



# New Mainers Resource Center *Resource Guide*



### **Our Mission**

At New Mainers Resource Center, our mission is to support Maine's economic development by meeting employers' demands for a skilled and culturally diverse workforce.

### **About Us**

The New Mainers Resource Center (NMRC) is a program within Portland Adult Education serving area immigrants and refugees. It includes a skilled professional program, employment and case management, intensive classes focused on job readiness skills, networking groups, workshops and other offerings. These offerings are designed to help New Mainers, of all professions, overcome barriers in order to enter the US workforce, NMRC participants also take advantage of the other classes and programs offered at Portland Adult Education and by community partners. NMRC is Maine's Welcome Back Center, providing assistance to internationally trained health professionals.

### **Contact Information**

New Mainers Resource Center  
Portland Adult Education  
14 Locust St.  
Portland, Maine 04101  
207 - 874-8155  
nmrcmaine@gmail.com

*Sally Sutton, Program Coordinator*  
suttos@portlandshcools.org

New Mainers Resource Center: [www.nmrcmaine.org](http://www.nmrcmaine.org)  
Welcome Back Initiative: [www.wbcenters.org](http://www.wbcenters.org)  
Portland Adult Education: [www.portlandadulthood.org](http://www.portlandadulthood.org)



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## Citizenship and Immigration

**United States Citizenship and Immigration Services – Portland Office:** Secure America’s promise as a nation of immigrants by providing accurate and useful information to our customers, granting immigration and citizenship benefits, promoting an awareness and understanding of citizenship, and ensuring the integrity of our immigration system.

<https://www.uscis.gov/about-us/find-uscis-office/field-offices/maine-portland-field-office>  
 176 Gannett Drive South Portland, Maine 04106  
 (207) 253-3000 • 1 (800) 375-5283

**Catholic Charities Refugee and Immigrant Services (RIS):** Provides resettlement, support and self-sufficiency services to refugees and asylees federally assigned or relocated to Maine within their first five years in the United States. RIS also advocates and helps victims of human trafficking.

[www.RefugeeImmigrationServicesCCM.org](http://www.RefugeeImmigrationServicesCCM.org) • [RISinfo@ccmaine.org](mailto:RISinfo@ccmaine.org)

Locations:

80 Sherman Street, Portland, ME 04101 (207) 871-7437	City Hall, 27 Pine Street, Lewiston, ME 04240 (207) 344-6615
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**Welcoming Immigrants Network (WIN):** Strives to connect caring people and organizations of greater Portland to collectively meet the needs of our newly arrived residents.

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

**Maine Access Immigrant Network (MAIN):** Serves as a bridge and cultural broker for multilingual access to health and social services for immigrants, refugees, and asylees in our community.

[www.mail1.org](http://www.mail1.org) • [info@main1.org](mailto:info@main1.org)  
 237 Oxford Street Suite 25A, Portland, Maine 04101  
 (207) 552-1800

**Immigrant Resource Center of Maine (IRCofMe):** Support refugee and immigrant communities by offering culturally and linguistically sensitive services to promote a healthy and equitable Maine. Assists with gender based violence, post resettlement services, cultural brokers/translation services and more.

<http://www.ircofmaine.org/>  
 265 Lisbon Street Suite 2, Lewiston Maine, 04243  
 (207) 753 -0061



## Social Services

**Department of Health and Human Services:** Providing health care and social service support to children, families, the elderly, the disabled, people with mental illness or substance abuse issues and the poor. The Department operates two state psychiatric hospitals; provides public health information, guidance and management through the Maine Center for Disease Control and Prevention; and provides oversight to hospitals, nursing homes and other health care entities through the Division of Licensing and Regulatory Services.

[www.maine.gov/dhhs/](http://www.maine.gov/dhhs/)  
151 Jetport Blvd, South Portland, ME 04102  
(207) 822-2000

**2-1-1 Maine:** An easy-to-remember phone number that connects people who want to give help or get help with a full range of health and human services in their community.

[www.211maine.org](http://www.211maine.org) • [info@211maine.org](mailto:info@211maine.org)  
50 Lydia Lane, South Portland, ME 04106  
2-1-1 or 1 (866) 811-5695

**General Assistance:** Provides Portland residents with assistance for basic needs such as rent, food, non-food, medication, fuel, utilities, and other essential services. All assistance is granted in voucher form and no cash assistance is granted. Financial eligibility specialists work actively with applicants to ensure that appropriate in-house and outside community referrals are made to other support services.

<http://www.portlandmaine.gov/854/General-Assistance>  
196 Lancaster St. Portland, ME 04101  
(207) 775-7911

**Catholic Charities Maine:** Empowers and strengthens individuals and families of all faiths, by providing innovative, community-based social services throughout Maine.

<http://www.ccmaine.org/> • [info@ccmaine.org](mailto:info@ccmaine.org)  
307 Congress St, Portland, ME 04101  
(207) 781-8550 • 1 (800) 781-8550



## Disability Services

**Disability Rights Maine:** Enhance and promote the equality, self-determination, independence, productivity, integration, and inclusion of people with disabilities through education, strategic advocacy, and legal intervention.

<http://drme.org/> • [advocate@drme.org](mailto:advocate@drme.org)

24 Stone Street Suite 204, Augusta, ME 04330

(207) 626-2774 • 1 (800) 452-1948

**Office of Aging & Disability Services:** Supports Maine's older and disabled adults by providing Adult Protective, Brain Injury, Other Related Conditions, Intellectual and Developmental Disability, Long Term Care, and Aging and Community services to the people of Maine.

<https://www1.maine.gov/dhhs/oads/>

41 Anthony Avenue, Augusta, ME 04333

(207) 287-9200

**Alpha One:** Annually assists more than 6,000 people of all ages, including children and the elderly, with a range of disabilities - mobility impairments, traumatic brain injury, deafness, blindness, other vision and hearing impairments, developmental disabilities, mental illness, and AIDS.

<http://alphaonenow.com/index.php>

127 Main Street, South Portland, ME 04106

(207) 767-2189 • (800) 640-7200



## Counseling and Safety Services

**Catholic Charities of Maine:** Empowers and strengthens individuals and families of all faiths, by providing innovative, community-based social services throughout Maine.

[www.ccmaine.org/](http://www.ccmaine.org/)  
307 Congress St, Portland, ME 04101  
(207) 781-8550 • 1 (800) 781-8550

**Community Counseling Center:** A home-based mental health program that provides psychotherapy and counseling to older adults.

[www.commcc.org/](http://www.commcc.org/)  
343 Forest Ave., Portland, ME 04101  
(207) 874-1030

**Family Crisis Services:** Provides many services to victims of domestic abuse including support groups, emergency shelter, counseling, and a 24 hour confidential hotline.

<http://familycrisis.org/>  
(207) 874.1973 • 1 (800) 537-6066

**Maine Behavioral Healthcare:** Provide a seamless and compassionate continuum of care through a community of providers collaborating to promote recovery and the overall mental and physical well-being of those we are privileged to serve.

[www.mainebehavioralhealthcare.org/OrganizationInfo](http://www.mainebehavioralhealthcare.org/OrganizationInfo)  
165 Lancaster St, Portland, ME 04101  
(207) 874-1030

**ABBA, A Women's Resource Center:** Provides hope through services to women in the community. From free medical services for pregnancy confirmation and STI testing/treatment to parenting programs with mentoring.

<http://www.abbaportland.org/>  
1250 Forest Avenue, Portland, ME 04103  
(207) 253-5555

**Center for Grieving Children:** Serves more than 4,000 grieving children, teens, families, and young adults annually through peer support, outreach, and education.

