

## **A REQUEST FOR A MINUTE OF YOUR TIME**

The Office of Substance Abuse Information and Resource Center has put together this directory of support groups in order to help people in the State of Maine find local support groups.

Should you know of any changes or areas starting new meetings, please get in touch with us. We don't want to leave people without the best possible list of resources. Our contact information is listed below, along with a change form in the back of this publication.

Should your list be older than a year, please call to request a new one, as it is updated at least once a year.

**This list was updated July 2010**

Prepared By:

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## Definitions

A	Accessible Meeting Location
AA	Alcoholics Anonymous (For additional meeting and contact information 1-800-737-6237)
ACOA	Adult Children of Alcoholics
AIDS C&T	AIDS Counseling & Testing
AIDS Support	AIDS Support Group
Al anon	For Affected Others of Alcoholics (For additional meeting and contact information 1-800-498-1844)
Alateen	For Affected Teens of Substance Abusers
ABSI	As Bill Sees It
B	Beginners
BB	Big Book
C	Closed
CA	Cocaine Anonymous
CC	Child Care Provided (Recommended calling ahead)
CODA	Codependents Anonymous
D	Discussion
Debtor Anon	Debtors Anonymous
F	Family/Friends
G	Gay (Homosexual Men)
GV	Grapevine-Subject Discussion
HTLN	Hotline
L	Lesbian (Homosexual Women)
Lit	Literature Discussed
MAPS	Medication Assisted Peer Support for Recovery (For additional meeting information 207-862-5448)
MED	Meditation
MH	Mental Health
NA	Narcotics Anonymous (For additional meeting and contact information 1-800-974-0062)
Nar Anon	For Affected Others of Substance Abusers
OA	Overeaters Anonymous
TOPS	Take Off Pounds Sensibly
SP	Speaker
ST	Step
Tag	Taking Turns to Speak
TTY	Teletypewriter (telecommunication for deaf persons)
W	Women Only
Wisdum	Support Group for Divorced or Widowed
Yth	Youth (Early teen to young adult)
Workaholics Anon	Workaholics Anonymous

## AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
<b>AA</b>					
Abbott Village	D	Thurs	8 PM	Abbot Town Hall, 101 West Rd	
Acton	SP/A	Fri	7 PM	Acton Congregational Ch, H Road	
Alfred	ST/A	Thurs	6:30 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
Alfred	SP/A	Sat	6:30 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
Andover	D/C	Wed	7:30 PM	Andover Congregational Ch, 25 Elm St	
Aroostook Jct, NB	D	Wed/Sat	8 PM	Our Lady of Mercy Ch, Main St	
Arundel	D	Tues	4:15 PM	Fire Barn,468 Limerick Rd	
Ashland	D	Thurs	7:30 PM	Ashland Comm Lib, 57 Exchange St	
Auburn	W/ST	Sun	4 PM	Grace Lutheran Ch, 757 Summer St	
Auburn	D/C	Sun	7 PM	High Street Congregational Ch, 35 High St	
Auburn	BB/C	Fri	5:30 PM	Calvary Methodist Ch, 59 Sabattus S	
Auburn	D	Sat	7:30 AM	St Michael's Ch, 78 Pleasant St	
Auburn	ST/C	Sat	7 PM	7th Day Adventist Community Ctr,310 Minot	
Auburn	BB/D	Mon	7:30 PM	United Methodist Ch, 439 Park Ave	
Auburn	SP/A	Wed	8 PM	St Philips Ch, 365 Turner Rd, Rt 4	
Auburn	D	M-F	7 AM	St Michael's Ch, 78 Pleasant St	
Auburn	ST/C	Fri	7 PM	St Michael's Ch, 78 Pleasant St	
Auburn	D	Thurs	7 PM	High Street Congregational Ch, 35 High St	
Augusta	D	Sun	12:30 PM	Bread of Life Ministries, 157 Water St	
Augusta	D	Fri	Noon	7th Day Adventist Ch, 235 Eastern Ave	
Augusta	D/C	Thurs	2 PM	Bread of Life Ministries, 157 Water St	
Augusta	BB/D/C	Thurs	7 PM	Prince of Peace Lutheran Ch, Eastern Ave	
Augusta	D	Sat	10 AM	St Mark's Episcopal Ch, 9 Summer St	
Augusta	D	Tues	10 AM	Kennebec Community Ch,5 Glenridge Dr	
Augusta	D/BB	Mon/Wed	6 PM	Riverview Psychiatric Hosp, Sebago Room	
Augusta	D	Wed	7 PM	Togas VA Hosp,Bldg 210, 1 VA Center	
Augusta	SP/D	Wed	7 PM	Bread of Life Ministries, 157 Water St	
Augusta	ST/D	Fri	7 PM	Bread of Life Ministries, 157 Water St	
Augusta	D	Tues	7 PM	Bread of Life Ministries, 157 Water St	
Augusta	SP	Sat	8 PM	St Mark's Episcopal Ch, 9 Summer St	
Augusta	D	Mon	Noon	7th Day Adventist Ch, 235 Eastern Ave	
Bangor	B/C/W	Mon/Wed	7:30 PM	Penobscot County Jail, 85 Hammond St	
Bangor	B/SP/D	Mon	7 PM	First Congregational Ch,35 Church St	
Bangor	SP	Sun	7 PM	St John's Episcopal Ch, 234 French St	
Bangor	D	Tues	Noon	Acadia Hosp, 268 Stillwater, Osprey Rm	
Bangor	D	Sun	11 AM	Acadia Hosp, 268 Stillwater Ave	
Bangor	BB/ST/A	M-F	Noon	Unitarian Universalist Ch, 120 Park St	
Bangor	BB/ST	Mon	7 PM	St John's Episcopal Ch, 234 French St	
Bangor	D/A	Sat	8 AM	Acadia Recovery Community,179 Indiana Ave	
Bangor	D/A	Thurs	8 PM	Capehart Comm Ctr, Davis Rd	
Bangor	D/A	Sat	11 AM	Peabody Hall, Husson College, Rm 127	
Bangor	BB	Thurs	7 PM	Pathway Wesleyan Ch,183 Harlow St	
Bangor	D	Thurs	Noon	Acadia Recovery, 268 Stillwater Ave	
Bangor	W/BB	Wed	Noon	Congregational Ch, Hammond St	
Bangor	GV	M-F	7:30 AM	Acadia Recovery Community,179 Indiana Ave	
Bangor	D	Tues	7 PM	Grace United Methodist Ch,193 Union St	
Bangor	ST/A	Sun	9 AM	Acadia Recovery Community,179 Indiana Ave	
Bar Harbor	D	Mon	7 PM	St Savior's Parish Hall, 41 Mt Desert St	
Bar Harbor	D	Wed	Noon	St Savior's Parish Hall, 41 Mt Desert St	
Bar Harbor	D	Wed	7 PM	Mt Desert Island Hosp, 10 Wayman Lane	
Bar Harbor	D	Tues	7 PM	First Baptist Ch, 46 Ledgelawn Ave	
Bar Harbor	D	Fri	7 PM	Holy Redeemer Parish, 21 Ledge Lawn Ave	
Bar Harbor	D	Sat	7 PM	St Savior's Parish Hall, 41 Mt Desert St	
Bath	D/M/A	Wed	8 PM	United Church of Christ, 150 Congress Ave	

## AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Bath	SP/A	Fri	8 PM	United Church of Christ, 150 Congress Ave	
Bath	C/W/ST	Mon	6:30 PM	United Church of Christ, 150 Congress Ave	
Bath	ST	Thurs	7 PM	United Church of Christ, 150 Congress Ave	
Bath	B/A	Fri	6:30 PM	United Church of Christ, 150 Congress Ave	
Bath	D	Tues	Noon	Nazarene Ch, 191 Centre St	
Bath	LIT	Wed	Noon	Church of Nazarene, Crn Lincoln & Center	
Bath	D	Sat	7 PM	United Church of Christ, 150 Congress Ave	
Bath	D	Mon	8 PM	United Church of Christ, 150 Congress Ave	
Bath	BB/A	Tues	7 PM	United Church of Christ, 150 Congress Ave	
Beals Island	D	Sat	7 PM	RLDS Church, Main St	
Belfast	BB	Thurs	6 PM	St Margaret's Episcopal Ch, 95 Court St	
Belfast	D	Mon-Sat	7 AM	St Margaret's Episcopal Ch, 95 Court St	
Belfast	D/A	Tues	6 PM	St Margaret's Episcopal Ch, 95 Court St	
Belfast	W/D	Wed	7:30 AM	First Baptist Ch, 95 High St	
Belfast	D/A/C	Sun	10 AM	WCGH Ed Center, 118 Northport Ave	
Belfast	BB/D	Sun	8 AM	WCGH Ed Center, 118 Northport Ave	
Belfast	GV/A	Mon	6 PM	First Baptist Ch, 95 High St	
Belfast	ST/A	Wed	Noon	St Margaret's Episcopal Ch, 95 Court St	
Belfast	B/D	Sat	Noon	Unitarian Universalist Ch, 37 Miller St	
Belfast	ST/D	Wed	8 PM	First Baptist Ch, 95 High St	
Belgrade Lakes	ST	Tues	7 PM	Union Church, Rt 27	
Belgrade Lakes	SP/D	Sun	2 PM	Union Church, Rt 27	
Belgrade Lakes	W/BB/D	Mon	7 PM	Union Church, Rt 27	
Berwick	M/BB	Tues	7:30 PM	Our Lady of Peace Ch, Berwick St	
Berwick S	BB/ST	Mon/Fri	7 PM	First Federated Ch, Academy St	
Bethel	D	Fri	6 PM	United Methodist Ch, 75 Main St	
Bethel	BB	Sun	6 PM	United Methodist Ch, 75 Main St	
Bethel	D	Sat	4:30 PM	Snow Cap Inn, Conf Rm, Sunday River	
Bethel	D	Tues	6 PM	United Methodist Ch, 75 Main St	
Biddeford	SP/A	Wed	7 PM	Richard Martin Comm Ctr, 189 Alfred St	
Biddeford	D/A	Sat	10 AM	Southern ME Medical Ctr, Café 4&5,2nd Fl	
Biddeford	D	Tues	7 PM	Southern ME Medical Ctr, Café 4&5,2nd Fl	
Biddeford	D/Lit/B	Fri	7 PM	Southern ME Medical Ctr, Café 4&5,2nd Fl	
Biddeford	SP/D	M-F	Noon	Second Parish Congr Ch, 19 Crescent St	
Bingham	ASBI	Fri	7 PM	Congregational Ch, 7 Meadow St	
Blue Hill	D/A	Sun	7 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Blue Hill	D	Wed	7:30 PM	Blue Hill Hosp In Service Rm, 57 Water St	
Blue Hill	D	Sat	10 AM	Odd Fellows Hall, Main St	
Blue Hill	ST/D	Fri	7 PM	Congregational Ch, Main St	
Blue Hill	D	Tues	Noon	St Francis Episcopal Ch, Hinckley Ridge Rd	
Boothbay Harbor	ST/A	Sun	6:30 PM	Our Lady Catholic Ch, 82 Atlantic Ave	
Boothbay Harbor	D	Wed	7 PM	St Columbia Episcopal Ch, 32 Emery Lane	
Boothbay Harbor	D	Thurs	7 PM	Our Lady Catholic Ch, 82 Atlantic Ave	
Boothbay Harbor	D	Mon	7 PM	Methodist Ch, 75 Townsend Ave	
Boothbay Harbor	BB	Sat	9:30 AM	YMCA Teen Ctr Annex, 261 Townsend Ave	
Boothbay Harbor	D	Thurs	Noon	Congregational Ch, 1 Eastern Ave	
Boothbay Harbor	D/BB/ST	Fri	6 PM	East Boothbay Methodist Ch, Rt 96, Church S	
Bowdoinham	D	Mon	7 PM	Second Baptist Ch, 1 Church St	
Brewer	D/ABSI	M-F	Noon	First Congregational Ch, 35 Church St	
Brewer	D	Fri	7 PM	First Congregational Ch, 35 Church St	
Brewer	BB/ST	Sat	6:30 PM	United Methodist Ch, 40 South Main St	
Brewer	D/A	Wed	8 PM	St Joseph Ch, No. Main St, Rt 9	
Bridgeton	D/ST	Mon-Fri	Noon	American Legion Hall, Depot St	
Bristol Mills	D	Wed	7 PM	Congregational Ch Hall, 1263 Bristol Rd	
Bristol S	D	Thurs	7 PM	So Bristol Parish House, Middle Rd	
Brooklin	LIT/SP	Thurs	7 PM	Baptist Ch, 22 Bay Rd	

