Kids Free to Grow is the Child Abuse Prevention Council for York County
Mission Statement

To prevent child abuse and neglect by empowering children and families in York County.

Kids Free to Grow, is a community based non-profit organization committed to the prevention of child abuse and neglect in all forms throughout the County.

Hotlines

Child Abuse & Neglect ....................... 1-800-452-1999
Domestic Violence ........................... 1-866-834-4357

Helplines

Health insurance program .................... 1-877-543-7669
NAMI Maine Help Line ....................... 1-800-464-5767
National Suicide Prevention Lifeline ..... 1-800-273-8255
Poison Control Center ....................... 1-800-222-1222
Sexual Assault ................................. 1-800-871-7741
Suicide Prevention ............................ 1-888-568-1112

Alcoholics Anonymous ....................... 1-800-737-6237
Statewide Alanon .............................. 1-800-498-1844
Narcotics Anonymous ......................... 1-800-974-0062

NOTES
This resource manual is designed to inform those who work directly with York County families and children at risk.
INDEX OF SERVICES

ABUSE AND NEGLIGENCE

Child/Youth:
Counseling services, Inc ................................................... Pg. 13
DHHS Biddeford District Office ........................................ Pg. 15
DHHS Sanford District Office ........................................... Pg. 15
Kids Free to Grow ............................................................... Pg. 19
Portsmouth Naval Shipyard Services ................................ Pg. 23
Sparwink Child Abuse Program ......................................... Pg. 25
Sweetser ............................................................... Pg. 26

Domestic Violence:
Caring Unlimited ......................................................... Pg. 12
Portsmouth Naval Shipyard Services ................................ Pg. 23 Violence
No More ............................................................... Pg. 27

Sexual Assault:
Counseling Services, Inc ..................................................... Pg. 14
Crisis Response Services .................................................... Pg. 14
Sexual Assault Response Services of Southern Maine ...... Pg. 25

ABORTION COUNSELING
Maine Medical Center ......................................................... Pg. 21
Planned Parenthood of Northern New England ............... Pg. 23

ADOPTION/FOSTER CARE
DHHS Biddeford District Office ........................................ Pg. 15
DHHS Sanford District Office ........................................... Pg. 15
Sweetser ............................................................... Pg. 26

ADVOCACY
Autism Society of Maine ..................................................... Pg. 11
Caring Unlimited, Inc ......................................................... Pg. 12
Disability Rights of Maine .................................................. Pg. 15
Kids Free to Grow ............................................................... Pg. 19
Maine Children Alliance ..................................................... Pg. 20
Planned Parenthood of New England ......................... Pg. 23
CRIMINAL JUSTICE SYSTEM

York County Court House- Superior Court
45 Kennebunk Road, Alfred, ME 04002
207-324-5122

Victim Services
For information on sentencing, anticipated date of release, place of confinement or restitution status Call: 800-968-6909

York County District Attorney
Alfred: 45 Kennebunk Road, Alfred, ME 04002
207-324-8001

Biddeford: 25 Adams Street, Suite 2
Biddeford, ME 04005
207-282-0466

Springvale: 447 Main Street, Suite 1
Springvale, ME 04083
207-324-8214

Maine Attorney General’s Office
Mailing Address: 6 State House Station
Augusta, ME 04333
207-626-8800

Department of Corrections- Division of Juvenile Services
Mailing Address: 111 State House Station
Augusta, ME 04333
207-287-4362

CHILD DEVELOPMENT/ SUPPORT
Boy Scouts of America .................................................. Pg. 11
Catholic Charities of Maine ........................................ Pg. 12
Carlisle Academy Integrative Equine Therapy & Sports .... Pg. 12
Center for Grieving Children ....................................... Pg. 12
CDS York County ....................................................... Pg. 12
Connections for Kids ................................................ Pg. 13
Connecting Maine Kids to Coverage .................................. Pg. 13
Developmental Therapy Program- Waban Day Services ... Pg. 15
Early Head Start- York County Community Action Corp. Pg. 15
First Steps Childcare ........................................................ Pg. 16
Girl Scouts of Maine ....................................................... Pg. 17
Hearts and Horses Therapeutic Riding Center .................... Pg. 18
Learning Works ............................................................. Pg. 19
Maine Behavioral Healthcare ............................................ Pg. 20
Maine Families York County ............................................. Pg. 20
Southern Maine Health Care ........................................... Pg. 25
Susan Curtis Foundation ................................................... Pg. 26
The School at Sweetser .................................................... Pg. 24
Sweetser .......................................................................... Pg. 26

CONSUMER ASSISTANCE
American Civil Liberties Union of Maine ....................... Pg. 10
Cumberland Legal Aid Clinic ........................................ Pg. 14
Disability Rights of Maine .............................................. Pg. 15
Immigration Legal Advocacy Project ............................ Pg. 18
Literacy Volunteers of Greater Saco-Biddeford ............ Pg. 20
Pine tree Legal ............................................................. Pg. 22
York County Community Action Corp. ......................... Pg. 29

EMERGENCIES
Disaster relief: ................................................................ Pg. 10
American Red Cross ...................................................... Pg. 10
Catholic Charities Maine ................................................ Pg. 12
CDS York County .......................................................... Pg. 12
Operation Blessing ...................................................... Pg. 22
United Way of York County ......................................... Pg. 27

Food/ Clothing: .............................................................. Pg. 22
Open Hands, Open Heart ............................................. Pg. 22
Operation Blessing ...................................................... Pg. 22
Salvation Army- Sanford ............................................. Pg. 24
WIC ............................................................................. Pg. 28
York County Community Action Corp. ......................... Pg. 29

Fuel: ................................................................................ Pg. 29
York County Community Action Corp. ......................... Pg. 29