[www.cgcmaine.org/](http://www.cgcmaine.org/)  
555 Forest Ave. Portland, ME 04101  
(207) 775-5216

**Opportunity Alliance - Cumberland County Crisis Response (CCCR):** Available 24/7 to any resident of Cumberland County. Individuals experiencing a mental health crisis have immediate access to a team of professionals who are trained to respond to mental health crises 24 hours/day.

[www.opportunityalliance.org/emergency-services/](http://www.opportunityalliance.org/emergency-services/)  
50 Monument Square, Portland, ME 04101  
(207) 774-4357 • 1 (888) 568-1112

**Portland Recovery Community Center:** Safe haven for people in addiction recovery and offers a home for meetings and activities devoted to addiction recovery. It is operated by staff and volunteers who are passionate about recovery, and every activity is designed to help people with their daily recovery efforts. PRCC offers peer support to individuals who use a variety of recovery pathways. We know from experience that successful recovery from drugs and alcohol requires support from others and we welcomes all who are taking steps to recover. Everything that happens at PRCC is always free of charge.

<http://www.portlandrecovery.org/>

468 Forest Avenue, Portland, ME 04101

(207) 553-2575





## Medical Services

In the case of an emergency, call 9-1-1 immediately.

### Emergency

#### **Emergency Room, Maine Medical Center**

22 Bramhall Street, Portland, ME 04102  
(207) 662-2911

#### **Emergency Room, Mercy Hospital**

144 State Street, Portland, ME 04101  
(207) 879-3266

### Clinics

**Portland and Community Free Clinic:** Provides comprehensive primary health care to adults in the Greater Portland area.

pcfcme.com/  
104 India Street, Portland, ME 04101  
(207) 874-8982

**The Root Cellar:** Adult Free Medical Clinic and Pediatric Clinic.

www.therootcellar.org/ • info@therootcellar.org  
94 Washington Avenue, Portland, ME 04101  
(207) 774-3197

**Greater Portland Health:** Provide high quality patient centered healthcare that is accessible, affordable, and culturally sensitive.

www.greaterportlandhealth.org

Locations:

180 Park Avenue Portland, ME 04102	59 Riverton Drive Portland, ME 04103
100 Brick Hill Avenue South Portland, ME 04106	211 Cumberland Avenue Portland, ME 04101
63 Preble Street Portland, ME 04101	

(207) 874-2141

**Brighton First Care:** A walk in clinic for minor accidents and illnesses from 9:00 AM to 8:00 PM every day. Brighton First Care specializes in minor emergencies and may be able to see patients more quickly than the emergency room.

www.mmc.org/brighton-firstcare  
335 Brighton Ave, Portland, ME 04102  
(207) 662-8000

## Healthcare Advice

**Consumers for Affordable Healthcare:** Advocating the right to quality, affordable health care for every man, woman, and child. This can be a useful resource for people who have questions about health insurance coverage - how to get it, what they are eligible for, etc.

[www.maine cahc.org/](http://www.maine cahc.org/)

12 Church Street, Augusta ME 04330

(207) 622-7083 • 1 (800) 838-0388

**Care Partners:** Comprised of a volunteer network of hospitals, physicians, and other health care providers who donate their medical care to persons with limited incomes who have no insurance.

<http://www.mainehealth.org/carepartners>

Locations:

241 Oxford Street, Portland, ME 04101 (207) 662-7000	40 Belvedere Road, Damariscotta, ME 04543 (207) 563-4120
6 East Chestnut Street, Augusta, ME 04330 (207) 626-1684	149 North Street, Waterville, ME 04901 (207) 872-4697
25A June Street Suite 011, Sanford, ME 04073 (207) 490-7962	756 Commercial Street, Rockport, ME 04856 (207) 921-3967
125 Northport Avenue Suite 105, Belfast, ME 04915 (207) 930-2644	

## Help Lines

**Consumers for Affordable Health Care Helpline:** 1 (800) 965-7476

**Maine Bureau of Insurance Helpline:** 1 (800) 300-5000

**Health Insurance Marketplace:** 1 (800) 318-2596



## Dental Services

**Community Dental Health:** Provides a full range of accessible and affordable quality dental care to children, adults, and families in Maine.

www.communitydentalme.org/  
 640 Brighton Ave, Portland ME 04102  
 (207) 874-1028

**University of New England Dental Hygiene Clinic (Sept - April):** Offers services to the public, functioning as both a community and teaching resource.

http://www.une.edu/wchp/dental/patient-info  
 Coleman Dental Hygiene building  
 716 Stevens Avenue, Portland, ME 04102  
 (207) 797-8999

**The Root Cellar Dental Clinic:** Features a team of local, practicing dentists, hygienists and dental assistants who volunteer their time to treat patients.

www.therootcellar.org/ • info@therootcellar.org  
 94 Washington Avenue, Portland, ME 04101  
 (207) 774-3197

**Children’s Oral Health Program:** Dental cleanings, oral health screenings, fluoride treatments, sealants, oral health instruction, and treatment referrals available at participating schools and at the Citywide Clinic at Riverton School.

kmartin@portlandmaine.gov  
 Riverton School Community Center  
 1600 Forest Ave, Portland, ME 04103  
 (207) 541-6632 • (207) 541-6628

**Greater Portland Health Oral Care:** Provide high quality patient centered healthcare that is accessible, affordable, and culturally sensitive.

www.greaterportlandhealth.org

Locations:

180 Park Avenue Portland, ME 04102	59 Riverton Drive Portland, ME 04103
100 Brick Hill Avenue South Portland, ME 04106	211 Cumberland Avenue Portland, ME 04101
63 Preble Street Portland, ME 04101	

(207) 874-2141



## Food Services

### Food Pantries/Soup Kitchens

***Preble Street Resource Center Soup Kitchen and Food Pantry:***

<http://www.preblestreet.org/what-we-do/food-programs/>  
252 Oxford Street, Portland, ME 04101  
(207) 775-0026

- Soup kitchen: Serve three meals a day, every day of the year to people of all ages—ranging from homeless youth to elders and immigrant families struggling to maintain independence on a fixed income—for whom food is scarce. We provide dozens of bag lunches for homeless working people who can't return to the Soup Kitchen mid-day and can't afford to buy lunch.

HOURS: Breakfast: 8:00-9:30am every day

Lunch: 12:00-1:00pm every day

Dinner: 6:00-7:00pm every day

- Food pantry: Provides a box filled with both fresh and non-perishable food to meet basic nutritional needs for individuals and families.

HOURS: 1:30-3:00pm on Thursdays

***Preble Street Teen Center Soup Kitchen:*** Provide nutritious meals for homeless and runaway youth.

<http://www.preblestreet.org/what-we-do/teen-services/teen-center/>  
343 Cumberland Avenue Portland, ME 04101  
(207) 775-0026

HOURS: Breakfast: 8:00-9:00am every day

Lunch: 12:00-1:00pm every day

Dinner: 6:00-7:00pm every day

***White Memorial Seventh-Day Adventist Church Food Pantry:*** Food pantry offers fresh fruit, vegetables, and other foods to people of all ages and backgrounds at no cost.

97 Allen Ave, Portland, ME 04103  
(207) 797-4414

***St Vincent De Paul Soup Kitchen and Food Pantry:*** Provides a food pantry that serves East Bayside.

307 Congress St, Portland, ME 04101  
(207) 772-1113

HOURS: 11:30am-2:00pm on Mondays

***St Luke's Food Pantry:*** Provides a food pantry that serves the Downtown Area.

134 Park Street, Portland ME  
(207) 772-5434

HOURS: 9:30-11:00am on Thursdays

**Salvation Army Food Pantry:**

297 Cumberland Ave, Portland, ME 04101  
(207) 774-6304  
HOURS: 9:00-11:00am and 1:00-3:00pm Monday-Friday

**Project FEED Food Pantry:** Provides food and household supplies to take home for individuals and families in crisis; offer supplies for up to seven days per person in the household.

