



MAINE WRAPAROUND RESOURCE GUIDE

This guide provides current resources available for new immigrants, employees, and others within Maine.





WELCOME TO MAINE

Whether you are from another state, across the ocean, or have lived here a while-- welcome! Established as a state in 1820, Maine has so much to offer: more than 3,000 miles of coastline, growing industries in many fields, and a population of 1.3 million people. However you found your way to Maine, we welcome you and hope these resources can be of use to you!

TABLE OF CONTENTS

1 - Legal

2 - Housing

3 - Healthcare & Wellbeing

4 - How to Apply for Benefits

5 - Miscellaneous Resources

6 - Community Contacts

7 - Our Team

All resources are free of use and may be based on residency and income requirements.



LEGAL HELP

All underlined text includes a link to resources online.

Southern Maine Workers' Center: Legal Clinic Thursdays 5 pm-7 pm over Zoom

UMaine Refugee and Human Rights Clinic assists low-income immigrants

Pine Tree Legal Assistance Pro Bono resources and their **Self-Help Legal Guide**

Volunteer Lawyers Project page for workers' rights

Maine County Bar Association lists several agencies in Maine providing legal assistance

Immigrant Legal Advocacy Project Maine provides specific aid for work permits, community partners can be found [here](#)



HOUSING

All underlined text includes a link to resources online.

Community Concepts

For utility and home-building assistance in Lewiston
(207) 795-4065

Maine Housing

Provides several resources, including heating and rental assistance
(207) 626-4600

Affordable Connectivity Program

For reduced internet costs

Penquis

Several housing services, not limited to transitional housing, family housing,
and more
1-800-215-4942

Community Housing of Maine

Offers help with finding apartments, housing authorities, and other resources
(207) 879-0347



HEALTHCARE & WELLBEING

All underlined text includes a link to resources online.

Maine Parent Federation [Community Resources](#)

NAMI Resources for [Communities of Color](#)

NAMI Mental Health Resources by [County](#)

[Maine Migrant Health Program](#) provides information for healthcare for [migrant workers](#)

[New Mainers Public Health Initiative](#) provides several programs and services for wellness and health literacy



COMMUNITY RESOURCES

All underlined text includes a link to resources online.

Create an Application on [My Maine Connection](#) for SNAP (food stamps), TANF, and MaineCare or in-person at any Department of Health and Human Services location

Housing Choice Voucher Application through [MaineHousing](#)

[Disability Insurance and Income through Social Security Administration](#)

Higher Opportunities for Pathways to Employment (HOPE) through [Department of Health and Human Services](#)

[Comprehensive List of Maine's Welfare Resources](#)



MISCELLANEOUS RESOURCES

All underlined text includes a link to resources online.

[211 Maine Directory](#)

[Child Care Subsidy Program](#)

[New Mainers Public Health Initiative](#)

[Portland Public Library Community Resources](#)

[Statewide Community Resources](#)



The Building Performance Association (BPA) is a 501(c) 6 nonprofit industry association that serves as the hub for businesses, nonprofits, and government agencies working to make America's homes more comfortable, healthy, and energy efficient. Our mission is to transform the market for the home performance industry through advocacy, education, professional development, and networking.

Contact

building-performance.org

Xavier Walter, State Outreach Coordinator
xwalter@building-performance.org

Main Office Phone: (412) 424-0070

651 Holiday Drive | Suite 400 | Pittsburgh, PA 15220