

# Community Resources for Families



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# 10 Tips to Stay Mentally Healthy

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. Boost your wellbeing and stay mentally healthy by following a few simple steps.



**Connect with others.** Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring great rewards.



**Take time to enjoy.** Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you. Do a crossword; take a walk in your local park; read a book; sew a quilt; draw pictures with your kids; play with your pets – whatever takes your fancy.





## Participate and share

**interests.** Join a club or group of people who share your interests. Being part of a group of people with a common interest provides a sense of belonging and is good for your mental health. Join a sports club; a band; an evening walking group; a dance class; a theatre or choir group; a book or car club.

## Contribute to your

**community.** Volunteer your time for a cause or issue that you care about. Help out a neighbor, work in a community garden or do something nice for a friend. There are many great ways to contribute that can help you feel good about yourself and your place in the world. An effort to improve the lives of others is sure to improve your life too.



## Take care of yourself.

Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it's easier to feel good about life if your body feels good. You don't have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count. Combine physical activity with a balanced diet to nourish your body and mind and keep you feeling good, inside and out.



**Challenge yourself.** Learn a new skill or take on a challenge to meet a goal. You could take on something different at work; commit to a fitness goal or learn to cook a new recipe. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.

**Deal with stress.** Be aware of what triggers your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others. Stress is a part of life and affects people in different ways. It only becomes a problem when it makes you feel uncomfortable or distressed. A balanced lifestyle can help you manage stress better. If you have trouble winding down, you may find that relaxation breathing, yoga or meditation can help.





**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feelings of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake. Allow yourself some unfocussed time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It's OK to add 'do nothing' to your to-do list!



## **Notice the here and**

**now.** Take a moment to notice each of your senses each day. Simply 'be' in the moment – feel the sun and wind on your face and notice the air you are breathing. It's easy to be caught up thinking about the past or planning for the future instead of experiencing the present. Practicing mindfulness, by focusing your attention on being in the moment, is a good way to do this. Making a conscious effort to be aware of your inner and outer world is important for your mental health.

**Ask for help.** This can be as simple as asking a friend to babysit while you have some time out or speaking to your doctor (GP) about where to find a counsellor or community mental health service. The perfect, worry-free life does not exist. Everyone's life journey has bumpy bits and the people around you can help. If you don't get the help you need first off, keep asking until you do.



[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ten\\_tips\\_to\\_stay\\_mentally\\_healthy?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ten_tips_to_stay_mentally_healthy?open)

# Medical Clinics and Hospitals

## Oasis Health Network Inc.

66 Baribeau Drive, Suite 9/10

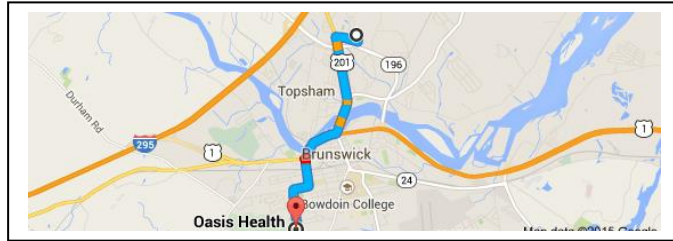
Box 1

Brunswick, ME 04011

Telephone: 207-721-9277

Fax: 207-729-1368

Email: [oasis@midcoasthealth.com](mailto:oasis@midcoasthealth.com)



## Oasis Dental Clinic at the Jesse Albert Memorial Dental Center

171 Congress Avenue

Bath, ME 04530

Telephone: 207-721-9277

Fax: 207-729-1368

Email: [oasis@midcoasthealth.com](mailto:oasis@midcoasthealth.com)

## OUR MISSION

Oasis Health Network clinics offer free, quality health care services with dignity, confidentiality, respect and equal access to persons of limited means living in Southern Midcoast Maine.

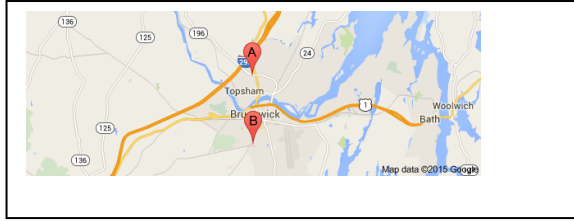
## ABOUT US

The Oasis Health Network Inc. is a nonprofit 501(C)(3) tax-exempt corporation, established in 1995 to expand the work of Oasis Healthcare for the Homeless. The Network now provides health and dental care as well as prescription assistance for uninsured, low-income residents of the southern Midcoast Maine region.

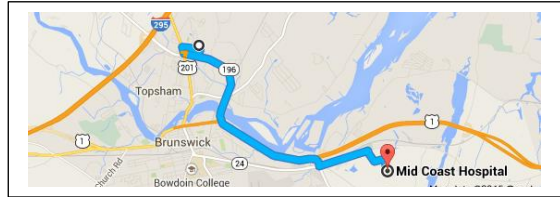
Oasis depends solely on grants and donations from local businesses and individuals as well as annual support from the [United Way of Midcoast Maine](#).



**Parkview Adventist Medical Center**  
329 Maine Street  
Brunswick , ME 04011  
207.373.2000



**Mid Coast Hospital**  
123 Medical Center Drive, Brunswick ME 04011  
207-373-6000  
Physician Referral (207) 373-6033



# Food Pantry

## Mid Coast Hunger Prevention Program

### Hours and Information

Soup Kitchen Hours: Monday - Saturday; 11am - 12:30pm

Food Bank, Donation, and Office Hours: Monday - Friday; 8am - 3:30pm

The Food Bank is also open for donations Saturday from 10:30 am - 2pm

Food Pantry Hours: Monday, Friday, Saturday; 11am - 2pm; and Wed 11am - 4pm



84A Union Street  
Brunswick, ME 04011

Phone: 207.725.2716

Email: [info@mchpp.org](mailto:info@mchpp.org)

Web: [mchpp.org](http://mchpp.org)

We provide food items to income eligible families, who can visit every 14 days. We offer fresh fruits and vegetables, personal care items, deli choices, canned goods, bread and pastries, and meat. Last year, over 1000 households were served in the Food Pantry.

The Food Pantry is open Monday, Friday, Saturday from 11 a.m. to 2 p.m. and Wednesday from 11 a.m. to 4 p.m. For more information, stop by our offices or contact Sue Elsaesser, Food Pantry Coordinator, 725-1151 x11 or [se@mchpp.org](mailto:se@mchpp.org)

### Interested in becoming a Food Pantry client?

To be eligible to receive food from our food pantry, the following guidelines apply:

- Must live in Brunswick, Topsham, Bowdoin, Bowdoinham, Lisbon, Lisbon Falls, Durham, Harpswell, Bailey Island, Cundy's Harbor, or Orr's Island. If you do not live in this area, call United Way (dial 211) to find out where your local food pantry is.

- Must fall within our income guidelines:

Family of 1: net monthly income of \$1459 or less

Family of 2: net monthly income of \$1966 or less

Family of 3: net monthly income of \$2474 or less

Family of 4: net monthly income of \$2981 or less

Family of 5: net monthly income of \$3489 or less

Family of 6: net monthly income of \$3996 or less

Family of 7: net monthly income of \$4504 or less

Family of 8: net monthly income of \$5011 or less

In addition, please bring the following documentation:

- Proof of address: examples include a bill, lease, or other mail addressed to you.
- Proof of income: examples include pay stubs, Social Security payments, food stamps, disability, etc.

### **To keep in mind:**

- If you forgot to bring the required documentation but are a first-time client, you will still be given a box of food! Just bring documentation with you on your next visit.
- Pantry clients can visit once every 14 days.
- If you have any food allergies, please make sure we know about them.
- We always appreciate it when clients bring reusable grocery bags to bag their food from the pantry. It helps us reduce our reliance on plastic.
- There are plenty of other services, such as Food Mobiles, that you can also take advantage of.

### **Worried you might not be eligible?**

We offer a variety of deductions to help you qualify. Even if your monthly income is higher than the amounts described above, we'll subtract the following out-of-pocket expenses! Just bring documentation (examples include bills and/or receipts) with you on your first Food Pantry visit.

- Child care: examples include bills for daycare or babysitter.
- Health care: examples include doctor's visits, copays, hospitals, etc.
- Health insurance
- Medication: examples include any prescriptions paid for out-of-pocket.

You too can be the  
**King or Queen of Couponing**  
 to save your family's hard earned money!



Taken from [http://frugalliving.about.com/od/bargainshopping/a/Coupon\\_Guide.htm](http://frugalliving.about.com/od/bargainshopping/a/Coupon_Guide.htm) 2-26-15.

