

Lead Inspections help families identify lead hazards in the home. Grants are available for lead remediation for income-eligible families with children 6 years or younger. 207-814-0167

Penquis Housing Development rental apartments for income eligible seniors, families and individuals making 60% or less of the area median income. To learn more about these properties, including eligibility, availability, or to join a waiting list, please call The Housing Foundation at 207-866-4634

Replacement Housing provides income-eligible homeowners whose current pre-1976 mobile homes are beyond repair with new energy efficient homes. 207-973-3665

Utility Assistance Programs help income-eligible households manage electricity costs through special discounts or credits. 207-973-3630

Weatherization conserves energy through the application of weatherization techniques to the homes of eligible households. Households must have a current Home Energy Assistance Program application. 207-974-2407

Home Ownership & Lending

Home Loans are mortgages offered by Penquis subsidiary MaineStream Finance for home purchase, home repair and refinance. 207-973-3624

Homebuyer Education is an 8-hour certified hoMEworks training course to help individuals make informed home purchasing decisions. 207-974-2403

Business Development

Business Advising provides free one-on-one business counseling to help individuals start or expand a business. Business advisors can answer questions, help with creating a business plan and assist with preparing for a loan. 207-974-2476

Business Classes are offered throughout Eastern and Midcoast Maine. These multisession business education courses and workshops help individuals start or expand a business. 207-974-2476

Business Loans are offered by Penquis subsidiary MaineStream Finance. They are available statewide to help start a business or help an existing small business expand or meet its financial needs. Eligible borrowers must have 10 or fewer employees and a business plan. 207-973-3509

Financial Coaching & Savings

Family Development Accounts are matched savings accounts. For every dollar saved, the FDA Coalition matches it with four additional dollars. FDA savings can be used to buy a home, or start/expand a small business. Eligible households must meet income limits and earned income requirements. 207-974-2459

Financial Coaching helps families increase financial stability & improve child & family outcomes. Provided to participants of the FDA Program, Head Start & through a tenant referral process with 3 local partnering housing authorities. We also offer 'Train-the-Trainer' classes for Financial Empowerment groups of other front line workers from various social service agencies. 207-974-2459

Sexual Assault Prevention & Response

Rape Response Services provides individuals who are affected by sexual violence with a free 24-hour crisis and support line, support during medical or legal processes, and follow-up services. Support groups are available. Training is offered for professionals. Office number: 207-974-2436
Free and Confidential 24/7 Crisis & Support Line 1-800-871-7741 Community & School-based Education helps prevent and respond to sexual assault. Presentations include Internet Safety; Healthy Relationships; Gender Stereotypes; Media Literacy; Consent; Sexual Harassment; and Child Sexual Abuse Prevention. 207-973-3662

Transportation

Lynx Transportation Services offers transportation throughout Penobscot and Piscataquis counties at no cost or for a small fee. 207-973-3695 or 1-866-853-5969

Transportation Brokerage schedules MaineCare non-emergency medical transportation using Lynx vans, volunteers'

cars, regional bus services and friends and family. Services are free and available to MaineCare members with two business days' notice. 207-974-2420 or 1-855-437-5883

Volunteer Opportunities

Foster Grandparents are volunteers age 55 and over who work with children in one-on-one and small group settings. If income eligible, a stipend is paid for hours served and assistance with transportation and meals is available, along with many other benefits. 207-973-3611

Penquis Volunteer Drivers transport individuals to medical and social service appointments. All volunteers are reimbursed for the use of their vehicle. 207-974-2404

Eastern Maine CA\$H/Penquis needs volunteers for the **Volunteer Income Tax Assistance (VITA) Program**. Free training is provided. For more information, please email emcash@penquis.org

In accordance with federal regulations, Penquis does not discriminate in access to or the provision of its services.

Services provided in partnership with:



262 Harlow St. • Bangor, ME 04401 • 207-973-3500
50 North St. • Dover-Foxcroft, ME 04426 • 207-564-7116
9 Main St. Suite 2 • Lincoln, ME 04457 • 207-794-3093
7 High St. • Rockland, ME 04841 • 207-596-0361
1-800-215-4942
www.penquis.org



**A TRUSTED RESOURCE
IN YOUR COMMUNITY**
**Serving Penobscot, Piscataquis
and Knox Counties**



SERVICES

- Behavioral Health/Disability Supports
- Business Development
- Children & Youth
- Financial Coaching & Savings
- Homeownership & Lending
- Housing & Energy
- Sexual Assault Prevention & Response
- Transportation
- Volunteer Opportunities

Some programs may not be available in your area. Please call toll free to find out which programs are offered near you.

