



New Mainers Resource Center

Resource Guide

Table of Contents

Welcome.....	2
Important Phone Numbers.....	3
Cell Phone Services.....	4
Child Care Services.....	5
Citizenship and Immigration.....	9
Clothing Resources.....	10
Community Groups.....	12
Counseling Services.....	13
Dental Services.....	15
Disability Services.....	16
Education/Training.....	17
Employment Services.....	18
English Speakers of Other Languages (ESOL) (ESL).....	23
Food Services.....	25
Furniture Resources.....	28
Housing Services/ Shelters.....	29
Legal Services.....	31
Medical Services.....	33
Mentorship Programs.....	35
Online Services.....	37
Older Adult Services.....	38
Safety Services.....	39
Substance Use Resources.....	41
Transportation.....	43

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 Street
Portland, ME 04101
207 - 874-8155
Email: nmrcmaine@gmail.com
<https://nmrcmaine.org/>

New Mainers Resource Center: www.nmrcmaine.org

Welcome Back Initiative: www.wbcenters.org

Portland Adult Education: www.portlandadulthood.org

Follow us on Facebook for events: <https://www.facebook.com/nmrcmaine/>



Important Phone Numbers

Emergency Phone number:	911
Portland Police Department (Non-emergency):	(207) 874-8479
Portland Fire Department:	(207) 874-8400
Cumberland County Crisis Response Crisis:	(207) 774-4357 • 1 (888) 568-1112
Family Crisis service:	207) 874-1973 • 1 (800) 537-6066
Sexual Assault Response Service of Southern Maine (SARSSM):	(207) 828-1035 • 1 (800) 871-7741
Suicide Prevention Hotline:	1 (800)-273-8255
Maine Medical Center:	(207) 662-2911
Greater Portland Health:	(207) 874-2141
Oxford Street Shelter:	(207) 761-2072
Preble Street Resource Center:	(207) 775-0026
Finding Community Resources:	211
Portland General Assistance:	(207) 775-7911
Portland Social Security:	(877) 319-3076
Immigrant Legal Advocacy Project (ILAP):	(207) 780-1593
Equal Justice Partners:	(207) 626-7058
Portland Adult Education:	(207) 874-8155

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 • 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

1 (800) 723-3546

Child Care Services

*note some agencies might have long waitlists

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 Avenue 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 Street 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 Avenue 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 Street 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, ME 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 Avenue 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 Avenue 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
96 Danforth Street Portland, ME 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 Avenue Portland, ME 04103
(207) 797-9366

Accepts Child Care Subsidy

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

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

156 High Street 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

202 Woodford Street 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 Avenue 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

87 High Street 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
 113 Coyle Street Portland, ME 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 Street Portland, ME 04101 (207) 761-2721	East End Child Development 215 Congress Street Portland, ME 04101 (207) 772-5467
Parkside 85 Grant Street Portland, ME 04101 (207) 874-1023	Sagamore Child Development Center 21 Popham Street Portland, ME 04102 (207) 774-6837

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, ME 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 • RISinfo@ccmaine.org
80 Sherman Street Portland, ME 04101
(207) 871-7437

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 • info@main1.org
237 Oxford Street Suite 25A Portland, ME 04101
(207) 552-1800

Immigrant Resource Center of Maine (IRCoMe): 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, ME 04243
(207) 753-0061

Greater Portland Immigrant Welcome Center: The Greater Portland Immigrant Welcome Center serves as the nucleus of collaborative efforts to strengthen the immigrant community through the attainment of three pillars of empowerment: language acquisition, economic integration and civic engagement.