If you're interested in couponing, but aren't sure how to get started, this guide's for you:

### Where to Look for Coupons

There are lots of coupons up for grabs, if you know where to find them. By far, the best places to look are:

- **Newspapers**- the Smart Source and RedPlum coupon inserts appear on a near-weekly basis. The Procter and Gamble insert appears at the start of each month
- **Online**- look to free grocery coupon sites for loads of printable coupons.
- **Magazines**- women's publications such as *All You*, *Woman's Day*, *Red Book*, *Family Circle* and *Good Housekeeping* frequently carry manufacturer coupons
- **In store**- look for coupons on store shelves, on products and on the back of your receipts. Also look for coupons to print out at the register

Ads

Free Printable Coupons

[www.coupons.com](http://www.coupons.com)

Save On Groceries & Popular Brands. Download Or Print For Free!

Sunday Paper Coupons

[sundaypaper.shopathome.com](http://sundaypaper.shopathome.com)

Free Printable Coupons

[couponexplorer.com](http://couponexplorer.com)

Print or Download for Free Coupons. Save Big on Top Brands & Groceries!

- Best Grocery Coupons
- Coupon Printable Coupons
- Couponing
- Save Coupons
- Purex Coupons

#### **Additional places to look:**

- **Junk mail**- high-value manufacturer coupons have started to appear in junk mailers, so be sure to look before you toss
- **Direct from the manufacturer**- check manufacturer websites for printable coupons or contact companies (by mail, e-mail or phone) to request coupons
- **Store mailings**- get a frequent shopper card for the grocery stores that you shop, and you may be rewarded with special coupon mailings
- **On products**- look in and on the packaging of the products that you buy for special loyalty coupons

#### **How to Keep Coupons Organized**

There are lots of ways to organize coupons; the key is to find the approach that works best for you.

Three options to consider:

- Clipping out all coupons
- Clipping out just the coupons that you intend to use
- Leaving the coupon inserts intact, and clipping coupons on an "as-needed" basis

Ads

Free Printable Coupons

[www.couponalert.com](http://www.couponalert.com)

Get Free Printable Grocery Coupons Save Money. 100s of Brands. Get App

Free Toilet Paper Coupons

[webparent.com](http://webparent.com)

Enjoy A Free Case Of Toilet Paper On Us. Print Our Free Coupon Now

Whichever approach you choose, there are several things that you can do to ensure that your coupons remain neat and accessible:



1. **Develop a filing system.** Many couponers organize their coupons by grocery category--dairy, frozen foods, deli, etc. – but it's not the only way to go. Find a filing system that works for you--by aisle, by expiration, etc. – and put it into action.
2. **Find a container to hold your coupons.** Use a shoebox, a storage container, a coupon binder, a coupon wallet or a recipe box – it doesn't matter what you choose – but it's important to have a landing spot for all of those coupons.
3. **File coupons the same day you get them.** Okay, so you may not always have time to file your coupons right away, but try to file them as soon as you can. This will prevent them from getting lost, and save you the hassle of having to sort through a big mess of coupons all at once.
4. **Purge regularly.** Expired coupons won't save you money, so don't let them hog space in your coupon file. Set a schedule for purging expired coupons, and stick to it.

### **How to Maximize Your Savings:**

- Shop at stores that double coupons
- Keep your coupons with you at all times – you never know when a deal might pop up
- Match coupons to sales – use a site like couponmom.com to help you do this
- Learn each store's coupon policy
- Get creative: Clever Couponing Strategies

# Meals on a Budget

Taken from <http://www.cookinglight.com/food/everyday-menus/healthy-budget-recipes/pork-chops-cherry-couscous-budget-cooking-recipe>



# Pork Chops with Cherry Couscous



Yield:

4 servings (serving size: 1 pork chop and about 3/4 cup couscous)

Price: \$2.39 per serving

## Ingredients

- 3 tablespoons olive oil, divided \$
- 4 (6-ounce) bone-in center-cut pork chops \$
- 1 teaspoon salt, divided \$
- 1/4 teaspoon freshly ground black pepper
- Cooking spray \$
- 1 cup uncooked couscous \$
- 3/4 cup boiling water \$
- 1 cup coarsely chopped pitted cherries \$
- 1/2 cup sliced green onions \$
- 1/3 cup dry-roasted almonds, chopped \$
- 2 teaspoons grated lemon rind \$
- 2 tablespoons fresh lemon juice \$

## Preparation

1. Preheat grill to medium-high heat.
2. Brush 1 tablespoon olive oil evenly over both sides of pork, and sprinkle evenly with 1/2 teaspoon salt and black pepper. Place pork on a grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness. Let pork stand for 5 minutes.
3. Place couscous in a large bowl. Add 3/4 cup boiling water; cover and let stand for 5 minutes. Uncover and fluff with a fork. Stir in remaining 2 tablespoons oil, remaining 1/2 teaspoon salt, cherries, and remaining ingredients. Serve with pork.

## Nutritional Information

Calories 495

Fat 22.3 g

Satfat 3.6 g

Monofat 13.4 g

Polyfat 3.3 g

Protein 29.7 g

Carbohydrate 43.8 g

Fiber 5 g

Cholesterol 66 mg

Iron 2 mg

Sodium 683 mg

Calcium 76 mg

# Bacon Pierogi Bake



Similar to Italy's ravioli, "pierogis" are Polish dumplings made from unleavened bread dough and stuffed with a filling, typically made from potatoes. In this dish, potato-and-onion pierogis are covered with a creamy sauce and cheese, then baked until bubbly and topped with bacon, green onions, and tomatoes. Bake in individual gratin dishes for fun individual "[casseroles](#)," and serve with a green salad. Pierogis are yummy potato-filled dumplings you can purchase from the freezer section of most major supermarkets. Using this convenience to jump-start dinner is not just economical, but it'll save you lots of time in the kitchen, as well.

Yield:

4 servings (serving size: 3 pierogies and 2 tablespoons sauce)

Price: \$1.84 per serving

## Ingredients

Cooking spray \$

2 center-cut bacon slices, chopped \$

2 garlic cloves, minced

1/3 cup (3 ounces) 1/3-less-fat cream cheese \$

1/2 cup fat-free, lower-sodium chicken broth \$

1/2 cup (2 ounces) shredded sharp cheddar cheese \$

1/4 cup thinly diagonally sliced green onions \$

1/4 cup chopped seeded plum tomato \$

1/2 teaspoon freshly ground black pepper

## Preparation

1. Preheat oven to 400°.

2. Arrange the pierogies in an 11 x 7-inch glass baking dish coated with cooking spray. Cook bacon in a saucepan over medium heat until crisp; remove from pan. Set aside.

3. Add garlic to drippings in pan, and cook for 30 seconds, stirring constantly. Add 1/3 cup cream cheese to pan, and cook for 1 minute or until cream cheese begins to melt, stirring frequently. Gradually add chicken broth to pan, stirring with a whisk until smooth. Pour the cream cheese mixture evenly over pierogies. Top evenly with 1/2 cup cheddar cheese. Bake at 400° for 20 minutes or until bubbly and thoroughly heated. Remove from oven, and sprinkle with bacon, green onions, tomato, and pepper.

## Nutritional Information

Calories 303

Fat 12.8 g

Satfat 6 g

Monofat 4.3 g

Polyfat 0.4 g

Protein 12.1 g

Carbohydrate 36.4 g

Fiber 2.2 g

Cholesterol 38 mg

Iron 0.4 mg

Sodium 646 mg

Calcium 141 mg

# Edamame Succotash



If you can't find frozen, shelled edamame (green soybeans), substitute the more traditional lima beans. Serve with a baguette and Neufchâtel cheese.

Yield:

4 servings (serving size: 1 1/4 cups)

Price: \$2.47 per serving

## Ingredients

- 1 slice center-cut bacon \$
- 1 tablespoon butter \$
- 2 cups chopped sweet onion
- 2 cups fresh corn kernels (about 3 ears)
- 1 (16-ounce) bag frozen, shelled edamame, thawed
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt \$
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon sugar
- 3 plum tomatoes, coarsely chopped \$
- 1 red bell pepper, seeded and coarsely chopped \$
- 3 tablespoons torn basil

## Preparation

1. Cook bacon in a nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings in pan; coarsely chop bacon.
2. Increase the heat to medium-high. Melt butter in drippings in pan. Add onion; sauté 3 minutes, stirring occasionally. Add corn kernels; sauté for 3 minutes or until lightly charred. Add edamame, and sauté for 3 minutes, stirring occasionally. Stir in vinegar and next 5 ingredients (through bell pepper); cook 30 seconds, stirring occasionally. Sprinkle with bacon and basil.