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Brooks	D	Mon	8 PM	Varney Memorial Bldg, Main St, Rt 7	
Brunswick	D/ST	Sun	11 AM	Mid Coast Hosp, 123 Medical Center Dr	
Brunswick	D	Sat	8 PM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	BB	Thurs	8 PM	Unitarian Ch, 15 Pleasant St	
Brunswick	D	Sun	11 AM	Seventh Day Adventist Ch, 333 Maine Ave	
Brunswick	D	Fri	10 PM	Unitarian Ch, 15 Pleasant St	
Brunswick	D/A	M-F	7 AM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	SP/A	Tues	8 PM	First Parish Ch Vestry, 9 Cleaveland St	
Brunswick	D/A/B	Sat	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	D/A	Sun	7 PM	Baptist Ch, Main St	
Brunswick	C/ST	Sun	7 PM	First Parish Ch Vestry, 9 Cleaveland St	
Brunswick	ABSI	Fri	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	D	Wed	7 PM	Addiction Resource Ctr, 66 Baribeau Dr	
Brunswick	C/W/A	Sat	8:30 AM	Good Shepard Ch, 330 Maine St	
Brunswick	D	Thurs	5:30 PM	United Methodist Ch, 320 Church Rd	
Brunswick	ST	Thurs	Noon	Unitarian Ch, 15 Pleasant St	
Brunswick	BB/A	Mon	7 PM	Good Shepard Ch, 330 Maine St	
Brunswick	C/W/D/A	Wed	10:30 AM	Good Shepard Ch, 330 Maine St	
Brunswick	D/A	Mon	Noon	Unitarian Ch, 15 Pleasant St	
Bucksport	ST	Sat	4 PM	Jewett School, 66 Bridge St, Comm Ed Bldg	
Bucksport	D	Wed	7 PM	Congregational Ch, Elm St	
Bucksport	D	Sat	7 PM	Franklin St Methodist Ch, 71 Franklin St	
Buxton	ST	Mon	7 PM	Bar Mill Community Ch, 13 Hermit Thrush Dr	
Calais	SP/A	Thurs	7:30 PM	Calais Regional Hosp Café, 22 Hospital St	
Calais	BB/D	Fri	6:30 PM	United Methodist Ch, Main St	
Calais	GV/D	Sat	9 AM	United Methodist Ch, Main St	
Calais	D/C	Mon	7 PM	Residence of 90 Boardman St	
Calais	D	Wed	Noon	St Ann's Episcopal Ch, 23 Church St	
Camden	BB	Wed	7 PM	Congregational Ch, 55 Elm St	
Camden	D	Sat	6:30 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Camden	ABSI/BB	Mon-Thurs	6:30 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Camden	D/ST/BB	Mon-Sat	7 AM	Methodist Church, 98 St John St	
Camden	WST	Fri	6 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Camden	SP	Fri	7:30 PM	St Thomas Episcopal Ch, 33 Chestnut St	
Campabello Island	D	Sat	7 PM	St Timothy's Ch, 10 Catholic Cemetary Ln	
Canaan	D	Tues	8 PM	Elementary School	
Cape Elizabeth	D	Wed	7 PM	St Bartholomews Ch, 8 Two Lights Rd	
Cape Elizabeth	SP/CC	Fri	7 PM	St Albans Episc Ch, 885 Shore Rd	
Caribou	D	Mon	7:30 PM	Bethal Pentacostal Ch, 294 Access Highway	
Caribou	SP/D	Fri	7:30 PM	St Luke's Episcopal Ch, 650 Main St	
Caribou	BB	Thurs	7:30 PM	Cary Medical Ctr, 163 Van Buren Rd	
Caribou	D	Sat	9:30 AM	St Luke's Episcopal Ch, 650 S. Main St	
Carrabassett Valley	D	Sat	9 AM	Town Office/Fire House at Valley Crossing	
Casco	W/ST	Thurs	7 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	D	Fri	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	B/A	Sat	7 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	MED	Sat	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	D	Wed	7 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	ST	Sun	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	D/LIT	Wed	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	GV	Mon	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	C/M/ST	Tues	7 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	BB	Tues	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	ABSI/C	Mon	5:30 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Casco	SP/A	Sun	7 PM	Alliance Ch, Pt Sebago Rd, Rt 302	
Casco	ST	Thurs	9 AM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	

## AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Charleston	D/M	Wed	6:30 PM	Charleston Correctional Ctr, Rt 15	
Chebeague Island	B/C	Fri	7 PM	Parish House, North Rd	
Chester	ABSI	Tues	7 PM	Chester Baptist Ch, 2 South Chester Rd	
China	D	Sat	8 AM	China Baptist Ch, 36 Causeway Rd	
Clinton	D	Fri	8 PM	Town Hall, Baker St	
Columbia Falls	D	Wed	7 PM	Faith Methodist Ch, 444 US Rt 1	
Columbia Falls	BB	Thurs	7 PM	Faith Methodist Ch, 444 US Rt 1	
Connor	D	Thurs	7:30 PM	Connor School, 1581 Van Buren Rd	
Coopers Mills	D	Sun	7 PM	Sheepscot Valley Hlth Ctr, 47 Main St	
Corinna	D	Thurs	7 PM	Morse's Corner Baptist Ch, Exeter Rd	
Cumberland	ABSI	Sat	8:30 AM	United Methodist Ch, 52 Tuttle Rd	
Cumberland	SP	Tues	7 PM	United Methodist Ch, 52 Tuttle Rd	
Damariscotta	D/ST	Mon	6 PM	Methodist Ch, Church St	
Damariscotta	W/D	Mon	7:30 PM	Baptist Ch, 4 Bristol Rd	
Damariscotta	SP/D	Sat	8 PM	Baptist Ch, 4 Bristol Rd	
Damariscotta	SP/A	Wed	6:30 PM	Baptist Ch, 4 Bristol Rd	
Dedham	D	Mon	8 PM	Dedham Town Hall, 2073 Main Rd	
Deer Isle	D	Mon	7:30 PM	Town Hall, Route 15	
Denmark	D	Thurs	8 PM	Congregational Ch, Rt 117	
Dennysville	D	Sat	6 PM	Dennysville Housing ,200 Shipyard Rd	
Detroit	BB	Tues	7 PM	Town Hall, 355 Main St	
Dexter	D	Tues	7 PM	First Free Baptist Ch, 130 Spring St	
Dixfield	D/C	Fri	7 PM	Congregational Ch, 10 High St	
Dover Foxcroft	D	Fri	7 PM	Penquis Ed Ctr, Rm 116, 50 Mayo St	
Dover Foxcroft	D	Sun	11 AM	Thompson Free Library, 186 East Main St	
Drummond	D	Thurs	8 PM	Church Basement Tobique Rd	
Eagle Lake	D	Sun	7 PM	St Mary's Parish Hall, Rt 11	
Eastport	D	Mon	7:30 PM	St Joseph Parish Hall, 11 Chapel St	
Eastport	D/BB	W/Th/F	7:30 PM	Eastport Health Ctr, 30 Boynton Rd	
Eddington	B/C	Thurs	7 PM	United Methodist Ch, Rt 9	
Edmondston NB	D/C	Mon	8:30 PM	12 Step Center, 15 Costello St Canada	
Edmondston NB	D	Sun	10:30 AM	12 Step Center, 15 Costello St Canada	
Edmondston NB	ST	Wed	8:30 PM	12 Step Center, 15 Costello St Canada	
Edmondston NB	SP	Fri	8 PM	Notre Dame des Septs Ch, Victoria St	
Edmondston NB	SP	Sat	8:30 PM	12 Step Center, 15 Costello St Canada	
Ellsworth	ST	Tues	8 PM	Congregational Ch, State St, Rt 179	
Ellsworth	SP	Mon	7 PM	Congregational Ch, State St, Rt 179	
Ellsworth	D	Fri	8 AM	United Baptist Ch	
Ellsworth	BB	Wed	7 PM	Your Place, 8 Old Mill Rd	
Ellsworth	D	Tues	6 PM	Hancock County Jail, State St	
Ellsworth	ST	Mon	6:30 PM	ME Coastal Hosp, Conf Rm, 50 Union St	
Ellsworth	G/D	Fri	6:30 PM	Unitarian Universalist Ch, 121 Bucksport R	
Ellsworth	D	Fri	5:15 PM	ME Coastal Hosp, Conf Rm, 50 Union St	
Ellsworth	D	Thurs	7 PM	Congregational Ch, State St, Rt 179	
Ellsworth	D	M/W/F/Sat	Noon	Your Place, 8 Old Mill Rd	
Ellsworth	D	Sat	6 PM	Your Place, 8 Old Mill Rd	
Ellsworth	D	Sun	6 PM	Congregational Ch, State St, Rt 179	
Ellsworth	W/ST	Sat	10 AM	St Josephs Catholic Ch, High St	
Fairfield	D/SP	Sat	7:30 PM	Fairfield United Methodist Ch, Rt 201	
Fairfield	D	Mon	7 PM	Fairfield United Methodist Ch, Rt 201	
Falmouth	SP	Tues	7 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Falmouth	SP/D	Tues	8 PM	Foreside Community Ch, 340 Foreside Rd	
Falmouth	M/C/ST	Thurs	7:30 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Farmingdale	D	Thurs	7 PM	Seventh Day Adventist Ch, 333 Maine Ave	
Farmington	ST	Mon	7 PM	U of ME, Roberts Learning Ctr, Rm 105	
Farmington	D	Wed	7:30 PM	Henderson Baptist Ch, 110 Academy St	

