

- **Mid-Maine Shelter:** Provides emergency food and shelter to homeless and displaced persons, shelter located in Waterville. (207) 872-8082 Web: www.shelterme.org
- **Natural Resources Council of Maine:** Works to reduce the toxic chemicals threatening the health of families and wildlife through legal, scientific, and legislative means. 1-800-287-2345 Web: www.nrcm.org
- **State Electrical Inspector:** (207) 624-8519
- **State Mobile Home Park Inspector:** (207) 624-8612
- **Statewide Homeless Contact Numbers:** Resources to help with homelessness, heat, and hunger. 1-800-452-4668, 1-800-438-3890, (207) 626-4600

### IMMIGRANT, LANGUAGE & REFUGEE SERVICES

- **Multicultural Services:** (207) 287-4240
- **Deaf Services:** (207) 557-4961
- **Language Interpreter Services:** 1-800-870-1069 Web: www.211maine.org

### JOB AID / CAREER

- **Maine Career Centers:** Variety of job services including job searches and training. 1-800-760-1573 Web: www.mainecareercenter.com
- **Maine Small Business Development Centers:** Support and technical assistance for micro, small, and technology based business communities. 1-800-679-SBDC (7232) Web: www.mainesbdc.org
- **SCORE:** SCORE is a national organization of volunteer business counselors who offer their time, knowledge, and resources at no charge to any U.S citizen wishing to start or improve their business. (207) 622-8509 Web: www.scoremaine.org
- **Women, Work and Community:** Helping women to succeed in their workplaces, business, and community with training programs and support. 1-800-442-2092 Web: www.womenworkandcommunity.org

### LEGAL AID

- **Community Mediation Services (Volunteers of America NNE):** A process for helping people resolve disputes and disagreements, low cost / no cost. 1-800-381-0609, (207) 373-1140 Web: www.communitymediationservices.org
- **Maine Equal Justice:** 1-866-626-7059 Web: www.mejp.org
- **Pine Tree Legal:** Serving the people of Maine (207) 623-7777 Web: www.ptla.org
- **Maine Volunteers Lawyer Project:** Will give you information on legal matters. 1-800-442-4293 Web: www.vlp.org

### LITERACY

- **Literacy Volunteers of Maine:** Literacy Volunteers of Maine is dedicated to providing increased access to literacy services for Maine adults who wish to acquire or improve their literacy skills. Augusta (207) 626-3440, Waterville (207) 873-7786 Web: www.lvmaine.org
- **Maine Humanities Council:** Varied literacy programs. (866) 637-3233 Web: www.mainehumanities.org
- **Maine Literacy Hotline:** For adults who need help reading. 1-800-322-5455 Web: www.mainehumanities.org
- **Maine Reads!:** Is dedicated to teach reading, encourage literacy, and celebrate Maine's rich literacy heritage. (207) 871-9100 Web: www.mainereads.org
- **Raising Readers:** For all children in Maine, birth to age five, regardless of means. Children receive a new book each time they go for a well child checkup with their doctor or healthcare provider. 1-800-397-3263 Web: www.raisingreaders.org

### MENTAL HEALTH / SUBSTANCE ABUSE

- **Al-Anon:** Providing support to family and friends of alcoholics. 1-800-498-1844, (207) 284-1844 Web: www.maineafg.org
- **Alcoholics Anonymous:** Support groups for recovery. 1-800-737-6237 Web: www.aamine.org
- **Catholic Charities Maine:** Offers a variety of supportive services for children and adults. 1-800-781-8550 Web: www.ccmaine.org
- **Crisis & Counseling;** 24 hour crisis services for all ages, outpatient for mental health & substance services. 1-888-568-1112, (207) 621-2552 Web: www.crisisandcounseling.org
- **Maine General Medical Center:** Augusta (207) 626-1000, Waterville (207) 872-1000 Web: www.maine-general.org
- **GEAR:** Empowers parents of children with behavioral health needs to build on their family's strengths to advocate for their families needs. 1-800-264-9224 Web: www.gearparentnetwork.com
- **National Alliance for the Mentally Ill (NAMI):** Resource support groups, lending libraries. 1-800-464-5767 Web: www.nami.org

