100% of Maine people benefit from the work of Maine nonprofits.

We help nonprofits help Maine.

www.NonprofitMaine.org
The Eating Disorders Association of Maine (EDAM) invites you to maintain a healthy and positive body-image, regardless of your shape or size. We are working with schools, businesses and organizations that offer casual dress days to encourage their participants to make a small donation to EDAM while raising awareness about eating disorders.

EDAM is a nonprofit organization dedicated to promoting health and wellness at every size, body acceptance, and the prevention of eating disorders and disordered eating throughout the state of Maine. We offer trainings and maintain a list of treatment resources on our website. Find out more at maineeatingdisorders.org

Get to Know Maine’s Vibrant Nonprofit Sector

The Maine Association of Nonprofits (MANP) is proud to partner with the Maine Sunday Telegram to highlight an often overlooked part of Maine’s economy, the nonprofit sector.

Maine’s nonprofit sector is large and diverse, with nonprofits found in every part of the state, serving Maine people and addressing issues of social concern. Nonprofits protect Maine’s environment, care for our most vulnerable residents, support arts and culture and educate our children, all while investing significant financial and human resources in communities statewide. Nonprofit organizations also create unique opportunities for Mainers to develop leadership skills, enhance their communities, advocate for public policy, promote democratic values, and shape a more just and prosperous society.

Maine’s nonprofit sector is one of the most robust and vibrant in the country. MANP recently completed its 20th year of service to Maine’s nonprofit sector with a growing statewide membership consisting of 800 nonprofit members and more than 150 business and individual supporters. We work to support their work. Since 1994, MANP has grown to be the state’s comprehensive resource for the tools, knowledge, and connections nonprofits need to be effective and well-run. It is clear that Mainers count on nonprofits to enrich their lives and that Maine nonprofits count on MANP to help them do so more effectively. We are honored to serve a sector that plays a critical role in strengthening the state’s economy and enhancing our state.

These few pages provide just a glimpse into the enormous work of Maine’s nonprofit sector. We hope you’ll take some time to really get to know the many organizations that support your community, your life, and the lives of those you care about. Maine’s nonprofits are all around you, helping to protect and improve the quality of life in Maine.

Improving the quality of life by supporting independence.

Who we are

GMS is a nonprofit organization that serves individuals with Intellectual Disabilities and Autism. Our purpose is to provide and assist people to accomplish and maintain their highest attainable living skills and to improve the quality of life by supporting independence.

What we do

Since 1981, GMS has been providing tailored services to meet individual needs. The function of our Community Services Department is to educate, assist, and empower people to utilize available resources in the community, to attain their goals, and to reach their fullest potentials.

For information, contact Matt Giesecke at 523-5170 ext. 101 or visit www.gmsme.org

INVESTING EARLY

Quality early education improves Maine’s Economy $.

Children entering school ready to learn reduces taxpayer costs in K-12 remediation and school-failure.

Learning begins at birth.

We are closing the achievement gap in Maine. www.educarecentralmaine.org

Learn more about the return on early investment from the Maine Early Learning Investment Group at: www.melig.org
The prosperity and vitality of our state depend on cultivating strong partnerships between the business, government and nonprofit sectors. Sustaining a strong and healthy Maine requires all three sectors to support each other and work together. And just as we need to understand the impact of tourism, construction, or the fishing industry on Maine’s economy and society, we also need to understand the significant role nonprofits play in our state’s economic landscape. To that end, the Maine Association of Nonprofits recently released Adding Up Impact: Maine Nonprofits at Work, a biennial report aiming to foster a broader and deeper awareness and appreciation of Maine’s nonprofit sector.

While the role of Maine’s government and business community is understood, the role of the nonprofit sector is not always as clear. The Adding Up Impact report serves as a call to action for all Maine residents, as well as its elected officials and municipal, nonprofit and business leaders, to recognize nonprofits in our communities as key partners in ensuring Maine’s continued prosperity and quality of life for all.

