

# 2018-2019 CASS Community Resource Guide



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**CHILD/FAMILY SERVICES**

<p>CASS (Community Agency School Services) Frederick County Public Schools Student Services Division</p>	<p>Five Licensed Clinical Social Workers provide various direct and indirect support services to students and their families at the middle school level, services may include case management, facilitation of referrals to community services/agencies, and group interventions.</p> <p>Monitors mental health partnerships at all levels (elementary, middle, and high).</p> <p>Provide consultation to staff at Elementary and High Schools.</p>	<p>Thomas Johnson &amp; Windsor Knolls Middle Schools 240-236-8929</p> <p>Thurmont &amp; Walkersville Middle Schools 240-236-8889</p> <p>Brunswick, West Frederick, and Urbana Middle Schools 240-236-5390</p> <p>Crestwood, Ballenger Creek and Middletown Middle Schools 240-566-9126</p> <p>Oakdale, New Market, &amp; Monocacy Middle Schools 240-236-5588</p>
<p>Care Net Pregnancy Center (Frederick) 707 N. Market Street, Frederick, MD <a href="http://www.carenetfrederick.org/">http://www.carenetfrederick.org/</a></p>	<p>A medical pregnancy resource center providing confidential and free support services for women, men and teens facing issues related to unplanned pregnancies. Offers a variety of supportive services by trained staff and volunteers.</p>	<p>301-662-5300 1-800-395-HELP</p>
<p>Catoctin Pregnancy Center (Emmitsburg) 502 East Main Street, Emmitsburg, MD <a href="http://www.catoctinpregcenter.org/">http://www.catoctinpregcenter.org/</a></p>	<p>Confidential and free support; pregnancy tests, clothing, baby items, &amp; emergency housing. Help families in need, as well as crisis pregnancies through counseling and support. Staff comprised of volunteers. Serve parents of all ages.</p>	<p>301-447-3391 24-hour crisis hotline: 1-800-492-5530</p>
<p>Family Partnership of Frederick County 8420 Gas House Pike, Ste. EE Frederick, MD</p>	<p>Working with mothers, fathers, expectants, and youth ages 16-24 in areas of Child Development, Parent Education, Education and Employment, Youth Services, Health Education and Peer Support and ESL classes. <i>*Children ages 0-4 receive child development services while parents are in class.</i></p>	<p>301-600-2206 <a href="http://www.frederickcountymd.gov/fp">www.frederickcountymd.gov/fp</a></p>
<p>Frederick Co. Dep't of Social Services, In-Home Family Preservation Services 1888 North Market Street Frederick, MD 21701</p>	<p>Offers a continuum of services to support, stabilize and strengthen families. Links individuals and families to appropriate resources and supports in their own community.</p>	<p>Family Preservation Main Line 301-600-2471 DSS FP referrals go through CPS at 301-600-2464</p>

YMCA of Frederick County Head Start	Provides comprehensive educational, social, health, nutrition services to eligible 3-and 4-year-olds whose families meet federal income eligibility guidelines in various locations throughout Frederick County.	301-378-9140
FCHD–Developmental Center Infants & Toddlers Program Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	Early intervention services for infants, toddlers (ages birth to age 3) with suspected developmental delays or disabilities and their families.	301-600-1611 Hours: M-F 8am-4pm
Kids in Safety Seats <a href="http://www.mdkiss.org">www.mdkiss.org</a>	Car seat assistance program (low cost) & safety education related to use of car seat. Must meet income eligibility criteria.	1-800-370-7328 Hours: M-F 8am-5pm
Lead4Life, Inc. Frederick County Juvenile Entry Diversion Initiative and Child In Need of Supervision Program 801 N. East St., Ste. 3 Frederick, MD 21701	Offers various programs and services to prevent youth from moving forward into the juvenile justice system. JEDI focuses on two core case management components: Diversion of juvenile offenders from DJS to community-based programs, and serving and redirecting cases away from DJS to community-based programs and services. The JEDI program primarily serves 1 <sup>st</sup> time misdemeanor offenders as well as CINS cases. Offers CINS program, First Chance 4U Young Male Group, various workshops for parents and youth, family/individual therapy, clinical, social, and parent mentoring, various girls/boys groups, and supported work environments.	Lindsey Feldman, Lead Case Manager 240-629-3030
Maryland Family Network Locate: Childcare Baltimore, MD	Locate: Childcare is a free service that offer a trained “Locate” specialist to help you find child care.	Children w/ disability/special needs and/or Spanish speaking parents: 1-800-999-0120  Military and all other families: 1-877-261-0060
SHIP – Student Homelessness Initiative Partnership of Frederick County <a href="http://www.shipfrederick.com">www.shipfrederick.com</a>	A non-profit volunteer organization that assists families with students who are experiencing homelessness, with urgent clothing and food needs, and/or funding for extracurricular activities were no other options exist.	240-415-8971 <a href="mailto:info@shipfrederick.com">info@shipfrederick.com</a>

