



Frederick County Public Schools

**Community Agency School Services
(CASS)**

Resource Guide SY23-24

Disclaimer

Frederick County Public Schools (FCPS) and the FCPS Community Agency School Services (CASS) Program maintain this Resource Guide to enhance public access to information about human service resources available to Frederick County residents. The inclusion of any organization, agency or service in this Resource Guide does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval. The FCPS CASS Program neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its Resource Guide.

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● **Emergency / Crisis Services (Frederick County)**

Call 911 for Life-Threatening Situations

Crisis Text Line (24/7)

Text HOME to 741741 / <https://crisistextline.org> (English & Español)

Suicide and Crisis Lifeline

Call or text **988** for the National Suicide and Crisis Lifeline

211 Resource Hotline

Call **211** and PRESS 1 for hotline support and resources.

Text your zip code to **898211**

Heartly House

24-hour domestic violence and abuse hotline.

Call **301-662-8800** or contact online at <https://heartlyhouse.org/contact>

Frederick Health Emergency Department

400 West 7th Street, Frederick, Maryland 21701

Available to all ages, 24 Hours / 7 Days a Week, No Appointment Necessary

Accepts Medicaid, Medicare, Private Insurance, and Self-Pay

Frederick County Mental Health Association Free Walk-In Clinic

340 Montevue Lane, Frederick MD. 21702

Open 24/7! No charge to the client. No appt. necessary

Provides immediate, face to face support for anyone experiencing an emotional, mental health, family or relationship crisis. Crisis support available via telehealth or in person, no appointment needed.

Access online at <https://fcmha.org/how-we-help/behavioral-health>

For more information, dial 211 or 866-411-6803

Available to all ages, Free of charge. May refer to Frederick Health if necessary.

Frederick County Mobile Crisis

Call 240-566-1967 or 988 to access.

<https://sheppardpratt.org/care-finder/frederick-county-children-s-mobile-crisis/>

Mobile Crisis serves Frederick County residents of all ages who may be at risk of harming themselves or others. A parent/guardian must be present for children under 12. The team provides in-person crisis intervention and appropriate referrals and follows up with all calls within 72 hours.

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● **Outside Frederick County Emergency/Crisis Services**

Adventist HealthCare Shady Grove Medical Center Emergency Department

9901 Medical Center Drive, Rockville, Maryland 20850

240-826-6000 / 301-838-4912 / 240-826-6405

In-Person, 24 Hours / 7 Days a Week, No Appointment Needed

Available to all ages. Accepts Medicare, Medicaid, Private Insurance, and Self-Pay

See wait times online at <https://adventisthealthcare.com/services/emergency>

Adventist HealthCare Emergency Germantown Center Emergency Department

19731 Germantown Road, Germantown, Maryland 20874

301-444-8000

In-Person, 24 Hours / 7 Days a Week, No Appointment Needed

Available to all ages. Accepts Medicare, Medicaid, Private Insurance, and Self-Pay

See wait times online at <https://adventisthealthcare.com/services/emergency>

MedStar Health: MedStar Montgomery Medical Center

18101 Prince Phillip Drive, Olney, Maryland 20832

301-774-8882

In-Person, 24 Hours / 7 Days a Week, No Appointment Needed

Available to all ages. Accepts Medicare, Medicaid, Private Insurance, and Self-Pay

Meritus Medical Center Emergency Department

11116 Medical Campus Road, Hagerstown, Maryland 21742

301-790-8000

In-Person, 24 Hours / 7 Days a Week, No Appointment Needed

Available to all ages. Accepts Medicare, Medicaid, Private Insurance, and Self-Pay

Sheppard Pratt Crisis Walk-In Clinic

7220 Discovery Drive, Elkridge, Maryland 21075

Monday – Sunday 10am-9pm

6501 North Charles Street, Baltimore, Maryland 21204

Monday – Friday 9am-9pm; Saturday 11am-3pm; Closed Sundays

410-938-5302 / <https://sheppardpratt.org/care-finder/psychiatric-urgent-care/>

Available for ages 5+. No Appointment Needed.

Accepts Medicare, Medicaid, Private Insurance, and Self-Pay.

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● Helplines/Hotlines

988 Suicide and Crisis Lifeline (24/7)

Call or Text 988 (English & Español) / TTY: Dial 711 then 988 / <https://988lifeline.org/>
Chat: <https://988lifeline.org/chat/>

211 Maryland Health and Human Services Resource Database (24/7)

211 / 866-411-6803 / info@211md.org / <https://211md.org/contact-us/>

Abuse Reporting Hotline (Maryland CPS/APS)

800-91-PREVENT / 800-917-7383

Barker Adoption Foundation 24/7 Pregnancy Counseling Hotline

888-731-6601 / Text 240-600-1106 / pregnancycounselor@barkerfoundation.org
<https://barkeradoptionfoundation.org/adoption-services/pregnancy-counseling>

Child Help Hotline (24/7) – Child Abuse Hotline for teens, parents, and survivors.

Call or Text 800-422-4453 / Resources & Live Chat: <https://childhelphotline.org/>

Crisis Text Line (24/7)

Text “HOME” to 741741 / <https://crisistextline.org/>

Disaster Distress Helpline 24/7 Support

800-985-5990 / <https://samhsa.gov/find-help/disaster-distress-helpline>

Epilepsy & Seizures 24/7 Helpline

800-332-1000 / Español: 866-748-8008 / <https://epilepsy.com/247-helpline>

The Family Tree 24-Hour Parenting HelpLine

800-243-7337 / <https://familytreemd.org/programs/helpline/>

H3HELPLINE – After Abortion Support Helpline (24/7)

Call or Text 866-721-7881 / <https://h3helpline.org/>

Heartly House 24-Hour Domestic Violence Hotline

301-662-8800 / <https://heartlyhouse.org/contact/>

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LGBT National Coming Out Support Hotline

888-688-5428 / 888-OUT-LGBT (Monday – Friday 4pm-12am EST; Saturday 12pm-5pm EST)
<https://lgbthotline.org/coming-out-hotline>

LGBT National Hotline

888-843-4564 (Monday – Friday 4pm-12am EST; Saturday 12pm-5pm EST)
<https://lgbthotline.org/national-hotline> / Peer Support Chat: <https://lgbthotline.org/chat>

LGBT National Senior Hotline

888-234-7243 (Monday – Friday 4pm-12am EST; Saturday 12pm-5pm EST)
<https://www.lgbthotline.org/senior-hotline>

LGBT National Youth Talkline

800-246-7743 (Monday – Friday 4pm-12am EST; Saturday 12pm-5pm EST)
<https://lgbthotline.org/youth-talkline>
LGBTQ / Trans Teen Chats: <https://lgbthotline.org/youthchatrooms>
(Chats offered Tuesday – Friday 7pm-10pm EST)

Love is Respect National Teen Dating Abuse Hotline (24/7)

866-331-9474 / TEXT “LOVEIS” to 22522 / Live Chat: <https://loveisrespect.org>

MADD Victim Support Line (24/7) – For victims of violent crime.

877-MADD-HELP / 877-623-3435 / victims@madd.org / <https://madd.org/victim-assistance/>

Maryland Poison Center (24/7)

800-222-1222 / <https://mdpoison.com/>

Maryland Kids in Safety Seats (KISS)

800-370-7328 / mdh.kiss@maryland.gov / <https://mdkiss.org>

Maryland Tobacco Quitline (24/7)

800-QUIT-NOW / 800-784-8669 / Text “READY” to 200400 / <https://smokingstopshere.com/>

MD Mind Health (24/7 Mental Health/Substance Use Text Hotline)

Text “MDMINDHEALTH” to 898211 / Por Español envíe texto “MDSALUDMENTAL” a 898211

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Mental Health Association

Crisis Hotline: 301-662-2255

Phone Friend (Children in 1st-5th Grade): 301-694-8255

Miscarriage and Abortion Hotline

Call or Text 833-246-2632 (Daily 8am-2am EST)

National Abortion Hotline

800-772-9100 / <https://prochoice.org/patients/naf-hotline/>

Hotline Hours: Monday – Friday 8am-7pm; Saturday & Sunday 8am-4pm EST

Online Chat Hours: Monday – Friday 8am-5pm EST

National Center for Missing & Exploited Children (24/7)

800-THE-LOST / 800-843-5678 / <https://missingkids.org/>

National Domestic Violence Hotline (24/7)

800-799-SAFE / 800-799-7233 / Text “START” to 88788 / Live Chat: <https://thehotline.org/>

National Human Trafficking Hotline (24/7)

888-373-7888 / TTY: 711 / Text 233733 / Chat: <https://humantraffickinghotline.org/en/chat>

National Maternal Mental Health Hotline (24/7)

833-TLC-MAMA / 833-852-6262

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

National Parent Helpline

855-4A-PARENT / 855-427-2736 / <https://nationalparenthelpline.org/>

National Rehab Hotline (24/7)

866-210-1303 / <https://nationalrehabhotline.org/maryland/>

National Runaway Safeline (24/7)

800-RUNAWAY / 800-786-2929 / <https://1800runaway.org/youth-teens/get-help>

National Sexual Assault Hotline (24/7)

800-656-HOPE / 800-656-4673 / Chat: <https://hotline.rainn.org/online>

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National Safe Haven Alliance: 24/7 Pregnancy Support Crisis Line

Call or Text 888-510-BABY / 888-510-2229 / <https://nationalsafehavenalliance.org>

NEDA Helpline for Eating Disorders

Online Chat: Monday – Thursday 9am-9pm; Friday 9am-5pm EST

Text: 800-931-2237: Monday – Thursday 3pm-6pm; Friday 1pm-5pm EST

<https://nationaleatingdisorders.org/help-support/contact-helpline>

the Network la Red 24-hour LGBTQ+ Abuse Hotline

617-742-4911 / 800-832-1901 / <https://tnlr.org/en/24-hour-hotline/>

Planned Parenthood Hotline

800-230-PLAN / 800-230-7526 / <https://plannedparenthood.org/>

Chat: <https://roo.plannedparenthood.org/unifiedonboarding/intro>

Postpartum Support International (PSI) HelpLine (24/7)

Call or Text 800-944-4773 / Text en Español: 971-203-7773 / <https://postpartum.net/>

SAMHSA’s National Helpline (24/7) for Mental Health / Substance Use

800-662-HELP / 800-662-4357 / <https://samhsa.gov/find-help/national-helpline>

Teen Line – Support, resources, and hope for any teen who is struggling.

800-852-8336 (9pm-1am EST) / Text “TEEN” to 839863 (9pm-12am EST)

Email: <https://teenline.org/email-us> & Message Board: <https://teenlineonline.org/board/>

Trans Lifeline (24/7) – Peer support services, hotline, and resources.

877-565-8860 / <https://translifeline.org/hotline/>

The Trevor Project 24/7 Hotline for LGBTQ+ Young People

866-488-7386 / Text 678678 / Chat: <https://thetrevorproject.org/webchat>

<https://thetrevorproject.org/get-help/>

Veterans Crisis line (24/7)

Dial 988 then Press 1 / Text 838255 / <https://veteranscrisisline.net/>

Chat: <https://veteranscrisisline.net/get-help-now/chat/>

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After School Programs / Recreation

4H Clubs

<https://extension.umd.edu/locations/frederick-county/local-4-h-youth-education/join-4-h>

Frederick County 4H has 30 community clubs located throughout the county for youth ages 5-18. See website for club listings and contact information.

Boy Scouts of America

<https://beascout.scouting.org/>

Boy Scouts are divided into five programs according to age and activities which consist of character development and values-based leadership training. Programs are Cub Scouting (Boys and Girls Grades K-5), Scouts BSA (Boys and Girls Ages 11-17), Venturing (Coed Ages 14-20), Sea Scouts (Coed Ages 14-20), and Exploring (Coed Ages 10-20). Search for local troops for more details and contact information.

Boys & Girls Club of Frederick County

<https://bgcfc.org/> / Multiple Locations in Frederick / See [Summer Camp Offerings](#).

Nonprofit organization that provides quality after school programs in a safe, friendly, and inclusive environment. All are welcome. Membership dues are kept low and scholarships are available so anyone who is interested can belong. Programs include After School Program, Summer Camp, Teen Club, and Club on the Go.

City of Frederick Parks & Recreation

Office: 121 North Bentz Street, Frederick, Maryland 21701

301-600-1492 / Public Information Line: 301-600-1300

<https://cityoffrederickmd.gov/255/Parks-Recreation> / See [Summer Camp Offerings](#).

Offers a variety of recreational opportunities and amenities for the City of Frederick. See website for Recreation Brochure and Online Registration.

City Youth Matrix

hello@cityyouthmatrix.com / <https://cityyouthmatrix.com>

Helps empower families with limited resources through access to extracurricular activities that provide enrichment for their children, including but not limited to cooking classes, girl scouts, sports teams, karate, dance, and musical instrument lessons.

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The Delaplaine Arts Center

40 South Carroll Street, Frederick, Maryland 21701

301-698-0656 / info@delaplaine.org / <https://delaplaine.org> / See [Summer Camp Offerings](#).

Hours: Monday – Saturday 9am-5pm; Sunday 11am-5pm

Arts center offering art experiences for all. Programs include family friendly events, one-day workshops, gallery talks, multi-day artist workshops, community outreach experiences, and classes for children, teens, and adults. They also offer free admission daily to their seven on-site galleries.

Frederick County Parks & Recreation

Main Office: 355 Montevue Lane, Suite 100, Frederick, Maryland 21702

301-900-3121 / parksandrecreation@frederickcountymd.gov / <https://recreater.com>

See [Summer Camp Offerings](#).

Division of the Frederick County Government responsible for operating a variety of parks, facilities, and recreational programs within Frederick County. See website for activities, reservations, leagues, online registration, and volunteer opportunities.

Frederick County Public Libraries

<https://fcpl.org/>

Frederick County's system of libraries offering free access to materials, public computer access and WiFi, meeting spaces, study rooms, and programming for children and adults. Visit <https://fcpl.org/branches-hours> for branch locations and hours.

Girls on the Run of Mid and Western Maryland

info@gotrmidmd.org / <https://gotrmidmd.org> / See [Summer Camp Offerings](#).

Offers programs designed to inspire girls of all abilities to recognize and embrace their inner strength and make meaningful connections with others. Trained coaches use physical activity and dynamic discussions to build social, emotional, and physical skills while encouraging healthy habits for life. After school programs are offered for girls in grades 3-5 and 6-8. Activities take place at local elementary and middle schools.

Girl Scouts of the USA

<https://girlscouts.org> / Girl Scouts of the Nation's Capital: <https://gscnc.org>

Girl Scouts of the USA offers programs that build girls of courage, confidence, and character, who make the world a better place.

Search for a Troup: <https://mygs.girlscouts.org/>

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On the Mark / Adolescent Clubhouse

350 Montevue Lane, Frederick, Maryland 21701

Contact Jeffrey Thompson, Program Director: 301-600-1755

<https://md-frederickcountyhealth.civicplus.com/562/On-the-Mark-Adolescent-Clubhouse>

Hours: Monday – Friday 3:30pm-7pm; Saturday 11am-5pm.

Safe, community-based adolescent clubhouse that provides developmentally appropriate activities and services grounded in a peer-based support system.

Membership is open to all Frederick County residents, ages 12-17.

YMCA Before and After School Enrichment Program (B.A.S.E.)

See listing for the YMCA of Frederick in [Child and Family Services](#).

301-663-5131 / Available at Multiple FCPS School Locations

<https://frederickymca.org/programs/children-teens/before-and-after-school-education-base>

Before and After School Care for children in Kindergarten – 5th grade.

Available as early as 6:30am, and as late as 6:30pm.

Provides care on delayed or early dismissal days, school breaks and snow days.

Child and Family Services

Child Advocacy Center of Frederick County

12 East Church Street, Frederick, Maryland 21701

301-600-1758 / <https://frederickcountymd.gov/481/Child-Advocacy-Center-CAC>

Hours: Monday – Friday 8am-4pm

Promotes child well-being by providing a child and family focused center to address reports of child maltreatment. They offer community education as well as a safe place for children and their non-offending family members to access needed services.

Children of Incarcerated Parents Partnership (COIPP)

22 South Market Street, Suite 101A, Frederick, Maryland 21701

240-578-5662 / info@coipp.org / <https://coipp.org>

Provides support, resources, and services for children impacted by the incarceration of a loved one, as well as their caregivers and present and formerly incarcerated family members in the Frederick region. In a financial crisis, they can provide gift cards for food, gas, and children's necessities, as well as referrals to other resources.

City Youth Matrix

<https://cityyouthmatrix.com> / hello@cityyouthmatrix.com

Removes barriers so children can experience the wealth of enrichment opportunities that Frederick provides. Guides families through the process of selecting and registering for activities by helping them navigate the process from start to finish.

Excel Youth

7190 Crestwood Boulevard, Suite 400, Frederick, Maryland 21704

301-898-2205 / <https://excelyouth.com>

Hours of Operation: M/W/F (9am to 5pm) and T/Th(9am-6pm)

Psychiatric Rehabilitation Program (PRP), or therapeutic mentoring program, for children ages 5-17 who are currently working with a therapist and/or psychiatrist and have medical assistance. Counselors meet with clients weekly in the home, in the community, and in the office. Must be referred by a licensed therapist or Psychiatrist.

