

## Nutrition, Markets, Pantries, Meals

- ♦ **Women, Infants, and Children (WIC)**  
Federal nutrition and education program  
Downeast Health Services **667-5304**  
[downeasthealth.org](http://downeasthealth.org)
- ♦ **Supplemental Nutrition Assistance Program SNAP** Financial assistance food  
Dept Health and Human Services **667-1600**  
[benefits.gov/benefits/benefit-details/1272](http://benefits.gov/benefits/benefit-details/1272)
- ♦ **Tree of Life Food Pantry** **374-2900**  
South St, Blue Hill Thursday 9 am—3 pm
- ♦ **Stonington Island Pantry** ICC  
Thursday 5:30—7:30 pm – closed 5th 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 late May—Oct
- ♦ **Stonington Dump Farmstand** Sat 9—11am  
Ready By 21 Project at Transfer Station
- ♦ **The Simmering Pot** Free meals Blue Hill  
Congo Church Mon 2:30—6 pm Oct—June
- ♦ **Sedgwick Community Meal** 2nd/last Fri  
N Sedg Baptist Church 4 pm Delivery avail  
Contact Tammy Cox **479-5397** or  
[neighborhoodnavigatorsedg@yahoo.com](mailto:neighborhoodnavigatorsedg@yahoo.com)
- ♦ **Summer Food Program** Breakfast/lunch at  
DISES and ICC. Bagged lunch available at  
Nichols Day Camp Contact Sheila Nevells  
[snevells@dishs.org](mailto:snevells@dishs.org)
- ♦ **MAGIC FOOD BUS** Free, fresh produce  
weekly late Jun—late Sept For schedule  
[healthypeninsula.org](http://healthypeninsula.org) or **374-3257**

## FOR ALL EMERGENCIES DIAL 911

### FIRE-AMBULANCE-POLICE

- ♦ **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 973-8000**
- ♦ **Poison Control 800-222-1222**
- ♦ **Mental Health Crisis Hotline**  
**888-568-1112**
- ♦ **Sexual Assault Hotline 800-871-7741**
- ♦ **Domestic Violence Hotline/Next Step**  
**667-4606 Ellsworth Office**  
**800-315-5579 (24 hr hotline)**
- ♦ **Spruce Run (24 hr hotline)**  
**800-863-9909**  
Deaf/hard of hearing TTY: 800-437-1220  
emergency shelter, transitional housing,  
support to victims of partner violence
- ♦ **Child Abuse & Neglect Reporting**  
**800-452-1999**
- ♦ **Suicide Prevention Hotline**  
**800-273-8255**
- ♦ **National Alliance on Mental Illness**  
**Helpline 800-950-6264**  
**Open Text Support NAMI 741741**

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

- ✦ **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**
- ✦ **Fiddlehead School** Deer Isle **508-439-0903**
- ✦ **Golden Sun** Blue Hill/Sedgwick **266-6509**  
Infants through PreK
- ✦ **HearthStone** Preschool/Early Childhood  
Sedgwick **359-8406** Waldorf program 2–5 yr
- ✦ **Island Childcare** Stonington **367-5887**  
Infants through PreK
- ✦ **Just for Kids** Stonington **367-5849**
- ✦ **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** Daycare 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

**Healthy Peninsula's monthly Family Resource Newsletter** has up-to-date information, dates, locations. Go to [healthypeninsula.org](http://healthypeninsula.org)

## INFANT AND CHILD SUPPORT SERVICES

- ✦ **Nurse Home Visiting Program (DCP)**  
**Info 664-2424 Referral 610-0740**  
Home-based nursing care during pregnancy and through baby's first years
- ✦ **Maine Families Hancock County**  
**667-5304 (x-225)**  
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, playgroups on DIS, 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**  
**800-442-6003** [www.maine.gov/dhhs](http://www.maine.gov/dhhs)
- ✦ **Eastern Maine Development Corp** Ellsworth  
**702-3399** or **610-1521** Job training/career info

**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

**Call for consultation, therapy, case management, and/or coordination of care:**

- ✦ **Atlantic Mental Health Center** **667-7640**  
Community/home-based, substance abuse
- ✦ **Catholic Charities** **775-5671**  
Therapeutic foster care, migrant services
- ✦ **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 18 mos–8 yrs, school or home

## COMMUNITY/MEDICAL OFFICE THERAPISTS

**For complete list, call HP 374-3257**

- ✦ **Patty Bergstrom** LCSW **374-2311** BHFMed
- ✦ **Gordana Bassett** LCSW, CADC **326-4348**  
Castine HC Couples, Alcohol/Drug
- ✦ **Denise Antonition** LCSW **367-2311** IFMed  
Adults, Children, Integrated, Suboxone
- ✦ **Mica Slaven-Lamothe** LCSW **667-7640**  
Ellsworth/Blue Hill Children, Teens, Adults
- ✦ **Nancy Plouffe** LCSW **632-4528** Blue Hill  
Teens, Adults, Couples
- ✦ **Emily Lowell** LCSW **479-4484** Ellsworth  
Children, Adults, Parenting Support

## PRIMARY CARE and 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**

## 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**