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VOL 1 • MAR 2019

# Journey

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# Journey

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*On the cover:  
Charlie Bickford of Maine Paint,  
a recovery-friendly employer,  
with his daughter, Tania Margate.  
Photo by Brian Delaney*

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# A letter from the publisher

**T**his very first letter from the publisher feels tortuous right now. I've typed, deleted, typed again, deleted all of it, walked away, questioned myself, prayed and started fresh more than a few times now.

I'm aware that it's much like my attempts at Recovery. I started, stopped, took a few steps back, started again, stopped -- over and over until Feb. 12, 1993, when I completely accepted the fact that, although I had no idea what was in front of me, I was really sick and tired of doing what I was doing. I started again and have not stopped recovering since.

This magazine is about the act of traveling from one place to another. And like my recovery path, it won't be perfect. Nor will this letter from me be perfect. It likely won't adequately express the incredible gratitude I have for every single person who has helped create this magazine for you. And I may not be able to express the overflowing optimism I have about amplifying the hope that abounds in recovery and its ripple effects. But, like Recovery, I'm giving it my best shot.

This started with a dream I had about a year ago about a newsletter I once worked on called Journey. At that time I wasn't sober, as was glaringly apparent when I had to typeset "10 Questions to Find Out If You're An Alcoholic." While typing, I found myself answering "yes" to many of them, only to find out that if I answered yes to four or more, chances were really good that I was an alcoholic. So, of course, I went back up to the top and said, "Well, I really don't do that ..." to the questions until I had seven "no" answers.

The dream I had was vague and all I remembered clearly when I woke up was Hall's old Journey logo. So I put the shout on Facebook to old-timers to see if anyone still had any copies and some were found.

I read stories about Dr. Stanley Evans, the Arnie Hanson Center (now Milestone) and Mercy and reflected on how times have changed here in Portland for the recovery community. I felt grateful for those for who laid the groundwork and grateful for the thriving recovery community that exists today.

Through dozens of conversations and serendipitous connections, what started with a dream has evolved into a mission to amplify hope and celebrate freedom from addiction. In the face of a deadly epidemic, we'll shine a bright light on Recovery.

## **Recovery is possible.**

We do recover from a hopeless state and get to live amazing lives. We want to give hope to those who struggle and hope to those who love people who struggle.

Recovery happens in many different circles – inpatient treatment, outpatient, medication assisted therapy, therapy, yoga, 12-step and other recovery programs -- and Journey respects whichever of the paths you take that helps you get away from the drugs, alcohol, gambling, sex or other addiction that's killing the human you want to be. But whatever your path, we are all in this together and we need each other.

Each issue of Journey will feature articles on a different theme. This inaugural issue's theme is Employment and issues in coming months will look at Health and Fitness, Creative Expression,



Community and other topics in Recovery. We'll profile community members in our regular "People Like Us Live Like This" column and our "On the Journey" column will share readers' insights on what life is like on the other side of active addiction.

We are not an anonymous publication. We respect the traditions of the programs some of us attend, but we want Recovery to be seen, heard and known. With a printing of 10,000 copies distributed throughout Southern Maine, we will do just that.

Our goal with every issue is that when you put the magazine down, you'll feel hopeful, empowered or connected and perhaps all three.

For me, every single story, every word and comma in Journey represents a dream that has been brought to fruition – a dream to amplify a message of hope.

You, dear amazing and strong reader, can help amplify this hope by sharing this magazine when you're done reading it, by emailing us with your resources, services and events to publish and by mentioning to the advertisers that you saw them here.

And we want to hear from you about your Journey.

Sober sister hugs,  
Carolyn



Photo by Carolyn Delaney

# In This Issue

- Employers Open Doors.....6
- Honesty, patience pays off.....9
- Writing Your Resume ..... 11
- Identify Your Super Powers.....12
- Acing Your Interview .....14
- Interview Questions to Ask..... 16
- Hope - A Practice .....36

# In Every Issue

- Financial Recovery ..... 18
- Wellness Recovery ..... 20
- Recovery Allies .....22
- This Recovery Life .....24
- On The Journey.....26
- People Like Us Live Like This ..... 30
- Many Paths.....32
- Resources .....38

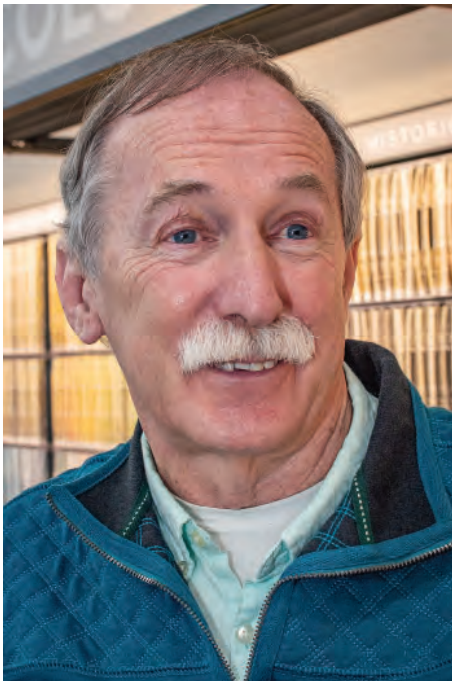
# Advertiser Index

- Amistad ..... 29
- Atlantic Chiropractic ..... 17
- Beach Bagels ..... 15
- Bettina & Co.....3
- Body Back..... 21
- Don Verger .....19
- Elaine Lilley ..... 9
- Express Employment.....2
- First Parish .....7
- Goodwill..... 33
- Grace House .....11
- Heart At Work ..... 9
- Infuse Health Clinic .....27
- My Inner Image..... 17
- Kathy Baltes .....19
- Kennebunk Yoga .....16
- Link Stevens .....3
- Milestone .....27
- Phoenix .....Back Cover
- Portland Media Center..... 43
- PRCC..... 28
- The Ranello Team..... 15
- Replenish Healing Retreats... 33
- Sacred New Beginnings ..... 17
- Sally A Morris ..... 35
- Sarah Kelly.....10
- SMART Recovery ..... 17
- Sophia’s House ..... 35
- Tim Sample .....13
- TouchPoint..... 15
- Salt Sisters.....13
- Valerie Devereaux .....27
- Wally Camp ..... 29

# EMPLOYERS OPEN DOORS FOR THOSE IN RECOVERY

## *Past history not a roadblock to getting a job*

By Amy Paradysz



Charlie Bickford of Maine Paint likes employees “who are following the path of rigorous honesty,” including his daughter and employee Tania Margate. Photos by Brian Delaney

**C**harlie Bickford has been working for Maine Paint since he got sober two decades ago, and, as general manager of its four locations, he tries to open that door for others newly sober.

“If somebody comes to me looking for a job, or I meet somebody at a (recovery) meeting who is looking for work, I would consider giving them a shot,” Bickford said. “I like people who are putting in the work in their own recovery. I kind of lean toward people in recovery because I like people who are following the path of rigorous honesty.”

Maine Paint is just one of a growing number of Maine employers who welcome workers in recovery, even those whose recent pasts may be riddled with the consequences of long-term addiction.

“People who have lengthy histories of addiction have often had gaps in employment and brushes with the legal system and may perhaps have felonies” said Bob Fowler, executive director of Milestone Recovery.

Several Milestone Recovery employees in recovery themselves, Fowler says, approach their work as a “personal mission” and a way of “paying forward.”

That’s how Bickford sees it, too. “I couldn’t have gotten where I am if I hadn’t been where I’ve been, and then I wouldn’t be equipped to help others,” he says. “That’s from the Bible.”

In hiring candidates in recovery, Bickford says he’s had both successes and failures, but, all in all, he’d do it again.

“Frequently, when people come into recovery, it ends up being the end of a career,” said Steve Danzig, executive director of ENSO Recovery. “That’s how I got into this field. My former career ended

because of my use. I understand people who have gone down that road—and some of the roadblocks and barriers they face. I was making a lot of money as a plumber in the mid-1980s through the late 1990s, and I was chronically addicted.

My life got to a place I never would have imagined. I ended up homeless, living in a train station, unemployable.”

Danzig got sober in 1997-1998

and has spent the decades since helping others out of addiction. He leads ENSO Recovery, which offers outpatient opioid addiction programs in Southern Maine. In 2018, ENSO Recovery hosted two job fairs for people in recovery, including one at the Portland Expo Center that



**We have found that they seem to have a better stick rate—less turnover—maybe because they’re so grateful for a second chance,”**

drew nearly 200 job seekers and a couple dozen employers, including The Holy Donut and PeopleReady.

“We go with their character and how they represent themselves, just like anyone else applying for a job,” said Leigh Kellis, founder and co-owner of The Holy Donut, the popular doughnut maker and retailer in Portland and Scarborough.

“We have found that they seem to have a better stick rate—less turnover—maybe because they’re so grateful for a second chance,” said Lauran Franciose, human resources manager. “For the most part, people in this community have been and are some of our longer-term rock star employees.”

PeopleReady, which has offices in Portland, Lewiston and Bangor, is “a second-chance employer,” said recruiter Anne Ballard, who places workers in short-term labor

positions, everything from construction to housekeeping.

“You don’t have to jump through a lot of hoops. We’re one assignment at a time. You’ve heard the saying, ‘How do you eat an elephant?’ One bite at a time. It’s the same thing with getting to your dream job, one step at a time,” Ballard said.

“We have folks come in and say, ‘I used to make six figures, but life has taken some turns and I’m not too proud for you to just assign me to a job.’ Sometimes they want to prove to themselves and to others that they’re ready for a temp to permanent position,” she said.

Another Portland-based business known to hire people in recovery is Coffee by Design, which happens to be neighbors with a Milestone Recovery facility on India Street in Portland.