<http://www.welcomeimmigrant.org/>
24 Preble Street, 3rd floor, Portland, ME, 04101
(207) 517-3401

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
*Not the 1st of every month

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
94 Washington Avenue 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 Avenue Portland, ME 04103
(207) 797-4414
HOURS: 4:00-6:00p Monday

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

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

Goodwill Thrift Stores:

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

Locations:

50 Market Street South Portland, ME 04106 (207) 741-2056	555 Maine Mall Road South Portland, ME 04106 (207) 553-2223
---	--

Community Groups

Angolan Community of Maine: Assists Angolans in their new home in Maine

<https://www.facebook.com/Angolan-community-of-Maine-530314953829703/>

Burundi Community Association of Maine: Assists Burundians in their new home in Maine

<https://www.facebook.com/Burundi-Community-Association-of-Maine-642770582437166/>

Congolese Community of Maine: Assists Congolese immigrants during their transition to life in Maine. Provides entrepreneurship and Congolese culture and value through education, social event, public forum within the State of Maine.

email: cocomaine2012@gmail.com

Find group on Facebook: Congolese Community of Maine
(207) 807-2256

Hispanic Ministry: The Hispanic Ministry supports Maine's Hispanic community by offering a number of services, including pastoral attention, referrals to services, support for detainees' families, connection to families in home countries in cases of emergency (when possible), visitation of detainees, and advocacy and crisis intervention.

For more information: contact Sister Pat @ pporarsm@yahoo.com

<http://portlanddiocese.org/ministries/hispanic-ministry>

(207) 615-2522

New England Arab American Organizations: New England Arab American Organization is the bridge between future Arab Americans and the American culture, giving the stepping stones for new Arab refugees, immigrants to integrate in the American culture and prepare a better educated future.

<http://neaa.org/>

(207) 347-0249

Rwanda Community Association of Maine: Organization that provides integration guidance and support to Rwandan immigrants in Maine. They provide cultural education programs such as Rwandan cultural dance for ages 5-25 and workforce development.

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

188 Myrtle Street, Westbrook, ME 04092

(207) 699-8870

Somali Bantu Community Association of Maine: Provides counseling and tutoring of adult education students. Violence prevention. mediation, and conflict resolution.

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

145 Pierce Street, Suite 1010, Lewiston, ME, 04240 (207) 784-5556

Counseling Services

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

Gateway Community Services: Provides counseling services for children and adults. Focused on clients experiencing: trauma, anger management, depression, aging, parenting, self-imagining, and relational problems. Call for a referral form

*Accepts MaineCare and full insurance

501 Forest Ave, Portland ME, 04101

(207) 807-2256

Hearing Aids Project: Is a group of retired therapists who offer free counseling services to people seeking asylum. It's a grassroots organization made entirely up of volunteers who want to help out.

Contact Maggie Murphy, Program Coordinator, magnurphy99@gmail.com

(917)-770-7874

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

165 Lancaster Street Portland, ME 04101

(207) 874-1030

Center for Grieving Children: Serves more than 4,000 grieving children, teens, families, and young adults annually through peer support, outreach, and education. Intercultural program-serves children who have resettled in Portland from countries that experienced war, conflict, and natural disasters

www.cgcmaine.org/

555 Forest Avenue Portland, ME 04101

(207) 775-5216 (contact Marie Sheffield)

Peer Support Group Maine: Access Immigrant Network: Support group for French speaking African immigrants to share knowledge, experience, emotional and social support.

Child Care is provided. Meets every Tuesday 12-1 pm.

237 Oxford St. Suite 200. Portland, ME

(207) 552-1800 (Ask for Sarah)

Maine Behavioral Health: Refugee and Immigrant Counseling and Case Management: Culturally relevant counseling and case management services offered to establish link to the community supports. Service providers are bilingual.

M-Th 8am-5pm and F 8am-3:30pm

Eligibility: Individual and families who are refugees or immigrants who are having emotional and behavioral difficulties due to transitions.

Fees: No cost, sliding fee, MaineCare

165 Lancaster St. Portland, ME, 04101

(207) 844-292-0111 (call for intake)

Maine Immigrant and Refugee Services: MEIRS: Provides case management services, outpatient counseling for individual and group counseling for both children and adults, and home community treatment services (HCT).

*Accepts MaineCare

222 St. John Street, Suite 134, Portland, ME, 04103

(207) 808-8551

Somali Bantu Community Association of Maine: provides counseling, tutoring, violence prevention, mediation, and conflict resolutions services.

