

Strengthening Families Services

Helping Families with their Overall Economic and Social Wellbeing:

- Child care and preschool services (Head Start, Early Head Start and developmental services for children with special needs)
- Child care for school age children to age 12 (Caribou Community School)
- Coaching and navigation
- Diaper program
- Financial literacy coaching
- School supplies at start of school year
- WIC nutrition program for families with young children

Youth Services

Health and Wellbeing:

- Engagement programs for youth empowerment
- Guidance and counseling
- Personal responsibility
- Physical activity and nutrition
- Pregnancy prevention
- Restorative practices
- Substance use prevention
- Tobacco prevention

Workforce and Financial Supports:

- Childcare assistance
- College prep and transition
- Entrepreneurial skills training
- Financial education
- High school completion
- Job search
- Matching with local mentors
- Occupational training (e.g., CNA and CDL certifications)
- Paid on-the-job training and work experience
- Transportation, clothing, tools and equipment, childcare
- Tutoring

Unsure which programs and services you may qualify for? Our ACAP Intake Team is here to help. They will listen, assess your needs, and refer you to all relevant ACAP services and other external agencies that may benefit you or your family.

Hope & Prosperity Resource Center

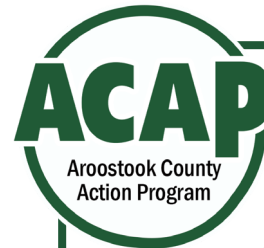


The Hope & Prosperity Resource Center is a warm and safe place where individuals and families can access a variety of services tailored to their needs. All these services are available in one convenient location, making it easier for you to get the support you need.

ACAP on Wheels



The ACAP mobile service unit is a retrofitted RV designed to bring ACAP's services to more remote areas of Aroostook County. This mobile unit ensures that individuals and families in hard-to-reach locations can access the support and resources they need.



For over 50 years, Aroostook County Action Program (ACAP) has been a key resource for individuals and families in Aroostook County. A nonprofit organization, ACAP is one of 10 Community Action Agencies in Maine and part of a network of over 1,000 across the nation. Together, with our state and national partners, and many local and regional collaborators, ACAP holds a vital role in helping individuals and families in Aroostook County achieve economic and social mobility.

OFFICE LOCATIONS:

91 Military St.
Houlton

40 Alfalfa Ave.
Fort Kent

88 Fox St.
Madawaska

771 Main St.
Presque Isle

207-764-3721 • TTY 207-764-3721 • info@acap-me.org



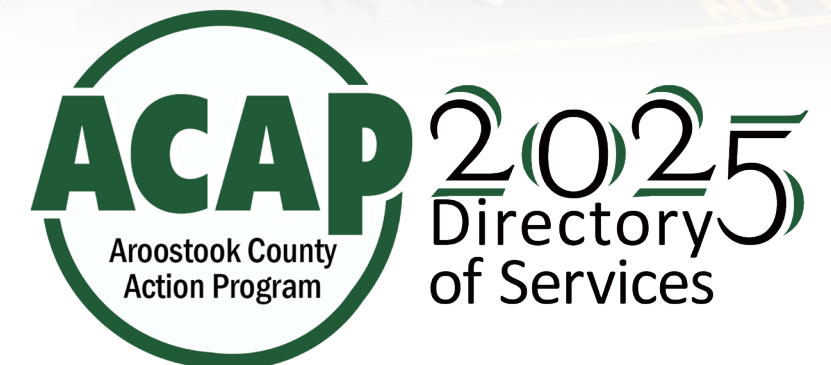
www.acap-me.org



Aroostook County Action Program is a member of Maine Community Action Partnership and National Community Action Partnership.



ACAP provides equal opportunity in employment and services.



Childcare & Early Childhood Education Services

Preschool Children:

- Child care for infants to age six
- Child care for school age children to age 12 (Caribou Community School)
- Coaching and navigation
- Developmental services for children with disabilities
- Head Start and Early Head Start Program for families with expectant mothers, infants and toddlers through age three. Preschool age 3 to 5 years in center based or through public Pre-K partnerships.

Energy & Housing Services:

Education and Training:

- Energy audits
- Home heating assistance including Home Energy Assistance Program (HEAP) and emergency heating assistance
- Overdue electric bills (Arrears Management Program- AMP)

Housing:

- Energy conservation coaching program
- Eviction prevention
- Homebuyer education
- Homelessness and housing insecurity
- Housing for chronically homeless individuals (income based)
- Rent Smart education course

Safe and Warm Homes:

- Heating system cleaning and repair
- Heating system replacement, including heat pumps
- Home repairs and weatherization
- Lead paint inspections and abatement resources
- Oil tank replacement
- Safety aids for individuals with mobility challenges

Employment & Training Services:

Displaced and Laid-off Workers:

- Career counseling
- Job search
- Skills assessment
- Training and certification programs

Employment & Training Services (cont.)

Education and Training:

- Child care
- Clothing
- Tools and equipment
- Transportation

Youth and Adults:

- College prep and transition
- High school completion
- Job search
- Occupational training (e.g., CNA and CDL certifications)
- Paid on-the-job training and work experience

Health, Wellness & Nutrition Services

Health Insurance:

- Health Insurance Marketplace navigation, including eligibility determination, option comparison and application/enrollment

Healthy Eating and Physical Activity:

- Programs and resources to reduce negative health effects of obesity

Nutrition and Food:

- Breastfeeding support and counseling (including supplies and electric pump loaner program)
- Community cupboards for food distribution
- Financial support for healthy foods and infant formula
- Infant and toddler health screenings and referrals
- Nutrition education, including nutrition support for childcare providers
- Prenatal vitamins for women of childbearing age
- WIC Farmers Market (seasonal)
- WIC nutrition program for families with young children

Oral Health:

- Dental sealants for elementary school students
- Education and prevention
- Preventative dental cleanings and related services (in participating schools)

Health, Wellness & Nutrition Services (cont.)

Tobacco Prevention:

- Education on nicotine forms and harm reduction
- Policy development for public-facing entities
- Resources and supports for quitting nicotine addiction

Youth Education and Support (ages 10-24):

- Engagement programs for youth empowerment
- Financial literacy
- Personal responsibility
- Pregnancy prevention
- Social-emotional learning

Substance Misuse Prevention:

- Programs to reduce alcohol, marijuana and drug use
- Resources and programs on addiction and harm reduction

Managing Money Services

Financial Stability:

- Free tax return preparation
- Health Insurance Marketplace navigation including: eligibility determination, option comparison and application/enrollment
- Homebuyer education course
- Household and personal budgeting classes
- Matched savings account toward:
 - Training and higher education
 - Starting a small business
 - Home purchase or repairs
 - Vehicle purchase or repair
 - Emergency savings
- Paying for education and training

Household Expenses:

- Child care subsidy program
- Diaper program
- Financial support for healthy foods and infant formula
- Heat Pump Installation Program
- Home heating (HEAP – Home Energy Assistance Program)
- Home weatherization program
- Overdue electric bills and heating costs
- WIC nutrition program for families with young children