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

Nutrition, Markets, Pantries, Meals

✦ Women, Infants, and Children (WIC) Federal nutrition and education program Downeast Health Services 667-5304 downeasthealth.org
✦ Supplemental Nutrition Assistance Program SNAP Financial assistance food Dept Health and Human Services 667-1600 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 at N Sédg Baptist Church 4 pm Delivery avail Contact Tammy Cox 479–5397 or neighborhoodnavigator@gmail.com
✦ Summer Food Program Breakfast/lunch at DISES and ICC. Bagged lunch available at Nichols Day Camp Contact Sheila Nevells snevells@dishes.org
✦ MAGIC FOOD BUS Free, fresh produce weekly late Jun–late Sept For schedule healthypeninsula.org or 374-3257

Healthy Peninsula mobilizes, supports, and collaborates with community partners to improve the health of the towns of the Blue Hill Peninsula, Deer Isle, Stonington

Healthy Peninsula is a 501(c)(3) organization Revised February 2020

Email egarvey@healthypeninsula.org to join
Peninsula Birth to 5 years Activities & Tips Facebook Page

Phone (207) 374-3257 healthypeninsula.org

For a more comprehensive Resource Guide, visit communityresourceguide.org
CHILD CARE & PRESCHOOL INFORMATION

- Department of Education Approved Public Preschool Programs (4 year olds) www.maine.gov/doe/learning/earlychildhood/publicpreschool
- Downeast Community Partners (DCP) 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
- Mudde Hand Deer Isle 348-6727 After school, snow day, vacation child care
- Nestled Inn Child Care Penobsot 624-1575
- Puddle Jumpers Daycare Deer Isle 460-8875
- Skip to My Lou Day Care Penobsot 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
- Penobsot 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

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 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
- 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 374-5338
- Caring Hands of ME Dental Ells 667-6789
- Island Family Dental 367-2631
- Maine Coast Community Dental 667-0293