- **Narcotics Anonymous:** Support groups, resources. 1-800-974-0062 Web: www.namaine.org
- **NICHCY-National Dissemination Center for Children with Disabilities:** National information center that provides information on disabilities and disability related issues. 1-800-695-0285 Web: www.nichcy.org
- **Suicide Prevention:** 1-888-568-1112, (207) 626-3455

### PARENTING

- **Kennebec Healthy Families:** A free and voluntary home visiting program for first time moms or teen parents, a project of KVCAP. 1-800-542-8227, (207) 859-1578 Web: www.kvcap.org
- **Maine Parent Federation-Parents as Teachers Program:** Provides information, support and training to parents and professionals through numerous projects. Lending resource library. 1-800-870-7746 Web: www.mpf.org
- **Maine Kids-Kin:** Maine Kids-Kin helps people of all ages meet the legal, financial and family challenges of raising a grandchild, niece, nephew, or other relative's child. 1-866-298-0896 Web: www.maine-kids-kin.org
- **University of Maine Cooperative Extension:** Provides information and publications on children and child development. Kennebec County 1-800-287-1481, Somerset County 1-800-287-1495 Web: www.umext.maine.edu
- **Youth and Family Services:** Offers nurturing programs to help parents learn about behavior management, self esteem, empathy and child development. Augusta office 1-877-258-7949, Skowhegan office 1-888-420-9605, Emergency crisis line 1-888-568-1112 Web: www.yfsinc.org

### TEEN RESOURCES

- **Gay, Lesbian, Bisexual, Transgender Youth Line:** 1-800-969-6884 Web: www.glnh.org Web: www.dailystrength.org
- **National Run-Away Hotline:** Offers a confidential hotline for teens and parents, 24 hours a day. 1-800-786-2929 Web: www.1800runaway.org

### OTHER

- **2-1-1:** Dial 2-1-1 to help find important community services and volunteer opportunities. Web: www.211maine.org
- **American Cancer Society:** 1-800-ACS-2345 Web: www.cancer.org
- **American Diabetes Association:** 1-800-342-2383 Web: www.diabetes.org
- **Autism Society of Maine:** A non-profit organization that serves individuals with autism and their families, professionals, and communities by providing education, advocacy, referrals and resources. 1-800-273-5200 Web: www.asmonline.org
- **Coastal Enterprises Inc:** Strives to develop opportunities for Maine people and communities, especially those with low incomes, to reach an adequate and equitable standard of living. (207) 882-7552 Web: www.ceimaine.org
- **Consumer Credit Counseling Services (Money Management International):** 1-866-889-9347 Web: www.cccsme.org
- **Elderly Abuse/Neglect:** 1-800-624-8404
- **Foster Grandparent Program:** Offers volunteer opportunities for people over 60 who would like to spend time with children with exceptional needs. (207) 973-3684 Web: www.maine.gov
- **Healthy Communities of the Capital Area;** This is the local Healthy Maine Partnership working with individuals, organizations and state partners to reduce tobacco use and exposure, increase physical activity, improve nutrition, prevent alcohol & drug abuse, link people to health screening and community resources to prevent and educate the impact of chronic disease. (207) 588-5012 Web: www.healthycommunities.me.org
- **Maine Public Broadcasting:** They offer a variety of educational activities and support for children and adults. 1-800-884-717 Web: www.mpbn.net



SOUTHERN KENNEBEC CHILD DEVELOPMENT CORPORATION  
 Child Care Options Resource Development Center  
 337 Maine Avenue, Farmingdale, ME 04344  
 T: 207.582.3110 F: 207.582.3115 E: cco@skcdc.org W: www.skcdc.org