“What we have learned is that, if you bring someone in and you know they are in recovery, make



Anne Ballard of People Ready says employees in recovery can get to their dream job “one step at a time.” Photo by Brian Delaney

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sure you have a support system in place—for example, that they have a sponsor and housing that supports their sobriety,” said Mary Allen Lindemann, co-founder of Coffee by Design. CBD has four coffee shops and a Portland roastery along with a wholesale and mail order business

Even as a small business, Coffee by Design offers health insurance—available for purchase after 30 days—and also an Employee Assistant Program (EAP) to all employees. “We pay for Unum life insurance for everybody when they join us,” Lindemann said. “And, connected with the life insurance plan is this really comprehensive EAP, with unlimited phone counseling.”

She says it’s critical that employers cultivate a work environment in which employees “are comfortable enough to let someone know if someone is in trouble.”

In another recovery community connection, Coffee by Design’s Diamond Street location was renovated by MaineWorks crews. “And they did a great job,” Lindemann said.

Nearly a decade ago, MaineWorks founder Margo Walsh turned her history with addiction into a mission—and an award-winning \$2.8 million staffing company with an unusual niche: putting convicted felons to work in construction, masonry and landscaping. But the workers start their days with a 6 a.m. fire circle, putting the focus on their recovery first.

*Amy Paradysz is a freelance writer who lives in Scarborough.*



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**Leigh Kellis,  
Founder & Co-Owner  
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# Honesty, patience pays off for working couple

By Amy Paradysz

For people in recovery, finding an employer who will give them a chance—despite holes in their employment history—can be a real challenge.

“Being in a positive work environment where my recovery was always put first was hard to find,” said Chloe Swedlow, 37, of Sebago. “I’m a really good employee, but there were gaps in my employment. It took me a long time to explain that and not be ashamed of my answer. In the beginning, it was necessary for me to put myself out there and trust the process that whatever job I could get while being honest was the job meant for me. When you’re abusing, you’re generally not practicing honest principles. It takes a while to rewire your thinking.”

She started out with what she describes as a “get well job” at a small grocer—a role that was simple and stress-free and paid just about enough to pay her rent at a sober living home. She met her now-husband, Adam Swedlow, through friends in the recovery community, and she’s been sober three years, married for two. Today they both work in the treatment field, Chloe as a business development consultant for Granite Recovery Centers and Adam as a recovery support specialist at Green Mountain Treatment Center in Effingham, N.H.

“What my addiction looks like is that I quickly become unemployable,” said Adam Swedlow, who, at 35, has been sober five years. “Through my poor



Adam & Chloe Swedlow with their child - Courtesy photo

choices, I had to spend some time in prison. As a result, my resume looks really weird with these gaps everywhere.”

But, by being totally honest, Adam Swedlow got a job right out of prison—not his dream job, but immediate employment. When that business closed, his AA sponsor offered him a job at a car dealership. Then, in October 2018, he was hired as a recovery support specialist at Green Mountain Treatment Center in Effingham, New Hampshire.

“If you had told me two years into my sobriety that I’d have a wife, a small child and another child on the way, and a dog and I’d own a house, I never would have believed you,” he says. “But if you look at the ‘why,’ it’s helping others. When I’m using, I’m the most self-centered person. But when I’m helping others, things fall into place. Every day I’m grateful for all of it.”

“We wake up every morning and have to pinch ourselves,” Chloe Swedlow said. “We’re really content and happy and are able to use our experiences to help other people.”

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# many thanks

A special thank you to Lee Hews,  
Lynda Adams, Heather Chandler,  
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for your generosity of time  
and sharing your experience and guidance



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# Writing Your Resume

Getting back to work while in recovery can seem daunting. Many newly sober people have an extended gap in their employment history or multiple jobs in their past that they didn't leave voluntarily. There are ways to overcome an inconsistent work history.

Here are three tips.

## Always be honest

First things first: It may be tempting to fudge the dates of employment history or other unflattering details, but it's important to remain honest on a resume. A long gap resulting from using and/or rehab can be explained as "Dealing with a personal medical issue," or "Receiving medical care." By law, employers may not push for details about a medical condition during the interview process.

## Focus on skills

With the employment gap explained, people in recovery can also benefit from a resume that focuses on relevant skills versus previous job titles. Formatting a resume so that it lists specific skills, certifications and achievements at the top is a perfectly viable option.

Candidates should also bear in mind that some employers use applicant tracking systems to scan resumes before a human resources employee ever sees them. Adding an employment section about the type of role one is seeking can help with getting by this obstacle. For instance:

**Senior Graphic Designer**  
*Experienced designer currently seeking to return to the work*

**force after a medical leave. While seeking a new opportunity, I have been maintaining a personal blog and remaining up to date on Photoshop and Illustrator.**

## Take a few trainings or classes

There is perhaps no better way to show a potential employer that you're serious about reentering the workforce than by getting a new certification or engaging in ongoing education. An employment gap can become more impressive if there is evidence that the candidate took an online training or attended an industry seminar to learn new skills during that time.

Getting sober is an incredible achievement and going back to work is a natural step to independence. Gaps in employment can be explained, and it's possible to fill the time before a job offer with useful volunteering and education. Most of all -- never give up hope, and know that many employers are quite understanding.



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— PRE-INTERVIEW —

# IDENTIFY

## Your Super Powers

By David Lee



One of the most common challenges I see job seekers and career changers struggle with is identifying their skills and abilities and figuring out how to translate them into a job or career that works for them. Often the more immediate concern is how to do this for an upcoming job interview.

Why is it so hard to name what you do well? It's natural for us to take for granted the things we're able to do easily, because we assume it must be

easy for everyone since it is for us. We forget that what's easy for one person is not easy for another.

Flip this point of view. Examine what comes most easily to you. These could be your Super Powers: your unique strengths, talents and skills that enable you to provide the most value to any employer and separate you from other job candidates. Analyze your work experience more carefully for your Super Powers.

While there are a number of tools and techniques for getting clear on this, the following recommendations will help you identify your particular Super Powers:

**1. Make a list of your primary tasks and accomplishments for each of your job or volunteer experiences.**

Focus your attention on those:

- you excelled at
- enjoyed doing
- you received external positive feedback about and
- that provide the most value to your employer or prospective employer.

Since people can often see you more clearly than you can see yourself, ask people who know you best—preferably in a work context: “When have you seen me at my best and

why was it my best?" and "What do you think are my best skills and attributes?"

**2. Do an internet search for "Transferable Skills Checklist and download two or three different ones.**

Pick the one you find the most useful to identify what key transferrable skills you demonstrated in these tasks and accomplishments.

**3. Come up with examples of you demonstrating these skills.**

Keep a list of these examples because you will want to share them with the interviewer. Don't try to commit them to memory. Make a list.

Sometimes you need to be creative, and getting another perspective can also be useful.

I was working with a convicted drug dealer on his interviewing skills a while back (a tragic case of someone turning to heroin to deal with oxycontin withdrawal who turned to dealing to fund his habit). As we talked about how to address the sensitive issue of his incarceration in the job interview, one of the things we discussed was how he could talk about the skills that were critical to survive as a drug dealer and how they would translate into a more conventional sales position.

If you're thinking, "I've only had simple, no-brainer jobs, I don't have anything to offer," reach out to your wisest friend or family member or your counselor, or seek out a career counselor to help you see what you might have overlooked.



photo courtesy: Robert Mitchell

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"It's a delightful paradox that the long, winding road to successful, vibrant, long-term recovery often starts with a recognition of the absurdity of our own situation and a newfound willingness to take ourselves just a bit less seriously." - Tim Sample

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David Lee is a career coach at [HeartAtWork Associates.com](http://HeartAtWorkAssociates.com).



# AGING YOUR INTERVIEW

**B**eing a person in recovery means confronting the consequences of past mistakes, and this truth is never more evident than when it's time to go back to work. Someone in recovery from addiction may have long stretches of unemployment, runs-ins with the law or job terminations in their history. Interviewing sounds scary in the face of all that and emotional obstacles are very real. However, with a plan of action and some thoughtful answers, it is possible to nail an interview and turn lemons into a job offer.

## BEGIN WITH SOME SELF-CARE

First things first: Going on an interview is stressful. A candidate's body will respond with sweating, shortness of breath and an unhealthy dose of anxiety. This is normal, but not insurmountable. It's good to spend five minutes before entering the building breathing in and out deeply and envisioning a positive outcome. Taking necessary pauses during the interview to breathe in, and having a glass of water on hand to prevent dry mouth are also useful interview hacks. Remember to sit up straight; strong posture sends positive messages to the interviewer and helps any candidate feel more confident.

## ADDRESS EMPLOYMENT GAPS AS HONESTLY AS POSSIBLE

Being prepared is the best strategy for any interview, especially for a candidate in recovery. Consider that an interviewer will ask want to know why there is a period of two years where no jobs are listed. Be as specific as you feel comfortable, which could vary from "I took time off to deal with an ongoing medical issue" to "I was getting sober and healthy." Remember that a manager or human resources employee can conduct background checks online and easily discover public arrest records and other information -- be reflective and thoughtful and never lie.

## FOCUS ON LESSONS LEARNED

Recovery is a time of self-reflection, and communicating about personal growth with a hiring manager can turn a potentially awkward discussion into an inspiring one. A candidate in recovery should focus on what their journey has taught them about perseverance, confronting problems and moving forward. Some of the tenets of getting sober will translate well to stressful jobs.



**Be as specific as you feel comfortable.**

## SPEAK POSITIVELY ABOUT THE FUTURE

Candidates with a turbulent past should also make it clear that they are forward-thinking. Discussing positive plans for a future career, down to specific milestones, sends a good message to hiring managers. People in a position to bring a new employee on board want to be confident that they are extending a contract to someone who is invested in their role and participating in ongoing success.

