

Cumberland County RESOURCES

Clothing

Clothes Closet

159 State St. Portland 207 774 6396
2nd-4th Wednesdays 2p-4p Free clothing, shoes, boots, coats, small household items. Entrance is on the left side of courtyard.
<https://statestreetchurch.org/ministries/>

Salvation Army Food Pantry

297 Cumberland Ave. Portland
207 774 6304
Voucher, must call ahead; once per year based on availability; \$40 clothing & household
<https://nne.salvationarmy.org/portland-me>

St. Vincent De Paul Soup Kitchen

307 Congress St. Portland
207 772 1113
Fridays, 11a-12:30p
<https://portlandcatholic.org/st-vincent-de-paul-soup-kitchen>

Counseling & Support

Amistad

66 State St. Portland
207 773 1956
Peer support and recovery center open to adults with histories of mental illness, retardation, substance abuse or other life changes.
www.amistadinc.com

Catholic Charities Maine

11 Baxter Blvd 2nd Flr Portland
207 775 5671
Assessments, substance abuse education, and individual and group treatment and DEEP certified. Sliding scale & Mainecare accepted.
www.ccmaine.org

The Center for Grieving Children

555 Forest Ave. Portland
207 773 7417
Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being.
www.cgcmaine.org

Sexual Assault Response Services of Southern Maine (SARSSM)

800 871 7741 Portland
Assistance resolving issues related to sexual assault.
<https://www.sarssm.org/>

Crisis Hotline

Opportunity Alliance

50 Lydia Lane South Portland
888 568 1112
Immediate access to advocacy, crisis/supportive counseling, problem solving, crisis intervention, suicide prevention/intervention, and psychiatric services to adults and children throughout Cumberland County, 24 hours/day, 365 days/year.
www.opportunityalliance.org/

Through These Doors

P.O. Box 704 Portland
207 874 1973
Domestic violence hotline, advocacy, shelter, outreach services, education, training and support groups, emergency shelter, support groups & more.
<http://throughthesedoors.org/>

Employment Programs

Career Center Local Center

151 Jetport Blvd. South Portland
207 822 3300
Vocational assistance (Voc Rehab, Career Ctr & ME Job Bank) for individuals seeking a career or career change. Low to no-cost assistance to people who are employed, underemployed, or have barriers to employment.
www.mainecareercenter.gov

Family

Kids First Center

Nonesuch River Paza Scarborough
207 761 2709
Kids First Center offers a series of programs to provide practical information and emotional support to parents
www.kidsfirstcenter.org

Opportunity Alliance – Assistance Programs

50 Lydia Lane South Portland
207 874 1175
Assistance through child development programs, including Head Start, Early Head Start, WIC, Maine Families, child care, Youth resiliency programs, case management, temporary housing, food commodities, Women's Project, Women's Substance Abuse Treatment support, foster grandparent program, housing weatherization, home improvement loans, HEAP fuel assistance, residential treatment programs, and outpatient psychiatry.
<https://www.opportunityalliance.org/programs/family-and-community-support/>

Food

Bridgton United Methodist Food Pantry

214 Main St Bridgton
207 318 4467
Tuesdays 11a-6p
<http://www.bridgtonfoodpantry.org/>

Mid-Coast Hunger Prevention Program

12 Tenney Way Brunswick
207 725 2716
CALL or see FB page; different each day
<https://www.facebook.com/pg/MidCoastHungerPreventionProgram>

Judy's Pantry

CE United Methodist Church 280 Ocean House Road Cape Elizabeth
207 767 1031
January-June -- second and fourth Tuesdays of month, 3p-5p; July-November -- every Tuesday 3p-5p; December -- varies, check with church.