The Adding Up Impact report provides some impressive key findings:

- Nonprofits employ 1 in 7 Maine workers, making the nonprofit sector the largest industry in the state.
- Maine nonprofits paid over $3.6 billion in wages, which translates into an estimated $206 million of personal income tax revenue for Maine’s state and local governments and over $411 million in federal tax revenues.
- Maine nonprofits contribute approximately $10 billion per year to the Maine economy through wages paid, retail and wholesale purchases, and professional services contracts. This contribution is equivalent to 18.9% of the State’s gross domestic product, which is greater than the manufacturing and construction industries combined.
- Nonprofits have a significant presence in every county and community in the state, from the most populous, Cumberland, to the least populous, Piscataquis.
- Most Maine nonprofits are very small. 73% of them have annual income less than $100,000. However, the sector mobilizes approximately 350,000 volunteers annually who donate almost $1 billion in time and talent to their communities.

A healthy and engaged nonprofit sector is essential to both maintaining and improving our state. If it weren’t for the muniments, health centers, theaters, social justice organizations, museums, human service organizations and many other community resources developed and supported by Maine’s nonprofit sector, would the quality of life remain as high for Maine residents? We count on nonprofits to advance the public good, bring us together to enhance our communities, and strengthen us individually and collectively.

Maine’s future prosperity will undoubtedly depend on connecting people to opportunities, and strengthening our social fabric through broader civic engagement. As nonprofits continue to be affected by the downward pressures on public spending, Maine people can foster a better understanding of this critical sector of our state’s economy by sharing the message and findings of the Adding Up Impact report. Maine residents continue to place their trust in the responsiveness, performance and quality of services provided by nonprofits, but in order to maintain and support the things we value most, all Maine people need to speak up for and about how nonprofits are essential to our state. For more information and to download a copy of the report, visit www.NonprofitMaine.org/AddingUpImpact.

Together we can solve hunger.
DONATE TODAY feedingmaine.org

Good Shepherd Food Bank

Kennebec Behavioral Health is now hiring Master’s Level Clinicians, Nurse Practitioners, Psychiatrists, Residential Support & Case Managers to work in our Waterville, Augusta, Winthrop & Skowhegan locations!

HEALTH, DENTAL, VISION & LIFE INSURANCE • 403(B) WITH EMPLOYER MATCH • 8 SICK DAYS • 11 HOLIDAYS • 20 DAYS VACATION • UP TO $30 PER MONTH GYM REIMBURSEMENT • SUPPORTIVE WORKING ENVIRONMENT

Please contact Kelsey Wilkins kwilkins@kbhmaine.org • (207)873-2136
Leonard Gulino
Cromwell Center for Disabilities Awareness

I’m involved because
I’ve raised two sons with disabilities, and the organization’s mission focuses on making the lives of individuals with disabilities better.

The best (and not so best) parts
Beyond the satisfaction of making a difference, I love getting to know other board members and employees. This organization attracts thoughtful people who are committed to making our community a better place to live. Probably the hardest part of the job is raising money. It can be uncomfortable to do, but it’s a necessary duty of a nonprofit board member.

Amy Sylvester
Kennebec Valley Humane Society

I’m involved because
I was recruited by a current board member after adopting my dog from the shelter.

The best (and not so best) parts
It’s been a wonderful, rewarding experience that I might not have sought out at that point in my life. It’s definitely a time commitment, but it’s so easy to see the value of the board’s collective work that it’s clearly worth giving your time.

I’ve learned so much about how a nonprofit runs, made great professional contacts and built my resume, but even more importantly, I am still excited about our mission after two years on the board.

Chris Cimino
Center for Grieving Children

I’m involved because
Their mission grabbed me the moment I walked through the door.

The best (and not so best) parts
The rewards are too numerous to cite. We help children and families cope with the loss of a loved one. The challenges will always be in raising the money we need to operate. From my perspective there is no greater good to be done in the world than to give back to one’s community.

I would recommend this type of work to anyone who feels they have something to give back to society. The time commitment can sometimes be a bit of a challenge.