Way Station	<p>Camp Journey, a facility based respite program; 8-bed home-like environment. Serves youth with emotional/behavioral disabilities ages 11-17. Respite stays range from several hours to a few days. Accepts medical assistance, child must be in therapy.</p> <p>Interagency Family Preservation Program. Youth must be at high risk of out of home placement to qualify. Provide 6 weeks of intensive in home service seeking to teach families new skills and/or set up services that maximizes family strengths and ensures family's stay together long-term.</p>	<p>Camp Journey: 301-682-5886 Mallory Simmons, Intake Coordinator 301-682-6151 301-682-5886 (Fax)</p> <p>Family Preservation Program: 301-662-0099 ext. 2501 Jennifer Winkler, Program Manager Fax: 301-698-9460</p>
Youthful Offender Program	Ages served: 12 to 17. Provides an alternative to the Juvenile Justice System. The program includes an educational component, site visits, guest speakers and community service. Cost: \$50.00	301-600-1824
<b>CLOTHING/HOUSEHOLD</b>		
Buckeystown United Methodist Church 3440 Buckeystown Pike Buckeystown, MD 21717 (Located in the administrative building on the right-hand side of the church.)	Free Clothes	240-341-7935 1st Saturday of the month 9am-12noon
Faith Baptist Church 2212 Jefferson Pike Knoxville, MD 21758	Free Clothes and Household Goods	301-834-7755 Wed 6pm-8pm Sat 10am-12 noon
Feagaville Lutheran Parish 5460 Jefferson Pike Frederick, MD 21703 (Across from St. Luke's Lutheran Church)	Neighbor-to-Neighbor Mission-Offers free Clothing and Household Goods	301-473-4737 Call before making the trip; times may change Wed & Sat 11am-12:30pm  Hearts and Hammers: 301-473-4737
Goodwill <a href="http://www.GIMV.org">www.GIMV.org</a>	Offers clothing, household goods, and furniture for families at several locations: 400 E. Church Street (Behind Shab Row), 5831 Buckeystown Pike (across from Wal-Mart), 101 Willowdale Drive, Frederick, MD 21701 202 E. Main Street, Thurmont, MD 21788 8425 Woodsboro Pike, Walkersville, MD 21793 805 E. Main St., Middletown, MD 21769	301-662-0622 Hours are: M-F 9am-7pm Sun 10am-5pm

Habitat for Humanity ReStore 622 North Market Street Frederick, MD 21701	Furniture, household goods, appliances, building supplies	301-662-2988 Website: <a href="http://frederickrestore.org">http://frederickrestore.org</a>
Jefferson United Methodist Church 3882 Jefferson Pike Jefferson, MD 21755 (Located in the trailer behind the church)	Free Clothes	301-473-4022 Hours: 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday 10am-11:30am <a href="http://www.jeffersonmethodist.org">www.jeffersonmethodist.org</a>
Salvation Army Thrift Shop 902 N. East Street Frederick, MD 21701	Offers clothing for individuals Location: Beside the Dollar General	301-631-2489 Hours: Mon-Sat 10am-5pm
Second Street and Hope, Inc. 8 W. 2 <sup>nd</sup> Street Frederick, MD 21701	Free winter clothing (coats, hats, gloves & boots)	301-639-5962 Hours: Wed 6-8pm, Sat 4-6pm
Glade Valley Community Thrift Shop 19 W. Pennsylvania Avenue Walkersville, MD	A clothing thrift shop, located in the basement of St. Paul's Lutheran Church Parish Hall \$2 per bag. *Limited to residents of Walkersville, Woodsboro, glade Valley, and area schools that feed into Walkersville High School.	301-845-0213 Hours: Sat 10am-2pm
St. Peter's Thrift Shop 9201-A Church Street Libertytown, MD	This is a thrift shop located at St. Peters Catholic Church. \$2 per basket. (Includes non-price tagged clothing, books, and shoes.) All other items are priced.	301-898-7800 Hours: M-W-SAT 10am-1pm
Seton Center Thrift Shop 16840 South Seton Avenue Emmitsburg, MD 21727	Low cost clothing, gently worn footwear, outerwear, household good, and children's items. Proceeds support outreach programs.	301-447-6102 Hours: T-F 10am-4pm SAT 10am-3pm
El Shaddai Congregation and Dorcas Clothing Ministry 206 East 4 <sup>th</sup> Street Frederick, MD	Free gently used clothes offered every 2 <sup>nd</sup> Saturday (2-4pm) and 3 <sup>rd</sup> Sunday (1-3pm) each month.  Also offer "shop by appointment"	301-695-4496 Huey Brown <a href="mailto:hueysells@mrisc.com">hueysells@mrisc.com</a> <a href="http://www.escfrederick.com/">www.escfrederick.com/</a>
Frederick Rescue Mission Rescued Treasures Program 419 W South Street Frederick, MD 21701	Rescued Treasures Clothing and Furniture Program: Distributes free clothing, furniture, blankets, and hygiene products to anyone in need. Those in needs can go to the mission M-F between 2:30-4pm, once a month, to complete a request form & "shop" the voucher room; men, women and children.	301-695-6633 <a href="mailto:emoore@therescuemission.org">emoore@therescuemission.org</a>

Middletown Comm. Clothes Closet 123 W. Main St., Middletown, MD	Provides FREE clothing and shoes to anyone who has a need. Accepts donations of gently used clothes during open hours.	Email questions to: <a href="mailto:closet@zionmiddletown.org">closet@zionmiddletown.org</a> If you have an emergency clothing need call the church office at 301-371-6500
<b>DENTAL</b>		
Frederick County Health Department	Dental services for children under 18 who have medical assistance, no, or low insurance. Also provides oral surgery discount vouchers for Adults only who qualify for the Gray Area Access Program	Dental Unit 301-600-1041
Monocacy Health Partners Dental Clinic 516 Trail Ave., Ste B Frederick, MD 21701	Monocacy Health Partners Dental Clinic has officially opened to treat residents of Frederick County, serving patients who are uninsured, under-insured, or who have limited means to pay for dental services. Currently able to treat patients suffering from abscess, cavity fillings and extractions. Sliding fee schedule based upon 200% of the federal poverty level.	240-566-7005 <a href="http://www.monocacyhealthpartners.org/dentalclinic">www.monocacyhealthpartners.org/dentalclinic</a>
Religious Coalition	Denticaid program-Assistance with emergency dental care (offer 1 tooth extraction or filling). Must meet income eligibility.	301-631-2670
Seton Center DePaul Dental Program	Works with area dentists and oral surgeons to provide dental services at reduced rates for adults. Interview process for eligibility and services provided to residents of Northern Frederick County. Applications are accepted on a rolling-basis as funding allows.	301-447-6102
Mission of Mercy	Dental services in Frederick/Brunswick (serving several locations in Frederick County) Call to schedule	301-631-2670 ext. 110
University of Maryland	Low cost general, emergency, and special needs dental services (one number for adults and another for ages 15 and under)	410-706-7063 - Adult 410-706-4213 - Ages 15 & under
<b>DISABILITY RESOURCES</b>		
Brain Injury Association of Maryland 2200 Kernan Dr., Baltimore MD 21207 <a href="http://www.biamd.org/">http://www.biamd.org/</a>	Provide free of charge information, educational material, resource coordination support and hope to individuals with brain injury and their family	800-221-6443 410-448-2924
Developmental Disabilities Administration (DDA) Western Regional Office 1360 Marshall Street, Hagerstown, MD	Promotes empowerment to access quality supports and services necessary to foster personal growth, independence and productivity.	301-791-4670 Toll Free: 1-888-791-0193

