

LOCAL FAMILY RESOURCE SHEET

Berwick, York County Family Resource Quick Sheet

A short local starting sheet for safety, official help doors, school or care-team coordination, and one realistic next step this week.

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| You may be here because You need a local starting point and a reminder to verify current official information before relying on it. | This guide helps you A short local starting sheet for safety, official help doors, school or care-team coordination, and one realistic next step this week. |
| First safe step Write down your town, county, and the official office or support door you need to verify. | This is not This does not replace 911, crisis help, legal advice, medical or mental-health care, safety planning, official forms, or current local verification. |

Safety first: Immediate danger belongs with 911. Call or text 988 for crisis support. Maine Crisis Line: 1-888-568-1112. If abuse, coercive control, stalking, or fear may be present, use a safe device and trusted support before joint communication, counseling, or mediation.

Current online version and related tools
<https://focaf.jtforme.com/resources/>



Berwick, York County: start with one safe step

Use this page to slow things down, check safety, and choose one practical next step. Verify current local information before relying on it.

- Call 911 first if anyone is in immediate danger.
- Write down the town, county, school district, and support need.
- Verify court, school, legal-aid, crisis, housing, and service information through official sources.
- Choose one next step this week: a call, school note, counseling inquiry, resource request, or document folder.

Child-centered note for Berwick, York County Family Resource Quick Sheet: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Official help doors to verify

Use this table as a reminder. Deadlines, locations, eligibility, and forms can change.

| Need | Where to verify | Your note |
|--|--|-----------|
| Immediate danger | 911 | |
| Crisis support | 988 or Maine Crisis Line | |
| Court forms or procedures | Maine Judicial Branch or clerk office | |
| Legal help | Legal aid, VLP, Pine Tree Legal Assistance, or qualified counsel | |
| School coordination | School office, counselor, special services, or district website | |
| Food, housing, transportation, childcare | 211 Maine or local service provider | |

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This week planner

Keep the plan small enough to finish.

| Day | One step | Who can help |
|-----------|----------|--------------|
| Today | | |
| Tomorrow | | |
| This week | | |
| Follow-up | | |

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Local notes to verify yourself

Use this for your own notes. Do not send private child or case details to a general website or untrusted form.

| | |
|----------------------------------|--|
| School or provider contact | |
| Court or official office | |
| Counseling/support option | |
| Transportation or childcare need | |
| Next appointment or call | |

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Keep personal details private

Use these pages for your own planning. Share sensitive details only with trusted helpers, qualified professionals, official agencies, legal counsel, or emergency/crisis support when needed.

- Do not put child names, medical records, sealed records, confidential court materials, or private allegations into broad emails, social media, or untrusted forms.
- Store sensitive documents somewhere safe.
- Ask a qualified professional or official office when safety, health, legal process, or deadlines are involved.
- Use general review notes only for wording, policy, process, safety, clarity, and implementation suggestions.

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Before you stop

Pick one next step that is safe, realistic, and helpful.

| | |
|----------------------------------|--|
| One thing I can do today | |
| One support door to check | |
| One document or note to organize | |
| One person or provider to update | |
| One thing to leave for later | |

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