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Family Partnership

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

301-600-2206 / fampart@frederickcountymd.gov / <https://frederickcountymd.gov/fp>

Hours: Monday – Friday 8am-4pm

Class Hours: Monday – Thursday 9am-3pm; Tuesday 5:30pm-8pm

Family support center providing services for women or men with children between the ages of newborn to 12 years, expectant mothers and fathers, kinship care providers, and youth ages 16-24. Services include parent education and support groups, home visiting services, GED classes, career and job readiness activities and classes, mentoring, tutoring, financial education, and case management services.

Online Referral Form: <https://frederickcountymd.gov/FormCenter/Family-Partnership-26/Intake-Form-for-Family-Partnership-Servi-164>

The Family Tree

2108 North Charles Street, Baltimore, Maryland 21218

info@familytreemd.org / <https://familytreemd.org/>

Parenting Helpline: 800-243-7337

Baltimore-based family support center operating a 24-hour helpline that provides free, confidential advice, community resources, and support for parents and caregivers.

Frederick County Department of Social Services

1888 North Market Street, Frederick, Maryland 21701

301-600-4555 / fcdss.info@maryland.gov

<https://dhs.maryland.gov/local-offices/frederick-county/>

See listings in [Financial Assistance](#) and [Housing Needs and Assistance](#).

Hours of Operation: Monday – Friday 8am-4:30pm

Offers support to families through programs such as Supplemental Nutritional Assistance Program (SNAP / Food Stamps), Temporary Cash Assistance (TCA), Temporary Disabilities Assistance Program (TDAP), Emergency Assistance for Families & Children (EAFIC), and Child Care Scholarship (CCS).

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Frederick County Health Department: Maternal Child Health

350 Montevue Lane, Frederick, Maryland 21702

301-600-1733 / maternalchildhealth@frederickcountymd.gov

<https://health.frederickcountymd.gov/287/Maternal-Child-Health>

Hours: Monday – Friday 8am-5pm

Promotes and improves the health of mothers and children.

Program Application: <https://forms.office.com/g/BDeSGct88b>

Lead and Asthma Home Visiting

301-600-3343 / leadasthma@frederickcountymd.gov

Aims to reduce asthma related emergency room visits, missed school days, asthma attacks, and lead exposure through free in-home assessments, education, and resources for a child under the age of 18 with Medical Assistance that has high blood levels and/or moderate to severe Asthma.

Safe Kids Frederick County

301-600-3326 / maternalchildhealth@frederickcountymd.gov

Aims to prevent unintentional injuries to children under 19 years through a coordinated program of public awareness, education, legislative action, enforcement, and access to low cost safety protocols.

Special Delivery Nursing & Home Visiting Program

301-600-3326 / maternalchildhealth@frederickcountymd.gov

Offers free home visits by a registered nurse after baby is born.

WIC Program

See listing [below](#).

GrandFamilies of America

6525 Fish Hatchery Road, Thurmont, Maryland 21788

owenspat@aol.com / 301-358-3911 / 240-385-4902 / <http://grandfamiliesofamerica.org/>

Provides one-on-one mentoring by an experienced caregiver, consultation services, and kinship workshop presentations. All services are provided for free.

Greater Maryland Youth (5-17 Year Old)

Advanced Behavioral Health: 1003 West 7th Street, Frederick, Maryland 21701

301-345-1022 / <https://gmymaryland.com>

Hours: Monday – Friday 8:30am-7:30pm

Therapeutic mentorship program that seeks to enhance the youths' daily functioning by teaching anger management techniques, coping skills, positive peer relationships, self-esteem, improved school performance, and accepting personal responsibility.

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Infants & Toddlers Program

Frederick County Health Department: 350 Montevue Lane, Frederick, Maryland 21702
301-600-1612 / 301-600-1611 / <https://referral.mditp.org/Referral.html>

<https://health.frederickcountymd.gov/269/Infants-Toddlers-Program>

Provides early intervention services that support young children with developmental needs and their families. To be eligible, a child must be between the ages of birth to 3 years, must reside in Frederick County, and meet one of the following 3 criteria: 25% or greater delay in any area of development, developing in a way that is considered “atypical” for most children his or her age, or has a diagnosed condition that is likely to affect development.

Kesem at University of Maryland

240-801-6373 / maryland.outreach@kesem.org / <https://facebook.com/kesemumd>

<https://kesem.org/chapters/maryland>

Kesem is a national non-profit that supports children through and beyond a parent or caregiver’s cancer. They foster a loving and supportive community to ensure that every child impacted by a parent’s cancer is never alone. Free year-long services for kids ages 6-18 include monthly programming, a week-long camp, and other supports.

Kids Like Us (KLU)

Frederick County Health Department / Frederick County Public Schools

301-600-1755 / <https://health.frederickcountymd.gov/561/Kids-Like-Us-KLU>

Multi-year counseling and support program for youth impacted by the harmful alcohol or drug use of a close family member. Services are confidential and free and provided by professional counselors and art therapists with the Behavioral Health Services Division of the Frederick County Health Department in collaboration with FCPS school counselors. Services are provided in schools across Frederick County.

Lead4Life Frederick

22 South Market Street, Frederick, Maryland 21701

240-499-8949 / <https://lead4lifeinc.org>

Hours: Monday – Thursday 9am-5pm; Friday 9am-3pm

Offers programs aimed at reducing the number of youth and young adults entering the juvenile justice system, utilizing restorative justice, strength-based models, trauma-informed approaches, client-centered practices, and community service initiatives. Programs at the Frederick Location include Mentoring Initiative, Juvenile Entry Diversion Initiative (JEDI), Individual and Family Therapy (IFT), Change 4U Reentry, and Alternative Placement for Youth.

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Local Care Team (LCT)

Contact Leshia Chandler, Coordinator: 301-600-1077 / lchandler@frederickcountymd.gov
<https://frederickcountymd.gov/7960/Local-Care-Team>

Interagency forum for parents and service providers to seek assistance with problem solving for the individual child and family needs and systemic needs. Through discussion, the LCT assists with the identification of potential resources to meet identified needs of the child and parents. See site for referral forms and parent guide.

Macaroni Kid Frederick

<https://frederick.macaronikid.com> / See [Summer Camp Offerings](#).

Publishes weekly, hyper-local e-newsletters and websites featuring events, activities, products, and places for parents, kids, and families. They host local events and connect with community organizations to create programming and fun for kids and families.

Maryland Coalition of Families

Central Office: 8950 State Road 108, Suite 223, Columbia, Maryland 21045

410-730-8267 / help@mdcoalition.org / <https://mdcoalition.org> / See [Support Groups](#).

Statewide nonprofit dedicated to connecting, supporting, and empowering families who have a loved one experiencing behavioral health challenges. Programming supports families in children's mental health, adult mental health, substance use, problem gambling, early childhood, and child welfare.

Maryland EXCELS

<https://marylandexcels.org/choosing-quality/>

Use the Find a Program feature to find a child care program that has been approved and rated by the Maryland EXCELS quality rating and improvement system for licensed child care and early education programs.

Maryland Family Network

1001 Eastern Avenue, 2nd Floor, Baltimore, Maryland 21202

410-659-7701 / LOCATE: Child Care / Family Resources: 877-261-0060

<https://marylandfamilynetwork.org>

Statewide resource that offers parent leadership programs, child care search, parent cafes, tips for choosing child care, and manages a network of family support centers. Services are also offered in Spanish.

See [Family Partnership](#) for Frederick County's Family Support Center.

LOCATE: Child Care (Search by City)

<https://locatesearch.marylandfamilynetwork.org/>

Free referral service affiliated with all of Maryland's regulated child care providers.

Trained specialists can help you identify child care based on program type, location, and cost.

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Maryland Freestate ChalleNGe Academy

Bldg E4230, Edgewood Area, Gunpowder, Maryland 21010

410-436-3294 / <https://freestatemil.maryland.gov> / <https://facebook.com/MDFCA/>

National Guard Freestate ChalleNGe Academy provides at-risk youth with academic, job skills, and life skills training with an emphasis on positive values in a structured environment that will give them hope and opportunity to become productive citizens.

Maryland Kids in Safety Seats (K.I.S.S.)

800-370-SEAT / 800-370-7328 / mdh.kiss@maryland.gov / <https://mdkiss.org>

Statewide program offering services to help people obtain and use car seats and booster seats correctly every time a child rides in a motor vehicle. Services include car seat checks, technical assistance, reduced cost purchase program, 800 helpline, and webinars / educational events.

Mental Health Association of Frederick County

See listing in [Mental Health Providers](#).

<https://fcmha.org/how-we-help/children-adolescents/>

<https://fcmha.org/how-we-help/families/>

In addition to mental health support, child and family services include Child Care Choices, Healthy Families Frederick, Systems Navigation, Supervised and Monitored Visitation services, Telephone Reassurance programs, Court Appointed Special Advocates (CASA), Partnership for Emotionally Resilient Kids, and an annual Children's Festival. They also operate various local crisis lines: <https://fcmha.org/need-help/>

Mental Health Association LOCATE: Child Care

<https://fcmha.org/how-we-help/child-care-choices/locate/>

1-877-261-0060

LOCATE: Child Care is a free child care referral service for families looking for child care. It offers personalized assistance by telephone Monday – Friday 8:30am-4:30pm.

The above web-based database is also searchable anytime.

MENTOR Maryland – Therapeutic Foster Care & Behavioral Health

5970 Frederick Crossing Lane, Frederick, Maryland 21704

301-696-0726

<https://locations.sevitahealth.com/united-states/md/frederick/mentor-maryland/64>

Serves children and families with special needs, including those facing out-of-home placements, trauma, behavioral challenges, or involvement with the juvenile justice system. They offer intensive in-home services designed to prevent children from being placed in foster care and to help those in foster care transition back home to their families. Services are available for children from birth to age 21.

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add <http://> prior to in order to link to the site

Postpartum Support International (PSI)

<https://postpartum.net/get-help/psi-online-support-meetings/>

Operates a crisis hotline and a collection of peer-to-peer support meetings on topics ranging from mental health support to pre- and post-birth support, and family support.

Family Preservation at Sheppard Pratt

<https://sheppardpratt.org/care-finder/interagency-family-preservation/>

301-662-0099 x25014 /

Short-term therapeutic program designed to prevent at-risk youth in Frederick County from being removed from the home unnecessarily. Licensed therapists provide in-home support focused on equipping youth and their families with the skills and resources they need to effectively address problematic behaviors and to foster a positive home environment for the whole family. The program is free and voluntary for families.

Take it Down

<https://takeitdown.ncmec.org/>

A program by the National Center for Missing & Exploited Children to enable users to remove explicit photos and videos of themselves posted online. They also operate the Cyber Tipline, an online reporting system for all types of online child abuse:

<https://missingkids.org/gethelpnow/cybertipline>

University of Maryland Extension

See listing in [Community Services](#).

4-H & Youth Resources: <https://extension.umd.edu/resources#!/category/10>

Family Resources: <https://extension.umd.edu/resources#!/category/9/subcategory/29>

Youth Finance: <https://extension.umd.edu/resources/health-well-being/financial-wellness/youth-finance>

WIC (Women, Infants, & Children) Program

Frederick County Health Department

350 Montevue Lane, Entrance B, Frederick, Maryland 21702

301-600-2507 / wicprogram@frederickcountymd.gov

Hours: Monday, Tuesday, Thursday, Friday 8am-12pm & 1pm-5pm; (Closed 12-1 pm)
Wednesday 10am-2pm & 3pm-7pm. (Closed 2 to 3 pm)

A health and nutrition program for pregnant women, breastfeeding moms, postpartum women, infants and children up to age 5, which provides healthy foods, nutrition education, breastfeeding support, and referrals to other community agencies.

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YMCA of Frederick County

301-663-5131 / <https://frederickymca.org/contact-us> / <https://frederickymca.org/>

See [*Summer Camp Offerings*](#).

Provides services to families and children at locations throughout the county. Programs include aquatics, health & wellness, arts / humanities, children & teens, group exercise, and sports & rec. Various membership options are offered with an opportunity for financial assistance if needed. Drop-in child care is offered at some locations for parents accessing their services, accepting children ages 3 months to 10 years.

Youthful Offenders Program

Contact Mike Folio: 301-600-1824

mfolio@statesattorney.us

<https://statesattorney.us/community-news/youthful-offender-program/>

Diversionsary program designed to educate and guide youth ages 10-17 toward making better decisions in all aspects of their lives. It is a prevention and education program with topics including drugs and alcohol, family life, domestic violence, HIV/STDs, a visit to Shock Trauma, and guest speakers who were previously incarcerated and have made positive choices in their lives since release. Program cost is \$50.

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Clothing / Household

Dorcas Clothing Ministry

El Shaddai Building: 206 East 4th Street, Frederick, Maryland 21701

240-446-6379 / erandolph8989@gmail.com

<https://escfrederick.com/dorcas-a-ministry-to-the-needy/#>

<https://facebook.com/DorcasClothingMinistry>

Hours: 2nd Saturday of every month 2pm-4pm; 4th Sunday of every month 1pm-3pm.
Provides free clothing for the local community.

Faith Baptist Church Community Outreach Clothing Closet

See listing in [Community Services](#).

2212 Jefferson Pike, Knoxville, Maryland 21758

301-854-7755

Hours: Wednesday 6pm-8pm

Provides free clothing to those who need it in the community.

Frederick Rescue Mission Rescued Treasures Program

419 West South Street, Frederick, Maryland 21701

301-695-6633 / <https://therescuemission.org/programs/rescued-treasures/>

Hours: Tuesday – Friday 1pm-3:30pm

Provides shoes and clothing free of charge to those in need. Selections range from day-to-day wear to clothing appropriate for job interviews and worksites. Guests may shop for clothing once a month. Does not require proof of need, only ID for identification purposes. No appointments necessary, guests may shop on a first come, first serve basis.

Glade Valley Community Services

St. Paul's Lutheran Church: 19 West Pennsylvania Avenue, Walkersville, Maryland 21793

See listing in [Community Services](#).

301-845-0213 / <https://gladevalley.org/thrift-shop/>

Hours: Saturday 10am-2pm

Thrift Shop is located in the basement of St. Paul's Lutheran Church Parish Hall.

Shoppers can purchase bags of clothing for \$3 a bag, coats for \$1, and shoes are free.

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Goodwill Monocacy Valley

See listing in [Employment Support](#).

Goodwill Thrift Stores

Hours: Monday – Saturday 9am-9pm; Sunday 10am-9pm

Frederick (Route 85): 5831 Buckeystown Pike, Frederick, Maryland 21704 / 240-651-8992

Middletown: 805 East Main Street, Middletown, Maryland 21769 / 240-651-8994

Monocacy Blvd: 1750 Monocacy Blvd, Suite C, Frederick, Maryland 21701 / 240-651-8996

Patrick Street: 1003 West Patrick Street, Frederick, Maryland 21703 / 240-651-8991

Thurmont: 202 East Main Street, Thurmont, Maryland 21788 / 301-271-2100

Walkersville: 8425 Woodsboro Pike, Walkersville, Maryland 21793 / 301-304-2893

Habitat for Humanity Restore

See listing in [Housing Needs and Assistance](#).

917 North East Street, Frederick, Maryland 21701

301-662-2988 / <https://frederickhabitat.org/restore/>

Temporary Store Hours: Tuesday – Saturday 9am-4pm

Sells gently used, discontinued, and overstocked building materials, home improvement items, furnishings, and accessories donated by individuals, suppliers, and contractors.

Lucy's Consignment Store

9809 Liberty Road, Frederick, Maryland 21701

301-898-0037 (During Business Hours Only) / <https://lucysconsignment.com>

Hours: Tuesday & Thursday 9am-7pm; Saturday 9am-5pm

Consignment store offering a wide selection of gently used children's clothing and maternity apparel, baby equipment, toys, footwear, books, and more.

Parking lot is accessed from Kelly Road.

Middletown Community Clothing Closet

118 West Green Street, Middletown, Maryland, 21769

closet@zionmiddletown.org / 301-371-6500 (Church Office)

Hours: Saturday 9am-11am

Provides free clothes and shoes to anyone in need.

https://middletown.md.us/index.asp?SEC=93B972D4-3F51-46CC-9885-86B299F3FE6B&DE=6A9A40D9-4846-429E-BB4F-4F6BEB1FD7B0&Type=B_BASIC

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Salvation Army Family Store

902 North East Street, Frederick, Maryland 21701

301-631-2489

Hours: Monday – Saturday 10am-5pm

Thrift store located in the Monocacy Village Shopping Center.

Select Seconds Hospital Thrift Shop

8 East Patrick Street, Frederick, Maryland 21701

301-662-8280 / selectsecondsthiftshop@gmail.com

<https://downtownfrederick.org/item/select-seconds-hospital-thrift-shop/>

Hours: Tuesday-Friday 10am-4pm; Saturday 11am-4pm

Downtown Frederick thrift shop operated by volunteers from Frederick Health. Items for sale include clothing, jewelry, small furniture items, toys and games, shoes, household items, linens, art work, antiques, collectibles, and small electrical items.

Seton Center Family Store

See listing in [Community Services](#).

226 East Lincoln Avenue, Emmitsburg, Maryland, 21727

Hours: Tuesday – Saturday 10am-4pm

Non-profit, high-quality thrift shop selling affordable new and pre-loved items. Proceeds support outreach programs.

St. James' Thrift Shop

234 South Main Street, Mount Airy, Maryland 21771

301-829-0314 / <https://stjamesmtairy.org/thrift-shop/> / thriftshop@stjamesmtairy.org

Hours: Tuesday – Saturday 10am-4pm

Thrift store that sells clothing and household items that are in good, re-usable condition. Operated by St. James' Episcopal Church.

