



# Committed to our Community

In these challenging times, many families and individuals are finding themselves in need of assistance, some who have never needed help before. Aroostook County Action Program has services that can help – and we are here for you. Below are some of the many programs we offer for which you may be eligible that can help you get through these difficult days.



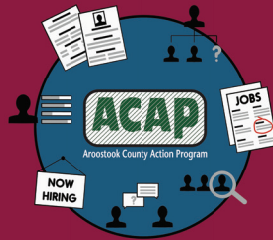
WOMEN, INFANTS  
& CHILDREN

Nutrition assistance, education and screenings for eligible pregnant and postpartum women, nursing mothers, infants and children under 5 years of age.

The Home Energy Assistance Program (HEAP) has expanded its guidelines to help assist more Aroostook County households with energy costs. Call now to schedule an appointment. Any benefit will remain on a fuel account for up to 18 months.



Workforce Development Resources available to help get you started on a new career path including support for training, transportation, and childcare.



COVID-19 Rent Relief Program

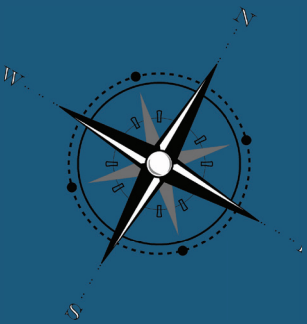


Rental Payment Assistance for individuals whose income has been financially impacted by COVID-19.

**REOPENED**



Not certain what you might qualify for? ACAP Navigators are in place to connect individuals and families with our programs and other services.



Support for Isolation and Quarantine is available to ensure that people affected by COVID-19 can safely isolate and quarantine. A service referral form is available on the Maine DHHS website.



The Community Closet (located at 771 Main St. in Presque Isle) has clothing available 24/7. Food Cupboards and Pantries are located across Aroostook County. Locations and hours are available on our website or by calling 207-764-3721.

To begin the process of determining what programs or services you may be eligible to receive, complete our on-line service application. A member of our ACAP Team will receive the information and reach out to you with details about how we may be able to help.

Visit our website and click on the Contact tab or call us to connect today!



**207-764-3721 • [www.acap-me.org](http://www.acap-me.org)**