Nutrition Information

- **Women, Infants, and Children (WIC)**
  
  Federal nutrition and education program
  Downeast Health Services  667-5304
  www.downeasthealth.org

- **Supplemental Nutrition Assistance Program (SNAP)**
  
  Financial assistance for food
  Dept Health and Human Services  667-1600
  www.benefits.gov/benefits/benefit-details/1272

- **Tree of Life Food Pantry  374-2900**
  
  Thursdays 9 am–3 pm
  23 South Street, Blue Hill

- **St. Brendan’s Episcopal Church**
  
  Deer Isle  348-6240
  Free meal usually 4th Monday each month

- **Stonington Island Pantry**
  
  Thursdays 5:30–7:30 pm  Closed 5th week
  Island Community Center

- **The Simmering Pot - Free meals**
  
  Blue Hill Congregational Church
  Mondays 2:30–6 pm  October–June

- **Blue Hill Farmers’ Markets (takes SNAP)**
  
  Saturdays 9–11:30 am
  Blue Hill Fairgrounds  mid May–mid Oct
  and BH Congregational Church  Aug–Oct
  Weds 3–5 pm, Fridays 9:30–11:30 am
  **Winter Market** at Mainescape  Saturdays

- **Brooklin Farmer’s Market**
  
  Thursdays 3–5 pm
  Near Library  late May–Oct

- **Brooksville Farmer’s Market**
  
  Tuesdays 9:30–12 noon Community Center  mid June–Sept

- **Castine Farmer’s Market**
  
  Thursdays 9–11:30 am
  Town Square  June–Sept

- **Deer Isle Farmer’s Market**
  
  Wednesdays 9:30–11:30
  Old Elementary School  June–Sept

- **Stonington Farmer’s Market**
  
  Fridays 10 am–12 noon
  Island Community Center  late May–Oct

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FOR ALL EMERGENCIES

**DIAL 911**

**FIRE-AMBULANCE-POLICE**

- **Hancock County Sheriff’s Department**
  667-7575 (non-emergency)

- **Blue Hill Memorial Hospital**
  374-3400
  Emergency Room  374-3400

- **Eastern Maine Medical Center**
  Emergency Room  973-8000

- **Poison Control**
  1-800-222-1222
  1-800-442-6503 (non-emergency)

- **Mental Health Crisis Hotline**
  1-888-568-1112

- **Sexual Assault Hotline**
  1-800-871-7741

- **Domestic Violence Hotline/Next Step**
  667-4606 Ellsworth Office
  1-800-315-5579  (24 hr hotline)

- **Spruce Run**
  1-800-863-9909 (24 hr hotline)

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Healthy Peninsula’s fiscal agent is the Washington Hancock Community Agency (WHCA) a 501(c)(3) organization

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CHILD CARE and PRESCHOOL INFORMATION

✦ Department of Education Approved Public Preschool Programs (4 year olds)
  www.maine.gov/education/fouryearold/currentprog.html

✦ Child and Family Opportunities, Inc. 207-667-2995 or 1-800-834-4378
  www.childandfamilyopp.org
  CFO offers Head Start programming at the Deer Isle/Stonington Elementary School
  and in Ellsworth. Call for information on openings and eligibility.

CHILD CARE & PRESCHOOL PROGRAMS

✦ The Bay School Blue Hill 374-2187
  bayschool.org
  Parent-Child Program 18 mos.–3 yrs old
  Multi-age Kindergarten

✦ Blue Hill YMCA 374-2248

✦ HearthStone Preschool/Early Childhood Sedgwick 359-8406
  Waldorf early childhood program for 2–5 yrs

✦ Island Childcare Stonington 367-5887
  Infants, Toddlers, Preschool

✦ Just for Kids Stonington 367-5849
  Toddlers, Preschool

✦ Muddee Hands Deer Isle 348-6728
  After school, snow day, vacation child care

✦ New Beginnings Learning Center Blue Hill 374-521
  Infants, day care, preschool, after school

✦ Skip to My Lou Day Care
  Penobscot 326-9414

PUBLIC PRESCHOOL PROGRAMS

✦ Blue Hill Consolidated School 374-2202
✦ Brooklin Elementary School 359-2133
✦ Brooksville Elementary School 326-8500
✦ Castine Elementary School 326-8608
✦ Penobscot Community School 326-9421
✦ Surry Elementary School 667-9358

CHILD CARE INFORMATION

✦ Office of Child and Family Services 1-877-680-5866
  www.maine.gov/dhhs/ocfs/ec/occhs/infoparents.htm
  Information on types of child care, voucher program, licensing, and links to other sites

✦ Bay Community Register
  (available at Penobscot Bay Press Offices)
  List of local town resources for families

INFANT AND CHILD CARE SERVICES

✦ Maine Families Hancock County 667-5304 (x-225)
  Home visitors provide information on infant development and support for families with newborns

✦ Catholic Charities 775-5671
  www.ccmaine.org/get-help
  Short-term therapy in-home or office, children’s case management, therapeutic foster care

✦ Child Development Services (CDS)
  Office for Hancock County 667-7108
  Referral Line 1-877-770-8883
  www.maine.gov/education/speced/cds/sites/hanck.html
  Provides both Early Intervention (birth - two years) and Free Special Education (ages three - five years) under the supervision of the Maine Department of Education

✦ Special Children’s Friends 667-2430
  Blue Hill Classroom 809-9310
  www.specialchildrensfriends.org
  Community-based playgroups for children with developmental delays, nursery school programs, individual developmental therapy for children birth through five years, case management

FAMILY SUPPORT RESOURCES

✦ Washington Hancock Comm Agency WHCA Ellsworth 664-2424
  Transportation, housing, heating help

✦ Department of Health & Human Services
  MaineCare & General Assistance
  1-800-442-6003
  www.maine.gov/dhhs

✦ Department of Labor-Career Center
  Helpline 1-888-457-8883

MENTAL HEALTH SERVICES

All organizations provide case management and coordination of care services.

✦ AMHC 667-7640
  www.amhc.org/
  Community and home-based mental health and substance abuse services

✦ Community Health and Counseling
  667-2061
  www.chcs-me.org/
  Office-based care and in-home therapy services, 24/7 mobile crisis services

✦ Families United
  667-3239
  www.familiesunited-fyi.org/
  Intensive home-based mental health services

PRIMARY CARE and REPRODUCTIVE CARE

✦ Blue Hill Memorial Hospital 374-3400
  bhmh.org/
  Primary health care for people of all ages and reproductive health services through these affiliated practices:

  Blue Hill Family Medicine 374-2311
  Castine Family Medicine 326-4348
  Island Family Medicine 367-2311
  BH Women’s Health Care 374-3940

✦ Coastal Family Medicine
  Blue Hill 374-5007

DENTAL CARE

✦ Blue Hill Family Dentistry
  374-5398

✦ Blue Hill Peninsula Dental
  374-5538

✦ Caring Hands of ME Dental
  667-6789

✦ Island Family Dental
  367-2631

✦ Maine Coast Community Dental
  667-0293

PUBLIC HEALTH SERVICES

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