



## Expeditions Community Support Program

Expeditions  
operates year-round  
Monday - Friday  
in two locations in  
Southern Maine.

### LOCATIONS

Expeditions North  
*(Westbrook Community Center)*  
426 Bridge Street  
Westbrook, ME 04092

Expeditions South  
5 Fletcher Street, #2  
Kennebunk, ME 04043

Woodfords' Expeditions Community Supports Program, provides community-based day services for adults with intellectual and developmental disabilities in York and Cumberland Counties.

The Expeditions Program promotes active, healthy life styles by demonstrating the importance of healthy food choices, physical activity, new experiences, community involvement, learning new skills, and building relationships. Expeditions participants have the opportunity to engage in a wide variety of activities including but not limited to sports, hiking, field trips, art and crafts, life skills practice, volunteering, and so much more.

Participants must be 18 or older and qualify for Section 21 or 29 Waivers. Waivers are obtained through the Department of Health & Human Services (DHHS). Self-pay options are available if an individual does not have a Waiver.

### CONTACT

Scott McKeough, Director of Home & Community Based Services (HCBS) Waiver Programs  
(207) 878-9663  
smckeough@woodfords.org