Shelter/Housing:
Avesta Housing .......................................................... Pg. 11
Caring Unlimited ......................................................... Pg. 12
Habitat for Humanity York County Housing ............... Pg. 18
Maine State Housing Authority ................................ Pg. 21
Preble Street Joe Kreisler Teen Shelter ..................... Pg. 23
Sanford Housing Authority ........................................ Pg. 24
Yana Inc ......................................................................... Pg. 28
York County Shelter ..................................................... Pg. 27
CAREER CENTER- SPRINGVALE ........................................ Pg. 13
COMMUNITY PARTNERS, INC ............................................. Pg. 15
DHHS BIDDEFORD DISTRICT OFFICE ......................... Pg. 17
DHHS SANFORD DISTRICT OFFICE .............................. Pg. 17
Future Builders, Inc ..................................................... Pg. 17
Morrison Center .......................................................... Pg. 21
New Ventures Maine .................................................... Pg. 22
Vocational Rehabilitation Services- Job Placement .... Pg. 27
York County Career Center ......................................... Pg. 29

FAMILY PLANNING
Families First Health and Support Center ..................... Pg. 16
Kennebunkport Public Health Department ..................... Pg. 19
Planned Parenthood of New England ......................... Pg. 23

FOOD PANTRY
Bon Appetite Meal Program ........................................ Pg. 11
DHHS Biddeford District Office .................................. Pg. 15
DHHS Sanford District Office ...................................... Pg. 15
Operation Blessing, Inc .............................................. Pg. 22
University of Maine Cooperative Extension ............... Pg. 27
WIC ............................................................................. Pg. 28

LGBTQ+ RESOURCES
Outright ........................................................................ Pg. 22

HEALTH-MEDICAL-DENTAL
Community Dental ...................................................... Pg. 13
Families First Health and Support Center ..................... Pg. 16
Frisbie Memorial Hospital ........................................... Pg. 17
YORK COUNTY LAW ENFORCEMENT
AGENCIES AND FIRE RESCUE

MAINE STATE POLICE ....................... 1-888-524-7900

SHERIFF, CHIEF DEPUTY, POLICE SERVICES AND CIVIL SERVICE:
EMERGENCY: 911                DISPATCH: (207) 324-1111

NON-EMERGENCY

ACTON .............................................. 207-636-3230
ALFRED ............................................. 207-324-8969
ARUNDEL .......................................... 207-985-2572
BERWICK ........................................... 207-698-1174
BIDDEFORD ........................................ 207-282-6632
BUXTON ............................................. 207-929-3099
CORNISH ........................................... 207-625-3355
DAYTON ............................................. 207-499-2362
ELIOT ............................................... 207-439-6892
HOLLIS ............................................. 207-727-3623
KENNEBUNK ...................................... 207-985-2102
KENNEBUNKPORT ............................... 207-967-2700
KITTERY ............................................ 207-439-2262
LEBANON .......................................... 207-457-3922
LIMERICK ......................................... 207-793-2687
LIMINGTON ........................................ 207-637-2244
LYMAN ................................................ 207-499-2362
NEWFIELD ........................................... 207-793-2330
NORTH BERWICK ............................... 207-676-2611
OGUNQUIT ......................................... 207-646-5112
OLD ORCHARD BEACH .......................... 207-934-4911
SACO ............................................... 207-282-3244
SANFORD ............................................ 207-324-9160

SHAPLEIGH ...................................... 207-636-2211

Address: 147 Shaker Hill Road Alfred ME 04002 US
Services: Adult emergency shelter, Family emergency shelter,
Community Outreach, Job training.

YORK HOSPITAL
Phone: 207-363-4321
Website: http://www.yorkhospital.com/
Address: 3 Loving Kindness Way, York, Maine 03909
Services: At York Hospital, you will find a modern facility with
excellent medical/surgical units, 24-hour emergency care, extensive
inpatient and outpatient services and many year-round community
programs
Maine Medical Center .......................................................... Pg. 21
Mercy Hospital- New England Eating Disorder Program ... Pg. 21
Nasson Health Care Medical Services ................................. Pg. 21
New England Eating Disorder Program- Sweetser .......... Pg. 22
Portsmouth Regional Hospital ............................................. Pg. 23
Sacopee Valley Health Center ............................................. Pg. 24
Spring Harbor Hospital- Maine Health .............................. Pg. 25
Southern Maine Health Care .............................................. Pg. 25
St. Andre Health Care .......................................................... Pg. 26
Substance Abuse and Mental Health Services ................. Pg. 26
Wentworth Douglas Hospital ............................................. Pg. 28
York Hospital ....................................................................... Pg. 30

HIV/AIDS
Planned Parenthood of Northern New England ................... Pg. 23

IN-HOME SUPPORT
Catholic Charities Maine ..................................................... Pg. 12
Hospice- York Hospital ....................................................... Pg. 18
Maine Health Care at Home ................................................. Pg. 20
Woodfords Family Services ................................................. Pg. 28

HOUSING ASSISTANCE
Esther Residence ................................................................. Pg. 16
Habitat for Humanity .......................................................... Pg. 18
Maine Housing Home Assistance Programs Community Concepts, Inc ................................. Pg. 20
Sanford Housing Authority .................................................. Pg. 24
York County Community Action Corp. ............................... Pg. 29

IMMIGRATION SERVICES
Refugee and Immigration Services ...................................... Pg. 23

LEGAL AID
American Civil Liberties Union of Maine .......................... Pg. 10
Cumberland Legal Aid Clinic .............................................. Pg. 14
Immigration Legal Advocacy Project .................................. Pg. 18
Pine tree Legal ................................................................. Pg. 22

PARENTING
Children's Outpatient Therapy ........................................... Pg. 13
DHHS Biddeford District Office ........................................ Pg. 15
DHHS Sanford District Office ........................................... Pg. 15
G.E.A.R Parent Network .................................................. Pg. 17
Families First Health and Support Center ........................ Pg. 16
Kids First Center ................................................................ Pg. 19

Planned Parenthood of Northern New England ........... Pg. 23
Southern Maine Parent Awareness- A program of Waban... Pg. 25
Sweetser ............................................................................ Pg. 26

