



# 2025 BLACK EQUITY COMMUNITY RESOURCE GUIDE

## **PREPARED BY:**

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BLACK HEALTH EQUITY  
COALITION OF FREDERICK



# Introduction and Welcome

Welcome to the 2025 Black Equity Community Resource Guide.

The Black Health Equity Coalition of Frederick is proud to present the 2025 edition of the Black Equity Community Resource Guide. This guide is designed to empower and connect our community by offering a comprehensive directory of services, organizations, and initiatives that support Black health, wellness, and equity in Frederick and the surrounding areas.

Black Equity is a nonprofit organization and community coalition focused on specific pillars of health and wellness. Initially this includes eleven (11) areas: Child & Family Health & Wellness, Economic Health & Wellness, Government Partners & Healthcare Providers, Health Equity Monitoring & Evaluation, Maternal Health & Wellness, Mental & Emotional Health & Wellness, Physical Health & Wellness, Racial Health & Wellness/Social Justice, Residential Health & Wellness, Social Health & Wellness, and Spiritual Health & Wellness.

In our work toward equity, we recognize the importance of addressing systemic challenges and creating pathways for success. This guide is more than a list of resources—it's a tool for empowerment, collaboration, and community-building. Whether you are seeking healthcare, education, economic opportunities, or cultural enrichment, this guide is here to support you in navigating what Frederick has to offer.

The resources in this guide have been carefully selected to meet the diverse needs of our community. It reflects the collective effort of local leaders, organizations, and advocates who are dedicated to advancing equity and improving outcomes for Black residents.

We encourage you to use this guide to discover new opportunities, build connections, and take action to make Frederick a place where equity and inclusion thrive. Together, we can foster a community where everyone has access to the tools and support they need to live healthy, fulfilling lives.

Thank you for joining us in this journey toward Black health and equity.

In Solidarity,  
**The Black Health Equity Coalition of Frederick**

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Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Childcare Services						
Child Care Choices	A program providing comprehensive solutions for new and existing early childhood professionals offered at low or no cost. Child Care Choices works to ensure that children have developmentally appropriate learning environments and that early childhood educators have the resources and support they need to ensure each child's success. We work with parents and educators when children display behavioral issues in preschool or child care and provide resources, events and workshops and activities to educate and engage families, early childhood educators and children.	226 South Jefferson Street, Frederick, MD 21701	301-662-4549	Childcarechoices@fcmha.org		<a href="https://www.facebook.com/childcarechoices">https://www.facebook.com/childcarechoices</a>
Family Partnership of Frederick County, Self-Sufficiency Program	Self-Sufficiency Services - Assist participants in locating and accessing education programs, tutoring programs, and assisting families in finding adequate child-care.	Family Partnership of Frederick County 8420 Gas House Pike, Suite EE Frederick, MD 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Maryland Child Care Scholarship	The Child Care Scholarship (CCS) (formerly known as Child Care Subsidy) program helps eligible families in Maryland pay for high-quality child care and early education programs.	Maryland State Department of Education 200 West Baltimore Street Baltimore, MD 21201	877-227-0125			<a href="https://earlychildhood.marylandpublicschools.org/child-care-providers/child-care-scholarship-program">https://earlychildhood.marylandpublicschools.org/child-care-providers/child-care-scholarship-program</a>
Maryland Family Network Locate: Childcare	Search all licensed child care programs near your neighborhood, job, or other location.	1800 Washington Blvd Ste 445 Baltimore, MD 21230-2344	877-261-0060			<a href="https://www.marylandfamilynetwork.org/for-parents">https://www.marylandfamilynetwork.org/for-parents</a>
Community Services						
12-To-24 Collaborative	The 12-to-24 Collaborative is a network of stakeholders/nonprofit youth-serving organizations in Frederick County, MD, who have come together with the shared goal of enhancing outcomes for youth and emerging adults between the ages of 12 and 24 and a dedication to positive mental health and access to resources for our young people.			frederick12to24@gmail.com kvicere@ausherman.org	April Lee Interim Steering Committee Chair	<a href="https://www.frederick12to24.org">https://www.frederick12to24.org</a>
Boys & Girls Club of Frederick County, Inc.	Provides a learning center dedicated to helping youth improve their study habits, academic careers and make good life choices. Encourages young people to engage in positive behaviors by offering a multitude of prevention programs including Great Start, which is a day, global, and personal enrichment program for teens. Other programs include Great Catalyst provides eligible young adults between the ages of 16 and 24 with individualized career services at no cost! You will partner with an experienced career specialist to develop and implement a plan to help you reach your educational and employment goals.	413 Burck Street Frederick, Maryland 21701	301-600-1875	info@bgcfc.org	Tasha Thomas Manager of Youth Programs	<a href="http://www.bgcfc.org">www.bgcfc.org</a>
Catalyst		200 Monroe Avenue, Suite One Frederick, Maryland 21701	301-600-2255	FCWSYouth@frederickcountymd.gov		<a href="https://www.frederickworks.com/young-adults">https://www.frederickworks.com/young-adults</a>
City Youth Matrix	City Youth Matrix shatters barriers so youth can experience life.	P.O. Box 3295 Frederick, MD 21701	301-606-6927	hello@cityyouthmatrix.com		<a href="http://www.cityyouthmatrix.com">www.cityyouthmatrix.com</a>
Each 1 Teach 1, Inc.	Each 1 Teach 1 (E1T1) is a BIPOC, woman-led 501(c)(3) nonprofit organization based in Frederick, Maryland. Through a trauma-informed lens, we provide under-resourced and at-risk children and their families with vital social-emotional learning (SEL) skills through yoga, meditation, and mindfulness activities.			admin@each1teach1fredco.org	Danica Warden	<a href="https://each1teach1fredco.org">https://each1teach1fredco.org</a>
Empowering Community Leaders Network, Inc.	SWAG (Sisters Wholesome Aspiring toward Greatness) After school program for middle school girls.	P.O. Box 369 Walkersville, MD 21793	240-529-7611	ecnlinc14@gmail.com	Phyllis A. York President	<a href="http://www.ecnlinc.org">www.ecnlinc.org</a>
Frederick County 4-H Therapeutic Riding Program	The Frederick County Developmental Center (FCDC) provides specialized health and education-related services that positively impact children, their families and eligible adults in their daily lives. Offers a therapeutic horseback riding program for children and adults who are disabled. The Frederick County Developmental Center (FCDC) provides specialized health and education-related services that positively impact children, their families and eligible adults in their daily lives.	Frederick County 4H Therapeutic Riding Program at Silverado Stables 11515 Angleberger Road Thurmont, MD 21788	301-898-3587	fc4http@aol.com		<a href="http://www.fc4http.org">www.fc4http.org</a>
Girls on the Run Mid & Western Maryland	Girls on the Run has fun, evidence-based programs that inspire participants to recognize their inner strength, increase their level of physical activity, imagine their possibilities, and confidently stand up for themselves and others.	17 W. Main Street, 2nd Floor Middletown, MD 21769		info@gotrmidmd.org	Rae Gallagher Council Director	<a href="https://www.gotrmidmd.org/">https://www.gotrmidmd.org/</a>
I Believe in Me (IBM)	To inspire and challenge youth through mental, physical, and social activities that foster self-respect and respect for the world around them.	8420 Gas House Pike Ste. G Frederick MD 21701	240-815-5102	Info@ibelieveinme.com		<a href="http://www.ibelieveinme.com">www.ibelieveinme.com</a>
Living Well Youth Works	Our program emphasizes vital skills such as communication, financial literacy, and problem-solving. Participants engage in workshops, mentorship, and hands-on experiences to gain practical knowledge. Exposure to various career paths and higher education options helps participants make informed decisions about their future. Living Well Youth Works fosters personal growth, self-reliance, and confidence in navigating adulthood.	321 Ballenger Center Drive Suite 125 Frederick, MD 21703	301-852-9965	info@livingwellyouth.org		<a href="https://livingwellyouth.org">https://livingwellyouth.org</a>
Maryland Youth Workforce Programs and Services	Guiding youth to achieve personal goals and prepare for career paths. The mission of Maryland's Youth Employment Program is to guide youth to achieve personal goals and prepare for career paths through empowerment, education, and employment opportunities. The Youth Employment Program provides tools for Maryland youth between the ages of 16 and 24 to fulfill their educational goals and explore the world of work by providing educational support, leadership development, and work training.	Frederick County Workforce 200 Monroe Avenue, Suite One Frederick, Maryland 21701	301-600-2221			<a href="https://labor.maryland.gov/employment/youth.shtml">https://labor.maryland.gov/employment/youth.shtml</a>
Love for Lochlin Foundation, Inc.	Community Vaccination Clinics - One of our core missions at Love For Lochlin Inc is to protect as many people as possible from the flu and other infectious diseases like it. The best way for us to do that is to go into the community and provide free vaccines to people that do not have the means to get them.	6097 Foundation Drive Frederick MD 21702	301-676-4131	Loveforlochin@gmail.com		<a href="http://www.loveforlochin.com">www.loveforlochin.com</a>
More than a Father	More Than a Father provides parenting programs that work towards enhancing family wellness and personal growth. Weekly trauma-informed meetings address topics like stress, discipline, and creating a stable family environment, empowering parents to connect more deeply with their children and thrive in their roles.				Jason Francis	<a href="https://www.morethanafather.org">https://www.morethanafather.org</a>
Safe Kids Coalition	The mission of Safe Kids Frederick County is to prevent unintentional injuries to children ages 14 and under, in Frederick County, through a coordinated program of public awareness, education, legislative action, enforcement and access to low cost safety products.	350 Montevue Lane Frederick, MD 21702	301-600-3337		Jessica Dayal Safe Kids Frederick County Coordinator	<a href="https://health.frederickcountymd.gov/508/Safe-Kids-Coalition">https://health.frederickcountymd.gov/508/Safe-Kids-Coalition</a>
Western Maryland Chapter Jack and Jill of America, Incorporated	Jack and Jill of America, Inc. is a membership organization of Mothers with children ages 2-19, dedicated to nurturing future African-American leaders by strengthening children through leadership development, volunteer service, philanthropic giving, and civic duty.	P.O. Box 3967 Frederick, MD 21701			President Nekesha Williams	<a href="https://www.jackandjillwesternmd.org/">https://www.jackandjillwesternmd.org/</a>
Sleep in Heavenly Peace	We're a group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need.	Ijamsville, MD 21754	844-432-2337 x 5928	info@shpbeds.org		<a href="http://www.Shpbeds.org">www.Shpbeds.org</a>
The Umbrella Project: Hiking for Grieving Young Adults	To provide grieving young adults a supported wilderness hiking experience that promotes personal growth, self-reliance and therapeutic recreational activity to help in their healing process.		301-606-0539	info@umbrellaprojecthike.org		<a href="http://www.UmbrellaProjectHike.org">www.UmbrellaProjectHike.org</a> <a href="mailto:info@UmbrellaProjectHike.org">info@UmbrellaProjectHike.org</a>
YMCA of Frederick County	Our purpose is to strengthen and enrich the development of individuals and families through quality programs and services that build a healthy spirit, mind, and body for all. Integral to everything that we do are our core values of caring, honesty, respect and responsibility. Our Y serves people of all backgrounds, ages, capabilities and income levels, providing financial assistance to those in need.	1000 North Market Street Frederick, MD 21701	301-663-5131			<a href="https://frederickymca.org/">https://frederickymca.org/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Youth Council	The Youth Council is a dynamic group of representatives aged 12 to 24, dedicated to amplifying the voices of young people across Frederick.			cwinpigler@ausherman.org	Laura Sherwood, PhD. Youth Council Mentor	<a href="https://www.frederick12to24.org/youthcouncil/youth-council-members/">https://www.frederick12to24.org/youthcouncil/youth-council-members/</a>
Education Services						
Bright Eyes Early Learning Frederick (Westview)	Bright Eyes has continued to provide families in Montgomery, Frederick, and Washington Counties with quality early learning programs in the care of the best early childhood educators. We are dedicated to providing families with the home away from home experience, while providing a strong early learning program to ensure that your child is learning to their highest potential.	4725 Arcadia Drive, Suite 175 Frederick, MD 21703	301-682-2754	Westview@brighteyesELC.com	La Tavia Gossett- Orr Director	<a href="https://www.brighteyeselc.com/">https://www.brighteyeselc.com/</a>
The Brunswick Elementary Learning Tree Before & After School Program	The Learning Tree Before & After Elementary School Program (located at Brunswick Elementary School) offers many meaningful learning experiences that encourage the development of social and emotional skills.	400 Central Avenue Brunswick, MD 21716	301-834-7577	learningtree60@yahoo.com		<a href="https://www.luvyourkids.net/brunswick-elementary-before-and-after-school-program/">https://www.luvyourkids.net/brunswick-elementary-before-and-after-school-program/</a>
The Learning Tree Early Learning Center of Brunswick	Providing quality affordable child care services in Frederick, Maryland and surrounding areas.	607 E D Street Brunswick, MD 21716	301-834-7577	earlylearning4@verizon.net	Lisa Kirkland Director	<a href="https://www.luvyourkids.net/the-learning-tree-early-learning-center-of-brunswick/">https://www.luvyourkids.net/the-learning-tree-early-learning-center-of-brunswick/</a>
Community Agency School Services (CASS) Frederick County Public Schools Student Services Division	Community Agency School Services (CASS) is a program housed under the auspices of the Department of Special Education and Student Services that promotes school success by providing support services to students experiencing social, emotional or academic challenges. CASS Coordinators are Licensed Certified Social Workers who provide direct services to middle and high school aged students and families throughout Frederick County.	191 South East Street Frederick, MD 21701	301-644-5000			<a href="https://www.fcps.org/student-svcs/community-agency-school-services-programs">https://www.fcps.org/student-svcs/community-agency-school-services-programs</a>
Children's Center of Walkersville	We embrace all children as unique individuals and guide them in developing their full potential – socially, emotionally, physically, and cognitively, serving as an extension of each family. We will make every effort to educate ourselves and ensure our center is a safe, welcoming, and productive environment for all children, regardless of abilities.	35 East Frederick Street Walkersville, MD 21793	301-898-5143	ccwalkersville@gmail.com	Ginny Simoneau Owner	<a href="https://childrenscenterofwalkersville.com/">https://childrenscenterofwalkersville.com/</a>
Children's World Early Learning Center of Frederick	Children's World Early Learning Center of Frederick Maryland offers many meaningful learning experiences that encourage the development of social and emotional skills. Our educational activities promote positive learning environments for each child, focusing on each age group to ensure that every child benefits.	419 Burck Street Frederick, MD 21701	301-662-3004	childrensworldfrederick@yahoo.com	Cara Lynch Director	<a href="https://www.luvyourkids.net/childrens-world-early-learning-center-of-frederick/">https://www.luvyourkids.net/childrens-world-early-learning-center-of-frederick/</a>
Children's World Early Learning Center of Walkersville	Children's World Early Learning Center of Walkersville Maryland offers many meaningful learning experiences that encourage the development of social and emotional skills. Our educational activities promote positive learning environments for each child, focusing on each age group to ensure that every child benefits.	8402 Discovery Blvd Walkersville, MD 21793	301-845-4000	cwwalkersville@yahoo.com		<a href="https://www.luvyourkids.net/childrens-world-early-learning-center-of-walkersville/">https://www.luvyourkids.net/childrens-world-early-learning-center-of-walkersville/</a>
Family Partnership of Frederick - Adult Education Services	Provides opportunities for online learning and research, career assessments, job exploration, and developing computer skills. GED classes include instruction, online practice, tutoring, and administering practice tests. ESL classes are offered through Frederick Community College's Adult Education Program. Students must be at least 18 years old.	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://www.frederickcountymd.gov/fp">https://www.frederickcountymd.gov/fp</a>
Family Partnership of Frederick County - Youth Program	Supports students who are facing barriers to completing high school by providing GED prep and career development opportunities. GED services include classroom instruction, online practice using GED Academy, individual and small group tutoring, and practice tests to assist students in preparing for the GED test and diploma completion. Career exploration and development services may include job shadowing, internships, apprenticeships, and career tours. For students 16-24 years (non-parents).  NOTE: Offers free transportation to those within a 10 miles radius of the center.	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://www.frederickcountymd.gov/fp">https://www.frederickcountymd.gov/fp</a>
Family Partnership of Frederick County, Youth Services	Parent Education - Assist parents in gaining and enhancing parenting skills through the use of the Parents as Teachers curriculum. Infant / Toddler Services – Provide developmental assessments, hearing/vision/dental screenings, home safety information, immunization monitoring and parent/child activities. Employment Services - Help participants explore career options and develop systems for household management, childcare, and emergency plans for sick child and transportation. Health Education Services - Encourage and empower participants to access medical care for themselves and their children to improve parent and child health. Information, education and referrals for family planning and general prenatal health are provided. Parents are encouraged and assisted with keeping well baby appointments and maintaining immunization records. Home Visitor helps parents assess and maintain the safety of their home based on their child's age and developmental stage as well as provide assistance and resources if necessary. Mental Health Services - Staff provide support and referrals to appropriate resources. Social Support Services - Staff help participants identify and build community and family support systems.	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://www.frederickcountymd.gov/fp">https://www.frederickcountymd.gov/fp</a>
Frederick County Public Schools	Offers traditional education from kindergarten through high school as well as continuing and special education programs. Provides educational programs for students of all abilities, kindergarten through 12th grade. Student Services provides guidance, psychological, health, and pupil personnel services to students who have personal and career concerns or significant problems in attendance, behavior, or achievement. FCPS provides a comprehensive athletic program for high school students including cheerleading.	191 South East Street Frederick, MD 21701	227-203-3277			<a href="http://www.fcps.org">www.fcps.org</a>
Frederick County Evening School	Flexible Evening High School (FEHS) is an alternative to the comprehensive high school environment and is designed for students who benefit from a structured learning environment to earn credits required for graduation.	Governor Thomas Johnson High School 1501 N Market St #4430 Frederick, MD 21701	240-236-8450			<a href="https://edu.fcps.org/fcvs/sites/fcvs/files/siteadmin/doc/FEHS%20REG%20PKT%20v1.pdf">https://edu.fcps.org/fcvs/sites/fcvs/files/siteadmin/doc/FEHS%20REG%20PKT%20v1.pdf</a>
Frederick County Public School Virtual School	Alternative Education that provides educational courses to individuals at least 16 years of age who are currently attending a Frederick County Public School and whose instructional needs cannot be met at their home school or who wish to take classes in addition to their homeschool schedule.					<a href="https://education.fcps.org/fcvs">https://education.fcps.org/fcvs</a>
Frederick County Teachers Association (FCTA) Black Lives Matter	Frederick County Teachers Association works to advocate, empower and organize members to ensure an excellent and equitable public education in Frederick County. Join us for upcoming events as we celebrate our beautiful diversity!	1 Woman's Mill Ct, Suite 16 Frederick, Maryland 21701	301-662-9077	cmcgill@mseanea.org		<a href="https://linktr.ee/fcta">https://linktr.ee/fcta</a> <a href="https://myfcta.org/8435-2/">https://myfcta.org/8435-2/</a>
Interagency Early Childhood Committee	To promote healthy development and well-being of young children and their families through community collaboration. IECC Meetings are held on the 1st Thursday of every month from 1:00pm to 2:00pm. These meetings are hybrid, virtual and in-person, located at the Mental Health Association of Frederick County.	Mental Health Association of Frederick County 226 Jefferson Street, Frederick, MD 21701	301-600-1074	OCF@frederickcountymd.gov	Frederick County Division of Family Services	<a href="https://www.frederickcountymd.gov/8213/interagency-Early-Childhood-Committee">https://www.frederickcountymd.gov/8213/interagency-Early-Childhood-Committee</a>
Judy Center at Lincoln Elementary School	A Judy Center is where the needs of families are met through many different agencies. At the Frederick County Judy Center, our goal is to improve school success through early intervention and comprehensive services to families. We currently provide services to Butterfly Ridge, Hillcrest, Lincoln, Monocacy, Tuscarora, and Waverley elementary schools.	601 Contender Way Frederick, MD 21703	227-203-1596	Holly.sontz@fcps.org	Holly Sontz Program Administrator	<a href="https://www.fcps.org/ece/judy-locations">https://www.fcps.org/ece/judy-locations</a>



Community Resources		Description	Address	Phone Number	Email Address	Point of Contact	Website
Literacy Council Frederick - Literacy Programs	Provides individual and group tutoring at locations convenient to student. Classes are available for English speakers and non-English speaking students. Also provides training for literacy tutors and community classes.		110 East Patrick Street Frederick, MD, 21701	301-600-2066	<a href="mailto:info@frederickliteracy.org">info@frederickliteracy.org</a>		<a href="https://www.frederickliteracy.org">https://www.frederickliteracy.org</a>
Personal Financial Literacy	FCPS Approach to Financial Literacy Education Apply financial literacy reasoning in order to make informed, financially responsible decisions. Relate choices regarding one's education and career paths to earning potential. Plan and manage money effectively by identifying financial goals and developing spending plans. Make informed decisions about incurring debt and maintaining credit worthiness. Plan and achieve long-term goals related to saving and investing in order to build financial security and wealth. Develop financial planning skills to minimize financial setbacks Grades 3-5: Students enrolled in grades 3-5 access the curriculum through Social Studies units in grades 3, 4 and 5. Grades 6-8: Students enrolled in grades 6-8 access the curriculum through required courses.		191 South East Street Frederick, MD 21701	301-644-5264		Kim Day Curriculum Specialist for Elementary Social Studies	<a href="https://www.fcps.org/academics/personal-financial-literacy">https://www.fcps.org/academics/personal-financial-literacy</a>
Project Forward Step	Project Forward Step is a support program designed to meet the needs of returning adult students, specifically single parents (including single pregnant women) and students age 24 and over, who are limited income, out-of-workforce, or are homeless.		Student Success Programs Annapolis Hall, A103 7932 Opossumtown Pike Frederick, MD 21702	301-624-2862	<a href="mailto:studentparents@frederick.edu">studentparents@frederick.edu</a>	Jennifer Leonard	<a href="https://www.frederick.edu/student-resources/student-success-programs/project-forward-step.aspx">https://www.frederick.edu/student-resources/student-success-programs/project-forward-step.aspx</a>
Stuff the Bus Program - United Way	Each year, United Way of Frederick County works with local community partners to collect donations of school supplies to provide students with the supplies they need to start the school year. The goal of United Way's Stuff the Bus program is to ensure that students in Frederick County have the tools and support they need to learn.			301-624-2862	<a href="mailto:jkwamenapoh@uwffrederick.org">jkwamenapoh@uwffrederick.org</a>	Joyce Kwamena-Poh	<a href="https://www.unitedwayfrederick.org/stuffthebus">https://www.unitedwayfrederick.org/stuffthebus</a> <a href="https://frederickymca.org/programs/children-teens/birth-to-five?fbclid=IwZXh0bgNhZW0CMIAAAR3F9Wcs56r9NcTCDJ3riqGbpBSHFbVio8fXCXtwAXpcY7IbdCIV4VTzmd4_aem_eH46DcVbCM83pAo1xCPg">https://frederickymca.org/programs/children-teens/birth-to-five?fbclid=IwZXh0bgNhZW0CMIAAAR3F9Wcs56r9NcTCDJ3riqGbpBSHFbVio8fXCXtwAXpcY7IbdCIV4VTzmd4_aem_eH46DcVbCM83pAo1xCPg</a>
YMCA Head Start	The Head Start program provides comprehensive education, social, health, and nutrition services to children and their families. Children participate in appropriate educational experiences, field trips, nutritional meals, and health screenings.		801 N East St #3 Frederick, MD 21701	301-378-9140			
Healthcare Services							
Audiology Program	The Audiology Program provides quality pediatric audiology services for: Uninsured and underinsured children in Frederick County.		350 Montevue Lane Frederick, MD 27102 Entrance C	301-600-1611		Mary Kay Morgan Audiologist	<a href="https://health.frederickcountymd.gov/268">https://health.frederickcountymd.gov/268</a>
Dental Program	The Dental Program provides pediatric dental care for uninsured and underinsured children under 18 years of age in Frederick County.		350 Montevue Lane Frederick, MD 27102 Entrance C	301-600-1041		Melissa Morris	<a href="https://health.frederickcountymd.gov/264">https://health.frederickcountymd.gov/264</a>
Developmental Center	The Frederick County Developmental Center (FCDC) provides specialized health and education-related services that positively impact children, their families and eligible adults in their daily lives.		350 Montevue Lane Frederick, MD 27102 Entrance C	301-600-3367		Stephen Buckley, M.S., OT/L Director	<a href="https://health.frederickcountymd.gov/266/Developmental-Center">https://health.frederickcountymd.gov/266/Developmental-Center</a>
Health Care Connection	Health Care Connection is your link to information regarding Medical Assistance (Medicaid) and other state health insurance programs (Qualified Health Plans) and services, including: Administrative Care Coordination Unit (ACCU) & Ombudsman Program that provides education and outreach to Medical Assistance recipients to increase awareness of Medical Assistance Programs.		Health Care Connection Division 350 Montevue Lane Frederick, MD 2170	301-600-3124			<a href="https://www.marylandhealthconnection.gov">https://www.marylandhealthconnection.gov</a>
Healthy Families	Healthy Families Frederick is a free, voluntary home visiting program designed to support first time parents by providing quality, strength-based, family-centered services and support, and access to community resource agencies to help build stronger families, healthier children and a better community. Specially trained home visitors help first time moms give their children the best possible start.		226 S Jefferson Street Frederick, MD 21701	301-663-6183	<a href="mailto:mspencer@fcmha.org">mspencer@fcmha.org</a>		<a href="https://fcmha.org/how-we-help/healthy-families/">https://fcmha.org/how-we-help/healthy-families/</a>
Infants & Toddlers Program	The Infants and Toddlers Program provides services and support for families of children birth through 36 months of age who have, or may have, developmental delays, disabilities or special health needs.		350 Montevue Lane Frederick, MD 27102 Entrance C	301-600-1612		Lisa Jarboe Program Director	<a href="https://health.frederickcountymd.gov/269">https://health.frederickcountymd.gov/269</a>
Maryland Children's Health Program (MCHP)	Health care coverage for income-qualifying children, pregnant women, and adults under 65 years. Medicaid enrollment. MCO enrollment. Assistance with verifications. Navigator assistance with QHP (Qualified Health Plans).		350 Montevue Lane Frederick, MD 21702	301-600-3124			<a href="https://md.frederickcountyhealth.org/civplus.com/196/Maryland-Childrens-Health-Program-MCHP">https://md.frederickcountyhealth.org/civplus.com/196/Maryland-Childrens-Health-Program-MCHP</a>
Planned Parenthood of Maryland, Frederick County Clinic	Offers comprehensive reproductive health care services. Offers information and education on approved birth control methods and sexually transmitted diseases. Offers GYN exams, pregnancy testing with counseling and referral on all options for continuing or terminating pregnancy, family planning counseling and supplies, diagnosis and treatment of sexually transmitted diseases and HIV testing and counseling. Offers routine health screenings, pap, and breast exams to women. Offers vasectomy referrals, STD, and HIV screening. Available emergency contraception over-the-counter for females 17 years and older. Must ask for a pharmacist and present them with an ID. If under 17, need a prescription which can be obtained from Planned Parenthood (with an appointment) or from personal doctor.		170 Thomas Johnson Dr STE 100 Frederick, MD 21702	410-576-1414		Lindsay Roemer, Director of Education	<a href="https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620?utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing">https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620?utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing</a>
Respite Program	The Respite Program provides funding of respite services for children with special healthcare needs and their families.		350 Montevue Lane Frederick, MD 27102 Entrance C	301-600-1611		Steve Buckley Director	<a href="https://health.frederickcountymd.gov/270">https://health.frederickcountymd.gov/270</a>
School Based Services	The School Based Program provides Occupational and Physical Therapy to children enrolled in Frederick County Public Schools.		350 Montevue Lane Frederick, MD 27102	301-600-3225		Sara Scovitch, MPT Program Manager	<a href="https://health.frederickcountymd.gov/271">https://health.frederickcountymd.gov/271</a>
STAR TRACK Adolescent Health Program	Provides inclusive and affirming, youth-centered health care to youth and young adults, age 12 – 26. Strength-based, sex-positive care including HIV/AIDS care, reproductive care, family planning, and general medicine. Can provide condoms, PrEP navigation assistance, and referrals. Most services are free.		120 Penn Street Baltimore, MD 21201	410-706-6000	<a href="mailto:startrackhealth@som.umaryland.edu">startrackhealth@som.umaryland.edu</a>		<a href="http://startrackhealth.org/">http://startrackhealth.org/</a>
The Pediatric Center of Frederick	Comprehensive pediatric care. Six offices to better serve you. Convenient office hours including nights (virtual appointments) & weekends. Telephone advice from our nurses during office hours. Committed to patient service and satisfaction!		610 Solarex Court Suite 200 Frederick, MD 21703	301-662-0133	<a href="mailto:bcampbell@thepedcenter.com">bcampbell@thepedcenter.com</a>	Brenda Campbell, Practice Administrator	<a href="https://thepedcenter.com/">https://thepedcenter.com/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Parenting Services						
Family Partnership of Frederick County, Parent Education	11-week series for custodial and non-custodial parents with children 0-12 years. Groups focus on nurturing parent-child relationships, positive parenting strategies, healthy family relationships, and navigating challenges such as co-parenting, visitation and child support. Groups meet weekly on Tuesday evenings from 6-8pm. Certificate provided upon program completion. Transportation and childcare available. All services available at no cost to eligible participants	Family Partnership of Frederick County 8420 Gas House Pike, Suite EE Frederick, MD 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Parenting Blog	Access various topics on parenting through What Is Black.			hi@whatisblack.co	Dr. Jacqueline Douge	<a href="https://www.whatisblack.co/tooics">https://www.whatisblack.co/tooics</a>
Parent Information Hotline	24-hour phone line available for parents who need listening support, information and referral services.		301-662-2255			
Parenting Podcast	Join Dr. Valerie Adams-Bass and Dr. Sheretta Butler-Barnes, developmental psychologists, moms and professors as they have conversations with experts and parents to explore what it means to raise healthy and thriving Black children, bridge conversations from parenting to child wellbeing and social justice and provide resources and tools for parents connected to research that matters to us/our community.			hi@whatisblack.co	Dr. Jacqueline Douge	<a href="https://www.whatisblack.co/raising-joyful-and-resilient-black-children-podcast">https://www.whatisblack.co/raising-joyful-and-resilient-black-children-podcast</a>
Parenting Resources	Resources vetted by Dr. Jackie Douge - For parents seeking resources related to parenting.			hi@whatisblack.co	Dr. Jacqueline Douge	<a href="https://www.whatisblack.co/resources">https://www.whatisblack.co/resources</a>
Disability Services						
A Parent's Guide to Understanding Your Individualized Education Program (IEP) Rights and American Association on Intellectual and Developmental Disabilities	Acorn Health is setting the standard of ABA therapy with best practices, pioneering next practices, and a Clinical Advisory Board of leaders in the field.	5300 Westview Dr Ste 200 Frederick, MD 21701	240-242-5865	info@acornhealth.com		<a href="https://acornhealth.com/locations/frederick-md/">https://acornhealth.com/locations/frederick-md/</a>
	Maryland State Department of Education guide for parents to understanding their rights and responsibilities.	FCPS 191 South East Street Frederick, MD 21701	227-203-3277			<a href="https://www.fcps.org/academics/files/documents/IEP_RightsGuide.pdf">https://www.fcps.org/academics/files/documents/IEP_RightsGuide.pdf</a>
	AAIDD promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual and developmental disabilities.	8403 Colesville Road, Suite 900 Silver Spring, MD 20910	202-387-1968	maria@aaidd.org	Maria Alfaro Senior Manager	<a href="http://aaidd.org/">http://aaidd.org/</a>
Autism Society	For 57 years and counting, the Autism Society, including our nationwide network of affiliates, connects people to the resources they need through education, advocacy, support, information and referral, and community programming.	6110 Executive Boulevard Suite 305 Rockville, Maryland 20852	800-328-8476	info@autism-society.org		<a href="http://www.autism-society.org/">http://www.autism-society.org/</a>
Children's Milestone	Children's Milestone provides comprehensive, evidence-based applied behavior analysis (ABA) procedures that are tailored to the specific needs of individuals from birth through adulthood.	11720 Beltsville Dr. Ste 500-A15 Beltsville, MD 20705	855-853-0228	childrensmilestone@gmail.com		<a href="https://www.childrensmilestone.com/">https://www.childrensmilestone.com/</a>
College Scholarship Opportunities for Students with Disabilities	Many scholarships exist to help students with specific disabilities continue their education. Learn about scholarships for people with disabilities.					<a href="https://www.bestcolleges.com/resources/diversity-equity-inclusion/disability-scholarships/">https://www.bestcolleges.com/resources/diversity-equity-inclusion/disability-scholarships/</a>
Developmental Disabilities Administration (DDA)	Provides a coordinated service delivery system for people with developmental disabilities.	Western Maryland Regional Office (WMRO) 1360 Marshall Street Hagerstown, Maryland 21740	301-791-4670	cathy.marshall@maryland.gov	Cathy Marshall Regional Director	<a href="https://health.maryland.gov/dda/Pages/Home.aspx">https://health.maryland.gov/dda/Pages/Home.aspx</a>
Dyscalculia.org	Dyscalculia.org aims to provide free public information about math learning disability: history, terminology, science, research, treatment, causes of innuery; best practices for diagnosis, treatment, teaching and learning; relevant laws, rules and protections; school, self and organizational advocacy; and access and accommodations across the academic lifespan.		313-300-1901	help@dyscalculia.org	Renee M. Newman Founder	<a href="http://www.dyscalculia.org/">http://www.dyscalculia.org/</a>
Dyslexiafoundation.org	For more than 30 years, TDF has been bringing together leading scientists from important fields in dyslexia research, while working to create a bridge between research and practice.	6 Liberty Square # 2633 Boston, MA 02109	203-550-0951			<a href="https://dyslexiafoundation.org/">https://dyslexiafoundation.org/</a>
FCPS Office of Special Education	Through ongoing collaboration with our local and state stakeholders, including parents, staff and students, the Department of Special Education serves FCPS by supporting systemic instructional programming focusing on eliminating the achievement gap, developing social competencies, nurturing independence, and preparing students with disabilities to become contributing members of a global society.	FCPS 191 South East Street Frederick, MD 21701	227-203-3277	jennifer.bingman@fcps.org	Jennifer Bingman Associate Superintendent	<a href="https://www.fcps.org/special-education">https://www.fcps.org/special-education</a>
Fragile X Association	FRAXA's mission is to find effective treatments and ultimately a cure for Fragile X syndrome.	10 Prince Place, Suite 203 Newburyport, MA 01950	978-462-1866	info@fraxa.org		<a href="http://www.fraxa.org/">http://www.fraxa.org/</a>
International Dyslexia Foundation	The International Dyslexia Association, Inc. (IDA) is a nonprofit charity organization organized and operated to provide advocacy resources and services to teachers, advocates, individual and families impacted by dyslexia and other related learning differences.	1829 Reisterstown Road Suite 350 Pikesville, MD 21208	410-296-0232	info@dyslexiaida.org		<a href="https://dyslexiaida.org/contact/">https://dyslexiaida.org/contact/</a>
LD Online	LD OnLine knows that there are many different ways to learn, and having the right tools at school and at home can change everything. Explore our resources and help every child reach their full potential.	3939 Campbell Avenue Arlington, VA 22206		ldonline@weta.org		<a href="http://www.ldonline.org/">http://www.ldonline.org/</a>
Learning Disabilities Association of America	LDA's mission is to create opportunities for success for all individuals affected by learning disabilities through support, education, and advocacy.	4068 Mount Royal Boulevard, Suite 224B Allison Park, PA 15101	412-341-1515	info@LDAAmerica.org		<a href="https://ldaamerica.org/types-of-learning-disabilities/dysgraphia/">https://ldaamerica.org/types-of-learning-disabilities/dysgraphia/</a>
Maryland Learning Links	Our mission is to close existing gaps between children with disabilities and their non-disabled peers and ensure that all students will be ready for school, achieve in school, and be prepared for college, career, and community living.	Nancy S. Grasmick State Education Building 200 W Baltimore Street Baltimore, MD 21201	410-767-0238	info.msde@maryland.gov		<a href="http://archives.marylandpublicschools.org/MSDE/index.html">http://archives.marylandpublicschools.org/MSDE/index.html</a>
Maryland Technical Assistance Bulletin Improving Outcomes for Students with Disabilities	A Technical Assistance Bulletin from the Maryland State Department of Education focused on curriculum, instruction, and assessment of students with disabilities.	200 West Baltimore Street Baltimore, MD 21201-2595	410-767-0238	antoine.hickman@maryland.gov	Antoine L. Hickman Assistant State Superintendent	<a href="https://www.fcps.org/academics/files/documents/MarylandTABImprovingOutcomesforSWD.pdf">https://www.fcps.org/academics/files/documents/MarylandTABImprovingOutcomesforSWD.pdf</a>
MSDE Technical Assistance Bulletin on Specific Learning Disability and Supplement (Focus on Dyslexia, Dyscalculia, and Dysgraphia)	A Technical Assistance Bulletin from the Maryland State Department of Education that focuses on instructional practices for students with Specific Learning Disabilities.	200 West Baltimore Street Baltimore, MD 21201-2595	410-767-0238	antoine.hickman@maryland.gov	Antoine L. Hickman Assistant State Superintendent	<a href="http://marylandpublicschools.org/programs/Documents/Special-Education/16-03%20Specific%20Learning%20Disability%20and%20Supplement%20-%20508.docx">http://marylandpublicschools.org/programs/Documents/Special-Education/16-03%20Specific%20Learning%20Disability%20and%20Supplement%20-%20508.docx</a>
National Center on Improving Literacy	A Partnership among literacy experts, researchers, and technical assistance providers to provide information to families, school districts, and state agencies.					<a href="https://improvingliteracy.org/">https://improvingliteracy.org/</a>
Non-Verbal Learning Disorder Association	NLDline understands how important it is for families of children diagnosed with NLD and related disorders, educators who teach children with NLD, medical professionals working with individuals diagnosed with NLD, and individuals with NLD who are seeking support, to have access to as much information as is currently available.	507 Hopmeadow St. Simsbury, CT 06070	860-658-5522	Info@NLDA.org		<a href="http://www.nldline.org">http://www.nldline.org</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Parent and Educator Resource Guide for Section 504	Resource guide for parents and teachers for students who receive Section 504 Plans.	U.S. Department of Education Office for Civil Rights 400 Maryland Ave S.W. Washington, D.C. 20202	202-401-2000			<a href="https://www2.ed.gov/about/offices/list/ocr/docs/504-resource-guide-201612.pdf?utm_content=utm_medium=email&amp;utm_name=utm_source=govdelivery&amp;utm_term=">https://www2.ed.gov/about/offices/list/ocr/docs/504-resource-guide-201612.pdf?utm_content=utm_medium=email&amp;utm_name=utm_source=govdelivery&amp;utm_term=</a>
Parent Information Series: Special Education Services in Maryland: A Companion Guide to The Alternate	Resource for parents to guide you through a process created by federal and state law to support your child in accessing alternate state standards and alternate assessments.	FCPS 191 South East Street Frederick, MD 21701	227-203-3277			<a href="https://www.fcps.org/special-education/files/documents/AlternativeEducationFrameworkork.pdf">https://www.fcps.org/special-education/files/documents/AlternativeEducationFrameworkork.pdf</a>
Parent Resources for Dyslexia, Dysgraphia, and Dyscalculia	FCPS resources for parents and teachers of students with dyslexia, dysgraphia, and dyscalculia.	FCPS 191 South East Street Frederick, MD 21701	227-203-3277			<a href="https://www.fcps.org/academics/parent-resources-for-dyscalculia-dysgraphia-dyslexia">https://www.fcps.org/academics/parent-resources-for-dyscalculia-dysgraphia-dyslexia</a>
Pathfinders for Autism	Established in 2000 by parents of children with autism, Pathfinders for Autism has since grown into Maryland's largest autism organization. Pathfinders for Autism works to educate and train the community to support and improve the lives of individuals with autism and their families throughout the lifespan.	235 Schilling Circle, Suite 103 Hunt Valley, MD 21031	443-330-5370	info@pathfindersforautism.org		<a href="https://pathfindersforautism.org/">https://pathfindersforautism.org/</a>
Plan (Progress & Learning Autism Network)	We invite you to explore the PLAN Center, a joy filled, center-based ABA program with an integrated whole-child approach. The PLAN center is designed to help kids with autism learn new skills, make new friends and most importantly, be themselves!	706 W Patrick St Frederick, MD 21701	301-882-7932	hello@planaba.com		<a href="https://planaba.com/">https://planaba.com/</a>
Project Lifesaver	Project Lifesaver is a 501 (C)(3) community based, public safety, non-profit organization that provides law enforcement, fire/rescue, and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life threatening behavior of wandering.	110 Airport Drive East Frederick, MD	1-877-580-LIFE (5433)			<a href="http://www.projectlifesaver.org">www.projectlifesaver.org</a>
Secondary Transition	FCPS Resources for Secondary Transition services - Early planning is critical for students to successfully exit high school prepared for college, career, and community. In Maryland, transition planning and the delivery of services should begin no later than the IEP year in which the student turns 14 years of age.	FCPS 191 South East Street Frederick, MD 21701	227-203-3277			<a href="https://www.fcps.org/special-education/secondary-transition">https://www.fcps.org/special-education/secondary-transition</a>
SUCCESS Program	The SUCCESS Program is a secondary transition/vocational education program designed for students 18-21 years of age with disabilities.	FCPS 191 South East Street Frederick, MD 21701	227-203-3956	success@fcps.org	Tracy Jaramillo Principal	<a href="https://www.fcps.org/success-program/index">https://www.fcps.org/success-program/index</a>
The Difference 2-17	We are a passionate organization dedicated to serving adults on the autism spectrum and those with neurodiversity. Our mission is to empower individuals enrolled in Self-Directed Services, by promoting self-determination, fostering inclusivity, and providing bespoke services tailored to their unique needs.	106 A North Market Street Frederick, MD 21701	410-977-5380	info@thedifference2-17.com		<a href="http://www.thedifference2-17.com">www.thedifference2-17.com</a>
The National Information Center for Children and Youth with Disabilities	A central "Hub" of information and products created for the network of Parent Centers serving families of children with disabilities					<a href="http://www.parentcenterhub.org/">http://www.parentcenterhub.org/</a>
The Parents' Place of Maryland	The Parents' Place (PPMD) is the only organization in Maryland charged by the U.S. Department of Education, Office of Special Education Programs, to serve as the state's Parent Training and Information (PTI) Center. PPMD is one of over 100 PTIs nationwide, providing training and information to parents of infants, toddlers, children, and youth with all disabilities – physical, cognitive, emotional and learning.	802 Cromwell Park Drive Suite H Glen Burnie, MD 21061	410-768-9100			<a href="http://www.ppmd.org">www.ppmd.org</a>
Verbal Beginnings	Verbal Beginnings provides Applied Behavior Analysis (ABA) therapy to children ages 2-18 diagnosed with Autism Spectrum Disorder (ASD).	4714 Arcadia Dr Suite 100-125 Frederick, MD	855-866-9893	begin@verbalbeginnings.com	Nick Chappell Co-CEO and Founder	<a href="http://www.verbalbeginnings.com">www.verbalbeginnings.com</a>
Social Services						
Division of Family Services	The Division of Family Services supports children, youth, and families in Frederick County through direct programming, resource connection, and human services system planning. The Division includes the Family Services Administration, Family Partnership, and the Child Advocacy Center.	401 Sagner Avenue Frederick, MD 21701	301-600-1200			<a href="https://frederickcountymd.gov/16/Family-Services">https://frederickcountymd.gov/16/Family-Services</a>
Family Partnership of Frederick County - Health Education	Participating families are provided with education on a variety of health topics that are related to the physical and emotional wellbeing of children, youth, and adults. The focus is primarily on healthcare and/or prevention. Health education is provided primarily in a group format, but opportunities to provide information on an individual basis are available.	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://www.frederickcountymd.gov/fp">https://www.frederickcountymd.gov/fp</a>
Family Partnership of Frederick County - Parent Education and Support	Parenting groups meet for 11-week series, for custodial and non-custodial parents with children 0-12 years. Groups focus on nurturing parent-child relationships, positive parenting strategies, healthy family relationships, and navigating challenges such as co-parenting, visitation and child support. Groups meet weekly on Tuesday evenings from 6-8pm. Certificate provided upon program completion. Transportation and childcare available. All services available at no cost to eligible participants	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Family Services Administration	NOTE: Offers free transportation to those within a 10 miles radius of the center for programs and childcare while parent is on site. The goal of our office through its programs and services, and the work of the LMB, is to provide the diverse community of children, youth, and families in Frederick County with a host of services that support the most expressed needs and promote a sense of equity, belonging, and inclusion.	401 Sagner Ave Frederick, MD 21701	301-900-7007	kgoetz1@frederickcountymd.gov	Kelli Goetz Division Director	<a href="https://frederickcountymd.gov/59/Family-Services-Administration">https://frederickcountymd.gov/59/Family-Services-Administration</a>
Frederick County Department of Social Services - Cash Assistance Programs	Provides short-term, emergency cash assistance to families with children and to eligible, disabled individuals. Provides emergency cash assistance to families who face an eviction, foreclosure, emergency fuel/heating shortage, or utility cut-off notice. Must have at least one related child under age 21 living in the household. Must provide proof that the household can maintain on-going monthly housing and utilities expenses. Available to a household once in a 24-month period. Provides limited cash assistance when available resources do not fully address the family's needs. Program participants must participate in work activities (20-30 hrs/week), cooperate with child support, comply with substance abuse provisions, and meet other eligibility requirements. Sanctions apply for not complying with program requirements.	1888 North Market Street Frederick, MD, 21701	301-600-4555	fcass.info@maryland.gov		<a href="http://www.fcass.info/">http://www.fcass.info/</a>
Frederick Families First	Program for mothers, fathers, youth and children that support and strengthen families and communities.	520 North Market Street Frederick, Maryland 21701	301-846-2277			
Behavioral, Mental Health and Crisis Services						