1-800-215-4942 or 1-888-440-4158

Children & Youth

Breakthrough Youth program provides important life skills to support better financial literacy and healthy decision making to create pathways to employment success. 207-944-7496

Child Care offers full-time and extended hours of care for children 6 weeks to 5 years old. Fees are on a needs-based sliding scale. 207-973-3567

Early Head Start and Head Start provide children 6 weeks through 5 years of age and their families with early childhood development experiences and family support services. Free of charge to income-eligible families. 207-973-3567

Food & Nutrition Program provides child care providers with USDA food reimbursement. 207-973-3506

Penquis Host Homes helps youth experiencing homelessness to access needed resources and increase self-sufficiency and well-being. 207-745-7898

Restorative Justice Program provides prevention and intervention services to reduce recidivism rates and prevent youth from entering the juvenile justice system. 207-944-7496

SAY (Substance Affected Youth) is an innovative program that offers free weekly facilitated youth activity groups for young people ages 10-18 who have been affected by others' substance use. Free one-on-one trauma responsive support and recreational activities are also available. 207-852-7396

Individual, Parent & Family

Assisted Living Services are provided at facilities in Bangor, Millinocket and Camden. Services include meals, personal care, homemaker services, help with medications and emergency response. 207-924-4151 To apply for housing, contact Realty Resources Management 800-338-8538

Case Management works with individuals and agencies to increase opportunities for housing, employment and basic needs. 207-973-3645

Domestic Violence Intervention Program is designed to educate men about the dynamics of power and control and help participants to decrease the use of violence in relationships. 207-802-3037

Healthcare Navigator provides assistance in applying for and enrolling in healthcare coverage through the Health Insurance Marketplace. 207-973-3645 or 844-846-3691

Maine Families is a home visiting program that provides information, support and encouragement to expectant parents and parents of babies and toddlers. Boot Camp for Expectant Fathers is offered quarterly. 207-973-3674

Parenting Classes/Trainings cover discipline strategies, managing stress, helping children deal with their feelings, building self-esteem, and growth and development in infants and children. 207-974-2481

Penquis McAuley Residence is a home in Bangor that provides services to women in recovery who currently have their children in their care or are working towards reunification. 207-973-3534

Whole Families Coaching Program provides integrated services to meet the needs of parents and children together. 207-814-0002

Behavioral Health/Disability Supports

Behavioral Health Home Organizations provides individualized treatment plans for children and adults based on personal needs. These can include basic, behavioral health and medical needs, as well as housing, education, vocation, finance,

socialization and development of natural peer supports. Piscataquis and Penobscot counties. Adults 207-270-2596 Children 207-478-3908

Behavioral Health Navigator helps new Penquis clients access needed mental health services and can find service providers with openings for pre-existing clients. Referrals can be made to the Certified Community Behavioral Health Clinic in Bangor to address urgent mental and behavioral health needs in the short term. 207-631-0073

Community Supports Program supports building community relationships and natural supports, assisting individuals with developing community living skills such as personal safety, social interaction, budgeting, health, fitness, nutrition, volunteering, job skills and personal growth and development. 207-924-4151

Shared Living Services connects adults with cognitive and developmental disabilities with private families in a long-term residential living arrangement that fosters independence and self-worth. 207-924-4151

Residential Services include treatment homes for adults with behavioral health diagnoses. 207-802-3045.

Housing & Energy

Above Ground Storage Tank Replacement works in partnership with the Department of Environmental Protection to provide free replacement of leaking or vulnerable above ground oil storage tanks. Open to home owners with private wells who are eligible for HEAP. 207-974-2407

Central Heating Improvement Program repairs or replaces faulty central heating systems in income-eligible households. 207-974-2407

CMP Line & Pole Extension Program assists income-eligible CMP customers in obtaining a CMP credit for new lines and poles for new service. 207-973-3630

Energy Crisis Intervention Program provides home heating assistance to income-eligible households that are in an emergency or energy crisis. 207-973-3630

Home Energy Assistance Program (HEAP) assists income-eligible households with home heating costs. 207-973-3630

Home Energy Audits are available to homeowners, who can request a single test or service, or a full energy audit. These are fee-based services and no income eligibility is required. 207-973-3554

Home Repair Program provides grants or deferred forgivable loans to repair primary residences for income-eligible families that own their home and have never received home repair assistance from Penquis. 207-973-3665

Housing Counseling is a free service for individuals at risk of eviction or foreclosure, or seeking pre-purchase counseling. A HUD Housing Counselor can work with you on budgeting, saving, housing options and rights and responsibilities as a tenant or homeowner. 207-974-2403



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