

## Provider List - Legal Assistance Providers - Cumberland & York Counties

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ATTENTION: Please refer to the special program note under Legal Services for the Elderly before contacting other providers, as it may save you money.

### Ainsworth, Thelin & Raftice, P.A.

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**Contact:**

**Last Updated:** 11/21/2024 12:49:58PM

**Last Reviewed:** 11/14/2024

**Phones:** (207) 767-4824 [Business]\*

**Address:** [Business]\*

7 Ocean St

South Portland, ME 04106 (Cumberland county),

[Mailing]

7 Ocean St

South Portland, ME 04106 (Cumberland county)

**Web Site:** <https://www.atrlaw.pro/>

**Eligibility:**

**Notes:** Ainsworth, Thelin & Raftice has been practicing law in the Greater Portland area for over 40 years and offer a wide range of legal services including: real estate acquisitions, business start-ups, divorce, family law, elder law, estate planning, probate, probate litigation, criminal defense, and litigation in all Maine Courts.

Ainsworth, Thelin & Raftice invites you to explore their attorneys' backgrounds and areas of law they each practice so that you may be comfortable making the decision to hire our firm to represent you. ATR knows that when you are in need of an attorney it often means that you are in a stressful situation: the loss of a loved one, a divorce, an injury from an accident, an OUI or a lawsuit, all of which can dramatically affect your life. We are prepared to help you minimize the stress while guiding you through the legal process.

Contact us by calling 207-767-4824 or at [www.atrlaw.pro/contact-us](http://www.atrlaw.pro/contact-us)

### Barbara Carlin, Esq

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**Contact:**

**Last Updated:** 11/27/2024 10:58:23AM

**Last Reviewed:** 11/27/2024

**Phones:** (207) 775-2882 [Business]\*,  
(207) 775-2727 [Business Fax]

**Address:** [Business]\*

Carlin & Shapiro

48 Free St, Suite 260

Portland, ME 04101 (Cumberland county)

**Web Site:** [www.elderlawinme.com](http://www.elderlawinme.com)

**Eligibility:**

**Notes:** Carlin & Shapiro P.A. is recognized as a leading elder law and estate planning firm in the State of Maine. The firm offers the following special services: Medicaid/MaineCare Planning & Applications; Disability & Public Benefit Planning; Complex Trusts, Wills, Powers of Attorneys, & Healthcare Advance Directives; Estate Tax Planning; Supplemental Needs Trusts Drafting & Administration; Probate and Administration of Decedents' Estates, Guardianship & Conservatorship Assistance; and Planning for Incapacity.

Please call for current hourly fee or to arrange an initial consultation.

Hours: Monday through Friday 8 a.m. to 5 p.m

Member of the National Academy of Elder Law Attorneys and the Elder Law Section of the Maine State Bar

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### Brennan and Rogers PLLC

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**Contact:**

**Last Updated:** 11/06/2024 1:08:00PM

**Last Reviewed:** 11/06/2024

**Phones:** (207) 361-4680 [Business]\*

**Address:** [Mailing]\*  
PO Box 467  
York, ME 03909 (York county),  
[Business]  
Brennan & Rogers, PLLC,  
279 York Street  
York, ME 03909 (York county)

**Web Site:** <https://brennanrogers.com/>

**Eligibility:**

**Notes:**

Intake procedure: Please call or email to schedule an initial appointment  
Mary Kathryn Bennan, Esq. specializes in Elder Law and Medicaid Planning issues and is a member of NAELA. Mary Kathryn will travel to York County clients' homes for meeting if it will be difficult for the client to come into the office.