Casco Alliance Church Food Pantry

450 Roosevelt Trail (Route 302)
207 344 5370
3rd Monday and 1st Tuesday of each month; 6p-7p

Casco Village Church Food Pantry

941 Meadow Road
207 627 4282
4th Thursday of month; CALL for hours
<https://cascovillageucc.org/>

Chebeague Island Food Pantry

255 North Road
207 846 4106
By appointment

Community Food Pantry

290 Tuttle Road, back of building
207 829 2205
1st, 2nd, 4th Fridays of month, 3p-6p; 3x month; photo ID & utility bill
<https://www.cumberlandmaine.com/community-food-pantry>

Falmouth Food Pantry

271 Falmouth Road - Falmouth Town Hall
207 632 2687
Call First ; 1st & 3rd Mondays of month, 9a-11a; 2nd, 3rd and 4th Tuesdays, 9:30a-11:30a, 2nd, 3rd and 4th Thursdays, 4:30p-6:30p
<https://www.falmouthme.org/town-clerk/events/32261>

Freeport Community Services Food Pantry

53 Depot St
207 865 3985
Monday-Thursday, 10a-4p
<http://www.fcsmaine.org/what-we-do/food-pantry/>

Freeport Community Gardens

53 Depot St
207 865 3985
\$10 for season; 4x8 ft each on Elm Street
<http://www.fcsmaine.org/what-we-do/community-gardens/>

Gorham Ecumenical Food Pantry

299-B Main St Gorham
207 222 4351
Thursdays, 9a-11a; 2nd and 4th Wednesdays of month, 6p-7p
<https://gorhamfoodpantry.org/>

Gray Community Food Pantry

5 Brown St. Gray
207 657 4279
1st and 3rd Fridays, 2p-4:30p
<https://www.grayfirst.org/ministries/gray-community-food-pantry.html>

Cumberland County RESOURCES

Harrison Food Bank

VFW 176 Waterford Road
207 647 3384
Tuesdays, 3p-6p
FB - Harrison Food Bank of Harrison, Maine
New Gloucester Food Pantry
19 Gloucester Hill Road
207 926 3260
2nd & 4th Saturdays of month, 8a-9:30a
<https://www.ngucc.org/>

Peaks Island Community Food Pantry

19 Church Ave.
207 332 2443
Mondays, 3:30p-5p
<http://peaksisland.info/event/pi-community-pantry/2018-07-16/>

First Baptist Food Pantry

360 Canco Road Portland
207 773 3123
Wednesdays, 10:30a-12:30p in the GYM; CRISIS
Financial assistance
<https://www.firstbaptistportland.org/food-pantry>

Preble Street Food Pantry

252 Oxford St. Portland
207 775 0026
Thursdays, 1:30p-3p
<https://www.preblestreet.org/what-we-do/food-programs/food-pantry/>
Project FEED Pantry
202 Woodford St.
207 761 3920
Monday-Friday, 1p-3p
<http://www.projectfeed.org/>

Root Cellar

94 Washington Ave. Portland
207 774 3197
Monday-Friday, 9a-5p
www.therootcellar.org

Sacred Heart/St. Dominic Food Pantry

80 Sherman St. Portland
207 773 7746
Tuesdays 10a-11:30a; no documentation required
<https://portlandcatholic.org/sh-sd-food-pantry>

Salvation Army Food Pantry

297 Cumberland Ave. Portland
207 774 6304
Once a month, Monday, Wednesday, Friday,
1p-2:30p; No documentation required
<https://nne.salvationarmy.org/portland-me>

St. Lukes Food Pantry

143 State St. , enter on Park St Portland
207 772 5434
Thursdays, 9:30a-11a; photo ID and proof of
residence needed; Park st entrance
stlukesportland.org/index.php/st-lukes-food-pantry/

St. Vincent De Paul Soup Kitchen

307 Congress St. Portland
207 772 1113
Monday-Friday, 11a-12:30p; Clothing on fridays
<https://portlandcatholic.org/st-vincent-de-paul-soup-kitchen>

Stroudwater Christian Church Food Pantry

1520 Westbrook St. Portland
207 772 2193
Sundays 1p-3p
<http://www.stroudwater.org/our-ministries/food-pantry/?view=mobile>

Wayside Food Pantry at Sagamore Village

21 Popham St
207 775 4939
4th Tuesday of month, 10a-11a;
Bring your own bags
<http://www.waysidemaine.org/mobile-food-pantries>