## Nutritional Information

Calories 300

Fat 12.1 g

Satfat 3.3 g

Monofat 3.3 g

Polyfat 3.6 g

Protein 17.9 g

Carbohydrate 37.2 g

Fiber 10 g

Cholesterol 10 mg

Iron 0.9 mg

Sodium 386 mg

Calcium 28 mg





BRUNSWICK-TOPSHAM  
LANDTRUST

## Garden Plots



Do you

### love gardening?

So do we. In fact over 80 families from our community have plots at our garden right next to our Common Good Bed.

Having your plot at Tom Settlemire Community Garden is more than simply having room to grow; it is an opportunity to be a part of a community of gardeners.

You will have the opportunity to learn from Master Gardeners, neighbors, and a larger number of volunteers.

As part of that community, our plot holders agree to give back volunteer hours too.

If you are interested in a plot for the 2015 growing season, please use the attached application. Fill out and return to the Land Trust office.

If you have any questions or would rather have an application mailed to you, you can call the office at: (207) 729-7694

Taken from <http://www.btlit.org/garden-plots/>

# Natural Food Stores



## Morning Glory Natural Foods

Morning Glory Natural Foods is celebrating 30 years on Maine Street in downtown Brunswick. We are a family owned, independent natural food store specializing in local and organically grown foods. We offer a wide variety of specialty wines and cheese. Fresh bread is delivered daily from local bakers. We work with local farmers to provide the freshest local organic produce available. Herbal and nutrition staff consultants are available Monday through Friday and offer personalized customer support. Our women's clothing boutique specializes in stylish apparel made in the USA.

60 Maine Street, Brunswick, ME 04011  
(207) 729-0546

Hours:  
M-F: 9AM-7PM, Sat: 9AM-6PM, Sun: 10AM-5PM

## Bath Natural Market

Mid-Coast Maine's home of Fresh Organic Produce, Spices, Breads, Natural Meats, Bulk Grains, Local Dairy Products, Coffees, Teas, Organic Wine, Dried Mushrooms, Vitamins and other Nutritional Supplements.

36 Centre Street  
Bath, ME 04530  
207-442-8012  
e-mail:[contact@bathnaturalmarket.com](mailto:contact@bathnaturalmarket.com)

Hours:  
Monday thru Friday 9 a.m. to 6 p.m.  
Saturday 9 a.m. to 5 p.m.  
Sunday Noon to 4 p.m.

# Clothing and Home Goods

## Consignment and Thrift Stores



### **The Kidz Clothesline**

22 Stanwood Street  
Brunswick, Maine 04011  
207-729-5439

Children's clothing up to size  
12/14  
Shoes, Furniture, Equipment, Toys  
& Books



### **Estilo Unique consignment for Women**

Estilo was created in 2006 as a place for women and teens to find high quality clothes at very affordable prices. New items arrive daily, 7 days a week. Stop by to shop or to consign your items.

10 Pleasant Street  
Brunswick, ME 04011  
207.729.0107

#### **Hours:**

Monday - Saturday  
10:30 - 5:30  
Sunday  
12:00 - 4:00

Please contact Lauren with any questions  
[\*\*estiloconsignment@gmail.com\*\*](mailto:estiloconsignment@gmail.com)



### **Closet to Closet**

227 Water Street  
Bath, Maine  
207-443-3800

Tue-Fri: 10:00 am – 4:30 pm  
Sat: 10:00 am – 3:00 pm  
Quality modern and vintage  
consignment for women!



### **J'adore**

192 Front Street  
Bath, Maine  
207-443-5600

#### Hours:

Monday – Friday 10:00 am-5:00 pm  
Sat 10:00 am-4:00 pm  
Sun 10:00 am-3:00 pm

Quality Men's and Women's  
Consignment





### **Buy Low Baby**

99 Commercial Street, Suite 2  
Bath, Maine  
207-442-9555

Children's clothing, shoes, toys & equipment.



### **Goodwill Industries of Maine**

21 Gurnet Road  
Brunswick, Maine 04011

Gently used clothing for children and adults, furniture, dishes, household goods, toys & books.

Monday- Saturday 9:00 am-9:00 pm  
Sunday 9:00 am-7:00 pm



### **Goodwill**

106 Park Drive Topsham ME 04086  
207-729-1917

#### **Hours (Opening & Closing Times):**

Monday 09:00am - 09:00pm  
Tuesday 09:00am - 09:00pm  
Wednesday 09:00am - 09:00pm  
Thursday 09:00am - 09:00pm  
Friday 09:00am - 09:00pm  
Saturday 09:00am - 09:00pm  
Sunday 10:00am - 06:00pm

**Phone Number:** (207) 729-1917



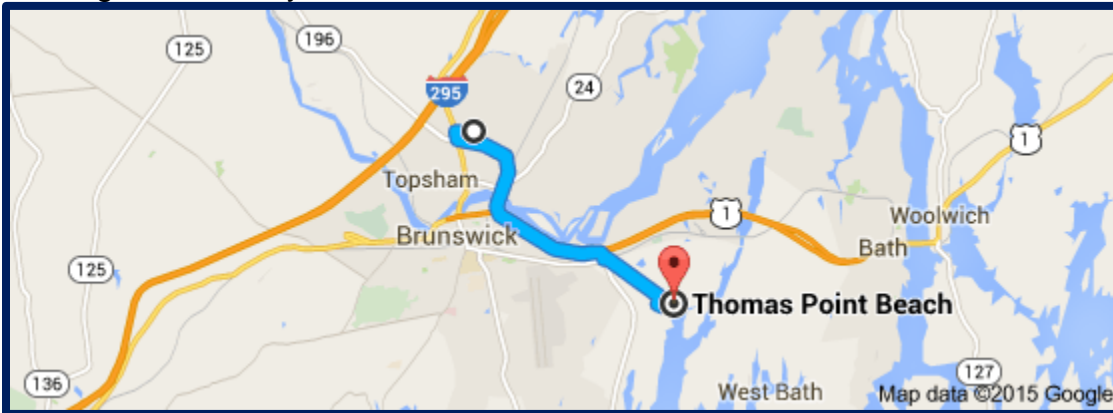
# Low Cost, Family-Friendly Activities

## Thomas Point Beach

Off Rt. # 24 Cooks Corner, Brunswick, Maine  
207-725-6009



Beautiful Thomas Point Beach, just off Route 24 in Brunswick, has much more to offer than just a day in the sun! Thomas Point Beach offers individuals, families, and groups of all sizes, a variety of exciting summer happenings. Here you will find a clean, sandy beach on tidal water overlooking relaxing Thomas Bay.



There's a large, safe Playground Area available for kids of all ages. Also featured are 85 acres of beautiful lawns and picnic groves with areas to play Volleyball, Softball, and your favorite summertime games. Camping is very popular for local residents as well as people from all over the world.

Open 9:00 am 'til Sunset  
~ Daily ~

### GENERAL ADMISSION

Adults \$ 4.00 ~ Children under 12 \$ 2.00  
Children UNDER 3 and OVER 80 - FREE  
\* Seniors ~ \$2.00 Week-Days \*

SUNDAY thru THURSDAY AFTER 3:00 PM  
Adults \$3.00 ~ Children under 12 \$ 1.50

## Merrymeeting Dog Park

Brunswick Area Recreation for Kanines (BARK) is a community partnership with the Town of Brunswick, the Brunswick Parks and Recreation Commission, and YOU for the purpose of maintaining a fenced, off-leash dog recreation area. The dog park is part of the Parks and Recreation inventory and is managed by the town. BARK is an all-volunteer citizen committee responsible for raising private funding for the build-out of the park and for educating park users.



**Directions to Merrymeeting Dog Park**  
**Androscoggin River Bicycle & Pedestrian Path**  
**Water Street**  
**Brunswick, Maine 04011**

**FOR GPS USERS:** closest street address is 10 Water St. 04011

**From Rt. 196 & 201 in Topsham:** Turn south on Rt. 201, cross bridge onto Maine Street in Brunswick, then first left on Mason street and then a quick left on Water Street. Parking is at end of Water Street.

**From Cooks Corner:** turn west on the Bath Rd. toward Brunswick. Turn right on Federal St. (at Bowdoin College). At the stop sign on Mason St., go straight across onto Water St. and follow to end. Parking lot on left.

**From Bath:** Go west on Rt. 1, exit at ramp to Brunswick/Topsham by Fort Andross (do not take the first Topsham exit). Turn left on Maine St., then first left on Mason St. then a quick left on Water St. to parking lot at end.

**From Freeport:** Take I-295 north to Brunswick exit. Stay on Pleasant St. into downtown Brunswick. Turn left on Maine St. and right on Mason St. (Last right before Fort Andross), then a quick left on Water St. to parking lot at end.