Getting a new job while new to recovery presents a challenge, but not one that is insurmountable. With some tactful answers to tough questions in their back pockets and eyes on the future, candidates in recovery can land a great gig.

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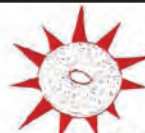
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# INTERVIEW QUESTIONS

## HERE ARE 10 THINGS YOU COULD ASK, AND WHY:

### **What skills and experiences would make an ideal candidate?**

This is a great open-ended question that will have the interviewer put his or her cards on the table and state exactly what the employer is looking for. If the interviewer mentions something you didn't cover yet, now is your chance.

### **What is the single largest problem facing your staff and would I be in a position to help you solve this problem?**

This question not only shows that you are immediately thinking about how you can help the team, it also encourages the interviewer to envision you working at the position.

### **What have you enjoyed most about working here?**

This question allows the interviewer to connect with you on a more personal level, sharing his or her feelings. The answer will also give you unique insight into how satisfied people are with their jobs there. If the interviewer has trouble coming up with an answer to your question, it's a big red flag.

### **What constitutes success here and in this position?**

This question shows your interest in being successful there, and the answer will show you both how to get ahead and whether it is a good fit for you.

### **Do you have any hesitations about my qualifications?**

This gutsy question shows you're confident in your skills and abilities.

### **Do you offer continuing education and professional training?**

This is a great positioning question, showing that you are interested in expanding your knowledge and ultimately growing with the employer.

### **Can you tell me about the team I'll be working with?**

Notice how the question is phrased; it assumes you will get the job. This question also tells you about the people you will interact with on a daily basis, so listen to the answer closely.

### **What can you tell me about your new products or plans for growth?**

This question should be customized for your particular needs. Do your homework on the employer's website beforehand and mention

a new product or service it's launching to demonstrate your research and interest. The answer to the question will give you a good idea of where the employer is headed.

### **Who previously held this position?**

This seemingly straightforward question will tell you whether that person was promoted or fired or if he/she quit or retired. That, in turn, will provide a clue to whether: there's a chance for advancement, employees are unhappy, the place is in turmoil or the employer has workers around your age.

### **What is the next step in the process?**

This is the essential last question and one you should definitely ask. It shows that you're interested in moving along in the process and invites the interviewer to tell you how many people are in the running for the position.

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**What we think,  
we become  
- The Buddha**

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## DOING RIGHT WITH **PAST DUE BILLS**

By Casey McClurkin



**Y**ou are making progress in your recovery – congratulations! However, in all likelihood, your financial situation is less than what you would like it to be. You may owe money to a friend or family member, you might have past due bills, credit card debt could be piling up – can you relate?

Almost every one of us has been there and there are a few simple steps you can take to get back on track.

To get a clear understanding of what you must do, you have to know where you're going. The first step in getting on firm financial footing is: know your outcome.

Write it down! Do you want to pay your past due bills? Do you want to avoid further debt? Do you want to save money for your own place? I challenge you to put yourself in a state of mind where all of these things have already happened. Imagine what it would feel like to happily open your mail or answer the phone without the fear of a collector on the other end. Is that a sense of security? Or freedom? Or confidence? Start putting a plan into place to achieve that outcome.

It's critical for you to know exactly what you owe, to whom and when. Make a list of all your creditors (for example, the power company, the hospital or a credit card company), the creditor's phone number (customer service), how much you owe, the due date, the interest rate or late fees you are being charged, action needed and outcome.

Now you can prioritize your bills by amount due, interest rate or how much it affects your life -- if your electricity is going to be turned off, that's a good place to start! You might even decide to prioritize on how a particular bill makes you feel. If you have a negative emotional reaction to any bill, that's another one to pay off quickly.

Figure out how much you can afford to pay on each overdue bill. Go back to your last two pay checks to figure out your monthly income. How much is left after you pay rent or mortgage, current bills like electricity and phone, and groceries? You may find that there isn't much left. If that's the case, consider ways to cut expenses, earn more income, or both.

Finally, it's time to start calling the people or companies you owe. Tell them what you're doing. Acknowledge you know you're late and you want to make it right. Take responsibility and

negotiate a payment plan that feels reasonable and achievable to you and is also fair to your creditor. In most circumstances, they will work with you. If you should hit a roadblock with a customer service agent, ask to speak to his or her supervisor. Use a script if you need to. Something like "Thank you for taking my call. I am past due on my payments to (company) and I want to make it right. However I am unable to pay 100 percent of the balance due today. Is there a payment plan we can arrange?" Coming from a place of calm will get you further with your creditors than a place of anger.

It may take a long time or you may find that you're able to tackle these bills and debts quickly. The key is to accept responsibility and do what you can with integrity and honesty. Progress can be made one step at a time. You are now starting on your journey to financial recovery. How does it feel?



**The key is to accept responsibility and do what you can with integrity and honesty.**



*Casey McClurkin, a certified Behavioral Financial Advisor, is the owner of Evolve Money Coaching.*

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 -- Ram Dass

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## YOUR BODY NEEDS THIS



By *Mary Moskowitz*

**A** steady diet of toxic drugs and alcohol over the years can wreak havoc on your mind, body and spirit. The good news is that your body is forgiving and given the right nourishment and support, you can fully recover and finally get your health and life back.

Whatever phase of recovery you are in, staying well hydrated (along with optimal nutrition) gives your body what it needs to do this important healing work.

### WHY IS WATER SO IMPORTANT?

Water has a natural, gentle diuretic effect. Drinking six to eight glasses of pure water daily helps your kidneys and liver do their job of filtering out toxins, and it decreases the many debilitating symptoms associated with dehydration including:

- Fatigue and/or dizziness
- Bad breath
- Thirst
- Foggy thinking and poor concentration
- Headache/migraines
- Sugar cravings
- Hunger
- Back and joint pain
- Infrequent urination
- Dark concentrated urine
- Dull, dry skin
- Chills
- Muscle cramps

### SO HOW MUCH WATER DO YOU NEED?

Most health experts suggest we all need to drink about six to eight 8-ounce glasses of pure, filtered water a day. The truth is, your water needs can vary from day to day depending on your diet, health, weather conditions and activity level.

One of the best indicators of hydration is the color of your urine. Ideally, if you are well hydrated, your urine should be pale yellow and you will need to urinate seven or eight times a day. If your urine appears concentrated and dark-colored and you haven't urinated in several hours, you are most likely dehydrated and not drinking enough water. Soda, juice, sport drinks, caffeinated beverages including energy drinks, coffee and tea are all poor substitutes for pure, filtered water in supporting your hydration and nutritional needs.

The best thing you can do for your health and recovery is to drink toxin-free, filtered water. Federal scientists have reported finding harmful contaminants in municipal water samples in the U.S., including disinfection byproducts, heavy metals and pharmaceutical drugs.

Bottled water can also pose many health risks because chemicals like BPA, BPS and phthalates leach from the plastic bottles into your water. You are basically drinking “plastic” water. Most bottled water is unfiltered tap water, so it often isn't worth the money.



**It's time to love yourself and make your own health and happiness a priority. You deserve nothing less."**

The best thing you can do for your health (and the environment – plastic bottles are a contaminant to the environment) is to invest in a quality water filter, like a reverse osmosis system, and a reusable glass water bottle.

Get into the habit of filling your glass bottle up and sipping throughout the day. (See the recipe ideas below to help add more taste and nutritional benefits to your water) and enjoy.

You can also increase hydration by drinking more herbal teas, sipping on soups and broth and eating more fruits and vegetables with higher water content, including berries, watermelon, cucumbers, celery, leafy greens, zucchini and cauliflower.

As an important aside, in addition to attending to your hydration needs, it is important to eat fewer processed foods. Enjoying primarily whole, real foods, especially fruits and vegetables, will go a long way in supporting your detoxification and wellness needs.

It is extremely important to listen to your body and not ignore the important messages it gives you. The more you ignore and suppress the emotional and physical symptoms, the louder and more uncomfortable they will become. These symptoms are actually a blessing alerting you that there is an imbalance that needs attention.

It's time to love yourself and make your own health and happiness a priority. You deserve nothing less.

How will you take better care of yourself today?

You can start with a big glass of pure, refreshing water.

## MAKE IT APPEALING

If you are not much of a plain water drinker or if you need your water to be more appealing to your senses, here are five delicious (and beautiful looking) fruit combos to add to your large glass of water:

- Slices of lemon and ginger
- Slices of strawberries and orange
- Slices of apple and a cinnamon stick
- Chopped pineapple and mango
- Blueberries and raspberries

TIP: Buy a bag (or several bags) of frozen chopped fruit and throw some of that fruit into your cup, Thermos, or your glass water bottle in the morning. The fruit is already washed and cut and it will help keep your water colder longer.



*Mary Moskowitz MS CHC is a certified Integrative Health Coach at Mainely Health and Nutrition. She specializes in thyroid, autoimmune disease and digestive disorders.*

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*" Hope is being able to see that there is light despite all the darkness" -- Desmond Tutu*

# RECOVERY ALLIES

## EMPLOYERS CAN BE CHAMPIONS FOR RECOVERY

By Alison Jones Webb

**A**re you an employer who cares about making your community a place where your employees can all lead healthy lives? If you answered “yes,” you can be a recovery ally.

Recovery allies are family members and friends of people in recovery, professionals, community groups and concerned citizens who share an interest in supporting people in recovery from substance use disorder. A recovery ally may be a person in recovery, but not necessarily. Perhaps the most important quality of a recovery ally is the ability to provide meaningful nonjudgmental support, empathy and encouragement to people in recovery.