RECREATION
Boy Scouts of America .................................................... Pg. 11
Girl Scouts of Maine ........................................................ Pg. 17
Susan Curtis Foundation .................................................. Pg. 26
University of Maine Cooperative Extension ..................... Pg. 27
Waban Projects ................................................................. Pg. 28
YMCA of Northern York County ....................................... Pg. 28
YMCA of Sanford/Springvale ........................................... Pg. 29

RUNAWAYS
National runaway switchboard ......................................... Pg. 21
Preble Street Joe Kreisler Teen Shelter ............................. Pg. 23
Sweetser ............................................................................ Pg. 26

Respite Care
Catholic Charities Maine .................................................. Pg. 12
Community Partners, Inc .................................................. Pg. 13
Sweetser ............................................................................ Pg. 26
Woodfords Family Services .............................................. Pg. 28

SUBSTACE USE
Al-anon/ Alateen ............................................................... Pg. 10
Alcoholics Anonymous ..................................................... Pg. 10
Counseling Services ........................................................ Pg. 14
Crisis Response Services .................................................. Pg. 14
Crossroad for Women ....................................................... Pg. 14
Day One ................................................................. Pg. 14
Sacopee Valley Health Center ................................. Pg. 24
Spring Harbor Hospital .......................................... Pg. 25
Substance Abuse and Mental Health Services ............. Pg. 26
Sweetser ............................................................... Pg. 26
The Women’s Project ............................................. Pg. 28

TRANSPORTATION
York County Community Action Corp. .................. Pg. 29

Website: http://www.ymcaofsouthernmaine.org/locations/branch/northern-york-county-branch/
Address: 3 Pomerleau Street, Biddeford, ME 04005 Services:
Provides a diversity of programs for all ages.

YMCA- SANFORD/SPRINGVALE
Phone: 207-324-4942
Website: http://sanfordymca.org
Address: 1 Emile Levasseur Drive, Sanford, ME 04073 Services:
Provides a diversity of programs for all ages.

YORK COUNTY CAREERCENTER - SPRINGVALE
Phone: 207-324-5460
Website: http://www.mainecareercenter.gov/locations/york_county.shtml
Address: 9 Bodwell Court, Springvale, ME 04083 Services: Maine CareerCenters partner with several organizations to help Mainers find a better job and companies to find or train qualified employees.

YORK COUNTY COMMUNITY ACTION CORPORATION
Phone: Sanford: 207-324-5762
Biddeford: 207-283-2402
Kittery: 207-439-2699
Website: yccac.org
Address: 6 Spruce Street, Sanford, Maine 04073
15 York Street, Bidg 9, Biddeford, Maine 04005
120 Rogers Road Kittery, Maine 03904
Services: Providing services and presenting opportunities to support the economic, social, educational, physical and emotional wellbeing of York County residents.

YORK COUNTY COMMUNITY ACTION CORP - HEAD

START
Phone: 207-324-5762 X2965
Website: yccac.org
Services: Head Start operates centers in Biddeford, Buxton, Kittery, Lyman, North Berwick, Saco, Sanford, and Waterboro. You can apply to Head Start if you live in or near one of these towns, and have children between the ages of 2 and 5.

YORK COUNTY SHELTER
Phone: 207-324-1137
Website: http://www.yorkcountyshelterprograms.com
E-mail: info@ycspi.org

WABAN PROJECTS
Phone: 207-324-7955
Website: http://www.waban.org
Address: 5 Dunaway Drive Sanford, ME 04073
Services: Waban offers a comprehensive array of programs and services for children and adults with intellectual/developmental disabilities that span the life cycle.

WENTWORTH DOUGLAS HOSPITAL
Phone: 603-742-5252
Website: https://www.wdhospital.com/wdh
Address: 789 Central Avenue, Dover, NH 03820
Services: provides medical, surgical, maternity, pediatrics, emergency, outpatient clinics, physician referral and social services.

WIC- (YORK COUNTY COMMUNITY ACTION CORP.)
Phone: 207-459-2942
Website: http://www.maine.gov/dhhs/mecdc/health-equity/wic/
Address: 6 Spruce Street, Sanford ME 04073
Services: WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. Participants learn about health and nutrition information that is important to their family. WIC offers breastfeeding support to nursing mothers.

THE WOMEN'S PROJECT
General Assistance
Temporary assistance with fuel, utilities, food, housing, non-elective medical necessities, and basic services essential to maintain a household.

ACTON ........................................ 207-636-3131 X401
ALFED ......................................... 207-324-5872 X207
ARUNDEL ...................................... 207-985-4201
BERWICK .................................... 207-698-1101 X116
BIDDEFORD .................................. 207-284-9514
BUXTON ...................................... 207-929-5191
CORNISH ..................................... 207-625-4324
DAYTON ...................................... 207-499-7526
ELIOT .......................................... 207-439-1813 X108
HOLLIS ........................................... 207-929-
8552 KENNEBUNK ............................ 207-985-
2102 X1342 KENNEBUNKPORT .............. 207-967-4401
KITTERY ....................................... 207-475-1313
LEBANON ..................................... 207-457-6082
LIMERICK ...................................... 207-793-2166 X7
LIMINGTON .................................... 207-637-2171
LYMAN ........................................ 207-206-5183
NEWFIELD ..................................... 207-233-
2595 NORTH BERWICK ....................... 207-676-
3353 XI OGUNQUIT ........................... 207-646-5139
OLD ORCHARD BEACH ....................... 207-934-5714 X1537
PARSONSFIELD ................................ 207-625-4558
SACO .......................................... 207-282-8206
SANFORD ..................................... 207-324-9110
SHAPLEIGH ................................... 207-636-2843 X401
SOUTH BERWICK ............................ 207-384-3300
X112 WATERBORO ......................... 207-247-
6166 X114 WELLS ............................ 207-361-8866
YORK .......................................... 207-363-5504

York County Services Listing

THE ACORN CLUB
Phone: 207-370-0351
Website: www.newbeginningsmission.com/about.html
Address: 137 Main Street Suite 101 Biddeford, ME 04005
Services: Afterschool program includes snack, games, music, art and sewing classes, homework assistance, and nutrition education. Call for more information; not open in summer.