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Basal Therapies	Basal Therapies is a full service pediatric therapy center in Frederick, MD, specializing in speech, occupational, feeding, physical, mental health therapies, and social-emotional support.	8411 Broadband Dr Ste D Frederick, MD 21701	443-776-0271	info@basaltherapies.com	Kathryn Ferro Founder	<a href="https://basaltherapies.com/">https://basaltherapies.com/</a>
Camp Jamie Grief Camps for Children and Adolescents and Teens Frederick Health Hospital Hospice	Camp Jamie is a special opportunity for grieving children, adolescents and teens to come together to talk about their feelings related to the death of someone special, and learn coping skills for dealing with those feelings. Camp Jamie is held three times per year. Our teen and weekend sleepover camps are held in the spring. Our one day camp is held in the fall. Each camp provides unique opportunities to express and communicate grief in a healthy and safe environment.	1 Frederick Health Way Frederick, MD 21701	240-566-3030	griefsupport@frederick.health		<a href="http://www.frederickhealthhospice.org">www.frederickhealthhospice.org</a>
Community of Grace Organization (COGO)	Empowering women with substance use disorder to overcome challenges through a strong support network, fostering stability, discipline, and family empowerment. Our Goal is to support individuals leaving rehabilitation centers or correctional facilities, bridging their transition into the community by rebuilding trust, self-esteem, and responsibility.		240-389-5976	<a href="mailto:communityofgrace.cogo@gmail.com">communityofgrace.cogo@gmail.com</a>	Barbara Pinnock Executive Director	<a href="https://www.communityofgraceorganization.org/">https://www.communityofgraceorganization.org/</a>
Counseling & Student Support - FCPS	School counselors support the educational, social-emotional and personal growth of all students through individual conferences, small-group sessions and classroom instruction. They are an integral part of the staff at all schools, where they monitor and promote student potential from the time students enroll through graduation.	191 South East Street Frederick, MD 21701	301-644-5220	Janet.Shipman@fcps.org	Janet Shipman Supervisor of Behavioral Health and Student Services	<a href="https://www.fcps.org/student-svcs/counseling-and-student-support">https://www.fcps.org/student-svcs/counseling-and-student-support</a>
Excel Youth	Provides a Psychiatric Rehabilitation Program (PRP) services to children and teens with mental illness as they work with a mentor to form an individual plan of recovery based on existing symptoms and diagnoses. Counselors meet with clients at least weekly at home, in the community, and in the office. Offers on-site group activities on anger management, art expression, homework/study skills, social skills, hygiene development, money management, and workforce readiness. Community activities include outings to parks, playgrounds, museums, libraries, and/or the mall.	7190 Crestwood Blvd. Suite 400 Frederick, MD 21703	301-898-2205	admin@excelyouth.com		<a href="https://www.excelyouth.com/">https://www.excelyouth.com/</a>
Family Crisis Resource Center-Domestic Violence and Sexual Assault	Provides a 24 hour hotline for individuals experiencing domestic violence, sexual assault, or in need of crisis intervention. The hotline can connect individuals experiencing domestic violence to safe housing and other supportive services. Also provides an abuse intervention program (AIP) for abusers.	146 Bedford St #1 Cumberland, MD 21502	301-759-9246			
Family Partnership of Frederick County, Service Coordination	Service Coordination – Connect participants to community resources, follow up, assist with problem solving and conflict resolution skills, informal counseling, crisis intervention, and assist with goal setting	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Family Partnership of Frederick County, Support Groups	Topics include: Children and adult mental health, Disease prevention, Domestic violence, Family planning and pregnancy prevention, Generalized health, Healthy relationships, Prenatal care, Proper diet and nutrition, Stress, Substance abuse awareness and prevention, Healthy self esteem and emotional well being, Newborn Health Care, Proper and preventive health care for adults and children.	8420 Gas House Pike, Suite EE Frederick, MD, 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Frederick County Health Department Child & Adolescent Services	Provides psychotherapy for children and adults. Accepts Medical Assistance, Medicare, Primary Adult Care Program (PAC), & self-pay. No sliding fee scale	350 Montevue Lane Frederick, MD 21702	301-600-1755			<a href="https://health.frederickcountymd.gov/210/Child-Adolescent-Services">https://health.frederickcountymd.gov/210/Child-Adolescent-Services</a>
Home Alone Phone Friend for Kids	24-hour phone line available for children who are home alone, facing an emergency or have a problem they would like to discuss.		301-662-2255			<a href="http://www.femha.org/hotline.htm">http://www.femha.org/hotline.htm</a>
Little Leaves Behavioral Services	Every day within Little Leaves centers, we deliver individualized therapy to help each child reach their fullest potential in school, at home, and in their community.	7435 Technology Way Ste B Frederick, MD 21703	202-420-8359			<a href="http://www.littleleaves.org">www.littleleaves.org</a>
Marriage Resource Center of Frederick County	Our mission is to build strong marriages, strong families, and strong communities in Frederick County, Maryland.	22 S Market Street Frederick, MD 21701	301-502-1660		Christine Bugher, Executive Director	<a href="https://marriagefrederick.org/">https://marriagefrederick.org/</a>
Maryland 211	The Mobile Crisis Program provides intensive crisis intervention to Frederick County residents in crisis for whom there are mental health concerns. Program personnel are available to conduct face-to-face assessments and interventions 5 days a week, Monday through Friday and to provide referrals with follow-up services to ensure that individuals are connected with appropriate service providers and community resources.					CALL 211 FOR HEALTH AND HUMAN SERVICES - 24/7
Maryland Youth Crisis Hotline	Maryland Youth Crisis Hotline Western Maryland For the Youth of Allegany, Frederick, Garrett & Washington Counties		1-800-422-0009			<a href="https://health.maryland.gov/bha/Documents/Youth%20Mental%20Health%201-pager.pdf">https://health.maryland.gov/bha/Documents/Youth%20Mental%20Health%201-pager.pdf</a>
MindSpring Psychiatry & Wellness	We provide equitable, compassionate, and individualized care to help individuals achieve optimal levels of mental health and wellness across the lifespan (ages 6+).	1101 Opal Court Ste. #311 Hagerstown, MD 21740	240-384-4679			<a href="http://www.mindspringpw.com">www.mindspringpw.com</a>
National Runaway Safeline	Federally-designated national communication system for runaway and homeless youth. Youth and family members connect to crisis services to work through problems and find local help from social service agencies and organizations. Can connect youth with compassion and understanding, food, medical assistance, counseling, as well as transportation home. Also provides preventative services. Chat service and online forum on site.		800-786-2929 (24/7) TEXT: 66008			<a href="http://www.1800runaway.org">www.1800runaway.org</a>
Potomac Community Services	We use a multidisciplinary approach to client care by coordinating with the client, their family, and their support network, including doctors, therapists, and other community resources, to help create stability and increase independence.	22 S. Market St #5 Frederick, MD 21701	301-791-3087	info@potomaccommunity.org	Dawn Johns Chief Executive Officer	<a href="http://www.potomaccommunity.org">www.potomaccommunity.org</a>
Sobriety Treatment and Recovery Team (START) at DSS	START is a collaborative child welfare-led intervention for families, with Child Protective Services (CPS) involvement and children 0-5 years of age, who are impacted by parental substance use.	Department of Social Services 1888 N Market Street Frederick, MD 21701				
Substance Exposed Newborns	The local Coalition provides updates and reports on current trends. The U.S. Department of Justice provides services for Substance Exposed Newborns and Families. Read more here: <a href="https://www.justice.gov/usao-md/media/1322361/d?inline">https://www.justice.gov/usao-md/media/1322361/d?inline</a>	350 Montevue Lane Frederick, MD 21702	301- 600-3326		Jan Sparks Coordinator	<a href="https://health.frederickcountymd.gov/521/Substance-Exposed-Newborns-Meetings">https://health.frederickcountymd.gov/521/Substance-Exposed-Newborns-Meetings</a>
Teen Lifeline Way Station	Teen Lifeline is a suicide prevention nonprofit & 24/7 crisis peer hotline for teens.		800-248-TEEN			<a href="http://www.teenlifeline.org/">http://www.teenlifeline.org/</a>
Camp Journey Respite Program for Parents and Caregivers of Children and Youth with Mental Illness	Camp Journey is a facility-based respite program. It aims to keep families together by providing short-term, temporary care to youth ages 11 to 17. The year-round program offers recreational activities so youth with behavioral or emotional challenges can have fun and learn new skills. The program offers hourly and overnight services. By giving parents and caregivers a periodic, planned break, we help reduce stress at home and increase the likelihood that children can remain in their home.	230 W Patrick Street Frederick, MD 21701	301-662-0099			<a href="http://www.waystationinc.org">www.waystationinc.org</a>
Legal Services						

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
2019 Guide to Youth Resources	A directory of services and programs for youth in Frederick County, Maryland.	100 West Patrick Street Frederick, MD, 21701	301-600-2091	mbowman@frederickmdpolice.org	Michele Bowman, Frederick Police Department	<a href="https://www.cityoffrederickmd.gov/DocumentCenter/View/3919/Guide-to-Youth-Resources-in-Frederick-County?bidId=">https://www.cityoffrederickmd.gov/DocumentCenter/View/3919/Guide-to-Youth-Resources-in-Frederick-County?bidId=</a>
Child Advocacy Center of Frederick County	The Child Advocacy Center promotes child well being by providing a child and family focused center to address reports of child maltreatment. We seek to prevent and reduce trauma to children and families using a multi-disciplinary approach to investigation, prosecution, treatment, education and advocacy.	12 East Church Street Frederick, MD 21701	301-600-1758	rgrove@frederickcountymd.gov	Robin Grove	<a href="https://www.frederickcountymd.gov/481/Child-Advocacy-Center-CAC">https://www.frederickcountymd.gov/481/Child-Advocacy-Center-CAC</a>
Child Fatality Review	The Child Fatality Review Board (CFR) envisions a Maryland where preventable child injuries are eliminated. Preventable injuries is the number one cause of death in children in the United States. The mission of CFR is to review child injuries to understand the circumstances around those injuries and to recommend strategies to prevent future child injuries.	350 Montevue Lane Frederick, MD 21702			Barbara A. Brookmyer, M.D., M.P.H., Health Officer	<a href="https://health.frederickcountymd.gov/525/Child-Fatality-and-Fetal-Infant-Mortality">https://health.frederickcountymd.gov/525/Child-Fatality-and-Fetal-Infant-Mortality</a>
Children of Incarcerated Parents Partnership (COIPP)	Provides support, resources and services for the 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	22 South Market Street Suite 101A Frederick, MD 21701	240-578-5662	<a href="mailto:info@coipp.org">info@coipp.org</a>	Amy Wilkinson Executive Director	<a href="https://www.coipp.org/">https://www.coipp.org/</a>
Court Appointed Special Advocates (CASA)	In Frederick and Carroll Counties, the Mental Health Association operates Court Appointed Special Advocates (CASA) and Voices for Children—programs that recruit, train and support citizen-volunteers to advocate for the best interests of abused and neglected children in courtrooms and communities.	Maryland CASA Association 200 E. Joppa Road Suite 100 Towson, MD, 21286	301-663-0011	<a href="mailto:contact@marylandcasa.org">contact@marylandcasa.org</a>	Jennifer Fuss	<a href="https://fcmha.org/how-we-help/court-appointed-special-advocates/">https://fcmha.org/how-we-help/court-appointed-special-advocates/</a>
Department of Juvenile Services	Frederick Office offers legal aid and case management services to youth who have violated the law.	217 East Redwood Street Baltimore, MD 21202	301-745-6080			<a href="https://djs.maryland.gov/Pages/default.aspx">https://djs.maryland.gov/Pages/default.aspx</a>
Frederick County Department of Social Services - Child Protective Services	The Child Protective Services Unit investigates reports of abuse and neglect of children. If a person has a suspicion that abuse or neglect is occurring, the CPS unit should be called. Legal mandates require children in neglect cases to be seen within 5 days and in abuse cases within 24 hours. Emergency services may include placement in sheltered care or court involvement, or may involve counseling with the family to rectify the situation. During times when the Department is not open, the Frederick City Police should be contacted for emergency access to a DSS social worker.	1888 North Market Street Frederick, MD, 21701				<a href="http://dhr.maryland.gov/child-protective-services/contact-us/">http://dhr.maryland.gov/child-protective-services/contact-us/</a>
Frederick County Department of Social Services - Child Support Services	Provides services which establish and enforce child support orders, including location of the absentee parent and court order for wage withholding. Also establishes paternity, collects and distributes child support and reviews and modifies the court orders.	1888 North Market Street Frederick, MD, 21701	1-800-332-6347	<a href="mailto:fcdds.childsupport@maryland.gov">fcdds.childsupport@maryland.gov</a>	Tiffany Gregoire Assistant Director	<a href="http://dhr.maryland.gov/local-offices/frederick-county/">http://dhr.maryland.gov/local-offices/frederick-county/</a>
Friends of the Child Advocacy Center	CAC serves over 400 children a year who have experienced child abuse, sexual assault, or child neglect. Often the children and their non-offending family members need services and support beyond the scope the CAC can provide as a government agency.	P.O. Box 3344 Frederick, MD 21705		<a href="mailto:CACfriends2@gmail.com">CACfriends2@gmail.com</a>	Janet Whitcomb President	<a href="https://cacfriends.net/">https://cacfriends.net/</a>
Office for Children and Families	The goal of our office through its programs and services, and the work of the LMB, is to provide the diverse community of children, youth, and families in Frederick County with a host of services that support the most expressed needs and promote a sense of equity, belonging, and inclusion.	401 Sagner Ave Frederick, MD 21701	301-900-7007	<a href="mailto:kgoetz1@frederickcountymd.gov">kgoetz1@frederickcountymd.gov</a>	Kelli Goetz Division Director	<a href="https://www.frederickcountymd.gov/59/Office-for-Children-and-Families">https://www.frederickcountymd.gov/59/Office-for-Children-and-Families</a>
School Health Council	Research shows that healthy children do better in school - from attendance and behavior to academics and overall performance. The FCPS School Health Council (SHC) works with the district to help school communities support wellness and academic achievement.	191 South East Street Frederick, MD 21701				<a href="https://www.fcps.org/wellness-resources">https://www.fcps.org/wellness-resources</a>
Food Services						
After-School Supper Program	HHS staff members prepare and deliver an evening meal for students in an After-School Program operated by the Police Activities League (PAL). The meal is served at the PAL Center located in Lucas Village. Meal costs are reimbursed.	100 South Market Street Frederick, MD, 21701	301-600-1506			<a href="https://www.cityoffrederickmd.gov/1309/Food-Nutrition-Programs">https://www.cityoffrederickmd.gov/1309/Food-Nutrition-Programs</a>
Backpack Program	Through a partnership with Hillcrest Elementary School, HHS staff and volunteers fill 450 backpacks with nutritious food items every two weeks during the school year and school staff distribute the backpacks to children that are at-risk of hunger and malnutrition. The backpacks are filled with food items that children can easily prepare and eat when school meals are not available or parents may be working.	100 South Market Street Frederick, MD, 21701	301-600-1506			<a href="https://www.cityoffrederickmd.gov/1309/Food-Nutrition-Programs">https://www.cityoffrederickmd.gov/1309/Food-Nutrition-Programs</a>
Blessings in a Backpack	Since 2009, Blessings in a Backpack has grown from feeding 9,022 to 89,579 kids this year! In areas where we've reached a certain size, Blessings in a Backpack has launched official chapters to help coordinate regional strategies and efforts, under the leadership of a managing director and in partnership with a local advisory board.	PO Box 3508 Frederick, MD 21705-3508		<a href="mailto:AngelaA@blessingsinabackpack.org">AngelaA@blessingsinabackpack.org</a>		<a href="https://frederick.blessingsinabackpack.org/">https://frederick.blessingsinabackpack.org/</a>
Child & Adult Care Food Program	The Child and Adult Care Food Program (CACFP) is a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at participating childcare centers, daycare homes, and adult daycare centers. The program educates caregivers about meal planning, health, and nutrition. Therefore, helping children and adults stay healthy.	100 South Market Street Frederick, MD, 21701	301-600-1506			<a href="https://cityoffrederickmd.gov/1580/Child-Adult-Care-Food-Program">https://cityoffrederickmd.gov/1580/Child-Adult-Care-Food-Program</a>
Farm to School	Farm to School Frederick is on a mission to increase access to locally grown, highly nutritious food for all Frederick residents. We believe that equitable access to fresh fruits and vegetables should not be a luxury but is a necessity that can have a dramatic positive influence on individual and community health.			<a href="mailto:alysia@f2sfrederick.org">alysia@f2sfrederick.org</a>	Alysia Feuer	<a href="https://www.f2sfrederick.org">https://www.f2sfrederick.org</a>
Frederick County Public Schools	Offers free or reduced fee breakfast and lunch programs to students who qualify. The income guidelines are set by the federal government and have been adopted across the state. A meal benefit application must be completed and returned to the school.	191 South East Street Frederick, MD 21701	227-203-3277			<a href="http://www.fcps.org">www.fcps.org</a>
Frederick County Public Schools - Nutrition Office	Offers free or reduced fee breakfast and lunch programs to students who qualify. The income guidelines are set by the federal government and have been adopted across the state. A meal benefit application must be completed and returned to the school.	110 Thomas Johnson Drive, Suite 210 Frederick, MD, 21702	240-586-8150	<a href="mailto:food.service@fcps.org">food.service@fcps.org</a>		<a href="http://fcpsnutrition.com/">http://fcpsnutrition.com/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Summer Food Service Program	<p>The program provides a free lunchtime meal to children age 18 and younger and targets lower-income children who receive free or reduced-price meals during the school year. The nutritious and balanced meals are served Monday through Friday during the months of June, July, and August at local parks and youth centers. Provides a lunchtime meal to children 18 and under. Meals served Monday-Friday through August 16th (except June 19th and July 4th).</p> <p>Amber Meadows Playground Pavilion, Amber Drive 12Noon - 12:30pm  Ballenger Creek Park, Ballenger Creek Pike (follow signs) - 12:00 - 1:00pm  Brunswick Library, North Maple Avenue - 12:15 – 1:00pm  Carrollton Park, Center Street - 12Noon - 12:45pm  College Estates Park, Taney Avenue 12:15 - 1:00pm  Discovery Community Center, Stauffer Avenue - 11:30am - 12:30pm  Hill Street Park Pavilion, Hill Street – 12:30 - 1:30 pm.  PAL Center, Sagner Avenue - 12Noon - 12:30 pm  Windsor Gardens Apts, Key Parkway - 12Noon -12:30 pm</p> <p>Dates and times are subject to change. Visit website or social media page for more information.</p>	100 South Market Street Frederick, MD, 21701	301-600-1506			<a href="https://www.cityoffrederickmd.gov/1309/Food-Nutrition-Programs">https://www.cityoffrederickmd.gov/1309/Food-Nutrition-Programs</a>
Housing Services						
Advocates for Homeless Families	Scattered-site transitional housing for homeless families; also operates the Families Forward Program. Pairs homeless or at-risk families with a case manager who helps them to identify the problems standing in their way and find solutions. Program requires a one-year commitment from participants and they must be clean and sober for six months prior to entry and must remain that way.	216 Abrecht Place Frederick, Maryland 21701	301-662-2003		Kenneth Allread Executive Director	<a href="https://www.afhf88.org/">https://www.afhf88.org/</a>
Thrive Housing Network - Rapid Rehousing	Provides housing for homeless, unaccompanied Frederick County Public School students ages 16-22 for up to 6 months with access to support services and case management. Students are housed in host homes; volunteers are needed to be host families. Provides assistance for Frederick County Public School students ages 18-24 in finding a rental unit and making a portion of the payments on that unit. Payments decreasing over 12 months, with student having capacity to renew lease without SHIP's support.	P.O. Box 1629 Frederick, MD 21702	240-415-8971 Main 240-626-0602 Unaccompanied Youth			<a href="https://shipfrederick.com/thrive-host-home-program/">https://shipfrederick.com/thrive-host-home-program/</a>
YES Drop-in Center <small>Please refer to Residential Health and Wellness to view Shelter and Transitional Home listings.</small>	A safe space for youth who are homeless and between the ages of 14-25, to get basic needs met and establish supportive relationships. Provides food, clothing, mail and internet access, as well as assistance with rapid rehousing, case management, assistance navigating legal systems, and support. 2 p.m. – 6 p.m., Monday – Thursday, by appointment Friday.	1111 Park Ave Suite A Baltimore, MD 21201	410-235-7744	ciera@yesdropincenter.org	Ciera Dunlap Program Director	<a href="https://yesdropincenter.org/">https://yesdropincenter.org/</a>
Crime Related Services						
Boys and Girls Town National Abuse Hotline Break the Cycle	Offers problem-solving assistance and counseling on issues like pregnancy, running away, suicide, gang involvement, eating disorders, depression, and abuse. Text "loveis" to 22522 to chat with a peer advocate 24/7. Inspires and supports young people 12 – 24 to build healthy relationships and create a culture without abuse.		800-448-3000 <a href="https://www.breakthecycle.org/">202-849-6289</a>			<a href="https://www.breakthecycle.org/">https://www.breakthecycle.org/</a>
Children of the Night	Skilled Children of the Night Case Managers assist young American sex trafficking victims with 24-hour services 7 days a week. Whether they need rescue from pimps, access to medical services, emergency & non-emergency transportation, mental health services, psychiatric evaluations or access to psychotropic medications, Children of the Night is ready to serve.	3450 Cahuenga Blvd W, Unit 602 Los Angeles, CA 90068	800-551-1300 x 0	lois@childrenofthenight.org		<a href="https://www.childrenofthenight.org/">https://www.childrenofthenight.org/</a>
FAIR Girls	24/7 Hotline for victims of human trafficking, or those concerned, in the D.C., Virginia, and Maryland area. Network for Victim Recovery of D.C.	2021 L Street NW #101-254 Washington, DC 20036	Crisis Hotline 1-855-900-3247 Main 202-520-9777	info@fairgirls.org		<a href="https://www.fairgirls.org/">https://www.fairgirls.org/</a>
Family Crisis Resource Center-Domestic Violence and Sexual Assault	Provides a 24 hour hotline for individuals experiencing domestic violence, sexual assault, or in need of crisis intervention. The hotline can connect individuals experiencing domestic violence to safe housing and other supportive services. Also provides an abuse intervention program (AIP) for abusers.	146 Bedford St #1 Cumberland, MD 21502	301-759-9246			
National Runaway Safeline	Federally-designated national communication system for runaway and homeless youth. Youth and family members connect to crisis services to work through problems and find local help from social service agencies and organizations. Can connect youth with compassion and understanding, food, medical assistance, counseling, as well as transportation home. Also provides preventative services. Chat service and online forum on site.		800-786-2929 (24/7) TEXT: 66008			<a href="http://www.1800runaway.org">www.1800runaway.org</a>
National Teen Dating Abuse Hotline	The National Dating Abuse Helpline is the direct service provider behind loveisrespect.org, operating the 24/7 text, phone, and live chat services. The texting function of the Helpline allows for users to text the Helpline advocates 24 hours a day, seven days a week about anything ranging from questions about healthy dating to raising red flags about relationships.		866-331-9474			
National US Child Abuse Hotline	Adults and children can call with questions related to suspected abuse of a child or about reporting abuse. Links to local reporting agencies. No caller ID, Spanish available.		(800) 422-4453			
Network for Victim Recovery of DC (NVRDC)	(NVRDC) - Provides access, including free transportation, to forensic examinations following a sexual assault.	6955 Willow St NW #501 Washington, DC 20012	855-900-3247 800-641-4028 (For a forensic exam)	info@nvrdc.org		<a href="https://www.nvrdc.org">https://www.nvrdc.org</a>
Teen Lifeline	Teen Lifeline is a suicide prevention nonprofit & 24/7 crisis peer hotline for teens.		800-248-TEEN			<a href="http://www.teenlifeline.org/">http://www.teenlifeline.org/</a>
Adoption Services						
1-800-ADOPTION	As a national adoption agency, American Adoptions can meet every need in a Frederick adoption — from counseling for prospective birth mothers to helping to facilitate contact between all parties in an adoption after it has taken place. You can call our specialists at 1-800-ADOPTION anytime to learn more about our services. If, however, you'd like to research other Frederick adoption professionals, you might consider the following local agencies: Adoption Together		1-800-ADOPTION			



