

*Access Portland:  
A Resource Guide for  
New Immigrants  
& Refugees*



*by Windsor ELL  
King Middle School  
Portland, ME  
May 2006*

# **Access Portland, ME**

by Windsor ELL Students

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## **Forward**

*What can Portland, ME, offer newcomers? How can I help newcomers to Portland, ME, access vital services?* These were the guiding questions that launched Windsor English Language Learners on a learning expedition to point new refugees and immigrants toward essential programs and services in Portland, ME. For these students, the challenge was threefold: 1) knowing and matching refugee needs with programs and services, 2) developing the English language skills to communicate this knowledge, and 3) packaging all this information in a convenient and usable medium for new refugees and immigrants. This booklet is a result of their attempt to make the resources of Portland, ME more easily accessible to new refugees and immigrants.

To kickoff the expedition, the students met with representatives from some of the programs and organizations to learn about the services they provide for newcomers. For the next eight weeks, under the triple theme of team spirit, exploration and community, the students brainstormed interview questions, interviewed guest speakers, did field and Internet research, photographed landmarks, pored over phone books and tourists' brochures, made phone calls to verify addresses and phone numbers, drafted, revised and edited recursively.

As a learning experience, this expedition called upon the students to use their fledgling English language skills to ferret out relevant information from different sources - personal, graphic and written - and to put it together in a format that is usable by newly arrived refugees and immigrants. The students of Windsor ELL gratefully acknowledge all those who in various ways helped them along on this expedition. Special thanks go to guest speakers: Mayor Jim Cohen, Mike Wilson, Regina Phillips, Rachel Morales, Rob Wood, Shawna Ohm, Bria White, Catherine Siegel, Ken Bowden, and staff members, Abdullahi Jama, Sue Carlson, Kelly McDaniel, Hiram Sibley and Dave Grant, whose technical wizardry finally helped wrap up this booklet.

And, as always, thanks to our Principal and Assistant Principal, Mike McCarthy and Kathy Bouchard respectively, for all of their support.

Bruno Yomoah  
May 2006

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## Preble Street Resource Center

The Preble Street Resource Center is one of the most important places to know in Portland. It provides many useful services for people who need homes and other things for living.

First, the Preble Street Resource Center is a wonderful place that helps adults and families in many ways. The Center's Day Shelter welcomes 200 to 300 families everyday. People can get food and clothes and use laundry and the bathroom showers. They can also use the phones and mail boxes to receive mail. Another service there is the healthcare clinic for people who are ill.

Second, the Preble Street Resource Center is a great source of food for hungry people. The Preble Street Resource Center has the largest soup kitchen in Maine. The Center's *Wayside Soup Kitchen* has been providing meals for people in need for over eighteen years. It provides breakfast, lunch and dinner seven days a week, 75,000 a year to home less and low income individuals and families.

Next, the Preble Street Teen Center helps homeless and run away teens by getting them back to their families, giving them meals, clothes and education. The center also helps teens who have mental problems and drug addiction. Teens who are homeless are put in the Lighthouse Shelter where they get care and attention.

One important goal of Preble Street Resource Center is to help people without jobs get jobs. The Center tells people where the jobs are. It also trains people in new job skills. In this way they help people get jobs that they like and know how to do them well and be happy.

As you can see, the Preble Street Resource Center is a great place to go to if you are new in Portland and need help settling in. There you can get shelter, wash, sleep and keep in touch with loved ones. Second, you can always get a warm meal there. Next, teens who need help can get a lot of it there. Finally, the Center can help you get a job by training you. Don't forget to go to the Preble Street Resource Center if you are new in Portland.



### **Portland Adult Education**

150 Ocean Avenue Portland, ME 04103  
57 Douglass Street, Portland, ME 04102  
(207) 874-8155

If for any reason, you did not finish high school in your country and you are now too old to go to high school, Portland Adult Education is for you. At Adult Education, you can study to get a diploma that is equal to the high school diploma. You will feel comfortable there because all students there are adults. Also, you will find classes that fit your level of knowledge. They have eight levels of classes from beginner to advanced levels in English and math, so you will fit in.

Portland Adult Education is very good for immigrants and refugees because the courses are free. You only need to buy the text books. Also, they have students speaking more than forty countries speaking more than 80 languages, so you are likely to find someone who speaks your language. Portland Adult Education has been teaching adults for 150 years, so they know what is good for you. And remember, it is never too late to learn. For more information, see Portland Adult Education under *Portland Public Schools*, or visit the offices at Baxter School on 150 Ocean Avenue or West School at 57 Douglas Street.



### **Portland Community Policing**

Portland Community Policing provides many things to refugees including: language translation, after school activities, kid's summer camps information, literacy resources, free summer meals for age 18 and under, neighborhood watch, fuel assistance referrals, domestic violence services and legal assistance referrals. If you want to feel really safe from noisy neighbors, check out your neighborhood policing center.



Housing Community Policing Unit  
Portland Community Authority 773-4753  
E-mail: [sohm@porthouse.org](mailto:sohm@porthouse.org)

Midtown Community Policing Center  
26 Portland Street 772-1371  
E-mail: [pamelam@Portlandmaine.gov](mailto:pamelam@Portlandmaine.gov)

Munjoy Hill Community Policing Center  
101 Atlantic Street 756-8135  
E-mail: [janinek@portlandmaine.gov](mailto:janinek@portlandmaine.gov)

Parkside Community Policing Center  
85 Grant Street 756-8137  
E-mail: [terrig@portlandmaine.gov](mailto:terrig@portlandmaine.gov)

West End Community Policing Center  
251A Danforth Street 780-0495  
E-mail: [sarahc@portlandmain.gov](mailto:sarahc@portlandmain.gov)

Community Affairs Division  
Lieutenant 874-8569  
Sergeants 874-8778

## Portland Housing Authority

14 Baxter Boulevard, Portland, ME 04101  
(207) 773 4753

One of the best friends of immigrants and refugees is Portland Housing Authority. They are able to provide safe, decent housing for families that are too poor to buy their own houses. There are many reasons why you should go to Portland Housing Authority for your housing needs. First the rent is cheap, second the housing is safe, third you can live there for as long as you like, and they even have programs to help educate you and your children.



To start with, you pay according to how much money you make. So if your income is small, your rent will be small. Another good thing about public housing is that they are safer than housing in other neighborhoods, because they work with Portland Policing to keep their housing free of crime. Next they have Education Centers in Kennedy Park, Riverton Park and Sagamore Village, where young people and adults can learn, with tutors and computers. Portland Housing Authority also trains people on how to get jobs. As you can see, Portland Housing Authority is there to help you settle down in Portland. Go for it!

For your neighborhood housing needs, contact:

### Kennedy Park

52 Mayo Street  
Portland, ME 04101  
(207) 221 8096

### Riverton Park

53-55 Riverton Drive  
Portland, ME 04103  
(207) 221 8094

### Sagamore Village

21 Popham Street  
Portland, ME 04102  
(207) 221 8095

## Your Neighborhood Taxi Service



<b>ABC Taxi</b>	(207) 772-8685	200 Anderson Street, Portland, ME
<b>Airline taxi</b>	(207) 874-6961	Portland, ME
<b>Airport taxi</b>	(207) 773-3433	Portland, ME
<b>All Star Taxi</b>	(207) 318-6477	25 Galvin Street, Portland, ME
<b>Alzheimer's Disease Assn Taxi Service</b>	(207) 772-0115	163 Lancaster St., Portland, ME
<b>Auto Europe</b>	(207) 842-2000	39 Commercial Street, Portland, ME
<b>Bay Limo &amp; Livery Co</b>	(207) 878-2292	Portland, ME
<b>Elite Town Taxi</b>	(207) 871-7274	211 Valley Street, Portland, ME
<b>Friendly Taxi</b>	(207) 772-4240	Portland, ME
<b>Jetport Taxi</b>	(207) 775-6990	Portland, ME
<b>Kleen Taxi Ko</b>	(207) 773-0055	Portland, ME
<b>Old Port Taxi</b>	(207) 772-8294	Portland, ME
<b>Portland Airport Taxicab</b>	(207) 774-5666	237 High Street, Portland, ME
<b>Presumpscot Water Taxi</b>	(207) 879-2562	72 Commercial Street, Portland, ME
<b>South Street Taxi</b>	(207) 772-2456	235 Saint John Street, Portland, ME
<b>Town Taxi Co</b>	(207) 773-1711	Portland, ME
<b>Turtle Taxi</b>	(603) 356-7577	Portland, ME
<b>Where to taxi</b>	(207) 772-4240	18 Grafton Street, Portland, ME

