

## Community Resources and Supports Following Traumatic Events in Lewiston

### Upcoming Virtual Events

#### **Community Grief Support** via Zoom – **Wednesday 11/1, 6:30pm-8pm**

- A facilitated community space for grief support where all are welcome
- Organized by Maine Access Points
- Contact MAP at **(207) 370-9440** with questions (text, call, signal)

#### **Circle of Parents – How to talk to your child about traumatic events** via Zoom – **Friday 11/3, 12pm-2pm**

- Learn how to engage in conversations with your children about trauma, fear, grief, and navigating those challenging emotions
- Contact Missy (Midcoast Maine Community Action) to register: **(207) 442-7963 ext. 286** or [melissa.kettell@mmcacorp.org](mailto:melissa.kettell@mmcacorp.org)

### Upcoming In-Person Events

#### **Grief Support at Freeport Community Services** (53 Depot Street, Freeport) – **Wednesday 11/1, 3pm-5pm**

- A safe, supportive space to process the recent losses and trauma of last week with bereavement specialists and a pet therapy team

#### **Love Lewiston Day at Tree Street Youth** (144 Howe St, Lewiston) – **Friday 11/3, 9am-6pm**

- Writing thank you/encouragement cards, distributing remembrance ribbons, training to become a response listener

#### **Community Paint Day at Wicked Illustrations Studio** (140 Canal St, Lewiston) – **Friday 11/3, 1pm-6pm**

- Using art to heal and navigate through grief
- Community members can create a butterfly to add to the *Wicked Wings Wall* with any color they choose and words to describe Lewiston

#### **Multi-Church Prayer Service at Kennedy Park** (120 Park Street, Lewiston) – **Friday 11/3, 4pm-6pm**

- Prayer, family activities, refreshments, music

#### **Healing Humor: A Relief Comedy at Great Falls Comedy Club** (34 Court St, Auburn) – **Friday 11/3, 7:30pm**

- Local Maine comedians offer respite from sorrow by making laughter a priority
- All ticket revenue and donations will go to the Lewiston-Auburn Area Response Fund

#### **Running with Scissors at Great Falls Comedy Club** (34 Court St, Auburn) – **Saturday 11/4, 7:30pm**

- An improv troupe offer respite from sorrow by making laughter a priority
- All ticket revenue and donations will go to the Lewiston-Auburn Area Response Fund

#### **Just-in-Time Community Pumpkin Tribute at Pediatric Associates** (33 Mollison Way, Lewiston) and **Hannaford** (692 Sabattus St, Lewiston) – **Sunday 11/5, 1:30pm**

- In memory of and to honor the lost community members
- Pumpkins will be carved and then placed on the lawn of Just-in-Time Recreation and across the street at the Pediatric Associates' lawn

## Ongoing Support

- **Family Assistance Center** at Lewiston Armory (65 Central Avenue, Lewiston) – open 10am to 5pm
  - o For victims/support persons and individuals present at shooting sites who were not injured
  - o Mental health services, financial aid, spiritual care, victim’s advocacy
  - o [News Center Maine article](#) and [City of Lewiston Facebook](#)
- **Gateway Community Services** based in Greater Portland and Lewiston areas
  - o Providing free crisis support therapy (in-person or telehealth/statewide) for individuals & groups
  - o [Form](#) to apply; [Facebook](#) and [Website](#)
- **Included Health**
  - o Providing a free mental health service (virtual therapy or psychiatry) to Maine residents (use code LEWISTONSTRONG)
  - o [Link to article here](#); Available through 11/25/23
- **Lewiston Auburn Metropolitan Chamber of Commerce**
  - o [Facebook](#) account has shared updates, resources, events
- **National Deaf Therapy – American Sign Language (ASL) Support Line**
  - o Providing 60 minutes of virtual wellness support to Maine residents
  - o [Book an appointment here](#) for free
  - o Visit [Website](#) for additional information about ongoing ASL therapy services and support circles
- **Tri-County Mental Health Services** (1155 Lisbon St, Lewiston)
  - o Providing mental health and substance use treatment In the Lewiston area
  - o [Website](#) and [Facebook](#)

## Immediate Resources

- **Frontline WarmLine**
  - o For clinicians, health care workers, first responders, and school staff
  - o Call (207) 221-8196 or text 898-211 from 8am-8pm, 7 days/week. [Website](#)
- **Maine Immigrant and Refugee Services + United Youth Empowerment Services Hotline**
  - o Call (207) 520-8176 for support finding and understanding resources in multiple languages
- **Spiritual Care Services of Maine – Hotline**
  - o Call (207) 261-5200 for 24/7 access to a chaplain
- **Substance Abuse and Mental Health Services Administration Disaster Distress Hotline**
  - o Toll-free, confidential support for individuals experiencing emotional distress due to natural disasters or acts of violence
  - o Call 800-985-5990 or, for TTY/hearing-impaired access, call 800-846-8517
  - o Text ‘TalkWithUs’ to 66746; para español, mensaje 'habla con nosotros' al 66746. [Website](#)

**If you or someone you know is experiencing a mental health crisis, please call 988 or [visit our website](#) for a list of crisis resources.**