## AA

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Farmington	D	Sun	7 PM	Franklin Memorial Hosp, Board Rm	
Farmington	D/C	Fri	7 PM	Franklin Memorial Hosp, Board Rm	
Farmington	BB	Thurs	7 PM	Congregational Ch, 227 Main St	
Fort Fairfield	D	Tues	7:30 PM	St Paul's Episcopal Ch, 66 Lower Main St	
Fort Kent	C/D	Wed	Noon	St Louis Catholic Ch, 26 East Main St	
Fort Kent	ST	Tues	7 PM	Northern ME Med Ctr, 100 West Main St	
Fort Kent	D	Fri	7 PM	Northern ME Med Ctr, 100 West Main St	
Freeport	ST	Wed	7:30 PM	First Parish Congregational Ch,40 Main St	
Freeport	SP/D	Wed	12:15 PM	First Parish Congregational Ch,40 Main St	
Fryeburg	BB	Thurs	4 PM	St Elizabeth Ch, Rt 5	
Fryeburg	D	Sat	Noon	American Legion Hall, Bradley St	
Fryeburg	D	Sun	9 AM	Fryeburg Academy, Main St, Science Wing	
Fryeburg	W/ST/C	Tues	5:30 PM	St Elizabeth Ch, Rt 5	
Fryeburg	ABSI	Mon	6:30 PM	Fryeburg Academy, Main St, Science Wing	
Fryeburg	M/ST/C	Tues	7:30 PM	Dearborn Precision, Rt 113	
Fryeburg	B	Wed	6:30 PM	Fryeburg Academy, Main St, Science Wing	
Gardiner	D	Sun	7 PM	United Methodist Ch, 31 Highland Ave	
Gardiner	BB/D	Tues	7 PM	Gardiner United Methodist Ch,31 Highland	
Gorham	D	Fri	7:30 PM	USM,Gorham, Bailey Hall, Rm 102	
Gouldsboro	D	Sun	6 PM	Gouldsboro Firehouse	
Grand Falls NB	ST/C	Mon	7 PM	St George Catholic Ch	
Grand Falls NB	SP	Fri	8:30 PM	Knights of Columbus Hall, Front St	
Grand Falls NB	D	Sun	9 AM	Hill Top Hotel, Madawaska Rd	
Gray	SP	Thurs	8 PM	St Gregorys Ch, Rt 26, North Raymond Rd	
Gray	W/ST	Tues	7 PM	St Gregorys Ch, Rt 26, North Raymond Rd	
Gray	D	Mon	10:30 AM	St Gregorys Ch, Rt 26, North Raymond Rd	
Greenville	D	Fri	7 PM	Union Evengelist Ch,114 South Main St	
Greenville	ST	Wed	7 PM	Union Evangelist Ch,114 South Main St	
Guilford	D	Sat	7 PM	Guilford Methodist Ch, 3 School St	
Hallowell	D	Tues	7 PM	St Mathew's Ch, 18 Union St	
Hallowell	W/D	Fri	Noon	Cox Memorial Ch, 33 Central St	
Hallowell	M/D	Fri	Noon	St Mathew's Hall,18 Union St	
Hallowell	BB	Thurs	Noon	St Mathew's Hall,18 Union St	
Hallowell	ST/C	Wed	Noon	St Mathew's Ch, 18 Union St	
Hallowell	SP/C/M	Mon	7 PM	Pre-Release, Stevens School, Winthrop St.	
Hallowell	ABSI	Tues	Noon	St Mathew's Ch, 18 Union St	
Hampden	D	Sun	5 PM	Kiwanis Club, Main St	
Hampden	C/ST	Mon	8 PM	St Mathews Episcopal Ch, 70 Western Ave	
Hampden	D	Sat	9:30 AM	St Mathews Ch, 70 Western Ave	
Hampden	BB	Sat	9:30 AM	St Mathews Episcopal Ch, 70 Western Ave	
Hampden	SP	Tues	8 PM	Methodist Ch, 44 Kennebec Rd	
Hancock	D	Wed	7 PM	Hancock Community Ctr, Rt 1	
Hancock	D	Sun	10 AM	Hancock Community Ctr, Rt 1	
Harrison	ABSI	Sun	6:30 PM	United Parish of Harrison,77 Main St	
Hartland	D/C	Sun	7 PM	Grace Lynn Methodist Ch, 8 Seekins St	
Hollis	D	Tues	7 PM	Salmon Falls Library, 28 Salmon Falls Rd	
Houlton	BB/D	S/M/W/Sat	7:30 PM	White House, 106 1/2 Main St	
Houlton	SP	Thurs	7:30 PM	Church of Good Shepard, 116 Main St	
Houlton	D	Fri	8 PM	Congregational Ch, High St	
Houlton	D	Daily	Noon	White House, 106 1/2 Main St	
Houlton	D	Tues	7:30 PM	Unitarian Church, 61 Military St	
Howland	B/C	Thurs	8 PM	Methodist Ch, 23 Coffin St	
Indian Island	D	Fri	8 PM	St Ann's Parish Hall, Center St	
Jackman	D/BB	Tues	7 PM	Jackman Public Library, 604 Main St	
Jay	W/ST/D	Thurs	6 PM	Niles Memorial Library, Rt 4	
Jay N	C/M/ST/BB	Tues	7 PM	Niles Memorial Library, Rt 4	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Kennebunk	C/W/A	Fri	10 AM	St Davids Episcopal Ch, 138 York St	
Kennebunk	D	Wed/Thurs	7 PM	St Davids Episcopal Ch, 138 York St	
Kennebunk	SP/A	Mon	8 PM	First Parish Unitarian Ch, 114 Main St	
Kennebunk	BB/ST	Fri	6:30 PM	First Parish Unitarian Ch, 114 Main St	
Kennebunk	M/C/D/A	Sun	8 AM	American Legion Hall, Water St	
Kennebunk	C/W/D/A	Sun	10 AM	American Legion Hall, Water St	
Kennebunk	C/ST/A	Sat	7:30 PM	St Davids Episcopal Ch, 138 York St	
Kennebunk	ST/C	Mon-Sat	7:15 AM	First Parish Unitarian Ch, 114 Main St	
Kennebunk	G/D	Tues	8 PM	St Davids Episcopal Ch, 138 York St	
Kennebunk	D/Lit	Sun	7 PM	St David's Episcopal Ch, 138 York St	
Kennebunkport	C/ABSI	Wed	8 PM	Community Hall, Temple St	
Kents Hill	D	Thurs	7 PM	Torsey Memorial Methodist Ch, Rt 17	
Kezar Falls	ST	Tues	7:30 PM	Riverside Methodist Ch, 5 School St	
Kingfield	D	Wed	7:30 PM	Webster Hall, School St	
Kittery	D	M-F	7:30 AM	Lion's Club, Rt 1	
Kittery	BB/D/A	Wed	7 PM	St Raphaels Ch, Government St	
Kittery	SP/C	Sun	7:30 PM	Lion's Club, Rt 1	
Kittery	SP/A	Sat	9 AM	St Raphaels Ch, Government St	
Kittery	D	Sat	7 PM	Youth Connection Ctr, 10 Shapleigh Rd	
Kittery Pt	D	Sun	4:30 PM	First Congregational Ch, 23 Pepperel Rd	
Kittery Pt	ST/M/C	Thurs	7:30 PM	First Congregational Ch, 23 Pepperel Rd	
Levant	ST/C	Tues	8 PM	Harvest Chapel, 3135 Union St	
Lewiston	D/A	Sun	9:30 AM	12 Hour Club, 120 Lisbon St	
Lewiston	BB	Tues	7 PM	St Mary's Reg Med Ctr, 99 Campus Ave	
Lewiston	SP/D	Sat	8:15 PM	St Mary's Hospital, LePage Conf Rm	
Lewiston	M/D	Mon	6 PM	Calvary Methodist Ch, 59 Sabattus St	
Lewiston	ST/D/A	Mon	7 PM	Trinity Episcopal Ch, Spruce & Bates St	
Lewiston	SP/A	Sat	7 PM	Holy Family Ch Parish Ctr, 581 Sabbatus St	
Lewiston	C/BB	Fri	5:30 PM	Calvary Methodist Ch, 59 Sabattus St	
Lewiston	C/W/D/A	Mon	6 PM	12 Hour Club, 120 Lisbon St	
Lewiston	D/BB/ST	Mon-Sat	Noon	12 Hour Club, 120 Lisbon St	
Lewiston	SP	Fri	7 PM	Trinity Episcopal Ch, Spruce & Bates St	
Limerick	D	Mon-Thurs	Noon	Town Hall Downstairs	
Limerick	D	Sat	8 PM	Faith Christian Ch, Rt 11	
Limestone	ST	Wed	5:30 PM	United Methodist Ch, 910 Main St	
Lincoln	D	Wed	8 PM	Masonic Hall, 75 Main St	
Lincoln	D	Sat	8 PM	American Legion Hall, 3 Fleming St	
Lincoln	ST	Fri	7 PM	Penobscot Valley Hosp, Transalpine Rd	
Lisbon Falls	BB	Tues	7:30 PM	St Mathews Episcopal Ch, 496 Lisbon St	
Lisbon Falls	SP	Sun	7 PM	Lewiston Baptist Ch, 1919 Lisbon Rd	
Livermore	D	Fri	7:30 PM	N Livermore Baptist Ch, 555 Federal Rd	
Machais	D	Fri	7:30 PM	Community Ch of Christ, North St	
Machias	D	Tues	7:30 PM	St Aidens Episc Ch, 36 Hill St	
Machias	D	Sun	7:30 PM	Community Ch of Christ, North St	
Machias	LIT	Mon	7:30 PM	Congregational Ch, Center St	
Machias	W/D	Sat	10 AM	St Aidens Episc Ch, 36 Hill St	
Madawaska	BB/C/D	Sat	9:30 AM	Senior Citizens Ctr, 5318 Main St	
Madawaska	SP	Tues	7:30 PM	Senior Citizens Ctr, 5318 Main St	
Madison	D	Tues	7:30 PM	St Sebastian School, Pleasant St	
Madrid	D	Fri	7 PM	Old School (Summer Only)	
Manchester	D	Mon	7 PM	Manchester Lions Club, Route 17	
Mexico	D/C	Sat	7 PM	Parish of the Holy Savior, 126 Maine Ave	
Mexico	C/D	Mon	7 PM	Green Congregational Ch, Rte 2	
Milbridge	D	Mon	7 PM	Congregational Ch, 10 Bridge St	
Millinocket	SP/C	Fri	8 PM	St Andrew Episcopal Ch, 40 Highland Ave	
Millinocket	D/ST/BB	M-F	Noon	St Andrew Episcopal Ch, 40 Highland Ave	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Millinocket	D/C	Mon	7 PM	Congregational Ch, 274 Katahdin Drive	
Millinocket E	SP	Sun	7 PM	Congregational Ch, 11 Maple St	
Milo	D	Mon	7 PM	Milo Methodist Ch, 15 Park St	
Monhegan Island	D	Sun/Thurs	7:30 PM	Library, 1 Main St	
Monson	Lit	Sun	5 PM	Community Ch, Main St	
NE Harbor	D	Sat	9:30 AM	St Mary's Parish Hall, 5 Kimball Rd	
New Denmark, NB	D	Tues	8 PM	Bethany Lutheran Ch Foley Brook Rd Canada	
Newcastle	ST	Tues	9:30 AM	St Andrew's Ch, 11 Glidden St	
Newcastle	BB	Thurs	9:30 AM	St Andrew's Ch, 11 Glidden St	
Newcastle	D	Sun	7 PM	St Andrew's Ch, 11 Glidden St	
Newcastle	D	Tues	6:30 PM	Second Congregational Ch, 51 Main St	
Newcastle	C/D	Fri	9 AM	Second Congregational Ch, 51 Main St	
Newcastle	D	Fri	6 PM	Second Congregational Ch, 51 Main St	
Newfield W	D/A	Sun	7 PM	United Church of Christ, Maplewood Rd	
Newfield W	W/BB/D	Tues	7 PM	United Church of Christ	
Newfield W	ST/A	Wed	7 PM	United Church of Christ, Maplewood Rd	
Newport	D/W	Wed	7 PM	Methodist Ch, 54 Main St	
Newport	D	Mon	7 PM	Methodist Ch, 54 Main St	
Newport	C/M	Wed	7 PM	Methodist Ch, 54 Main St	
North Haven Island	C/D	Wed	7:30 PM	Baptist Church (Take Rockland Ferry)	
North Haven Island	D	Fri	7:30 PM	Islander,Take Rockland Ferry(Summer Only)	
North Haven Island	BB/C/A	Sun	6:30 PM	Baptist Church (Take Rockland Ferry)	
Norway	B/ST/BB	M-F	8 AM	Universalist Unitarian Ch,497 Main St	
Norway	B/D/A	Fri	6:30 PM	Stephen's Mem Hosp, 181 Main St	
Norway	D	Thurs	8 PM	Christ Episcopal Ch, 35 Paris St	
Norway	D	Wed	8 AM	Universalist Unitarian Ch,497 Main St	
Norway	C/D	Wed	8 PM	Weary Club Bldg, 385 Main St	
Norway	BB/A	Tues	6:30 PM	Stephen's Mem Hosp, 181 Main St,Boardroom	
Norway	B	Mon	6:30 PM	Second Congregational Ch, 201 Main St	
Norway	SP	Mon	8 PM	Second Congregational Ch, 201 Main St	
Norway	D/C	Sun	8:30 AM	Weary Club Bldg, 385 Main St	
Norway	D	Sat	10 AM	Universalist Unitarian Ch,497 Main St	
Oakland	D	Mon	Noon	United Methodist Ch, 14 W School St	
Ogunquit	D/BB/ST	M/W/F	9 AM	Baptist Ch, 71 Shore Rd	
Ogunquit	SP/A	Sun	8 PM	Dunaway Ctr, Town Hall, School St	
Old Town	ABSI	Sun	7 PM	St James Episcopal Ch, Crn Center & Main	
Old Town	D/A	Sat	8 PM	United Methodist Ch, 744 Stillwater Ave	
OOB	ST	Thurs	6:30 PM	Milestone, 28 Portland St	
OOB	BB	Sun	7 PM	United Methodist Ch, Washington Ave	
OOB	B/D	Sat	6:30 PM	United Methodist Ch, Washington Ave	
OOB	ST	Mon	7 PM	United Methodist Ch, Washington Ave	
Orland	D/A	Mon	7:30 PM	Methodist Ch, Narramissic Dr	
Orland	D	Sat	7 PM	Orland Town Office, 23 School House Rd	
Orono	D/A	Tues	8 PM	C.M. Parker Senior Ctr, Birch St	
Orono	D/ABSI	Fri	Noon	Chapel, 3rd Floor Memorial Union	
Orrington	D/A	Fri	7 PM	E Congregational Ch, 38 Johnson Mills Rd	
Orrington	W/ST/D	Thurs	7 PM	E Congregational Ch, 38 Johnson Mills Rd	
Orrs Island	BB	Thurs	7 PM	Methodist Ch, Rt 24, Main Rd	
Palmyra	D	Fri	7 PM	Town Hall, Rt 2	
Paris S	ABSI	Fri	8 PM	First Congregational Ch, 17 East Main St	
Paris S	ST	Sun	7 PM	Deering Methodist Ch, 39 Main St	
Paris W	D	Sat	7:30 PM	First Universalist Ch	
Parkman	B/BB	Thurs	6:30 PM	Parkman Town Hall, 771 Route 150	
Peaks Island	D	Tues	6:30 PM	St Christophers Ch, 15 Central Ave	
Pembroke	D	Sun	7:30 PM	Grace Chapel, Leighton Point Rd	
Penobscot	BB	Thurs	7 PM	United Methodist Ch, Rt 176	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Penobscot	BB	Sat	9:30 AM	St Mathews Ch, 70 Western Ave	
Pittsfield	D	Thurs	7 PM	First Congregational Ch, 132 Somerset Ave	
Pittsfield	D	Sat	7 PM	Unitarian Universalist Ch, Easy St	
Pittston	D	Wed	7:30 PM	Congregational Ch, 285 Wiscasset Rd	
Plaster Rock, NB	ST	Mon	8 PM	White Church behind Save Easy	
Poland	D	Tues	8 PM	Poland Community Ch, 1208 Maine St	
Port Clyde	ST	Mon	7:30 PM	Church across from Post Office	
Porter	W/BB	Wed	6:30 PM	Kezar Falls Fire Station, Statton River St	
Portland	SP	Wed	7 PM	First Baptist Ch of Portland, 360 Canco Rd	
Portland	M/BB/ST	Sun	9 AM	Mercy Hosp, 144 State St, B2 Auditorium	
Portland	ST/CC	Sun	8 AM	Williston West Ch, 32 Thomas St	
Portland	W/B/ST	Sun	7 PM	Trinity Episcopal Ch, 113 Coyle St	
Portland	D/A	Thurs	7 PM	75 State St	
Portland	SP/A	Sat	7 PM	Sahara Club, 135 Washington Ave	
Portland	SP/A	Fri	7 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	D/A	Tues	7 PM	New England Rehab, Brighton Med Ctr, Rm 3	
Portland	SP/B/D	Sat	10:30 AM	Sahara Club, 135 Washington Ave	
Portland	D/A	Fri	8 PM	MMC, Dana Ctr, 22 Bramhall St, Rm 7	
Portland	BB	Tues	5:30 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	SP/D	Wed	8 PM	Immanuel Baptist Ch, 156 High St	
Portland	SP/C	Mon	6:30 PM	Cumberland Cty Jail, 50 Country Way	
Portland	BB	Sun	5 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	ST/C/A	Wed	7:30 PM	Clark Methodist Ch, Forest Ave	
Portland	ST/W/C	Thurs	5 PM	Sahara Club, 135 Washington St	
Portland	D	Sun	6 PM	Portland W Community Ctr, 181 Bracket St	
Portland	SP/D	Sat	7 PM	YMCA, 70 Forest Ave	
Portland	D	Sat	8 AM	Williston West Ch, 32 Thomas St	
Portland	D/A	Mon	6:30 PM	Universalist Ch, 524 Allen Ave	
Portland	ST/C/A	Mon	7:30 PM	Trinity Episcopal Ch, 113 Coyle St	
Portland	W/ST	Mon	7 PM	The New Church, 302 Stevens Ave	
Portland	SP	Sun	7 PM	Washington Gardens Ctr, 66 Pembroke St	
Portland	BB	Thurs	Noon	St Patricks Ch, 1342 Congress St	
Portland	D/ST	M-F	7:30 AM	Sacred Heart Ch, 80 Sherman St	
Portland	SP	Mon	8 PM	St Peter's Ch, 72 Federal St	
Portland	D	Fri	7:30 PM	Sahara Club, 135 Washington Ave	
Portland	G/SP	Sun	6:30 PM	MMC, Dana Ctr, 22 Bramhall St	
Portland	BB/ST	Tues	7:30 PM	Woodsford Congr Ch, 202 Woodford St	
Portland	G/ST/M	Fri	6:30 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	D	M-F	12:15 PM	Sahara Club, 135 Washington Ave	
Portland	SP	Sun	11 AM	Washington Gardens Ctr, 66 Pembroke St	
Portland	Tag	Sat	9 AM	Sahara Club, 135 Washington Ave	
Portland	MED/CC	Sun	8 AM	Williston West Ch, 32 Thomas St	
Portland	ST/D	Mon	Noon	St Patricks Ch, 1342 Congress St	
Portland	B/D	Mon	6:30 PM	Olde St Paul Ch, 279 Congress St	
Portland	SP/D	Tues	6:30 PM	Sahara Club, 135 Washington Ave	
Portland	B	Wed	6:30 PM	Community Ctr, 66 Pembroke St	
Portland	SP/D	M-F	7 AM	Old Paul's Ch, 279 Congress St	
Portland	C/D/ABSI	Sat	8:30 AM	Portland W Community Ctr, 181 Bracket St	
Portland	D	Thurs	7:30 PM	Cumberland Cty Jail PreRelease, 36 County	
Portland	SP	Wed	7 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	ST	Fri	6 PM	Stroudwater Baptist, 1737 Congress St	
Portland	D/Lit/B	Mon-Sat	7 AM	First Parish Unitarian Ch, 425 Congress St	
Portland	ST	Fri	9:30 AM	Oxford St Shelter, 2030 Oxford St	
Portland	SP	Fri	8 PM	Church of Holy Spirit, 1047 Congress St	
Portland	ABSI	Thurs	7 AM	Residence of 158 Danforth St	
Portland	BB/D	Wed	7 PM	MMC, New England Rehab, 335 Bridgton Ave	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Portland	W/ST	Mon	12:15 PM	First Parish Unitarian Ch,425 Congress St	
Portland	C/M/D/W	M-F	Noon	First Parish Unitarian Ch,425 Congress St	
Portland	W/ST	Thurs	12:15 PM	First Parish Unitarian Ch,425 Congress St	
Portland	D	Sat	7:30 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	SP	Tues	8 PM	Serenity House, 30 Mellen St	
Portland	D	Mon	6:30 PM	CCJ Pre Release Ctr, 36 County Way	
Portland	SP	Thurs	7 PM	Clark Methodist Ch, Forest Ave	
Portland	SP	Wed	7:30 PM	First Parish Unitarian Ch,425 Congress St	
Portland	B/D	Mon	5:30 PM	Dana Health Ed Ctr, 22 Bramhall St	
Portland S	D	Mon	7:30 PM	United Methodist Ch, 179 Ridgeland St	
Portland S	SP	Sun	8 PM	St John Evangelist Ch, 611 Main St	
Portland S	D	Wed	8 PM	So ME Comm College, Jewett Hall,Rm 109	
Portland S	ST	Sun	6:30 PM	People's United Methodist Ch,310 Broadway	
Portland S	D	Tues	7:30 PM	United Methodist Ch, 179 Ridgeland St	
Portland S	D	Sat	2 PM	Congregational Ch, 301 Cottage St	
Portland S	D	Sun	5 PM	YAI Brick Hill Bldg, 50 Lydia Lane	
Portland S	M/ST/C	Thurs	7:30 PM	St John Evangelist Ch, 611 Main St	
Portland S	D	Fri	6:30 PM	United Methodist Ch, 179 Ridgeland St	
Presque Isle	D	Fri	Noon	MicMac Admin Bldg,Presque Isle Industrial	
Presque Isle	D	Wed/Sat	7:30 PM	Academy House, 150 Academy St	
Presque Isle	BB	Sun	7 PM	Academy House, 150 Academy St	
Princeton	SP/D	Tues	7:30 PM	Elders Meal Ctr, Off Rt 1	
Princeton	D	Fri	Noon	Indian Township Health Ctr,Peter Dana Pt	
Randolph	D	Fri	7:30 PM	Randolph Methodist Ch, 16 Astbury St	
Rangeley	C/ST	Sat	7 PM	Congregational Ch, 2 High St	
Rangeley	W/D	Thurs	Noon	Ch of the Good Shepard, 2614 Main St	
Rangeley	D	Tues	7 PM	Good Shepard Ch, 2614 Main St	
Raymond	BB	Fri	7 PM	Raymond Village Ch,Rt 121	
Richmond	ST	Sat	9 AM	Richmond Methodist Ch, 21 Pleasant St	
Richmond	BB	Mon	Noon	Richmond Methodist Ch, 21 Pleasant St	
Richmond	D	Fri	Noon	Richmond Methodist Ch, 21 Pleasant St	
Richmond	D/SP	Sun	7 PM	Richmond Grange, Alexander Reed Rd	
Robinston	ST	Wed	7 PM	Robinston Elementary Sch,904 U.S. Rt1	
Rockland	D	Sat	7 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D	Thurs	6:30 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D	Mon-Sat	12:15 PM	Recreational Ctr, Tower Rm, Union St	
Rockland	C/D	Tues	7 PM	Knox County Jail, Upper Park St	
Rockland	C/M/D	Mon	7 PM	Lutheran Ch, 179 Old County Way	
Rockland	ST/C	Sun	10:30 AM	Knox Center,Rockland Rm, 6 White St	
Rockland	D/A	Tues	7 PM	St Bernard's Church, 150 Broadway	
Rockland	D	Sun	7 PM	First Universalist Ch,345 Broadway St	
Rockland	W/ST	Sun	7 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D	Fri	6:45 AM	St Peter's Episcopal Ch,White St	
Rockland	D	Fri	7 PM	Recreational Ctr, Union St	
Rockland	W/D/C	Sat	8:30 AM	Unitarian Universalist Ch,345 Broadway St	
Rockport	D	Sun	10:30 AM	Pen Bay Physician Bldg, Glen Cove Drive	
Rumford	ST/BB	Sun	10 AM	Seniors Plus, 50 Congress St	
Rumford	C/D	Tues/Thurs	7 PM	Seniors Plus, 50 Congress St	
Saco	D/A	M-F	Noon	Oasis Club, 63 School St	
Saco	C/M/D	Sun	9 AM	Oasis Club, 63 School St	
Saco	SP/A	Wed	7:30 PM	Oasis Club, 63 School St	
Saco	BB/ST/B	Tues	7 PM	Trinity Episcopal Ch, 15 Cleaveland St	
Saco	SP/D	Sat	8 PM	Oasis Club, 63 School St	
Saco	D	Sun	9 AM	Saco Elks Lodge, 68 Ocean Park Rd	
Saco	W/ST/C	Thurs	6:30 PM	First Parish Congregation Ch, 12 Beach St	
Saco	ASBI	Sun	10:30 AM	Oasis Club, 63 School St	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Saco	D/A	Sun	7 PM	Oasis Club, 63 School St	
Saco	SP/A	Fri	7:30 PM	Oasis Club, 63 School St	
Saco	B/D	Thurs	7 PM	Oasis Club, 63 School St	
Saco	BB/ST	Mon	7:30 PM	Unitarian Universalist Ch, 60 School St	
Saco	SP/D	Tues/Sat	7:30 PM	Oasis Club, 63 School St	
Salisbury Cove	D	Thurs	7 PM	Eden Baptist Ch, Old Bar Harbor Rd	
Sanford	ST	Fri	10 AM	St George's Episcopal Ch, Main St	
Sanford	SP/A	Wed	6:30 PM	St George's Episcopal Ch, Main St	
Sanford	D	Tues	6 PM	Holy Family Ch Basement, 66 North Ave	
Sanford	SP/D/A	Thurs	6 PM	Holy Family Ch Basement, 66 North Ave	
Sanford	D	Daily	Noon	Holy Family Ch Basement, 66 North Ave	
Sanford	SP/D	Mon	Noon	St George's Episcopal Ch, Main St	
Sanford	BB/ST	Sun	6 PM	Holy Family Ch Basement, 66 North Ave	
Sanford	BB	Thurs	Noon	St George's Episcopal Ch, Main St	
Sanford	ABSI	Tues	Noon	St George's Episcopal Ch, Main St	
Sangerville	W	Tues	5:30 PM	First Unitarian Universalist Ch, Church St	
Scarborough	ST	Fri	8 PM	First Congregational Ch, 161 Black Point Rd	
Scarborough	W/LS	Sat	8:30 AM	St Nicholas Ch, 350 Rt 1	
Scarborough	W/D/C	Mon	5:30 PM	St Nicholas Episcopal Ch, 350 US Rt 1	
Scarborough	C/D/A	Thurs	7:30 PM	Scarborough Methodist Ch, Church St	
Scarborough	BB/D	Mon	Noon	Coastal Community Ch, 260 Rt 1	
Searsmont	L/SP	Tues	8 PM	Seventh Day Adventist Ch, Route 3	
Searsport	D	Sun	7 PM	First Congregational Ch, Knox Brothers Ave	
Sebago	SP/D	Mon	7 PM	Church of the Nazarene, Rt 114	
Sedgewick	D	Sun	10 AM	Sedgewick Town Hall, Rt 172	
Sedgewick	C/W/D	Wed	6 PM	Sedgewick School, Rt 15	
Sidney	SP/D	Thurs	7:30 PM	Hearthside, 2093 Belgrade Rd	
Sinclair	D	Sun	7 PM	Fire Station, 95 Sinclair Rd	
Skowhegan	D/B	Thurs	10 AM	Notre Dame De Lourdes, 222 Water St	
Skowhegan	W/D	Tues	11 AM	Federated Ch, 12 Island Avenue	
Skowhegan	D	Mon	7:30 PM	All Saints Episcopal Ch, Malbon Mills Rd	
Skowhegan	SP/D	Fri	7 PM	Federated Ch, 12 Island Avenue	
Skowhegan	BB/ST	Mon	10 AM	Methodist Ch, 103 Dr Mann Rd, Rt 4	
Skowhegan	ST	Sat	10 AM	Reddington Fairview Hosp, Conf Rm C	
Skowhegan	D	Wed	8 PM	Notre Dame De Lourdes, 222 Water St	
Skowhegan	BB	Thurs	7 PM	Federated Ch, 12 Island Avenue	
Somesville	D	Wed	7:30 PM	Union Meeting Parish Hall, Main St	
Springvale	D	Tues	8 PM	Baptist Church, 429 Main St	
St Andrew's	D	Fri	8 AM	Anglican Ch Hall, 75 King St	
St Leonard NB	BB/D/C	Wed	8 PM	Boy Scout Building, Main St	
St Quentin NB	D/C	Wed	8 PM	Montcalm Theater	
St Stephen NB	SP	Sun	7 PM	Kirk McCall Ch, King St	
St Stephen NB	D/C	Wed	7 PM	Satellite Serenity Club, Mark St	
Standish	D	Sat	8 AM	Standish Congregational Ch, 25 Oak Hill R	
Stockholm	D	Sat	7:30 PM	Axel Siding, Lebonon Rd	
Stockton Springs	Lit/D	Fri	6:30 PM	Town Office, Main St	
Stonington	D	Sat	7:30 PM	Town Hall, Upstairs, Main St	
Stratton	ST/C	Mon	7 PM	St John's Catholic Ch, 50 Main St	
Sullivan	D	Tues/Thurs	6 PM	Sullivan Baptist Ch, 34 Harbor View Drive	
Sullivan Harbor	D	Fri	6 PM	Sullivan Recreational Ctr, Rt 1	
SW Harbor	D	Thurs	7 PM	Congregational Ch, High Rd	
SW Harbor	D	Sun	7 PM	Congregational Ch, High Rd	
Tenants Hbr	D	Tues	7 PM	American Legion Hall, Rt 131	
Thomaston	BB/A	Fri	6:30 PM	St John the Baptist Ch, 112 Main St	
Thomaston	ST	Wed	7 PM	St John Episcopal Ch, 200 Main St	
Thomaston	D	Mon/Thurs	7 PM	St John the Baptist Ch, 112 Main St	

