

Caregiver Support Groups & Information

Dover-Foxcroft Central Hall Commons

Multigenerational Connections Support
1st Wednesday 1 p.m. - 2:30 p.m.

For adults, often older adults, who are experiencing mental health challenges such as Anxiety, Depression, Bipolar Disorder, Schizophrenia, PTSD, Trauma, OCD, and panic disorder. A formal diagnosis is not necessary. Focus is on sharing feelings, stories and promoting self-care strategies.

Dover-Foxcroft Town Office, Community Room

Senior Network: Mondays - 10:30 a.m. - 1:00 p.m.
Eastern Area Agency on Aging Community Café meal at Noon. \$4. Please make reservation for lunch. 943-2488

Dexter

Check out Dexter Age Friendly Community on Facebook

Newport

Social Activities for Adults: Newport Parks and Recreation

Case Management

Assistance Plus, Fairfield

1-800-781-0070
www.assistanceplus.com

Charlotte White Center, Dover-Foxcroft

207-564-2464
www.charlottewhitecenter.org

Crossroads Case Management, Pittsfield

207-487-7056
www.crossroadscasemanagement.com

Community Health and Counseling Service, Statewide

1.800.924.0366
www.chcs-me.org

Food and Nutrition Resources

WIC

Penobscot and Piscataquis Counties
207-992-4570

Sommerset and Kennebec Counties
207-474-7463
www.wicprograms.org

Senior Services

Eastern Area Agency on Aging Food Programs

Community Cafes
1-800-432-7812
www.eaaa.org

Meals on Wheels

Home delivered meals to frail, homebound elderly.
Call 1-800-432-7812. The fee is by donation.

Commodity Supplemental Food Program

Free 30-pound box of food each month.
For ages 60 and older, who qualify.
Must complete an application. Once reviewed by the agency, the applicant will be notified and instructed when/where to pick up food.

Alpha One, Bangor

207-941-6553
www.alphaonenow.org

Spectrum Generations, Augusta

1-800-639-1553
www.spectrumgeneration.org

Community Action Project Agencies (CAP)

Penquis Community Action Agency

Heating and Utility Assistance
207-973-3630 or 1-800-215-4942
Emergency Rental Assistance 1-800-452-4668
Home Repair 207-973-3665 or 1-800-215-4942.
Transportation (207)947-2420
www.penquis.org

Kennebec Valley Community Action Project

(207) 859-1637 or 1-800-542-8227
www.kvcap.org

Waldo Community Action Project

Phone: (207)338-6809
www.waldocap.org

Food Pantries

Dexter

New Hope Baptist Church, Dexter Food Closet

130 Spring Street, Dexter

First and third Saturdays of the month, 8 a.m. - 9 a.m.

To participate at this pantry, participants must:

1. Call Dexter Town Office and request a Food Cupboard Card from Jean Jacobs/or volunteer at 207-924-7351 ext. 17
2. Must be a resident of Dexter

Hartland

Tri-Town Food Cupboard

9 A Hubbard Avenue, Hartland

Wednesdays, 9:30 a.m. - 11:30 a.m.

207-938-2244

Palmyra

Palmyra Baptist Soup Kitchen (prepared food)

768 Main Street, Palmyra

Food Bank Fridays, 12 p.m. - 2 p.m.

Soup Kitchen Saturdays, 5 p.m. - 7 p.m.

Thursdays and Saturdays, 5:00 p.m. - 6:30 pm.

207-938-2448

Gateway Community Food Bank (ABC Food Pantry)

363 Moosehead Trail, Newport

Fridays, 10:30 a.m. - 12 noon.

207-512-5119

Newport Community Food Bank

26 High St., Newport

(behind High Street Congregational Church back parking lot.)

Saturdays, 8 a.m. - 10 a.m.

207-368-4402

Hometown Health Center

Federally Qualified
Health Center

DEXTER

29 Church Street

Dexter, ME 04930

Phone: 924-5200

Fax: 924-7325

NEWPORT

118 Moosehead Trail,
Suite 5

Newport, ME 04953

Phone: 368-5189

Fax: 368-2451

School Based Health Center RSU 19

291 Williams Road

Newport, ME 04953

Phone: 1-866-364-1366

HHC services:

- Medical & Dental
- Behavioral Health
- Medication Assisted Therapy for substance use disorders
- Lab work & and more...

Insurances accepted:
Most private insurance
MaineCare, Medicare

Uninsured patients
welcomed!
Sliding scale fee may be
available based on income.

HHC is an equal opportunity provider
and employer.