St. Peter's Thrift Shop

12060 Main Street, Libertytown, Maryland, 21791

301-898-7800 / <https://stpeter-libertytown.org/copy-of-st-peter-s-food-pantry>

Hours: Monday, Wednesday, Saturday 10am-1pm

Thrift shop offered by St. Peter the Apostle Catholic Church.

Community Services

AAVANEE

aavanee.us@gmail.com / <https://aavanee.org>

Focuses on helping women and families, with programs including the Women's Project, STEM for Kids, Senior's Café, and Yoga for Mindfulness. Provides support and resources to domestic violence victims, particularly those among the immigrant population.

Asian American Center of Frederick

45 East All Saints Street, Frederick, Maryland 21701

301-664-3355 / <https://aacfmd.org/>

Provides services to lower income, minority, and immigrant groups in and around Frederick, including health insurance enrollment, interpreter/translation services, ESL and Citizenship classes, mentoring, housing, education, employment, and business development skills.

Brunswick Ecumenical Assistance Committee on Needs (BEACON)

Brunswick City Annex: 601 East Potomac Street, Brunswick, Maryland 21716

301-834-9718 / <https://brunswickbeacon.org/>

Provides food and emergency financial assistance to those in need within the Greater Brunswick Community. Manages the Brunswick Food Bank and the Emergency Relief Fund. Also arranges seasonal community support events.

Centro Hispano de Frederick

5 Willowdale Drive, Suite 18, Frederick, Maryland 21702

301-668-6270 / info@centrohispanodefederick.org / <https://centrohispanodefederick.org/>

Hours: Monday – Friday 8am-8pm; Saturday 9am-5pm

Provides support to the Frederick immigrant population to help them succeed in our community. Some of their programs include English classes, citizenship classes, golden years programs, exit summer youth programs, and additional services in various areas.

Faith Baptist Church Community Outreach

2212 Jefferson Pike, Knoxville, Maryland 21758

301-834-7755 / office@faithbaptistknoxvillemd.com / See listing in [Food Banks / Food Services](#).
<https://faithbaptistknoxvillemd.com/serve/community-outreach>

Offers supports through Operation Christmas Child, Mission of Mercy (providing free healthcare twice monthly), Faith Food Drop (works with the Maryland Food Bank to provide boxes of food for community members monthly), and Clothes Closet (free clothing to those who need it in the community, Wednesday 6pm-8pm).

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The Frederick Center

332 West Patrick Street, Frederick, MD 21701

301-383-8787 / <https://thefrederickcenter.org/> / See [Support Groups](#).

Hours: Monday – Friday 9am-5pm

Advocates and supports LGBTQ+ community with various resources, groups, and events. Maintains a directory of resources, offers support groups, and social networking groups.

Advocacy - <https://thefrederickcenter.org/group-category/advocacy>

Events - <https://thefrederickcenter.org/events>

Resource Directory - <https://thefrederickcenter.org/resources>

Social Networking - <https://thefrederickcenter.org/group-category/social-networking>

Support Groups - <https://thefrederickcenter.org/group-category/support-groups>

Frederick Community College Foundation

Annapolis Hall 200 (A-200), 7932 Opossumtown Pike, Frederick, Maryland 21702

301-846-2438 / foundation@frederick.edu / <https://apps.frederick.edu/foundation/Index.aspx>

See listing in [Housing Needs and Assistance](#).

Office Hours: Monday – Friday 8:30am-4:30pm

Student Emergency Assistance

<https://apps.frederick.edu/foundation/wheretogive/studentssuccessfund.aspx>

The FCC Foundation maintains a Student Emergency Assistance Fund for currently enrolled students needing emergency assistance with food, evictions, utility cut offs, and other needs jeopardizing their ability to stay in school.

Applications are evaluated on a case-by-case basis and can be submitted online at <https://frederick.edu/studentssuccess>.

Frederick County Commission for Women

401 Sagner Avenue, Frederick, Maryland 21701

301-600-1066 / cfw@frederickcountymd.gov

<https://frederickcountymd.gov/1520/Commission-For-Women>

Non-partisan organization tasked with advising Frederick County government on issues affecting women and families to create a stronger community by addressing challenges and fostering unlimited opportunities for all women.

Frederick County Humane Society

1786 North Market Street, Frederick, Maryland 21701

301-694-8300 / info@fchs.org / <https://fchs.org>

Non-profit animal welfare organization dedicated to providing programs and services to keep pets happy, healthy, and in lifelong homes. *Not affiliated with Frederick County Animal Control / Frederick County Animal Shelter and does not accept pets for surrender or offer pets for adoption.*

Programs and services include financial support for veterinary care, spay/neuter services, spay and neuter clinics, rabies and microchipping clinic events, military family pet support, K9 support for law enforcement, emergency pet food bank, and humane education seminars.

Frederick County Resources Guide

<https://health.frederickcountymd.gov/173/Resources>

Links and information to various human service programs throughout Frederick County.

Frederick Friends of Our County Animal Shelter (FFOCAS)

1832 Rosemont Avenue, Frederick, Maryland 21702

301-600-1546 / ffocas4pets@gmail.com / <https://ffocas.org>

Project Hope

project.hope.frederick@gmail.com / https://ffocas.org/project_hope.php

Aims to help pet owners who are considering giving up a pet to navigate local resources that may enable them to resolve problems to either keep their pet or rehome their pet safely with expert help.

Frederick Rescue Mission

419 West South Street, Frederick, Maryland 21701

301-695-6633 / <https://therescuemission.org>

See listings in [Food Banks / Food Services](#) and [Housing Needs and Assistance](#).

Religious organization offering residential recovery programs for people experiencing homelessness or addiction, meals for the hungry, hot showers, clothing and personal care items to those in need. <https://therescuemission.org/programs/>

Glade Valley Community Services

Walkersville Town Hall: 21 West Frederick Street, Walkersville, Maryland 21793

301-845-0213 / gladevalley.org@gmail.com / <https://gladevalley.org>

See listing in [Food Banks / Food Services](#).

Supports the Walkersville community and those residing within the Walkersville Feeder Pattern of Frederick County Public Schools. Programs include the Walkersville Food Bank, Emergency Relief Fund, Thrift Shop, Scholarship Program, Holiday Toy Shoppe, and Back-to-School Project.

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Heartly House

301-418-6610 / 24-Hour Hotline: 301-662-8800 / <https://heartlyhouse.org>

Provides comprehensive services, free of charge, to survivors of domestic violence, sexual assault, intimate partner violence, human trafficking, and child abuse. Services include support hotline, counseling services, hospital accompaniment, emergency shelter, legal services, human trafficking prevention, educational resources, and various community programs and events.

The Housing Authority of the City of Frederick (HACF)

Family Services Office: 155 Pennsylvania Avenue, Frederick, Maryland 21701

301-696-1875 / aryan@hacfrederick.org / <https://hacfrederick.org/wethrive-program/>

Hours: Monday – Friday 8am-4:30pm

Supports Frederick’s low- and moderate-income residents by providing a healthy foundation for economic self-sufficiency through employment and educational supports in safe, affordable housing. Family Services programs include Rotarian Initiative for Successful Employment (RISE), SOAR job training program, Community Gardens / Healthy Families Initiative, and Youth Programs.

Justice and Recovery Advocates

301-271-3620 / info@justiceandrecovery.org / <https://justiceandrecovery.org>

Provides support for the loved ones of incarcerated individuals who suffer from mental health and substance use disorders, as well as re-entry services for returning citizens and support for currently incarcerated individuals. Programs include health and wellness, re-entry and recovery case management services, judicial advocacy / diversion support, family support services, peer support services, street-based and community outreach, and harm reduction education and services.

Literacy Council of Frederick County, MD

110 East Patrick Street, Frederick, Maryland 21701

301-600-2066 / info@frederickliteracy.org / <https://frederickliteracy.org>

Hours: Monday – Friday 9am-4pm

Offers programs designed to help adult learners become more successful, productive, and involved members of our community. Programs include Basic Literacy, English as a Second Language (ESL), Workplace English, and Parent Literacy.

Providers at partner organizations can use the fillable referral form to refer prospective clients: <https://frederickliteracy.org/wp-content/uploads/2023/04/LCFC-Referral-Form-Fillable-4.2023.pdf>

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Potomac Community Services (PCS)

1446 West Patrick Street, Suite 16, Frederick, Maryland 21702

301-791-3087 / info@potomaccommunity.org / <https://potomaccommunity.org/>
<https://potomaccommunity.org/frederick-county>

Supports adults, children, and families through programs that use a multidisciplinary approach to client care by coordinating with the client, their family, and their support network. Child services include Mental Health Care Coordination for children and youth up to age 18 who have mental health needs, high-intensity services for children and youth who have been hospitalized or placed out of the home, and Targeted Case Management (TCM Plus) for children who meet criteria for services but have private insurance. In addition to those resources, they offer Targeted Case Management services for adults with mental health needs as well as a Positive Parenting Program for families. Anyone can refer online: <https://potomaccommunity.org/referrals>

Maryland Safe at Home Address Confidentiality Program

410-260-3875 / safe.athome@maryland.gov /
<https://sos.maryland.gov/ACP/Pages/default.aspx>

Protects individuals and families who are fleeing threatened, attempted, or actual domestic violence, human trafficking, sexual assault, stalking, or harassment by working to keep their location information off record through a Substitute Address and Mail-Forwarding Service. This program is provided free of charge.

Middletown Valley People Helping People (MVPHP)

301-371-3119 / mvphpmd@gmail.com / <https://mvphp.org/>

Supports residents of the Middletown School Feeder System and partners with agencies and churches throughout Frederick County. Programs include Emergency Assistance, Middletown Food Bank, School Supplies Drive, Transportation, Meals on Wheels, Backpack Program, Senior support, and Holiday Assistance.

Mt. Airy Net

Mt. Airy Baptist Church: 1402 North Main Street, Mount Airy, Maryland 21771

301-829-0472 / <https://mtairynet.org> / See listing in [Food Banks / Food Services](#).

Hours: Tuesday – Thursday 10am-2pm

Provides support and services for those in need in the four-county region of Mt. Airy. Services include food pantry, medical expenses, rent assistance, and utility assistance.

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Second Chances Garage

528 North Market Street, Frederick, Maryland 21701

240-724-1919 / service@scgarage.org / <https://secondchancesgarage.org>

Hours: Monday – Thursday 9am-5pm; Friday 9am-4:30pm

Provides vehicles to qualifying, low-income, wage-earning individuals who are referred through a partner agency.

Offers reduced-cost repairs for those who are economically vulnerable and cannot afford the ongoing maintenance or repairs for their vehicles.

ServingTogether: Connecting Veterans

855-738-7176 / <https://servingtogetherproject.org/washington-dc-veteran-assistance/>

Hours: Monday – Friday 9am-4:30pm

Network of services working collectively to improve the coordination and direct service delivery to military and veteran families. ServingTogether is the local AmericaServes network for the Greater Washington DC and Baltimore areas. Networks connect veterans and military families to providers who understand their unique situation, provide the services they need, and are able to refer out to other services as needed.

Seton Center

226 East Lincoln Avenue, Emmitsburg, Maryland 21727

301-358-3188 / setoncenterinc@doc.org / <https://setoncenter.org>

Northern Frederick County Social Service Outreach Programs, including community workshops and events, short-term assistance, case management and advocacy, and DePaul dental. See [Seton Center DePaul Dental Program](#).

Outreach Office: 301-447-6102 x11 (non-dental assistance); 301-447-6102 x20 (dental)

Office Hours by appointment, Monday – Friday 10am-4pm

Family Store Shopping Hours: Tuesday – Saturday 10am-4pm

See listing in [Clothing / Household](#).

Spanish Speaking Community of Maryland

329 South Jefferson Street, Frederick, Maryland 21701

301-587-7217 / info@spanishcommunityofmd.org / <https://spanishcommunityofmd.org>

Promotes self-sufficiency, greater social change, education and legal rights to low-income families and immigrants from diverse backgrounds by providing various supports and resources, free of charge, including education & outreach, community development, immigration support services, healthcare, and housing / tenant / landlord intervention.

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St. Vincent de Paul Society

114 East 2nd Street, Frederick, MD 21701

301-662-4676

Hours: Monday – Friday 10am-3pm

Provides financial assistance to those in need for services such as utilities, security deposits, eviction prevention, cut offs, gas for medical appointments, birth certificate / photo ID fees, etc. Call for more information.

Thurmont United Methodist Church

13880 Long Road, Thurmont, Maryland 21788

301-271-4511 / <https://thurmontchurch.com/>

Church Office Hours: Monday – Thursday 9am-1pm

Clothes Closet - <https://thurmontchurch.com/outreach/clothes-closet/>

Hours: 1st and 4th Monday 6pm-7pm; 3rd Tuesday 10am-11:30am

Taekwondo Classes - <https://thurmontchurch.com/outreach/taekwondo/>

Contact Pastor Ken Fizer for information: 301-991-7839

Thursday nights: Kid Class 5pm, Adult and Family Class 6pm.

Trauma Responsive Frederick

<https://traumaresponsivefrederick.org/>

Volunteer group made up of community leaders and advocates who strive to make Frederick County a Trauma Responsive Community.

University of Maryland Extension

330 Montevue Lane, Frederick, Maryland 21702

301-600-1594 / kkrasaus@umd.edu / <https://extension.umd.edu/>

See listings in [Financial Assistance](#) and [Medical Services and Information](#).

Resource site hosted by the University of Maryland for community education on topics such as health, finances, agriculture, housing, youth resources, and nutrition. Resources include webinars, blog posts, videos, articles, and other information.

Frederick County Office Hours: Monday – Friday 8am-4:30pm

<https://extension.umd.edu/locations/frederick-county>

Disability Services

The Arc of Frederick County

Main Office: 620A Research Court, Frederick, Maryland 21703

The Arc at Market Street: 555 South Market Street, Frederick, Maryland 21701

301-663-0909 / info@arcfc.org / <https://arcfc.org>

Provides inclusive programs for adults and children with developmental disabilities, including information and referral services, residential supports, employment supports, day services, future and estate planning, sibling supports, service coordination, educational advocacy, training seminars, parents' day out, and support groups for self-advocates and families.

Basal Therapies

8411 Broadband Drive, Suite C & D, Frederick, Maryland 21701

443-776-0271 / info@basaltherapies.com / <https://basaltherapies.com>

See [Summer Camp Offerings](#).

Pediatric therapy center focused on helping families understand their child's needs while collaborating to find individualized and meaningful solutions. Services include speech therapy, physical therapy, occupational therapy, child mental health counseling, feeding therapy, yoga, parenting education, social skills groups, and telehealth **Basal Preschool** inclusive preschool option for 2-years-old through Pre-K. The preschool team includes special education professionals, speech-language pathologists, occupational therapists, and mental health counselors. See more details and class offerings at <https://basaltherapies.com/preschool>.

The Buddy Project

2107 Chestnut Lane, Frederick, Maryland 21702

Call or Text: 301-788-5350 / <https://thebuddyproject.org>

Provides technology, training, and advocacy to the intellectually and developmentally disabled. Participants are guaranteed a refurbished computer every 2 years.

Apply Online: <https://apply.thebuddyproject.org/>

Community Living

620-B Research Court, Frederick, Maryland 21703

301-663-8811 / info@communitylivinginc.org / <https://communitylivinginc.org>

Provides supports and services to empower adults with intellectual and developmental disabilities to live their lives to the fullest.

Department of Human Services: Office of Adult Services

<https://dhs.maryland.gov/office-of-adult-services/>

Focuses on the needs of the elderly, disabled, and vulnerable adults. They work with local departments of social services and community-based organizations to coordinate services for the vulnerable adult population throughout Maryland to promote their safety, stability, and independence.

Division of Rehabilitation Services (DORS)

1890 North Market Street, Suite 300, Frederick, Maryland 21701

240-629-7581 / <https://dors.maryland.gov/consumers/Pages/referral.aspx>

Helps people with physical, emotional, intellectual, developmental, sensory and learning disabilities go to work and keep their jobs by providing services such as career assessment and counseling, assistive technology, job training, higher education and job placement.

Family Service Foundation

6910 Bowers Road, Suite A, Frederick, Maryland 21702

301-459-2121 / <https://fsfinc.org/contact-us>

Frederick Office Hours: 2nd and 4th Wednesday of every month 10am-1pm
Provides person-centered services that encourage growth, change clients' lives for the better, and enrich the local community. Services for those with developmental disabilities include Community Living Services and Meaningful Day Services. Also offers outpatient mental health clinic services and interpretation services.

Frederick County 4H Therapeutic Riding Program

Silverado Stables: 11515 Angleberger Road, Thurmont, Maryland 21788

301-898-3587 / fc4htrp@ail.com / <https://fc4htrp.org>

Provides Frederick County citizens who have medically certified mental, physical, and/or emotional disabilities with equestrian activities to learn basic horsemanship skills, improve physically with better muscle tone, balance, and posture, and encourage their emotional well-being by building self-confidence and self-esteem.

Frederick County Health Department Developmental Center

350 Montevue Lane, Entrance C, Frederick, Maryland 21702

301-600-3367 / <https://health.frederickcountymd.gov/266/Developmental-Center>

Hours: Monday – Friday 8am-4pm

Provides specialized health and education related services that positively impact children, their families, and eligible adults in their daily lives. Services include the Audiology Program, Dental Program, Infants & Toddlers Program, Respite Program, and School Based Services.

