

HEAT & Other Utilities

LIHEAP

Low income home energy assistance program
Call for appointment 207-596-0361

Electrical Utility Assistance

Possible discounts for managing electricity costs. 1-800-215-4942

AIO Food Pantry and Emergency Assistance

Voucher program – limited emergency assistance for utilities
Mon, Wed, Fri 9:30 to 12:00
70 Thomaston St. Rockland, 207-596-1043
www.aiofoodpantry.org

SHELTER

Knox County Homeless Coalition

Hospitality House, shelter & case management,
169 Old County Rd, Rockport.
www.homehelphope.org
207-593-8151

Veterans Housing Services

If anyone in your household has served in the military
207-956-6555

Penquis Foreclosure Intervention

Counseling for homeowners at risk of losing their home.
207-596-0361

Penquis Home Repair

Grants/loans to help repair homes. Income-eligible, one time only
207-973-3655

KIDS & Family

The Landing Place

Comprehensive at-risk youth program
Tuesday & Thursday 1:30-6:00pm,
61 Park Street, Rockland
207-593-8151

OUT Maine

Support for gay, lesbian, bi-sexual, transgender teens
Rockland 1-800-530-6997

Broadreach Family & Community Services

Free parenting classes for all caregivers of children
Call 207-930-9445
www.broadreachmaine.org

Penquis Head Start and Early Head Start

Child development program for income eligible families.
207-594-5342

SAFETY

Sexual Assault Support Services of Midcoast Maine

24-hours Hotline: 1-800-822-5999
www.sassmm.org

New Hope for Women

Working to end domestic violence, dating violence and stalking
5 Beech Street, Rockland
207-594-2128
24-hour Crisis Hotline 1-800-522-3304

GENERAL ASSISTANCE

General Assistance is available by application through your local Municipal Office.

WINTER 2019

Places to Get Help in Knox County

If you need help ...

Call 211

Ask where to find the help you need near where you live.



This listing of Places to Get Help in Knox County is updated by the AIO Food Pantry, Utility Assistance and Child Hunger.

If you have updated information:
email@aiofoodpantry.org

FOOD PANTRIES

AIO Food Pantry and Emergency Assistance

Serves all of Knox County
Clients visit once per month
Mon, Wed, Fri 9:30am -12:00pm
Wed eve 5:00-6:30pm
70 Thomaston St., Rockland 207-596-1043
www.aiofoodpantry.org

Camden Area Food Pantry

Serves Camden, Rockport, Lincolnville, Hope, Appleton, Union, Washington, Seasmont
Clients visit once per week
Tues 8:00 – 11:00am; Thurs 4:00-6:00pm
128 Mt. Battie Street, Camden 207-236-9790
www.camdenareachristianfoodpantry.org

Thomaston Food Pantry

Serves all of Knox County
Tues & Thurs 9:00 - 11:00am
246 Main Street 2nd Floor, Watts Hall,
Thomaston 207-354-6004
www.thomastonfoodpantry.org

Come Spring Food Pantry

Serves Union, Appleton and South Hope
2nd and 4th Wednesday 9:30 - 11:30am
Thompson Community Center, 51 S. Union
Street, Union 207-785-4730

Friendship-Cushing Food Pantry

Serves Friendship and Cushing
Second and Third Saturdays 9:00 - 11:00am
Old Cushing Library, Townhouse Road,
Cushing 207-354-0669

Bread for the Journey Food Pantry

Serves Warren
Thurs 9:00 - 11:00am
Old Brick Community School Community Center
166 Main Street, Warren 207-273-4400

St. George Community Cupboard

Every Thursday 2:00 - 7:00 pm
47 Main Street, Tenants Harbor
207-372-2193

FOOD PANTRIES

Washington Food Pantry

Serves Washington
Second Wed 9:00-11:00am
48 Liberty Road, Washington 207-845-3155

Salvation Army Food Pantry

Serves Knox Co.
Food Pantry : Tue & Thurs 9 - 3
Fresh Rescue: Wed, Thurs & Fri 9 – 2
Sat 10 – 12 Sunday 2 – 7
Route 1, Rockland 207-594-5326

Vinalhaven Food Pantry

Call As Needed
25 East Main St., Vinalhaven
207-863-4657

Jefferson Area Food Pantry

Serving Jefferson & Somerville
2nd & 4th Wed 4.00 - 5.30pm
St. Giles Episcopal Church on Rt 126
Jefferson (Lincoln County) 207-315-1134

MEALS

Saint Bernard's Week Day Lunch

Mon – Fri 11:30am-12:00pm
150 Broadway Avenue, Rockland
207-594-5204

St. Peter's Episcopal Church

Weekend Lunch
Saturday lunch 12:30 & Sunday lunch 1:00
White Street, Rockland
207-594-8232 or 207-594-8191

Chestnut St. Baptist Church

Breakfast Monday 6:30-9:00 am
29 Chestnut St., Camden

Meals on Wheels Seniors 60+

MCH Rockland
Kitchen Manager 207-594-2740

Soup's On Congregational Church Camden

55 Elm St. 207-236-4821 Free or Donation
Wednesdays 12:00 during Winter months

CLOTHING

Hospitality House Donation Barn

Get free shopping coupon from AIO
Mon & Fri 10am-12pm and Weds 2-5pm
Old County Road, Rockport

Children's Clothing Exchange

First Saturday and First Thursday
9:00-11:00am
Old Brick School Community Center
44 School Street, Warren 207-273-2338
www.secondcongregational.org

Salvation Army store

Rte. 1, Rockland Mon – Fri 9 – 5
Limited emergency free clothing vouchers
207-594-5326

SOS

Free clothing and household goods
(behind Heavenly Threads)
Tues 9:00-11:00am
Congregational Church, Rte. 1, Camden
207-236-4821

HEALTHCARE

The Knox Clinic

Healthcare/ Dental Clinic
22 White St. Rockland 207-921-6996

CarePartner (Pen Bay)

Healthcare for adults
756 Commercial Street, Rockport
207-921-3967

Rockland District Nurses

Call 207-594-4552 for information
In home non acute nursing services
By appt only. Physician's plan of care
required.

Camden District Nurses

In home non acute nursing services
On a sliding payment scale
Call for appt & info 207-921-6272