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Adoption Makes Family, Inc.	Adoption Makes Family, Inc. is a licensed, nonprofit adoption agency that focuses on providing international and domestic home studies.	10635 York Road Cockeysville, MD 21030	410-683-2100	dr.kirschner@adoptionmakesfamily.org		<a href="http://www.adoptionmakesfamily.org">http://www.adoptionmakesfamily.org</a>
Adoptions Together	Adoptions Together offers home studies for families adopting through their placement programs and to families adopting through other agencies and attorneys.	4061 Powder Mill Rd #320 Calverton, MD 20705	301-439-2900	info@pathsforfamilies.org		<a href="https://pathsforfamilies.org/contact-us/">https://pathsforfamilies.org/contact-us/</a>
The Barker Adoption Foundation	Barker, a nonprofit adoption agency licensed in Maryland, Virginia, and Washington, D.C., is built on the fundamental belief that all children deserve safe, loving, and permanent families.	7979 Old Georgetown Road, 1st Floor Bethesda, Maryland 20814	301-664-9664	info@barkerfoundation.org		<a href="https://www.barkeradoptionfoundation.org/about-us">https://www.barkeradoptionfoundation.org/about-us</a>
Capital Women's Care	Before an adoptive family can bring a child home, they'll be required to have a completed adoption home study. A home study is essentially an assessment of a family's readiness to adopt, but it's nothing to be nervous about. Your home study provider is there to help you on the road to adoption! When you are ready to begin the Frederick adoption home study process, contact one of the following local home study providers:	61 Thomas Johnson Drive Frederick, MD 21702	301-663-6171			<a href="https://www.cwcare.net">https://www.cwcare.net</a>
Center For Adoption Support	C.A.S.E. is a support center for adoptive families, providing specialized therapeutic services as well as numerous educational programs.	620 W Patrick Street Frederick, MD 21701	301-360-9665			<a href="https://adoptionssupport.org">https://adoptionssupport.org</a>
Cradle of Hope Adoption Center	Cradle of Hope Adoption Center is a licensed, nonprofit, Hague-accredited adoption agency providing home study, placement and post-adoption services to families adopting in the U.S. and overseas.	8630 Fenton Street Suite 310 Silver Spring, MD 20910	301-587-4400	info@cradlehope.org	Linda Perlstein Executive Director	<a href="https://cradlehope.org">https://cradlehope.org</a>
Frederick Adoption Attorneys	If you work with American Adoptions, you'll be provided with a trusted adoption attorney to represent your legal interests. If not, you'll want to begin reaching out to the following Frederick adoption lawyers:	Law Office of Elizabeth Stup, LLC 257 W Patrick Street Frederick, MD 21701	301-663-7893		Elizabeth Stup	<a href="https://elizabethstup.com">https://elizabethstup.com</a>
Frederick County Department of Social Services, Adoption	Provides adoption services at the request of the birth parents or when initiated by foster care staff. Adoption Services More information:- Adoptive parents must go through a home study process before being approved to adopt- Many children who are available for adoption have special needs or disabilities.	Frederick County Department of Social Services 1888 North Market Street Frederick, Maryland 21701	301-315-1610	<a href="mailto:fdcss.info@maryland.gov">fdcss.info@maryland.gov</a>		<a href="http://dhs.maryland.gov/local-offices/frederick-county/">http://dhs.maryland.gov/local-offices/frederick-county/</a>
Frederick Courts	Before your adoption is complete, you'll be required to attend a finalization hearing where a judge grants a final decree of adoption. In Frederick County, this will happen in the Frederick County courthouse. For more information about adoption in Frederick with our agency, please call 1-800-ADOPTION at any time.	Frederick County Courthouse 100 W Patrick Streer Frederick, MD 21701	301-600-2570			<a href="https://frederickcountymd.gov/">https://frederickcountymd.gov/</a>
Frederick Foster Care Professionals	While American Adoptions works only in private adoptions, we're still very passionate about the foster care system. If you're interested in foster parenting or adopting from foster care, contact the Frederick County Department of Social Services.	Frederick County Department of Social Services 1888 North Market Street Frederick, Maryland 21701	301-315-1610	<a href="mailto:fdcss.info@maryland.gov">fdcss.info@maryland.gov</a>		<a href="http://dhr.maryland.gov/local-offices/frederick-county/">http://dhr.maryland.gov/local-offices/frederick-county/</a>
Frederick Hospitals	If you're a pregnant woman considering adoption for your baby, you'll work with your adoption specialist to create a hospital plan, which includes details like whether or not you'd like the adoptive family in the delivery room or whether you'd like to nurse your baby. If you're an adoptive family traveling to Frederick to adopt, you can expect to visit one of the following hospitals:	Frederick Health Hospital 400 W. 7th Street, Frederick, MD 21701	240-566-3300			
Frederick International Adoption Agencies	American Adoptions only works to complete adoptions within the United States, but if you're interested in adopting from another country, that's also an option in Frederick with the following agencies:	Lutheran Social Services of the National Capital Area 1730 Rhode Island Ave NW Suite 712 Washington, DC 20036	301-596-1521			<a href="https://lssnca.org">https://lssnca.org</a>
Global Adoption Services	Global Adoption Services, Inc. is a fully Hague accredited non-profit adoption services agency designed to benefit orphaned children by providing pre- and post-adoption support, education and guidance in order to create, sustain and preserve nurturing families.	2046 Rushmore Court Bel Air, MD 21015	1-800-957-9384	maryland@adoptglobal.org	Alaina Springer Executive Director	<a href="https://www.adoptglobal.org">https://www.adoptglobal.org</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Frederick County Department of Social Services - Foster Care for Children and Licensing	Places children in either foster homes or group homes when it is clearly determined that the children can no longer remain in their own homes. Placements are court-ordered with the intent to return children to their own home as soon as possible. Provides the opportunity for individuals and families to become licensed foster parents for non-related children. Applicants must be 21 years of age, in good health, meet your family's financial obligations, pass a home health and fire inspection, agree not to use physical punishment, agree to a criminal background check, and complete training requirements. To become a foster parent call 301-600-2466 to apply.	1888 North Market Street Frederick, Maryland 21701	301-315-1610	<a href="mailto:fcdss.info@maryland.gov">fcdss.info@maryland.gov</a>		<a href="http://www.fcdss.info">www.fcdss.info</a>



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Auto/Transportation						
ADA Paratransit	ADA Paratransit is available for people with disabilities that prevent them from using the fixed-route bus service in the City of Frederick. An application needed.	Transit Services of Frederick County 1040 Rocky Springs Rd. Frederick, MD 21702	301-600-1725	<a href="mailto:transit@frederickcountymd.gov">transit@frederickcountymd.gov</a>	Jamie McKay Director	<a href="https://frederickcountymd.gov/220/Transit-plus-Demand-Response-and-ADA-Par">https://frederickcountymd.gov/220/Transit-plus-Demand-Response-and-ADA-Par</a>
Bowie Taxi	Black owned cab service providing transportation in the Frederick area for 20 years.	5953 Bartonville Rd Frederick, MD 21704	301-695-0333		William Wickey Bowie	
Maryland Department of Transportation	Taking transit is a great option for easing your commute. A car-free commute means more time for reading, listening to music, catching up on emails, or better yet, just sitting back and relaxing. A variety of transit options in the Baltimore-Washington metropolitan region can help you save time and money on your commute and many Maryland employers provide transit benefits to employees for added cost savings. If your employer doesn't offer transit benefits, our customizable template makes it easy to request them.	6601 Ritchie Highway N.E. Glen Burnie, MD 21062	410-865-1100	<a href="mailto:commuterchoice@mdot.state.md.us">commuterchoice@mdot.state.md.us</a>		<a href="https://www.mdot.maryland.gov/tso/pages/index.aspx?pageid=46">https://www.mdot.maryland.gov/tso/pages/index.aspx?pageid=46</a>
Maryland Transit Administration	The Maryland Transit Administration (MTA) is a division of the Maryland Department of Transportation, and one of the largest multi-modal transit systems in the United States. MTA operates Local Buses (CityLink and LocalLink), Commuter Buses, Light Rail, Metro Subway, Maryland Area Regional Commuter (MARC) Train Service, and a comprehensive Paratransit (MobilityLink) system. MTA also manages the Taxi Access system, and directs funding and statewide assistance to Locally Operated Transit Systems (LOTS) in each of Maryland's 23 counties, Baltimore City, Annapolis and Ocean City.	6 St. Paul St. Baltimore, MD 21202-1614	410-539-5000			<a href="https://www.mta.maryland.gov/schedule?type=marc-train">https://www.mta.maryland.gov/schedule?type=marc-train</a>
Medical Assistance Transportation Program	Clients must have active Medical Assistance (MA), live in Frederick County and do not have access to public or personal transportation. This service is a shared ride transport service for non-emergency transportation to and from medical appointments. Please contact us to verify eligibility and register for the program.	MA Transportation 350 Montevue Lane Frederick, MD 21702	301-600-3124 301-600-3101 (Last name beginning with A-K) 301-600-3364 (Last name beginning with L-Z)			<a href="https://www.frederickcountymd.gov/220/Transit-plus-Demand-Response-and-ADA-Par">Medical Assistance Transportation   Frederick County Health Department, MD</a>
Safe Ride Foundation - Rides for Good	Affordably connects lower income, pre-screened Frederick County residents with a trained volunteer who will provide transportation with the volunteer's own vehicle. Rides must be scheduled 5 days in advance and may be used for the following purposes: legal aid social services community services mental health therapy food pantries	122 East Patrick Street Frederick, MD, 21701	240-657-3090	<a href="mailto:info@ridesforgood.org">info@ridesforgood.org</a>		<a href="http://www.ridesforgood.org/">http://www.ridesforgood.org/</a>
Safe Ride Foundation - SOS Safe Ride	Provides weekend transportation within Frederick County (including Mt. Airy and Emmitsburg) for intoxicated individuals and their vehicle. First ride is free, with fee for service thereafter. 50% discount for members. Application Process: Call or download the SOS Safe Ride App. Wait period: Varies Documents required: None. Hours of Operation Sat 8:00 pm - 2:00 am Fri 8:00 am - 2:00 am	122 East Patrick Street Frederick, MD, 21701	240-722-7422	<a href="mailto:info@sossaferide.org">info@sossaferide.org</a>		<a href="http://www.sossaferide.org/">http://www.sossaferide.org/</a>
Second Chances Garage, Inc.	Provides low cost car repair services and second hand cars to income eligible individuals. Accepts vehicles as tax-deductible donation.	528 N. Market Street Frederick, MD 21701	240-724-1919	<a href="mailto:service@scgarage.org">service@scgarage.org</a>		<a href="http://www.secondchancesgarage.org/">http://www.secondchancesgarage.org/</a>
TransIT Services of Frederick County	TransIT provides public transit, paratransit and commuter services/employer outreach information throughout Frederick County, MD serving medical, employment, education, shopping centers and more! Provides shuttle routes between Frederick and the following areas: Emmitsburg/Thurmont (Mon-Sat) Frederick-Jefferson/Brunswick (Mon-Sat) North Frederick (Mon-Sat) East Frederick (Mon-Fri) Route 85 Corridor (Mon-Fri) Point of Rocks MARC station (Mon-Fri) For real-time updates (delays) either check Google Maps or Transit App.	Transit Services of Frederick County 1040 Rocky Springs Rd. Frederick, MD 21702	301-600-1725	<a href="mailto:transit@frederickcountymd.gov">transit@frederickcountymd.gov</a>	Jamie McKay Director	<a href="http://www.frederickcountymd.gov/transit">www.frederickcountymd.gov/transit</a>
TransIT Services of Frederick County - Shuttle Services	Frederick County Transit knows that sometimes it can feel like a challenge, but we've been there, and we want to make sure that you understand how to use Transit in the most effective way possible. Their Travel Training program is designed to help you learn how to read the bus schedule, know where the stops are located, understand how to use Google Transit, and make sure you feel confident in every aspect of your commute. We can provide personalized instruction which includes the practical experience of riding the bus while learning the necessary skills for independent travel. Travel Training can be provided on a one-on-one or group basis.	Transit Services of Frederick County 1040 Rocky Springs Rd. Frederick, MD 21702	301-600-2065	<a href="mailto:transit@frederickcountymd.gov">transit@frederickcountymd.gov</a>	Jamie McKay Director	<a href="http://www.frederickcountymd.gov/transit">www.frederickcountymd.gov/transit</a>
TransIT Travel Training Services	Frederick County Transit knows that sometimes it can feel like a challenge, but we've been there, and we want to make sure that you understand how to use Transit in the most effective way possible. Their Travel Training program is designed to help you learn how to read the bus schedule, know where the stops are located, understand how to use Google Transit, and make sure you feel confident in every aspect of your commute. We can provide personalized instruction which includes the practical experience of riding the bus while learning the necessary skills for independent travel. Travel Training can be provided on a one-on-one or group basis.	Transit Services of Frederick County 1040 Rocky Springs Rd. Frederick, MD 21702	301-600-1725	<a href="mailto:MDennis1@frederickcountymd.gov">MDennis1@frederickcountymd.gov</a>	Mary Dennis	<a href="https://frederickcountymd.gov/8533/Travel-Training">https://frederickcountymd.gov/8533/Travel-Training</a>
TransIT-Plus	This is a curb to curb demand-response paratransit service for older adults (60+) and people with disabilities. Other transit-dependent persons may use this service on a space-available basis.	Transit Services of Frederick County 1040 Rocky Springs Rd. Frederick, MD 21702	301-600-2065	<a href="mailto:Transit@FrederickCountyMD.gov">Transit@FrederickCountyMD.gov</a>	Jamie McKay Director	<a href="https://frederickcountymd.gov/221/Transit-plus">https://frederickcountymd.gov/221/Transit-plus</a>
Business/Entrepreneurship						
The Business Equity Coalition (BEC)	established in 2022, focuses on inclusion, access, and representation for all under- represented members of the business community.	118 N Market St Suite 100 Frederick, MD 21701	301-662-4164	<a href="mailto:info@frederickchamber.org">info@frederickchamber.org</a>	Jarad Bowers Committee Co-Chair	<a href="https://www.frederickchamber.org/business-equity-coalition.html">https://www.frederickchamber.org/business-equity-coalition.html</a>
Department of Economic Development, City of Frederick	The City of Frederick Department of Economic Development (DED) strives to increase economic opportunity in Frederick by supporting and promoting a community where businesses and residents can thrive.	101 N. Court St. Frederick, MD 21701	301-600-6360	<a href="mailto:rgriffin@cityoffrederick.com">rgriffin@cityoffrederick.com</a>	Richard Griffin Director	<a href="https://www.businessinfrederick.com">https://www.businessinfrederick.com</a>
EmPOWER Program	Seeks to serve underrepresented business owners. We include business community members who are: American Indian or Alaska Native, Asian American, Black or African American, Biracial, Hispanic, Latino, Middle Eastern, Native Hawaiian or Pacific Islander, People of Color, People with Disabilities; LGBTQ; Veterans; and Women.	Frederick County Office of Economic Development 118 N Market St, Suite 200 Frederick, MD 21701	301-600-1058		Endia Snowden	<a href="https://www.discoverfrederickmd.com/184/DEIB">https://www.discoverfrederickmd.com/184/DEIB</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
The Frederick Club of the National Association of Negro Business and Professional Women's Clubs, Inc.	NANBPWC, Inc. was founded by seven courageous visionaries who sought to: promote and protect the interests of business and professional women.	P.O. Box 794 Frederick, MD 21705		<a href="mailto:nanbpwcfredclub@gmail.com">nanbpwcfredclub@gmail.com</a>	Gwen Hoy President	<a href="http://www.frederickclubnanbpwc.com">www.frederickclubnanbpwc.com</a> <a href="https://www.facebook.com/NANBPW/">https://www.facebook.com/NANBPW/</a>
Frederick County Chamber of Commerce	Provides networking opportunities, business resources, and advocacy for businesses of all sizes and industries in Frederick County, including minority-owned businesses.	118 N Market St Suite 100 Frederick, MD 21701	301-662-4164	<a href="mailto:info@frederickchamber.org">info@frederickchamber.org</a>		<a href="https://www.frederickchamber.org">https://www.frederickchamber.org</a>
Frederick County Office of Economic Development	Offers resources, incentives, and support for businesses looking to start, expand, or relocate to Frederick County, including minority-owned businesses.	Frederick County Office of Economic Development 118 N Market St, Suite 200 Frederick, MD 21701	301-600-1058			<a href="https://www.discoverfrederickmd.com/">https://www.discoverfrederickmd.com/</a>
Greenbank Business Services	At Greenbank Business Services, the mission is to help creatives and holistic entrepreneurs not only keep up with their financials but to understand them, so they can make informed and strategic business decisions that help them thrive. Founder, Marie Greenbank, is about helping small business owners understand and implement financial strategies that get results.		301-276-4664		Marie Greenbank President	<a href="https://www.greenbankbusinessservices.com">https://www.greenbankbusinessservices.com</a>
Maryland Black Chamber of Commerce	The Maryland Black Chamber of Commerce is a 501(c)(3) organization that aims to contribute towards the growth of black businesses in Maryland. We serve to empower and equip black business owners with the right tools and resources to help them grow their businesses.	8070 Georgia Avenue, Suite 402 Silver Spring, Maryland 20910		<a href="mailto:info@marylandbcc.org">info@marylandbcc.org</a>	Kenneth White President	<a href="https://marylandbcc.org">https://marylandbcc.org</a>
The Public Assistance to Entrepreneurship Program (PA2E)	The Public Assistance to Entrepreneurship Program (PA2E) offers classes on starting a business. The primary goal is 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.	1888 North Market Street Frederick, MD, 21701	301-600-4555	<a href="mailto:fia@maryland.gov">fia@maryland.gov</a>		<a href="https://dhs.maryland.gov/workforce-development/public-assistance-entrepreneurship-pa2e/">https://dhs.maryland.gov/workforce-development/public-assistance-entrepreneurship-pa2e/</a>
Small Business Development Center	Provides guidance, training, and resources for Black entrepreneurs and small business owners in Frederick County to start, grow, and sustain their businesses.	Frederick County Office of Economic Development 118 N Market St, Suite 200 Frederick, MD 21701	301-600-1058	<a href="mailto:ldrosdak@carrollcc.edu">ldrosdak@carrollcc.edu</a>	Lee Drosdak SBDC Business Consultant Frederick County	<a href="https://www.discoverfrederickmd.com/210/1940/Small-Business-Development-Center">https://www.discoverfrederickmd.com/210/1940/Small-Business-Development-Center</a>
Soul Street	We are a local collective of Black business owners and community members in Frederick who have come together to empower the Black business community through events, outreach, advocacy and education.			<a href="mailto:info@mysoulstreet.com">info@mysoulstreet.com</a>		<a href="https://mysoulstreet.com">https://mysoulstreet.com</a>
Food Security						
Brunswick Ecumenical Assistance Committee on Need (BEACON)	Provides emergency food assistance once a month to area residents. Open every Thursday evening from 6:30-8PM and 1st Sat of each month from 9:30AM-11AM.	601 East Potomac Street Brunswick MD 21716	301-834-9718			<a href="https://www.brunswickbeacon.org/">https://www.brunswickbeacon.org/</a>
Brunswick Food Bank	Food Bank Hours: Thursdays 6:30-8:00pm First Saturday each month from 10:30am -12:00pm Bring a photo ID and proof of Frederick County residency. Can go once a month.	18 S. Maple Street Brunswick, MD 21716	301-834-9718			<a href="http://www.brunswickbeacon.org/food-bank/">http://www.brunswickbeacon.org/food-bank/</a>
Emmitsburg Food Pantry	Targets individuals and families in the Emmitsburg school district. Distributes governmental food supplies for qualified individuals and families. May access service once a month. Photo ID required and proof of residency required.	130 S Seton Ave Rear Emmitsburg, MD 21727	717-642-6963	<a href="mailto:kellyphy82547@gmail.com">kellyphy82547@gmail.com</a>	Phyllis Kelly	<a href="https://www.emmitsburgmd.gov/community_outreach/food-bank/index.php">https://www.emmitsburgmd.gov/community_outreach/food-bank/index.php</a>
Feeding Frederick	Not only is Feeding Frederick about helping people find access to free food resources, but it also creates an opportunity to discover where these providers are located in your own immediate community. Monday: Monocacy Village Shopping Center at 12:00pm (in front of Dollar General) Tuesday: Amber Meadows Park between 12:00-12:45pm (201 Amber Drive) American Legion Parking Lot at 1:00pm (1450 Taney Ave) Taney Village at 12:00pm		211			<a href="https://servingtogetherproject.org/feeding-frederick/">https://servingtogetherproject.org/feeding-frederick/</a>
Frederick Community Action Agency Food Distribution Sites	Carrollton Park at 1:00pm (455 Center Street) Tuesday: Amber Meadows Park between 12:00-12:45pm (201 Amber Drive) American Legion Parking Lot at 1:00pm (1450 Taney Ave) Taney Village at 12:00pm Catoclin Manor at 12:00pm Wednesday: (Wednesday sites alternate - Check Facebook page) Hickory Hills between 12:00-1:	14 East All Saints Street Frederick, MD 21701	301-600-6263			<a href="http://www.cityoffrederick.com/fcaa">www.cityoffrederick.com/fcaa</a>
Frederick Community Fridge	Frederick Community Fridge: for the community by the community.	15 W Church Street Frederick MD 21701		<a href="mailto:frederickcommunityfridge@gmail.com">frederickcommunityfridge@gmail.com</a>		<a href="https://www.facebook.com/frederickcommunityfridge/">https://www.facebook.com/frederickcommunityfridge/</a>
Frederick Community Table	Through a wide array of programs and services, the Frederick Community Action Agency (FCAA) provides food, shelter, medical care, housing, and other forms of assistance to families and individuals who are lower-income or homeless. Provides 3-5 day supply of food to families and individuals ✓ Hot meals: Carryout only. Open daily 5:30PM - 6:30PM	100 South Market Street Frederick, MD 21701	301-600-1506			<a href="https://www.cityoffrederick.com/462/Food-Bank-Program">https://www.cityoffrederick.com/462/Food-Bank-Program</a>
Frederick County Department of Social Services: SNAP	Subsidizes the cost of groceries based on household size, income, expenses, and assets. Eligible applicants may receive expedited benefits within 7 days. Migrant/seasonal workers and qualified immigrants may also be eligible for SNAP benefits. Contact DSS for details.	1888 North Market Street Frederick, MD, 21701	301-600-4555	<a href="mailto:fia@maryland.gov">fia@maryland.gov</a>		<a href="https://mydmthink.maryland.gov/">https://mydmthink.maryland.gov/</a>
Frederick Food Bank	The Department of Housing & Human Services (HHS) operates the Frederick Foodbank which serves approximately 600 to 700 households each month. Started in 1983, the Frederick Foodbank is staffed by 50 volunteers and provides a 3- to 5-day supply of food to families and individuals that are experiencing an economic crisis and cannot afford their groceries. Currently, the Food Bank operates out of two locations. Hours: Mon, Tue, Thur, Fri, 2PM-4PM; Mon and Wed, 6PM-8PM Trinity Location: 6040 New Design Road, Frederick, MD 21703 Hours: Tues, Wed, Thurs, 2PM-4PM	14 East All Saints Street Frederick, MD 21701	301-600-6263			<a href="https://www.cityoffrederickmd.gov/462/Food-Bank-Program">https://www.cityoffrederickmd.gov/462/Food-Bank-Program</a>
Frederick Rescue Mission	Food Distribution Center/Food Bank: Pre-packed boxes with assorted groceries available for pick-up Tuesday & Wednesday 1:30-3:30PM Thursday 2:00-5:00PM Hot Meals: (Available to go) Breakfast is 7:00am-8:00am everyday Lunch is 12:00-1:30pm Monday-Saturday and 1:00-2:00pm Sunday	419 West South Street Frederick, MD 21701	301-695-6633			<a href="http://www.therescuemission.org">www.therescuemission.org</a>
Glade Valley Food Bank	Food Bank Hours: Mondays: 6:30pm - 7:30pm Thursdays: 1:00pm - 3:00pm	21 West Frederick Street Walkersville, MD 21793 (Town Hall)	301-845-4229	<a href="mailto:gvtb21w@gmail.com">gvtb21w@gmail.com</a>		<a href="http://gladevalley.org/services/food-bank/">http://gladevalley.org/services/food-bank/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Maryland Department of Human Services - Restaurant Meals Program	Allows elderly, homeless, and disabled SNAP (Supplemental Nutrition Assistance Program) recipients to use their SNAP benefits for prepared or hot food from participating restaurants and delis. Eligibility: SNAP recipients who meet one of the following criteria: * experiencing homelessness, * age 60 or older (including spouse), or * disabled (including spouse).	KFC, 1 Thurmont Boulevard Thurmont, Maryland 21788	410-333-3331	<a href="mailto:dhhelp@dh.state.md.us">dhhelp@dh.state.md.us</a>		
Maryland Hunger Solutions	Provides help connecting with community food resources.	1200 18th Street NW, Suite 400 Washington, D.C. 20036	410-528-0021	<a href="mailto:info@mdhungersolutions.org">info@mdhungersolutions.org</a>		<a href="https://www.mdhungersolutions.org/get-help/">https://www.mdhungersolutions.org/get-help/</a>
Meals on Wheels	Provides two free daily meals for homebound adults 60 and older or adults of any age with a chronic health condition or disability who meets program eligibility guidelines.	Division of Aging and Independence 1440 Taney Ave. Frederick, MD 21702	301-600-3524			<a href="https://frederickcountymd.gov/159/Meals-on-Wheels-HomeDelivered-Meals">https://frederickcountymd.gov/159/Meals-on-Wheels-HomeDelivered-Meals</a>
Middletown Valley Food Bank	The Middletown Valley Food Bank's (MVFB) goal is to alleviate hunger in our community by soliciting, collecting and distributing food and personal supplies through a food pantry located on Main Street. We are supported by the local Zion Lutheran Church and other community organizations. Wednesday 1:00 PM - 3:00 PM Saturday 9:00 AM - 11:00 AM	301 West Main Street Middletown, MD 21769	301-371-3182			<a href="https://www.middletownvalleyfoodbank.com">https://www.middletownvalleyfoodbank.com</a>
Nutrition Services for Older Adults and Caregivers	Maryland residents who are at least 60 or older who meet the requirements	Maryland Department of Aging 301 West Preston Street, Suite 1007 Baltimore, MD 21201		<a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a>		<a href="https://aging.maryland.gov/Pages/Nutrition%20Services%20for%20Consumers.aspx">https://aging.maryland.gov/Pages/Nutrition%20Services%20for%20Consumers.aspx</a>
Raven House Food Pantry	Located in: Cutting Edge Ministries	32 East Hagerstown Ave. Hagerstown MD 21740	301-714-4740			<a href="https://www.foodbanks.net/organization/721/raven-house-food-pantry/">https://www.foodbanks.net/organization/721/raven-house-food-pantry/</a>
South County Food Pantry & Micah's Pantry	The South County Food Pantry is an independent 501(c)(3) nonprofit that resides at Trinity Evangelical Lutheran Church and is open the 1st and 3rd Thursdays of each month from 1pm to 3pm. Families in need of food may visit the pantry once a month. Parking lot behind the church. Please enter side door off alley.	64 S. Main Street Boonsboro, MD 21713		<a href="mailto:info@southcountyfoodpantry.org">info@southcountyfoodpantry.org</a>		<a href="http://www.southcountyfoodpantry.org">www.southcountyfoodpantry.org</a>
Thurmont Food Pantry	Provides non-perishable and perishable food and hygiene supplies to residents. Supplies non-perishable food and eggs, milk, fresh fruit, fresh vegetables. Also supplies items such as paper towels, toilet paper, dish washing liquid, and tooth paste to residents of the area. Targets residents in Thurmont, Rocky Ridge, Lewistown, Graceham, Frederick, and Sabillasville area's.	10 Frederick Rd. Thurmont, MD 21788		<a href="mailto:thurmontfoodbank@gmail.com">thurmontfoodbank@gmail.com</a>		<a href="http://www.thurmontfoodbank.com">www.thurmontfoodbank.com</a>
Education Services						
Adult Basic Education Frederick Community College	Maryland resident who is age 16 and over and officially withdrawn from school and either does not have a high school diploma or GED, or whose native language is other than English for ESL. Call to make a reservation to attend an orientation for testing and placement. Types of Services: GED classes, English as a Second Language and Family Literacy classes, External Degree program to earn a high school diploma, and Adult Basic Education classes. Orientations are held during day and evening hours at various community locations including the FCC main campus, FCC Monroe Center, and Frederick County Workforce Services-Business and Employment Center at 5340-A Spectrum Drive.	Frederick Community College 7932 Opossumtown Pike Frederick, Maryland, 21702	240-629-7962	<a href="mailto:adulthood@frederick.edu">adulthood@frederick.edu</a>	Jennifer Leonard Adult and Parent Education and Outreach Coordinator	<a href="https://www.frederick.edu/workforce-continuing-education/ce/adult-ed.aspx">https://www.frederick.edu/workforce-continuing-education/ce/adult-ed.aspx</a>
Frederick Community College (FCC)	FCC provides quality instruction in more than 85 degree and certificate programs, workforce training, and continuing education courses.	Frederick Community College 7932 Opossumtown Pike Frederick, Maryland, 21702	301-846-2400	<a href="mailto:admissions@frederick.edu">admissions@frederick.edu</a>	Admissions Department	<a href="http://frederick.edu">frederick.edu</a>
Frederick County Public Libraries	Provides various adult and children's programs and a reference staff to assist patrons in finding information and locating materials. Offers books, e-books, books on CD or digital format, music, CDs and periodicals to check out for a 21 day circulation period and videos and DVDs circulate for 7 days. Provides meeting rooms and study rooms open to public, interlibrary loan services, operates book mobiles. Offers business, health and medical information, job search aids, home schooling materials, internet access, online databases, and a technology center with word processing software on public computers. Maintains a database of agencies and organizations serving county residents. Provides information to persons who call or visit the library and information may be accessed through the website.	Main Branch, C. Burr Artz Public Library 110 E Patrick Street, Frederick, MD 21701	301-600-1630		Beth Hellebride Library Administrator	<a href="https://www.fcpl.org/">https://www.fcpl.org/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Hood College	Through an integration of the liberal arts and the professions, Hood College provides an education that empowers students to use their hearts, minds and hands to meet personal, professional and global challenges and to lead purposeful lives of responsibility, leadership, service and civic engagement.	401 Rosemont Ave. Frederick, MD 21701	301-696-3131			<a href="https://www.hood.edu">https://www.hood.edu</a>
FCC - Institute for Learning in Retirement (ILR)	In the City of Clustered Spires, the Institute for Learning in Retirement (ILR) at Frederick Community College is Frederick County's premier knowledge and discovery destination for adults. At ILR, classes are designed to provide you with quality and accessible opportunities for intellectual stimulation and personal enrichment. ILR offers a breadth of diverse courses to fulfill the intellectual, social, spiritual, and physical interests of adults.	Frederick Community College 7932 Opossumtown Pike Frederick, Maryland, 21702	301-846-2561	ILR@frederick.edu		<a href="https://ilrfcc.org">https://ilrfcc.org</a>
Literacy Council of Frederick County	The Literacy Council provides Frederick County adults with pathways to essential literacy skills.	110 E. Patrick St. Frederick, MD 21701	301-600-2066	info@frederickliteracy.org	Nancy Gibbons Director of Operations	<a href="https://www.frederickliteracy.org/">https://www.frederickliteracy.org/</a>
Maryland School for the Deaf	Provides public education for Maryland students from birth up to age 21 who are deaf or hard of hearing. Offers educational and hearing assessments, family support services, speakers, residential and day programs available.	101 Clarke Place Frederick, MD, 21705	301-360-2000	<a href="mailto:frederick@msd.edu">frederick@msd.edu</a>		<a href="http://www.msd.edu/">http://www.msd.edu/</a>
Mount St. Mary's University - Frederick Campus	Our division operates from Mount St. Mary's University Frederick campus and online, where it offers convenient, flexible and affordable online and evening courses intended for working community college and adult students.	5350 Spectrum Drive Frederick, MD 21703	301-682-8315	frederickadmissions@msmary.edu		<a href="https://msmary.edu/frederick">https://msmary.edu/frederick</a>
Project Forward Step	Project Forward Step is a support program designed to meet the needs of returning adult students, specifically single parents (including single pregnant women) and students age 24 and over, who are limited income, out-of-workforce, or are homeless.	Student Success Programs Annapolis Hall, A103 7932 Opossumtown Pike Frederick, MD 21702	301-624-2862	studentparents@frederick.edu	Jennifer Leonard	<a href="https://www.frederick.edu/student-resources/student-success-programs/project-forward-step.aspx">https://www.frederick.edu/student-resources/student-success-programs/project-forward-step.aspx</a>
Tax Services						
Colbert Ball Tax Services	Colbert/Ball Tax Services provides tailored, next-level tax and financial services to the individuals, small business owners, and nonprofit organizations in the Frederick and DMV area	50 Citizens Way, Suite 202-6 Frederick MD 21701	301-378-9219	darrick.bowens@colbertballtax.com	Darrick Bowens	<a href="https://www.colbertballtax-frederick.com">https://www.colbertballtax-frederick.com</a>
VITA Tax Prep Resource	The Volunteer Income Tax Assistance (VITA) program offers FREE tax return preparation for qualified individuals who had income less than \$64,000 in 2023. We are committed to helping our ALICE neighbors with low and moderate incomes receive the refunds and tax credits they deserve.	629 N Market Frederick, MD 21701	301-663-4231	jromani@uwfrederick.org	John Romani VITA Program Manager	<a href="https://www.unitedwayfrederick.org/taxprep">https://www.unitedwayfrederick.org/taxprep</a>
Employment						
Frederick County American Job Center	Frederick County American Job Center strives to provide customer-driven workforce services for all customers.  We provide a variety of employment and support resources to assist job seekers in achieving their employment goals. Meet with consultants to discuss career exploration, referrals to training programs, résumé preparation, and workshops to enhance job seeking skills and work readiness. Access computers with Internet, printers, photocopiers, fax machines, telephones, and a variety of job search resource materials.	200 Monroe Avenue, Suite 1 Frederick, Maryland 21701	301-600-2255	frick.js@maryland.gov		<a href="https://labor.maryland.gov/county/fred/">https://labor.maryland.gov/county/fred/</a>
Justice Jobs of Maryland, Inc.	Helping job seekers with barriers to employment get a job, keep that job, and move up to better jobs!	22 S. Market St. Room #110 Frederick, MD 21701	301-360-3503	info@justicejobsmd.org	Robert Clegg	<a href="https://www.justicejobsmd.org">https://www.justicejobsmd.org</a>
Frederick County Job Training Agency	Provides a wide-range of job training and educational services.	7340 Executive Way, Suite U Frederick, Maryland 21704	301-846-2255			
Frederick County Workforce Services	Provides job search assistance, career counseling, training programs, and workshops to help Black residents in Frederick County find employment and advance in their careers.				Michelle M. Day Director	<a href="https://www.frederickworks.com/">https://www.frederickworks.com/</a>
Maryland Department of Labor	Offers employment services, training programs, and resources for job seekers and workers in Maryland. Provides information on job openings, apprenticeships, and career development opportunities.	200 Monroe Avenue, Suite One Frederick, MD 21701	301-600-2255	fcws@frederickworks.com		<a href="https://labor.maryland.gov/">https://labor.maryland.gov/</a>
Financial Assistance						
Ausherman Family Foundation	Human Services programs and services that provide basic welfare to help individuals, families, and communities to prevent, alleviate, or better cope with crisis, change, and stress. This includes the following sub-categories: crime and delinquency prevention, legal services, employment/jobs, food, housing/shelter, and women's issues.	7420 Hayward Road, Suite 203 Frederick, MD 21702	301-620-4443	info@ausherman.org	Leigh Adams Executive Director	<a href="https://www.aushermanfamilyfoundation.org/">https://www.aushermanfamilyfoundation.org/</a>
Crossed Bridges	Connecting volunteers to help with items and services needed from our community's local non-profits and government agencies.	8707 Indian Springs Road Frederick, MD 21702		info@crossedbridges.com	Jonathan & Carol Switzer, Founders	<a href="http://crossedbridges.com/">http://crossedbridges.com/</a>
FindHelp.org	Search and connect to support. Find financial assistance, food pantries, medical care, and other free or reduced-cost help in your area, anywhere in the US.					findhelp.org