145 Pierce Street, Suite 101, Lewiston, ME 04240

(207) 784-5556

Spurwink: Shifa ME: Culturally appropriate services for refugee and immigrant youth and their families in Maine. Provides cultural brokering, community outreach, skilled-based groups, and clinical interventions.

*Accepts MaineCare, but has small grants for families without insurance

*Programs in Lewiston, Biddeford, and Greater Portland (fall 2018)

1-888-889-3903

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/
 366 US Route One, Falmouth, ME 04105
 (207) 874-1028

University of New England Dental Hygiene Clinic Offers services to the public such as filing/restorations, root canals, crowns, veneers, extraction, partial dentures, implants, x-rays, cleanings, and checkups.

**Accepts Northeast Dental or MaineCare*
<http://www.une.edu/wchp/dental/patient-info>
 Coleman Dental Hygiene building
 1 College Street, Portland, ME 04102
 (207) 221-4747

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

**Only services residents of the East Bayside area*
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 Avenue Portland, ME 04103
 (207) 541-6632 (make an appointment) • (207) 541-6627
 *(207)541-6630 (Somali) *(207) 541-6624 (Arabic & Farsi)

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

www.greaterportlandhealth.org

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	

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
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

Disability Determination Services: While applications for Social Security disability are taken in the local field offices, the medical decisions are made in each state by a disability determination service.

<http://www.maine.gov/dhhs/ofc/services/dds/offices.htm>
550 Forest Avenue Suite 150 Portland, ME 04101
(207) 377-9500 • 1 (800) 452-8718

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

PSL Services/STRIVE: Provides a community of support and assistance to people with cognitive disabilities or mental health diagnosis who experience challenges seeking greater independence.

<https://www.pslservices.org/>
10 Atlantic Place South Portland, ME 04106
(207) 879-0847

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 Street Portland, ME 04101
(207) 874-8155

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.nmrmaine.org
14 Locust Street 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.

<http://usm.maine.edu/prospective-students> • admitusm@maine.edu
96 Falmouth Street Portland, ME 04103
(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/
716 Stevens Avenue Portland, ME 04103
(207) 283-0171

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.nmrmaine.org
14 Locust Street Portland, ME 04101
(207) 874-8155

Greater Portland Immigrant Welcome Center: The Greater Portland Immigrant Welcome Center serves as the nucleus of collaborative efforts to strengthen the immigrant community through the attainment of three pillars of empowerment: language acquisition, economic integration and civic engagement.

<http://www.welcomeimmigrant.org/>
24 Preble Street, 3rd floor, Portland, ME, 04101
(207) 517-3401

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

Opportunity Alliance Senior Volunteer Programs: Provides meaningful volunteer opportunities for people age 55 and over, interested in meeting critical community needs in school, child development centers, Head Start, adult day programs and private homes throughout York and Cumberland counties. Volunteers living at less than 200% of poverty are eligible to receive a non-taxable stipend in return for a 15 – 40 hour a week commitment.

<https://www.opportunityalliance.org/about-us/>
50 Lydia Lane, South Portland, ME 04106
(207)-773-0202

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 • info@dhcmaine.org

Greater Portland CareerCenter: 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 CareerCenter can help.

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/>
190 Lancaster Street Portland, ME 04101
(207) 775-5891

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
151 Jetport Boulevard Portland, ME 04102
(207) 822-3300

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/ • cfl@cflmaine.org
309 Cumberland Avenue Suite 205 Portland, ME 04101
(207) 797-7890

Staffing Agencies

Rockcoast Personnel: Rock Coast provides temporary, direct hire and executive placement services for New England companies in the areas of accounting/finance, light industrial and warehouse, sales and marketing, office support, executive recruitment and temporary staffing.

<http://www.rockcoastpersonnel.com/>
75 Washington Ave, Suite 2D, Portland, ME 04101
(207) 799-6739

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/ • info@maineworks.us
14 Pleasant Street Portland, ME 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
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
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
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/
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
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
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

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

2 Portland Fish Pier Suite 206 Portland, ME 04101

(207) 775-1984

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

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; website is easy to use, and you can search for opportunities based on category and location.