**Whitmore's Taxi**

(207) 871-0206

Portland, ME

**Wolf's Taxi**

(207) 772-8500

675 Forest Ave., Portland, ME

**Zachery's At Holiday Inn**

(207) 774-5601

81 Riverside Street, Portland, ME

**Portland Health & Human Services Division**



192 Lancaster Street, Portland, ME (201) 775 7911

The City of Portland is a great friend of people arriving newly in Portland. The City has the Division of Social Services to provide needed services to poor people, like most refugees are.

The goal of the Social Services Division of the City of Portland is to help people with little money live comfortably and happily. The Social Services Division has many branches to meet the different needs of low income people.

For instance, if you can show that you are not rich, the General Assistance Program can help you with things like rent, food, hospital bills, water, heating and electricity bills. If you and your family are new in Portland, the Family Shelter Program can give you a place to stay until you get your own housing. The Refugee Services Program is there to help new arrivals get housing, job training services and language translation services. As you can see, new arrivals in Portland need to visit City Hall on Congress Street.

For specific services, please contact the following:

General Assistance	775 7911
Oxford street Shelter	761 2072
Family Shelter Program	772 8339
Refugee Service Program	775 7911
Disability Services Program	775 7911
Homeless Employment Program	775 7911
Bell Street Transitional Housing Program	772 8339

## Hospitals and Health Clinics



Portland is a good place to live. But after you get food to eat and a place to live, and get a school for your kids, you need to stay healthy. Portland has many health clinics and hospitals for all kinds of illnesses. The two biggest hospitals are Maine Medical Center and Mercy Hospital. Maine Medical Center has 573 beds for patients and 1,143 doctors. Mercy Hospital has 168 beds, 800 doctors and 430 nurses. They also have several clinics for special diseases in different parts of the city. Check out the following hospitals and health clinics.

### Care Partners

Portland, Maine (207) 842-7000

### Case Management for Youth, INC.

343 Forest Avenue, Portland, Maine

### Dental Hygiene Clinic

Portland, Maine (207) 221-4900

### Health 2000

Portland, Maine (207) 828-2001

### India Street Public Health Clinic

103 India Street, Portland, Maine (207) 874-8446

### Maine Medical Center

22 Bramhall Street, Portland, Maine (207) 662-0111

### Maine Medical Center for Children

Portland, Maine (207) 878-7626

### Maine Health

465 Congress St., Suite 600, Portland, Maine

### Maine Pediatric Specialty Group

887 Congress St., Portland, Maine (207) 662-5729

### Martin's Point Health Care Center

331 Veranda Street, Portland, Maine (207) 828-2454

### Mercy Hospital

144 State St., Portland, Maine

### New Era Therapies

205 Congress Street, Portland, Maine

### Pier Program

315 Park Avenue, Portland, Maine (207) 871-2004

### Planned Parenthood

Stevens Avenue, Portland, Maine (207) 797-8881

### Portland Community Free Clinic

103 India Street, Portland, Maine (207) 874-8446

### Portland Health Department VD Clinic

389 Congress St., Portland, Maine (207) 874-8446

### Sisters of Mercy, Portland Regional Community

605 Stevens Avenue, Portland, Maine (207) 767-7861

### Southern Maine Dialysis Facility

1600 Congress Street, Portland, ME (207) 774-5985

### University of New England Health Clinic

716 Steven Avenue, Portland, Maine (207) 797-8999

## Shop All You Want!

There are many places to shop in Portland. In the following pages, you will find lists of shops, some showing things that they sell. Because some shops sell several types of goods, you may use the phone numbers to check for what you really want. You can also check shops according to the neighborhood where you live or work. For now, check out the following listing.

- African Style**.....652 Congress St., Portland 828-0312  
African Merchandis
- Allen & Walker Antiques**...600 Congerss St., Portland  
772-8787 Antiques
- Amaryllis Clothing CO**..... 41 Exchange St., Portland  
772-4439) Clothing
- Andrea's Bridal & Formal Wear**.....510 Congress St.,  
Portland (207) 772-5313 Formal Wear
- Angel's Arrowhead**.....7 Moulton St., Portland  
772-5313 Antique Jewellery
- Anna's Used Furniture & Collectibles**.....612 Congress  
St., Portland (207) 775-7223 Furniture
- Antoine's Tailor Shop & Formal Wear**....435 Congress  
Street, Portland (207) 774-8408  
Formal Wear Rentals
- Apple Bee Company**.....370 Fore Street, Portland  
(207) 772-8940 Gifts
- Art Mart**.....522 Congress Street, Portland  
(207)775-4244 Art Supplies
- Asia West**.....219 Commercial Street, Portland  
(207) 775-0066 Home and Garden Furnishing
- Awear**.....19 Exchange Street, Portland (207) 253-1655  
African Merchandise
- Bark N' Roll**.....13 Free Street, Portland (207) 780-9663  
Dog Products
- Beadilicious** .....5 1/2 Moulton Street, Portland (207)  
772-3003 Bead Merchandise
- Bertini**.....455 Fore Street, Portland (207) 838-5373  
Italian Merchandise
- Betsy's**.....7 & 8 Exchange Street, Portland  
(207) 772-0027 Clothing
- Bliss**.....58 Exchange Street, Portland (207) 879-7125  
Clothing
- Blue Shoe**.....434 Fore Street, Portland (207) 772-2583

## Footwear

- Book Traders**.....561 Congress Street, Portland  
(207) 773-1840 Books and Videos
- Books etc.** .....38 Exchange Street, Portland  
(207) 774-0626 Books
- Books! Books!**.....10 Dana Street, Portland  
(207) 253-8078 Books
- Bow Wow Sophisique**.....477 Fore Street, Portland  
(207) 772-9663 Dog Merchandise
- Bull Moose Music**.....151 Middle Street, Portland  
(207) 780-6424 CD's
- Cadillac's Patagonia**.....545 Congress St., Portland  
(207) 699-2888 Outdoor Merchandise
- Cadillac's North Face**.....543 Congress St., Portland  
(207) 699-2333 Outdoor Clothing
- Caleb Crafters Gift Shop**.....18 Forest Ave., Portland  
(207) 771-0295 Handmade Crafts
- Calypso**.....2 Milk Sreet, Portland (207) 774-8800  
Clothing
- Carla Bella**.....469 Fore Street,Portland (207) 772-1703  
Clothing
- Carla's**.....414 Fore Street, Portland (207) 879-6306  
Elegance Merchandise
- Casablanca Comics**.....151 Middle St. Portland  
(207) 780-1676 New and Used Comics
- Gasco Bay Wool Tools**.....151 Middle St., Portland  
(207) 879-9665 Blankets
- Catwear**.....399 Fore Street, Portland (207) 772-2668  
Clothing for Women
- Celia Bedilia**.....89 Exchange Street, Portland  
(207) 761-0004 Home Decorations
- Central Yarn Shop**.....589 Congress St., Portland  
(207) 775-0852 Knitting, Sewing Merchandise
- China Sea Trading Co.** .....324 Fore Street, Portland  
(207) 773-0081 Antiques
- Cindy Edwards, Jeweler/Designer**.....24 Exchange St.,  
Portland (207) 780-8009 Jewellery
- City Soul Jewelers**.....10 Exchange St., Portland  
(207) 775-5885 Jewellery
- Clay City Redux**.....157 Middle Street, Portland  
(207) 761-2707 Gifts
- The Clown**.....123 Middle Street, Portland