202 Woodford Street, Portland, ME 04103  
(207) 761-3920  
HOURS: 1:00-3:00pm Monday-Friday (except holidays)

**Jewish Community Services Food Pantry:** Serves individuals and families facing food insecurity in the greater Portland area.

57 Ashmont St, Portland, ME 04103  
(207) 772-1959  
HOURS: By appointment Tuesday and Thursday

**Front Street Food Pantry:**

36 West Presumpscot St, Portland, ME 04101  
(207) 450-3579  
HOURS: 11:00-11:45am Friday and Sunday

**First Baptist Church Food Pantry:**

360 Canco Road, Portland, ME 04103  
(207) 773-3123  
HOURS: 1:00-2:00pm Wednesday (call before noon)

**Stroudwater Food Pantry:** Services the Greater Portland & Westbrook communities by providing fresh meat and produce to those in need.

1520 Westbrook St., Portland, ME 04102  
(207) 772-2193  
HOURS: 1:00-3:00pm Sunday

**Community Meals**

**Wayside Food Program:** Community Meals Schedule

MONDAY:

- Woodfords Congregational Church / 202 Woodford Street / Lunch 12 PM
- East End Community School / 195 North Street (Community Room) / Dinner 5 PM  
Open to East End Community School students & their families
- Reiche Community School / 166 Bracket Street / Dinner 5:15 PM  
Open to Reiche students & their families
- Riverton Boys & Girls Club House / 55 Riverton Drive / Dinner 5 PM  
Open to Riverton Boys & Girls Club students
- Sagamore Village Boys & Girls Club House / 21 Popham Street / Dinner 5 PM  
Open to Sagamore Village Boys & Girls Club students

**TUESDAY:**

- HopeGateWay / 185 High Street / Lunch 12 PM
- Parkside Neighborhood Center / 85 Grant Street / Dinner 6 PM  
Open to seniors (55+) & families with children
- Salvation Army / 297 Cumberland Avenue / Dinner 5 PM  
Open to seniors (55+) & families with children

**WEDNESDAY:**

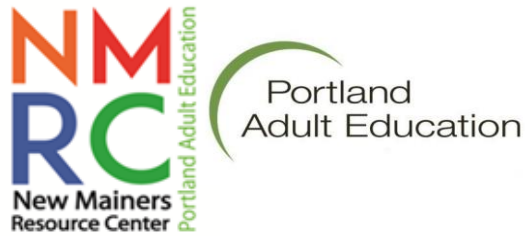
- Westbrook Community Center / 426 Bridge Street, Westbrook / Dinner 5 PM

**THURSDAY:**

- Salvation Army / 297 Cumberland Avenue / Lunch 12 PM  
Open to seniors (55+)
- HopeGateWay / 185 High Street / Dinner, 5:30 PM
- Deering Center Community Church / 4 Brentwood Street / Dinner 5:30 PM
- St. Peter's Episcopal Church / 678 Washington Avenue / Dinner 5:30 PM

**Ethnic Markets**

African Super Market 44 Washington Ave, Portland, ME 04101 HOURS: 9:00a-9:00p daily	Ahram Halal Groceries 630 Forest Ave, Portland, ME 04101 (207) 791-2600 HOURS: 9:00a-9:00p daily	Simply Scandinavian Foods 469 Stevens Avenue, Portland, ME 04103 (207) 310-4869
Al-Amin Halaal 269 St John St, Portland, ME 04102 (207) 774-3220	Vientiane 157 Noyes St., Portland, ME 04103 (207) 774-7311 • (207) 879-1614 HOURS: 10:30a-9:00p Monday-Saturday	La Bodega Latina Grocery Store: 863 Congress St, Portland, ME 04102 (207) 761-6661 HOURS: 8:00a-9:00p Monday-Saturday 9:00a-7:00p Sunday
Masala Mahal 798 Main St #1, South Portland, ME 04106 (207) 699-5555 HOURS: 4:00-7:00p Monday 10:00a-7:00p Tuesday-Saturday 11:00a-6:00p Sunday	Bogusha's Polish Restaurant and Deli 825 Stevens Ave, Portland, ME 04103 (207) 878-9618 HOURS: 10:00a-6:00p Monday-Wednesday 10:00a-8:00p Thursday and Friday 10:00a-4:00p Saturday	Hong Kong Market 945 Congress St, Portland, ME 04102 (207) 772-8688 HOURS: 9:00a-7:00p daily
Peace Food Market 21 Chestnut St # 102, Portland, ME 04101 (207) 541-3969	Haknuman Meanchey Asian market 803 Forest Ave, Portland, ME 04103 (207) 347-5029 HOURS: 9:00a-8:00p daily	Sun Oriental Market 626 Congress St, Portland, ME 04101 (207) 772-8675 HOURS: 9:00a-6:00p Monday-Saturday
Aladdin Market 646 Forest Ave, Portland, ME 04101 (207) 615-7165	Veranda Asian Market 695 Forest Ave, Portland, ME 04103 (207) 874-8001 • (207) 874-8002 HOURS: 9:00a-9:00p daily	



## Clothing Resources

**State Street Church Clothes Closet:** Provides clothes for men, women, and children; sheets, towels and other linens; small toys, and household items such as pans, dishes, etc. are dispersed, with no questions asked, to the needy of Greater Portland.

<http://statestreetchurch.org/>

159 State Street, Portland, ME 04101

(207) 774-6396

HOURS: 9:00-11:00a Wednesday

**The Root Cellar Clothing Store:** For just \$2, each person receives a large sized trash bag that can be used to fill with items found in the store. Some larger items are priced separately.

<http://www.therootcellarport.org/adult-programs> • [info@therootcellar.org](mailto:info@therootcellar.org)

94 Washington Ave. Portland, ME 04101

(207) 774-3197

HOURS: 10:30-11:30 Thursday

**St Luke's Cathedral – St. Elizabeth's Jubilee Center:** Mission distributing non-food essentials, clothes, and small household items to the most needy among us.

<http://www.stlukesportland.org/pages/general/st-elizabeths>

143 State Street, Portland, ME 04101

(207) 772-5434

HOURS: 9:00-11:30a Tuesday

**White Memorial Seventh-day Adventist Church Clothes Closet:** Gently used clothing, diapers often available by request, books, silverware, plates, pots, and other small kitchen items; 20 items per household, may limit quantities of same size clothing

<http://portland22.adventistchurchconnect.org/>

97 Allen Ave, Portland, ME 04103

(207) 797-4414

HOURS: 4:00-6:00p Monday

**Salvation Army Thrift Store:**

<http://nne.salvationarmy.org/portland-me>

30 Warren Avenue, Portland, ME 04103

(207) 878-8555

HOURS: 9:00a-6:00p Monday, Thursday, Friday, Saturday

9:00a-8:00p Tuesday and Wednesday

**Preble Street Resource Center Clothes Closet:** Hub of services for hundreds of homeless people in Portland—meeting urgent needs at an on-site clothing closet, soup kitchen, and food pantry.

<http://www.preblestreet.org/what-we-do/adult-services/resource-center/>

38 Preble Street, Portland, ME 04101

(207) 775-0026

HOURS: 1:00-3:00p Monday, Tuesday, Friday

8:00-10:00a Thursday

**First Congregational Church UCC of South Portland - Children's Closet:** Non-profit focuses on children and newborns in Cumberland County. There may be furniture, car seats, free toys at Christmas, cribs, and more.