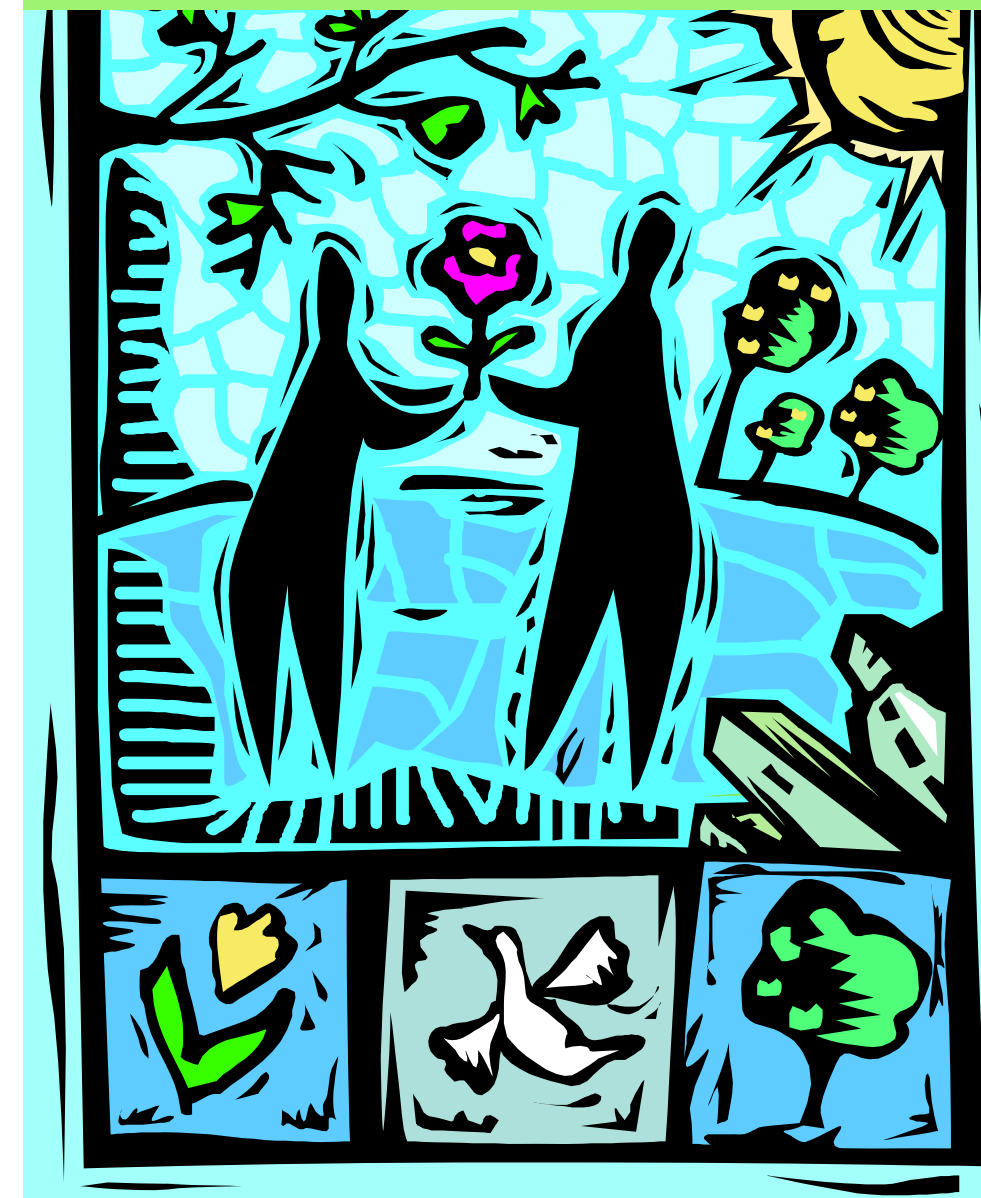


# RESOURCE BROCHURE

## KENNEBEC & SOMERSET COUNTIES

### 2010

PLEASE DISCARD OLDER VERSIONS



A Member of The National Association of Child Care Resource and Referral Agencies



A Member of MRDC, Maine's Network of Child Care Resource Development Centers

## ADOPTION

- **Maine Adoption Information:**  
A website where many of Maine’s adoptable children are listed. For more information and questions about foster care or adoptions please contact your local DHHS office 1-800-452-1926. Web: [www.adoptuskids.org/states/me](http://www.adoptuskids.org/states/me)
- **The Maine Children’s Home for Little Wanderers:**  
Adoption services-1-800-466-3388. Mental health services, teen parent school program, summer camp, early care & education program (207) 873-4253. Christmas program, starts in November, 1-877-604-4357. Web: [www.mainechildrenshome.org](http://www.mainechildrenshome.org).

