

2021



# **Mental Health and Community Support Services** *guide*

**Saving families, saving lives and  
making our community whole**

226 S. Jefferson Street | Frederick, MD 21701 | 301-663-0011

[www.fcmha.org](http://www.fcmha.org)

# Table of Contents

Mental Health Association of Frederick County Impact .....	3
Our Vision .....	4
Programs and Services .....	5
Professional Affiliations and Events .....	7
Mental Health Professionals.....	8
Individual Providers.....	12
Group Practices .....	17
Community Support Services.....	31
Twenty-Four Hour Hotline Services .....	130
Index .....	131
Directory by Service.....	141

THIS INFORMATION AND REFERRAL HANDBOOK DOES NOT REFLECT ANY RECOMMENDATIONS OR ENDORSEMENT FOR THE FACILITIES AND PROFESSIONALS LISTED. THE MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY ASSUMES NO LIABILITY FOR ANY ACT OR OMISSIONS OF SUCH FACILITIES OR PROFESSIONALS.

# Saving lives, saving families, and making our community whole—that's MHA.

Through education, advocacy, empowerment, and treatment, MHA helps everyone face their challenges and make lasting positive changes. Since 1965, we've been the leading provider of mental health services for our neighbors in Frederick and beyond. Through divorce and stress, loss of a job or a loved one, trauma, abuse, anxiety and hopelessness...

*We've been there.*

Our programs meet you wherever you are in life— from before birth to old age. We're the first place to turn, 24 hours a day.



## **Supporting Our Whole Community**

Through education and advocacy, we promote mental health awareness and services for the benefit of the community we share.

### **Preparing Resilient Children**

We work with parents, educators, and child care providers to develop mentally and emotionally strong children.

### **Securing Vulnerable Families**

In troubled family situations and for children facing an overburdened system, we ensure safety, stability, and supportive relationships.

### **Facing Crises Together**

In the most difficult moments we face—when suicidal thoughts, incidents of abuse and other life-changing crises arise—MHA is there to make sure no one has to face them alone.



## Our Vision

A community where children can grow and thrive without fear, where good mental health is valued, where people of all ages know when and how to seek help for emotional or family problems without shame, and where everyone will have access to the services they need without barriers.



*Because mental health matters.*

# Programs and Services

## PREPARING RESILIENT CHILDREN

Helping children learn mental and emotional resilience now will help them adapt to the situations and setbacks they'll face throughout life, and to become the strong, stable citizens our community needs. To prepare them for success and stability, we work in a few different ways:

- Providing guidance and information to first-time parents;
- Making sure every child has a developmentally appropriate learning environment; and
- Working with parents and educators when children display behavioral issues.

These activities give children the emotional, social, and cognitive skills they'll carry throughout their lives into the classroom, the workplace, and the home.

## SECURING VULNERABLE FAMILIES

Many family situations present pressing challenges that affect everyone in them. They not only disrupt entire families; they can leave children without a stable or permanent home and can increase a child's risk for struggles later in life like mental illness, unemployment, even prison.

So to help these children and families now, and in the future, MHA:

- Provides a safe location where parents and children can spend time together to renew or sustain supportive relationships;
- Makes sure children in difficult circumstances are able to get from one parent to the other safely; and
- Works to find the loving, permanent homes for children caught in an overburdened court system deserve.

Through all this work with vulnerable families, we provide support, stability, and the promise of a better tomorrow.



*Mental health matters to me because*

“You were there when my sister attempted suicide and we didn't know where to turn”

*Programs and Services (continued)*

## **FACING CRISES TOGETHER**

We can encounter moments and challenges that we struggle to face alone. These are more than urgent challenges. They're the pivot points of life. Because no one should have to face these struggles alone MHA is here- 24 hours a day, 7 days a week:

- Intervening and offering a supportive voice at the moment of crisis;
- Providing resources and information that show you the way forward; and
- Offering sustained counseling and assistance for the weeks and months ahead.

We're helping our community—we're saving lives—every single day.

## **SUPPORTING OUR WHOLE COMMUNITY**

MHA does more than support the thousands of individuals who seek out our services each year—we provide mental health education and advocacy on a community-wide level, raising awareness of the importance of mental health - and of mental health services.

This work strengthens our whole community by encouraging those who feel alone to seek out support; promoting understanding; and bolstering mental and emotional well-being in schools, businesses, and homes.



*Mental health matters to me because*

"MHA Walk-in Behavioral Health Services were available to me when I was in crisis at 6:30 on a Wednesday evening; when receiving help was critical"

## **Professional Affiliations**

Alliance of Information and Referral Systems  
American Association of Suicidology  
Association of Fundraising Professionals – Western Maryland Chapter  
Child Care Aware of America  
Frederick County Chamber of Commerce  
Healthy Families America  
Maryland Child Care Resource Network  
Maryland Nonprofits  
Mental Health America  
Mental Health Association of Maryland  
National Court Appointed Special Advocates (CASA)

## **Special Events**

### **LEGISLATIVE BREAKFAST**

This annual MHA event brings together elected officials representing Frederick and Maryland on a local, state, and national level with consumers, service providers, and representatives of our business community. A featured speaker addresses current and relevant issues, advocating for the mental health needs of Frederick County.

### **MENTAL HEALTH MATTERS HOUR**

A free, one hour presentation to inform and engage the greater community. Participants learn about the programs and services available at MHA and why mental health matters to each of us and to the community as a whole. Mental Health Matters Hours are held regularly throughout the year. For more information or for a list of upcoming dates, please call 301-663-0011.

### **THE CATOCTIN AFFAIR**

A Party with a Purpose! For more than 20 years, the business, entertainment, and philanthropic community have come together to produce an evening dedicated to saving lives, saving families and making our community emotionally and mentally well. Enjoy dinner as well as a complimentary bar throughout the evening. Following dinner be inspired by a brief program celebrating MHA's resources and its impact on the community. Share your commitment to building a strong and resilient community by participating in our Live Appeal and Live Auction. The night will end with entertainment and dancing. All proceeds will benefit MHA's Crisis Services and vital programs that are essential to the day to day operations of MHA's lifesaving organization.



# Mental Health Professionals

## THE ROLE OF COUNSELING AND THE LICENSED SPECIALITIES

Professional counseling or therapy is a valuable part of growth and treatment for a variety of circumstances individuals face – from coping with everyday events to managing severe emotional problems. Each situation is unique and may be treated in a variety of manners. Therapy can improve quality of life and life choices; it can provide new alternatives for old behaviors; and it may identify more serious mental illnesses and offer specific treatments for emotional wellness and a quality life.

Common problems leading people to seek professional help are depression, anxiety, inability to concentrate, suicidal thoughts, changeable moods, problems with others, lack of self-confidence, family, and marital problems, and physical issues such as not sleeping, chronic tiredness, upset stomach, headaches and substance use or dependence.

All persons in counseling professions must be licensed in the state of Maryland and should have their credentials displayed. Professionally trained and licensed therapists will openly discuss their qualifications and specializations and provide you with their credentials if requested.

When choosing a therapist, it is important to know the training, educational background, experience, and treatment approach utilized by the therapist. Briefly listed below are the variety of mental health professionals who provide counseling and psychotherapy.

**Psychiatrist, M.D.:** Medical doctor with special training in psychiatry (study of the mind). Can prescribe medications. Must be a licensed physician in the state in which he/she practices, board eligible, or certified by the American Board of Psychiatry.

**Licensed Psychologist (Ph.D. or Psy.D.):** Holds a doctorate (Ph.D. or Psy.D.) in clinical psychology. The psychologists must be licensed by the Maryland Board of Psychologists in order to practice independently.

**Licensed Clinical Social Worker (LBSW, LMSW, LCSW, LCSW-C):** Holds a Master of Social Work (MSW) with specialization in clinical practice. A social worker must be licensed as a Licensed Certified Social Worker – Clinical by the Maryland Board of Social Work Examiners. Clinical social workers may hold additional licenses such as A.C.S.W. from the Academy of Certified Social Workers through the National Association of Social Workers. An LBSW or LMSW can provide therapy only under the supervision on an LCSW-C.

**Board Certified Diplomat in Clinical Social Work (BCD):** Clinical social workers holding a Master Degree, more than five years of experience in mental health assessment, diagnosis, and treatment; they must pass an examination and meet other rigorous requirements for national certification by the American Board of Examiners in Social Work.

**Licensed Clinical Professional Counselor (LCPC) / Licensed Professional Counselor (LPC) / Licensed Graduate Professional Counselor (LGPC):** Holds a Master Degree or doctorate in professional counseling, psychology, or rehabilitation counseling and must be licensed by the Maryland State Board of Professional Counselors and Therapists. An LGPC practices under the license of an LCPC or LCSW-C.

**Licensed Clinical Drug and Alcohol Counselor (LCADC):** Holds a Master Degree in health and human services or counseling. He or she has completed two years of direct counseling experience under the supervision of a licensed mental health professional. They must pass the exam for master's addictions counselors of the National Board for Certified Counselors, and are licensed by the Maryland State Board of Professional Counselors and Therapists.

**Psychiatric and Mental Health Nurse Specialist (M.A., A.P.R.N.):** Holds a Master Degree in psychiatric nursing: certification requires two years of supervised clinical practice and licensed by the State of Maryland.

**Nationally Certified Counselor (N.C.C.):** Holds a Master Degree or doctorate in professional counseling, and are certified by the National Board for Certified Counselors.

**Certified Alcohol, Drug, and Chemical Dependency Counselor (CAC, CCDC, CDC):** Holds a Bachelor's Degree in counseling, social work, psychology, or applicable field of study. Certification by the Maryland Addictions Professional Certification Board requires a minimum of two years direct work experience with alcohol and/or drug clients.

**Pastoral Counselor:** Clinicians that offer faith-based therapy services to clients of all ages, across a diverse range of cultural and religious backgrounds and with a wide variety of therapeutic concerns. (based on client request)

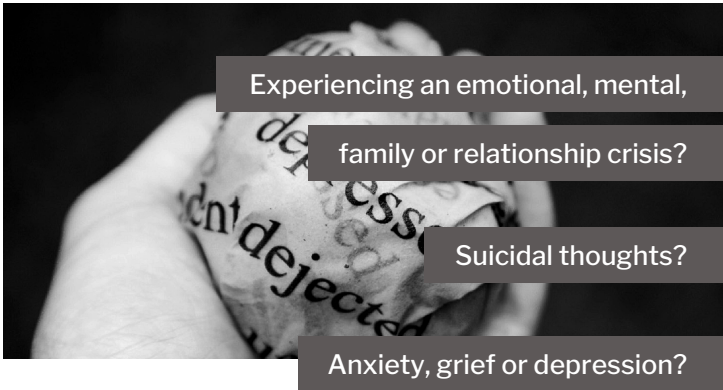
**Art Therapist, Registered (A.T.R.):** The American Art Therapy Association, Inc. (AATA) defines entry level into the profession at the Master Degree level. The art therapists will have graduated from a minimum of a two-year master's program, or the equivalent, which will have included a minimum of 600 hours of supervised practicum experience. Those masters, institute, or clinical programs which are approved by AATA meet educational standards set forth by the association.

For referrals to local mental health professionals, contact MHA's 24-Hour Call Center at 301-662-2255. This is a confidential service available 24 hours a day.

For additional information about Maryland State Licensing and procedures, you may contact the following:

- Maryland Addictions Professional Certification Board.....866-537-5340
- Maryland State Board of Examiners of Professional Counselors  
and Therapists.....410-764-4732
- Maryland State Board of Examiners of Psychologists.....410-764-4787
- Maryland State Board of Social Work Examiners .....410-764-4788
- Maryland Professional Boards  
201 West Preston Street  
Baltimore, MD 21201

**NOTE:** This Guide provides an explanation for the commonly used degrees affixed to the names of credentialed professionals and is not a complete list. If a degree is not listed, the Mental Health Association suggests the consumer ask the professional about his/her specific qualifications.



## Help is here.

Walk-In Behavioral Health Services is a free service where a Crisis Specialist will meet with you to help resolve a current crisis or concern and assist with connections to ongoing support. Available to adults, youth and children (*under the age of 18 must be accompanied by a guardian*).



**Location:**

226 South Jefferson Street, Frederick MD 21701

**Hours of Operation:**

Monday - Friday 10am - 10pm, Saturday and Sunday 10am-6pm  
No appointment is necessary

**For more information:**

Dial 2-1-1 or 301-662-2255 or visit our website at [www.fcmha.org](http://www.fcmha.org)

## Individual Providers

### **BANNON, VERONICA, LCPC, NCC, BC-DMT**

*Creative Therapeutic Connections, LLC*

3522 Worthington Boulevard, Unit 201, Frederick, MD 21704

Telephone: 301-693-5931

Email: [ctcbannon@comcast.net](mailto:ctcbannon@comcast.net)

**AGE RANGE SERVED:** Ages 6 to 65

**TREATMENT MODALITY:** Individuals, groups, children, adolescents, families, teletherapy

**LANGUAGES OFFERED:** English

**SERVICES:** Individual Therapy, Group and Family Therapy. Creative Therapeutic Connections, LLC specializes in Friendship Clubs and Therapeutic Social Skills Groups for children and adolescents utilizing both verbal and non-verbal interventions to address attention deficits, anxiety, frustration tolerance, impulsivity, intrusive behaviors, bullying issues, developmental delays, learning disabilities and emotional challenges. CTC also services adults with challenges with anxiety, mood, self-esteem, communication, parenting, family and/or work related stressors.

\*\*Currently offering virtual teletherapy sessions.

**SPECIALTIES/CERTIFICATIONS:** Licensed Clinical Professional Counselor, National Board Certified Counselor, Board Certified Dance/Movement Therapist, Play Therapist training, CBT training, Certified in Mindful Practice for Children and Teens, Approved Licensed Clinical Counselor Supervisor.

**HOURS:** M-F 11:30 a.m. - 6:30 p.m.

**FEES:** Primarily set rates OON, super bills provided for claim submission and reimbursement

### **BOMBA, ALISON J., PSY.D.**

*Alison J. Bomba, Psy.D., LLC*

PO Box 3615, Frederick, MD 21705

Telephone: 240-405-9661

Fax: 301-732-4459

Email: [contact@drbomba.com](mailto:contact@drbomba.com)

Website: [www.drbomba.com](http://www.drbomba.com)

**AGE RANGE SERVED:** 3 - 25

**TREATMENT MODALITY:** Individuals, groups, children, families, telehealth

**LANGUAGES OFFERED:** English

**SERVICES:** Individual and family therapy for children, adolescents, and young adults

**SPECIALTIES/CERTIFICATIONS:** Grief/loss therapy, Cognitive Behavioral Treatment (CBT) of anxiety disorders and obsessive-compulsive disorder (OCD)

**HOURS:** M, T 11:00 a.m. - 5:00 p.m.; W 10:00 a.m. - 4:00 p.m.; Th 9:00 a.m. - 2:00 p.m.

**FEES:** Fee-for-service, out of network

### **CAPPUCCI, SKY, LCSW-C**

200 East Patrick Street, Suite 1, Frederick, MD 21701

Telephone: 301-788-1132

Email: scappucci969@gmail.com

**AGE RANGE SERVED:** Adolescents and adults

**TREATMENT MODALITY:** Individuals

**LANGUAGES OFFERED:** English

**SERVICES:** Solution-Focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy for the treatment of anxiety, depression and other problems in life. Telehealth available.

**HOURS:** M-Sat by appointment

**FEES:** Sliding scale, HSA

### **FAW, BERNADINE C., M.D.**

140 Fairview Avenue, Frederick, MD 21701

Telephone: 301-471-7482; 410-235-5020

Email: bfa140@msn.com

**AGE RANGE SERVED:** 19-25, 26-64, 65+

**TREATMENT MODALITY:** Individuals, couples

**LANGUAGES OFFERED:** English

**SERVICES:** Adult psychiatric services, including evaluation, consultation, and treatment. Brief and long-term psychotherapy and pharmacotherapy.

**SPECIALTIES/CERTIFICATIONS:** Special interest: women's issues and survivors of abuse.

**HOURS:** By appointment.

**FEES:** Set rates, third party payments

### **FRAZEE, KATIE, LCPC, NCC, MAC**

*Guiding Paths Counseling*

93 South McCain Drive, Suite 1, Frederick, MD 21703

Telephone: 240-415-8777 Fax: 240-444-8075

Email: kfrazee@guidingpaths.com

Website: www.guidingpaths.com

**AGE RANGE SERVED:** Adults

**TREATMENT MODALITY:** Individuals, groups, couples, families

**LANGUAGES OFFERED:** English

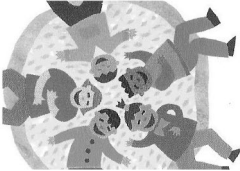
**SERVICES:** Provide psychotherapy for clients dealing with PTSD, sexual assault, substance use, chronic pain, childhood trauma, co-occurring disorders, anxiety, depression, Bipolar disorder, and stress.

**SPECIALTIES/CERTIFICATIONS:** National Certified Counselor (NCC), Master Addiction Counselor (MAC), Ability to supervise LGPC, LGADC, LGMFT

**HOURS:** By appointment.

**FEES:** CareFirst BlueCross BlueShield, CareFirst Bluechoice, UnitedHealthcare, UMR, Cigna, Tricare, Humana

**Creative Therapeutic Connections**  
*Individual, Group & Family Therapy*



**Veronica Bannon, LCPC, NCC, BC-DMT**  
*Licensed Clinical Professional Counselor, Dance/Movement Therapist*

Spaces currently available in  
**Therapeutic Social Skills Groups**  
for children and adolescents struggling with:  
ADHD • LD • PDD • Autism Spectrum  
Anxiety • Mood Disorders • Bullying Issues

*Call for an individual intake assessment.*  
**301-693-5931 • [ctcbannon@comcast.net](mailto:ctcbannon@comcast.net)**

**MILNE-GLASSER, KRISTIN L., LCADC, SAP**

*Allied Counseling LLC*

308 West Patrick Street, Suite 2-B, Frederick, MD 21701

Telephone: 301-698-7077 Fax: 301-698-5671

Email: [kristin@alliedcounselinggroup.com](mailto:kristin@alliedcounselinggroup.com)

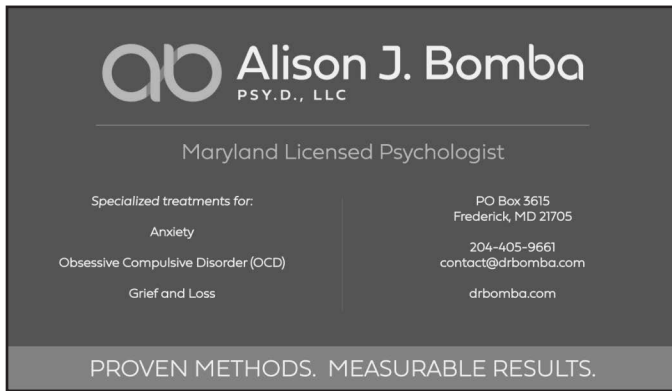
**AGE RANGE SERVED:** 12-18, 19-25, 26-64, 65+

**TREATMENT MODALITY:** Individuals, couples, families, groups, adolescents

**SERVICES:** Chemical dependency, domestic violence, custody evaluations, batterers' group, internet addiction, anger management, urinalysis, family/marital, depression, adult ADHD, divorce recovery, infidelity, step families, compulsive spending, gambling, dual diagnosis, family interventions, substance-abuse related custody evaluations, urine and hair follicular drug testing.

**HOURS:** M-Th 12:00 p.m. - 8:00 p.m.

**FEES:** Set rates, third party payment, insurance, by arrangement, credit cards



**ab** Alison J. Bomba  
PSY.D., LLC

Maryland Licensed Psychologist

Specialized treatments for:

Anxiety  
Obsessive Compulsive Disorder (OCD)  
Grief and Loss

PO Box 3615  
Frederick, MD 21705

204-405-9661  
contact@drbomba.com

drbomba.com

PROVEN METHODS. MEASURABLE RESULTS.

## MORAN, LINDA, LCSW-C

*Center for Mind-Body Therapies*

5 North Bentz Street, Frederick, MD 21701

Telephone: 301-631-2936 ext. 304

Website: [www.cmbt.net](http://www.cmbt.net)

**AGE RANGE SERVED:** 21-75+

**TREATMENT MODALITY:** Individuals, couples

**SERVICES:** Specializes in issues related to chronic illness, caregiving, aging and loss. Relationship issues for individuals and couples, and depression and anxiety. Telehealth available.

**HOURS:** By appointment.

**FEES:** By arrangement

## ROGERS-SENUTA, KATHLEEN, PH.D., LCPC, S.E.P

*Practice Promoting Resilience*

22 East 2nd Street, Frederick, MD 21701

Telephone: 301-514-5959

**AGE RANGE SERVED:** 10+

**TREATMENT MODALITY:** Individuals, couples, groups, supervision and case consultation

**SERVICES:** Promoting healthy development through treatment of trauma, depression, anxiety, grief/bereavement, and transition/adjustment problems (e.g. relationships, school, work). Body-mind oriented approach to healing trauma and other stress disorders.

**HOURS:** M-Th 9:00 a.m. - 9:00 p.m.

**FEES:** Set rates, insurance (out of network benefits), by arrangement



**WARD, MELISSA, MS, LCPC, NCC**

*Melissa Ward Counseling Services*

5 North Bentz Street, Frederick, MD 21701

Telephone: 301-514-1993 Fax: 301-631-2951

Email: melissa@melissawardcounselingservices.com

Website: www.melissawardcounselingservices.com

**AGE RANGE SERVED:** 12+

**TREATMENT MODALITY:** Individuals, groups, couples, adolescents, families

**LANGUAGES OFFERED:** English

**SERVICES:** MWCS offers individual counseling for adolescents and adults, couples counseling, as well as skills groups and workshops for employees, schools, and organizations.

**SPECIALTIES/CERTIFICATIONS:** Anxiety, communication, depression, issues of adolescence, parenting, transitions

**HOURS:** Varied

**FEES:** Set rates, by arrangement

# Group Practices

## ALLIED COUNSELING LLC

308 West Patrick Street, Suite 2-B, Frederick, MD 21701

Telephone: 301-698-7077 Fax: 301-698-5671

Website: [www.alliedcounselinggroup.com](http://www.alliedcounselinggroup.com)

**AGE RANGE SERVED:** 12-18, 19-25, 26-64, 65+

**TREATMENT MODALITY:** Individuals, couples, families, groups, transitional sober living program

**SERVICES:** Chemical dependency, domestic violence batterers' group, Internet addiction, anger management, urinalysis, family/marital, depression, adult ADHD, divorce recovery, infidelity, step families, compulsive spending, and gambling; Dual Diagnosis Program, SMART non-12-step recovery treatment (not free support group); substance-abuse related custody evaluations; urine and hair follicular drug testing

**HOURS:** M-Th 12:00 p.m. - 8:00 p.m.

**FEES:** Set rates, third party payment, insurance, by arrangement, credit cards

## *Kristin L. Milne-Glasser, LCADC, SAP* *Allied Counseling LLC*

*308 West Patrick Street, Suite 2-B, Frederick, MD 21701*

*Telephone: 301-698-7077 Fax: 301-698-5671*

*[www.alliedcounselinggroup.com](http://www.alliedcounselinggroup.com)*

*Serving individuals, couples,  
families, groups and adolescents 12+*



### SPECIALTIES

- Chemical dependency
- Domestic violence
- Custody evaluations
- Batterers' group
- Internet addiction
- Anger management
- Urinalysis
- Family/marital
- Depression
- Adult ADHD
- Divorce recovery
- Infidelity
- Step families
- Compulsive spending
- Gambling
- Dual diagnosis
- Family interventions
- Substance-abuse related custody evaluations
- Urine and hair follicular drug testing

*Hours: M-Th 12:00 p.m. - 8:00 p.m.*

*Fees: Set rates, third party payment, insurance, by arrangement, credit cards*

## AUSTIN ADDICTION & MENTAL HEALTH CENTER

27 WEST 7<sup>TH</sup> STREET  
FREDERICK, MARYLAND 21701  
[www.substanceabusecounselingfrederick.com](http://www.substanceabusecounselingfrederick.com)  
(240) 457-4151 ▪ Fax (240) 439-4957

INTENSIVE OUTPATIENT TREATMENT  
RELAPSE PREVENTION PROGRAM  
DUI EDUCATION  
12-STEP RECOVERY MEETINGS  
ANGER MANAGEMENT  
FREE FAMILY SUPPORT GROUP

ALL WELCOME

## AUSTIN ADDICTION AND MENTAL HEALTH CENTER (AAMHC)

27 West 7th Street, Frederick, MD 21701  
Telephone: 240-457-4151 Fax: 240-439-4957  
Email: [admin@austinaddiction.net](mailto:admin@austinaddiction.net)  
Website: [www.substanceabusecounselingfrederick.com](http://www.substanceabusecounselingfrederick.com)

**AGE RANGE SERVED:** 12-70+ and up

**TREATMENT MODALITY:** Individuals, groups, couples, children, families  
LANGUAGES OFFERED: English

**SERVICES:** Intensive Outpatient treatment, Relapse Prevention Program, Couples, Individuals, DUI Education, Court Mandated, Adolescent, Urine Screening, 12-Step Recovery Meetings, Anger Management, Free Family Support Group, all welcome.

**HOURS:** M-Th 9:00 a.m. - 9:00 p.m., F 9:00 a.m. - 5 p.m., Sat and Sun closed

**FEES:** Medicaid/Medicare, Commercial Insurances, Sliding Scale, Self-Pay, All major Credit Cards

## BLUE RIDGE BEHAVIORAL HEALTH

170 Thomas Johnson Drive, Suite 200, Frederick, MD 21702  
Telephone: 301-695-8390 Fax: 301-694-7906  
Website: [www.blueridgebehavioralhealth.com](http://www.blueridgebehavioralhealth.com)

**AGE RANGE SERVED:** 3-65+

**TREATMENT MODALITY:** Individuals, couples, children, families

**SERVICES:** Outpatient therapy is available for addressing anxiety and mood disorders, disruptive behaviors, trauma, eating disorders, relational issues, codependency, grief, parenting stress, and various adjustment issues.

**SPECIALTIES/CERTIFICATIONS:** A range of specialties is represented throughout the practice and include work with individuals on the Autism Spectrum; those with developmental disabilities/delays, young children, individuals with gender dysphoria and those who could benefit from EMDR or EFT.

**HOURS:** By appointment.

**FEES:** Set rates, third party



helping hands. healing hearts.

**We are a community-based outpatient substance abuse treatment agency for the Frederick County area.**

Our clients experience an improvement in the quality of their lives because of the treatment, intervention, and prevention programs that we provide.

Let us help you take a step towards healing.

**CENTRALLY LOCATED TO DOWNTOWN FREDERICK**

10 West College Terrace Suite 200  
Frederick, Maryland 21701

[www.continuumrecoveryofmaryland.com](http://www.continuumrecoveryofmaryland.com) | +(301) 637-0222

## **CONTINUUM RECOVERY CENTER**

10 West College Terrace, Suite 200, Frederick, MD 21701

Telephone: 301-637-0222 Fax: 301-637-0389

Email: [info@crc-md.com](mailto:info@crc-md.com)

Website: [www.continuumrecoveryofmaryland.com](http://www.continuumrecoveryofmaryland.com)

**AGE RANGE SERVED:** 18 and older

**TREATMENT MODALITY:** Individuals, groups, couples, families

**LANGUAGES OFFERED:** English

**SERVICES:** Mental Health, Addiction Recovery & Treatment Services

**HOURS:** M-F 9:00 a.m. - 5:00 p.m.

**FEES:** Medicare/Medicaid, Sliding Scale, Set Rates, Third Party, By Arrangement

## FAMILY PARTNERSHIP OF FREDERICK COUNTY

*Committed to Parent and Child Learning and Growing Together*

- Family Literacy
- Lifeskills Education
- Diploma Completion
- Parent & Child Activities
- Health Education
- Home Visiting Services
- Mothers and Fathers Support Groups
- Limited Transportation
- Employment Training
- Parent Education
- Youth Services (aged 16-24)



8420 Gas House Pike, Ste EE, Frederick, MD 21701 | P: 301-600-2206 | Fax: 301-600-2209

[www.frederickcountyMD.gov/fp](http://www.frederickcountyMD.gov/fp) | [FamPart@FrederickCountyMD.gov](mailto:FamPart@FrederickCountyMD.gov)

Center Hours: 8:00 a.m. - 4:00 p.m. Monday - Friday, some evenings too!

Please call for dates and times of evening services

One of Maryland's Family Support Centers

EOE M/FMD/V

## FAMILY PARTNERSHIP OF FREDERICK COUNTY

8420 Gas House Pike, Suite EE, Frederick, MD 21701

Telephone: 301-600-2206 Fax: 301-600-2209

Email: [FamPart@FrederickCountyMD.gov](mailto:FamPart@FrederickCountyMD.gov)

Website: [www.frederickcountyMD.gov/fp](http://www.frederickcountyMD.gov/fp)

**SERVICES:** A community-based organization providing family support, education, and assistance.

**SPECIALTIES/CERTIFICATIONS:** Services include Self-Sufficiency Programs, Parent Education, Child Development, Services Coordination, Home Visitation, Youth Services, Health Education and Peer Support. Details of programs may be found on their website.

**HOURS:** M-F 8:00 a.m. - 4:00 p.m. Support groups: Tues, 6-8 p.m.

**FEES:** None



## Frederick Institute

Outpatient opioid treatment program

5716-C Industry Lane

Phone: 301-663-4130

Frederick, MD 21704

Fax: 301-663-4169

[www.addictiontreatmentsystems.com](http://www.addictiontreatmentsystems.com)

**Hours of Operation:**

Mon-Fri 5:30am-1:30pm

Sat. 7:00am-11:00am

**Services we provide include:**

- Methadone and Suboxone Dosing
- Individual and Group Counseling
- Case Management
- Family Involvement
- Same Day Admissions

**Medication Hours:**

Mon-Fri 5:30am-10:00am

Sat. 7:00am-10:00am

New client intake hours are available Mon-Fri 5:30am-10:30am

**Kolmac**   
OUTPATIENT RECOVERY

**5301 Buckeystown Pike, Ste 215  
Frederick, MD 21704**

**P301.589.0255 | F240.651.3443**

**www.kolmac.com**

**FREDERICK INSTITUTE**

5716-C Industry Lane, Frederick, MD 21704

Telephone: 301-663-4130 Fax: 301-663-4169

Website: [www.addictiontreatmentsystems.com](http://www.addictiontreatmentsystems.com)

**AGE RANGE SERVED:** 18+

**TREATMENT MODALITY:** Individuals, groups, families

**LANGUAGES OFFERED:** English

**SERVICES:** Opioid maintenance therapy, individual counseling, group counseling, drug screens. Provide methadone and buprenorphine.

**SPECIALTIES/CERTIFICATIONS:** CARF accredited. Ability to intake new clients  
M-F 5:30 a.m. - 10:30 a.m.

**HOURS:** Business **HOURS:** M-F 5:30 a.m. - 1:30 p.m., Sat 7:00 a.m. - 11:00 a.m.

Dosing: M-F 5:30 a.m. - 10:00 a.m., Sat 7:00 a.m. - 10:00 a.m.

**FEES:** Medicaid, Medicare, self pay



Phone: 240-464-8000

Fax: 240-383-3439

Email: [cs@medpsychmd.com](mailto:cs@medpsychmd.com)



## MEDPSYCH HEALTH SERVICES

An integrated mental health service provider where psychiatrists, psychologists, and psychotherapists collectively treat mental illnesses with complete consideration of your medical, psychological, social, and family history.

Fees: Set, Commercial insurances, Medicaid, Self Pay

[www.medpsychmd.com](http://www.medpsychmd.com)

HIPAA Compliant

### Services:

- Psychotropic medicines and injectables
- Ketamine Treatments
- Genetic Testing
- Anxiety/depression/OCD
- Bipolar disorder
- Postpartum depression
- PTSD
- Grief Counseling
- Anger/Stress management
- Domestic violence batterers and perpetrators
- Marriage/couples counseling
- Family therapy
- Individual/Group therapy



### Locations:

7101 Guilford Drive,  
Suite 100, Frederick,  
MD 21704

6237 Executive Blvd.  
Rockville MD 20852

@MedpsychMD



## **KOLMAC OUTPATIENT RECOVERY CENTERS**

5301 Buckeystown Pike, Suite 215, Frederick, MD 21704

Telephone: 301-589-0255 Fax: 240-651-3443

Website: [www.kolmac.com](http://www.kolmac.com)

**AGE RANGE SERVED:** 18+

**TREATMENT MODALITY:** Groups

**SERVICES:** Kolmac offers online recovery therapy that has the same success rate as its pioneering IOP program, making real-world recovery from SUDs even more available to patients who can remain at home with their families and continue to work. Evening hours accommodate work schedules. No admission delays so that patients can start the same day. Weekly meetings for loved ones to participate in patients' recovery. Appointments can be booked online. Since Dr. George Koldner created the nation's first IOP program in 1973, Kolmac has treated over 30,000 patients.

**SPECIALTIES/CERTIFICATIONS:** Specializes in treating adults 18 and older who suffer from chemical dependency and/or have a co-occurring chemical dependency and mental health diagnosis

**HOURS:** M-F 12:00 p.m. - 8:00 p.m.

**FEES:** Our program accepts most major insurance plans, so you pay only your deductible and co-pay. We do not accept Medicaid or Medicare.

## **MEDPSYCH HEALTH SERVICES, LLC**

7101 Guilford Drive, Suite 100, Frederick, MD 21704

Telephone: 240-464-8000 Fax: 240-383-3439

Email: [customerservice@medpsychmd.com](mailto:customerservice@medpsychmd.com)

Website: [www.medpsychmd.com](http://www.medpsychmd.com)

**AGE RANGE SERVED:** 5-65

**TREATMENT MODALITY:** Individuals, groups, couples, children, families

**LANGUAGES OFFERED:** English, Spanish, Mandarin, Hindi, Punjabi, Urdu

**SERVICES:** Medpsych is an integrated mental health service provider, where the psychiatrist, psychologists and psychotherapists collectively treat mental illnesses with complete consideration of full medical and psychiatric history. The clinicians at Medpsych offer complete range of services from psychiatric evaluations/consultations, medication management, Suboxone maintenance, bariatric evaluations, psychological testing and counseling/psychotherapy services.

**SPECIALTIES/CERTIFICATIONS:** Medication Management, Ketamine Treatment, Genetic Testing, Holistic Counseling, Individual/family/couples therapy, EMDR, DBT and more.

**HOURS:** M-F 8:30 a.m. - 7:00 p.m.

**FEES:** Medicaid, Commercial insurances, Sliding Scale, Fee for Service, Third Party



## **MIDDLETON PSYCHOLOGY SERVICES**

176 Thomas Johnson Drive, Suite 204, Frederick, MD 21702

Telephone: 301-360-5859

Email: [middletonpsychology@comcast.net](mailto:middletonpsychology@comcast.net)

Website: [www.middletonpsychologyservices.com](http://www.middletonpsychologyservices.com)

**AGE RANGE SERVED:** Adults

**TREATMENT MODALITY:** Individuals, couples

**LANGUAGES OFFERED:** English

**SERVICES:** Cognitive Behavioral Therapy. Teletherapy provided and available.

**HOURS:** Variable

**FEES:** CareFirst and BlueChoice accepted

## **POTOMAC CASE MANAGEMENT SERVICES, INC.**

FREDERICK OFFICE: 1446 West Patrick Street, Suite 16, Frederick, MD 21701

Telephone: 443-244-4113

HAGERSTOWN OFFICE: 324 East Antietam Street, Suite 301, Hagerstown, MD 21740

Telephone: 301-791-3087

Fax: 301-393-0730

TANEYTOWN OFFICE: 417 East Baltimore Street, Suite B, Taneytown, MD 21787

Telephone: 301-791-3087

CUMBERLAND OFFICE: 29 Baltimore Street, Cumberland, MD 21502

Telephone: 301-791-3087

Email: [info@pcmsinc.org](mailto:info@pcmsinc.org)

Website: [www.pcmsinc.org](http://www.pcmsinc.org)

**AGE RANGE SERVED:** All ages

**TREATMENT MODALITY:** Individuals, children, families, seniors

**LANGUAGES OFFERED:** English, Spanish

**SERVICES:** FREDERICK OFFICE: Targeted Case Management (TCM) for adults and Mental Health Care Coordination (MHCC) for children and youth. TCM plays a vital role in assisting in obtaining needed benefits (food stamps, apply for TDAP, SSI/SSDI, and housing, etc.) and linking to community-based supports to allow individuals to be more independent. MHCC connects families with local resources; assists children in the home, school, and community setting to meet goals identified by the child and family. Additional services include geriatric care management (private pay).

**HOURS:** M-F 8:00 a.m. - 4:30 p.m., on-call services

**FEES:** Medicaid, by arrangement

## **SHEPPARD PRATT BEHAVIORAL HEALTH PARTNERS OF FREDERICK**

*A Program of Sheppard Pratt Health System*

219 West Patrick Street, Suite A, Frederick, MD 21701

604 Solarex Court, Frederick, MD 21703 (Ste 100—Family Clinic; Ste 201—Main Center)

Telephone: 301-663-8263 (All Offices)

Website: [www.sheppardpratt.org](http://www.sheppardpratt.org)

**AGE RANGE SERVED:** 1-4, 5-11, 12-18, 19-25, 25-64, 65+

**TREATMENT MODALITY:** Individuals, couples, groups, families, children

**SERVICES:** Provides comprehensive outpatient mental health services for children, adolescents, adults and seniors to include individual, group, family and couples therapy, psychiatric assessments, groups and medication evaluation and management. Offsite counseling program services children and adolescents (Medicaid only). Telehealth services are available for most insurances.

**HOURS:** West Patrick Office: M-F 8:30 a.m. - 5:00 p.m.

Solarex Office: M-Th 8:00 a.m. - 8:00 p.m. and Fri 8:00 a.m. - 5:00 p.m.