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

Opportunity Alliance Senior Volunteer Programs: Provides meaningful volunteer opportunities for people age 55 and over, interested in meeting critical community needs in school, child development centers, Head Start, adult day programs and private homes throughout York and Cumberland counties. Volunteers living at less than 200% of poverty are eligible to receive a non-taxable stipend in return for a 15 – 40 hour a week commitment.

<https://www.opportunityalliance.org/about-us/>

50 Lydia Lane, South Portland, ME 04106

(207)-773-0202

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

144 State Street Portland, ME 04101

(207) 879-3286

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/ • 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/>

P.O. 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 Avenue 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

English Speakers of Other Languages (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

14 Locust Street Portland, ME 04101

(207) 874-8155

Portland English as a Second Language Scholarship Fund (PELSF): 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

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 • usmesol@maine.edu

96 Falmouth Street Payson Smith Hall 101 Portland, Maine 04103

(207) 780-4365

LearningWorks: Provide the best learning opportunities in Maine for at-risk youth, the immigrant community, and low-income families; offers English Language & Literacy Program – educational program for new Mainers who need English language and cultural literacy skills. Call for class times

www.learningworks.me/ • info@LearningWorks.me

181 Brackett Street Portland, ME 04102

(207) 775-0105

Root Cellar: personalized teaching lesson using both book based curriculum and conversational learning methods. The course costs \$25 per person for an 8 week program. Tuesdays 6pm-7:30 or by appointment.

<http://www.therootcellarport.org/adult-programs>

94 Washington Ave, Portland, ME 04101

(207) 774-3197

Hope House English language Program (HHELP): offers the opportunity for beginner and intermediate adult English for Speakers of Other Languages (ESOL) students to develop and practice their reading, writing, listening and spoken English Language skills in small, supportive classes. Beginning classes 9-10:30, Immediate classes from 11 am to 12:30 pm.

<https://hopeacts.org/immigrant-support/hhelp/>
14 Sherman Street, Portland, ME 04101
(207) 274- 6005

Salvation Army: ESL classes as well as drop in computer lab times are available for use. Monday and Wednesdays 9:30-11:30, and Monday, Wednesday, and Friday 11:30-2:30. Computer lab times Monday through Friday 9am-3pm.

*free child care Thursday and Friday
297 Cumberland Ave, Portland, ME, 04103
(207) 774-4172

Mercy Ministry- Christ the Redeemer: Conversation class to improve English. Free every Tuesdays at 6:30pm.

<http://www.ctrportland.org/Serve>
97 Allen Ave, Portland, ME 04103
(207) 878-1211

YMCA: ESL classes available: Mondays-Thursdays: 9-11 am 11am-1pm, and 3-5 pm. YMCA also has conversation classes available on Wednesdays 9-11 am. Call to register.

*Free Child care
70 Forest Ave, Portland, ME 04103
(207) 874-1111

In Her Presence: Women Conversation class: Growing an English Conversation group focused on women's interests will help us build relationships in different bridge and create a stronger immigrant community base.

<http://inherpresence.wixsite.com/inherpresence>
133 Pleasant street, Portland, ME 04101
(207) 347-9891

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: 8:00-9:30 am 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 Avenue 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 Street 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 04101
(207) 772-5434

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

Salvation Army Food Pantry:

297 Cumberland Avenue 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.

1342 Congress Street Portland, ME 04102

(207) 772-1959

HOURS: By appointment Tuesday and Thursday

Front Street Food Pantry:

36 West Presumpscot Street 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 Street Portland, ME 04102

(207) 772-2193

HOURS: 1:00-3:00pm Sunday

Williston-Immanuel United Church Food Pantry: Strong outreach ministry from within the church family to Portland neighborhoods and greater community, and even more broadly to those within the state, nation, and world.

http://www.williston-immanuel-united.org/outreach_mission.html

161 High Street Portland, ME 04101

(207) 775-2301

HOURS: 12:00-2:00p Tuesday-Thursday

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

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 Avenue Portland, ME 04103	Mill Creek Plaza South Portland, ME 04106
555 Maine Mall Road South Portland, ME 04106	

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 Saint 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 Avenue Portland, ME 04103
 (207) 878-8555
 HOURS: 9:00a-6:00p Monday, Thursday, Friday, Saturday
 9:00a-8:00p Tuesday and Wednesday

Housing Services/ Shelters

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/
14 Baxter Boulevard Portland, ME 04101
(207) 773-4753

Westbrook Housing: Provides affordable, quality housing to 481 households in 11 developments and administers 806 Housing Choice Voucher holders with many more expected through its development partner, the Westbrook Development Corp.