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<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Tobique NB	D	Sun	7:30 PM	Church Basement Tobique Reserve	
Tobique NB	D	Fri	7:30 PM	Tobique Rehab Ctr, on Reservation	
Togus	D	Mon	7 PM	USVA Hospital, Bldg 206, Rm 140	
Togus	SP	Wed	7 PM	USVA Hosp (Auditorium) Theater Bldg 210	
Topsham	D	Wed	8 PM	United Baptist Ch, Main St	
Trenton	D	Fri	8 PM	Trenton Baptist Ch	
Turner	D/A	Tues	7 PM	Veterinary Hospital, 10 Business Parkway	
Union	D/A	Sat	8 PM	United Methodist Ch, Union Common	
Unity	D	Thurs	8 PM	Methodist Ch, Depot St	
Van Buren	ST/D	Mon	7 PM	Community Center, 16 Champlain St	
Veazie	D	Mon	8 PM	Veazie Community Ctr, 1005 Olive St	
Vinalhaven	D	Tues	7 PM	Harbor Wharf (Take Ferry)	
Waldoboro	ST	Thurs	6:30 PM	Broad Bay Congregational Ch,941 Main St	
Warren	D	Sun	9 AM	Maine State Prison, 870 Cushing Rd	
Warren	C/D/A	Tues	7 PM	Congregational Ch, Main St	
Warren	D/C	Thurs	7 PM	Maine State Prison, 870 Cushing Rd	
Warren	D	Wed	5:45 PM	Maine State Prison, 870 Cushing Rd	
Waterboro	GV/D	Fri	7 PM	Waterboro Town Hall, 24 Townhouse Rd	
Waterboro	SP/D/A	Mon	7 PM	St Stephens Ch, Sokokis Rd, Rt 5	
Waterville	D	Mon	7:30 AM	United Methodist Ch, 61 Pleasant St	
Waterville	SP	Tues	8 PM	Seton Hospital, 6th Floor, 30 Chase Ave	
Waterville	W/D	Wed	8:30 AM	United Methodist Ch, 61 Pleasant St	
Waterville	D/ABSI	Sun	10 AM	Adolescent Center, Chase Ave	
Waterville	SP	Tues	8 PM	Lutheran Ch, 36 Cool St	
Waterville	D	Fri	6 PM	ME General, Seton, Downstairs PDR	
Waterville	D	Tues-Fri	6:45 AM	United Methodist Ch, 61 Pleasant St	
Waterville	D	Mon	10 AM	Advent Christian Ch, 4 Pleasant St	
Waterville	D	Wed	5 PM	Getchell Baptist Ch, Getchell St	
Waterville	SP/A	Thurs	8 PM	Seton Hospital,Adolescent Unit,30 Chase A	
Waterville	ST/BB/D	Tues-Sat	10 AM	St Mark's Ch, 60 Eustis Parkway	
Waterville	D	Wed	7 PM	St Joseph Ch, Front St	
Waterville	B/D	Sun	7 PM	ME General, Seton, Lecture Hall A & B	
Wells	D/C	Thurs	8 PM	Congregational Ch, 1695 Post Rd	
Wells	BB/D	Fri	7:30 PM	St Mary's Ch, 236 Eldridge Rd	
Wells	D/B	Sat	8 AM	St Mary's Ch, 236 Eldridge Rd	
Westbrook	SP	Sun	6:30 PM	Housing Authority, 20 Lisa Harmon Dr	
Westbrook	D	Sat	10 AM	Trinity Lutheran Ch, 612 Main Rd	
Westbrook	ST/D	Sun	10:30 AM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	C/M/D	Thurs	6:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	D/C	Wed	6 PM	Trinity Lutheran Ch, 612 Main St	
Westbrook	B/D	Thurs	8 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	BB	Mon	6 PM	Trinity Lutheran Ch, 612 Main St	
Westbrook	SP	Sat	6:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	D/SP	Tues	12:15 PM	Trinity Lutheran Ch, 612 Main St	
Westbrook	B/D	Fri	7:30 PM	Mercy Recovery Ctr, 40 Park Rd	
Westbrook	D/B	Wed	7:30 PM	St Anthony Parish Ed Ctr,22 Walker St	
Whitefield N	SP	Sat	10 AM	St Dennis Ch, 298 Grand Army Rd, Rt 126	
Whiting	D	Mon	7 PM	Cobscook Friends Meeting House,Rt 189	
Wilton	D	Sat	7:30 PM	St Lukes Ch Basement, 59 High St	
Wilton	D/C	Mon	7:30 PM	St Lukes Ch Basement, 59 High St	
Windham	BB	Sat	10 AM	St Ann's Episcopal Ch, River Rd	
Windham	BB	Mon	7:30 PM	Windham Union Ch, Rt 302	
Windham	Lit/D	Wed	Noon	N Windham Union Ch,723 Roosevelt	
Windham	D/Lit	Sun	7:30 PM	St Ann's Episcopal Ch, River Rd	
Windham	D	Tues	7:30 PM	So Windham Community Ch, 31 Main St	
Winslow	D	Sun	8:30 AM	Rec Hall behind Fire Station	