**FEES:** Most insurance, Medicare/Medicaid, Self-pay, Credit Cards

## **TRAUMA SPECIALISTS OF MARYLAND**

124 North Court Street, Frederick, MD 21701

3534 Urbana Pike, Suite C, Frederick, MD 21704

5216 Chairmans Court, Unit 104, Frederick, MD 21703

Telephone: 301-304-7108 Fax: 301-304-7108

Website: [www.traumaspecialistsofmd.com](http://www.traumaspecialistsofmd.com)

**AGE RANGE SERVED:** 1-100

**TREATMENT MODALITY:** Individuals, groups, couples, children, families

**LANGUAGES OFFERED:** ASL, English, Spanish

**SERVICES:** Treatment for depression, anxiety, trauma, PTSD, bipolar, relationship struggles. Group, Individual, and Family Therapy are available as well as EMDR, Neurofeedback, DBT, Alpha-Stim, Equine Therapy and Yoga.

**SPECIALTIES/CERTIFICATIONS:** All of our therapists are EMDR trained. In addition, many utilize IFS, DBT, and Neurofeedback. We have DBT groups as well as trauma-informed Yoga groups, Equine Therapy and an Alpha-Stim clinic.

**HOURS:** M-F 8:00 a.m. - 8:00 p.m., Sat by appointment

**FEES:** Set rates, in network with BCBS plans

# What is **CASE MANAGEMENT?**

Have you ever wondered what it would be like to have someone walk by your side during times when you feel overwhelmed, alone or anxious?

## **Wonder no more.**

PCMS case managers are here to help YOU!

A range of services are available, designed to help each individual function at the highest level of independence as possible.

The overall goal of the program is to empower each person to become integrated into the community with services and supports that help build safe bridges.

The services are offered at varying levels dependent upon the person's strengths, needs and goals.

Case managers assist and support individuals with a severe or persistent mental health illness to enjoy a better quality of life.



SERVING CARROLL, FREDERICK & WASHINGTON COUNTIES  
(800) 975-2086 F: (301) 393-0730 WWW.PCMSINC.ORG

**INFLUENCING GENERATIONS...ONE LIFE AT A TIME**

## **TRINITY PASTORAL COUNSELING CENTER**

703 West Patrick Street, Frederick, MD 21701

Telephone: 301-662-8908 Fax: 301-662-3308

Email: [TPCC@TrinityFrederick.org](mailto:TPCC@TrinityFrederick.org)

Website: [www.trinityfrederick.org/counseling-center](http://www.trinityfrederick.org/counseling-center)

**AGE RANGE SERVED:** 18-65+

**TREATMENT MODALITY:** Individuals, couples

**SERVICES:** Counseling for adults of all or no faith with licensed counselors trained in psychology and theology. Focus on relationships, caregiving, ACOA/codependency, loss/grief, anxiety, depression, ACE/PTSD/abuse, work-life balance, "faith & life".

**SPECIALTIES/CERTIFICATIONS:** EMDR trauma-informed counselors available, mindfulness, Imago Couples Therapy

**HOURS:** M-Th, days and evenings by appointment

**FEES:** Sliding scale, Health Savings, fee for service, billing statements available for client submission to insurance

## **VILLA MARIA BEHAVIORAL HEALTH SERVICES OF FREDERICK COUNTY**

300 West 9th Street, Frederick, MD 21701

Telephone: 667-600-3110 Fax: 667-600-4060

Email: [mshay@cc-md.org](mailto:mshay@cc-md.org)

Website: [www.cc-md.org](http://www.cc-md.org)

**AGE RANGE SERVED:** All ages

**TREATMENT MODALITY:** Individuals, groups, couples, children, families

**LANGUAGES OFFERED:** English, Spanish

**SERVICES:** We provide clinical services to individuals, children and families with the overall goal of enhancing skills required to be successful in their respective communities, building more successful relationships and exercising better problem-solving capabilities.

**SPECIALTIES/CERTIFICATIONS:** Substance Use Disorders (including MAT) services.

**HOURS:** M-F 9:00 a.m. - 5:00 p.m., other hours by appointment

**FEES:** Medicare, Medicaid

VILLA MARIA  
COMMUNITY  
RESOURCES

CATHOLIC CHARITIES IN ACTION

*Inspired by the Gospel mandates to love, serve and teach,  
Villa Maria of Frederick County provides Community Mental Health services to Marylanders in need.*

Villa Maria of Frederick County

300 W. 9th Street

Frederick, MD 21701

P: 667-600-3310

F: 667-600-4060

[www.cc-md.org](http://www.cc-md.org)

## VITAL SOURCES PSYCHOLOGICAL SERVICES

116 Record Street, Frederick, MD 21701

Telephone: 301-620-8700 Fax: 301-620-8710

Email: [info@vitalsources.org](mailto:info@vitalsources.org)

Website: <https://vitalsources.org/>

**AGE RANGE SERVED:** 5-11, 12-18, 19-25, 26-64, 65+

**TREATMENT MODALITY:** Individuals, groups, couples, children, families

**LANGUAGES OFFERED:** American Sign Language

**SERVICES:** Vital Sources offers comprehensive psychological services with Christian professionals. Our clinically educated, trained and professionally licensed psychologists and counselors provide therapy and assessment services across the lifespan. Serving Frederick and the surrounding area since 2002, pastors, priests and physicians have confidently made referrals to the VS team for mental health services. Second-year master's and doctoral student interns under the supervision of our clinical staff, often allow us to serve those with financial challenges. We are prepared to meet clients in their struggles to address life transition issues, mood disorders, adjustment disorders, trauma, healing, grief, loss, personal growth, family and marital issues. Clinical perspectives include integrative, cognitive-behavioral, family systems, short term therapy, and long term depth psychotherapy.

**SPECIALTIES/CERTIFICATIONS:** Licensed Psychologists and Masters Level Therapists. See website for clinician bios and specialties/certifications listed.

**HOURS:** M-F by appointment

**FEES:** Set, Medicare, Tricare, Out of network insurances provider

# COMPREHENSIVE PSYCHOLOGICAL SERVICES

*with* CHRISTIAN PROFESSIONALS



FAMILIES • INDIVIDUALS • CHILDREN • ADOLESCENTS • GROUPS • COUPLES



## VITAL SOURCES

PSYCHOLOGICAL SERVICES

Toward resilient and hopeful individuals, families and communities

116 Record Street • Frederick, MD • 301.620.8700 • [vitalsources.org](http://vitalsources.org)

Serving the greater Frederick community since 2002

Community Support Services



# 211

Maryland

## Need Help? Call 2-1-1

2-1-1 Maryland offers guidance and support to help teens, adults, families, seniors, veterans, caregivers, clergy and professionals find the services they need.

**Free, Confidential & Multi-Lingual  
Information and Referral 24/7 for:**



### **BASIC NEEDS**

Utility assistance, food, housing and shelter, transportation and employment



### **HEALTH CARE**

Health and dental clinics, drug and alcohol programs and mental health



### **FAMILY RESOURCES**

Child care, parenting programs, elder care and literacy

In some circumstances, 3 digit dialing does *not* work. If you are unable to connect with us by dialing 2-1-1 on your phone, please contact us at **866-411-6803**

*Normal airtime and other charges apply for cell users.*



[www.211md.org](http://www.211md.org)

# Community Support Services

## ADVANCED BEHAVIORAL HEALTH

**WEBSITE:** [www.abhmaryland.com](http://www.abhmaryland.com)

**MAIN:** 301-375-1143

**ADDRESS:** 1003 West 7th Street, Suite 500, Frederick 21702

**HOURS:** Mon - Fri: 9am-5pm. Psychiatrist appointments are available on Mon, Tue, Thu and Fri only. Off-site appointments for therapy or PRP can be scheduled outside of regular office hours.

**SERVICES:** **MENTAL HEALTH:** Provides a range of mental health services for children and adults. Services include on-site and off-site counseling, medication management, and a psychiatric rehabilitation/ mentorship program for children and adolescents.

**ELIGIBILITY:** Persons in need of mental health treatment with Medical Assistance (MA) or private insurance.

**FEES:** Medical assistance, private insurance

## ADVOCATES FOR HOMELESS FAMILIES

**WEBSITE:** [www.afhf88.org](http://www.afhf88.org)

**MAIN:** 301-662-2003

**ADDRESS:** 216 Abrecht Place, Frederick 21701

**HOURS:** Mon - Fri: 9am-5pm, by appointment

**SERVICES:** **HOMELESS SUPPORTS:** Pairs homeless or at-risk families with case manager who helps identify problems and find solutions. Program requires six-month commitment from participants and they must be abstinent from substances for at least six months prior to entry.

**ELIGIBILITY:** Low-income, at risk, or homeless families.

**FEES:** None.

## AL-ANON & ALATEEN GROUPS

**WEBSITE:** [www.al-anon.org](http://www.al-anon.org)

**MAIN:** 757-563-1600

**ADDRESS:** PO Box 28259, Frederick 21701

**HOURS:** Hotline is available 24 hours/day, 7 days/week.

Mon - Fri: 8am-6pm

**SERVICES:** **ALCOHOL USE DISORDER SUPPORT GROUPS:** Offers confidential, anonymous, non-professional, mutual support program of recovery for relatives and friends of alcoholics.

**ELIGIBILITY:** No age limit for Al-Anon. Alateen is for teenagers, 13-18.

**FEES:** None. Voluntary contributions of members.



## **ALCOHOLICS ANONYMOUS**

- WEBSITE:** [www.aa.org](http://www.aa.org)  
**MAIN:** 301-662-0544  
**ADDRESS:** 22 South Market Street, Frederick 21701  
**HOURS:** 24 hours/day, 7 days/week. Call or check website for meeting location and times.  
**SERVICES:** SUPPORT GROUP: Anonymous, non-professional program of recovery to help individuals attain and maintain sobriety through sharing of personal experiences. Offers peer support and community health education.  
**ELIGIBILITY:** Persons of any age who want to stop drinking.  
**FEES:** None. Voluntary donation basket passed at meetings.

## **ALZHEIMER'S ASSOCIATION, WESTERN MARYLAND**

- WEBSITE:** [www.alz.org/maryland](http://www.alz.org/maryland)  
**MAIN:** 301-696-0315  
**ADDRESS:** 108 Byte Drive, Suite 103, Frederick 21702  
**HOURS:** Mon: 9am-5pm, Tue – Fri: 8:30am-4:30pm  
**SERVICES:** ADVOCACY: Provides individuals with Alzheimer's and related dementia, their families and caregivers a 24-hour Helpline, information and referral, support groups, and safety services. Grant funding may also be available so support caregivers. Also opportunities for engagement in advocacy and special events.  
**ELIGIBILITY:** Person with Alzheimer's Disease and related dementia, their families, care providers, and all interested persons.  
**FEES:** Most are free however there are a few with minimal cost.

## **AMERICAN ASSOCIATION OF RETIRED PERSONS**

- WEBSITE:** [www.aarp.org](http://www.aarp.org)  
**MAIN:** 888-687-2277  
**SERVICES:** OVERVIEW: Offers insurance, pharmacy services, benefits screening, advocacy, grandparent support and education on issues related to aging.  
**ELIGIBILITY:** Adults age 50 years and older  
**FEES:** Annual fee of \$16

## THE ARC OF FREDERICK COUNTY

**WEBSITE:** [www.arcfc.org](http://www.arcfc.org)

**MAIN:** 301-663-0909

**ADDRESS:** 620-A Research Court, Frederick 21703

**HOURS:** Mon – Fri: 9am-5pm

**SERVICES:** INTELLECTUAL DISABILITY SERVICES: Provides advocacy, access to resources, and community connections for people with developmental disabilities and their families. Seeks solutions to help people with developmental disabilities attain their goals.

**ELIGIBILITY:** Residents of the county who have developmental disabilities and their families.

**FEES:** None.

## ASIAN AMERICAN CENTER OF FREDERICK

**WEBSITE:** [www.aacfmmd.org](http://www.aacfmmd.org)

**MAIN:** 301-694-3355

**ADDRESS:** 1306 West Patrick Street, Suite 16, Frederick 21701

**HOURS:** Mon – Fri: 9:30am – 6pm

**SERVICES:** OUTREACH/ADVOCACY: Helping to build a stronger community through integration of services. Offer a diverse range of services and events, including interpretation, assistance in obtaining citizenship, language and culture education, health and human services advocacy, free education classes for expectant mothers, outreach programs, and training classes for people to become community health workers

**ELIGIBILITY:** Open to public.

**FEES:** Some services are free; some material fees may apply. Interpretation services have fees.

## AUTISM SOCIETY OF AMERICA, FREDERICK COUNTY CHAPTER

**WEBSITE:** [www.asafrederickmd.org/](http://www.asafrederickmd.org/)

**ANSWERING MACHINE:** 301-746-8080

**ADDRESS:** PO Box 456, Buckeystown 21717

**HOURS:** No set hours. Please call and leave a message and call will be returned within 24 hours.

**SERVICES:** ADVOCACY: Provides support groups, advocacy, community awareness and education for professionals, parents, and caregivers of people with autism.

**ELIGIBILITY:** Persons and families affected by Autism.

**FEES:** None.

## **BETTER TOMORROW STARTS TODAY**

**WEBSITE:** [www.btstservices.com](http://www.btstservices.com)  
**MAIN:** 301-898-2205  
**ADDRESS:** 5950 Frederick Crossing Lane, Suite 102, Frederick 21704  
**HOURS:** Mon – Fri: 9am-5pm  
**SERVICES:** MENTAL HEALTH: Offers psychiatric diagnostic and evaluation, individual, family, and group therapy as well as medication monitoring and psychiatric rehabilitation services.  
**ELIGIBILITY:** Individuals 5-60 years old.  
**FEES:** Medical assistance, private pay.

## **BIRTHRIGHT OF FREDERICK**

**WEBSITE:** [www.birthright.org](http://www.birthright.org)  
**MAIN:** 301-663-0111  
**ADDRESS:** 250 West Patrick Street, Frederick 21701  
**HOURS:** Mon, Tue, Thu, Fri: 11am-2pm, Wed: 4pm-7pm  
**SERVICES:** PREGNANCY SUPPORT: Provides support to girls and women who are in a pregnancy crisis and in need of a pregnancy testing and support. Services include right-to-life counseling, maternity and baby clothes, and 24-hour pregnancy hotline.  
**ELIGIBILITY:** Women and girls who are in a crisis situation with their pregnancy, are in need of information or pregnancy services.  
**FEES:** None.

## **BOYS AND GIRLS CLUBS OF FREDERICK COUNTY**

**WEBSITE:** [www.bgcfcc.org](http://www.bgcfcc.org)  
**MAIN:** 301-600-1875  
**ADDRESS:** 413 Burck Street, Frederick 21701  
**HOURS:** Mon - Fri: 9am-6pm. Program hours: Mon-Fri, 3-6:30PM. Teen Center: 6PM-8:30PM. Call for summer hours. Follows FCPS school schedule during school year.  
**SERVICES:** AFTER SCHOOL PROGRAMS: Provides a safe place for area children ages 6 to 18 to go after school and during the summer. Offer various types of academic and recreational activities, educational tutoring and help in making appropriate choices in their physical, educational, personal, social, emotional, vocational, and spiritual lives  
**ELIGIBILITY:** Youth ages 6 to 12  
**FEES:** Annual fee of \$15 and \$35 monthly. Scholarships and financial aid available. Teen Center membership is \$10 a year.

## **BROWNSVILLE CHURCH OF THE BRETHREN, FOOD PANTRY**

- MAIN:** 301-432-8354  
**HOURS:** 2nd & 4th Tuesdays of the month: 3:30pm-5:30pm  
**ADDRESS:** 1911 Rohresville Rd, Knoxville 21758  
**SERVICES:** FOOD PANTRY: Offers staples, canned goods, fresh produce when available, canned meats, and eggs to people in need. Services can be accessed one time per month.  
**ELIGIBILITY:** Must be a resident of the Pleasant Valley area.

## **BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED**

- MAIN:** 301-834-9718  
**HOURS:** Mon – Fri: 9am - 5pm. Leave message and call will be returned within 24 hours. Food Bank: Thu: 6:30pm-8pm and 1st Saturday of each month: 9:30am - 11am.  
**ADDRESS:** 601 East Potomac Street, Brunswick 21716  
**SERVICES:** OVERVIEW: Provides a food pantry, financial assistance, information and referral as well as holiday assistance to residents of the Brunswick School District.  
**ELIGIBILITY:** Low income residents of the Brunswick School District.  
**FEES:** None.

## **CARE NET PREGNANCY CENTER OF FREDERICK**

- WEBSITE:** [www.carenetfrederick.org](http://www.carenetfrederick.org)  
**MAIN:** 301-662-5300  
**ADDRESS:** 707 North Market Street, Frederick 21701  
**HOURS:** Mon, Wed, Fri: 10am – 2pm, Tue: 11am – 5pm, Thu: 1pm-7pm  
Tue and Thu: medical and support services only.  
**SERVICES:** OVERVIEW: A medical pregnancy resource center for women and teens that offers a variety of support services. All services are confidential and free.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## **CATOCTIN COUNSELING CENTER**

- WEBSITE:** [www.catocinctin counseling.com](http://www.catocinctin counseling.com)  
**MAIN:** 301-631-1304  
**HOURS:** Mon – Fri: 9am-5pm. Appointment hours vary.  
**ADDRESS:** 309 East Patrick Street, Frederick 21701  
**SERVICES:** COUNSELING: Provides individual, family, couples, and adolescents counseling regarding various issues including but not limited to domestic violence, mental and sexual abuse, grief, trauma, and anger management. Offers batterers counseling, sex offender counseling, abuse survivor support groups, a substance abuse, and chemical dependency program, DUI and DWI program, substance abuse relapse prevention.  
**ELIGIBILITY:** Open to public.  
**FEES:** Private pay; Medicaid; Tricare; and some insurance.

## **CELEBRATE RECOVERY FREDERICK, GRACE COMMUNITY CHURCH**

- WEBSITE:** [www.gracetoday.org/ministries/celebrate-recovery](http://www.gracetoday.org/ministries/celebrate-recovery)  
**CHURCH OFFICE:** 301-473-4337  
**ADDRESS:** 5102 Old National Pike, Frederick 21702  
**HOURS:** Church: Mon – Fri: 9am-4pm. Group meets Thu: 7pm  
**SERVICES:** SUPPORT GROUP: A Christ centered program that gives people the resources and relationships to help recover from life’s hurts, habits, and hang-ups.  
**ELIGIBILITY:** Open to the public 18 and older.  
**FEES:** None.

## **CENTER FOR INTEGRATIVE HEALTHCARE**

- WEBSITE:** [www.pathforhealing.com](http://www.pathforhealing.com)  
**MAIN:** 301-663-1683  
**ADDRESS:** 247 West Patrick Street, Frederick 21701  
**HOURS:** Mon - Fri: 9am-5pm. Evening appointments are available.  
**SERVICES:** MENTAL HEALTH: Offers individuals, families and couples an array of both traditional and non-traditional methods of professional health care for the mind and body.  
**ELIGIBILITY:** Ages 5 and up  
**FEES:** Accepts Medicaid, private pay and some insurance

## **CENTER FOR MIND-BODY THERAPIES**

- WEBSITE:** [www.cmbt.net](http://www.cmbt.net)  
**MAIN:** 301-631-2936  
**ADDRESS:** 5 North Bentz Street, Frederick 21701  
**HOURS:** Call and leave a message. Call will be returned.  
**SERVICES:** MENTAL HEALTH CARE: Focuses on integrating conventional mental health care with complimentary healing modalities such as acupuncture, message, naturopathy, and medicine. Special emphasis is placed on teaching skills and practices that enhance awareness, relaxation, and psycho-spiritual growth.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Please call for information as the individual practitioners fees and insurance varies. Some therapist offer sliding scale. Call for details.

## CENTRO HISPANO DE FREDERICK

- WEBSITE:** [www.centrohispanodefederick.org](http://www.centrohispanodefederick.org)  
**MAIN:** 301-668-6270  
**ADDRESS:** 5 Willowdale Drive, Suite 16-18, Frederick 21702  
**HOURS:** Mon - Thu: 10am-7pm, Fri: 9am-1pm, Sat: Golden Years program 9am-12pm. Tax assistance: Mon-Fri 10am-6pm, Family Attorney: Tue: 5-7pm, Immigration Attorney: Wed & Thu: 5-7pm.  
**SERVICES:** SUPPORT SERVICES: Offers free legal clinics, classes to educate residents in English and citizenship, computers, parent outreach, employment skill development programs, information and referrals to health and human services within the community, public notary, documentation translation, quarterly informational workshops, and mediation services. Also offers tax assistance.  
**ELIGIBILITY:** Targets the Hispanic and immigrant community.  
**FEES:** Mostly free, some fees vary depending upon services needed.

## CHILDREN OF INCARCERATED PARENTS PARTNERSHIP

- WEBSITE:** [www.coipp.org](http://www.coipp.org)  
**MAIN:** 240-578-5662  
**ADDRESS:** Frederick  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** CAREGIVER SUPPORT: Provides resources to caregivers and children with family members that are incarcerated, promotes awareness of incarcerated children's and caregivers' needs via presentations and training to stakeholders in the community.  
**ELIGIBILITY:** Educators, criminal justice staff, service club members, and the general public.  
**FEES:** None.

## COMMUNITY LIVING, DAY PROGRAM AND SUPPORTIVE HOUSING

- WEBSITE:** [www.communitylivinginc.org/](http://www.communitylivinginc.org/)  
**MAIN:** 301-663-8811  
**ADDRESS:** 620 B Research Court, Frederick 21703  
**HOURS:** Operations: 24 hours day/7days week.  
Mon - Fri: 8am – 5pm  
**SERVICES:** INTELLECTUAL DISABILITY SERVICES: Provides supervised housing and day support services to adults with intellectual and developmental disabilities. Seeks to help residents meet their maximum potential for independent living. Residents grouped by compatibility, share household responsibilities, and participate in a work or day program according to their abilities and interests.  
**ELIGIBILITY:** Adults with developmental disabilities.  
**FEES:** SSI, Sliding Scale, or persons who are DDA funded.

## COMPASSIONATE FRIENDS, FREDERICK

**WEBSITE:** tcffrederickmd.com

**MAIN:** 301-305-6378

**ADDRESS:** 705 West Patrick Street, Frederick 21701

**HOURS:** 1st Wed of month: 7pm. Call anytime. If no answer, leave message and call will be returned.

**SERVICES:** SUPPORT GROUPS: Provides monthly support groups for bereaved families, parents, grandparents, and siblings (18 and older) who have lost a child of any age. Helps to work through their grief with others who have lost a child. Offers educational information on parental and sibling grief to the community through publicity, speaking engagements, and distribution of material including a chapter newsletter.

**ELIGIBILITY:** Adults 18 and older including grandparents.

**FEES:** None.

## CONCERTED CARE GROUP

**WEBSITE:** www.concertedcaregroup.com

**MAIN:** 240-815-7300

**ADDRESS:** 300-B Scholls Lane, Frederick 21701

**HOURS:** Mon – Fri: 6:30am – 3pm, Sat: 6:30am-10:30am, Dispensing hours: Mon-Sat: 6:30am – 10:30am

**SERVICES:** MEDICATION ASSISTED MAINTENANCE: Provides outpatient medication maintenance for methadone, suboxone and vivitrol.

OUTPATIENT MENTAL HEALTH: Provides mental health evaluations, individual, group and family psychotherapy and medication management.

OUTPATIENT SUBSTANCE USE DISORDER TREATMENT: Provides an Intensive Outpatient program (IOP) for nine hours weekly of group and individual counseling. Also offers overdose prevention services.

**ELIGIBILITY:** Adults, 18 and older with substance use disorder or seeking mental health services.

**FEES:** Accepts Medicaid/MA, self-pay, reduced fees, sliding fee scale and offers uninsured grants for individuals 250% below federal poverty level.

## CROSSROADS CENTERS, FREDERICK

- WEBSITE:** [www.crossroadscenteroffrederick.com](http://www.crossroadscenteroffrederick.com)  
**MAIN:** 301-696-1950  
**ADDRESS:** 511 West South Street, Frederick 21701  
**HOURS:** Mon – Fri: 9am – 9pm, Sat: 8am-12pm  
**SERVICES:** SUBSTANCE USE: Offers treatment for adults and adolescents with co-occurring mental and substance use disorders, persons with HIV/AIDS, and DUI/DWI offenders intensive out-patient counseling. Provides confidential assessments, evaluations, and referrals as well as education and prevention services, family counseling programs, urine screenings and intervention services.  
**ELIGIBILITY:** Individuals and families experiencing difficulty associated with chemical dependency.  
**FEES:** All insurances

## DAYBREAK ADULT DAY SERVICES

- WEBSITE:** [www.daybreakadultdayservices.org](http://www.daybreakadultdayservices.org)  
**MAIN:** 301- 696-0808  
**ADDRESS:** 7819 Rocky Springs Road, Frederick 21702  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** ADULT DAY PROGRAM: Offers comprehensive, structured medical and non-medical day programs for adults 55 and older. Admission of younger adults is reviewed on a case-by-case basis.  
**ELIGIBILITY:** Seniors, ages 55 and older, needing medical oversight, socialization and meals.  
**FEES:** Medicaid, VA benefits, long term care insurance and private pay.

## DELTA HOLISTIC THERAPY CENTER

- WEBSITE:** [www.deltaholistic.com](http://www.deltaholistic.com)  
**MAIN:** 301-663-8901, EX 2  
**ADDRESS:** 245 West Patrick Street, Frederick 21701  
**HOURS:** Call and leave message. Call will be returned.  
Mon-Fri: 9am-5pm  
**SERVICES:** THERAPY: Works with individuals, couples, families, older adults and groups. Provides therapy for life transitions, grief and bereavement, couples work, anxiety, PTSD, depression and specializes in LGBTQ.  
**ELIGIBILITY:** Adults 18 and older.  
**FEES:** Medicare, set and private pay.



## DEVOTION ASSISTED LIVING

- WEBSITE:** www.devotioncare.wordpress.com  
**MAIN:** 240-476-4729  
**ADDRESS:** 8531 Inspiration Avenue, Walkersville 20853  
**HOURS:** Operation: 24 hours day/7days week.  
Mon - Fri: 8am – 9pm  
**SERVICES:** ELDER CARE: Offers 24 hour staffing, Alzheimer's/Dementia care, private and semi-private bedrooms, medications supervision and management, doctor appointments upon request, daily housekeeping and respite care.  
**ELIGIBILITY:** Adults 55 and older. Specializing in Alzheimer's/Dementia care.  
**FEES:** Varies, call for details.

## EDENTON RETIREMENT COMMUNITY

- WEBSITE:** www.edenton-retirement.com  
**MAIN:** 301-694-3100  
**ADDRESS:** 5800 Genesis Lane, Frederick 21703  
**HOURS:** Evening and weekend appointments available.  
Mon-Fri: 8am-5pm  
**SERVICES:** RETIREMENT COMMUNITY: Offers independent living, assisted living, and individual care including dementia care. Services offered include various types of recreation, health care, dining and meal planning. Also offers in home personal care for individuals needing a helping hand.  
**ELIGIBILITY:** Seniors needing assistance with daily living in the retirement community as well as their private homes.  
**FEES:** Varies depending upon need.

## EMMITSBURG FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS

- MAIN:** 717-642-6963  
**HOURS:** Tue, Wed: 7pm-8pm. Fri: 1pm-2pm. Sat: 10am-11am.  
**ADDRESS:** 502 East Main Street, Emmitsburg 21727  
**SERVICES:** FOOD PANTRY: Distributes governmental food supplies for qualified individuals and families. May access service once a month. Donation of food, toiletries and money are welcomed.  
**ELIGIBILITY:** Low income and homeless residents in Emmitsburg school district with photo ID and proof of residency.  
**FEES:** None.

## EXCEL YOUTH

**WEBSITE:** [www.excelyouthfrederick.com](http://www.excelyouthfrederick.com)

**MAIN:** 301-898-2205

**ADDRESS:** 5950 Frederick Crossing Lane, Frederick 21703

**HOURS:** Mon – Fri: 10am–7pm

Appointments can be scheduled outside of normal office hours.

**SERVICES:** **PSYCHIATRIC REHABILITATION:** Provides services to children and teens with mental illness as they work with a mentor to form an individual plan of recovery based on existing symptoms and diagnoses. Counselors meet with clients at least weekly at home, in the community, and in the office. Offers group activities on anger management, art expression, homework/study skills, social skills, hygiene development, money management, workforce readiness, and community outings.

**ELIGIBILITY:** Must be referred by a licensed therapist. Serves Frederick and Washington County residents, ages 5-17.

**FEES:** Medical Assistance (Medicaid/MA).

## FAMILY RESOURCE, INFORMATION AND EDUCATION NETWORK FOR DOWN SYNDROME

**WEBSITE:** [www.friendsoffredco.org](http://www.friendsoffredco.org)

**MAIN:** 301-788-6806

**ADDRESS:** PO Box 641, Middletown 21769

**HOURS:** 2nd Fri of month: 6:30pm at United Methodist Church in Middletown, MD 21769. Call for further details.

**SERVICES:** **SUPPORT GROUP:** Offers a monthly support and resource group for expectant parents, new parents and extended families of Down syndrome babies.

**ELIGIBILITY:** Expectant parents, new parents and extended families of Down syndrome babies.

**FEES:** None.

## FAMILY SERVICE FOUNDATION

**WEBSITE:** [www.fsfinc.org](http://www.fsfinc.org)

**MAIN:** 240-575-2367

**ADDRESS:** 6910 Bowers Road, Suite A, Frederick 21702

**HOURS:** Mon – Fri: 9am-5pm

**SERVICES:** **MENTAL HEALTH:** Provides residential and day program services for individuals with mental illness. Offers outpatient mental health clinic.

**ELIGIBILITY:** Individuals with a priority mental health diagnosis including schizophrenia, schizoaffective disorder, delusional disorder, bipolar disorder, or major depressive disorder.

**FEES:** Medicaid, Medicare, Uninsured.

## **FORT DETRICK VOLUNTEER PROGRAM**

- WEBSITE:** [www.myarmyonesource.com](http://www.myarmyonesource.com)  
**MAIN:** 301-619-2208  
**ADDRESS:** Army Community Service, 1520 Freedman Drive, Fort Detrick 21702  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** VOLUNTEER PROGRAM: Offers a variety of volunteer opportunities on and off base to military and civilians such as clerical/receptionist, sporting events, and assisting with special events, etc. Must register online at [www.myarmyonesource.com](http://www.myarmyonesource.com)  
**ELIGIBILITY:** Open to public ages 16 and older.  
**FEES:** None.

## **THE FREDERICK CENTER, HIV COALITION**

- WEBSITE:** [www.thefrederickcenter.org](http://www.thefrederickcenter.org)  
**MAIN:** 240-415-8327  
**ADDRESS:** 25 East 2nd Street, Frederick 21701  
**HOURS:** Call for appointment.  
**SERVICES:** TEST KITS: Offers OraQuick Home HIV test kits free of charge to individuals who want to take a test in the privacy of their own home.  
**ELIGIBILITY:** Maryland residents who would like to know their HIV status  
**FEES:** None

## **THE FREDERICK CENTER, TRANSGENDER AND GENDER EXPANSIVE PEER SUPPORT GROUP**

- WEBSITE:** [www.thefrederickcenter.org](http://www.thefrederickcenter.org)  
**MAIN:** 240-415-8327  
**ADDRESS:** Evangelical Reformed United Church of Christ, 15 West Church Street, Frederick 21701  
**HOURS:** Meets 3rd Thursday of month: 7pm-9pm. Check calendar on web site for the date each month or call.  
**SERVICES:** SUPPORT GROUP: This peer support group is a monthly topic-driven meeting that is open for all adults (18+) that identify as gender non-conforming in any way. A safe space to discuss issues of identity, coming out, transition, and to support one another in gender exploration. See calendar at [thefrederickcenter.org](http://thefrederickcenter.org) for dates and times.  
**ELIGIBILITY:** Adults 18 and older.  
**FEES:** None.

## THE FREDERICK CENTER, YOUNG ADULT GROUP

- WEBSITE:** [www.thefrederickcenter.org](http://www.thefrederickcenter.org)  
**MAIN:** 240-415-8327  
**ADDRESS:** Grace United Church of Christ, 25 E 2nd St, Frederick 21701  
**HOURS:** Meets 1st and 3rd Monday of month: 7pm-8:30pm  
**SERVICES:** SUPPORT GROUP: This peer support group is a twice monthly topic-driven meeting that is open for LGBTQ young adults ages 18-26. Topics include education, support, friendship-building, skill-sharing, and more.  
**ELIGIBILITY:** Adults 18 and older.  
**FEES:** None.

## THE FREDERICK CENTER, YOUTH SUPPORT GROUPS

- WEBSITE:** [www.thefrederickcenter.org](http://www.thefrederickcenter.org)  
**MAIN:** 240-415-8327  
**ADDRESS:** Grace United Church of Christ (meeting times only), 25 East 2nd Street, Frederick 21701  
**HOURS:** Meets Wed: 7pm-8:30pm. Youth Group Jr. meets 1st and 3rd Wed: 4:30pm-6pm. Call anytime leave message and call will be returned.  
**SERVICES:** SUPPORT GROUP: Peer support groups for youth (8-13 & 14-18) that identify as LGBTQ, plus their youth allies. For youth, run by youth, with adult supervision. Topic-driven meetings: education, support, friendship-building, skill-sharing, community involvement.  
**ELIGIBILITY:** Youth: High school and college age youth (14-18) LGBTQ and allies. Youth Jr: ages 8-13  
**FEES:** None.

## FREDERICK CHRISTIAN FELLOWSHIP CARE MINISTRIES

- WEBSITE:** [www.fcfchurch.com](http://www.fcfchurch.com)  
**MAIN:** 301-620-2255  
**ADDRESS:** 10142 Hansonville Road, Frederick 21702  
**HOURS:** Mon – Fri: 9am-5pm  
**SERVICES:** GRIEF SHARE: Provides a special seminar and support group for people grieving the loss of someone else. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.  
DIVORCE CARE: Provides a support group for people recovering from the hurt of separation and divorce.  
Please call for days and times of meetings. Church office hours do not reflect support group dates and times, please call for further information. Child care available. Must call at least 1 week prior to meeting for childcare.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None or small material fee.

## **FREDERICK CITY DEPARTMENT OF CODE ENFORCEMENT**

- WEBSITE:** [www.cityoffrederick.com/157/Code-Enforcement](http://www.cityoffrederick.com/157/Code-Enforcement)  
**MAIN:** 301-600-3825  
**ADDRESS:** 140 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 7am-4pm  
**SERVICES:** GOVERNMENT CODE: Enforces laws and codes such as International Property Maintenance Code, Frederick City Code, and the Land Management Code. To report a code violation, please visit our website at [www.cityoffrederick.com](http://www.cityoffrederick.com).  
**ELIGIBILITY:** Open to the public.  
**FEES:** Varies upon need.

## **FREDERICK CITY DEPARTMENT OF COMMUNITY DEVELOPMENT**

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-2842  
**ADDRESS:** 140 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm  
**SERVICES:** HOUSING: Works to provide community with decent housing, a suitable living environment, and expanding economic opportunities. Serves low and moderate income families.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Varies or none.

## **FREDERICK CITY DEPARTMENT OF ECONOMIC DEVELOPMENT**

- WEBSITE:** [www.businessinfrederick.com](http://www.businessinfrederick.com)  
**MAIN:** 301-600-6360  
**ADDRESS:** 101 North Court Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 5pm  
**SERVICES:** GOVERNMENT OFFICE: Works to increase economic opportunity for residents through job creation revitalization and re-investment. The priority to achieve this is to create business attraction retention and expansion, business structure advocacy, downtown revitalization, and corridor revitalization.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Vary.

## **FREDERICK CITY GOVERNMENT**

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1380  
**ADDRESS:** 101 North Court Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm  
**SERVICES:** GOVERNMENT OFFICE: Responsible for the safety and well being of city residents by overseeing all departments within the city government.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Varies depending upon service.

## FREDERICK CITY HOUSING AUTHORITY

- WEBSITE:** [www.hacfrederick.org](http://www.hacfrederick.org)  
**MAIN:** 301-662-8173  
**ADDRESS:** 209 Madison Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4:30pm. Section-8 housing applications: Tue: 9am - 2:45pm.  
**SERVICES:** HOUSING: Provides affordable housing for low-to-moderate income families, senior citizens and some disabled. Owns and manages public housing rental units throughout the county. Oversees the housing choice voucher program for Frederick City.  
**ELIGIBILITY:** Determined by family size and income level. Background checks are done. Call or apply online, may also check application status online as well.  
**FEES:** None.

## FREDERICK CITY PARKS AND RECREATION

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1492  
**ADDRESS:** 121 North Bentz Street, Frederick 21701  
**HOURS:** Park Hours are Dawn - 10PM.  
Mon – Fri: 8am – 4:30pm  
**SERVICES:** OVERVIEW: Utilizes and maintains parks, swimming, pools, and sports facilities as well as provide recreation opportunities to city residents. Offers a variety of summer camps for children ages 4-12.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None or minimal depending upon activities.

## FREDERICK CITY POLICE DEPARTMENT

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**NON-EMERGENCY NUMBER:** 301-600-2100  
**ADDRESS:** 100 West Patrick Street, Frederick 21701  
**HOURS:** Operations 24hours/day 7days/week.  
**SERVICES:** LAW ENFORCEMENT: Assures the safety and general welfare of the residents of Frederick City by preventing and detecting crime and enforcing laws 24 hours a day, 7 days a week.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## **FREDERICK CITY POLICE DEPARTMENT, VICTIM SERVICES UNIT**

**WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-2101  
**ADDRESS:** 100 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** SERVICES: Provides immediate support to victims of crime in the City of Frederick assessing needs, providing information, crisis intervention and links to community resources. Offers support from crisis period through investigative process.  
**ELIGIBILITY:** Crime victims of all ages.  
**FEES:** None.

## **FREDERICK COMMUNITY ACTION AGENCY, COMMUNITY HEALTH CARE CENTER**

**WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1506  
**ADDRESS:** 100 South Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am-5pm  
**SERVICES:** MEDICAL CARE: Provides needed medical care to low income adults and children.  
**ELIGIBILITY:** Adults and children who are homeless, uninsured meeting income guidelines, or Medical Assistance recipients who are enrolled with participating MCO.  
**FEES:** Sliding scale

## **FREDERICK COMMUNITY ACTION AGENCY, FREDERICK FOOD BANK**

**WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1506  
**ADDRESS:** 14 East All Saints Street, Frederick 21701  
**HOURS:** Mon, Tue, Thu and Fri: 2pm-4pm, Wed: 7pm-9pm  
**SERVICES:** FOOD PANTRY: Provides a 3-5 day supply of food to individuals and families that are experiencing an economic crisis and cannot afford their groceries. Donations of food or grocery gift cards accepted.  
**ELIGIBILITY:** Individuals or families in need of food.  
**FEES:** None.