(207) 756-7399 Antiques and art  
**Club 21**.....21 Exchange Street, Portland (207) 871-8060  
 Teenager Clothing  
**Communiques**.....3 Moulton Street, Portland  
 (207) 773-5181 Unique Gifts  
**Nine Months**.....465 Fore Street, Portland  
 (207) 761-4099 Clothing for Mothers-to-be  
**North Atlantic Leather**.....579 Congress St., Portland  
 (207) 772-3063 Leather Merchandise  
**Northern Sky Toyz**.....388 Fore St., Portland  
 (207) 828-0991 Toys  
**Nostalgia Lightworks**.....231 Commercial St., Portland  
 (207) 772-1096 Lighting  
**Old Port Specialty Tile Co.**...275 Commercial St., Portland  
 (207) 773-2238 Unique Tile Flooring  
**Olympia Sports**.....544 Congress St., Portland,  
 (207) 772-7828 Sporting Goods  
**Optical Expressions by Poulin**...87 Exchange St., Portland  
 (207) 871-7553 Eyewear  
**Oyster**.....2 Free Street, Portland (207) 253-8008  
 Gifts and accessories  
**Pandemonium**.....2 Exchange Street, Portland  
 (207) 761-3733 Unique Gifts  
**Paper Patch**.....17 Exchange Street, Portland  
 (207) 774-3125 Paper products  
**Papier Gourmet**.....26 Free Street, Portland  
 (207) 871-9722 Professional paper products  
**Penelope Danborn LTD**.....2 Milk St., Portland  
 (207) 761-2711 Interior decorations  
**Peter Renney's Fashions**.....105 Exchange St., Portland  
 (207) 774-1981 Custom made clothing  
**Pierre's of Exange Street**.....104 Exchange St., Portland  
 (207) 772-8107 Electronics  
**Pond Cove Paint and Supply**.....305 Commercial Street,  
 Portland (207) 874-0937 Painting supplies  
**Port Boutique**.....2 Wharf Street, Portland  
 (207) 879-1110 Cool clothing  
**Porter**.....366 Fore Street, Portland (207) 347-7104  
 Jewellery and gifts  
**Portland Antiques & Fine Art**...233 Commercial St.,  
 Portland (207) 773-7052 Antiques and accessories  
**Portland Pirates Shop**.....531 Congress St., Portland  
 (207) 828-4665 Sportswear

**Portmanteau**.....191 Middle Street, Portland  
 (207) 774-7276 Canvas bags  
**Ports of Call**.....81 Congress Street, Portland  
 (207) 773-3441 Sea going clothing  
**Queen of Hats**.....560 Congress St., Portland  
 (207) 772-2379 Hats  
**The Resourceful Home**.....111 Commercial St., Portland  
 (207) 780-1314 Environmentally safe goods  
**Richey Jewelry Gallery**.....15 Wharf St., Portland  
 (207) 772-5252 Contemporary Jewellery  
**Scott Potter Designs**.....142 A High Street, Portland  
 (207) 775-3630 Serving wear and accessories  
**Serendipity**.....34 Exchange Street, Portland  
 (207) 772-0219 Dressy clothes  
**Sheepscot River Pottery**.....367 Fore St., Portland  
 (207) 773-9550 Porcelain  
**Shipwreck & Cargo**.....207 Commercial St., Portland  
 (207) 775-3057 Maine souvenirs and clothing  
**Shop!**.....468 Fore Street, Portland (207) 772-5198  
 Special Clothing  
**Siempre Mas**.....377 Fore Street, Portland  
 (207) 879-1676 Special Clothing  
**Silver Hammer**.....425 Fore Street, Portland  
 (207) 253-1968 Silver merchandise  
**Simply Birkenstock**.....131 Middle St., Portland  
 (207) 774-8484 Footwear  
**Simply Scandinavian**.....99 Exchange St., Portland  
 (207) 874-6759 Scandinavian Merchandise  
**Somthing's Fishy**.....32 Exchange St., Portland  
 (207) 774-7726 Maine souvenirs  
**Spoil Me Rotten**.....43 Exchange St., Portland  
 (207) 773-0743 Clothing and accessories  
**Springer's Jewelers**.....580 Congress St., Portland  
 (207) 772-5404 Fine jewelry  
**Stiletto**.....97 Exchange Street, Portland  
 (207) 775-3033 High Fashion shoes and  
 accessories  
**Stichez**.....574 Congress Street, Portland  
 (207) 780-8340 Men's clothing  
**Stonehome Antiques**.....50 Exchange St., Portland  
 (207) 253-5198 Antique Jewellery  
**Stones and Stuff**.....556 Congress St., Portland  
 (207) 874-0789 Stone jewelry

**Stonewall Kitchen**.....182 Middle St., Portland  
(207) 879-2409 Food pantry

**Sun Oriental Market**.....626 Congress St., Portland  
(207) 772-8675 Oriental food and gifts

**Sunglasses USA**.....33 Exchange St., Portland  
(207) 879-1172 Designer Sunglasses

**Swiss Time**.....86 Exchange St., Portland (207) 773-0997  
Watches and clocks

**Tavecchia**.....52 Exchange Street, Portland (207) 772-1699  
Clothes and jewelry

**Terra Firma**.....611 Congress Street, Portland  
(207) 772-5613 Modern clothing and footwear

**Treehouse Toys LTD**.....47 Exchange St., Portland  
(207) 775-6133 Kids' toys

**Unicorn Cove**.....549 Congress Street, Portland  
(207) 347-5686 Telepathic readings

**Wallis girls**.....11 Free Street, Portland (207) 780-6732  
Designer Clothing

**The Weede Shoppe**.....217 Commercial St., Portland  
(207) 828-4975 French garden and wreath shop

**Wigon Office Supply**.....18 Free Street, Portland  
(207) 773-0293 Office supplies

**Willmer/Newell Antiques & Decorative Arts**.....  
642 Congress St., Portland (207) 775-74714  
Aniques and decorative art

**YES Books**.....589 Congress St., Portland (207) 775-3233  
Used books

**Zinnia's Antiques**..662 Congress St., Portland 780-6622  
Antique furniture and special lighting.

## Get a Haircut at Your Neighborhood Haircare

**City Slickers Hair Salon**  
334 Fore Street, Portland (207) 774-1235

**City Style Hair Salon**  
One Monument Way, Portland (207) 828-1320

**Columbia Barber Shop**  
609 Congress Street, Portland (207) 450-3070

**Cut Above**  
604 Congrss Street, Portland (207) 774-7450

**Hair Exchange**  
8 Exchange Street, Portland (207) 775-2555

**Hair Options**  
35 Silver Street, Portland (207) 772-2267

**Hair Update**  
57 Oak Street, Portland (207) 774-1767

**Hairlines For Men**  
14 free Street, Portland (207) 774-0347

**Head Games Salon For Hair and Body**  
19 Temple Street, Portland (207) 773-8393

**Head Shed**  
58 Market Street, Portland (207) 774-7955

**Knaughty Hair**  
305 Commercial Street, Portland (207) 874-0929

**Kutz**  
15 Pleasant Street, Portland (207) 773-9717

**Lafayette Beauty Salon**  
142 High Street, Portland (207) 773-9804

**Lilly Hair and Tanning**  
1 Spring Street, Portland (207) 761-5811

**Mane Attraction**  
559 Congress Street, Portland (207) 775-2865

**The Men Room Salon and Lounge**  
8 City Center, Portland (207) 874-8080

**Brienn Salon**  
465 Fore Street, Portland (207) 761-5999

**Paradiso Salon and Spa**  
36 Market Street Portland (207) 879-7414

**Salon Burke**  
550 Congress Street, Portland (207) 773-3100

**Senior Citizens Barber Shop**  
664 Conress Street, Portland (207) 773-4347

## Schooling in Portland

If you have school going age children, you have come to the right city, because Portland has the largest school district in Maine. It also has the largest number of students from other countries and cultures. There are about 1700 students speaking other languages. About 1200 of these students are learning English as an additional language. There are 39 teachers and 27 Native Language classroom helpers teaching students who are learning English.