AL-ANON/ALATEEN
Phone: (207) 284-1844 or 800-498-1844
Website: maineafg.org
ALCOHOLICS ANONYMOUS
Phone: 24/7 Hotline 1-800-737-6237 or 207-774-4335
Website: http://csoaamaine.org
E-Mail: cso@csoaamaine.org
Central Office Address: 47 Portland Street, Portland ME 04101.

American Civil Liberties Union of Maine
Phone: 207-774-5444 Website: https://www.aclumaine.org
Address: 121 Middle Street, Suite 200 Portland, ME 04101 Services: Defends Voting rights, immigrants' rights, reproductive freedom, freedom of speech and religion, and equality through advocacy, litigation, public education, lobbying; acceptable cases pursued by the agency almost always involve the government.

American Red Cross - Southern Maine Chapter
Regional Headquarters
Phone: 207-874-1192
Website: http://www.redcross.org/local/main
Address: 2401 Congress Street
Portland, ME 04102
Services: Relief to families hit hard by fire, floods, winter storms and other natural disasters. As well as safety education courses.

United Way of York County - York County Volunteer Center
Phone: 207-985-3359
Website: http://www.buildcommunity.org/ Email: jketterick@buildcommunity.org
Services: Volunteer Center Activities: Day of Caring, Keep York County Warm, School Supply Drive, Service Enterprise Initiative, Volunteer Reader Project. For more information about the Volunteer Center or volunteering, please contact Jason Ketterick, Manager of Volunteer & Youth Engagement.

University of Maine Cooperative Extension York County
Phone: 207-324-2814 Website: https://extension.umaine.edu/york/
Address: 21 Bradeen Street, Suite 302 Springvale, Maine 04083
Services: 4-H/Youth Development, Family, Gardening, Agriculture, nutritional and food programs. See website for educational; programs available.

University of New England Dental Hygiene Clinic
Phone: 207-221-4900 Website: http://www.une.edu/wchp/dental/patient-info
Address: 716 Stevens Ave, Portland, ME 04103 (On UNE’s Portland Campus.)
Services: The dental hygiene clinic on our Portland Campus offers services to the public, functioning as both a community and teaching resource. We operate the clinic during the academic year and accept patients by appointment. Monday through Friday 8:00 AM - 4:00 PM We are open September through April. Call for fees and services.

Violence No More, Inc
Phone: 207-283-8574 Website: http://www.violencenomore.org
Address: 110 Saco Falls Way #425 Biddeford, ME 04005
Services: Counseling and domestic violence services.

Vocational Rehabilitation Services - Job Placement Services
Phone: 207-283-1435
Address: 638 Elm Street, Biddeford, Me 04005
Services: Employability assessment, job development, job coaching, job shadows, application assistance, interview preparation, and resume assistance to obtain entry-level jobs or related careers based on previous employment.
Email: info@spurwink.org  
Services: Spurwink provides behavioral health and education services for children, adults, and families.

ST. ANDRE HEALTH CARE  
Phone: 207-282-5171  
Website: http://www.standre.org  
Address: 407 Pool Street, Biddeford, ME 04005  
Services: for Maine families seeking a range of care, including; Rehabilitation, Short-Term Respite Care, Long-Term Nursing Care, and Hospice Care.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES  
Website: http://www.maine.gov/dhhs/samhs/osa/  
Services: Whether you are someone seeking services for yourself or a loved one, an employer looking for workplace solutions, a school system looking at your community’s latest student data, or a student doing research for a paper, we hope you will find this web site useful and informative.

SUSAN CURTIS FOUNDATION (CAMP SUSAN CURTIS)  
Phone: 207-774-1552  
Website: http://www.susancurtisfoundation.org/  
Services: The mission of the Susan L. Curtis Charitable Foundation and Camp Susan Curtis is to ensure that economically disadvantaged Maine youth develop the individual character, self-confidence, and skills essential to becoming independent, contributing citizens.

SWEETSER  
Website: https://www.sweetser.org  
Email: info@sweetser.org  
Services: New England Eating Disorders (NEED), Child & Family Community-based, Crisis Services, Educational Services, FamilyCentered Residential Treatment, Medication Management, and Outpatient Services

UNITED WAY OF YORK COUNTY  
Phone: 207-985-3359  
Website: http://www.buildcommunity.org/  
Address: 36 Water Street, Kennebunk, ME 04043 Services: United Way of York County strengthens community conditions by bringing people and resources together to effect long-lasting changes that improve lives. Programs include; mental health, dental care, affordable housing, shelter assistance. Call or visit the website for more details.

AMERICAN RED CROSS- SOUTHERN MAINE CHAPTER REGIONAL HEADQUARTERS  
Phone: 207-874-1192  
Website: http://www.redcross.org/local/maine  
Address: 2401 Congress Street  
Portland, ME 04102  
Services: Relief to families hit hard by fire, floods, winter storms and other natural disasters. As well as safety education courses.

AUTISM SOCIETY OF MAINE  
Phone: 1-800-273-5200  
Website: http://www.asmonline.org/  
Address: 72B Main St, Winthrop, ME 04364  
Services: The Autism Society of Maine provides education and resources to support the valued lives of individuals on the autism spectrum and their families.

AVESTA HOUSING  
Phone: 207-553-7777  
Website: http://www.avestahousing.org  
Address: 307 Cumberland Ave. Portland, Maine 04101 Services: Avesta Housing improves lives and strengthens communities by promoting and providing quality affordable homes for people in need.