## **FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES**

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1506  
**ADDRESS:** 121 South Market Street, Frederick 21701  
**HOURS:** Mon – Sat: 8:30am - 5pm  
**SERVICES:** HOMEOWNERSHIP COUNSELING: Offers low and moderate income individuals and families homeownership counseling, credit counseling, reverse mortgage counseling, default and foreclosure counseling, post-purchase programs. Seminars, home buyer and other related workshops are offered throughout the year. All services are done face to face. Call for appointment.  
**ELIGIBILITY:** Open to the public and caters to low and moderate income individuals and families.  
**FEES:** Free

## **FREDERICK COMMUNITY ACTION AGENCY, OUTREACH AND TRANSPORTATION SERVICES**

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1506  
**ADDRESS:** 100 South Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 12pm  
**SERVICES:** OUTREACH: Workers perform outreach to local shelters, streets, woods, and other areas where people that are homeless can be found in order to familiarize them with available resources.  
TRANSPORTATION: Operates a free van run to transport clients to a variety of local human service agencies.  
**ELIGIBILITY:** Homeless, low to moderate income individuals and families.  
**FEES:** None.

## **FREDERICK COMMUNITY ACTION AGENCY, SOAR PROGRAM**

- WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-3941  
**ADDRESS:** 100 South Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 12pm  
**SERVICES:** SOCIAL SECURITY APPLICATIONS: Helps homeless or those at risk of homelessness, and disabled to apply for disability benefits available through the Social Security Administration. Assists people with obtaining necessary documents, such as birth certificates and photo identification cards, needed to apply for benefits.  
**ELIGIBILITY:** Disabled individuals residing in Frederick and Washington Counties who are homeless or at risk of homelessness and in need of assistance to apply for disability benefits.  
**FEES:** None.



## **FREDERICK COMMUNITY ACTION AGENCY, SOUP KITCHEN**

**WEBSITE:** [www.cityoffrederick.com/362/Soup-Kitchen-Program](http://www.cityoffrederick.com/362/Soup-Kitchen-Program)  
**MAIN:** 301-600-1506  
**ADDRESS:** 100 South Market Street, Frederick 21701  
**HOURS:** 7 days/week, 5:30pm - 6:30pm  
**SERVICES:** SOUP KITCHEN: Serves one meal daily to persons in need.  
**ELIGIBILITY:** Open to public.  
**FEES:** None.

## **FREDERICK COMMUNITY ACTION AGENCY, TRANSITIONAL HOUSING SERVICES**

**WEBSITE:** [www.cityoffrederick.com/183/Frederick-Community-Action-Agency](http://www.cityoffrederick.com/183/Frederick-Community-Action-Agency)  
**MAIN:** 301-600-1506  
**ADDRESS:** 100 South Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 5pm  
**SERVICES:** TRANSITIONAL HOUSING: Offers a 31-bed shelter with case management and supportive services to homeless families with children and adults with physical disabilities. Families can transition into the 24 month transitional apartment program as space allows.  
**ELIGIBILITY:** Homeless families and disabled individuals  
**FEES:** None.

## **FREDERICK COMMUNITY ACTION AGENCY, WEATHERIZATION ASSISTANCE**

**WEBSITE:** [www.cityoffrederick.com](http://www.cityoffrederick.com)  
**MAIN:** 301-600-1506  
**ADDRESS:** 121 South Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am - 5pm  
**SERVICES:** WEATHERIZATION ASSISTANCE PROGRAM: Provides a housing conservation program to reduce home energy consumption. Provides home energy inspection and may provide the following treatments: air leak identification, insulation, hot water system improvements, energy efficient lighting, and furnace cleaning/repairs.  
**ELIGIBILITY:** Open to low income individuals and families, homeowners or renters and receiving energy assistance. Must apply for energy assistance at Department of Social Services.  
**FEES:** None.

## FREDERICK COMMUNITY COLLEGE

**WEBSITE:** [www.frederick.edu](http://www.frederick.edu)

**MAIN:** 301-846-2400

**ADDRESS:** 7932 Opossumtown Pike, Frederick 21702

**HOURS:** Class schedules vary.

Mon - Thu: 8:30am-8pm, Fri: 8:30am-4:30pm

**SERVICES:** **OVERVIEW:** A 2-year college, offering associate degrees, as well as certificates with more than 85 programs available. Offers flexible schedules featuring evening, weekend, weekday, and online options. Provides facilities and services that are open to the community, e.g. the library and bookstore.

**ELIGIBILITY:** Open to the public.

**FEES:** Varies depending upon classes and residency.

## FREDERICK COMMUNITY COLLEGE, OFFICE OF ADULT SERVICES

**WEBSITE:** [www.frederick.edu/adultservices](http://www.frederick.edu/adultservices)

**MAIN:** 301-846-2483

**ADDRESS:** Frederick Community College, Annapolis Hall, A-103, 7932 Opossumtown Pike, Frederick 21702

**HOURS:** By appointment only, Mon: 8:30am-7pm, Tue-Fri: 8:30am-4:30pm

**SERVICES:** **ADULT SERVICES:** Offers a wide variety of supportive services for adults returning to college including counseling, support, and referrals through its five programs, Project Forward Step, the Allied Health Academy, Adult Ed STARS, the Women's Center, and the Anne-Lynn Gross Breast Cancer Resource Center.

**ELIGIBILITY:** Adults in transition.

**FEES:** None.

## FREDERICK COUNTY 4-H THERAPEUTIC RIDING PROGRAM

**WEBSITE:** [www.fc4htrp.org](http://www.fc4htrp.org)

**MAIN:** 301-898-3587

**ADDRESS:** 11515 Angleberger Road, Thurmont 21788

**HOURS:** Mon - Fri: 8:30am - 4:30pm. If no answer, leave message and call will be returned.

**SERVICES:** **OVERVIEW:** Offers a therapeutic horseback riding program for children and adults with disabilities. Rider activities off the premises include a show at the Frederick Fairgrounds during the Great Frederick Fair.

**ELIGIBILITY:** Disabled persons of all ages.

**FEES:** \$245 for 7 week session; Private start at \$60

## **FREDERICK COUNTY ADULT DETENTION CENTER**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-2550  
**ADDRESS:** 7300 Marcie's Choice Lane, Frederick 21704  
**HOURS:** Operations are 24 hours/day, 7 days/week.  
**SERVICES:** CORRECTIONAL FACILITY: A full service correctional facility offering all available alternatives to incarceration to include: pretrial services, home detention, alternative sentencing/community service and work release, as well as traditional incarcerations and imprisonment for offenders either awaiting trial or who have been sentenced.  
**ELIGIBILITY:** Individuals involved with the criminal justice system  
**FEES:** None unless you are on work release.

## **FREDERICK COUNTY ANIMAL CONTROL AND PET ADOPTION CENTER**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-1546  
**ADDRESS:** 1832 Rosemont Avenue, Frederick 21702  
**HOURS:** Mon, Tue, Fri: 8am-5pm, Wed, Thu: 12pm-8pm, Sat: 9am-4pm  
Animal Viewing: Mon, Tue, Fri: 10am-5pm, Wed, Thu 10am-8pm, Sat: 10am-4pm. Animal Intake: Mon, Tue, Fri: 8am-5pm, Wed, Thu: 12pm-8pm, Sat: 9am-4pm.  
**SERVICES:** ANIMAL ADOPTION: Cares for abandoned and relinquished animals through funding from Frederick County Government. Offers dogs, cats, and small animals for adoption to caring homes. Animal control and licensing is also available.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Vary call for details.

## **FREDERICK COUNTY CHILD ADVOCACY CENTER**

- WEBSITE:** [www.frederickcountymd.gov/481/Child-Advocacy-Center-CAC](http://www.frederickcountymd.gov/481/Child-Advocacy-Center-CAC)  
**MAIN:** 301-600-1758  
**ADDRESS:** 12 E Church Street, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4pm.  
**SERVICES:** CHILD ADVOCACY: Provides multidisciplinary services to child abuse victims and their families. Services include child abuse interviews; coordination of investigation; legal, medical, and mental health services; on-site medical examination; linkage to service providers for victims; information and referrals to other community agencies.  
**ELIGIBILITY:** Must be referred by CPS or local law enforcement.  
**FEES:** Free

## **FREDERICK COUNTY COMMISSION FOR WOMEN**

- WEBSITE:** [www.frederickcountymd.gov/1520/Commission-For-Women](http://www.frederickcountymd.gov/1520/Commission-For-Women)  
**MAIN:** 301-600-1066  
**ADDRESS:** 401 Sagner Ave, Room 141, Frederick 21701  
**HOURS:** Meetings: 2nd Tuesday each month: 7PM in Winchester Hall (3rd floor).  
Call and leave message and call will be returned.  
**SERVICES:** VOLUNTEER: Consists of a group of volunteer citizens dedicated to advocating and promoting the economic, social and political equality of women.  
**ELIGIBILITY:** Open to public. Woman 18 and older.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF HOUSING**

- WEBSITE:** [www.frederickcountymd.gov/housing](http://www.frederickcountymd.gov/housing)  
**MAIN:** 301-600-1061  
**ADDRESS:** 401 Sagner Avenue, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** HOUSING: Assists in the provision of affordable housing for Frederick County residents with an emphasis on special needs populations, senior citizens, persons with disabilities, and low to moderate income workforce households.  
**ELIGIBILITY:** Low to moderate income individuals, families, and seniors who meet income guidelines.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADOPTION**

- WEBSITE:** [www.dhs.maryland.gov/adoption](http://www.dhs.maryland.gov/adoption)  
**MAIN:** 301-600-4522  
**ADDRESS:** 1888 N. Market Street, Frederick 21701  
**HOURS:** Mon – Fri: - 8am-4pm  
**SERVICES:** ADOPTION SERVICES: Enables children to become free for adoption and release may be a direct request from the child's birth parents or initiated by foster care staff for children who have been abandoned or have no chance of returning to their families. Children are placed with adoptive parents who have previously applied to adopt and have been approved to do so through a home study process. Most of the children freed for adoption have special needs or are in sibling groups.  
**ELIGIBILITY:** Must be 21 and older to adopt.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT FOSTER CARE**

**WEBSITE:** [www.dhs.maryland.gov](http://www.dhs.maryland.gov)  
**Intake:** 301-600-2635  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm  
**SERVICES:** ADULT FOSTER CARE: Provides supportive housing with a pre-qualified foster family for adults in need of housing. Adults may be at risk, have no relatives or families, families are unable to adequately provide for them or unable to accept the responsibility, needs an alternative to independent living in the community or an institution. Recruits and counsels foster families and adult in care and obtains special services that may be needed.  
**ELIGIBILITY:** Low income frail, elderly and disabled adults 18 and older, including HIV/AIDS patients.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT PROTECTIVE SERVICES**

**WEBSITE:** [www.dhs.maryland.gov](http://www.dhs.maryland.gov)  
**MAIN:** 301-600-2635  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** ADULT PROTECTION: Provides professional services to protect the health, safety, and welfare of endangered, vulnerable adults. Prevents or remedy abuse, neglect, self-neglect, or exploitation of adults who are unable to protect their own interests and at risk of immediate harm to their own person or to others. Risk factors identified and service plans developed to prevent further risk of harm to the adult.  
**ELIGIBILITY:** Vulnerable adults age 18 or over that lack physical or mental capacity to provide own daily needs that are or believed to be abused, neglected or exploited.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, BURIAL ASSISTANCE**

**WEBSITE:** [www.dhs.maryland.gov/local-offices/frederick-county/](http://www.dhs.maryland.gov/local-offices/frederick-county/)  
**MAIN:** 301-600-4555  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon - Fri: 8am – 4:30pm Walk-in interviews: 8am-12pm ONLY.  
**SERVICES:** BURIAL ASSISTANCE: Provides limited financial help with funeral expenses of deceased recipients of public assistance programs when their families cannot afford funeral costs.  
**ELIGIBILITY:** Family members of a recipient of public benefits or person qualified to receive public benefits.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD PROTECTIVE SERVICES**

- WEBSITE:** [www.dhs.maryland.gov/child-protective-services/contact-us/](http://www.dhs.maryland.gov/child-protective-services/contact-us/)  
**MAIN:** 301-600-2464  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** CHILD PROTECTIVE SERVICES: Investigates allegations of physical or sexual abuse and neglect. Legal mandates require children in neglect cases to be seen within 5 days and in abuse cases within 24 hours. Emergency services may include placement in sheltered care or court involvement, or may involve counseling with the family to rectify the situation. Provides continuing services to families.  
**ELIGIBILITY:** Neglected or abused children under age 18.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD SUPPORT SERVICES**

- WEBSITE:** [www.dhs.maryland.gov/local-offices/frederick-county/](http://www.dhs.maryland.gov/local-offices/frederick-county/)  
**MAIN:** 800-332-6347  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** CHILD SUPPORT ENFORCEMENT: Provides services to establish and enforce child support orders, including location of the absentee parent and court order for wage withholding. Establishes paternity, collects and distributes child support and reviews and modifies the court orders.  
**ELIGIBILITY:** Open to persons seeking assistance obtaining child support.  
**FEES:** If you are not receiving cash assistance or medical assistance there is a \$15 application fee.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, EMERGENCY ASSISTANCE TO FAMILIES WITH CHILDREN**

- WEBSITE:** [www.dhs.maryland.gov/local-offices/frederick-county/](http://www.dhs.maryland.gov/local-offices/frederick-county/)  
**MAIN:** 301-600-2410  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm Walk-in interviews: 8am-12pm ONLY.  
**SERVICES:** FINANCIAL ASSISTANCE: Provides emergency cash assistance to families who need help paying an eviction notice, emergency fuel/heating shortage.  
**ELIGIBILITY:** Residents 18 and older with at least one related child under age of 21 living in home. Must provide proof household can maintain on-going monthly rent and utilities. Available to household once in a 24-month period.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, FOSTER CARE FOR CHILDREN AND LICENSING**

**WEBSITE:** [www.dhs.maryland.gov/foster-care](http://www.dhs.maryland.gov/foster-care)  
**MAIN:** 301-600-4555  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm  
**SERVICES:** FOSTER CARE: Provides temporary homes for children to live until they are able to be reunited with their own families, placed with relatives, or adopted. Helps individuals and families become foster parents.  
**ELIGIBILITY:** Families willing and able to provide temporary care for children in need while working towards reunification with family members.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, MEDICAL ASSISTANCE**

**WEBSITE:** [www.dhs.maryland.gov](http://www.dhs.maryland.gov)  
**MAIN:** 301-600-4575  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am-3:30pm  
**SERVICES:** MEDICAL ASSISTANCE: Provides assistance with screening and applying for Medical Assistance/Medicaid/MA. Assists with questions/concerns regarding Medicare beneficiary programs.  
**ELIGIBILITY:** Low-income, uninsured individuals and families, older adults, people with disabilities. Must meet income guidelines.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SOCIAL SERVICES TO ADULTS**

**WEBSITE:** [www.dhs.maryland.gov/office-of-adult-services/](http://www.dhs.maryland.gov/office-of-adult-services/)  
**MAIN:** 301-600-2635  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm  
**SERVICES:** ADULT CARE: Provides services to citizens 18 and older who are mentally, physically, or developmentally disabled, in order to enable them to remain independent.  
**ELIGIBILITY:** Senior citizens and individuals ages 18 to 64 who are mentally, developmentally, or physically disabled.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM**

- WEBSITE:** [www.dhs.maryland.gov](http://www.dhs.maryland.gov)  
**MAIN:** 301-600-4575  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4:30pm  
**SERVICES:** SUPPLEMENTAL FOOD: Offers free food benefits provided monthly to eligible low-income households that allows them to purchase food from participating stores. Clients are given an independence card similar to a bank debit card to access benefits.  
**ELIGIBILITY:** Applicants must file an application, be interviewed, and meet all financial and technical eligibility factors.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, TEMPORARY CASH ASSISTANCE**

- WEBSITE:** [www.dhs.maryland.gov](http://www.dhs.maryland.gov)  
**MAIN:** 301-600-4575  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** CASH ASSISTANCE: Helps families become independent of welfare support through work, personal responsibility and community involvement. Clients are required to participate in some sort of work activities for a minimum of 30 hours per week, in exchange for temporary cash assistance, child care, and training.  
**ELIGIBILITY:** Low-income families with children age 17 and under.  
**FEES:** None.

## **FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, TEMPORARY DISABILITY ASSISTANCE PROGRAM**

- WEBSITE:** [www.dhs.maryland.gov/weathering-tough-times/temporary-disability-assistance/](http://www.dhs.maryland.gov/weathering-tough-times/temporary-disability-assistance/)  
**MAIN:** 301-600-4575  
**ADDRESS:** 1888 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** CASH ASSISTANCE: A cash assistance program, for disabled adults with no dependent children that provides up to \$215 per month for emergency needs such as rent, mortgage assistance, prescription expenses, and medical bills.  
**ELIGIBILITY:** Must be a single adult disabled for at least 3 months, as verified by a doctor, have no dependent children, and meet income guidelines.  
**FEES:** None.



## **FREDERICK COUNTY DIVISION OF UTILITIES AND SOLID WASTE MANAGEMENT, REGULATORY COMPLIANCE**

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-1825  
**ADDRESS:** 4520 Metropolitan Court, Frederick 21704  
**HOURS:** Mon – Fri: 8am - 4pm  
**SERVICES:** GOVERNMENT OFFICE: Coordinates compliance with state and local regulations related to the operation of public water supplies, wastewater collection systems, and solid waste disposal facilities.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Call for details.

## **FREDERICK COUNTY GOVERNMENT INFORMATION LINE**

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-9000  
**ADDRESS:** 12 East Church Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** HELP LINE: Provides phone numbers, information, and services for Frederick County and City government offices, state agencies as well as Frederick tourism.  
**ELIGIBILITY:** Open to public.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, ADMINISTRATIVE CARE COORDINATION AND OMBUDSMAN**

**WEBSITE:** [www.health.frederickcountymd.gov/483/Administrative-Care-Coordination-Unit-AC](http://www.health.frederickcountymd.gov/483/Administrative-Care-Coordination-Unit-AC)  
**MAIN:** 301-600-3348  
**ADDRESS:** 350 Montevue Lane, 1st Floor, Entrance “B”, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** INSURANCE CONCERNS: Assists Frederick County Medicaid (MA) recipients to locate providers, navigate the MA system, and connect to community resources. Ombudsman services available to advocate and help solve complex medical issues.  
**ELIGIBILITY:** Frederick County residents who receive or are eligible to receive Medical Assistance benefits.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, ADULT EVALUATION AND REVIEW SERVICES**

**WEBSITE:** [www.health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services](http://www.health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services)

**MAIN:** 301-600-1736

**ADDRESS:** 350 Montevue Lane, Frederick 21702

**HOURS:** Mon – Fri: 8am – 4:30pm

**SERVICES:** SENIOR and DISABLED ADULTS CARE: An evaluation and assessment program with nursing, social, and psychiatric components to assist at risk adults to plan and receive appropriate care. Services include coordinating in-home services and long-term care as needed.

**ELIGIBILITY:** At risk and/or disabled adults who live in the county who need help in identifying resources to assist them in planning for their care needs.

**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, ADULT SUBSTANCE USE SCREENING**

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)

**MAIN:** 301-600-1775

**ADDRESS:** 350 Montevue Lane, Frederick 21702

**HOURS:** Mon, Wed: 8am-8pm, Tue, Thu, Fri: 8am – 5pm

**SERVICES:** SCREENING AND REFERRAL UNIT: Serves as a first step for individuals seeking substance use treatment. Provides clinical assessment of the person's recovery needs, followed by referrals and linkages to community treatment providers at the appropriate level of care.

**ELIGIBILITY:** Adults 18 and over who struggle with substance use.

**FEES:** Medical assistance

## **FREDERICK COUNTY HEALTH DEPARTMENT, CANCER SCREENING PROGRAMS**

**WEBSITE:** [www.health.frederickcountymd.gov/218/Preventive-Health-Services](http://www.health.frederickcountymd.gov/218/Preventive-Health-Services)

**MAIN:** 301-600-3362

**ADDRESS:** 350 Montevue Lane, Frederick 21702

**HOURS:** Mon – Fri: 8am-5pm

**SERVICES:** HEALTHCARE: Provides eligible individuals with services for prevention, diagnosis, and treatment of breast, cervical, colorectal cancers and chronic disease prevention and education. Offers literature, information and speakers at health fairs, workshops, community or professional events.

**ELIGIBILITY:** County residents who are under insured or uninsured and meet income guidelines. Colorectal screening: age 50+. Breast and cervical screening: age 40-64. 65+ may qualify if receiving Medicare Part A.

**FEES:** None if meet income guidelines. Accepts Medicare, and some insurance.

## **FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY HEALTH SERVICES DIVISION**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-1733  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am-5pm  
**SERVICES:** HEALTH CARE: Offers HIV testing and care, immunizations, tuberculosis treatment, contagious disease tracking/investigation/control, maternal/infant/young child support and education including the WIC Program, screening for breast, cervical and colon cancer, cancer resources and work site wellness activities.  
**ELIGIBILITY:** Varies depending on the service provided. Call for further information.  
**FEES:** Many services are no cost or on sliding scale. No one is denied access to services due to inability to pay.

## **FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY ORGANIZED RECOVERY EFFORTS**

- WEBSITE:** [www.health.frederickcountymd.gov/459/Adult-Recovery-Supports](http://www.health.frederickcountymd.gov/459/Adult-Recovery-Supports)  
**MAIN:** 301-600-3289  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 12pm  
**SERVICES:** COMMUNITY ORGANIZED RECOVERY EFFORTS (CORE): The center offers a variety of recovery supports to include peer-led discussion groups, a wellness program, life-skills classes, speech craft, art classes, recovery coaches, telephone recover support, sober social activities and more.  
**ELIGIBILITY:** Must be Frederick County resident age 18 or older and have unmet substance abuse and or mental health treatment needs or in recovery from these issues.  
**FEES:** None

## **FREDERICK COUNTY HEALTH DEPARTMENT, DEVELOPMENTAL CENTER**

- WEBSITE:** [www.frederickcountymd.org](http://www.frederickcountymd.org)  
**MAIN:** 301-600-1611  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** DEVELOPMENTAL SERVICES: Provides specialized health and education-related services, including an infants and toddlers program, audiological services, dental clinic, school-based occupational/ physical therapy, and respite care when funds are available.  
**ELIGIBILITY:** 25% delay or greater in any one area of development, a medical diagnosis, or atypical development identified based on a comprehensive evaluation.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, ENVIRONMENTAL HEALTH**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-1719  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 5pm  
**SERVICES:** ENVIRONMENTAL SERVICES: Responsible for food control, individual well and septic as well as community services and development review of land plats.  
**ELIGIBILITY:** Residents of the county.  
**FEES:** Vary upon service required.

## **FREDERICK COUNTY HEALTH DEPARTMENT, HARM REDUCTION SERVICES**

- WEBSITE:** [www.health.frederickcountymd.gov/540/Harm-Reduction-Services](http://www.health.frederickcountymd.gov/540/Harm-Reduction-Services)  
**MAIN:** 301-600-1755  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 5pm. Program hours may vary. Call for more info. NALOXONE TRAINING (entrance C): 2nd Wed of month: 6pm. Fri: 1pm  
**SERVICES:** OVERVIEW: Promotes strategies to reduce negative consequences associated with drug use and unprotected sex. Offers tools to inform, educate, and empower both those who inject drugs and the community. Services include overdose response training and Narcan distribution, HIV and Hepatitis C education, testing and linkage to care, syringe services program, sexual health and referrals to community resources.  
**ELIGIBILITY:** Open to public.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, KIDS LIKE US**

- WEBSITE:** [www.health.frederickcountymd.gov/212/Kids-Like-Us](http://www.health.frederickcountymd.gov/212/Kids-Like-Us)  
**MAIN:** 301-600-3281  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8:30am-4:30pm Meeting times vary per school. Groups are scheduled so that academic time is not adversely impacted.  
**SERVICES:** SCHOOL BASED SUPPORTS: A free, confidential, school-based program for students in grades 4 and above who are affected by the addiction or substance abuse of a close family member. Students participate in initial 12-week group with a trained Kids Like Us counselor. Meetings continue bi-monthly through 8th or 12th grade. Free summer day camp program and annual art show of participant art available to school based participants.  
**ELIGIBILITY:** Students at participating schools who are impacted by familial substance use. Permission from parent or guardian.  
**FEES:** Free

## **FREDERICK COUNTY HEALTH DEPARTMENT, MARYLAND CHILDREN'S HEALTH PROGRAM**

- WEBSITE:** [www.mmcp.health.maryland.gov](http://www.mmcp.health.maryland.gov)  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**SERVICES:** HEALTH INSURANCE: Provides health benefits for children up to age 19, pregnant women of any age, or family members caring for children who meet the income guidelines.  
**ELIGIBILITY:** Single adults (under 65), caretaker relatives, parents, children and pregnant women of any age who meet the income guidelines. See website for additional information.  
**FEES:** None. If qualify for MCHP Premium a monthly fee is required depending upon income.

## **FREDERICK COUNTY HEALTH DEPARTMENT, MATERNAL AND CHILD HEALTH PROGRAM**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-3379  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am-5pm  
**SERVICES:** EDUCATION: Offers education and support for pregnant women, new moms and infants. Serves to educate and inform the pregnant woman and families of the county about health and safety. Services include case management that assists girls and women throughout their pregnancy and until their baby's first birthday to connect with appropriate resources.  
**ELIGIBILITY:** Open to low income families and pregnant women and teens.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, ON THE MARK ADOLESCENT CLUBHOUSE**

- WEBSITE:** [www.md-frederickcountyhealth.civicplus.com/562/On-the-Mark-Adolescent-Clubhouse](http://www.md-frederickcountyhealth.civicplus.com/562/On-the-Mark-Adolescent-Clubhouse)  
**MAIN:** 301-600-1122  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 3:30pm-7pm, Sat: 11am-5pm  
**SERVICES:** YOUTH BEHAVIORAL HEALTH: Offers sober activities for youth ages 12-17 who are recovering from substance use problems or at risk of using substances. Services include educational, recreational, and peer recovery led support groups for maintaining a substance free lifestyle.  
**ELIGIBILITY:** Youth between the ages of 12-17 who are in recovery from substance use/addiction, have experimented or are at risk of using substances.  
**FEES:** Membership is free for all county youth ages 12-17 years old.

## **FREDERICK COUNTY HEALTH DEPARTMENT, SCHOOL HEALTH DIVISION**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-3312  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** SCHOOL HEALTH: Working in conjunction with county school system promotes healthy lifestyles, illness and injury prevention, assist students who have health needs, facilitates access to primary health care, and educates students, staff and the community regarding health care needs.  
**ELIGIBILITY:** Students in the county school system.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, SCOTT KEY CENTER**

- WEBSITE:** [www.scottkeycenter.org](http://www.scottkeycenter.org)  
**MAIN:** 301-600-1600  
**ADDRESS:** 1050 Rocky Springs Road, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 3pm  
**SERVICES:** SUPPORTED EMPLOYMENT: Fosters person-centered, integrated employment opportunities and community involvement for individuals with developmental disabilities in Frederick County.  
**ELIGIBILITY:** Persons ages 21 and older with a developmental disability and have been approved by DDA.  
**FEES:** State-funded.

## **FREDERICK COUNTY HEALTH DEPARTMENT, SEASONAL FLU CLINIC**

- WEBSITE:** [www.health.frederickcountymd.gov/285/Immunizations-Clinic](http://www.health.frederickcountymd.gov/285/Immunizations-Clinic)  
**MAIN:** 301-600-1733  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon, Tue, Thu, Fri: 8am – 5pm, Wed: 8:30am - 3:30pm  
Call for appointment  
**SERVICES:** IMMUNIZATIONS: Offers FREE flu vaccinations for uninsured and underinsured children 6 months-17 years of age BY APPOINTMENT ONLY.  
**ELIGIBILITY:** Uninsured or underinsured children 6 months to 17 years of age.  
**FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, STATE CARE COORDINATION, SUBSTANCE USE**

- WEBSITE:** [www.health.frederickcountymd.gov/459/Adult-Recovery-Supports](http://www.health.frederickcountymd.gov/459/Adult-Recovery-Supports)
- MAIN:** 301-600-3289
- ADDRESS:** 350 Montevue Lane, Frederick 21702
- HOURS:** Mon – Fri: 8am – 5pm
- SERVICES:** CARE COORDINATION: Available to Frederick County residents who are receiving outpatient substance use treatment services at local outpatient. Assists individuals in gaining access to necessary care such as counseling, medical, transportation, and social services.
- ELIGIBILITY:** Must be Frederick County resident age 18 or older and have unmet substance use needs, and currently enrolled in outpatient treatment OR transitioning out of a State Inpatient Substance Use Facility.
- FEES:** None

## **FREDERICK COUNTY HEALTH DEPARTMENT, STOP SMOKING FOR LIFE**

- WEBSITE:** [www.health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program](http://www.health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program)
- MAIN:** 301-600-1755
- ADDRESS:** 350 Montevue Lane, Frederick 21702
- HOURS:** Mon - Fri: 8am - 5pm. Program hours may vary. Call for more info.
- SERVICES:** TOBACCO CESSATION: Offers classes for all ages to help them stop smoking. Class meets once a week for 6 weeks. Nicotine patches and gum are available with physician approval. One on one counseling available. Call for appointment.
- ELIGIBILITY:** Open to the public who wish to stop smoking. Must be 18 to receive nicotine replacements.
- FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, UNDERAGE PARTY TIP HOTLINE**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)
- MAIN:** 301-600-1318
- ADDRESS:** 350 Montevue Lane, Frederick 21702
- HOURS:** Operates 24 hours/day, 7 days/week.
- SERVICES:** HOTLINE: A tip line for anyone who suspects a party is going on involving underage drinking or drugs. Please give the address of the party, the time and date. Police will check out the situation. Callers are NOT required to give their names and all information is confidential.
- ELIGIBILITY:** Open to the public.
- FEES:** None.

## **FREDERICK COUNTY HEALTH DEPARTMENT, WOMEN, INFANTS AND CHILDREN PROGRAM**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-2507  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon, Tue, Thu, Fri: 8am – 5pm. Wed: 8am – 7pm.  
**SERVICES:** NUTRITIONAL ASSISTANCE: Provides supplemental food vouchers and a nutrition education program.  
**ELIGIBILITY:** Pregnant women, new mothers, nursing mothers and households with children up to five years old who meet income guidelines. Families already receiving Social Service benefits (food stamps, medical assistance, temporary cash assistance) are automatically eligible.  
**FEES:** None

## **FREDERICK COUNTY HUMAN RELATIONS DEPARTMENT**

- WEBSITE:** [www.frederickcountymd.gov/humanrelations](http://www.frederickcountymd.gov/humanrelations)  
**MAIN:** 301-600-1110  
**ADDRESS:** 401 Sagner Ave, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4pm. Meeting hours are by appointment.  
**SERVICES:** DISCRIMINATION COMPLAINT INVESTIGATIONS: Investigates alleged complaints of discrimination in areas of housing, public accommodations and employment, based on age, race, sex, religion, marital status, disabilities and source of income brought under Frederick County code.  
**ELIGIBILITY:** Discrimination must have taken place in Frederick County and be reported within six months of the incident.  
**FEES:** None.

## **FREDERICK COUNTY HUMANE SOCIETY**

- WEBSITE:** [www.fchs.org](http://www.fchs.org)  
**MAIN:** 301-694-8300  
**ADDRESS:** 550 Highland Street, Suite 200, Frederick 21701  
**HOURS:** Tue – Fri: 9am - 4pm. Sat: 9am - 1pm  
**SERVICES:** PET CARE ASSISTANCE: Helps with meeting the needs of pet owners and finding available resources for their pets. Services include financial assistance for veterinary care, a pet food bank.  
**ELIGIBILITY:** Open to public living in Frederick County, MD.  
**FEES:** Varies depending upon service.



## **FREDERICK COUNTY OFFICE FOR CHILDREN AND FAMILIES**

- WEBSITE:** [www.frederickcountymd.gov/ocf](http://www.frederickcountymd.gov/ocf)  
**MAIN:** 301-600-1063  
**ADDRESS:** 5370 Public Safety Place, Frederick 21704  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** LOCAL MANAGEMENT BOARD: Facilitates inter agency coordination; creates a vision for local government in achieving results for children and families; makes decisions on standards, goals, and priorities; determine service delivery needs; approves grants; contracts for service, reviews outcomes; establishes policy guidance, engage commitment and board collaboration.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## **FREDERICK COUNTY OFFICE OF THE PUBLIC DEFENDER**

- WEBSITE:** [www.opd.state.md.us](http://www.opd.state.md.us)  
**INTAKE:** 301-600-1988  
**ADDRESS:** 100 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 5pm. Apply Mon – Fri: 8:30-11am and 1-4pm.  
**SERVICES:** LEGAL SERVICES: Provides legal representation for individuals with low or no income, who have been arrested or summoned for a jail able offense.  
**ELIGIBILITY:** Low to moderate income individuals who have committed a crime or misdemeanor. See Notes.  
**FEES:** Free

## **FREDERICK COUNTY PARKS AND RECREATION**

- WEBSITE:** [www.recreator.com](http://www.recreator.com)  
**MAIN:** 301-600-1646  
**ADDRESS:** 355 Montevue Lane, Suite 100, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** RECREATION PROGRAMS: Responsible for operating a variety of parks, facilities, and recreation programs within the County. Also offers summer camps for children.  
**ELIGIBILITY:** Residents of all ages.  
**FEES:** Fixed fees. Call for details.

## **FREDERICK COUNTY PLANNING AND PERMITTING DIVISION**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-1138  
**ADDRESS:** 30 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4 pm  
**SERVICES:** GOVERNMENT OFFICE: Provides short and long range land use planning and development that ensures the health, safety, and wellbeing of county citizens and the communities they live in.  
**ELIGIBILITY:** Open to the public.  
**FEES:** Fees vary depending upon service needed.

## **FREDERICK COUNTY PUBLIC LIBRARIES**

- WEBSITE:** [www.fcpl.org](http://www.fcpl.org)  
**MAIN:** 301-600-1630  
**ADDRESS:** 110 East Patrick Street, Frederick 21701  
**HOURS:** Mon – Thu: 10am-9pm. Fri, Sat: 10am-5pm. Sun: 1pm-5pm  
**SERVICES:** LIBRARY SERVICES: Provides various adult and children’s programs and a reference staff to assist patrons in finding information and locating materials. Also provides meeting space, study rooms, public computer access, and WiFi.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## **FREDERICK COUNTY PUBLIC SCHOOLS**

- WEBSITE:** [www.fcps.org](http://www.fcps.org)  
**MAIN:** 301-644-5000  
**ADDRESS:** 191 South East Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am-4:30pm  
**SERVICES:** SCHOOL: Offers traditional education from kindergarten through high school as well as continuing and special education programs.  
**ELIGIBILITY:** Children ages Pre-k to High School and individuals interested in an education.  
**FEES:** None.

## **FREDERICK COUNTY PUBLIC SCHOOLS, COMMUNITY AGENCY SCHOOL SERVICES PROGRAM**

- WEBSITE:** www.fcps.org  
**MAIN:** 301-644-5000  
**ADDRESS:** 191 South East Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** PUPIL SERVICES: Promotes school success by providing support services to middle school students experiencing social, emotional or behavioral challenges. Provides clinical case management services, which are voluntary and confidential.  
**ELIGIBILITY:** Families with children from birth -18 years of age needing support and access to resources within the community.  
**FEES:** None.

## **FREDERICK COUNTY PUBLIC SCHOOLS, FAMILY SUPPORT SERVICES (SPECIAL EDUCATION)**

- WEBSITE:** www.fcps.org  
**MAIN:** 240-236-8744  
**ADDRESS:** 191 Waverley Drive, Frederick 21702  
**HOURS:** Mon – Fri: 9am – 4pm  
**SERVICES:** FAMILY SUPPORT: Offers a full range of support for families of children and young adults age 3-21 years of age with special needs. Provides information and referrals and serves as a link between family, school and community.  
**ELIGIBILITY:** Families with children ages 3-21 who have special needs.  
**FEES:** None.

## **FREDERICK COUNTY PUBLIC SCHOOLS, JUDY CENTER**

- WEBSITE:** www.fcps.org/judycenter  
**MAIN:** 240-236-8771  
**ADDRESS:** 201 Waverly Drive, Frederick 21702  
**HOURS:** Mon – Fri: 8:30am – 4pm  
**SERVICES:** PARENT EDUCATION: Provides early intervention and comprehensive services to families with a child or children between the ages of birth to 5 years old.  
**ELIGIBILITY:** Families with a child or children between the ages of birth through 5 years old and who reside in the Waverly, or Lincoln Elementary school districts.  
**FEES:** Free

## **FREDERICK COUNTY PUBLIC SCHOOLS, SCHOOL SUPPLIES**

- WEBSITE:** [www.fcps.org/about/news/1642419/help-with-school-supplies](http://www.fcps.org/about/news/1642419/help-with-school-supplies)  
**ADDRESS:** 191 South East Street, Frederick 21701  
**HOURS:** none  
**SERVICES:** SCHOOL SUPPLIES: Provides students in need of assistance with school supplies. Donations are accepted at multiple locations in the county. Additional information can be found online at <https://www.unitedwayfrederick.org/StuffTheBus>  
**ELIGIBILITY:** Families with school age children.  
**FEES:** None.

## **FREDERICK COUNTY PUBLIC SCHOOLS, SPECIAL EDUCATION PROGRAMS.**

- WEBSITE:** [www.fcps.org](http://www.fcps.org)  
**MAIN:** 301-644-5295  
**ADDRESS:** 191 South East Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 4:30pm  
**SERVICES:** OVERVIEW: Provides appropriate education for children from birth to age 21 who are in need of special services due to cognitive, emotional, or physical disabilities. Identified students receive special services for part or all of the school day, as needed.  
**ELIGIBILITY:** Children ages birth to 21 in need of a special education program.  
**FEES:** None.