<http://westbrookhousing.org/> · info@westbrookhousing.org
30 Liza Harmon Drive Westbrook, ME 04092
(207) 854-9779

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

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: 129 bed emergency shelter for men and women 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 Street Portland, ME 04101
(207) 761-2072

Portland Family Shelter: Maine's largest shelter for families provides temporary housing to families with children under the age of eighteen; also serves as an unofficial Welcome House for New Mainers or immigrants/refugees/asylum-seekers.

54 Chestnut Street Portland, ME 04101
(207) 772-8339

Greater Portland Family Promise: Greater Portland Family Promise will serve up to 4 families (14 individuals maximum) at a time. Families who are guests in the program are provided food, shelter, case management, and hospitality as they work to find sustainable housing, employment, childcare, and educational opportunities.

<https://greaterportlandfamilypromise.org/>
(207)-200-8672

Florence House: Florence House provides safe, supportive permanent housing to chronically homeless women in Portland, Maine. Has 30 beds for emergency shelter use. Call for more information on the intake process.

<https://www.preblestreet.org/what-we-do/housing-services/florence-house/>
190 Valley Street, Portland, ME, 04101
(207) 699-4392

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 Street 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>

New Mainers' Tenants Association: Mission to create housing justice through empowerment-based education, outreach, leadership development, tenants' organizing, and advocacy on behalf of the new Mainers communities.

<https://newmainersta.org/home>
24 Preble Street, 3rd Floor, Suite 301, Portland, ME 04101
(207) 517-3406

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
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/
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/ • info@ilapmaine.org
489 Congress Street, 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; investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit, and offensive names.

<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/>

P.O. 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

Medical Services

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

Hospitals

Maine Medical Center: Maine Medical Center is dedicated to maintaining and improving the health of the communities it serves by caring for our community, educating tomorrow's caregivers, and researching new ways to provide care.

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

Mercy Hospital: Not-for-profit community health care system sponsored by the Sisters of Mercy of the Americas; member of EMHS, an organization dedicated to partnering with individuals and communities to improve health and well-being by providing high quality, cost effective services.

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.

pcfcm.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
(207) 874-2141

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	

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 Avenue Portland, ME 04102
(207) 662-8000

Frannie Peabody Center: Largest community-based HIV / AIDS service organization in Maine, providing prevention services for at-risk groups and direct services for people living with HIV/AIDS; this includes case management, support services, behavioral health counseling, and housing assistance programs.

<http://peabodycenter.org/> • info@peabodycenter.org • mrobedee@peabodycenter.org
30 Danforth Street Suite 311 Portland, ME 04101
(207) 774-6877 • (207) 871-0216

Planned Parenthood: America's most trusted provider of reproductive health care; skilled healthcare professionals are dedicated to offering all people high-quality, affordable medical care.

<https://www.plannedparenthood.org/health-center/maine/portland/04101/portland-health-center-2940-91770>
443 Congress Street Portland, ME 04101
(207) 797-8881

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/
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 healthcare providers who donate their medical care to persons with limited incomes who have no insurance.

<http://www.mainehealth.org/carepartners>
241 Oxford Street Portland, ME 04101
(207) 662-7000

Minority Health Program: Address the health issues and needs of all minority communities in Cumberland County. MHP links people to needed health and social services and improves community health outreach workers and clinical partnerships.

(207) 874-8784

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

Mentorship Programs

New Mainers Resource Center: The New Mainers Resource Center has a great need for volunteers to assist in classrooms, work with students to improve their English and mentor professional students re-enter the medical, engineering, educational, legal, and other fields.

