary housing)

You may be eligible for General Assistance if you do not have the income or resources to meet your basic needs. You can apply in person at your local municipal office.

Each municipality has their own general assistance department:
- Millinocket: Lori Santerre, humanresource@millinocket.org, (207) 723-7010
- East Millinocket: Angela Cote (acote@gwi.net), Emergency / After Hours: 207-746-3562
- Medway: Kathy Lee, medway@pwless.net, 207-746-9531
- Patten: 207-528-2215

211 - Statewide
211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. You can reach 211 via phone, text, or email to talk to someone or by searching their online database to find local services.

Phone: 211
Website: www.211maine.org

Penquis
Penquis is a non-profit serving Penobscot, Piscataquis and Knox county which assists individuals and families in preventing, reducing, or eliminating poverty in their lives and, through partnerships, engages the community in addressing economic and social needs.

1-800-215-4942
info@penquis.org
https://www.penquis.org/
Services include: home repair, lead inspections, weatherization, heating assistance, behavioral & disability supports, childcare & preschool, family services, health insurance navigation, rape responce services

United States Department of Veterans Affairs (VA)
is a government-run military veteran benefit system.
http://www.va.gov/

Social Security Administration
is an independent agency of the United States federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivors’ benefits.
http://www.ssa.gov/
Resource Guide
Transportation and Housing

Transportation

LYNX
- Penquis service providing transport in Penobscot county. Must schedule at least 3 days in advance (207) 973-3695
- Penquis also may reimburse private and personal transportation used to reach medical appointments for those on mainecare. **Call 207-974-2420 to learn more.**

Irving Oil Fuel the Care Program:
Provides gasoline gift cards to families traveling for medical reasons FOR JUVENILE MEDICAL APPOINTMENTS ONLY from home to EMMC hospital in Bangor.
**Call Northern Light EMMC (207) 973-7852 to access the program.**

Housing

Maine State Housing Authority
https://www.mainehousing.org/

Maine Development Associates
Maine Development Associates (MDA) is a privately owned company dedicated to providing clean, safe, and affordable housing to low income families as well as elderly and disabled households throughout the state of Maine.

Physical Address:
43 High Street
Bangor, ME 04401

Phone: (207) 947-6795 / 1 (800) 639-1747
TTY: 711 / 1 (800) 437-1220
Fax: (207) 990-1401
Email: info@mainedevelopment.com
https://mainedevelopment.com/
Resource Guide

Jobs and Workforce Development

New Ventures Maine - Statewide
Helping Maine people succeed in the changing economy and achieve economic security for themselves and their families through free online workshops and individual coaching. New Ventures Maine offers many tools for you to take the next step for your future. Gigi also has experience working with women at the Southern Maine Women’s Reentry Center, providing financial literacy training, and managing a matched savings program to help women save for needed expenses. https://newventuresmaine.org/class-schedules
Gigi Guyton, gigi.guyton@maine.edu

Eastern Maine Development Corporation (EMDC)
EMDC provides training, education and employment services to long-term unemployed and dislocated workers impacted by the opioid crisis, and to others who wish to help individuals impacted by substance use disorder. Services include: Assessment, Individual Training Plan, Case Management Services, Job Placement & Follow-Up Services, Training (classroom/online, work-based training), Relief Employment, Eastern Maine

https://www.emdc.org/workforce/connecting-with-opportunities/

Kevin Gregory
kgregory@emdc.org

Doug Dunbar
ddunbar@emdc.org
207-991-1037

Katahdin Higher Education Center - Katahdin Region
An off-campus center of Eastern Maine Community College and the University of Maine system, giving you the opportunity to attend college close to your home. The Katahdin Center focuses on providing programs important to its community members and helps new and returning students with pre-admission and financial aid counseling, placement testing, and course registration. Academic advising, tutoring, study skills workshops, computer access, library services, and student activities are available to help support individual student success.