## **FREDERICK COUNTY PUBLIC SCHOOLS, VIRTUAL SCHOOL**

- WEBSITE:** [www.fcps.org](http://www.fcps.org)  
**MAIN:** 240-236-8450  
**ADDRESS:** 1799 Schifferstadt Boulevard, Frederick 21701  
**HOURS:** Mon – Thu: 8am – 4pm. Fri: 8am – 3pm  
Summer Hours: Mon-Thur: 8am-3pm. Evening High: Tue, Thu: 12pm – 7pm  
**SERVICES:** EDUCATION: Provides high quality and rigorous courses as an alternative for students whose instructional needs cannot be met at their home school.  
**ELIGIBILITY:** Individuals who are at least 16 years of age and currently attending FCPS

## **FREDERICK COUNTY SENIOR SERVICES DIVISION, MARYLAND ACCESS POINT**

**WEBSITE:** [www.frederickcountymd.gov/54/Senior-Services](http://www.frederickcountymd.gov/54/Senior-Services)  
**MAIN:** 301-600-1234  
**ADDRESS:** 1440 Taney Avenue, Frederick 21702  
**HOURS:** Mon - Fri: 8:30am – 4pm  
**SERVICES:** OVERVIEW: Offers assistance for seniors 50 and older and individuals, 18 and older with disabilities. It is a statewide resource for information and assistance about health related services and supports to allow individuals to remain at home and plan for future needs.  
**ELIGIBILITY:** Seniors ages 60 and older and those with disabilities.  
**FEES:** Nominal.

## **FREDERICK COUNTY SENIOR SERVICES DIVISION, SENIOR CENTERS**

**WEBSITE:** [www.frederickcountymd.gov/54/Senior-Services](http://www.frederickcountymd.gov/54/Senior-Services)  
**MAIN:** 301-600-1234  
**HOURS:** Mon - Fri: 8:30am – 4pm.  
Hours vary at each senior center. Call for details.  
**SERVICES:** SENIOR CENTERS: Offers educational programs, health and fitness activities, recreation and social opportunities.  
BRUNSWICK SENIOR CENTER: 12 East A Street, Brunswick MD 21716.  
Call 301-834-8115.  
EMMITSBURG SENIOR CENTER: 300 South Seton Ave. Emmitsburg MD 21727.  
Call 301-600-6350.  
FREDERICK SENIOR CENTER: 1440 Taney Ave., Frederick MD 21702.  
Call 301-600-3525.  
URBANA SENIOR CENTER: 9020 Amelung Street, Frederick MD 21704.  
Call 301-600-7020  
**ELIGIBILITY:** Seniors age 60 and older and those with disabilities  
**FEES:** Nominal.

## **FREDERICK COUNTY SENIOR SERVICES DIVISION, STATE HEALTH INSURANCE PROGRAM**

**WEBSITE:** [www.frederickcountymd.gov/304/Medicare-Senior-Health-Insurance-SHIP](http://www.frederickcountymd.gov/304/Medicare-Senior-Health-Insurance-SHIP)  
**MAIN:** 301-600-1234  
**ADDRESS:** 1440 Taney Avenue, Frederick 21702  
**HOURS:** Mon - Fri: 8:30am – 4pm  
**SERVICES:** OVERVIEW: Provides assistance in understanding health insurance benefits, bills, and client's rights, including Medicare D and Pharmacy Assistance Programs. Investigates complaints of Medicare fraud and abuse as well as educate the public about such topics.  
**ELIGIBILITY:** Anyone who has or is entitled to Medicare  
**FEES:** None.

## **FREDERICK COUNTY SHERIFF'S OFFICE**

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)

**NON-EMERGENCY:** 301-600-1046

**ADDRESS:** 110 Airport Drive East, Frederick 21701

**HOURS:** 24 hours/day, 7 days/week

**SERVICES:** **LAW ENFORCEMENT:** Ensures the safety and general welfare of the public by preventing and detecting crime, apprehending criminals, enforcing laws, and protecting lives and property.

**VICTIMS SERVICE UNIT:** Provides crisis intervention and referral services to victims and witnesses of crime. Contact Theresa Higel @ 301-600-1290.

**FINGERPRINTING:** Offered Tue – Thu: 11am-5pm. No appointment needed.

**ELIGIBILITY:** Open to public.

**FEES:** None. Copies of reports are reproduced at \$5 each.

## **FREDERICK COUNTY SOLID WASTE MANAGEMENT AND RECYCLING**

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)

**MAIN:** 301-600-2890

**ADDRESS:** 9031 Reichs Ford Road, Frederick 21704

**HOURS:** Facility hours are Monday - Saturday from 7am-4:30pm.

Mon - Fri: 7:30am-4:30pm

**SERVICES:** **GOVERNMENT OFFICE:** Operates landfill sites “A” and “B”, waste management facilities and programs. Manages county waste stream including curbside recycling, recycling drop-off center, grinding services for the cities yard waste recycling center, waste-oil recycling center, management of county government office recycling program and provision of other allied county-wide recycling services including the Household Hazardous Waste Drop-Off Events.

**ELIGIBILITY:** Open to the public.

**FEES:** Varies depending upon service.

## **FREDERICK COUNTY STATE'S ATTORNEY'S OFFICE**

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)

**MAIN:** 301-600-1523

**ADDRESS:** 100 West Patrick Street, Frederick 21701

**HOURS:** Mon – Fri: 8am – 4pm

**SERVICES:** **STATE REPRESENTATION:** Enforces laws established by the Maryland General Assembly and upheld by the courts. Represents the citizens of Frederick County in all criminal matters in which the state has an interest, including the enforcement of child support.

**ELIGIBILITY:** Victims of crimes committed in Frederick County.

**FEES:** None.

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## FREDERICK COUNTY WATER AND WASTE-WATER MAINTENANCE

**WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**MAIN:** 301-600-1825  
**ADDRESS:** 4520 Metropolitan Court, Frederick 21704  
**HOURS:** Mon – Fri: 7am – 3:30pm  
**SERVICES:** GOVERNMENT OFFICE: Performs preventative and recurring maintenance on the county’s water and sewer lines, treatment works and buildings. Includes leak detection and corrosion surveys, repair water mains and fire hydrants, sanitizing sewers, grinder pump systems, electrical and mechanical equipment, and the installing reading and repair of residential and commercial water meters.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## FREDERICK COUNTY WORKFORCE SERVICES

**WEBSITE:** [www.frederickworks.com](http://www.frederickworks.com)  
**MAIN:** 301-600-2255  
**ADDRESS:** 200 Monroe Avenue, Suite 1, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4pm.  
**SERVICES:** EMPLOYMENT SERVICES: Provides job seekers with career management services such as career assessment and vocational counseling; a fully equipped career resource lab; individual skill development workshops; low- or no-cost career training; one-on-one assistance with resume and interview preparation; access to hundreds of current job listings; and job fairs featuring employers from select high-growth, high-demand industries.  
**ELIGIBILITY:** Persons ages 16 and older.  
**FEES:** Free

## FREDERICK HEALTH CENTER FOR DIABETES AND NUTRITION

**WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)  
**MAIN:** 240-215-1474  
**ADDRESS:** 7211 Bank Court, Suite 240, Frederick 21703  
**HOURS:** Mon – Thu: 9:30am – 6pm. Fri: 8am-4:30pm, Sat: 8am-11:30am  
**SERVICES:** HEALTH CARE: Provides an array of health screenings, prevention, and therapies. Services include nutrition counseling, weight management programs, and yoga, Pilates, and meditation classes. Call for details.  
**ELIGIBILITY:** Open to public.  
**FEES:** Fees vary.

## FREDERICK HEALTH CRESTWOOD

- WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)  
**HOURS:** Mon – Fri: 7am-7pm  
**ADDRESS:** 7211 Bank Court, Frederick 21703  
**SERVICES:** HEALTH CARE: Provides advanced imaging (X-ray, bone density scan, CT, MRI, ultra sound, digital mammogram) and rehabilitation services (physical, occupational, speech and speech language therapy), as well as laboratory draw and specimen collection stations. No appointment needed for x-rays or laboratory work. Offices, medical fitness program and Promotional Fitness are located in the same building. Offers free monthly support groups for various health conditions, including diabetes, pre-diabetes, and stroke. Call for dates and times.  
**ELIGIBILITY:** Open to public with a specialty focus on women.  
**FEES:** Most insurances, Medicaid, Medicare and self-pay.

## FREDERICK HEALTH EMPLOYER SOLUTIONS

- WEBSITE:** [www.corpohs.com](http://www.corpohs.com)  
**MAIN:** 240-566-3001  
**ADDRESS:** 490-L Prospect Boulevard, Frederick 21701  
**HOURS:** Mon – Fri: 7am – 5pm  
**SERVICES:** HEALTH CARE: Provides work-related injury treatment and management, physical exams, drug screening, Department of Transportation (DOT) physical exams, safety and health programs, work site evaluations, immunization and wellness programs.  
**ELIGIBILITY:** All employers and/or employees with work related injuries or questions.  
**FEES:** Self-pay from employers and workman’s compensation based upon Maryland Worker’s Compensation Commission Guide.



## FREDERICK HEALTH HOME CARE

- WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)
- MAIN:** 240-566-3568
- ADDRESS:** 605 East Church Street, Suite 2, Frederick 21701
- HOURS:** Nurses on call: 24 hours/day, 7 days/week. Office: Mon - Fri: 8am – 4:30pm
- SERVICES:** HOME HEALTH CARE: Home Health Professionals provide intermittent skilled care, collaborating with the patient's physician to develop a plan of treatment specifically to meet the patient's health care needs. Scheduled visits to the patient's home are planned by our health care team to ensure the delivery of care ordered by the patient's physician. Skilled services include: nursing, social workers, home health aides, and physical, occupational, and speech therapies. Therapeutic programs include: wound care, chronic care management, medication management, telehealth, infusion therapy, balance in motion, joint works program, and cognitive therapy.
- ELIGIBILITY:** Open to public.
- FEES:** Medicare, Medicaid, and most private insurance.

## FREDERICK HEALTH HOSPICE

- WEBSITE:** [www.frederickhealthhospice.org](http://www.frederickhealthhospice.org)
- MAIN:** 240-566-3030
- ADDRESS:** 516 Trail Ave, Suite B, Frederick 21701
- HOURS:** Nurses on staff 24 hours/day, 7 days/week.  
Mon – Fri: 8am – 4:30pm
- SERVICES:** HOSPICE CARE: Provides outpatient and inpatient hospice services that include medical, emotional, and spiritual support, as well as a pet visitation program to terminally ill individuals and their families.
- OUTPATIENT: Nurses, home health aides, a social worker, a pastoral care counselor, and specialty-trained volunteers provide medical, emotional and spiritual support to those terminally ill individuals and their families.
- INPATIENT: Kline Hospice House is a residence for people with a life expectancy measured in weeks that can no longer stay in their homes.
- SUPPORT: Provides a variety of bereavement workshops, support groups, seminars and individual telephone or face to face support.
- CAMP JAMIE: A weekend bereavement camp for children approximately 6-14 years of age at no cost to families.
- ELIGIBILITY:** Persons with a life threatening illness and their families. Individuals grieving the loss of a loved one.
- FEES:** Medicare, Medicaid, and most private insurance.

## **FREDERICK HEALTH HOSPITAL**

- WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)  
**MAIN:** 240-566-3300  
**ADDRESS:** 400 West 7th Street, Frederick 21701  
**HOURS:** 24 hours/day, 7 days/week  
**SERVICES:** HOSPITAL: Provides general medical care including: acute care; emergency services; physician referral; maternal and child care; cardiology; laboratory services; rehabilitation services; sleep disorder center; CT scanning and x-ray services; home health, hospice care, psychiatric and behavioral services.  
**ELIGIBILITY:** Open to public.  
**FEES:** All payment methods.

## **FREDERICK HEALTH HOSPITAL, ADVANCE CARE PLANNING**

- WEBSITE:** [www.frederickhealth.org/Services/Advance-Directive](http://www.frederickhealth.org/Services/Advance-Directive)  
**MAIN:** 240-651-4541  
**ADDRESS:** 400 West 7th Street, Frederick 21701  
**HOURS:** Mon – Fri: 9am-5pm  
**SERVICES:** ADVANCE CARE PLANNING: Assists with completion of advance care planning documents including drafting and completing a living will, selecting a healthcare agent or medical power of attorney, reviewing the Medical Order for Life Sustaining Treatment (MOLST) document and sharing documents with medical providers.  
**ELIGIBILITY:** Persons over the age of 18  
**FEES:** Free

## **FREDERICK HEALTH HOSPITAL, AUXILIARY PRENATAL CENTER**

- WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)  
**MAIN:** 240-566-4444  
**ADDRESS:** 400 West 7th Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** HEALTH CARE: Offers comprehensive prenatal care to county residents regardless of ability to pay for services.  
**ELIGIBILITY:** Early pregnancies must have positive pregnancy test from Planned Parenthood or other medical provider and be a resident of the county.  
**FEES:** Most insurances accepted and financial assistance available.

## **FREDERICK HEALTH HOSPITAL, EMERGENCY DEPARTMENT, CRISIS MANAGEMENT SERVICES**

**WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)

**MAIN:** 240-566-3521

**ADDRESS:** 400 West 7th Street, Frederick 21701

**HOURS:** 24 hours/day 7 days/week

**SERVICES:** **MENTAL HEALTH CARE:** An acute psychiatric emergency evaluation unit within the Emergency Department that utilizes a bio-psycho-social model of interviewing implemented by a variety of mental health professionals including clinical social workers, clinical counselors, and psychiatric nurses. Patients are medically screened (including toxicology and lab-work) by an emergency physician and evaluated for safety (risk to self or others). Crisis Management evaluates patients who are Petitioned for Emergency Evaluation by law enforcement, as well as by other health care officials in the community. To facilitate the most appropriate placement, Crisis Management has access to nearly every hospital in the state, including military and veteran facilities, as well as private free-standing psychiatric hospitals and substance use rehabilitation facilities.

**ELIGIBILITY:** All ages served. Patients will undergo full medical clearance prior to crisis evaluation.

**FEES:** Accepts Medicare, Medicaid, uninsured and most major insurances.

## **FREDERICK HEALTH HOSPITAL, INPATIENT BEHAVIORAL HEALTH UNIT**

**WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)

**MAIN:** Nurse's Station: 240-566-3904 Fax: 240-566-3018

**ADDRESS:** 400 West 7th Street, Frederick 21701

**HOURS:** 24 hours/day, 7 days/week. Visiting hours: Mon-Sat: 6pm-8pm, Sun: 1pm-3pm. Professional and pastoral visiting, anytime, upon arrangement with Treatment Team.

**SERVICES:** **MENTAL HEALTH CARE:** An acute inpatient psychiatric stabilization unit accepting voluntary and involuntary admissions, ages 18-64, from Emergency Department Crisis referrals. Our 21-bed state-of-the-art unit utilizes a bio-psycho-social model of treatment implemented by a multidisciplinary treatment team including psychiatrists, clinical social workers and counselors, psychiatric nursing, case management, mental health technicians, adjunct/specialty therapists, and interventionists from our community. Patients receive individualized care through one-to-one interactions with mental health professionals, group therapies, psycho-education, family meetings, and concluding with customized, detailed, after-care plans. The FHH/ BHU provides a safe and healing environment close to home, which affords convenience for family visitation and coordination of care with local providers. We treat the full range of psychiatric illnesses and individuals with co-occurring disorders. All referrals are from the Emergency Department.

**ELIGIBILITY:** Adults 18-64 who meet inpatient psychiatric admission criteria

**FEES:** Accepts Medicare, Medicaid, uninsured and most insurance plans.

## **FREDERICK HEALTH HOSPITAL, PSYCHIATRIC PARTIAL HOSPITALIZATION PROGRAM (PPHP) AND INTENSIVE OUTPATIENT PROGRAM (IOP)**

**WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)

**MAIN:** 240-566-3900

**ADDRESS:** 400 West 7th Street, Frederick 21701

**HOURS:** PPHP: 5-day a week, 6 ½ hours per day program: Mon-Fri: 8am-3:30pm. IOP: 3-5 day a week, 3 hours per day program and is typically a “step down” from PPHP. The average length of stay is 3 weeks.

**SERVICES:** **MENTAL HEALTH CARE:** Provides treatment for adults 18 and older with psychiatric disorders and co-occurring substance use disorders that require a higher level of care than outpatient psychiatric care. Provides treatment as a “step-down” from inpatient psychiatric care, or to prevent an inpatient psychiatric admission. Patients work with a multi-disciplinary team of clinicians (including psychiatrists, social workers, and nurses) to provide assessment, treatment planning, medication management, group psychotherapy and educational groups, individual therapy, family therapy, transition planning, and after care. The treatment goal is stabilization and re-integration into the family, community, and career.

**HOW TO ACCESS PPHP:** Patients are admitted to PPHP from the FHH Emergency Crisis Management Services and the FHH Behavioral Health Unit. Staff coordinates directly with other hospital inpatient facilities and outpatient psychiatrists and therapists to assist patients who meet criteria for this level of care to access this service. For further information about PPHP or the admissions process, please contact 240-566-3900.

**ELIGIBILITY:** Adults 18 and older who do not require an inpatient setting but need more intensive treatment than outpatient office visits. Referral from a licensed clinician is required.

**FEES:** Accepts Medical Assistance, Medicare, and most insurance plans.

## **FREDERICK HEALTH MEDICAL GROUP, DENTAL CLINIC**

- WEBSITE:** [www.frederickhealth.org/dental](http://www.frederickhealth.org/dental)  
**MAIN:** 240-566-7005  
**ADDRESS:** 516 Trail Ave, Suite B, Frederick 21701  
**HOURS:** Patients seen by appointment only. Call to schedule.  
Closed for lunch: 12pm – 1pm  
Available by phone only on Mondays.  
Mon: 9-12pm, Tue – Fri: 9am-4pm  
**SERVICES:** **OVERVIEW:** Provides low-cost dental services to adults who live below 200% of Federal Poverty Level. Services conducted by senior-year dental students from the University of Maryland School of Dentistry, supervised by licensed dentists. Currently offering treatment for urgent dental needs such as assessments, extractions, fillings, as well as cleanings and dentures. Not currently able to do restorative procedures such as crowns.  
**ELIGIBILITY:** Frederick County residents age 18+ who make less than 200% of the Federal Poverty Level.  
**FEES:** Sliding scale fees. Takes medical assistance (MA, Medicaid)

## **FREDERICK HEALTH MEDICAL GROUP, JAMES M. STOCKMAN CANCER INSTITUTE**

- WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)  
**MAIN:** 240-566-4100  
**ADDRESS:** 1562 Opossumtown Pike, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** **OVERVIEW:** Offers a comprehensive cancer treatment support program providing practical assistance, counseling, and supportive services to patients and their families during cancer treatment.  
**ELIGIBILITY:** Adult cancer patients. Some exceptions for children.  
**FEES:** Insurance, HMO, Medicare and Medicaid.

## **FREDERICK HEALTH ROSE HILL**

- WEBSITE:** [www.frederickhealth.org](http://www.frederickhealth.org)  
**MAIN:** 240-566-3100  
**ADDRESS:** 1562 Opossumtown Pike, Frederick 21702  
**HOURS:** Mon – Sat: 7am – 6pm  
**SERVICES:** **HEALTH CARE:** Provides advanced imaging (X-ray, bone density scan, CT, MRI, ultra sound, digital mammogram) and laboratory draw and specimen collection stations. No appointment needed for x-rays or laboratory work.  
**ELIGIBILITY:** Persons are referred by a medical professional.  
**FEES:** Private insurance and Medicare.

## **FREDERICK RESCUE MISSION, BREAD OF LIFE COMMUNITY KITCHEN**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633  
**ADDRESS:** 419 West South Street, Frederick 21701  
**HOURS:** Breakfast 7 days/week: 7am-8am; Lunch: Mon – Sat: 12pm - 1:30pm, Sun: 1pm-2pm  
**SERVICES:** **COMMUNITY MEALS:** Serves free breakfast and lunch every day. Nutritious meals are served to anyone in need. There are no sign-up forms or documentation needed for a meal.  
**ELIGIBILITY:** Anyone in need of a meal.  
**FEES:** None.

## **FREDERICK RESCUE MISSION, CHANGED LIFE RECOVERY PROGRAM**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633  
**ADDRESS:** 419 West South Street, Frederick 21701  
**HOURS:** Program hours may vary Mon – Fri: 8am-5pm  
**SERVICES:** **RESIDENTIAL RECOVERY:** Provides a Christ-centered residential life recovery program designed to help men reclaim their lives following homelessness and/or addiction.  
**ELIGIBILITY:** Men with homelessness or addiction problems.  
**FEES:** Each man is required to pay \$500 for their year-long stay at the Mission. Many of the men are unable to pay this fee up front but the Mission partners with Skycroft Conference Center to provide employment for program participants.

## **FREDERICK RESCUE MISSION, DAY SHELTER**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633  
**ADDRESS:** 419 West South Street, Frederick 21701  
**HOURS:** Tues – Sun: 7am-4:30pm. Closed on Mondays.  
**SERVICES:** **DAY SHELTER:** Provides a safe place offering protection from exposure to weather conditions for individuals during the day while overnight shelter is closed.  
**ELIGIBILITY:** Anyone in need  
**FEES:** None.

## **FREDERICK RESCUE MISSION, FAITH HOUSE**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633 x230  
**ADDRESS:** 731 North Market Street, Frederick 21701  
**HOURS:** Staffed 24 hours/day, 7 days/week Mon - Fri: 9am – 4pm  
**SERVICES:** WOMEN'S / FAMILY SHELTER: Provides emergency shelter for single women and women with pre-teen children. Clients participate in a personal development plan designed to help move the client toward self-sufficiency. Program length is 90 days - with extensions given to clients who are actively engaged in their personal development plan.  
**ELIGIBILITY:** Serves women and women with children under 10 experiencing homelessness who are employable and willing to participate in a Personal Development Plan. Women must be drug, controlled substance, and alcohol free. Unable accommodate women with severe mental or physical health issues at this time.  
**FEES:** For those who have income, the program fee is \$50 per month for the women and \$10 per month for each child.

## **FREDERICK RESCUE MISSION, FOOD DISTRIBUTION CENTER**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633  
**ADDRESS:** 419 West South Street, Frederick 21701  
**HOURS:** Tue, Wed, Fri, Sat: 1:30pm - 3:30pm. Thu: 5pm – 7pm  
**SERVICES:** FOOD: Provides perishable and nonperishable foods to families and individuals in need. Photo ID needed. Must provide own bags.  
**ELIGIBILITY:** Anyone in need of food.  
**FEES:** None.

## **FREDERICK RESCUE MISSION, RESCUED TREASURES CLOTHING**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633  
**ADDRESS:** 419 West South Street, Frederick 21701  
**HOURS:** Mon - Fri: 2:30pm – 4pm.  
**SERVICES:** CLOTHING: Provides free gently-used clothing to anyone in need. Once a month, guests have the opportunity to request the items they need and search the clothing “storeroom” adjacent to the Mission. Must provide ID.  
**ELIGIBILITY:** Anyone in need of clothing.  
**FEES:** None.



## **FREDERICK RESCUE MISSION, SHOWERS**

- WEBSITE:** [www.therescuemission.org](http://www.therescuemission.org)  
**MAIN:** 301-695-6633  
**ADDRESS:** 419 West South Street, Frederick 21701  
**HOURS:** Men's showers: Mon – Fri: 3pm – 4pm. Women's showers: Mon – Fri: 2pm – 3pm.  
**SERVICES:** SHOWERS: Provided for anyone in need. The mission provides all items needed for the shower, including hygiene products, razors, washcloths, and towels.  
**ELIGIBILITY:** Open to the public  
**FEES:** None.

## **THE FREEDOM CENTER**

- WEBSITE:** [www.thefreedomcenter-md.org](http://www.thefreedomcenter-md.org)  
**MAIN:** 301-846-7811  
**ADDRESS:** 550 Highland Street, Suite 510, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** OVERVIEW: Provides assistance and advocacy to help individuals with disabilities lead independent and productive lives.  
**ELIGIBILITY:** Persons with a physical or mental disability.  
**FEES:** None.

## **GAM-ANON**

- WEBSITE:** [www.gam-anon.org](http://www.gam-anon.org)  
**MAIN:** 718-352-1671  
**ADDRESS:** Evangelical Lutheran Church, 1st Floor Rupp House, 31 East Church Street, Frederick 21701  
**HOURS:** 24 hours/day, 7 days/week.  
**SERVICES:** SUPPORT GROUP: Provides a 12 step self-help program for those affected by compulsive gambling of another. Call or visit website for meeting locations and times.  
**ELIGIBILITY:** Families and/or friends of compulsive gamblers who are affected by gambling.  
**FEES:** None are required but attendees are asked for voluntary contributions.

## **GAMBLERS ANONYMOUS, FREDERICK CHAPTER**

- WEBSITE:** [www.gamblersanonymous.org](http://www.gamblersanonymous.org)  
**HOTLINE:** 855-222-5542  
**ADDRESS:** 26 East 2nd Street, Shaffer Building, Frederick 21701  
**HOURS:** Hotline: 24 hours/day, 7 days/week. Meeting times vary, check website or call for more information.  
**SERVICES:** SUPPORT GROUP: Mutual gamblers support group based on the 12-Step program of Alcoholics Anonymous.  
**ELIGIBILITY:** Open to anyone who has a desire to stop gambling because it has become a problem.  
**FEES:** None.

## **GLADE VALLEY CENTER**

- WEBSITE:** [www.genesishcc.com](http://www.genesishcc.com)  
**MAIN:** 301-898-4300  
**ADDRESS:** 56 West Frederick Street, Walkersville 21793  
**HOURS:** Operations: 24 hours/day, 7 days/week. Mon - Fri: 8am – 8pm  
**SERVICES:** MEDICAL CARE: Provides comprehensive rehabilitation care, long and short term care.  
**ELIGIBILITY:** Open to public in need of nursing or rehabilitative services.  
**FEES:** Medicare and Medicaid or self-pay.

## **GLADE VALLEY COMMUNITY SERVICES**

- WEBSITE:** [www.gladevalley.org](http://www.gladevalley.org)  
**MAIN:** 301-845-0213  
**ADDRESS:** PO Box 655, Walkersville 21793  
**HOURS:** Mon – Thu: 9am – 4pm. Fri: 9am - 2pm. Leave message and call will be returned.  
**SERVICES:** LOW INCOME ASSISTANCE: Operate a food pantry, emergency relief fund, holiday assistance and a thrift shop available for residents.  
**ELIGIBILITY:** Individuals and families in need who live in the Walkersville school feeder district. Must meet income guidelines.  
**FEES:** None.

## **GLADE VALLEY FOOD PANTRY**

- WEBSITE:** [www.gladevalley.org](http://www.gladevalley.org)  
**MAIN:** 301-845-4229  
**ADDRESS:** 21 West Frederick Street, Walkersville 21793  
**HOURS:** Mon: 6:30pm – 8pm. Thu: 1pm – 3pm.  
**SERVICES:** FOOD PANTRY: Offers free dry goods and some meats and frozen goods to low-income area residents. Donations of food may be dropped off throughout the year during food pantry hours.  
**ELIGIBILITY:** Individuals and families in need who live in the Walkersville school feeder district. Must meet income guidelines.  
**FEES:** None.

## GOODWILL INDUSTRIES

**WEBSITE:** [www.gimv.org](http://www.gimv.org)  
**MAIN:** 301-663-6893  
**ADDRESS:** 5112 Pegasus Court, Suite M, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 5pm  
Store hours: Mon-Sat: 9am-7pm. Sun: 9am-6pm.  
**SERVICES:** OVERVIEW: Provides comprehensive job search opportunities to anyone including those with disabilities  
**ELIGIBILITY:** Individuals and youth 16 and older with a disability or other barriers to employment. Some programs require DDA approval.  
**FEES:** Some classes have fees and some programs are DDA or DORS funded.

## GRANDFAMILIES OF AMERICA

**WEBSITE:** [www.grandfamiliesofamerica.org](http://www.grandfamiliesofamerica.org)  
**MAIN:** 301-358-3911  
**ADDRESS:** 6525 Fish Hatchery Road, Thurmont 21788  
**HOURS:** Leave message 24 hours/day, 7 days/week.  
**SERVICES:** ADVOCACY: A child advocacy organization that deals with child welfare issues. Provides grandparents and relative caregivers of relative children, with the necessary tools to navigate the complex government systems, as they try to provide safety and permanency for the children in their care and at the same time protect their family ties and heritage.  
**ELIGIBILITY:** Grandparents / relative caregivers of children  
**FEES:** Membership is free

## GREATER WASHINGTON PSYCHIATRY AND COUNSELING

**WEBSITE:** [www.gwpac.com](http://www.gwpac.com)  
**MAIN:** 301-245-6300  
**ADDRESS:** 1003 West 7th Street, Suite 200, Frederick 21701  
**HOURS:** Mon – Fri: 9am – 5pm. Closed for lunch: 12:30pm – 1pm.  
Evening and weekend appointments depend on provider availability.  
**SERVICES:** MENTAL HEALTH SERVICES: Provides counseling and psychiatric services for children and adults including psychiatric evaluations, medication management, individual/family/marital therapy, child and adolescent evaluation and treatment, as well as consultation services.  
**ELIGIBILITY:** Children and adults in need of mental health services  
**FEES:** Medical assistance, private insurance, tricare

## **GREENRIDGE BEHAVIORAL HEALTH**

**WEBSITE:** greenridgebh.com

**MAIN:** 240-683-6202

**ADDRESS:** 5216 Chairmans Court, Suite 102, Frederick 21703

**HOURS:** Mon, Fri: 8am-5pm. Tue, Wed, Thu: 9am-6pm

Appointments depend on provider availability

**SERVICES:** BEHAVIORAL HEALTH SERVICES: Provides outpatient mental health and substance use treatment for adults and adolescents. Services include individual counseling, medication management, psychiatric evaluation, and suboxone treatment.

**ELIGIBILITY:** Adults and adolescents in need of mental health or dual diagnosis treatment.

## **HABITAT FOR HUMANITY, AFFORDABLE LAND TRUST**

**WEBSITE:** www.frederickhabitat.org

**MAIN:** 301-698-2449

**ADDRESS:** 117 East Church Street, Frederick 21701

**HOURS:** Mon – Fri: 8am – 4pm

**SERVICES:** AFFORDABLE HOUSING - Provides low and moderate income county residents with opportunity to purchase own home. Obtains homes throughout Frederick County that are rundown, in disrepair, or otherwise available at a low cost. Homes are renovated by volunteers and local partners and resold as affordable housing unit to income-qualified home buyer; however, the Land Trust retains ownership of the land, which reduces the purchase price to the homeowner.

**ELIGIBILITY:** Applicants must have experienced barriers to becoming a home buyer. This could be difficulty qualifying for a mortgage, an inability to save enough for a down payment and closing costs, or low credit scores. Must currently live or work in Frederick County (for a minimum of one year). Must have a total family income between 30% and 80% of Frederick County's median income.

**FEES:** Through a 99-year renewable lease, the homeowner pays an annual fee to the Land Trust, which supports its operations, and the Land Trust retains permanent ownership of the land.

## HABITAT FOR HUMANITY, HOME CONSTRUCTION

- WEBSITE:** [www.frederickhabitat.org](http://www.frederickhabitat.org)
- MAIN:** 301-698-2449
- ADDRESS:** 117 East Church Street, Frederick 21701
- HOURS:** Mon – Fri: 8am – 4pm
- SERVICES:** HOME-OWNERSHIP: Families meeting home-ownership criteria become “partners” and work with volunteers from community to build their home. When completed, new homeowner purchases home through a low-down payment, low-interest loan. Homes are built throughout Frederick County. Homebuyers must contribute “sweat equity,” attend homeownership workshops, follow program guidelines and repay their mortgage.
- ELIGIBILITY:** Applicants must have experienced barriers to becoming a home buyer. This could be difficulty qualifying for a mortgage, an inability to save enough for a down payment and closing costs, or low credit scores. Must currently live or work in Frederick County (for a minimum of one year). Must have a total family income between 30% and 80% of Frederick County’s median income.
- FEES:** No application fee. \$500 commitment fee for selected partner families.

## HABITAT FOR HUMANITY, HOME REPAIR PROGRAM

- WEBSITE:** <http://www.frederickhabitat.org/programs/neighborhood-revitalization>
- MAIN:** 301-698-2449
- ADDRESS:** 117 East Church Street, Frederick 21701
- HOURS:** Mon – Fri: 8am – 4pm
- SERVICES:** HOME REPAIRS: Partners with families who cannot afford necessary repairs to their homes and are in need of assistance. Repairs range from minor clean-up efforts to major repairs to help citizens remain safe in their homes.
- ELIGIBILITY:** Applicants must have need for repairs beyond what can be completed by applicant. Must own and occupy the home as primary residence for at least one year and plan to remain in the home for at least three years. Total household income cannot exceed 80% of Frederick County’s median income. Proof of homeowner’s insurance.
- FEES:** Sliding scale dependent on client income. Varies from a minimum one-time payment of \$25.00 to 5% of the total cost of project.

## HABITAT FOR HUMANITY, RESTORE

- WEBSITE:** [www.restore.frederickhabitat.org](http://www.restore.frederickhabitat.org)  
**MAIN:** 301-662-2988  
**ADDRESS:** 917 North East Street, Frederick 21701  
**HOURS:** Mon: 11am – 4pm. Tue – Sat: 9am – 5pm.  
**SERVICES:** OVERVIEW: New and reusable goods are sold to the public at a fraction of retail cost. Accepts donations of gently used, discontinued and overstocked building materials, home improvement items, furnishings and accessories donated by individuals, suppliers, and contractors.  
**ELIGIBILITY:** Open to public.

## HEARTFIELDS ASSISTED LIVING

- WEBSITE:** [www.fivestarseniorliving.com/communities/md/frederick/heartfields-assisted-living-at-frederick](http://www.fivestarseniorliving.com/communities/md/frederick/heartfields-assisted-living-at-frederick)  
**MAIN:** 301-663-8800  
**ADDRESS:** 1820 Latham Drive, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 5:30am  
**SERVICES:** ASSISTED LIVING: Assisted living community for adults with a full array of health care services provided by trained professionals, including an Alzheimer's unit and short-term respite care.  
**ELIGIBILITY:** Adults in need of short term or long term care.  
**FEES:** Varies depending upon need.

## HEARTLY HOUSE

- WEBSITE:** [www.heartlyhouse.org](http://www.heartlyhouse.org)  
**24-HOUR HOTLINE:** 301-662-8800  
**ADDRESS:** PO Box 857, Frederick 21705-0857  
**HOURS:** Operates 24 hours/day, 7 days/week.  
**SERVICES:** DOMESTIC VIOLENCE SUPPORT: Serves residents who have been impacted by domestic violence, sexual assault, human trafficking and child abuse. Services include a 24 hour hotline, crisis counseling, legal services, emergency shelter, medical accompaniment, and support groups.  
**ELIGIBILITY:** Individuals or families who are victims or survivors of domestic violence, rape/sexual assault, human trafficking, child abuse and are a Frederick County Resident.  
**FEES:** Services are free except for abuser intervention programs and they are \$30 per group.

## HOME INSTEAD SENIOR CARE

**WEBSITE:** [www.homeinstead.com](http://www.homeinstead.com)  
**MAIN:** 301-846-9922  
**ADDRESS:** 614 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 5pm  
**SERVICES:** HOME CARE: Provides personal care, Alzheimer’s and Dementia specialized care, incidental transportation and home helper services.  
**ELIGIBILITY:** Any adult 21 and older.  
**FEES:** Sliding scale

## HOMECALL

**WEBSITE:** [www.lhcgroup.com](http://www.lhcgroup.com)  
**MAIN:** 240-215-4668  
**ADDRESS:** 5301 Buckeystown Pike, Suite 490, Frederick 21704  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** HOME HEALTH CARE: Provides a range of homecare services for elderly and disabled individuals. Services include physical, occupational, and speech therapy, home health aides, wound care, and medical social work.  
**ELIGIBILITY:** Primarily adults and elderly and services to youth on a case by case basis.  
**FEES:** Medicare, Medical Assistance and some insurance.

## INSTITUTE FOR FAMILY CENTERED SERVICES/ MENTOR MARYLAND PSYCHIATRIC REHABILITATION

**WEBSITE:** [www.thementornetwork.com](http://www.thementornetwork.com)  
**MAIN:** 301-696-0726  
**ADDRESS:** 5970 Frederick Crossing Lane, Frederick 21704  
**HOURS:** Mon – Fri: 8:30am – 5pm  
**SERVICES:** PSYCHIATRIC REHABILITATION: Counselors work with adults and children who have been diagnosed with a mental illness to develop an individual rehabilitation plan that works on building age-appropriate skills for social functioning and independent living. Meetings can take place in the community or at participant’s home.  
**ELIGIBILITY:** Participants must have Medical Assistance/ MA and be referred by Department of Juvenile Services or a therapist for psychiatric rehabilitation services (PRP).  
**FEES:** Medicaid.

## INTERFAITH HOUSING ALLIANCE

- WEBSITE:** [www.interfaithhousing.org](http://www.interfaithhousing.org)  
**MAIN:** 301-662-4225  
**ADDRESS:** 5301 Bukeystown Pike, Suite 320, Frederick 21704  
**HOURS:** Mon – Fri: 8:30am – 4:30pm.  
**SERVICES:** AFFORDABLE HOUSING: Builds and rehabilitates homes and apartments to rent to low or moderate income individuals with or without disabilities, families, and senior citizens. Offers pre home ownership and rental counseling to current and potential renters. Seminars, home buyer and related workshops are offered throughout the year. Manages income-based rental communities.  
**ELIGIBILITY:** Low or moderate income individuals with or without disabilities, families, and senior citizens.  
**FEES:** Based on the program/application.

## JEFFERSON FOOD BANK, ST. PAUL'S LUTHERAN CHURCH

- WEBSITE:** [www.stpauljeff.org](http://www.stpauljeff.org)  
**CHURCH:** 301-473-8626  
**ADDRESS:** 3866 Jefferson Pike, Jefferson 21755  
**HOURS:** 1st & 3rd Sat of month: 10am-11:30am.  
**SERVICES:** FOOD BANK: Provides a food bank for local families in need. Donations welcomed.  
**ELIGIBILITY:** Targets residents in the Jefferson (21755) area of Frederick County.  
**FEES:** None.