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Frederick County TransIT

1040 Rocky Springs Road, Frederick, Maryland 21702

301-600-3471 / transit@frederickcountymd.gov

<https://frederickcountymd.gov/105/Transit-Services>

Office Hours: Monday – Friday 8am-5pm

Route Hours: Monday – Saturday 5:30am-9:45pm

Provides transportation services throughout the county. They offer specialty transportation services for individuals with disabilities.

<https://frederickcountymd.gov/220/Transit-plus-Demand-Response-and-ADA-Par>

The Freedom Center

1890 North Market Street, Suite 203, Frederick, Maryland 21701

301-846-7811 / <https://thefreedomcenter-md.org/contact-us/>

<https://thefreedomcenter-md.org/>

Provides services and supports to people with disabilities in Frederick and Carroll Counties. Independent living services and supports include, but are not limited to, equal access, removal of physical and attitudinal barriers, the availability of affordable and accessible housing, availability of accessible transportation, availability of personal assistance services, and equal opportunities for employment.

F.R.I.E.N.D.S. (Family Resource Information and Education Network for Down Syndrome) of Frederick County

<https://friendsofredco.org/>

Support and resource group for expectant parents, new parents, and extended families of babies born with Down Syndrome. They provide age-appropriate activities, advocate for community awareness and acceptance, offer support group meetings, and host professional speakers experienced in issues related to Down Syndrome.

Goodwill Monocacy Valley

See listing in [Employment Support](#).

Independence Now

12301 Old Columbia Pike, Suite 101, Silver Spring, Maryland 20904

301-277-2839 / TDD: Use Maryland Relay 711 / info@innow.org / <https://innow.org/md-win/>

Provides information and support to Social Security beneficiaries who are working or want to work and need to know how employment will affect their benefits. Offers supports that can help people manage their benefits while working.

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Infants & Toddlers Program

Washington County Health Department

See listing in [Child and Family Services](#).

Maryland Family Network

See listing in [Child and Family Services](#).

LOCATE: Child Care For Special Needs

<https://marylandfamilynetwork.org/for-parents/locate-child-care-special-needs>

800-999-0120 / Online Intake: <https://surveymonkey.com/r/GD2C6T2>

Hours: Monday – Friday 8:30am-4:30pm

Free child care search service for parents of children with special needs.

MENTOR Maryland – Therapeutic Foster Care & Behavioral Health

See listing in [Child and Family Services](#).

The Monocacy Foundation

<https://themonocacyfoundation.org/>

Awards grants to cover expenses for persons with developmental disabilities to provide them with a path to enrich social and recreational opportunities. Some previous grants include vacations, over-the-counter medications, pet ownership costs, adaptive or specialized medical equipment, specialized medical care, and employment training.

The 2023 Grant Cycle will be open from August 15, 2023 to October 7, 2023.

Noteable Progressions

9903 Ridgefield Drive, Suite 204, Frederick, Maryland 21701

240-394-9399 x101 / darcy@noteableprogressions.com / <https://noteableprogressions.com/>

Offers a wide range of services for individuals and groups of all ages and abilities including, but not limited to, children and adults with autism, cerebral palsy, Down Syndrome, and mental health needs as well as elders and adults with dementia/Alzheimer's. Services include music therapy, music lessons, music therapy for mental health, and two specialized programs:

In Harmony Online 60-minute Music Therapy and Yoga Based Wellness Experience

<https://noteableprogressions.com/wellness/>

Sprouting Melodies Music therapy-based early childhood program

<https://noteableprogressions.com/sprouting-melodies/>

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

The Parents' Place of Maryland

802 Cromwell Park Drive, Suite H, Glen Burnie, Maryland 21061

800-394-5694 / 410-768-9100 / <https://ppmd.org/contact/>

Statewide family-centered parent training and information center offering one-on-one support, training programs, educational content, and referrals to supports for families of children with disabilities and special healthcare needs.

Pathfinders for Autism

235 Schilling Circle, Suite 103, Hunt Valley, Maryland 21031

Office Line: 443-330-5370 / Help Line: 443-330-5341 / <https://pathfindersforautism.org/>

Resource Center Hours: Monday – Friday 9am-3pm.

Works to support and improve the lives of individuals with autism through expansive, customized programming, and by providing resources, training, information, and activities free of charge. Offers a searchable, online database of more than 2,200 providers along with informative articles and a calendar of autism-specific events.

Project Home

<https://dhs.maryland.gov/office-of-adult-services/project-home/>

Also known as the C.A.R.E. (Certified Adult Residential Environment) Program.

Supportive housing program for persons with mental illness or other disabilities offering an adult foster family model of care that provides a stable, family-like living arrangement in the community. Program is for adults age 18 or over, who have a disability and are willing and able to live in a family setting.

Scott Key Center

1050 Rocky Springs Road, Frederick, Maryland 21702

301-600-1600 / scottkeyemail@frederickcountymd.gov / <https://scottkeycenter.org>

Offers a broad range of person-centered, integrated employment opportunities and community involvement for individuals with intellectual & developmental disabilities in Frederick County. Supports include day habilitation, supported employment, vocational services, individual services, job placement, job development, and transportation.

Service Coordination

5283 Corporate Drive, Suite 103, Frederick, Maryland 21703

301-663-8044 / 888-240-6835 / <https://www.servicecoord.org>

Provides advocacy and case management services for adults and children with intellectual and/or developmental disabilities.

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Sheppard Pratt: Developmental and Intellectual Disabilities Services

Frederick County Contact: 240-409-5994

<https://sheppardpratt.org/care-finder/developmental-and-intellectual-disabilities-services/>

Offers programs for people with intellectual and/or developmental disabilities to help them achieve their highest level of independence. Services include community supports, residential programs, vocational rehabilitation services, and supported employment.

Way to Grow

9093 Ridgefield Drive, Suite 102, Frederick, Maryland 21701

301-846-GROW / 301-846-4769 / info@way2grow.com / <https://way2grow.com/>

Offers pediatric occupational therapy and speech therapy services with a focus on addressing the whole child with functional and developmental perspectives.

Employment Support

Frederick Community College

7932 Opossumtown Pike, Frederick, Maryland 21702

Adult Education

240-629-7962 / adulted@frederick.edu

<https://frederick.edu/workforce-continuing-education/ce/adult-ed.aspx>

Provides continuing education opportunities for adults who are not currently enrolled in high school. Individuals can enroll in classes to improve their basic reading, math, writing skills, prepare for the GED test, earn a high school diploma, or increase their readiness for job advancement. Also offers courses for English as a Second Language (ESL).

Adult Students & Family Resource Center (FRC)

301-846-2571 / jmateo@frederick.edu (Joanne Mateo, Coordinator)

Offers programs, supports, resources, and acknowledgement for adult students returning to school, student parents, caregivers, and the adult community. Programs and resources are designed for student parents, single parents, and adults age 24+ who are low income, out of work, or homeless.

Career Services

301-846-2471 / careercenter@frederick.edu

<https://frederick.edu/student-resources/career-services.aspx>

Helps community members to explore skills, majors, and careers; prepare for employment through resume development, creating a job search strategy, and interview coaching; and network with employers and alumni to find jobs and internships.

Frederick Community College Monroe Center

200 Monroe Avenue, Frederick, Maryland 21701

301-624-2888 / ceinfo@frederick.edu / <https://frederick.edu/workforce>

Offers short-term career training programs that provide essential knowledge, skills, and experience required by today's high-demand industries. Affordable on-campus, off-site, and online programs can be completed in less than one year and are designed to prepare individuals for direct entry into the workforce. Career training programs include Business Solutions; Career & Technical Training; Construction & Applied Technologies Institute (CATI); Healthcare Careers; and Hospitality, Culinary & Tourism Institute (HCTI).

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add <http://> prior to in order to link to the site

Frederick County American Job Center

200 Monroe Avenue, Suite 1, Frederick, Maryland, 21701

301-600-2255 / frick.js@maryland.gov / <https://dllr.state.md.us/county/fred/>

Hours: Monday – Friday 8am-4pm

Assists job seekers through a variety of employment and support resources including career exploration, referrals to training programs, resume preparation, workshops, and access to resources to support a job search.

Frederick County Workforce Services

200 Monroe Avenue, Frederick, Maryland 21701

301-600-2255 / Text “FrederickJobs” to 33222 / fcws@frederickworks.com

<https://frederickworks.com>

Hours: Monday – Friday 8am-4pm

Offers programs for job seekers and young adults to build employment skills and access career resources.

Young Adult programs include Career Navigation (ages 16-24), Youth Pathways career exploration program (ages 14-24), Summer Job Programs (ages 14-21), and Overcoming Barriers Scholarships (ages 17 to 21). <https://frederickworks.com/resources-young-adults>

Goodwill Monocacy Valley

1750 Monocacy Boulevard, Suite B, Frederick, Maryland 21701

301-662-0622 / <https://gimv.org> / <https://gimv.org/job-training-services/>

Career Center Hours: Monday – Thursday 9am-4pm, by appointment.

Offering career services both online and in-person, including access to community resources, career assessments, skill training, one-on-one career coaching, job search strategies, resume assistance, and online courses at mycareeradvisor.com.

Housing Authority of the City of Frederick

See listing in [Housing Needs and Assistance](#).

The William O. Lee Jr. Computer Learning Center (CLC)

Bernard W. Brown Community Center

629 North Market Street, Frederick, Maryland 21701

Contact Mary Reynolds: 301-662-3691 / mreynolds@hacfrederick.org

<https://www.hacfrederick.org/neighborhood-networks-computer-lab/>

Hours of Operation: Monday – Friday 9am-5pm

Offers the Frederick Community free access to computing resources and a variety of educational courses. Free courses include computer training, job training, and internet basics. See site for current offerings and schedule.

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Internal Revenue Service (IRS) Taxpayer Assistance Center

201 Thomas Johnson Drive, Frederick, Maryland 21701

844-545-5640 / 301-228-2838 (Local Office Number) / <https://apps.irs.gov/app/office-locator/>

Hours: Monday – Friday 8:30am-11:30am & 12:30pm-4:30pm

Provides support for taxpayers in understanding and filing federal taxes. Services are offered online, by phone, and in-person.

Justice Jobs

22 South Market Street, Frederick, Maryland 21701

301-360-3503 / <https://justicejobsmd.org/get-in-touch/>

Hours: Monday – Friday 9am-5pm

Helps job seekers experiencing barriers to employment to get a job, keep that job, and move up to a better job. They work with job seekers and employers to find the right hiring match and assist individuals in keeping their jobs and moving up in their careers.

Maryland Small Business Development Center

118 North Market Street, Suite 300, Frederick, Maryland 21701

blaing@carrollcc.edu / dianemcf@umd.edu / <https://discoverfrederickmd.com/sbdc>

Assists entrepreneurs with business needs, including start-up assistance, financing, or seeking to expand with training, counseling, and maximization of resources.

Maryland State Income Tax Information

100 West Patrick Street, Courthouse/Multiservice Ctr, Room 2603, Frederick, Maryland 21701

410-260-7060 / 800-638-2937 / 800-MDTAXES / 800-638-2937 / taxhelp@marylandtaxes.gov

<https://marylandtaxes.gov/individual/index.php>

Provides support for taxpayers in understanding and filing Maryland tax information, forms, and offers free tax preparation for state taxes.

Anyone can also file Maryland State taxes for free electronically.

Schedule Virtual Appt or In-Person Office Visit: <https://marylandtaxes.gov/locations.php>

Taxpayers on payment plans who are having hardship can contact Individual Collections Section at cdcollectionind@marylandtaxes.gov.

Public Assistance to Entrepreneurship (PA2E)

<https://dhs.maryland.gov/workforce-development/public-assistance-entrepreneurship-pa2e/>

Offers classes on starting a business to provide entrepreneurship training for customers with ideas and talent, who are in pursuit of their entrepreneurial dreams of starting a small business while supporting their families.

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Seton Center

See listing in [Community Services](#). / <https://www.setoncenter.org/workforce-development>

Offers a Workforce Development Program which provides job training, resume writing, job search assistance, and other employment related services.

Financial Assistance

Burial Assistance

<https://dhs.maryland.gov/weathering-tough-times/burial-assistance/>

Complete online form or call 800-332-6347

Provides limited financial help with funeral expenses of deceased recipients of public assistance programs when their families cannot afford funeral costs. Such programs may include: foster care, Public Assistance to Adults (PAA), Temporary Cash Assistance (TCA), Temporary Disability Assistance Program (TDAP), Medical Assistance (MA), and Supplemental Security Income (SSI).

Child Care Scholarship Program

<https://earlychildhood.marylandpublicschools.org/node/620>

877-261-0060 (Offers Support in Multiple Languages)

Extended Hours Customer Service: ccsreview@maryland.gov

Support Call Hours: Monday – Friday 8:30am-4pm

Scholarship program to enable eligible families to access affordable child care. Program was formerly known as the Child Care Subsidy Program and is managed by Child Care Scholarship Central 2 (CCS Central 2).

Support Contact Form:

<https://docs.google.com/forms/d/e/1FAIpQLScSUapLuOHLrcJfrHjO2p6XXLJYAEShAIGFMGNBuSfzmLS0Kg/viewform?vc=0&c=0&w=1&flr=0>

Family Portal (Online Application)

https://family.childcareportals.org/s/?language=en_US

Application Assistance: 877-227-0125, Option 3. Ask for assistance completing the Child Care Scholarship Application.

Consumer Financial Protection Bureau: Consumer Resources

<https://consumerfinance.gov/consumer-tools/>

Financial resources and educational tools to guide individuals in navigating financial needs and decisions.

Coronavirus-Specific Financial Guide: <https://consumerfinance.gov/coronavirus/>

Economic Action Maryland

2209 Maryland Avenue, Baltimore, Maryland 21218

410-220-0494 / info@econaction.org / <https://econaction.org>

See listings in [Housing Needs and Assistance](#) and [Medical Services and Information](#).

Organization that champions economic rights, equal opportunity, and housing justice through advocacy, research, and direct service. Programs include Securing Older Adult Resources (SOAR), Tenant Advocacy, Fair Housing, Medical Debt, and Student Rights.

Formerly known as MCRC: Maryland Consumer Rights Coalition.

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Emergency Assistance to Families with Children (EAFC)

<https://dhs.maryland.gov/weathering-tough-times/emergency-assistance/>

Provides emergency cash assistance to families who need emergency help paying rent or utilities or for other emergencies. These funds are available through the local department of social services once every two years when funds are available.

Frederick County Department of Social Services

1888 North Market Street, Frederick, Maryland 21701

301-600-4555 / Fax: 301-600-4550 / fcdss.info@maryland.gov

Family Investment Contact (SNAP, TCA, MA, etc.): fcdss.fia@maryland.gov

<https://dhs.maryland.gov/local-offices/frederick-county/>

Hours: Monday – Friday 8am-4:30pm

Offers financial resources, child support enforcement, emergency assistance, medical assistance, and family resources. See website for details of various programs offered.

See listings in [Child and Family Services](#) and [Housing Needs and Assistance](#).

Frederick Health Hospital Financial Assistance Program

<https://frederickhealth.org/about/billing-financial-assistance/>

Provides support to patients who are unable to pay all or part of their medical bills from Frederick Health providers. Eligibility is based on Federal Income Guidelines.

Internal Revenue Service (IRS) Taxpayer Assistance Center

See listing in [Employment Support](#).

Maryland State Income Tax Information

See listing in [Employment Support](#).

Religious Coalition for Emergency Human Needs

27 Degrange Street, Frederick, Maryland 21701

301-631-2670 / info@rcehn.org / <https://thereligiouscoalition.org>

See listing in [Housing Needs and Assistance](#).

Provides the tools and support to return people to stable housing and self-sufficiency. Currently the largest provider of shelter and homeless prevention services in Frederick County. Offers resources such as two emergency shelters, financial support for emergency rental / utility assistance, security deposits, financial support for prescriptions and emergency dental procedures, programming to support people once they have been rehoused, and case management services.

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The Salvation Army

223 West 5th Street, Frederick, Maryland 21701

301-662-2311 / frederickmd@uss.salvationarmy.org

<https://frederick.salvationarmypotomac.org/frederick/>

Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions. See assistance program details at:

https://needhelppayingbills.com/html/frederick_county_salvation_arm.html

United Way of Frederick County: Prosperity Center

Bernard W. Brown Community Center: 629 North Market Street, Frederick, Maryland, 21701

301-663-4231 / info@prosperitycenter.org / <https://unitedwayfrederick.org>

Hours: Monday – Friday 9am-5pm

Offers programs aimed at improving the financial security of Frederick County residents. Programs include income supports, employment and education services, financial education, and asset building services.

VITA Free Income Tax Prep: <https://unitedwayfrederick.org/taxprep>

University of Maryland Extension

See listing in [Community Services](#) and [Medical Services and Information](#).

Financial Wellness: <https://extension.umd.edu/resources#!/category/9/subcategory/27>

Community-Based Financial Supports

See listings in [Community Services](#).

Brunswick Ecumenical Assistance Committee on Needs

Serves Brunswick area families only.

See [Brunswick Ecumenical Assistance Committee on Needs \(BEACON\)](#).

Glade Valley Community Services

Serves Walkersville area families only.

See [Glade Valley Community Services](#).

Middletown Valley People Helping People

Serves Middletown, Myersville, Wolfsville families only.