<http://fccucc.org/>

301 Cottage Road, South Portland, ME, 04106

(207) 799-3361

**Goodwill Thrift Stores:**

<https://goodwillnne.org/locations/maine-mall-south-portland-me-goodwill-store-donation-center/>

Locations:

50 Market St, South Portland, ME 04106 (207) 741-2056	555 Maine Mall Rd, South Portland, ME 04106 (207) 553-2223
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## Housing Services

**Maine State Housing:** Implement sound housing policy by assisting local people in obtaining and maintaining decent, safe, affordable housing.

<http://www.mainehousing.org/programs-services/rental/subsidized-housing>  
353 Water Street, Augusta, ME 04330  
(207) 626-4600 • 1 (800) 452-4668

**Portland Housing Authority:** Provides and expands affordable housing and services that improve quality of life, build community, enhance safety and promote personal success for the people we serve and the neighborhoods in which they reside.

[www.porthouse.org/](http://www.porthouse.org/)  
14 Baxter Boulevard, Portland, ME 04101  
(207) 773-4753

**Avesta Housing:** Manages nearly 80 subsidized and non-subsidized properties.

[www.avestahousing.org/](http://www.avestahousing.org/)  
307 Cumberland Avenue, Portland, ME 04101  
(207) 553-7777 • 1 (800) 339-6516

**Preble Street Resource Center:** Housing counselors available to assist people in the search for housing.

<http://www.preblestreet.org/what-we-do/adult-services/resource-center/>  
38 Preble Street, Portland, ME 04101  
(207) 775-0026

**Oxford Street Shelter for Men:** 129 bed emergency shelter for men 18 and over, services include housing placement assistance, mental health services, substance abuse services, police on-site for safety. Toiletries, linens, emergency supplies and community referrals available 7:45 PM - 7:45 AM daily; very limited beds available for women.

203 Oxford St, Portland, ME 04101  
(207) 761-2072

**Milestone Foundation Emergency Shelter:** The Emergency Shelter and Medical Detoxification of Portland serves the needs of the late stage alcoholic and drug abuser; program is licensed to operate by the Department of Health and Human Services of the State of Maine.

65 India St, Portland, ME 04101  
(207) 775-4790

**Preble Street Teen Center:** Hub of services for homeless and runaway youth, providing immediate access and an acclaimed service coordination model.

<http://www.preblestreet.org/what-we-do/teen-services/teen-center/>  
343 Cumberland Avenue, Portland, ME 04101  
(207) 775-0026

**Opportunity Alliance Homeless Youth Services:** Provides intensive case management for youth who are homeless or at risk of homelessness and "street youth" (the identified client may be homeless in the context of a family). This program serves boys and girls ages six to 21, providing advocacy, case management, monitoring and safety assessments. It establishes linkages to needed services, such as mental health or substance abuse treatment. Services are provided until the child is in a stable placement.

<http://www.opportunityalliance.org/programs/children-and-youth-mental-health-services/homeless-youth-services/>

50 Lydia Lane, South Portland, ME 04106

(207) 523-5049 • 1 (877) 429-6884

**Homeless Shelter Directory:** Website that provides an up-to-date list of homeless shelters by city.

<http://www.homelessshelterdirectory.org/maine.html>



## Furniture Resources

**Furniture Friends:** Non-profit organization dedicated to acquiring and delivering donated furniture to people in need throughout Greater Portland.

<http://furniturefriendsportland.org/>  
 PO Box 7894, Portland, ME 04112  
 (207) 210-5797

**Goodwill Industries:** Has furniture, clothes, shoes, lamps, pots, pans, everything. This company accepts donations of all kinds of things which it then sells at great discounts.

<https://goodwillnne.org/stores/>  
 Locations:

1104 Forest Ave. Portland, ME 04103	Mill Creek Plaza, South Portland, ME 04106
Maine Mall Road, South Portland, ME 04106	US Route One Falmouth Shopping Center, Falmouth, ME 04105

**Habitat for Humanity ReStore Center:** Discount retail outlet open to the public that sells donated new and gently used building materials, appliances and furniture at greatly reduced prices.

<http://habitatportlandme.org/index.php/info/ReStore>  
 659 Warren Avenue, Portland, ME 04103  
 (207) 221-0047  
 HOURS: 9:00a-5:00p Tuesday-Saturday

**Catholic Charities of Maine Threads of Hope Thrift Shop:** From vintage clothing to second hand furniture, to shoes, handbags, dishes, lamps – and even art – our thrift store is good for your budget, good for the planet, good for our neighbors in need: Every penny of our proceeds goes directly to helping fight poverty here in Maine!

<http://www.ccmaine.org/thrift-store>  
 244A St. John Street, Portland, ME 04102  
 (207) 781-8555  
 HOURS: 10:00a-7:00p every day

**Salvation Army Thrift Store:**

<http://nne.salvationarmy.org/portland-me>  
 30 Warren Ave, Portland, ME 04103  
 (207) 878-8555  
 HOURS: 9:00a-6:00p Monday, Thursday, Friday, Saturday  
 9:00a-8:00p Tuesday and Wednesday



## Legal Services

**Maine Immigrant Rights Coalition (MIRC):** In the midst of an increasingly complex and even contentious statewide conversation about who is considered a true “Mainer,” the Maine Immigrants’ Rights Coalition ensures that the voices of the immigrant community are heard. Made up of more than thirty organizations made up of and working on behalf of our immigrant neighbors, MIRC builds power through education, organizing, and advocating for immigrant rights, economic justice, and racial equity.

[www.facebook.com/MEImmigrantRightsCoalition](http://www.facebook.com/MEImmigrantRightsCoalition)  
565 Congress Street, Portland, ME 04101  
(207) 797-0967

**Catholic Charities Refugee and Immigration Services Legal Services:** Recognizing that refugee resettlement is a partnership among equals — the refugee, the resettlement agency, and the community — Catholic Charities Maine Refugee and Immigration Services seeks to encourage and support refugees through the process of becoming responsible, self-reliant members of our community.

<http://www.ccmaine.org/refugee-immigration-services/legal-services>  
80 Sherman Street, Portland, ME 04101  
(207) 781-8550

**Cumberland Legal Aid Clinic:** a small legal clinic at the University Of Maine School Of Law that represents low-income individuals with legal cases in Southern Maine courts (Cumberland, York, Sagadahoc, and Androscoggin counties) for most kinds of civil, criminal, juvenile, and family law matters.

[mainelaw.maine.edu/public-service/clac/](http://mainelaw.maine.edu/public-service/clac/)  
246 Deering Avenue, Portland, ME 04102  
(207) 780-4370

**The Immigrant Legal Advocacy Project (ILAP):** Provides free and low-cost immigration information and legal assistance to low-income Maine residents. ILAP helps Maine's immigrants keep their families together, gain protection from persecution and domestic violence, attain residency and work authorization, and become proud U.S. citizens.

[www.ilapmaine.org/](http://www.ilapmaine.org/) • [info@ilapmaine.org](mailto:info@ilapmaine.org)  
309 Cumberland Ave Suite 201, Portland, ME 04101  
(207) 780-1593 • 1 (800) 497-8505

**Maine Equal Justice Partners (MEJP):** Nonprofit legal aid provider, whose mission is to find solutions to poverty and improve the lives of people with low income in Maine. MEJP focuses its work on many of the issues that affect people’s daily lives – access to adequate health care, food and income security, supports for working families, and higher education and training.