## JOHNS HOPKINS COMMUNITY PHYSICIANS AT FREDERICK

- WEBSITE:** [www.hopkinsmedicine.org/community-phycians/](http://www.hopkinsmedicine.org/community-phycians/)  
**MAIN:** 301-696-1000  
**ADDRESS:** 45 Thomas Johnson Drive, Suite 109, Frederick 21702  
**HOURS:** Mon, Wed – Fri: 8am – 5pm. Tue: 11am – 8pm.  
**SERVICES:** MEDICAL OFFICE: Offers family medicine and laboratory services.  
**ELIGIBILITY:** Open to public.  
**FEES:** Accepts Medicaid, Medicare, most insurance and sliding scale.

## KNOXVILLE FOOD PANTRY, MT. ZION AME CHURCH

- WEBSITE:** [www.mtzionamcchurch@verizon.net](mailto:www.mtzionamcchurch@verizon.net)  
**MAIN:** 301-834-7221  
**ADDRESS:** 202 Jefferson Pike, Knoxville 21758  
**HOURS:** Mon - Fri: 9am – 12pm. 1st Sat of month: 10am-11am.  
**SERVICES:** FOOD PANTRY: Offers free dry goods to low-income residents.  
**ELIGIBILITY:** Must be Brunswick and Knoxville area residents.  
**FEES:** None.



## LA LECHE LEAGUE

- WEBSITE:** [www.llofmd-de-dc.org/groups/Frederick.html](http://www.llofmd-de-dc.org/groups/Frederick.html)  
**MAIN:** 301-639-9248  
**ADDRESS:** Location varies, Frederick 21701  
**HOURS:** Mon – Sun: 9am – 8pm  
**SERVICES:** SUPPORT GROUP: Provides support and education to parents who are pregnant or breast feeding to learn about breast feeding, ask questions, and voice concerns.  
**ELIGIBILITY:** Expectant, breast feeding, and human milk feeding parents. Babies and children are always welcome at meetings  
**FEES:** No fees for local group but can become member of International Association.

## LEAD4LIFE, FIRSTCHANCE4U

- WEBSITE:** [www.lead4lifeinc.org](http://www.lead4lifeinc.org)  
**MAIN:** 240-629-3047  
**ADDRESS:** 801 North East Street, Suite 3, Frederick 21701  
**HOURS:** Group runs 6 weeks: Tue: 3:30pm – 5pm.  
Mon – Sun: 9am – 9pm  
**SERVICES:** YOUTH DEVELOPMENT: Provides young males positive youth development program where youth participate in weekly sessions to develop positive social skills.  
**ELIGIBILITY:** Males ages 12-17.  
**FEES:** Free

## LEAD4LIFE, INDIVIDUAL AND FAMILY THERAPY

- WEBSITE:** [www.lead4lifeinc.org](http://www.lead4lifeinc.org)  
**MAIN:** 240-629-3047  
**ADDRESS:** 801 North East Street, Suite 3, Frederick 21701  
**HOURS:** Mon – Sun: 9am – 9pm  
**SERVICES:** MENTAL HEALTH SERVICES: Provides in-home and in-office therapy for individuals and families. Therapists are skilled in cognitive behavioral, individual, trauma focused, inner child, functional family, strategic family and solution focused therapies.  
**ELIGIBILITY:** Individuals of any age  
**FEES:** Accepts Maryland Medical Assistance (Medicaid/MA), Medicare and self-pay.

## LEAD4LIFE, PSYCHIATRIC REHABILITATION PROGRAM

- WEBSITE:** [www.lead4lifeinc.org](http://www.lead4lifeinc.org)  
**MAIN:** 240-249-2966  
**ADDRESS:** 801 North East Street, Suite 3, Frederick 21701  
**HOURS:** Mon – Sun: 9am – 9pm  
**SERVICES:** PSYCHIATRIC REHABILITATION: Counselors work with individuals diagnosed with a mental illness to develop an individual rehabilitation plan that works on building age-appropriate skills for social functioning and independent living. Meetings can take place in community or at participant's home.  
**ELIGIBILITY:** Adults and children over age 5 currently participating in outpatient therapy and enrolled in Maryland Medical Assistance (Medicaid/MA.)  
**FEES:** Accepts Maryland Medical Assistance (Medicaid/MA)

## LITERACY COUNCIL OF FREDERICK COUNTY

- WEBSITE:** [www.frederickliteracy.org/](http://www.frederickliteracy.org/)  
**MAIN:** 301-600-2066  
**ADDRESS:** 110 East Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 9am – 4pm  
**SERVICES:** EDUCATION: Provides individual and small group tutoring in speaking, reading, writing, spelling, and English as a second language. Provides weekly classes in beginning literacy, conversation, writing, pronunciation, civics.  
**ELIGIBILITY:** Ages 18 and up including persons for whom English is a second language.  
**FEES:** None.

## MAIN PLACE TREATMENT CENTERS

- WEBSITE:** [www.mainplacetc.com](http://www.mainplacetc.com)  
**MAIN:** 240-575-1324  
**ADDRESS:** 915 Tollhouse Ave, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 7pm  
**SERVICES:** SUBSTANCE USE SERVICES: Provides a range of outpatient addiction treatments for adults, including early intervention, outpatient counseling, intensive outpatient (IOP), suboxone treatment, and medically assisted detox.  
**ELIGIBILITY:** Adults in need of substance abuse treatment.  
**FEES:** Accepts Maryland Medicaid (MA/medical assistance), Blue Cross, Blue Shield, and self-pay for groups, IOP, counseling, and early intervention services. Suboxone treatment and detox is currently self-pay.

## **MANIDOKAN CAMP & RETREAT CENTER**

- WEBSITE:** [www.funfriendsfaith.org](http://www.funfriendsfaith.org)  
**MAIN:** 410-867-0991  
**ADDRESS:** 1600 Harpers Ferry Rd., Knoxville 20877  
**HOURS:** Summer camp during summer months of June, July, and August.  
**SERVICES:** SUMMER CAMP AND RETREAT: Offers 1-week long summer camp for children and youth.  
**ELIGIBILITY:** Children and youth 5-18 years of age.  
**FEES:** Fees range from \$320-\$475, partial and full scholarships available.

## **MARRIAGE RESOURCE CENTER OF FREDERICK COUNTY**

- WEBSITE:** [www.marriagefrederick.org](http://www.marriagefrederick.org)  
**MAIN:** 301-502-1660  
**ADDRESS:** 22 South Market Street, Suite 3, Frederick 21701  
**HOURS:** Mon – Sat: 8am – 5 pm  
**SERVICES:** MARRIAGE RESTORATION MENTORING - Provides restoration services to couples who are experiencing marital strife or have already separated. Willing participants will meet with a couple trained in restoration mentoring who have dealt with similar issues in their relationship.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## **MARYLAND CENTER FOR GENDER & INTIMACY**

- WEBSITE:** [www.marylandcenterforgenderandintimacy.com](http://www.marylandcenterforgenderandintimacy.com)  
**MAIN:** 301-360-4349  
**ADDRESS:** 1 West Church Street, Frederick 21701  
**HOURS:** Hours are by appointment only.  
**SERVICES:** MENTAL HEALTH: Provides psychotherapy specializing in care of lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA+) individuals.  
**ELIGIBILITY:** Individuals ages 3 and up. Couples, partners, and families.  
**FEES:** Sliding scale and self-pay

## MARYLAND COUNSELING CENTERS

**WEBSITE:** [www.mcc-center.org](http://www.mcc-center.org)

**MAIN:** 301-662-0855

**ADDRESS:** 5300 Westview Drive, Building 100, Suite 104, Frederick 21703

**HOURS:** Mon, Wed, Fri: 9a – 5pm. Tue, Thu: 9am – 6pm

Some classes have later evening hours. Call for details.

**SERVICES:** **SUBSTANCE USE SERVICES:** Provides a range of outpatient substance abuse treatment and education services, including court mandated DUI/DWI classes, therapeutic groups, individual counseling, and anger management classes. Offers 12 week alcohol education class and 26 week outpatient substance abuse treatment seminar.

**ELIGIBILITY:** Adults over the age of 18

**FEES:** Insurance reimbursement, self-pay

## MARYLAND DEPARTMENT OF JUVENILE SERVICES, VICTOR CULLEN CENTER

**WEBSITE:** [www.djs.state.md.us](http://www.djs.state.md.us)

**MAIN:** 301-739-8122

**ADDRESS:** 6000 Cullen Drive, Sabillasville 21780

**HOURS:** Operations 24 hours/day, 7 days/week.

Mon – Fri: 8:30am – 5pm

**SERVICES:** **JUVENILE SERVICES:** A treatment program for male youth ages 15 to 18 that typically last from 6 to 9 months. Includes dietary, medical, educational and counseling services as well as space for recreation. Youth attend school in the facility year round, five days a week for six hours a day.

**ELIGIBILITY:** Youths ages 15-18 who have been court ordered into treatment.

**FEES:** None.

## MARYLAND DEPARTMENT OF TRANSPORTATION, MOTOR VEHICLE ADMINISTRATION

**WEBSITE:** [www.mva.state.md.us](http://www.mva.state.md.us)

**MAIN:** 410-768-7000

**ADDRESS:** 1601 Bowman's Farm Road, Frederick 21701

**HOURS:** Mon – Fri: 8:30am – 4:30pm. Sat: 8:30am – 12pm for driver license services ONLY.

**SERVICES:** **MOTOR VEHICLE ADMINISTRATION:** Provides needed services concerning driving / licensing in the state of Maryland including: anything related to boating, cycling or driver's license or ID, first time drivers, registration & titling and driving records. Fingerprinting also available.

**ELIGIBILITY:** Open to public.

**FEES:** Varies depending upon service.

## MARYLAND DEPARTMENT OF VETERANS AFFAIRS

**WEBSITE:** [www.veterans.maryland.gov](http://www.veterans.maryland.gov)  
**MAIN:** 301-600-2155  
**ADDRESS:** 100 West Patrick Street, Room 2620, Frederick 21701  
**HOURS:** Mon – Fri: 7:30am – 4pm  
**SERVICES:** OVERVIEW: Coordinates burial and helps prepare claims for those honorably discharged from the military.  
**ELIGIBILITY:** Maryland Veterans and their dependents.  
**FEES:** Call for more information.

## MARYLAND JUDICIARY CENTER, FREDERICK COUNTY CIRCUIT COURT

**WEBSITE:** [www.mdcourts.gov](http://www.mdcourts.gov)  
**MAIN:** 301-600-1976  
**ADDRESS:** 100 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 4:30pm  
**SERVICES:** COURT: Handles more serious criminal cases, major civil cases, including juvenile and other family law cases such as divorce, custody and child support and most cases appealed from the District Court, orphans' courts and certain administrative agencies. Circuit courts also hear domestic violence cases. Cases may involve juries or sometimes are heard by a judge only.  
**ELIGIBILITY:** Open to public.  
**FEES:** Varies.

## MARYLAND JUDICIARY CENTER, FREDERICK COUNTY DISTRICT COURT

**WEBSITE:** [www.mdcourts.gov](http://www.mdcourts.gov)  
**MAIN:** 301-600-2000  
**ADDRESS:** 100 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 4:30pm  
**SERVICES:** COURT: Cases include motor vehicle (traffic), boating violations, other misdemeanors and specified felonies, domestic violence and peace order petitions, landlord-tenant disputes, small claims and other civil cases involving limited dollar amounts, and replevin (recovery of wrongfully taken or detained goods). A case in the District Court is argued before a judge only: there are no jury trials in District Court.  
**ELIGIBILITY:** Open to public.  
**FEES:** Varies.

## MARYLAND JUDICIARY CENTER, SELF-HELP LEGAL CLINIC

- WEBSITE:** [www.frederickcountymd.gov/5708/Family-Services-Program#Self-Help](http://www.frederickcountymd.gov/5708/Family-Services-Program#Self-Help)
- MAIN:** 301-600-2023
- ADDRESS:** 100 West Patrick Street, Frederick 21701
- HOURS:** Tue – Thu: 8:30am – 3pm. Must sign in prior to 12pm to be seen.
- SERVICES:** LEGAL INFORMATION: Provides in-person consultation with an attorney for individuals who are self-represented in civil matters. Limited legal advice will be provided, as well as assistance with court-related paperwork. Provides referrals to other legal resources as needed. Offers family law educational seminars.
- ELIGIBILITY:** Participants must meet income guidelines, and must not have a conflict of interest. If there is a conflict of interest, information regarding conflict/alternate attorney will be provided on site.
- FEES:** Free

## MARYLAND LEGAL AID

- WEBSITE:** [www.mdlab.org](http://www.mdlab.org)
- MAIN:** 410-951-7777
- ADDRESS:** 22 South Market Street, Suite 11, Frederick 21701
- HOURS:** Mon - Fri: 9am – 5pm. Telephone intake: Mon, Tue, Fri: 9:30am-4pm. Wed: 9:30am-1pm. Thurs: 9:30am-4pm and 6pm-8pm. Walk in: Mon, Wed, Fri, 8:30am-1pm.
- SERVICES:** LEGAL SERVICES: Provides civil legal assistance to low-income individuals. Assists with expunging criminal records to remove barriers to obtaining employment, housing, child custody, and a driver's license.
- ELIGIBILITY:** Low-income, individuals/families, abused/neglected children, older adults and victims of domestic violence. No income restrictions for seniors 60+.
- FEES:** None.

## MARYLAND LEGAL AID, SENIOR CITIZENS LAW PROJECT

- WEBSITE:** [www.mdlab.org](http://www.mdlab.org)
- HOTLINE:** 800-896-4213
- ADDRESS:** 22 South Market Street, Suite 11, Frederick 21701
- HOURS:** Mon - Fri: 9am – 5pm  
Walk-in intakes: Mon-Thu: 9:30am-3:30pm.
- SERVICES:** SENIOR CITIZENS LAW PROJECT: Provides civil legal assistance to low-income individuals age 60 and older. Refers individuals to 60-Plus Program for assistance with wills.
- ELIGIBILITY:** Senior citizens (60 and over). No income guidelines.
- FEES:** Pro-bono.

## **MARYLAND SCHOOL FOR THE DEAF**

- WEBSITE:** [www.msd.edu](http://www.msd.edu)  
**MAIN (VOICE):** 301-360-2000  
**ADDRESS:** 101 Clarke Place, Frederick 21705  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** SCHOOL: Provides education, assessment, home-based family education and speakers bureau for deaf and hard of hearing children from birth to 21 years of age.  
**ELIGIBILITY:** Children and adolescents, ages 0-21, whose primary disability is deafness.  
**FEES:** No tuition fees for Maryland residents.

## **MARYLAND STATE BOARD OF ELECTIONS**

- WEBSITE:** [www.elections.state.md.us/](http://www.elections.state.md.us/)  
**MAIN:** 800-222-8683  
**ADDRESS:** 340A Montevue Lane, Frederick 21702-8213  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** ELECTIONS: Responsible for the election process including candidate filing, registration of judges, voter registration.  
**ELIGIBILITY:** Individuals 18 and older.  
**FEES:** None for voter registration. Candidates must pay filing fees.

## **MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), DIVISION OF REHABILITATION SERVICES (DORS)**

- WEBSITE:** [www.dors.maryland.gov](http://www.dors.maryland.gov)  
**MAIN:** 240-629-7581  
**ADDRESS:** 1890 North Market Street, Suite 300, Frederick 21701  
**HOURS:** Mon – Fri: 8am – 5pm  
**SERVICES:** VOCATIONAL REHABILITATION: Provides leadership and support promoting the employment, economic self-sufficiency, and independence of individuals 18 and older with disabilities.  
**ELIGIBILITY:** Student applicants 16 and older must meet certain criteria to determine the severity of disability in order to be eligible for services. Federal law says that the people with the most significant disabilities are served first.  
**FEES:** No fee for career counseling, assessment, and job placement. Sliding scale based on family income for most other services.

## **MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), INFANTS AND TODDLERS PROGRAM**

- WEBSITE:** [www.frederickcountymd.gov](http://www.frederickcountymd.gov)  
**REFERRAL LINE:** 301-600-1612  
**ADDRESS:** 350 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4pm  
**SERVICES:** INFANTS AND TODDLERS: Provides early intervention services for infants and toddlers who are found eligible based on a 25% delay in any one area of development, qualifying diagnosis, or atypical development.  
**ELIGIBILITY:** Children from birth to age 3 diagnosed with developmental delay or disability. Must be a county resident.  
**FEES:** None.

## **MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), OFFICE OF CHILD CARE**

- WEBSITE:** [www.marylandpublicschools.org](http://www.marylandpublicschools.org)  
**MAIN:** 301-696-9766  
**ADDRESS:** 5303 Spectrum Drive, Suite G, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 5pm  
**SERVICES:** INFORMATION and TRAINING: Provides information and means for becoming a licensed day care provider in private home or center. Also investigates complaints of alleged unlicensed day care centers or home operations.  
**ELIGIBILITY:** Individuals 18 and older.  
**FEES:** None.

## **MARYLAND STATE INCOME TAX INFORMATION**

- WEBSITE:** [www.marylandtaxes.gov](http://www.marylandtaxes.gov)  
**TAX QUESTIONS:** 410-260-7980  
**ADDRESS:** 100 West Patrick Street, Courthouse/Multiservice Center, Room 2603, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 4:30pm. Walk-in, no appointment needed.  
**SERVICES:** TAX ASSISTANCE: Provides Maryland state income tax information, forms and a free tax preparation service for Maryland state returns only.  
**ELIGIBILITY:** Anyone in need of Maryland State Income Tax assistance.  
**FEES:** None.



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## MARYLAND STATE POLICE, BARRACK B OF FREDERICK COUNTY

**WEBSITE:** [www.mdsp.org](http://www.mdsp.org)  
**MAIN:** 301-600-4151  
**ADDRESS:** 110 Airport Drive East, Frederick 21701  
**HOURS:** Open 24 hours/day, 7 days/week.  
**SERVICES:** **LAW ENFORCEMENT:** Investigates, enforces, and preserves all laws pertaining to traffic, criminal, and public safety. Supports the state prison in the county and investigates all crimes within the institutions.  
**ELIGIBILITY:** Open to the public.  
**FEES:** None.

## MEDSOURCE COMMUNITY SERVICES

**WEBSITE:** [www.medsourceservices.org](http://www.medsourceservices.org)  
**MAIN:** 301-631-6901  
**ADDRESS:** 2090 Old Farm Drive, Suite 1E, Frederick 21702  
**HOURS:** Operations: 24 hours day/7days week  
Mon - Fri: 9am-4:30pm  
**SERVICES:** **RESIDENTIAL SUPPORT:** Offers support to adults 21 and older with intellectual disabilities. Works to increase opportunities for independence and to build relationships. Operates alternative living units (ALUs), group homes, and personal supports services.  
**ELIGIBILITY:** Must be 21 or older and approved by Developmental Disabilities Administration (DDA).  
**FEES:** Private Pay, Developmental Disabilities Administration (DDA).

## MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HOTLINE / 211 CALL CENTER

**WEBSITE:** [www.fcmha.org](http://www.fcmha.org)  
**MAIN:** 211  
**ADDRESS:** 226 South Jefferson St, Frederick 21701  
**HOURS:** Operations: 24 hours/day, 7 days/week.  
**SERVICES:** **OVERVIEW:** Provides free confidential telephone services 24 hours/day, 7 days/week for callers of all ages in the Western Counties of the state.  
**ELIGIBILITY:** Open to public.  
**FEES:** None.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, CHILD CARE CHOICES**

- WEBSITE:** [www.fcmha.org/how-we-help/child-care-choices](http://www.fcmha.org/how-we-help/child-care-choices)  
**MAIN:** 301-662-4549  
**ADDRESS:** 226 South Jefferson St, Frederick 21701  
**HOURS:** Mon, Tue, Thu: 8:30am – 4:30pm. Wed: 8:30am - 8pm  
**SERVICES:** EDUCATION: Conducts training for prospective and current family childcare providers, center staff, and preschool staff. Offers technical assistance for start-up or continued operation of a childcare business including consultations on Maryland’s quality improvement initiatives; arranging the environment, developmentally appropriate practice and improving infant and toddler care.  
**ELIGIBILITY:** Open to public.  
**FEES:** Varies depending upon service.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COUNSELING SERVICES**

- WEBSITE:** [www.fcmha.org/how-we-help/counseling-services](http://www.fcmha.org/how-we-help/counseling-services)  
**MAIN:** 301-663-6135  
**ADDRESS:** 226 South Jefferson St, Frederick 21701  
**HOURS:** Mon – Fri: 9am – 4:30pm. Evening appointments may be available upon request.  
**SERVICES:** THERAPY: Offers professional outpatient therapy and psychiatric services for individuals, couples, children, adolescents, and families who otherwise could not afford treatment.  
**ELIGIBILITY:** Open to the public of any age.  
**FEES:** Sliding scale starting at \$5 and based upon income (self-pay); Medical Assistance; Medicare.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COURT APPOINTED SPECIAL ADVOCATES**

- WEBSITE:** [www.marylandcasa.org](http://www.marylandcasa.org) or [www.fcmha.org](http://www.fcmha.org)  
**MAIN:** 301-663-0011  
**ADDRESS:** 226 South Jefferson St, Frederick 21701  
**HOURS:** Mon – Fri: 8:30am – 4:30pm  
**SERVICES:** ADVOCACY: Volunteer program connecting screened, trained adult advocates with abused and neglected children, assisting the court to secure a safe and permanent home for every child.  
**ELIGIBILITY:** Age birth to 21 years of age who have been abused or neglected. Must be ordered by the court system.  
**FEES:** None.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, FAMILIES IMPACTED BY INCARCERATION PROGRAM**

**WEBSITE:** [www.fcmha.org](http://www.fcmha.org)

**MAIN:** 301-663-0011 EX 138

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Fri: 8:30am – 4:30pm. Coaching appointments can be scheduled outside of normal business hours.

**SERVICES:** **FAMILY COACHING:** Provides free service to support parents, caregivers or family members of children impacted by the incarceration of a loved one and to help strengthen family relationships. Coaches work with the caregiver, at the location of their convenience, to help create goals, improve communications, support and encourage positive visiting experiences. The family coach aims to increase and strengthen family bonds in order to support the children.

**ELIGIBILITY:** Open to families in Frederick County who have been impacted by incarceration.

**FEES:** Free

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HEALTHY FAMILIES**

**WEBSITE:** [www.fcmha.org/how-we-help/healthy-families](http://www.fcmha.org/how-we-help/healthy-families)

**MAIN:** 301-663-6183 ext 158

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Fri: 8:30am – 4:40pm

**SERVICES:** **PARENTING SKILLS:** Home visiting program to assist first time pregnant woman and parents of newborns up to 3 months old. Families can participate until their child reaches the age of five or begins kindergarten. Services include learning about healthy child development, positive parenting, how to strengthen family life, parent-child bonding and communication, well-baby medical care and immunizations, and help accessing community resources to meet each family's needs.

**ELIGIBILITY:** Must be first time parent and apply any time prior to birth of child or no more than 3 months after the birth of child. Also must be a Frederick County resident.

**FEES:** None.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, MENTAL HEALTH FIRST AID**

**WEBSITE:** [www.fcmha.org/how-we-help/community-training/mental-first-aid](http://www.fcmha.org/how-we-help/community-training/mental-first-aid)

**MAIN:** 301-663-0011

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Fri: 8:30am – 4:30pm

**SERVICES:** EDUCATION: An 8 hour training course that prepares members of the public to provide Mental Health First Aide to those in need. Just like regular first aid Mental Health First Aide is the initial help given to a person showing signs or symptoms of a mental health crisis until appropriate professional help arrives.

**ELIGIBILITY:** Available to adults who would like to prepare for a mental health crisis or want to recognize early signs of a mental health issues.

**FEES:** \$119 per person. Full and partial scholarships available.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS**

**WEBSITE:** [www.fcmha.org/how-we-help/child-care-choices](http://www.fcmha.org/how-we-help/child-care-choices)

**MAIN:** 301-662-4549

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Thu: 8:30am – 4:30pm

**SERVICES:** EARLY CHILDHOOD EDUCATION: Provides on-site assistance for early education programs (pre-schools) with children, age birth through 5 years old, who exhibit social, emotional or behavioral issues. Partners with staff and parents to offer strategies, resources, and support to develop resilient children.

**ELIGIBILITY:** Child care providers with children, age birth through 5 years old, who exhibit social, emotional or behavioral issues.

**FEES:** None.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SUPERVISED VISITATION AND MONITORED TRANSFER**

**WEBSITE:** [www.fcmha.org](http://www.fcmha.org)

**MAIN:** 301-663-0011

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Wed: 8:30am – 4:30pm. Thu: 5pm – 8pm. Sun: 12pm-6pm.

**SERVICES:** **OVERVIEW:** Offers a child friendly, family focused continuum of care in a 5 tiered service array. Families enter at any point and move up and down the level of support to meet their needs. All services provides a neutral, safe, environment for non-residential parents to engage in safe and positive interactions with their minor child, or children, through visitation, custody transfers or therapeutic visitation. Residential and visiting parents have separate entrances, waiting areas and staggered arrival and departure times. The center is staffed with trained security, supervisory personnel and community observers who promote family connections. Parent coaching is also offered.

**ELIGIBILITY:** Court ordered, referred by the Department of Social Services or self-referred.

**FEES:** \$25 intake fee and fee for service based on sliding scale. Fee waiver through the courts able to be applied for.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SURVIVORS OF SUICIDE SUPPORT GROUP**

**WEBSITE:** [www.fcmha.org/how-we-help/support-groups](http://www.fcmha.org/how-we-help/support-groups)

**MAIN:** 301-663-0011

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** 2nd Mon of month: 7pm - 8:30pm

**SERVICES:** **SUICIDE SURVIVOR SUPPORT GROUP:** Offers people who have lost a loved one to suicide a way to share the loss with others and receive support from those who have been there. Group provides a safe place where you can share experiences and support each other on the journey toward healing.

**ELIGIBILITY:** New attendees to the group must first speak with group facilitator to complete an intake.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SYSTEMS NAVIGATION**

**WEBSITE:** [www.fcmha.org](http://www.fcmha.org)

**MAIN:** 301-663-0011

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Fri: 8:30am – 4:30pm

**SERVICES:** SYSTEMS NAVIGATORS: Provides family support, education, advocacy, coaching, information and referral, and follow-up services to link families and community resources. Focus of assistance is toward accessing services for children with special needs. Serves families with intensive needs including: caring for children (birth to 21 years) with mental illness, behavior problems, education issues or physical, developmental, learning disabilities and an income crisis. Also serves disconnected youth, ages 16-24 that are neither employed nor enrolled in school.

**ELIGIBILITY:** Families with a child under 21 with intensive needs or with a youth under 26 who is not in school or employed

**FEES:** None.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, TELEPHONE REASSURANCE PROGRAM**

**WEBSITE:** [www.fcmha.org](http://www.fcmha.org)

**MAIN:** 301-663-0011

**ADDRESS:** 226 South Jefferson St, Frederick 21701

**HOURS:** Mon – Fri: 8:30am – 4:40pm

**SERVICES:** TELEPHONE REASSURANCE: Offers Frederick County residents over 60 who are homebound, isolated, or in need of daily contact free scheduled telephone calls to ensure client's safety and well-being.

**ELIGIBILITY:** Frederick County residents age 60 and older and are: living alone and have few regular contacts; or couples, at least one of whom is disabled; or are temporarily homebound following an illness, surgery or a hospital stay, or while regular caregivers are out of town.

**FEES:** Free

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, WALK IN BEHAVIORAL HEALTH SERVICES**

- WEBSITE:** [www.fcmha.org/how-we-help/behavioral-health](http://www.fcmha.org/how-we-help/behavioral-health)
- MAIN:** 301-663-0011
- ADDRESS:** 226 South Jefferson St, Frederick 21701
- HOURS:** Mon – Fri: 10am - 10pm. Sat/Sun 10am - 6pm
- SERVICES:** WALK-IN SERVICES: Provides free services for individuals experiencing an emotional, mental, family, or relationship crisis. Clients can meet with a crisis specialist to help resolve the current crisis or concern. The crisis specialists will help connect people with appropriate ongoing supports.
- ELIGIBILITY:** Available to adults, youth, and children. Individuals under the age of 16 must be accompanied by a parent or guardian.
- FEES:** None.

## **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, YOUTH MENTAL HEALTH FIRST AID**

- WEBSITE:** [www.fcmha.org/how-we-help/community-training/mental-first-aid](http://www.fcmha.org/how-we-help/community-training/mental-first-aid)
- MAIN:** 301-663-0011
- ADDRESS:** 226 South Jefferson St, Frederick 21701
- HOURS:** Mon – Fri: 8:30am – 4:30pm
- SERVICES:** EDUCATION: An 8-hour public education training program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. Course builds understanding of the importance of early intervention and most importantly gives individuals the tools to recognize and help a youth in a crisis situation such as mental health or substance abuse challenge. Designed for adults who regularly interact with adolescents and can be appropriate for older adolescents to encourage peer to peer interaction.
- ELIGIBILITY:** Available to adults who would like to prepare for a mental health crisis or want to recognize early signs of a mental health issues.
- FEES:** \$119 per person. Full and partial scholarships available.

## **MIDDLETOWN FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS**

**WEBSITE:** [www.middletownvalleyfoodbank.com](http://www.middletownvalleyfoodbank.com)

**FOOD BANK:** 301-371-3182

**ADDRESS:** 301 West Main Street, Middletown 21769

**HOURS:** Wed: 1pm-3pm. Sat: 9am-12pm.

**SERVICES:** FOOD PANTRY: Provides non-perishable food to low-income and homeless individuals (18 and older) and families. Makes referrals to other community services based upon need. Monetary and non-perishable food donations are welcomed.

**ELIGIBILITY:** Low-income residents of Middletown, Myersville, and Burkittsville areas. Must show photo ID and 1st page of previous year tax return.

**FEES:** None.

## **MISSION OF MERCY**

**WEBSITE:** [www.amissionofmercy.org](http://www.amissionofmercy.org)

**ADMINISTRATIVE OFFICES:** 301-682-5683

**ADDRESS:** 199 North Place, Frederick 21701

**HOURS:** Mon – Fri: 9am – 4pm. Leave message and someone will return your call.

**SERVICES:** MEDICAL CARE: Provides free medical care, dental care and pharmaceutical services for low income or uninsured individuals. Dental program and new clients without an appointment are seen on a first come first serve basis. People should arrive prior to 6AM to increase their chances of being seen.

**ELIGIBILITY:** Services geared toward uninsured, and underinsured.

**FEES:** None, however voluntary donations accepted.

## **MOUNT AIRY NET**

**WEBSITE:** [www.mtairy.net](http://www.mtairy.net)

**MAIN:** 301-829-0472

**ADDRESS:** 403 South Main Street, Mount Airy 21771

**HOURS:** Mon – Thu: 10am – 2pm. Hot meal Thu: 6:30pm (except holidays).

**SERVICES:** COMMUNITY SERVICES: Offers financial assistance for utilities, medical or transportation expenses, holiday assistance, weekly hot meal and provides information and referral other needed resources. Donations of non-perishable food, toiletries, gift cards and monetary donations are welcome.

**ELIGIBILITY:** Any resident of the Mt. Airy 21771 area in need of help.

**FEES:** None.



## **MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG, INPATIENT ADULT SUBSTANCE ABUSE PROGRAM**

- WEBSITE:** [www.mountainmanor.org](http://www.mountainmanor.org)  
**MAIN:** 301-447-2361  
**ADDRESS:** 9701 Keysville Road, Emmitsburg 21727  
**HOURS:** Facility: 24 hours/day, 7 days/week. Mon - Fri: 9am – 4:30pm  
**SERVICES:** INPATIENT ADULT SUBSTANCE ABUSE PROGRAM: A high intensity 12-step based program that includes a detox track, relapse prevention, full medical and nursing services and psychiatric support for dual diagnosis patients.  
**ELIGIBILITY:** Chemically dependent adults 21 and older.  
**FEES:** Accepts insurance, private pay, and Medicaid.

## **MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG, SAFE HARBOR**

- WEBSITE:** [www.mountainmanor.org](http://www.mountainmanor.org)  
**MAIN:** 301-447-2361  
**ADDRESS:** 9701 Keysville Road, Emmitsburg 21727  
**HOURS:** Facility: 24 hours/day, 7 days/week. Mon - Fri: 9am - 4:30pm  
**SERVICES:** SUBSTANCE USE TREATMENT: Residential treatment program for chemically dependent pregnant or post-partum women (16 and over) and their children. Women can bring up to two of their children under age 10 in addition to the newborn or expected infant.  
**ELIGIBILITY:** Pregnant or post-partum women 16 or older.  
**FEES:** Accepts insurance, private pay, and Medicaid.

## **MOUNTAIN MANOR TREATMENT CENTER, FREDERICK**

- WEBSITE:** [www.mountainmanor.org](http://www.mountainmanor.org)  
**MAIN:** 301-662-1407  
**ADDRESS:** 174 Thomas Johnson Drive, Suite 102, Frederick 21702  
**HOURS:** Mon, Wed, Thu: 8am-9pm. Tue: 8am-7pm. Fri: 7am-4pm.  
**SERVICES:** THERAPY: Offers standard and intensive outpatient (IOP) group therapy for substance abuse and programs for individuals on probation including DWI, DUI, aftercare, relapse recovery program, urine testing and intervention. Offers inpatient evaluations for individuals with insurance.  
**ELIGIBILITY:** Individuals 18 and older dealing with substance abuse issues.  
**FEES:** Private Insurance, Medicaid, Sliding scale is done on a case by case basis. For sliding scale assistance please bring proof of bills and income.

## MULTIPLE SCLEROSIS SUPPORT GROUP

- WEBSITE:** [www.messyfriends.com](http://www.messyfriends.com)  
**MAIN:** 301-363-5035  
**ADDRESS:** 301 Ballenger Center Drive, Frederick 21703  
**HOURS:** 1st Mon of month: 6:30pm-8:30pm.  
**SERVICES:** SUPPORT GROUP: A support group for people with multiple sclerosis, their family members, and caregivers.  
**ELIGIBILITY:** Individuals with Multiple Sclerosis, their family, and caregivers.  
**FEES:** None

## NAR-ANON FAMILY GROUPS

- WEBSITE:** [www.nar-anon.org](http://www.nar-anon.org)  
**HOURS:** Mon – Thu: 9am – 4pm. Fri: 9am – 3pm.  
**ADDRESS:** Trinity Chapel, 10 West Church Street, Frederick 21701  
**SERVICES:** SUPPORT: Offers free and anonymous support groups designed for family and friends of drug abusers. Uses 12-Step Program with meetings lasting 1 hour focusing on coping skills and shared experiences. Nar-Anon literature is available.  
**ELIGIBILITY:** Family or friend whose life is affected by someone’s drug addiction (legal or illegal drugs).  
**FEES:** Voluntary donation.

## NARCOTICS ANONYMOUS

- WEBSITE:** [www.cprna.org](http://www.cprna.org)  
**MAIN:** 301-792-1634  
**ADDRESS:** PO Box 4233, Frederick 21705  
**HOURS:** 24 hours/day, 7 days/week.  
**SERVICES:** SUPPORT GROUP: Support group for individuals who abuse narcotics, cocaine, heroin, marijuana, pills, and any other substance.  
**ELIGIBILITY:** Individuals who desire to stop using drugs.  
**FEES:** None.

## NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

- WEBSITE:** [www.namifrederick.org](http://www.namifrederick.org)  
**MAIN:** 240-379-6186  
**ADDRESS:** 10 West Church St., Frederick 21701  
**HOURS:** No set office hours. Please call, leave a message and your call will be returned. Events are held in community facilities.  
**SERVICES:** PEER SUPPORT GROUPS: Provides information, understanding, education, and support for persons experiencing mental illness and their families. Also publishes a periodic Newsletter.  
**ELIGIBILITY:** Consumers, friends, family, and caregivers of those experiencing mental illness.  
**FEES:** None.

## ON OUR OWN

**WEBSITE:** [www.onourownfrederick.com](http://www.onourownfrederick.com)

**MAIN:** 301-620-0555

**ADDRESS:** 331 West Patrick Street, Frederick 21701

**HOURS:** Mon – Sun: 12pm – 6pm

**SERVICES:** PEER SUPPORT: Offers peer support, recovery and wellness for those who experience mental health and behavioral health issues.

Provides weekly support groups, activities and one-on-one peer support in an environment of understanding, advocacy, and education to past or present recipients of mental health and behavioral services.

**ELIGIBILITY:** Adults with mental and/or behavioral disorders, family members, and caregivers.

**FEES:** None.

## OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH

**WEBSITE:** [www.stpeter-libertytown.org](http://www.stpeter-libertytown.org)

**MAIN:** 301-898-5111

**ADDRESS:** 9190 Church Street, Union Bridge 21791

**HOURS:** CHURCH: Mon - Fri: 9am-5pm. FOOD PANTRY: Fri 3:30pm-4:30pm. THRIFT SHOP: Mon, Wed and Sat: 10am-1pm.

**SERVICES:** COMMUNITY SERVICES: Provides financial assistance, a thrift shop, and food pantry to area residents.

**ELIGIBILITY:** Low income and homeless individuals and families who are residents of Libertytown, New Windsor and Union Bridge area.

**FEES:** None.

## OVEREATERS ANONYMOUS, NORTHERN BLUE RIDGE

**WEBSITE:** [www.northernblueridgeoa.org](http://www.northernblueridgeoa.org)

**MAIN:** 301-732-7017

**ADDRESS:** PO Box 1366, Frederick 21702

**HOURS:** Call for meeting times and days or check website.

**SERVICES:** SUPPORT GROUP: Provides a self-supported support group using a 12-step program that supports and encourages persons who wish to stop overeating. Meetings last about an hour.

**ELIGIBILITY:** Individuals with a desire to stop eating compulsively.

**FEES:** No fee however donations welcome.

## **PARKINSON'S SUPPORT GROUP, FRIENDS IN FREDERICK**

- WEBSITE:** [www.fifpdsg.org](http://www.fifpdsg.org)  
**MAIN:** 301-703-1194  
**ADDRESS:** PO Box 213, Walkersville 21793  
**HOURS:** 3rd Wed of month: 1pm-3pm at Mt. Pleasant Ruritan Club. Call anytime for directions.  
**SERVICES:** SUPPORT GROUP: A support group for people with Parkinson's Disease, their family members, and caregivers.  
**ELIGIBILITY:** Persons with Parkinson's Disease, family members, and caregivers.  
**FEES:** None for support group. \$20 annual fee per family to join organization.