Patrick Norton
SeniorsPlus

I’m involved because
My siblings and I were caregivers for our parents. Aging in place is important for seniors and adults with disabilities and this is one of the key goals in all the programs run by SeniorsPlus.

The best (and not so best) parts
The rewards include knowing that our organization assists thousands of people throughout the state with programs and services they need. It’s also very rewarding to work with staff and other board members.

I would recommend this type of work to anyone who feels they have something to give back to society. The time commitment can sometimes be a bit of a challenge.

Stephanie Eglinton
Maine Association of Nonprofits

I’m involved because
Working for a foundation that makes grants to nonprofit organizations, I am very interested in understanding how nonprofits can be supported to most effectively meet their charitable missions.

The best (and not so best) parts
I enjoy learning about an organization’s mission and feeling like I help make a difference. It’s a great way to get to know people with diverse perspectives. I’ve gained skills in areas like meeting facilitation, conflict resolution, financial analysis, and fundraising.

Time is a challenge, of course. I believe 90% of being a good board member is showing up — being prepared and ready to contribute however you can.

For more than 50 years, we’ve been protecting the nature of Maine. Join us.
Maine’s relatively small population, containing charitable bequests. Considering residents report charitable contributions, during the year. More than 25% of Maine death or in declared charitable contributions million to charities through bequests after Maine communities. Recent data shows improve Mainers’ lives and strengthen foundations give millions of dollars to Each year, generous individuals and contributes to the well-being of humankind.”

Words like “philanthropist,” “donor,” and “patron,” conjure images of billionaires Bill Gates and Warren Buffett making multi-million dollar contributions to solve massive global issues, or characters in books and movies who attend fund-raising dinners in tuxedos. But Mainers have their own approach to giving, and it usually doesn’t involve flashy headlines or black-tie events. While our state benefits from contributions of some extremely philanthropic individuals, Maine is made better by contributions from citizens at every income level, in communities rural and urban, coastal and inland. In fact the word “philanthropist” is defined simply as “someone who acts or contributes to the well-being of humankind.” Philanthropy is an activity many Mainers participate in every day. Each year, generous individuals and foundations give millions of dollars to improve Mainers’ lives and strengthen Maine communities. Recent data shows Maine residents donated more than $586 million to charities through bequests after death or in declared charitable contributions during the year. More than 25% of Maine residents report charitable contributions, and an impressive 40% of Maine estates contain charitable bequests. Considering Maine’s relatively small population, these seem like staggering amounts and impressive percentages. But compared to the rest of the country, the numbers add up differently. The 2012 IRS report on individual giving ranks us 47th nationally, and our average individual gift of $2,963, (from those individuals reporting contributions) is the smallest in the U.S. In contrast Mainers rank among the highest in the U.S. for planned giving. Maine is third in the country for percentage of estates with charitable bequests. Mainers may need a sense of financial security during our lifetime, but we are generous in our legacy.

While 75% of charitable giving comes from individuals, Maine benefits from a generous community of foundations. The number of foundations registered in Maine rose by 9% this past year, and these foundations increased their giving by 18% over the previous year. The 20 most active foundations in Maine increased their giving by 46% since 2010, contributing more than $79 million in 2012 to Maine’s nonprofits and the communities they serve. These 20 Maine foundations support programs in every county in Maine, and they “invest local” — 84% of giving by Maine’s top 20 foundations stays in Maine. Whether Mainers give through a large foundation or their personal checkbook, the face of the philanthropy is changing. Today’s philanthropists come from a broader economic spectrum than ever before. Women, who for decades contributed primarily through volunteer hours, are increasingly involved in decision-making around donations and financial planning. As Baby Boomers tackle estate planning, the potential transfer of wealth from their generation to the next could mean significant gains for nonprofits. Younger generations are taking the reins at family foundations, bringing new ideas to longstanding family philanthropic efforts. Gen X-ers and Millennials are giving in new ways, using social media to draw attention to a cause or to enlist assistance with a major fund-raising event. Rural residents are partnering with businesses, investors, and community organizations to keep contributions local. As the issues facing nonprofits grow increasingly complex, nonprofits are adapting their strategies to meet new challenges. Philanthropy of any size plays a critical role in tackling important issues like healthcare, education, and the environment, and by supporting nonprofits that strengthen Maine communities every day.

