



Houlton Regional Hospital

Cancer Prayer & Support Group
207-532-7553

Diabetes Support Group
207-521-2516

Narcotics Anonymous
207-521-9088 or 207-538-1371

PFLAG Support Group
207-532-0670

Breastfeeding Support Group
207-532-2900 ext. 2130

Parenting Support

G.E.A.R. Parent Network
207-270-0487 or 1-800-264-9224

Education

Adult Education
207-365-4284

Houlton Higher Education Center
207-521-3100

Aroostook County Action Program (ACAP)

**ACAP Employment and Training,
Headstart, Early Headstart**
1-800-432-7881

Presque Isle: 207-764-3721
Houlton: 207-532-5300

Our Mission

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

Our Vision

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.

Local Community Resources



Houlton

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.

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.



Creating healthy communities, starting with you.

Transportation

ARTS (Aroostook Regional Transportation System)

1-800-442-3320

ModivCare

1-855-608-5180

Aroostook Area Agency on Aging

1-800-439-1789

Cyr Bus Line

1-800-244-2335

County Ride Service

1-800-866-2081

Food

St. Mary's Ecumenical Food Pantry

207-532-9122

Southern Aroostook Food Pantry

207-538-6404 or 207-538-5252

Meals-on-Wheels (Aroostook Area Agency on Aging)

207-764-6185

Food Stamp Hotline

1-800-452-4643

Salvation Army

207-532-2322

WIC (Women, Infants, and Children)

1-800-437-9300 207-768-3026

Medical + Dental Care, Optometry, Podiatry,
Behavioral Health, Prescription Assistance,
Houlton Senior Citizens

Katahdin Valley Health Center

1-866-366-5842

Fuel Assistance

ACAP (Aroostook County Action Program)

1-800-585-3053

Legal Help

Pine Tree Legal Assistance, Inc.

207-764-4349

Weight Loss

TOPS (Take Pounds Off Sensibly)

Janice Cook - 207-498-8586

Weight Watchers

1-800-651-6000

Overeaters Anonymous

207-538-5565

Substance Abuse

Alcoholics Anonymous

1-800-839-1686

Al-Anon (for those whom alcoholism affects)

1-800-498-1844

Alcohol & Drug Abuse HELpline

1-800-671-0929

Substance Abuse Rehab

1-866-577-1710

Disaster Services

American Red Cross

207-493-4620

Poison Control

1-800-222-1222

Quit Smoking

The Maine Tobacco HelpLine

1-800-207-1230

ACAP (Aroostook County Action Program)

1-800-585-3053

Abuse Helplines

Hope & Justice Project

1-800-439-2323

Child Abuse and Neglect Hotline

1-800-452-1999

Battered Women's Project

207-532-4004

Maliseet Advocacy Center

207-532-6401

Crisis Intervention HELpline

1-800-432-7805

Medicare Hotline

1-800-633-4227

Seniors 60 and Older

Aroostook Area Agency on Aging

207-764-3369

In-Home Care Resources

<https://www.caring.com/senior-care/in-home-care/maine>

Alzheimer Support Group

207-764-3396

Veteran's Crisis Line

1-800-273-8255, press 1