<https://nmrcmaine.org/get-involved/>
14 Locust Street, Portland, ME, 04103
(207) 874-8155

Welcoming the Stranger (WTS): Welcoming the Stranger is a grassroots project matching mentors with asylum-seekers to help them integrate into the Greater Portland (Maine) community.

<http://wtsmaine.com/>

Hopeful Links: Hopeful Links is a volunteer-based program that matches unaccompanied minors with potential guardians and safe housing. The organization also enlists a volunteer attorney to help file a guardianship petition in preparation for filing an immigration petition.

Email: Lucky Hollander lucky.hollander@gmail.com or Toby Hollander thollander33@yahoo.com

Maine Immigrant and Refugee Services- Bridge Mentoring program: The most effective way to learn successful behaviors comes from engagement with others who are leading by example. MEIRS has created such an environment by designing a mentoring program intended to bridge the gaps between cultures by pairing mentors with eligible youth.

<https://meirs.org/programs/>
(207) 753-2700

Maine Access Immigrant Network: to support Healthy You workshops and peer support groups to improve access to, and understanding of, health care for refugee/immigrant community members.

<http://main1.org/about-us/>
237 Oxford Street, Suite 25 A, Portland, ME, 04101
(207) 552-1800

Multilingual and Multicultural Center: We build relationships among families, educators, and the community to promote the healthy development and academic achievement of every learner. Offering a variety of services and training program to students and their families.

<https://mlc.portlandschools.org/home>
353 Cumberland Ave, Portland, ME 04103
(207) 874-8135

In Her Presence: In Her Presence is led and organized by immigrant women living in Maine. In Her Presence brings together immigrant women from across communities and generations through creating spaces that support women's empowerment and personal ambitions without losing our unique identity.

<http://inherpresence.wixsite.com/inherpresence>
133 Pleasant street, Portland, ME 04103
(207) 347-9891

Catholic Charities-The American Friends program: matches English-speaking families or individuals with recently arrived refugee families to provide them with support to educate, orient, and integrate New Mainers into the community.

<https://www.ccmaine.org/refugee-immigration-services/mentoring-programs>
(207) 523-2745
Email: hly@ccmaine.org

Catholic Charities-RIS Mentoring Program: The RIS Mentoring program matches refugee and asylee young adults (ages 18-30) with volunteer mentors to support their efforts to reach their personal, academic, and career goals. Adult volunteers commit to supporting, guiding, and being a friend to a young adult refugee or asylee for two hours a week for six months to one year.

<https://www.ccmaine.org/refugee-immigration-services/mentoring-programs>
(207) 493-8913
Email: hly@ccmaine.org

Project Bazia-Bright Future: works with students to help navigate American infrastructure, learn about American career, education, and business opportunities, and encourage all members to pursue their own dreams.

<http://www.projectbazia.org/about-us.html>
(207)-615-8884

Greater Portland Immigrant Welcome Center: The Greater Portland Immigrant Welcome Center serves as the nucleus of collaborative efforts to strengthen the immigrant community through the attainment of three pillars of empowerment: language acquisition, economic integration and civic engagement.

<http://www.welcomeimmigrant.org/>
24 Preble Street, 3rd floor, Portland, ME, 04101
(207) 517-3401

Online Services

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://iyourneighborportland.org/>

Immigrant Youth Resource Guide: Immigrant resource guide for young adult, providing information on community resources

<http://immigranyouth.minelaw.maine.edu/resources/community-support/>

Connect and Visit Maine: An interactive map on resources and things to do in Portland Maine.

<http://www.creativeportland.com/connect-visit/guide>

Welcoming the Stranger (WTS): Welcoming the Stranger is a grassroots project matching mentors with asylum-seekers to help them integrate into the Greater Portland (Maine) community.

<http://wtsmaine.com/>

Older Adult Services

YWCA Senior Recreation Program: The YWCA provides a variety of social and recreational opportunities for older women and men, who wish to remain active, healthy and engaged in the community. Adult activities include: Venture Club trips, Bridge class, Reader's Roundtable, craft-making and volunteer opportunities, and Arthritize (water exercises) in the pool.