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### Cumberland Legal Aid Clinic

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**Contact:**

**Last Updated:** 11/27/2024 10:54:02AM

**Last Reviewed:** 11/27/2024

**Phones:** (877) 780-2522 [Toll free in state],  
(207) 780-4370 [Business]\*

**Address:** [Business]\*  
University Of Maine School Of Law  
246 Deering Avenue  
Portland, ME 04102 (Cumberland county)

**Web Site:** <http://mainelaw.maine.edu/public-service/clac/>

### Eligibility:

**Notes:** The Clinics at Maine Law, established in 1970 as the Cumberland Legal Aid Clinic, is a program of the University of Maine School of Law, and is a small legal services provider in which clients are represented by "student attorneys". Maine Law students are specially licensed by the state and federal courts to provide legal services to low-income clients. The student attorneys practice under the supervision of fully-licensed attorney faculty members.

The Clinic represents low-income individuals with legal cases in Southern Maine courts (Cumberland, York, Sagadahoc, and Androscoggin counties) for most kinds of civil, criminal, juvenile, and family law matters. The Clinic represents clients at both the trial and appellate levels. The Clinic asks clients to pay a \$10 administrative fee. In some cases, clients may be asked to pay court and other significant costs. The Clinic does not otherwise charge for its services.

Individuals qualify for our services when:

Their household gross income falls within our financial guidelines;

The court is within our geographic service area; and

We have openings for new clients.

Because our resources are very limited, the Clinic cannot accept every case that meets our eligibility requirements. Therefore, we determine whether to accept a case based upon other factors, such as the availability of assistance from other legal services providers, the client's need for legal representation in the matter, the type of legal issue presented, and the potential learning experience for the students.

If you are seeking legal help from the Clinic, you can call us between 8:00 am and 4:00 pm, Monday through Friday, to see if we have any current openings:

207.780.4370 (Greater Portland area)

877.780.2522 (toll free, outside of Greater Portland area)

Other Important Information about the Clinic

We cannot give legal advice or information over the phone.

We do not provide services on a "walk-in" basis.

We do not maintain a waiting list of potential clients.

Serves: Cumberland, York, Sagadahoc, and Androscoggin Counties.

## Provider List - Legal Assistance Providers - Cumberland & York Counties

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ATTENTION: Please refer to the special program note under Legal Services for the Elderly before contacting other providers, as it may save you money.

### Disability Rights Maine

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**Contact:**

**Last Updated:** 11/27/2024 10:38:31AM

**Last Reviewed:** 11/27/2024

**Phones:** (207) 621-1419 [Business Fax],  
(207) 797-7656 [Business],  
(800) 452-1948 [Business]\*,  
(800) 639-3884 [TTY/TDD]

**Address:** [Business]\*  
160 Capital St.  
Suite 4  
Augusta, ME 04330 (Kennebec county),  
[Business]  
DRM- Deaf Services  
1 Mackworth Island, Bldg. C  
Falmouth, ME 04105 (Cumberland county)

**Web Site:** [www.drme.org](http://www.drme.org)

### Eligibility:

**Notes:**

Disability Rights Maine (DRM) is Maine's Protection & Advocacy agency for people with disabilities. This means we represent people whose rights have been violated or who have been discriminated against based on their disability. We also provide training on rights and self-advocacy and we advocate for public policy reform. DRM believes that people with disabilities must: be treated with respect and be free from abuse; control the decisions that affect their lives; receive the services and supports necessary to live independently; have the opportunity to work and contribute to society; have equal access to the same opportunities afforded all other members of society; and full participate in all aspects of society: education, work, and community.

DRM provides the following services: Information and Referral; Individual Advocacy; Legal Representation; Education and Training; Assistance with Self-Advocacy; DRM welcomes calls from people with disabilities inquiring about their legal rights. However, DRM does not advise landlords, schools, businesses, or providers of accommodations or services.