**From Water St. parking lot:** the dog park is 800 feet from the parking lot. Go past the boat ramp and the soccer field; the dog park is on the right just after the highway overpass.



During summer months, do not park in the front lot reserved for boat trailers!

**The parking lot gates are locked at dusk** – Don't get locked in! Call the Brunswick police department at (207) 725-5521 if you need assistance.

There is a public toilet next to the dog park.

Water is seasonally available from May 15 to November 1 on both sides of the dog park. Please bring your own bowl and remove it when you leave.

**Beware of strong currents in the river!** If you cool off your dog in the river, best keep him on a leash.

## Seguin Island Lighthouse



The Seguin Island Light Station was commissioned by George Washington in 1795. It's Maine's tallest and second oldest light station! It is a fully functional, aid to navigation and is one of Maine's most memorable places.

### SEGUIN ISLAND LIGHT STATION: WHERE WE ARE LOCATED

Seguin Island is 2.5 miles off the mouth of the Kennebec River, south of Georgetown Island, near Fort Popham & Popham Beach State Park. Take a tour of the tower and relive the memories.

### VISIT THE ISLAND BY CHARTER/FERRY OR BY PERSONAL BOAT

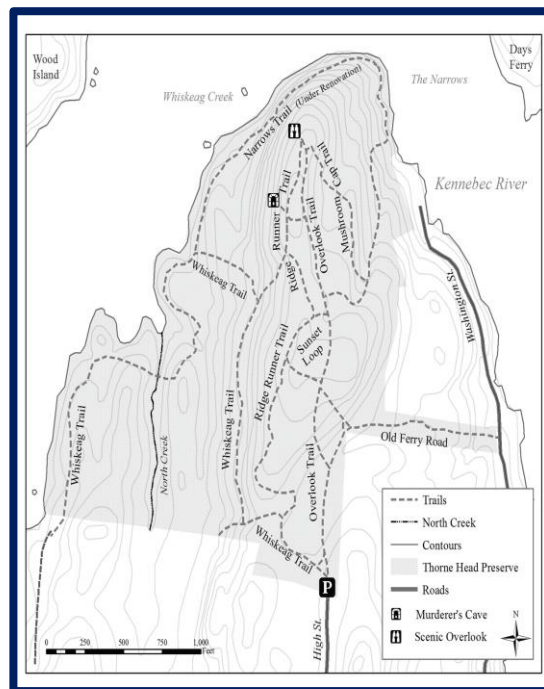
Seguin Island is a place of marine and environmental history, with unique flora and abundant fauna. The Island opens in May. We have relationships with many local Charter/Ferry services with knowledgeable captains, ready to take you to one of the most breathtaking places in Midcoast Maine.



## Thorne Head Nature Preserve



In 2000, KELT purchased the Preserve with the generous support of many individual contributions. The trails at this popular near-town property are open free of charge to the public from dawn to dusk. Dogs are welcome if leashed or well mannered.



### Ecology of Thorne Head

As you enjoy Thorne Head’s spectacular waterfront and forest, look for 6 natural features that support a wide variety of flora and fauna on the Preserve. Stop, look and listen at each one to discover more than 100 plant species and the birds they attract. Deer, fox, raccoon, and mink are visitors as well.

Directions Take High Street north out of Bath to the end.

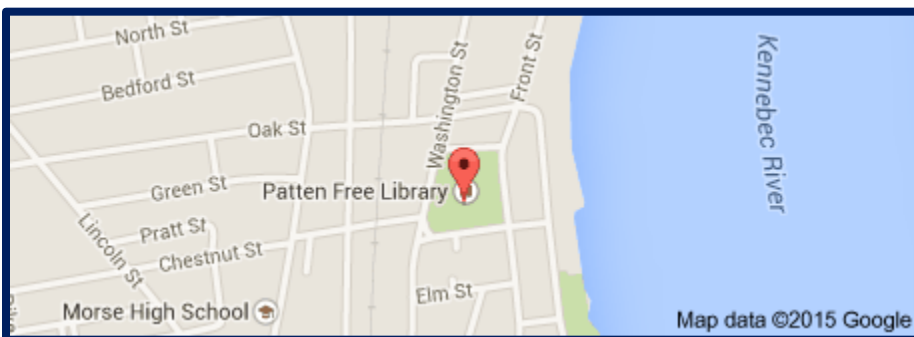


## Patten Free Library and Library Park, Bath, Maine



The Patten Free Library, located at 33 Summer Street in Bath, Maine. There is a fountain in the southwest corner of the park called The Spirit of the Sea.

The library is funded by member communities including Bath, West Bath, Arrowsic, Georgetown, Woolwich, and Phippsburg. Residents of those towns have library privileges at no additional cost. Other people pay \$40 for a library card each year.



### Music in the Gazebo and on the Dock, Bath, Maine

Come enjoy a summer evening of community and music outdoors as Main Street Bath presents this series of Free Concerts each Tuesday & Friday at 7:00 pm in the Gazebo at City Park by the Patten Free Library at 33 Summer Street.

## Bowdoin College Museum of Art

9400 College Street  
Brunswick, ME 04011



### Museum hours

Tuesday - Saturday: 10:00 a.m.–5:00 p.m.

Thursday: 10:00 a.m.–8:30 p.m.

Sunday hours: 1:00 - 5:00 p.m.

Closed on Mondays and national holidays.

The Bowdoin College Museum of Art is open to the public free of charge, although donations are welcome.

The Museum is wheelchair accessible through the Pavilion entrance. Bowdoin College Museum of Art is a member of The Maine Art Museum Trail

### Mailing Address

Bowdoin College Museum of Art  
9400 College Station, Brunswick, ME  
04011  
(207) 725-3275

### Physical Address (for GPS)

245 Maine Street, Brunswick, ME  
04011

### Ice Skating

Outdoor ice rinks placed on lawns or grass can have a very negative impact on the lawn if it is kept in place for a long time. Therefore, in order to protect the fine lawn on the Mall, we are shortening the ice making season at this location. We will begin making ice on the Mall during the week of December 30, weather conditions permitting



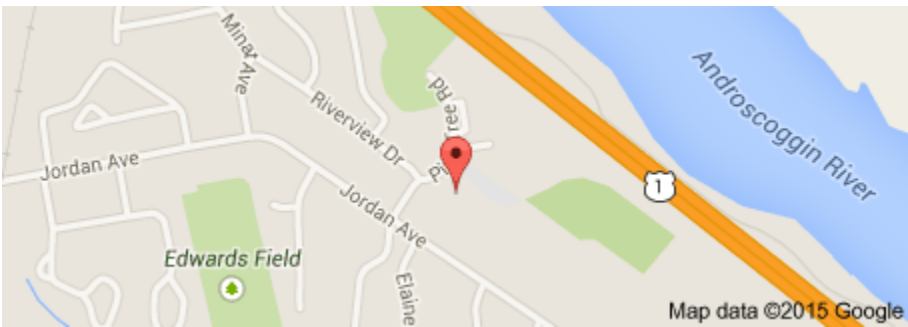
This facility is open for public skating from 9:00 a.m. to 10:00 p.m. daily  
Ice Hockey play is not permitted at this rink during the following hours:  
Monday through Friday 3pm – 6 pm  
Saturday and Sunday 10 am – 5 pm  
This is a public skating facility, the maintenance of which is contingent upon-suitable weather conditions for the making of natural ice.

### Lishness Hockey Rink



This facility is open for public skating from 9:00 a.m. to 10:00 p.m. daily with the following exceptions:  
The Mid Coast Youth Hockey Association holds practices at this rink during the following hours:  
Monday, Wednesday & Friday 6 pm-9 pm  
Saturday and Sunday 6 am to 10 am  
This is a public skating facility, the maintenance of which is contingent upon suitable weather conditions for the making of natural ice.