**AA**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Winslow	D	Tues	6 PM	Congregational Ch, 26 Lithgow St	
Winslow	SP	Thurs	5 PM	St John the Baptist Ch, Monument St	
Winslow	D	Sun	5 PM	St John the Baptist Ch, Monument St	
Winter Harbor	D	Tues	6 PM	Chart Room behind IGA, Main St	
Winterport	D/C	Wed	Noon	St Gabriels Ch,Community House,Lower Main	
Winterport	D	Fri	8 PM	St Gabriels Ch,Community House,Lower Main	
Winthrop	D	Thurs	Noon	Congregational Ch, 11 Bowdoin St	
Winthrop	D	Mon	7 PM	United Methodist Ch, Main St	
Winthrop	D	Fri	7 PM	Congregational Ch, 11 Bowdoin St	
Winthrop	ST/D	Wed	7 PM	Congregational Ch, 11 Bowdoin St	
Yarmouth	D	Mon	7:30 PM	First Congregational Ch,Main St	
Yarmouth	BB	Thurs	7:30 PM	St Bartholomews Ch, Gilman Rd	
Yarmouth	B	Fri	7:30 PM	Sacred Heart Ch, 362 Main St	
Yarmouth	W/ST	Mon	7 PM	Church of the Nazarene, Rt 1	
Yarmouth	B/C	Wed	7:30 PM	N Yarmouth Congregational Ch,3 Gray Rd	
York	SP/A	Tues	8 PM	Methodist Ch, Rt 1	
York	W/ST	Sun	6 PM	Health Health Center, York Hospital	
York	D	Mon	7:30 PM	Methodist Ch, Rt 1	
York Beach	ST/C	Tues	Noon	Union Congregational Ch, 29 Church St	
York Beach	BB/ST	Mon	7:30 AM	Union Congregational Ch, 29 Church St	
York Harbor	C/D	Wed	7:30 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	SP/B/D	Thurs	7:30 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	D/W	Wed	9:30 AM	St Christopher Ch, York St	
York Harbor	SP	Sun Last	9 AM	York Harbor Inn, Rt 1A	Last Sun of Month only
York Harbor	ST	Mon	6 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	ST	Fri	7:30 PM	St George Episc Ch, Rt 1A, 407 York St	
York Harbor	BB	Sat	Noon	St George Episc Ch, Rt 1A, 407 York St	
York Village	SP/A	Sat	8 PM	York Hospital ,Purple Bldg,16 Hospital Dr	

**Abused Men**

Statewide				Battered Men Support Groups,Call for Info	1-877-643-1120 x757
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**Abused Women**

Androscg, Franklin, Oxford			24 HRS	Abuse Women Advocacy Project	1-800-559-2927
Aroostook				Aroostook Band of MicMacs Family Violence	1-800-439-2323
Aroostook				Houlton Band Maliseet Domestic Violence	532-6401
Aroostook County			24 HRS	Battered Women's Project	1-800-439-2323
Cumberland, Sagadahoc			24 HRS	Family Crisis Srvs/Call for Information	1-800-537-6066
Eastport				Passamaquoddy Peaceful Relations	853-2613
Franklin Cty			24 HRS	Abused Women's Advocacy	1-800-559-2927
Hancock, Washington			24 HRS	Next Step Domestic Violence Project	1-800-315-5579
Kennebec, Somerset			24 HRS	Family Violence Project	1-877-890-7788
Knox, Lincoln, Waldo			24 HRS	New Hope for Women (338-6569)	1-800-522-3304
National			24 HRS	National Domestic Violence	1-800-799-7233
Penobscot			24 HRS	Caring Unlimited/Call for Information	1-800-239-7298
Penobscot			24 HRS	Spruce Run	1-800-863-9909
Penobscot				Penobscot Nation/Spruce Run	1-800-863-9909
Piscataquis			24 HRS	WOMANCARE	1-888-564-8165
Statewide				United Somali Women of Maine	207-753-0061
Statewide				Tengo Voz (Latin American, I Have Voice)	207-553-2252
Statewide				Sudanese Development Institute of Maine	207-879-2281
Statewide			24 HRS	Domestic Violence Helpline	1-866-834-4357
Washington Cty			24 HRS	Peaceful Choices	1-888-604-8692
York County			24 HRS	Caring Unlimited/Call for Information	

**Abuser Education**

**Abuser Education**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Augusta				Men's Work for Abusive Men	623-7252
Statewide	M		24 HRS	For Abusive Men (795-4020)	1-800-559-2927

**ACOA**

Augusta	D			Therapeutic Support Grp (Call for Info)	623-8375
Saco	D	Fri	6:30 PM	Trinity Episcopal Ch, 403 Main St	

**Addiction/MH**

Aroostook				Peer Resource Ctr, Call for Information	1-888-565-5522
Statewide		M-F	5PM-3AM	Advocacy Incentive Network, Amistad	1-866-771-9276

**AIDS C&T**

Aroostook				Aroostook County Action Program(768-3721)	1-800-432-7881
Auburn		M-F		Auburn/Lewiston STD Clinic (795-4019)	1-800-587-9354
Augusta		M-F	9-5 PM	Horizon Program, 9 Green Street	621-5376
Augusta				HealthReach Harm Reduction	621-3793
Bangor		M-F	8:30-4:30	Bangor STD Clinic, 103 Texas Ave	947-0700
Bangor				Eastern Maine AIDS Network 990-3626	1-877-990-3626
Bangor		M-F		Penquis CAP Health Services	1-800-215-4942
Bangor		M-F		Wabanaki Mental Health	990-0605
Brunswick				Merrymeeting AIDS Support	725-4955
Damariscotta		Mon-Wed	8:30-4:30	Damariscotta Family Planning	563-1224
Ellsworth			24 HRS	Western Maine Community Action (667-5304)	1-800-645-9636
Ellsworth			24 HRS	Downeast Health Services (667-3506)	1-800-492-5550
Farmington		M-F	8-4 PM	Tri County Health Svcs (778-4553)	1-800-645-9636
Fort Kent				ACAP Health First	834-3513
Houlton				ACAP Health First	532-5303
Lewiston				St Mary's Reg Med Ctr, 99 Campus Ave	777-8507
Lubec				Healthways HIV Program (733-1090 x2156)	1-877-270-4139
Machias				Downeast AIDS Network	255-5849
Norway				Tri County Health Services	743-2066
Portland				Frannie Peabody Ctr, 615 Congress St	774-6877
Portland				Advanced HIV/STD Testing	1-877-774-7767
Portland				Portland STD Clinic	874-8446
Portland				HIV/STD Testing Center	
Presque Isle				ACAP Health First	768-3062
Rockland		M/T/Th/F	8:30-4:30	Mid Coast Health Family Planning	594-6880
Statewide				Maine AIDS Hotline	1-800-851-2437
Statewide				Maine DHHS HIV/STD Program	287-3747
Waldo		Mon-Thurs	8:30-4:30	Belfast Family Planning	338-3736
Warren				Coastal AIDS Network	273-3444

**AIDS Support**

Augusta		M-F	9-5 PM	Horizon Program, 9 Green Street	621-3790
Bangor		M-F	8-5 PM	Eastern ME AIDS Network, 80 Exchange St	990-3626
Ellsworth		M-F	8-4 PM	DownEast AIDS Network, 25 Pine St, Ste A	667-3506
Portland		M-F	9-5 PM	Frannie Peabody Ctr, 615 Congress St	749-6818

**Al anon**

Andover	D	Wed	7:30 PM	Andover Congregational Ch, 25 Elm St	
Auburn	D	Sat	7 PM	Grace Lutheran Ch, 757 Summer St	
Auburn	D	Wed	10 AM	Grace Lutheran Ch, 757 Summer St	
Auburn	D	Wed	8 PM	St Philips Ch, 365 Turner Rd, Rt 4	
Auburn	D	Mon	7:30 PM	United Methodist Ch, 439 Park Ave	
Augusta	D	Fri	12:30 PM	Unitarian Universalist Ch, Winthrop St	
Augusta	D	Tues	7 PM	St Mark's Episcopal Ch, 9 Summer St	
Augusta	D	Thurs	5:30 PM	Augusta Masonic Hall, 317 Water St, Upstair	
Bangor	D	Thurs	8 PM	Hammond St Cong Ch, 28 High St	

**Al anon**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Bangor	D	Mon	Noon	Boyd Place, 21 Boyd St	
Bangor	ST	Wed	10 AM	Boyd Place, 21 Boyd St	
Bangor	D	Sat	1 PM	St John's Episcopal Ch, 234 French St	
Bangor	D	Mon/Fri	Noon	St John's Episcopal Ch, 234 French St	
Bar Harbor	D	Tues	7 PM	First Baptist Ch, 46 Ledgelawn Ave	
Bar Harbor	D	Fri	7 PM	St Savior's Parish Hall, 41 Mt Desert St	
Bath	D	Thurs	7 PM	United Church of Christ, 150 Congress Ave	
Belfast	D	Sat	10 AM	St Margaret Lighthouse, 100 Court St	
Belfast	D	Mon	Noon	First Baptist Ch, 95 High St	
Belfast	D	Thurs	7 PM	St Francis of Assisi Ch, 47 Court St	
Berwick S	D	Mon	10 AM	First Federated Ch, Academy St	
Biddeford	D	Tues	7:45 PM	Second Parish Congr Ch, 19 Crescent St	
Blue Hill	D	Sun	7 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Boothbay Harbor	D	Mon	7 PM	St Columbia Episcopal Ch, 32 Emery Lane	
Brewer	D	Tues	6 PM	First United Methodist Ch, 40 S. Main St	
Bridgeton	B/D	Tues	7 B/ 7:30 PM	St Joseph Catholic Ch, 225 High St	
Brunswick	D	Sat	7:30 PM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	D	Mon	Noon	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	D	Wed	10 AM	7th Day Adventist Ch, Fellowship Hall	
Brunswick	D	Fri	Noon	First Parish Ch Vestry, 9 Cleaveland St	
Bucksport	D	Wed	7 PM	Congregational Ch, Elm St	
Buxton	D	Tues	6:30 PM	North Congregational Ch, 22 Churchill Rd	
Calais	D	Wed	6:30 PM	Old Calais Hospital	
Camden	D	Tues	7 PM	Our Lady of Good Hope Ch, 7 Union St	
Cape Elizabeth	D	Fri	7 PM	St Albans Episc Ch, 885 Shore Rd	
Cape Elizabeth	D	Thurs	7:30 PM	United Methodist Ch, 280 Ocean House, Rt 77	
Caribou	D	Sat	1 PM	Caribou Public Library, 30 High St	
Casco	D	Sun	6:30 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
Coopers Mills	D	Sun	7 PM	Sheepscot Valley Hlth Ctr, 47 Main St	
Damariscotta	D	Tues	7 PM	Mobius Bldg, Rt 1	
Eastport	D	Tues	6:30 PM	St Joseph Parish Hall, Orange St	
Ellsworth	D	Tues/Thurs	Noon	Unitarian Universalist Ch, 121 Bucksport R	
Ellsworth	D	Mon	7 PM	First Congregational Ch, Church St	
Falmouth	D	Fri	5:30 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Falmouth	D	Tues	7B/8 PM	St Mary's Episcopal Ch, 43 Foreside Rd	
Farmington	D	Fri	7 PM	Franklin Memorial Hosp, Waldon Rm	
Farmington	D	Wed	7 PM	Franklin Memorial Hosp, Waldon Rm	
Farmington	D	Sun	7 PM	Franklin Memorial Hosp, Waldon Rm	
Fort Fairfield	D	Tues	7:30 PM	St Paul's Episcopal Ch, 66 Lower Main St	
Fort Kent	D	Mon	1 PM	Rock's Diner, Main St	
Fort Kent	D	Fri	6:30 PM	Fort Kent Public Library, Main St	
Freeport	D	Wed	7:30 PM	First Parish Congregational Ch, 40 Main St	
Fryeburg	D	Tues	10 AM	American Legion Hall, Bradley St	
Gray	D	Thurs	8 PM	St Gregorys Ch, Rt 26, North Raymond Rd	
Hancock	D	Wed	Noon	Union Congregational Ch, Rt 1	
Hartland	D	Wed	7 PM	Irving Tanning Community Ctr, Elm St	
Indian Island	D	Sun	6 PM	St Ann's Rectory, Down St	
Kennebunk	D	Mon	8 PM	Advent Christian Ch, Sea Rd	
Kents Hill	D	Thurs	7 PM	Torsey Memorial Methodist Ch, Rt 17	
Kezar Falls	D	Wed	7 PM	Riverside Methodist Ch, 25 Porter St	
Kittery	D	Tues	7:30 PM	First Congregational Ch, 23 Pepperal Rd	
Limerick	D	Fri	7 PM	St Mathews Catholic Ch, 19 Dora St	
Lincoln	D	Fri	7 PM	Penobscot Valley Hosp, Conf Rm B	
Madawaska	D	Tues	7 PM	Residence of 291 Newberry St, Suite 105	
Mexico	D	Tues	7 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Mexico	D	Thurs	10:15 AM	Congregational Ch, 43 Main St	

**Al anon**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Monroe	D	Wed	7:30 PM	Monroe Ch, 26 West Main St	
Naples	D	Thurs	8 PM	United Methodist Ch	
Newcastle	D	Mon/Wed	9 AM	Faith Baptist Ch, 144 Mills Rd, Suite 215	
Newcastle	D	Fri	9 AM	St Andrew's Ch, 11 Glidden St	
Oakland	D	Fri	10 AM	St Theresa Catholic Ch, Church St	
Orrington	D	Fri	6 PM	Orrington Congreg Ch,58 Johnson Mills Rd	
Oxford	D	Wed	7:30 PM	Oxford Town Office, 85 Pleasant St	
Portland	D	Sun	7 PM	MMC, Dana Ctr, 22 Bramhall St, Rm 5	
Portland	D	Wed	7 PM	First Baptist Ch, 360 Canco Rd	
Portland	D	Mon	10 AM	St Ansgar Evangelical Lutheran Ch	
Portland	D	Tues	Noon	St Paul Guild Hall, 279 Congress St	
Portland	D	Fri	9:30 AM	Trinity Episcopal Ch, 113 Coyle St	
Portland	D	Mon	7B/8 PM	Trinity Episcopal Ch, 113 Coyle St	
Portland	D	Wed	6 PM	St Pious Catholic Ch, 492 Ocean Ave	
Portland S	B/D	Sat	8:30B/9D AM	First Congregational Ch, 301 Cottage Rd	
Richmond	D	Tues	6 PM	United Methodist Ch, 121 Pleasant St	
Rockland	D	Thurs	6:30 PM	Rockland Public Library, 80 Union St	
Rockport	D	Sat	10 AM	Pen Bay Physician Bldg, Glen Cove Drive	
Rumford	D	Thurs	10:15 AM	Congregational Ch, Main St	
Saco	D	Fri	8 PM	Trinity Episcopal Ch, 15 Cleaveland St	
Saco	D	Mon	10 AM	Most Holy Trinity Ch, Main St	
Sanford	D	Wed	7 PM	Notre Dame Spiritual Ctr,133 Shaker Hill	
Sanford	D	Mon	7 PM	Holy Family Ch Basement, 66 North Ave	
Scarborough	D	Wed	10 AM	United Methodist Ch, 2 Church St	
Skowhegan	D	Tues	7 PM	Federated Ch, 12 Island Avenue	
Stonington	D	Thurs	9 AM	Island Community Ctr, 2 Memorial Lane	
SW Harbor	D	Sun	7 PM	SW Harbor Congregational Ch, High Rd	
Thomaston	D	Mon	7 PM	St John Episcopal Ch, 200 Main St	
Van Buren	D	Tues	3 PM	St Bruno Ch Rectory, 180 Main St	
Waldoboro	D	Sun	7 PM	United Methodist Ch, 93 Friendship St	
Waterville	D	Wed	Noon	St Mark's Ch, 60 Eustis Parkway	
Waterville	D	Sun	10 AM	Inland Hospital,Ford Conf Rm	
Waterville	D	Tues	7 PM	Inland Hospital, Library	
Wells	D	Thurs	7:30 PM	Congregational Ch, 1695 Post Rd	
Winthrop	D	Mon	7 PM	United Methodist Ch, 12 Main St	
Yarmouth	D	Wed	10 AM	N Yarmouth Congregational Ch,3 Gray Rd	
York Harbor	D	Mon	7 PM	First Congregational Ch Hall, York St	