As allies, we use our passion, position and resources to make positive change in our communities.

Employers can play a crucial role in supporting recovery. Work helps us maintain our mental health and wellbeing, and for people in recovery, work is especially important. It provides meaningful daily activities, as well as independent income and resources to participate fully in society. Employment is one key aspect of recovery, according to the Substance Abuse and Mental Health Services Agency.

### ***In short, work aids recovery.***

People in recovery have special challenges when entering or re-entering the workforce. Employers can be aware of these challenges and work to create recovery-friendly hiring practices and work environments.

#### **HIRING PRACTICES.**

People in recovery may have criminal records.

Communicating to job applicants that a criminal record does not automatically disqualify a person from employment is critically important to people who may be discouraged from even applying. People in recovery may also have gaps in their employment records that cannot easily be explained without disclosing drug or alcohol use.

As an employer, you can create a safe space for employees to disclose their recovery status and let them know you care about their wellbeing.

## JOB SKILLS.

People in recovery may have missed opportunities to build “soft skills” such as self-motivation, perseverance, problem solving, time management, communication and accountability. They may lack self-confidence, and they may have low expectations of their own abilities to achieve. Employers can recognize these obstacles and provide training opportunities, including those for developing new skills, and informal mentoring programs where employees in early recovery are paired with more seasoned workers. Employers can also be sensitive to specific needs for structure and accountability by making sure job expectations are clear and supervisors are supportive of the recovery process.

## DISCRIMINATION.

People in recovery face discrimination and stigma in the workplace. Employers can address discrimination by making sure hiring practices do not place people with a criminal history or substance use disorder at a disadvantage, and they can help reduce stigma by using person-first language, such as “a person with substance use disorder,” rather than “addict” or “alcoholic.”

## RECOVERY SUPPORT SERVICES AND BENEFITS.

Employers can learn about the recovery support services in their community and encourage employees in recovery to access these services. To the extent it is financially viable, employers can support people in recovery by providing health insurance that includes treatment and recovery support services, and Employee Assistance Programs that provide counseling and support for specific challenges that may arise.

## WORKPLACE CULTURE.

Employers can learn about the many paths of recovery and educate their employees as well. Understanding and celebrating all paths to recovery is a powerful way to show employees in recovery that you value them and support their chosen path.

## MISSION-DRIVEN EMPLOYMENT.

Employers may choose to go beyond supporting recovery in the workplace and create a mission-focused company that specifically

Administration (SAMHSA) is a helpful resource.

Employers can be some of the most effective and powerful voices support recovery. Not only can they provide support directly to people in recovery, but they can also help others understand the importance of empathy, understanding, fairness and mutual respect. They can work with municipal officers to make sure local housing policies do not discriminate against people in recovery, and they can work with policy makers to change state policies to support recovery.



hires people in recovery. Employers can reach out to local recovery residences and treatment facilities to link with potential employees in early recovery. Maine Works, an industrial staffing company in Portland, is one such company that intentionally hires and supports people with felony convictions and people in recovery from substance use disorders.

Employers can speak in positive terms about the possibility of recovery and the hope that a healthy lifestyle offers. Employers as allies can raise awareness and build bridges by being active publicly, practicing acceptance and support for people in recovery, and speaking out on their behalf.

Actions that employers take to maintain a drug-free workplace, such as employee wellness programs and appropriate drug testing, can also contribute to a recovery friendly workplace. The Workplace Toolkit for employers from the Substance Abuse and Mental Health Services



*Alison Jones Webb is a public health professional who has worked in the field of substance use prevention, treatment and recovery in Maine for over 15 years.*

# THIS RECOVERY LIFE

By Ruth Riddick

**I** **MAGINE:** This morning you noticed that the sun is shining. It's cold, sure, but the snow-covered landscape is hushed and lovely. Truly, why would anyone want to live anywhere but Maine? Your roommate has made coffee. You'll be leaving for a community meeting in an hour. There's plenty to discuss, and you're looking forward to getting new insight. You're behind in the rent, yes, but starting a part-time job on Monday, so you'll make good from that first paycheck. (Actually, you've already set up an automatic payment from your new bank account.) Your best friend will visit later and you'll enjoy lunch with her. Perhaps a movie afterwards, either at the cinema or from the library. You have a sense (not just on your T-shirt) that Life is Good.

WELCOME TO  
EARLY RECOVERY.

It gets better.

**IMAGINE:** The life of yours defined by the bar or the street is firmly in the past. You're in management training at that place where you took your first sober job. You find you have an aptitude for this work – who knew? There are some ideas you'd like to bring to leadership.

You're glad to have a stake, to be engaged in this team effort, to be thinking about new value to company and customers.

It gets better.

**IMAGINE:** Years are passing. You recognize that you're no longer alone in the world. You have genuine friendships with people who love you back. When you screw up, you know how to make it right. (Doesn't always work, but you give it your best shot!) You no longer feel you have to lie to get what you need. You're doing work that matters to you and is valuable to others, and you pay today's bills today. Perhaps you've even learned to drive, got yourself a mortgage.



**You recognize  
that you're  
no longer  
alone in the  
world. You  
have genuine  
friendships  
with people  
who love  
you back.**

You're building your recovery capital.

But tragedy strikes. Your best friend – that lifelong “for-better-and-for-worse” friend – dies. Too young, but she suffered terribly. It's the greatest loss. What now? You turn to gratitude, gratitude for her sorely tested loyalty, and gratitude for your time together (even for the time wasted bitching about boys!). You turn to your community, sharing your grief. For all the awful pain that continues to ambush (but not kill) you, you come to accept your powerlessness over this bereavement. It's part of your authentic life in all its richness and variety.

Your beautiful adventure.

Welcome to recovery across a lifetime.



Ruth Riddick is a Certified Addiction Recovery Coach and a CCAR-designated Recovery Coach Professional. This is her story. Connect at <http://www.linkedin.com/in/ruthriddick>.

*Recovery Is A Beautiful Adventure  
Across A Lifetime.*

THE

# VISION

THING



***What has surprised you the most about sober living?***

That I really wasn't born under a black cloud. The bad choices I made determined the things that were happening to me in life, as the good choices I'm making now are determining all the great things that are happening now. There are so many people out there who want to help. Until getting clean I'd never accepted help from anyone nor would admit I needed it. I'm living in sober living with nuns (never thought that would happen). I've been there since March 2018 and am comfortable. They've helped me in so many ways to build myself up and be able to accomplish my goals. I spoke at a fundraiser and mentioned that my one problem today was that I needed a car to get back and forth to work. A wonderful woman donated one for me. I would have never imagined all this great stuff to be happening to me, and it wouldn't be if I wasn't doing the next right thing.

***What is your greatest joy today?***

My family and my granddaughter. She loves her nanny and loves to spend time with me. If I were using I would be missing all the joy she brings to my life. I'm currently in my 16-year-old's life. He's living with my mother, but I'm there and I help as much as I can financially. I gave my kids a great Christmas – the first time in many years I was able to do that and enjoy it clean. I have earned trust back from my family and friends -- my word means something today.

# Heather Huntley

**AGE:** 42

**RESIDENCE:** SACO

**OCCUPATION:**

RESERVATION SPECIALIST

**TIME IN RECOVERY:**

20 MONTHS



***“Self-care is important and it's OK to be selfish when it comes to your recovery.”***

***What new hobbies have you explored in Recovery?***

I'm willing to try anything once. I've tried disc golfing, yoga and working out at the gym (which I need to get back into). The fact that I'm present in everything I do now means a lot to me and the people I care about.

***What tool(s) do you rely on when you're having a bad day?***

I rely a lot on my memories and how much I do not want to go back to that dark place in my life. I go to meetings regularly and talk to other addicts. I belong to different Facebook groups where people talk about their experiences, whether they are active in addiction, have family that are, or are in recovery. That keeps the memories alive on how bad things were and could be again if I pick up. I also created a relapse prevention plan while in rehab and listed supportive people that I can count on if need be. Bad days are few and far between, and I've learned skills to deal with them differently than I did before.

***What advice do you have for someone just starting their journey in recovery?***

Take it one day at a time and never think "I've got this," because once you do, you start relaxing on the things that got you clean in the first place. Meetings and sober people in your life are very important. Take advice. Ask for help. It's OK to need somebody. Self-care is important and it's OK to be selfish when it comes to your recovery.

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Photo credit: Brian Delaney

# PEOPLE LIKE US LIVE LIKE THIS



The idea came to Colleen Francke at one year sober: an oyster farm run by women in early recovery. Not just any farm though. “I wanted 10 acres and I wanted them in my backyard,” says Francke, who lives in Falmouth.

A native of Massachusetts, Francke had worked for a mussel farm shortly after moving to Maine over a decade ago. She had loved everything about it. “It wasn’t an office job,” recalls Francke, 33. “It was outdoors. It allowed me to be in nature. It allowed me to be by the sea.”

Those were all perks she knows would be extremely helpful to women in early recovery. “Many women in the sober houses are not professionals, and when the time comes to reintegrate, they end up in restaurants or behind bars surrounded by alcohol,” Francke says. “I’m thinking the opposite sort of environment.”

She has a vision... hire women in early recovery to harvest kelp, oysters and mussels at her own farm. And she will call them Salt Sisters.

In early 2017, Francke started Summit Point Seafood. She applied for the permit to drop oyster and mussel lines across a 10-acre tract just east of Sturdivant Island in Casco Bay. The application from Maine’s Department of Marine Resources was easy enough to obtain, it was a straight download from the website. Completing it, however, proved an altogether different matter. Francke soon found herself wrestling with a 50-page document. “They want to see how far you are from an

## COLLEEN FRANCKE AND HER SALT SISTERS

By Lara Santoro



**She has a vision...hire women in early recovery ... she will call them Salt Sisters**



eagle’s nest,” she says, and that’s just for starters. “Then they call town meetings and give people the opportunity to object.” Luckily, at her last meeting, only one person showed and had nothing to say.