<http://www.mejp.org/>  
126 Sewall Street, Augusta, ME 04330  
(207) 626-7058 • 1 (866) 626-7059

***Pine Tree Legal Assistance (PTLA):*** Statewide, non-profit organization committed to providing high quality, free, civil legal assistance to low-income people in Maine. Our mission is to ensure that state and federal laws affecting poor people are enforced while also addressing the systemic barriers to justice that low-income Mainers face. We are committed to ensuring that all Mainers have access to justice.

<http://ptla.org/>

88 Federal Street, Portland, ME 04101

(207) 774-8211

***Maine Human Rights Commission:*** State agency charged with the responsibility of enforcing Maine's anti-discrimination laws. The Commission investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit, and offensive names. The Commission attempts to resolve complaints of discrimination to the mutual satisfaction of those who are involved. The Maine Human Rights Act authorizes the Commission to pursue remedies for unlawful discrimination in Court when necessary to enforce the Act.

<http://www.maine.gov/mhrc/index.shtml>

51 State House Station, Augusta, ME 04333

(207) 624-6290

***Maine Volunteer Lawyers Project:*** Legal aid organization that provides free legal information, assistance, and representation to Mainers with low incomes facing civil legal issues.

<http://www.vlp.org/>

PO Box 547, Portland, ME 04112

1 (800) 442-4293

***KIDS Legal:*** Provides legal help for low-income children and youth, including school and education cases, protection from abuse cases, guardianship cases, and emancipation cases.

<http://www.kidslegal.org/>

P.O. Box 547, Portland, ME 04112

(207) 774-8246 • 1 (866) 624-7787

***Maine Legal Services for the Elderly:*** Provide free, high quality legal services to Maine's socially and economically needy elderly age 60 and over.

<http://www.mainelse.org/>

5 Wabon Street, Augusta, ME 04330

1 (800) 750-5353



## Employment Services

**New Mainers Resource Center (NMRC):** Support Maine's economic development by meeting employers' demands for a skilled and culturally diverse workforce. We help foreign trained skilled professionals overcome the barriers they face as they pursue their professions in Maine. We strive to address the lack of information about career pathways, transferring credentials, American workplace culture, licensing barriers; unprepared public workforce and educational systems. Has a business attire closet for those preparing for an interview.

www.nmrcmaine.org  
 14 Locust St. Portland, ME 04101  
 (207) 874-8155

**Catholic Charities Refugee and Immigration Services Employment Services:** Offer support for all aspects of employment searches, including help with creating a resume, completing job applications, job interviewing skills, understanding the work culture in the USA, and connecting you with other employment resources in the community.

<http://www.ccmaine.org/refugee-immigration-services/employmentservices>  
 80 Sherman Street, Portland, ME 04101  
 (207) 781-8550

**Diversity Hiring Coalition (DHC):** Provide leadership, connections, education and resources to Maine employers to promote diversity in the workplace. The Diversity Hiring Coalition focuses on three areas of diversity: Aging Workforce, Racial and Ethnic Diversity and LGBTQ community.

[meshrm.shrm.org/diversity-hiring-coalition](http://meshrm.shrm.org/diversity-hiring-coalition) • [info@dhcmaine.org](mailto:info@dhcmaine.org)

**Greater Portland Career Center:** Provide 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 Career Center can help.

[http://www.mainecareercenter.com/locations/greater\\_portland.shtml](http://www.mainecareercenter.com/locations/greater_portland.shtml)  
 151 Jetport Boulevard, Portland, ME 04102  
 (207) 822-3300 • 1 (877) 594-5627

**Goodwill Workforce Solutions – Job Connection Services:** Integrates solid social work practice and personalized job development, addressing the gaps experienced by individuals whose life circumstances present barriers to marketplace employment.

<https://goodwillnne.org/services/workforce/adult-services/job-connection-services/>

Locations:

190 Lancaster St Portland, ME 04101 (207) 775-5891	275 Bath Road Brunswick, ME 04011 (207) 373-4000
243 Leighton Road Augusta, ME 04401 (207) 626-0170	147 Waldo Ave Belfast, ME 04915 (207) 930-7047
407 Alfred Street Biddeford, ME 04005 (207) 571-3301	1035 Lisbon St Lewiston, ME 04240 (207) 777-7472 ext. 6844
91 Camden Street Rockland, ME 04841 (207) 596-2600	

**Division of Vocational Rehabilitation (VR):** Department of Labor program that helps people who have disabilities to get and keep a job. VR helps people who have physical, mental, or emotional disabilities.

[www.maine.gov/rehab/dvr](http://www.maine.gov/rehab/dvr)

Locations:

151 Jetport Boulevard Portland, ME 04102 (207) 822-3300	91 Camden Street, Suite 202 Rockland, ME 04841-2421 (207) 596-2641
21 Enterprise Dr. Suite 2 Augusta, ME 04333-0073 (207) 624-5120	98 North Avenue, Suite 20 Skowhegan, ME 04976-1923 (207) 474-4958
45 Oak Street, Suite 1 Bangor, ME 04401-6664 (207) 561-4000	5 Mollison Way Lewiston, ME 04240-5805 (207) 753-9000

**Community Financial Literacy (CFL):** CFL offers financial literacy courses and one-on-one financial counseling for individuals and families. Our services are open to all refugees, immigrants, asylees, and low-income individuals in Greater Portland and Lewiston/Auburn, Maine.

[cflme.org/](http://cflme.org/) • [cfl@cflmaine.org](mailto:cfl@cflmaine.org)

309 Cumberland Ave Suite 205, Portland, ME 04101

(207) 797-7890

## Staffing Agencies

**MaineWorks:** Temporary staffing company providing meaningful work opportunities within the field of industrial construction. Our employees are Veterans reentering the workforce, new Americans & Mainers, come from low socio-economic backgrounds or face other real barriers for employment such as being in recovery for drug or alcohol abuse or have previous non-violent convictions – a stopping point in most job applications.

[www.maineworks.us/](http://www.maineworks.us/) • [info@maineworks.us](mailto:info@maineworks.us)

14 Pleasant Street, Portland, Maine 04101

1 (800) 996-0289

**Manpower Maine:** Offers insights and advice that enable clients and candidates to make informed choices today and tomorrow.

<http://www.manpowermaine.com/>

70 Center Street Portland, ME 04101

(207) 774-8258 • 1 (800) 370-4404

**Springborn Staffing:** Through industry leading technology, processes, and professional consultants, we will provide superior opportunities for our associate employees while providing best-in-class personnel solutions to our staffing partners. As a member of the ASA, Springborn Staffing is committed to compliance with the Affordable Care Act.

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

107 Exchange Street, Portland, ME 04101

(207) 761-8367

**Pro Search Inc:** Our goal for job seekers is to offer valuable advice on job search strategies, interview techniques and compensation issues. We give candid feedback regarding marketability, and discuss all viable options with applicants - developing a game plan that will lead to interviews and offers.

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

70 Center Street Portland, ME 04101

(207) 775-7600

**Bonney Staffing Center:** We will find the position that's just right for you now — and to help build your future, whether you're looking for office admin jobs, customer service, call center jobs, or light industrial jobs. You'll be treated with respect and given the service, tools and advice you need to be successful. We believe in doing things right the first time and giving you options.

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

21 Donald B. Dean Drive, South Portland, ME 04106

(207) 773-3829 • 1 (800) 398-5909

**Adecco Staffing:** Regardless of your background or your situation, we connect all types of workers—from young to mature, athletes to veterans, and everyone in between—with awesome opportunities.

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

20 Free Street Portland, ME 04101

(207) 772-2882

**Express Employment Professionals:** Works with job seekers to help them find the right job for their skills and experience.