Deaf Services and Communication Access issues should now be addressed to Disability Rights Maine, who will be administering the Telecommunications Equipment Program, the Civil Rights Program, and the FCC's Deaf Blind Program as well as others. They also offer the Telecommunications Equipment Program (TEP): Provides communication solutions to anyone who has a barrier that prevents them from using standard phone equipment. Hearing Aid access for low-income clients, ages 65 and older, may qualify to choose either an adaptive telephone OR a single telecoil-equipped hearing aid. Individuals who complete the TEP application and appear to qualify for the hearing aid option will receive a letter notifying them of their eligibility. Eligibility Levels- Lending: For people with limited income, no cost to clients, equipment can be borrowed for as long as it is needed. Cost-Share: For people with moderate income, cost is based on a sliding-scale, client pay a one-time fee. V/TTY for Deaf Services 207-797-7656 or 1-800-639-3884 or email [deafservices@drme.org](mailto:deafservices@drme.org).

DRM has a Health Communicator working on vaccine access. The Health Communicator is a resource for any assistance needed as it relates to vaccines (Covid and the flu) for individuals with disabilities. Contact information : 207-626-2774 x263 (V/TTY).

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### Drummond & Drummond: Roger P. Asch, Esq

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**Contact:**

**Last Updated:** 12/13/2024 1:27:01PM

**Last Reviewed:** 12/13/2024

**Phones:** (207) 774-0317 [Business]\*

**Address:** [Business]\*  
1 Monument Way  
Portland, ME 04101 (Cumberland county)

**Web Site:** <https://www.ddlaw.com/maine-attorneys/roger-p-asch/>

**Eligibility:**

**Notes:** Roger P. Asch is a Maine lawyer with over 35 years of experience. His practice focuses on estate planning and probate administration, business planning and organizations, and taxation. Roger is also AV-rated by Martindale Hubbell.

Mr. Asch counsels clients who are individuals, families on estate planning matters relating to the transfer of wealth, wills, gifts, trusts (including revocable and irrevocable, nominee, life insurance and charitable trusts), nuptial (marital property) agreements (pre and post nuptial), conservation easements, health care powers of attorney, declarations of living wills, general durable powers of attorney, tax planning and trusts and estates tax and fiduciary compliance.

Hours: Monday through Friday 8:30 a.m. to 5:30 p.m.

Intake procedure: Please call office for an appointment.

Member of the Elder Law Section of the Maine State Bar Association.

### Lanman Rayne Nelson Reade

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**Contact:**

**Last Updated:** 11/27/2024 11:31:52AM

**Last Reviewed:** 11/27/2024

**Phones:** (207) 671-5454 [Business]\*

**Address:** [Business]\*  
261 US Route 1, Suite 201  
Falmouth, ME 04105 (Cumberland county)

**Web Site:** <https://www.lanmanrayne.com/>

**Eligibility:**

**Notes:**

## Provider List - Legal Assistance Providers - Cumberland & York Counties

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### Lawyer Referral and Information Service

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**Contact:**

**Last Updated:** 11/27/2024 11:32:11AM

**Last Reviewed:** 11/27/2024

**Phones:** (207) 623-0083 [Business Fax],  
(800) 860-1460 [Business]\*

**Address:** [Business]\*  
Maine State Bar Association  
124 State Street  
Augusta, ME 04330 (Kennebec county)

**Web Site:** [www.mainebar.org](http://www.mainebar.org)

**Eligibility:**

**Notes:** The Lawyer Referral & Information Service (LRIS) of the Maine State Bar Association will help determine your needs by asking basic information about your problem. If it is not a legal issue, they will try to refer you to helpful resources. If it is a legal issue, you will be referred to an attorney who has indicated an interest in working with the type of problem. Any fee arrangement beyond the first half-hour consultation must be discussed and agreed upon by you and the attorney. LRIS also maintains a resource list of attorneys who can help you solve your legal dispute by mediation rather than through costly court action. Helpful brochures such as Landlord/Tenant Law and making Will, are posted on the website.  
Phone lines are open Monday, Tuesday and Thursday from 8:30 a.m. to 3:30 p.m. and Friday from 8:30 a.m. to 1:00 p.m. Online referral requests may be made 24/7.  
Fees: \$25 fee for use of referral service, first 1/2 hour of consultation with a lawyer is free. Major credit cards accepted.  
Intake procedure: Please call or submit the online referral form on the website.  
Open to the general public.