Pine Tree Road, Brunswick, ME 04011  
**Phone:**(207) 725-6656



# EMERGENCY SERVICES

**LIVE UNITED**



**Directory of Commonly Requested Community Services**

**United Way of Mid Coast Maine  
July 2013  
Dial 2-1-1**

or  
**1-877-463-6207**

or visit [211Maine.org](http://211Maine.org)

**for confidential help & information on these and other area services**

**Brought to you locally by:**

**United Way of Mid Coast Maine**

**Like our new Facebook page!**

[www.facebook.com/uwmcm](http://www.facebook.com/uwmcm)

**EMERGENCY SERVICES**

**Emergency ..... Dial 9-1-1**

Adult Protective Services (24 hr. Hotline) . 1-800-624-8404

American Red Cross-

Mid Coast Chapter

. 729-6779 or 563-3299

Cumberland Co. Emergency Management ..... 892-6785

Emergency Hazardous Materials

Response

. 1-800-452-4664

Emergency Oil Spill Response ..... 1-800-482-0777

Family Crisis Services (24 hr.) ..... 1-866-834-4357

Lincoln Co. Emergency Management ..... 882-7559

ME Emergency Management Agency

. 1-800-452-8735

or 624-4400

Mental Health Crisis Hotline

Connector

..... 1-888-568-1112

Northern NE Poison Center..... 1-800-222-1222

Sagadahoc Co. Emergency Management ..... 443-8210  
 Sexual Assault Support Services ..... 1-800-822-5999

### **DISABILITIES SERVICES**

Alpha One .....1-800-640-7200  
 Disability Rights Center ..... 1-800-452-1948 or 626-2774  
 Elmhurst, Inc.-Bath ..... 443-9783 & TTY: 1-800-545-1833x756  
 Independence Association - Brunswick ..... 725-4371  
 IRIS (Maine Center for the Blind) .... 1-800-715-0097 or 774-6273  
 Maine Center for Integrated Rehabilitation ..... 596-7555  
 Maine Parent Federation (SPIN) ..... 1-800-870-7746 or 588-1933  
 Maine Relay Service for the Deaf ..... 7-1-1  
 Mobius, Inc. - Damariscotta ..... 563-3511 & TTY: 563-3864  
 Office of Aging and Disabilities (DHHS)  
 Portland .....1-800-269-5208  
 Rockland ..... 1-800-704-8999 or 596-4200  
 Pine Tree Society ..... 443-3341 (also TTY)  
 Special Library Services-Books on Tape .....1-800-762-7106  
 Spectrum Generations -  
 Aging & Disabilities Resources  
 1-800-639-1553  
 Vocational Rehabilitation ..... 1-877-594-5627x3

### **EDUCATION**

#### **& EMPLOYMENT SERVICES**

ASPIRE/JOBS..... 1-800-482-7517 or 795-4377  
 Bath RSU1 Adult Education ..... 443-8255  
 Boothbay Region Adult Education..... 633-3224  
 Central Maine Community College .. 1-800-891-2002 or 755-5100  
 Merrymeeting Adult Education - Brunswick/Topsham .... 729-7323  
 Mid Coast Senior College ..... 442-7349  
 Occupational Safety Hotline .....1-800-321-6742  
 Southern Maine  
 Community College  
 . 1-877-282-2182 or 741-5500  
 Southern MidCoast Career Center - 1-888-836-3355 or 373-4000  
 Southern New Hampshire University1-800-427-9238 or 725-6486  
 Technical High School Vocation Ed  
 - Brunswick (Region 10)  
 . 729-6622  
 Tri-County Literacy ..... 443-6384  
 Unemployment Insurance .....1-800-593-7660  
 Univ. College at Bath/Brunswick ..... 1-800-696-2329 or 442-7736  
 Univ. of ME Cooperative Extension Svc  
 (Sagadahoc  
 )  
 1-800-287-1458  
 Vocational Rehabilitation ..... 1-877-594-5627  
 Wiscasset Adult & Community Education ..... 882-9710  
 Women Unlimited ..... 1-800-281-5259 or 623-7576  
 Women, Work & Community ..... 1-800-442-2092 or 386-1664  
 Worker's Compensation Board ..... 1-888-801-9087



or  
287-3751

**ELDER SERVICES**

Adult Protective Services  
(24 hr. to report abuse)  
...1-800-624-8404

- Bath Area Senior Citizens Activity Center ..... 443-4937
- Brunswick Area Respite Care – Bath/Brunswick ..... 729-8571
- Elder Independence ..... 1-888-234-3920 or 795-7213
- Eldercare Locator .....1-800-677-1116
- ElderCare Network - Lincoln County ..... 563-2148
- Good Morning Program- Bath ..... 443-5563
- Good Morning Program - Brunswick ..... 729-0757
- Hearthside Senior Assistance ..... 1-877-686-5748 or 443-5748
- Legal Services for the Elderly ..... 1-800-750-5353 or 623-1797
- Lifeline Emergency Response..... 373-3635
- Long Term Care Ombudsman..... 1-800-499-0229 or 621-1079
- Low Cost Drug Program (ME.Rx Plus) .....1-866-796-2463
- Meals on Wheels ..... .1-800-639-1553 & TTY: 1-800-464-8703
- Neighbors Inc. - Greater Brunswick ..... 725-9444
- Office of Aging & Disabilities .....1-800-262-2232
- People Plus-Brunswick ..... 729-0757
- Richmond Area Senior Center ..... 737-2161
- SEARCH-Greater Bath Elder Outreach Network ..... .837-8810
- Spectrum Generations/Area Agency on Aging .....1-800-639-1553

**FINANCIAL**

**ASSISTANCE & SUPPORT PROGRAMS**

**Clothing, Emergency \$, Food, Fuel, Mortgage, Rent, Utilities**

Adventist Community Services  
(Clothing and Housewares)

.....  
725-7015

- Bath Area Food Pantry ..... 737-9289
- Bath Area Soup Kitchen..... 737-9289
- Boothbay Region Community Resources ..... 350-6272
- Boothbay Region Food Pantry ..... 633-4757
- Brunswick Food Pantry-  
Mid Coast Hunger Prevention  
..... 725-1151
- Brunswick Soup Kitchen-  
Mid Coast Hunger Prevention .....  
729-8647
- CHIP – Lincoln County..... 1-800-924-9571
- Coastal Enterprises, Inc. (CEI)..... 1-877-340-2649 or 882-7552
- Community Energy Fund-Lincoln Co ..... 563-3883
- DHHS Emergency Assistance – Cumberland ..... 822-2000
- DHHS Emergency Assistance - Lincoln/Sagadahoc ..... 596-4200
- First Baptist Church Food Bank - Jefferson ..... 549-5361
- Freeport Community Services ..... 865-3985
- General Assistance ..... Local Town Office or Dial 2-1-1

**LIHEAP**

(Heating Assistance)

KVCAP (Lincoln &amp; Sagadahoc County) ..... 1-800-542-8227

Penquis (Knox County) ..... 1-800-215-4942 or 596-0361

The Opportunity Alliance PROP-

(Brunswick/Harpswell)..

1-800-698-4959

Meals on Wheels ..... 1-800-639-1553 or 729-0475

Midcoast ME Community Action

(MMCA)

1-800-221-2221 or 442-7963

New Harbor Food Pantry ..... 677-3424 or 677-3055

Newcastle Ecumenical Food Pantry ..... 563-1133

Philbrook Fund (Damariscotta only) ..... 563-5168

Richmond Food Pantry ..... 607-2777

Salvation Army - Bath ..... 443-3611

Salvation Army - Rockland ..... 594-5326

Salvation Army - other communities ..... Dial 2-1-1

SNAP (Food Stamps) - Cumberland ..... 822-2000

SNAP (Food Stamps) - Lincoln &amp; Sagadahoc ..... 596-4200

Social Security Administration ..... 1-800-772-1213

St. Denis Whitefield Food Pantry ..... 582-2684

St. Philips Help Yourself Shelf ..... 882-7184

Tedford Housing ..... 729-1161

Veterans Affairs (VA) ..... 1-800-827-1000

Waldoboro Food Pantry ..... 832-4743

Warm Thy Neighbor-

Fuel Assistance (Brunswick Area)

... 729-1161 x112

Wiscasset Food Pantry ..... 882-9088

Women, Infants &amp; Children (WIC) .... 1-800-221-2221 or 442-7963

**ABUSE/ASSAULT****Child Abuse**

Child Protective Services - DHHS ..... 1-800-452-1999

Families Can! (MMCA) ..... 442-7963 x286

Healthy Kids Lincoln County ..... 563-1818

**Domestic Violence**

Domestic Abuse Helpline

for Men &amp; Women

..... 1-888-743-5754

Family Crisis Services (24 hr.) ..... 1-866-834-4357

National Domestic Violence Hotline ..... 1-800-799-7233

New Hope for Women-

Bath,Damariscotta,Rockland 1

-800-522-3304

Safe Voices AWAP (24 hr., Auburn) ..... 1-800-559-2927

**Sexual Assault**

Sexual Assault Support Services

of Mid Coast ME

.. 1-800-822-5999

**VOLUNTEERING or DONATING GOODS:**

United Way of Mid Coast Maine 443-9752

Email:

[volunteersolutions@uwmcm.org](mailto:volunteersolutions@uwmcm.org)

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



**LIVE UNITED**



**FAMILY & CHILDRENS SERVICES**

**Child Care Information and Vouchers**

Child & Family Services DHHS .....