BIDDEFORD ADULT EDUCATION  
Phone: 207-282-3883  
Website: http://biddeford.maineadulted.org/  
E-Mail: adulted@biddefordschooldepartment.org  
Address: PO Box 624, 64 West Street Biddeford, ME 04005  
Services: HiSet (GED) courses, Personal enrichment courses, and Business & Skills training.
BON APPETITE MEALS PROGRAM  
**Phone:** 207-283-0380  
**Address:** 19 Crescent Street, Biddeford, ME  
**Services:** Meal program, Monday- Friday 4:30- 5:30

BOY SCOUTS OF AMERICA  
**Phone:** 207-797-5252  
**E-Mail:** scoutinfo@pinetreesba.org

CAREER CENTER- SPRINGVALE  
**Phone:** (207) 324-5460 or 1-800-343-0151  
**Website:** http://www.mainecareercenter.gov/  
**Address:** 9 Bodwell Court, Springvale, ME 04083  
**Services:** Maine Career Centers provide a variety of employment and training services at no charge for Maine workers and businesses.

CARELINK  
**Phone:** 1-888-917-1100 or (207) 324-0735  
**Address:** 26 Amherst Street/PO Box 1389, Sanford, ME 04073

CARING UNLIMITED - YORK COUNTY  
**Phone:** 207-490-3227 or 24/7 hotline 800-239-7298  
**Website:** www.caring-unlimited.org  
**Address:** PO Box 590 Sanford, ME 04073  
**Services:** Domestic violence support and support services for women, their children, and men.

CARLISLE ACADEMY INTEGRATIVE EQUINE THERAPY & SPORTS  
**Phone:** 207-985-0374  
**Website:** www.carlisleacademymaine.com  
**Email:** info@carlisleacademymaine.com  
**Services:** Equine assisted therapy and activities

CATHOLIC CHARITIES MAINE  
**Phone:** (207) 781-8550 or 1-800-781-8550  
**Website:** http://www.ccmaine.org  
**Address:** P.O. Box 10660  
**Services:** Support & Recovery, Children’s Case Management, Education  
Services for Blind & Visually Impaired Children (ESBVIC), CCM Child Development Centers

CENTER FOR GRIEVING CHILDREN- SANFORD  
**Phone:** (207) 775-5216  
**Website:** http://www.cgcmaine.org  
**Address:** North Parish Congregational Church, UCC 893 Main Street  
Sanford, ME 04073  
**Services:** For children and families who have lost someone close to them.

CENTER FOR GRIEVING CHILDREN- PORTLAND  
**Phone:** (207) 775-5216  
**Website:** http://www.cgcmaine.org  
**Address:** 555 Forest Avenue Portland, Maine 04101  
**Services:** For children and families who have lost someone close to them.

CDS YORK COUNTY  
**Phone:** 207-985-7861  
**Website:** www.maine.gov/education/speced/cds  
**Address:** 39 Limerick Road Arundel, ME 04046  
**Services:** Early intervention and special education programming in physical gross/fine motor skills, cognitive skills, speech and language skills, social/emotion skills, and adaptive skills.

SEXUAL ASSULT RESPONSE SERVICES OF SOUTHERN MAINE  
**Phone:** 1-800-313-9900 (24 Hour Crisis & Support Line)  
**Website:** http://www.sarsonline.org/  
**Address:** P.O. Box 1371 Portland, ME 04104  
**Services:** Provides advocacy, support, education and prevention services to meet the needs of the Southern Maine region.
SOUTHERN MAINE HEALTH CARE
Phone: 866-436-6168
Website: http://www.smhc.org/
Address: Locations in Biddeford, Kennebunk, Saco, Sanford, Waterboro
Services: SMHC provides care in the following specialties and subspecialties: family medicine; internal medicine; pediatrics; obstetrics and gynecology; cardiology; dermatology; pulmonology; oncology/hematology; neurology; gastroenterology; urology; allergy/immunology; general surgery; orthopedic surgery; otorhinolaryngology; ophthalmology; oral surgery and general dentistry; psychiatry; pathology; podiatry; anesthesiology; radiology; emergency medicine and occupational medicine.

SOUTHERN MAINE PARENT AWARENESS- A PROGRAM OF WABAN
Phone: 207-324-2337
Website: http://somepa.org/
Address: 5 Dunaway Drive, Sanford, Maine 04073
Services: Referral support and education to families who have children and youth with special needs throughout Maine.

SPRING HARBOR HOSPITAL- MAINE HEATH
To Refer a Patient: 1-866-857-6644
For more information: 207-761-2200
Website: http://www.springharbor.org
Address: 123 Andover Road, Westbrook, Maine 04092
Services: Spring Harbor Hospital offers people in mental health crisis high-quality, focused treatment on facilitating their ongoing recovery.

SPURWINK CHILD ABUSE PROGRAM
Phone: 800-260-6160
Website: www.spurwink.org
Address: 17 Bishop Street, Portland, ME 04103
Services: Offers diagnostic and treatment services for abused children and their families.

SPURWINK
Phone: 1-888-8889-3903
Website: https://spurwink.org

THE SCHOOL AT SWEETSER - SACO
Services: The Schools at Sweetser offer an exceptional special education experience for youth, ages 5 to 20. The goal of The Schools is to help students gain the skills they need to return to a public school setting.

CHILDREN'S OUTPATIENT THERAPY
Phone: 207-710-2392
Website: www.centerforparentingandplay.org
Address: 11 Adams Street Biddeford, ME 04005
Services: Children from birth through 6 years of age. Children's mental health services include play therapy and child-parent psychotherapy.

COMMUNITY DENTAL- BIDDEFORD
Phone: 207-282-1305
Website: www.communitydentalme.org
Address: 57 Barra Road Robert G. Dodge Business Park Suite 3 Biddeford, ME 04005
Services: General dentistry services include initial and periodic exams

COMMUNITY PARTNERS, INC
Phone: 207-282-7113
Website: www.cpime.org
Address: 443 Main Street, PO Box 363, Biddeford, ME 04005
Services: A 501(c)3 non-profit providing direct support services to adults with developmental and other intellectual disabilities. Programs provide residential, independent living, health care, personal and vocational supports. Individuals are supported residually with a variety of housing options, ranging from supported independent living to licensed facilities in communities throughout Southern and Central Maine.