Not that Francke would be stumped for answers. As a lobsterwoman, she spends at least half her life off the Portland coast working with her husband. The couple met while they were both drinking and endured four years of chaos before drifting resentfully apart. On Valentine’s Day of 2016, Francke cold-called him and found to her surprise that he had put together some time without a drink. He offered help and she took it that same day. They married this past summer on Monhegan Island after three years of living sober together.

The next step for her professionally is for the state to inspect the farm. “They’re sending scuba divers,” says Francke. The state will check the density of lobster and crab in the area and look for eelgrass and other protected species that might suffer from even minimal encroachment. Once the inspection is done, and a few other minor obstacles cleared, Francke will install the moorings for the oysters.

Meanwhile, by September 2019, she will employ eight Salt Sisters part time to harvest kelp.

And four years later, she says, Salt Sisters will bring help bring Francke’s first oysters to market.

For more information on Summit Point Seafood and Salt Sisters, go to [summitpointseafood.com](http://summitpointseafood.com).

*Lara Santoro is a freelance writer in Portland.*

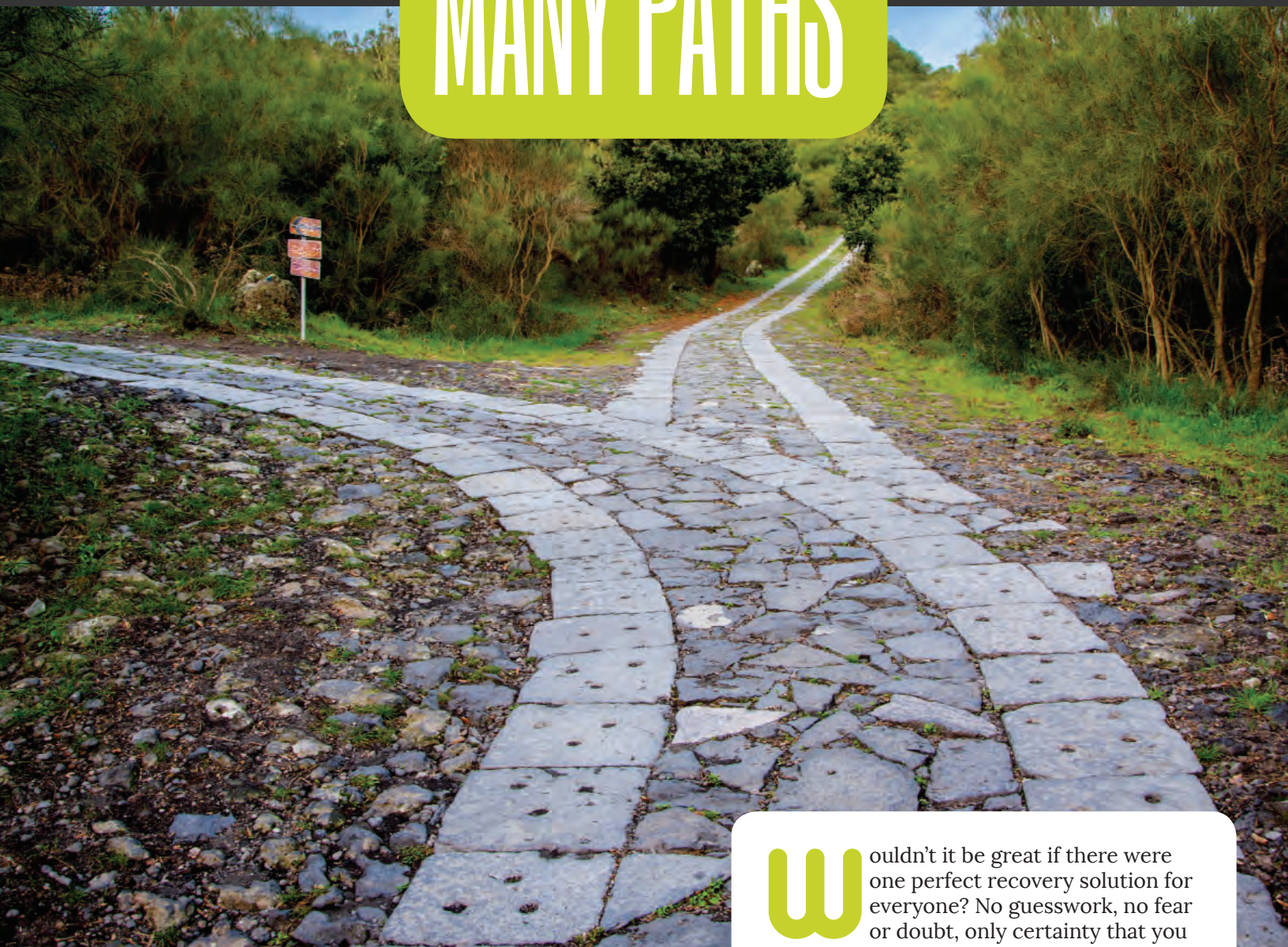


LOVE IS LOVE

**LOVE  
ALWAYS  
WINS.**

..especially when you let it!  
Be kind to each other.

# MANY PATHS



**W**ouldn't it be great if there were one perfect recovery solution for everyone? No guesswork, no fear or doubt, only certainty that you will get well?

There are many paths to recovery. Deciding which option is best for you can be scary and confusing. You want things in your life to change for the better. Quickly. Where do you begin?

It's easy to be overwhelmed by so many choices. Do you choose a 12-step, 100 percent abstinence-based program? A program with a spiritual path, a specific religious dogma or a non-God oriented program? A long-term or a short-term, group? How do you find a group where you'll feel safe, where you'll trust the people and the process?

## FINDING THE RIGHT PROGRAM FOR YOU

*By Robert Cabeca*

Let's bring some clarity to the many paths available.

In the United States, one of the first successful organized recovery "programs" was the Oxford Groups. Oxford Groups still exist in many metropolitan areas. They require people to strictly adhere to a set of principles and behaviors to recover and change how they live their lives.

In December 1934, one of the co-founders of Alcoholics Anonymous was deeply involved in the Oxford Groups. He found a slightly different approach. Not only did Bill Wilson expound upon the tenets of the Oxford Group, he discovered that he needed to talk about his alcoholism in a way that could really connect with another alcoholic.

This slight change founded one of the greatest recovery movements in history, which spawned hundreds of other recovery solutions. You have probably already heard of Alcoholics Anonymous, Narcotics Anonymous, Marijuana Anonymous, Al-Anon and many other 12-step programs. Millions of people have found successful recovery using these programs, and there are dozens of meetings each day in the area.

For those who don't want to commit to the lifestyle these 12-step programs suggest, there are dozens of other non-12 step programs in the Portland area. You can access most of them at the **Portland Recovery Community Center** at 468 Forest Ave.

Some of the available groups are:

- SMART Recovery
- H.O.P.E.
- Refuge Recovery
- The Artist's Way
- Wellbriety
- All Recovery
- Dads in Recovery
- Life Ring
- Women for Sobriety

That's a long list. Where do you start? Just go. Sit in a few of the program's meetings and see what the vibe is like, what the program entails and what kind of lifestyle members have. You'll quickly know if you feel comfortable. But don't just go to one meeting and make your decision based on that. Visit at least three times to get a solid feel for it. Then try as many other programs as you can to see which is the best fit.

You may find that selecting two or three different programs works best for you. Many people find that a 12-step program like AA and NA, for

example, is the right foundation for their recovery, but they add other kinds of recovery meetings, too, to get the full support they need.



**... there are dozens of non-12 step programs in the Portland area.**

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# MANY PATHS

In each issue, Journey Magazine will shine a light on different recovery paths available in the Portland area. For this issue, we visited three groups at PRCC: SMART Recovery, H.O.P.E. and Refuge Recovery. Here is information about each one of as options for pursuing long-term recovery:

## SMART RECOVERY

SMART Recovery is a research-based recovery program. It uses scientific research and evidence to support its techniques and methods and does not have a spiritual component.

They do not use labels like “Alcoholic” or “Drug Addict” because they believe those imply negative associations to a person’s identity. They do not believe addiction or alcoholism is a disease. They alternatively focus on Motivational Enhancement Therapy and Cognitive Behavioral Therapy components to trigger the change of self-destructive behaviors.

SMART Recovery is based on a four-point program that focuses on:

1. Creating the motivation to change, building on it and sustaining it long-term
2. Learning how to manage and cope with cravings and urges
3. Finding ways to regulate thoughts, emotions and behaviors

The group is led by a trained facilitator who encourages discussion and sharing. There are no fees to attend. Meetings last 90 minutes.



## REFUGE RECOVERY

This group focuses on centering your awareness within yourself through thoughtful guided meditation. There are no specific facilitators; anyone can volunteer to lead the group. The facilitator guides a reading on a topic of choice and then guides the group through 20-30 minutes of meditation.

After the meditation, any member can discuss their reflections from their meditation or the reading, based on what is currently occurring in their lives.

There are eight tenets in the Refuge Recovery Program:

1. Understanding
2. Intention
3. Communication/Community
4. Action
5. Livelihood/Service
6. Effort
7. Mindfulness/Meditations
8. Concentration/Meditations

The group is led by a volunteer and a basket is passed for donations. Meetings last about 90 minutes.



## H.O.P.E.

H.O.P.E. stands for Healing Of Persons Exceptional. “Healing” implies becoming whole, “Persons” is a common humanness, and “Exceptional” affirms that no two people have the same “worthy ideal.”