Service Coordination, Inc. 53035 Spectrum Drive, Suite 1 Frederick, MD 21703	Provides advocacy and case management for adults and children with developmental disabilities <a href="http://www.service.coordinationinc.org/">http://www.service.coordinationinc.org/</a>	301-663-8044 1-888-240-6835
The ARC of Frederick County 620-A Research Drive Frederick 21702	Provides advocacy, access to resources, assistance in increasing individual and family connections for people with developmental disabilities	301-663-0909 <a href="mailto:info@arcfc.org">info@arcfc.org</a> <a href="http://www.arcfc.org/">http://www.arcfc.org/</a>
Autism Soc. of America, Frederick Co. 6595 Ewald Court Frederick, MD 21703	Provides community awareness, advocacy, education for professionals and parents, maintain supportive informative networks comprised of parents, professionals and community leaders.	301-746-8080 Shawna Capotosto
The Parents Place of MD 801 Cromwell Park Drive, Suite 103 Glen Burnie, MD 21061	Statewide, family-centered parent training and information center whose sole purpose is to enhance the lives of persons with disabilities	410-768-9100 1-800-394-5694
Systems Navigation: Mental Health Association of Frederick	Service is available to assist families who have children with multiple or intensive needs navigate the mental health system including referrals for therapy, in-home support, respite and other support and educational groups	301-663-0011 Ext. 161 or 158 or dial "211" for Hotline Services
Partners for Success Frederick County Public Schools Special Education 191 Waverley Drive Frederick, MD 21702	Resource center serving families and educators of children with disabilities ages 3 to 21. Purpose is to provide the skills and knowledge that will enable families and professionals to function as equal partners in the educational decision-making process and to assist families in accessing services for their children. Lending resource library, workshops, individual assistance, etc. Many resources online at <a href="http://www.fcps.org">www.fcps.org</a> ; under Academics click on Special Education, then click on Parent Resources.	240-236-8744 9am-3pm <a href="mailto:Susan.donoghue-rick@fcps.org">Susan.donoghue-rick@fcps.org</a> <a href="mailto:Partners.forsuccess@fcps.org">Partners.forsuccess@fcps.org</a>
<b>EDUCATION/PARENTING CLASSES</b>		
Mental Health Association 226 S Jefferson St. Frederick, MD 21701	Parent Education program offered throughout the year designed to encourage positive parenting, build family strengths, and teach about subject matter that families and youth face today.	301-663-0011 <a href="http://www.fcmha.org/">http://www.fcmha.org/</a>
Family Partnership of Frederick County 8420 Gas House Pike, Ste. EE Frederick, MD	Working with mothers, fathers, expectants, and youth ages 16-24 in areas of: Child Development, Parent Education, Education and Employment, Youth Services, Health Education and Peer Support and ESL classes. <i>*Children ages 0-4 receive child development services while parents are in class.</i>	301-600-2206 <a href="http://www.frederickcountymd.gov/fp">www.frederickcountymd.gov/fp</a>

Partners for Success Frederick County Public Schools Special Education 191 Waverley Drive Frederick, MD 21702	Offers a variety of workshops for families who care for a child with a disability. Topics include but not limited to Autism, ADHD, Anxiety, Depression, Sensory issues, Challenging behaviors, etc. Also offer classes related to Special Education Individualized Education Program (IEP) process. Plus offer fun events; spring picnic, family fun day, movie time, etc. to help strengthen families.	240-236-8744 <a href="mailto:Susan.donoghue-rick@fcps.org">Susan.donoghue-rick@fcps.org</a> <a href="http://Partners.forsuccess@fcps.org">Partners.forsuccess@fcps.org</a>
<b>EMPLOYMENT ASSISTANCE</b>		
Frederick County Workforce Services 200 Monroe Ave. Frederick, MD 21701	Career counseling, workshops, resumes, interview preparation, job search Hours Mon-Friday 8-4	301-600-2255
Seton Center	Job training, resume writing and other employment related services	301-447-6102
Workforce Development Program (Goodwill Industries International, Inc.)	Job readiness/Life skills workshops, work experience activities, job coaching, job search and placement assistance for adults and youth with disabilities and other barriers to employment.	301-662-0622
<b>EYE CARE</b>		
Emmitsburg Lions Club	Assistance with eye glasses and vision screening for the Emmitsburg community	Denise Etris 301-379-3116
Thurmont Lions Club	Assistance with eye glasses and vision screening (contact Mr. Brown and obtain application from Brown's Jewelry & Gift Shop at 9 Water Street, Thurmont, MD 21788).	Mr. Brown 301-271-7652
Religious Coalition for Emergency Human Needs (RCEHN) 27 DeGrange Street Frederick, MD 21701	Lions Club assistance for vision screening and glasses for adults and children living in Frederick City.	301-631-2670
<b>FINANCIAL ASSISTANCE</b>		
BEACON (Brunswick Ecumenical Assistance Committee on Needs)	Information and referral; school supplies, holiday assistance. May help with utility cut off and eviction notices. <b>Limited to families in the Brunswick area.</b>	301-834-9718
Frederick Co. Dep't of Social Services 1888 North Market St. Frederick, MD 21701	Energy assistance, temporary cash assistance, medical assistance, food stamps	301-600-4555