## AIDS: SUPPORT & TESTING

- **Health Reach-Harm Reduction Program HR2:**  
Provider of anonymous test site & clean needle program. Open 8am-5pm, M-F. Call for an appointment (207) 621-3770 or (207) 621-3793. Address: 9 Green Street, Augusta.
- **Horizon:**  
Medical treatment & case management services through Maine General Health Associates (MGHA). (207) 621-3785
- **Center for Disease Control Hotline:**  
Available 24/7, 1-800-232-4636, email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) Web: [www.cdc.gov](http://www.cdc.gov)

## CHILD ABUSE & TRAUMA

- **Family Enrichment Council of Somerset and Kennebec Counties:**  
Provides training and education in preventing child abuse and neglect, strengthening families by raising awareness, and mobilizing resources 1-800-542-8227 ext. 1514, (207) 859-1514. Web: [www.kvcap.org](http://www.kvcap.org)
- **Child Abuse/ Neglect (DHHS):**  
To report child abuse/neglect 1-800-452-1999.
- **Child Help National Child Abuse Hotline:** 1-800-422-4453
- **Sexual Assault Crisis & Support:**  
Support and advocacy for survivors of sexual assault and their families. 24 hour helpline statewide 1-800-871-7741. Web: [www.silentnomore.org](http://www.silentnomore.org)

## CHILD CARE

- **Care For ME:**  
A program supporting Family, Friend and Neighbor (FFN) Child Caregivers. Provides background checks for unlicensed providers, technical assistance, and referrals to approved providers. 1-866-638-7878, email: [careforme@skcdc.org](mailto:careforme@skcdc.org) Web: [www.skcdc.org](http://www.skcdc.org)
- **Child Care Options - Resource Development Center / Southern Kennebec Child Development Corp. (SKCDC):**  
Free childcare referrals, education on choosing quality child care, child care provider training and start up information. 1-888-917-1100, 1-800-525-2229, or (207) 582-3110 Web: [www.ccordc.org](http://www.ccordc.org)
- **Child Care Voucher (DHHS):** Program is designed to help income eligible families in the State of Maine pay for child care costs. 1-877-680-5866, (207) 624-7999 Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **Head Start & Early Head Start / Southern Kennebec Child Development Corp. (SKCDC) - Southern Kennebec County:** 1-800-525-2229 or (207) 582-3110 Web: [www.skcdc.org](http://www.skcdc.org)
- **Head Start / Kennebec Valley Community Action Program (KVCAP) - Northern Kennebec and Somerset County:** 1-800-542-8227, web: [www.kvcap.org](http://www.kvcap.org)

## CLOTHING RESOURCES

- **Maine Kids-Kin Clothing Exchange:**  
Donate or pick up new and gently used clothing and toys. Statewide 1-866-298-0896
- **Salvation Army:**  
Clothing thrift store in Waterville (207) 872-2172. Job placement opportunities: (207) 623-3752 Web: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- **Goodwill Industries of Northern New England:**  
Clothing thrift store in Augusta (207) 623-1774, Waterville (207) 877-0673. Job opportunities as well as support for people with developmental delays (207) 626-0170. Web: [www.goodwillnne.org](http://www.goodwillnne.org)

## CONTINUING EDUCATION & SCHOLARSHIP

- **Kennebec Valley Community College:**  
Local community college. 1-800-528-5882 Web: [www.kvcc.me.edu](http://www.kvcc.me.edu)
- **Maine Adult Education:**  
For adult education in your area call: 1-800-322-5455, email: [info@maineadulted.org](mailto:info@maineadulted.org) web: [www.maineadulted.org](http://www.maineadulted.org)