The Maine Philanthropy Center provides leadership to promote philanthropy and increase its impact in Maine. Visit www.MainePhilanthropy.org for more information on philanthropy in Maine, and resources including an archive of annual Giving Reports for the State of Maine.

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**How to Spot a Maine Philanthropist**

Words like “philanthropist,” “donor,” and “patron,” conjure images of billionaires Bill Gates and Warren Buffett making multi-million dollar contributions to solve massive global issues, or characters in books and movies who attend fund-raising dinners in tuxedos. But Mainers have their own approach to giving, and it usually doesn’t involve flashy headlines or black-tie events. While our state benefits from contributions of some extremely philanthropic individuals, Maine is made better by contributions from citizens at every income level, in communities rural and urban, coastal and inland. In fact the word “philanthropist” is defined simply as “someone who acts or contributes to the well-being of humankind.” Philanthropy is an activity many Mainers participate in every day. Each year, generous individuals and foundations give millions of dollars to improve Mainers’ lives and strengthen Maine communities. Recent data shows Maine residents donated more than $586 million to charities through bequests after death or in declared charitable contributions during the year. More than 25% of Maine residents report charitable contributions, and an impressive 40% of Maine estates contain charitable bequests. Considering Maine’s relatively small population, these seem like staggering amounts and impressive percentages. But compared to the rest of the country, the numbers add up differently. The 2012 IRS report on individual giving ranks us 47th nationally, and our average individual gift of $2,963, (from those individuals reporting contributions) is the smallest in the U.S. In contrast Mainers rank among the highest in the U.S. for planned giving. Maine is third in the country for percentage of estates with charitable bequests. Mainers may need a sense of financial security during our lifetime, but we are generous in our legacy.

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**We believe in fairness and justice for all.**

And that justice should not depend on how much money you have.

**TOGETHER, we can provide the fairness and equal access to justice that EVERY American deserves.**

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“RTT is changing the world by helping people become better, happier, more independent and more fulfilled people.”

Leslie, Parent of rider at RTT

**Helping people with disabilities reach their highest potential through the healing power of horses.**

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**DISCOVERING ABILITIES TOGETHER**

Pine Tree Society offers a full range of programs and services, all with a common thread - to help Maine people with disabilities live more socially connected lives while breaking down barriers to independence. Discovering abilities together is more than a tagline. It guides everything we do - every day.

Learn more at www.pinetreesociety.org or call (207) 443-3341.

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Helping low income immigrants improve their legal status and working for more just and humane laws and policies affecting them

www.ILAPmaine.org

**IMMIGRANT LEGAL ADVOCACY PROJECT**

SAVE THE DATE: 3/27 for CeleSoirée, a multicultural celebration with the Circus Conservatory of America at Ocean Gateway, Portland!
The Next Generation is Here and Knocking

Just ten years from now, Millennials — generally defined as people born between 1980 and 1999 — will comprise 75% of the workforce. The first generation to grow up with the Internet and social media, Millennials are already a driving force changing the way we work, interact and contribute to society. Businesses — including nonprofits — hope to attract emerging leaders working to understand more about the strengths and desires of this wave of employees, business partners, volunteers and donors.

Each generation is challenged by the next to adapt to new ideas. Millennials are characterized as confident, optimistic, passionate, multi-taskers. Shana Natelson, 27, Executive Director of Speak About It, a nonprofit she formed in 2010, reflects, “If we see an injustice, we want to correct it. If there’s a demand in the public sector, we want to meet it. We’re not afraid to make waves. Maybe we’re young and bull-headed and largely running on caffeine and adrenaline, but until we run out of gas, expect to see more waves.”