### Leblanc & Young

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**Contact:**

**Last Updated:** 11/27/2024 11:34:10AM

**Last Reviewed:** 11/27/2024

**Phones:** (207) 772-2800 [Business]\*,  
(207) 772-2822 [Business Fax],  
(866) 772-2800 [Toll free in state]

**Address:** [Business]  
Four Canal Plaza  
Post Office Box 7950  
Portland, ME 04112 (Cumberland county)

**Web Site:** [www.leblancyoung.com](http://www.leblancyoung.com)

**Eligibility:**

**Notes:** The attorneys at LeBlanc & Young work closely with individuals and families to tailor estate planning documents to their unique circumstances. They serve a wide range of clients, from those with large or complex estates to families with more modest holdings. In addition to our Maine resident clients, we help others who have Maine related estate planning needs.

They are able to guide family members through the trust and estate administration process and strive to administer estates and trusts efficiently and cost effectively, and are equipped to handle all aspects of estate and trust administration, including the preparation of all associated specialty tax returns.

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### Legal Services for Maine Elders LSE

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**Contact:**

**Last Updated:** 07/09/2025 11:33:05AM

**Last Reviewed:** 03/06/2024

**Phones:** (207) 621-0742 [Business Fax],  
(800) 750-5353 [Toll-Free]\*,  
(207) 621-0087 [Business]

**Address:** [Business]\*  
5 Wabon Street  
Augusta, ME 04330 (Kennebec county)

**Web Site:** [www.mainelse.org](http://www.mainelse.org)

**Eligibility:**

**Notes:** LSME provides persons age 60 and over with free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues. LSME does not handle criminal matters, divorces, or personal injury cases. Even if LSME can't help you, we may be able to refer you to another legal resource, like Volunteer Lawyers Project or a private attorney at a reduced rate.

The Helpline provides legal information, advice and brief services on many legal problems and questions that often come up for older people. We advise older people about consumer problems, like debt collection and home repair contracts, MaineCare, Medicare, long term care, housing, public benefits, advance health care directives, financial powers of attorney, and other civil (non-criminal) matters. The Helpline is open Monday-Friday 9 a.m.- Noon and p.m. - 4 p.m.

When you call, you will talk to our intake paralegal. Our paralegal will ask you for some basic information about yourself and your legal problem. One of our Helpline attorneys will call you back. If it is not an emergency, you will typically get a call back within three to five working days. It's very helpful to be ready with any important papers and other information when the lawyer calls. If you are calling for an older person who needs legal help, we may need their permission before we can talk with you about the legal problem.

Please call the Helpline. LSME cannot provide legal assistance or information via email.

Helpline in Maine: 1 (800) 750-5353 (for legal assistance or information)

Helpline out of state: 207-623-1797

Administrative Office: (207) 621-0087 (for general information & inquiries)

Medicare Part D Appeals Unit: 1 (877) 774-7772 (for help with Medicare Part D plans & prescription drugs)

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### Maine Center for Elder Law: Perkins Thompson

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**Contact:**

**Last Updated:** 12/11/2024 1:49:02PM

**Last Reviewed:** 12/11/2024

**Phones:** (207) 467-3301 [Business]\*,  
(207) 774-2635 [Business]

**Address:** [Business]  
One Canal Plaza  
9th Floor  
Portland, ME 04112 (Cumberland county),  
[Business]\*  
68 Main St, 2nd Floor  
Kennebunk, ME 04043 (York county)

