

# resource directory

# southern york county, maine

## GENERAL INFORMATION AND REFERRAL

- InfoLink** Info & referral for many services  
Toll free from NH & Maine 888-499-2525  
(www.infolinknh.org)
- Family Resource Center** (in Kittery) 207-451-9291
- Community Wellness Coalition** 207-438-9100

## ARTS AND CULTURE

- Kittery Art Association** 207-451-9384
- York Art Association** 207-363-4049
- Agamenticus Arts & Heritage**  
c/o CWC 207-438-9100

## CHILD, YOUTH, PARENT & FAMILY PROGRAMS

- Maine Communities for Children**  
Councils in each town 800-780-6230
- Family Resource Center at Landmark Hill**  
(in Kittery, but serves So. York Co.) 207-451-9291
- Kittery Children's Leadership Council,**  
**York Children's Leadership Council** 207-438-9100
- Mothers and More**  
Moms at home with children 207-439-7447
- PERC Conflict Resolution with Teens** 207-967-0001
- Families First Support Center**  
(In Portsmouth; some programs serve  
Kittery, York, Eliot) 603-422-8208
- La Leche League** (Kate Holly) 207-363-1337
- Toughlove** 800-926-5437
- Kids First**  
(Workshop for divorcing parents) 207-451-9291
- Sweetser Children's Services** 800-434-3000
- Casey Family Services** 800-559-1115  
207-772-4110
- Parents Anonymous** 800-249-5506
- Divorce Group of the Seacoast** 207-363-4660
- Widowed Guidance Group** 207-363-4321
- York County Child Abuse &  
Neglect Council** 207-985-5975
- Runaway Hotline** 800-231-6946
- Southern Maine Parent Awareness**  
(Serving families with  
special needs children) 800-564-9696  
207-324-5621
- Child Care Info** ("Care Link")  
Toll free in York County 888-917-1100
- The Children's Center Kittery**  
(Nonprofit) 207-439-6414

## CHILD CARE (cont'd)

- Headstart at Frisbee Elementary**  
Kittery 207-438-9306
- Kid Care** Eliot After School Program 207-439-6887
- PAL** York After School Program 207-363-1441
- SAFE** Kittery After School Program 207-439-3800
- Call schools and recreation centers for other after-school programs

## DENTAL

- Dental Clinic**  
Both serve adults & children, provide sliding fee scale &  
accept Medicaid
- Saco 207-282-1305  
Sanford 207-324-5508
- WIC Child Dental Clinics** 207-439-2699

## EDUCATION

- York County Community College**  
Wells 207-646-9282
- Also see local school and adult education programs

## EMPLOYMENT

- Maine Centers for Women, Work and Community**  
Portland 207-799-5025  
Saco 207-786-1722
- CareerCenter** 800-760-1570

## ENVIRONMENT

- Maine Dept. of Environmental Protection** 800-452-1942

## FAMILY PLANNING & PREGNANCY

- York Hospital Birthing Center** 207-351-2129
- Planned Parenthood** 800-230-7526

## FINANCIAL, FOOD & MATERIAL ASSISTANCE

- York County Community Action Corp.** 207-439-2699  
(Information on food stamps, WIC, fuel assistance,  
welfare, food pantries in several towns)
- Consumer Credit Counseling** 800-539-2227
- Social Security** 800-772-1213
- York Community Service Assoc.** 207-363-5504
- Town Welfare Offices:**  
(In each town, call the number to the right. Each may  
offer fuel assistance, vouchers for rent, etc.)
- Kittery 207-439-1633  
Eliot 207-439-1813  
York 207-363-1037  
South Berwick 207-384-3310
- Child Support Enforcement** 207-286-2400
- Temporary Assistance (TANF)** 207-286-2400

## HEALTH & MENTAL HEALTH

<b>Choose to be Healthy</b>	207-351-2199
<b>Community Health Connection</b> (Free care)	207-438-9997
<b>York Hospital</b>	207-363-4321
<b>Maine Tobacco Helpline</b>	800-207-1230
<b>Hospice of York</b>	207-363-7000
<b>York Hospital Wellness Center</b>	207-351-3402
<b>York Home Care</b>	207-351-2194
<b>Counseling Services, Inc.</b> Kittery	207-439-8391
<b>Sweetser Children's Services</b>	800-434-3000
<b>Peer Support and Life Enrichment</b>	207-468-0147
<b>Crisis Response Mental Illness</b>	888-568-1112
<b>NAMI</b> Support group for families of the mentally ill	207-439-3340
<b>Visiting Nurses</b> (York):	800-660-4867
<b>Frannie Peabody House</b> (HIV/AIDS)	207-439-8075

## HOME MANAGEMENT (Nutrition, Budgeting, etc.)

<b>York County Extension Service</b>	800-287-1535
<b>Consumer Protection</b> (Augusta)	207-626-8849

## HOUSING

<b>York Cumberland Housing</b>	207-839-6516
<b>York Housing Authority</b>	207-363-8444
<b>Fair Tide</b> (Serving Kittery, Eliot, & York)	207-439-6376
<b>Housing Partnership</b>	603-431-3620

## LEGAL DEFENSE

<b>Pine Tree Legal Assistance</b> (Portland)	207-774-8211
<b>Volunteer Lawyers Project</b>	800-442-4293

## SENIOR CITIZENS

<b>Senior Center in York</b>	207-363-1036
<b>Senior Center in South Berwick</b>	207-384-3310
<b>Southern Maine Agency on Aging</b>	800-427-7411
<b>Legal Services for the Elderly</b>	800-432-7812

## SUBSTANCE ABUSE PREVENTION/RECOVERY

<b>KEYS For Prevention</b>	207-439-6504
<b>Counseling Services, Inc. (CSI)</b>	207-439-8391
<b>York Hospital Cottage Program</b>	207-351-2118

## VOLUNTEERING & MENTORING

<b>York Hospital Volunteer Program</b>	207-363-2224
<b>United Way–York Co./Volunteers</b> Toll free	207-985-6869 800-794-6896
<b>United Way–Greater Seacoast</b>	603-436-5554

## CRISIS HOTLINES

<b>Child Abuse and Neglect</b> , reporting only	800-452-1999
<b>Adult Abuse and Neglect</b> , reporting only	800-624-8404
<b>Crisis Response Services Hotline</b> York County	800-660-8500
<b>Domestic Violence</b> Maine Caring Unlimited (Kittery Office)	800-239-7298 207-439-8810
New Hampshire A Safe Place	603-436-7924
<b>Mental Health Crisis Hotline</b>	888-568-1112
<b>Homeless Information</b>	800-438-3890
<b>Sexual Assault Support Services</b> Portsmouth	888-747-7070
<b>Sexual Assault Response Services</b> Portland	800-313-9900
<b>Maine State Society for the Protection of Animals</b>	800-482-7447

*This directory is maintained by the Community Wellness Coalition of Southern York County. To suggest updates, please call us at 207-438-9100.*