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

49 Dartmouth Street Suite 1, Portland, ME 04101

(207) 761-9933

**Kelly Services:** Provide equal employment opportunity in recruitment, selection, training, compensation, promotion, job transfer, and assignments. These opportunities and other conditions of employment are extended to qualified applicants and employees regardless of an individual's race, color, sex, age, religion, national origin, genetics, sexual orientation, gender identity/expression, disability, and/or other protected categories under applicable laws.

[www.kellyservices.us](http://www.kellyservices.us)

189 Darling Avenue B48, South Portland, ME 04106

(207) 774-9809

**Maine Staffing Group:** Encompasses a wide-range of services provided through our family of Maine-owned corporations; serving communities, client-companies, and job-seekers for over 20 years.

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

91 Larrabee Road Westbrook, ME 04092

(207) 854-2422

## **Business Counseling**

**StartSmart:** Business plan consultation to evaluate your business idea and develop a business plan for individuals not born in the US.

<http://www.ceimaine.org/consulting/business-counseling-development/startsmart/> • [startsmart@ceimaine.org](mailto:startsmart@ceimaine.org)

2 Portland Fish Pier Suite 206, Portland, ME 04101

Tae Chong, Business Counselor

(207) 775-1984

**Living With Peace:** Addresses issues and concerns that affect the ability of immigrants to acculturate to their new lives here in Maine and to successfully orient to the social, economic and cultural aspects of life in Portland and Lewiston. We are a dynamic, grassroots, community organization that seeks to invest in the future of our immigrants by building and sharing resources.

<https://www.facebook.com/Living-With-Peace-113072108739697/>

<http://livingwithpeace-christina.blogspot.com/> • [livingwithpeaceusa@gmail.com](mailto:livingwithpeaceusa@gmail.com)

Christina Feller, President

(207) 536-0093



**New Ventures:** Helping Maine people succeed in their jobs, businesses, and communities. We help individuals recognize strengths, overcome barriers, find resources, develop a plan, and take action towards their goals: start a business, find a career, return to school, build assets, and be active in the community.

<http://newventuresmaine.org/?centers=south-portland> • [info@newventuresmaine.org](mailto:info@newventuresmaine.org)

175 Main Street, South Portland, ME 04106

(207) 621-3440

## **Volunteer Opportunities**

**VolunteerMaine.org:** One-stop internet resource offering hundreds of volunteer opportunities throughout Maine. Simply register as a member and begin searching opportunities in a wide variety of areas and locations. The website is easy to use, and you can search for opportunities based on category and location!

**Maine Medical Center:** Maine's largest hospital, offering a variety of volunteer opportunities to more than 700 volunteers in the Portland area.

<http://www.mmc.org/mmcvolunteer>

22 Bramhall Street Portland, ME 04102

(207) 662-0111 • 1 (877) 339-3107

**Mercy Hospital:** Portland's 2nd largest hospital, offering volunteer opportunities to more than 350 volunteers in the Portland area. Options range from escorting patients, providing clerical support, or staffing the front desk.

<https://mercyhospital.org/> • [kerrk@emhs.org](mailto:kerrk@emhs.org)

144 State St, Portland, ME 04101

(207) 879-3286

\*Note that Mercy Hospital does not require volunteers to have a valid US social security number\*

**Preble Street:** Social work agency based in Portland and one of Maine's leading non-profit organizations.

[www.preblestreet.org/you-can-help/volunteer/](http://www.preblestreet.org/you-can-help/volunteer/) • [info@preblestreet.org](mailto:info@preblestreet.org)

38 Preble Street Portland, ME 04101

(207) 775-0026

**Catholic Charities Maine:** A faith-based nationally recognized non-profit organization, Catholic Charities provides a variety of services to the poor and vulnerable. Volunteer opportunities include working as a receptionist or administrative assistant in one of their offices, tutoring English, or assisting newly-arrived refugee families.

<http://www.ccmaine.org/>

PO Box 10660, Portland, ME 04104

(207) 781-8550

**YMCA of Southern Maine:** Community-based organization offering a variety of services and programs. The YMCA relies on more than 800 volunteers each year to help them carry out their mission of making a positive impact on the local Portland community.

<http://www.ymcaofsouthernmaine.org/main/volunteer/>

70 Forest Ave, Portland, ME 04101

(207) 874-1111

**United Way:** Connects individuals, families, groups, and workplaces to fun, productive, and meaningful opportunities.

<http://www.unitedwaygp.org/join-us/volunteer/>

One Canal Plaza, Suite 300, Portland, ME 04101

(207) 874-1000



## Education/Training

**Portland Adult Education (PAE):** We offer programs that are designed to prepare Portland and the Greater Portland area residents for a better, more fulfilling life. Portland Adult Education, PAE, is a wide-ranging community program that brings people and resources together for academic courses, for job skills or personal enrichment, for special needs, or just for fun.

www.portlandadulthood.org  
 14 Locust St. Portland, ME 04101  
 (207) 874-8155

**Southern Maine Community College (SMCC):** Maine’s largest community college, with over 7,000 students, more than 45 degree programs, and the lowest tuition and fees in New England.

www.smccme.edu/  
 2 Fort Road, South Portland, Maine 04106  
 (207) 741-5500

**University of Southern Maine (USM):** Multi-campus public comprehensive university and part of the University of Maine System. USM's three primary campuses are located in Portland, Gorham and Lewiston in the U.S. state of Maine.

<http://usm.maine.edu/prospective-students> • [admitusm@maine.edu](mailto:admitusm@maine.edu)

Locations:

96 Falmouth St Portland, ME 04103	51 Westminster Street Lewiston, Maine 04240
37 College Ave Gorham, ME 04038	

(207) 780-5670 • 1 (800) 800-4USM ext. 5670

**University of New England (UNE):** Located on the coast of Maine, UNE is an independent university committed to academic excellence.

www.une.edu/

Locations:

716 Stevens Avenue Portland, ME 04103	11 Hills Beach Rd Biddeford, ME 04005
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(207) 283-0171

### Scholarships

**Friends of Portland Adult Education (FPAE):** Provides limited scholarship money for eligible and low-income students.

<https://www.facebook.com/Friends-of-Portland-Adult-Education-471699116223517/> •

[pollam@portlandschools.org](mailto:pollam@portlandschools.org)

Marie Pollard

(207) 874-8155

\*Ask for an application at the Portland Adult Education office (14 Locust St. Portland)\*

**Finance Authority of Maine (FAME):** Works to create quality jobs for Maine people. We help make higher education more accessible and affordable. FAME can help you save for college, learn about financial aid and manage your student loans after you've graduated.

[www.famemaine.com/education/](http://www.famemaine.com/education/)  
5 Community Dr, Augusta, ME 04330  
(207) 623-3263

**Portland English as a Second Language Scholarship Fund (PESLSF):** Help local immigrants and refugees gain the English language skills necessary to achieve their post- secondary educational goals in the United States.

<http://www.peslsf.org/>  
P.O. Box 281 Portland, ME 04112  
(207) 200-PESL

### **English as a Second Language (ESOL) (ESL)**

**Portland Adult Education (PAE):** Several levels of ESOL classes are offered to give comprehensive English language instruction to speakers of other languages. The beginning levels focus on developing basic conversational skills, literacy, and basic grammar. Intermediate levels continue to focus on speaking skills for survival (employment, health, housing, emergencies, etc.). Attention is given to reading, writing, and continuing grammar (past, present, future, and present perfect). Advanced classes further develop conversational skills and begin to introduce idiomatic English, gerunds and passive voice.