<http://www.ymcaofsouthernmaine.org/>
87 Spring St. Portland, ME 4101
(207) 874-1130

YMCA Active Adults Group: Members participate in regular wellness programs such as aquasize, yoga and seated t'ai chi. Members plan luncheons, picnics, and volunteer opportunities, and hold a social meeting once per month.

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

Southern Maine Agency on Aging: SMAA's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them through wellness and nutrition programs, adult day centers and volunteer programs.

<http://www.smaa.org/>
136 Route One, Scarborough, ME 04074
(207) 883-8249

Osher Lifelong Learning Institute: Offers liberal arts and science classes as well as special interest groups such as book clubs, music clubs and biking and walking groups for adults 50 years and older.

<https://usm.maine.edu/olli>
210 Wishcamper Center, Portland USM Campus, Portland, ME 04103
(207) 780-4406

Opportunity Alliance Senior Volunteer Programs: Provides meaningful volunteer opportunities for people age 55 and over, interested in meeting critical community needs in school, child development centers, Head Start, adult day programs and private homes throughout York and Cumberland counties. Volunteers living at less than 200% of poverty are eligible to receive a non-taxable stipend in return for a 15 – 40 hour a week commitment.

<https://www.opportunityalliance.org/about-us/>
50 Lydia Lane, South Portland, ME 04106
(207) 773-0202

Elderworks (Maine Behavioral Healthcare): Mental health services available to MaineCare-eligible adults 50 years or older with persistent mental health conditions affecting daily living.

<https://mainehealth.org/maine-behavioral-healthcare/services/counseling-therapy-services-adult-child/elder-day-support>
165 Lancaster Street, Portland, ME 04101
(207)-874-1030

Safety Services

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

Police Departments: Police Department provides law enforcement, crisis intervention, and community policing. In a case of an emergency call **911**

Portland Police Department:

109 Middle Street, Portland, ME 04101 • (207) 874-8479 (Non-Emergency)

South Portland Police Department:

30 Antoine Street, South Portland, ME, 04106 • (207) 874-8575 (Non-Emergency)

Westbrook Police Department:

570 Main Street, Westbrook, 04092 • (207)-854-0644 (Non-Emergency)

Lewiston Police Department:

171 Park St, Lewiston, ME, 04240 • (207) 784-6421 (Non-Emergency)

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/

50 Monument Square, Portland, ME 04101

(207) 774-4357 • 1 (888) 568-1112

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

Sexual Assault Response Services of Southern Maine SARSSM: 24 hr. crisis and support line serving Cumberland and York Counties SARSSM is a non-profit community agency that serves survivors of sexual assault and abuse.

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

(207) 828-1035 • 1 (800) 871-7741

Immigrant Resource Center of Maine: Respond to and provide resources for Maine immigrants and refugees who have experienced sexual domestic violence, and emotional abuse.

265 Lisbon Street Suite 2. Lewiston, Maine, 04243

(207) 753-0061

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

165 Lancaster Street Portland, ME 04101

(207) 874-1030

Milestone Recovery: Provide the best quality of services to empower individuals with substance use and behavioral health disorders to attain stability, dignity, recovery and an enhanced quality of life; offer emergency shelter, medically managed detoxification and long-term treatment in Portland and Old Orchard Beach.

<http://www.milestonefoundation.org/>
65 India Street Portland, ME 04101
(207) 775-4790

Preble Street Anti-Trafficking Coalition: A program of Preble Street, PSAC provides case-management, intensive mental health and substance abuse counseling, and legal services to victims/ survivors of labor and sex trafficking in York and Cumberland counties.

Contact Daniella Cameron-program director call Preble Street's number and ask for PSAC
(207) 775-0026 M-F 8am-5pm

Somali Bantu Community Association of Maine: provides counseling, tutoring, violence prevention, mediation, and conflict resolutions services.

