

## General Assistance

### Maine 2-1-1 Directory

Dial 211 or go to [www.211maine.org](http://www.211maine.org)

### Hope House Health & Living Center

179 Corporate Drive, Bangor • 217.6713

### Shaw House

136 Union Street, Bangor • 941.2882

### Bangor Area Homeless Shelter

263 Main Street, Bangor • 947-0092

### Maine State Housing Authority

353 Water St., Augusta • 1.800.452.4668

### US Housing & Urban Development

One Merchants Plaza, Bangor • 945.0467

## Transportation

### BAT Community Connector

481 Main Street, Bangor • 992.4670

### Safe & Sound Youth Transportation

34 Maple Street, Brewer • 989.4200

### The Lynx (Penquis CAP)

262 Harlow Street, Bangor • 973.3695

## Utilities

### Public Utilities Commission

18 State House Station, Augusta • 1.800.452.4699

### Emergency Assistance Program (DHS)

396 Griffin Road, Bangor • 1.800.432.7825

### Fuel Assistance & Utilities Discount (Penquis CAP)

262 Harlow Street, Bangor • 973.3630

## Hotlines

**Al-Anon Anonymous** 1.800.425.2666

**Alcoholics Anonymous** 1.800.737.6237

**Maine Alzheimer's Association** 1.800.272.3900  
*24 hour helpline, statewide*

**Suspected Child Abuse or Neglect** 1.800.452.1999  
*TTY* 1.800.963.9490

**Crisis Intervention (Adults)** 1.800.463.6910  
*24-hour phone help, emergency, info and referrals*

**Crisis Intervention (Families/Children)** 1.800.568.1112  
*phone help, emergency info and referrals*

**Spruce Run/Domestic Violence** 1.800.863.9909

**Food Stamp Hotline** 1.800.452.4643

**Homeless Crisis Hotline** 1.800.438.3890

**Infoline Emergency** 1.800.204.2803

**Mental Health/Substance Abuse** 1.888.568.1112  
*24 hour hotline*

**Mental Health, Warm Line** 1.800.490.8748  
*a non-crisis phone line for persons with mental illness and their families*

**Narcotics Anonymous** 1.800.974.0062

**Poison Control Center** 1.800.442.6305

**Runaway National Switchboard** 1.800.621.4000

**Sexual Assault/Rape Response** 1.800.310.0000

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# Community Resource Guide



## Penobscot Community Health Care

The highest quality health care from nationally acclaimed providers in state-of-the-art practices.

[www.PCHC.com](http://www.PCHC.com) | 207-992-9200



For you. For your family.  
For our community.

## Child & Family Services

### Penquis CAP Head Start

A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parenting components. For children ages 3-5 at sites in Penobscot and Piscataquis Counties.

262 Harlow St., Bangor • 973.3500

### YMCA

472 Stillwater Ave., Old Town • 827.6111  
17 Second St., Bangor • 941.2808  
127 Hammond St., Bangor • 941.2815

### Parents Are Teachers, Too

Provides education and support to first-time parents to empower them to give their children the best possible start.

262 Harlow St., Bangor • 1.888.389.3610

### Penquis Community Action Program

262 Harlow St., Bangor • 973.3500

### Penquis Resource Development Center

Child care and child care subsidy

262 Harlow St., Bangor • 973.3500

### Child Development Services of Penobscot Co.

Free developmental screening for children (birth to age 5) case management and referrals.

376 Harlow St., Bangor • 947.8493

### Bangor Health & Community Services Dept.

Free Public Health Nurse visits for moms and babies (prenatal to 5) with childbirth education, fetal heart sounds and health checks, and development and nutritional education. Also offering free, in-home asthma education in the Penquis health district.

103 Texas Ave., Bangor • 992.4550

### Abanaki Girl Scout Council

156 North Main St., Brewer • 1.800.464.3858

### Department of Human Services

396 Griffin Rd., Bangor • 941.4360

### Downeast Big Brothers & Big Sisters

1066 Kenduskeag Ave., Bangor • 941.2862

### Wings for Children & Families

900 Hammond St., Bangor • 941.2988

### Catholic Charities of Maine

1066 Kenduskeag Ave., Bangor • 941.2855

### Care Development of Maine

970 Illinois Ave., Bangor • 945.4240

### KidsPeace National Centers for Kids in Crisis

Residential, day treatment, outpatient, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, and counseling.

444 Stillwater Ave., Ste 400, Bangor • 1.800.257.3223

### Community Health & Counseling Services

Family therapy services, psychiatry, foster care, home-based services, and case management.

42 Cedar St., Bangor • 947.0366

## Health Services

### Penobscot Community Health Care

Family Medicine, Pediatrics, Walk-In Care, Dental, Mental Health, Pharmacy, Physical Therapy, Specialty Services, X-Ray, Lab, and more.

Multiple locations • 992.9200 • [www.PCHC.com](http://www.PCHC.com)

### Penquis CAP Health Services & Family Planning

Women's health services, education, counseling, health screenings and referrals.

262 Harlow Street, Bangor • 973.3500

P.O. Box 45, Dexter • 924.7383

### Bangor Health & Community Services Dept.

General assistance, public health, immunization clinic, STD clinic & WIC Nutrition Program.

103 Texas Avenue, Bangor • 992.4530

## Mental Health & Substance Abuse Services

### Penobscot Community Health Care

Integrated mental health and substance abuse services within each practice for PCHC patients.

Multiple locations • 992.9200

### Community Health & Counseling Services

Family therapy services, psychiatry, foster care, home-based services, and case management.

42 Cedar St., Bangor • 947.0366

### Northeast Occupational Exchange

Mental health and substance abuse counseling.

29 Franklin St., Bangor • 942.3816

### Mental Health, Mental Retardation & Substance Abuse Services

1.888.568.8741

### Bangor Area Recovery Network (BARN)

SMART Recovery®, self help for substance abuse and addiction (alternative to AA/NA).

[www.bangorrecovery.org](http://www.bangorrecovery.org)

395 North Main Street, Brewer • 561.9444

### Acadia Hospital

Inpatient and Outpatient mental health services.

268 Stillwater Ave, Bangor • 973.6100

### Dorothea Dix Psychiatric Center

656 State St., Bangor • 941.4000

### Charlotte White Center

Child & family services and mental health.

629 Main St., Bangor • 947.1410

### Alcoholics Anonymous

942.0346 or 1.800.737.6237

### The Women's Project

Substance abuse education, resources, advocacy and support for women.

1.800.698.4959