

**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** gains funding for rental/apartments for 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. 207-659-9279

### 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. [www.mainestreamfinance.org](http://www.mainestreamfinance.org); 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. 207-973-3509

**Business Classes** are offered throughout Eastern and Midcoast Maine. These multisession business education courses, such as Incubator Without Walls and Hatchery, help individuals start or expand a business. 207-973-3509

**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 or repair a home, start or expand a business, buy or repair a car, or create an emergency savings fund. 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](mailto: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](http://www.penquis.org)

# PENQUIS

**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



# PENQUIS

**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. 207-631-3754

**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

**Youth Engagement** provides leadership activities, educational workshops and technical assistance to groups with a focus on enhancing youth and adult relationships. 207-944-7496

## 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. 207-270-2963

**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 207-343-2382 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** provides opportunities for community integration through weekly activities, such as shopping, recreation, fitness, trips to local libraries, stores and restaurants, to develop community living skills. Activities are tailored to participants and may include crafts, music, memory exercises and cooking. 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 assisted living in treatment homes for adults with behavioral health challenges. 207-343-0276

## 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. 207-356-2958

**Central Heating Improvement Program** repairs or replaces faulty central heating systems in income-eligible households. 207-852-0116

**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

**Heat Pump Program** pays for the cost and installation of one heat pump for eligible Maine homeowners to supplement the household's primary heating system. 207-659-9279

**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

**Housing Navigation Pilot Program** assists families experiencing or at significant risk of homelessness to locate housing, complete the rental process and maintain stable housing. 207-802-3086