See [Middletown Valley People Helping People \(MVPHP\)](#).

Mt. Airy Net

Serves Mt. Airy families only.

See [Mt. Airy Net](#).

Seton Center

Serves Catoctin High feeder area only.

See [Seton Center](#).

St. Vincent de Paul Society

See [St. Vincent de Paul Society](#).

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Food Banks / Food Services

Brownsville Church of the Brethren Food Bank

1911 Rohrersville Road, Knoxville, Maryland 21758

301-432-8354 / brownvillecob@myactv.net

Food Bank Hours: 2nd Tuesday of each month 3:30pm-5:30pm.

Brunswick Food Bank – Beacon:

Brunswick City Annex: 601 East Potomac Street, Brunswick, Maryland 21716

301-834-9718 / <https://brunswickbeacon.org/food-bank/>

Follow on Facebook for current hours and availability:

<https://facebook.com/brunswickfoodbank>

Community Table Program

100 South Market Street, Frederick, Maryland 21701

301-600-1506 / <https://cityoffrederickmd.gov/362/Community-Table-Program>

Provides an evening meal seven nights a week, 365 days a year, from 5:30pm to 6:30pm to anyone in need of a hot, nutritious meal.

Emmanuel Trinity Lutheran Church

4004 Ballenger Creek Pike, Frederick, Maryland 21703

301-624-5838 / office@emmanueltrinity.org / <https://emmanueltrinity.org/foodbank>

See Website for current hours.

Serves people in the Tuscarora School District.

Families receive two bags of groceries plus meat, bread, and eggs as items are available.

Emmitsburg Food Bank

130 South Seton Avenue, Emmitsburg, Maryland 21727 (Use Rear Entrance)

717-642-6963 / kellyphy82547@gmail.com

https://emmitsburgmd.gov/community_outreach/food_bank/index.php

Food Bank Hours: Tuesday 6pm-7pm; Wednesday 7pm-8pm; Friday 3:30pm-4:30pm; Saturday 10am-11am

Faith Baptist Church – Knoxville

See previous listing in [Community Services](#).

Food Pantry offered monthly. Contact church for details.

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Faith Reformed Presbyterian Church

8158 Yellow Springs Road, Frederick, Maryland 21702

301-662-0662 / faithchurch@faithreformed.org / <https://faithreformed.org>

Provides food through their Food Pantry or through meal service, as available for those in need. Contact the church for more information.

Food & Friends

219 Riggs Road NE, Washington, DC 20011

202-269-2277 / info@foodandfriends.org / <https://foodandfriends.org/how-to-get-meals/>

Provides meals, groceries, and nutrition counseling to people living with life-challenging illnesses. Eligibility is entirely health-based, with no requirements for income or insurance coverage. Food & Friends is based in Washington, DC, but serves areas of Maryland, including Frederick County.

Frederick Rescue Mission

See listing in [Community Services](#).

419 West South Street, Frederick, Maryland 21701

Bread of Life Kitchen

Hours: Breakfast: Every Morning 7am-8am;

Lunch: Monday – Saturday 12pm-1:30pm, Sunday 1pm-2pm

Serves hot and nutritious breakfasts and lunches for the homeless and working poor.

Food Distribution Center (Check Current Hours before Going)

<https://therescuemission.org/programs/food-distribution-center/>

Temporary Hour Change: Tuesday, Wednesday, Thursday 1:30pm-3:30pm

Senior Serve Temporary Hours: Fridays 10am-12pm, Age 65+ only with ID

Normal Operating Hours: Tuesday – Friday 9am-4pm; Monday 8am-5pm

George L. Shields Food Bank

14 East All Saints Street, Frederick, MD 21791

301-600-3972 / <https://cityoffrederickmd.gov/462/Food-Bank-Program>

Hours: Monday, Tuesday, Thursday, Friday 2pm-4pm; Monday & Wednesday 6pm-8pm

Glade Valley Food Bank

Walkersville Town Hall: 21 West Frederick Street, Walkersville, Maryland 21793

301-845-4229 / gvfb21w@gmail.com / <https://gladevalley.org/food-bank/>

See listing for [Glade Valley Community Services](#).

Hours: Monday 6:30pm-7:30pm; Thursday 1pm-3pm

Curbside service only, Located in the lower level of Town Hall.

Serves people in the Walkersville School District.

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Greater Urbana Area Food Bank

4328 Reels Mill Road, Frederick, Maryland 21704

240-529-4815 / allsodifferent@gmail.com / <https://greaterurbanaareafoodbank.org/>

Families must first complete an intake appointment, then can access the food bank monthly by appointment and some Mondays.

Hungry Harvest Community Market

Y Teaching Kitchen: 629 North Market Street, Frederick, Maryland 21701

<https://produceinasnap.com> / <https://frederickymca.org/venue/y-teaching-kitchen>

Hours: Wednesday 3pm-6pm

Community market offering recovered produce at reduced prices.

Jefferson Food Bank

3864 Jefferson Pike, Jefferson, Maryland 21755

301-473-8626 / <https://stpauljeff.com/Food-Bank>

Hours: 1st and 3rd Saturday of each month 9am-11am

Located next to St. Paul Lutheran Church at the rear ramp.

Maryland Food Bank: Find Food

<https://mdfoodbank.org/find-food/>

Searchable resource for finding local food banks that are currently available.

Middletown Valley Food Bank

301 West Main Street, Middletown, Maryland 21769

301-371-3182 / <https://middletownvalleyfoodbank.com/>

Hours: Wednesday 1pm-3pm, Saturday 9am-11am

Mt. Airy Net – Food Pantry

See listing in [Community Services](#).

Located inside Mt. Airy Baptist Church.

Hours: Tuesday – Thursday 10am-2pm

Saint Katharine Drexel Soup Kitchen Program

8428 Opossumtown Pike, Frederick, Maryland 21702

301-360-9581 / stkatherinedrexel@saintdrexel.org

<https://saintdrexel.org/social-outreach/soup-kitchen-and-food-bank-programs/>

Provides an evening meal nightly from 5:30pm to 6:30pm to anyone in need of a hot, nutritious meal.

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Seed of Life Nurseries

<https://seedoflifefrederick.org>

Distribution program providing food drops to families in need, free of charge through events and monthly food distribution.

Monthly Food Distribution Sites:

The Department of Aging: 1140 Taney Avenue, Frederick, Maryland 21702

Hosted 1st Friday of the month at 11:30am.

Hillcrest Elementary School: 1285 Hillcrest Drive, Frederick, Maryland 21703

Hosted 3rd Wednesday of the month at 3pm.

Whittier Elementary School: 2400 Whittier Drive, Frederick, Maryland 21702

Hosted 4th Tuesday of the month at 3pm.

SHARE Food Network

Frederick Health Village: 1 Frederick Health Way, Frederick, Maryland 21701

240-566-7427 / share@frederick.health

<https://frederickhealth.org/about/share-food-network/>

Provides discounted groceries monthly. See the website for current menus and to request a call back to place an order.

Thurmont Food Bank

10 Frederick Road, Thurmont, Maryland 21788

240-288-1865 / thethurmontfoodbank@gmail.com / <https://thurmontfoodbank.com/>

Hours: Tuesday 5pm-7pm; Friday 4pm-6pm

Enter across from Post Office on Water Street. Do not arrive more than 30 minutes early. Those requesting food are required to bring identification such as a driver's license or a picture ID and a piece of mail showing place of residence.

Trinity Food Bank

6040 New Design Road, Frederick, Maryland 21701

301-600-3972 / <https://cityoffrederickmd.gov/462/Food-Bank-Program>

Hours: Tuesday, Wednesday, Thursday 2pm- 4pm

Wolfsville Community Food Pantry

12477 Wolfsville Road, Myersville, Maryland 21773

301-293-1616 / <https://saalemchurchwolfsville.org/food-pantry/>

Hours: Tuesday 6:30pm-7:30pm

Provides food and supplies to individuals and families with a Myersville, Smithsburg, or Sabillasville address. Families may access once per month and must provide household details. Operated by Salem United Methodist Church.

Grief Resources

Compassionate Friends Frederick Chapter

703 West Patrick Street, Frederick, Maryland 21701

tcffrederickmd@gmail.com / <https://tcffrederickmd.com/> / See [Support Groups](#).

Contact / Phone a Friend: <https://tcffrederickmd.com/contactus>

Monthly support groups for families who have experienced the loss of a child.

Frederick Christian Fellowship Church

10142 Hansonville Road, Frederick, Maryland 21702

301-620-2255 / info@fcfchurch.com / <https://fcfchurch.com/care/>

Hosts a Christian-based ongoing Grief Share support group for people grieving the death of a family member or friend.

Frederick Health Hospice

1 Frederick Health Way, Frederick, Maryland 21701

240-566-3030 / <https://frederickhealthhospice.org>

No referral needed. Phone line open 24 Hours / 7 Days a Week.

Free services include individual counseling (up to 8 sessions); support groups; specialized workshops; on-site grief support in the workplace, schools, and facilities; grief camps for children and families; community grief education and consultation; and other community events.

Camp Jamie

<https://frederickhealthhospice.org/Grief-Loss/Camp-Jamie.aspx>

240-566-3030 / griefsupport@frederick.health

Grief camp for children, adolescents, and teens at no charge offering grief education and support, as well as camp activities such as team games, arts and crafts, hiking, campfires with storytellers, and pet therapy.

Project Christine

<https://frederickhealthhospice.org/Grief-Loss/Project-Christine.aspx>

240-457-7185 / jhummer@frederick.health

Grief counseling program for parents and families who have experienced the loss of a child, open to parents and children in grades K-12. This free program includes weekly dinner groups and social events, peer-based support, arts-based activities, professional grief support, mindfulness interventions, and referrals to one-on-one grief counseling.

Living Through Loss

lthroughloss@gmail.com

A community for parents who have lost a child to overdose offering groups, retreats, and workshops, both virtual and in-person. All services are free to participants.

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Our Healing Hearts: Online Grief Support Group for Parents Who Have Lost a Child to Overdose

Maryland Coalition of Families. *See listing in [Child and Family Services](#).*

Contact Beth Schmidt: bschmidt@mdcoalition.org / 202-573-6773

Meets virtually on the 4th Tuesday of every month 12pm-1pm.

Grief support group for any parent coping with the heartbreaking experience of child loss to substance overdose.

https://mdcoalition.org/wp-content/uploads/Our-Healing-Hearts_OnlineSupptGrp_Statewide-1.pdf

Whole Heart Grief & Life Resource Center

330 Catocin Avenue, Frederick, Maryland 21701

866-393-5847 / support@wholeheartcenter.org / <https://wholeheartcenter.org/>

Hours: Monday – Friday 9am-5pm

Offers coaching services and workshops for those who have experienced a loss.

Housing Needs and Assistance

Advocates for Homeless Families

216 Abrecht Place, Frederick, MD 21701

301-662-2003 / kallread@afhf88.org / <https://afhf88.org>

Assists homeless and at-risk families in achieving success and self-sufficiency through two primary programs: Transitional Housing Program and Families Forward Program, which provide individualized case management and Life Skills Workshops to families who are homeless or at-risk of becoming homeless. Both programs serve families for up to two years.

City of Frederick Department of Housing and Human Services (HHS)

100 South Market Street, Frederick, Maryland 21701

301-600-1506 / Director Ramenta Cottrell: 301-600-3955 / rcottrell@cityoffrederickmd.gov
<https://cityoffrederickmd.gov/183/Housing-and-Human-Services>

Department of Housing & Human Services Hours: Monday – Friday 8:30am-6:30pm
Case Management Services Hours: Monday – Friday 8:30am-5pm
Health Center Hours: Monday – Friday 8:30am-5pm
Housing Counseling Hours: Monday – Friday 8:30am-5pm
City department consisting of three divisions: Housing, Community Action Agency, and Human Services.

Consumer Financial Protection Bureau

<https://consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/>

Provides resources for homeowners and renters during the coronavirus national emergency. Resources are applicable to all housing needs.

Find a Housing Counselor

<https://consumerfinance.gov/find-a-housing-counselor/>

Provides housing counselors nationwide to assist with buying a home, renting, defaults, forbearances, foreclosures, and credit issues.

Economic Action Maryland

See listing in [Financial Assistance](#) and [Medical Services and Information](#).

Fair Housing Programs: <https://econaction.org/what-we-do/fair-housing/>

Fair Housing Hotline: 410-989-3811

Tenant Advocacy Programs: <https://econaction.org/what-we-do/tenant-advocacy/>

Landlord-Tenant Hotline: 443-447-7336 (Tuesday – Friday 10am-2pm)

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Federal Communications Commission: Affordable Connectivity Program

877-384-2575 / acpsupport@usac.org / <https://fcc.gov/acp/> / <https://getinternet.gov>

Government program that assists with the cost of phone or internet services and devices.

USAC Lifeline Support Program

<https://lifelinesupport.org>

Federal and State Benefits

<https://benefits.gov>

Housing and Public Utilities (Filter Programs by State)

<https://benefits.gov/categories/Housing%20and%20Public%20Utilities>

Frederick Community College Foundation

Annapolis Hall 200 (A-200), 7932 Opossumtown Pike, Frederick, Maryland 21702

301-846-2438 / foundation@frederick.edu / <https://apps.frederick.edu/foundation/Index.aspx>

See listing in [Community Services](#).

Office Hours: Monday – Friday 8:30am-4:30pm

Student Emergency Assistance

<https://apps.frederick.edu/foundation/wheretogive/studentssuccessfund.aspx>

The FCC Foundation maintains a Student Emergency Assistance Fund for currently enrolled students needing emergency assistance with food, evictions, utility cut offs, and other needs jeopardizing their ability to stay in school.

Applications are evaluated on a case-by-case basis and can be submitted online at <https://frederick.edu/studentssuccess>.

Frederick County Department of Social Services

See listings in [Financial Assistance](#) and [Housing Needs and Assistance](#).

Homeless Prevention Program

<https://dhs.maryland.gov/weathering-tough-times/homelessness-prevention-program/>

Assists individuals and families facing a housing crisis. Funding is available for small one-time crisis grants to keep those facing eviction safely housed. Case management/counseling are provided to households in need to prevent eviction.

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Frederick Rescue Mission

See listing in [Community Services](#).

Changed Life Recovery

<https://therescuemission.org/programs/changed-life-recovery/>

Contact Carlton Hill, CLRP Director: 301-695-6633 x205 / chill@therescuemission.org

Residential recovery program for adult men which houses up to 40 men in a year-long program beginning with a 6 month “residential” phase and moving to transitional living housing options.

Faith House

301-695-6633 x230 / <https://therescuemission.org/programs/faith-house/>

Shelter for women and children which has two programs: a 90-day emergency shelter program and a 1-year transitional living program, both of which focus on employment and building self-sufficiency.

Hot Showers

Hours: Tuesdays & Thursdays 2pm-4pm

Provides hot showers and necessary hygiene products, razors, washcloths, towels, etc. Those in need may sign up for a 20-minute shower slot in the lobby during Shower Hours.

Habitat for Humanity of Frederick County Maryland

24 South Wisner Street, Suite 130, Frederick, Maryland 21701

301-698-2449 / info@frederickhabitat.org / <https://frederickhabitat.org>

Helps families to build and improve their homes. Programs include home builds, the Frederick County Affordable Housing Land Trust, habitat home repairs, neighborhood revitalization, women build, cost of home, and mission trips.

<https://frederickhabitat.org/programs/>

Home Repair Applications

<https://frederickhabitat.org/home-repair-form/>

Home Buyer Interest Form

<https://frederickhabitat.org/home-buyer-form/>

ReStore

See listing in [Clothing / Household](#).

Heartly House

301-662-8800 / <https://heartlyhouse.org> / See listing in [Community Services](#).

Emergency shelter for anyone who is in danger of intimate partner violence or human trafficking, regardless of gender, sexual orientation, or socioeconomic status.

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The Housing Authority of the City of Frederick (HACF)

209 Madison Street, Frederick, Maryland 21701

<https://hacfrederick.org> / 301-662-8173 / info@hacfrederick.org

Hours: Monday – Friday 8am-4:30pm

Supports Frederick’s low- and moderate-income residents by providing a healthy foundation for economic self-sufficiency through employment and educational supports in safe, affordable housing.

Housing Choice Voucher (Section 8)

<https://hacfrederick.org/voucher-application/#>

Public Housing Program

<https://hacfrederick.org/application/#>

HUD Resources (US Department of Housing and Urban Development)

<https://hud.gov/states/maryland>

Links to resources and programs supported by the US Department of Housing and Urban Development for Maryland residents. Programs include: homeownership assistance and counseling, housing vouchers, home energy and repair programs, utility bill assistance, subsidized housing / Section 8, foreclosure prevention, and homelessness resources.

Interfaith Housing Alliance

22 South Market Street, Frederick, Maryland 21701

301-662-4225 / info@interfaithhousing.org / <https://interfaithhousing.org/>

Provides services to create and preserve quality affordable housing to meet the needs of the residents of the communities we serve. All programs are available, free of charge, to any member of the community who seeks to enhance their financial well-being and housing stability. Programs include Purchase-Repair Homeownership Program; Credit Café; Your Prescription for Financial Health; and other Supportive Services.

Low Income Household Water Assistance Program

<https://dhs.maryland.gov/office-of-home-energy-programs/low-income-household-water-assistance-program/>

Provides benefits for water and wastewater costs for low-income households experiencing hardship with their water bills. Assists Maryland families who are behind on their drinking water and wastewater bills, specifically focusing on arrearage accounts that are 30 days or more past due.