One Dirigo Drive
East Millinocket, ME 04430
Phone: (207) 746-5741 or (800) 498-8200

National Digital Equity Center - NDEC
Provides digital literacy classes that provide opportunities for professional growth, personal enrichment, the development of computer skills, and preparation for professional careers in a supportive environment. Customized training and consulting solutions are offered to businesses and industries, as well as community residents.
https://digitalequitycenter.org/
(207) 259-5010
info@digitalequitycenter.org
Resource Guide
Legal & Re-entry Services

Maine Prisoner Advocacy Coalition (MPAC) - Statewide
MPAC is a statewide group formed in 2007 to improve conditions for inmates, former inmates, their families, victims of crime and others. Their coalition members include, most importantly, offenders and their families and friends. Their organizational colleagues include groups well known for their powerful commitment and continued struggle for human rights: NAACP, ACLU, NAMI, Maine Council of Churches, MERN; and individuals dedicated to social justice and humane treatment of all people.

www.maineprisoneradvocacy.org
Contact here: https://www.maineprisoneradvocacy.org/contact-us

Maine Prisoner Re-Entry Network (MPRN) - Statewide
Maine Prisoner Re-Entry Network (MPRN) is made up of member community organizations, agencies, non-profits, prison ministries, Department of Corrections representatives, County Jail Officers, employers, former inmates, and individuals directly or indirectly involved with prisoner re-entry.

http://re-entriymaine.org
Bruce Noddin, info@re-entriymaine.org

Pine Tree Legal Assistance (PTLA) - Statewide
PTLA provides free civil legal assistance in cases where it can make a difference in one's ability to meet one's basic human needs or in enforcing one's basic human rights, including access to housing, food, income, safety, education, and healthcare.

www.ptla.org/
Penobscot & Piscataquis Counties: (207) 942-8241

Open hours:
Mon. 12 - 2:30
Tues. 9 - 11:30
Thurs. 9:00- 11:30

Volunteer Lawyers Project
Free legal assistance for low income Mainers
https://www.vlp.org/
Resource Guide

Food Pantries & Food Assistance

Please refer to Thrive Penobscot’s website for other area food pantry listings and additional information. https://thrivepenobscot.org/

Millinocket:
St. Martin’s Food Pantry
19 Colby Street
Millinocket, ME - 04462
Phone: (207) 746-3333

East Millinocket:
Tri Town Baptist Food Pantry
8 Cone Street, East Millinocket
Pastor Jacob Chasse
(207) 598-7674

3rd Saturday of the month from 9:00 a.m. - Noon
Drive-through distribution only until further notice

Patten:
Patten Community Food Cupboard: (formerly the Methodist Church pantry)
7 Houlton St., Patten
(207) 731-4055 Jeanne Howes

2nd & 4th Saturdays 9:00 a.m. - Noon
Tuesdays & Thursdays 9:00 a.m. - Noon.
Pre-packed boxes being distributed as needed; call Jeanne for delivery to patrons unable to go to pantry themselves

Sherman:
Sherman/UVEC Food Pantry:
36 School Street, Sherman
(207) 365-7631
2nd Tuesday of the month 8:00 a.m. - Noon.

MEALS FOR SENIORS:

Meals on Wheels (via EAAA):
(207) 941-2865 or 1-800-432-7812
info@eaaa.org
Must be 60 years of age or older or can be any age if disabled
Homebound and unable to leave home without assistance
Available on short or long term basis, depending on need

Senior Food Box Program
(207) 941-2865 or 1-800-432-7812
info@eaaa.org
Works to improve the health of low-income elderly person at least 60 years of age
Supplementing their diet with nutritious USDA foods monthly
Resource Guide

Recovery Resources

Options - Statewide by County
The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative is a coordinated effort of the Maine Office of Behavioral Health (OBH) and other state agencies to improve the health of Mainers using substances through harm reduction strategies, helping them on the road to recovery, and dramatically reducing the number of fatal and non-fatal drug overdoses.

https://knowyouroptions.me/about-options/

Adam Perkins - Penobscot County
aperkins@chcs-me.org

Ashley Roberts - Piscataquis County
CADC – aroberts@chcs-me.org – (207) 991-1162

Wabanaki Public Health & Wellness - Statewide, but with several locations in Millinocket
Wabanaki Public Health & Wellness’ (WPHW) mission is to provide community-driven, culturally centered public health and social services to all Wabanaki communities and people while honoring Wabanaki cultural knowledge, cultivating innovation, and fostering collaboration. Resources include a center for healing and recovery from substance use disorders.

https://wabanakiphw.org/
1-800-349-5006
24/7 hotline: 844-844-2622

Erika Farnlof
efarnlof@wabanakiphw.org

Blue Sky Counseling - Bangor area
Services include: Suboxone Treatment, Intensive Outpatient Program, Group Therapy, Substance Abuse Counseling, Mental Health Counseling, DEEP Evaluation and Treatment, Court Ordered and Probation

https://blue-sky-counseling2.business.site/
207-616-0705

Bangor Area Recovery Network (BARN) - Bangor area
Bangor Area Recovery Network is an addiction recovery community center located in Brewer, Maine that brings people together in the hopes that they will be able to create a solid support system. They offer a variety of addiction resources, including close to 200 meetings per month, recovery coaching services, and access to recovery residences.