CONNECTIONS FOR KIDS
Phone: 207-854-1030
Website: http://connectionsforkids.org/
Address: 100 Gannett Drive, South Portland, ME 04106
Services: Day treatment, School Based, Kittery Academy, Child and Adult services.

CONNECTING MAINE KIDS TO COVERAGE-BIDDEFORD
Phone: 800-965-5762
Website: www.yccac.org
Address: 15 Oak Street Biddeford, ME 04005
Services: Connecting Maine Kids Inform families about the availability of free or low-cost health coverage under Medicaid and CHIP, identify children likely to be eligible, and assist families with the application and renewal process.

CONNECTING MAINE KIDS TO COVERAGE-SANFORD
Phone: 800-965-5762
Website: www.yccac.org
Address: 6 Spruce Street Sanford, ME 04073
Services: Connecting Maine Kids Inform families about the availability of free or low-cost health coverage under Medicaid and CHIP, identify children likely to be eligible, and assist families with the application and renewal process.

COUNSELING SERVICES, INC
Phone: 207-324-1500
Address: 474 Main Street Springvale, Maine 04083
Services: Outpatient or Partial Hospitalization Mental Health Facility

CRISIS RESPONSE SERVICES
Phone: 1-888-568-1112
Website: http://www.mainebehavioralhealthcare.org
Address: Crisis Response Services 2 Springbrook Drive Biddeford Maine 04005
Services: Serving Southern and Mid-Coast Maine* with a range of emergency care 24 hours a day, seven days a week, 365 days a year. The 1-888-568-1112 Statewide Crisis Line connects you to a trained and caring professional who will ask you the reason for your call and how you are feeling.
CROSSROADS FOR WOMEN

**Phone:** Greater Portland Counseling Center: 877.694.9062  
Kennebunk Counseling Center: 207.467.3369  
Residential Intakes: 877.694.9062, ext. 120  
**Website:** http://www.crossroadsme.org/  
**Services:** Crossroads provides gender-responsive addiction and behavioral health treatment services in a safe and respectful environment so individuals and families can lead healthy lives.

CUMBERLAND LEGAL, AID CLINIC

**Phone:** 877-780-2522  
**Website:** http://mainelaw.maine.edu/public-service/clac/  
**Address:** 246 Deering Avenue, Portland, ME 04102  
**Services:** If you are seeking legal help from the Clinic, you can call us between 8:00 a.m. and 4:30 p.m., Monday through Friday, to see if we have any current openings.

DAY ONE: OUTPATIENT & PREVENTION– MAIN OFFICE

**Phone:** 207-874-1045 x115  
**Website:** http://day-one.org  
**Address:** 525 Main Street South Portland, ME 04106  
**Services:** Day One is the only designated Center of Excellence dealing exclusively with adolescents. Services include training and education, assessment, screening, referrals, and treatment for individuals, groups, families, schools, and communities throughout Maine.

PORTSMOUTH NAVAL SHIPYARD SERVICES

**Website:** http://www.navymwrportsmouthshipyard.com/child-youth  
**Services:** Child development Center, Youth Center, and School Liaison program. See website for more details.

PORTSMOUTH REGIONAL HOSPITAL

**Phone:** 603-436-5110  
**Website:** http://portsmouthhospital.com/  
**Address:** 333 Borthwick Ave, Portsmouth, NH 03801  
**Services:** Allergy services, Behavioral health, Cancer care, Diabetes care, Emergency care, Integrative care, Intensive care, Nutritional services, Pediatric care, Pregnancy and birth services,

RAPE CRISIS CENTER (See Sexual Assault Response Services)

REFUGEE AND IMMIGRATION SERVICES- CATHOLIC CHARITIES

**Portland Office**  
80 Sherman Street  
Portland, ME 04101  
207-871-7437  

**Lewiston Office**  
27 Pine Street  
Lewiston, ME 04240  
207-344-6615
NEW ENGLAND EATING DISORDER PROGRAM-SWEETSER

**Phone:** 1-800-434-3000  
**Website:** www.sweetser.org  
**Address:** 50 Moody Street Saco, ME 04072  
**Services:** Physiological, psychological, social, and spiritual needs are assessed with individual treatment plans developed and implemented; range of treatment settings to best match the intensity of care required to meet patient need.

NEW VENTURES MAINE-SACO/BIDDEFORD

**Phone:** 207-286-1722  
**Website:** www.newventuresmaine.org  
**Address:** 4 Scamman Street, Saco, ME 04072  
**Services:** Individual and group training assist with building careers, starting businesses, and managing money; leadership programs.

NORTHERN NEW ENGLAND POISON CENTER

**Phone:** 1-800-222-1222  
**Website:** www.nnepc.org  
**Services:** 24-hour poison emergency and information help line, available at 1-800-222-1222, by online chat or by texting POISON to 85511

OPEN HANDS, OPEN HEART

**Phone:** 207-468-1305  
**Address:** 67 Ocean Park Road, Saco. ME 04072  
**Services:** Gently used clothing for children. Residents of Saco with children from birth through 11 years of age who meet Income Eligibility Guidelines.

OPERATION BLESSING, INC

**Phone:** 603-430-8561  
**Website:** http://www.operationblessingnh.org  
**Address:** 600A Lafayette Road, Portsmouth, NH 03801  
**Services:** Clothing, food pantry, household items, and recreation center.

OUTRIGHT- LEWISTON/AUBURN

**Phone:** 207-795-4077  
**Website:** www.outrightla.org  
**Address:** 169 Pleasant Street, Auburn, ME 04210

**Services:** Weekly drop-in, information, and referral, emotional support, educational workshops, recreation.

PINETREE LEGAL- PORTLAND

**Phone:** 207-774-8211

DEVELOPMENTAL THERAPY PROGRAM- WABAN DAY SERVICES

**Phone:** 207-490-6849  
**Website:** www.waban.org  
**Address:** 779 County Club Road Sanford, Maine 04073  
**Services:** A year-round program with morning and afternoon sessions providing developmental therapy to children ages two and a half to five years old.

