

## HEAT & Other Utilities

### **LIHEAP**

*Low income home energy assistance program*  
Call for appointment 207-596-0361

### **Electrical Utility Assistance**

*Possible discounts for managing electricity costs.* 1-800-215-4942

### **AIO Food Pantry and Emergency Assistance**

*Voucher program – limited emergency assistance for utilities*  
Mon, Weds, Fri 9:30 to 12:00  
70 Thomaston St. Rockland, 207-596-1043  
[www.aiofoodpantry.org](http://www.aiofoodpantry.org)

## SHELTER

### **Knox County Homeless Coalition**

*Hospitality House, shelter & case management.*  
169 Old County Rd, Rockport.  
<http://homehelphope.org>  
207-593-8151

### **Veterans Housing Services**

*If anyone in your household has served in the military*  
207-956-6555

### **Penquis Foreclosure Intervention**

*Counseling for homeowners at risk of losing their home.*  
207-596-0361

### **Penquis Home Repair**

*Grants/loans to help repair homes.*  
*Income-eligible, one time only*  
207-973-3655

## KIDS & Family

### **The Landing Place**

*Comprehensive at-risk youth program*  
Tuesday & Thursday 1:30-630 p.m.  
61 Park Street, Rockland  
207-466-9285

### **OUT Maine**

*Support for gay, lesbian, bi-sexual, transgender teens*  
Rockland 1-800-530-6997

### **Broadreach Family & Community Services**

*Free parenting classes for all caregivers of children*  
Call 930-9445  
<https://www.broadreachmaine.org>

### **Penquis Head Start and Early Head Start**

*Child development program for income eligible families.*  
207-594-5342

## SAFETY

### **Sexual Assault Support Services of Midcoast Maine**

24-hours Hotline: 1-800-822-5999  
[www.sassmm.org](http://www.sassmm.org)

### **New Hope for Women**

*Working to end domestic violence, dating violence and stalking*  
5 Beech Street, Rockland  
207-594-2128  
24-hour Crisis Hotline 1-800-522-3304

## GENERAL ASSISTANCE

**General Assistance** is available by application through your local Municipal Office.

SUMMER 2018

# Places to Get Help in Knox County

If you need help ...

**Call 211**

***Ask where to find the help  
you need near where you  
live.***



This listing of Places to get Help in Knox County is updated by AIO Food Pantry & Emergency Assistance. If you have updated information please email : [email@aiofoodpantry.org](mailto:email@aiofoodpantry.org)

## FOOD PANTRIES

### **AIO Food Pantry and Emergency Assistance**

*Serves all of Knox County*  
Clients visit once per month  
Mon, Wed, Fri 9:30am -12:00pm  
Weds 5:00-7:00pm  
70 Thomaston St., **Rockland** 207-596-1043  
www.aiofoodpantry.org

### **Camden Area Food Pantry**

*Serves Camden, Rockport, Lincolnville,  
Hope, Appleton, Union, Washington,  
Searsmont*  
Clients visit once per week  
Tues 8:00 – 11:00am; Thurs 4:00-6:00pm  
128 Mt. Battie Street, **Camden** 207-236-9790  
www.camdenareachristianfoodpantry.org

### **Thomaston Food Pantry**

*Serves all of Knox County*  
Tues & Thurs 9:00-11:00am  
246 Main Street 2<sup>nd</sup> Floor, Watts Hall,  
**Thomaston** 207-542-5548  
www.thomastonfoodpantry.org

### **Come Spring Food Pantry**

*Serves Union, Appleton and South Hope*  
2nd and 4th Wednesday 9:30-11:30am  
Thompson Community Center, 51 S. Union  
Street, **Union** 207-785-4730

### **Friendship-Cushing Food Pantry**

*Serves Friendship and Cushing*  
Second and Third Saturdays 9:00-11:00am  
Old Cushing Library, Townhouse Road,  
**Cushing** 207-832-9989

### **Bread for the Journey Food Pantry**

*Serves Warren*  
Thurs 9:00-11:00am  
Old Brick Community School Community Center,  
166 Main Street, **Warren** 207-273-4400  
www.baptistchurchofwarren.org/bread-for-  
the-journey

## FOOD PANTRIES

### **Washington Food Pantry**

*Serves Washington*  
Second Wed 9:00-11:00am  
48 Liberty Road, **Washington** 207-845-3155

### **Salvation Army Food Pantry**

*Serves all Knox County*  
Tue– Fri 9:00 - 4:00 Sun 2:00 – 5:00  
Saturday 10:00 – 12:00  
Route 1, **Rockland** 207-594-5326

### **Vinalhaven Food Pantry**

*Call As Needed*  
25 East Main St., **Vinalhaven** 207-863-4197

## MEALS

### **Saint Bernard's Week Day Lunch**

Mon – Fri 11:30am-12:00pm  
150 Broadway Avenue, **Rockland**  
207-594-5204

### **St. Peter's Episcopal Church**

#### **Weekend Lunch**

Saturday lunch 12:30 & Sunday lunch 1:00  
White Street, **Rockland**  
207-594-8232 or 594-8191

### **Chestnut St. Baptist Church**

Breakfast Monday 6:30-9:00 am  
29 Chestnut St., **Camden**

### **Meals on Wheels Seniors 60+**

MCH Rockland  
Kitchen Manager 594 2740

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*For additional resources in Knox County, visit:  
[unitedmidcoastcharities.org/resources/](http://unitedmidcoastcharities.org/resources/)*

## CLOTHING

### **Hospitality House Donation Barn**

*Get free shopping coupon from AIO*  
Mon & Fri 10am-12pm and Weds 2-5pm  
Old County Road, Rockport

### **Children's Clothing Exchange**

First Saturday and First Thursday 9:00-  
11:00am  
Old Brick School Community Center  
44 School Street, Warren 207-273-2338  
www.secondcongregational.org

### **Salvation Army store**

Rte. 1, Rockland Mon – Fri 9 – 5  
Limited emergency free clothing vouchers  
207-594-5326

### **SOS**

*Free clothing and household goods  
(behind Heavenly Threads)*  
Tues 9:00-11:00am  
Congregational Church, Rte. 1, Camden  
207-236-4821

## HEALTHCARE

### **The Knox Clinic**

*Healthcare/ Dental Clinic*  
22 White St. Rockland 207-921-6996

### **CarePartner ( Pen Bay)**

*Healthcare for adults*  
756 Commercial Street, Rockport  
207-921-3967

### **Rockland District Nurses**

Call 594.4552 for information  
In home non acute nursing services  
By appt only. Physician's plan of care  
required.

### **Camden District Nurses**

In home non acute nursing services  
On a sliding payment scale  
Call for appt & info 207-921-6272