The Multilingual Office of Portland Public Schools helps English Language Learners in many ways.

- They interpret and translate for more than 13 language groups.
- They help parents speak to teachers during Parent-Teacher Meetings.
- They have a library with books in many languages.
- They have an Intake Center that tests and places children in the right classes.

As you can see Portland is more than prepared to meet your children's schooling needs. Check out the schools on the following pages.

## Portland Public Schools

### Elementary Schools

#### Adams Community School

48 Moody Street, Portland, ME 04101 (207) 874 8228  
Adams School has the goal of developing independent, life-long learners.

Numbers of students: 200 (kindergarten- grade 5)  
Numbers of teachers: 16.

#### Cliff Island School

P.O. Box 7, Cliff Island, ME 04109 (207) 766 2885  
Cliff Island School is a one-room elementary school accommodating Kindergarten through fifth grade. Cliff Island School believes in providing a nurturing, challenging environment, which will enable each child to become a life-long learner and a contributing citizen.

Numbers of students: 6  
Numbers of teachers: 1

#### Eastend Community School

For more information, call (207) 874 8108

#### Hall School

23 Orono Road, Portland, ME 04102 (207) 874 8205  
Hall School assures that all students are learning for their future. At Hall School, the learning experience is exciting and challenging.

Numbers of students: 450 (Kindergarten-Grade 5)  
Numbers of teachers: 39

#### Longfellow School

432 Stevens Avenue, Portland, ME 04103 (207) 874 8195  
Longfellow School believes in honoring uniqueness, nurturing growth, and making a difference. The school has a diverse population that reflects the community.

Numbers of students: 335 (Kindergarten -Grade 5)  
Numbers of teachers: 30

**Lyseth School**

175 Auburn Street, Portland, ME 04103 (207) 874 8215  
Lyseth School provides a nurturing environment where all students will excel.

Numbers of students: 565 (Kindergarten-Grade 5)

Numbers of teachers: 45

**Nathan Clifford School**

180 Falmouth Street, Portland, ME 04102 (207) 874 8180

The school promotes lifetime learning through quality education, emphasizing cooperation, creativity, competence and confidence

Numbers of students: 305

Numbers of teachers: 30

**Peaks Island School**

4 Church Street, Peaks Island, ME 04108 (207) 766 2528

Peaks island School believes in providing a nurturing, challenging environment which will enable each child to become a life-long learner and a contributing citizen.

Numbers of students: 54

Numbers of teachers: 4

**Presumpscot Elementary School**

69 Presumpscot Street, Portland, ME (207) 874 8220

This is a community of learners dedicated to the continuous growth of each individual.

Numbers of students: 244

Numbers of teachers: 21

**Reiche School**

166 Brackett Street, Portland, ME 04102 (207) 874 8175

Reihe School believes in learning, respect and helping community. The school is very diverse.

Numbers of students: 521

Numbers of teachers: 49.

**Riverton School**

1600 Forest Avenue, Portland, ME 04103 (207) 874 8210  
Effectively teaching and communicating with a diverse population for life-long learning is what Riverton school does.

Numbers of students: 481

Numbers of teachers: 42.

**Middle Schools****King Middle School**

92 Deering Avenue, Portland, ME 04102 (207) 874 8140

Students: 510

Teachers : 60

King Middle School serves the most racially, ethnically, and economically diverse neighborhoods in the state of Maine. More than 120 of King's approximately 500 students speak 28 languages and come from 17 countries. King Middle School is famous for its Expeditionary Learning Outward Bound program.

**Lincoln Middle School**

522 Stevens Avenue, Portland, ME (207) 874-8145

students: 590

teachers: 55

Lincoln Middle School believes in moving the accomplishments of the the school community from "Potential to Performance"

**Lyman Moore Middle School.**

71 Auburn Street, Portland,ME (207) 874 8150

Students: 694

Teachers : 51

Lyman Moore provides students with a variety of learning opportunities and challenges as they develop emotionally, intellectually, and physically.

**West School Program**

57 Douglas Street Portland, ME 04102 (207) 874 8225

Students : 60

Teachers : 7

The West School Program provides day treatment level services for Portland Public Schools' students of all ages.

**High Schools****Casco Bay High School**

196 Allen Avenue Portland, ME 04103 (207) 874 8160

Students: 83

Teachers: 75

This is a new school that will have only grades 9 and 10 in 2006.

**Deering High school**

370 Stevens Avenue, Portland, ME (207) 874 8260

students: 89

teachers: 1365

**Portland Art & Technology**

96 Allen Avenue, Portland, ME 04103 (207) 874 8165

Students: 633

Teachers: 24

Portland Arts & Technology High School is an applied technology center which serves students from 23 surrounding high schools.

**Portland High School**

284 Cumberland Avenue, Portland, ME (207) 874 8250

Students: 1089

Teachers: 75

Portland High School has Alternative Education and Jobs for Maine

Graduates. This is the most diverse high school in Maine.

**Portland Adult Education**

150 Ocean Avenue Portland, ME 04103 (207) 874 8155

Students : 6000

Teachers: 200

Portland Adult Education teaches English, math and other skills subjects to adults who are too old to go to high school. You can get your high school diploma from Portland adult education.

