

## FOOD RESOURCES & INFO

- ◆ **Women, Infants, and Children (WIC)**  
Federal nutrition and education program  
Downeast Health Services **667-5304** <https://www.maine.gov/dhhs/mecdc/population-health/wic/index.shtml>
- ◆ **Supplemental Nutrition Assistance Program SNAP Financial assistance food**  
Dept Health and Human Services **664-1400**  
[benefits.gov/benefits/benefit-details/1272](https://benefits.gov/benefits/benefit-details/1272)
- ◆ **Tree of Life Food Pantry 374-2900**  
South St, Blue Hill Thursday 9am—1pm  
**TurnStyle Thrift Shop 374-9181**  
Tuesday, Thursday & Saturday 10am—3pm
- ◆ **Stonington Island Pantry ICC 348-6181**  
Thursday 5—7:30 pm – closed 5<sup>th</sup> week
- ◆ **Blue Hill Farmers' Market (takes SNAP)**  
Saturday 9—11:30 am  
BH Fairgrounds late May—mid Oct  
Mainescape Sat 10–12 noon Nov–May
- ◆ **Brooklin Farmer's Market near Library**  
Thursday 11–1 pm late May—Oct
- ◆ **Brooksville Farmer's Market Com Center**  
Tuesday 9:30—12 noon May—Sept
- ◆ **Castine Farmer's Market Town Square**  
Tuesday 9—11:30 am June—Aug
- ◆ **Deer Isle Farmer's Market**  
Wednesday 9:30—11:30 am June—Sept  
Night Market Main St Tuesday 4–6 pm
- ◆ **Stonington Farmer's Market ICC parking**  
Friday 10–12 noon mid-May—mid-Oct
- ◆ **Stonington Garden Project & Cafe Ready By 21**  
Project at Transfer Station  
Sat 11am—1pm
- ◆ **The Simmering Pot Free meals Blue Hill**  
Weekly meal pickup/delivery. Call **374-3257**
- ◆ **Sedgwick Community Meal 2nd/last Fri**  
N Sedg Baptist Church 4 pm Delivery avail  
Contact Tammie Cox **479-5397** or  
[neighborhoodnavigatorsedg@yahoo.com](mailto:neighborhoodnavigatorsedg@yahoo.com)
- ◆ **Magic Food Bus** Free, fresh produce  
weekly late Jun—late Sept For schedule, visit:  
[healthypeninsula.org](https://healthypeninsula.org) or call **374-3257**

## FOR ALL EMERGENCIES DIAL 911

- ◆ **Hancock County Sheriff's Department**  
**667-7575** (non-emergency)
- ◆ **Northern Light Blue Hill Hospital Emergency Room 374-3400**
- ◆ **Northern Light Eastern Maine Medical Center Emergency Room 973-7000**
- ◆ **Poison Control 800-222-1222**
- ◆ **Mental Health Crisis Hotline 888-568-1112 call or text**
- ◆ **National Crisis Text Line**  
Text HOME to 741741
- ◆ **Sexual Assault Hotline 800-871-7741**
- ◆ **Domestic Violence Hotline/Next Step**  
**667-0176** Ellsworth Office  
**800-315-5579** (24 hr hotline)
- ◆ **Partners for Peace (24 hr hotline)**  
**800-863-9909** emergency shelter, transitional housing, support to victims of partner violence
- ◆ **Child Abuse & Neglect Reporting 800-452-1999**
- ◆ **Elder Abuse Reporting 800-624-8404**
- ◆ **National Suicide Prevention Lifeline 800-273-8255**
- ◆ **Trevor Project LGBTQ Crisis Line: 866-488-7386**
- ◆ **National Alliance on Mental Illness Helpline 800-464-5767, press 1**  
**Teen Text Support Line 207-515-TEXT**



For a more comprehensive  
Resource Guide, visit  
[communityresourceguide.org](https://communityresourceguide.org)

Healthy Peninsula is a 501(c)(3) organization  
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## HEALTHY PENINSULA FAMILY RESOURCE GUIDE



Email [egarvey@healthypeninsula.org](mailto:egarvey@healthypeninsula.org) to join

**Peninsula Birth to 5 years  
Activities & Tips Facebook Page**



Phone (207) 374-3257  
[healthypeninsula.org](https://healthypeninsula.org)

Healthy Peninsula  
mobilizes, supports,  
and collaborates with  
community partners  
to improve the health  
of the towns of the  
Blue Hill Peninsula,  
Deer Isle, Stonington



## CHILD CARE & PRESCHOOL INFO

- ◆ **Department of Education Approved Public Preschool Programs** (4 year olds)  
[www.maine.gov/doe/learning/earlychildhood/publicpreschool](http://www.maine.gov/doe/learning/earlychildhood/publicpreschool)
- ◆ **Downeast Community Partners (DCP)**  
[downeastcommunitypartners.org](http://downeastcommunitypartners.org)  
**664-2424** DCP offers **Head Start (3-4 yo)** at the **Deer Isle/Stonington Elementary School** and in **Ellsworth**. Call for eligibility info
- ◆ **Childcarechoices.me**—search for Child Care, Child Care Licensing, Subsidy Program, Quality Ratings of Child Care