[http://www.portlandadulthood.org/pae2/index.php?option=com\\_virtuemart&page=shop.browse&category\\_id=6&Itemid=1](http://www.portlandadulthood.org/pae2/index.php?option=com_virtuemart&page=shop.browse&category_id=6&Itemid=1)  
14 Locust St. Portland, ME 04101  
(207) 874-8155

**LearningWorks:** Provide the best learning opportunities in Maine for at-risk youth, the immigrant community, and low-income families.

[www.learningworks.me/](http://www.learningworks.me/) • [Info@LearningWorks.me](mailto:Info@LearningWorks.me)  
181 Brackett Street, Portland  
(207) 775-0105

**University of Southern Maine's English for Speakers of Other Languages (ESOL) Program:** Provide excellent higher education instruction in academic English, to culturally diverse students. Some take English language courses as prerequisites for future academic courses, while others want to improve their English language skills for work, other University study, or personal satisfaction.

[usm.maine.edu/esol](http://usm.maine.edu/esol) • [usmesol@maine.edu](mailto:usmesol@maine.edu)  
101 Payson Smith Hall; 96 Falmouth Street, Portland, Maine 04103  
(207) 780-4365



## Transportation

**Metro Greater Portland Transit District:** Safe, frequent, efficient, reliable and affordable transportation throughout the Greater Portland region.

[gpmetrobus.net/](http://gpmetrobus.net/)  
114 Valley Neighborhood, Portland, ME 04101  
(207) 774-0351

**South Portland City Bus Service:** Provide safe, reliable, convenient, and efficient public transportation for the safety and comfort of all our passengers.

<http://www.southportland.org/departments/bus-transportation/bus-schedule/>  
(207) 767-5556

**Portland Transportation Center - Concord Coach Lines:** Delivering a safe, reliable and convenient transportation alternative.

[www.concordcoachlines.com/](http://www.concordcoachlines.com/)  
100 Thompson's Point Road, Portland, ME 04102  
1 (800) 872-7245

**Regional Transport Program (RTP):** United Way agency that provides low-cost transportation to the elderly, social service agency clients, the economically disadvantaged and persons with disabilities throughout Cumberland County with the exception of Brunswick and Harpswell.

<http://rtprides.org/need-a-ride/>  
127 St. John Street, Portland, Maine 04102-3072  
(207) 774-2666 • 1 (800) 244-0704

**Bicycle Coalition of Maine - Bikes for All Mainers Program:** Designed to provide an opportunity for adults who do not have financial access to bikes, are undocumented or recent American immigrants, or live in communities under served by public transportation to acquire basic bicycle mechanic skills, learn to bicycle safely on Maine roadways, volunteer in their communities, and overcome some of their transportation challenges.

<http://www.bikemaine.org/allmainers>  
34 Preble St. Portland, ME 04112  
(207) 623-4511



## Child Care Services

**Arwo Learning Center:** New multicultural center enrolling infants to children 12 years old; aims to create a community of children, parents and educators working together to support and encourage children's growth and enthusiasm for learning.

<http://www.arwochildcare.com/>  
1037 Forest Ave Suite 6, Portland ME 04103  
(207) 536-0244

**Bright Horizons:** Provide a caring and nurturing environment where your child can learn and develop.

<http://www.brighthorizons.com/>  
2195 Congress St. Portland, ME 04102  
(207) 575-7500

\*Accepts Child Care Subsidy\*

**Breakwater School:** Engage our students in an optimal learning experience that inspires them to live well on the planet, embrace their whole being, and realize their full potential by continually reviewing and applying best educational practice while remaining true to our community's values and spirit.

<http://breakwaterschool.org/>  
856 Brighton Ave, Portland, ME 04102  
(207) 772-8689

**The Children's Nursery School:** State-licensed co-operative nursery school in downtown Portland. Our child-centered, creative program allows children to learn through discovery and exploration.

<https://childrensnurseryschool.org/>  
159 State St, Portland, ME 04101

**Children's Odyssey:** Provides a content rich environment in which children learn through their active participation in a variety of hands-on, multi-modal experiences and social opportunities.

<http://www.childrensodyssey.org/>  
110 Davis Farm Road, Portland, Maine 04103  
(207) 878-8868

\*Accepts Child Care Subsidy\*

**Youth & Family Outreach:** Accredited by the National Association for the Education of Young Children, a level 4 on Maine's Quality Rating System and state licensed; offer services to Greater Portland families with children 6 weeks to five years of age.

<http://www.yfoutrreach.org/home.html>  
331 Cumberland Ave, Portland, ME 04101  
(207) 874-1073

\*Accepts Child Care Subsidy\*

**First Lutheran Children's Programs:** Provides a warm, safe, fun, and loving environment for children ages 1 year to 12 years.

<http://www.flcp-childcare.org/>  
132 Auburn Street, Portland, ME 04103  
(207) 797-2260

\*Accepts Child Care Subsidy\*

**Hug-A-Bug Childcare Services:** Licensed Child Care Center that has a home atmosphere. We are licensed for 80 children and run our facility with attention to the individual needs of your child and family. We offer A Structured Preschool Program, flexible hours and subsidized rates.

<https://www.facebook.com/Hug-A-Bug-Child-Care-Center-396072110512064/>  
1340 Riverside Street, Portland, ME 04103  
(207) 591-5367

\*Accepts Child Care Subsidy\*

**Jewish Community Alliance Preschool:** Offer child centered, family-oriented programs for 2 -5 year olds.

<https://mainejewish.org/preschool>  
57 Ashmont Street, Portland, ME 04103  
(207) 772-1959

\*Accepts Child Care Subsidy\*

**Art Play Nursery School:** We understand that play is vital for every young child and provides many ways for them to grow and learn. Through spontaneous and directed play, children develop their senses, learn to talk, share ideas, express their feelings and use energy in healthy ways. Guided play also increases their ability to concentrate, figure out how things work and solve problems.

<http://www.artplayschool.org/>  
524 Allen Ave, Portland, ME 04101  
(207) 773-6069

**Catherine Morrill Day Nursery:** Promote the young child's total development within a safe and nurturing environment, and to support families and community.

<http://www.catherinemorrill.org/> • [catherinemorrill.office@gmail.com](mailto:catherinemorrill.office@gmail.com)  
96 Danforth Street, Portland, Maine 04101  
(207) 874-1115

\*Accepts Child Care Subsidy\*

**The Children's Center:** Provide early care and education in a vibrant learning community that supports each child's unique development, emphasizes social relationships, and engages families in order to establish a foundation for lifelong learning.

<http://www.tccmaine.org/>  
721 Stevens Ave, Portland, ME 04103  
(207) 797-9366

\*Accepts Child Care Subsidy\*

**Easter Seals Maine - NorthStar Learning Center:** Offers an educational experience uniquely tailored to the individual needs of children from the time they are toddlers until they enter kindergarten. Our program is staffed by certified teachers, each with a strong foundation in early childhood development and special education. Our low 1:1, 2:1, & 3:1 student to teacher ratio classrooms support individualized attention in an atmosphere of integrated learning.

[http://www.easterseals.com/maine/our-programs/childrens-services/NorthStar\\_Learning\\_Center.html?referrer=https://www.google.com/](http://www.easterseals.com/maine/our-programs/childrens-services/NorthStar_Learning_Center.html?referrer=https://www.google.com/)  
125 Presumpscot St, Portland, ME 04103  
(207) 828-0754 ext. 1000

**Circle Time Preschool and Childcare:** We are sensitive to a child's social, emotional, intellectual, and physical needs. Circle Time provides a literature based program through constant exposure to books, poems, songs and the written language. We also offer opportunities for children to explore, create, play and succeed with the use of activity centers, each with a different focus, such as art, science, and dramatic play areas.

