



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

Education

Adult Education
207-365-4284

Houlton Higher Education Center
207-521-3100

Katahdin Region Higher Education Center
207-746-5741

Aroostook County Action Program (ACAP)

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

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.

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



Patten

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

ModivCare
1-855-608-5180

Aroostook Area Agency on Aging
1-800-439-1789

County Ride Service
1-800-866-2081
1-866-366-5842 ext. 325

Food

Island Falls Baptist Church
207-463-2224

Food Stamp Hotline
1-800-452-4643

Poison Control
1-800-222-1222

Crisis Intervention HELpline
1-800-432-7805

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)
21 High St. Rm. 1 - Houlton

Weight Watchers
1-800-651-6000

Overeaters Anonymous
207-538-3004

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

Disaster Services

American Red Cross
207-493-4620

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

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

1-800-272-3900

Veteran's Crisis Line

1-800-273-8255, press 1

WIC

 (Women, Infants, and Children)

1-800-432-7881