**Alateen**

Augusta	D	Tues	6:45 PM	Unitarian Universalist Ch,69 Winthrop St	
Deer Isle	D	Wed	11:30 AM	Deer Isle Stonington HS,251 Deer Isle Rd	
Portland	D	Mon	7 PM	Trinity Episcopal Ch, 113 Coyle St	
Thomaston	D	Mon	7 PM	Thomaston Baptist Ch, 112 Main St	

**CA**

Portland	BB	Fri	5:15 PM	Immanuel Baptist Ch, 156 High St	
Portland	SP	Thurs	8 PM	Portland YMCA, 70 Forest Ave	
Portland	B	Sun	7 PM	Sahara Club, 135 Washington Ave	
Portland	SP/D	Mon	7:30 PM	Portland YMCA, 70 Forest Ave	
Saco	SP/D	Wed	7:30 PM	Our Father's House, 88 North St, Rt 112	

**Chronic Pain**

Brunswick		Mon 1st/3rd	6 PM	Mid Coast Hospital,Conf Rm 3	Jennifer Kimball 725-7854
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**CODA**

Ellsworth	D	Thurs	7 PM	Your Place, 8 Old Mill Rd	
Portland	D	Fri	12:30 PM	Sacred Heart Ch, 80 Sherman St	

**CODA**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Portland	D	Tues	6:30 PM	MMC,Brighton Campus	
Rumford	D	Mon	5:30 PM	Mexico Congregational Ch	
Yarmouth	D	Thurs	6:30 PM	N Yarmouth Congregational Ch,3 Gray Rd	

**Crystal Meth Anonymous**

Portland	D	Wed	Noon	1342 Congress St	
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**Debtors Anonymous**

Augusta	D	Mon	7 PM	St Mark's Ch, 9 Summer St	
Camden	D	Wed	6:30 PM	United Methodist Ch, John St	
Freeport	D	Sat	9 AM	First Parish Ch, 40 Main St	
Portland	D	Tues	7 PM	Woodfords Cong Ch, 202 Woodfords St	

**Dual Recovery**

Augusta	D	Tues/Thurs	Noon	Crisis & Counseling, 32 Winthrop St	215-0565
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**Families Anonymous**

Caribou		Wed	6 PM	Cary Medical Ctr, 163 Van Buren Rd	896-3028
Westbrook		Wed	7 PM	Mercy Recovery Ctr, 40 Park Rd	450-5104

**Food Addicts**

Augusta	D	Sun	6:30 PM	Maine General Hosp,6 East Chestnut St	Leann 623-8375
Augusta	D	Tues	7 PM	ME General Medical Ctr, 6 East Chestnut S	Leanne 623-8375
Bangor	D	Sun	4 PM	Acadia Hosp, 268 Stillwater, Penobscot Rm	Ann 667-3303
Bath	D	Wed	7 AM	United Church of Christ, 150 Congress Ave	Ann 443-3032
Bath	D	Fri	7 PM	United Methodist Ch,340 Oak Grove Ave	Maxine 633-5889
Belfast	D	Mon	6:30 PM	Belfast Ctr, Rm 306, 9 Field St	Pat 323-1067
Brunswick	D	Mon	9 AM	St Paul's Episcopal Ch, 27 Pleasant St	Patty 666-3945
Brunswick	D	Sat	9 AM	Mid Coast Hosp,123 Medical Center DrCnf 1	Ann 443-3032
Damariscotta	D	Tues	6:30 PM	Lincoln Cty Assembly of God,672 Main St	Karen 529-5997
Ellsworth	D	Wed	6:30 PM	St Duston's Ch, 134 State St	
Freeport	D	Thurs	9 AM	First Parish Ch, 40 Main St	Sandi 865-4076
Rockland	D	Sat	8:30 AM	Knox Center,Rockland Rm, 6 White St	Julie 594-9363
Scarborough	D	Wed	9 AM	St Maximilian Ch,150 Black Point Rd	Jeanne 799-4407
Scarborough	D	Tues	9 AM	MMC, Scarborough Campus, Bldg 100	Barbara 934-0859
Topsham	D	Wed	7 PM	Mid Coast Presbyterian Ch,84 Main St	Pam 371-2594
Waldoboro	D	Thurs	6:30 PM	American Legion Hall, 181 Jefferson St	Rita 832-0478
Waterville	D	Fri	6:30 PM	Inland Hosp,Med Arts Bldg,200 KM Drive	Robin 949-1379
Westbrook	D	Thurs	7 PM	Larrabee Village Adm Bldg, Liza Harmon Dr	Roberta 839-6452
Westbrook	D	Sat	8 AM	Larrabee Village Adm Bldg, Liza Harmon Dr	Danielle 856-5588
Westbrook	D	Mon	6:30 PM	Larrabee Village Adm Bldg, Liza Harmon Dr	Kathy 883-4731

**GAM**

Lewiston	D	Tues	7 PM	YWCA, 130 East Avenue	
Portland	D	Thurs	7 PM	MMC, Dana Ctr, 22 Bramhall St	

**Gambler's Anonymous**

York	ST	Sat	9 AM	York Hosp, Hall House,Gray Bldg	
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**HTLN AA**

Fort Kent		Daily	6-12 PM	Fort Kent/New Brunswick	506-739-7515
New York		M-F	8:30-4:45	National General Service Office	212-870-3400
Portland				Signers Hearing Impaired(AA Central Srv )	774-4335
Portland	Deaf			Pine Tree Society	443-3341 V&TTY
Statewide			9-5 PM	Statewide AA Meetings,Central Services	1-800-737-6237

**HTLN Abuse**

National			24 HRS	National Child Abuse Hotline	1-800-422-4453
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**HTLN AIDS**

Maryland	TTY	M-F	10AM-10PM	Center for Disease Control Information	1-800-243-7889
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**HTLN AIDS**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Maryland			24 HRS	Center for Disease Control (Spanish Line)	1-800-344-7432
National		M-F	24 HRS	CDC National Aids Hotline	1-800-342-2437
Portland		M-F	9-5 PM	ME Civil Liberties	774-5444
Statewide		M-F	9-5 PM	Maine Statewide AIDS Hotline	1-800-851-2437

**HTLN Al anon**

Statewide				211 Maine	211
Virginia			24 HRS	Al Anon Family Group Headquarters	757-563-1600

**HTLN Anger Mngt**

Augusta				Men's Work, Call for Information	623-7252
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**HTLN Behavioral Health**

Statewide				NAMI Maine	1-800-464-5767
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**HTLN Child Abuse**

National			24 HRS	Childheld USA, National Hotline	1-800-422-4453
Statewide		M-F	9-4 PM	Preventing Child Abuse/Mainely Parents	1-800-249-5506
Statewide			24 HRS	Reporting Child Abuse & Neglect	1-800-452-1999

**HTLN Drug Enforcement**

Statewide			24 HRS	Bureau Intergovernmental Drug Enforcement	1-800-452-6457
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**HTLN Eating**

Westbrook				Mercy Recovery Ctr, 40 Park Rd	879-3795
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**HTLN Elderly**

Androscoggin Cty		M-F	8-5 PM	Seniors Plus, 8 Falcon Rd (795-4010)	1-800-427-1241
Aroostook County		M-F	8-4:30 PM	Aroostook Area Agency on Aging,33 Davis R	1-800-439-1789
Augusta		M-F	8-4:30 PM	Spectrum Generations, One Weston Court	1-800-639-1553
Cumberland, York				Southern Maine Agency on Aging	1-800-427-7411
Knox Cty		M-F	9-2 PM	Knox County Sr Spectrum, 61 Park St	596-0339
Lincoln Cty		M-F	8-3 PM	Coastal Community Ctr,521 Main St	563-1363
Penobscot County		M-F	8-4:30 PM	Eastern Maine Agency on Aging,450 Essex S	1-800-432-7812
Sagadahoc County		M-F	8-4 PM	Brunswick Resource Ctr, 6 Noble St	729-0475
Somerset County		M-F	8-2 PM	Somerset Community Ctr, 45 Leavitt St	474-8552
Statewide			24 HRS	Reporting Elder Abuse	1-800-624-8404
Waldo Cty		M-F	8-4:30 PM	Waldo County Community Ctr, 18 Merriam Rd	338-1190

**HTLN Family Violence**

Kennebec				Call for Information	1-877-890-7788
Statewide			24 HRS	ME Coalition to End Violence	1-866-834-4357

**HTLN Gamblers**

Los Angeles CA				Gamblers Anonymous Headqtrs	213-386-8789
National			24 HRS	National Council on Problem Gambling	1-800-522-4700
New Hampshire				Gamblers Anonymous	603-644-8097
New York				Gam Anon PO Box 157, Whitestone NY	718-352-1671
Portland			24 HRS	211 Maine	211
Statewide				Gamblers Anonymous	773-7433

**HTLN Homeless**

National			24 HRS	Homeless Crisis Hotline	800-438-3890
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**HTLN Information**

Statewide			24 HRS	211 Maine	211
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**HTLN NA**

Statewide			24 HRS	State of Maine NA Meetings	1-800-974-0062
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**HTLN OA**

Portland			24 HRS	211 Maine	211
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**HTLN Parents**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
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**HTLN Parents**

Statewide				Parent TalkLine	1-800-249-5506
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**HTLN Poison**

Statewide			24 HRS	Poison Control Ctr	1-800-442-6305
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**HTLN Rape**

Statewide			24 HRS	Statewide	1-800-871-7741
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**HTLN Runaways**

National			24 HRS	Runaway Hot Line	1-800-621-4000
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**HTLN Sex & Love Addict**

Portland			24 HRS	211 Maine	211
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**HTLN Smokers**

Statewide				Maine Tobacco Helpline	1-800-207-1230
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**HTLN Smokers Anonymous**

Portland			24 HRS	211 Maine	211
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**HTLN State Police**

Statewide			24 HRS	Maine State Police	1-800-452-4664
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**HTLN Substance Abuse**

National		Daily	12PM-3AM	SAMHSA/Treatment	1-800-662-4357
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**HTLN Suicide**

National			24 HRS	National Suicide Prevention Initiative	1-800-273-8255
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Statewide			24 HRS	Statewide Crisis Hotline DHHS	1-888-568-1112
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**Incest Survivor**

Augusta			24 HRS	Sexual Assault & Support Svcs (626-0660)	1-800-871-7741
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Ellsworth			24 HRS	Unitarian Universalist Ch, 121 Bucksport R	422-3396
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Portland			24 HRS	Sexual Assault Response Svcs (774-3613)	1-800-313-9900
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**MAPS**

Bangor	D	Wed	5:30 PM	Community Health & Counseling, 42 Cedar St	Bill 862-5448
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**Mental Illness**

Statewide		M-F	8-4:30 PM	National Alliance on Mental Illness	1-800-464-5767
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**NA**