DHHS BIDDEFORD DISTRICT OFFICE

**Phone:** 207-286-2400  
**Website:** www.maine.gov/dhhs/OIAS/offices/biddeford.html  
**Address:** 208 Graham Street Biddeford, Maine 04005  
**Services:** Food stamps, TANF, medical assistance including MaineCare and Cub Care, emergency assistance, ASPIRE, child support enforcement, initial financial application for child care subsidy/vouchers, Parents as Scholars, information, and referral.

DHHS SANFORD DISTRICT OFFICE

**Phone:** 207-490-5400  
**Website:** www.maine.gov/dhhs/OIAS/offices/sanford.html  
**Address:** 890 Main Street Suite 208 Sanford, ME 04027  
**Services:** Food stamps, TANF, medical assistance including MaineCare and Cub Care, emergency assistance, ASPIRE, child support enforcement, initial financial application for child care subsidy/vouchers, Parents as Scholars, information, and referral.

DISABILITY RIGHTS OF MAINE

**Phone:** 800-452-1948  
**Website:** http://drme.org/  
**Address:** 24 Stone St, Suite 204 Augusta, Maine 04330  
**Services:** Disability rights of Maine promotes the equality,
selfdetermination, independence, productivity, integration, and inclusion of people with disabilities through education, strategic advocacy, and legal intervention.

EARLY HEAD START- YORK COUNTY COMMUNITY ACTION CORPORATION
Phone: 207-324-5762
Website: https://www.yccac.org/index.php/early-head-start
Address: Call or visit website for locations
Services: Early Head Start is a federally-funded community-based program for low-income families with infants and toddlers.

EATING DISORDER ASSOCIATION OF MAINE
Phone: (207) 781-5445
Website: http://maineeatingdisorders.org
Email: info@maineeatingdisorders.org
Address: 87 Woodlands Drive Falmouth, ME 04105
Services: Please note that EDAM is not a treatment provider for those with eating disorders, or a crisis response resource, and this website is not meant to replace treatment. Please use our Treatment Providers tab to connect with a therapist, dietician, medical professional, or program.

ESTHER RESIDENCE
Phone: 207-283-0323
Website: www.estherresidence.org
Address: 27 Thornton Avenue Saco, Maine 04072
Services: Transitional living service assists in post-incarceration re-entry through sober living support, life skills, recreation, recovery work, and employment.

FAMILIES FIRST HEALTH AND SUPPORT CENTER
Phone: 603-422-8208
Website: http://www.familiesfirstseacoast.org
Address: 100 Campus Drive, Suite 12 Portsmouth, NH 03801-5892
Services: Families First offers high-quality health care, dental care, and parent & family programs, all in one location. Serving the Seacoast region of New Hampshire and southern Maine.

FIRST STEPS CHILDCARE
Phone: 207-490-9712
Website: www.yccac.org
Address: 6 Spruce Street Sanford, ME 04073
Services: First Steps provides very affordable daytime childcare services to students participating in SCAE’s high school completion and certificate programs. Children aged six weeks and up are eligible to attend.

FOOD ADDICTION CHEMICAL DEPENDENCY CONSULTANTS- BIDDEFORD
Phone: 207-229-5383
Website: www.addictiontreatmentplus.com
Address: 5 Alfred Street Biddeford, ME 04005
Services: Independent counselors treat addiction related disorders including drugs, alcohol, food, and sex; outpatient group, couples, and family mental health treatment;

FOSTER GRANDPARENT PROGRAM- THE OPPORTUNITY ALLIANCE
Phone: 207-523-5049

MAINE MEDICAL CENTER
Phone: 207-662-0111
Website: http://www.mmc.org
Services: See website or call for more details of medical services. Medical, surgical, maternity, pediatrics, emergency, intensive care, social services, rehabilitation and mental health services.

MAINE STATE HOUSING AUTHORITY
Phone: 207-626-4600
Website: http://www.mainehousing.org
Address: 353 Water Street, Augusta ME 04330
Services: Homebuyer program, Home Improvement & Repair Assistance, Rental Assistance, Energy & heating assistance, and Homeless assistance.
MERCY HOSPITAL’S- NEW ENGLAND EATING DISORDERS PROGRAM
Phone: 207-879-3000
Website: http://mercyhospital.org/specialty-practices/new-england-eatingdisorders-need-program
Services: Inpatient, Partial Hospitalization, Intensive Outpatient, and Outpatient for Adolescents and Adults

MORRISON CENTER
Phone: 207-883-6680
Website: http://morrison-maine.org Email: info@morrison-maine.org
Address: See website for all three locations.
Services: Morrison Center’s mission is to provide comprehensive programming, individualized supports, and employment services for people of all ages with disabilities within a dynamic learning environment to empower its consumers and students to achieve maximum personal growth and independence.

NATIONAL RUNAWAY SWITCHBOARD
Phone: 1-800-786-2929
Website: https://www.1800runaway.org
Services: hotline, crisis intervention

NASSON HEALTH CARE MEDICAL SERVICES
Phone: 207-490-6900
Website: https://www.nassonhealthcare.org/
Address: 15 Oak Street, Springvale, ME 04083 Services: Medical, dental and behavioral health services.

LITERACY VOLUNTEERS OF GREATER- SACO-BIDDEFORD AND SANFORD
Phone: 207-283-2954
Services: 1-on-1 tutoring in reading, writing, math, computing, life skills such as using online banking, and English for Speakers of Other Languages. Call for more information.

MAINE BEHAVIORAL HEALTHCARE
Phone: 1-844-292-0111
Website: http://www.mainebehavioralhealthcare.org
Services: Our goal is to coordinate preventive, specialty, emergency, hospital, and post-hospital care to achieve the best clinical outcomes for greater efficiencies and cost savings. Our network serves the Maine counties of Cumberland, York, Knox, Lincoln, Sagadahoc, Waldo, Oxford, Androscoggin, Franklin, Kennebec, and Somerset.