Wayside Food Pantry at Harbor Terrace

284 Danforth St. Portland
207 775 4939
3rd Wednesday of month, 2p-3p;
Bring your own bags
<http://www.waysidemaine.org/mobile-food-pantries>

Wayside Food Pantry at Washington Gardens

577 Washington Ave. Portland
207 775 4939
2nd Thursday of month 10a-11a; Bring own bags
<http://www.waysidemaine.org/mobile-food-pantries>

White Memorial Food Pantry

97 Allen Ave. Portland
207 797 4414
Thursdays, 8a-9:30a
<https://www.portlandsda.org/>

Williston-Immanuel United Church Food Pantry

156 High St. Portland
207 775 2301
Wayside MEAL 4p-7p; Food & Misc. assistance
10a-11a
http://williston-immanuel-united.org/outreach_mission.html

North Pownal UMC Food Pantry

851 Lawrence Road No. Pownal
207 688 4938
Wednesdays, 9:30a-11:30a; Thursdays 4p-6p.
<http://northpownalumc.org/index.php/our-ministries/>

Raymond Food Pantry

1273 Roosevelt Trail (Route 302) Raymond
207 232 5830
2nd and 4th Thursdays of month, 4p-6p
<https://www.raymondmaine.org>

Scarborough Food Pantry

167 Black point Road
Scarborough
207 883 2342
Tuesdays and Thursdays, 9a-12p 1st & 3rd Wed
4p-6p
<https://www.scarboroughlibrary.org/community-resources>

Sebago Food Pantry

183 Sebago Road Sebago
207 274 1569
1st, 3rd and 5th Mondays of month, 9a-10:30a;
2nd Monday, 3:30p-5:30p; 4th Monday, 9a-10:30a,
3:30p-5:30p.
<http://www.townofsebago.org/>

South Portland Food Cupboard

130 Thadeus St. South Portland
207 874 0379
Thursdays from 8:30a – 11:00a and the first
Wednesday every month from 5p-7p

Wayside Food Pantry at Red Bank Village

584 Westbrook St. Portland
207 775 4939
4th Wednesday 2p-3p; Bring own bags

Standish Food Pantry

Standish Town Hall Standish
207 893 7790
Mondays, 9:30a-10:30a, 4th Wednesday 4p-6p

Portland Westbrook Vineyard Food Pantry

715 Bridgton Road Westbrook
207 854 8339
Fridays, 6p-7:30p
<https://www.facebook.com/vineyardchurchofgreaterportland>

Westbrook Community Food Pantry

426 Bridge St. Westbrook
207 591 8147
Tuesdays, 1p-2p & 6p-7:30p; Documentation
required
<http://westbrookfoodpantry.org/>

Windham Food Pantry

377 Gray Road Windham
207 892 1931
Monday-Thursday, 8:30a-4p, by appointment only
<https://www.windhammaine.us>

Yarmouth Community Food Pantry

116 Main St. Yarmouth
207 846 3773
Tuesdays and Fridays, 10a-12p;
Wednesdays, 5p-7p.
<https://www.firstparishyarmouth.org>

Preble Street Soup Kitchen

252 Oxford St. Portland
207 775 0026
Hot meals 3x daily; Breakfast 8a, Lunch 11:30a,
Dinner 4:30p
<https://www.preblestreet.org/what-we-do/food-programs/soup-kitchens/>

Cumberland County RESOURCES

Health care

Greater Portland Health

207 874 2141

PCP, DENTAL & mental health; call to schedule, Sliding Scale

<http://portlandcommunityhealthcenter.org/>

Household goods

Salvation Army Food Pantry

297 Cumberland Ave. Portland

207 774 4172

\$40 voucher once a year, based on availability; must call ahead.

<https://nne.salvationarmy.org/Portland-ME>

Household goods

St. Elizabeth's Non-Food Essentials Pantry (St. Lukes)

143 State St. - Entrance on Park St

Portland

207 772 5434

One Tuesday a month, 9:30a-11a; toilet paper, diapers, soap, toothpaste, etc.