Alfred	Lit/A	Thurs	8 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
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Alfred	D	Tues	7 PM	Notre Dame Spiritual Ctr, 147 Shaker Hill	
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Augusta	D	Mon	7:30 PM	Grace Methodist Ch, 13 Green St	
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Augusta	D	Sat	6 PM	Riverview Psychiatric Hosp, 250 Arsenal St	
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Bangor	D/A	Sat	7 PM	EMMC, 489 State St, Conf Rm 2B	
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Bangor	ST/D	M/W/F	7 PM	Comm Health Counseling Svcs, 42 Cedar St	
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Bangor	D/ST	Sun/T/Th	7 PM	Acadia Hosp, 268 Stillwater, Osprey Rm	
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Bath	D/ST	Tues	7:30 PM	Church of the Nazarene, 191 Centre St	
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Beals Island	ST	Sat	Noon	Community Ch of Christ, Church St	
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Belfast	D	Thurs	6:30 PM	United Methodist Ch, 23 Mill Lane	
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Belfast	D	Sat	10 AM	United Methodist Ch, 23 Mill Lane	
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Belfast	D	Mon	6:30 PM	First Church of Belfast, 55 Spring St	
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Bridgeton	D	Mon	7 PM	Community Center, 15 Depot St	
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Bridgeton	D	Thurs	7 PM	St Peter's Episcopal Ch, 42 Sweden Rd	
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Brunswick	B/D	Mon	7 PM	Unitarian Ch, 15 Pleasant St	
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Casco	L	Mon	7 PM	Clyde Bailey Drop In Ctr, 224 Roosevelt Tr	
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Damariscotta	D	Fri	7:30 PM	Miles Memorial Hosp, 3rd Fl Conf Rm	
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Damariscotta	ST	Wed	7:30 PM	Miles Memorial Hosp, 3rd Fl Conf Rm	
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Ellsworth	D	Sun	7 PM	Your Place, 8 Old Mill Rd	
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**NA**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Ellsworth	D	Tue/Fri	7 PM	Your Place, 8 Old Mill Rd	
Farmington	ST	Tues	6:30 PM	Henderson Baptist Ch, 110 Academy St	
Farmington	ST	Thurs	7 PM	Franklin Memorial Hosp, 111 Health Common	
Farmington	D/A	Sat	9 AM	Franklin Memorial Hosp, Crosby Rm	
Fort Kent	D/C	Thurs	7:30 PM	Wellness Ctr, 82 W Main St	
Jonesport	D	Sun	7 PM	Community Ch of Christ, West Main St	
Kennebunk	D	Sun	6:30 PM	Christ Church, 6 Dane St, Corner Rt 35	
Kennebunk	D	Mon	7 PM	St David's Episcopal Ch, 138 York St	
Kezar Falls	D	Fri	7 PM	Riverside Methodist Ch, 5 School S	
Lewiston	D	Wed	6 PM	12 Hour Club, 120 Lisbon St	
Lewiston	D	Fri	6 PM	12 Hour Club, 120 Lisbon St	
Madawaska	D	Fri	7:30 PM	St John Valley Assoc,291 Newberry Dr	
Madawaska	D	Sun	2 PM	St John Valley Assoc 291 Newberry Dr	
Mexico	B/D	Wed	7 PM	St Theresa Ch, Rt 17, Roxbury Rd	
Portland	D	Sat	9:30 AM	1st Unitarian Universalist ,425 Congress	
Portland	D/C	Mon	7 PM	First Parish Unitarian Ch,425 Congress St	
Portland	D/A	Wed	7 PM	St Luke's Cathedral, 143 Park St Entrance	
Portland	D	Thurs	7 PM	Sacred Heart Ch, 80 Sheman St	
Portland	ST	Sun	6 PM	First Parish Unitarian Ch,425 Congress St	
Portland	Lit/D	Fri/Sat	7 PM	Immanuel Baptist Ch, 156 High St	
Portland	ST	Tues	7 PM	Unitarian Universalist Ch, 159 State St	
Portland S	D	Thurs	6 PM	United Methodist Ch, 168 Elm St	
Presque Isle	D	Fri	7:30 PM	Academy House, 150 Academy St	
Presque Isle	D	Tues	7 PM	Academy House, 150 Academy St	
Rockland	D	Tues	6:30 PM	St Peters Episcopal Ch, 11 White St	
Rockland	D/C	Fri	6:30 PM	St Peters Episcopal Ch, 11 White St	
Saco	ST	Wed	5:30 PM	Community Ctr,1500 LedgeWood Terrace	
Sidney	D	Wed	7 PM	Sidney Second Baptist Ch,3022 W River Rd	
Thomaston	D	Sat	6:30 PM	People's United Methodist Ch,13 Chapel St	
Waterville	D	Tues	7:30 PM	St Mark's Ch, 60 Eustis Parkway	
Waterville	SP/C	Mon	7:30 PM	St Mark's Ch, 60 Eustus Parkway	
Waterville	D/C	Fri	6 PM	First Congregational Ch, 7 Eustis Parkway	
Westbrook	D	Tues	7:30 PM	Mercy Recovery Ctr, 40 Park Rd	

**Nar Anon**

Ellsworth	D	Thurs	6 PM	Your Place, 6 Old Mill Rd	
Rockland	D	Tues	6:30 PM	Rockland Public Library, 80 Union St	
Westbrook	D	Tues	6 PM	Mercy Hosp Recovery Ctr, 40 Park Rd	

**Nicotine Anonymous**

Bangor	D	Wed	6:30 PM	Maine Veterans Home, Conf Rm, Hogan Rd	
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**OA**

Ashland	D	Thurs	7:30 PM	Ashland Comm Lib, 57 Exchange St	
Augusta	ST	Sat	10 AM	ME Gen'l Med Ctr, 6 E Chestnut St,Conf C	Lynn 633-0788
Bangor	D	Sat	9 AM	EMMC, 489 State St, Brandow Rm	
Bangor	D	Thurs	Noon	Redeemer Lutheran Ch, 540 Essex St	
Bangor	D	Sun	7 PM	St Joseph Hosp, 900 Broadway	
Bangor	D	Mon	10 AM	St Joseph Hosp, 900 Broadway	
Bangor	D	Wed	6:30 PM	55 Norway Rd	
Bath	D	Tues	Noon	United Church of Christ, 150 Congress Ave	
Belfast	D	Fri	Noon	Unitarian Universalist Ch, 37 Miller St	
Berwick S	D	Wed	7 PM	So Berwick Medical Ctr, 57 Portland St	
Blue Hill	D	Thurs	5 PM	Blue Hill Hospital Cafeteria, 57 Water St	
Brunswick	D	Sun	9 AM	Mid Coast Hosp,123 Medical Center Dr	
Brunswick	D	Thurs	7 PM	St Paul's Episcopal Ch, 27 Pleasant St	
Brunswick	D	Mon	5 PM	Seventh Day Adventist Ch,335 Maine St	

**OA**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Caribou	D	Mon	6 PM	Caribou Public Library, 30 High St	
Ellsworth	D	Tues	7 PM	St Josephs Catholic Ch, High St	
Farmington	D	Fri	6 PM	Franklin Memorial Hosp, Waldon Rm	
Fort Kent	D	Sat	2 PM	School of Religion, Pleasant St	
Lewiston	D	Sat	10 AM	CMMC, 12 High St	
Madison	D	Sun	6 PM	Madison Congregational Ch, 124 Main St	
Patten	D	Mon	9 AM	Residence of 25 Meadow Brook Apt 5	
Portland	D	Sat	10 AM	MMC, Dana Ctr, 22 Bramhall St, Rm 3	
Portland	D	Tues	6 PM	Woodfords Congr Ch, 202 Woodford St	
Portland	D	Sun	7 PM	Brighton Hospital, 335 Brighton Ave	
Princeton	D	Mon	4 PM	St Croix Reg Family Hlth Ctr,136 Mill St	
Rockland	D	Sat	9:15 AM	St Peters Episcopal Ch, 11 White St	
Rockland	D	Tues	6:30 PM	St Peters Episcopal Ch, 11 White St	
Scarborough	D	Mon/Thurs	10 AM	Scarborough Methodist Ch, Church St	
Stonington	D	Mon	Noon	Old School, School St #43, Rm C	
Vinalhaven	D	Mon	5:30 PM	Vinal Haven Public Library, Carver St	
Waterville	D	Thurs	7 PM	First Congregational Ch, 7 Eutus Parkway	
York	D	Fri	10 AM	First Parish Ch, York St	
York	D	Mon	7 PM	York Hospital ,Purple Bldg,16 Hospital Dr	
York	D	Sat	8 AM/9AM	York Hospital ,Purple Bldg,16 Hospital Dr	

**Parent Assistance**

Bath				Coastal Economic Development,Parent Assis	1-800-221-2221
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**Parent Support**

Statewide				Parents of Sexual Abused Children,MECASA	1-800-871-7741
Statewide		M-F	9-5 PM	Mainely Parents, Information on meetings	1-800-249-5506
Waterville				Families First Kennebec Child Abuse Couns	626-3428

**Recovery**

Belfast	D/Yth	Wed	5:30 PM	Waldo County Gen'l Hosp,118 Northport Ave	Tim 567-3813
Lewiston	D	Thurs	6:30 PM	Pathway Vineyard Church, 9 Foss Rd	Lorie 784-9500
Portland	D	Mon	Noon	Hope Gate Way, 185 High St	Ronni 756-8116

**Recovery International**

Portland	D	Sat	10 AM	MMC, Dana Ctr, 22 Bramhall St, Rm 2	Diana 892-9529
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**Sex&Love Addiction**

Statewide				211 Maine	211
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**Sexual Abuse**

Hancock,Washington			24 HRS	Downeast Sexual Assault Services	1-800-492-5550 x258
Southern ME			24 HRS	Sexual Assault Response Svcs of So ME	1-800-313-9900
Statewide			24 HRS	Rape Crisis Assistance & Prevention	1-800-871-7741

**Smart Recovery**

Statewide				On line meeting <a href="http://www.smartrecovery.org">www.smartrecovery.org</a>	
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**Smoking Anonymous**

Norway				Healthy Oxford Hills,Call for information	743-5933 x775
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**Social Club**

Augusta		Mon-Sat	Varies	LINC Social Club, 265 State St	626-5736
Bangor		M-F	8-4 PM	Together Place,150 Union St Call for Info	941-2897
Caribou				Harvest Inn Social Club,43 Hatch Dr	498-2347
Jay		M/T/Th	1-4 PM	Friends Together Social Club, 70 Main St	897-1010
Kittery				Center for Life Enrichment, 581 US Rt 1	468-0147
Lewiston		Mon-Sat	Varies	100 Pine Street Social Club	795-6719
Lewiston	D/A	Fri	5:30 PM	12 Hour Club, 120 Lisbon St	782-9140
Madawaska				Valley Social Club, 272 Main St, Ste 101	728-4806

## Social Club

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Portland		Mon-Sat	9-5 PM	Amistad, 66 State St, Call for Info	773-1956
Rumford		Daily	Varies	Beacon House, 150 Congress St	369-0868
Saco		Sun-Sat	Varies	Common Connections, 32 Alfred St	369-0868
Sanford		Daily	Varies	Harmony Support Center, 19 Washington St	490-5253
Waterville		Sun-Sat	Varies	Waterville Social Club, 32 Ticonic St	873-1027
Waterville		Daily	9AM-9PM	Central Maine Recovery Ctr,77 College Ave	1-888-774-9922

## Survivors of Suicide

Belfast	D	As Needed		Hospice Volunteers Waldo Call for Info	930-2677
Brunswick	D			Hospice Volunteers Mid Coast,Call for Inf	721-9702
Harpswell	D	1st Thurs	5:30 PM	Elijah Kellogg Cong Ch,917 Harpswell Neck	
Portland	D			Ctr for Grieving Children, 555 Forest Ave	775-5216
Portland	D	2nd/4th Mon	7 PM	MMC, Dana Ctr, 22 Bramhall St	
Rockport	D			Coastal Family Hospice, Call for Info	593-9355
Waterville	D	As Needed		Hospice Volunteers Waterville Call for In	873-3615

## TOPS

Addison	D	Thurs	5:30 PM	Indian River Grange, 1431 Indian River Rd	
Albion	D	Mon	8:30 AM	Lovejoy Hlth Clinic, 7 School St	
Alna	D	Wed	7 PM	Alna Baptist Ch, Rt 194 Head Tide Rd	
Andover	D	Mon	6 PM	Andover Town Hall, Rt 120	
Auburn	D	Wed	6:30 PM	Grace Lutheran Ch, 757 Summer St	
Baileysville	D	Wed	4 PM	People's United Methodist Ch,20 Third Ave	
Bangor	D	Thurs	5:30 PM	St Joseph Hosp,900 Broadway,Willette Conf	
Belfast	D	Wed	6 PM	First Baptist Ch, 95 High St	
Bethel	D	Wed	6 PM	Bethal Alliance Ch, 251 Walkers Mills Rd	
Biddeford	D	Mon	6 PM	Christ Episcopal Ch, 19 Cresent St	
Blue Hill	D	Mon	3 PM	Ken-Rose Farm B&B, 1381 Pleasant St	
Brewer	D	Tues	6 PM	Brewer Housing,1 Colonial Circle, Comm Rm	
Brunswick	D	Thurs	6:45 PM	Seventh Day Adventist Ch, 333 Maine Ave	
Brunswick	D	Wed	9:30 AM	Seventh Day Adventist Ch, 333 Maine Ave	
Bucksport	D	Mon	5:30 PM	Jewett School, 66 Bridge St, Comm Ed Bldg	
Buxton	D	Thurs	6 PM	Buxton Ctr Baptist Ch, 938 Long Plains Rd	
Calais	D	Tues	5:30 PM	United Methodist Ch, 339 Main St	
Camden	D	Mon	6:30 PM	Camden First Aid Bldg, 123 John St	
Caribou	D	Tues/Thurs	5:30 PM	Cary Medical Ctr, 163 Van Buren Rd	
Cherryfield	D	Mon	2:15 PM	Narraguagus Estates, 16 Estate St	
Clifton	D	Tues	6 PM	United Baptist Ch, 742 Airline Rd	
Clinton	D	Tues	6:30 PM	Brown Methodist Ch, 10 Church St	
Corinna	D	Wed	9:15 AM	Member's home, 602 Corinna Center Rd	
Corinth	D	Mon	6:15 PM	Corinth Manor, 27 Manor Dr, Rec Room	
Cornish	D	Mon	5:30 PM	Cornish Station Apt,133 Cumberland St	
Damariscotta	D	Thurs	6 PM	Assembly of Gods Ch, Belveder Rd	
Dexter	D	Wed	6:15 PM	Dexter Fire Station, 98 Church St	
Dixfield	D	Thurs	6 PM	7th Day Adventist Ch,1 Blayne St	
Dover Foxcroft	D	Wed	9 AM	Thayer Parkway Comm Bldg, Park St	
Ellsworth	D	Tues	7 PM	Family Bible Church,460 High St	
Fairfield	D	Wed	6 PM	Lawrence HS, 9 School St, Library	
Fairfield	D	Wed	5:30 PM	United Methodist Ch, Skowhegan Rd,Rt 201	
Fairfield	D	Mon	5:15 PM	First Baptist Ch, 12 Newhall St	
Fairfield	D	Thurs	6:30 PM	Nazarene Ch, 81 Main St, Dining Rm	
Farmington	D	Wed	9:30 AM	Trinity Methodist Ch,612 Farmington Falls	
Fort Fairfield	D	Tues	6:15 PM	Member's home, 35 Fort Hill St	
Fort Kent	D	Wed	6 PM	Wellness Ctr, 82 W Main St	
Fryeburg	D	Thurs	6 PM	First Assembly of God, 8 Drift Rd	
Gardiner	D	Thurs	6:30 PM	Laura Richards School, Brunswick Ave,Café	
Gardiner	D	Wed	11:30 AM	First Baptist Ch, 47 Church St	