**Private Schools****Breakwater School**

856 Brighten Avenue Portland, ME (207) 772-8689

**Cathedral School**

14 Locust Street, Portland, ME (207) 775-1491

**Catherine Mcauley High School**

631 Steven's Avenue, Portland, ME (207) 797-387

Girls only

**Cheepers High School**

267 Ocean Avenue Portland, ME (207) 774-6238

**Cheverus High School**

267 Ocean Avenue, Portland, ME (207) 774 6238

**Children's Center**

721 Steven's Avenue Portland, ME

**Levy Day School**

400 Deering Avenue Portland, ME (207) 774-7676

**St. Joseph's Parish School**

695 Steven's Avenue Portland, ME (207) 797-7073

**St. Patrick School**

1251 Congress Street, Portland, ME (207) 772-2521

**Waynflete School**

360 Spring Street, Portland, ME (207) 761-4461

## Bookstores

### **Annie's Book Stop Inc**

(207) 761-4474 295 Forest Ave, Portland, ME

### **Books, Etc.**

(207) 774-0626 38 Exchange St, Portland, ME

### **Books for Kids**

(207) 347-5681 8 City Ctr, Portland, ME

### **Book Traders**

(207) 773-1840 561 Congress St, Portland, ME

### **Bright New Day**

(207) 791-8939 585 Forest Ave, Portland, ME

### **Campus Bookstore**

(207) 780-0958 337 Forest Ave, Portland, ME

### **Casco Bay Books**

(207) 541-3842 151 Middle St, Portland, ME

### **Cunningham Books**

(207) 775-2246 188 State St, Portland, ME

### **Curious City**

(207) 699-2755 118 Emery St, Portland, ME

### **Christian Science Reading Room**

(207) 772-0996 4 City Ctr, Portland, ME

### **Gannett Books**

(207) 780-9000 390 Congress St, Portland, ME

### **Longfellow Books**

(207) 772-4045 1 Monument Way, Portland, ME

### **Treasure Chest**

(207) 772-2225 2 Pine St # A, Portland, ME

### **University of Southern Maine Bookstore**

(207) 780-4070 Portland, ME

## Public Libraries



### **Gleaves Law Library**

142 Federal Street, Portland, ME (207) 773-9712

### **Library Portland Public Library**

5 Monument Street, Portland, ME (207) 871-1700

### **Portland Public Library**

5 Monument sq., Portland, ME (207) 871-1700

### **Portland Public Library**

48 Moody Street, Portland, ME (207) 772-4581

### **Portland Public Library**

166 Brackett Street, Portland, Me (207) 774-6871

### **Portland Public Library: Burbank Branch**

377 Stevens Ave., Portland, ME (207) 774-4229

### **Portland Public Library: Inter-Library Loan**

Portland, ME (207) 871-1735

### **Portland Public Library: Southern Maine Library District**

Portland, ME (207) 871-1766

### **Riverton Public Library**

1600 Forest Ave., Portland, ME (207) 797-2915

## Your Dining Pleasure



### \$3 Deweys

241 Commercial Street, Portland.....772-3310  
www.3dollardeveys.com

### Adeline's Grill at the Eastland

157 High Street, Portland.....775-5411  
www.eastlandparkhotel.com

### Afghan Restaurant

21 Forast Ave, Portland..... 699-2990

### Alehouse

30 Market Street, Portland..... 253-5100  
www.thealehouserocks.com

### Amei Halal

269 St. John Street, Portland.....774-3220

### Amigos Restaurant

9 Dana Street, Portland.....772-0772

### Angie's Pizza & Pub

121 Commercial Street, Portland.....773-8593

### Anthony's Italian Kitchen

121 Commercial Street, Portland.....774-8668

### Arabica Coffee Company

16 Free Street, Portland.....879-0792

### Armory Restaurant & Lounge at the Portland Regency Hotel

20 Milk Street, Portland.....774-4200  
WWW. theregency.com

### Asmara Restaurant

51 Oak Street, Portland.....879-0792

### Asylum

121 Center Street, Portland.....772-8274

### Bagel Works

15 Temple Street, Portland.....879-2425

### Bandol

90 Exchange Street, Portland.....347-7155  
www.restaurantbandol.com

### Bangkok Thai Restaurant

671 Congress Street, Portland.....879-4089.

### Beal's Old Fashioned Ice Cream

Moulton Street, Portland.....828-1335

### Benkay Japanese Restaurant

2 India Street, portland.....773-5555

www.sushiman.com

**Becky's Diner**  
390 Commercial Street, Portland.....347-7155

### Big Mama's

5 Dana Street, Portland.....773-1211

### Bibo's Madd Apple Cafe

23 Forest Ave., Portland.....774-9698

### Bikini Boston Grille

40 Wharf Street, Portland.....253-1595

### Bill's Pizza

177 Commercial Street, Portland.....774-6166

### Binga's Wings

One Monument Way.....772-7333

### The Bistro at Akari

470 Fore Street, Portland.....772-9060

### Black Tie Catering & Cafe

188 Middle Street, Portland.....761-6665

### Bogousha's Restaurant

825 Stevens Ave., Portland.....878-9618

### Bombay Club

675 Congress Street, Portland.....874-6631

### Breaking New Grounds

13 Exchange Street, Portland.....761-5637

### Brian Boru'

57 Center Street, Portland.....780-1506

### Browne Trading Market

262 Commercial Street, Portland.....775-7560

### Bubble Maineia

136 Commercial Street, Portland.....871-9999

### Bull Feeney's

375 Fore Street, Portland.....773-7210

### Cafe Culture

- One Longfellow Square, Portland.....761-1545
- Cafe Stroudwater**  
1050 Westbrook Street, Portland.....775-0032
- Gasco Varietyco**  
36 Wharf Street, Portland.....347-6154
- Cinque Terre Ristorante**  
36 Wharf Street, Portland.....347-6154
- City Beverage**  
1 Exchange Street, Portland.....253-6010
- City Deli**  
1 City Center, Portland.....772-9620
- Coffee By Design**  
620 Congress Street, Portland.....772-5533
- Cold Stone Creamery**  
180 Middle Street, Portland.....774-7100
- Commercial Street Pub**  
129 Commercial Street, Portland.....772-9414
- The Cookout**  
One City Center, Portland.....874-0666
- The Crooked Mile**  
8 Milk Street, Portland.....772-8708
- Dante's**  
1 City Center, Portland.....773-1100
- Dimillio's Floating Restaurant**  
25 Long Wharf, Portland.....772-2216



- David's Restaurant**  
22 Monument Sq, Portland.....773-4340
- Dock Fore**  
336 Fore Street, Portland.....772-8619
- Downeast Beverage Co.**  
79 Commercial Street, Portland.....828-2337
- Downtown Lounge**  
606 Congress Street, Portland.....773-1363
- Dunkin Donut**  
554 Congress St. and 363 Fore St. ....773-4381
- The Dry Dock Restaurant & Tavern**

- 84 Commercial Street, Portland.....774-3550
- Eve's**  
468 Fore Street, Portland.....775-9090  
www.portlandharborhotel.com
- Federal Spice**  
225 Federal Street, Portland.....774-6404
- Fit to Eat**  
164 Middle Street, Portland.....761-4441
- Five Fifty-Five**  
555 Congress Street, Portland.....761-0555
- Foley's Bakery**  
25 Ppreble Street, Portland.....772-5837
- Fore Street Restaurant**  
288 Fore Street, Portland.....775-2717
- Fore Play Sports Pub**  
436 Fore Street, Portland.....780-1111
- Flatbread Co**  
72 Commercial Street, Portland.....772-8777
- Free Street Taverna**  
128 Free Street, Portland.....772-5483
- Fuji Restantura**  
29 Exchange Street, Portland.....773-2900
- Fuller's Goumet Chocolates & Ice Cream**  
432 Fore Street, Portland.....253-8010
- Geno's**  
13 Brown Street, Portland.....772-7891
- Gilbert's Chowder House**  
92 Commercial Street, Portland.....871-5636
- Granny's Burritos**  
420 Fore Street, Portland.....761-0751
- Gritty McDuff's Brew Pub**  
396 Fore Street, Portland.....772-2739
- Han's Soft Serve**  
648 Congress Street, Portland.....761-4444
- Henry VIII's**  
15 Mounment Sq, Portland.....780-8889
- Herb's Gully**  
55 Oak Street, Portland.....780-8080
- Hi Bombay**  
1 Pleasant Street, Portland.....772-8767
- The Iguana**  
52 Wharf Street, Portland.....871-5886
- India Palace**  
565 Congress Street, Portland.....773-1444