<http://stlukesportland.org/index.php/st-elizabeths-jubilee-center-essentials-pantry/>

Housing

Opportunity Alliance Residential Programs

50 Lydia Lane South Portland

207 523 5049

Five residential treatment programs in Portland, South Portland and Scarborough focusing on mental illness, substance abuse problems and ending homelessness.

www.opportunityalliance.org/programs/adult-mental-health-services

Miscellaneous

Catholic Charities Parish Social Ministry

307 Congress St Portland

800 781 8550

Will help with unmet needs on an individual basis; ex. Metro bus passes, crisis financial needs; will need documentation of situation

www.ccmaine.org

Michael Klahr Jewish Family Services

1342 Congress St.

Portland

207 772 1959

By appointment only; two bags of food per month; dlapers, feminine products, Depends

<https://www.mainejewish.org/>

michaelklahrjewishfamilyservices/foodpantry/

Williston Immanuel United Church

156 High St.

Portland

207 775 2301

Assistance with food, diapers, cleaning supplies and finances. THURS 10-11am

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

Wayside Community Resources

135 Walnut St.

Portland

207 775 4939

Assistance for basic needs besides food; must call.

<http://www.waysidemaine.org/community-resources>

Shelters

Tedford Adult Shelter

49 Cumberland St.

Brunswick

207 729 1161

For single adults, nightly meal is provided. Call or go to shelter after 3:30p any day to determine eligibility/access services.

www.tedfordhousing.org

Tedford Family Shelter

34 Federal St.

Brunswick

207 729 1161

For families. Call to determine eligibility/access services.

www.tedfordhousing.org

Family Shelter (City of Portland)

54 Chestnut St.

Portland

207 772 8339

Shelter for homeless families living in Portland.

Apply through the General Assistance office in Portland, at 196 Lancaster St. Must have been living in Portland before becoming homeless and must have children with you.

Florence House for Women (Preble Street Resource Center)

190 Valley St.

Portland

207 699 4392

A small number of Emergency Beds for immediate, short-term housing for women who are temporarily homeless because of an economic or situational crisis.

<https://www.preblestreet.org/what-we-do/housing-services/florence-house/>

Joe Kreisler Teen Shelter (Preble Street Resource Center)

38 Preble St. Extension

Portland

207 775 0026

Shelter for homeless ages 12-20, open 365 days a year, 24 hours

<https://www.preblestreet.org/what-we-do/teen-services/joe-kreisler-teen-shelter/>

Milestone Shelter

65 India St.

Portland

207 775 4790

Emergency shelter and detoxification for active substance abusers. Limited number of beds for women. Admissions 7a-9:30p, 7 days a week on a first-come, first-served basis.

www.milestonefoundation.org/

Oxford Street Shelter (City of Portland)

203 Oxford St.

Portland

207 761 2072

Emergency services include housing placement assistance, mental health services and substance abuse services. Police on-site for safety. Toiletries, linen, emergency supplies and community referrals available 7:45p-7:45a

<https://www.facebook.com/pages/Oxford-Street-Shelter/329101010492633>

Preble Street Resource Center

5 Portland St.

Portland

207 874 1005

Provides showers, limited storage, toiletries, mail, housing/mental health referrals, case management for homeless individuals, etc. Monday-Friday, 8a-6p, Saturday-Sunday, 9a-12p.

www.preblestreet.org

Transportation

Go Maine Commuter Connections (ME Turnpike Authority)

2360 Congress St. Portland

800 280 RIDE (7433)

Assists commuters to organize car pools. Provides regional transportation information.

www.gomaine.org

Regional Transportation Program, Inc. (RTP)

127 St. John St. Portland

207 774 2666

service for persons with disabilities, seniors, low income, children of social service agencies and persons moving from welfare to work.

www.rtprides.org

York County RESOURCES

Clothing

Open Hands, Open Heart (side of Saco Food Pantry)

67 Ocean Park Road, Saco
Free children's clothing infant - 17yo; Must provide proof of being a York County resident.
<http://www.openheartsaco.org/>