145 Pierce Street, Suite 101, Lewiston, ME 04240
(207) 784-5556

Trinity Jubilee Center: Programs to address unmet needs of immigrants, provide food and shelter. Can receive help writing their resume, see a doctor, attend community education workshops as they improve their situation.

M-F 8am-3pm
247 Bates Street, Lewiston, ME, 04240
(207) 782-5700

Substance Use Resources

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

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
165 Lancaster Street Portland, ME 04101
(207) 874-1030

Portland Recovery Community Center: Safe haven for people in addiction recovery and offers a home for meetings and activities devoted to addiction recovery.

<http://www.portlandrecovery.org/>
468 Forest Avenue Portland, ME 04101
(207) 553-2575

Milestone Recovery: Provide the best quality of services to empower individuals with substance use and behavioral health disorders to attain stability, dignity, recovery and an enhanced quality of life; offer emergency shelter, medically managed detoxification and long-term treatment in Portland and Old Orchard Beach.

<http://www.milestonefoundation.org/>
65 India Street Portland, ME 04101
(207) 775-4790

Preble Street Anti-Trafficking Coalition: A program of Preble Street, PSAC provides case-management, intensive mental health and substance abuse counseling, and legal services to victims/ survivors of labor and sex trafficking in York and Cumberland counties.

Contact Daniella Cameron-program director call Preble Street's number and ask for PSAC
(207) 775-0026 M-F 8am-5pm

Catholic Charities Maine: Catholic Charities offers behavioral health services for adults and children. Services include Adult Case Management, and mental health support and recovery services; Children's Case Management and Functional Family Therapy; Substance Use counseling services; and the St. Francis Recovery Center.

<https://www.ccmaine.org/substance-use-disorder-treatment>
(207) 775-5671

Crossroads Maine: provides gender responsive addiction and behavioral health treatment services in a safe and respectful environment so individuals and families can lead healthy lives. They offer residential treatment services in Windham and Portland for women, and offer addiction and mental health counseling at the outpatient level for both men and women with offices in Scarborough and Kennebunk.

<https://www.crossroadsme.org/>
(877) 978-1667

Day One: Day One’s mission is to dramatically reduce substance abuse and address mental health needs among Maine youth to help them live productive, healthy and rewarding lives. Services offered include family and individual counseling, homeless teen outreach, case management, an Intensive Outpatient Program (IOP), corrections services, a Residential Treatment Program, and continuing care post program graduation.

<http://day-one.org/>
(207) 874-1040

Recovery Orientated Campus Center: The Recovery Oriented Campus Center (ROCC) at the University of Southern Maine is a collegiate recovery center (CRC), fostering a supportive community for students in recovery from substance use and other mental health conditions.

<https://usm.maine.edu/recovery-oriented-campus-center>
(207) 780-4050

Transportation

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

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/
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 Saint John Street Portland, ME 04102
(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 Street Portland, ME 04101
(207) 623-4511

Logisticare: Provides transportation to medical appointments. Social workers and providers schedule the ride in advance, or anyone who has MaineCare.

<http://www.logisticare.com/transportation/>
(877) 659-1305

Taxi Services:

ASAP Taxi Service: ASAP Taxi is the largest taxi service in Portland, Maine. We combine safety, cleanliness and promptness to ensure a pleasurable experience for our customers.

<http://asaptaxi.net/>
(207) 791-2727

ABC Taxi: ABC is the oldest cab company in Portland, family owned and operated for 25 years. We are the most reliable and dependable cab company in the Greater Portland Area and have been for years. Services include: 24-hour service, schedule time calls, deliveries, battery jumps, out of town rates, and wheelchair service.

http://www.abctaxiportland.com/abc_home/
(207) 772-8685

207 Taxi: 207 Taxi transportation services are available 24/7. For convenient and timely transportation simply give us a call. All of our services come with a 100% money back guarantee. Our taxi service offers airport transportation, courier and delivery service, and transportation to wherever you need it.

<http://www.207taxi.com/>
(207) 774-2255

Taxi directory service: Finding over 30 different taxi services in southern Maine with ratings and reviews on different services.

<https://www.yellowpages.com/portland-me/taxis>