**J's Oyster**  
5 Portland Pier, Portland.....772-4828

**JavaNet**  
37 Exchange Street, Portland.....773-2469

**Katahdin Restaurant**  
106 HighStreet, Portland.....774-1740

**The Kitchen Restaurant**  
593 Congress Street, Portland.....775-0833

**La Bodega Latina**  
863 Congress Street Portland,.....761-6661

**Lafayette Pizza & Beer**  
650-A Congress Street, Portland.....774-4111

**Little Lad's Bakery**  
4821/2 Congrss Street, Portland.....871-1636

**Local 188**  
188 State Street, Portland.....761-7909

**Marcy's Breakfast & Lunch**  
47 Oak Street, Portland.....774-9713

**Margarita's Mexican Restaurant**  
11 Brown Street, Portland.....774-9398

**Mariner's Church Banquet Center**  
368 Fore Street, Portland.....774-7016

**Makert Street Eats**  
30 Markert Street, Portland.....773-3135

**Mathew's Lounge**  
133 Free Street, Portland.....253-1812

**Maverick's**  
25 Preble Street, Portland.....228-2057

**The Mercury**  
416 Fore Street, Portland.....879-4007

**Meritage Wine Bar**  
24 Preble Street, Portland.....828-0900

**Mim's Brasserie**  
205 Commercial Street, Portland.....347-7478

**Mesa Verde Mexican Restaurant**  
618 Congress Street, Portland.....774-6089

**Nappi's Bar & Grill**  
94 Commerical Street, Portland.....871-8030

**Natasha's**  
82 Exchange Street, Portland.....541-3663

**Norm's Bar & Grille**  
617 Congress Street, Portland.....828-9944

**O'Naturals**

83 Exchange Street, Portland.....321-2050

**Old Port Billiards**  
368 Fore Street, Portland.....774-3444

**Old Port Candy Co.**  
422 Fore Street, Portland.....772-0600

**Old Port Sea Grill**  
93 Commercial Street, Portland.....879-6100

**Old Port Sandwich Shop**  
89 Market Street, Portland.....773-9078

**Old Port Tavern**  
11 Moulton Street, Portland.....774-0444

**Oriental Table Restaurant**  
106 Exchange Street, Portland.....775-3388

**Pepperclub REstaurant**  
78 Middle Street, Portland.....772-0531  
www.mainetoday.com\pepperclub

**Portland Coffee Roasting Co.**  
111 Commercial Street, Portland.....772-9044

**Portland Greengrocer**  
211 Commercial Street, Portland.....761-9232

**Portland Lobster Co.**  
180 Commercial Street, Portland.....775-2112

**Portland Pie Pizza Co.**  
505 Fore Street, Portland.....772-1231

**Port West Seafood Grill & Bar**  
155 Riverside Street, Portland.....775-6536

**Plush**  
446Fore Street, 2nd Floor.....774-9595

**Reiley's Sandwich Shop**  
486 Congress Street, Portland.....871-7117

**Restaurant Oolong**  
100 Commercial Street, Portland.....653-7728

**Ri-ra Irish Restaurant Pub**  
72 Commercial Street, Portland.....761-4446

**Rivalries**  
10 Commercial Street, Portland.....774-6044

**Rosie's Restaurant & Pub**  
330 Fore Street, Portland.....772-5656

**Ruby's Choice Inc.**  
127 Commercial Street, Portland.....773-9099

**Saigon Thinh Thanh Restaurant**  
608 Congress Street, Portland.....773-2932

**Salad's Etc.**  
One City Center, Portland.....650-3087

**Salsa**  
45 Wharf Street, Portland.....871-8222

**Sapporo Restaurant**  
230 Commercial Street, Portland.....772-1233

**Scales Seafood Restaurant**  
25 Preble Street, Portland.....228-2008

**Sebago Brewing Co.**  
164 Middle Street, Portland.....775-2337

**Shays Grill Pub**  
18 Monument Sq, Portland.....772-2626

**Siam Restaurant**  
339 Fore Street, Portland.....773-8389

**Silver House Tavern**  
123 Commercial Street, Portland..... 879-8795

**Smoothie King**  
15 Temple Street, Portland.....780-0900

**Soffritto Creative Italian**  
29 Wharf Street, Portland.....253-8001

**Sophia's Italian Bakery**  
81 Market Street, Portland.....879-1868

**The Stadium**  
504 Congress St. , Portland 776-2008

**The Standard Baking Company**  
75 Commercial Street, Portland.....773-2122

**Stir Crazy**  
579 Congress Street, Portland.....871-1689

**Street & Co**  
33 Wharf Street, Portland.....775-0887

**Tandoor Restaurant**  
88 Exchange Street, Portland.....775-4259

**Tic Tac O**  
1city Center, Portland.....773-8226**Three**

**Dollar Dewey's**  
241 Commerciale Street, Portland.....772-3310  
www.3dollardeweys.com

**Top of the East**  
157 High Street, Portland.....775-5144

**Tu Casa**  
70 Washington Ave., Portland.....828-4971

**Uffa Restaurant**  
190 State Street, Portland.....775-3380

**Una Wine Bar & Lounge**  
505 Fore Street, Portland.....828-0300

**Union Wharf Market**  
1 Union Wharf, Portland.....774-7397**The**

**Village Cafe**  
112 Newbury Street, Portland.....772-5320

**Walter's Cafe**  
15 Exchange Street, Portland.....871-9258

**The Wine Bar**  
38 Wharf Street, Portland.....773-6667

**Yosaku**  
1 Danforth Street, Portland.....780-0880

**Zarra's Monumental Coffee House**  
24 Mounment Sq, Portland.....761-2424

## Immigrant Owned Businesses

### Restaurants



- Amei Halal**  
(207) 774-3220 269 St. John Street, Portland
- Asmara Restaurant**  
(207) 879-0792 51 Oak Street, Portland
- Bangkok Thai Restaurant**  
(207) 879-4089 671 Congress Street, Portland
- Bombay Club**  
(207) 874-6631 675 Congress Street, Portland
- Bogousha's Restaurant**  
(207) 878-9618 825 Stevens Ave., Portland
- Hi Bombay (Bangladesh)**  
(207) 772-8767 1 Pleasant Street, Portland
- India Palace**  
(207) 773-1444 565 Congress Street, Portland
- La Bodega Latina**  
(207) 761-6661 863 Congress Street Portland
- Siam Restaurant**  
(207) 773-8389 339 Fore Street, Portland
- Stir Crazy**  
(207) 871-1689 579 Congress St., Portland, ME

### Catering

- European Pastries**  
(207) 878-6483 Portland, ME
- Ezo African Catering**

- (207) 879-2281 Portland, ME
- Mondazi Catering**  
(207) 878-0968 Portland, ME

### Grocery Stores

- Amei Supermarket**  
(207) 774-3220 269 Saint John St., Portland
- Discount Grocery**  
(207) 774-6882 309 Washington Ave., Portland
- La Bodega Latina Gocery Store**  
(207) 761-6661 863 Congress St., Portland, ME
- Mitpheap Asian Market**  
(207) 773-5523 61 Washington Ave., Portland,
- Portland Asian Market**  
(207) 780-1489 164-170 Cumberland, Portland

### Retail Stores

- African Style**  
(207) 828-0312 652 Congress St., Portland, ME
- Graphix Wear**  
(207) 253-5454 650 Congress St., Portland, ME
- Tawakal Store**  
(207) 699-2788 656 Congress St., Portland, ME

### Childcare

- Anshur Childcare**  
(207) 797-0599 11 Pinewood Dr., Portland, ME
- Bayoond Bakool Childcare**  
(207) 797-5123 9 Springbrook Way, Portland, ME
- The Children's House**  
(207) 774-3484 7 Greenleaf St., Portland, ME
- Uno, 2, 3 Daycare**  
(207) 871-0533 32 Warwick St., Portland, ME