**Web Site:** [www.perkinsthompson.com](http://www.perkinsthompson.com)

**Eligibility:**

**Notes:** Perkins Thompson offers the highest standard of representation led by a diverse team working to secure unmatched results for our clients across a variety of practice areas. Whether you need help building your business managing taxes, real estate, trusts, Estate Planning, and more – we have the expertise and experience to make your success part of our legacy. has offices in both Kennebunk and Portland.  
Please call for a consultation  
Members of the National Academy of Elder Law Attorney



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### Maine Civil Liberties Union (ACLU)

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**Contact:**

**Phones:** (207) 774-5444 [Business]\*

**Last Updated:** 12/11/2024 2:09:00PM

**Last Reviewed:** 12/11/2024

**Address:** [Business]\*  
ACLU Of Maine  
PO Box 7860  
Portland, ME 04112 (Cumberland county)

**Web Site:** [www.aclumaine.org](http://www.aclumaine.org)

**Eligibility:**

**Notes:** The ACLU of Maine is the state's guardian of liberty. We are active in the courts, the legislature and the public sphere to defend the Constitution and the Bill of Rights, and to extend their promises to all Mainers. Our priority issues include criminal legal reform, reproductive freedom, racial justice, immigrants' rights, LGBTQ rights, women's rights, voting rights, freedom of expression, freedom of speech and religion, and privacy. We're also the Maine affiliate of the nationwide ACLU.

The legal department primarily works on criminal law reform; immigration; freedom of speech and the press; privacy; voting rights; police misconduct; discrimination based on race, national origin, sex, sexual orientation or gender identity, religion, or disability; and access to government documents and officials. Almost all of our cases are brought against governments and government employees, rather than private individuals or companies. We generally do not represent individuals unless an individual case relates to a broader systemic civil rights issue or creates an opportunity for law reform on an issue that is an ACLU of Maine priority. We do our best, however, to provide suggestions of other resources you may want to contact.

We review all written requests for assistance we receive, but because of the high volume of requests, we won't be able to let you know if we're unable to help. We will contact you only if we believe we can provide assistance or if we need additional information. Please do not expect a response because we cannot guarantee one. We are unable to take most cases, even those concerning real injustices. If your complaint is not pursued by our office, it does not mean it is without merit. We do not currently accept requests for legal assistance by phone, email, or in-person. Please complete the online form at <https://action.aclu.org/legal-intake/me-legal-intake>

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### Maine Equal Justice Partners (MEJP)

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**Contact:**

**Last Updated:** 12/11/2024 1:53:03PM

**Last Reviewed:** 12/11/2024

**Phones:** (866) 626-7059 [Toll free in state],  
(207) 626-7058 [Business]

**Address:** [Business]\*  
126 Sewall St.  
Augusta, ME 04330 (Kennebec county)

**Web Site:** <https://www.maineequaljustice.org/>

**Eligibility:** Income and/or Asset Level, Maine Resident

**Notes:** Maine Equal Justice (MEJ) is a nonprofit civil legal aid and economic justice organization working to increase economic security, opportunity, and equity for people in Maine. They advocate for fair public policies in the legislature and with governmental agencies; Provide direct legal services and representation through impact litigation on systemic issues; and Partner with diverse low-income communities and agencies through outreach, organizing, and education.

MEJ focuses their work on many of the issues that affect people's daily lives – access to adequate health care, housing, transportation and childcare; food and income security; and higher education and training. We are the leading expert in the state on federal and state policies for Maine's anti-poverty programs, including MaineCare, Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), and Gener Assistance. MEJP works in partnership with people living in poverty to organize and advocate together for just law and policies. We also provide education and training throughout the state on law and policy that directly impact individuals and families living on limited means.