**TOPS**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Gouldsboro	D	Thurs	6 PM	Gouldsboro Medical Clinic, 37 Clinic Rd	
Gray	D	Mon	6 PM	Gray American Legion, 15 Lewiston Rd	
Hallowell	D	Mon	8:30 AM	Spectrum Generations,22 Town Farm Rd	
Hollis Center	D	Wed	6 PM	Hollis Community Bldg,534 Town Farm Rd	
Houlton	D	Fri	9 AM	Aldergate Bldg, 21 High St	
Houlton	D	Tues	5 PM	Madigan Estates, 93 Military St,Conf Rm	
Jonesport	D	Thurs	6 PM	Moosabec Ambulance Bldg, 140 Main St	
Kenduskeag	D	Wed	6 PM	Kenduskeag Union Ch, 826 Kenduskeag Rd	
Kennebunk	D	Mon	5:30 PM	Pine Bluff Recreation Ctr,Cat Moussam Rd	
Kents Hill	D	Thurs	5:45 PM	United Methodist Ch, Main St	
Lewiston	D	Thurs	5:45 PM	Montello Heights, 550 College St,2nd Fl	
Lewiston	D	Mon	6:30 PM	First Assembly of God Ch, 70 Hogan Rd	
Limington	D	Thurs	6:15 PM	Limington Town Hall, Sokokis Ave, Rt 11	
Lincoln	D	Thurs	9 AM	HAN Bldg, 175 West Broadway	
Litchfield	D	Wed	6:30 PM	Carrie Ricker School, 573 Richmond Rd	
Lyman	D	Thurs	6:30 PM	Goodwin Mills Methodist Ch,55 Church St	
Machias	D	Tues	11 AM	U of ME Machias,Simpson Conf Rm,O'Brien A	
Machias	D	Tues	5 PM	Kay Parker Bldg, 26 Hadley Lake Rd	
Madawaska	D	Thurs	6:15 PM	Madawaska Public Library, 363 Main St	
Mexico	D	Thurs	5:45 PM	Mexico Congregational Ch, 163 Main St	
Milford	D	Mon	5:30 PM	Milford Congregational Ch, Main Rd	
Millinocket	D	Tues	9 AM	American Legion Hall,213 Aroostook Ave	
NE Harbor	D	Mon	4:30 PM	Mt Desert Nursing Association,12 Summit R	
Newport	D	Thurs	6 PM	Nokomis HS, 266 Williams Rd, Rm 101	
Norridgewock	D	Wed	9 AM	Community Baptist Ch Vestry, 22 Main St	
Oakland	D	Tues	6:30 PM	United Baptist Ch,45 Church St	
Old Orchard Beach	D	Tues	6:15 PM	Cider Hill, 2 Cider Hill Dr	
Old Town	D	Thurs	6 PM	Helen Hunt Health Ctr,242 Brunswick St	
Orrington	D	Mon	6 PM	First United Methodist Ch,14 Center Dr	
Paris S	D	Tues	5:45 PM	First Baptist Ch of Paris, Paris Hill Rd	
Paris S	D	Mon	6 PM	Market Sq Health Care Ctr, 3 Market Sq	
Pittsfield	D	Thurs	9:45 AM	First Congregational Ch, 132 Somerset Ave	
Portland	D	Thurs	5:45 PM	MMC, Dana Ctr, 22 Bramhall St	
Portland	D	Wed	6:30 PM	Church of the Holy Spirit, 1047Congress	
Portland S	D	Tues	5:30 PM	Thornton Heights Meth Ch,100 Westbrook St	
Presque Isle	D	Mon	5:30 PM	Presque Isle Congregational Ch,Church St	
Presque Isle	D	Wed	5:30 PM	Grant Memorial Methodist Ch, 79 Fleetwood	
Randolph	D	Thurs	6:30 PM	Randolph Methodist Ch, 16 Astbury St	
Rangeley	D	Wed	5:30 PM	Rangeley Elderly Housing,14 School St	
Rockland	D	Tues	5:30 PM	First Baptist Ch, 215 Limerock St	
Rockland	D	Thurs	6 PM	Stella Maris, 148 Broadway	
Saco	D	Tues	5:40 PM	Cornerstone United Methodist 20 Jenkins R	
Saco	D	Tues	6:30 PM	Saco Community Ctr,75 Franklin St Rm 104	
Saco	D	Fri	9:30 AM	Saco Community Ctr,75 Franklin St	
Sanford	D	Fri	9:15 AM	Curtis Lake Ch,38 Westview Dr	
Sanford	D	Wed	6 PM	Sanford Fish & Game Club, Route 4	
Scarborough	D	Mon	5:45 PM	Hillcrest Community Ctr, 108 Hillcrest St	
Sedgewick	D	Tues	6 PM	Sedgewick Elementary,272 Snows Cove Rd	
Skowhegan	D	Mon	6 PM	Notre Dame De Lourdes, 222 Water St	
Skowhegan	D	Thurs	10:30 AM	Skowhegan Grange Hall, 97 Hesselton St	
Stillwater	D	Thurs	6 PM	Federated Church, 335 Benock St	
Strong	D	Thurs	5 PM	Strong Methodist Parish House, Main St	
Thorndike	D	Tues	4:45 PM	GT Fun Park, 187 Brooks Rd	
Thorndike	D	Thurs	6 PM	Thorndike Town Hall, 10 Abbott Rd	
Turner	D	Thurs	5:45 PM	LL Well Drilling, Rt 219 East	
Unity	D	Mon	6 PM	Unity Union Ch, Depot St	

**TOPS**

<i>City</i>	<i>Type</i>	<i>Day</i>	<i>Time</i>	<i>Place</i>	<i>Contact person</i>
Van Buren	D	Tues	4:45 PM	N Aroostook Alternative, Champlain St	
Waldoboro	D	Tues	6 PM	American Legion Hall, 181 Jefferson St	
Washburn	D	Mon	5:30 PM	Trailrunners Snowmobile Club, 48 Station R	
Waterboro	D	Tues	6:30 PM	Waterboro Town Hall, 24 Townhouse Rd	
Waterville	D	Thurs	6:30 PM	Salvation Army, 225 Main St	
Westbrook	D	Wed	8 AM	Westbrook Hous Authority, 30 Liz Harmon Dr	
Westbrook	D	Wed	6 PM	Stephen Manchester Post 62, 17 Dunn St	
Westbrook	D	Tues	6:15 PM	Warren Congregational Ch, 810 Main St	
Wilton	D	Mon	7 PM	Wilton Methodist Ch, Main St	
Windham	D	Tues	6 PM	N Windham Union Ch, 723 Roosevelt	
Winterport	D	Mon	6 PM	Ellingwood Corner Methodist Ch, Lebanon Rd	

**Workaholics Anonymous**

Portland	D	Tues	7:30 PM	Maine Medical Ctr, Dana Ctr, Rm 2	
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## **On Line Self Help Groups (Updated 7/13/2010)**

### **Adult Children of Alcoholics World Services Office**

PO Box 3216, Torrance ,CA 90510

Telephone: (562) 575-7831

Web: <http://www.adultchildren.org>

Email: <http://www.adultchildren.org/contact>

### **Alanon/Alateen Family Group Headquarters**

1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Telephone: (757) 563-1600

Web: <http://www.al-anon.alateen.org>

Email: [wso@al-anon.org](mailto:wso@al-anon.org)

### **Alanon/Alateen (Maine)**

Maine LDC/AIS, PO Box 1173, Biddeford, ME 04005

Telephone: 1-800-498-1844 or (207) 284-1844

Web: <http://www.maineafg.org>

Email: [maineldc@zwi.net](mailto:maineldc@zwi.net)

### **Alcoholics Anonymous World Service Office**

PO Box 459, Grand Central Station, New York, NY 10163

Telephone: (212) 870-3400

Web: <http://www.aa.org>

### **Alcoholics Anonymous (Maine)**

78 Portland Street, Portland, ME 04101

Telephone: 1-800-737-6237 or (207) 774-4335

Web: <http://www.csoaamaine.org>

Email: [cso@csoaamaine.org](mailto:cso@csoaamaine.org)

### **Cocaine Anonymous World Service Office**

3740 Overland Ave, Suite C, Los Angeles, CA 90034

Telephone: (310) 559-5833

Web: <http://www.ca.org>

Email: [cawso@ca.org](mailto:cawso@ca.org)

### **Northern New England Cocaine Anonymous**

Contact number for Maine: (207) 294-2592

Web: <http://nne-ca.org/>

Email: [webmaster@nne-ca.org](mailto:webmaster@nne-ca.org)

### **Codependents Anonymous**

PO Box 33577, Phoenix, AZ 85067-3577

Web: <http://www.coda.org>

Email: [outreach@coda.org](mailto:outreach@coda.org)

**Crystal Meth Anonymous**

CMA General Services  
4470 W.Sunset Blvd., Suite 107, PMB 555  
Los Angeles, CA 90027-6302  
Telephone: (213) 488-4455  
Web: <http://www.crystalmeth.org/index.php>  
Email: [www.crystalmeth.org/contact-us.html](http://www.crystalmeth.org/contact-us.html)

**Families Anonymous**

PO Box 3475, Culver City, CA 90231-3475  
Telephone: 1-800-736-9805  
Web: <http://www.FamiliesAnonymous.org>  
Email: [famanon@FamiliesAnonymous.org](mailto:famanon@FamiliesAnonymous.org)

**Food Addicts Anonymous World Service Office**

400 W. Cummings Park #1700, Woburn, MA 01801  
Telephone: (781) 932-6300  
Web: <http://www.foodaddicts.org>  
Email: [office@foodaddicts.org](mailto:office@foodaddicts.org)

**Gamblers Anonymous International Service Office**

PO Box 17173, Los Angeles, CA 90017  
Telephone: (213) 386-8789  
Web: <http://www.gamblersanonymous.org>  
Email: [isomain@gamblersanonymous.org](mailto:isomain@gamblersanonymous.org)

**Marijuana Anonymous World Services**

PO Box 2912, Van Nuys, CA 91404  
Telephone: 1-800-766-6779  
Web: <http://www.marijuana-anonymous.org>  
Email: [office@marijuana-anonymous.org](mailto:office@marijuana-anonymous.org)

**Methadone Anonymous**

Methadone Support Org.  
10034 E. Evans Drive, Scottsdale, AZ 85260  
Telephone: (480) 361-5489  
Web: <http://www.methadonesupport.org>  
Email: [Carol@methadonesupport.info](mailto:Carol@methadonesupport.info)

**Narcotics Anonymous World Service Office**

PO Box 9999, Van Nuys, CA 91409  
Telephone: (818) 773-9999  
Web: <http://www.na.org>  
Email: [fsmail@na.org](mailto:fsmail@na.org)

**Maine Area Narcotics Anonymous**

MASCNA

PO Box 5309, Portland, ME 04101

Telephone: 1-800-974-0062

Web: <http://www.namaine.org>

Email: <http://namaine.org/contact.html>

**Nar-Anon Family Group Headquarters**

22527 Crenshaw Blvd, Suite 200 B, Torrance, CA 90505

Telephone: (310) 534-8188

Web: <http://www.nar-anon.org>

Email: [naranonwso@gmail.com](mailto:naranonwso@gmail.com)

**National Alliance for the Mentally Ill (NAMI)**

3803 N. Fairfax Dr., Suite 100, Arlington, VA 22203

Telephone: 1-800-950-6264 or (703) 524-7600

Web: <http://www.nami.org>

**National Alliance for the Mentally Ill (NAMI Maine)**

1 Bangor Street, Augusta, ME 04330

Telephone: 1-800-464-5767 or (207) 622-5767

Web: <http://www.namimaine.org>

Email: [www.info.namimaine.org](http://www.info.namimaine.org)

**National Domestic Violence Hotline**

PO Box 161810, Austin, TX 78716

Telephone: 1-800-799-7233 or TTY 1-800-787-3224

Web: <http://www.ndvh.org>

Email: [ndvh@ndvh.org/get-help/contact-the-hotline/](mailto:ndvh@ndvh.org/get-help/contact-the-hotline/)

**Nicotine Anonymous World Services**

419 Main Street, PMB # 370, Huntington Beach, CA 92648

Telephone: (877) 879-6422

Web: <http://www.nicotine-anonymous.org>

Email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

**Overeaters Anonymous World Service Office**

PO Box 44020, Rio Rancho, NM 87174-4020

Telephone: (505) 891-2664

Web: <http://www.oa.org/>

Email: <http://www.oa.org/contact.php>.

**Rational Recovery**

Box 800, Lotus, CA 95651

Telephone: (530) 621-2667

Web: <http://www.rational.org>

Email: <http://www.rational.org/contact.html>

**Secular Sobriety (SOS)**

4773 Hollywood Blvd, Hollywood, CA 90027

Telephone: (323) 666-4295

Web: <http://www.cfiwest.org/sos/index.htm>

Email: [sos@cfiwest.org](mailto:sos@cfiwest.org)

**Sex and Love Addicts Anonymous**

1550 NE Loop 410, Suite 118, San Antonio, TX 78209

Telephone: (212) 828-7900

Web: <http://www.slaafws.org>

Email: [generalinfo@slaafws.org](mailto:generalinfo@slaafws.org)

**Take Off Pounds Sensibly (TOPS)**

4575 South Fifth St, PO Box 70360, Milwaukee, WI 53207

Telephone: (414) 482-4620

Web: <http://www.tops.org>

Email: [topsinteractive@tops.org](mailto:topsinteractive@tops.org)

**Workaholics Anonymous World Service Organization**

PO Box 289, Menlo Park, CA 94026-0289

Telephone: (510) 573-9253

Web: [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org)

Email: [wso@workaholics-anonymous.org](mailto:wso@workaholics-anonymous.org)

Workaholics Anonymous (Maine)

Web: <http://sites.google.com/site/waportlandme/>

Email: [WAPortlandME@gmail.com](mailto:WAPortlandME@gmail.com)

## Support Group Additions or Deletions

If you should know of a support group that is just beginning, one that is not included in our listings or one that is no longer meeting, please help us by completing this form and mailing it to the address below.

Your name and telephone number (for verification purposes only)

\_\_\_\_\_ Phone: \_\_\_\_\_

Type of Meeting: \_\_\_\_\_

Circle the meeting descriptions that apply to this meeting:

Step	Beginners	Big Book	Closed	Discussion
Child Care Provided		Accessible	Gay	Grapevine
Lesbian	Men Only	Women Only	Tag	Speaker
Youth	Spanish/French	Sign Language	Interpreted	
As Bill Sees It		Literature	Meditation	

Day of the week the meeting occurs: \_\_\_\_\_

Is this meeting to be added or deleted from our listings? \_\_\_\_\_

Time of day: \_\_\_\_\_ AM or PM

City or town in which the meeting takes place: \_\_\_\_\_

Location of the meeting (please include building name, street or road name and number): \_\_\_\_\_

\_\_\_\_\_

Optional: Contact person and telephone number (to be listed in our public listing): \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Please return to: Office of Substance Abuse/Information & Resource Center  
41 Anthony Avenue  
11 State House Station  
Augusta, ME 04333-0011  
Phone: 1-800-499-0027 TTY: 1-800-606-0215  
FAX: 207-287-8910



*John E. Baldacci, Governor*

*Brenda M. Harvey, Commissioner*

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