Counseling & Support

The Center for Grieving Children

NP Congregational Church; 893 Main Street, Sanford
207 773 7417
Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being.
www.cgcmaine.org

Family

YMCA Northern York County

3 Pomerleau St
Biddeford
207 283 0100
Programs, events, exercise classes, gym, and pool for youth development & healthy living and social responsibility for all.
<http://www.ymcaofsouthernmaine.org/locations/branch/northern-york-county-branch/>

Food

Bon Appetit Community Meal Program

19 Crescent St (2nd Cong. Church) Biddeford
207 283 0380
Serves free nutritious meal M-F. MUST arrive by 4:30p!

<https://www.facebook.com/Bon-Appetit-Community-Meal-Program-349795978466086/>

Saco Food Pantry
67 Ocean Park Rd, Saco
207 468 1305
MUST show proof of residency each time. M-F 9a-10:45m; Last Tues of month 5p-6:45p
<https://www.facebook.com/sacofoodpantry/>

Stone Soup Food Pantry

180 Main St (lower level), Biddeford
207 283 0055
Once a week; Mon & Wed 10a-11a; also has a clothing closet out back.
<https://seedsofhope4me.org/about-us/>

York County Shelter Pantry

140 Shaker Hill Road, Alfred
207 324 1137
M-F 1p-4p; 1x month
www.yorkcountyshelterprograms.org

Biddeford Food Pantry

162 Elm Street, Biddeford
207 282 4771
Tue-Thu 9a-11a; proof of residency required; 1x per month
www.biddefordfoodpantry.org

OOB Community Food Pantry

155 Saco Avenue, Old Orchard Beach
207 937 8094
Mon 2p-7p, Tue & Thu 9a-12p; Food, clothing, toiletries & resource assistance.
www.oobcommunityfoodpantry.org

Footprints Food Pantry

37 Old Post Road, Kittery
207 439 4673
Food & Non Food 1x every 7 days; Tue 5:30p-6:30p
Wed 9:30a- 1p
FoodPrintsFoodPantry.org

Waterboro Community Food Pantry

26 Townhouse Rd
E. Waterboro
207 247 7789
1st Tuesday of the month 4p-7p & all other Tuesdays 1p-4p
<https://www.facebook.com/WaterboroCommunityPantry/>

Saco MEALS Program

MHT Parish Hall 271 Main Street, Saco
Mon & Thu 4:15p-5:30p; Show up at start time; changing menu is posted on their website
www.sacomeals.org

Health Care

Nasson Health Care

207 490 6900
Comprehensive medical, dental, and mental healthcare (Sliding Scale Fees)
<http://yccac.org/healthcare/>
Housing

Seeds of Hope Community Center

35 South Street Biddeford
207 571 9601
Interest free loans for qualified people for Security Deposit for those seeking stable housing. Call for info.
<https://seedsofhope4me.org/about-us/>
Housing

York County Community Action

15 York Street Biddeford
207 459 2950
LIHEAP (fuel assistance) & ELP (electricity assistance) CALL to schedule an appointment.
<http://yccac.org/heat-energy-fuel/>

Miscellaneous

OOB Salvation Army

2 Sixth Street Old Orchard Beach
207 934 4381
Emergency assistance with food and financial help for basic needs. TUE, THUR, FRI 1-3pm; Get there as early as possible or you may not be seen. Can also make an appointment with Linda Smith @934-4381.
<https://nne.salvationarmy.org/OldOrchard>

Seeds of Hope Community Center

35 South Street, Biddeford
209 571 9601
Continental breakfast & hot soup; Tue-Fri 9a-1p; also has clothing closet, career center and a free phone for use & computers during this time.
<https://seedsofhope4me.org/about-us/>

Shelters

York County Shelter Programs

147 Shaker Hill Rdm Alfred
207 324 1137
For individuals and families. Case management and counseling offered. Community IOP.
www.yorkcountyshelterprograms.org

Transportation

Wheels to Access Vocation and Education (WAVE) Agency

Call between 7:30a and 4:30p Monday-Friday for information. Connects to Biddeford Shuttle Bus.
www.yorkkwave.org