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Frederick County Department of Social Services	Financial Assistance Supplemental Nutritional Assistance Program (SNAP) Temporary Cash Assistance (TCA) Temporary Disabilities Assistance Program (TDAP) Food Supplement, TCA, and TDAP Emergency Assistance for Families & Children (EAFIC) Child Care Scholarship (CCS) Medical Assistance (Medical/MA)	1888 North Market Street Frederick, Maryland 21701	301-600-4555	FCDSS.info@maryland.gov		<a href="https://dhs.maryland.gov/local-offices/frederick-county/">https://dhs.maryland.gov/local-offices/frederick-county/</a>
Fusions Lions Club of Frederick	Since 1922 the Lions Club of Frederick has served the community, giving generously of time and talent to assist private and public agencies in our quest to help make Frederick and our world a better place to live and work.	Elks Lodge #684 289 Willowdale Dr, Frederick MD 21702		<a href="mailto:jakebasford@yahoo.com">jakebasford@yahoo.com</a>	Dick Basford	<a href="https://www.e-clubhouse.org/sites/frederickmd/">https://www.e-clubhouse.org/sites/frederickmd/</a>
Glade Valley Emergency Relief Fund	The Glade Valley Emergency Relief Fund is able to help with Utilities (electric, water), heating oil, mortgage/rent, prescription medication, other medical expenses. Other types of emergency assistance considered on a case-by-case basis.	P.O. Box 655 Walkersville, MD 21793	301-845-4229	<a href="mailto:gladevalley.org@gmail.com">gladevalley.org@gmail.com</a>	Susan Hayes	<a href="http://gladevalley.org/services/emergency-relief-fund/">http://gladevalley.org/services/emergency-relief-fund/</a>
Helping Hands & Caring Hearts	Helping Hands and Caring Hearts is a IRS approved 501(c)(3) nonprofit created in 2022 to inspire, strengthen and empower individuals to make their own choices, and not be afraid or intimidated to ask for and get the help they need to be able to have a better life, and to break the systematic cycle.	12428 Fingerboard Rd. Monrovia MD 21770	240-388-6514	<a href="mailto:hhchearts@gmail.com">hhchearts@gmail.com</a>		<a href="http://www.helpinghandsandcaringhearts.org">www.helpinghandsandcaringhearts.org</a>
Maryland Department of Human Services	We are the state's human services provider. We help Marylanders buy healthy foods, pay energy bills, and obtain medical assistance. We also provide stable environments for children and adults. We may be able to help you.	25 South Charles Street Baltimore, MD 21201-3330	800-332-6347			<a href="https://dhs.maryland.gov">https://dhs.maryland.gov</a>
People Helping People, Middletown Valley	Must be a resident of Middletown Valley (Middletown High School feeder schools). Provides financial assistance, free tax preparation, drivers for medical appointments, coordinates holiday assistance, contributes to local school supply drive, exercise classes for 50 and older seniors, and offers information and referrals to other programs as needed.	P.O. Box 477 Middletown, Maryland 21769	301-371-3119	<a href="mailto:mvphpm@gmail.com">mvphpm@gmail.com</a>		<a href="https://mvphp.org/our-programs/">https://mvphp.org/our-programs/</a>
Prosperity Center of Frederick County	The Prosperity Center improves lives by providing effective pathways to housing, transportation and careers by creating a one-stop resource for individuals and families. Prosperity Center programs create Pathways to Financial Stability for local ALICE households.	Bernard W. Brown Community Center 629 N. Market Street Frederick, MD 21701	301-663-4231	<a href="mailto:info@prosperitycenter.org">info@prosperitycenter.org</a>		<a href="https://www.unitedwayfrederick.org/prosperitycenter">https://www.unitedwayfrederick.org/prosperitycenter</a>
Salvation Army of Frederick County	Financial assistance is offered to residents who have a utility turn-off notice, notice of legal eviction, or in need of a prescription. Applicants need to provide proper identification, proof of income and proof of need. Assistance is provided based on the availability of funds. Appointment needed.	223 W 5th Street Frederick, MD 21701	301-662-2311			<a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>
Seton Center	We assist neighbors in need with a variety of programs, including: Food, Rent, and Utility Assistance DePaul Dental: Better Oral Health Seton Center Wellness Group: Healthy Living On-Site Community Partners/Community Connections: Providing on-site access to other community agencies Helping Hands: Thanksgiving and Christmas Meals Seton Family Store: Affordable, Quality Items - all purchases support Outreach programs	226 E Lincoln Ave. Emmitsburg, MD 21727	(301) 358-3188	<a href="mailto:outreach@setoncenter.org">outreach@setoncenter.org</a>		<a href="https://www.setoncenter.org/">https://www.setoncenter.org/</a>
St. Vincent de Paul Society, Frederick County	Offers residents of the county emergency financial assistance for eviction prevention, utility assistance, and other matters on a case by case basis.	114 E 2nd Street Frederick, MD 21701	301-662-4676	<a href="mailto:SVDPFred@gmail.com">SVDPFred@gmail.com</a>		<a href="http://www.svdpusa.org">www.svdpusa.org</a>
Supporting Older Adults through Resources - Financial Assistance Programs	Provides financial assistance for seniors 65 and older who meet income requirements. Needs funded include prescription assistance, transportation, in home support, home modifications and supplies, durable medical equipment, food & household items. Assistance can also be provided to caregivers.	PO Box 1603 Frederick, MD, 21702	240-575-9665	<a href="mailto:info@soarfrederick.org">info@soarfrederick.org</a>		<a href="http://www.soarfrederick.org/">http://www.soarfrederick.org/</a>
Temporary Cash Assistance	Designed to help families become independent of welfare support through work, personal responsibility and community involvement. Clients are required to participate in some sort of work activities for a minimum of 30 hours per week, in exchange for temporary cash assistance, child care, and training. Where to Apply: Apply online: Go to MyMDTHINK website <a href="https://mymdthink.maryland.gov/home/#/">https://mymdthink.maryland.gov/home/#/</a> Apply at your Local Department of Social Services in person. You may also file an application by mail, fax or other electronic means or someone may drop an application off for you.	1888 North Market Street Frederick, Maryland 21701	301-600-4555	<a href="mailto:fcdss.fia@maryland.gov">fcdss.fia@maryland.gov</a>		<a href="https://dhs.maryland.gov/weathering-tough-times/temporary-cash-assistance/">https://dhs.maryland.gov/weathering-tough-times/temporary-cash-assistance/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Temporary Disabilities Assistance Program (TDAP)	Provides a time limited cash assistance program for individuals with a disability that prevents them from remaining in the workforce.	1888 North Market Street Frederick, Maryland 21701	301-600-4555	fcdss.fia@maryland.gov		<a href="https://dhs.maryland.gov/local-offices/frederick-county/">https://dhs.maryland.gov/local-offices/frederick-county/</a>
The Community Foundation of Frederick County	The Community Foundation is dedicated to connecting people who care with causes that matter to enrich the quality of life in Frederick County now and for future generations.	312 East Church Street Frederick, MD 21701	301-695-7660	info@FrederickCountyGives.org	Diana Fulchiron Director of Community Impact	<a href="https://www.frederickcountygives.org/">https://www.frederickcountygives.org/</a>
The Helen J. Serini Foundation	The Helen J. Serini Foundation supports innovative interventions that remove or address the root causes of systemic barriers to health, safety, shelter and opportunity in the communities where we work and live.	PO Box 146 Reisterstown, Maryland 21136		info@hjsfoundation.org; kmchugh@hjsfoundation.org	Lisa M. Clark Executive Director	<a href="http://www.hjsfoundation.org/">http://www.hjsfoundation.org/</a>
United Way of Frederick County	The United Way of Frederick County offers programs and initiatives focused on economic stability, education, and health for individuals and families in need. Provides access to financial coaching, job training, and emergency assistance services.	629 N Market Frederick, MD 21701	301-663-4231	info@uwfrederick.org	Joyce Kwamena-Poh Director of Operations	<a href="https://www.unitedwayfrederick.org/">https://www.unitedwayfrederick.org/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Health Services						
Breast and Cervical Cancer Program (BCCP)	The Frederick County Health Department's Breast and Cervical Cancer Program provides clinical breast exams, mammograms and pap tests at "no cost" to eligible women. Diagnosis and treatment services are also available. Must be Frederick and Montgomery County residents; Women age 40 and older; Underinsured or uninsured and meets program income guidelines.	Community Health Services Division 350 Montevue Lane Frederick, MD 21702	301-600-1733			<a href="https://health.frederickcountymd.gov/471/The-Breast-Cervical-Cancer-Screening-Pro">https://health.frederickcountymd.gov/471/The-Breast-Cervical-Cancer-Screening-Pro</a>
Care Net Pregnancy Center of Frederick	A medical pregnancy resource center for women and teens that offers a variety of support services. All services are confidential and free. Offers free pregnancy tests, medical consultation and pregnancy confirmation ultrasounds. Provides free Sexually Transmitted Infections and Sexually Transmitted Disease testing for women and female teens. Prescriptions available at requested pharmacy. Provides education to women (and men) regarding reproductive issues by providing facts about pregnancy, parenting, adoption, abortion, relationships and health. Incentive classes on pregnancy, infant care, parenting, life skills, and much more.	707 N Market Street Frederick, MD 21701	301-662-5300	info@carenetfrederick.org		www.carenetfrederick.org
Family Partnership of Frederick County, Family Support Services	Family Partnership (FP) is responsive to the Frederick County community, and we involve our participants as equal partners in program development and execution. We offer an array of services at Family Partnership. At the heart of the Family Support Center philosophy is the idea of service coordination, interdisciplinary teamwork and viewing families as a total unit.	Family Partnership of Frederick County 8420 Gas House Pike, Suite EE Frederick, MD 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Family Partnership of Frederick County, Home Visiting Services	Provided to families who are unable to attend the Center for a variety of reasons with the hope that each family can be transitioned into the Center, as appropriate. These services are provided to expectants and / or families with children 0 to 3 years old.	Family Partnership of Frederick County 8420 Gas House Pike, Suite EE Frederick, MD 21701	301-600-2206	fampart@frederickcountymd.gov		<a href="https://frederickcountymd.gov/fp">FrederickCountyMD.gov/fp</a>
Frederick County Health Department	The Frederick County Health Department is actively involved in various programs and initiatives within the community in our effort to improve health and wellness for all our citizens. Walk-in hours: Main location hours: Monday, Tuesday, Wednesday and Thursday 8 am-3 pm; Friday 8 am-12 pm	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702 1st Floor, Entrance A, first door on the right  Frederick County Health Department on the Golden Mile 1100 West Patrick St. Suite H Frederick, MD 21703 Walk-in hours: Thursday 2-4pm	301-600-1029			<a href="https://health.frederickcountymd.gov">https://health.frederickcountymd.gov</a>
Frederick Families First	Program for mothers, fathers, youth and children that support and strengthen families and communities.	520 North Market Street Frederick, Maryland 21701	301-846-2277			
HealthChoice Help Line for Pregnant Women	You can call this number to: Ask about HealthChoice benefits and how to access health services; Find out about prenatal programs; Request an application for Medical Assistance for pregnant women (also known as Medicaid)		1-800-456-8900			<a href="https://health.frederickcountymd.gov/DocumentCenter/View/7807/PW-English-Help-Line-for-Pregnant-Women?bidId=">https://health.frederickcountymd.gov/DocumentCenter/View/7807/PW-English-Help-Line-for-Pregnant-Women?bidId=</a>
Healthy Families Frederick County	Specially trained Family Support Specialist will meet their families in their homes and help first time moms give their child the best possible start. Eligible to first time moms who is pregnant or has a newborn less than three months old in Frederick County.	226 S Jefferson Street Frederick, MD 21701	301-663-6183	m Spencer@fcmha.org		<a href="https://fcmha.org/how-we-help/healthy-families/">https://fcmha.org/how-we-help/healthy-families/</a>
Maryland Children's Health Program (MCHP)	Health care coverage for income-qualifying children, pregnant women, and adults under 65 years. Medicaid enrollment. MCO enrollment. Assistance with verifications. Navigator assistance with QHP (Qualified Health Plans). You can apply for Medicaid or MCHP any time. Apply now and create an account at Maryland Health Connection.	Maryland Health Connection P.O. Box 857 Lanham, MD 20703	1-855-642-8572			<a href="https://md-frederickcountyhealth.civicplus.com/196/Maryland-Childrens-Health-Program-MCHP">https://md-frederickcountyhealth.civicplus.com/196/Maryland-Childrens-Health-Program-MCHP</a>
Maternal Child Care Program	The Maternal Child Health Program (MCH) within the Community Health Services division. Maternal Child Health promotes and improves the health of mothers and children through various programs.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	<u>301-600-1733</u>	maternalchildhealth@frederickcountymd.gov	Dr. Miriam Dobson, RN, CPH, CHW-C, Division Director	<a href="https://health.frederickcountymd.gov/287/Maternal-Child-Health">https://health.frederickcountymd.gov/287/Maternal-Child-Health</a>
Planned Parenthood of Maryland, Frederick County Clinic	Offers comprehensive reproductive health care services. Offers GYN exams, pregnancy testing with counseling and referral on all options for continuing or terminating pregnancy, family planning counseling and supplies, diagnosis and treatment of sexually transmitted diseases and HIV testing and counseling. Offers routine health screenings, pap, and breast exams to women.	170 Thomas Johnson Dr STE 100 Frederick, MD 21702	410-576-1414		Lindsay Roemer Director of Education	<a href="https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620?utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing">https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620?utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Women Infants & Children (WIC) Program	WIC provides nutrition education, breastfeeding support, healthy supplemental foods, and health referrals for pregnant women, new mothers, infants, and children under age five. If your eWIC card is lost, stolen, or damaged, call eWIC Customer Service at 1-844-309-6097. Cards will be replaced by regular mail. You should receive your card in five to seven days.	Frederick County Health Department 350 Montevue Lane Entrance B Frederick, MD 21702	301-600-2507	wicprogram@frederickcountymd.gov		<a href="http://health.frederickcountymd.gov/200/WIC">http://health.frederickcountymd.gov/200/WIC</a>
Education and Support Services						
Baby Best	Our Baby BEST (Breastfeeding Education and Support Together) is a program offered by the Birth Place to support nursing moms.	Frederick Health 400 West 7th Street Frederick, MD 21701	240-566-3880			<a href="https://www.frederickhealth.org/services/birth-place/childbirth-education-resources/">https://www.frederickhealth.org/services/birth-place/childbirth-education-resources/</a>
Birthright	At Birthright, we understand the challenges related to unplanned pregnancies. Birthright is available to women for as long as they need us. We offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities, or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone.	250 West Patrick St. Frederick, Maryland, 21701		contact@birthright.org		<a href="https://birthright.org/frederick/">https://birthright.org/frederick/</a>
Black Mama's Building Bridges (BMBB)	BMBB raises awareness about disparities in black maternal health, provide a platform for meaningful discussions, and share valuable information on prenatal care, mental health, policy advocacy, and community support. The organization also hosts the Black Maternal Health Summit in partnership with Hood College and the Frederick County Health Department that features keynote speakers, panel discussions, workshops, networking opportunities and vendor showcases.			bmbbfrederick@gmail.com	Akiyiah Billups	<a href="https://www.facebook.com/bmbbfrederick/about">https://www.facebook.com/bmbbfrederick/about</a>
Every Mother Counts	Offers a Black Maternal Health Resource List related to racism and the Black Maternal health crisis in the US. This list serves as a starting point for ourselves and our community in learning more about how systemic racism is driving the Black maternal health crisis in the United States.		646-918-6609	info@everymothercounts.org		<a href="https://everymothercounts.org/anti-racist-reading/">https://everymothercounts.org/anti-racist-reading/</a>
Family Partnership of Frederick County, Parent Education	These services are designed to enhance parenting skills for mothers, fathers and other primary caregivers and include parent education, parenting enhancement activities, informal interactions, role modeling and peer education. Parent education is provided both formally and informally in group and individual settings. Staff takes advantage of teachable moments that present themselves throughout the course of the day through informal interactions, role modeling, and during home visits. Family Partnership's formal parent education is based on the Nurturing Parenting curriculum. Informal parent education classes are based on topics of interest. Offers free transportation to those within a 10 miles radius of the center for programs and childcare while parent is on site.	Family Partnership of Frederick County 8420 Gas House Pike, Suite EE Frederick, MD 21701	301-600-2206			<a href="https://frederickcountymd.gov/776/Family-Partnership-Services">https://frederickcountymd.gov/776/Family-Partnership-Services</a>
Irth App	The only app where you can find prenatal, birthing, postpartum and pediatric reviews of care from other Black and brown women. The #1 "Yelp-like" platform for the pregnancy and new motherhood journey, made by and for people of color. Search doctor and hospital reviews from your community! Leave a review today to help inform and protect others!					<a href="https://irthapp.com">https://irthapp.com</a>
Pampers Professionals	Resources for Black Moms that equip patients with important resources and tips curated by Dr. Terri Major-Kincade, Neonatologist, Pediatrician and Racial Health Disparities Expert.					<a href="https://www.pampersprofessional.com/black-maternal-health-resources/">https://www.pampersprofessional.com/black-maternal-health-resources/</a>
The Frederick County Maternal Child Health Collaborative	The purpose of the MCH Collaborative is to gather all providers and advocates for the health and wellness of mothers and infants to improve the state of maternal child health for all mothers and infants in Frederick County. Membership is open to all community members and providers of health and wellness to mothers and babies in Frederick County. If you are interested in participating, please call the Frederick County Health Department's Maternal Child Health program. The Frederick County Maternal Child Health Collaborative meets on the last Wednesday of the January, April, June and October Months.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3326		Barbara A. Brookmyer, M.D., M.P.H., Health Officer	<a href="https://health.frederickcountymd.gov/673/MCH-Collaborative">https://health.frederickcountymd.gov/673/MCH-Collaborative</a>
Legislative Services						



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
B.I.R.T.H Equity Maryland	Shaped by an advisory group of experts in maternal health, emergency medicine, family practice, community health, racial bias, and health care equity. The program launched in May at select pilot sites, including the emergency departments at the University of Maryland Baltimore Washington Medical Center and Mercy Medical Center and primary care offices, and through Baltimore Healthy Start. As this initiative progresses, we will share learnings and outcomes with the field to improve health and health care for moms and their babies.	Maryland Patient Safety Center 6820 Deerpath Rd Elkridge, MD	410-540-9210	aburgess@marylandpatientsafety.org		<a href="https://marylandpatientsafety.org/birthequitymd/">https://marylandpatientsafety.org/birthequitymd/</a>
Black Maternal Health Community Advisory Board	HMA partnered with Frederick County Health Department to delineate eligibility criteria and to actively market the opportunity to ensure that the CAB represented an array of points of view and experiences.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1029			<a href="https://health.frederickcountymd.gov/715/Black-Maternal-Health-Focus">https://health.frederickcountymd.gov/715/Black-Maternal-Health-Focus</a>
The Blavatnik Family Women's Health Research Institute	Ob/gyn Elizabeth Howell, M.D., is the director of the Blavatnik Family Women's Health Research Institute at the Icahn School of Medicine at Mount Sinai, where she publishes copious research on motherhood.	Icahn School of Medicine at Mount Sinai One Gustave L. Levy Place, Box #1077 New York, NY 10029-6574	212-241-6500			<a href="https://icahn.mssm.edu/research/womens-health">https://icahn.mssm.edu/research/womens-health</a>
Child Fatality Review	The Child Fatality Review Board (CFR) envisions a Maryland where preventable child injuries are eliminated. Preventable injuries is the number one cause of death in children in the United States. The mission of CFR is to review child injuries to understand the circumstances around those injuries and to recommend strategies to prevent future child injuries.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1029		Barbara A. Brookmyer, M.D., M.P.H. Health Officer	<a href="https://health.frederickcountymd.gov/525/Child-Fatality-and-Fetal-Infant-Mortality">https://health.frederickcountymd.gov/525/Child-Fatality-and-Fetal-Infant-Mortality</a>
MomsRising	A nonpartisan organization pushing for cultural and legislative change around various pressing issues, like gun safety, paid family leave, and maternal justice. MomsRising members serve on state maternal mortality review committees, partner with legislators on local and state policies, and call, visit, and write to elected leaders, among other ventures.			feedback@momsrising.org	Amy Jo Hutchinson Campaign Director West Virginia	<a href="https://www.momsrising.org/">https://www.momsrising.org/</a>
The National Birth Equity Collaborative (NBEC)	The NBEC is focused on overhauling the systems and structures that contribute to maternal deaths.	4747 Earhart Blvd New Orleans, Louisiana 70125			Joia A. Crear-Perry President	<a href="https://birthequity.org/">https://birthequity.org/</a>
U.S. House of Representatives Black Maternal Health Caucus	The Black Maternal Health Caucus is organized around the goals of elevating the Black maternal health crisis within Congress and advancing policy solutions to improve maternal health outcomes and end disparities. Congresswomen Alma Adams (NC-12) and Lauren Underwood (IL-14) launched the Black Maternal Health Caucus on April 9th, 2019. With 53 founding members, the Caucus has grown to be one of the largest bipartisan caucuses in Congress, with more than 100 members as of January 2020.			BlackMaternalHealthCaucus@mail.house.gov	Alma Adams Co-Chair	<a href="https://blackmaternalhealthcaucus-underwood.house.gov/about">https://blackmaternalhealthcaucus-underwood.house.gov/about</a>
Doula and Midwife Services						
The Black Doula Locator	The Black Doula Locator is a place for Black Doulas to create profiles; and for pregnant or postpartum mamas to locate Black Doulas from around the country.					<a href="https://www.blackwomenbirthingjustice.com/black-doula-locator">https://www.blackwomenbirthingjustice.com/black-doula-locator</a>
Mama Glow	A resource to share information for would-be moms. Mama Glow now has a doula immersion program to help train new birth workers. The training focuses on how doulas can work within the existing medical system to help their clients advocate for themselves, ask questions, and seek support.	379 West Broadway New York, NY		info@mamaglow.com		<a href="https://mamaglow.com/">https://mamaglow.com/</a>
NOURISH Doula Program	N.O.U.R.I.S.H (New Opportunity to Uncover our Resources Intuition Spirit and Healing) is a unique program that focuses on training doulas to support Black families through preconception, pregnancy, childbirth, and the postpartum period.	700 Pennsylvania Ave, SE Ste. 2059 Washington, DC 20003	888-834-8451	jledbetter@bwhi.org tjunious@bwhi.org	Jada Ledbetter Toni Junious Program Managers	<a href="https://bwhi.org/contact/">https://bwhi.org/contact/</a>
Sista Midwife Productions And The Sista Midwife Directory	Offers online and in-person doula training along with community events for people to learn about pregnancy, birth, and more. She also started the Sista Midwife Directory, which lists black midwives, doulas, lactation specialists and more by their geographic location.			contactus@sistamidwife.com	Nicole Deggins Founder	<a href="https://www.sistamidwife.com/">https://www.sistamidwife.com/</a>
Adoption Services						
1-800-ADOPTION	As a national adoption agency, American Adoptions can meet every need in a Frederick adoption — from counseling for prospective birth mothers to helping to facilitate contact between all parties in an adoption after it has taken place. You can call our specialists at 1-800-ADOPTION anytime to learn more about our services. If, however, you'd like to research other Frederick adoption professionals, you might consider the following local agencies:		1-800-ADOPTION			
Adoption Makes Family, Inc.	Adoption Makes Family, Inc. is a licensed, nonprofit adoption agency that focuses on providing international and domestic home studies.	10635 York Road Cockeysville, MD 21030	410-683-2100	dr.kirschner@adoptionmakesfamily.org		<a href="http://www.adoptionmakesfamily.org">http://www.adoptionmakesfamily.org</a>
Adoptions Together	Adoptions Together offers home studies for families adopting through their placement programs and to families adopting through other agencies and attorneys.	4061 Powder Mill Rd #320 Calverton, MD 20705	301-439-2900	info@pathsforfamilies.org		<a href="https://pathsforfamilies.org/contact-us/">https://pathsforfamilies.org/contact-us/</a>
The Barker Adoption Foundation	Barker, a nonprofit adoption agency licensed in Maryland, Virginia, and Washington, D.C., is built on the fundamental belief that all children deserve safe, loving, and permanent families.	7979 Old Georgetown Road, 1st Floor Bethesda, Maryland 20814	301-664-9664	info@barkerfoundation.org		<a href="https://www.barkeradoptionfoundation.org/about-us">https://www.barkeradoptionfoundation.org/about-us</a>
Capital Women's Care	Before an adoptive family can bring a child home, they'll be required to have a completed adoption home study. A home study is essentially an assessment of a family's readiness to adopt, but it's nothing to be nervous about. Your home study provider is there to help you on the road to adoption! When you are ready to begin the Frederick adoption home study process, contact one of the following local home study providers:	61 Thomas Johnson Drive Frederick, MD 21702	301-663-6171			<a href="https://www.cwcare.net">https://www.cwcare.net</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Center For Adoption Support	C.A.S.E. is a support center for adoptive families, providing specialized therapeutic services as well as numerous educational programs.	620 W Patrick Street Frederick, MD 21701	301-360-9665			<a href="https://adoptionsupport.org">https://adoptionsupport.org</a>
Cradle of Hope Adoption Center	Cradle of Hope Adoption Center is a licensed, nonprofit, Hague-accredited adoption agency providing home study, placement and post-adoption services to families adopting in the U.S. and overseas.	8630 Fenton Street Suite 310 Silver Spring, MD 20910	301-587-4400	<a href="mailto:info@cradlehope.org">info@cradlehope.org</a>	Linda Perilestein Executive Director	<a href="https://cradlehope.org">https://cradlehope.org</a>
Frederick Adoption Attorneys	If you work with American Adoptions, you'll be provided with a trusted adoption attorney to represent your legal interests. If not, you'll want to begin reaching out to the following Frederick adoption lawyers:	Law Office of Elizabeth Stup, LLC 257 W Patrick Street Frederick, MD 21701	301-663-7893		Elizabeth Stup	<a href="https://elizabethstup.com">https://elizabethstup.com</a>
Frederick County Department of Social Services, Adoption	Provides adoption services at the request of the birth parents or when initiated by foster care staff. Adoption Services. More information:- Adoptive parents must go through a home study process before being approved to adopt- Many children who are available for adoption have special needs or disabilities.	Frederick County Department of Social Services 1888 North Market Street Frederick, Maryland 21701	301-315-1610	<a href="mailto:fcdss.info@maryland.gov">fcdss.info@maryland.gov</a>		<a href="http://dhs.maryland.gov/local-offices/frederick-county/">http://dhs.maryland.gov/local-offices/frederick-county/</a>
Frederick Courts	Before your adoption is complete, you'll be required to attend a finalization hearing where a judge grants a final decree of adoption. In Frederick County, this will happen in the Frederick County courthouse. For more information about adoption in Frederick with our agency, please call 1-800-ADOPTION at any time.	Frederick County Courthouse 100 W Patrick Street Frederick, MD 21701	301-600-2570			<a href="https://frederickcountymd.gov/">https://frederickcountymd.gov/</a>
Frederick Foster Care Professionals	While American Adoptions works only in private adoptions, we're still very passionate about the foster care system. If you're interested in foster parenting or adopting from foster care, contact the Frederick County Department of Social Services.	Frederick County Department of Social Services 1888 North Market Street Frederick, Maryland 21701				<a href="http://dhr.maryland.gov/local-offices/frederick-county/">http://dhr.maryland.gov/local-offices/frederick-county/</a>
Frederick Hospitals	If you're a pregnant woman considering adoption for your baby, you'll work with your adoption specialist to create a hospital plan, which includes details like whether or not you'd like the adoptive family in the delivery room or whether you'd like to nurse your baby.  If you're an adoptive family traveling to Frederick to adopt, you can expect to visit one of the following hospitals:	Frederick Health Hospital 400 W. 7th Street, Frederick, MD 21701  Carroll Hospital Howard County General Hospital Bel Air, MD 21015	240-566-3300			
Frederick International Adoption Agencies	American Adoptions only works to complete adoptions within the United States, but if you're interested in adopting from another country, that's also an option in Frederick with the following agencies:	Lutheran Social Services of the National Capital Area 1730 Rhode Island Ave NW Suite 712 Washington, DC 20036	301-596-1521			<a href="https://issnca.org">https://issnca.org</a>
Global Adoption Services	Global Adoption Services, Inc. is a fully Hague accredited non-profit adoption services agency designed to benefit orphaned children by providing pre- and post-adoption support, education and guidance in order to create, sustain and preserve nurturing families.	2046 Rushmore Court Bel Air, MD 21015	1-800-957-9384	<a href="mailto:maryland@adoptglobal.org">maryland@adoptglobal.org</a>	Alaina Springer Executive Director	<a href="https://www.adoptglobal.org">https://www.adoptglobal.org</a>
IVF and Fertility Services						
Capital Women's Care	As you prepare to start or expand your family, a fertility assessment can help you determine your family planning options. Your Capital Women's Care provider is here to help you plan your pregnancy and optimize your natural fertility. Contact your provider to schedule a fertility assessment.	61 Thomas Johnson Drive Frederick, MD 21702	301-663-6171			<a href="https://www.cwcare.net">https://www.cwcare.net</a>
Johns Hopkins Fertility Center	At the Johns Hopkins Fertility Center, we are here to help you realize your dream of parenthood. We offer a complete range of services for people trying to build their families, and those who wish to preserve their future fertility, in one place, under one care team.	Johns Hopkins Medicine Medical Pavilion at Howard County 10710 Charter Drive, Suite 200 Columbia, MD 21044	410-847-3835			<a href="https://www.hopkinsmedicine.org/gynecology-obstetrics/specialty-areas/fertility-center">https://www.hopkinsmedicine.org/gynecology-obstetrics/specialty-areas/fertility-center</a>
Montgomery Fertility Center	Our IVF Center offers infertility services in Maryland and around the Northeastern US to assist people and families of various backgrounds in achieving reproductive objectives.	3202 Tower Oaks Blvd, Suite 370 Rockville, MD 20852	301-946-6962	<a href="mailto:faqmfc@gmail.com">faqmfc@gmail.com</a>		<a href="https://montgomeryfertilitycenter.com/contact-us/">https://montgomeryfertilitycenter.com/contact-us/</a>
Shady Grove Fertility Center	As one of the nation's leading fertility centers, Shady Grove Fertility offers patients living and working in the Frederick County area access to advanced fertility treatment and unique financial options.	165 Thomas Johnson Dr Ste F Frederick, MD 21702	301-631-1180			<a href="http://shadygrovefertility.com">shadygrovefertility.com</a>
Domestic Violence and Sexual Assault						