H.O.P.E. is based on the “intentional, attitudinal healing” that comes from peace of mind. It is based on “metaphysical” teachings from “A Course In Miracles” and similar writings about spiritual transformation through love and compassion.

The three primary tenets are:

1. Do no harm.
2. Do some good.
3. Benefit someone. Promise that you’ll do everything in your power to help people get on with their lives.

A trained facilitator helps members get to the root of their current problems and all members of the group engage in coming up with solutions. Everyone helps each other remember and serve the core passion with which they were born.

There are no fees to attend.

Meetings last two hours.

## PERSONAL REFLECTION

The three groups are all open and welcoming to anyone of any walk of life. Simple rules of conduct seem to be the general guide within each group to help participants feel safe.

Everyone is welcoming, engaging and eager to help each other get well. Some attendees will go out for coffee or food afterwards to help build a common support structure.

I felt quite safe at each group. Some people talked of very sensitive topics and it was obvious they too felt safe enough to do so.

Each group emphasizes confidentiality. I can easily see all three of these groups benefiting my path in recovery.

### For more information:

- [hopehealing.org](http://hopehealing.org)
- [refugerecovery.org](http://refugerecovery.org)
- [smartrecovery.org](http://smartrecovery.org)
- [portlandrecovery.org](http://portlandrecovery.org)



*Robert Cabeca demonstrates his joy for life through writing, photography, coaching, technology and making chocolate.*  
[www.robertcabeca.com](http://www.robertcabeca.com)



### Women helping women thrive!

Planning to open Sophia's House in Fall/Winter 2019 to support and empower women survivors of addiction, trafficking/exploitation, and incarceration through holistic healing in a shared community.

Visit us at [wisdomswomen.org](http://wisdomswomen.org)

Find us on Facebook at Sophia's House

Donations and volunteers welcomed.



Photo credit: Brian Delaney

# SALLY A. MORRIS

ATTORNEY AT LAW, LLC



### Guidance, Dedication & Compassion

I have been both an employment lawyer and have represented nonprofit entities for 25 years.

If you have been harassed or discriminated against, I know you are fighting for your dignity. I listen to you and fight hard to protect your rights.

Maine nonprofits work tirelessly and passionately to fulfill their missions. I am here to stand beside your organization and guide you through policy, compliance and tricky situations.

Six City Center, Suite 300, Portland | 207.558.6161 x109

[www.morrisemploymentlaw.com](http://www.morrisemploymentlaw.com)



# HOPE

## *a practice*

by Sarah Kelly

**W**hat is hope? According to the Merriam-Webster dictionary, hope is defined as, “to cherish a desire with anticipation: to want something to happen or be true.” I appreciate the dictionary’s definition, but I believe that hope is so much more than simply a desire for something to be true. Hope has the power to save a person’s life. It can pull someone from a

depth of despair that seems insurmountable. It can bring light to the darkest of situations. It has the power to help a person not only to hold on, but to grow and change. In searching for a definition, I asked others what hope meant to them. I heard the words “resilience, light, faith, good, rebirth, new beginnings, overcoming.” Each of these words describes something much deeper than the dictionary definition. These were words I could relate to in my own life.

When I was drinking, hopelessness was a relatively constant feeling.

The world seemed hard, and existing seemed even harder. Alcohol provided momentary relief, but my daily existence felt bleak. Despite having a full life, a successful career and family and friends who cared, I felt like I was screaming into a dark abyss of nothingness, that there was no way out, and no one who could hear me. I felt alone. In the early years alcohol gave me an escape and felt fun, but in later years it often compounded the pain. The feeling of relief that I found in alcohol never lasted and was unpredictable, but it provided a chance that I was always willing to take. Even if the relief didn’t last, it was better than hating myself so much. Not drinking was not a choice.



I had no intention that my last night drinking would be the last. I had no plan of stopping, but for some reason one fateful night, drunk on a bathroom floor, I pleaded for help. I begged until an ambulance was called and I was taken to the hospital. For some reason, beyond my understanding, I just kept repeating, "something is really wrong with me. I need help." It was the moment where hopelessness and despair turned into something different, a longing for a different life, for a way out, for something better. What I didn't know was that was my moment of hope.

Recovery fed that hope that was already within. When I met others in recovery, I felt at home. I felt like for the first time other people thought the same way I thought, but they were living life sober. They had found a way to exist that seemed genuinely happy and calm; two feelings that I could not remember the last time I had felt, if ever. The relief brought me to tears. Recovery offered healing through sharing common pain and overcoming that pain. I found that living without alcohol was possible and even more astounding, that living life without alcohol would actually free me. In recovery, I found a peace and serenity I didn't know existed. I found a way to live life that wasn't complicated. I felt like I could breathe for the first time. I finally found the escape from despair. I found hope.

Whether you have been in recovery for a day or for decades, nurturing hope will help guide the way through adversity. Hope opens a door through which we can find solution and grow. With hope and the next right action, everything will fall into place.



## Hope opens a door through which we can find solution and grow.

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**Feeling hopeless? Try these five ways to spark hope:**

- 1. Practice gratitude.** Neuroscience has taught us that you can actually "rewire" your brain to think more positively. The best way to grow hope is to observe the good that already exists in your life. Each day, write down three things that you are grateful for.
- 2. Pay it forward.** A small act of kindness can go a long way. Do at least one thing every day that puts someone else first, whether it's putting away the shopping cart at the grocery store or holding the door open for the next person.
- 3. Mindfulness meditation.** Mindfulness is a practice of being aware of the present moment. Our thoughts can race and be overwhelming. Practice mindfulness for one minute, exactly where you are, and go through each of your senses. Take a deep breath and ask yourself "What do I hear? What do I smell? What do I taste? What do I feel? What do I see?" There is no right or wrong way to meditate. Build to three minutes and then five. Set a goal to develop a daily practice of 10-20 minutes.
- 4. Community.** Be around others in recovery. Visit your local recovery community center, go to a 12-step meeting, get involved in whatever recovery program you have found works for you. Listen to the stories of resilience. Share your story. Connect with others and build a network of hope.
- 5. Have fun.** Sobriety is not meant to be a bore. There is fun without substances. Make time for the things that bring you joy, whether it's painting, hiking or just hanging out with your friends. Life is meant to be happy, joyous and free.



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*Sarah Kelly, owner of Sarah Kelly Coaching, is a National Board Certified Health & Wellness Coach (NBC-HWC) and Connecticut Community for Addiction Recovery (CCAR) Certified Recovery Coach. She is an active member of the local recovery community.*

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# RESOURCES

## CAREER SERVICES

### *Career Center*

185 Lancaster St. Portland  
877 594 5627

Vocational assistance to individuals seeking career change. Programs assist people who are employed, underemployed, or have barriers to employment.

[www.mainecareercenter.com](http://www.mainecareercenter.com)

## CHILD CARE

### *Subsidy Program*

2 Anthony Ave. Augusta  
207 624 7999

Eligible families must meet the income guidelines and be either working, in school or a job training program. Apply at local DHHS.

<https://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm>

### *Catherine Morrill Day Nursery*

96 Danforth St. Portland  
207 874 1115

Early childhood programs based on high/scope curriculum, provided for children with working parents or parents in educational programs.

[www.catherinemorrill.org](http://www.catherinemorrill.org)

### *Child Care Subsidy Program*

2 Anthony Ave. Augusta  
877 680 5866

State and federally funded program which helps eligible Maine parents pay for child care. Provides parents with child care referrals and information on evaluating quality child care plus resources on various parenting issues. [www.maine.gov/dhhs/ocfs/ec/occhs/step.htm](http://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm)

### *Day Care Center Agency*

159 State St. Portland

Private and subsidized slots.

[www.childrensnurseryschool.org/index.html](http://www.childrensnurseryschool.org/index.html)

### *East End Children's Workshop*

215 Congress St. Portland  
207 772 5467

Portland, South Portland, Gorham, Falmouth

Full day, pre-school program, part-time kindergarten, before and after school program for students in grades 1-3

## CLOTHING

### *Clothes Closet*

159 State St. Portland 207 774 6396

Free clothing, shoes, boots, coats, small household items. Shower, changing room and free laundry facility available for homeless people. Weekend meal served the last Saturday of each month.

Entrance is on the left side of courtyard.

[www.statestreetchurch.org/mission-projects](http://www.statestreetchurch.org/mission-projects)

### *The Root Cellar*

94 Washington Ave. Portland  
207 774 3197

Portland (Primarily from Franklin Street to Eastern Promenade)

Distributes warm clothing to those in need.

[www.therootcellar.org](http://www.therootcellar.org)

### *Preble Street Resource Center*

#### *Clothing Bank*

5 Portland St. Portland 207 775 0026

On-site clothing closet

[www.preblestreet.org](http://www.preblestreet.org)

### *Salvation Army Greater Portland*

297 Cumberland Ave. Portland  
207 774 4172

Emergency clothing

[www.use.salvationarmy.org/use/www\\_use\\_portland.nsf](http://www.use.salvationarmy.org/use/www_use_portland.nsf)

### *St. Vincent De Paul Soup Kitchen*

307 Congress St. Portland  
207 772 1113

Area served: Portland

Fridays, 11 am.-12:30 p.m.

### *Salvation Army Food Pantry*

297 Cumberland Ave. Portland  
207 774 6304

Cape Elizabeth, Portland, South Portland, Cumberland, Falmouth, Portland, Scarborough, Westbrook

Voucher, must call ahead; once per year based on availability; \$40 clothing & household

<https://nne.salvationarmy.org/portland-me>

### *FBC Westbrook*

Main St. Westbrook 207 854 8394

Area served: Westbrook and surrounding towns

Maintains clothes closet

## COUNSELING & SUPPORT

### *Amistad*

66 State St. Portland 207 773 1956

Peer support and recovery center open to adults with histories of mental illness, retardation, substance abuse or other life changes.