Middletown Valley People Helping People (MVPHP)	Information and referral; school supplies; holiday assistance, transportation for medical appointments. May help with utility cut off and eviction notices. <b>Limited to Middletown, Myersville and Wolfsville areas.</b>	301-371-3119
Mt. Airy Net	Emergency assistance for food, shelter and other essentials. <b>Limited to the Mt. Airy area.</b>	301-829-0472
Red Cross	Disaster relief, health and safety training.	301-662-5131
Religious Coalition 27 DeGrange Street Frederick, MD 21701	Offers eligible residents prescriptions, health and dental care, utilities (except water), security deposits, and eviction prevention.	301-631-2670 Director of Client Services Catherine Dorsey, x115 <a href="mailto:cdorsey@rcehn.org">cdorsey@rcehn.org</a>
Salvation Army	Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions.	301-662-2311
Seton Center Outreach Program	Emergency help with vouchers for food and thrift shop, rental assistance, utilities, prescriptions, gas, other basic needs. <b>Limited to Lewistown area and north to Pennsylvania line.</b>	301-447-6102
Student Homeless Initiative Program (SHIP)	Assists homeless students with food, clothing, extracurricular activities and emergency needs.	240-415-8971 <a href="http://www.shipfrederick.com">www.shipfrederick.com</a>
St. Vincent DePaul Society St. Johns	Emergency and short-term financial assistance for utilities (including water), prescription medications, rent, and evictions.	301-662-4676
<b>FOOD BANKS</b>		
Brunswick Bethany House 111 First Ave.	Thurs 6:30pm -8pm, and 1st Sat of month 10:30am-12 noon.	301-834-9718
Emmitsburg 502 E. Main Street	Tuesdays and Wednesdays 7pm-8pm Fridays 1pm-2pm Saturdays 10am-11am Please bring personal picture ID and proof of residency (not PO Box)	301-447-6564 day/evenings 717-642-6963 evenings only
Frederick Community Action Agency 100 S. Market Street, Frederick	Monday, 2pm-4pm and 7pm-9pm Wednesday 7-9pm Tue-Thu-Fri 2pm-4pm	301-600-1506

Greater Urbana Area Food Pantry and Help Center	Food pantry for non-perishable items. Serving families in the Urbana, Oakdale and Linganore feeder patterns.	<a href="mailto:Allsodifferent@gmail.com">Allsodifferent@gmail.com</a> (Clients) 240-529-4815 (FCPS Staff)
Jefferson St. Paul's Lutheran Church, 3866 Jefferson Pike	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday from 10:00am-11:30am	301-473-8626
Middletown Old Municipal Bldg. 301 W. Main St.	Wednesday 1-3pm Saturday 9am-12 noon	301-371-3182
Mt. Zion AME 202 Jefferson Pike, Knoxville, MD	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday 10-11am	301-834-7221
Salem United Methodist Church Wolfsville Community Food Pantry 12477-79 Wolfsville Road Myersville, MD 21773	Tuesdays 5:30-6:30pm Serving individuals and families with a Myersville, Smithsburg and Sabillasville address. We also serve people in need in our own congregation.	Dawn Nelson 301-293-9988
Southern Frederick Co. Community Food Bank The Matthew Building 4004 Ballenger Creek Pike Frederick, Maryland 21703	Call for hours Ask for Bob	301-874-2353
Thurmont 10 Frederick Road (old town office)	Tuesday 5-7:30pm Friday 4:30-6pm	301-712-5356
Walkersville/Glade Valley 21 West Frederick St., Walkersville (basement of Town Hall building)	Monday 6:30-8pm, Thursday 1-3pm	301-845-4229
Frederick Rescue Mission 419 South St., Frederick MD 21701	Distributes perishable foods such as bread, fresh fruits & vegetables, cakes, donuts, muffins & more in their grocery aisle. Hours: Tue-Wed-Fri-Sat 1:30 to 3:30pm; Thu 5-7pm. Closed Mondays.	301-695-6633
<b>FOOD/MEALS/SERVICES</b>		
Buckeystown United Methodist Church 3440 Buckeystown Pike (located directly beside the church parking lot on Rt. 85). Buckeystown, MD 21717	Food Boxes 3 <sup>rd</sup> Saturday of the month 9am-12 noon	301-874-2313

Catoctin Angel Network	Limited supply of food vouchers for families with students in the Catoctin Feeder System.	Contact information: <a href="mailto:catocctinangelnetwork@gmail.com">catocctinangelnetwork@gmail.com</a>
Food Stamps (Frederick County Department of Social Services)	Supplemental food program	301-600-4575
Frederick Community Action Agency 100 South Market Street, Frederick	Free dinner served daily 5:30-6:30pm	301-600-1506
Frederick Rescue Mission 419 W South St. Frederick, MD 21701	Bread of Life Community Kitchen: Serves breakfast daily from 7-8am; Lunch served Monday-Saturdays 12 noon-1:30pm and Sundays 1-2pm. Showers for families in transition Monday through Friday, 3-4pm.	301-695-6633
Salvation Army Free Bread 223 W. Fifth Street Frederick	MON-FRI from 10:30am-3:30pm (bring your own grocery bags)	301-662-2311
Centennial Memorial United Methodist Church Second Street and Hope, Inc. 8 W. 2 <sup>nd</sup> Street Frederick, MD 21701	Soup Kitchen: Wednesdays 5-6pm and Saturdays 4-5pm Food Pantry: Wednesdays 6-7:30pm and Saturdays 4-5:30pm Lord's Laundry for homeless individuals: Drop off laundry Wednesdays 5-7pm and pick up laundry Saturdays 4-5pm	301-663-5273
SHARE Food Distribution Program	Food menus and distribution dates – visit <a href="http://www.sharedc.org">www.sharedc.org</a> or call	To order contact: Brian Duncan Knights of Columbus 240-367-6490, or <a href="mailto:bryan@tylerco.com">bryan@tylerco.com</a> Pick-up location: 14 E. All Saints St., Frederick  Mt. Zion UMC, Myersville 603 Main Street 301-293-1401
Women, Infants and Children Program (WIC)	Supplemental food vouchers and nutrition education programs for mothers and children up to age 5	301-600-2507
<b>HOLIDAY ASSISTANCE</b>		
BEACON (Brunswick Ecumenical Assistance Committee on Needs)	Holiday assistance. <b>Limited to families in the Brunswick area.</b>	301-834-9718