Maryland Homeowner Assistance Fund

<https://homeownerassistance.maryland.gov> / 833-676-0119

Phone Hours: Monday – Friday 8am-7pm

Assists Maryland homeowners experiencing a qualifying financial hardship with services such as mortgage relief, weatherization, housing counseling, and legal services.

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Office of Home Energy Programs (OHEP)

<https://dhs.maryland.gov/office-of-home-energy-programs/>

Provides bill assistance to low-income households in the State of Maryland to make their energy costs more affordable and to help with the prevention of loss and the restoration of home energy service. *Energy assistance will not reduce the amount of any other public assistance benefits you receive, such as TCS or Food Stamps. Nor will it reduce Social Security Benefits.*

OHEP Program Brochure:

https://dhs.maryland.gov/documents/OHEP/OHEP_Brochure_2023_EN-1.pdf

Application Form:

https://dhs.maryland.gov/documents/DHR%20Forms/FIA%20Forms/English/OHEP/OHEP_Application_2023_EN_Fillable.pdf

The Religious Coalition for Emergency Human Needs

See listing in [Financial Assistance](#).

Alan P. Linton, Jr. Emergency Shelter Program

301-631-2670 x112 / Clients Admitted Nightly 6:30pm-9pm, Closes at 7am.

<https://thereligiouscoalition.org/need-help/emergency-shelter-programs/alan-p-linton-jr-emergency-shelter/>

Contact Kavonte Duckett, Director: 301-631-2670 x114 / kduckett@rcehn.org

88-bed facility that offers homeless adults a safe place to sleep, shower, and receive laundry assistance. Open year-round, 7 days a week. First time clients must complete an intake application.

Emergency Family Shelter Program

<https://thereligiouscoalition.org/need-help/emergency-shelter-programs/emergency-family-shelter/>

Contact Melanie Williams, Director: 301-631-2670 x116 / mwilliams@rcehn.org

Provides a place of stability for families experiencing hardships due to homelessness and poverty with a goal of keeping families together and returning them to permanent housing. Open year-round, 24 hours/day, 7 days a week. Client Intake Form available online.

Homeless Prevention

<https://thereligiouscoalition.org/need-help/homeless-prevention/>

Apply online for Security Deposit Assistance, Energy Assistance, and Rental Assistance programs.

Rental Assistance Program

1-800-220-9528 / COVIDhelp@rcehn.org

<https://thereligiouscoalition.org/need-help/rental-assistance-program/>

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add <http://> prior to in order to link to the site

Rebuilding Together Frederick County

240-415-8728 / rebuildingfrederick@gmail.com / <http://rebuildingtogetherfrederick.org/>
<http://rebuildingtogetherfrederick.org/contact/>

Operates programs that promote safe homes and communities by repairing homes, including Rebuilding Day, Handyman services, Meals on Wheels, and Workcamp.

Sleep in Heavenly Peace

844-432-BEDS / 844-432-2337 / <https://shpbeds.org>

National volunteer organization who builds, assembles, and delivers beds to children and families in need.

Student Homelessness Initiative Partnership of Frederick County (SHIP)

240-415-8971 / info@shipfrederick.com / <https://shipfrederick.com>

Provides support and resources for students experiencing homelessness in Frederick County. Supports include hygiene items, clothing, shoes, activities and experiences, emergency shelter for homeless youth, host home network, educational opportunities, and case management services.

New Horizons Program

<https://shipfrederick.com/programs/new-horizons/>

Provides case management services for youth who are experiencing homelessness to help them overcome obstacles to their educational success. Programs within New Horizons include housing options, personal health, social/emotional needs, education supports, economic supports, and legal supports.

The New Horizons program also hosts an annual New Horizons Academy Summer Program, which supports student academic achievement while also providing them with a stipend for their success in the program.

THRIVE Host Home Program

<https://shipfrederick.com/thrive-host-home-program/>

Uses partnerships and connections within the local community to link students ages 16-22 to short-term host homes within their own communities.

Washington Area Fuel Fund

223 West 5th Street, Frederick, Maryland 21701

301-662-2311 / <https://washingtonareafuelfund.org>

Offers financial support for winter heating bills in DC and Maryland through a partnership between Washington Gas and The Salvation Army. Funds are dispersed through The Salvation Army's local offices. The program assists households using all fuel types including, but not limited to, natural gas, propane gas, electricity, oil, coal, wood, kerosene, etc. Applications are open January 1 through May 31.

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Legal Help

Centro Hispano de Frederick

See listing in [Community Services](#).

Civil Justice

120 East Baltimore Street, Suite 2500, Baltimore, Maryland 21202

443-853-1011 / cj@civiljusticeinc.org / <https://civiljusticeinc.org>

Hours: Monday, Wednesday, Friday 10am-3pm.

Non-profit aimed at increasing the delivery of legal services to clients of low and moderate income while promoting a statewide network of solo, small firm, and community-based lawyers who share a common commitment to increasing access to justice through traditional and non-traditional means.

Programs include: Economic Justice Program, Foreclosure Assistance, Maryland Justice Passport, Lawyer Referral Service, and Coordinated Intake.

Apply Online: <https://civiljusticeinc.org/apply-online>

Frederick County Self-Help Law Center

Frederick County Courthouse: 100 West Patrick Street, Frederick, Maryland 21701

<https://frederickcountymd.gov/8095/Self-Help-Law-Center>

Located on the lower level of the Frederick County Courthouse and available to income eligible litigants on a first-come-first-serve basis.

Intensive Family Law Legal Assistance

Hours: Tuesday – Thursday 8:30am-3pm

Must sign in before noon to be served.

Spanish interpreter available on the third Wednesday of each month from 9am to 12pm. Must sign in by 10am to be served.

All General Legal Assistance

Hours: Monday – Friday 8:30am-4:30pm

Evening Hours

Frederick Community College: 7932 Opossumtown Pike, Frederick, Maryland 21701

Hours: 3rd Tuesday of each month 5:30pm-8pm

Located at Frederick Community College in Building E.

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Free State Justice

2601 North Howard Street, Suite 120, Baltimore, Maryland 21218

410-625-LGBT / 410-625-5428 / Legal Intake: 443-977-4254

<https://freestate-justice.org/what-we-do/legal-services/>

Intake Hours: Monday – Thursday 9am-12pm

Provides legal services, referrals, and resources to low-income lesbian, gay, bisexual, transgender, and queer Maryland residents. These services may be provided by FreeState Justice staff or by a member of their pro bono attorney network.

Service Request Form: <https://form.jotform.com/203068245995161>

Heartly House

<https://heartlyhouse.org/get-help/legal-services/> / See listing in [Community Services](#).

Provides free legal services to support needs for protection, representation, and advocacy for victims of intimate partner violence, sexual assault and abuse, human trafficking, and child abuse.

Maryland Court Help Center – Frederick

100 West Patrick Street, Frederick, Maryland 21701

<https://mdcourts.gov/helpcenter/inperson/frederick>

Hours: Monday – Friday 8:30am-4:30pm

Provides free limited legal services for people who are not represented by a lawyer. Will not represent clients in court, designed to help individuals represent themselves in various civil court matters.

Maryland Court Help Center lawyers may help to complete court forms, learn how to file court documents, prepare for court, prepare for mediation, and understand court documents.

Maryland Court Help Center Call Line: 410-260-1392 (Monday – Friday 8:30am-8pm)

***If you need to copy and paste a hyperlink and/or website address into an internet search bar, you may need to add http:// prior to in order to link to the site

Maryland Legal Aid – Midwestern Maryland Office

22 South Market Street, Suite 11, Frederick, Maryland 21701

301-694-7414 / 800-679-813 / Intake Line: 888-465-2468 / <https://mdlab.org/>

Office Hours: Monday – Friday 9am-5pm

Walk-In Intake Hours: Monday – Thursday 9:30am-4pm

Telephone Intake Hours: Monday, Wednesday, Friday 9:30am-4pm;

Tuesday 9:30am-7pm; Thursday 9:30am-1pm.

Midwestern Maryland office serves Frederick, Carroll, and Washington Counties

Provides legal assistance to low-income Maryland residents. Intakes completed by phone or in-person walk-in.

Programs include (<https://mdlab.org/program-directory/>):

Foreclosure Legal Assistance Project (FLAP)

<https://mdlab.org/foreclosure-legal-assistance-project-flap/>

Provides free legal representation to homeowners at all stages of the foreclosure process. Advice and referrals to other resources are provided to those who are unable to represent. Services include foreclosure mediation, homeowner assistance fund application, loan modifications, mortgage assistance, and personal bankruptcy.

The Community Lawyering Initiative

<https://mdlab.org/get-help-services/community-lawyering/>

Places highly-skilled lawyers directly in under-served neighborhoods to provide free, life-changing legal assistance. Includes weekly and monthly expungement clinics coordinated and hosted in partnership with community organizations around the state.

Joining Forces Project

<https://mdlab.org/get-help-services/joining-forces-project/>

Hours: Tuesdays 3pm-7pm; Thursdays 9:30am-1:30pm

Free statewide legal telephone hotline for low-income individuals who have served in any branch of the military. Callers receive direct and immediate access to legal assistance and brief advice on a wide range of civil legal issues. Services include consumer rights, expungements, family, government benefits, housing, veterans' benefits.

Migrant Farmworker Project

<https://mdlab.org/program-directory/>

Provides education to farm workers about their legal rights. Advocacy is offered on behalf of farm workers to resolve disputes related to their employment.

Long-Term Care Assistance Project

<https://mdlab.org/program-directory/>

Provides free legal help for low-income persons to get the long-term health care they need in the setting of their choice, whether that is at home, in the community through assisted living, or in a nursing home.

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Maryland Safe at Home Address Confidentiality Program

See listing in [Community Services](#).

Maryland Volunteer Lawyers Service (MVLS)

<https://mvlslaw.org/> / 410-539-6800 / info@mvlslaw.org

Intake Line: 410-547-6537 or 800-510-0050

Phone Intake Hours: Monday – Thursday 9am-12pm

Online Intake: <https://mvlslaw.org/free-legal-help/>

Offers free legal help for those with a limited income who are facing a civil legal issue in Maryland. Eligible applicants are matched with a volunteer lawyer or tax professional who can help resolve the case. Eligibility details available online.

Maryland Office of the Public Defender

100 West Patrick Street, Frederick, Maryland 21701

301-600-1988 / <https://opd.state.md.us/frederick>

Supports Marylanders in Criminal Defense, Parental Defense, Appeals, Post Conviction, and in Mental Health defense needs.

Parental Defense: When the local Department of Social Services (DSS), through their Child Protective Services Unit (CPS), institutes court proceedings regarding abuse or neglect of a child by a parent or legal guardian, the Parental Defense Division’s staff attorneys or panel attorneys represent the parents/legal guardians. Apply online for support: <https://opd.state.md.us/parental-defense>.

Sexual Assault Legal Institute (SALI)

Maryland Coalition Against Sexual Assault (MCASA)

301-565-2277 / 877-496-SALI / 877-496-7254 / <https://mcasa.org/survivors/sali>

Provides comprehensive legal services to survivors of sexual violence statewide, as well as training and technical assistance for professionals working with survivors.

Has Spanish-speaking advocates on staff and will provide language interpretation services for other languages, including ASL.

Spanish Speaking Community of Maryland

See listing in [Community Services](#).

Women’s Law Center of Maryland

305 West Chesapeake Avenue, #201, Towson, Maryland 21204

410-321-8761 / admin@wlcmd.org / <http://wlcmd.org>

Provides direct legal representation, information and referral services, and legislative advocacy to ensure the physical safety, economic security, and autonomy of women throughout Maryland. <http://wlcmd.org/how-we-help/>

Employment Law Hotline: 877-422-9500 / **Family Law Hotline:** 800-845-8550

Medical Services and Information

Cool Kids Campaign

410-560-1770 / <https://coolkidscampaign.org>

Devoted to improving the quality of life for pediatric oncology patients, survivors, and their families by focusing on the academic, social, and emotional needs brought on by a cancer diagnosis.

DePaul Dental Program:

301-358-3188 <https://setoncenter.org/depaul-dental>

Works with area dentists and oral surgeons to provide adult dental services at reduced rates. Clients are interviewed for eligibility and services are provided to residents of northern Frederick County.

Economic Action Maryland

See listings in [Financial Assistance](#) and [Housing Needs and Assistance](#).

Medical Debt Program: <https://econaction.org/what-we-do/medical-debt/>

240-531-3093 / medicaldebt@marylandconsumers.org

Provides direct assistance and education to Marylanders struggling with hospital debt through their Medical Debt Freedom Fund and a medical debt Know Your Rights guide.

Frederick County Children’s Dental Clinic

See listing for [Frederick County Health Department](#).

301-600-1041 / <https://health.frederickcountymd.gov/264/Dental-Clinic>

Hours (By Appointment Only): Monday – Friday 8:15am-4pm

Offers pediatric dental services for children ages 1-18, including children with special needs. Service include complete examination, cleaning, x-rays, fluoride treatment, fillings, uncomplicated extractions, sealants, and oral health education.

Frederick County Health Department

350 Montevue Lane, Frederick, Maryland 21702

301-600-1029 / 301-600-0312 (Urgent Non-Business Hours)

<https://health.frederickcountymd.gov/> / Health Care Connection: 301-600-3124

Community Health Services Hours: Monday – Friday 8am-5pm

School Health Services Hours: Monday – Friday 8am-4pm

Women, Infants, and Children (WIC) Hours: Monday – Friday 8am-5pm

Birth/Death Certificate Hours: Monday – Friday 8:30am-4pm, Closed 12pm-1pm

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Frederick Health Dental Clinic

240-566-7005 / <https://frederickhealth.org/services/dental-clinic/>

Provides dental services to patients who are uninsured, under-insured, or who have limited means to pay for dental services. They offer a sliding fee scale based on 200% of the federal poverty level.

Frederick Health Hospital

400 West 7th Street, Frederick, Maryland 21701

240-566-3300 / 240-566-3592 TDD / <https://frederickhealth.org>

Local Frederick County hospital, previously known as Frederick Memorial Hospital. Provides a spectrum of healthcare services throughout Frederick County.

Frederick Medicaid

301-600-3124 / <https://frederickmedicaid.org/>

Hours: Monday – Friday 8am-5pm

Frederick County’s one-stop resource for understanding Medical Assistance (Medicaid or MA) eligibility, the range of benefits and assistance you can receive through Medicaid, and how to get transportation to appointments that are covered by Medicaid.

Kindred Nutrition and Wellness

810 Toll House Avenue, Frederick, Maryland 21701

301-580-0008 / <https://kindrednutrition.com>

Hours: Monday – Thursday 9am-5pm; Friday 9am-4pm.

Outpatient practice specializing in nutrition and counseling with a focus on eating disorders, sports nutrition, gastro-intestinal and autoimmune disease, and mental health treatment.

The Lions Club – Vision Care Assistance and Medical Devices

<https://lionsclubs.org/en/start-our-approach/club-locator>

The Lions Club supports the community in many ways, two of which are helping community members to access eye exams and glasses, and supplying loaned medical devices to those in need. Use the search tool to identify your closest lions club for their specific program details and contact information.

Maryland Insurance Administration: Medical Necessity & Emergency Appeals

800-492-6116 / agcomplaints.mia@maryland.gov

<https://insurance.maryland.gov/Consumer/Pages/AppealsAndGrievances.aspx>

24-Hour Hotline / Appeals and Grievance Process

Supports Maryland consumers who have been denied insurance coverage for medically necessary treatment. Maryland Attorney General’s Health Education and Advocacy Unit assists Marylanders in submitting appeals, free of charge: 877-261-8807.

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Mission of Mercy Medical and Dental Clinic

Administrative Office: 22 South Market Street, Suite 6D, Frederick, Maryland 21701

301-682-5683 / main@amissionofmercy.org

Mobile Clinic Phone: 410-340-3791 / Dental Clinic Phone: 410-390-1314

<https://amissionofmercy.org/maryland-pennsylvania/clinic-schedule/>

Operates mobile clinics offering Primary Medical Care, Dental Care, and Prescription Medications for those who cannot afford them on their own.

Brunswick Location: Faith Baptist Church: 2212 Jefferson Pike, Knoxville, Maryland 21758. Appointment line: 240-529-8772.

Frederick Location: The Church of Jesus Christ of Latter-day Saints: 199 North Place, Frederick, Maryland 21701. Appointment line: 301-676-3188.

Taneytown Location: Trinity Evangelical Lutheran Church: 38 West Baltimore Street, Taneytown, Maryland 21787. Appointment line: 410-833-5870.

Planned Parenthood Frederick Health Center

170 Thomas Johnson Drive, Frederick, Maryland 21702

410-576-1414 / Book Appointments Online

<https://plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620>

Provides healthcare in-person and through telehealth for abortion; birth control; HIV services; men's health care; morning-after-pill (emergency contraception); pregnancy testing & services; STD testing, treatment & vaccines; transgender hormone therapy; and women's health care.