[www.amistadinc.com](http://www.amistadinc.com)

### *Catholic Charities Maine*

66 State St. Portland 800 781 8550

Cumberland County Assessments, substance abuse education, and individual and group treatment. Provides case management and Assertive Community Treatment (ACT) services to persons with prolonged and severe mental health issues in Cumberland and York Counties. [www.ccmaine.org](http://www.ccmaine.org)

### *The Center for Grieving Children*

555 Forest Ave. Portland  
207 775 5216

Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being.

[www.cgcmaine.org](http://www.cgcmaine.org)

# RESOURCES

*Maine Behavioral Healthcare*  
(formerly Community Counseling Center)  
165 Lancaster St. Portland  
207 874 1030  
Cumberland County Outpatient counseling for children, adolescents, adults, couples and families.

*My Sister's Keeper*  
280 Ocean House Road Cape Elizabeth 207 799 8396  
Faith-based ministry for women who request assistance to meet their immediate needs during transition from jail or prison to family and community services. Provides support, guidance, information, referral and practical assistance.

*Northeast Occupational Exchange*  
62 Elm St. Portland 800 857 0500  
Mental health and substance abuse agency serving adults, children and families with assessments, community and job support, therapy, treatment, case management, etc  
[www.noemaine.org](http://www.noemaine.org)

## EMPLOYMENT PROGRAMS

*Aspire Agency*  
161 Marginal Way Portland  
207 822 2034  
Cumberland and York counties  
Training and employment assistance for TANF recipients. Job search updating for food stamp recipients.

*Employment/Workforce Solutions Services*  
185 Lancaster St. Portland  
207 774 6323  
Cumberland and York counties  
Vocational assessment, career counseling, job seeking skill training, assistance with job placement, on-the-job training, supported employment and case management.  
[www.goodwillnne.org/](http://www.goodwillnne.org/)

*MaineWorks*  
800 996 0289  
Temporary staffing opportunities in industrial construction. [www.maineworks.us](http://www.maineworks.us)

*Vocational Rehabilitation Services Agency*  
59 Preble St. Portland 207 774 4248  
Cumberland and York counties  
Assists individuals with a physical, mental, or emotional disability to remove barriers to employment and secure long-term employment that matches their skills, interests, and economic requirements.

*Women, Work and Community*  
175 Main St. Portland 207 799 5443  
Portland and surrounding communities  
Career development and workforce effectiveness training, self-employment training, life skills workshops, individual and group support, information and referrals for adults considering returning to school or re-entering the job market.  
[womenworkandcommunity.org](http://womenworkandcommunity.org)

## FAMILY

*Child & Family Services Agency*  
161 Marginal Way Portland  
207 822 2034  
Children's Behavioral Health, Child Welfare (adoption, child protection, and foster parenting), early childhood and community services.  
[www.maine.gov/dhhs/ocfs](http://www.maine.gov/dhhs/ocfs)

*Kids First Center*  
222 St. John St., Suite 101 Portland  
207 761 2709  
Augusta, Belfast, Biddeford, Farmington, Lewiston, Portland, Skowhegan, South Paris, Topsham, Unity, Waterville, York  
Serves families experiencing effects of separation, divorce and post-divorce. [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)

*Maine Department of Health and Human Services*  
161 Marginal Way Portland  
207 822 2000

*Maine Families Home Visiting Program – Cumberland County*  
50 Lydia Lane South Portland 207 553 5801  
Works with expectant parents and parents of babies and toddlers to ensure safe home environments, promote healthy growth and development and provide connections to needed services.  
[www.maineamilies.org/index.html](http://www.maineamilies.org/index.html)

*Opportunity Alliance – Assistance Programs*  
50 Monument Square Portland  
207 523 5049  
Cumberland County  
Assistance through child development programs, including Head Start, Early Head Start, WIC, Maine Families, child care, Youth resiliency programs, case management, temporary housing, food commodities, Women's Project, Women's Substance Abuse Treatment support, foster grandparent program, housing weatherization, home improvement loans, HEAP fuel assistance, residential treatment programs, and outpatient psychiatry.  
[www.opportunityalliance.org](http://www.opportunityalliance.org)

*Opportunity Alliance – Child & Family Services*  
50 Lydia Lane South Portland  
207 874 1175  
Cumberland and York counties and Mid-Coast Maine  
Serves families at all levels of need, from prevention to intensive interventions for child abuse and neglect, juvenile justice and children in need of services. [www.opportunityalliance.org](http://www.opportunityalliance.org)

# RESOURCES

*Portland Defending Childhood  
{Maine Behavioral Healthcare,  
formerly Community Counseling  
Center}*

196 Lancaster St. Portland  
207 874 1030

Working to prevent children's  
exposure to violence and to reduce  
negative effects of violence.  
Offering information, support and  
evidence-based treatment.

*Sweetser*

50 Moody St., Saco Portland  
800 434 3000

Androscoggin, Cumberland, Knox,  
Lincoln, Waldo, York counties  
Comprehensive mental health  
organization dedicated to serving  
children, adults and families.  
[www.sweetser.org](http://www.sweetser.org)

*TANF (Temporary Assistance to  
Needy Families) Agency*

161 Marginal Way Portland  
207 822 2071

Cumberland County

Monthly grant for single parents  
supporting their children and/or  
intact families with disabled or  
unemployed parents. Emergency  
Assistance program to help with  
evictions, disasters and utility bills.  
[www.benefits.gov/benefits/benefit-  
details/1664](http://www.benefits.gov/benefits/benefit-<br/>details/1664)

*WIC (Women, Infants and Children)  
Agency*

50 Monument Square Portland  
207 874 1175

Provides free supplemental foods  
for pregnant, postpartum and  
breastfeeding women, and infants  
and children up to age 5.

## FOOD

*Bridgton United Methodist Food  
Pantry*

214 Main St Bridgton 207 318 4467  
Area Served: Bridgton  
Tuesdays 11 a.m.-1 p.m.

*St. Joseph's Food Pantry*

225 S. High St Bridgton  
207 647 2334

4th Tuesday of month,  
11 a.m.-1 p.m.

*Mid-Coast Hunger Prevention  
Program*

12 Tenney Way Brunswick  
207 725 2716

Area Served: Brunswick, Topsham,  
Harpwell, Bowdoin, Bowdoinham,  
Lisbon, Lisbon Falls, Durham  
Mondays, Wednesdays Fridays, 11  
a.m. to noon; Saturdays  
11 a.m.-2 p.m.

*Judy's Pantry*

280 Ocean House Road Cape  
Elizabeth 207 767 1031

Area Served: Cape Elizabeth  
January-June -- second and fourth  
Tuesdays of month, 3-5 p.m.; July-  
November -- every Tuesday 3-5  
p.m.; December -- varies, check with  
church.

*Casco Alliance Church Food Pantry*

450 Roosevelt Trail (Route 302)  
Casco 207 344 5370

Area Served: Open to anyone  
3rd Monday of month ,6-7 p.m.

*Casco Village Church Food Pantry*

941 Meadow Road Casco  
207 627 4282

Area Served: Casco  
4th Thursday of month, January-  
June, August-October, 3-5 p.m.; July:  
2-4 p.m.; November-December, call  
for hours.

*Chebeague Island Food Pantry*

255 North Road Chebeague Island  
207 846 4106

*Community Food Pantry*

290 Tuttle Road, back of building  
Cumberland 207 829 2205

Area Served: Cumberland, North  
Yarmouth, New Gloucester, Pownal  
1st, 2nd, 4th Fridays of month, 3-6  
p.m.

*Falmouth Food Pantry*

271 Falmouth Road Falmouth  
207 632 2687

Area Served: Falmouth,  
Cumberland, Yarmouth, Westbrook,  
Portland

1st & 3rd Mondays of month, 9-11  
a.m.; 2nd, 3rd and 4th Tuesdays,  
9:30-11:30 a.m., 2nd, 3rd and 4th  
Thursdays, 4:30-6:30 p.m.

*Freeport Community Services  
Food Pantry*

53 Depot St Freeport  
207 865 3985

Area Served: Freeport, Pownal  
Monday-Thursday, 10 a.m.-4 p.m.

*Gorham Ecumenical Food Pantry*

299A Main St Gorham 207 222 4351

Area Served: Gorham, Gorham  
Parish Members  
Thursdays, 9-11 a.m.; 2nd and 4th  
Wednesdays of month, 6-7 p.m.

*Crossroads Community  
Church Food Pantry*

14 Lewiston Road Gray  
207 657 1121

Area Served: Gray and  
surrounding towns  
Sundays 1-2:30 p.m.

*Gray Community Food Pantry*

5 Brown St. Gray 207 657 4279

Area Served: Open to anyone  
1st and 3rd Fridays, 2-4:30 p.m.

*Harrison Food Bank*

176 Waterford Road Harrison  
207 415 5811

Area Served: Harrison, Waterford  
Tuesdays, 6 p.m. - 7:30.p.m.

*Community Resource Council Food  
Pantry*

1000 Roosevelt Trl Naples  
207 595 2754

Area Served: Naples  
Tuesdays, 10 a.m-11:30 a.m.

# RESOURCES

## *The Crosswalk Food Basket*

15 Village Green Ln Naples  
207 615 3226

Area Served: Naples, Bridgton,  
Casco, Harrison, Sebago  
Every other Monday 1-3 p.m.

## *New Gloucester Food Pantry*

19 Gloucester Hill Road New  
Gloucester 207 926 3260

Area Served: New Gloucester  
2nd & 4th Saturdays of month,  
8-9:30 a.m.