<http://www.circletimepreschoolandchildcare.com/Home.html>

1364 Washington Ave, Portland, ME 04103

(207) 878-8697

\*Accepts Child Care Subsidy\*

**Gentle Wings Daycare Center:** Small licensed daycare center; offer a daily schedule which includes circle time,( ABC's, 123's), yoga, one on one time with each child, crafts and lots of outside play!

<https://www.facebook.com/Gentle-Wings-Daycare-Center-499467886778032/> • [aagrubb.ag@gmail.com](mailto:aagrubb.ag@gmail.com)

1001 Forest Avenue, Portland, ME 04103

(207) 518-3402

**The Heartfelt School:** Offer a community-based education rooted in a deep understanding of the nature of the young child. We believe that children thrive in a warm, beautiful and nurturing environment where they are free to learn through imaginative play and creative work, with the guidance of caring teachers, and the support of a loving community. The school acts as a community center that provides parent-child classes, a parent study group, and crafting classes.

<http://www.heartfeltschool.com/> • [heartfeltschool@gmail.com](mailto:heartfeltschool@gmail.com)

156 High St. Portland, ME 04101

(207) 838-1990

**Portland Nursery School:** Non-profit, state-licensed, parent-led cooperative preschool serving greater Portland and located in Woodfords Congregational Church in Portland's Deering Center neighborhood. We offer a multi-age program for children aged 3-5.

<http://www.portlandnurseryschool.com/> • [portlandnurseryschool@gmail.com](mailto:portlandnurseryschool@gmail.com)

202 Woodford St. Portland, Maine 04103

(207) 775-6699

**Portside Learning Center:** Goal is to meet the social and emotional needs of young children at a time critical to their future happiness and success. We strive to create a vital play based setting in which the children feel safe, challenged, and appreciated as individuals.

<http://www.portsidelearningcenter.com/>

1976 Washington Ave, Portland, ME 04103

(207) 797-7821

\*Accepts Child Care Subsidy\*

**St. Elizabeth's Child Development Center:** Committed to partnering with families to provide care and early intervention programs for young children, in a learning environment that is developmentally appropriate, nurturing and safe. We strive to foster the development of socialization skills, independence, a positive self-image, and promote the joy of life-long learning, through our thoughtful relationships with children, parents, colleagues and the community.

<http://www.ccmaine.org/st-elizabeths> • [stelizabethinfo@ccmaine.org](mailto:stelizabethinfo@ccmaine.org)

87 High St, Portland, ME 04101

(207) 871-7444

\*Accepts Child Care Subsidy\*

**Trinity Day School:** We believe that childhood should be a journey, not a race. Our goal is to provide a community where children can learn and grow through meaningful play, exploration, growing friendships, and interaction with other children and adults. We strive to support families by providing a connection between our school, the neighborhood, and the wider community.

<http://www.trinitydayschool.net/> • [trinitydayschool2016@gmail.com](mailto:trinitydayschool2016@gmail.com)  
 113 Coyle Street, Portland, Maine 04103  
 (207)761-0655

\*Accepts Child Care Subsidy\*

**YMCA of Southern Maine Child Care Services:** Nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility. We offer full day child care for children, preschool, prime time, and school-aged child care.

<http://www.ymcaofsouthernmaine.org/main/child-care/>  
 70 Forest Avenue, Portland, ME 04101  
 (207) 874-1111

**Head Start:** Federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development. Head Start programs provide a learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development. Head Start emphasizes the role of parents as their child's first and most important teacher.

<http://www.headstartprogram.us/>

Locations:

Kennedy Park 58 Boyd St, Portland, ME 04101 (207) 761-2721	East End Child Development 215 Congress St, Portland, ME 04101 (207) 772-5467
Parkside 85 Grant St, Portland, ME 04101 (207) 874-1023	Sagamore Child Development Center 21 Popham Street, Portland, ME 04102 (207) 774-6837

**Riverton Elementary School:** Riverton is a pre-K through grade 5 school located off outer Forest Avenue in Portland, Maine. Our school is in a community building which we are very lucky to have a branch of the Portland Public Library, the City of Portland Dental Health Services and space for the Recreation Department of Portland Parks and Recreation that includes a swimming pool.

<https://riverton.portlandschools.org/>  
 1600 Forest Ave, Portland, ME 04103  
 (207) 874-8210

**Presumpscot Elementary School:** Responsible for ensuring a challenging, relevant, and joyful education that empowers every learner to make a difference in the world. We build relationships among families, educators, and the community to promote the healthy development and academic achievement of every learner.

<http://presumpscot.portlandschools.org/>  
 69 Presumpscot St., Portland, ME 04103  
 Phone: (207) 874-8220

**Reiche Elementary School:** Serves 404 students in grades kindergarten through fifth grade; the school is the first teacher-led and teacher-governed school in the state. Reiche has a variety of educational and artistic partners and an active PTO. Reiche adopted six core principles in March 2011.

<https://reiche.portlandschools.org/>  
 166 Brackett Street, Portland, ME 04102  
 (207) 874-8175





## Additional Resources

### Cell Phone Services

**Assurance Wireless:** Federal Lifeline Assistance program brought to you by Virgin Mobile. Lifeline is a government benefit program supported by the federal Universal Service Fund.

[www.assurancewireless.com/Public/Welcome.aspx](http://www.assurancewireless.com/Public/Welcome.aspx) • [ourteam@assurancewireless.com](mailto:ourteam@assurancewireless.com)

1 (888) 898-4888

**Safe Link:** Lifeline supported service program for income eligible households provided by TracFone Wireless, Inc.

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

1 (800) 723-3546

### Community Resources

**Portland Public Library:** Portland's cultural center serving 675,000 visitors annually at four locations and a bookmobile, it is Maine's oldest and largest public library system and is the most visited cultural institution in Maine. The library offers over 300,000 books, audiobooks, musical recordings, movies, and digital resources, and access to the collections of the world's great libraries. We also provide robust internet access and free wireless connectivity and present a wide variety of lectures, classes, exhibits, programs and performances for all ages.

<https://www.portlandlibrary.com/>

5 Monument Square, Portland, ME 04101

(207) 871-1700

**Parkside Neighborhood Center:** Programming works to strengthen individuals & families by offering educational and cultural opportunities to connect diverse neighbors and promote social and physical well-being. The Center's programming adapts to emerging needs, the list of current program offerings is subject to change.

<http://www.opportunityalliance.org/programs/community-initiatives/parkside-neighborhood-center/> •

[parkside@opportunityalliance.org](mailto:parkside@opportunityalliance.org)

85B Grant Street, Portland, ME 04101

(207) 553-5940

### Online Resources

**PortlandMaine.gov:** Official website for the City of Portland providing links to an array of resources and services.

<http://www.portlandmaine.gov/>

**Live Work Portland:** Connecting people with local events, activities, and resources.

<http://liveworkportland.org/node/1019>

**Access Maine:** Collection of many useful links, short "tip sheets" that offer helpful hints, and toolkits on various topics.

<http://www.accessmaine.org/index.htm>

**Equality Maine:** Providing information on LGBT support organizations, education, and community resources.

<http://equalitymaine.org/lgbt-resources-maine-community-education-support-organizations>

**PublicHousing.com:** Provides lists of public housing properties along with many other housing deals, the vast majority of which are affordable housing listings.

<http://www.publichousing.com/city/me-portland>

**I'm Your Neighbor, Portland:** Community organization that strives to engage members of the Greater Portland, Maine community, both new arrivals and long-term residents, in reading books about recent immigrants to Maine and sharing in discussion of differences and commonalities, to build understanding between the two groups.

<https://imyourneighborportland.org/>