## **PARTNERS IN CARE MARYLAND**

- WEBSITE:** [www.partnersincare.org](http://www.partnersincare.org)  
**MAIN:** 301-682-7433  
**ADDRESS:** 22 South Market Street Suite 15, Frederick 21702  
**HOURS:** Mon – Fri: 8:30am – 4:30pm. Volunteer services hours vary.  
**SERVICES:** NON-MEDICAL ELDER CARE: Volunteers provide community residents with services that would improve quality of life and enable them to remain actively involved in the community. Offers social network of support including rides for medical appointments, grocery shopping, companionship, minor handyman assistance, and other errands. Does not transport clients in wheelchairs. All participants give back to the program through the Service Exchange Program by providing their time and talents to help others in exchange for help when they need it.  
**ELIGIBILITY:** Any adult above 50 years of age who is a county resident and lives independently.  
**FEES:** Free

## **PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY**

- WEBSITE:** [www.middletown.md.us](http://www.middletown.md.us)  
**MAIN:** 301-371-3119  
**ADDRESS:** 31 West Main Street, Middletown 21769  
**HOURS:** No set hours. Please leave a message and your call will be returned.  
**SERVICES:** OVERVIEW: Provides financial assistance, free tax preparation, drivers for medical appointments, coordinates holiday assistance, contributes to local school supply drive, exercise classes for 50 and older seniors, and offers information and referrals to other programs as needed.  
**ELIGIBILITY:** Must be resident of Middletown Valley.  
**FEES:** None.

## **PLANNED PARENTHOOD OF MARYLAND**

**WEBSITE:** [www.plannedparenthood.org/md](http://www.plannedparenthood.org/md)

**CALL CENTER:** 410-576-1414

**ADDRESS:** 170 Thomas Johnson Drive, Suite 100, Frederick 21702

**HOURS:** Mon: 10am-5pm. Tue: 11:30am-7pm. Wed: 9am-4pm. Thu: 11:30am-7pm. Fri: 8am-4pm. 2nd Sat of month: 9am-12pm. Walk-in hours for any service up to an hour before close.

**SERVICES:** **REPRODUCTIVE HEALTH:** Offers comprehensive reproductive health care services, including pregnancy testing, pelvic exams, family planning and counseling, sexually transmitted disease testing, emergency contraception and pregnancy options counseling and referral.

**ELIGIBILITY:** Open to public.

**FEES:** Sliding scale and most insurances

## **POTOMAC CASE MANAGEMENT SERVICES, INC.**

**WEBSITE:** [www.pcmsinc.org](http://www.pcmsinc.org)

**ADDRESSES:** **FREDERICK OFFICE:** 1446 West Patrick Street, Suite 16, Frederick, MD 21701

**Telephone:** 443-244-4113

**HAGERSTOWN OFFICE:** 324 E Antietam St, Ste 301, Hagerstown, MD 21740  
**Telephone:** 301-791-3087 **Fax:** 301-393-0730

**TANEYTOWN OFFICE:** 417 East Baltimore Street, Suite B, Taneytown, MD 21787

**Telephone:** 301-791-3087

**CUMBERLAND OFFICE:** 29 Baltimore Street, Cumberland, MD 21502  
**Telephone:** 301-791-3087

**HOURS:** M-F 8:00 a.m. - 4:30 p.m., on-call services

**ELIGIBILITY:** Individuals, children, families, seniors. All ages.

**SERVICES:** **FREDERICK OFFICE:** Targeted Case Management (TCM) for adults and Mental Health Care Coordination (MHCC) for children and youth. TCM plays a vital role in assisting in obtaining needed benefits (food stamps, apply for TDAP, SSI/SSDI, and housing, etc.) and linking to community-based supports to allow individuals to be more independent. MHCC connects families with local resources; assists children in the home, school, and community setting to meet goals identified by the child and family. Additional services include geriatric care management (private pay).

**FEES:** Medicaid, by arrangement

## PSYCHOTHERAPY SERVICES

- WEBSITE:** [www.frederickpsychotherapy.com](http://www.frederickpsychotherapy.com)  
**MAIN:** 301-662-6226  
**ADDRESS:** 41 North Market Street, Frederick 21701  
**HOURS:** Mon-Fri: 8:30am-5pm. Evening and Saturdays by appointment.  
**SERVICES:** MENTAL HEALTH: Provides mental health services for children, ages 10 and older, couples, families, and individuals. Services include but not limited to depression, anxiety, panic disorders, brief and longer-term psychotherapy, psychiatric evaluation, medication treatment, hypnosis, stress reduction, and addiction treatment.  
**ELIGIBILITY:** Open to the public ages 10 and older. Psychiatrist work with ages 16 and older.  
**FEES:** Medicare, insurance (United Healthcare, and Cigna) and self-pay.

## THE RANCH

- WEBSITE:** [www.ranchmd.org](http://www.ranchmd.org)  
**MAIN:** 301-874-4701  
**ADDRESS:** 7902 Fingerboard Road, Frederick 21704  
**HOURS:** Operations: 24 hours/day, 7 days/week. Office hours: Mon - Fri: 9am-5pm. Evening appointments are available.  
**SERVICES:** SUBSTANCE USE TREATMENT: Addictions treatment facility providing low intensity residential treatment along with outpatient therapy.  
**ELIGIBILITY:** Men ages 18+  
**FEES:** Accepts medicaid and private pay

## RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, ALAN P. LINTON EMERGENCY SHELTER

- WEBSITE:** [www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)  
**MAIN:** 301-631-2670 EX 112  
**ADDRESS:** 27 Degrange Street, Frederick 21701  
**HOURS:** Mon – Sun: 6:30pm-7:00am  
Guests should not arrive before 5:30pm without an appointment. Doors lock at 9pm. Guests will not be admitted after 9pm without prior approval. Once admitted into shelter for the evening, guests may not leave and return again without staff approval. Bed assignments made, as needed, at 9pm. Lights are turned ON at 6am. All guests must leave by 7am.  
**SERVICES:** EMERGENCY SHELTER: Provides year round shelter for adult men and women. Clients provided with beds, blankets, pillows, shower facilities and personal hygiene products if needed.  
**ELIGIBILITY:** Homeless adult residents of Frederick County. ID showing Frederick County residency is required. First time clients must complete an intake application. Residency requirement will be waived on days when high temperature remains below freezing or when winter precipitation is expected. Call for details.  
**FEES:** None.

## **RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, CHRISTMAS CAMPAIGN**

- WEBSITE:** [www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)  
**MAIN:** 301-631-2670 x 125  
**ADDRESS:** 27 Degrange Street, Frederick 21701  
**HOURS:** Hours vary. Call for further information.  
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.  
**SERVICES:** HOLIDAY ASSISTANCE: Provides eligible families with children, ages 12 and younger, with donated Christmas toys. Applicants with children ages 13-17 will be provided with gifts if funds are available. Participating families are “adopted” by individuals and organizations who donate gifts specific to that family’s needs. Applications accepted late October with distribution mid-December.  
**ELIGIBILITY:** Low-income Frederick County families with children birth to 17 who can document need of financial assistance.  
**FEES:** None.

## **RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, EMERGENCY FAMILY SHELTER**

- WEBSITE:** [www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)  
**MAIN:** 301-631-2670  
**ADDRESS:** 27 Degrange Street, Frederick 21701  
**HOURS:** Hours vary. Call for further information.  
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.  
**SERVICES:** FAMILY SHELTER: Emergency family shelter for Frederick County residents with primary custody of their children.  
**ELIGIBILITY:** Families in need of shelter should complete an intake with Religious Coalition staff. Head of household must be 18 years or older and must have custody of child/ren  
**FEES:** None.

## **RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, FINANCIAL ASSISTANCE SERVICE CENTER**

- WEBSITE:** [www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)  
**MAIN:** 301-631-2670  
**ADDRESS:** 27 Degrange Street, Frederick 21701  
**HOURS:** Hours vary. Call for further information.  
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.  
**SERVICES:** EMERGENCY FINANCIAL ASSISTANCE: Provides a portion of funds of a documented need for eviction prevention, security deposit assistance and energy assistance for low-income residents of Frederick County.  
**ELIGIBILITY:** Low-income Frederick County residents with documented need of financial assistance.  
**FEES:** None.

## RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HEALTHCARE ASSISTANCE

- WEBSITE:** [www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)  
**MAIN:** 301-631-2670  
**ADDRESS:** 27 Degrange Street, Frederick 21701  
**HOURS:** Hours vary. Call for further information.  
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.  
**SERVICES:** EMERGENCY HEALTHCARE ASSISTANCE: Provides emergency prescription, dental and eyeglass assistance.  
**ELIGIBILITY:** Low-income families and individuals without insurance. Will assist with prescriptions up to 4 times a year.  
**FEES:** None.

## RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HYGIENE CLOSET

- WEBSITE:** [www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)  
**MAIN:** 301-631-2670  
**ADDRESS:** 27 Degrange Street, Frederick 21701  
**HOURS:** Hours vary. Call for further information.  
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.  
**SERVICES:** HYGIENE CLOSET: Provides emergency pantry packages to Frederick County residents. Each package contains household and hygienic supplies that range from personal products to laundry supplies. Can provide diapers, wipes and baby supplies as inventory allows. Can be accessed once every 6 months.  
**ELIGIBILITY:** Low-income Frederick County residents in need of hygiene supplies.  
**FEES:** None.

## RIGHT AT HOME OF CENTRAL MARYLAND

- WEBSITE:** [www.rightathome.net/centralmd](http://www.rightathome.net/centralmd)  
**MAIN:** 301-696-1122  
**ADDRESS:** 550 Highland Street, Suite 110, Frederick 21701  
**HOURS:** Services: 24 hours/day, 7days/week.  
Mon - Fri: 8:30am-5pm  
**SERVICES:** IN-HOME CARE: Provides elderly and disabled individuals with in-home care, companionship, and assistance.  
**ELIGIBILITY:** Over 18 with a short or long term disability and the elderly.  
**FEES:** Fees vary. Please call for details.



## **SALVATION ARMY OF FREDERICK COUNTY, FINANCIAL ASSISTANCE**

- WEBSITE:** [www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
**MAIN:** 301-662-2311  
**ADDRESS:** 223 West 5th Street, Frederick 21701  
**HOURS:** Mon – Thu: 8am-4pm: Fri: 8am-3pm. By appointment only.  
**SERVICES:** FINANCIAL ASSISTANCE: Offered to residents who have a utility turn-off notice, notice of legal eviction, or in need of a prescription. Assistance provided based on the availability of funds.  
**ELIGIBILITY:** Frederick County residents with documented need of financial assistance. Must provide proper identification, proof of income and need and may require screening by Religious Coalition.  
**FEES:** None.

## **SALVATION ARMY OF FREDERICK COUNTY, THRIFT SHOP**

- WEBSITE:** [www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
**MAIN:** 301-662-2311  
**ADDRESS:** 902 North East Street, Frederick 21701  
**ELIGIBILITY:** Mid to low-income residents.  
**FEES:** None.

## **SALVATION ARMY, WASHINGTON AREA FUEL FUND**

- WEBSITE:** [www.salvationarmynca.org/ways-we-help/waff/](http://www.salvationarmynca.org/ways-we-help/waff/)  
**MAIN:** 301-662-2311  
**ADDRESS:** 223 West 5th Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am-4pm  
**SERVICES:** HEATING FUEL FUND: Assists with primary heat in home.  
**ELIGIBILITY:** Open to public. Must be assisted by MEAP, meet income guidelines, have a turn-off notice and have not received help from fuel fund in the past 12 months.  
**FEES:** None.

## SAVE OUR CHILDREN, FAMILY PEER SUPPORT GROUP

**WEBSITE:** [www.mdheroinawareness.org](http://www.mdheroinawareness.org)

**Facilitator:** 301-471-1830

**ADDRESS:** 7722 Edgewood Church Road, Frederick 21702

**HOURS:** No set office hours. Leave a message and call will be returned.

Support group meets Tue and Wed: 7pm-8:30pm.

**SERVICES:** SUPPORT GROUP: Offers services, resources, education, and a support group to those suffering from a heroin addiction and also to friends and loved ones affected by those suffering from addiction.

**ELIGIBILITY:** Those suffering from addiction, their families and friends 16 and older.

**FEES:** None.

## SECOND CHANCES GARAGE

**WEBSITE:** [www.secondchancesgarage.org](http://www.secondchancesgarage.org)

**MAIN:** 240-724-1919

**ADDRESS:** 528 North Market Street, Frederick 21701

**HOURS:** Mon – Fri: 9am-5pm.

**SERVICES:** CAR REPAIR PROGRAM: Offers general car repair to low income individuals and families that meet income guidelines. Does not require referral from a partner agency. See website for further information.

LOW COST VEHICLES: Offers second hand cars to income eligible individuals. Do not contact this program for a vehicle. Must apply and receive referral from partner agency. See website for further information.

**ELIGIBILITY:** Must be a resident of Frederick or Washington County, be gainfully employed, have an active, ongoing relationship with a partner agency, at least 25 years of age (may be younger if there are dependent children in the household), able to afford vehicle ownership, must not own or have a vehicle titled in their name or have access to a vehicle in the household, no current or pending criminal charges; be drug-free and no outstanding insurance violations.

**FEES:** Vary.

## SERENITY TREATMENT CENTER

**WEBSITE:** [www.serenitytreatmentcenter.com](http://www.serenitytreatmentcenter.com)

**MAIN:** 301-898-2627

**ADDRESS:** 420 East Patrick Street, Suite 100, Frederick 21701

**HOURS:** Mon: 8:30am-5pm. Tue-Thu: 8:30am-8pm. Fri: 8:30am-3pm.

Sat: 9am-3pm.

**SERVICES:** SUBSTANCE USE TREATMENT: Offers assessments, screening, educational programs including DUI/DWI and anger management, counseling, support groups, outpatient and intensive outpatient (IOP) substance use treatment and medication assisted treatment with Vivitrol.

**ELIGIBILITY:** Individuals 18 and over

**FEES:** Cash, credit card, private insurance, and medicaid. (No sliding scale)

## **SERVICE COORDINATION, COORDINATION OF COMMUNITY SERVICES**

**WEBSITE:** [www.servicecoord.org](http://www.servicecoord.org)  
**MAIN:** 301-663-8044  
**ADDRESS:** 5283 Corporate Drive, Suite 103, Frederick 21703  
**HOURS:** Mon – Fri: 8:30am-5pm  
**SERVICES:** ADVOCACY/CASE MANAGEMENT: Provides advocacy and case management for adults and children with developmental disabilities.  
**ELIGIBILITY:** Residents who have developmental disabilities and are referred by Developmental Disabilities Administration (DDA).  
**FEES:** None

## **SETON CENTER OUTREACH PROGRAM, DEPAUL DENTAL PROGRAM**

**WEBSITE:** [www.setoncenterinc.org](http://www.setoncenterinc.org)  
**MAIN:** 301-447-6102  
**ADDRESS:** 226 East Lincoln Avenue, Emmitsburg 21727  
**HOURS:** Mon - Fri: 9am-4pm. Closed from 12pm-1pm for lunch.  
**SERVICES:** DENTAL PROGRAM: Offers dental services for low-income adults in Northern Frederick County with no dental insurance. Partners with area dentists and oral surgeons to provide dental services at reduced rates for eligible adults.  
**ELIGIBILITY:** Low-income adults and have no dental insurance and meet income guidelines.  
**FEES:** None.

## **SETON CENTER OUTREACH PROGRAM, SETON CENTER**

**WEBSITE:** [www.setoncenterinc.org](http://www.setoncenterinc.org)  
**MAIN:** 301-447-6102  
**ADDRESS:** 226 East Lincoln Avenue, Emmitsburg 21727  
**HOURS:** Mon-Fri: 10am-4pm. Thrift shop: Tues-Fri: 10am-4pm. Sat: 10am-3pm.  
**SERVICES:** COMMUNITY SERVICES: Provides emergency financial assistance, holiday assistance, a thrift shop, employment assistance, supportive visits and connection to other community resources. Used clothing, food, household goods and monetary donations are welcome.  
**ELIGIBILITY:** Serves low-income, disabled, and elderly residents of northern Frederick County.  
**FEES:** None.

## **SEXAHOLICS ANONYMOUS**

- WEBSITE:** [www.baltimorea.org](http://www.baltimorea.org)  
**MAIN:** 410- 558-4510  
**ADDRESS:** Frederick  
**HOURS:** 24hours/day, 7days/week. Group times and locations vary.  
**SERVICES:** SUPPORT GROUP: Recovery 12 step program to help individuals addicted to sex stay sexually sober and help others to achieve sexual sobriety. Offers a support group for friends and family members of addict.  
**ELIGIBILITY:** Individuals with a desire to become sexually sober.  
**FEES:** None.

## **SHEPPARD PRATT HEALTH SYSTEM, THE JEFFERSON SCHOOL AND RESIDENTIAL TREATMENT CENTER**

- WEBSITE:** [www.sheppardpratt.org/care-finder/the-jefferson-school-and-residential-treatment-center/](http://www.sheppardpratt.org/care-finder/the-jefferson-school-and-residential-treatment-center/)  
**MAIN:** 240-315-0200  
**ADDRESS:** 2940 Point Of Rocks Road, Jefferson 21755  
**HOURS:** Operations are 24 hours/day, 7 days/week.  
Mon – Fri: 9am – 5pm  
**SERVICES:** RESIDENTIAL TREATMENT: Provides male and females, ages 12-18 (up to 21 but not have graduated) residential or day school programs. Facility has a full size gymnasium, library/media center, art center, an environmental studies classroom and greenhouse, a wood shop as well as dining, recreation and health service areas. Offers many opportunities for outdoor recreation, nature studies, and has an outdoor classroom/group meeting area widely used in suitable weather.  
**ELIGIBILITY:** Adolescents and youth ages 12-18 (up to 21 but not have graduated).  
**FEES:** Varies call for further details.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ADULT MOBILE CRISIS SERVICES**

- INTAKE:** 301-662-2255  
**HOURS:** Telephone response is 24 hours day/ 7 days week.  
Mon - Fri: 1pm-9pm  
**ADDRESS:** 230 West Patrick Street, Frederick 21701  
**SERVICES:** MOBILE CRISIS INTERVENTION: Offers intensive mental health crisis intervention to families and individual residents of the county ages 18 and over. Trained and licensed professionals offer face to face intervention, assessment, evaluation, and assistance to stabilize the situation. Helps develop a plan for further treatment and offer referrals and links to community resources and services.  
**ELIGIBILITY:** Individuals and families age 18 and over experiencing a mental health crisis.  
**FEES:** None.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ASSERTIVE COMMUNITY TREATMENT**

**WEBSITE:** [www.sheppardpratt.org/care-finder/assertive-community-treatment-act/](http://www.sheppardpratt.org/care-finder/assertive-community-treatment-act/)

**MAIN:** 301- 662-0099

**ADDRESS:** 230 West Patrick Street, Frederick 21701

**HOURS:** Operations 24 hours/day, 7 days/week.

Mon - Fri: 8:30am – 1pm

**SERVICES:** ASSERTIVE COMMUNITY TREATMENT (ACT): Provides mental health services to persons who are unable or unwilling to access traditional, facility-based services. A team of mental health workers deliver services wherever the consumer is willing to receive them. Services include diagnostic evaluation, crisis intervention, case management and transition to other needed services.

**ELIGIBILITY:** Adults with serious mental illness.

**FEES:** Medical Assistance and sliding scale.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CAMP JOURNEY RESPITE PROGRAM**

**WEBSITE:** [www.sheppardpratt.org/care-finder/camp-journey-respite-program/](http://www.sheppardpratt.org/care-finder/camp-journey-respite-program/)

**MAIN:** 301-682-3446

**ADDRESS:** 10304 Putman Road, Frederick 21702

**HOURS:** Call for Camp Hours. Operations 24 hours/day, 7 days/week.

Mon - Fri: 9am-5pm.

**SERVICES:** RESPITE PROGRAM: Provides an environment for youth ages 11-17, with emotional and behavioral disabilities, for several hours to a few days. Length of stay is pre-determined based on the unique needs of each family. Youth have fun while learning positive skills that may help them more effectively manage their challenges during everyday life.

**ELIGIBILITY:** Adolescents ages 11-17 with emotional and behavioral challenges.

**FEES:** Private pay, medical assistance, sliding fee scale.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CHILD AND ADOLESCENT MOBILE CRISIS SERVICES**

**WEBSITE:** [www.sheppardpratt.org/care-finder/frederick-county-children-s-mobile-crisis/](http://www.sheppardpratt.org/care-finder/frederick-county-children-s-mobile-crisis/)

**INTAKE:** 301-662-2255

**ADDRESS:** 230 West Patrick Street, Frederick 21701

**HOURS:** 24 hours/day 7 days/week

**SERVICES:** MOBILE CRISIS INTERVENTION: Provides in-home de-escalation and crisis intervention for children and adolescents under the age of 18. Offers face to face intervention, assessment, evaluation, and assistance to stabilize situation. Help to develop a plan for further treatment and offer referrals and links to community resources and services.

**ELIGIBILITY:** Any child under the age of 18 experiencing suicidal ideation, suicide threats with intent and mean, acts of aggression (including homicidal ideation), or self-injury at the time of call. Services must be requested by a parent and child must be at home.

**FEES:** None.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, COMMUNITY EMPLOYMENT PROGRAM**

**WEBSITE:** [www.sheppardpratt.org/care-services/employment-job-training/](http://www.sheppardpratt.org/care-services/employment-job-training/)

**MAIN:** 301- 662-0099

**ADDRESS:** 230 West Patrick Street, Frederick 21701

**HOURS:** Operations 24 hours/day, 7 days/week.

Mon - Fri: 8:30am-1pm

**SERVICES:** VOCATIONAL SERVICES: Provides evaluation/assessment, work adjustment training, job readiness & placement and ongoing employment supports. Participants work in settings including restaurants, business offices, nursing homes and machine shops. Provides benefits counseling to help participants understand impact working may have on entitlements.

**ELIGIBILITY:** Adolescents and adults with serious mental illness.

**FEES:** Medical Assistance and sliding scale

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, DAY PROGRAM**

**WEBSITE:** [www.sheppardpratt.org/way-station/](http://www.sheppardpratt.org/way-station/)

**MAIN:** 301- 662-0099

**ADDRESS:** 230 West Patrick Street, Frederick 21701

**HOURS:** Operations 24 hours/day, 7 days/week.

Mon - Fri: 8:30am-1pm

**SERVICES:** DAY PROGRAM: Offers individuals with chronic mental illness and/or intellectual disabilities structured and meaningful daytime activity.

Activities designed to promote recovery through individualized rehabilitation planning. Focusing on peer support, integrated care, symptom management, medication monitoring if needed, coping strategies, independent living skills, social skills, as well as recreational and leisure activities. Provides services through both individual and group interactions.

**ELIGIBILITY:** Adults with serious mental illness may be eligible for Day Psychiatric Rehabilitation. Adults with intellectual disabilities that are eligible for funding through developmental disabilities may be eligible for Pathway Day Program Services.

**FEES:** Medical Assistance and self-pay

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, FAMILY PRESERVATION PROGRAM**

**WEBSITE:** [www.sheppardpratt.org](http://www.sheppardpratt.org)

**MAIN:** 301- 662-0099 EX 2501

**ADDRESS:** 230 West Patrick Street, Frederick 21701

**HOURS:** Mon – Fri: 9am – 5pm

**SERVICES:** FAMILY PRESERVATION: Provides short-term in-home intervention to help families manage their current situation in a way that keeps them together. Seeks to teach the families new skills and/or set up services that will maximize the families' strengths to ensure that they remain together on a long term basis. Teams work with families intensively for 6 weeks for 5 hours each week to identify family-based goals and maintain long-term changes.

**ELIGIBILITY:** Youth must be at high risk for out-of-home placement.

**FEES:** None.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOMELESS VETERANS REINTEGRATION PROGRAM**

- WEBSITE:** [www.sheppardpratt.org](http://www.sheppardpratt.org)  
**MAIN:** 240-357-1808  
**ADDRESS:** 230 West Patrick Street, Frederick 21701  
**HOURS:** Mon – Fri: 8am -4pm  
**SERVICES:** EMPLOYMENT: Assists veterans gain employment through job search, career counseling, life skills, job placement, interviewing tips, and case management. Financial assistance may be available for short term job training programs, work clothes and tools.  
**ELIGIBILITY:** Veterans in Maryland and West Virginia who are homeless or at imminent risk of being homeless within the next 14 days. Participants must be willing and able to work with program to obtain employment.  
**FEES:** None.

## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOUSING AND RESIDENTIAL SERVICES**

- WEBSITE:** [www.sheppardpratt.org](http://www.sheppardpratt.org)  
**MAIN:** 301- 662-0099  
**ADDRESS:** 230 West Patrick Street, Frederick 21701  
**HOURS:** Operations 24 hours/day, 7 days/week.  
Mon - Fri: 8:30am-1pm  
**SERVICES:** RESIDENTIAL SERVICES: Offers community integrated housing options for people with serious mental illness. Options include 24/7 supervised group homes, 24/7 supervised apartment complex, apartments, townhomes and single family homes with supports available at varying levels depending on individual needs. Specialized housing units, include residences for transitional age youth, ages 18-24, senior/aging adults, co-occurring substance use disorders, and co-occurring developmental disabilities. Individuals are supported and encouraged to develop basic living skills, including health management and wellness, money management, medication management, and community integration.  
**ELIGIBILITY:** Adults with serious mental illness.  
**FEES:** Medical Assistance and sliding scale.



## **SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, MULTI SYSTEMIC THERAPY**

**WEBSITE:** [www.sheppardpratt.org/care-finder/multisystemic-therapy/](http://www.sheppardpratt.org/care-finder/multisystemic-therapy/)

**MAIN:** 301- 662-0099

**ADDRESS:** 230 West Patrick Street, Frederick 21701

**HOURS:** Operations 24 hours/day, 7 days/week.

Mon - Fri: 8:30am-1pm

**SERVICES:** MULTI SYSTEMIC THERAPY: Intensive family and community based treatment program that addresses multiple factors of serious anti-social behaviors in juvenile offenders. Behaviors include verbal aggression, physical aggression, theft, truancy, substance use, and curfew violations. Provides caregivers with skills and resources needed to deal with problematic behaviors. Services are provided in home, school, neighborhood, and community. MST therapists are available 24 hours a day, 7 days a week. Length of treatment averages 3-5 months.

**ELIGIBILITY:** Adolescent offenders in Frederick and Washington counties who are involved with Department of Juvenile Services.

**FEES:** Medical Assistance and sliding scale.

## **SOCIAL SECURITY ADMINISTRATION**

**WEBSITE:** [www.ssa.gov](http://www.ssa.gov)

**MAIN:** 866-331-7089

**ADDRESS:** 5340 Spectrum Drive, Suite N, Frederick 21703

**HOURS:** Mon, Tue, Thu, Fri: 9am – 4pm. Wed: 9am-12pm.

**SERVICES:** GOVERNMENT: Manages issuing and updating social security cards, applications for retirement, survivor, and disability benefits, Medicare, and Supplemental Security Income (SSI). Provides information on eligibility requirements, history of earnings, estimates of future benefits, and help with filling out and filing appropriate forms. Many social security services and forms are available online. Phone appointments are available.

**ELIGIBILITY:** Requirements vary for each program.

**FEES:** None.

## **SOMERFORD ASSISTED LIVING AND ALZHEIMER'S CARE**

**WEBSITE:** [www.somerfordhousefrederick.com](http://www.somerfordhousefrederick.com)

**MAIN:** 301- 668-3900

**ADDRESS:** 2100A-2100B Whittier Drive, Frederick 21702

**HOURS:** Operations: 24 hours/day, 7days/week. Call for more information on support groups. Mon - Sun 9am-5pm

**SERVICES:** OVERVIEW: Provides assisted living, support groups, and memory care services.

**ELIGIBILITY:** Senior citizens.

**FEES:** Private pay.

## SPANISH SPEAKING COMMUNITY OF MARYLAND

- WEBSITE:** [www.spanishcommunityofmd.org](http://www.spanishcommunityofmd.org)  
**MAIN:** 301-587-7217  
**ADDRESS:** 329 South Jefferson Street, Frederick 21701  
**HOURS:** Hours vary  
**SERVICES:** IMMIGRATION SERVICES: Empowers low-income families and immigrants from diverse backgrounds by promoting self-sufficiency, greater social change, education and legal rights. Works with public and private organizations throughout the state to ensure that the most vulnerable residents are able to receive the essential guidance for nutrition, health care, education, housing, employment and immigration benefits.  
**ELIGIBILITY:** Low-income residents.  
**FEES:** Nominal fee may be charged.

## SPECIAL OLYMPICS

- WEBSITE:** [www.somdfc.org](http://www.somdfc.org)  
**MAIN:** 240-409-3643  
**ADDRESS:** SOMD/Frederick County, PO Box 33, Frederick 21705-0033  
**HOURS:** Hours vary  
**SERVICES:** SPORTS TRAINING/ COMPETITION: Provides sports training and athletic competition in Olympic-type sports for persons with intellectual disabilities with or without physical challenges. Offers 16 of 20 sports available in Maryland and host 2 athletic competitions during sports year. Provides opportunities for many social events such as dances, zoo trips, and professional sporting events.  
**ELIGIBILITY:** Age 2-7 for the Young Athlete Program. Age 8 to adult for training and competition.  
**FEES:** None, but family members/caregivers are encouraged to help with fundraising efforts.

## ST. JOSEPH'S PLACE

- WEBSITE:** [www.stjosephsministries.org](http://www.stjosephsministries.org)  
**MAIN:** 301-447-7000  
**ADDRESS:** 331 South Seton Avenue, Emmitsburg 21727  
**HOURS:** Operations 24 hours/day, 7days/week.  
Mon - Fri: 8am-4:30pm  
**SERVICES:** NURSING/REHAB: Provides a wide range of services including 24 hour nursing care, pain management, rehabilitation, restorative care and palliative care. Offers an Aquatic program, occupational, physical and speech therapy.  
**ELIGIBILITY:** Persons needing short or long term care.  
**FEES:** Set fee, private pay, Medicare, Medicaid, and some insurance.

## **ST. VINCENT DE PAUL SOCIETY, ST. JOHN'S REGIONAL CONFERENCE**

**WEBSITE:** www.svdpusa.org  
**MAIN:** 301-662-4676  
**ADDRESS:** 114 East Second Street, Frederick 21701  
**HOURS:** Mon – Fri: 10am – 3pm  
**SERVICES:** EMERGENCY FINANCIAL ASSISTANCE: Offers emergency financial assistance for eviction prevention, utility assistance, and other matters on a case by case basis.  
**ELIGIBILITY:** Must be a county resident.  
**FEES:** None.

## **ST. VINCENT DE PAUL SOCIETY, ST. TERESA OF CALCUTTA CONFERENCE**

**MAIN:** 301-473-4800 ext 2  
**HOURS:** As needed  
**ADDRESS:** c/o Holy Family Catholic Community, 7321 Burkittsville Rd  
Middletown 21769  
**SERVICES:** EMERGENCY FINANCIAL ASSISTANCE: Offers emergency financial assistance for eviction prevention, utility assistance, food, minor home repairs and other matters on a case by case basis.  
**ELIGIBILITY:** Open to public. Targets residents of Middletown Valley  
**FEES:** None.

## **STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY**

**WEBSITE:** www.shipfrederick.com  
**MAIN:** 240-415-8971  
**ADDRESS:** PO Box 1629, Frederick 21702  
**HOURS:** Mon – Sun: 8am-9pm. Available by phone during operating hours. May have to leave a message. Calls are checked frequently.  
**SERVICES:** SHIP: Provides urgent resources and services for homeless school-age children and their families in Frederick County. Supports include new clothing, referrals to community resources, and funding for youth enrichment activities. Referrals should come from Frederick County Public School staff and from community service agencies.  
**ELIGIBILITY:** Child must currently be attending Frederick County Public Schools.  
**FEES:** Free

## SUNRISE ASSISTED LIVING

**WEBSITE:** [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)

**MAIN:** 301-663-9500

**ADDRESS:** 990 Waterford Drive, Frederick 21702

**HOURS:** Mon - Fri: 9am-5pm. Weekend appointments available.

Operations: 24 hours/day, 7 days/week.

**SERVICES:** ASSISTED LIVING: Offers a variety of living arrangements including assisted living, Alzheimer's care, hospice care, and short-term stays with many amenities, services, meal plans, and social activities.

**ELIGIBILITY:** Those in need of adult-senior care.

**FEES:** Fees vary depending upon level of service needed. Accepts private pay and long term insurance.

## SUPPORTING OLDER ADULTS THROUGH RESOURCES

**WEBSITE:** [www.soarfrederick.org](http://www.soarfrederick.org)

**MAIN:** 240-575-9665

**ADDRESS:** P.O. Box 1603, Frederick 21702

**HOURS:** Mon – Fri: 10am-4pm

**SERVICES:** FINANCIAL ASSISTANCE: Provides financial assistance to seniors to help with prescription assistance, transportation, in-home support, food, clothing, and household and personal care supplies. Offers assistance with accessing other services in Frederick County and to caregivers of seniors.

**ELIGIBILITY:** Frederick County resident aged 65+ whose income does not exceed \$2100/mo for individual or \$3000 for couple. Will work with family members or others providing care for someone 65+

**FEES:** None

## THURMONT CLOTHING CLOSET, THURMONT UNITED METHODIST CHURCH

**WEBSITE:** [www.thurmontchurch.org](http://www.thurmontchurch.org)

**MAIN:** 301-271-4511

**ADDRESS:** 13880 Long Road, Thurmont 21788

**HOURS:** 1st and 4th Mon of month: 6pm-7:30pm. 3rd Tue of month: 10am-11:30am.

**SERVICES:** CLOTHING CLOSET: Offers gently used children and adult clothes to residents of Thurmont and northern Fredrick County. May access three times per month. Donations are greatly appreciated (donation bin located outside of closet).

**ELIGIBILITY:** Open to the public

**FEES:** Free

## **THURMONT FOOD PANTRY, ST. JOHN'S EVANGELICAL LUTHERAN CHURCH**

- WEBSITE:** [www.thurmontfoodbank.com](http://www.thurmontfoodbank.com)  
**MAIN:** 240-280-1865  
**ADDRESS:** Old Town Hall, 10 Frederick Road, Thurmont 21788  
**HOURS:** May arrive 30 minutes early to sign up. Please leave a message your call will be returned.  
Tue: 5pm-7:30pm. Fri: 4pm-6pm  
**SERVICES:** **FOOD PANTRY:** Supplies non-perishable food, eggs, milk, fresh fruit, fresh vegetables and other supplies such as paper towels, toilet paper, dish washing liquid, and tooth paste to residents of the area. Monetary, perishable and non-perishable food, hygiene items and paper goods donations are needed.  
**ELIGIBILITY:** Targets residents in Thurmont, Rocky Ridge, Lewistown, Graceham, Frederick, and Sabillasville areas.  
**FEES:** None.

## **THURMONT LIONS CLUB VISION SCREENING PROGRAM**

- WEBSITE:** [www.thurmontlionsclub.com](http://www.thurmontlionsclub.com)  
**MAIN:** 301-271-2924  
**ADDRESS:** PO Box 306, Thurmont 21788  
**HOURS:** No set office hours.  
**SERVICES:** **VISION SCREENING/GLASSES:** A free screening program aimed at identifying eyesight problems in children from 6 months to 5 years. Any group or organization can request a screening. Program is working to secure other centers to arrange annual screenings. Offers possibility of assistance with purchase of glasses if financial need is determined.  
**ELIGIBILITY:** Children from 6 months to 5 years old who currently do not have glasses.  
**FEES:** None.

## **TOYS FOR TOTS**

- WEBSITE:** [www.frederick-md.toysfortots.org](http://www.frederick-md.toysfortots.org)  
**MAIN:** 301-619-2687  
**ADDRESS:** 1276 Base Rd, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4pm. No answer, leave message and call will be returned.  
**SERVICES:** **HOLIDAY ASSISTANCE:** Operates a Christmas program that collects new, unopened toys from private and corporate donors.  
**ELIGIBILITY:** Must be a county resident and have documentation of guardianship.  
**FEES:** Free

## TRANSIT SERVICES OF FREDERICK COUNTY

- WEBSITE:** [www.frederickcountymd.gov/transit](http://www.frederickcountymd.gov/transit)  
**MAIN:** 301-600-2065  
**ADDRESS:** 1040 Rocky Springs Road, Frederick 21702  
**HOURS:** Mon – Fri: 8am-5pm. Call or visit web site for transit hours.  
**SERVICES:** TRANSPORTATION: Provides public transportation, paratransit, and commuter services. Offers reduced fares for individuals with disabilities and senior citizens who are able to use public transportation.  
**ELIGIBILITY:** Open to public.  
**FEES:** Fixed Fees. Call or visit website.

## UNIFIED COMMUNITY CONNECTIONS

- WEBSITE:** [www.unified.org](http://www.unified.org)  
**MAIN:** 410-484-4540  
**ADDRESS:** 5736 Industry Lane, Frederick 21704  
**HOURS:** Mon – Fri: 8:30am – 4pm  
**SERVICES:** OVERVIEW: Offers support services and programs for individuals with developmental disabilities. Offers day and residential programs, employment services, in-home support, recreational programs and respite care.  
**ELIGIBILITY:** Adults 21+ with developmental disabilities. Some services available to children. Call for more information.  
**FEES:** No fees for most programs if eligibility criteria are met.

## UNITED STATES DEPARTMENT OF TREASURY, INTERNAL REVENUE SERVICE

- WEBSITE:** [www.irs.gov](http://www.irs.gov)  
**MAIN:** 800-829-1040  
**ADDRESS:** 201 Thomas Johnson Drive, Frederick 21702  
**HOURS:** Mon – Fri: 8:30am – 4:30pm  
Closed for lunch from 11:30am-12:30pm, daily.  
**SERVICES:** TAXES: Offers support, information and referral concerning your taxes.  
**ELIGIBILITY:** Adults 18 and older.  
**FEES:** None.