- **Parents As Scholars (TANF Program):**  
A program for parent involvement in a two-year or four-year post secondary program. (207) 287-6426 Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **Maine Roads to Quality Scholarship Program:**  
For those in the Early Education field, detailed information and an updated application can be found on the website. 1-888-900-0055 Web: [www.muskie.usm.maine.edu/maineroads](http://www.muskie.usm.maine.edu/maineroads)
- **University of Maine at Augusta:**  
1-877-UMA-1234, web: [www.uma.edu](http://www.uma.edu)
- **University of Maine at Farmington Off Campus Program:**  
Early Childhood Education off-campus sites in Fairfield/Waterville (207) 778-7065, (207) 778-7274, email: [Yardley@maine.edu](mailto:Yardley@maine.edu) or [Carolyn.drugge@maine.edu](mailto:Carolyn.drugge@maine.edu)

## DEVELOPMENTAL DELAY

- **Child Development Services:**  
Early intervention services for children birth-five. Support, testing and educational case management services. Statewide (207) 624-6660
- **The Children’s Center:**  
Provides early intervention, family support, and child care for children of all abilities from birth through five years old. (207) 626-3497 Web: [www.childrenscenteraugusta.com](http://www.childrenscenteraugusta.com)
- **Child Care Plus Me:**  
Staff from the University of Maine’s Center for Community Inclusion & Disabilities Studies (CCIDS) work with child care providers throughout the state to support all children in quality inclusive settings. The goal is to build capacity in early care and school-age child care programs by working directly with providers. 1-866-230-4520 Web: [www.ccids.umaine.edu/projects/ccme](http://www.ccids.umaine.edu/projects/ccme)
- **Maine Developmental Disabilities Council:**  
Information and resource support. 1-800-244-3990
- **Maine Parent Federation:**  
Provides information, advocacy, education, and training to parents and professionals to benefit all children. 1-800-870-7746 Web: [www.mpf.org](http://www.mpf.org)

## DOMESTIC VIOLENCE

- **Family Violence Project:**  
Support, shelter and 24/7 crisis helpline for people involved with domestic violence. 1-877-890-7788 Web: [www.familyviolenceproject.org](http://www.familyviolenceproject.org)
- **National Domestic Violence Hotline:**  
Call 24/7. 1-800-799-SAFE (7233), Maine Statewide 1-866-834-HELP

## EMERGENCY

- **Northern New England Poison Center:**  
Will answer questions related to poisoning via medications or chemical exposure. 1-800-222-1222, (207) 622-4720 Web: [www.mmc.org](http://www.mmc.org)
- **Statewide Crisis Hotline:**  
Call 24/7: 1-888-568-1112. When calling from a cell phone dial (207) 621-2552.

## FAMILY PLANNING / HOSPITALS / MEDICAL

- **Central Maine Pregnancy Support Center:**  
Pregnancy tests, single moms support group, Earn While You Learn for Mom’s & Dad’s program (207) 622-7422.
- **Family Planning Association of Maine:**  
Reproductive options for Maine women. Statewide 1-800-525-3228, (207) 626-3426 Web: [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)
- **Health Reach:**  
A project of Maine General Medical Center, offering a variety of services including Hospice, AIDS support, Home Care Services, Employee Assistance Programs, and Retired Senior Volunteer Program. (207) 621-3785
- **Inland Hospital:**  
Serving the Waterville area in Kennebec County. 1-800-491-8600, (207) 861-3000, Web: [www.inlandhospital.org](http://www.inlandhospital.org)
- **Kids Oral Health Partnership:**  
The Kids Oral Health Partnership provides free training to childcare and other non-dental providers on assessing oral health of infants and children ages 0-3, ways of preventing oral disease, providing guidance to parents and caregivers, and helping with dental referrals. Contact Bonnie Vaughan RDH 207-622-7566 ext 216 or [bvaughan@mcd.org](mailto:bvaughan@mcd.org)
- **Maine Dental Access Coalition a project of Medical Care Development:**  
Their purpose is to promote the importance of preventative and restorative oral health for all Maine people. (207) 622-7566
- **Maine General Medical Center:**  
Augusta (207) 626-1000, Waterville (207) 872-1000 Web: [www.mainegeneral.org](http://www.mainegeneral.org)