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Hearty House	Hearty House assists survivors of domestic/relationship violence/abuse and survivors of sexual assault/abuse by offering crisis intervention and support services to survivors and their significant others. Available assistance includes a 24-hour hotline, crisis intervention services, emergency shelter, individual counseling, support groups as well as other services.		301-662-8800 / TTY301-662-1565/ 24 Hour Hotline			<a href="https://www.heartyhouse.org">https://www.heartyhouse.org</a>
Maryland Coalition Against Sexual Assault (MCASA)	Statewide collective voice advocating for accessible, compassionate care for survivors of sexual crimes, and accountability for all offenders. <a href="http://www.mcasa.org">www.mcasa.org</a> (click on "For Survivors / Rape Recovery Centers" for resources)	P.O. Box 8782 Silver Spring, MD 20907	301-328-7023	<a href="mailto:info@mcasa.org">info@mcasa.org</a>		<a href="https://www.mcasa.org/">https://www.mcasa.org/</a>
Maryland Network Against Domestic Violence	This hotline provides crisis intervention, referrals to counseling, and hospital accompaniment. There is no charge for the services, and it operates 24/7.					<a href="http://www.mnadv.org">www.mnadv.org</a>
National Domestic Violence Hotline	Available 24 hours a day. Can direct you to resources in your area that can help. Assistance is available in English and Spanish. Who they help: Children, parents, friends, and offenders.		800-799-SAFE (7233)			<a href="http://www.ndvh.org">www.ndvh.org</a>
National Sexual Assault Hotline	The Rape, Abuse & Incest National Network (RAINN) operates the National Sexual Assault Hotline and carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice.		800-656-4673			<a href="http://www.rainn.org">www.rainn.org</a>
Gynecology Services						
Capital Women's Care	At Capital Women's Care, you receive comprehensive support that goes beyond traditional gynecological expertise. We provide a full range of services for all women throughout the Maryland, Virginia, and Washington D.C. areas.		(301) 663-6171			<a href="https://www.cwcare.net">https://www.cwcare.net</a>
Planned Parenthood	Offers comprehensive reproductive health care services. Offers GYN exams, pregnancy testing with counseling and referral on all options for continuing or terminating pregnancy, family planning counseling and supplies, diagnosis and treatment of sexually transmitted diseases and HIV testing and counseling. Offers routine health screenings, pap, and breast exams to women.	170 Thomas Johnson Dr STE 100 Frederick, MD 21702	410-576-1414		Lindsay Roemer Director of Education	<a href="https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-906207utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing">https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-906207utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing</a>
Substance Use						
Andrea's House Transitional Living For Women and Children	Transitional Living For Women and Children, a faith-based residential program to empower women recovering from substance use disorders.			<a href="mailto:andreashousetransitionalliving@gmail.com">andreashousetransitionalliving@gmail.com</a>		<a href="https://www.andreashouse.org">https://www.andreashouse.org</a>
Substance Exposed Newborns	The local Coalition provides updates and reports on current trends. The U.S. Department of Justice provides services for Substance Exposed Newborns and Families. Read more here: <a href="https://www.justice.gov/uso-md/media/1322361/di?inline">https://www.justice.gov/uso-md/media/1322361/di?inline</a>	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	(301) 600-3326		Jan Sparks Coordinator	<a href="https://health.frederickcountymd.gov/521/Substance-Exposed-Newborns-Meetings">https://health.frederickcountymd.gov/521/Substance-Exposed-Newborns-Meetings</a>
Postpartum Services						
Black Moms Connect	This group is for anyone pregnant or postpartum (up to two years) and identifies as Black or African-American. This is a space for Black mothers to connect, discuss their experiences, and learn helpful tools and resources. Meeting Times: Every Tuesday 7:30pm ET/4:30pm PT And 1st Tuesday of the month @ 1:30pm EST/10:30am PST	61 Thomas Johnson Drive Frederick, MD 21702	1-800-944-4773			<a href="https://www.postpartum.net/group/black-moms-connect/">https://www.postpartum.net/group/black-moms-connect/</a>
Care Net	Our mission is to provide professional & confidential services to those facing pregnancy decisions.	707 North Market Street Frederick, Maryland 21701	301-662-5300	<a href="mailto:vicky@carenetfrederick.org">vicky@carenetfrederick.org</a>		<a href="https://carenetfrederick.org/services/">https://carenetfrederick.org/services/</a>
Care of Self Center	We specialize in treating: ADHD Diagnosis & Therapy, Anxiety, Career Counseling, Depression, Family System Dynamics, Geriatrics	9 North Court Street Frederick, MD	301-818-8100	<a href="mailto:andrea@careofselfcenter.com">andrea@careofselfcenter.com</a>	Andrea Cordell-Proper	<a href="https://www.careofselfcenter.com/">https://www.careofselfcenter.com/</a>
Post-Partum Depression Hotline			1-800-PPD-MOMS	<a href="mailto:info@hopeline.com">info@hopeline.com</a>		<a href="http://www.1800ppdmoms.org/">http://www.1800ppdmoms.org/</a>
National Maternal Mental Health Hotline	The National Maternal Mental Health Hotline provides free and confidential support for mothers experiencing postpartum depression.		1-833-TLC-MAMA (1-833-852-6262)			
Mary L. Owens, LCSW	Counsels adolescents and adults in individual, family & couples formats for a wide variety of issues; expertise in abuse survivors as well pregnancy options, adoptions, stress & depression. Must pay for services up front; A receipt can be provided to submit to insurance company. NO Medicaid/Medicare accepted; no sliding fee scale.	1311 Orchard Way Frederick, MD 21702	301-473-4789			
Postpartum Support International	Services: Emotional support, Information and resources, Connections to local services, and help finding a healthcare provider.		1-800-944-4773			
The Shades Of Blue Project	The Shades of Blue Project is dedicated to helping minority women who are suffering from postpartum depression and/or anxiety. We are dedicated to helping women before, during and after child-birth with mental health advocacy, treatment and support.			<a href="mailto:shadesofblueproject0529@gmail.com">shadesofblueproject0529@gmail.com</a>		<a href="https://www.shadesofblueproject.org">https://www.shadesofblueproject.org</a>
Baby Supplies and Clothes						
Catoclin Pregnancy Center	We are here to assist families with needs such as infant, children and maternity clothing, baby food, disposable diapers, infant & children furniture, such as cribs, high chairs, toddler beds, dressers, dressing tables, playpens and toys, etc., for children up to 6-years of age.	130 S Seton Ave Emmitsburg, MD 21727	301-447-3391			<a href="https://www.catoclinpregcenter.org">https://www.catoclinpregcenter.org</a>
Frederick Rescue Mission	Rescued Treasures Clothing Program offers free gently used clothing to people experiencing in need. Items include:- Clothing- Shoes- Backpacks- Sleeping bags and more.	419 W South Street Frederick, MD 21701	301-695-6633			<a href="https://therescuemission.org/give/non-cash-donation/clothing/">https://therescuemission.org/give/non-cash-donation/clothing/</a>
GC3 Church - Diaper Bank	Offers diapers to anyone in need. First and Third Thursdays 5pm-7pm	2100 Rosemont Avenue Frederick, MD, 21702	240-397-9887 301-663-1240	<a href="mailto:gc3diaperbank@gmail.com">gc3diaperbank@gmail.com</a>		<a href="http://gc3frederick.com/">http://gc3frederick.com/</a>
Goodwill	Long-standing nonprofit chain with a range of pre-owned clothing, furniture, housewares & more.	1750 Monocacy Blvd Suite B Frederick, MD 21701	301-662-0622			<a href="https://www.gimv.org">https://www.gimv.org</a>
Kids in Safety Seats	Kids in Safety Seats (KISS) is a state-wide program funded through the Maryland Highway Safety Office. Our mission is to reduce injuries and death among Maryland's children by helping people to obtain and use car seats and booster seats correctly every time a child rides in a motor vehicle.	201 W Preston St Baltimore, MD 21201	301-600-3326	<a href="mailto:mdh.kiss@maryland.gov">mdh.kiss@maryland.gov</a>		<a href="https://health.maryland.gov/phpa/OEHF/P/KISS/Pages/Home.aspx">https://health.maryland.gov/phpa/OEHF/P/KISS/Pages/Home.aspx</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Lucy's Consignment	We offer a wide selection of gently used children's clothing and maternity apparel, baby equipment, toys, footwear, books and much more.	9809 Liberty Rd Frederick, MD 21701	301-898-0037			<a href="https://lucysconsignment.com">https://lucysconsignment.com</a>
Salvation Army of Frederick County, Thrift Shop	Offers gently used clothing, furniture, and household items to the public at minimal prices. Individuals and families in need may apply at the Salvation Army office at 223 West 5th Street for a voucher to spend in the thrift store. Must bring documentation of financial need. Monetary donations and donations of clothing, furniture, and household items needed.	902 N East St # B Frederick, Maryland 21701	301-631-2489			<a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>
Thurmont Clothing Closet	Gently used children and adult clothes to residents of Thurmont May access twice per month. Donations are greatly appreciated (donation bin located outside of closet).	Thurmont United Methodist Church 13880 Long Road Thurmont, MD 21788	301-271-4511			<a href="https://www.tumcthurmont.org/location">https://www.tumcthurmont.org/location</a>
Bereavement						
Center for Infant and Child Loss	The Center for Infant & Child Loss works with Maryland families and communities facing the sudden unexpected death of their infant or child as they learn to live with their loss. CICL is committed to increasing the understanding of sudden infant and child death, risk reduction practices, grief, and compassionate intervention.	737 W. Lombard Street, Room 233 Baltimore MD 21201	410-706-5089	caring@som.umaryland.edu		<a href="https://infantandchildloss.org/">https://infantandchildloss.org/</a>
Exhale – An After-Abortion Support Counseling Talkline	Provides emotional support, resources and information to women and girls who have had abortions and to their partners, friends, allies and family members. All calls are confidential and counselors are non-judgmental. The service is available in additional languages, including Spanish, Mandarin, Cantonese, Vietnamese and Tagalog.	P.O. Box 14562 San Francisco, CA 94114	1-(866)-4-EXHALE 1-866-439-4253			<a href="http://www.4exhale.org">www.4exhale.org</a>
Fetal and Infant Mortality Page	The Child Fatality Review Board (CFR) envisions a Maryland where preventable child injuries are eliminated. Preventable injuries is the number one cause of death in children in the United States. The mission of CFR is to review child injuries to understand the circumstances around those injuries and to recommend strategies to prevent future child injuries.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				<a href="https://health.frederickcountymd.gov/525/Child-Fatality-and-Fetal-Infant-Mortality">https://health.frederickcountymd.gov/525/Child-Fatality-and-Fetal-Infant-Mortality</a>
Healthy New Moms	Healthy New Moms is a comprehensive public and provider education campaign on perinatal depression—reaching over one million people through community engagement, resources, and web-based education.	Mental Health Association of Maryland Heaver Plaza 1301 York Road, Suite 505 Lutherville, MD 21093	443-901-1550	info@mhamd.org		<a href="https://www.mhamd.org/what-we-do/outreach-and-education/healthy-new-moms/">https://www.mhamd.org/what-we-do/outreach-and-education/healthy-new-moms/</a>
Whole Heart Grief and Life Center	Our team of compassionate and experienced professionals is dedicated to helping you find the support and guidance you need to navigate the challenges you are facing. Whether you are seeking individual coaching, support groups, or other resources, we are here to help.	330 Catoclin Avenue Frederick, MD 21701	866-393-5847	support@wholeheartcenter.org	Dr. Denise Rollins Executive Director	<a href="https://wholeheartcenter.org/">https://wholeheartcenter.org/</a>
Prenatal Services						
FHH Prenatal Center	You can call to schedule an appointment Monday through Friday, 8:00 a.m. - 4:30 p.m. All patients must be Frederick County residents. We do not accept walk-in patients. We accept uninsured patients as well as patients with select Medicaid MCOs and medical assistance. Financial counseling and assistance is available.	Frederick Health Hospital 501 West 7th Street Frederick, MD 21702	240-566-4444			<a href="https://www.frederickhealth.org/services/prenatal-center/">https://www.frederickhealth.org/services/prenatal-center/</a>
Greater Baltimore Medical Center Harvey Institute for Human Genetics	Integrated genetic services. The staff includes physicians, geneticists, genetic counselors, ultrasound, and laboratory technologists with expertise in clinical, reproductive, and laboratory genetics.	6701 North Charles Street Baltimore, MD 21204	443-328-6551			<a href="http://www.gbmc.org/genetics">www.gbmc.org/genetics</a>
Johns Hopkins Hospital Prenatal Diagnostic & Treatment Center	Obstetrical ultrasound, fetal assessment and prenatal genetic counseling. Accepts most insurance including Medical Assistance. Prenatal genetic counseling, 1st trimester screening, genetic counseling, ultrasound fetal assessment	Johns Hopkins Hospital Nelson Building 600 North Wolfe Street, 2nd floor Baltimore, MD 21287	410-997-0400			<a href="https://www.hopkinsmedicine.org/gynecology_obstetrics/specialty_areas/maternal_fetal_medicine/services/genetic_counseling_prenatal_diagnosis_treatment_center.html">https://www.hopkinsmedicine.org/gynecology_obstetrics/specialty_areas/maternal_fetal_medicine/services/genetic_counseling_prenatal_diagnosis_treatment_center.html</a>
Maryland Perinatal Associates	Maternal-fetal medicine, high-risk pregnancies. Prenatal genetic counseling. Accepts Medical Assistance, Medicare, private insurances. No sliding fee scale.	75 Thomas Johnson Drive, Suite G Frederick, MD 21702	240-529-1663			<a href="http://mdperinatal.com/">http://mdperinatal.com/</a>
University of Maryland Medicine Women's Health	Prenatal genetic counseling. Accepts Medical Assistance.	22 South Greene Street Baltimore, MD 21201	410-328-6551			<a href="http://umm.edu/programs/womens-health/services/obstetrics-and-gynecology">http://umm.edu/programs/womens-health/services/obstetrics-and-gynecology</a>
Paternity Testing						
DNA Diagnostics Center	DNA paternity testing laboratory.		800-681-7162			<a href="http://www.dnacenter.com">www.dnacenter.com</a>
Vaccines						
Recommended Vaccinations for Children						
Tdap for Pregnant Women						
Pregnant Women and Influenza						
Immunization and Pregnancy						

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Counseling Services						
988 - Black Mental Health	Your mental health is a priority. Wellness among Black communities is not a one-size-fits-all approach. Below, you will find tips and resources to support yourself, a loved one, and other members of the Black community. If you are in need of support, you can call, text, or chat with the 988 Lifeline. We are available 24/7. The 988 Lifeline works to give all people access to support that reflects their needs. We are here for you.		988			<a href="https://988lifeline.org">https://988lifeline.org</a>
Advanced Behavioral Health	Provides individual, family, group, and child counseling to adults and children over the age of five. Licensed counselors and social workers will meet with clients at the office or in the client's home. Initial assessments for adult clients will take place in the office; initial assessments for children can take place at the child's home or in the office. Transportation can be provided to in-office appointments for existing clients on a case by case basis. Provides mentoring, activities, groups, and counseling to children ages 5-17. Children will meet at least weekly with their mentor and will develop an individual recovery plan. Mentors and therapists can meet with child and family up to 4x per week if necessary.	1003 W. 7th St., Suite 500 Frederick, MD 21701	301-345-1022	info.advancedbh@gmail.com		www.abhmaryland.com
Anchor Counseling Centers	ACC is dedicated to promoting positive mental health and wellness through education and high quality mental health counseling to all who seek it.	1003 W 7th St, Suite 403 Frederick, MD 21701	443-328-4946	<a href="mailto:Intake@AnchorCounselingCenters.com">Intake@AnchorCounselingCenters.com</a>	Elizabeth Higdon Clinical Manager	<a href="https://www.anchorcounselingcenters.com/frederick-md.html">https://www.anchorcounselingcenters.com/frederick-md.html</a>
Better Tomorrow Starts Today	Offers psychiatric diagnostic and evaluation, individual, family, and group therapy. Provides individuals with and an individualized rehabilitation plan to assist with improving necessary interpersonal skills, continue independent living, build on	7420 Hayward Rd Suite 104 Frederick, MD 21704	240-575-9480			www.btservices.com
<b>Black Men Heal</b>	To provide access to mental health treatment, psycho-education, and community resources to men of color.	63 W Lancaster Ave Suite 11, Ardmore, PA 19003		<a href="mailto:info@blackmenheal.org">info@blackmenheal.org</a>	Tasnim Sulaiman LPC Founder	<a href="https://blackmenheal.org">https://blackmenheal.org</a>
	Free Mental Wellness Support Programs					
Boris Lawrence Henson Foundation	We are here to help you navigate life's challenges. Receive five (5) free therapy sessions, tailored to support you through life-changing events, everyday struggles, or when stress, anxiety, depression, or hopelessness become overwhelming. Our licensed clinicians are ready to provide culturally relevant care. Take the first step towards healing today.		213-222-6327	<a href="mailto:info@borishensonfoundation.org">info@borishensonfoundation.org</a>		<a href="https://borishensonfoundation.org/programs/">https://borishensonfoundation.org/programs/</a>
Care of Self Center	We specialize in treating: ADHD Diagnosis & Therapy, Anxiety, Career Counseling, Depression, Family System Dynamics, Geriatrics	9 North Court Street, Frederick, MD	301-818-8100	<a href="mailto:andrea@careofselfcenter.com">andrea@careofselfcenter.com</a>	Andrea Cordell-Propser	<a href="https://www.careofselfcenter.com/">https://www.careofselfcenter.com/</a>
Catocin Counseling	Our goal is to help our clients develop strategies for managing life stressors and behavioral health conditions. Provides individual, family, couples, and adolescents counseling regarding various issues including but not limited to domestic violence, mental and sexual abuse, grief, trauma, and anger management. Offers batterers counseling, sex offender counseling, abuse survivor support groups, a substance abuse and chemical dependency program, DUI and DWI program, substance abuse relapse prevention.	309 E Patrick Street Frederick, MD 21701	301-631-1304	<a href="mailto:catocinkim@gmail.com">catocinkim@gmail.com</a>		<a href="http://www.catocincounseling.com">www.catocincounseling.com</a>
Elderly Mental Health Outreach	Is a free program funded through our CORE Service Agency which allows for behavioral health services to become accessible to home bound seniors. Eligibility: Client must be 60 years old or older, unable to access traditional outpatient behavioral health services and have limited income	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755			<a href="https://health.frederickcountymd.gov/541/Elderly-Mental-Health-Outreach">https://health.frederickcountymd.gov/541/Elderly-Mental-Health-Outreach</a>
Finding Hearts Farm - Equine Therapy	For our non horse people, we offer Equine Assisted Personal Growth and Learning. We are an Equine Assisted Psychotherapy Facility. David is an Equine Specialist, certified through EAGALA. Working in conjunction with local therapists, we provide clients a safe place for therapy sessions outside the office setting. It is a face to face; horse to client solution oriented program interacting with the horses on the ground.	706 W Patrick St Frederick, MD 21701	240-409-1107	<a href="mailto:findingheartsfarm@yahoo.com">findingheartsfarm@yahoo.com</a>	David Bazan	<a href="http://www.findingheartsfarm.com">www.findingheartsfarm.com</a>
Frederick County Mental Health Association	The Mental Health Association of Frederick County builds a strong foundation of emotional wellness for the whole community by preparing resilient children, securing vulnerable families and standing with people to face crises together. We provide services in a confidential, supportive environment that enhances the dignity and potential of our clients including young children, older adults, individuals, couples and families who might be experiencing concerns such as: Depression, anxiety disorders, Attention Deficit Hyperactivity Disorder (ADHD) or anger, Child behavior issues, Couples/marital issues. Life transitions or trauma	226 South Jefferson St., Frederick, MD 21701	301-663-0011 301-663-6135			<a href="https://fcmha.org/">https://fcmha.org/</a>
Frederick County Mental Health Services	The mission of the Frederick County Mental Health Services is to provide the people of Frederick County a means to achieve mental health by relief from the symptoms and causes of mental illness and by promoting mentally and emotionally healthy choices of thought, feeling, and action. Our team of Psychiatric Nurse Practitioners, Licensed Clinical Social Workers, and Licensed Professional Counselors do this through an integrated community-based system of care that is responsive to consumers' needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families. The Clinic is currently not accepting new clients for mental health services.	350 Montevue Lane Frederick, MD 21702	301-600-1755		Joyce May LCSW-C Director	
Hearts & Ears, Inc.	A non-profit organization for Gay, Lesbian, Bisexual, Transgender, Intersex and Questioning, and Gender Non-Conforming individuals with behavioral health issues and concerns. Wellness and recovery center holds weekly support groups which address addictions, mental health and general concerns. Operates a hotline during business hours for advice and referrals. Groups are confidential. Services for 18+ 12 p.m. - 5 p.m., Wed. - Sat.	611 Park Avenue, Suite A Baltimore, MD 21201	410-523-1694	<a href="mailto:info@heartsandears.org">info@heartsandears.org</a>		<a href="https://www.heartsandears.org/">https://www.heartsandears.org/</a>
Inspirit Counseling Services	Previously Trinity Pastoral Counseling Center, now partnering with Inspirit. Inspirit Counseling Services, Inc., is a not-for-profit interfaith agency of licensed, professional therapists representing a diversity of mental health disciplines. Inspirit is dedicated to strengthening emotional and spiritual health.	5407 North Charles Street Baltimore, MD 21210	410-433-8861	<a href="mailto:roddgers@inspiritmaryland.org">roddgers@inspiritmaryland.org</a>	Rodney Rodgers Inspirit Office and Intake Coordinator	<a href="https://inspiritmaryland.org/">https://inspiritmaryland.org/</a>
Life Directions	Counselors can help with medical conditions, relationship issues and life management via in-person or phone counseling. Therapeutic and support groups offered. Accepts some private insurances and Medicaid. Reduced fee scale available.	501 Highland Street Frederick, MD 21701	301-668-1689		Lynne Penn-Pick	<a href="http://www.lifedirections.net/">http://www.lifedirections.net/</a>
Lifespan Behavioral Health Services	Treats most psychiatric conditions in any phase of life from early childhood to senior years using conventional methods and new technology. Accepts private insurance, DC Medical Assistance/Value Options Maryland Medical Assistance.	1003 West 7th Street, Suite 200 Frederick, MD 21701	301-245-6300		Dr. Joshua Sussal	<a href="https://lsbtherapy.com">https://lsbtherapy.com</a>
Maryland Coalition of Families	Maryland Coalition of Families (MCF) is the first and only statewide nonprofit organization that offers family peer support to people and families who have a loved one experiencing mental health, substance use, or problem gambling challenges.	10632 Little Patuxent Parkway Columbia, MD 21044	410-730-8267	<a href="mailto:info@mdcoalition.org">info@mdcoalition.org</a>	Christy Green Executive Director	<a href="http://www.mdcoalition.org">www.mdcoalition.org</a>
Maryland Integrative Counseling Associates	Provides counseling services in-person or via telehealth for children, adults, couples, and families. Also offers Neurofeedback.	15 Wormans Mill Court, Suite M Frederick, MD, 21701	301-525-2029	<a href="mailto:info@micatherapy.com">info@micatherapy.com</a>		<a href="http://www.micatherapy.com/">http://www.micatherapy.com/</a>
Melanin & Mental Health®	Melanin & Mental Health® wants to change the face of therapy on BOTH sides of the couch! That means getting more Black/Latinx clinicians in the therapist chair while also encouraging our communities to seek mental health support. The organization strives to provide for the mental wellness of the citizens of Frederick County eligible for the Public Mental Health System (PMHS); promoting a well-coordinated, comprehensive, fiscally accountable mental health system. The Mental Health Management Agency of Frederick County, Inc. (MHMA) manages the various components of the PMHS in Frederick county, Maryland.			<a href="mailto:info@melaninandmentalhealth.com">info@melaninandmentalhealth.com</a>		<a href="https://www.melaninandmentalhealth.com">https://www.melaninandmentalhealth.com</a>
Mental Health Management Agency	The Mental Health Management Agency of Frederick County, Inc. (MHMA) manages the various components of the PMHS in Frederick county, Maryland.	22 S Market St #8 Frederick, MD 21701	301-682-6017			
Mindset Quality LLC (Adult EMDR & Trauma therapy)	Meet Dr. Arielle Jordan, a licensed clinical professional counselor and national certified counselor with over eight years of experience helping people heal from life's toughest challenges. As the owner of Mindset Quality, a telehealth private practice, Dr. Jordan specializes in guiding clients through PTSD, grief, and trauma with proven, effective methods like EMDR therapy.		301-337-7246	<a href="mailto:Arielle.jordan@mindsetqualityllc.com">Arielle.jordan@mindsetqualityllc.com</a>	Arielle Jordan Founder	<a href="http://Mindsetqualityllc.com">Mindsetqualityllc.com</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Monocacy Start Center	We help people improve their communication and social interactions, manage their emotions and behavior, and develop their life skills.	65 Thomas Johnson Dr., Suite A Frederick, Maryland 21702	240-651-5280	info@monocacycenter.com	Scott T. Winget, Psy.D., ABSNP	<a href="https://monocacycenter.com/">https://monocacycenter.com/</a>
Notable Progressions Music Therapy Services	At Notable Progressions, we use evidenced based music therapy techniques to enable each participant to meet personal and therapeutic goals while leading a fulfilling life.	9093 Ridgefield Dr #204 Frederick, MD 21701	240-394-9399	info@noteableprogressions.com		<a href="https://www.noteableprogressions.com">https://www.noteableprogressions.com</a>
On Our Own of Frederick County	On Our Own of Frederick County is a wellness and recovery center located in downtown Frederick, Maryland. We are a non-profit organization that provides free peer support, resources, advocacy, life/recovery coaching and more for adults and families in Frederick County who experience mental health challenges and/or substance use disorder. Call today to speak to a peer, find out about services, make and appointment for a one-on-one peer support session, use our new computer lab, or obtain information on our virtual support groups.	On Our Own of Frederick County 22 S Market Street, Suite 110 Frederick, MD 21701	240-629-8015	onourownfrederick@gmail.com		<a href="http://www.onourownfrederick.com/">http://www.onourownfrederick.com/</a>
Outreach Recovery	Provides a range of outpatient services for substance use, mental health, or co-occurring disorders. Offers individualized treatment plans including medical and psychological evaluations, medication-assisted treatment, detox, case management, psychiatric medication management, individual and family counseling, referrals, telemedicine, and home treatment options. Discover expert insights, practical tips, and inspiring stories to support your mental health journey. From managing stress to fostering resilience, our blog is here to guide and empower you.	196 Thomas Johnson Drive, Suite 201 Frederick, MD, 21702	888-897-9284	<a href="mailto:help@outreachrecovery.com">help@outreachrecovery.com</a>		<a href="http://www.outreachrecovery.com/">http://www.outreachrecovery.com/</a>
Peace of Mind Therapeutic Services & Solutions LLC		604 Solarex Court, Suite 100 Frederick, MD 21701	301-640-5702	info@pomtherapeutic.com		<a href="http://www.pomtherapeutic.com">www.pomtherapeutic.com</a>
Potomac Case Management Services	Provides various types of case management services to persons with mental illness and/or the elderly population who are in need of support services to remain in the community. Act as advocates for clients, assistance with obtaining entitlements, and referrals and compliance for mental health services, housing and income maintenance programs.	1446 W. Patrick Street, Suite 16 Frederick, MD 21702	301-791-3087	info@potomaccommunity.org		www.pcmsinc.org
Potomac Community Services	We use a multidisciplinary approach to client care by coordinating with the client, their family, and their support network, including doctors, therapists, and other community resources, to help create stability and increase independence.	22 S. Market St #5 Frederick, MD 21701	301-791-3087	info@potomaccommunity.org	Dawn Johns Chief Executive Officer	<a href="http://www.potomaccommunity.org">www.potomaccommunity.org</a>
Pride Center of Maryland	Provides services and support for Maryland's LGBTQ+ community. Services include free and confidential case management in the areas of housing, mental health, health care, and employment; HIV and STI testing; clothing donations; and community groups for men, women, elders, and gender non-conforming and transgender people. 9 a.m. – 5 p.m., Tues. – Fri.	2530 N. Charles St., 3rd Floor Baltimore, MD 21218	410-777-8145	info@pridecentermd.org		<a href="http://www.pridecentermd.org/">http://www.pridecentermd.org/</a>
Pro Bono Counseling	At Pro Bono Counseling we believe access to quality mental health care is a human right and can change a person's life. Our goal is to help people of all backgrounds in Maryland find the right mental health professional to meet their needs, no matter their income.	1500 Union Ave, Ste 2100 Baltimore, MD 21211	410-825-1001			<a href="https://www.probonocounseling.org">https://www.probonocounseling.org</a>
Psychotherapy Services Associates	Provides individual, couples and family counseling options for a wide variety of issues; has both counselors and psychiatrists. Accepts Medical Assistance and Medicare; United Healthcare and some Cigna plans (dependent upon provider) no sliding fee scale.	41 North Market Street Frederick, MD 21701	301-662-6226			
Salt and Light Counseling	Supports individuals, families, couples and adolescents as they seek healing for identity and purpose struggles, loss and grief, difficult relationships, emotional boundaries, while addressing underlying addictions, depression, anxiety, bipolar, or trauma.	1707 Rosemont Ave Frederick, MD 21702	301-732-7977			
Sheppard Pratt Mental Health Center	Provides full range of psychiatric and counseling services to children and adults by child and adult psychiatrist, social workers, and professional counselors. Offers psychiatric assessments to anyone in need and provides medication management as needed. Specific groups for parents with ADHD, ODD, and CD issues, anger management groups for adolescents; multifamily psycho educational groups with adult members who have a serious ongoing mental illness.	210 Abrecht Place Frederick, MD 21701	301-663-8263			<a href="https://www.sheppardpratt.org/care-finder/outpatient-mental-health-center-frederick/">https://www.sheppardpratt.org/care-finder/outpatient-mental-health-center-frederick/</a>
The Loveland Foundation	The Loveland Foundation is the official continuation of this effort to bring opportunity and healing to communities of color, and especially to Black women and girls.	320 7th Ave #263 Brooklyn, NY 11215		info@thelovelandfoundation.org	Hannah Tall Director of Programs	<a href="https://thelovelandfoundation.org">https://thelovelandfoundation.org</a>
The Safe Place	"The Safe Place" is a Minority Mental Health App geared towards the Black Community. African Americans are 20% more likely to experience serious mental health problems than the rest of the general population. However, many black people still do not wish to seek professional help for their mental illnesses. The Purpose of the "Safe Place" is to bring more awareness, education, and hope to this serious issue. Not only can the black community benefit from this app, but also mental health professionals, friends, and family, of ALL colors.				Jasmine Pierre Creator	<a href="https://play.google.com/store/apps/details?id=com.hefeeb72aef1&amp;pi=1">https://play.google.com/store/apps/details?id=com.hefeeb72aef1&amp;pi=1</a>
Therapy for Black Girls	Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.	108 E. Ponce de Leon Avenue Decatur, GA 30030		info@therapyforblackgirls.com		<a href="https://therapyforblackgirls.com">https://therapyforblackgirls.com</a>
Therapy for Black Men	Therapy for Black Men is a directory to help men of color in their search for a therapist.		646-246-3064	<a href="mailto:info@therapyforblackmen.org">info@therapyforblackmen.org</a>	Benjamin Calixte Founder	<a href="https://therapyforblackmen.org">https://therapyforblackmen.org</a>
Trauma Specialists of MD, LLC.	Neurofeedback Therapy, EMDR, Trauma therapy - We understand trauma and know how to treat it.	124 N. Court Street Frederick, MD 21701	301-304-7108	info@traumaspecialistsofmd.com		<a href="http://www.traumaspecialistsofmd.com">www.traumaspecialistsofmd.com</a>
Vital Sources Psychological Services	Provides comprehensive psychological services with Christian professionals for adults, couples, families, teens, and children. Offered to help with family and marriage issues, intimacy issues, managing emotions, moving forward in life, and coping with a recent loss, losses, or traumatic event. Assessments are provided for attention and hyperactivity, academic struggles, social and emotional difficulties, cognitive and memory struggles, as well as parenting and family issues.	116 Record Street Frederick, MD 21701	301-620-8700	info@vitalsources.org		<a href="http://www.vitalsources.org">www.vitalsources.org</a>
Whole Heart Grief and Life Center	Our team of compassionate and experienced professionals is dedicated to helping you find the support and guidance you need to navigate the challenges you are facing. Whether you are seeking individual coaching, support groups, or other resources, we are here to help.	330 Catoctin Avenue Frederick, MD 21701	866-393-5847	support@wholeheartcenter.org	Dr. Denise Rollins Executive Director	<a href="https://wholeheartcenter.org/">https://wholeheartcenter.org/</a>
Crisis Services						
Blackline	A 24-hour hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. Provides people with an anonymous and confidential avenue to report negative, physical, and inappropriate contact with police and vigilantes. Also provides immediate crisis counseling to those who are upset, need to talk with someone immediately, or are in distress. For each location in the country, referrals can be given when/if necessary.		800-604-5841	info@callblackline.org		<a href="https://www.callblackline.com/">https://www.callblackline.com/</a>
Frederick County Mobile Crisis	The Mobile Crisis Program provides intensive crisis intervention to Frederick County residents in crisis for whom there are mental health concerns. Program personnel are available to conduct face-to-face assessments and interventions 5 days a week, Monday through Friday and to provide referrals with follow-up services to ensure that individuals are connected with appropriate service providers and community resources. Mobile Crisis Services are a team of highly trained mental health professionals who serve residents of Frederick County of any age at risk for harming themselves or others. A parent/legal guardian must be present and give permission for our team to provide care to a child under age 12.		240-566-1967			<a href="https://www.sheppardpratt.org/care-finder/frederick-county-children-s-mobile-crisis/">https://www.sheppardpratt.org/care-finder/frederick-county-children-s-mobile-crisis/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Frederick County Mobile Crisis Program	Offers intensive mental health crisis intervention to families and individual residents of the county ages 18 and over. Trained and licensed professional offer face to face intervention, assessment, evaluation, and assistance to stabilize the situation. They will help to develop a plan for further treatment and offer referrals and links to community resources and services.		211			<a href="https://health.frederickcountymd.gov/173/Resources">https://health.frederickcountymd.gov/173/Resources</a>
Maryland 211	Call 211 for Health and Human Services 24/7		211			<a href="https://211md.org/">https://211md.org/</a>
Maryland Youth Crisis Hotline	Maryland Youth Crisis Hotline Western Maryland For the Youth of Allegany, Frederick, Garrett & Washington Counties		1-800-422-0009			<a href="https://health.maryland.gov/bha/Documents/Youth%20Mental%20Health%201-pager.pdf">https://health.maryland.gov/bha/Documents/Youth%20Mental%20Health%201-pager.pdf</a>
National Alliance on Mental Illness (NAMI) Crisis Text Line	NAMI HelpLine is available M-F, 10 a.m. – 10 p.m	10632 Little Patuxent Pkwy Ste 454 Columbia, MD 21044	Text NAMI to 741-741 text "helpline" to 62640, or chat online 800-950-6264	info@namimd.org		<a href="http://namimd.org">namimd.org</a>
Project Lifesaver	Project Lifesaver is a 501 (C)(3) community based, public safety, non-profit organization that provides law enforcement, fire/rescue, and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life threatening behavior of wandering.	110 Airport Drive East Frederick, MD	1-877-580-LIFE (5433)			<a href="http://www.projectlifesaver.org">www.projectlifesaver.org</a>
Veterans Crisis Line	Are you a Veteran in crisis or concerned about one?		Dial 988 then press 1 Text: 838255			<a href="https://www.veteranscrisisline.net">https://www.veteranscrisisline.net</a>
Walk-In Crisis Care Center	You're not alone—the Veterans Crisis Line is here for you. You don't have to be enrolled in VA benefits or health care to call. Suicidal thoughts? Anxiety, grief or depression? Help is here. At MHA's Walk-In Behavioral Health you will meet with a crisis specialist who will work with you to resolve your concerns and connect you with appropriate supports.	340 Montevue Lane Frederick, MD 21702	301-662-2255			<a href="https://fcmha.org/how-we-help-behavioral-health/">https://fcmha.org/how-we-help-behavioral-health/</a>
Psychiatric Services						
Brook Lane Clinic	Brook Lane is western Maryland's largest, non-profit mental health system. The main campus in Hagerstown, MD is home to the second largest freestanding psychiatric hospital in Maryland, serving children, adolescents, and adults. Brook Lane provides a residential program for children and adolescents, partial hospitalization services for both adults and children and operates Title 1 special education schools in Washington County and Frederick County.	13121 Brook Lane Hagerstown MD 21742	301-733-0330			<a href="https://www.brooklane.org/about-us/">https://www.brooklane.org/about-us/</a>
Frederick Health Psychiatric Hospital	Behavioral Health offers three levels of psychiatric care to the Frederick region. Emergency evaluation, inpatient hospitalization, and psychiatric partial hospitalization are in place to serve every level of acute psychiatric need. Once stabilized, patients are linked to the most appropriate outpatient levels of care in their community including outpatient counseling, psychiatric medication management, and case-management services to facilitate fuller recovery from their symptoms.		240-566-3900			
Rape Crisis Hotline		326 W Patrick Street Frederick, MD 21701	301-662-8800			
Support Services						
Compassionate Friends Frederick	Provides monthly support groups for bereaved families, parents, grandparents and siblings (18 and older) who have lost a child of any age. Helps to work through their grief with others who have lost a child. Offers educational information on parental and sibling grief to the community through publicity, speaking engagements, and distribution of material including a chapter newsletter. NOTE: Meeting is 7PM the 1st Wednesday of each month.	The Trinity United Methodist Church 705 West Patrick Street Frederick, MD 21701	301-305-6378	tcffrederick@gmail.com	Kim	<a href="https://www.compassionatefriends.org/chapter/tcf-frederick-md-chapter/">https://www.compassionatefriends.org/chapter/tcf-frederick-md-chapter/</a>
National Alliance on Mental Illness, Frederick County	Provides information, understanding, education, and support for persons experiencing mental illness and their families. This free NAMI twelve-week (30-hour) course is given twice a year by trained volunteers and is open to family members, caretakers, and friends of those with a mental illness.	NAMI of Frederick County P.O. Box 3056 Frederick, MD 21705	240-385-9575	tracy.delia@namifcmd.org; info@namifcmd.org	Tracy Delia	<a href="http://www.namifrederick.org">www.namifrederick.org</a>
Overeaters Anonymous, Northern Blue Ridge	Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.	P.O. Box 1366 Frederick, MD 21702	301-732-7017	blueridgeoa@gmail.com		<a href="https://nbroa.org/">https://nbroa.org/</a>
Suicide Prevention Coalition	The mission of the Frederick County Suicide Prevention Coalition is to make Frederick County free of suicide through community collaboration rooted in suicide prevention best practices for safe and responsible gun storage, eliminating stigma surrounding suicide, and support for anyone thinking of or impacted by suicide.	350 Montevue Lane Frederick, MD 21702		SuicidePreventionCoalition@frederickcountymd.gov		<a href="https://health.frederickcountymd.gov/702/Suicide-Prevention-Coalition">https://health.frederickcountymd.gov/702/Suicide-Prevention-Coalition</a>
Whole Heart Grief and Life Center	Our team of compassionate and experienced professionals is dedicated to helping you find the support and guidance you need to navigate the challenges you are facing. Whether you are seeking individual coaching, support groups, or other resources, we are here to help.	330 Catoclin Avenue Frederick, MD 21701	866-393-5847	support@wholeheartcenter.org	Dr. Denise Rollins Executive Director	<a href="https://wholeheartcenter.org/">https://wholeheartcenter.org/</a>
Youth Services						
Black Girls Smile Inc.	Black Girls Smile Inc. promotes positive mental health for young African American girls.			contact@blackgirlssmile.org		<a href="https://www.blackgirlssmile.org">https://www.blackgirlssmile.org</a>
Excel Youth	Provides a Psychiatric Rehabilitation Program (PRP) services to children and teens with mental illness as they work with a mentor to form an individual plan of recovery based on existing symptoms and diagnoses. Counselors meet with clients at least weekly at home, in the community, and in the office. Offers on-site group activities on anger management, art expression, homework/study skills, social skills, hygiene development, money management, and workforce readiness.	7190 Crestwood Blvd. Suite 400 Frederick, MD 21703	301-898-2205	admin@excelyouth.com		<a href="https://www.excelyouth.com/">https://www.excelyouth.com/</a>