This drive for immediate action and willingness to shake things up can make some experienced leaders uncomfortable, but nonprofits are under pressure to adapt. The sector is facing a leadership crisis: estimates suggest up to 75% of nonprofit executive directors will be retiring in the next five years. Honing the talents of emerging leaders is critical to creating stable organizations that continue to serve Maine communities. Millennials are eager to meet the challenge: more than a quarter report wanting a chance to show their leadership skills.

Nonprofits are crucial partners in keeping young people in Maine. Younger workers seek out innovative organizations that contribute to the greater good. “The work of nonprofits encapsulates the compassion of my generation,” says Lydia Swann, 25, of Portland. Millennials believe that success should be defined by more than financial performance. “We want to be connected to each other and to feel we have meaning and purpose. We want to contribute to solutions.”

For-profit businesses should take note as well. Investing in developing cause-related campaigns, offer meaningful opportunities to push nonprofits to develop creative outcomes. Millennials want opportunities to create positive change, and their desire to be a part of something bigger is good news for nonprofits, which offer mission-driven work that connects with Millennials’ values. They challenge established nonprofits to change in ways that might be uncomfortable, but bring a dynamic, entrepreneurial drive that can move organizations and societies in new, positive directions.

Nonprofits are crucial partners in keeping young people in Maine.
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As the event came to a close, MANP
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Portland Press Herald/Maine Sunday
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nonprofit leaders and volunteers gathered
The community agreed. Well over 200
and values."
directly reflects Maddy's personal beliefs
never a more obvious choice to make,
In 2013, for the inaugural event, MANP
chose to honor Maddy Corson for the
significant role she has played within the
nonprofit community throughout Greater
Portland and Southern Maine. “There was
never a more obvious choice to make,”
said Scott Schnapp, MANP’s Executive
Director. “The daily work of the sector
directly reflects Maddy's personal beliefs
and values.”

The community agreed. Well over 200
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role in well over a hundred nonprofit
organizations throughout Southern Maine.
As the event came to a close, MANP
announced the creation of an award to
be given annually. Beginning in 2014,
MANP would award the Maddy Corson
Community Catalyst Award to other
leaders throughout Maine who, like
Maddy, give wholeheartedly to Maine's
nonprofit sector and make their
communities better places to live.
This past November,
MANP headed
to Bangor with
Maddy to
present the
inaugural
award to
Wilma
"Willie"
Bradford,
a life-long
community
leader in
the Greater
Bangor
region.
Throughout
her lifetime, Willie
served on a multitude of
nonprofit boards, breaking
down leadership barriers for
women as she went. She served as the
first female board member and board
chair for the United Way of Eastern Maine
and was also the first female board
member and board chair of Eastern
Maine Healthcare (EMHS).
“Back in the early 1970s, EMHS was run
almost entirely by men,” said Brad Coffey,
Vice President for Philanthropy
with the EMHS Foundation.
“Willie did not hesitate
to speak up and
share her thoughts
on what should
be done. The
result, the
impact, was
that the
organization
changed in
ways that
it otherwise
might not
have. Today,
EMHS is run by
Michelle Hood at
the highest level,
and its hospitals are
almost all run by women.
They’re all phenomenally
talented, dedicated leaders, and to
some extent they have Willie to thank.”
Bob Duchesne from Maine Audubon also
had warm words to share. “We would
make the case for why Maine Audubon
needed help, and she would know right
away who in the community would care
about that kind of work and would make
that connection, as a catalyst does,
between those who really care about
the community and the assets within the
community.”
Dr. Susan Hunter, President of the
University of Maine, also recognized
Willy’s outstanding work. “We look at
Willy as one of the foundational leaders
for the creation of the Maine Center of
the Arts. Every year, we give an award
that goes to the person in the community
who has contributed most in the arts over
their lifetime. That award is named ‘The
Wilma.’ She’s been a catalyst for the
Greater Bangor area.”
This year, MANP will continue its road trip
to honor the second winner of the Maddy
Corson Community Catalyst Award.
Community catalysts like Maddy Corson
and Willie Bradford are few and far
between. MANP looks forward to finding
them and shining a spotlight on their
magnificent work.