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Prescription Assistance Resources:

- <https://rxassist.org/> - Comprehensive database of pharmaceutical programs
- [Maryland Pharmacy Assistance Program](#)
- <https://211md.org/resources/health-care/prescriptions/>
- <https://americaspharmacy.com/>
- <https://blinkhealth.com/>
- <https://copays.org/>
- <https://familywise.org/>
- <https://goodrx.com/>
- <https://healthwellfoundation.org/>
- <https://medicineassistancetool.org/>
- <https://mygooddays.org/>
- <https://needymeds.org/>
- <https://panfoundation.org/>
- <https://rxassist.org/>
- <https://rxoutreach.org/>
- <https://simplefill.com/> - helps to lower co-pays if qualify
- <https://tafcares.org/> - Medicines that treat life threatening, chronic and rare diseases only
- <https://wellrx.com/> - offers comparisons
- <https://aspr.hhs.gov/EPAP/Pages/default.aspx>- offers emergency prescription assistance for people located in federally identified disaster areas

Prescription Brand Specific Assistance:

- <https://merckhelps.com/>
- <https://pfizerrxpathways.com/>
- [Epi-Pen Assistance](#)
- <https://www.lilly.com/contact-us>
- <https://www.gskforyou.com/>

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Mental Health Databases

Inclusive Therapists

<https://inclusivetherapists.com/>

Network of mental health professionals that are committed to active allyship, accompliceship, advocacy, abolition, and activism. They celebrate and center the needs of people with marginalized identities. They center the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). Services include a therapist search tool by location and a therapist match service.

Pro Bono Counseling

5900 Metro Drive, Baltimore, Maryland 21215

410-825-1001 / WARMLine for immediate support: 410-598-0234

<https://probonocounseling.org/>

Connects Maryland residents with a network of over 850 volunteer licensed therapists offering pro bono therapy services for a wide range of needs and challenges. Services are free to those who are financially eligible. Services may be offered in-person or virtually throughout Maryland.

Psychology Today:

<https://psychologytoday.com/us> Database of available therapists and prescribers with a search tool that can be filtered to specific needs. Providers create and maintain profiles through Psychology Today to advertise their services.

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Mental Health Providers

Advanced Behavioral Health

1003 West 7th Street, Frederick, Maryland 21701

301-345-1022 / <https://abhmaryland.com> / Also Offered: [Greater Maryland Youth](#).

Advanced Behavioral Health (ABH) is a family centered mental health program that offers a wraparound approach to treatment. They specialize in psychiatry, off-Site counseling Services, on-site therapy, and therapeutic mentoring.

Online Referrals: <https://abhmaryland.com/index.html#make-a-referral>

Frederick County Health Department, Mental Health Services

350 Montevue Lane Frederick, MD 21702

301-600-1029/ <https://health.frederickcountymd.gov/515/Mental-Health-Services>

The Frederick County Health Department, Mental Health department provides services in the area of diagnostic evaluations, family, individual, & group therapy psychiatric evaluations, and medication Management.

Hours: Monday & Wednesday 8am to 8:00 pm, Tuesday, Thursday, and Friday 8:00 am to 5:00 pm

Hood College NeighborHOOD Counseling Training Center

301-696-3129 / nctc@hood.edu

<https://hood.edu/neighborhood-counseling-training-center>

Hours: Monday – Thursday 4pm-8pm

Counselor training facility and community mental health services provider operated by the Counseling M.S. Program at Hood College. They offer low-cost mental health services for the community.

KTS Mental Health Group

58 East Main Street, Thurmont, Maryland 21788

443-708-3887 / <https://ktsmentalhealth.com/book-appointment/>

<https://ktsmentalhealth.com>

Hours: Monday – Friday 10am-6pm

Outpatient practice that uses a combination of psychotherapy and community activities to aid with treating clients with a variety of mental health disorders. If needed, they also provide medication and medication management as appropriate.

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Mental Health Association of Frederick County

226 South Jefferson Street, Frederick, Maryland 21701

301-663-0011 / <https://fcmha.org> / <https://fcmha.org/how-we-help/counseling-services/>

See listing in [Child and Family Services](#).

Hours: Monday – Friday 8:30am-10pm; Saturday & Sunday 10am-6pm

Provides mental health resources for individuals and families including therapy, medication management, crisis support, case management, systems navigation, and programs such as Child Care Choices and Healthy Families Frederick.

MHA maintains a guide for Mental Health and Community Supports in the Frederick area: <https://fcmha.org/mhaguide/>

New Vision Counseling Center

301-246-0355 / <http://anewvisioncc.com> / <https://www.anewvisioncc.com/new-vision-counseling-center>

Online counseling for 12+ adolescents and adults, as well as school based therapy (referral only via Frederick County Public Schools)

The Orenda Center of Wellness

7540A North Market Street Frederick 21701

Inpatient (301) 241-3629

Outpatient (240) 831-4873

<https://theorendacenter.com/contact/> / <https://theorendacenter.com>

See listing in [Substance Abuse Treatment and Services](#).

Outpatient Mental Health Clinic providing services to adolescents 13+ and adults, providing on-site and off-site treatment including individual, family, and group sessions.

Thrive Behavioral Health

410-780-5203/ <http://thrivebh.com> / <http://thrivebh.com/contact-us/>

Provides quality mental health services to individuals and families, with a focus on reducing traditional barriers to accessing treatment and on ensuring a high level of collaboration with community partners.

Sheppard Pratt Outpatient Services

Clinic: 301-662-8263 x301 / Off-Site: 301-662-8263 x740 / See website for locations and hours.

<https://www.sheppardpratt.org/care-finder/outpatient-mental-health-center-frederick/>

Offering comprehensive mental health services for all ages in Frederick County.

Outpatient services are provided in three clinic locations, as well as off-site counseling in Frederick, Montgomery, and Washington Counties. *Formerly Behavioral Health Partners.*

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Trauma Specialists of Maryland

301-304-7108 / 301-323-8015 / info@traumaspecialistsofmd.com

<https://traumaspecialistsofmd.com> / *See website for locations and availability.*

Outpatient therapy practice specializing in trauma treatment using modalities such as EMDR, Neurofeedback, and Art Therapy in addition to traditional talk therapy. Services are offered at 3 different locations in the Frederick area and virtually.

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Pregnancy Support

See additional resources in [Child and Family Services](#).

The Barker Adoption Foundation

7979 Old Georgetown Road, First Floor, Bethesda, Maryland 20814

301-664-9664 / 800-673-8489 / <https://barkeradoptionfoundation.org>

Provides support for expectant parents in making decisions regarding a pregnancy. Operates a 24/7 hotline for confidential pregnancy support.

24/7 Hotline:

888-731-6601 / Text: 240-600-1106 / pregnancycounselor@barkerfoundation.com
<https://barkeradoptionfoundation.org/adoption-services/pregnancy-counseling>

The Birthing Circle

<https://birthingcircle.org/> / thebirthingcircle@gmail.com / facebook.com/birthingcircle

Provides programs and resources to families throughout Maryland, including The Doula Project, support groups, special events, childbirth classes, online communities, and a local resource library. They aim to help all families access high-quality, knowledgeable education and support throughout the pregnancy, birthing, and postpartum process.

Birthright of Frederick

250 West Patrick Street, Frederick, Maryland 21701

301-663-0111 / 24hr Helpline: 800-550-4900 / <https://birthright.org/frederick/>

Hours: Monday – Thursday 11am-2pm

Pregnancy support center offering resources for pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and child-care. Resources include referrals for outside supports, pregnancy tests, maternity and baby items, 24/7 free helpline, and live chat through website.

CareNet Pregnancy Center of Frederick

707 North Market Street, Frederick, Maryland 21701

301-662-5300 / <https://carenetfrederick.org>

Hours: Monday/Wednesday 10am-3pm; Tuesday 10am-12pm & 1:30pm-5pm; Thursday 10am-5pm; Friday 10am-2pm.

Offers free pregnancy services, such as pregnancy testing and counseling, to expecting parents in Frederick.

Catocin Pregnancy Center

502 East Main Street, Emmitsburg, Maryland 21727

301-447-3391 / <https://catocinpregcenter.org>

Hours: Monday, Wednesday, Friday 1pm-3pm; Tuesday 7pm-8pm

Non-profit, pro-life facility offering referrals and material assistance including children's clothing to size 5, maternity clothing, furniture, assistance with emergency housing situations, emergency formula, and diapers. These services are available to anyone who is pregnant and/or has a child under the age of 5. They also offer pregnancy testing and post abortion counseling. All services are free.

Frederick Health

400 West 7th Street, Frederick, Maryland 21701

240-566-3300 / <https://frederickhealth.org>

Frederick Health Prenatal Center

240-566-4444 / <https://www.frederickhealth.org/services/prenatal-center/>

Hours: Monday – Friday 8am-4:30pm

Provides outpatient prenatal care through Certified Nurse Midwives. Accepts uninsured patients as well as those with medical assistance.

Frederick Health Birth Place

240-215-1447 / <https://frederickhealth.org/services/birth-place/>

Frederick Health's facility for childbirth and newborn care.

Offers tours, childbirth education, breastfeeding support, and other resources.

Provides a Nurse Visit at Home after birth: 240-566-4240

<https://frederickhealth.org/services/birth-place/nurse-visit-at-home/>

New parent information sheet:

[https://frederickhealth.org/documents/content/Planning-for-Your-Birth-5.25.22-updated-APC-edits-jfedit.1\).pdf](https://frederickhealth.org/documents/content/Planning-for-Your-Birth-5.25.22-updated-APC-edits-jfedit.1).pdf)

La Leche League of Frederick

<https://llofmd-de-dc.org/frederick>

Leader Contacts: Heather 443-416-6332 / Karen 301-693-9248 / Laura 301-639-1006

Offers support and information to pregnant and nursing women and their families in the form of support meetings, phone support, and email. Contact for more information.

National Abortion Federation

202-337-5881 / naf@prochoice.org / <https://prochoice.org/>

Foundation offering information and resources for patients, providers, and advocates for reproductive rights. Services include the National Abortion Hotline, resources for pregnancy options, education about abortion, and a provider search feature.

National Abortion Hotline: 800-772-9100 / <https://prochoice.org/patients/naf-hotline/>

Hotline Hours: Monday – Friday 8am-7pm; Saturday & Sunday 8am-4pm EST

Online Chat Hours: Monday – Friday 8am-5pm EST

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National Maternal Mental Health Hotline

833-TLC-MAMA / 833-852-6262

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Provides free 24/7 confidential support before, during, and after pregnancy.

National Safe Haven Alliance

888-510-2229 / contact@nationalsafehavenalliance.org /

<https://www.nationalsafehavenalliance.org/>

Operates a 24/7 crisis hotline staffed by social workers and nurses for pregnancy support. They can provide pregnancy and parenting support and resources, or can provide information on the Safe Haven Relinquishment program and local laws.

Maryland Safe Haven Law Fact Sheet:

https://nationalsafehavenalliance.org/files/ugd/f2cba0_22e2edf5e5fc4b7397a6c5d0bd3e4baa.pdf?index=true

NOVA Birth Services

9 Court Street, Frederick, Maryland 21701

571-367-9817 / info@nvbirth.com / info@novabirthservices.com

<https://novabirthservices.com/>

Maryland Class Hours: Sundays 12pm-5pm

Provides pregnancy support through doula services as well as childbirth and infant care classes. Also maintains a listing of recommended providers.

Planned Parenthood Frederick Health Center

See listing in [Health Services and Information](#).

Postpartum Support International (PSI)

<https://postpartum.net/get-help/psi-online-support-meetings/>

Operates a crisis hotline and a collection of peer-to-peer support meetings on topics ranging from mental health support to pre- and post-birth support, and family support.

WIC (Women, Infants, & Children) Program

See listing in [Child and Family Services](#).

Substance Abuse Treatment and Services

12-Step / Recovery Groups

- Alcoholics Anonymous <https://aa.org/>
- Cocaine Anonymous <https://ca.org/>
- Co-Dependents Anonymous <https://coda.org/>
- Crystal Meth Anonymous <https://crystalmeth.org/>
- Gamblers Anonymous <http://gamblersanonymous.org/ga/>
- Heroin Anonymous <https://heroinanonymous.org/>
- Marijuana Anonymous <https://marijuana-anonymous.org/>
- Narcotics Anonymous <https://cprna.org/our-areas/meetings/frederick-area/>
- Nicotine Anonymous <https://nicotine-anonymous.org/>
- Overeaters Anonymous <https://northernblueridgeoa.org>
- Pills Anonymous <https://pillsanonymous.org/>
- Refuge Recovery <https://refugerecovery.org/>
- Self-Injury Recovery Anonymous <https://thesira.org/>
- Sex and Love Addicts Anonymous <https://slaafws.org/>
- SMART Recovery <https://meetings.smartrecovery.org/meetings/5519/>

Al-Anon & Alateen Family Groups

Meeting Information: 1-888-4AL-ANON

Meeting Finder: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Al-Anon is a network of mutual support groups for people whose lives have been affected by another person's drinking.

Alateen is the teen-specific branch of Al-Anon, offering support to teens who have been impacted by another person's drinking.

Group meetings are offered in-person, via phone, virtually, and through the Al-Anon Family Groups Mobile App (AFG Mobile App).

Alateen's Teen Corner: <https://al-anon.org/newcomers/teen-corner-alateen/>

Access the Teen Corner for supports specifically geared toward teens.

Frederick County Health Department: Behavioral Health Services

350 Montevue Lane, Frederick, Maryland 21702

301-600-1755 / bhs@frederickcountymd.gov

<https://health.frederickcountymd.gov/131/Behavioral-Health-Services>

Provides programs and resources for Frederick County residents impacted by addictions/substance abuse. Programs include Adolescent and Adult Screening, Referral, and Navigation; Adult Evaluation and Review Services (AERS); Adult Recovery Services; Harm Reduction Services; Prevention Program; and Youth Support Services.

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Frederick County Health Department: CORE Adult Recovery Services

350 Montevue Lane, Frederick, Maryland, 21702

301-600-1755 / core@frederickcountymd.gov / <https://health.frederickcountymd.gov/recovery>

A recovery community organization offering a variety of recovery supports to those in recovery, such as peer-led recovery discussion groups, wellness and life-skills classes, wellness and recovery planning groups, art classes, and sober social activities. Monthly calendar is posted on their Facebook page: <https://facebook.com/corefrederick>

Frederick Rescue Mission

419 West South Street, Frederick, MD 21701/ <https://therescuemission.org/>

301-695-6633

The Frederick Rescue Mission seeks to rescue lives from poverty, homelessness and [chemical dependency](#).

Maryland Tobacco Quitline 24/7

800-QUIT-NOW / 800-784-8669 / Text "READY" to 200400 / info@smokingstopshere.com

<https://smokingstopshere.com/>

Free service offered by the Maryland Department of Health with resources to help Marylanders quit tobacco for good. Resources include specialized programs for parents and expectant parents, adults 18+, teen and young adults, and individuals with behavioral health concerns. There is also a collection of resources specifically geared toward quitting vaping.

Live Vape Free for Teens: Teens can text "VAPEFREE" to 873373.

Nar-Anon & Narateen Family Groups

<https://nar-anon.org/> / Meeting Finder: <https://nar-anon.org/find-a-meeting>

Network of mutual support group meetings for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them.

Virtual Meeting Finder: <https://nar-anon.org/virtual-meetings>

Narateen Meeting Finder: <https://nar-anon.org/find-a-narateen-meeting>

Narateen Information Page: <https://nar-anon.org/what-is-narateen/>

On Our Own Frederick

22 South Market Street, Suite 110, Frederick, Maryland 21701

240-629-8015 / onourownfrederick@gmail.com / <https://onourownfrederick.org>

Center Hours: Monday – Friday 9:30am-4:30pm

Warm Line Hours: Monday – Friday 10am-5pm; Saturday & Sunday 10am-10pm

Warm Line for peer support: 301-620-0555

Offers a wide range of support and services, including peer support, daily groups (online and in-person), advocacy, health education, CPRS training, mentoring, case management, and life skills coaching.

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The Orenda Center of Wellness

See listing in [Mental Health Providers](#). / <https://theorendacenter.com/our-facilities/>

Orenda's Frederick Treatment Center provides substance abuse treatment for both men and women, in a calm and comfortable environment conveniently located in the center of Frederick. Services include Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), Outpatient Programs (OP), Medically Assisted Treatment (MAT), Adolescent Intensive Outpatient (AIOP), and Adolescent Outpatient (AOP).

Phoenix Recovery Academy

117 East Church Street, Frederick, Maryland 21701

301-644-2140 / jnicholson@phoenixrecoveryacademy.org

<https://phoenixrecoveryacademy.org/>

Recovery High School offering additional programs such as a peer support group, multi-family support group, and other support services for the community.

Up & Out Foundation

upandoutfoundation@gmail.com / <https://upandoutfoundation.org>

Offers financial assistance for treatment, substance use education/information, and a directory of substance abuse resources to those looking for treatment.

Virtual Community Education/Resource Websites:

- AddictionHelp.com: <https://addictionhelp.com/>
- DrugRehab.com: <https://drugrehab.com/>
- Substance Abuse and Mental Health Services Administration: <https://samhsa.gov/>

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Support Groups

Al-Anon / Alateen Family Support Groups

See previous listing in [Substance Abuse Treatment and Services](#).

Group meetings for those whose lives have been affected by another person's drinking.
See previous listing for details.