### Maine Foreclosure Prevention Program

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**Contact:**

**Last Updated:** 11/21/2024 12:55:33PM

**Last Reviewed:** 11/21/2024

**Phones:** (888) 664-2569 [Business]\*

**Address:** [Business]\*  
76 Northern Ave  
Gardiner, ME 04345 (Kennebec county)

**Web Site:** <https://www.maine.gov/pfr/consumercredit/foreclosure/index.html>

**Eligibility:** Other - See Notes

**Notes:** Free Housing Counseling Available in Maine to Help You Avoid Foreclosure  
This is a state agency, and has entered into contracts with non-profit groups all over Maine in order to help reduce foreclosures and assist homeowners struggling to make their mortgage payments. We can connect you with a free housing counselor located here in Maine to talk with you about your situation and to help you work with your mortgage company. Often, homeowners can avoid foreclosure if they take action.

Call the Bureau's Foreclosure Prevention Hotline, 1-888-664-2569 (1-888-NO-4 CLOZ) to get connected to free advice and assistance you can trust. We'll answer the phone in person Monday through Friday, 8 a.m. through 5 p.m., or if you leave a message during any evening or over the weekend, we will call you back the next workday.

## Provider List - Legal Assistance Providers - Cumberland & York Counties

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### Maine Human Rights Commission -

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**Contact:**

**Last Updated:** 12/11/2024 2:15:04PM

**Last Reviewed:** 12/11/2024

**Phones:** (207) 624-6290 [Business]\*,  
(207) 624-8729 [Business Fax]

**Address:** [Business]\*  
51 State House Station  
Augusta, ME 04333 (Kennebec county)

**Web Site:** [www.maine.gov/mhrc/](http://www.maine.gov/mhrc/)

### Eligibility:

**Notes:** The Maine Human Rights Act ("MHRA") is Maine's anti-discrimination law. It prohibits discrimination on the basis of protected class in employment, housing, places of public accommodation, education, and extension of credit. Protected classes include: race, color, ancestry, national origin, sex, sexual orientation (which includes gender identity and expression), physical or mental disability, religion, age, and other categories in certain contexts. The MHRA also prohibits retaliation for asserting MHRA-protected rights.

The Maine Human Rights Commission is the state agency charged with enforcing Maine's anti-discrimination laws. The agency investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, and extension of credit.

Any person who believes that he or she has been subjected to unlawful discrimination may file a charge. Complete the Intake form at [https://mainehumanrightscommission.formstack.com/forms/intakes\\_2024](https://mainehumanrightscommission.formstack.com/forms/intakes_2024) or call 207-624-6290. Request Information: 207-624-6290 or email: [info@mhrc.maine.gov](mailto:info@mhrc.maine.gov)

Completing the Intake Questionnaire does not necessarily mean that a complaint of discrimination has been filed. After we receive the information you provide, the Intake Officer will either type a complaint of discrimination and send it to you for your review and notarized signature or, if the information is not sufficient to draft a complaint, call you to discuss your allegations further. A perfected complaint of discrimination is filed with the Maine Human Rights Commission when a signed, notarized complaint form is received by the commission. Complaints must be received by the commission within three hundred (300) days of the alleged act of discrimination.

Not all discrimination is unlawful! Please call to request an intake questionnaire; An Intake Officer will assist you with drafting a charge.

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### Maine Volunteer Lawyers Project

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**Contact:**

**Last Updated:** 12/11/2024 2:37:40PM

**Last Reviewed:** 12/11/2024

**Phones:** (207) 828-2300 [Business Fax],  
(800) 442-4293 [Toll-Free],  
(207) 774-4348 [Business]\*

**Address:** [Business]\*  
88 Federal Street  
Portland, ME 04112 (Cumberland county),  
[Mailing]  
P.O. Box 547  
Portland, ME 04112 (Cumberland county)

**Web Site:** <http://vlp.org>

### Eligibility:

**Notes:** The VLP connects people with low incomes with volunteer lawyers to assist with civil legal problems. Please review this chart to see if we might be able to help you based on the type of case you have. Please note that we cannot assist clients with emergencies.

If your matter is urgent, please review the other legal and community resources at this link. If you are experiencing domestic violence or need assistance with a Protection from Abuse matter, please contact your local Domestic Violence Resource Center.