### Money Transfer Services

- African Style**  
(207) 828-0312 652 Congress St., Portland, ME

### Interpreting Services

- Bayan Interpreting**  
(207) 767-1781 Portland, ME

**Maine State Interpreting**

(207) 450-6035 Portland, ME

**Quality Interpreters**

(207) 780-0575 Portland, ME

**Cleaning Services****Best Cleaning Service**

(207) 878-6796 Portland, ME

**Clean Me Up**

(207) 828-1145 Portland, ME

**Diversified Cleaning**

(207) 775-7146 Portland, ME

**Panorama Cleaning**

(207) 939-6659 Portland, ME

**Patriot Cleaning Service**

(207) 878-1145 Portland, ME

**Home Improvement****Alvarez Painting**

(207) 450-9114 Portland, ME

**A-Z Floor Sanding**

(207) 767-0936 Portland, ME

**Filipovic Contracting**

(207) 874-0263 Portland, ME

**Revival Carpentry**

(207) 450-5822 Portland, ME

**Tucker Renovations**

(207) 797-8264 Poryland, ME

**Transportation****Aar Taxi Service**

(207) 450-1606 Portland, ME

**Dixon Taxi II**

(207) 450-8449 Portland, ME

**JUBA Taxi**

(207) 332-1348 Portland, ME

**Sewing Services****Amoy Designs**

(207) 878-6749 20 Chesley Street, Portland, ME

**Marie- Jeanne's Couture**

(207) 878-1125 9 Bailey Ave., Portland, ME

**The Golden Thimble**

(207) 773-0441 104 Capisic St., Portland, ME

**Beauty\ Nail Salon****Quality Nails**

(207) 773-3739 10 Main Street, Portland, ME

**Car Repair\ Service Stations****Trust Auto Glass**

(207) 671-7369 Portland, ME

## ***Ethnic Foods***

### **Adeline's Grille at the Eastland Park**

(207) 775-5411 157 High Street, Portland, ME

### **Amigo's Mexican Restaurant**

(207) 772-0772 9 Dana Street, Portland, ME

### **Benkay Japanese Restaurant**

(207) 773-5555 2 India Street, Portland, ME

### **China One**

(207) 828-3968 1102 Brighton Ave., Portland, ME

### **Coffee by Design**

(207) 879-2233 43 Washington Ave., Portland

### **Hugo's Restaurant**

(207) 774-8538 88 Middle St., Portland, ME

### **Innovative Foods Expo**

(207) 842-5504 121 Free St., Portland, ME

### **Katahdin Restaurant**

(207) 774-1740 106 High St., Portland, ME

### **Kemwel**

(800) 678-0678 39 Commercial St., Portland, ME

### **K Horton's Specialty Foods Llc**

(207) 228-2056 25 Preble St., Portland, ME

### **La Bodega Latina Grocery Store**

(207) 761-6661 863 Congress St., Portland, ME

### **Margaritas Mexican Restaurants**

(207) 874-6444 242 St. John St., Portland, ME

### **Market Ventures Inc**

(207) 321-2016 24 Preble St., Portland, ME

### **Natasha's**

(207) 774-4004 82 Exchange St., Portland, ME

### **Panda Garden Chinese Restaurant**

(207) 874-6935 1041 Brighton Ave., Portland, ME

### **Percy Inn**

(207) 871-7638 15 Pine Street, Portland, ME

### **Siam City Cafe**

(207) 773-8389 339 Fore St., Portland, ME

### **Soffritto Creative Italian**

(207) 253-8001 29 Wharf St., Portland, ME

### **Tio Juan's Margaritas Mexican Restarnt**

(207) 774-9398 11 Brown Street, Portland, ME

### **Valley Chinese Cuisine**

(207) 773-8889 688 Forest Ave., Portland, ME

### **Yosaku Japanese Restaurant**

(207) 780-0880 1 Danforth Street, Portland, ME

## Supermarkets



### 7-Eleven

(207) 775-5260 27 Washington Ave., Portland, ME

### Big Apple

(207) 797-8102 1585 Forest Ave., Portland, ME

### Christy's

(207) 878-2911 1917 Forest Ave., Portland, ME

### Gumberland Farms

(207) 878-8536 1136 Forest Ave., Portland, ME

### Hannaford Supermarkets: Store

(207) 761-5965 295 Forest Ave., Portland, ME

### International Boston Seafood

(207) 842-5504 121 Free Street, Portland, ME

### Maverick Marketing

(207) 773-0802 24 Preble Street # 201, Portland, ME

### Micuoci Grocery Store

(207) 797-7573 961 Riverside Street, Portland, ME

### Mom's Cafe at Canal Plaza

(207) 761-8284 1 Canal plz Portland, ME

### Moran's Market

(207) 797-6674 1576 Forest Ave., Portland, ME

### Pat's Meat Mart

(207) 772-3961 484 Stevens Ave., Portland, ME

### Paul's Food Ctr

(207) 772-3704 585 Congress Street, Portland, ME

### P J Merrill Seafood Inc

(207) 773-1321 681 Forest Ave., Portland, ME

### Save-A-Lot

(207) 772-0622 268 Saint John Street, Portland, ME

### Sea Bags

(207) 780-0744 24 Custom House Wharf Portland, ME

### Shaw's Supermarket

(207) 774-7661 1364 Congress Street, Portland, ME

### Shaw's Supermarket

(207) 797-4304 91 Auburn Street, Portland, ME

### Shaw's Supermarkets

(207) 761-4572 190 Riverside Street, Portland, ME

### Shaw's Supermarket

(207) 773-7920 1032 Brighton Ave., Portland, ME

### Sun Oriental Market

(207) 772-8675 626 Congress Street, Portland, ME

### Wild Oats

(207) 699-2626 87 Marginal Way, Portland, ME  
If you like to eat food that is grown the natural way, go to Wild Oats. The food is fresh and delicious.

### Whole Grocer, The

(207) 774-7711 127 Marginal Way Portland, ME  
If you like to eat food that is grown the natural way, go to The Whole Grocer. The food is fresh and delicious.