1-877-680-5866 or 624-7900

**Child Care Centers/After School Programs**

Bath Area Family YMCA ..... 443-4112

Boothbay Region YMCA ..... 633-2855

Casco Bay YMCA..... 865-9600

Central Lincoln Co. YMCA ..... 563-3477 or 563-9622

Coastal Kids Preschool ..... 563-5335

Family Focus - Child Care Services ..... 1-800-675-2413 or 386-1662

Head Start & Early Head Start ..... 1-800-221-2221

Penobscot Bay YMCA ..... 236-3375

**Mentoring and Scouting Programs**

Big Brothers Big Sisters of Bath-Brunswick .....

729-7736

Big Brothers Big Sisters of Midcoast Maine .....

593-0380

Girl Scouts of Maine .....

1-888-922-4763

Pine Tree Council Boy Scouts of America .....

797-5252

**Parenting Resources**

Child

Development Services (SEARCH)

Damariscotta office ..... 1-888-760-8114 or 563-1411

Mid Coast Regional CDS .... 1-877-443-1301 or 594-5933

Families Can! (MMCA) ..... 442-7963 x286

G.E.A.R. Parent Network ..... 1-800-264-9224

Healthy Generations ..... 373-6950

Healthy Kids (Lincoln Co.) ..... 563-1818

Home to Home-Children Exchange Program ..... 837-4894

Maine Families/Teen & Young Parent Program ..... 594-1980

Success By 6 ..... 442-7440

**Youth and Family**

Bath Youth Meetinghouse and Skatepark ..... 443-8750

Gay & Lesbian National Hotline (GLBT) ..... 1-888-843-4564  
 Grief and Loss Support - CHANS . 1-888-486-0340 or 729-6782  
 Home Counselors ..... 596-0359  
 Runaway Hotline ..... 1-800-786-2929  
 Teen Center-People Plus ..... 721-0754  
 The Opportunity Alliance-  
 Family Mediation  
 1-877-429-6884 or 874-1175  
 Youth Promise ..... 563-6123

### **HEALTH AND HEALTHCARE**

All About Prevention (AIDS testing) ..... 725-4955 or 504-6047  
 CHANS Hospice ..... 1-888-486-0340 or 729-6782  
 Childhood Lead Poisoning Prevention ..... 1-866-292-3474  
 Consumers for Affordable Health Care  
 .. 1-800-965-7476 or 622-7083  
 Low-Cost Drug Maine RX Program (Elder/Disabled)  
 .... 1-866-796-2463  
 Maine HIV/STD/Hepatitis Frannie Peabody  
 .... 1-866-701-3897 or 774-6877  
 MaineCare HelpLine  
 (CHIP)  
 ..... 1-877-543-7669

MaineCare Member Services ..... 1-800-977-6740  
 Medicare ..... 1-800-633-4227  
 National AIDS Information (CDC) ..... 1-800-232-4636  
 Northern NE Poison Center ..... 1-800-222-1222  
 Public Health Nurse- DHHS ..... 1-800-432-7802 or 596-4238

### **HOME HEALTH CARE**

Brunswick Area Respite Care ..... 729-8571  
 Catholic Charities Maine – Family Services ..... 1-877-621-8520  
 CHANS Home Health Care/Hospice 1-888-486-0340 or 729-6782  
 Home Care for Maine..... 1-800-639-3084 or 582-8001  
 Kno-Wal-Lin Home Health Care Newcastle ..... 563-5119  
 Rockland ... 1-800-540-9561 or 594-9561  
 Miles & St. Andrews Home Health & Hospice ..... 563-4592  
 St. Andrews Hospital & Healthcare Center - Boothbay .. 633-2121  
 Veterans Affairs TeleCare ..... 1-800-827-1000

### **HOSPITALS/CLINICS**

Family Planning Assoc. of Maine ..... 622-7524  
 Jessie Albert Dental Center ..... 1-888-304-8020 or 443-9721  
 Knox County Health Clinic ..... 594-6996  
 Lincoln County Dental ..... 563-8668  
 Martin's Point Health Care ..... 1-800-322-0280 or 774-5801  
 Mid Coast Hospital - Brunswick ..... 1-877-729-0181 or 373-6000  
 Miles Memorial Hospital - Damariscotta ..... 563-1234  
 OASIS Health Clinic ..... 721-9277  
 Parkview Adventist Medical Center – Brunswick ..... 373-2000  
 Pen Bay Medical Center - Rockland ..... 596-8000  
 Planned Parenthood - Topsham Health Center ..... 725-8264  
 Richmond Area Health Center ..... 737-4359

St. Andrews Hospital – Boothbay Harbor ..... 633-2121  
 Sheepscot Valley Health Center-Somerville ..... 549-7581  
 Veterans Hospital - Togus ..... 1-877-421-8263 or 623-8411

### **HOUSING & SHELTER**

Bath Housing Authority ..... 443-3116  
 Brunswick Housing Authority (Cumberland Co.) ..... 725-8711  
 CEI Housing Counselor ..... 1-877-340-2649 or 882-7552  
 Habitat for Humanity/ 7 Rivers Maine ..... 386-5081  
 Housing Discrimination Hotline ..... 1-800-669-9777  
 Maine State Housing/Housing Choice Voucher ... 1-800-452-4668  
 MMCA Housing Counseling ..... 1-800-221-2221  
 Penquis (Knox Co.) ..... 1-800-215-4942  
 Poverty Tax Abatement ..... call local Town Office  
 Property Tax & Rent Refund Program ..... 626-8475  
 Tedford Housing ..... 729-1161  
 VOA Housing ..... 373-1140

### **LEGAL & TAX INFORMATION**

CA\$H Coalition..... 373-1140 x206  
 Child Support Enforcement ..... 624-8020  
 Cumberland Legal Aid Clinic ..... 780-4370  
 Finance Authority of Maine ..... 1-800-228-3734 or 623-3263  
 Internal Revenue Service .....1-800-829-1040  
 Lawyer Info & Referral Service..... 1-800-860-1460 or 622-1460  
 Legal Services for the Elderly ..... 1-800-750-5353 or 623-1797  
 Maine Attorney General's Office ..... 626-8800  
 Maine Civil Liberties Union (ACLU) ..... 774-5444  
 Maine Equal Justice Project ..... 1-866-626-7059 or 626-7058  
 Maine Human Rights Commission ..... 624-6290  
 Maine Revenue Services - Tax Information ..... 626-8475  
 Maine  
 Volunteer

Lawyers Project.... 1-800-442-4293 or 774-4348  
 Money Management International .....1-866-889-9347  
 Pine Tree Legal Assistance – [www.ptla.org](http://www.ptla.org)  
 Cumberland/Sagadahoc County ..... 774-8211  
 Lincoln/Knox County ..... 622-4731  
 Property Tax and Rent Refund..... 626-8475  
 Public Utilities Commission .....1-800-452-4699  
 Social Security Administration .....1-800-772-1213  
 Veterans Affairs (VA) .....1-800-827-1000  
 Victim's Compensation Board ..... 1-800-903-7882 or 624-7882  
 VOA Community Mediation Services ..... 373-1140x229

### **LEGISLATURE**

State Representatives ..... 1-800-423-2900 or 287-1400  
 State Senators ..... 1-800-423-6900 or 287-1540

### **MENTAL HEALTH SERVICES**

Community Counseling Center ..... 373-9417  
 Dept. of Health and Human Services (DHHS) ..... 287-3707  
 Maine Psychological Assoc. Information & Referral  
 .....1-800-287-5065



Mid Coast Behavioral Health ..... 373-6600  
 Mid Coast Hospital-Partial Hospitalization ..... 373-6980  
 Mid-Coast Mental Health Center .....1-800-540-2072  
 Mid Coast Senior Mental Health Services .....1-888-253-8428  
 Nat'l Alliance on Mental Illness (NAMI) .....1-800-464-5767  
 Statewide Mental Health Crisis Hotline Connector  
 .....1-888-568-1112  
 Support Groups ..... Dial 2-1-1  
 Sweetser Community Mental Health-Intake .....1-800-434-3000  
 Sweetser Learning and Recovery Center ..... 373-4273

### **SUBSTANCE ABUSE**

Addiction Resource Center - Mid Coast  
 . 1-800-244-3805 or 373-6950  
 Alanon - Statewide ..... 1-800-498-1844 or 284-1844  
 Alcoholics Anonymous - Statewide .....1-800-737-6237  
 Choice Skyward Addiction–Mid-Coast Mental Health Center  
 ... 701-4400  
 Crossroads for Women ..... 773-9931  
 ME Office of Substance Abuse & Mental Health ..1-800-499-0027  
 Maine Tobacco Helpline .....1-800-207-1230  
 Narcotics Anonymous .....1-800-974-0062  
 Support Groups ..... Dial 2-1-1  
 Sweetser -Intake .....1-800-434-3000

### **TRANSPORTATION**

Bath City Bus ..... 443-8363  
 Brunswick Explorer ..... 721-9600  
 Coastal Trans .....1-800-289-6605

### **2-1-1 Maine**

**is a FREE statewide  
 information and referral service available  
 24 hours a day,  
 365 days a year.**

?