- **Maine RX Plus:**  
Provides discount cards for any resident of Maine, based on a sliding scale. 1-866-796-2463 Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **Planned Parenthood:**  
To ask questions or set up an appointment with your local office. 1-800-230-PLAN (7526)
- **Public Health Nursing:**  
1-877-763-0438
- **Redington Fairview:** Located in Skowhegan, serving surrounding communities. (207) 474-5121 Web: [www.rfgh.net](http://www.rfgh.net)
- **Sebasticook Valley Hospital:**  
Located in Pittsfield, serving the surrounding area of Somerset County. (207) 487-5141 Web: [www.sebasticookhospital.org](http://www.sebasticookhospital.org)

## FOOD & NUTRITION

- **Food Supplements (DHHS):**  
Helping low-income people buy food. 1-800-452-1926 Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **Good Shepherd Food Banks:** Call to find a local food bank. (207) 782-3554 Web: [www.gsfb.org](http://www.gsfb.org)
- **University of Maine Cooperative Extension:**  
Provides information and publications on healthy nutrition and development. Kennebec County: 1-800-287-1481. Somerset County: 1-800-287-1495 Web: [www.umext.maine.edu/food-health.htm](http://www.umext.maine.edu/food-health.htm)
- **Woman, Infants & Children (WIC):**  
Provides vouchers for healthy food as well as education about nutrition and safety. 1-800-437-9300 Web: [www.wicforme.com](http://www.wicforme.com)

## FUEL, UTILITY & TRANSPORTATION

- **Consumer Assistance Division:**  
Payment plans should be worked through with your local utility and phone company first, this agency will assist with further advice/disputes. (207) 287-1597 or 1-800-452-4699 Web: [www.maine.gov/mpuc](http://www.maine.gov/mpuc)
- **General Assistance:**  
A program administered through municipalities which purchases basic necessities for individuals who are without means to pay for such services. Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **KVCAP:**  
Offering income based assistance for weatherization, transportation, heating system replacements, oil tank replacements, phone/utility and energy services. 1-800-542-8227 Web: [www.kvcap.org](http://www.kvcap.org)

## HEALTH INSURANCE

- **Aetna Health Insurance:** 1-866-582-9629, 1-800-694-3258 Web: [www.aetna.com](http://www.aetna.com)
- **Anthem Blue Cross & Blue Shield:** 1-800-482-0966 Web: [www.anthem.com](http://www.anthem.com)
- **Harvard Pilgrim Health Insurance:** 1-888-888-4742 Web: [www.harvardpilgrim.org](http://www.harvardpilgrim.org)
- **Maine Bureau of Insurance:**  
Questions about a specific company, information on rules, regulations and complaints. (207) 624-8475 Web: [www.maine.gov/pfir/insurance/consumer/index.htm](http://www.maine.gov/pfir/insurance/consumer/index.htm)
- **MaineCare (DHHS):**  
1-800-606-0215 Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **Megalife & Health Insurance:** 1-800-527-5504 Web: [www.megainsurance.com](http://www.megainsurance.com)

## HOUSING RESOURCES

- **Bread of Life Shelters:** Food and shelter (207) 626-3434 Web: [www.mainebreadoflife.org](http://www.mainebreadoflife.org)
- **Childhood Lead Poisoning Prevention Program:**  
(207) 287-4311 Web: [www.maine.gov/dhhs/eohp/lead](http://www.maine.gov/dhhs/eohp/lead)
- **Code Enforcement:** Call you local town office for the code/zoning officer.
- **Discrimination-Maine Human Rights Commission:**  
(207) 624-6050 Web: [www.maine.gov/mhrc](http://www.maine.gov/mhrc)
- **Emergency Assistance (DHHS):**  
Provides benefits to families with children in some situations when family is threatened by destitution or homelessness due to an emergency situation. 1-800-452-1926, (207) 624-8090 Web: [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- **Maine Coalition of Home Inspection Professionals (MeCHIPs):**  
Searchable online database of qualified professionals in your area that provide home inspection services. Web: [www.mechips.org](http://www.mechips.org)
- **Maine State Housing Authority:**  
Offers programs and services that make housing affordable to Maine people. 1-800-452-4668, (207) 626-4600 Web: [www.mainehousing.org](http://www.mainehousing.org)