They may be able to assist with: Divorce or parental rights; Child Support; Small claims (less than \$6000); Worker's Rights; Unemployment Insurance Appeals; Bankruptcy; Social Security Appeals; Probate; Property.

They CANNOT help with: Criminal; Traffic; Adoption; Child Protection/DHHS; Guardianship; Property Liens; Small Business/Nonprofit; Foreclosure; Legal Matters outside of Maine.

If your case is one listed above that they may be able to assist with please visit [www.vlp.org/for-those-seeking-legal-assistance](http://www.vlp.org/for-those-seeking-legal-assistance) to complete an intake.

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### McRae & Associates Guardian & Fiduciary Services

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**Contact:**

**Last Updated:** 12/11/2024 2:49:18PM

**Last Reviewed:** 12/11/2024

**Phones:** (207) 797-2371 [Business]\*,  
(866) 204-1549 [Fax]

**Address:** [Business]\*  
640 Brighton Ave  
Portland, ME ( county),  
[Mailing]  
107 Parsons Pond Drive  
Portland, ME 04103 (Cumberland county)

**Web Site:** <https://mcraeassociates.com/>

**Eligibility:**

**Notes:** The services we provide are unique to each client's situation, and our experience in the field has made us well equipped to assist with the most challenging scenarios that individuals and families might face. Teri is a National Certified Guardian (NCG).

Our capabilities and functions focus on the following needs:

Financial- Serve as Trustee, Power of Attorney, and Conservator; Manage Investments; Pay bills; Buy and sell assets, including real estate and automobiles

Medical- Serve as Guardian and Power of Attorney; Treatment options and decisions; In-home support; Medical Coordination; Placement when appropriate

Emotional- Personal connection; Advocacy; There when you can't be; A means to bridge family differences

Legal- Serve as Personal Representative or Executor; Vast knowledge of legal options; In-depth experience navigating Probate Court.

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### Pine Tree Legal Assistance: Portland Office

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**Contact:**

**Last Updated:** 12/13/2024 12:56:22PM

**Last Reviewed:** 12/13/2024

**Phones:** (207) 828-2300 [Business Fax],  
(207) 774-8211 [Business]\*

**Address:** [Mailing]  
P.O. Box 547  
Portland, ME 04112 (Cumberland county),  
[Business]\*  
88 Federal Street  
Portland, ME 04112 (Cumberland county)

**Web Site:** [www.ptla.org](http://www.ptla.org)

### Eligibility:

**Notes:** Pine Tree provides legal assistance to low-income residents. Most clients get immediate advice including things they could do in order to resolve the problem on their own. Some receive written materials which provide more detailed information on common legal problems and solutions. Others are referred to an agency or service which can more appropriately resolve their immediate crisis or long-term problems. The cases receiving top priority involve housing and related housing needs; maintaining, enhancing and protecting income and economic stability; and personal safety, stability and well-being. Pine Tree does not handle criminal or traffic violation cases.

Except in cases involving the need for emergency assistance, in-office interviews are by appointment only. Visit the website link to learn what legal resources may be available to you.

Serves: Cumberland, York, and Sagadahoc counties.

Fees: There is no charge for services, but you may be asked to help with court costs.

Most of our legal services are available only for people with income at or below 125% of the federal poverty level. It's worth a call to determine eligibility.

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### Powers LaPierre Lizotte Townsend

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**Contact:**

**Last Updated:** 12/10/2024 2:20:46PM

**Last Reviewed:** 12/10/2024

**Phones:** (207) 879-6054 [Business]\*

**Address:** [Business]\*  
269 US Route One  
Ste. 203  
Falmouth, ME 04105 (Cumberland county)

**Web Site:** [www.pltlaw.com](http://www.pltlaw.com)

**Eligibility:**

**Notes:** The law firm of Powers LaPierre Lizotte Townsend specializes in Estate Planning including Wills, Financial and Health Care Powers of Attorney and Trusts; Probate and Administration of Decedents' Estates; Disability and Public Benefit Planning; MaineCare Planning and Applications; Supplemental Needs Trusts Drafting and Administration; Guardianship and Conservatorship Assistance; Long-Term Care Planning for Incapacity. Members of National Academy of Elder Law Attorneys (NAELA)

Please call for more information and/or to arrange an initial consultation.