Glade Valley Community Services, Inc.	Holiday assistance. <b>Limited to families living in the Walkersville High feeder pattern.</b>	301-845-0213
Middletown Valley People Helping People (MVPHP)	Holiday assistance. <b>Limited to families living in the Middletown High feeder pattern.</b>	301-371-3119
Mt. Airy Net	Holiday assistance. <b>Limited to families living in the Mt. Airy area.</b>	301-829-0472
Religious Coalition	Christmas – toys and clothing to needy families with children through age 12	301-631-2670
Salvation Army	Thanksgiving - lunch/dinner, Christmas - food, clothes, toys	301-662-2311
Seton Center Outreach	Thanksgiving, Christmas, Easter. Level of service depends on need. <b>Limited to Lewistown and areas north to Pennsylvania line.</b>	301-447-6102
St. Peter's Church 9190 Church Street Libertytown, MD	Thanksgiving and Christmas. <b>Assistance limited to families living in the Linganore and Oakdale feeder pattern.</b>	301-898-5111
Toys for Tots	Toys available by registering on-line at: toysfortots.org	301-619-0129
<b>HOTLINE INFORMATION</b>		
DSS Hotline Adult Protective Services Child Protective Services	Report abuse, neglect or exploitation of vulnerable adults Report physical or sexual abuse and neglect of children	Adult: 301-600-2635 Child: 301-600-2464
Heartly House	24 hour crisis hotline. Support for domestic violence, sexual assault, and child abuse victims.	301-662-8800
211 and Frederick County Hotline	Supportive listening, crisis intervention, information and referral for community resources	211 or 301-662-2255
Phone Friend	For kids who need to talk anytime	301-694-8255
MD Crisis Hotline	Hotline for youth in crisis	800-422-0009 <a href="http://www.help4MDyouth.org">www.help4MDyouth.org</a>
Suicide Prevention	Hotline for information related to suicide	1-800-273-8255

Poison Control	Information, emergency assistance	National - 1-800-222-1222 Maryland – 1-800-492-5538
<b>HOUSING – Emergency/Transitional Housing Resources</b>		
Advocates for the Homeless	Operates <u>two major programs</u> : Transitional Housing (not an emergency shelter). Program to help families in economic crisis from losing their homes	301-662-2003 <a href="http://www.afhf88.org">www.afhf88.org</a>
Frederick Community Action Agency	Transitional shelter for homeless families and individuals located in Frederick. Must call for intake. May be placed on waiting list.	301-600-1506
Heartly House	Emergency and short term housing for victims of domestic violence, sexual assault or child abuse	301-662-8800
Maryland Hope Initiative	Foreclosure Information <a href="http://mdhope.dhcd.maryland.gov/events/Pages/MLDW_Workshops.aspx">http://mdhope.dhcd.maryland.gov/events/Pages/MLDW_Workshops.aspx</a>	800-756-0119
Religious Coalition for Emergency Human Needs (RCEHN) <a href="http://www.thereligiouscoalition.org">www.thereligiouscoalition.org</a>	EMERGENCY FAMILY SHELTER: The Emergency Family Shelter is a program for homeless families with children. The goal of this program is to provide homeless families with children shelter and supportive services, 24 hours a day, 7 days a week. The program will provide families with case management services for employment and securing permanent housing	Family Shelter: 301-631-2670 Director: Neil Donnelly, x111 <a href="mailto:ndonnelly@rcehn.org">ndonnelly@rcehn.org</a>
	ALAN P. LINTON, JR. EMERGENCY ADULT SHELTER: 27 DeGrange Street, Frederick, MD. The program operates year-round, seven days from 6:30pm-7:00am. Clients are provided with beds, blankets, pillows and shower facilities. Personal hygiene products are available for those that need them.	Shelter 301-631-2670 x112 Director: Aaron Collins, x114 <a href="mailto:acollins@rcehn.org">acollins@rcehn.org</a> Asst Dir: Brenda Bell, x113 <a href="mailto:bbell@rcehn.org">bbell@rcehn.org</a> Case Mgr: Dale Parkhurst, x124 <a href="mailto:dparkhurst@rcehn.org">dparkhurst@rcehn.org</a>
	EMERGENCY FINANCIAL ASSISTANCE/HOMELESS PREVENTION SERVICES For Homeless Families/Motel Placed Clients/Family Shelter	Case Manager: Melanie Williams, 301-631-2570 x116 <a href="mailto:mwilliams@rcehn.org">mwilliams@rcehn.org</a>
	For Clients who have applied for assistance and received a Service Agreement	Service Center Controller: Valerie Pearce, x108 <a href="mailto:vpearce@rcehn.org">vpearce@rcehn.org</a>
	For General Inquiries about Services Monday, Wednesday, Thursday, Friday 10:00am-2:00pm Tuesday 10:00am-4:00pm	Director of Client Services: Catherine Dorsey, x115 <a href="mailto:cdorsey@rcehn.org">cdorsey@rcehn.org</a>

Rescue Mission/Faith House	Shelter program for women and children in transition.	301-695-6633 x218 <a href="http://www.therescuemission.org">www.therescuemission.org</a>
<b>HOUSING – Long Term Housing Resources</b>		
Advocates for Homeless Families 216 Abrecht Place Frederick, MD 21701	4-6 week intake process. No guarantee of housing Wait list	301-662-2003
Frederick Community Action Agency 100 South Market Street Frederick, MD 21701	Operates a shelter (often a wait list). Call to set up intake appointment. If placed on wit list, must call every Tuesday after that to check on openings.	301-600-1506
Frederick Rescue Mission/Beacon House 419 West South Street Frederick, MD 21701	Changed Life Recovery Program: Short term housing and recovery program for <u>men</u> struggling with addiction issues	301-695-6633 x205 FAX: 301-695-6637
Faith House 731 N. Market St. Frederick, MD 21701	A Frederick Rescue Mission program. Short-term housing program for homeless women with our without children. 90-day program promoting self-sufficiency. Expected to be working or in school within 30 days of moving in. Stay can be extended beyond 90 days if working toward goals.	301-695-6633 x218
Heartly House P.O. Box 857 Frederick, MD 21705	For women and children in current domestic violence situation. Housing is provided for women in imminent danger as available.	301-662-8800
Housing Authority (Public Housing & City Section 8) 209 Madison Street Frederick, MD 21701	Public Housing: Apply online: <a href="http://hacfrederick.org">hacfrederick.org</a> , click on “Residents”. Or if in need of assistance or don’t have a computer, apply in person Tuesdays 9am to 2:45pm 209 Madison St., Frederick, MD 21701.  City Section 8: Call 301-662-8173 to inquire if they are accepting applications. Wait list currently closed.	301-662-8173
FCHCD (County Section 8) 520 N. Market St. Frederick, MD 21701	Housing vouchers for use throughout the county. Wait list. Once on wait list can take more than 2 years for vouchers. Wait list currently closed.	301-600-1061
Maryland Department of Housing and Community Development / Housing Resource Center	Provides information in rental housing units and availability across the state of Maryland.	1-877-428-8844 <a href="http://www.mdhousingsearch.org">www.mdhousingsearch.org</a>