## UNITED WAY OF FREDERICK COUNTY

- WEBSITE:** [www.unitedwayfrederick.org](http://www.unitedwayfrederick.org)  
**MAIN:** 301-663-4231  
**ADDRESS:** Bernard W. Brown Community Center, 629 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 9am – 5pm  
**SERVICES:** CHARITY AND GRANT-MAKING: Recruits people and organizations to engage in giving, advocating, and volunteering in areas of education, income, and health. Organizes public engagement campaigns, day of action, stuff the bus, and summer serve projects. Connects volunteers with service sites in the community.  
**ELIGIBILITY:** Open to organizations engaged in services related to education, income, and health.  
**FEES:** None.

## UNITED WAY OF FREDERICK COUNTY, PROSPERITY CENTER

- WEBSITE:** [www.prosperitycenter.org](http://www.prosperitycenter.org)  
**MAIN:** 301-663-4231  
**ADDRESS:** Bernard Brown Community Center, 629 North Market Street, Frederick 21701  
**HOURS:** Mon – Fri: 9am – 5pm  
**SERVICES:** FINANCIAL LITERACY: Provides resource for community members to improve their financial knowledge, skills, and stability. Services include the Volunteer Income Tax Assistance (VITA) program, Prosperity Savings Accounts, free financial education classes, and access to an array of community resources.  
VITA TAX ASSISTANCE: Free tax preparation by IRS-certified volunteer income tax preparers at various locations throughout Frederick County. Appointments scheduled January through April.  
**ELIGIBILITY:** Low income individuals and families. Must meet income guidelines  
**FEES:** None.

## UNIVERSITY OF MARYLAND EXTENSION, FREDERICK COUNTY

- WEBSITE:** [www.extension.umd.edu/frederick-county](http://www.extension.umd.edu/frederick-county)  
**MAIN:** 301-600-1594  
**ADDRESS:** 330 Montevue Lane, Frederick 21702  
**HOURS:** Mon – Fri: 8am – 4:30pm  
**SERVICES:** EDUCATION: Provides information to improve economic stability, quality of life and community, and environment in which they live. Offers educational programs, events, clinics, field days, seminars, conferences, small group discussions, camps, after school programs and club meetings in the areas of agriculture and natural resources, family and consumer sciences, home horticulture and 4 H youth development.  
**ELIGIBILITY:** Open to public.  
**FEES:** None or minimal for some programs.

## UP AND OUT FOUNDATION

- WEBSITE:** [www.upandoutfoundation.org](http://www.upandoutfoundation.org)  
**MAIN:** 301-788-0788  
**ADDRESS:** PO BOX 4055, Frederick 21705  
**HOURS:** No set hours. Calls are generally returned within 24 hours.  
**SERVICES:** SUBSTANCE USE: Offers financial assistance, substance use education and information and referral to help connect individuals to substance use treatment and support.  
**ELIGIBILITY:** Individuals in need of financial assistance for substance use.

## VETERANS CENTER, FREDERICK COMMUNITY ACCESS CENTER

- WEBSITE:** [www.vetcenter.va.gov](http://www.vetcenter.va.gov)  
**MAIN:** 304-263-6776  
**ADDRESS:** Frederick Community College: 7932 Opossumtown Pike, Frederick, 21702. Frederick County Division of Senior Services: 1440 Taney Avenue, Frederick, 21702.  
**HOURS:** Tue, Wed: 9:30am-4:30pm  
**SERVICES:** MENTAL HEALTH SERVICES: Provides individual and group counseling, outreach, and referral services to combat Veterans and families. Guides through major adjustments/issues often occurring after Veterans return from combat or military service. Services include Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free and strictly confidential.  
**ELIGIBILITY:** Veterans and families of veterans who served in area of armed hostilities and received honorable discharge. Will see veterans with other than honorable or dishonorable discharge on a case by case basis. Also those who are currently active military.  
**FEES:** Free

## VINDABONA NURSING HOME

- WEBSITE:** [www.thevindabona.com](http://www.thevindabona.com)  
**MAIN:** 301-371-7160  
**ADDRESS:** 6012 Jefferson Boulevard, Frederick 21703  
**HOURS:** Operation: 24 hours/day, 7 days/week. Mon - Fri: 8am-7pm  
**SERVICES:** NURSING HOME: Provides comprehensive short term rehabilitation and long term care for adult and elderly patients.  
**ELIGIBILITY:** Adults and seniors needing short term rehabilitation or long term care.  
**FEES:** Medicaid, Medicare and some insurance.



## WAY TO GROW

- WEBSITE:** [www.way2grow.com](http://www.way2grow.com)  
**MAIN:** 301-846-4769  
**ADDRESS:** 9093 Ridgefield Drive, Unit 102, Frederick 21701  
**HOURS:** Mon – Fri: 8am-7pm. Sat: 8am-2pm. May call anytime to leave message and someone will return call promptly.  
**SERVICES:** OVERVIEW: Provides occupational therapy and speech services to pediatric clients and their families. Also provides social skills groups for children ages 5-10.  
**ELIGIBILITY:** Open to adults and children.  
**FEES:** Vary depending upon service. Accepts Medicaid

## WELLS HOUSE

- WEBSITE:** [www.wellshouse.org](http://www.wellshouse.org)  
**MAIN:** 301-739-7748  
**ADDRESS:** 427 East Patrick Street, Frederick 21701  
**HOURS:** Operations: 24 hours/ 7 days week.  
Mon - Sun: 8am-4:30pm  
**SERVICES:** SUBSTANCE USE TREATMENT: Offers residential and outpatient treatment for adults whose primary disorder is substance abuse. Provides assessments and drug testing for legal, employment or other purposes.  
**ELIGIBILITY:** Residential treatment: Adult men, 18 years or older, substance use primary disorder. Professional referral or assessment required prior to admission. Outpatient treatment: Adult men or women, 18 years or older, substance use primary disorder. Self-referrals accepted in addition to professional referrals.  
**FEES:** Medicaid or Maryland Medical Assistance accepted. No private insurance at present is accepted. Outpatient self-pay fees negotiable, based on income and space availability.

## WHOLE HEART GRIEF AND LIFE RESOURCE CENTER

- WEBSITE:** [www.thewholeheartcenter.org](http://www.thewholeheartcenter.org)  
**MAIN:** 866-393-5847  
**ADDRESS:** 110 West South Street, Frederick 21701  
**HOURS:** Grief Group 1st Tue of month: 7pm-8:30pm. Available via Skype.  
Mon - Thu: 10am-4pm  
**SERVICES:** SUPPORT GROUPS: Provides tools for survivors and supporters to identify needs, understand options, make positive choices and navigate the grieving process. Offers support groups, one on one coaching and resource center. Offers grief support and life coaching services for individuals, couples, and teens throughout the community.  
**ELIGIBILITY:** Anyone experienced a loss or helping someone through a loss.  
**FEES:** Groups are free, some services require payment. Please call for details. Scholarships are available

## YMCA, FREDERICK COUNTY

**WEBSITE:** [www.frederickymca.org](http://www.frederickymca.org)

**MAIN:** 301-663-5131

**ADDRESS:** 1000 North Market Street, Frederick 21701

**HOURS:** Office: Mon-Fri: 8am-8pm. Sat: 8am-4pm. Sun: 1pm-4pm.

Building Hours: Mon-Thu: 6am-10pm. Sat: 7:30am-7:30pm. Sun: 11am-6pm.

Wellness Center: Mon-Thu: 5:30am-9:45pm. Fri: 5:30am-8:45pm. Sat: 7:30am-7:15pm. Sun: 11am-5:45pm.

**SERVICES:** **OVERVIEW:** Collaborates with community partners to improve the lives of children, adults, families, and entire community. Provides programs and services that build a healthy mind, body and spirit including aquatics, dance, childcare, sports, mentoring and summer camps. Serves people of all backgrounds, ages, capabilities, and income levels, providing financial assistance to those in need.

**ELIGIBILITY:** Open to public.

**FEES:** Fees vary and non-member fees are higher than member fees. Call for details.

## YMCA, FREDERICK COUNTY HEAD START

**WEBSITE:** [www.frederickymca.org](http://www.frederickymca.org)

**INTAKE:** 301-378-9140

**ADDRESS:** 801 North East Street, Suite 6A, Frederick 21701

**HOURS:** Mon – Fri: 8am – 5pm.

**SERVICES:** **PRE-SCHOOL:** Provides low income families with children 3 and 4 years of age a comprehensive preschool program.

**ELIGIBILITY:** Low income families with children 3 and 4 years of age. Must meet income (or other eligibility) guidelines.

**FEES:** None.

## Twenty-Four Hour Hotline Services

### **2-1-1 (1-866-411-6803)**

Available FREE, 24/7 for information and referrals on health and human services such as basic human needs, physical and mental health, employment support, support for seniors, children, youth and families, mobile crisis services, and suicide prevention and intervention services.

*\*Airtime and other charges may apply for cell phone users.*

### **ALCOHOL HOTLINE – 1-800-ALCOHOL (1-800-252-6465)**

Helpline for alcohol and drug abusers.

### **AMERICANS WITH DISABILITIES ACT HOTLINE – 1-800-514-0301**

Provides information on Americans with Disabilities Act, technical information and referral.

### **CHILD HELP USA HOTLINE – 1-800-4-A-CHILD (1-800-422-4453)**

Crisis counseling for abused youth and for abused parents. Referrals to local programs, legal assistance, and information on prevention.

### **COVENANT HOUSE NINELINE – 1-800-999-9999 – NATIONAL**

Crisis hotline which provides crisis intervention, referral and information services to the homeless, runaways, troubled teens and families.

### **DOMESTIC VIOLENCE HOTLINE – 301-662-8800**

Confidential crisis intervention, support and information. Emergency shelter available.

### **EPILEPSY FOUNDATION OF AMERICA HOTLINE – 1-800-332-1000**

Assist individuals with Epilepsy and other neurological disabilities. Vocational and residential support services are provided to adults and youth.

### **FREDERICK COUNTY HOTLINE – 301-662-2255**

Crisis intervention, support, information and referrals for all types of issues and situations to anyone in need.

### **NATIONAL POISON CENTER – 1-800-222-1222**

Routes to closest poison control center. Emergency information.

### **MARYLAND CRISIS CONNECT – 1-800-422-0009**

Crisis intervention, support, and referrals serving the western Maryland region.

### **NATIONAL AIDS SPANISH HOTLINE SPONSORED BY THE CDC – 1-800-344-7432**

Focusing on AIDS, HIV, and related issues in Spanish language.

### **NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN – 1-800-THE-LOST (1-800-843-5678)**

Clearinghouse for information regarding missing and exploited children.

### **NATIONAL SUICIDE PREVENTION LIFELINE – 1-800-273-8255 (1-800-273-TALK)**

Nationwide network of local crisis centers committed to suicide prevention and intervention.

### **OPERATION RUNAWAY – 1-800-204-8600**

Hotline and 24 hour local crisis walk-in center for runaways, at-risk youth, and their caregivers. Free crisis counseling/evaluation offered.

### **PARENT INFORMATION/STRESS LINE – 301-662-2255**

Telephone support line for parents. Provides listening support, information and referral, and crisis intervention.

### **PHONE FRIEND – 301-694-8255**

Telephone support and assistance hotline for children at home alone.

### **RAPE CRISIS HOTLINE – 301-662-8800**

Crisis intervention for victims of rape, assault, or family violence; emergency shelter available.

# Index

## INDIVIDUAL PROVIDERS

BANNON, VERONICA, LCPC, NCC, BC-DMT . . . . .	12
BOMBA, ALISON J , PSY D . . . . .	12
CAPPUCCI, SKY, LCSW-C . . . . .	13
FAW, BERNADINE C , M D . . . . .	13
FRAZEE, KATIE, LCPC, NCC, MAC . . . . .	13
MILNE-GLASSER, KRISTIN L , LCADC, SAP . . . . .	14
MORAN, LINDA, LCSW-C . . . . .	15
ROGERS-SENUTA, KATHLEEN, PH D , LCPC, S E P . . . . .	15
WARD, MELISSA, MS, LCPC, NCC . . . . .	16

## GROUP PRACTICES

ALLIED COUNSELING LLC . . . . .	17
AUSTIN ADDICTION AND MENTAL HEALTH CENTER (AAMHC) . . . . .	18
BLUE RIDGE BEHAVIORAL HEALTH . . . . .	18
CONTINUUM RECOVERY CENTER . . . . .	19
FAMILY PARTNERSHIP OF FREDERICK COUNTY . . . . .	20
FREDERICK INSTITUTE . . . . .	21
KOLMAC OUTPATIENT RECOVERY CENTERS . . . . .	23
MEDPSYCH HEALTH SERVICES, LLC . . . . .	23
MIDDLETON PSYCHOLOGY SERVICES . . . . .	24
POTOMAC CASE MANAGEMENT SERVICES, INC . . . . .	24
SHEPPARD PRATT BEHAVIORAL HEALTH PARTNERS OF FREDERICK . . . . .	25
TRAUMA SPECIALISTS OF MARYLAND . . . . .	25
TRINITY PASTORAL COUNSELING CENTER . . . . .	27
VILLA MARIA BEHAVIORAL HEALTH SERVICES OF FREDERICK COUNTY . . . . .	27
VITAL SOURCES PSYCHOLOGICAL SERVICES . . . . .	28

## COMMUNITY SUPPORT SERVICES

ADVANCED BEHAVIORAL HEALTH . . . . .	31
ADVOCATES FOR HOMELESS FAMILIES . . . . .	31
AL-ANON & ALATEEN GROUPS . . . . .	31
ALCOHOLICS ANONYMOUS . . . . .	32
ALZHEIMER'S ASSOCIATION, WESTERN MARYLAND . . . . .	32
AMERICAN ASSOCIATION OF RETIRED PERSONS . . . . .	33
THE ARC OF FREDERICK COUNTY . . . . .	33
ASIAN AMERICAN CENTER OF FREDERICK . . . . .	33
AUTISM SOCIETY OF AMERICA, FREDERICK COUNTY CHAPTER . . . . .	33
BETTER TOMORROW STARTS TODAY . . . . .	34

BIRTHRIGHT OF FREDERICK . . . . .	34
BOARD OF ELECTIONS, SEE MARYLAND STATE BOARD OF ELECTIONS. . . . .	94
BOYS AND GIRLS CLUBS OF FREDERICK COUNTY. . . . .	34
BREAST AND CERVICAL CANCER PROGRAM, SEE FREDERICK COUNTY HEALTH DEPARTMENT, CANCER SCREENING PROGRAMS. . . . .	57
BROWNSVILLE CHURCH OF THE BRETHREN, FOOD PANTRY. . . . .	35
BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED . . . . .	35
CARE NET PREGNANCY CENTER OF FREDERICK. . . . .	35
CATOCTIN COUNSELING CENTER . . . . .	35
CELEBRATE RECOVERY FREDERICK, GRACE COMMUNITY CHURCH. . . . .	36
CENTER FOR INTEGRATIVE HEALTH CARE. . . . .	36
CENTER FOR MIND-BODY THERAPIES . . . . .	36
CENTRO HISPANO DE FREDERICK . . . . .	37
CHILD ADVOCACY CENTER, SEE FREDERICK COUNTY CHILD ADVOCACY CENTER. . . . .	50
CHILD AND ADOLESCENT MOBILE CRISIS SERVICES, SEE SHEPPARD PRATT HEALTH SYSTEM . . . . .	117
CHILDREN OF INCARCERATED PARENTS . . . . .	37
COMMISSION FOR WOMEN, SEE FREDERICK COUNTY COMMISSION FOR WOMEN . . . . .	51
COMMUNITY AGENCY SCHOOL SERVICES PROGRAM, SEE FREDERICK COUNTY PUBLIC SCHOOLS . . . . .	66
COMMUNITY LIVING, DAY PROGRAM AND SUPPORTIVE HOUSING. . . . .	37
COMPASSIONATE FRIENDS, FREDERICK. . . . .	38
CONCERTED CARE GROUP. . . . .	38
COORDINATION OF COMMUNITY SERVICES, SEE SERVICE COORDINATION . . . . .	114
CROSSROADS CENTERS, FREDERICK. . . . .	39
DAYBREAK ADULT DAY SERVICES. . . . .	39
DELTA HOLISTIC THERAPY CENTER . . . . .	39
DEPAUL DENTAL PROGRAM, SEE SETON CENTER OUTREACH PROGRAM . . . . .	114
DEVOTION ASSISTED LIVING . . . . .	40
DIVISION OF REHABILITATION SERVICES (DORS), SEE MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE) . . . . .	94
DOWN SYNDROME, FAMILY RESOURCE, INFORMATION AND EDUCATION NETWORK, SEE FAMILY RESOURCE. . . . .	41
EDENTON RETIREMENT COMMUNITY. . . . .	40
EMMITSBURG FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS . . . . .	40
EXCEL YOUTH . . . . .	41
FAMILY RESOURCE, INFORMATION AND EDUCATION NETWORK FOR DOWN SYNDROME. . . . .	41
FAMILY SERVICE FOUNDATION . . . . .	41
FAMILY SUPPORT SERVICES (SPECIAL EDUCATION), SEE FREDERICK COUNTY PUBLIC SCHOOLS . . . . .	66
FORT DETRICK VOLUNTEER PROGRAM. . . . .	42
THE FREDERICK CENTER, HIV COALITION. . . . .	42
THE FREDERICK CENTER, TRANSGENDER AND GENDER EXPANSIVE PEER SUPPORT GROUP . . . . .	42
THE FREDERICK CENTER, YOUNG ADULT GROUP . . . . .	43
THE FREDERICK CENTER, YOUTH SUPPORT GROUPS . . . . .	43
FREDERICK CHRISTIAN FELLOWSHIP CARE MINISTRIES. . . . .	43
FREDERICK CITY DEPARTMENT OF CODE ENFORCEMENT . . . . .	44

FREDERICK CITY DEPARTMENT OF COMMUNITY DEVELOPMENT . . . . .	44
FREDERICK CITY DEPARTMENT OF ECONOMIC DEVELOPMENT . . . . .	44
FREDERICK CITY GOVERNMENT . . . . .	44
FREDERICK CITY HOUSING AUTHORITY. . . . .	45
FREDERICK CITY PARKS AND RECREATION. . . . .	45
FREDERICK CITY POLICE DEPARTMENT . . . . .	45
FREDERICK CITY POLICE DEPARTMENT, VICTIM SERVICES UNIT . . . . .	46
FREDERICK COMMUNITY ACCESS CENTER, VETERANS CENTER, SEE VETERANS CENTER. . . . .	127
FREDERICK COMMUNITY ACTION AGENCY, COMMUNITY HEALTH CARE CENTER. . . . .	46
FREDERICK COMMUNITY ACTION AGENCY, FREDERICK FOOD BANK. . . . .	46
FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES. . . . .	47
FREDERICK COMMUNITY ACTION AGENCY, OUTREACH AND TRANSPORTATION SERVICES. . . . .	47
FREDERICK COMMUNITY ACTION AGENCY, SOAR PROGRAM. . . . .	47
FREDERICK COMMUNITY ACTION AGENCY, SOUP KITCHEN . . . . .	48
FREDERICK COMMUNITY ACTION AGENCY, TRANSITIONAL HOUSING SERVICES . . . . .	48
FREDERICK COMMUNITY ACTION AGENCY, WEATHERIZATION ASSISTANCE . . . . .	48
FREDERICK COMMUNITY COLLEGE . . . . .	49
FREDERICK COMMUNITY COLLEGE, OFFICE OF ADULT SERVICES . . . . .	49
FREDERICK COUNTY 4-H THERAPEUTIC RIDING PROGRAM. . . . .	49
FREDERICK COUNTY ADULT DETENTION CENTER . . . . .	50
FREDERICK COUNTY ANIMAL CONTROL AND PET ADOPTION CENTER . . . . .	50
FREDERICK COUNTY CHILD ADVOCACY CENTER. . . . .	50
FREDERICK COUNTY CIRCUIT COURT, SEE MARYLAND JUDICIARY CENTER. . . . .	92
FREDERICK COUNTY COMMISSION FOR WOMEN . . . . .	51
FREDERICK COUNTY DEPARTMENT OF HOUSING . . . . .	51
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADOPTION. . . . .	51
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT FOSTER CARE . . . . .	52
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT PROTECTIVE SERVICES . . . . .	52
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, BURIAL ASSISTANCE. . . . .	52
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD PROTECTIVE SERVICES. . . . .	53
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD SUPPORT SERVICES. . . . .	53
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, EMERGENCY ASSISTANCE TO FAMILIES WITH CHILDREN. . . . .	53
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, FOSTER CARE FOR CHILDREN AND LICENSING. . . . .	54
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, MEDICAL ASSISTANCE . . . . .	54
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SOCIAL SERVICES TO ADULTS . . . . .	54
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM . . . . .	55
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, TEMPORARY CASH ASSISTANCE . . . . .	55
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, TEMPORARY DISABILITY ASSISTANCE PROGRAM . . . . .	55
FREDERICK COUNTY DISTRICT COURT, SEE MARYLAND JUDICIARY CENTER. . . . .	92
FREDERICK COUNTY DIVISION OF UTILITIES AND SOLID WASTE MANAGEMENT, REGULATORY COMPLIANCE. . . . .	56

FREDERICK COUNTY GOVERNMENT INFORMATION LINE . . . . .	56
FREDERICK COUNTY HEALTH DEPARTMENT, ADMINISTRATIVE CARE COORDINATION AND OMBUDSMAN . . . . .	56
FREDERICK COUNTY HEALTH DEPARTMENT, ADULT EVALUATION AND REVIEW SERVICES . . . . .	57
FREDERICK COUNTY HEALTH DEPARTMENT, ADULT SUBSTANCE USE SCREENING . . . . .	57
FREDERICK COUNTY HEALTH DEPARTMENT, CANCER SCREENING PROGRAMS . . . . .	57
FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY HEALTH SERVICES DIVISION . . . . .	58
FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY ORGANIZED RECOVERY EFFORTS . . . . .	58
FREDERICK COUNTY HEALTH DEPARTMENT, DEVELOPMENTAL CENTER . . . . .	58
FREDERICK COUNTY HEALTH DEPARTMENT, ENVIRONMENTAL HEALTH . . . . .	59
FREDERICK COUNTY HEALTH DEPARTMENT, HARM REDUCTION SERVICES . . . . .	59
FREDERICK COUNTY HEALTH DEPARTMENT, KIDS LIKE US . . . . .	59
FREDERICK COUNTY HEALTH DEPARTMENT, MARYLAND CHILDREN'S HEALTH PROGRAM . . . . .	60
FREDERICK COUNTY HEALTH DEPARTMENT, MATERNAL AND CHILD HEALTH PROGRAM . . . . .	60
FREDERICK COUNTY HEALTH DEPARTMENT, ON THE MARK ADOLESCENT CLUBHOUSE . . . . .	60
FREDERICK COUNTY HEALTH DEPARTMENT, SCHOOL HEALTH DIVISION . . . . .	61
FREDERICK COUNTY HEALTH DEPARTMENT, SCOTT KEY CENTER . . . . .	61
FREDERICK COUNTY HEALTH DEPARTMENT, SEASONAL FLU CLINIC . . . . .	61
FREDERICK COUNTY HEALTH DEPARTMENT, STATE CARE COORDINATION, SUBSTANCE USE . . . . .	62
FREDERICK COUNTY HEALTH DEPARTMENT, STOP SMOKING FOR LIFE . . . . .	62
FREDERICK COUNTY HEALTH DEPARTMENT, UNDERAGE PARTY TIP HOTLINE . . . . .	62
FREDERICK COUNTY HEALTH DEPARTMENT, WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM . . . . .	63
FREDERICK COUNTY HUMAN RELATIONS DEPARTMENT . . . . .	63
FREDERICK COUNTY HUMANE SOCIETY . . . . .	63
FREDERICK COUNTY OFFICE FOR CHILDREN AND FAMILIES . . . . .	64
FREDERICK COUNTY OFFICE OF ECONOMIC DEVELOPMENT, WORKFORCE SERVICES, SEE FREDERICK COUNTY WORKFORCE . . . . .	70
FREDERICK COUNTY OFFICE OF THE PUBLIC DEFENDER . . . . .	64
FREDERICK COUNTY PARKS AND RECREATION . . . . .	64
FREDERICK COUNTY PLANNING AND PERMITTING DIVISION . . . . .	65
FREDERICK COUNTY PUBLIC LIBRARIES . . . . .	65
FREDERICK COUNTY PUBLIC SCHOOLS . . . . .	65
FREDERICK COUNTY PUBLIC SCHOOLS, COMMUNITY AGENCY SCHOOL SERVICES PROGRAM . . . . .	66
FREDERICK COUNTY PUBLIC SCHOOLS, FAMILY SUPPORT SERVICES (SPECIAL EDUCATION) . . . . .	66
FREDERICK COUNTY PUBLIC SCHOOLS, JUDY CENTER . . . . .	66
FREDERICK COUNTY PUBLIC SCHOOLS, SCHOOL SUPPLIES . . . . .	67
FREDERICK COUNTY PUBLIC SCHOOLS, SPECIAL EDUCATION PROGRAMS . . . . .	67
FREDERICK COUNTY PUBLIC SCHOOLS, VIRTUAL SCHOOL . . . . .	67
FREDERICK COUNTY SENIOR SERVICES DIVISION, MARYLAND ACCESS POINT . . . . .	68
FREDERICK COUNTY SENIOR SERVICES DIVISION, SENIOR CENTERS . . . . .	68
FREDERICK COUNTY SENIOR SERVICES DIVISION, STATE HEALTH INSURANCE PROGRAM . . . . .	68
FREDERICK COUNTY SHERIFF'S OFFICE . . . . .	69
FREDERICK COUNTY SOLID WASTE MANAGEMENT AND RECYCLING . . . . .	69
FREDERICK COUNTY STATE'S ATTORNEY'S OFFICE . . . . .	69

<b>FREDERICK COUNTY UNDERAGE PARTY TIP HOTLINE, SEE FREDERICK COUNTY HEALTH DEPARTMENT</b> . . . . .		62
FREDERICK COUNTY WATER AND WASTE-WATER MAINTENANCE	. . . . .	70
FREDERICK COUNTY WORKFORCE SERVICES	. . . . .	70
FREDERICK HEALTH CENTER FOR DIABETES AND NUTRITION	. . . . .	70
FREDERICK HEALTH CRESTWOOD	. . . . .	71
FREDERICK HEALTH EMPLOYER SOLUTIONS	. . . . .	71
FREDERICK HEALTH HOME CARE	. . . . .	72
FREDERICK HEALTH HOSPICE	. . . . .	72
FREDERICK HEALTH HOSPITAL	. . . . .	73
FREDERICK HEALTH HOSPITAL, ADVANCE CARE PLANNING	. . . . .	73
FREDERICK HEALTH HOSPITAL, AUXILIARY PRENATAL CENTER	. . . . .	73
FREDERICK HEALTH HOSPITAL, EMERGENCY DEPARTMENT, CRISIS MANAGEMENT SERVICES	. . . . .	74
FREDERICK HEALTH HOSPITAL, INPATIENT BEHAVIORAL HEALTH UNIT	. . . . .	75
FREDERICK HEALTH HOSPITAL, PSYCHIATRIC PARTIAL HOSPITALIZATION PROGRAM (PPHP) AND INTENSIVE OUTPATIENT PROGRAM (IOP)	. . . . .	76
FREDERICK HEALTH MEDICAL GROUP DENTAL CLINIC	. . . . .	77
FREDERICK HEALTH MEDICAL GROUP, JAMES M. STOCKMAN CANCER INSTITUTE	. . . . .	77
FREDERICK HEALTH ROSE HILL	. . . . .	77
FREDERICK RESCUE MISSION, BREAD OF LIFE COMMUNITY KITCHEN	. . . . .	78
FREDERICK RESCUE MISSION, CHANGED LIFE RECOVERY PROGRAM	. . . . .	78
FREDERICK RESCUE MISSION, DAY SHELTER	. . . . .	78
FREDERICK RESCUE MISSION, FAITH HOUSE	. . . . .	79
FREDERICK RESCUE MISSION, FOOD DISTRIBUTION CENTER	. . . . .	79
FREDERICK RESCUE MISSION, RESCUED TREASURES CLOTHING	. . . . .	79
FREDERICK RESCUE MISSION, SHOWERS	. . . . .	80
FREE TAX PREPARATION, SEE UNITED WAY	. . . . .	126
THE FREEDOM CENTER	. . . . .	80
FRIENDS IN FREDERICK, PARKINSON'S SUPPORT GROUP, SEE PARKINSON'S SUPPORT GROUP	. . . . .	107
GAM-ANON	. . . . .	80
GAMBLERS ANONYMOUS, FREDERICK CHAPTER	. . . . .	81
GLADE VALLEY CENTER	. . . . .	81
GLADE VALLEY COMMUNITY SERVICES	. . . . .	81
GLADE VALLEY FOOD PANTRY	. . . . .	81
GOODWILL INDUSTRIES	. . . . .	82
GRANDFAMILIES OF AMERICA	. . . . .	82
GREATER WASHINGTON PSYCHIATRY AND COUNSELING	. . . . .	82
GREENRIDGE BEHAVIORAL HEALTH	. . . . .	83
HABITAT FOR HUMANITY, AFFORDABLE LAND TRUST	. . . . .	83
HABITAT FOR HUMANITY, HOME CONSTRUCTION	. . . . .	84
HABITAT FOR HUMANITY, HOME REPAIR PROGRAM	. . . . .	84
HABITAT FOR HUMANITY, RESTORE	. . . . .	85
HEARTFIELDS ASSISTED LIVING	. . . . .	85
HEARTLY HOUSE	. . . . .	85



HOME INSTEAD SENIOR CARE . . . . .	86
HEMOCALL . . . . .	86
HOUSING AUTHORITY, CITY OF FREDERICK, SEE FREDERICK CITY HOUSING AUTHORITY . . . . .	45
HUMAN RELATIONS DEPARTMENT, FREDERICK COUNTY, SEE FREDERICK COUNTY HUMAN RELATIONS DEPARTMENT . . . . .	63
INFANTS AND TODDLERS PROGRAM, FREDERICK COUNTY, SEE MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE) . . . . .	95
INSTITUTE FOR FAMILY CENTERED SERVICES/ MENTOR MARYLAND PSYCHIATRIC REHABILITATION . . . . .	86
INTERFAITH HOUSING ALLIANCE . . . . .	87
INTERNAL REVENUE SERVICE, SEE UNITED STATES DEPARTMENT OF TREASURY . . . . .	125
JAMES M STOCKMAN CANCER INSTITUTE, SEE FREDERICK HEALTH . . . . .	77
JEFFERSON FOOD BANK, ST PAUL'S LUTHERAN CHURCH. . . . .	87
THE JEFFERSON SCHOOL AND RESIDENTIAL TREATMENT CENTER, SEE SHEPPARD PRATT HEALTH SYSTEM. . . . .	115
JOHNS HOPKINS COMMUNITY PHYSICIANS AT FREDERICK. . . . .	87
KIDS LIKE US, SEE FREDERICK COUNTY HEALTH DEPARTMENT . . . . .	59
KNOXVILLE FOOD PANTRY, MT ZION AME CHURCH. . . . .	87
LA LECHE LEAGUE . . . . .	88
LEAD4LIFE, FIRSTCHANCE4U . . . . .	88
LEAD4LIFE, INDIVIDUAL AND FAMILY THERAPY . . . . .	88
LEAD4LIFE, PSYCHIATRIC REHABILITATION PROGRAM . . . . .	89
LITERACY COUNCIL OF FREDERICK COUNTY . . . . .	89
MAIN PLACE TREATMENT CENTERS . . . . .	89
MANIDOKAN CAMP & RETREAT CENTER . . . . .	90
MARRIAGE RESOURCE CENTER OF FREDERICK COUNTY . . . . .	90
MARYLAND ACCESS POINT, SEE FREDERICK COUNTY SENIOR SERVICES DIVISION68	
MARYLAND CENTER FOR GENDER & INTIMACY . . . . .	90
MARYLAND CHILDREN'S HEALTH PROGRAM, SEE FREDERICK COUNTY HEALTH DEPARTMENT. . . . .	60
MARYLAND COUNSELING CENTERS . . . . .	91
MARYLAND DEPARTMENT OF JUVENILE SERVICES, VICTOR CULLEN CENTER. . . . .	91
MARYLAND DEPARTMENT OF LABOR, SEE FREDERICK COUNTY WORKFORCE SERVICES . . . . .	70
MARYLAND DEPARTMENT OF TRANSPORTATION, MOTOR VEHICLE ADMINISTRATION. . . . .	91
MARYLAND DEPARTMENT OF VETERANS AFFAIRS . . . . .	92
MARYLAND INFANTS AND TODDLERS PROGRAM, SEE MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), INFANTS AND TODDLERS PROGRAM . . . . .	95
MARYLAND JUDICIARY CENTER, FREDERICK COUNTY CIRCUIT COURT . . . . .	92
MARYLAND JUDICIARY CENTER, FREDERICK COUNTY DISTRICT COURT . . . . .	92
MARYLAND JUDICIARY CENTER, SELF-HELP LEGAL CLINIC . . . . .	93
MARYLAND LEGAL AID. . . . .	93
MARYLAND LEGAL AID, SENIOR CITIZENS LAW PROJECT . . . . .	93
MARYLAND SCHOOL FOR THE DEAF. . . . .	94
MARYLAND STATE BOARD OF ELECTIONS . . . . .	94
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), DIVISION OF REHABILITATION SERVICES (DORS). . . . .	94

MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), INFANTS AND TODDLERS PROGRAM . . .	95
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), OFFICE OF CHILD CARE . . . . .	95
MARYLAND STATE INCOME TAX INFORMATION. . . . .	95
MARYLAND STATE POLICE, BARRACK B OF FREDERICK COUNTY . . . . .	96
MEDSOURCE COMMUNITY SERVICES. . . . .	96
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HOTLINE / 211 CALL CENTER . . . . .	96
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, CHILD CARE CHOICES . . . . .	97
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COUNSELING SERVICES. . . . .	97
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COURT APPOINTED SPECIAL ADVOCATES. . . . .	97
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, FAMILIES IMPACTED BY INCARCERATION PROGRAM . . . . .	98
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HEALTHY FAMILIES . . . . .	98
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, MENTAL HEALTH FIRST AID . . . . .	99
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS. . . . .	99
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SUPERVISED VISITATION AND MONITORED TRANSFER. . . . .	100
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SURVIVORS OF SUICIDE SUPPORT GROUP. . . . .	100
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SYSTEMS NAVIGATION. . . . .	101
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, TELEPHONE REASSURANCE PROGRAM	101
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, WALK IN BEHAVIORAL HEALTH SERVICES . . . . .	102
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, YOUTH MENTAL HEALTH FIRST AID . . .	102
MIDDLETOWN FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS. . . . .	103
MISSION OF MERCY. . . . .	103
MONOCACY HEALTH PARTNERS DENTAL CLINIC, SEE FREDERICK HEALTH MEDICAL GROUP, DENTAL CLINIC. . . . .	77
MOTOR VEHICLE ADMINISTRATION, SEE MARYLAND DEPARTMENT OF TRANSPORTATION . . . . .	91
MOUNT AIRY NET. . . . .	103
MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG, INPATIENT ADULT SUBSTANCE ABUSE PROGRAM . . . . .	104
MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG, SAFE HARBOR . . . . .	104
MOUNTAIN MANOR TREATMENT CENTER, FREDERICK . . . . .	104
MT ZION AME CHURCH, KNOXVILLE FOOD PANTRY, SEE KNOXVILLE FOOD PANTRY . . . . .	87
MULTIPLE SCLEROSIS SUPPORT GROUP . . . . .	105
NAR-ANON FAMILY GROUPS. . . . .	105
NARCOTICS ANONYMOUS . . . . .	105
NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) . . . . .	105
OFFICE OF CHILD CARE, SEE MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE) . . . . .	95
OFFICE OF THE PUBLIC DEFENDER, SEE FREDERICK COUNTY OFFICE OF PUBLIC DEFENDER . . . .	64
ON OUR OWN. . . . .	106
OUTREACH FOR THE NEEDY, ST PETER THE APOSTLE CATHOLIC CHURCH . . . . .	106
OVEREATERS ANONYMOUS, NORTHERN BLUE RIDGE. . . . .	106

PARKINSON'S SUPPORT GROUP, FRIENDS IN FREDERICK . . . . .	107
PARTNERS IN CARE MARYLAND . . . . .	107
PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY . . . . .	107
PLANNED PARENTHOOD OF MARYLAND . . . . .	108
POTOMAC CASE MANAGEMENT SERVICES . . . . .	108
PROSPERITY CENTER, SEE UNITED WAY . . . . .	126
PSYCHOTHERAPY SERVICES . . . . .	109
THE RANCH . . . . .	109
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, ALAN P LINTON EMERGENCY SHELTER . . . . .	109
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, CHRISTMAS CAMPAIGN . . . . .	110
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, EMERGENCY FAMILY SHELTER . . . . .	110
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, EMMITSBURG FOOD PANTRY, SEE EMMITSBURG FOOD PANTRY . . . . .	40
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, FINANCIAL ASSISTANCE SERVICE CENTER . . . . .	110
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HEALTHCARE ASSISTANCE . . . . .	111
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HYGIENE CLOSET . . . . .	111
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, MIDDLETOWN FOOD PANTRY, SEE MIDDLETOWN FOOD PANTRY . . . . .	103
RIGHT AT HOME OF CENTRAL MARYLAND . . . . .	111
SALVATION ARMY OF FREDERICK COUNTY, FINANCIAL ASSISTANCE . . . . .	112
SALVATION ARMY OF FREDERICK COUNTY, THRIFT SHOP . . . . .	112
SALVATION ARMY, WASHINGTON AREA FUEL FUND . . . . .	112
SAVE OUR CHILDREN, FAMILY PEER SUPPORT GROUP . . . . .	113
SCHOOL SUPPLIES, SEE FREDERICK COUNTY PUBLIC SCHOOLS . . . . .	67
SCOTT KEY CENTER, SEE FREDERICK COUNTY HEALTH DEPARTMENT . . . . .	61
SECOND CHANCES GARAGE . . . . .	113
SELF-HELP LEGAL CLINIC, SEE MARYLAND JUDICIARY CENTER . . . . .	92
SERENITY TREATMENT CENTER . . . . .	113
SERVICE COORDINATION, COORDINATION OF COMMUNITY SERVICES . . . . .	114
SETON CENTER OUTREACH PROGRAM, DEPAUL DENTAL PROGRAM . . . . .	114
SETON CENTER OUTREACH PROGRAM, SETON CENTER . . . . .	114
SEXAHOLICS ANONYMOUS . . . . .	115
SHEPPARD PRATT HEALTH SYSTEM, THE JEFFERSON SCHOOL AND RESIDENTIAL TREATMENT CENTER . . . . .	115
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ADULT MOBILE CRISIS SERVICES . . . . .	115
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ASSERTIVE COMMUNITY TREATMENT . . . . .	116
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CAMP JOURNEY RESPITE PROGRAM . . . . .	116
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CHILD AND ADOLESCENT MOBILE CRISIS SERVICES . . . . .	117
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, COMMUNITY EMPLOYMENT PROGRAM . . . . .	117
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, DAY PROGRAM . . . . .	118
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, FAMILY PRESERVATION PROGRAM . . . . .	118

