

COMMUNITY RESOURCE LISTING

FOOD ASSISTANCE:

Come Spring Food Pantry

Location: Thompson Community Center, Union, ME 04862

Days and Hours: 2nd & 4th Wednesday *9:30 to 11:30 a.m.*

Contact: Carol Watier 207-785-4730

Washington Food Pantry

Location: 524 Waldoboro Road, Washington, ME 04574

Days and Hours: 2nd Wednesday *9 to 11 a.m.*

Contact: Alma Jones 207-845-2702

Thomaston Interchurch Fellowship Food Pantry

Location: 246 Main Street 2nd floor, Watts Hall, Thomaston, ME 04862

Days and Hours: Tuesday & Thursday *9 to 11 a.m.*

Contact: Emil Rode 207-372-6313 Gwen Ranquist 207-354-6411

Area Interfaith Outreach Food Pantry

Location: 70 Thomaston Street, Rockland, ME 04841

Days and Hours: Mon, Wed & Fri *9:30 to Noon*

Contact: Alice Dole 207-596-1043

Episcopal Church - Loaves and Fishes Soup Kitchen

Location: White Street, Rockland, ME 04841

Days and Hours: Saturday & Sunday *12:30 & 1 p.m.*

Contact: David Grinia 207-594-8232 or 236-8511

Saint Bernard's Parish Hall Soup Kitchen

Location: 150 Broadway Avenue, Rockland, ME 04841

Days and Hours: Monday through Friday *11:30 to Noon*

Contact: William Sternberg 207-594-8143

Salvation Army Food Pantry

Location: 27 Payne Avenue (Route 1), Rockland, ME 04841

Days and Hours: Monday through Friday *9 am to 5 pm*

Contact: Capt. Hermas Pearl 207-594-5326

Mid-Coast Serve – non-profit food cooperative

Tel: (207) 594-1253

Contact: David Knight

Food Stamps – Maine Department of Human Services (Rockland Branch)

Location: 91 Camden Street, Suite 103, Rockland, ME 04841

Tel: 1-800-432-7802 or (207) 596-4200

Contact: Nora James, Department Supervisor

HOUSING ASSISTANCE:

Mid-Coast Habitat for Humanity

Mailing: P.O. Box 785, Camden, ME 04843

Tel: (207) 236-4974

E-mail: woodruff@midcoast.com

Mid-Coast Hospitality House

Location: 169 Old County Road, Rockport, ME 04856

Tel: (207) 594-1422

Email: mchh@midcoast.com

Hours: 4:30 p.m. – 8:30 a.m. 7 days a week

Breakwater Homeless Teen Shelter

Location: 218 Main Street, Rockland, ME 04841

Tel: (207) 596-2920

Hours: 8:00 p.m. to 8:00 a.m.

Penquis Community Action Program – Rockland Office

Location: 170 Pleasant St., Suite A, Rockland, ME 04841

Tel: (207) 596-0361

Hours: 8:00 a.m to 4:30 p.m., Mon – Fri

Penquis Community Action Program – Bangor Office

Location: 262 Harlow Street, Bangor, ME 04402

Tel: 1-800-215-4942

Contact: Carlton Pinney and Lynn Holmes

Maine State Housing Authority – information on Weatherization, Bundle Up, Section

8, Home Buyer Program and LiHeap

Location: 353 Water Street, Augusta, ME 04330

Tel: 1-800-452-4668

Home Counselors Inc.

Location: 375 Main Street, Suite A, Rockland, ME 04841

Tel: (207) 596-0359

Email: hcirock@homecounselorsinc.org

Hours: 9:00 a.m. to 5:00 p.m., Mon - Fri

HEALTH & MEDICAL ASSISTANCE:

Rockland District Nursing Association - seeks to provide needed medical attention at low or no cost to individuals without adequate insurance coverage. No emergency services.

Location: 44 Limerock Street, Rockland, ME 04841

Tel: (207) 594-4522

Email: rdna@midcoast.com

Hours: 8:00 a.m. to 4:00 p.m., Mon – Fri

Knox County Health/Dental Clinic - provides low or no cost health and wellness services to low income, uninsured persons.

Location: 22 White St, Rockland, Maine, 04841

Tel: (207)-594-6996

Hours: Med. Clinic: Wed. 6-9p.m. by appt.,
Office: M-F 10-12, Mon.-Tues.1-3

Alpha-One – loan programs for people with disabilities

Location: 127 Main St., South Portland, ME 04106

Tel: (207) 767-2189

Mid-Coast Mental Health Center

Location: 12 Union Street, Rockland, ME 04841

Tel: 1-800-540-2072

Email: webmaster@mcmmentalhealth.org

Hours: M,W,F 8am - 5pm / Tues,Thurs. 8am - 7pm

Maine Rx Plus - reduces the high cost of prescription drugs for qualifying Mainers.

To enroll call toll free: 1-866-RxMAINE (1-866-796-2463)

Maine Care – insurance program run by the Department of Health and Human Services

Location: 91 Camden Street, Suite 103, Rockland, ME 04841

Tel: 1-800-432-7802 or (207) 596-4200

EMPLOYMENT RESOURCES:

Department of Labor/Bureau of Rehabilitation

Location: 91 Camden Street, Suite 202, Rockland, ME 04841

Tel: 1-877-421-7916 or (207) 596-2600

Email: anne.p.wheeler@maine.gov

Rockland Career Center

Location: 91 Camden Street, Suite 201, Rockland, ME 04841

Tel: (207) 596-2600

Email: cynthia.barlow@maine.gov

Hours: 8:00 a.m. to 4:00 p.m., Mon – Fri

Allies, Inc (BDL)

Tel: (207) 594-5231

Email: jpeorge@midmaine.com

Contact: Jackie George

Manpower

Location: 375 Main Street, Rockland, ME 04841

Tel: (207) 594-7910

Email: rockland.me@manpower.com

All-4-U, Inc. – Employment Staffing

Location: 2nd floor Rockland Post Office, Rockland, ME 04841

Tel: (207) 594-1900

Email: all4u@midcoast.com

OTHER:

Red Cross – Disaster Relief

Location: 312 Broadway, Rockland, ME 04841

Tel: (207) 594-4576

SOS Room – clothing assistance

Location: 57 Elm Street, Camden, ME 04843

Tel: (207) 236-4821

Hours: Tuesday's 8:00 a.m. to 10:00 a.m. or by appt.

Penquis Community Action Program – Services available: Child Care Subsidies, Fuel Assistance, Family Development Accounts, Child & Adult Care Food Program, Home Energy Audits, Home Rehab, Section 8 Housing Choice Vouchers, Affordable Housing Development, Lead Hazard Services, Private Lead Testing. Weatherization/CHIP, Home Buyer Education, Home Loans, Keeping Seniors Home, Microenterprise Training, Small Business Loans, Civil Legal Services for Victims of Domestic Violence, Foster Grandparent Program, and Retired and Senior Volunteer Program.

Location: 170 Pleasant St., Suite A, Rockland, ME 04841

Tel: (207) 596-0361

Hours: 8:00 a.m to 4:30 p.m., Mon – Fri

Toys for Tots – Christmas gifts for children in need

Tel: (207) 354-6479

Email: usmc1841@verizon.net

Contact: Robert A. Clark, Coordinator