Every successful community is fortunate
to have people with exceptional gifts, life
experiences and passion for bringing
people together for the common good. In
an effort to recognize the stars of Maine’s
nonprofit sector, the Maine Association
of Nonprofits (MANP) created the annual
Community Catalyst Celebration.

For over 45 years, WABAN has been making a difference in the lives of
children and adults with developmental and other disabilities.

Children's Services
- Child Development Center
- Case Management
- So. ME Parent Awareness
- Mental Health Services

Adult Services
- Residential
- Case Management
- Life Works - Day Services

Social Enterprises
- SecureRMS - Shredding
- TREE Experiential Education
- & Summer Camp
- Wormwood Banquet Center

Help A Neighbor - Volunteer!
Discover why some of the richest people
in the world are not millionaires,
they are volunteers.
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For more information, call the Director at:
729-8571
Respite Care
CELEBRATING 25 YEARS
BRUNSWICK AREA
A United Way of Mid Coast
Maine Agency
10 Ways to Support a Nonprofit

1. Volunteer
Pick an organization, any organization. You can lend a hand once a week, once a month, or on a one-time-only project. Not sure where to begin? Give www.VolunteerMaine.org a try and see what catches your eye.

2. Make a donation
Nonprofits develop business models with diverse income streams that include contributions from individuals and businesses that recognize the value of their work. Consider supporting organizations whose work you value.

3. Make a wish come true
Donations can be about more than money. Call or check out the website of a nonprofit that’s providing services to the community to find a wish list of items they could use. You might make it a family project. Consider adopting a nonprofit and providing them with just one ongoing wish from their list for an entire year. You might even find this to be a great way to get involved on a longer-term basis with an organization.

4. Serve on a nonprofit committee
Maybe you’re good at planning events, or reading spreadsheets. Nonprofits rely on the efforts of many people to share their workload, and committee members are a vital force.

5. Serve on a board
Nonprofits are governed by volunteer boards of directors, all charged with the role of acting in the best interests of the organization. The work is rewarding, and will give you a stronger commitment to an organization and to the community it serves.

6. Take time to learn about the crucial role nonprofits play in our communities
Did you know that one in every seven workers in Maine works for a nonprofit? Learn about the history of Maine’s nonprofits, and why they are a crucial part of Maine’s business community. www.NonprofitMaine.org is a great place to start.

7. Advocate
Anyone can lobby for the good work of nonprofits. Write a letter to your legislator. Speak to your neighbors and coworkers. Nonprofits appreciate and rely on you to take on an active role as a member of the community.

8. Engage with your community
The nonprofits you care about are tied into their communities as part of a strong network. See a connection you could help make? A volunteer program or a wish list your business could support? Your efforts to make those connections work can help strengthen the fabric of the community you call home.

9. Share your talents
Consider sharing your skills with a nonprofit. Access to graphic designers, writers, event planners and many other professionals can be hard to budget. Smaller nonprofit organizations often have limited resources, so if you’ve got the time, a nonprofit will most certainly have the need.

10. Thank a nonprofit
If an organization has reached out to you this past year, or does great work in your community, take the time to say thank you. That is without a doubt an essential gift you can make.

February is Teen Dating Violence Awareness & Prevention Month
1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

Together, let’s send the message that it can happen to anyone, and everyone has the right to live a life free from abuse.

Need support?
Call our 24 hour confidential helpline:
1-800-559-2927
safevoices.org

Leo has Finally shed his walker and is walking independently! Plus his joy, pride and enthusiasm for riding is PRICELESS!
~ with gratitude, Jessica (Leo’s mother).

We say “yes” when insurance companies say “no”. Join us in Bridging the Gap for children with special needs in Maine.

Progressive Client Centered organization providing compassionate service through the following programs:

Substance Abuse Counseling and Treatment
Home & Community Treatment (HCT)
Outpatient Mental Health Counseling
Community Integration
Targeted Case Management
Treatment Foster Care

Accepting referrals as well as employment applications!