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOMELESS VETERANS REINTEGRATION PROGRAM . . . . .	119
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOUSING AND RESIDENTIAL SERVICES . . . . .	119
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, MULTI SYSTEMIC THERAPY . . . . .	120
SOCIAL SECURITY ADMINISTRATION . . . . .	120
SOMERFORD ASSISTED LIVING AND ALZHEIMER'S CARE . . . . .	120
SPANISH SPEAKING COMMUNITY OF MARYLAND . . . . .	121
SPECIAL OLYMPICS . . . . .	121
ST CATHERINE'S NEIGHBORHOOD, SEE ST JOSEPH'S PLACE . . . . .	121
ST JOHN'S EVANGELICAL LUTHERAN CHURCH, SEE THURMONT FOOD PANTRY . . . . .	124
ST JOSEPH'S PLACE . . . . .	121
ST PAUL'S LUTHERAN CHURCH, JEFFERSON FOOD BANK, SEE JEFFERSON FOOD BANK . . . . .	87
ST PETER THE APOSTLE CATHOLIC CHURCH, OUTREACH FOR THE NEEDY, SEE OUTREACH FOR THE NEEDY . . . . .	106
ST VINCENT DE PAUL SOCIETY, ST JOHN'S REGIONAL CONFERENCE . . . . .	122
ST VINCENT DE PAUL SOCIETY, ST TERESA OF CALCUTTA CONFERENCE . . . . .	122
STATE HEALTH INSURANCE PROGRAM, SEE FREDERICK COUNTY SENIOR SERVICES DIVISION . . . . .	68
STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY . . . . .	122
SUNRISE ASSISTED LIVING . . . . .	123
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123
THURMONT CLOTHING CLOSET, THURMONT UNITED METHODIST CHURCH . . . . .	123
THURMONT FOOD PANTRY, ST JOHN'S EVANGELICAL LUTHERAN CHURCH . . . . .	124
THURMONT LIONS CLUB VISION SCREENING PROGRAM . . . . .	124
TOYS FOR TOTS . . . . .	124
TRANSIT SERVICES OF FREDERICK COUNTY . . . . .	125
UNDERAGE PARTY TIP HOTLINE, SEE FREDERICK COUNTY HEALTH DEPARTMENT . . . . .	62
UNIFIED COMMUNITY CONNECTIONS . . . . .	125
UNITED STATES DEPARTMENT OF TREASURY, INTERNAL REVENUE SERVICE . . . . .	125
UNITED WAY OF FREDERICK COUNTY . . . . .	126
UNITED WAY OF FREDERICK COUNTY, PROSPERITY CENTER . . . . .	126
UNIVERSITY OF MARYLAND EXTENSION, FREDERICK COUNTY . . . . .	126
UP AND OUT FOUNDATION . . . . .	127
VETERANS CENTER, FREDERICK COMMUNITY ACCESS CENTER . . . . .	127
VETERANS SERVICE AND BENEFITS PROGRAM, SEE MARYLAND DEPARTMENT OF VETERANS AFFAIRS . . . . .	92
VINDABONA NURSING HOME . . . . .	127
VIRTUAL SCHOOL, SEE FREDERICK COUNTY PUBLIC SCHOOLS . . . . .	67
WAY TO GROW . . . . .	128
WAY STATION, SEE SHEPPARD PRATT HEALTH SYSTEM . . . . .	115-120
WELLS HOUSE . . . . .	128
WHOLE HEART GRIEF AND LIFE RESOURCE CENTER . . . . .	128
YMCA, FREDERICK COUNTY . . . . .	129
YMCA, FREDERICK COUNTY HEAD START . . . . .	129

# Directory by Service

## ADVOCACY ORGANIZATIONS

ALZHEIMER'S ASSOCIATION, WESTERN MARYLAND . . . . .	32
THE ARC OF FREDERICK COUNTY . . . . .	33
ASIAN AMERICAN CENTER OF FREDERICK . . . . .	33
CHILDREN OF INCARCERATED PARENTS . . . . .	37
FREDERICK COUNTY CHILD ADVOCACY CENTER . . . . .	50
FREDERICK COUNTY COMMISSION FOR WOMEN . . . . .	51
FREDERICK COUNTY HUMAN RELATIONS DEPARTMENT . . . . .	63
FREDERICK COUNTY OFFICE FOR CHILDREN AND FAMILIES . . . . .	64
THE FREEDOM CENTER . . . . .	80
GRANDFAMILIES OF AMERICA . . . . .	82
LA LECHE LEAGUE . . . . .	88
NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) . . . . .	105
POTOMAC CASE MANAGEMENT SERVICES . . . . .	108
SERVICE COORDINATION, COORDINATION OF COMMUNITY SERVICES . . . . .	114

## ANGER MANAGEMENT

ALLIED COUNSELING GROUP . . . . .	17
CATOCTIN COUNSELING CENTER . . . . .	35
MARYLAND COUNSELING CENTERS . . . . .	91

## ANIMAL SERVICES

FREDERICK COUNTY ANIMAL CONTROL AND PET ADOPTION CENTER . . . . .	50
FREDERICK COUNTY HUMANE SOCIETY . . . . .	63

## AUTOMOBILES

SECOND CHANCES GARAGE . . . . .	113
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## BABY ITEMS – CLOTHING, DIAPERS, FORMULA, FOOD

BIRTHRIGHT OF FREDERICK . . . . .	34
CARE NET PREGNANCY CENTER OF FREDERICK . . . . .	35
FREDERICK COUNTY HEALTH DEPARTMENT, WOMEN, INFANTS AND CHILDREN PROGRAM (WIC) . . . . .	63
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HYGIENE CLOSET . . . . .	111
SALVATION ARMY OF FREDERICK COUNTY, THRIFT SHOP . . . . .	112

**BURIAL/CREMATION EXPENSE ASSISTANCE**

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, BURIAL ASSISTANCE . . . . . 52  
 MARYLAND DEPARTMENT OF VETERANS AFFAIRS . . . . . 92  
 SOCIAL SECURITY ADMINISTRATION . . . . . 120

**CASE/CARE MANAGEMENT**

ADVOCATES FOR HOMELESS FAMILIES . . . . . 31  
 THE ARC OF FREDERICK COUNTY . . . . . 33  
 FAMILY PARTNERSHIP OF FREDERICK COUNTY . . . . . 20  
 FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD PROTECTIVE SERVICES . . . 53  
 FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SOCIAL SERVICES TO ADULTS. . . 54  
 FREDERICK COUNTY HEALTH DEPARTMENT, ADULT EVALUATION AND REVIEW SERVICES. . . 57  
 FREDERICK COUNTY HEALTH DEPARTMENT, DEVELOPMENTAL CENTER . . . . . 58  
 FREDERICK COUNTY HEALTH DEPARTMENT, STATE CARE COORDINATION, SUBSTANCE USE . 62  
 FREDERICK COUNTY PUBLIC SCHOOLS, COMMUNITY AGENCY SCHOOL SERVICES PROGRAM . 66  
 FREDERICK COUNTY PUBLIC SCHOOLS, JUDY CENTER . . . . . 66  
 GRANDFAMILIES OF AMERICA . . . . . 82  
 HEARTLY HOUSE . . . . . 85  
 MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SYSTEMS NAVIGATION . . . . . 101  
 MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), OFFICE OF CHILD CARE . . . . . 95  
 POTOMAC CASE MANAGEMENT SERVICES . . . . . 108  
 SERVICE COORDINATION, COORDINATION OF COMMUNITY SERVICES . . . . . 1114  
 SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ASSERTIVE COMMUNITY TREATMENT . 116  
 YMCA, FREDERICK COUNTY. . . . . 129

**CLOTHING**

BIRTHRIGHT OF FREDERICK. . . . . 34  
 CARE NET PREGNANCY CENTER OF FREDERICK . . . . . 35  
 FREDERICK RESCUE MISSION, RESCUED TREASURES CLOTHING. . . . . 79  
 GLADE VALLEY COMMUNITY SERVICES . . . . . 81  
 HABITAT FOR HUMANITY, RESTORE . . . . . 85  
 JEFFERSON FOOD BANK, ST. PAUL’S LUTHERAN CHURCH . . . . . 87  
 OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH . . . . . 106  
 SALVATION ARMY OF FREDERICK COUNTY, THRIFT SHOP . . . . . 112  
 SETON CENTER . . . . . 114  
 STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY. . . . . 122  
 SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . . 123  
 THURMONT CLOTHING CLOSET . . . . . 123

## CONSUMER SERVICES

FREDERICK CITY DEPARTMENT OF CODE ENFORCEMENT . . . . .	44
FREDERICK COUNTY HEALTH DEPARTMENT, ENVIRONMENTAL HEALTH . . . . .	59
FREDERICK COUNTY SENIOR SERVICES DIVISION, STATE HEALTH INSURANCE PROGRAM . . . . .	68
MARYLAND DEPARTMENT OF TRANSPORTATION, MOTOR VEHICLE ADMINISTRATION . . . . .	91
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), OFFICE OF CHILD CARE . . . . .	95
UNITED STATES DEPARTMENT OF TREASURY, INTERNAL REVENUE SERVICE . . . . .	125

## CRIMINAL JUSTICE AND LEGAL SERVICES

CENTRO HISPANO DE FREDERICK . . . . .	37
CHILDREN OF INCARCERATED PARENTS . . . . .	37
FREDERICK CITY POLICE DEPARTMENT . . . . .	45
FREDERICK CITY POLICE DEPARTMENT, VICTIM SERVICES UNIT . . . . .	46
FREDERICK COUNTY ADULT DETENTION CENTER. . . . .	50
FREDERICK COUNTY SHERIFF'S OFFICE . . . . .	69
FREDERICK COUNTY STATE'S ATTORNEY'S OFFICE . . . . .	69
FREDERICK COUNTY HEALTH DEPARTMENT, UNDERAGE PARTY TIP HOTLINE . . . . .	62
FREDERICK COUNTY OFFICE OF THE PUBLIC DEFENDER . . . . .	64
FREDERICK HEALTH EMPLOYER SOLUTIONS . . . . .	71
MARYLAND DEPARTMENT OF JUVENILE SERVICES, VICTOR CULLEN CENTER . . . . .	91
MARYLAND JUDICIARY CENTER, FREDERICK COUNTY CIRCUIT COURT . . . . .	92
MARYLAND JUDICIARY CENTER, FREDERICK COUNTY DISTRICT COURT . . . . .	92
MARYLAND JUDICIARY CENTER, SELF-HELP LEGAL CLINIC . . . . .	93
MARYLAND STATE POLICE, BARRACK B OF FREDERICK COUNTY . . . . .	96
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COURT APPOINTED SPECIAL ADVOCATES . . . . .	97
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, MULTI SYSTEMIC THERAPY . . . . .	120
SPANISH SPEAKING COMMUNITY OF MARYLAND. . . . .	121

## DENTAL CARE AND DENTAL PAYMENT ASSISTANCE

FREDERICK COUNTY HEALTH DEPARTMENT, DEVELOPMENTAL CENTER . . . . .	58
FREDERICK HEALTH MEDICAL GROUP DENTAL CLINIC . . . . .	77
MISSION OF MERCY . . . . .	103
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HEALTHCARE ASSISTANCE . . . . .	111
SETON CENTER OUTREACH PROGRAM, DEPAUL DENTAL PROGRAM . . . . .	114
OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH . . . . .	106

## DOMESTIC VIOLENCE SUPPORTS

HEARTLY HOUSE . . . . .	85
-------------------------	----

## EDUCATION & SCHOOL SUPPORTS

ASIAN AMERICAN CENTER OF FREDERICK . . . . .	33
CENTRO HISPANO DE FREDERICK . . . . .	37
FAMILY PARTNERSHIP OF FREDERICK COUNTY . . . . .	20
FREDERICK COMMUNITY COLLEGE . . . . .	49
FREDERICK COUNTY HEALTH DEPARTMENT, ON THE MARK ADOLESCENT CLUBHOUSE . . . . .	60
FREDERICK COUNTY PUBLIC SCHOOLS . . . . .	65
FREDERICK COUNTY PUBLIC SCHOOLS, JUDY CENTER . . . . .	66
FREDERICK COUNTY PUBLIC SCHOOLS, VIRTUAL SCHOOL . . . . .	67
FREDERICK COUNTY PUBLIC SCHOOLS, SPECIAL EDUCATION PROGRAMS . . . . .	67
LITERACY COUNCIL OF FREDERICK COUNTY . . . . .	89
MARYLAND SCHOOL FOR THE DEAF . . . . .	94
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), INFANTS AND TODDLERS PROGRAM . . . . .	95
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, CHILD CARE CHOICES . . . . .	97
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS. . . . .	99
PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY . . . . .	107
SHEPPARD PRATT HEALTH SYSTEM, THE JEFFERSON SCHOOL AND RESIDENTIAL TREATMENT CENTER. . . . .	115
YMCA, FREDERICK COUNTY. . . . .	129
YMCA, FREDERICK COUNTY HEAD START . . . . .	129

## EMPLOYMENT AND JOB SUPPORTS

CENTRO HISPANO DE FREDERICK . . . . .	37
COMMUNITY LIVING. . . . .	37
FAMILY PARTNERSHIP OF FREDERICK COUNTY . . . . .	20
FREDERICK COUNTY HEALTH DEPARTMENT, SCOTT KEY CENTER . . . . .	61
THE FREEDOM CENTER . . . . .	80
GOODWILL INDUSTRIES . . . . .	82
FREDERICK COUNTY WORKFORCE SERVICES . . . . .	70
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), DIVISION OF REHABILITATION SERVICES (DORS) . . . . .	94
SETON CENTER . . . . .	114
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, COMMUNITY EMPLOYMENT PROGRAM . . . . .	117
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOMELESS VETERANS REINTEGRATION PROGRAM. . . . .	119
UNIFIED COMMUNITY CONNECTIONS . . . . .	125

## FAMILY SUPPORT SERVICES

ASIAN AMERICAN CENTER OF FREDERICK . . . . .	33
CHILDREN OF INCARCERATED PARENTS . . . . .	37
DAYBREAK ADULT DAY SERVICES. . . . .	39



FAMILY PARTNERSHIP OF FREDERICK COUNTY . . . . .	20
FREDERICK COUNTY CHILD ADVOCACY CENTER . . . . .	50
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADOPTION . . . . .	51
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT PROTECTIVE SERVICES . . . . .	52
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD PROTECTIVE SERVICES . . . . .	53
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, FOSTER CARE FOR CHILDREN AND LICENSING. . . . .	52
FREDERICK COUNTY PUBLIC SCHOOLS JUDY CENTER. . . . .	66
THE FREEDOM CENTER . . . . .	80
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), OFFICE OF CHILD CARE . . . . .	95
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, FAMILIES IMPACTED BY INCARCERATION PROGRAM. . . . .	98
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HEALTHY FAMILIES . . . . .	98
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS. . . . .	99
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SUPERVISED VISITATION AND MONITORED TRANSFER. . . . .	100
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SYSTEMS NAVIGATION . . . . .	101
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, FAMILY PRESERVATION PROGRAM . . . . .	118
UNIFIED COMMUNITY CONNECTIONS . . . . .	125
YMCA, FREDERICK COUNTY . . . . .	129

**FOOD**

BROWNSVILLE CHURCH OF THE BRETHREN, FOOD PANTRY. . . . .	35
BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED . . . . .	35
EMMITSBURG FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS . . . . .	40
FREDERICK COMMUNITY ACTION AGENCY, FREDERICK FOOD BANK. . . . .	46
FREDERICK COMMUNITY ACTION AGENCY, SOUP KITCHEN . . . . .	48
FREDERICK RESCUE MISSION, BREAD OF LIFE COMMUNITY KITCHEN . . . . .	78
FREDERICK RESCUE MISSION, FOOD DISTRIBUTION CENTER . . . . .	79
GLADE VALLEY FOOD PANTRY . . . . .	81
JEFFERSON FOOD BANK, ST. PAUL'S LUTHERAN CHURCH . . . . .	87
KNOXVILLE FOOD PANTRY, MT. ZION AME CHURCH . . . . .	87
MIDDLETOWN FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS . . . . .	103
MOUNT AIRY NET . . . . .	103
OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH . . . . .	106
PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY . . . . .	107
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123
THURMONT FOOD PANTRY, ST. JOHN'S EVANGELICAL LUTHERAN CHURCH . . . . .	124

**GROUP PRACTICES . . . . . 17-29**

**HEALTH CARE**

CARE NET PREGNANCY CENTER OF FREDERICK . . . . . 35

THE FREDERICK CENTER, HIV COALITION. . . . . 42

FREDERICK COMMUNITY ACTION AGENCY, COMMUNITY HEALTH CARE CENTER . . . . . 46

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SOCIAL SERVICES TO ADULTS. . . 54

FREDERICK COUNTY HEALTH DEPARTMENT, ADULT EVALUATION AND REVIEW SERVICES. . . 57

FREDERICK COUNTY HEALTH DEPARTMENT, CANCER SCREENING PROGRAMS . . . . . 57

FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY HEALTH SERVICES DIVISION . . . 58

FREDERICK COUNTY HEALTH DEPARTMENT, DEVELOPMENTAL CENTER . . . . . 58

FREDERICK COUNTY HEALTH DEPARTMENT, HARM REDUCTION SERVICES . . . . . 59

FREDERICK COUNTY HEALTH DEPARTMENT, HIV/AIDS SERVICES . . . . . 56

FREDERICK COUNTY HEALTH DEPARTMENT, SYRINGE SERVICES PROGRAM. . . . . 56

FREDERICK HEALTH CENTER FOR DIABETES AND NUTRITION . . . . . 70

FREDERICK HEALTH CRESTWOOD . . . . . 71

FREDERICK HEALTH HOME CARE. . . . . 72

FREDERICK HEALTH HOSPICE . . . . . 72

FREDERICK HEALTH HOSPITAL. . . . . 73

FREDERICK HEALTH HOSPITAL, AUXILIARY PRENATAL CENTER. . . . . 73

FREDERICK HEALTH HOSPITAL, EMERGENCY DEPARTMENT, CRISIS MANAGEMENT SERVICES . 74

FREDERICK HEALTH MEDICAL GROUP, JAMES M. STOCKMAN CANCER INSTITUTE . . . . . 77

FREDERICK HEALTH ROSE HILL . . . . . 77

JOHNS HOPKINS COMMUNITY PHYSICIANS AT FREDERICK . . . . . 87

MISSION OF MERCY . . . . . 103

PLANNED PARENTHOOD OF MARYLAND, FREDERICK COUNTY CLINIC . . . . . 108

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HEALTHCARE ASSISTANCE . . . 111

THURMONT LIONS CLUB VISION SCREENING PROGRAM . . . . . 124

**HOLIDAY ASSISTANCE**

BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED . . . . . 35

FREDERICK COMMUNITY ACTION AGENCY, FREDERICK FOOD BANK. . . . . 46

GLADE VALLEY COMMUNITY SERVICES . . . . . 81

MOUNT AIRY NET . . . . . 103

TOYS FOR TOTS . . . . . 124

PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY . . . . . 107

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, CHRISTMAS CAMPAIGN . . . . 110

SETON CENTER . . . . . 114

**HOME HEALTH CARE**

FREDERICK HEALTH HOME CARE . . . . .	72
HOME CALL . . . . .	86
RIGHT AT HOME OF CENTRAL MARYLAND . . . . .	111

**HOME MAINTENANCE AND MINOR REPAIR**

FREDERICK COUNTY DEPARTMENT OF HOUSING . . . . .	51
THE FREEDOM CENTER . . . . .	80
HABITAT FOR HUMANITY, HOME REPAIR PROGRAM . . . . .	84
HABITAT FOR HUMANITY, RESTORE . . . . .	85
INTERFAITH HOUSING ALLIANCE . . . . .	87
PARTNERS IN CARE MARYLAND . . . . .	107
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123

**HOTLINES**

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HOTLINE / 211 CALL CENTER . . . . .	96
--	----

**HOUSING AND SHELTER**

ADVOCATES FOR HOMELESS FAMILIES . . . . .	31
FREDERICK CITY DEPARTMENT OF COMMUNITY DEVELOPMENT . . . . .	44
FREDERICK CITY HOUSING AUTHORITY . . . . .	45
FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES . . . . .	47
FREDERICK COMMUNITY ACTION AGENCY, TRANSITIONAL HOUSING SERVICES . . . . .	48
FREDERICK COUNTY DEPARTMENT OF HOUSING . . . . .	51
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT FOSTER CARE . . . . .	52
FREDERICK RESCUE MISSION, CHANGED LIFE RECOVERY PROGRAM . . . . .	78
FREDERICK RESCUE MISSION, DAY SHELTER . . . . .	78
FREDERICK RESCUE MISSION, FAITH HOUSE . . . . .	79
FREDERICK RESCUE MISSION, SHOWERS . . . . .	80
HABITAT FOR HUMANITY, AFFORDABLE LAND TRUST . . . . .	83
HABITAT FOR HUMANITY, HOME CONSTRUCTION . . . . .	84
INTERFAITH HOUSING ALLIANCE . . . . .	87
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, ALAN P. LINTON EMERGENCY SHELTER . . . . .	109
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, EMERGENCY FAMILY SHELTER . . . . .	110
STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY . . . . .	122

**INDIVIDUAL PROVIDERS . . . . . 12-16****INTERPRETATION/TRANSLATION**

ASIAN AMERICAN CENTER OF FREDERICK . . . . .	33
CENTRO HISPANO DE FREDERICK . . . . .	37

**MEDICAL EQUIPMENT/SUPPLIES**

THE FREEDOM CENTER . . . . .	80
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123

**MONEY MANAGEMENT**

FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES . . . . .	47
INTERFAITH HOUSING ALLIANCE . . . . .	87
MARYLAND LEGAL AID. . . . .	93
UNITED WAY OF FREDERICK COUNTY, PROSPERITY CENTER . . . . .	126
UNIVERSITY OF MARYLAND EXTENSION, FREDERICK COUNTY . . . . .	126

**PREGNANCY TESTING**

BIRTHRIGHT OF FREDERICK. . . . .	34
CARE NET PREGNANCY CENTER OF FREDERICK . . . . .	35
PLANNED PARENTHOOD OF MARYLAND . . . . .	108

**PRESCRIPTION AND MEDICAL EXPENSE ASSISTANCE**

BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED . . . . .	35
FREDERICK HEALTH MEDICAL GROUP, JAMES M. STOCKMAN CANCER INSTITUTE . . . . .	77
OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH . . . . .	106
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HEALTHCARE ASSISTANCE . . . . .	111
SALVATION ARMY OF FREDERICK COUNTY, FINANCIAL ASSISTANCE. . . . .	112
SETON CENTER OUTREACH PROGRAM . . . . .	114
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123
UP AND OUT FOUNDATION . . . . .	127

**PSYCHIATRIC DAY TREATMENT**

FAMILY SERVICE FOUNDATION. . . . .	41
FREDERICK HEALTH HOSPITAL, PSYCHIATRIC PARTIAL HOSPITALIZATION PROGRAM (PPHP) AND INTENSIVE OUTPATIENT PROGRAM (IOP) . . . . .	76
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, DAY PROGRAM . . . . .	118

**PSYCHIATRIC MOBILE RESPONSE TEAMS**

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CHILD AND ADOLESCENT MOBILE CRISIS SERVICES . . . . .	117
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ADULT MOBILE CRISIS SERVICES . . . . .	115

**PSYCHIATRY**

ADVANCED BEHAVIORAL HEALTH. . . . .	31
BLUE RIDGE BEHAVIORAL HEALTH . . . . .	18

CATOCTIN COUNSELING CENTER . . . . .	35
CONCERTED CARE GROUP . . . . .	38
FAMILY SERVICE FOUNDATION . . . . .	41
GREATER WASHINGTON PSYCHIATRY AND COUNSELING . . . . .	82
GREENRIDGE BEHAVIORAL HEALTH . . . . .	83
MEDPSYCH HEALTH SERVICES. . . . .	23
MEDSOURCE COMMUNITY SERVICES . . . . .	96
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COUNSELING SERVICES. . . . .	97
PSYCHOTHERAPY SERVICES . . . . .	109
TRAUMA SPECIALISTS OF MARYLAND. . . . .	25
VILLA MARIA BEHAVIORAL HEALTH SERVICES OF FREDERICK COUNTY. . . . .	27

## **PUBLIC ASSISTANCE PROGRAMS**

FREDERICK COMMUNITY ACTION AGENCY, SOAR PROGRAM . . . . .	47
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, MEDICAL ASSISTANCE . . . . .	54
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM. . . . .	55
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, TEMPORARY CASH ASSISTANCE. . . . .	55
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, TEMPORARY DISABILITY ASSISTANCE PROGRAM. . . . .	55
FREDERICK COUNTY HEALTH DEPARTMENT, ADMINISTRATIVE CARE COORDINATION AND OMBUDSMAN . . . . .	56
FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY HEALTH SERVICES DIVISION . . . . .	58
FREDERICK COUNTY HEALTH DEPARTMENT, MARYLAND CHILDREN'S HEALTH PROGRAM . . . . .	60
FREDERICK COUNTY HEALTH DEPARTMENT, WOMEN, INFANTS AND CHILDREN PROGRAM (WIC) . . . . .	63
FREDERICK COUNTY SENIOR SERVICES DIVISION, MARYLAND ACCESS POINT . . . . .	68
FREDERICK COUNTY SENIOR SERVICES DIVISION, STATE HEALTH INSURANCE PROGRAM . . . . .	68
SOCIAL SECURITY ADMINISTRATION . . . . .	120
SOCIAL SECURITY DISABILITY INSURANCE . . . . .	120

## **RECREATIONAL ACTIVITIES/SPORTS**

BOYS AND GIRLS CLUBS OF FREDERICK COUNTY . . . . .	34
CENTRO HISPANO DE FREDERICK . . . . .	37
FREDERICK CITY PARKS AND RECREATION . . . . .	45
FREDERICK COUNTY PARKS AND RECREATION . . . . .	64
FREDERICK HEALTH HOSPICE . . . . .	72
LEAD4LIFE . . . . .	88
MANIDOKAN CAMP & RETREAT CENTER . . . . .	90
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CAMP JOURNEY RESPITE PROGRAM. . . . .	116
SPECIAL OLYMPICS. . . . .	121
UNIFIED COMMUNITY CONNECTIONS . . . . .	125
YMCA, FREDERICK COUNTY. . . . .	129

## RENT PAYMENT ASSISTANCE

BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED . . . . .	35
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, EMERGENCY ASSISTANCE TO FAMILIES WITH CHILDREN . . . . .	53
FREDERICK CITY HOUSING AUTHORITY . . . . .	45
GLADE VALLEY COMMUNITY SERVICES . . . . .	81
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, FINANCIAL ASSISTANCE SERVICE CENTER. . . . .	110
SALVATION ARMY OF FREDERICK COUNTY, FINANCIAL ASSISTANCE. . . . .	112
SETON CENTER . . . . .	114
OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH . . . . .	106
ST. VINCENT DE PAUL SOCIETY, ST. JOHN'S REGIONAL CONFERENCE . . . . .	122
ST. VINCENT DE PAUL SOCIETY, ST. TERESA OF CALCUTTA CONFERENCE. . . . .	122
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123

## SENIOR SUPPORTS

AMERICAN ASSOCIATION OF RETIRED PERSONS . . . . .	32
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADULT PROTECTIVE SERVICES . . . . .	52
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, OFFICE OF ADULT SERVICES . . . . .	52
FREDERICK COUNTY HEALTH DEPARTMENT, ADULT EVALUATION AND REVIEW SERVICES. . . . .	57
FREDERICK COUNTY SENIOR SERVICES DIVISION, MARYLAND ACCESS POINT . . . . .	68
FREDERICK COUNTY SENIOR SERVICES DIVISION, SENIOR CENTERS . . . . .	68
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, TELEPHONE REASSURANCE PROGRAM. . . . .	101
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123

## SUBSTANCE USE DISORDER SERVICES

ALLIED COUNSELING GROUP . . . . .	17
AUSTIN ADDICTION & MENTAL HEALTH CENTER . . . . .	18
CATOCTIN COUNSELING CENTER. . . . .	35
CONCERTED CARE GROUP . . . . .	38
CROSSROADS CENTERS, FREDERICK . . . . .	39
FREDERICK COMMUNITY ACTION AGENCY, COMMUNITY HEALTH CARE CENTER . . . . .	46
FREDERICK COUNTY HEALTH DEPARTMENT, ADULT SUBSTANCE USE SCREENING . . . . .	57
FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY ORGANIZED RECOVERY EFFORTS . . . . .	58
FREDERICK COUNTY HEALTH DEPARTMENT, HARM REDUCTION SERVICES . . . . .	59
FREDERICK COUNTY HEALTH DEPARTMENT, KIDS LIKE US . . . . .	59
FREDERICK COUNTY HEALTH DEPARTMENT, NALOXONE/ NARCAN TRAINING . . . . .	59
FREDERICK COUNTY HEALTH DEPARTMENT, ON THE MARK ADOLESCENT CLUBHOUSE . . . . .	60
FREDERICK COUNTY HEALTH DEPARTMENT, STOP SMOKING FOR LIFE . . . . .	62
FREDERICK COUNTY HEALTH DEPARTMENT, SYRINGE SERVICES PROGRAM. . . . .	56

FREDERICK RESCUE MISSION, CHANGED LIFE RECOVERY PROGRAM . . . . .	78
FREDERICK INSTITUTE. . . . .	21
GREATER WASHINGTON PSYCHIATRY AND COUNSELING . . . . .	82
GREENRIDGE BEHAVIORAL HEALTH . . . . .	83
MAIN PLACE TREATMENT CENTERS. . . . .	89
MARYLAND COUNSELING CENTERS. . . . .	91
MEDPSYCH HEALTH SERVICES. . . . .	23
MOUNTAIN MANOR TREATMENT CENTERS . . . . .	104
THE RANCH. . . . .	109
SERENITY TREATMENT CENTER . . . . .	113
UP AND OUT FOUNDATION . . . . .	127
WELLS HOUSE. . . . .	128

## SUPPORT GROUPS AND PEER SUPPORTS

AL-ANON & ALATEEN GROUPS. . . . .	31
ALCOHOLICS ANONYMOUS . . . . .	32
ALZHEIMER'S ASSOCIATION, WESTERN MARYLAND. . . . .	32
ARC OF FREDERICK COUNTY, THE . . . . .	33
AUSTIN ADDICTION & MENTAL HEALTH CENTER . . . . .	18
AUTISM SOCIETY OF AMERICA, FREDERICK COUNTY CHAPTER . . . . .	33
CELEBRATE RECOVERY FREDERICK, GRACE COMMUNITY CHURCH . . . . .	36
COMPASSIONATE FRIENDS, FREDERICK . . . . .	38
CROSSROADS CENTERS, FREDERICK . . . . .	39
FAMILY PARTNERSHIP OF FREDERICK COUNTY . . . . .	20
FAMILY RESOURCE, INFORMATION AND EDUCATION NETWORK FOR DOWN SYNDROME . . . . .	41
THE FREDERICK CENTER, TRANSGENDER AND GENDER EXPANSIVE PEER SUPPORT GROUP . . . . .	42
THE FREDERICK CENTER, YOUNG ADULT GROUP . . . . .	43
THE FREDERICK CENTER, YOUTH SUPPORT GROUP . . . . .	43
FREDERICK CHRISTIAN FELLOWSHIP CARE MINISTRIES . . . . .	43
FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY ORGANIZED RECOVERY EFFORTS . . . . .	58
FREDERICK COUNTY HEALTH DEPARTMENT, KIDS LIKE US . . . . .	59
FREDERICK COUNTY PUBLIC SCHOOLS, FAMILY SUPPORT SERVICES (SPECIAL EDUCATION) . . . . .	66
FREDERICK COUNTY SENIOR SERVICES DIVISION, MARYLAND ACCESS POINT . . . . .	68
FREDERICK HEALTH HOSPICE . . . . .	72
FREDERICK HEALTH HOSPITAL. . . . .	73
GAM-ANON . . . . .	80
GAMBLERS ANONYMOUS, FREDERICK CHAPTER . . . . .	81
LA LECHE LEAGUE . . . . .	88
LEAD4LIFE . . . . .	88
MARRIAGE RESOURCE CENTER OF FREDERICK COUNTY . . . . .	90
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SURVIVORS OF SUICIDE SUPPORT GROUP . . . . .	100
MOUNTAIN MANOR TREATMENT CENTER . . . . .	104
MULTIPLE SCLEROSIS SUPPORT GROUP . . . . .	105

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) . . . . .	105
ON OUR OWN . . . . .	106
OVEREATERS ANONYMOUS, NORTHERN BLUE RIDGE . . . . .	106
PARKINSON'S SUPPORT GROUP, FRIENDS IN FREDERICK . . . . .	107
SAVE OUR CHILDREN, FAMILY PEER SUPPORT GROUP . . . . .	113
SERENITY TREATMENT CENTER . . . . .	113
SEXAHOLICS ANONYMOUS . . . . .	115
VETERANS CENTER, FREDERICK COMMUNITY ACCESS CENTER . . . . .	127
WHOLE HEART GRIEF AND LIFE RESOURCE CENTER . . . . .	128

## **SUPPORTED LIVING SERVICES FOR ADULTS AND SENIORS**

COMMUNITY LIVING, DAY PROGRAM AND SUPPORTIVE HOUSING. . . . .	37
DEVOTION ASSISTED LIVING, FREDERICK COUNTY . . . . .	40
EDENTON RETIREMENT COMMUNITY . . . . .	40
GLADE VALLEY CENTER . . . . .	81
HEARTFIELDS ASSISTED LIVING . . . . .	85
HOMECALL . . . . .	86
PARTNERS IN CARE MARYLAND . . . . .	107
RIGHT AT HOME OF CENTRAL MARYLAND . . . . .	111
HOME INSTEAD SENIOR CARE . . . . .	86
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CAMP JOURNEY RESPITE PROGRAM. . . . .	116
SOMERFORD ASSISTED LIVING AND ALZHEIMER'S CARE . . . . .	120
ST. JOSEPH'S PLACE . . . . .	121
SUNRISE ASSISTED LIVING . . . . .	123
UNIFIED COMMUNITY CONNECTIONS . . . . .	125
VINDABONA NURSING HOME . . . . .	127

## **TRANSPORTATION AND TRANSPORTATION EXPENSE ASSISTANCE**

FREDERICK COMMUNITY ACTION AGENCY, OUTREACH AND TRANSPORTATION SERVICES . . . . .	47
FREDERICK HEALTH MEDICAL GROUP, JAMES M. STOCKMAN CANCER INSTITUTE . . . . .	77
HOME INSTEAD SENIOR CARE . . . . .	86
PARTNERS IN CARE MARYLAND . . . . .	107
PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY . . . . .	107
RIGHT AT HOME OF CENTRAL MARYLAND . . . . .	111
SETON CENTER . . . . .	114
SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . .	123
TRANSIT SERVICES OF FREDERICK COUNTY . . . . .	125



**UTILITY BILL PAYMENT ASSISTANCE**

BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED . . . . . 35  
 FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, EMERGENCY ASSISTANCE TO FAMILIES  
 WITH CHILDREN . . . . . 53  
 GLADE VALLEY COMMUNITY SERVICES . . . . . 81  
 OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH . . . . . 106  
 RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, FINANCIAL ASSISTANCE SERVICE  
 CENTER. . . . . 110  
 SALVATION ARMY OF FREDERICK COUNTY, FINANCIAL ASSISTANCE. . . . . 112  
 SALVATION ARMY, WASHINGTON AREA FUEL FUND . . . . . 112  
 SETON CENTER . . . . . 114  
 ST. VINCENT DE PAUL SOCIETY, ST. JOHN'S REGIONAL CONFERENCE . . . . . 122  
 ST. VINCENT DE PAUL SOCIETY, ST. TERESA OF CALCUTTA CONFERENCE. . . . . 122  
 SUPPORTING OLDER ADULTS THROUGH RESOURCES . . . . . 123

**VETERAN SERVICES**

MARYLAND DEPARTMENT OF LABOR, FREDERICK COUNTY WORKFORCE SERVICES . . . . . 70  
 MARYLAND DEPARTMENT OF VETERANS AFFAIRS . . . . . 92  
 SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOMELESS VETERANS REINTEGRATION  
 PROGRAM. . . . . 119  
 VETERANS CENTER, FREDERICK COMMUNITY ACCESS CENTER . . . . . 127

**WALK-IN CRISIS INTERVENTION**

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, WALK IN BEHAVIORAL HEALTH  
 SERVICES . . . . . 102

**WEATHERIZATION PROGRAMS**

FREDERICK COMMUNITY ACTION AGENCY, WEATHERIZATION ASSISTANCE . . . . . 48  
 HABITAT FOR HUMANITY, HOME REPAIR PROGRAM . . . . . 84



# 211

Maryland

## Need Help? Call 2-1-1

2-1-1 Maryland offers guidance and support to help teens, adults, families, seniors, veterans, caregivers, clergy and professionals find the services they need.

### Free, Confidential & Multi-Lingual Information and Referral 24/7 for:



#### **BASIC NEEDS**

Utility assistance, food, housing and shelter, transportation and employment



#### **HEALTH CARE**

Health and dental clinics, drug and alcohol programs and mental health



#### **FAMILY RESOURCES**

Child care, parenting programs, elder care and literacy

In some circumstances, 3 digit dialing does *not* work. If you are unable to connect with us by dialing 2-1-1 on your phone, please contact us at **866-411-6803**

*Normal airtime and other charges apply for cell users.*



[www.211md.org](http://www.211md.org)