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Kids Like Us (KLU)	The Kids Like Us program (KLU) is designed to help these youth learn that they are not alone and that it is not their fault. The mission of KLU is to break the cycle of addiction by identifying youth impacted by the drug/alcohol misuse of family member and engaging them in best practices of prevention in both school and community settings.	350 Montevue Lane Frederick, MD 21702	240-910-6268	BvanderVossen@FrederickCountyMD.gov	Barbara van der Vossen Program Supervisor	<a href="https://health.frederickcountymd.gov/561/Kids-Like-Us-KLU">https://health.frederickcountymd.gov/561/Kids-Like-Us-KLU</a>
Maryland Youth Crisis Hotline	Maryland Youth Crisis Hotline Western Maryland For the Youth of Allegany, Frederick, Garrett & Washington Counties		1-800-422-0009			<a href="https://health.maryland.gov/bha/Documents/Youth%20Mental%20Health%201-pager.pdf">https://health.maryland.gov/bha/Documents/Youth%20Mental%20Health%201-pager.pdf</a>
On the Mark Adolescent Club House	The mission of On The Mark (OTM) is to provide a safe, community-based, adolescent clubhouse that provides developmentally appropriate activities and services grounded in a peer based support system. Membership is opened to all Frederick County residents, ages 12-17. We are currently accepting applications for membership.	350 Montevue Lane Frederick, MD 21702	301-600-1755	OntheMark@FrederickCountyMD.gov	Jeffrey Thompson Program Director	<a href="https://health.frederickcountymd.gov/562/On-the-Mark-Adolescent-Clubhouse">https://health.frederickcountymd.gov/562/On-the-Mark-Adolescent-Clubhouse</a>
Phone Friend	24-hour phone line available for children who are home alone, facing an emergency or have a problem they would like to discuss.		301-694-8255			
Therapy for Black Girls	Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.	108 E. Ponce de Leon Avenue Decatur, GA 30030		info@therapyforblackgirls.com		<a href="https://therapyforblackgirls.com">https://therapyforblackgirls.com</a>
Substance Use						
Alcoholics Anonymous (WCI)	The West Central Intergroup (WCI) is a group of Alcoholics Anonymous (A.A.) members whose purpose is to provide services to those individuals or groups of individuals in our area (Frederick and Upper Montgomery Counties) seeking to recover from the disease of alcoholism through the Twelve Steps of A.A.	22 S Market St #7, Frederick, MD 21701	301-662-0544	info@westcentralaa.org		<a href="https://westcentralaa.org/">https://westcentralaa.org/</a>
Adult Evaluation & Review Services (AERS)	Elderly Mental Health Outreach InterRAI Assessment & Nurse Monitoring for Community First Choice & CPAS Preadmission Screening & Resident Review Services Short-term Case Management Statewide Evaluation & Planning Services	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1736			<a href="https://health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services-AERS">https://health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services-AERS</a>
Adult Recovery Services	Community-Based Peer Support Community Organized Recovery Efforts (CORE) Recovery Centers Recovery Coach Academy Family & Community Support for Substance Use	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3289			
Al-Anon Family Groups	Who Are Al-Anon Members? Al-Anon members are people, just like you, who are worried about someone with a drinking problem. There are multiple meeting locations in the Frederick area by searching here: <a href="https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/">https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/</a>	The Frederick Club 205 Buchelmer Road Frederick, MD, 21704	888-425-2666			<a href="https://al-anon.org">https://al-anon.org</a>
Behavioral Health Services	If you or your loved one is struggling with addiction and would like help accessing treatment or recovery support contact BHS. Calls and emails will be returned within 24 hours during normal business hours.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755	BHS@FrederickCountyMD.gov		<a href="http://health.frederickcountymd.gov/131/Behavioral-Health-Services">http://health.frederickcountymd.gov/131/Behavioral-Health-Services</a>
Concerted Care Group	An Outpatient Substance Use Disorder treatment facility that provides an Intensive Outpatient program (IOP) for nine hours (or more) weekly of group and individual counseling. Also offers overdose prevention services.	300B Scholls Lane Frederick, MD 21701	240-815-7300			<a href="https://Concertedcaregroup.com">https://Concertedcaregroup.com</a>
Crossroads Centers	Adults and adolescents with co-occurring mental and substance abuse disorders, persons with HIV/AIDS, and DUI/DWI offenders, intensive out-patient counseling. Also provides confidential assessments, evaluations, and referrals as well as education and prevention services, family counseling programs, urine screenings and intervention services.	Crossroads Center 1890 N. Marlet Street, Suite 301 Frederick, MD 21701	301-696-1950			<a href="http://www.crossroadscenteroffrederick.com">www.crossroadscenteroffrederick.com</a>
Frederick Institute	Offers an outpatient methadone and buprenorphine/ suboxone program. Clients are screened, interviewed and assessed to determine severity of opioid addiction and is treated accordingly. Treatment includes counseling and relapse programs. All clients Mon-Fri dosing hours are 5:30am-10am. Saturday dosing hours for all clients 7am-10am. All clients receive take home medication for Sundays.	5716-C Industry Lane Frederick, MD 21704	301-663-4130			<a href="https://www.addictiontreatmentsystems.com/frederick-institute">https://www.addictiontreatmentsystems.com/frederick-institute</a>



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Focus Recovery Center	Focus Recovery Center believes that it was imperative for individuals with an Opioid Use Disorder (OUD) to have access to viable treatment options with a holistic approach. We encourage the removal of barriers and stigmas as it relates to this disease and the individuals seeking treatment through medication, education, support and resources.	801 Toll House Avenue Suite B1 & B2 Frederick, Maryland 21701	301-228-9641; After-Hours Emergency Number: 301-228- 9428	<a href="mailto:myfrctreatment@gmail.com">myfrctreatment@gmail.com</a>		<a href="https://myfrctreatment.com">https://myfrctreatment.com</a>
Harm Reduction Services	Overdose Response Training and Naloxone Distribution Rapid Hepatitis C Testing & Case Management Sexual Health in Recovery (SHIR) Syringe Services Program	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755			
Local Behavioral Health Authority	Adolescent Screening, Referral & Navigation Unit Adult Screening, Referral & Navigation Unit Criminal Justice Services	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				
Maryland Tobacco Quitline	The Maryland Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669) is a FREE phone, web, and text message service (text READY to 34191) that is available to all Maryland residents over the age of 13 to help with quitting any form of tobacco. Call, click, or text to enroll today! Teens, ages 13-17, can enroll online in the Live Vape Free program to learn more about vaping and get help with quitting through podcasts, videos, and live coach chats. Text VAPEFREE to 873-373 to get started.		800-784-8669			<a href="https://health.maryland.gov/phpa/ohsetup/Pages/tob_quit.aspx">https://health.maryland.gov/phpa/ohsetup/Pages/tob_quit.aspx</a>
Mountain Manor	Maryland Mountain Manor Treatment Centers provides Integrative and Holistic Rehabilitation Treatment for Addiction and Mental Health. We offer a full range of services, including Inpatient, Outpatient, Intensive Outpatient and Medical Detox from drugs and alcohol.	174 Thomas Johnson Dr #102 Frederick, MD 21702	800-537-3422	<a href="mailto:web-inquiry@marylandtreatment.org">web-inquiry@marylandtreatment.org</a>		<a href="https://www.marylandtreatment.org">https://www.marylandtreatment.org</a>
Narcotics Anonymous	The Chesapeake & Potomac Region of Narcotics Anonymous serves 12 Areas in Maryland, Northern Virginia, the District of Columbia, and Virtually.	PO Box 8160 Silver Spring, MD 20907	800-543-4670	<a href="mailto:info@cpma.org">info@cpma.org</a>		<a href="https://www.cpma.org/">https://www.cpma.org/</a>
Overdose Response Training & Naloxone Distribution	Day & Evening Virtual & In-Person Training Sessions! No need to pre-register! Every Friday: 1:00 pm.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1777	<a href="mailto:HarmReductionServices@FrederickCountyMD.gov">HarmReductionServices@FrederickCountyMD.gov</a>		<a href="https://health.frederickcountymd.gov/546/Overdose-Response-Training-Naloxone-Dist">https://health.frederickcountymd.gov/546/Overdose-Response-Training-Naloxone-Dist</a>
Phoenix Recovery Academy	To serve those affected by alcoholism and drug addiction.	117 E. Church Street Frederick, MD 21701	301-644-2140	<a href="mailto:heather@phoenixrecoveryacademy.org">heather@phoenixrecoveryacademy.org</a>	Heather Whitcomb Executive Director	<a href="https://phoenixrecoveryacademy.org/about/">https://phoenixrecoveryacademy.org/about/</a>
Prescription Drug Monitoring Program (PDMP)	The Prescription Drug Monitoring Program (PDMP) has been established by the Maryland Department of Health (MDH), Behavioral Health Administration (BHA) to support healthcare providers and their patients in the safe and effective use of prescription drugs.					<a href="https://health.frederickcountymd.gov/518/Prescription-Drug-Monitoring-Program-PDM">https://health.frederickcountymd.gov/518/Prescription-Drug-Monitoring-Program-PDM</a>
Prevention Programs	Alcohol Misuse Prevention Initiative Merchant Sales Compliance Initiative Opioid Misuse Prevention Program Tobacco Prevention & Cessation Program - 301-600-3357	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				
Pro Bono Counseling Project	At Pro Bono Counseling we believe access to quality mental health care is a human right and can change a person's life. Our goal is to help people of all backgrounds in Maryland find the right mental health professional to meet their needs, no matter their income.	1500 Union Ave, Ste 2100 Baltimore, MD 21211	410-825-1001			<a href="https://www.probonocounseling.org/">https://www.probonocounseling.org/</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Project Hope, Frederick County	Provides individuals who use substances, family members and friends with support and help finding available resources. Holds events and activities for youth throughout the year.	4 Frederick Road Thurmont, MD 21788	240-357-8437	Projecthope21788@yahoo.com	Jacque Burrier President	
Richard Carbaugh's Hope Foundation	The foundation's purpose is to bring awareness, education, prevention, support and advocacy with regard to the Epidemic of Drug and addiction by the young children and adults in our community.	234 E 5th Street Frederick, MD 21701	240-578-0235	RichardCarbaughsHopeFoundation@gmail.com		<a href="https://www.richardcarbaughshopefoundation.org/">https://www.richardcarbaughshopefoundation.org/</a>
Save Our Children Family Peer Support Group	Encourages families and friends of drug addicts to join together to fight the drug epidemic and bring awareness about the disease of addiction. Offers services, resources, education, and a support group to those suffering from a heroin addiction and also to friends and loved ones affected by those suffering from addiction. Meetings held Tuesdays at 7:30 PM.	Crossroads Center 1890 N. Marlet Street, Suite 301 Frederick, MD 21701	301-693-2603		Tina	<a href="https://www.facebook.com/groups/438048119716183/">https://www.facebook.com/groups/438048119716183/</a>
Serenity Treatment Center	Treatment is tailored to individuals 18 years and older. They are guided by an individualized treatment plan based on a comprehensive bio-psychosocial assessment of the individual and his or her family. Provides traditional outpatient therapy as well as an intensive outpatient program for those in need. Our Street Safe Program (SSP) now offers the following FREE SERVICES:	420 E. Patrick Street Suite 100 Frederick, MD 21701	301-898-2627	info@serenitytreatmentcenter.com		<a href="http://www.serenitytreatmentcenter.com">www.serenitytreatmentcenter.com</a>
Street Safe Program	Sterile syringes Other drug use equipment for smoking, snorting, and booty bumping Supplies for HRT, PED, and TRT! Safe disposal containers & collection of used syringes Fentanyl test strips and Xylazine test strips RAD (Rapid Analysis of Drugs) Drug Checking	490 Suite C Prospect Blvd. Frederick, MD 21701	301-600-1777	HarmReductionServices@FrederickCountyMD.gov	Marisa Shields, Harm Reduction Program Coordinator	<a href="https://health.frederickcountymd.gov/549/Street-Safe-Program">https://health.frederickcountymd.gov/549/Street-Safe-Program</a>
The Orenda Center of Wellness	The Orenda Center of Wellness is a Maryland based residential and outpatient substance use disorder treatment organization dedicated to providing the highest level of care (including co-occurring diagnosis) through all stages of recovery.	7540a N Market St. Frederick, MD 21701	240-831-4873			<a href="https://theorendacenter.com/">https://theorendacenter.com/</a>
Tobacco & Alcohol Coalition	The Tobacco and Alcohol coalition works to improve the health and wellness of Frederick County residents through prevention strategies that reduce the harmful effects of tobacco and alcohol use. The coalition meets at 3:00 pm on the first Thursday in January, March, May, July, September, and November. The meetings are currently being held virtually.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3285	tcum1@FrederickCountyMD.gov		<a href="https://health.frederickcountymd.gov/500/Tobacco-Alcohol-Coalition">https://health.frederickcountymd.gov/500/Tobacco-Alcohol-Coalition</a>
Tobacco Prevention and Smoking Cessation	Tobacco Free Frederick offers free tobacco cessation services for Frederick County Residents. Group cessation classes are held once a week for six weeks. Individuals may also attend one-on-one cessation counseling sessions. Counseling participants are eligible for free nicotine replacement therapy (patches, gum, lozenges).	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755; 301-712-7277	PMiller@frederickcountymd.gov	PJ Miller Prevention Specialist	<a href="https://health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program">https://health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program</a>
Up and Out Foundation	Can provide financial assistance to help pay for substance use treatment or medication assisted treatment such as Vivitrol or Suboxone. Applications for financial assistance are reviewed on a case-by-case basis. Please apply for funds online. Provides training and education to the public about substance use disorders and the disease of addiction.	P.O Box 4034 Frederick, MD 21705		upandoutfoundation@gmail.com		<a href="http://www.upandoutfoundation.org">www.upandoutfoundation.org</a>
Villa Maria Counseling	Villa Maria Behavioral Health provides mental health and substance use disorder treatment for adults, children and families in our eight clinics, through our home respite services as well as in our public school partnerships	300 W 9th Street Frederick, MD 21701	667-600-3310	behavioralhealth@cc-md.org		<a href="https://cc-md.org/programs/villa-maria-behavioral-health/">https://cc-md.org/programs/villa-maria-behavioral-health/</a>
Way Station (Sheppard Pratt)	Way Station is a not-for-profit organization dedicated to providing compassionate and quality behavioral health care, housing, and employment services to adults with mental illness, developmental disabilities, and substance addictions; children and adolescents with emotional and behavioral challenges; and veterans with service needs. Way Station embraces the principles of recovery and resilience and is committed to providing evidence-based, consumer-driven, and family-focused services.	230 W Patrick Street Frederick, MD 21701	301-662-0099			<a href="https://www.sheppardpratt.org/locations-directions/details/vocational-services-frederick/">https://www.sheppardpratt.org/locations-directions/details/vocational-services-frederick/</a>
Youth Support Services	"Stay In the Know" Youth Campaign - The Frederick County Health Department's Behavioral Health Services Division wants you to Stay In The Know when it comes to substance use and misuse. If you, a friend, a family member, or a child have been faced with a decision about substance use or misuse, it's important to be informed. We're dedicated to providing the facts, tips, and resources you need so you can make smart decisions about substance use.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755			<a href="https://www.stayintheknow.org/">https://www.stayintheknow.org/</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Medication Assistance						
Medbank Program	The Medbank Program helps low- to moderate-income, uninsured, or underinsured people obtain the prescription medications they need, but can't afford. The program helps people to obtain free or low-cost prescription medications offered through patient assistance programs operated by pharmaceutical manufacturing companies.		301-600-3972	chard@cityoffrederick.com	Chris Bard, Medbank Case Manager	<a href="https://www.cityoffrederickmd.gov/186/Medbank-Program">https://www.cityoffrederickmd.gov/186/Medbank-Program</a>
MedBank Services	Medication discount on generic medicines available at: Walmart, Walgreens, RiteAid, GoodRX					<a href="https://www.goodrx.com/">https://www.goodrx.com/</a>
Medication Assistance	An affordable health insurance option; for more information: Call toll-free 1-877-321-2652 or visit <a href="http://www.NACoHealth.org">www.NACoHealth.org</a> .		1-877-321-2652			<a href="http://www.cityoffrederick.com/index.aspx?NID=186">http://www.cityoffrederick.com/index.aspx?NID=186</a>
Health Insurance						
Administrative Care Coordination Unit	This program provides education and outreach to Medical Assistance recipients to increase awareness of Medical Assistance Programs. It assists with care coordination, service access, complaint resolution, or other identified needs; works with Medicaid Managed Care Organizations to ensure enrollees receive covered services.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3124			<a href="https://health.frederickcountymd.gov/191/Health-Care-Connection">https://health.frederickcountymd.gov/191/Health-Care-Connection</a>
Frederick Medicaid	Your one-stop resource in Frederick County, Maryland for understanding Medical Assistance (Medicaid or MA) eligibility, the range of benefits and assistance you can receive through Medicaid, and even how to get transportation to appointments that are covered by Medicaid. To learn more, select any of the following links that fit your needs.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3124			<a href="https://frederickmedicaid.org">https://frederickmedicaid.org</a>
Health Care Access Maryland	We help individuals and families enroll in affordable health coverage, and we work with them one-on-one to remove barriers to health and health care access. We serve communities disproportionately impacted by burdens such as high infant mortality, chronic health conditions, and stigma.	One North Charles Street Suite 900 Baltimore, Maryland 21202	410-649-0521		Traci Kodeck, CEO	<a href="https://www.healthcareaccessmaryland.org/">https://www.healthcareaccessmaryland.org/</a>
Health Care Connection	Health Care Connection is your link to information regarding Medical Assistance (Medicaid) and other state health insurance programs (Qualified Health Plans) and services, including: Administrative Care Coordination Unit (ACCU) & Ombudsman Program that provides education and outreach to Medical Assistance recipients to increase awareness of Medical Assistance Programs.	Health Care Connection Division 350 Montevue Lane Frederick, MD 2170	301-600-3124			<a href="https://www.marylandhealthconnection.gov">https://www.marylandhealthconnection.gov</a>
Medicaid Transportation	Active Medical Assistance (MA) clients who live in Frederick County and do not have access to public or personal transportation may be eligible to use MA shared ride transport services for non-emergency transportation to and from medical appointments.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3124			<a href="https://md.frederickcountyshealthchoices.com/480/Medicaid-Assistance-Transportation">https://md.frederickcountyshealthchoices.com/480/Medicaid-Assistance-Transportation</a>
Office of Public Health & Preparedness	The Office of Public Health Preparedness(PHP) has a commitment to the health and safety of all citizens of Frederick County. We are dedicated to developing, maintaining, and exercising plans to prepare our community for public health emergencies.	Public Health Preparedness 350 Montevue Lane Frederick, MD 21702	301-600-3315 Situation Information Line 301-600-4786			<a href="https://health.frederickcountymd.gov/176/Preparedness">https://health.frederickcountymd.gov/176/Preparedness</a>
Health Insurance Providers						
Aetna	When you choose us as your Maryland HealthChoice health plan, you're choosing care you can trust. It's about bringing together what matters most to your health. Because healthier happens together®.	Aetna Better Health of Maryland 10490 Little Patuxent Parkway, Suite 600 Columbia, MD 21044	866-361-8495	<a href="mailto:memberservices_md@aetna.com">memberservices_md@aetna.com</a>		
CareFirst BlueCross BlueShield	CareFirst BlueCross BlueShield's Individual Health Plans offer the widest coverage and the largest network for medical, dental and vision insurance in Maryland, Washington, D.C. and Northern Virginia.	10455 Mill Run Circle Owings Mills, MD 21117	800-544-8703	<a href="mailto:ChpMdmembers@carefirst.com">ChpMdmembers@carefirst.com</a>		<a href="https://individual.carefirst.com/individuals-families/">https://individual.carefirst.com/individuals-families/</a>
Cigna	Cigna Healthcare offers health insurance plans such as medical and dental to individuals and employers, international health insurance, and Medicare recipients.	701 Pennsylvania Avenue NW Washington, DC 20004	800-997-1654			<a href="http://www.cigna.com">www.cigna.com</a>
Humana	Bringing you the human side of healthcare.	975 F St NW # 550 Washington, DC 20004	202-888-9165			<a href="http://www.humana.com">www.humana.com</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Kaiser Permanente	We offer care and coverage together to support your total health — and simplify your entire health care experience.	7190 Crestwood Blvd Frederick, MD 21703	800-777-7904			<a href="https://healthy.kaiserpermanente.org/maryland-virginia-washington-dc/learn">https://healthy.kaiserpermanente.org/maryland-virginia-washington-dc/learn</a>
Maryland Physicians Care	MPC provides free, quality health care services to Maryland's HealthChoice enrollees by extending the full benefits of Maryland Medicaid.	1201 Winterson Rd 4th Floor Linthicum Heights, MD 21090	800-953-8854			<a href="https://www.marylandphysicianscare.com/">https://www.marylandphysicianscare.com/</a>
UnitedHealth Group	We offer many plans to help Marylanders get healthy — and stay healthy. We cover adults, people with disabilities, pregnant women and children.	5275 Westview Drive Frederick, MD 21703	301-620-4348			<a href="http://www.uhc.com">www.uhc.com</a>
Disability Services						
Abilities Network	We support children, adults, families, and seniors who are affected by a variety of at-risk factors, including a diagnosed disability, lack of environmental supports, low-socioeconomic levels, and limited knowledge about resources and/or the capacity to access them.	5104 Pegasus Ct # E Frederick, MD 21704	301-695-9505			<a href="https://abilitiesnetwork.org/">https://abilitiesnetwork.org/</a>
Adaptive Recreation - Frederick County Parks and Recreation	Frederick County Parks and Recreation offers Adaptive Recreation (AR) programs designed to meet the needs of individuals with disabilities, developmental differences, and/or higher support needs as well as emphasize participants' unique abilities. Programs utilize trained staff and higher staff/participant ratios in addition to adapted spaces, materials, and content to provide an opportunity for individuals to participate in various recreation activities.	Frederick County Parks and Recreation 121 N. Bentz Street Frederick, MD 21701	301-600-2199	<a href="mailto:registrationdesk@cityoffrederickmd.gov">registrationdesk@cityoffrederickmd.gov</a>	Nicole Cantwell, Recreation Specialist	<a href="https://www.recreation.com/620/Adaptive-Recreation">https://www.recreation.com/620/Adaptive-Recreation</a>
Adult Evaluation & Review Services (AERS)	AERS, formerly known as Geriatric Evaluation Services, is an in-home evaluation and assessment program for aged and/or disabled adults. Eligible Aged and/or Disabled adults at risk for nursing facility placement who wish to remain living their homes/community that do not have full Community Medical Assistance Benefits. Elderly Mental Health Outreach Preadmission Screening & Resident Review Services Short-term Case Management Statewide Evaluation & Planning Services	AERS Program Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1736			<a href="https://health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services-AERS">https://health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services-AERS</a>
The Arc of Frederick County	Eligibility Criteria: Serves individuals with intellectual and developmental disabilities. Eligibility Process: Call to speak with a representative directly. Types of Services: Support services to assist students with enrolling in courses at FCC. Information and referral, youth transitioning program (housing, benefits, employment), independent living skills and job assistance for adults. Self-advocacy group for adults. Volunteer opportunities for FCC students who are looking to gain experience serving children and adults with developmental disabilities.	620 A Research Court Frederick, MD 21703	301-663-0909	<a href="mailto:info@arcfc.org">info@arcfc.org</a>	Shauna Mulcahy, Executive Director	<a href="http://arcfc.org/">http://arcfc.org/</a>
Autism Society of Maryland	Support Groups: Adults on Spectrum, Parents, Siblings. Services maintain supportive informative networks comprised of parents, professionals, and community leaders. Meets several times during the year. Call or check website for dates and place. Meetings include various presentations and speakers. Offers a morning meeting once a month, days and times vary so please call for details. Activities include, but are not limited to: seminars, fundraisers, community awareness events, fun activities for families, and grassroots advocacy.	9770 Patuxent Wood Drive, Suite 308 Columbia, Maryland 21046	410-290-3466	<a href="mailto:info@autismsocietymd.org">info@autismsocietymd.org</a>		<a href="https://autismsocietymd.org">https://autismsocietymd.org</a>
Centers for Independent Living (CILs)	Centers for Independent Living believe in consumer control, where people with disabilities directly govern and staff the organization. Centers for Independent Living serve people with all types of disabilities and provide: Peer support Information and referral Individual and systems advocacy Independent living skills training	Designated CIL: Freedom Center 1890 N. Market Street Suite 203 Frederick, MD 21701	(301) 846-7811		Tina Chaney, Executive Director	<a href="https://thefreedomcenter-md.org/https://mdtransitions.org/centers-for-independent-living/">https://thefreedomcenter-md.org/https://mdtransitions.org/centers-for-independent-living/</a>
Commission on Disabilities	The Frederick County Commission on Disabilities meets the 2nd Monday of each month, except August and December, in-person at 6:00 pm. The public is invited to attend. Individuals requiring special accommodations because of a disability or for lack of English proficiency must contact the Commission on Disabilities at 301-600-1234 or dial 711 for Maryland Relay Services to make arrangements, no later than three (3) working days prior to the meeting.	Winchester Hall 12 East Church Street Frederick, Maryland 21701	301-600-1234			<a href="https://frederickcountymd.gov/3440/Commission-on-Disabilities">https://frederickcountymd.gov/3440/Commission-on-Disabilities</a>
Community Living - Supportive Housing	For seniors with developmental disabilities - Provides recreation, arts and crafts, trips and other activities. The vocational day program provides training and job coaching for people with mental and/or cognitive disabilities. Day Habilitation provides day services for people with intellectual and developmental disabilities.	620-B Research Court Frederick, MD, 21703	1-800-917-7383	<a href="mailto:info@communitylivinginc.org">info@communitylivinginc.org</a>		<a href="http://www.communitylivinginc.org/">www.communitylivinginc.org/</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Community Living, Day Program	Supportive Housing offers supervised living arrangements with up to 3 residents per home, grouped according to compatibility. Residents are encouraged to share household responsibilities such as shopping, cooking, and cleaning. All residents participate in a work or day program based on their abilities and interests.	620-B Research Court Frederick, MD, 21703	301-663-8811	info@communitylivinginc.org		<a href="http://www.communitylivinginc.org/">www.communitylivinginc.org/</a>
Developmental Disabilities Administration (DDA)	Provides a coordinated service delivery system for people with developmental disabilities.	Western Maryland Regional Office (WMRO) 1360 Marshall Street Hagerstown, Maryland 21740	301-791-4670	cathy.marshall@maryland.gov	Cathy Marshall Regional Director	<a href="https://health.maryland.gov/dda/Pages/Home.aspx">https://health.maryland.gov/dda/Pages/Home.aspx</a>
Disability Information and Access Line	The "Disability Information and Access Line" (DIAL) is a hotline number that connects people with disabilities to information about local community services and programs that can help them live independently in their community.		888-677-1199			<a href="https://acl.gov/DIAL">https://acl.gov/DIAL</a>
Disability Rights Maryland	Disability Rights Maryland is a non-profit organization that provides legal advocacy and resources to protect and advance the rights of individuals with disabilities, including support in employment matters.	Disability Rights Maryland 1500 Union Ave, Ste. 2000 Baltimore, MD 21211	410-727-6352			<a href="https://disabilityrightsmd.org/">https://disabilityrightsmd.org/</a>
Division of Rehabilitation Services (DORS)	Division of Rehabilitation Services (DORS) is a state agency that offers vocational rehabilitation services to help individuals with disabilities prepare for, obtain, and maintain employment. Types of Services: Career assessment and counseling, assistive technology, job training, higher education, job placement. Also specialized services for students age 14-21.	1890 N Market St #300 Frederick, MD 21701	240-629-7581	<a href="mailto:region1_dors@maryland.gov">region1_dors@maryland.gov</a>	Sharon Plump, Region 1 Director	<a href="http://dors.maryland.gov/">http://dors.maryland.gov/</a>
Family Resource, Information and Education Network for Down Syndrome (F.R.I.E.N.D.S.)	Resource, Information & Education Network for Down Syndrome is a 501(c)(3) non-profit group of parents re-formed in 1999 in Frederick County, Maryland	F.R.I.E.N.D.S. P.O. Box 641 Middletown, MD 21769		eroutzahn@friendsoffredco.org	Evan Routzahn	<a href="http://www.friendsoffredco.org">www.friendsoffredco.org</a>
Frederick County Workforce Services	Fee Structure: Free service to Frederick County residents. Eligibility Criteria: Primarily adults though some programs may be for specific populations, e.g., Summer Jobs Program for youth ages 14-24, Teen Job Skills Boot Camp, Youth Pathways. Eligibility Process: Call for an appointment or submit an online information request. Types of Services: Basic computer classes, employment counselors, career exploration assessments, and job training may be provided.	200 Monroe Avenue Suite One Frederick, MD 21701	301-600-2255	<a href="mailto:fcws@frederickworks.com">fcws@frederickworks.com</a>		<a href="http://www.frederickworks.com/">http://www.frederickworks.com/</a>
The Freedom Center	The Freedom Center is a consumer controlled, community based nonprofit organization committed to providing a wide array of services to assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons. Our mission is to offer services and supports to empower individuals with disabilities to lead self-directed, independent, and productive lives in a barrier-free community.	1890 North Market St., Ste 203 Frederick, MD 21701	301-846-7811	<a href="mailto:advocate@thefreedomcenter-md.org">advocate@thefreedomcenter-md.org</a>	Tina Chaney, Executive Director	<a href="https://thefreedomcenter-md.org">https://thefreedomcenter-md.org</a>
Friends In Frederick, Parkinson's Support Group	"Friends In Frederick" is dedicated to serving the needs of all who attend. Part of each meeting offers an opportunity for individuals to ask questions and share experiences, fears, or accomplishments. Any question, regardless of subject, is welcomed. Participation in the discussions is encouraged but not required. Support Group: A support group for people with Parkinson, their family members, and caregivers. Meetings are the 3rd Wed of each month at Mt. Pleasant Ruritan Club from 1-3PM. Call for directions.	Mt. Pleasant Ruritan Club 8101 Crum Rd. Walkersville, MD 21793	301-703-1194		John Kraft, President	<a href="https://www.fripdsg.org/">https://www.fripdsg.org/</a>
Goodwill Industries	Fee Structure: Most programs are free. Some are supported through the Division of Rehabilitation Services for clients. Eligibility Criteria: Individuals 16 years and older. Eligibility Process: Intake appointment at the number above.	5112 Pegasus Court, Suite M Frederick, MD 21703	301-662-0622		Amy Lyons, Community Engagement & Missions	<a href="http://www.gimv.org">http://www.gimv.org</a>
Greenberg & Bederman	Since the practice opened in 1985, Greenberg & Bederman worked to ensure that disabled applicants can access the support and benefits they are entitled to. <a href="http://gblawyers.com">gblawyers.com</a>	1111 Bonifant Street Silver Spring, MD 20910	301-589-2200	<a href="mailto:help@gblawyers.com">help@gblawyers.com</a>	Andrew Bederman, Managing Attorney	<a href="http://gblawyers.com">gblawyers.com</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Hearing and Speech Agency (HASA)	A leading provider of American Sign Language (ASL) and oral interpreters in Maryland.	Harry & Jeannette Weinberg Building 5900 Metro Drive Baltimore, MD 21215	410-318-6780	<a href="mailto:cirsrep@hasa.org">cirsrep@hasa.org</a>		<a href="https://gatewaymaryland.org">https://gatewaymaryland.org</a>
Independence Now	Independence Now is a non-profit center for independent living that offers various services, including employment support, to individuals with disabilities in Maryland.	12301 Old Columbia Pike # 101, Silver Spring, MD 20904	301-277-2839	<a href="mailto:Info@innow.org">Info@innow.org</a>		<a href="https://www.innow.org/">https://www.innow.org/</a>
Maryland Access Point (MAP)	MAP specialists work with caregivers, professionals, and all individuals with long-term care needs to plan, identify, connect, and assist with accessing private and public resources for long-term services and supports.	Division of Aging and Independence 1440 Tancy Ave. Frederick, MD 21702	301-600-1234	<a href="mailto:jrowe1@frederickcountymd.gov">jrowe1@frederickcountymd.gov</a>	Joy Rowe MAP Coordinator	<a href="https://aging.maryland.gov/Pages/maryland-access-point.aspx">https://aging.maryland.gov/Pages/maryland-access-point.aspx</a>
Maryland School for the Deaf	Provides public education for Maryland students from birth up to age 21 who are deaf or hard of hearing. Offers educational and hearing assessments, family support services, speakers, residential and day programs available.	101 Clarke Place Frederick, MD, 21705	301-360-2000	<a href="mailto:frederick@msd.edu">frederick@msd.edu</a>		<a href="http://www.msd.edu/">http://www.msd.edu/</a>
Maryland Works, Inc.	Maryland Works, Inc. is a non-profit organization that promotes employment and economic opportunities for individuals with disabilities through training, education, and advocacy.	10270 Old Columbia Rd # 100 Columbia, MD 21046	410-381-8660	<a href="mailto:Info@mdworks.com">Info@mdworks.com</a>		<a href="https://mdworks.com/">https://mdworks.com/</a>
The National Information Center for Children and Youth with Disabilities	A central "Hub" of information and products created for the network of Parent Centers serving families of children with disabilities					<a href="http://www.parentcenterhub.org/">http://www.parentcenterhub.org/</a>
Optimal Health Care, Inc.	Eligibility Criteria: Individuals with developmental disabilities and their families Eligibility Process: Complete the DDA eligibility application and select Optimal as your CCS provider. <a href="https://dda.health.maryland.gov">https://dda.health.maryland.gov</a> Types of Services: Case management and youth transition services.	174 Thomas Johnson Drive Frederick, MD 21702	240-578-4704	<a href="mailto:mweldon@ohc-inc.com">mweldon@ohc-inc.com</a>		<a href="http://ohc-inc.com">http://ohc-inc.com</a>
Purple Language Services	Provides ASL video relay services (VRS), remote interpreting and on-site interpreting services.	11900 N. Jollyville Road #204209 Austin, TX 78759	301-946-9710		Molly McKinstry Manager	<a href="http://www.purple.us/">http://www.purple.us/</a>
The Scott Key Center	Eligibility Criteria: Must be a Frederick County resident with a disability age 21 and over. Apply with the Developmental Disabilities Administration application found at <a href="http://dda.dhnh.maryland.gov">dda.dhnh.maryland.gov</a> Types of Services: Day habilitation, supported employment, vocational services, individual support services, individual job placements, job development, and transportation.	1050 Rocky Springs Road Frederick, MD 21702	301-600-1600	<a href="mailto:scottkeyemail@frederickcountymd.gov">scottkeyemail@frederickcountymd.gov</a>		<a href="http://www.scottkeycenter.org/">http://www.scottkeycenter.org/</a>
Service Coordination, Inc.	Fee Structure: Free to eligible individuals. Eligibility Criteria: Individuals with intellectual and/or developmental disabilities. Eligibility Process: Complete the online application at <a href="http://dda.dhnh.maryland.gov">dda.dhnh.maryland.gov</a> and click Apply for Service or call 1-888-791-0193 for more information. Types of Services: Residential placements, medical day programs, supportive employment, job coaches, and other support services.	5283 Corporate Drive, Suite 103 Frederick, MD 21703	301-663-8044			<a href="https://www.servicecoord.org/">https://www.servicecoord.org/</a>
Sheppard Pratt	Eligibility Criteria: Individuals with developmental and intellectual disabilities. Various service programs including mental health services. Types of Services: Vocational rehabilitation and supported employment, residential, community supports, mental health services, etc.	230 West Patrick Street Frederick, MD 21701	240-409-5994	<a href="mailto:spfrederickschool@sheppardpratt.org">spfrederickschool@sheppardpratt.org</a>		<a href="https://www.sheppardpratt.org/care-services/developmental-disability-services/">https://www.sheppardpratt.org/care-services/developmental-disability-services/</a>
Special Olympics, Frederick County	Provides year round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities that are with or without physical challenges. Offers 16 of the 20 sports available in Maryland and host 2 athletic competitions during the sports year. Also provides opportunities for many social events such as dances, zoo trips, and professional sporting events.	P.O. Box 33 Frederick, MD 21705-0033		<a href="mailto:somdfc@gmail.com">somdfc@gmail.com</a>		<a href="http://www.somdfc.org">www.somdfc.org</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Unified Community Connections Agency	Fights for the rights of adults with cerebral palsy and other disabilities to live a full life in the community. These rights included education, religion, and housing. Eligibility Criteria: Adults with intellectual and developmental disabilities (disability prior to age 21). Eligibility Process: Must apply for and be determined eligible for services by the Developmental Disabilities Administration (DDA). Types of Services: Adult day habilitation for pre-vocational skills, assistive technology evaluations, medical adult day care, transportation to their site for services, residential services and supports, supported employment, respite care, and transitioning youth services.	5736 Industry Lane Frederick, MD 21704	301-663-8700	<a href="mailto:info@unified.org">info@unified.org</a>		<a href="http://www.unified.org">www.unified.org</a>
We Interpret	Provide translation services for a number of languages, as well as sign language.	6412 Woodland Forest Dr. Elkridge, MD 21075	877-788-8454	<a href="mailto:weinterpret@outlook.com">weinterpret@outlook.com</a>		<a href="https://www.yesweinterpret.com">https://www.yesweinterpret.com</a>
<b>Behavioral Health and Substance Use Services</b>						
Alcoholics Anonymous (WCI)	The West Central Intergroup (WCI) is a group of Alcoholics Anonymous (A.A.) members whose purpose is to provide services to those individuals or groups of individuals in our area (Frederick and Upper Montgomery Counties) seeking to recover from the disease of alcoholism through the Twelve Steps of A.A.	22 S Market St #7, Frederick, MD 21701	301-662-0544	<a href="mailto:info@westcentralaa.org">info@westcentralaa.org</a>		<a href="https://westcentralaa.org/">https://westcentralaa.org/</a>
Adult Evaluation & Review Services (AERS)	Elderly Mental Health Outreach InterRAI Assessment & Nurse Monitoring for Community First Choice & CPAS Preadmission Screening & Resident Review Services Short-term Case Management Statewide Evaluation & Planning Services	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				
Adult Recovery Services	Community-Based Peer Support Community Organized Recovery Efforts (CORE) Recovery Centers Recovery Coach Academy Family & Community Support for Substance Use	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3289			
Al-Anon Family Groups	Who Are Al-Anon Members? Al-Anon members are people, just like you, who are worried about someone with a drinking problem. There are multiple meeting locations in the Frederick area by searching here: <a href="https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/">https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/</a>	The Frederick Club 205 Bucheimer Road Frederick, MD, 21704	888-425-2666			<a href="https://al-anon.org">https://al-anon.org</a>
Behavioral Health Services	If you or your loved one is struggling with addiction and would like help accessing treatment or recovery support contact BHS. Calls and emails will be returned within 24 hours during normal business hours.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755	<a href="mailto:BHS@FrederickCountyMD.gov">BHS@FrederickCountyMD.gov</a>		<a href="http://health.frederickcountymd.gov/131/Behavioral-Health-Services">http://health.frederickcountymd.gov/131/Behavioral-Health-Services</a>
Community of Grace Organization (COGO)	Empowering women with substance use disorder to overcome challenges through a strong support network, fostering stability, discipline, and family empowerment. Our Goal is to support individuals leaving rehabilitation centers or correctional facilities, bridging their transition into the community by rebuilding trust, self-esteem, and responsibility.		240-389-5976	<a href="mailto:communityofgrace.cogo@gmail.com">communityofgrace.cogo@gmail.com</a>	Barbara Pinnock Executive Director	<a href="https://www.communityofgraceorganization.org/">https://www.communityofgraceorganization.org/</a>
Concerted Care Group	An Outpatient Substance Use Disorder treatment facility that provides an Intensive Outpatient program (IOP) for nine hours (or more) weekly of group and individual counseling. Also offers overdose prevention services.	300B Scholls Lane Frederick, MD 21701	240-815-7300			<a href="https://Concertedcaregroup.com">https://Concertedcaregroup.com</a>
CORE Community Organized Recovery Efforts	Adult Recovery Services (CORE) - CORE activities at All Saints Episcopal Church and Frederick Community Action Agency are open to the public Monday- Friday 8:30 am - 12:00 pm.	All Saints Episcopal Church 106 W Church Street Frederick, MD 21701	240-566-6111	<a href="mailto:CORE@frederickcountymd.gov">CORE@frederickcountymd.gov</a>		<a href="https://health.frederickcountymd.gov/459/Adult-Recovery-Services-CORE">https://health.frederickcountymd.gov/459/Adult-Recovery-Services-CORE</a>
Crossroads Centers	Adults and adolescents with co-occurring mental and substance abuse disorders, persons with HIV/AIDS, and DUI/DWI offenders, intensive out-patient counseling. Also provides confidential assessments, evaluations, and referrals as well as education and prevention services, family counseling programs, urine screenings and intervention services.	1890 N. Marlet Street, Suite 301 Frederick, MD 21701	301-696-1950			<a href="http://www.crossroadscenteroffrederick.com">www.crossroadscenteroffrederick.com</a>
Frederick Institute	Offers an outpatient methadone and buprenorphine/ suboxone program. Clients are screened, interviewed and assessed to determine severity of opioid addiction and is treated accordingly. Treatment includes counseling and relapse programs. All clients Mon-Fri dosing hours are 5:30am-10am. Saturday dosing hours for all clients 7am-10am. All clients receive take home medication for Sundays.	5716-C Industry Lane Frederick, MD 21704	301-663-4130			<a href="https://www.addictiontreatmentsystems.com/frederick-institute">https://www.addictiontreatmentsystems.com/frederick-institute</a>
Focus Recovery Center	Focus Recovery Center believes that it was imperative for individuals with an Opioid Use Disorder (OUD) to have access to viable treatment options with a holistic approach. We encourage the removal of barriers and stigmas as it relates to this disease and the individuals seeking treatment through medication, education, support and resources.	801 Toll House Avenue Suite B1 & B2 Frederick, Maryland 21701	301-228-9641; After-Hours Emergency Number: 301-228- 9428	<a href="mailto:myfrcetreatment@email.com">myfrcetreatment@email.com</a>		<a href="https://myfrcetreatment.com">https://myfrcetreatment.com</a>
Harm Reduction Services	Overdose Response Training and Naloxone Distribution Rapid Hepatitis C Testing & Case Management Sexual Health in Recovery (SHIR) Syringe Services Program	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755			