### **Simply DIAL 2-1-1**

or visit the on-line 2-1-1 Maine database,  
 with over 9,000 human service programs,  
 at

**[www.211Maine.org](http://www.211Maine.org)**

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2-1-1 is available throughout Maine, but cell  
 phone & workplace phone access varies.

If you can't dial 2-1-1,  
 please call 1-877-463-6207

**Brought to you locally by:**

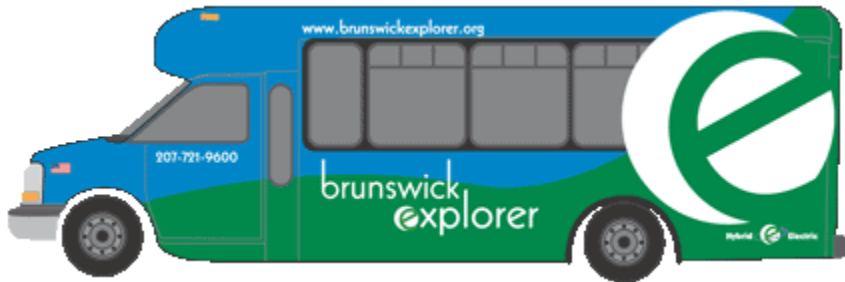
**United Way**

**of Mid Coast Maine**

**United Way of Mid Coast Maine , 34 Wing Farm Parkway, #201, Bath ME 04530**

**Phone (207) 443-9752 Email [info@uwmcm.org](mailto:info@uwmcm.org) [www.uwmcm.org](http://www.uwmcm.org)**

# Transportation



Brunswick Explorer  
16 Station Avenue  
Brunswick, Maine 04011  
207-721-9600

## Hours of Operation:

Monday-Friday 7:30 am - 5:30 pm

Wheelchair Accessible

Public Transportation

Buses

Buses run hourly and serve destinations all over town. Just look for our bus stop signs.

## ***Pass Sales Outlets***

- Brunswick Explorer Office
- Shaws at Merrymeeting Plaza
- People Plus

## ***Passes by Mail***

To purchase passes by mail, send your check or money order and request for passes to:

Brunswick Explorer  
16 Station Avenue, Suite 107  
Brunswick, ME 04011

## Brunswick Explorer, continued

### Fares and Passes

Fares/Passes	Price	Where to Pay
Cash Fare	\$1.00 one-way	Pay on bus, exact fare required
Day Pass	\$2.00 unlimited rides	Pay on bus, exact fare required
12-Ride Ticket	\$10.00	Any of our Pass Sales Outlets or by Mail (see details below)
Monthly Pass	\$30.00 unlimited rides	
Discount Monthly Pass For seniors (65+) and persons with disabilities	\$20.00 unlimited rides	
Monthly Youth Pass (6-18)	\$15.00 unlimited rides	

For more information call us at 721-9600.

[Link to Brunswick Explorer Website](#)



Brunswick Taxi  
 15 Main Street  
 Topsham, Maine 04086  
 207-729-3688

Hours of Operation  
 Sunday-Thursday 5:00 am – 1 :00am  
 Friday & Saturday 5:00 am – 2:00 am  
 By Appointment

Taxi & Limousine Services

Wheelchair Accessible



Concord Coach Lines  
 Maine Street Station  
 Station Avenue  
 Brunswick, Maine 04011  
 (800) 639-3317

Hours of Operation  
 Monday – Friday 5:00 am – 10:00 pm  
 Saturday & Sunday 6:00 am – 10:00 pm  
 Allow 15 minutes prior to departure to purchase tickets, no reservations accepted.  
[Link to Concord Coach Lines](#)



[Link to Amtrak Downeaster Website](#)



# Child Care Services

## 2014 Double Tax Credit Eligible Licensed Child Care Providers

The Maine legislature passed a law that expands the income tax credit for child care expenses. A Maine taxpayer who enrolls a child in a child care center or home with a Quality Certificate is eligible for a double child care tax credit on their state income tax return. Currently an individual is allowed a credit against the tax otherwise due in the amount of 25% of the federal tax credit allowable for child and dependent care. In the new law, this credit doubles in amount if the child care expenses were incurred through the use of quality child care. The credit may result in a refund of up to \$500.

### Sagadahoc County

Center	BATH YMCA - ENRICHMENT PROGRAM	303 Centre Street	Bath	6/9/2016
Center	FAMILY FOCUS - BATH CENTER II	2 davenport circle	bath	10/22/2017
Center	FAMILY FOCUS - BOWDOINHAM SACC	23 Cemetery road	Bowdoinham	10/22/2017
Center	FAMILY FOCUS - Topsham Woodside Elem. School	42 barrows drive	Topsham	10/22/2017
Center	FAMILY FOCUS - WILLIAMS CONE SCHOOL	19 Perkins Street	Topsham	3/25/2016
Center	THE CHILDREN'S SCHOOLHOUSE	223 North St	Bath	1/7/2017

For information on other counties, please click this link for the Maine.gov listings.

[Link for Tax Credit Eligible Child Care Providers](#)



## Head Start

Head Start provides comprehensive education, health, nutrition, and parent involvement services to income-eligible children and their families. The focus of this program is to ensure that children are ready to start school while addressing all aspects of a child's development and learning.

Services are available to residents of Lincoln, Sagadahoc and Northeastern Cumberland counties. Classrooms are located in Brunswick, Bath, Wiscasset, Damariscotta, and Waldoboro. There is no cost to the family.

In addition to our Head Start program, MMCA also offers an Early Head Start program which provides center-based and/or home-based options free to families who are expecting a baby or have children ages 0-3 in Brunswick, Harpswell, Lincoln and Sagadahoc Counties.

Recognizing that parents are children's first teachers, in the home-based option, Home Visitors go to the home weekly to offer fun activities and information about child development. Expectant parents learn about the growing baby, healthy pregnancy, and planning for baby's arrival. Home Visitors also help parents meet their personal goals by connecting them with community resources and services.

Twice a month families meet for Family Fun Events, where they form social connections and do activities together, including the popular Read With Me and Art Van programs.

**Will your child be 3 or 4 by October 15th? We are currently accepting registrations for the fall Head Start program. Be sure to sign up today!**

**There are currently openings in the Early Head Start center- and home-based programs for expectant mothers and children birth to age 3.**

**There are currently openings for the Home Based program in most areas. Please call us for more information. 442-7963.**

# Employment



## *The Maine Employment Resource*

The **Maine CareerCenter** provides a variety of employment and training services at no charge for Maine workers and businesses. Whether you are looking to improve your job qualifications, explore a different profession, find a new career or hire an employee, the CareerCenter can help.

## Southern Midcoast **CareerCenter**

- Address: **275 Bath Road, Suite #3, Brunswick, Maine 04011**
- Phone: **(207) 373-4000 or 1-888-836-3355**
- Fax: **(207) 373-4004**
- TTY users call Maine Relay 711
- Hours: **Monday to Friday, 8 a.m. to 5 p.m.**
- Email: [brunswick.careercenter@maine.gov](mailto:brunswick.careercenter@maine.gov)
- Directions: From the North or South: Traveling on Route 1, take the Cook's Corner exit. At the intersection, turn left and travel 0.7 miles. The CareerCenter is on your left across from Yankee Lanes. Parking is in the rear of the building.

# Mental Health Services

**Substance Abuse Services** Taken from <http://www.midcoasthealth.com/addiction/>

## How We Can Help

The Addiction Resource Center (ARC) offers a full range of professional treatment services for persons with alcohol or drug related problems. We also provide family and co-dependency services to those affected by someone else's alcohol or drug use. Additionally, we treat persons with substance abuse problems and mental health issues.



## Assessment Services

We conduct a professional assessment with every client and recommend treatment options for problem usage, harmful drinking and drug use patterns, dependency, and addiction. At the Addiction Resource Center, we recognize that it is up to the client to choose which action to take. We assist our clients in making the best decisions.

## Treatment Services

- Individual, Family, and Group Counseling
- Intensive Outpatient Program (evening)
- Intensive Outpatient (Day)
- Relapse Prevention
- Medication Assisted Treatment—state-of-the-science care for those physically addicted to opiates and/or alcohol. These services stop withdrawal and relieve cravings so clients can have the best chance to engage the treatment.
- Family Intervention
- Outreach to pregnant women and new mothers with substance abuse problems including alcohol, drugs, and tobacco
- Programs for people with mental health problems and drinking or drug problems
- Individualized Treatment Planning
- Prevention Services

? Do you take drugs or rely on alcohol too much?

