



Sources of Help

For Young Children Impacted by Adverse
Childhood Experiences

Such as:

Child Abuse or Neglect

- Physical
- Emotional
- Sexual

Trauma in Child's Household

- Domestic Violence
- Family Substance Abuse
- Separation/Divorce
- Chronically Depressed, Emotionally Disturbed or Suicidal Family Member
- Family Member in Prison
- Loss of a Parent

Mid-Coast Maine
Trauma Informed Community

Our mission

is to develop a trauma-informed community that empowers all members of the community, especially parents, caregivers, and children, with the knowledge they need to:

- 1) Prevent child abuse and trauma,
- 2) Understand how trauma impacts on a child and how it's wounds may span a lifetime and be passed on from generation to generation,
- 3) Reach out to children and to each other in ways that are healing.

Contact: Ann Jennings at afj@gwi.net





Sources of Help

School Counselor

Child's Pediatrician

Mid-Coast Mental Health
Crisis & Support Line
1-888-568-1112

New Hope For Women
1-800-522-3304

Sexual Assault Crisis & Support
594-8580

Transitions Grief Support Hotline
1-888-486-0340

Family Violence Hotline
1-800-799-7233

Abused Women's Advocacy Project
1-800-559-2927

ME Coalition Against Sexual
Assault Crisis & Support Line
1-800-871-7741
TTY # 1-888-458-5599

Knox County Child Abuse &
Neglect Prevention Council
338-2200 ext. 123

General Helpline 211