Alone Together: Online Meet Ups for Young Adults 18-26 Years

Maryland Coalition of Families. See listing in [Child and Family Services](#).

takingflight@mdcoalition.org / 443-741-8678

Meets virtually Thursdays 5pm-6pm

Virtual group to create a safe space for honest conversation and peer support for young adults 18-26 years. They are hosted by Taking Flight, a group of young adults who themselves have struggled with behavioral health challenges.

https://mdcoalition.org/wp-content/uploads/2020-07-01_OnlineSupportGroup_AloneTogether_Statewide.pdf

Building Resiliency Support Group

Maryland Coalition of Families. See listing in [Child and Family Services](#).

aadams@mdcoalition.org / cgray@mdcoalition.org

Monthly support group for parents and caregivers of children with mental and behavioral health needs to learn strategies for self-care and stress reduction. New topic each month.

Meets virtually at two different times monthly. See flyer for details:

https://mdcoalition.org/wp-content/uploads/Building-Resiliency-Support-Group_Midshore_May2023.pdf

C.A.R.E. Support Group

Maryland Coalition of Families. See listing in [Child and Family Services](#).

iyoung@mdcoalition.org / <https://mdcoalition.my.site.com/s/detail/7016T0>

Meets virtually on the 3rd Monday of the month 6:30pm-7:30pm.

Virtual support group for caregivers, parents, family, significant others, and friends of people with mental and behavioral health concerns.

Celebrate Recovery Frederick

Grace Community Church: 5102 Old National Pike, Frederick, Maryland 21702

<https://gracetoday.org/celebrate-recovery>

Christian-focused recovery group that meets on Thursdays 7pm-9pm.

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Circle of Support (Parents of Human Trafficking Survivors)

Heartly House. *See listing in [Community Services](#).*

<https://heartlyhouse.org/get-help/counseling-services/>

Group meets Mondays 4pm-5pm. To submit a request to join, call 301-662-8800.
Closed 10-week group for parents of survivors of human trafficking to give and receive support, as well as learn psychoeducation related to complex and secondary trauma.

Divorce Care

Frederick Christian Fellowship Church: 10142 Hansonville Road, Frederick, Maryland 21702
301-620-2255 / info@fcfchurch.com / <https://fcfchurch.com/care/>

Christian-based group to help anyone separated or divorced to heal through all of the challenges related to divorce. Contact the FCF Church for details.

Empowered (Boundaries Support Group)

Heartly House. *See listing in [Community Services](#).*

<https://www.heartlyhouse.org/get-help/counseling-services/>

Group meets Thursdays 6:30-7:45. To submit a request to join, call 301-662-8800.
Biweekly 14-week group for all survivors, focusing on setting boundaries and limits.

Friends in Frederick Parkinson Disease Support Group

Meets at Mount Pleasant Ruritan Club: 8101 Crum Road, Walkersville, Maryland 21793
301-703-1194 / <https://fifpdsg.org/>

Group meets on the 3rd Wednesday of each month (except July & August) at 1pm.
Support group for people with Parkinson's Disease, their families, and caregivers.

Gam-Anon Family Support Groups

<https://gam-anon.org> / gamanonoffice@gam-anon.org / 718-352-1671

Group meetings for those who have been affected by the gambling problem of a loved one. Find in-person or virtual meetings at <https://gam-anon.org/meeting-directory>.

Grief Share

Frederick Christian Fellowship Church: 10142 Hansonville Road, Frederick, Maryland 21702
301-620-2255 / info@fcfchurch.com / <https://fcfchurch.com/care/>

Christian-based support group for people grieving the death of a family member or friend. Contact the FCF Church for details.

Grief Support After the Death of a Child

Compassionate Friends: Frederick Chapter. *See listing in [Grief Resources](#).*

Trinity United Methodist Church: 703 West Patrick Street, Frederick, Maryland 21701

Monthly support group meetings held on the 1st Wednesday of the month at 7pm

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Healing Pride

Partnership between [The Frederick Center](#) and [Heartly House](#).

Support group for adult (ages 18+) LGBTQ+ survivors of sexual assault, sexual abuse, and/or intimate partner violence. Call 301-662-8800 for an intake.

Intimate Partner Violence (IPV) Men's Support Group

Heartly House. *See previous listing in [Community Services](#).*

<https://heartlyhouse.org/get-help/counseling-services/>

Group meetings TBD. To submit a request to join, call 301-662-8800.

Closed support group for men who experienced or are experiencing intimate partner violence to receive support from other men in similar situations.

Intimate Partner Violence (IPV) Women's Support Group

Heartly House. *See listing in [Community Services](#).*

<https://heartlyhouse.org/get-help/counseling-services/>

Group meets Mondays 1pm-2:15pm. To submit a request to join, call 301-662-8800.

Weekly support group for women who have experienced or are currently experiencing intimate partner abuse in any form – emotional, physical, psychological, etc.

LGBTQ+ Young Adult Group

The Frederick Center. *See listing in [Community Services](#).*

<https://thefrederickcenter.org/group-category/support-groups>

<https://linktr.ee/thefrederickcenter>

Meets virtually Mondays 7pm-8:30pm.

Weekly peer community group for LGBTQ+ young adults, aged 18-26.

LGBTQ+ Youth Group

The Frederick Center: 322 West Patrick Street, Frederick, Maryland 21701

See listing in [Community Services](#). <https://thefrederickcenter.org/group-category/support-groups>

support@thefrederickcenter.org / <https://linktr.ee/thefrederickcenter>

Meets in-person Wednesdays at 7pm, with the last meeting of the month virtual.

Peer-to-peer support group for LGBTQ+ youth, ages 14-18.

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LGBTQ+ Youth Group Jr

The Frederick Center: 322 West Patrick Street, Frederick, Maryland 21701

See listing in [Community Services](#). <https://thefrederickcenter.org/group-category/support-groups>

support@thefrederickcenter.org / <https://linktr.ee/thefrederickcenter>

Meets in-person Wednesdays at 5pm, with the last meeting of the month virtual.

Peer community group for LGBTQ+ youth, ages 9-13. *Online registration form must be completed by a parent, caregiver, or guardian.*

Messy Friends Multiple Sclerosis Support Group

Messy Friends: <http://messyfriends.com/>

Meets at Roy Rogers: 301 Ballenger Center Drive, Frederick, Maryland 21703

Group meets 1st Monday of the month 6:30pm-8:30pm.

Printable group flyer: <http://howdoesmsfeel.com/flyer.pdf>

Nar-Anon Family Groups

See listing in [Substance Abuse Treatment and Services](#).

Group meetings for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them. See previous listing for details.

Online Support Group for Spanish-Speaking Families

Maryland Coalition of Families. See listing in [Child and Family Services](#).

Contact Cynthia Ariza: cariza@mdcoalition.org / 443-878-3113

Meets virtually Wednesdays 5pm-7pm.

Weekly support group for parents and caregivers of children with mental and behavioral health challenges.

English Flyer: https://mdcoalition.org/wp-content/uploads/2020-04-22_OnlineSupportGroup-English-Statewide.pdf

Spanish Flyer: https://mdcoalition.org/wp-content/uploads/2020-08-25_OnlineSupportGroup_SpanishSpeaking_Statewide.pdf

Our Healing Hearts: Online Grief Support Group for Parents Who Have Lost a Child to Overdose

Maryland Coalition of Families. See listing in [Child and Family Services](#).

Contact Beth Schmidt: bschmidt@mdcoalition.org / 202-573-6773

Meets virtually on the 4th Tuesday of every month 12pm-1pm.

Grief support group for any parent coping with the heartbreaking experience of child loss to substance overdose.

https://mdcoalition.org/wp-content/uploads/Our-Healing-Hearts_OnlineSupptGrp_Statewide-1.pdf

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Parent Empowerment Group

Heartly House. *See listing in [Community Services](#).*

<https://heartlyhouse.org/get-help/counseling-services/>

Group meets Mondays 6:30pm-8pm. To submit a request to join, call 301-662-8800. 10-week parenting group focused on learning about the neurodevelopment of the child and adolescent brain, developing effective positive parenting skills to manage difficult behaviors, and empowering and resourcing parents to feel confident as they help their children grow. Integrates EMDR and is appropriate for parents of kids age 17 and under.

Postpartum Support International (PSI) Online Support Groups

<https://postpartum.net/get-help/psi-online-support-meetings/>

Operates a crisis hotline and a collection of peer-to-peer support meetings on topics ranging from mental health support to pre- and post-birth support, and family support.

SELF (Safety, Emotions, Loss, and Future)

Heartly House. *See listing in [Community Services](#).*

<https://heartlyhouse.org/get-help/counseling-services/>

Group meets Tuesdays 1pm-2:15pm. To submit a request to join, call 301-662-8800. Support group for women who have experienced any type of sexual assault or sexual abuse. The psychoeducational curriculum is part of the Sanctuary Model.

The Self Expression Sessions

Maryland Coalition of Families. *See listing in [Child and Family Services](#).*

Contact Janet Jones: jjones@mdcoalition.org / 443-878-9367

Meets virtually Wednesdays 5pm-6:30pm, biweekly during the summer months. These sessions are all about taking better care of YOU! Connect online with other parents and caregivers from the comfort of your own space to share, receive support, enjoy a few laughs, and explore your creative side.

<https://mdcoalition.org/wp-content/uploads/The-Self-Expression-Sessions-Virtual-Support-Group-FY22.pdf>

Survivors of Suicide Support Group

Mental Health Association. *See listing in [Mental Health Providers](#).*

301-662-0011 / sborg@fcmha.org / <https://fcmha.org/how-we-help/support-groups/>

Support group for survivors of suicide loss to share with others and receive support from those who have been there.

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TransFamily Group

The Frederick Center. *See listing in [Community Services](#).*

<https://thefrederickcenter.org/group-category/support-groups>

transfamily@thefrederickcenter.org / <https://linktr.ee/thefrederickcenter>

Meets virtually on the 1st and 3rd Saturday 10am-11:30am.

Biweekly support group for parents/caregivers/family member of gender-expansive people, facilitated by Kate MacShane, LCSW-C, director of the Maryland Center for Gender & Intimacy.

Transgender/Nonbinary Community Group (18+)

The Frederick Center: 322 West Patrick Street, Frederick, Maryland 21701

See listing in [Community Services](#). <https://thefrederickcenter.org/group-category/support-groups>

trans@thefrederickcenter.org / <https://linktr.ee/thefrederickcenter>

Meets in-person on the 1st Wednesday and virtually on the 3rd Thursday 7pm-9pm.

Safe space for transgender and nonbinary adults to discuss topics of interest including identity, coming out, transition, supporting one another in gender exploration, and building connections with one another.

TransPartners Group

The Frederick Center. *See listing in [Community Services](#).*

<https://thefrederickcenter.org/group-category/support-groups>

transpartners@thefrederickcenter.org

Meets virtually on the 2nd and 4th Tuesday 7pm-8:30pm.

Biweekly support group for partners of transgender and nonbinary people.

TransTeens Group

The Frederick Center. *See listing in [Community Services](#).*

<https://thefrederickcenter.org/group-category/support-groups>

transteens@thefrederickcenter.org

Meets virtually on the 1st and 3rd Tuesday 6:30pm-8pm.

Biweekly support group for teens ages 14-18 who identify as transgender, non-binary, gender non-conforming, and/or who are questioning their gender identity.

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Women’s Advocacy & Empowerment Group

Serenity Treatment Center: 420 East Patrick Street, Suite 100, Frederick, Maryland 21701
301-898-2627 / <https://facebook.com/serenitytxcenter/>

See listing in [Substance Abuse Treatment and Services](#).

Group meets Thursdays 1pm-2:30pm.

Women’s support group geared toward empowering women who are in recovery from toxic relationships, abuse, substance misuse, and various other issues.

Worth the Wait: Support Group for LGBTQ+ Folks Coming Out “Later in Life”

The Frederick Center: 322 West Patrick Street, Frederick, Maryland 21701

See organization listing in [Community Services](#).

Monthly support group held on the 1st Thursday of the month 6:00-7:30pm

Peer-to-peer support group for adult members of the LGBTQ+ community who have realized their identity, who are coming out, or who have come out “later in life.”

“We Got This” Virtual Autism Support Group

Maryland Coalition of Families. See listing in [Child and Family Services](#).

Contact Jenice Bruce: jbruce@mdcoalition.org / 443-539-6410

Meets virtually on the 2nd Tuesday of every month 6pm-8pm.

This relaxed, autism-focused group is intended to offer a supportive and confidential environment to meet other parents and caregivers of a child with autism and discuss the unique challenges autism brings to families.

https://mdcoalition.org/wp-content/uploads/2021-07-08_OnlineSpptGrp_WeGotThis_Statewide.pdf

Databases:

- **Support Groups in and around Frederick County:**
Developed by the Women’s Center at the Office of Adult Service
<https://www.frederick.edu/student-resources/download/adult-services/supportgrouplisting.aspx>
- **Frederick Health Hospice Support Groups & Workshops:**
<https://www.frederickhealthhospice.org/grief-loss/support-groups-workshops/>
- **Frederick Health Hospital Cancer Support Group:**
<https://www.frederickhealth.org/services/cancer-care/patient-caregiver-resources/cancer-support-groups/>

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Summer Camps

Frederick's Child Magazine Summer Camp Directory

<https://frederickschild.com/campsummer-programs/>

Frederick's Child Magazine maintains a directory of area summer camp programs with descriptions and contact information.

Macaroni Kid Frederick

See listing in [Child and Family Services](#).

Macaroni Kid Frederick publishes an annual summer camp guide for the Frederick area. The 2023 Summer Camp Guide can be found here:

<https://frederick.macaronikid.com/guides/62323596c4e10066c4a167fa/2023-summer-camp-guide>

Adventure Park Summer Camp

See listing in [After School Programs / Recreation](#).

director@advparkusa.com / 301-865-8918

<https://apusachildcare.com/summercamp-ages-4-13>

Summer Camp 2023 will run from June 5 to August 18.

Camp Hours: Monday – Friday 8:30am-4:30pm

Camp Adventure is open to children ages 4.5-13. Cost is \$285/week.

Banner School Summer Camp

1730 North Market Street, Frederick, Maryland 21701

301-695-9320 / <https://bannerschool.org/summer-camp/>

Summer Discovery Camp offers children a fun and educational theme-based camp experience for children who have completed Kindergarten through 8th Grade. Camp offerings vary each week and include adventure hikes, creative arts, STEAM explorations, and more. Early Childhood Summer Session is a mix of fun and academics for campers aged 3 through 5 who are fully potty-trained. Extended Care is available before and after camp for an additional charge.

Basal Therapies

See listing in [Disability Services](#).

<https://basaltherapies.com/summer-camps>

Basal Therapies & Preschool are excited to offer Early Learner Summer Camps again for the 2023 season! Camp sessions will run one week at a time for ages 2 to 2nd Grade. Costs vary by age. See website for schedule and registration.

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Blazer Camps at Hood College

BB&T Arena: 601 Blazer Trail, Frederick, Maryland 21701

<https://www.hood.edu/local-community/sports-camps>

Week-long summer camps to teach young players the correct way to master the fundamentals of sports/activities, for boys and girls in 3rd-9th grade. Register online.

Boys & Girls Club of Frederick County

See listing in [After School Programs / Recreation](#).

<http://bgcfc.org/summercamp.html>

Summer Camp 2023 is 10 weeks: June 12 to August 18, 2023.

Deposit of \$200 at sign up, Cost \$1200, Installment options available.

Call 240-831-4330 to register.

City of Frederick Parks & Recreation

See listing in [After School Programs / Recreation](#).

Summer 2023 Program Brochure:

<https://cityoffrederickmd.gov/DocumentCenter/View/10926/Current-Recreation-Brochure>

The Delaplaine Arts Center Summer Youth Camps

See listing in [After School Programs / Recreation](#).

<https://delaplaine.org/instruction/summer-camps/>

In Summer 2023, the Delaplaine will offer nine weeks of morning and afternoon art camps for kids and teens ages 6-10 and 10-14 from mid-June through mid-August.

Monitored lunch and extended care (early morning and later afternoon) are available for an additional charge. Camp fees are \$155/week Register online.

Frederick Community College: Kids on Campus

7932 Opossumtown Pike, Frederick, Maryland 21702 301.846.2400

<https://www.frederick.edu/class-schedules/downloads/kocsummer2023.aspx>

Kids & Teens on Campus, a Maryland Certified Youth Camp, delivers fun-filled programming at Frederick Community College each summer for children ages 6 to 16 years. Focus is from Adventures in Science and Arts to Athletics and everything in between.

Frederick County Parks & Recreation

See listing in [After School Programs / Recreation](#).

Choose from over 300 summer camps offered by Frederick County Parks & Recreation:

<https://recreator.com/571/Summer-Camps>

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Frederick Rescue Mission Summer Enrichment Camp

First Baptist Church Thurmont: 7 Sunny Way, Thurmont, Maryland 21788

South End Baptist Church: 506 Carrollton Drive, Frederick, Maryland 21701

<https://therescuemission.org/summer-enrichment-camp-2023/>

Christian summer camp program for 5 weeks during the summer.

Summer 2023: June 19 – July 20, Monday – Thursday 9:30am to 3pm.

Open to kids going into 1st grade through kids graduating from 5th grade.

Cost: \$60. Register online.

Girls on the Run of Mid and Western Maryland

See listing in [After School Programs / Recreation](#).

<https://gotrmdmd.org/camp-program-details>

Single week half-day camp program for girls in grades 3-5.

The fee is \$150, with the possibility of financial aid if needed.

Register online through the Girls on the Run website.

YMCA of Frederick County

See listing in [Child and Family Services](#).

Summer Camp 2023: June 12 – August 18

Offers day camps, overnight camps, and their Kids Unlimited Summer Camp. See more details and enroll online at <https://frederickymca.org/camps>.