<b>HUD APARTMENTS</b>		
<u>Country Hill Apartments</u> 1000-A Heather Ridge Drive, Frederick, MD 21701	Rent will be based on income. Wait list for available apartments, although shorter than other subsidized housing. Requires application fee and credit check. Apartments – low to moderate cost	301-694-0355
<u>Frederick Villas Apartments</u> 5999 Ladd Court, Frederick, MD 21703	Rent will be based on income. Wait list for available apartments, although shorter than other subsidized housing. Requires application fee and credit check. Apartments – low to moderate cost	301-694-6858
<u>Thurmont Village Apartments</u> 15 Sunny Close Thurmont, MD 21788	Rent will be based on income. Wait list for available apartments, although shorter than other subsidized housing. Requires \$17 fee per adult for background check. Apartments – low to moderate cost.	301-271-9800
<b>RURAL DEVELOPMENT APTS</b>		
<u>South Mountain Village</u> 1201 Maple Terrace Lane, Brunswick, MD 21716	Rent will be based on income. Wait list for available apartments, although shorter than other subsidized housing. No application fee! Only \$11 fee for background check when approved.	301-834-5390
Mary's House Union Bridge, MD	For teen mothers only. Will house mother and baby for up to a year. If they stay the full year, help can be provided with transitional housing.	410-848-0853
HOPE VI <ul style="list-style-type: none"> <li>• Hillcrest Commons – 1150 Orchard Terrace, Frederick (Rt. 40)</li> <li>• North Market Street –Bentz Street area</li> <li>• South Carroll Apartments – near DSS – Corner of South Street. &amp; Carroll Street</li> </ul>	Income-based housing. Must apply for consideration.  Hillcrest office open Tue-Fri  North Market and South Carroll Apartments share an office at 101 E. South St., Unit 102, Frederick, MD Office open Mon-Fri 10am-5pm	301-620-4174  Hacfrederick.org/hope6  301-620-9944
<b>LEGAL ASSISTANCE</b>		
Legal Aid	Legal services for eligible low-income people, children, and the elderly. Must call during intake hours Mon-Tue-Wed-Thu 9:30am-4pm	301-694-7414 Online applications: <a href="http://www.legal.md">www.legal.md</a> \$25 fee.
Free Family Law Attorney	Attorney will assist client with advice and forms to be able to self-represent in court. Tuesday & Thursday-9:00am-2:00pm (walk in service)	Lower level of the Frederick Co. Courthouse 301-600-1975 Circuit Court
Heartly House	Provides legal services on domestic violence	Intake number 301-662-8800

CALM Mediation	Provides confidential mediation and community conferencing services to resolve non-violent disputes. \$40.00 per session, or FREE based on income.	1-301-631-2256
Office of the Public Defender	Legal assistance/representation for low income individuals who have been charged with a criminal offense.	301-600-1988
MD Volunteer Lawyers Service	Matches lawyers with people who need legal help. MVLS provides free (or in some cases low cost service). Clients must meet income eligibility.	1-800-510-0050 Monday - Thursday. 9:00am-12:00pm Mvlslaw.org
BNI	Information ( <u>NOT legal advice</u> ) on landlord-tenant issues and fair housing laws.	410-243-6007
<b>MEDICAL/PRESCRIPTION</b>		
Catoctin Community Medical Fund	Assistance with prescription and medical costs for those living in the Catoctin feeder area. Must have exhausted all other available medical funding resources. Call either the Seton Center or the Religious Coalition for details.	Seton Center 301-447-6102 Religious Coalition 301-631-2670
Frederick County Health Department	Health Care Connections: Assistance in accessing and applying for medical assistance and Affordable Care Act insurance. Advocates available on a walk-in basis Mon-Tues-Wed 8-3, Thu-Fri 8-noon. Or call Monday-Friday 8-5pm. Enter building through entrance B  Immunizations, HIV testing and management, cancer screenings, maternal child health home visiting	Health Care Connections: 301-600-3124 for more information 301-600-8888 Press '1' for Spanish FCHD Information 301-600-1733
Frederick Community Action Agency	Primary adult care, healthcare for the homeless and/or undocumented populations prescriptions, clinic. Monday-Friday 8:30am-5pm. Serves all ages. Limited evening hours are available.	301-600-1506
Frederick Memorial Hospital Prenatal Clinic	Accepts uninsured, Medicaid, Medical Assistance (contact CareNet or Planned Parenthood first)	240-566-4444
Mission of Mercy	Free mobile medical unit at various locations– call for schedule	301-682-5683
Planned Parenthood	Family planning, STI/HIV testing, birth control, women's health services	301-662-7171
Religious Coalition	Some assistance for medical, prescriptions, dental and eye care (call for info)	301-631-2670