### The Immigrant Legal Advocacy Project

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**Contact:**

**Last Updated:** 12/17/2024 2:49:21PM

**Last Reviewed:** 12/17/2024

**Phones:** (800) 497-8505 [Toll-Free],  
(207) 699-2313 [Business Fax],  
(207) 780-1593 [Business]\*

**Address:** [Mailing]  
PO Box 17917  
Portland, ME 04112 (Cumberland county),  
[Business]\*  
489 Congress St.  
3rd Fl  
Portland, ME 04101 (Cumberland county)

**Web Site:** <http://www.ilapmaine.org/>

**Eligibility:**

**Notes:** The Immigrant Legal Advocacy Project (ILAP) provides education, training, and outreach as well as immigration related legal assistance to low-income immigrants and their families. ILAP has legal staff who are bilingual. Services include, but not limited to assistance filing immigration forms, green card and citizenship applications, asylum and deportation defense. They also provide legal consultation concerning immigration issues by telephone all immigrants detained at the Cumberland County Jail, Longcreek Youth Development Center or other Maine courts, jails and prisons.  
Hours: Monday through Friday 9am - to 5pm (closed to the public on Wednesdays).  
Fees: Please ask for current fees, low or no cost for income  $\leq$  200% of FPL.  
Intake procedure: If you are a new client or a former client with a new issue, please call 207-780-1593 ex 100 for an intake appointment.  
Walk-in consultations and brief assistance available to anyone.

## Provider List - Legal Assistance Providers - Cumberland & York Counties

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ATTENTION: Please refer to the special program note under Legal Services for the Elderly before contacting other providers, as it may save you money.

### Timothy Benoit, Esq

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**Contact:**

**Last Updated:** 12/18/2024 10:44:27AM

**Last Reviewed:** 12/18/2024

**Phones:** (207) 774-2635 [Business]\*

**Address:** [Business]\*  
Perkins Thompson  
One Canal Plaza, 9th Floor  
Portland, ME 04101 (Cumberland county)

**Web Site:** [www.perkinsthompson.com](http://www.perkinsthompson.com)

**Eligibility:**

**Notes:** Timothy Benoit specializes in legal issues concerning tax law, business law and estate planning.

Fees: Costs determined by individual cases; depending on financial need, may be able to offer some discounted or free services.

Intake procedure: Please call to arrange an initial consultation.

Member of the Elder Law Section of the Maine State Bar Association.

### Vogel & Dubois, PA

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**Contact:**

**Last Updated:** 08/31/2022 9:51:07AM

**Last Reviewed:** 08/31/2022

**Phones:** (207) 761-7796 [Business]\*,  
(207) 761-6946 [Business Fax]

**Address:** [Business]\*  
550 Forest Avenue  
Suite 205  
Portland, ME 04104 (Cumberland county)

**Web Site:** [www.Maine-elderlaw.com](http://www.Maine-elderlaw.com)

**Eligibility:**

**Notes:** Vogel & Dubois is a law firm that specializes in helping older members of our community, their families and those planning for aging and retirement. They provide long-term care planning, estate and financial planning and quality legal representation. Our attorneys know the legal and financial tools necessary to ensure successful aging and retirement. They work with a variety of elder-focused professionals to create comprehensive strategies for aging.

Available in the office Monday through Friday 8am-5pm. Also available for home visits and weekend appointments upon request. Please call to arrange an appointment for an initial consultation.

Members of National Academy of Elder Law Attorneys (NAELA)