? Are you concerned about someone else's substance abuse?

? Are you affected by a loved one's drinking or drug taking?

↓

Call or Walk in Today  
1-800-244-3805

## Behavioral Health Services

Taken from <http://www.midcoasthealth.com/behavior/>

### Division of Behavioral Health:

- Inpatient Behavioral Health  
Mid Coast Hospital, 123 Medical Center Drive, Brunswick, Maine 04011  
Nurse Manager: Brian Viele, RN  
373-6600
- Outpatient Behavioral Health  
(Including Addiction Resource Center, Senior Mental Health Services, Mid Coast Senior Mental Health Services, Healthy Generations, Psychiatric Partial Hospital Program)  
Professional Building, 66 Baribeau Drive, Brunswick, Maine 04011  
Manager: Tom Kivler, LCPC. CCS  
373-6950
- Psychiatrists
- Addiction Medicine

**Addiction Resource Center**      66 Baribeau Drive, Brunswick, ME 04011      373-6950

The Addiction Resource Center provides comprehensive chemical dependency assessment and treatment. Day and evening Intensive Outpatient Programs, Early Intervention Service, individual, group and family counseling services available, traditional outpatient counseling services.

**Healthy Generations**      66 Baribeau Drive, Brunswick, ME 04011      373-6967

This special program is for pregnant and parenting women who may be experiencing problems with alcohol or other drugs, including tobacco. Services include smoking cessation and parenting classes, individual family counseling as well as referral services.

**Mid Coast Senior Mental Health Services**      66 Baribeau Drive, Brunswick, ME 04011      373-6975

Mid Coast Senior Mental Health Services is a mental health outreach service which provides assessment, evaluation, and ongoing counseling to any person more than 60 years of age who is experiencing mental health concerns. Services are provided in the client's home or residence at no cost to the client.

**Psychiatric Partial Hospital Program**      66 Baribeau Drive, Brunswick, ME 04011      373-6980



329 Bath Road Brunswick, Maine 04011

“Sweetser offers many services and Same Day Access at their Brunswick location.”

## Services

- [ACIS](#)
- [ACT](#)
- [Housing](#)
- [Medication Management](#)
- [Mobile Crisis Intervention](#)
- [Outpatient Therapy](#)
- [Psychological Testing](#)
- [Rep Payee](#)
- [Same-Day Access](#)
- [School-based Supervisor](#)
- [Skills Development](#)
- [Substance Abuse](#)
- [TCM](#)



# Housing



**Tedford Housing** works together with people in their communities to find lasting solutions to the challenges of homelessness.

We provide shelter, housing, and services that empower adults, children and families in need.

Tedford Housing believes that everyone deserves to have a safe and affordable home. Over the years, the organization has evolved from providing emergency shelter to adults to offering shelter, supported housing and homeless prevention services for adults, families and teens.

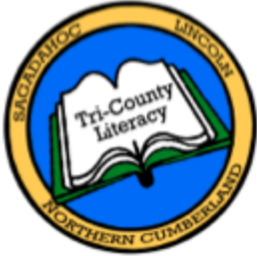
**For more information, please call 207-729-1161.**

**PO Box 958**

**Brunswick, ME 04011**

**[info@tedforhousing.org](mailto:info@tedforhousing.org)**

# Educational Opportunities



## **Tri-County Literacy**

*Improving lives through literacy*

**Serving northern Cumberland, Sagadahoc, and Lincoln Counties in Maine**

Literacy transforms lives.

One in six adults in Maine lacks the literacy skills necessary to write a job application or read a book to a child. At Tri-County Literacy, we're working to change that - and we need your help.

### **Tri-County Literacy Office**

34 Wing Farm Parkway, Bath, ME 04530

(207) 443-6384

**[tricountyliteracy@tricountyliteracy.org](mailto:tricountyliteracy@tricountyliteracy.org)**

**MEOC**

## **Maine Educational Opportunities Center**

The Maine Educational Opportunity Center (MEOC) is a federal education initiative established to promote access to post-secondary education for traditionally under-represented adult populations within the State of Maine. As part of its pre-entry service, MEOC Advisors coordinate efforts with area schools, colleges, and other service agencies to provide information and assistance in completing college admission and financial aid forms. MEOC advisors can assess academic readiness, provide career counseling, and refer individuals to community resources.

MEOC is committed to assist any adult wishing to re-enter a formal education setting. Funded to serve traditionally under-represented adults, the majority of MEOC participants are of the first generation in their families to go to college.

Our contact information is:

Maine Educational Opportunity Center  
5713 Chadbourne Hall, Room 314  
University of Maine  
Orono, Maine 04469-5713

For more information, call 1-800-281-3703.



WWC is the only statewide organization offering skills development and support in the areas of career planning, entrepreneurship and financial management. For Mainers in both life and career transitions, it provides an empowering environment for participants to define and achieve their goals.

## Our Mission:

**” Helping Maine people succeed in their workplace, business, and community.”**

We help individuals recognize strengths, overcome barriers, find resources, develop a plan, take action towards their goals: start a business, find a career, return to school, build assets, be active in the community.

### **Brunswick**

*WWC, UCBB*

*12 Sewall Street-Orion Hall*

*Brunswick, ME. 04011*

**Phone:** 207.386.1664



## Southern Maine Community College

12 Sewell Street  
Brunswick, ME 04011

207-844-2102

Southern Maine Community College's Midcoast Campus in Brunswick brings all the benefits of a comprehensive college a little closer to home. Students at the Midcoast Campus have access to personalized services and a varied selection of in-demand programs and courses. We have state-of-the-art classrooms and laboratories to help you on your way to success. - See more at:

<http://www.smccme.edu/info/campusesvisit/smcc-midcoast-campus.html#sthash.SFkx4nAD.dpuf>



## University College at Bath/Brunswick

UC Bath/Brunswick is one of nine centers around Maine where people can take courses, pursue degrees, and receive all the support they need to earn a degree close to home and on schedules that fit into their family and work lives. Courses are taught by faculty on-site, online, via interactive television or two-way videoconferencing. The Center is located in a wing of Orion Hall on the Southern Maine Community College Midcoast Campus, 12 Sewall Street, Brunswick.

- University College at Bath/Brunswick has served the southern midcoast area for more than 30 years.
- We provide local access to more than 60 university degree and certificate programs.
- We offer small class sizes, personalized services, tutoring in math and writing, and Osher scholarships.
- Students select from 500+ classes in flexible formats, including a number of traditional onsite classes.

### Orion Hall

12 Sewall Street

Brunswick, ME 04011

**Phone:** (207) 442-7736 or 800-696-2329

**Fax:** (207) 442-7737





## Merrymeeting Adult Education

*Enriching Lives Through Community Education*

35 Republic Avenue  
Topsham, ME 04086  
207-729-7323

**Merrymeeting Adult Education (MAE)** is a joint effort of the Brunswick School Department and Maine School Administrative District #75. The program was established in 1978 to provide high school completion and GED testing for students with interrupted educations.

MAE is committed to its primary mission: **To provide learning opportunities for the community adult, at all levels, and at a minimal cost to the individual students and the district taxpayer.** With this in mind, most of the courses are self-supporting and need a minimum of participants to run. An adult whose goal is to obtain a high school credential or prepare for college can attend adult education at no cost. Grants provide funding for these academic pursuits!

### Available Programs:

English Language Learners  
HiSET (High School Equivalency Test)  
College Transitions  
Enrichment

# Financial Literacy Resources

**Provided by the Finance Authority of Maine**

## Phone and Fax Numbers

PH: 1-800-228-3734 or 207-623-3263 TTY: 207-626-2717 FAX: 207-623-0095

## Address

PO Box 949, 5 Community Drive Augusta, ME 04332-0949

- See more at: <http://www.famemaine.com/contact/#sthash.uvnDltmb.dpuf>

## **Managing Your Money Steps to Financial Success**

**[Click here for this online resources](#)**

**(Spending Plan Worksheets, Reducing Your Expenses and  
More)**

**Or paste this address in your browser**

**<http://www.famemaine.com/wp-content/uploads/2015/05/Managing-Your-Money.pdf>**

# Macaroni Kid



Macaroni Kid was founded with two very specific goals: enrich communities and empower moms. We call it “E2” and it is the driving force behind all that we do.

## How?

We enrich communities by connecting the libraries, schools, rec centers, community centers and all of the wonderful organizations and businesses that create programming and fun for kids and families with local families.

We empower moms by supporting our Publishers and giving them the tools, training and the platform to build their businesses and be a force for good in their communities.

[Click here to go to Macaroni Kid website.](#)