MAINE HEALTH CARE AT HOME
Phone: 1-866-255-8744
Website: http://www.mainehealth.org/homehealth

MAINE CHILDREN’S ALLIANCE
Phone: 207-623-1868
Email: Mainekids@mekids.org
Address: 331 State Street Augusta, Maine 04330
Services: inform, empower and inspire parents and providers, practitioners and organizations, and advocates and policy makers to make Maine a better place to be a kid.

MAINE CHILDREN’S CANCER PROGRAM
Phone: 207-396-7565
Website: http://www.mainemedicalpartners.org/maine-childrens-cancerprogram
Address: 100 Campus Drive, Suite 107 Scarborough, ME 04074
Services: The Maine Children’s Cancer Program team treats all types of childhood cancers.

MAINE FAMILIES YORK COUNTY
Phone: 207-490-7852
Email: TJGolet@smhc.org
Address: 25 June Street Sanford, Maine 04073

MAINE HOUSING HOME ASSISTANCE PROGRAMS
COMMUNITY CONCEPTS, INC.
Phone: 207-743-7716 or 800-866-5588
Website: http://www.opportunityalliance.org/programs/communityinitiatives/senior-volunteer-programs/

**Address:** 510 Cumberland Ave. Portland, ME 04101

**Services:** Volunteers provide 1-to-1 guidance for children with learning disabilities, children requiring assistance in academic subjects, and children in need of individual attention, nurturing, and support; volunteer opportunities.

FRISBIE MEMORIAL HOSPITAL

**Phone:** 603-332-5211

**Website:** http://www.frisbichospital.com/

**Address:** 11 Whitehall Rd. Rochester, NH 03867

**Services:** Offers medical, surgical, maternity, pediatrics, geropsychiatry, emergency, and outpatient care.

FUTURE BUILDERS SCHOOL

**Phone:** (207) 655-1000

**Website:** http://www.futurebuildersschool.com

**Address:** 33 Twin Pines Rd, Raymond, ME 04071

**Services** A certified private school providing hands-on approach to teach academic, employment, and personal-social competencies in the context of real-world themes, projects, and vocational clusters. Call for more information.

G.E.A.R PARENT NETWORK

**Phone:** 1-800-264-9224

**Website:** www.gearparentnetwork.org  **Email:** cseekins@crisisandcounseling.org.

**Address:** 10 Caldwell Road Augusta, ME 04330

**Services:** A support group for parents and caregivers of children with behavioral health and emotional needs offers opportunities for parent-to-parent sharing of experiences. Call for details.

GIRL SCOUTS OF MAINE- SOUTH PORTLAND

**Phone:** 888-9224763

**Website:** www.girlscoutsofmaine.org  **Email:** customercare@gsmaine.org

GOODWILL STORE AND DONATION CENTER-BIDDEFORD

**Website:** www.goodwillnne.org

**Address:** 5 points shopping center Biddeford, ME 04005  **Services:** Clothes, accessories, footwear, children's merchandise, home decor, household items; computers and computer components accepted to be recycled; donations accepted.

GOVERNOR BAXTER SCHOOL FOR THE DEAF

**Phone:** 207-781-6284

**Website:** www.mecdhh.org/governor-baxter-school-for-the-deaf

**Address:** 1 Mackworth Island, Falmouth, ME 04105

**Services:** Infant through high school education, community-based education, residential program; support services include speech and language therapy, occupational therapy, physical therapy, psychology, social work, audiology, and nursing services.

GREAT WORKS FAMILY PRACTICE ASSOCIATES OF YORK HOSPITAL

**Phone:** 207-384-9212

**Website:** http://www.yorkhospital.com

**Address:** 57 Portland Street, South Berwick, Maine 03908

**Services:** General medicine, pediatric care, adolescent care, gynecology, behavioral health.

HABITAT FOR HUMANITY YORK COUNTY HOUSING SERVICES

**Phone:** 207-985-4850

**Website:** http://www.habitatyorkcounty.org/

**Address:** 4 Industrial Drive, Kennebunk, ME 04043

**Services:** Call, email or visit website for information on how to apply and specific requirements.

HEARTS AND HORSES THERAPEUTIC RIDING CENTER

**Phone:** 207-929-4700

**Website:** www.heartsnhorses.org

**Address:** 63 Justin Merrill Road Buxton, Maine 04093

**Services:** Equine-assisted therapy
HOPE RISING- SAINT ANDRE HOME  
**Phone:** 207-282-3351  
**Website:** http://www.saintandrehome.org  
**Address:** 168 Prospect St, Biddeford, ME 04005  
**Services:** Residential treatment program and rehabilitative care including individual and group counseling, substance abuse treatment, Family and pregnancy counseling.

HOSPICE- YORK HOSPITAL  
**Phone:** 207-351-2194  
**Website:** www.yorkhospital.com/services/home-care-and-hospice/  
**Address:** 127 Long Sands Rd, York ME 03909

IMMIGRANT LEGAL ADVOCACY PROJECT  
**Phone:** 207-780-1593  
**Website:** www.ilapmaine.org  
**Email:** info@ilapmaine.org  
**Address:** 309 Cumberland Ave, Suite 201 Portland ME 04101  
**Services:** Attorney consultations and referrals, immigration clinic, full legal representation on immigration matters. Call or email for more information.

KENNEBUNKPORT PUBLIC HEALTH DEPARTMENT  
**Phone:** 207-967-4401  
**Website:** http://www.kennebunkportme.gov/public-health-department  
**Services:** assist the residents and guests of Kennebunkport with meeting their health and social service needs. The Public Health Department staff strives to improve the quality of life. Call or check email for services.

KIDS FREE TO GROW  
**Phone:** 207-985-5975  
**Website:** http://kidsfreetogrow.org  
**Address:**  
**Services:** Kids Free to Grow is the Child Abuse Prevention Council for York County. Kids Free to Grow offers school-based programs to educate children and professionals, and family programs offering parenting programs in a group setting.

KIDS FIRST CENTER  
**Phone:** 207-761-2709