## CHILD CARE & PRESCHOOL PROGRAMS

- ◆ **Bay School** Blue Hill **374-2187**  
Morning Garden for 18 mos–3 yrs old  
Multi-age Kindergarten 3–6 years
- ◆ **Community Childcare Learning Place**  
Castine **326-4800**  
Infants through PreK
- ◆ **Cubby Hole Too** Blue Hill **610-3488**
- ◆ **Golden Sun** Blue Hill/Sargentville **266-6509**  
Infants through PreK
- ◆ **HearthStone Preschool/Early Childhood**  
Sedgwick **359-8406**  
Waldorf program 2–5 yr
- ◆ **Ladybugs and Dragonflies** Surry **271-7405**
- ◆ **Muddee Hands** Deer Isle **348-6727**  
After school, snow day, vacation child care
- ◆ **Nestled Inn Child Care** Penobscot **624-1575**
- ◆ **Puddle Jumpers** Deer Isle **460-8875**
- ◆ **Skip to My Lou Day Care** Penobscot **702-1978**

## PUBLIC PRESCHOOL PROGRAMS

- ◆ **Blue Hill Consolidated School** 374-2202
- ◆ **Brooklin Elementary School** 359-2133
- ◆ **Brooksville Elementary School** 326-8500
- ◆ **Castine Adams School** 326-8608
- ◆ **Penobscot Community School** 326-9421
- ◆ **Sedgwick Elementary School** 359-5002
- ◆ **Surry Elementary School** 667-9358

## PLAYGROUPS, SUPPORTS AND CLUBS

Our seasonal newsletter “**Little Saplings**” has more up-to-date events & groups. Visit: [healthypeninsula.org](http://healthypeninsula.org)

## INFANT AND CHILD SUPPORT SERVICES

- ◆ **Nurse Home Visiting Program (DCP)** **664-2424 Referral 610-0740** Home-based nursing care during pregnancy and through baby’s first years. Ask about their Family Coaching Program and Family Futures Downeast
- ◆ **Maine Families Hancock County** **667-5304**  
Home visitors provide information on infant development, mentoring support for families
- ◆ **Child Development Services (CDS)**  
Office for Hancock County **667-7108**  
**Referral Line 877-770-8883**  
**Free** Early Intervention (birth–2 yrs) and Special Education (3–5 years)
- ◆ **Community Compass** **233-2951** Neighborhood navigators, camperships for Nichols Day Camp
- ◆ **Special Children’s Friends** **667-2430**  
Playgroups and developmental therapy for children with developmental delays birth–5 yr
- ◆ **Office of Child and Family Services** **624-7900**  
[maine.gov/dhhs/ocfs](http://maine.gov/dhhs/ocfs)  
Information on child care, voucher program, licensing, foster program, child protection
- ◆ **Bay Community Register**  
(available at Penobscot Bay Press Offices)  
List of local town resources for families

## FAMILY SUPPORT RESOURCES

- ◆ **Downeast Community Partners** Ellsworth **664-2424** Transportation, housing, Low Income Home Energy Assistance Program
- ◆ **Department of Health & Human Services**  
**Mainecare & General Assistance 800-432-7823**  
[www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- ◆ **Eastern Maine Development Corp** Ellsworth **702-3399** or **610-1521** Job training/career info
- ◆ **Pine Tree Legal** Bangor **942-8241**  
Legal aid for families and people of all ages

Call your Health Care Provider for questions about your child’s development and for recommendations/referrals for other services your family may need.

## BEHAVIORAL/MENTAL HEALTH SERVICES

- ◆ **AMHC Ellsworth** **667-6890**  
Community/home-based treatment, substance abuse
- ◆ **Catholic Charities** **453-4367**  
Therapeutic foster care, refugee & immigration services, behavioral health, children’s mental health, counseling, and more
- ◆ **Community Health & Counseling** **667-2061**  
**24/7 mobile crisis services**
- ◆ **Early Childhood Consultation & Outreach (ECCO)** **667-7171** Support/training for childcare staff, teachers, parents with children
- ◆ **Pathways of Maine** **441-8518**  
Home and Community Based Treatment, Care Coordination, School Based Programs
- ◆ **Wings for Children and Families** **941-2988**  
Adult and Child Case Management, Child Behavioral Health Home
- ◆ **KidsPeace** **947-6278**  
Residential Treatment, specialized treatment foster care, targeted case management

## COMMUNITY THERAPISTS

Visit: <https://www.psychologytoday.com/us> to search for a therapist or ask your primary care physician for a referral.

## PRIMARY CARE & REPRODUCTIVE CARE

- ◆ **Northern Light Blue Hill Hospital** **374-3400**
- ◆ **Primary health care and reproductive health services** through these practices:
  - **Blue Hill Family Medicine** **374-2311**
  - **Castine Family Medicine** **326-4348**
  - **Island Family Medicine** **367-2311**
  - **BH Women’s Health Care** **374-3940**
- ◆ **Ellsworth Family Planning & Primary Care** **812-7030**
- ◆ **Peninsula Free Health Services** **374-5585**

## DENTAL CARE

- ◆ **Blue Hill Family Dentistry** **374-5398**
- ◆ **Blue Hill Peninsula Dental** **374-5538**
- ◆ **Caring Hands of ME Dental** Ells **667-6789**
- ◆ **Island Family Dental** **367-2631**
- ◆ **Maine Coast Community Dental** **667-0293**