<b>MENTAL HEALTH</b>		
Advanced Counseling Services – CASS “ON-SITE” Partner within FCPS	Offers psychotherapy/behavioral health counseling services in schools. Accepts Medical Assistance (MA) and several private insurances*. Indicate location of desired service: <ul style="list-style-type: none"> <li>• Office (MA and private insurance)</li> <li>• In-home (MA ONLY)</li> <li>• School site (MA ONLY)</li> <li>• Psychiatry services available at select schools.</li> </ul> *Private insurance is accepted at a small number of schools. Please ask for specific schools.	301-345-1022
Behavioral Health Partners – CASS “ON-SITE” Partner within FCPS	Offers psychotherapy/behavioral health counseling services in schools. Accepts Medical Assistance (MA) and several Private Insurances Indicate location of desired service: <ul style="list-style-type: none"> <li>• Office (MA &amp; Private Insurance),</li> <li>• In-Home (MA only), or</li> <li>• School Site (MA only).</li> <li>• Psychiatry services available at select schools.</li> </ul>	301-663-8263 Extension: 264
Brook Lane Health Services – CASS “ON-SITE” Partner within FCPS	Offers psychotherapy/behavioral health counseling services in schools. Accepts Medical Assistance (MA) and several Private Insurances Ask for Admissions Request location of desired service: Office (MA and private insurance) or School Site (MA and private insurance)	1-800-342-2992
Excel Youth 5950 Frederick Crossing Lane Suite 102 Frederick MD 21704	Psychiatric Rehabilitation Program, also known as therapeutic mentoring. Children ages 5-17 working with a therapist and/or psychiatrist and have medical assistance. Counselors meet with clients weekly to address pro-social behavior, making positive choices, and enhancing social skills.	Phone: 301.898.2205 Fax: 443.773.5624
Greater Maryland Youth (a service of Advanced Behavioral Health)	Psychiatric Rehabilitation Program, also known as therapeutic mentoring. Serves children 5-18 (up to 21, if adjudicated by either DJS or DSS) in current mental health treatment with MA insurance. *Other eligibility criteria may apply.* Therapeutic Mentors assess youth’s individual needs and develop customized service plans to address short/long term goals in collaboration with parent/custodian and therapist. Seeks to enhance youth’s daily functioning by teaching anger management techniques, coping skills, positive peer relationships, self-esteem, improved school performance and accepting personal responsibility. Offer group activities, individual and family intervention, parent skills training, and educational/vocational skills. Referrals accepted from licensed mental health professionals.	301-345-1022

Justice and Recovery Advocates, Inc. PO Box 386 Thurmont, MD 21788	Provides resources to families of the incarcerated to assist in healing. Provides support groups for families, youth programs for children of incarcerated parents ages 10 years and under, and 11 -18 years. Outreach referrals include: mental health and substance use disorder counselors/treatment providers, family therapists, re-entry assistance organizations, legal professionals, family assistance, health and wellness programs, and service providers for children. Re-entry and peer support programs available to formerly incarcerated.	301-271-3620 <a href="mailto:info@justiceandrecovery.org">info@justiceandrecovery.org</a> <a href="http://www.justiceandrecovery.org">www.justiceandrecovery.org</a>
Mental Health Association	<u>Systems Navigation Program</u> : Case Managers work with parents to locate mental health providers and other resources. <u>Counseling Services</u> : Program provides professional counseling using a sliding fee scale. <u>Walk-In Behavioral Health Services</u> : For anyone with an urgent need to resolve crisis that does not require an ER Visit. Call 211 or 301-663-0011 ext. 27 for hours and location.	301-663-0011 301-663-6135
Mobile Crisis Unit (a service of the Way Station of Frederick County).	Mobile mental health treatment for child and adolescent population. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury. The goals of this program include stabilizing children in crisis by providing brief targeted in-home interventions which support recovery and divert psychiatric and/or legal out-of-home placements when possible. Adult Unit: Monday-Friday 1:00pm-9:00pm Juvenile Unit: 24 hours/7 days a week.	301-662-2255 Monday-Friday 1pm-9pm for Adult  24 hours/day, 7 days/week for child and adolescent.
Trinity Pastoral Counseling	Counseling – Sliding fee scale. No one turned away due to inability to pay.	301-662-8908
Villa Maria of Frederick County (Catholic Charities) – CASS “ON-SITE” Partner within FCPS	Accepts Medical Assistance Request location of desired service: Office or School Site Signing therapist / Spanish-speaking therapist. Psychiatry services available at select schools.	1-667-600-3310
Way Station	<u>Camp Journey</u> : Respite care for 11-17 year-olds with MA and in therapy. Limited scholarships available. <u>Mobile Crisis Unit</u> : Provides urgent mental health response to children and families experiencing serious emotional, behavioral and/or psychiatric crisis.  Call for information about in home services including Family Preservation.	301-682-5886, Ext. 6149 301-682-3446 301-662-0099

<b>RECREATION</b>		
Boys & Girls Club of Frederick Cty 413 Burck Street Frederick, Maryland 21701	The Boys and Girls Club of Frederick County provides a safe place for Frederick-area children to go after school and during the summer.	301-600-1875 FAX: 301-600-1876 <a href="http://www.bgcfc.org">www.bgcfc.org</a>
Boy and Girl Scouts 118 N. Market Street Frederick, MD 21701	Frederick County Parks and Recreation is delighted to offer programming for scout groups that will assist them in meeting badge requirements in various areas. Scout programs are offered at Rose Hill Manor & Museums, Catoclin Creek Park and Nature Center, Fountain Rock Park and Nature Center, and Middletown Cooking Studio.	301-600-1646 FAX: 301-600-2595
Frederick County 4-H	Youth participation in hands-on learning experiences to develop life skills through 4-H Projects, 4-H Club Meetings, and 4-H Activities at our beautiful camp center near Jefferson, Maryland.	301-600-1594 <a href="http://extension.umd.edu/frederick-county">http://extension.umd.edu/frederick-county</a>
Frederick County Parks & Recreation	Operates a variety of parks, facilities, and recreation programs, including adult fitness, athletic facilities, classes, sports, trips, and environmental/historical activities.	301-600-1646 <a href="http://www.recreator.com">www.recreator.com</a>
On the Mark Adolescent Activities Center (Clubhouse) 350 Montevue Lane Frederick, MD	A Frederick County Health Department program whose vision is for adolescents of Frederick County to utilize the Clubhouse as a starting point or continuing care link for peers supporting one another through the process of recovery. Membership is opened to all youth, ages 12-17. Transportation available from select schools to the program and home. Activities include homework assistance, arts & crafts, group discussions, life skills, recreational activities, laser tag, bowling, college and sporting events.	301-600-1126 Hours M – F 3:30-7pm Saturday 11am-5pm
YMCA of Frederick County	The YMCA offers: Health/Wellness; Childcare; Camps; Sports; Swimming and Aquatics; Dance and Gymnastics. Selected middle schools offer on-site after-school programs.	<a href="http://www.frederickymca.org">www.frederickymca.org</a> 301-663-5131
<b>RESOURCES FOR SPANISH SPEAKERS</b>		
Advanced Counseling Services – CASS “ON-SITE” Partner	Accepts Medical Assistance (MA) and several private insurances. Indicate location of desired service: <ul style="list-style-type: none"> <li>• Office (MA and private insurance)</li> <li>• In-home (MA ONLY)</li> <li>• School site (MA and limited private insurance school site options)</li> </ul>	301-345-1022
Behavioral Health Partners – CASS “ON-SITE” Partner	Accepts Medical Assistance (MA) and several Private Insurances Indicate location of desired service: Office (MA & Private Insurance), In-Home (MA only), or School Site (MA only). Counseling services available in Spanish.	301-663-8263 Extension: 264

