

SERVICES

Maine 2-1-1

Maine's statewide directory of over 5000 Resources - Dial 211
Website: www.211maine.org

Alpha One

127 Main Street
South Portland ME 04106
(207) 767-2189 - Voice
(800) 640-7200 - Voice
(207) 799-8346 - Fax
(207) 767-5387 - TTY
(866) 906-5375 - TTY

Ingraham, Inc./Youth Alternatives

50 Lydia Lane
South Portland ME 04106
(207) 874-1175/(877) 429-6884
(207) 874-1180 - TTY
(207) 874-1181 (Fax)

Department of Human Services

Portland

161 Marginal Way
Portland ME 04101
(800) 482-7520/(207) 822-2000

Biddeford

208 Graham Street
Biddeford ME 04005
(800) 322-1919/(207) 286-2400

Sanford

890 Main Street, Suite 208
Sanford ME 04073
(207) 490-5400
(800) 482-0790

My Choice (parenting women)

100 Brickhill Avenue
So. Portland ME 04106
(800) 773-9595
email: mychoice@maps-worldwide.org

People's Regional Opportunity Program (PROP)

510 Cumberland Avenue
Portland ME 04101
(207) 553-5800/(800) 698-4959
(207) 874-1013 - TTY

York County Community Action Corporation

6 Spruce Street
Sanford ME 04073
(207) 324-5762/(800) 965-5762
(207) 490-1078 - TTY

Southern Maine Agency on Aging

136 US Route One
Scarborough ME 04074
(207) 396-6500/(800) 427-7411
(207) 883-0532 - TTY

Shalom House

106 Gilman Street
Portland ME 04102
(207) 874-1080/(207) 842-6888 - TTY
(207) 874-1077 (Fax)

SHELTERS

Caring Unlimited (York County)

Hotline: (207) 324-1802
(800) 239-7298

Family Crisis Services (Cumberland County)

PO Box 704
Portland ME 04104
Office: (207) 767-4952
Hotline: (207) 874-1973/(866) 834-4357
Website: www.familycrisis.org

Friendship House II

390 Lincoln Street
South Portland ME 04106
(207) 767-7403/(207) 347-7477 (Fax)

City of Portland Adult Shelter

203 Oxford Street
Portland ME 04101
(207) 775-6313 - Social Service Division
(207) 761-2072 - Direct to Shelter

City of Portland Family Shelter

54-55 Chestnut Street
Portland ME 04101
(207) 775-6313 - Social Service Division
(207) 772-8339 - Direct to Shelter

York County Shelters, Inc.

PO Box 820
Alfred ME 04002
(207) 324-1137

Tedford Shelter

49 Cumberland Street
Brunswick ME 04011
(207) 725-4871

GENERAL ASSISTANCE

Contact your local Town Hall for Welfare/
General Assistance.

OTHER AFFORDABLE HOUSING ORGANIZATIONS

Deering Pavilion
880 Forest Avenue
Portland ME 04103
(207) 797-8777

Park Danforth
777 Stevens Avenue
Portland ME 04103
(207) 797-7710

Weston Associates
dba: Longfellow Commons
206 State Street
Portland ME 04101
(207) 828-1274

Preservation Management
707 Sable Oaks Drive, Suite 350
South Portland ME 04106
(207) 774-0501/(888) 553-2020

Alpha Management
7 Oak Hill Terrace/PO Box 310
Scarborough ME 04070
(207) 883-5505

Caleb Affordable Housing
1500 Ledgewood Terrace
Saco ME 04072
(207) 282-7177

HOUSING AUTHORITIES

Maine Housing Authority
353 Water Street
Augusta ME 04330
(800) 452-4668
www.mainehousing.org

Portland Housing Authority
14 Baxter Boulevard
Portland ME 04101
(207) 773-4753
(207) 774-2570 - TTY
www.porthouse.org

Sanford Housing Authority
114 Emery Street
Sanford ME 04073
(207) 324-6747
www.sanfordhousing.org

South Portland Housing Authority
51 Landry Circle, PO Box 2128
South Portland ME 04106
(207) 773-4140
www.spha.net

Westbrook Housing Authority
30 Liza Harmon Drive, Box 349
Westbrook ME 04092
(207) 854-9779
www.westbrookhousing.org

Biddeford Housing Authority
205 Main Street, PO Box 2287
Biddeford ME 04005
(207) 282-6537

Brunswick Housing Authority
12 Stone Street
Brunswick ME 04011
(207) 725-8711
www.brunswickhousing.org



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REFERRAL LIST

Avesta housing provides permanent affordable, independent apartments for families, individuals, senior citizens and people with disabilities. If you are in need of emergency housing or other immediate services, contact one of the agencies listed in the brochure.



Avesta Housing
307 Cumberland Ave.
Portland ME 04101
(207) 553-7777 (800) 339-6516
(207) 553-7778 Fax
www.avestahousing.org