https://bangorrecovery.org/
207-561-9444
Resource Guide

Recovery Resources

Save a Life (SAL)
SAL, Inc. is the only local non-profit focused on substance use disorders treatment and recovery in the Lincoln Lakes Region. Using only volunteers with limited direct monies, SAL, Inc. began to build community partnerships, implement community recovery resources, and deliver education and outreach to achieve the mission of planning and implementing programs in the rural Lincoln, Maine area that raise awareness and to educate the community on the prevention and treatment of substance use disorders, as well as to provide support surrounding drug and alcohol issues and addiction.

https://www.salrecoverynetwork.org/about/
207-403-9100
salinc@salrecoverynetwork.org

Bangor Public Health & Community Services - Bangor area
Bangor Public Health & Community Services works with community organizations to create access to naloxone in Penobscot, Piscataquis, Aroostook, Hancock, and Washington Counties. They can provide virtual training and in-person training as well as print materials about opioid overdose prevention, how to recognize and react to an overdose, risk factors for overdose, and how to use Narcan in the event of an overdose. All services are free and available in Penobscot and Piscataquis Counties.

https://www.bangorpublichealth.org/community/substance-use-prevention/

Denise Smith
207-992-4461
denise.smith@bangormaine.gov

Maine Alliance for Recovery Coaching (Maine-ARC) - Hancock, Piscataquis, Somerset, Waldo, and Washington counties

Healthy Acadia launched the Maine Alliance for Recovery Coaching (Maine-ARC) in July 2019, to support volunteer-driven, community recovery coaching services. Through Maine-ARC, Healthy Acadia and partners collaborate with health care and treatment centers, jails, drug courts, pre-release sites, social service, and law enforcement agencies, and other community partners to implement highly effective, community-based recovery coaching systems to support those seeking recovery from substance use disorders, with an emphasis on opioid use disorders.

Piscataquis County Recovery Coach Coordinator:
Georgia King Underwood
gorgia.underwood@healthyacadia.org

Wellspring - Bangor area
Wellspring provides mental health and addictions counseling services as well as co-occurring disorder services for clients seeking to improve their lives. They offer mental health and addiction counseling at their outpatient office on Hammond Street and co-occurring disorder services at their men’s and women’s halfway houses.
https://www.wellspringmaine.com/
207-941-1612
Resource Guide

Recovery Resources

Alcoholics Anonymous (AA) - *International*
To search AA’s directory to find a meeting near you, visit this website:
https://alcoholsanonomous.com/aa-meetings/maine/
Primary AA Website: https://www.aa.org/

*Katahdin Region meetings (not comprehensive):*
Mondays:
- AA, 12pm, St. Andrew’s Episcopal Church
- Al-Anon, 7pm, Save a Life
- AA: Garden Variety Group, 7pm at Millinocket Congregational Church

Tuesdays:
- AA, 12pm, St. Andrew’s Episcopal Church
- All Recovery meeting, 7pm at Pir2Peer or online*.
- AA, 12pm, Save a Life

Wednesdays:
- AA, 12pm, St. Andrew’s Episcopal Church
- AA 7PM, East Millinocket Municipal Building downstairs

Thursdays:
- AA, 12pm, St. Andrew’s Episcopal Church
- AlAnon, 3:30 at Pir2Peer or online*.
- Life Recovery faith-based recovery meeting, 7pm, online only*.
- AA, 12pm at Save a Life
- AA: Keep it Simple, 7pm at Millinocket Congregational Church

Fridays:
- AA, 12pm, St. Andrew’s Episcopal Church
- AA (Speakers & Big Book Study), 7pm at Pir2Peer or online*.
- AA, 7pm at Save a Life
- AA: 12&12, 7pm at Penobscot Valley Hospital

Saturdays:
- AA, 12pm, St. Andrew’s Episcopal Church
- AA, 9am at Save a Life
- AA- Speaker/Discussion, 7pm at Impact Center, Community Evangel Temple
- AA, 1pm at Save a Life

Sundays:
- AA - 7PM First Congregationalist Church of East Millinocket

*Contact Deb@Pir2Peer.org to access online meetings at Pir2Peer.*