## *Peaks Island Community Food Pantry*

19 Church Ave. Peaks Island  
207 332 2443

Area Served: Peaks Island  
Mondays, 3:30-5 p.m.

## *First Baptist Food Pantry*

360 Canco Road Portland  
207 773 3123

Open to anyone  
Wednesdays, 11:30 a.m.-12:30 p.m.

## *Food Stamps/SNAP Agency*

161 Marginal Way Portland  
207 822 2000

Provides food stamps for low-  
income persons.

Area Served: Cumberland County

## *Preble Street Food Pantry*

252 Oxford St. Portland  
207 775 0026

Open to anyone  
Thursdays, 1:30-3 p.m.

## *Preble Street Soup Kitchen*

252 Oxford St. Portland  
207 775 0026

Serves hot lunches and dinners  
seven days a week. Food pantry  
is to be used once per month, and  
provides a three-day supply for  
each person in the family. [www.preblestreet.org/soup\\_kitchens.php](http://www.preblestreet.org/soup_kitchens.php)

## *Project FEED*

202 Woodford St. Portland  
207 761 3920

Monday-Friday, 1-3 p.m.

## *Root Cellar*

94 Washington Ave. Portland  
207 774 3197

Area Served: Portland East End  
Monday-Friday, 9 a.m.-5 p.m.

## *Sacred Heart/St. Dominic Food Pantry*

80 Sherman St. Portland  
207 773 7746

Area Served: Portland Parkside  
Tuesdays 10-11:30 ; no  
documentation required [https://  
portlandcatholic.org/sh-sd-food-  
pantry](https://portlandcatholic.org/sh-sd-food-pantry)

## *Sacred Heart/St. Dominic Food Pantry*

Corner of Sherman & Mellen Streets  
Portland 207 929 3088

Area Served: Parkside  
Tuesdays, opens at 8:30 a.m.,  
distribution 10-11:30 a.m.,

## *Sagamore Food Pantry*

21 Popham St. Portland  
207 221 8072

Open to anyone  
Tuesdays 10-11:30 a.m.; no  
documentation required

## *Salvation Army Food Pantry*

297 Cumberland Ave. Portland  
207 774 6304

Area Served: Cape Elizabeth,  
Portland, South Portland,  
Cumberland, Falmouth, Portland,  
Scarborough, Westbrook  
Once a month, Monday,  
Wednesday, Friday, 1-2:30 p.m.; No  
documentation required

## *St. Lukes Food Pantry*

143 State St. , enter on Park St  
Portland 207 772 5434

Open to anyone  
Once a month, Thursday, 9:30-  
11 a.m.; photo ID and proof of  
residence needed [stlukesportland.  
org/index.php/st-lukes-food-pantry/](http://stlukesportland.org/index.php/st-lukes-food-pantry/)

## *St. Vincent De Paul Soup Kitchen*

307 Congress St. Portland  
207 772 1113

Area Served: Portland  
Monday-Friday, 11 a.m.-12:30 p.m.

## *Stroudwater Christian Church Food Pantry*

1520 Westbrook St. Portland  
207 772 2193

Open to anyone  
Sundays 1-3 p.m.

## *Wayside Mobile Food Pantry at Front Street*

36 West Presumpscot St. Portland  
207 775 4939

Area Served: Neighborhood  
2nd Thursday of month,  
10:30-11:30 a.m.

## *Wayside Mobile Food Pantry at Harbor Terrace*

284 Danforth St. Portland  
207 775 4939

Area Served: Harbor Terrace and  
West End  
3rd Wednesday of month, 2-3 p.m.;  
no documentation required

## *Wayside Mobile Food Pantry at Riverton*

102-104 Riverton Portland  
207 775 4939

Area Served: Riverton  
3rd Wednesday of month, 2-3 p.m.

## *Wayside Mobile Food Pantry at Sagamore Village*

21 Popham St Portland  
207 775 4939

Area Served: Sagamore  
4th Tuesday of month, 10-11 a.m.;  
no documentation required

## *Wayside Mobile Food Pantry at Washington Gardens*

577 Washington Ave. Portland  
207 775 4939

Area Served: Washington Gardens  
& Front Street neighborhoods  
2nd Thursday of month, 10:30-11:30  
a.m.; no documentation required

# RESOURCES

*Williston-Immanuel United Church Food Pantry*  
156 High St. Portland 207 775 2301  
Open to anyone  
Thursdays, arrive before 10 a.m.

*White Memorial Food Pantry*  
97 Allen Ave. Portland 207 797 4414  
Open to anyone  
Thursdays, 8-9:30 a.m.

*North Pownal UMC Food Pantry*  
851 Lawrence Road Pownal  
207 407 3081  
Open to anyone  
Wednesdays, 9:30-11:30 a.m.;  
Thursdays 4-6 p.m.

*Raymond Food Pantry*  
1273 Roosevelt Trail (Route 302)  
Raymond 207 232 5830  
2nd and 4th Thursdays of month,  
4-6 p.m.

*Scarborough Food Pantry*  
167 Black point Road Scarborough  
207 883 2342  
Open to anyone  
Tuesdays and Thursdays,  
9 a.m.-noon

*Sebago Food Pantry*  
183 Sebago Road Sebago  
207 274 1569  
1st, 3rd and 5th Mondays of month,  
9-10:30 a.m.; 2nd Monday, 3:30-5:30  
p.m.; 4th Monday, 9-10:30 a.m., 3:30-  
5:30 p.m.

*First Congregational Church UCC Food Pantry*  
301 Cottage Road South Portland  
207 799 3361  
Tuesdays and Thursdays, 10:30-  
noon (Call ahead)

*Wayside Mobile Food Pantry at South Portland*  
584 Street South Portland 207 775  
4939  
4th Wednesday of month, 2-3 p.m.;  
no documentation required <http://www.waysidemaine.org/mobile-food-pantries>

*South Portland Food Cupboard*  
130 Thadeus St. South Portland  
207 874 0379  
Open to anyone  
Thursdays 8:30-11:30 a.m. (Doors  
open at 7:30 a.m.)

*Standish Food Pantry*  
175 Northeast Road Standish  
207 893 7790  
Mondays, 9:30-10:30 a.m.,  
Wednesdays 5-6:30 p.m.

*Portland Westbrook Vineyard Food Pantry*  
715 Bridgton Road Westbrook  
207 854 8339  
Fridays, 6 p.m.-7:30 p.m.

*Westbrook Community Food Pantry*  
426 Bridge St. Westbrook  
207 591 8147  
Tuesdays, noon p.m., 6-7:30 p.m.

*Food Pantry*  
733 Main St. Westbrook  
207 854 8394  
Provides food pantry for local  
citizens.

*Windham Food Pantry*  
377 Gray Road Windham  
207 892 1931  
Monday-Thursday, 8:30 a.m.-4 p.m.,  
by appointment only

*Yarmouth Community Food Pantry*  
116 Main St. Yarmouth 207 846 3773  
Area Served: Cumberland,  
Yarmouth, North Yarmouth,  
Pownal, Freeport  
Tuesdays and Fridays, 10 a.m.-  
noon; Wednesdays, 5-7 p.m.

## HOUSEHOLD GOODS

*Salvation Army Food Pantry*  
297 Cumberland Ave. Portland  
207 774 6304  
Cape Elizabeth, Portland, South  
Portland, Cumberland, Falmouth,  
Portland, Scarborough, Westbrook  
\$40 voucher once a year, based on  
availability; must call ahead.

*St. Elizabeth's Non-Food Essentials Pantry (St. Lukes)*  
143 State St. - Entrance on Park  
St Portland 207 772 5434  
Open to anyone  
Tuesdays 9:30-11 a.m.; toilet paper,  
diapers, soap, toothpaste, etc. <http://stlukesportland.org/index.php/st-elizabeths-jubilee-center-essentials-pantry/>

## HOUSING

*Avesta Housing*  
307 Cumberland Ave. Portland  
800 339 6516  
York and Cumberland County  
Affordable housing for people.  
[www.avestahousing.org](http://www.avestahousing.org)

*Bridging Rental Assistance Program (BRAP)*  
Shalom House 106 Gilman St., P.O.  
Box 560 Portland 207 874 1080  
Statewide program, if outside of  
Portland- contact DHHS to find out  
who the administering agency is for  
that area  
Housing assistance for those  
with psychiatric disabilities and  
currently receive SSI or SSDI and  
have applied to Section 8. [www.shalomhouseinc.org](http://www.shalomhouseinc.org)

*Esther Residence*  
27 Thornton Ave. Saco 207 283 0323  
Good Shepherd Sisters residency  
for up to two years with spiritual  
component for low-risk offenders  
leaving a correctional center.

*Housing Choice Vouchers (Section 8)*  
Avesta Housing 30 South St. Saco  
800 452 4603, 207 282 0032  
Statewide program (Avesta  
administers most vouchers in  
York and Cumberland Counties.  
Federal housing subsidy. Portland,  
South Portland, Westbrook and  
Brunswick administer their own  
vouchers:  
1. Portland, 207-773-4753; South  
Portland, 207-773-4140; Westbrook,  
207-854-9779; Brunswick, 207-725-  
8711.)



# CHANGE HAS COME to the **Portland Media Center**



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channel  
1303

Spectrum Cable has changed  
PMC's channels 2 and 5  
to channels 1301 and 1303

If you do not have a Spectrum cable box, digital adapter or cable card  
contact your local Spectrum office to get the correct equipment.

You can also access our shows and information regarding classes  
in video production, membership, creating your own TV show  
or more on our website at [portlandmedia.org](http://portlandmedia.org).

**FMI contact us at 207-775-2900 ext. 201 or [staff@portlandmedia.org](mailto:staff@portlandmedia.org)**



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