Birthright	Unexpected pregnancy, emergency need for formula and diapers. Spanish interpreter 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of month	301-663-0111
English Classes FREE	Centro Hispano – Vista Shopping Center Route 40 near ALDI Frederick Community College	301-668-6270 240-629-7960
Family Literacy Program (Even Start)	Family literacy program for English language learners and adult basic learners.	240-236-8780
Frederick County Workforce Services	Employment counseling, business services and youth services	301-600-2255
Healthy Families Frederick	Support services for first-time parents, pregnant women, and infants up to 3 months of age at start of services.	301-663-6183
Heartly House	Serves residents who have been impacted by domestic violence, sexual assault, and child abuse.	301-662-8800 301-662-1565 TTY
Mental Health Association	24 hour information, referral and crisis hotline. Telephone interpreter available 24/7.	211 or 301-662-2255
Mission of Mercy	Free medical and dental care – interpreter available at various community sites	301-663-2670 ext. 10
Planned Parenthood of Maryland	Comprehensive reproductive health care services available. Spanish speaking staff on site.	301-662-7171
Spanish Interpreter for matters of Family Law	Third Wednesday of each month from 9-11	Lower level of the Frederick County Courthouse
Villa Maria of Frederick County (Catholic Charities) – CASS “ON-SITE” Partner	Accepts Medical Assistance Request location of desired service: Office or School Site Signing therapist / Spanish-speaking therapist.	1-667-600-3310
<b>SUBSTANCE ABUSE TREATMENT AND SUPPORT</b>		
Al-Anon/Alateen	Self-help program of recovery for relatives and friends of alcoholics	1-888-425-2666
Alcoholics Anonymous	Support groups for alcoholics	301-662-0544
Allied Family Counseling	Counseling, chemical dependency, addiction, recovery	301-698-7077
Catoctin Counseling	Substance abuse, family, couples and individual counseling; accepts Medical Assistance, private insurance	301-631-1304

Celebrate Recovery	12 step recovery program based on Biblical principles. Meetings located throughout Frederick County.	<a href="http://marylandcelebraterecovery.org/">http://marylandcelebraterecovery.org/</a>
Crossroads Center of Frederick	Offers substance abuse treatment for adults with co-occurring mental and substance abuse disorders, persons with HIV/AIDS and DUI/DWI offender's intensive out-patient counseling. Also provides confidential assessments, intervention services. Accepts most insurance, no Medicare.	301-696-1950
Frederick County Behavioral Health Services, Prevention Services Division.	Program tailored to meet the differentiated needs of adolescents while providing a variety of prevention services. Counseling services in office. Accepts Medicare, Medicaid. Free drug screening assessment services for students.	301-600-1755 (Adolescent) Contact Jay Hessler for information. <a href="http://www.FrederickCountyMD.gov/healthdept/substanceabuse">www.FrederickCountyMD.gov/healthdept/substanceabuse</a> .
Justice and Recovery Advocates, Inc. PO Box 386 Thurmont, MD 21788	Provides resources to families of the incarcerated to assist in healing. Provides support groups for families, youth programs for children of incarcerated parents ages 10 years and under, and 11 -18 years. Outreach referrals include: mental health and substance use disorder counselors/treatment providers, family therapists, re-entry assistance organizations, legal professionals, family assistance, health and wellness programs, and service providers for children.	301-271-3620 <a href="mailto:info@justiceandrecovery.org">info@justiceandrecovery.org</a> <a href="http://www.justiceandrecovery.org">www.justiceandrecovery.org</a>
The Ranch 7902 Fingerboard Road Frederick, MD 21704	Drug and alcohol addiction treatment facility for men. Program offers men's residential as well as intensive outpatient therapy. Medical assistance and Medicaid only.	For information call: 301-874-4701 ext 105 <a href="http://www.TheRanch.org">www.TheRanch.org</a>
<b>TRANSPORTATION</b>		
Middletown Valley People Helping People (MVPHP)	Assists families in the Middletown High School feeder pattern with transportation to medical appointments	301-371-3119 <a href="http://www.middletown.md.us">www.middletown.md.us</a> (Community Directory)
Second Chances Garage	Reduced cost automotive repair service and vehicle gifting program	240-724-1919 <a href="http://www.scgarage.org">www.scgarage.org</a>
TransIT Services of Frederick County TransIT Plus	Public transportation serving Emmitsburg, Brunswick, Walkersville, Thurmont, Point of Rocks, Spring Ridge, Route 85, and within Frederick city. County-wide transportation for senior citizens and people with disabilities as well as commuter information for ride-sharing and regional mass transit.	301-600-2065 (to register) 301-600-1725 (to schedule a trip) <a href="http://www.frederickcountymd.gov">www.frederickcountymd.gov</a> .