### Xtra Mart

(207) 775-2987 865 Brighton Ave., Portland, ME



## Churches, Mosques and Synagogues

### Central Square Baptist Church : American Baptist

4 Brentwood Street, Portland, ME  
366 Stevens Ave. Portland, ME (Maine)

### Chestnut Street United Methodist Church

(207) 772-6123 17 Chestnut St., Portland, ME

### Chestnut Street United Methodist Church

(207) 772-6123 11 Devonshire St., Portland, ME

### Emmanuel Assembly Of God : Baptist

1571 Washington Avenue, Portland, ME

### Emmanuel Assembly of God: Parsonage

797-0457 1575 Washington Ave., Portland, ME

### Episcopal Diocese of Maine

772-1953 143 State Street, Portland, ME

### Etz Chaim Synagogue

773-2339 267 Congress Street, Portland, ME

### First Baptist Church

773-3123 360 Canco Road, Portland, ME

### Grace Baptist Church

797-0257 476 Summit Street, Portland, ME

### Immanuel Baptist Church : Baptist

156 High Street, Portland, ME

### Nazarene First Church

772-0215 475 Brighton Ave., Portland, ME

### Nazarene First Church of Portland

772-0215 475 Brighton Ave., ME

### Northern New England Conf Sda \*\*\*\*\*

797-3760 91 Allen Avenue, Portland, ME

### North Deering Alliance Church

797-2561 1301 Washington Ave., Portland

### Park Avenue Church of God

773-3947 28 Park Avenue, Portland, ME

### Propagation of the Faith

773-6471 510 Ocean Avenue, Portland, ME

### Pontifical Mission-Aid Societies

773-6471 510 Ocean Avenue, Portland, ME

### Roman Catholic Churches

773-6471 510 Ocean Avenue, Portland, ME

### Sacred Heart Church

772-6182 80 Sherman Street, Portland, ME

### State Street United Church of Christ

774-6396 159 State Street, Portland, ME

### St Patrick Church

772-6325 1342 Congress St., Portland, ME

### St Paul Ctr

622-6235 136 State Street, Portland, ME

### St Peter's

775-1179 678 Washington Ave., Portland, ME

### St Pius X Church

775-3032 492 Ocean Avenue, Portland, ME

### Stroudwater Baptist Church

773-2211 1729 Congress St., Portland, ME

### Trinity Episcopal Church

772-7421 113 Coyle Street, Portland, ME

### Williams Temple Church of God

774-5044 274 Terrace Avenue, Portland, ME

### Williston West Church

774-4060 32 Thomas Street, Portland, ME

### Women's Christian Temperance

773-7773 714 Congress Street, Portland, ME

## Pharmacies in Your Neighborhood



### **Accountemps**

100 Middle Street, Portland, ME (207) 772-1900

### **Aetna**

1 Monument Sq. # 4 Portland, ME (207) 879-1995

### **Alzheimer's Disease Assn**

163 Lancaster Street, Portland, ME (207) 772-0115

### **Brighton Surgical Ctr**

335 Brighton Ave., Portland, ME (207) 879-8000

### **Carepartners**

241 Oxford Street, Portland, ME (207) 662-7000

### **CVS Pharmacy**

510 Congress Street, Portland, ME (207) 774-4525

### **CVS Pharmacy**

77 Auburn Street, Portland, ME (207) 797-3393

### **CVS Pharmacy**

1406 Congress Street, Portland, ME (207) 773-5511

### **CVS Pharmacy**

1096 Brighton Ave., Portland, ME (207) 772-8601

### **CVS Pharmacy**

Brighton Ave., Portland, ME (207) 772-6201

### **CVS Pharmacy Store Phone**

Northgate Shopping C Portland, ME (207) 797-5409

### **CVS Pharmacy Store Phone**

449 Forest Ave., Portland, ME (207) 772-1920

### **CVS Pharmacy Pharmacy Phone**

Portland, ME (207) 797-3393

### **CVS Pharmacy Pharmacy Phone**

Pine Tree Shopping C Portland, ME (207) 772-6201

### **Hannaford Supermarkets Pharmacy**

295 Forest Ave., Portland, ME (207) 761-5967

### **Hannaford Supermarkets Pharmacy**

Portland, ME (207) 772-0758

### **Hannaford Supermarkets Pharmacy**

Portland, ME (207) 878-0017

### **Main Medical Center Pharmacy**

Portland, ME (207) 871-4112

### **Maine Pharmacy Association**

725 Main Street, Portland, ME (207) 989-6743

### **Marten's Point Health Care Pharmacy**

1283 Congress Street, Portland, ME (207) 828-2428

### **Martin's Point Health Care Pharmacy Refill Line**

Portland, ME (207) 828-2484

### **Mercy Primary Care Ctr**

117 Auburn Street # 1 Portland, ME (207) 797-4445

### **Osco Pharmacy**

91 Auburn Street, Portland, ME (207) 797-0536

### **Portland Professional Pharmacy**

Portland, ME (207) 774-5440

### **Portland Professional Pharmacy**

1283 Congress Street, Portland, ME (207) 874-6991

### **Rite Aid**

290 Congress Street # 3 Portland, ME (207) 774-0344

### **Rite Aid**

713 Congress Street, Portland, ME (207) 774-8456

### **Rite Aid Pharmacies**

701 Forest Ave., Portland, ME (207) 780-8144

### **Rite Aid Pharmacies**

936 Brighton Ave., Portland, ME (207) 842-9202

### **Rosemont Pharmacy**

580 Brighton Ave., Portland, ME (207) 773-4746

### **Shop 'N Save Pharmacy**

295 Forest Ave., Portland, ME (207) 761-5967

### **Target Stores Pharmacy**

Portland, ME (207) 871-0911



## Transportation in Portland ME



### **Auto Europe**

39 Commercial Street Portland, ME (207) 842-2000  
Service: Car Rental

### **Avis Rent A Car**

968 Westbrook Street Portland, ME (207) 874-7500  
Service: Car Rental

### **Custom Coach & Limousine**

535 Warren Ave Portland, ME (207) 797-9100  
Service: Coach and bus charter

### **Greater Portland Metro**

114 Valley Street Portland, ME (207) 774-0351  
The METRO is Maine's largest public transportation carrier, providing bus service to Portland, Westbrook, the Maine Mall area., and Falmouth.

### **Greyhound Bus Lines**

950 Congress Street Portland, ME (207) 772-6587  
Service: Inter City Bus Lines.

### **Maine Narrow Gauge Railroad**

58 Fore St, Portland, ME (207) 828-0814  
Service: Trains to Boston.

### **Northeast Charter & Tour Co Inc**

Portland, ME (207) 784-3159  
Service: Inter City and Within City Bus Charter

### **Portland, Downeaster (Trains)**

100 Thompson's Point Road, Portland, ME 04102  
call 1-800-USA-RAIL (1-800-872-7245).

If you want to see beautiful old cities, beautiful beaches, do great shopping, and eat the best lobster and seafood in the world, travel by the Portland Downeaster. The Downeaster offers four round-trip journeys every day between Portland and Boston. Sit and relax and watch the countryside as you travel. Call for a schedule and prices.

### **Regional Transportation Program (RTP)**

127 Saint John Street Portland, ME (207) 774-2666

RTP provides low-cost transportation to the elderly, social service agency clients, people with little money and persons with disabilities throughout Cumberland County. RTP will pick you up at your door and drop you off at your door. RTP goes to South Portland, Scarborough, Cape Elizabeth, Westbrook, Gorham, Falmouth, Yarmouth, Freeport, Windham, Standish, Casco, Bridgton and more.

### **Vermont Transit Co**

950 Congress Street Portland, ME (207) 772-6587

Service: Inter City Bus Lines.

### **VIP Tour & Charter Bus Co**

129 Fox Street Portland, ME (207) 772-4457  
Service: Inter City and Within City Bus Lines

### **Concord Trailways**

100 Sewall Street, Portland, ME 04102 (207) 8281151



## Hotels



There are many fine hotels for you and your family or your friends from out of town to stay at.

<b>The Colony Hotel</b>	(207) 967-3331	140 Ocean Ave., Portland, ME
<b>Doubletree Hotel</b>	(207) 774-5611	1230 Congress Street, Portland, ME
<b>Eastland Park Hotel</b>	(207) 775-5411	157 High Street, Portland, ME
<b>Embassy Suites Hotel</b>	(207) 775-2200	1050 Westbrook Street, Portland, ME
<b>Fairfield Inn</b>	(207) 871-0611	340 Park Ave., Portland, ME
<b>Hilton Garden Inn</b>	(207) 780-0780	65 Commercial Street, Portland, ME
<b>Hilton Garden Inn</b>	(207) 775-4850	145 Jetport Blvd, Portland, ME
<b>Howard Johnson Plaza Hotel</b>	(207) 774-5861	155 Riverside Street, Portland, ME
<b>Holiday Inn Portland-The Bay</b>	(207) 761-8224	88 Spring Street, Portland, ME
<b>Inn at St John</b>	(207) 773-6481	939 Congress Street, Portland, ME
<b>Motel 6</b>	(207) 775-0111	1 Riverside Street, Portland, ME
<b>Portland Regency Hotel</b>	(207) 774-4200	20 Milk Street, Portland, ME
<b>Portland Harbor Hotel</b>	(207) 775-9090	468 Fore Street, Portland, ME
<b>Radisson Eastland Hotel</b>	(207) 774-6067	157 High Street, Portland, ME
<b>Ramada Inn</b>	(207) 775-3711	1150 Brighton Ave., Portland, ME
<b>Travel Lodge of Portland</b>	(207) 774-6101	1200 Brighton Ave., Portland, ME

## Public Restrooms

When You Gotta Go, You Gotta Know!



When you are shopping or looking around Portland, you may need to go to the bathroom. Don't worry. You can find public restrooms in the city. Check out the following list.

### **Casco Bay Lines Ferry Terminal**

Commercial Street and Franklin Arterial, Portland, ME

### **Conventions and Visitors Bureau**

245 Commercial Street, Portland, ME

### **Dunkin Donuts**

1199 Congress Street, Portland, ME 04102

### **Dunkin Donuts**

363 Fore Street, Portland, ME 04101

### **Dunkin Donuts**

Woodfords Cor - Portland, ME 04103

### **Dunkin Donuts**

554 Congress Street, Portland, ME 04101

### **Dunkin Donuts**

327 Saint John Street, Portland, ME 04102

### **East End Beach**

**Eastern Promenade**

### **Fore Street Parking Garage**

419 Fore Street, Portland, ME

### **MacDonald**

100 Middle Street, Portland, ME

### **MacDonald**

30 Long Creek Dr, Portland, ME

**Portland City Hall street, Portland, ME**

389 Congress Street, Portland, ME

**Portland Public Library**

5 Monument Square

**Spring Street Parking Garage**

45 Spring Street, Portland, ME

**Tony's Donut Shop**

9 Bolton Street, Portland, ME 04102

**Visitor Information Center**

245 Commercial Street, Portland, ME

Notes