



Northern Light - AR Gould Hospital

Childbirth Education Class

207-768-5944

Diabetes Education

207-768-4529

Maine Child Passenger Safety Seat Program

Presque Isle Fire Dept. - 207-768-0881

Education

Adult Education

207-435-3481

Aroostook County Action Program (ACAP)

ACAP Employment & Training

ACAP Headstart

ACAP Early Headstart

1-800-432-7881

ACAP Fuel Assistance - Presque Isle

1-800-585-9053

Shelters

Sister Mary O'Donnell -

Homeless Shelter of Aroostook

207-764-4125

Grief Support

Grief Support Group - Presque Isle

207-764-0625

Our Mission

Katahdin Valley Health Center will provide community accessible, quality healthcare with compassion and dignity.

Our Mission

Katahdin Valley Health Center will be the provider of choice within our communities, responsive to the healthcare environment while serving as the voice and vehicle for promoting healthcare access to all.

KVHC health centers are conveniently located in the following communities:

Ashland • Brownville • Dover-Foxcroft • Houlton
Island Falls • Lincoln • Millinocket • Patten

Contact us through our toll free number or on the web:

1-866-366-5842 • www.kvhc.org

Katahdin Valley Health Center is an equal opportunity provider and employer.

Local Community Resources



Ashland

KVHC understands the importance of having an established medical and dental home. We also understand caring for your health does not start and stop with your doctor's appointment. We put this list of healthcare services and resources together to offer you additional community support in your pursuit for good health.



Creating healthy communities, starting with **you**.

Transportation

ARTS (Aroostook Regional Transportation System)
1-800-442-3320

Logisticare
1-800-608-5174

Aroostook Agency on Aging
207-764-3396

County Ride Service
1-800-866-2081, 1-866-366-5842 ext. 604

Road to Recovery Transportation
(American Cancer Society) 1-800-227-2345

Food

Ashland Food Pantry
207-551-6996

Meals-on-Wheels
207-760-1682

Food Stamp Hotline
1-800-452-4643

Disaster Services

American Red Cross
207-493-4620

Medical + Dental Care, Optometry, Podiatry,
Behavioral Health, Prescription Assistance, Ashland
Senior Citizens, Affordable Health Care (Healthcare.gov)

Katahdin Valley Health Center
1-866-366-5842

Weight Loss

Weight Watchers (Northern Light AR Gould Hospital)
207-768-4000

Substance Abuse

Alcoholics Anonymous
1-800-737-6237

Al-Anon (for those whom alcoholism affects)
1-800-498-1844

Alcohol & Drug Abuse HELpline
1-800-671-0929

Substance Abuse Rehab
www.drugrehabmaine.net

PI Comprehensive Treatment Center
207-769-3316

Quit Smoking

The Maine Tobacco HelpLine
1-800-207-1230

ACAP (Aroostook County Action Program)
1-800-585-3053

Poison Control

1-800-222-1222

Veteran's Crisis Line

1-800-273-8255, press 1

Crisis Intervention HELpline

1-888-568-1112

Abuse Helplines

Hope & Justice Project
1-800-439-2323

Child Abuse and Neglect Hotline
1-800-452-1999

Legal Help

Pine Tree Legal Assistance, Inc.
207-764-4349

Medicare Hotline

1-800-633-4227

Seniors 60 and Older

Aroostook Agency on Aging
1-800-439-1789

Senior Housing
CS Management - 207-498-8332

RSVP Bone Builders Program
207-764-3396

Legal Services for the Elderly
1-800-750-5353

Senior Planning (Medicare/Medicare Advantage Questions)
207-779-5911

Alzheimer Support Group
207-764-3396

In-Home Care Resources
<https://www.caring.com/senior-care/in-home-care/maine>

WIC (Women, Infants, and Children)

1-800-432-7881