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Local Behavioral Health Authority	Adolescent Screening, Referral & Navigation Unit Adult Screening, Referral & Navigation Unit Criminal Justice Services	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				
Maryland Cannabis Administration	The mission of the Maryland Cannabis Administration is to provide a safe, equitable, and accessible medical and adult-use cannabis industry for qualifying patients and adult consumers.	849 International Drive Linthicum, MD 21090	410-487-8100	mca.infoandregistration@maryland.gov	Alexandra Harris Interim Acting Director	<a href="https://cannabis.maryland.gov">https://cannabis.maryland.gov</a>
Maryland Tobacco Quitline	The Maryland Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669) is a FREE phone, web, and text message service (text READY to 34191) that is available to all Maryland residents over the age of 13 to help with quitting any form of tobacco. Call, click, or text to enroll today! Teens, ages 13-17, can enroll online in the Live Vape Free program to learn more about vaping and get help with quitting through podcasts, videos, and live coach chats. Text VAPEFREE to 873-373 to get started.		800-784-8669			<a href="https://health.maryland.gov/phpa/objectum/Pages/tob_quit.aspx">https://health.maryland.gov/phpa/objectum/Pages/tob_quit.aspx</a>
Mountain Manor	Maryland Mountain Manor Treatment Centers provides Integrative and Holistic Rehabilitation Treatment for Addiction and Mental Health. We offer a full range of services, including Inpatient, Outpatient, Intensive Outpatient and Medical Detox from drugs and alcohol.	174 Thomas Johnson Dr #102 Frederick, MD 21702	800-537-3422	<a href="mailto:web-inquiry@marylandtreatment.org">web-inquiry@marylandtreatment.org</a>		<a href="https://www.marylandtreatment.org">https://www.marylandtreatment.org</a>
Narcotics Anonymous	The Chesapeake & Potomac Region of Narcotics Anonymous serves 12 Areas in Maryland, Northern Virginia, the District of Columbia, and Virtually.	PO Box 8160 Silver Spring, MD 20907	800-543-4670	<a href="mailto:info@cprna.org">info@cprna.org</a>		<a href="https://www.cprna.org/">https://www.cprna.org/</a>
Overdose Response Training & Naloxone Distribution	Day & Evening Virtual & In-Person Training Sessions! No need to pre-register! Every Friday: 1:00 pm.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1777	<a href="mailto:HarmReductionServices@FrederickCountyMD.gov">HarmReductionServices@FrederickCountyMD.gov</a>		<a href="https://health.frederickcountymd.gov/546/Overdose-Response-Training-Naloxone-Dist">https://health.frederickcountymd.gov/546/Overdose-Response-Training-Naloxone-Dist</a>
Phoenix Recovery Academy	To serve those affected by alcoholism and drug addiction.	117 E. Church Street Frederick, MD 21701	301-644-2140	<a href="mailto:heather@phoenixrecoveryacademy.org">heather@phoenixrecoveryacademy.org</a>	Heather Whitcomb Executive Director	<a href="https://phoenixrecoveryacademy.org/about/">https://phoenixrecoveryacademy.org/about/</a>
Prescription Drug Monitoring Program (PDMP)	The Prescription Drug Monitoring Program (PDMP) has been established by the Maryland Department of Health (MDH), Behavioral Health Administration (BHA) to support healthcare providers and their patients in the safe and effective use of prescription drugs.					<a href="https://health.frederickcountymd.gov/518/Prescription-Drug-Monitoring-Program-PDMP">https://health.frederickcountymd.gov/518/Prescription-Drug-Monitoring-Program-PDMP</a>
Prevention Programs	Alcohol Misuse Prevention Initiative Merchant Sales Compliance Initiative Opioid Misuse Prevention Program Tobacco Prevention & Cessation Program - 301-600-3357	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				
Pro Bono Counseling Project	At Pro Bono Counseling we believe access to quality mental health care is a human right and can change a person's life. Our goal is to help people of all backgrounds in Maryland find the right mental health professional to meet their needs, no matter their income.	1500 Union Ave, Ste 2100 Baltimore, MD 21211	410-825-1001			<a href="https://www.probonocounseling.org/">https://www.probonocounseling.org/</a>
Project Hope, Frederick County	Provides individuals who use substances, family members and friends with support and help finding available resources. Holds events and activities for youth throughout the year.	4 Frederick Road Thurmont, MD 21788	240-357-8437	<a href="mailto:Projecthope21788@yahoo.com">Projecthope21788@yahoo.com</a>	Jacque Burrier President	
Richard Carbaugh's Hope Foundation	The foundation's purpose is to bring awareness, education, prevention, support and advocacy with regard to the Epidemic of Drug and addiction by the young children and adults in our community.	234 E 5th Street Frederick, MD 21701	240-578-0235	<a href="mailto:RichardCarbaughsHopeFoundation@gmail.com">RichardCarbaughsHopeFoundation@gmail.com</a>		<a href="https://www.richardcarbaughshopefoundation.org/">https://www.richardcarbaughshopefoundation.org/</a>
Save Our Children Family Peer Support Group	Encourages families and friends of drug addicts to join together to fight the drug epidemic and bring awareness about the disease of addiction. Offers services, resources, education, and a support group to those suffering from a heroin addiction and also to friends and loved ones affected by those suffering from addiction. Meetings held Tuesdays at 7:30 PM.	Crossroads Center 1890 N. Market Street, Suite 301 Frederick, MD 21701	301-693-2603		Tina	<a href="https://www.facebook.com/groups/438048119716183/">https://www.facebook.com/groups/438048119716183/</a>
Serenity Treatment Center	Treatment is tailored to individuals 18 years and older. They are guided by an individualized treatment plan based on a comprehensive bio-psychosocial assessment of the individual and his or her family. Provides traditional outpatient therapy as well as an intensive outpatient program for those in need.	420 E. Patrick Street Suite 100 Frederick, MD 21701	301-898-2627	<a href="mailto:info@serenitytreatmentcenter.com">info@serenitytreatmentcenter.com</a>		<a href="http://www.serenitytreatmentcenter.com">www.serenitytreatmentcenter.com</a>



Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Street Safe Program	Our Street Safe Program (SSP) now offers the following FREE SERVICES: Sterile syringes Other drug use equipment for smoking, snorting, and booty bumping Supplies for HRT, PED, and TRT! Safe disposal containers & collection of used syringes Fentanyl test strips and Xylazine test strips RAD (Rapid Analysis of Drugs) Drug Checking	490 Suite C Prospect Blvd. Frederick, MD 21701	301-600-1777	<a href="mailto:HarmReductionServices@FrederickCountyMD.gov">HarmReductionServices@FrederickCountyMD.gov</a>	Marisa Shields, Harm Reduction Program Coordinator	<a href="https://health.frederickcountymd.gov/549/Street-Safe-Program">https://health.frederickcountymd.gov/549/Street-Safe-Program</a>
The Orenda Center of Wellness	The Orenda Center of Wellness is a Maryland based residential and outpatient substance use disorder treatment organization dedicated to providing the highest level of care (including co-occurring diagnosis) through all stages of recovery.	7540a N Market St. Frederick, MD 21701	240-831-4873			<a href="https://theorendacenter.com/">https://theorendacenter.com/</a>
The Ranch	Adult men (age 18+), a 24 hour supervision and residential stay while using a mind, body, and spirit approach. The program will provide individualized treatment plans, oversight of schooling for, life skills classes, recreational and leisure, team building activities, nutrition classes, 12 step program, mentoring program, case management, spiritual program and group, individual, and family therapy. Provides a structured, four day per week program for men age 18+. Treatment includes group therapy, and individual counseling with a licensed substance use counselor who will work with the client to design an individualized treatment plan for recovery.*	7902 Fingerboard Rd. Frederick, MD 21704	301-874-4701			<a href="http://www.ranchmd.org">www.ranchmd.org</a>
Tobacco & Alcohol Coalition	The Tobacco and Alcohol coalition works to improve the health and wellness of Frederick County residents through prevention strategies that reduce the harmful effects of tobacco and alcohol use. The coalition meets at 3:00 pm on the first Thursday in January, March, May, July, September, and November. The meetings are currently being held virtually.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3285	<a href="mailto:tcum1@FrederickCountyMD.gov">tcum1@FrederickCountyMD.gov</a>		<a href="https://health.frederickcountymd.gov/500/Tobacco-Alcohol-Coalition">https://health.frederickcountymd.gov/500/Tobacco-Alcohol-Coalition</a>
Tobacco Prevention and Smoking Cessation	Tobacco Free Frederick offers free tobacco cessation services for Frederick County Residents. Group cessation classes are held once a week for six weeks. Individuals may also attend one-on-one cessation counseling sessions. Counseling participants are eligible for free nicotine replacement therapy (patches, gum, lozenges).	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1755; 301-712-7277	<a href="mailto:PMiller@frederickcountymd.gov">PMiller@frederickcountymd.gov</a>	PJ Miller, Prevention Specialist	<a href="https://health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program">https://health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program</a>
Up and Out Foundation	Can provide financial assistance to help pay for substance use treatment or medication assisted treatment such as Vivitrol or Suboxone. Applications for financial assistance are reviewed on a case-by-case basis. Please apply for funds online. Provides training and education to the public about substance use disorders and the disease of addiction.	P.O Box 4034 Frederick, MD 21705		<a href="mailto:upandoutfoundation@gmail.com">upandoutfoundation@gmail.com</a>		<a href="http://www.upandoutfoundation.org">www.upandoutfoundation.org</a>
Villa Maria Counseling	Villa Maria Behavioral Health provides mental health and substance use disorder treatment for adults, children and families in our eight clinics, through our home respite services as well as in our public school partnerships	300 W 9th Street Frederick, MD 21701	667-600-3310	<a href="mailto:behavioralhealth@cc-md.org">behavioralhealth@cc-md.org</a>		<a href="https://cc-md.org/programs/villa-maria-behavioral-health/">https://cc-md.org/programs/villa-maria-behavioral-health/</a>
Way Station (Sheppard Pratt)	Way Station is a not-for-profit organization dedicated to providing compassionate and quality behavioral health care, housing, and employment services to adults with mental illness, developmental disabilities, and substance addictions; children and adolescents with emotional and behavioral challenges; and veterans with service needs. Way Station embraces the principles of recovery and resilience and is committed to providing evidence-based, consumer-driven, and family-focused services.	230 W Patrick Street Frederick, MD 21701	301-662-0099			<a href="https://www.sheppardpratt.org/locations-directions/details/vocational-services-frederick/">https://www.sheppardpratt.org/locations-directions/details/vocational-services-frederick/</a>
Wells House	Services include outpatient, intensive outpatient, and low intensity residential services, case management, peer services, Telemedicine for Suboxone and Vivitrol prescriptions, GED classes and certification, Life Skills for job skills and simple money management, art and music therapies and other support services.	425 E. Patrick Street Frederick MD 21701	301-739-7748	<a href="mailto:info@wellshouse.org">info@wellshouse.org</a>		<a href="https://www.wellshouse.org/">https://www.wellshouse.org/</a>
Youth Support Services	Kids Like Us (KLU) - 301-600-3281 On the Mark Adolescent Club House - 301-600-4804 "Stay In the Know" Youth Campaign	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702				
Nutrition Services						
Encompass Integrative Wellness	Encompass Integrative Wellness is an integrative clinical nutrition practice whose mission is to educate and empower people to embrace food and lifestyle changes to help them live more vibrantly. We offer individual nutritional counseling, group nutritional programs, custom educational talks and presentations, and corporate wellness programs.	5100 Buckeystown Pike, Suite 250 Frederick, Maryland 21704	301-874-2957	<a href="mailto:info@eiwellness.com">info@eiwellness.com</a>	Tina Brockett, Nutritionist	<a href="https://eiwellness.com/">https://eiwellness.com/</a>
Frederick Health - Diabetes and Nutrition Center	If you have diabetes, our staff is here to help evaluate, educate and support you. The Comprehensive Care Center offers a 10-hour education program that includes an initial consultation to evaluate and teach you how to better control your diabetes. You will also learn about carbohydrate counting and blood sugar testing (if needed). Your second visit will be with a dietitian who will help with meal planning and weight management. These comprehensive group sessions will help you better understand the different aspects of diabetes and teach you how to take control. Individual diabetes education is also available.	5500 Buckeystown Pike Frederick, MD 21703	240-379-6045			<a href="https://www.frederickhealth.org/services/comprehensive-care-center/diabetes-prevention-management/-to-get-started">https://www.frederickhealth.org/services/comprehensive-care-center/diabetes-prevention-management/-to-get-started</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Homecall	In-home healthcare, including a nutritionist. Central intake: 1-800-444-0096 Also locations in Westminster & Rockville, Accepts some insurance, Medicare & Medicaid.	1446 W. Patrick St, Suite 16 Frederick, MD 21702	301-644-3086			<a href="http://lhcggroup.com">http://lhcggroup.com</a>
Kindred Nutrition	Kindred specializes in sports nutrition and eating disorders.	810 Toll House Ave Frederick, MD 21701	301-580-0008		Amy Goldsmith	<a href="http://www.kindrednutrition.com/">http://www.kindrednutrition.com/</a>
Nutrition Services for Older Adults and Caregivers	Maryland residents who are at least 60 or older who meet the requirements			program.intake@usda.gov		<a href="https://aging.maryland.gov/Pages/Nutrition%20Services%20for%20Consumers.aspx">https://aging.maryland.gov/Pages/Nutrition%20Services%20for%20Consumers.aspx</a>
Unraveling Obesity	Know your risk. Unlock better health. Scientific screening and resources for weight management.			<a href="Info@unravelingobesity.com">Info@unravelingobesity.com</a>	Nina Asham	<a href="https://unravelingobesity.com/founders-message/">https://unravelingobesity.com/founders-message/</a>
<b>Chronic Disease and Illness Services</b>						
American Cancer Society	How We're Providing Support - We're here 24 hours a day, 7 days a week, to help guide you through your cancer experience. Whether you've recently been diagnosed, are currently going through treatment, or are caring for a loved one with cancer, we're here with information, day-to-day help, and emotional support every step of the way. From free lodging and transportation to help making decisions about your care, we offer programs, services, and resources in our Find Support and Treatment section to help you on your journey.		1-800-227-2345		Karen Wellcott	<a href="https://www.cancer.org/about-us/what-we-do/providing-support.html">https://www.cancer.org/about-us/what-we-do/providing-support.html</a>
Cancer and Chronic Disease Prevention Program	Our program's mission is to promote quality health care for eligible Frederick County residents through access to cancer screenings and chronic disease prevention & education.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3362		Dr. Miriam Dobson, Division Director	<a href="https://health.frederickcountymd.gov/218/Cancer-and-Chronic-Disease-Prevention-Pr">https://health.frederickcountymd.gov/218/Cancer-and-Chronic-Disease-Prevention-Pr</a>
Cancer Coalition	The FCCCC oversees the activities of the Cancer Prevention, Education, Screening and Treatment program, whose purpose is to: Heighten public awareness of timely/routine cancer screening Provide essential screening information to the public Partner with public and private health care, businesses, government and non-government organizations, and concerned citizens Develop a comprehensive plan for cancer prevention, education, screening, and treatment	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-788-6605; 301-600-3362	<a href="mailto:AShah@FrederickCountyMD.gov">AShah@FrederickCountyMD.gov</a>	Avani Shah, MPH; Beth Mowrey, Program Administrator	<a href="https://health.frederickcountymd.gov/506/Cancer-Coalition">https://health.frederickcountymd.gov/506/Cancer-Coalition</a>
Cardiac Rehabilitation	Frederick Health Cardiac Rehab is an outpatient hospital-based program specifically designed for patients who have experienced a recent cardiac event. Participants use individualized exercise plans to improve cardiovascular endurance, strength and flexibility.	Frederick Health Hospital 400 W. 7th Street, Frederick, MD 21701	240-566-3229			<a href="https://www.frederickhealth.org/services/heart-care/cardiac-rehabilitation/">https://www.frederickhealth.org/services/heart-care/cardiac-rehabilitation/</a>
Chronic Care Management, FMH	The management of chronic illnesses has become a critical issue in today's healthcare environment. Frederick Health Home Care would like to introduce the Chronic Care Management Program (CCMP). This program is free of charge for anyone needing to better manage their health and achieve the best quality of life possible. No age, income, or insurance requirements.	Frederick Health Hospital 400 W. 7th Street, Frederick, MD 21701	240-578-2361	<a href="mailto:lhogan@frederick.health">lhogan@frederick.health</a>	Lisa Hogan RN, BSN, Chronic Care Management Program Team Leader	<a href="https://www.frederickhealth.org/services/home-care/how-chronic-care-management-can-help/">https://www.frederickhealth.org/services/home-care/how-chronic-care-management-can-help/</a>
Colorectal Cancer Screening Program	The Frederick County Health Department offers colorectal screenings at "no cost" to eligible men AND women. Diagnosis and treatment services may also be available for individuals through the program.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3362		Dr. Miriam Dobson, Division Director	<a href="https://health.frederickcountymd.gov/472/Colorectal-Cancer-Screening-Program">https://health.frederickcountymd.gov/472/Colorectal-Cancer-Screening-Program</a>
Diabetes Prevention & Management	If you have diabetes, our staff is here to help evaluate, educate and support you. The Comprehensive Care Center offers a 10-hour education program that includes an initial consultation to evaluate and teach you how to better control your diabetes. You will also learn about carbohydrate counting and blood sugar testing (if needed).	501 West 7th St Suite 103 Frederick, MD 21701	301-360-2574			<a href="https://www.frederickhealth.org/services/comprehensive-care-center/diabetes-prevention-management/">https://www.frederickhealth.org/services/comprehensive-care-center/diabetes-prevention-management/</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
NEXT CLASS STARTING IN JANUARY 2025						
Healthy Hearts: Blood Pressure Self-Monitoring Program	This free 4-month program for adults with high blood pressure supports participants in developing the habit of checking their blood pressure at home. Receive a free home blood pressure monitor, as needed. Guidance & support are provided by a trained lifestyle coach. Receive education on healthy food choices that help lower blood pressure. This free 4-month program for adults with high blood pressure supports participants in developing the habit of checking their blood pressure at home. Receive a free home blood pressure monitor, as needed. Guidance & support are provided by a trained lifestyle coach. Receive education on healthy food choices that help lower blood pressure.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1733		Community Health Services Division Division Director Dr. Miriam Dobson, RN, CPH, CHW-C	<a href="https://health.frederickcountymd.gov/499/Healthy-Hearts-Blood-Pressure-Self-Monitoring-Program">https://health.frederickcountymd.gov/499/Healthy-Hearts-Blood-Pressure-Self-Monitoring-Program</a>
HIV Coalition	Education, training, and testing. The Frederick HIV Coalition runs an HIV Test Kit Distribution Program to provide the OraQuick Home HIV test kits to central Maryland individuals who want to take a test in the privacy of their own home. This program also organizes the local World AIDS Day conference and tables at public and private events to distribute HIV kits and information. Free on-the-spot testing is available at the Frederick County Health Department on specific days. Walk-in HIV testing is available Tuesdays and Fridays from 9AM-3PM. Appointments are available outside of those times by calling 301-600-1733.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1733	<a href="mailto:hiv@thefrederickcenter.org">hiv@thefrederickcenter.org</a>		<a href="https://health.frederickcountymd.gov/HIV">Health.FrederickCountyMD.gov/HIV</a>
HIV / AIDS Services	Open Tuesdays and Fridays, 9am-3pm; No appointment needed! Frederick County Health Department provides free confidential HIV screening/testing, treatment services, and partner notification services.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1733			<a href="https://health.frederickcountymd.gov/256/HIV-AIDS-Services">https://health.frederickcountymd.gov/256/HIV-AIDS-Services</a>
Palliative Care	If you are facing a life-limiting illness, the CCC has a team-based approach to help you care for and manage your symptoms. These include home health visits and in person options.	Frederick Health Hospital 400 West 7th Street Frederick, MD 21701	240-566-4220	<a href="mailto:CDaniluck@Frederick.health">CDaniluck@Frederick.health</a>		<a href="https://www.frederickhealth.org/services/stroke-care/stroke-program/">https://www.frederickhealth.org/services/stroke-care/stroke-program/</a>
Sickle Cell Disease Association of America	MSCDA was formed by concerned parents and interested individuals seeking to improve the lives of persons affected by Sickle Cell Disease in Maryland. Accepts Medical Assistance.	Maryland Chapter 3700 Koppers Street, Suite 570 Baltimore, MD 21227	800-421-8453		Derek Robertson Board President	<a href="https://marylandsicklecelldisease.org/">https://marylandsicklecelldisease.org/</a>
Stroke Care Program	The Acute Stroke Team at Frederick Health Hospital includes Emergency Department Physicians, Neurologist, Neurosurgeons, Radiologists, Nurses, and Pharmacists. This specially trained team is ready 24 hours a day, 7 days a week to quickly diagnose and treat acute stroke.	Frederick Health Hospital 400 West 7th Street Frederick, MD 21701				<a href="https://www.frederickhealth.org/services/stroke-care/stroke-program/">https://www.frederickhealth.org/services/stroke-care/stroke-program/</a>
Us Helping Us	Us Helping Us began as a group of volunteers that provided holistic health information for people living with AIDS.	8240 Professional Pl Suites 207A & 203 Landover, MD 20785	301-851-5310		DeMare Hickson, Ph.D. Executive Director	<a href="https://www.ushelpingus.org">https://www.ushelpingus.org</a>
Women's Health						
Avon Foundation Breast Center Johns Hopkins Medicine	Comprehensive, multi disciplinary breast care program, offering a full spectrum of clinical and support services, from screening and diagnosis to treatment and counseling. (Spanish-speaking staff available) Accepts Medicare, Medical Assistance & most private insurances.	Johns Hopkins Bayview Medical Center 301 Mason Lord Drive, Suite 1300 Baltimore, MD 21224	443-997-8282			<a href="http://www.hopkinsmedicine.org/avon_foundation_breast_center">http://www.hopkinsmedicine.org/avon_foundation_breast_center</a>
The Black AIDS Institute (BAI)	The Black AIDS Institute (BAI) focuses on addressing the HIV/AIDS epidemic within Black communities. Founded in 1999, BAI has been instrumental in combating the disproportionate impact of HIV/AIDS on Black individuals. Black Women and PrEP Toolkit: This toolkit contains posters, brochures, and other resources about pre-exposure prophylaxis (PrEP) created for and by Black women.	3894 Crenshaw Blvd, #56858 Los Angeles, CA	213-353-3610			<a href="https://blackaids.org">https://blackaids.org</a>
Black Women's Health Imperative	Black Women's Health Imperative offers Change Your Lifestyle. Change Your Life (CYL2)™, a support system culturally tailored for Black women to prevent or manage type 2 diabetes.	384 Northyards Blvd NW, Bldg 100 Atlanta, GA 30313	888-834-8451			<a href="https://bwbi.org/cyl2/">https://bwbi.org/cyl2/</a>
The Breast & Cervical Cancer Screening Program	The Frederick County Health Department's Breast and Cervical Cancer Program provides clinical breast exams, mammograms and pap tests at "no cost" to eligible women. Diagnosis and treatment services are also available.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-3362		Dr. Miriam Dobson, Division Director	<a href="https://health.frederickcountymd.gov/471/The-Breast-Cervical-Cancer-Screening-Program">https://health.frederickcountymd.gov/471/The-Breast-Cervical-Cancer-Screening-Program</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Maryland Breast & Cervical Cancer Diagnosis & Treatment Program	<p>Eligibility criteria:</p> <ul style="list-style-type: none"> <li>• Maryland resident</li> <li>• Aged between 40-64 years (women over 65 years call for more information)</li> <li>• Have a household income below 250% of the federal poverty level</li> <li>• Have no health insurance or health insurance that does not completely pay for needed services.</li> <li>• Have health insurance, but have not been able to get screened or get needed follow-up testing.</li> </ul>		410-767-6787 410-350-2001			<a href="https://phpa.health.maryland.gov/cancer/Pages/bccp_home.aspx">https://phpa.health.maryland.gov/cancer/Pages/bccp_home.aspx</a>
Capital Women's Care	At Capital Women's Care, you receive comprehensive support that goes beyond traditional gynecological expertise. We provide a full range of services for all women throughout the Maryland, Virginia, and Washington D.C. areas.	61 Thomas Johnson Drive Frederick, MD 21702	301-663-6171			<a href="https://www.cwcare.net">https://www.cwcare.net</a>
Planned Parenthood of Maryland Frederick County Clinic	Offers comprehensive reproductive health care services. Offers information and education on approved birth control methods and sexually transmitted diseases. Offers GYN exams, pregnancy testing with counseling and referral on all options for continuing or terminating pregnancy, family planning counseling and supplies, diagnosis and treatment of sexually transmitted diseases and HIV testing and counseling. Offers routine health screenings, pap, and breast exams to women. Offers male services like vasectomy referrals, STD, and HIV screening. Emergency contraceptives are available over-the-counter for females 17 years and older. Must ask for a pharmacist and present them with an ID. If under 17, need a prescription which can be obtained from Planned Parenthood (with an appointment) or from personal doctor. Emergency contraception should be taken within 5 days of having sex.	170 Thomas Johnson Dr Suite 100 Frederick, MD 21702	410-576-1414		Lindsay Roemer Director of Education	<a href="https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620?utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing">https://www.plannedparenthood.org/health-center/maryland/frederick/21702/frederick-health-center-2899-90620?utm_campaign=frederick-health-center&amp;utm_medium=organic&amp;utm_source=local-listing</a>
Women's Center for Breast Care (of Frederick Health Hospital)	Specializes in surgical treatment of diseased breast conditions (cancerous & non-cancerous).	FMH Crestwood Building 7211 Bank Court, Suite 110 Frederick, MD 21703	301-418-6611			<a href="http://www.monocacyhealthpartners.org/breastcare">http://www.monocacyhealthpartners.org/breastcare</a>
Medical Services						
Transitional Primary Care	Routine examinations, screenings, and visits with a Primary Care provider are the best ways to be proactive with your health. The CCC offers primary care services to those with no Primary Care provider, no insurance, and the under-insured.	Frederick Health Hospital 400 West 7th Street Frederick, MD 21701	240-215-6310			<a href="https://www.frederickhealth.org/services/primary-care/">https://www.frederickhealth.org/services/primary-care/</a>
Black Equity Frederick Physician Network	The Black Equity Physician Network is a comprehensive directory of Black medical professionals in Frederick County, dedicated to fostering health equity and improving access to culturally competent care. This invaluable resource connects patients with skilled Black doctors, specialists, and healthcare providers, ensuring that the community has access to professionals who understand and address their unique health needs. By promoting diversity in healthcare, the Black Equity Physician Network aims to enhance the quality of care and health outcomes for the Black community in Frederick.			<a href="mailto:Team@blackequityfrederick.org">Team@blackequityfrederick.org</a>	Black Equity	<a href="https://blackequityfrederick.org/black-physician-network">https://blackequityfrederick.org/black-physician-network</a>
Community Health Center	Physicians, nurse practitioners, and physician assistants provide health care services to adults and children who are uninsured, ineligible for other public health care programs like Medicaid, and have a total household income at or below 200% of the federal poverty level (FPL). Also serves adults and children who are experiencing homelessness or are recipients of Medical Assistance. New patients must complete a Universal Client Intake Form online. A staff member will contact within 24-72 hours. Telehealth is offered to existing patients by appointment only. Schedule via email or phone. The health center operates on the following schedule: Mon, Wed, Fri: 9AM-5PM; Tues and Thurs: 7AM-7PM; Sat: 8AM-12PM	100 South Market Street Frederick, MD, 21701	301-600-1506	<a href="mailto:healthcenter@cityoffrederickmd.gov">healthcenter@cityoffrederickmd.gov</a>		<a href="https://www.cityoffrederickmd.gov/1527/Health-Center">https://www.cityoffrederickmd.gov/1527/Health-Center</a>
Comprehensive Care Center	The Comprehensive Care Center (CCC) offers a wide range of services. Many of these services are designed for individuals who have barriers to accessing care.	Frederick Health Hospital 400 West 7th Street Frederick, MD 21701	301-360-2574			<a href="https://www.frederickhealth.org/services/comprehensive-care-center/">https://www.frederickhealth.org/services/comprehensive-care-center/</a>
Coordination of Community Services	Provides quality information and helpful options that can guide people to resources of their choice, ultimately supporting their decisions to connect to available resources	5283 Corporate Dr #103, Frederick, MD 21703	301-663-8044			<a href="http://www.servicecoord.org">www.servicecoord.org</a>
Frederick Community Action Agency	Through a wide array of programs and services, the Frederick Community Action Agency (FCAA) provides food, shelter, medical care, housing, and other forms of assistance to families and individuals who are lower-income or homeless.	100 South Market St. Frederick, MD 21701	301-600-1393 (Clinic) 301-600-1506 (Main)	<a href="mailto:jjones@cityoffrederick.com">jjones@cityoffrederick.com</a>	Michael Spurrier, Director	<a href="https://nhche.org/frederick-community-action-agency-city-of-frederick/">https://nhche.org/frederick-community-action-agency-city-of-frederick/</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
Frederick County Health Department	Walk-in hours: Monday, Tuesday, Wednesday and Thursday 8 am - 3 pm; Friday 8 am - 12 pm. Frederick County Health Department on the Golden Mile 1100 West Patrick St. Suite H Frederick, MD 21703 Walk-in hours: Thursday 2-4pm	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1029			<a href="http://health.frederickcountymd.gov/">http://health.frederickcountymd.gov/</a>
Frederick Health Hospice	Frederick Health Hospice is a community based non profit dedicated to helping others live fully. Our mission is to positively impact the well-being of every individual in our community affected by serious illness, grief and loss.	1 Frederick Health Way Frederick, MD 21701	240-566-3030	cgraveran@frederick.health	Carlos Graveran Executive Director	<a href="https://www.frederickhealthhospice.org">https://www.frederickhealthhospice.org</a>
Frederick Health - Virtual Visit	Low cost, online consultation to diagnose and treat common conditions. Intake accessible online 24/7. See website for additional information.	400 W 7th Street Frederick, MD, 21701	240-566-3300			<a href="https://www.frederickhealth.org/services/Virtual-Visit/">https://www.frederickhealth.org/services/Virtual-Visit/</a>
Mission of Mercy	Mission of Mercy provides free healthcare for...  The uninsured working poor, so they can remain healthy, self-sufficient and able to work. Those moving off of the welfare system and into work, so they can begin to rebuild self-sufficient lives without the burden of poor health or medical debt.  The economically disadvantaged who are in transition – recently unemployed and seeking new employment, young people who are no longer covered by their parent's insurance but do not have health insurance through their jobs, and The Underinsured - those between jobs and not yet covered by insurance.	22 S Market St # 6D Frederick, MD 21701	Frederick Clinic-301-676-3188 Brunswick Clinic-240-529-8772 Taneytown Clinic-410-833- 5870 Dental Clinic-410-390-1314	<a href="mailto:main@aMissionofMercy.org">main@aMissionofMercy.org</a>	Jennifer White Executive Director	<a href="http://www.amissionofmercy.org/maryland-pennsylvania/">www.amissionofmercy.org/maryland-pennsylvania/</a>
Red Folder Program	The Red Folder is a place where you can store important medical information, including your goals of care. The folder is large enough to hold a standard piece of paper and robust enough to withstand years of use. It is bright red in color so that it stands out and has magnets on the back so that it can be easily affixed to the front or side of most refrigerators. The folder is also portable and can accompany you when traveling or during an unplanned evacuation.  First Responders, including Paramedics, Firefighters, and Law Enforcement Officers, are trained to look for important medical information in the Red Folder.		301-600-HELP (4357)		Mobile Community Healthcare Program	<a href="https://frederickcountymd.gov/DocumentCenter/View/349390/Red-Folder-Flyer">https://frederickcountymd.gov/DocumentCenter/View/349390/Red-Folder-Flyer</a>
Saving Lives Center Family Clinic	Provides primary and urgent medical services for everyone regardless of insurance. Includes physicals, vaccinations, women's health, labs, STD testing and treatment, infectious disease treatment and management of chronic illness. Virtual and same day appointments available.	3 Hillcrest Drive, Suite A101 Frederick, MD, 21703	888-897-9284	<a href="mailto:savinglivescenter@gmail.com">savinglivescenter@gmail.com</a>		<a href="https://savinglivescenter.com/">https://savinglivescenter.com/</a>
Dental						
DePaul Dental Program	The DePaul Dental program 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. Applications are accepted on a rolling-basis as funding permits.	226 E Lincoln Ave. Emmitsburg, MD 21727	301-358-3188	<a href="mailto:outreach@setoncenter.org">outreach@setoncenter.org</a>		<a href="https://www.setoncenter.org/depaul-dental">https://www.setoncenter.org/depaul-dental</a>
Frederick Health Dental Clinic (Children)	Our mission is to provide quality dental care for Frederick County children who have Medical Assistance or are uninsured.  We are located on the upper level in the Frederick County Developmental Center at the Frederick County Health Department, Entrance C. Services are by appointment only.	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	301-600-1041; 240-566-7005		Melissa Morris	<a href="https://health.frederickcountymd.gov/264/Dental-Clinic">https://health.frederickcountymd.gov/264/Dental-Clinic</a>
Frederick Health Dental Clinic	We are open to serve patients who are uninsured, under-insured, or whom have limited means to pay for Dental Services. We are currently able to treat patients suffering from abscess, cavity fillings, and extractions. We offer a sliding fee schedule based upon 200% of the federal poverty level.	516 Trail Ave., Ste B Frederick, MD 21701	240-566-7005		Morgan Baker	<a href="https://www.frederickhealth.org/services/dental-clinic/">https://www.frederickhealth.org/services/dental-clinic/</a>
Health & Dental Discount	The National Association of Counties' Live Healthy initiative includes the free discount prescription program to residents of participating counties. Frederick County residents are eligible. The program also includes low-cost health and dental discount programs.		1-877-321-2652			<a href="https://www.nacore.org/home">https://www.nacore.org/home</a>
Mission of Mercy	Mission of Mercy's dental program operates a state-of-the-art Mobile Dental Unit that is equipped with 2 dental operators and a prep chair.  Licensed Dentists and Dental Assistants provide our patients with fillings and extractions, a dental exam, x-rays and instructions on proper dental hygiene. When available, toothbrushes and dental floss are also provided.	The Church of Jesus Christ of Latter-day Saints 199 North Place Frederick, MD 21701	301-676-3188			<a href="https://www.amissionofmercy.org/maryland-pennsylvania/our-services/">https://www.amissionofmercy.org/maryland-pennsylvania/our-services/</a>
Religious Coalition Dental Program (age 51 + Only)	Beyond Shelter provides emergency dental assistance for simple dental procedures, such as tooth extraction or fillings. Assistance may also be available for comprehensive procedures such as root canals, or dentures. Please Note: At this time, assistance is only available to Frederick County residents aged 51 and older.	27 Degrange Street Frederick, MD 21701	301-631-2670	info@bsfred.org		<a href="https://bsfred.org/need-help/healthcare-programs/">https://bsfred.org/need-help/healthcare-programs/</a>

Community Resource	Description	Address	Phone Number	Email Address	Point of Contact	Website
University of Maryland School of Dentistry	The University of Maryland School of Dentistry (UMSOD) offers a variety of dental care services.	650 W. Baltimore Street Baltimore, MD 21201  9631 Gadelaky Drive Biomedical Sciences and Engineering Building Suite 2135, Second Floor Rockville, MD 20850	410-706-7101; 240-665-6700	<a href="mailto:umbshgrove@umaryland.edu">umbshgrove@umaryland.edu</a>		<a href="https://www.dental.umaryland.edu">https://www.dental.umaryland.edu</a>
Vision						
Thurmont Lions Club Vision Screening Program	The program is a free screening program provided by the Thurmont Lions Club aimed at identifying eyesight problems in children from 6 months to 5 years old. Any group or organization can request a screening. Program is working to secure other centers to arrange annual screenings. Offers the possibility of assistance with purchase of glasses if a financial need is determined.	PO Box 306 Thurmont, MD 21788	410-889-4700	<a href="mailto:Nancyechard@comcast.net">Nancyechard@comcast.net</a>	Nancy Echard President	<a href="http://www.thurmontlionsclub.com">www.thurmontlionsclub.com</a>
Fitness						
Hometown Barbell	Hometown Barbell is Frederick, Maryland's premier 24/7 Warehouse Gym.  At Hometown, we provide all you need for top-level success: equipment, facilities, nutrition, supplements, dedicated athlete support, and a winning environment.	5904 Enterprise Court Frederick, MD 21703	301-514-6583	<a href="mailto:MemberServices@HometownBarbell.com">MemberServices@HometownBarbell.com</a>	Josh Price Owner	<a href="https://www.hometownbarbell.com">https://www.hometownbarbell.com</a>

Community Resource	Description	Address	Phone Number	Email	Point of contact	Website
Housing Agencies						
Affordable Housing Council	The Affordable Housing Council (AHC) supports existing affordable housing providers in their programs; acts as a representative for affordable housing in both existing and new regulations and programs in Frederick County, City of Frederick, and municipal government; encourages, assists, or creates new affordable housing programs and/or support groups; and presents the affordable housing message and current conditions and future needs to the community. Also administers its deferred loan program, which is funded by Frederick County Government to support the increase of affordable housing, both rental and homeownership, in the county.	Frederick County Association of Realtors 490 Monocacy Blvd. Frederick, MD 21701	301-600-3518	KHalter@FrederickCountyMD.gov	Hugh Gordon Chair	
Department Housing and Community Development	The Department of Housing and Community Development supports livable, dynamic and sustainable communities throughout Maryland. We do this through a range of programs and financing tools that help Marylanders build and maintain homes, businesses and communities.	7800 Harkins Road Lanham, MD 20706	301-429-7400	customerservice.dhcd@maryland.gov		<a href="https://dhcd.maryland.gov/Pages/About/DHCD-Programs.aspx">https://dhcd.maryland.gov/Pages/About/DHCD-Programs.aspx</a>
Frederick County Government Division of Housing	The mission of the Frederick County Division of Housing is to assist in the provision of affordable housing for Frederick County residents with an emphasis on special needs populations, senior citizens, persons with disabilities, and low to moderate income workforce households.		301-600-3531	V.Rogers@FrederickCountyMD.gov	Vincent Rogers Department Director	<a href="https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs">https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs</a>
Frederick Housing Solutions Task Force	Frederick Housing Solutions Task Force is a group of concerned citizens determined to help find solutions to homelessness and gaps in affordable housing in our community.		301-676-2736	annryan4710@gmail.com	Neil Donnelly Director	<a href="https://frederickhousingsolutions.org/">https://frederickhousingsolutions.org/</a>
Legal Aid Bureau of Frederick County	Provides legal assistance to prevent evictions and other housing related crisis.	203A Broadway Frederick, Maryland 21701	301-694-7414			<a href="http://Mdlab.org">Mdlab.org</a>
Maryland Inclusive Housing	Maryland Inclusive Housing Corporation's mission is to help people with Intellectual and Developmental Disabilities (IDD) successfully access and maintain inclusive, affordable, and accessible housing of their choice by creating opportunities, identifying resources, connecting people and providing services.		301-242-9627	hello@mih-inc.org		<a href="https://mih-inc.org/">https://mih-inc.org/</a>
SOAR Program	SOAR - SSI/SSDI Outreach, Assessment, and Recovery Helps people of Frederick or Washington Counties who are homeless or disabled for mental health reasons apply for disability benefits available through the Social Security Administration. Assists with obtaining necessary documents, such as birth certificates and photo identification cards, needed to apply for benefits.	City of Frederick Department of Housing and Human Services 100 South Market Street Frederick, MD, 21701	301-600-3941			<a href="https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs">https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs</a>
Emergency Shelters and Transitional Housing						
Advocates for Homeless Families	Scattered-site transitional housing for homeless families; also operates the Families Forward Program. Pairs homeless or at-risk families with a case manager who helps them to identify the problems standing in their way and find solutions. Program requires a one-year commitment from participants and they must be clean and sober for six months prior to entry and must remain that way.	216 Abrecht Place Frederick, Maryland 21701	301-662-2003		Kenneth Allread Executive Director	<a href="https://www.afhf88.org/">https://www.afhf88.org/</a>
Andrea's House Transitional Living For Women and Children	Transitional Living For Women and Children, a faith-based residential program to empower women recovering from substance use disorders.	1380 Fox Run Ct. Frederick, MD 21703	240-409-0450	andreasousetransitionalliving@gmail.com	Carleah Summers	<a href="https://www.andreasousetransitionalliving.org/">https://www.andreasousetransitionalliving.org</a>
Beacon House	Emergency housing for homeless men. All guests must attend chapel services.	419 West South Street Frederick, Md 21705	(301) 695-6633			
Beyond Shelter	Beyond Shelter Frederick provides the Frederick County community; two emergency shelters; financial support for emergency rental/utility assistance, and security deposits, financial support for prescriptions and emergency dental procedures, and programming to support people once they have been re-housed. In addition, Case Managers provide clients the tools and support needed to create personal strategies to address the barriers preventing them from establishing employment and housing security. Beyond Shelter is the largest provider of shelter and homeless prevention services in the County.		301-631-2670 ext. 116	mwilliams@bsfred.org	Melanie Williams Director of Emergency Family Shelter	<a href="https://bsfred.org/">https://bsfred.org/</a>
Faith House	Transitional shelter and transitional housing for survivors of domestic violence; also operates 24-hour hotline and other crisis services; transitional housing for women and children; all guests must attend chapel services.	200 South Market Street Frederick, Md 21705	301-662-3032	Info@therescuemission.org	Arnold Farlow Executive Director	<a href="https://therescuemission.org/programs/faith-house/">https://therescuemission.org/programs/faith-house/</a>
Frederick Community Action Agency	Transitional shelter for homeless families and physically or medically disabled adults; also operates daytime shelter for homeless persons.	100 South Market Street Frederick, Maryland 21701	301-694-1506	jones@cityoffrederick.com	Michael Spurrier	<a href="http://www.cityoffrederick.com/fcaa">http://www.cityoffrederick.com/fcaa</a>
Frederick County Department of Social Services - Adult Foster Care	Provides supportive housing with a pre-qualified foster family for adults in need of housing. Adults may be at risk, have no relatives or families, families are unable to adequately provide for them or unable to accept the responsibility, needs an alternative to independent living in the community or an institution. This includes HIV/AIDS patients unable to live alone. The program recruits and counsels foster families, counsels the adult in care and obtains special services that may be needed.					<a href="https://dhs.maryland.gov/local-offices/frederick-county/">https://dhs.maryland.gov/local-offices/frederick-county/</a>
Frederick County Emergency Cold Weather Shelter	Emergency shelter for homeless adults; operated during the winter months of November through March.	Religious Coalition for Emergency Human Needs 100 East All Saints Street Frederick, MD 21701	301-631-2670			

Community Resource	Description	Address	Phone Number	Email	Point of contact	Website
Homeless Outreach and Transportation	Performs outreach to local shelters, streets, woods, and other areas where people who are homeless can be found to familiarize them with available resources and build trusting relationships.  Operates a free van run Mon-Fri mornings for transporting clients to local human service agencies, including social services, citizens services, health department, social security, medical appointments, and employment services such as Workforce Services and Frederick Community College.	100 South Market Street Frederick, MD, 21701	301-600-1506			<a href="https://www.cityoffrederickmd.gov/1482/Housing-and-Human-Services">https://www.cityoffrederickmd.gov/1482/Housing-and-Human-Services</a>
Housing First Program	The Housing First Program provides subsidized permanent housing to people who need it the most – chronically homeless, disabled individuals who are literally living on the streets of Frederick. With funding from HUD and other sources, the HHS has established 23 scattered-site Housing First units that house 29 different individuals; supportive services like case management and primary health care are provided by HHS staff. More units are planned for the future.	Housing and Human Services 100 N. Court Street Frederick, MD 21701	301-600-1506			<a href="https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs">https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs</a>
Interfaith Housing Alliance, Inc.	For 30 years, IHA has maintained a clear vision to create and preserve quality affordable housing to meet the needs of the residents of the communities we serve. IHA develops affordable housing and helps communities thrive in the Western and Central Maryland and Southcentral Pennsylvania regions.	22 South Market Street Unit 217 Frederick, MD 21701	301-662-4225	<a href="mailto:info@interfaithhousing.org">info@interfaithhousing.org</a>	Jodie Ostoich President and CEO	<a href="https://www.interfaithhousing.org">https://www.interfaithhousing.org</a>
PATH Project	The federally funded PATH Project provides case management, outreach, and transportation services to people that are homeless and have a serious mental illness. Initiated in 1992, PATH Project staff work closely with therapists and psychiatrists from other agencies to ensure adequate access to mental health treatment services for people who are homeless. The ultimate goal of the program is to assist homeless individuals in finding housing.	Housing and Human Services 100 N. Court Street Frederick, MD 21701	301-600-1506			<a href="https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs">https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs</a>
Permanent Supportive Housing Program	The HHS Permanent Supportive Housing program provides onsite permanent supportive housing for chronically homeless, disabled single adults that meet eligibility requirements. The HHS Housing First program provides off-site single unit housing for chronically homeless, disabled adults who meet eligibility requirements. Families or adults with children are not eligible for these housing programs.	Housing and Human Services 100 N. Court Street Frederick, MD 21701	301-600-1506			<a href="https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs">https://cityoffrederickmd.gov/1482/Homeless-Assistance-Programs</a>
Project Home, Frederick County	Project Home, also known as the C.A.R.E. (Certified Adult Residential Environment) Program is a 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	Department of Social Services 1888 North Market Street Frederick, MD 21702	301-600-4555			<a href="https://dhs.maryland.gov/office-of-adult-services/project-home/">https://dhs.maryland.gov/office-of-adult-services/project-home/</a>
The Religious Coalition (Shelter)	The Emergency Family Shelter provides a place of stability for families experiencing hardships due to homelessness and poverty. Our goal is to keep families together and return them to permanent housing.	27 Degrange St. Frederick, MD 21701	301-631-2670	<a href="mailto:mwilliams@befred.org">mwilliams@befred.org</a>	Melanie Williams Director of Emergency Family Shelter	
Student Homelessness Initiative Partnership of Frederick County	SHIP: Provides urgent resources and services for homeless school-age children and their families in Frederick County. Supports include new clothing, referrals to community resources, and funding for youth enrichment activities. Referrals should come from Frederick County Public School staff and from community service agencies.	P.O. Box 1629 Frederick, MD 21702	240-415-8971		Melissa Muntz Executive Director	<a href="http://www.shipfredrick.com">www.shipfredrick.com</a>
Salvation Army Day Shelter	The Day Center provides shelter from the elements and safety from scrutiny for those experiencing homelessness. In addition, the Day Center gives clients access to resources including food, clothing vouchers, computers, rest spaces, case management, and healthcare evaluations. Its hours of operation are from 8am-3pm, Monday through Friday.	Grace United Church of Christ 25 East 2nd Street Frederick, MD 21701				
Veterans National Homeless Hotline	24/7 Hotline connecting callers to free services in their area.		877-424-3838			
Financial Assistance						
Accessible Housing Grant and Loan	Do you or your loved ones want to maintain independence and remain in your lifelong home? The Accessible Housing Grant and Loan Program may be able to help by providing funding to finance accessibility improvements.	Frederick County Department of Housing and Community Development 401 Sagner Ave Frederick, MD 21701	301-600-3531	<a href="mailto:sbrown@frederickcountymd.gov">sbrown@frederickcountymd.gov</a>	Susan Brown	<a href="https://www.frederickcountymd.gov/DocumentView.aspx?DID=22806">https://www.frederickcountymd.gov/DocumentView.aspx?DID=22806</a>
Department of Social Services	ities who need help paying an eviction notice, emergency fuel/heating shortage. Must have at least one related child under 21 living in the household. Available to a household only once in a 24-month period	1888 North Market Street Frederick, Maryland 21701	301-600-4555			<a href="https://dhs.maryland.gov/local-offices/frederick-county/">https://dhs.maryland.gov/local-offices/frederick-county/</a>
Frederick County's Housing Choice Voucher	The Housing Choice Voucher (HCV) Program provides rental assistance to eligible low-income households to enable them to afford housing in the private rental market.	Housing & Community Development 401 Sagner Avenue Frederick, MD 21701	301-600-1061		Bill Kitchin, Housing Program Manager Jason Esterly, Rental Housing Specialist	<a href="https://frederickcountymd.gov/6386/Housing-Choice-Voucher">https://frederickcountymd.gov/6386/Housing-Choice-Voucher</a>
Maryland Housing Rehabilitation Program (MHRP)	The Maryland Housing Rehabilitation Program (MHRP) provides rehabilitation funds for single family, owner-occupied properties and for one to four unit rental properties. The residents must meet certain low and moderate income guidelines. This program is designed to bring properties up to applicable building codes such as exterior/interior deficiencies; accessibility improvements; health or safety violations; energy conservation; and elimination of lead-based paint hazards.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	<a href="mailto:thelmick@frederickcountymd.gov">thelmick@frederickcountymd.gov</a>	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs">https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs</a>
Office of Home Energy Programs	The Office of Home Energy Programs provides energy assistance. Receive help paying utilities. You do not need a shut-off notice to apply. Do not delay. Amount of money received depends on family size and income	420 East Patrick Street Frederick, MD 21701	301-600-2410	<a href="mailto:ohcp@cityoffrederick.com">ohcp@cityoffrederick.com</a>		<a href="https://mydhrbenefits.dhr.state.md.us/">https://mydhrbenefits.dhr.state.md.us/</a>
Washington Area Fuel Fund	Offers financial assistance for heating costs. Must be primary source of heat. Must be assisted by MEAP first. Please call for income guidelines and other eligibility criteria.	223 West 5th St. Frederick, MD 21701	301-909-6300; 301-662-2311	<a href="mailto:stanley.wiggins@uss.salvationarmy.org">stanley.wiggins@uss.salvationarmy.org</a>	Stanley Wiggins Social Services Manager	<a href="https://washingtonareafueelfund.org/">https://washingtonareafueelfund.org/</a>
Weatherization Assistance Program	The Maryland Weatherization Assistance Program (WAP) is the largest residential energy conservation program in the country. Maryland's WAP assists income-eligible homeowners and renters in our state by reducing heating and cooling costs through energy-conservation measures, while also addressing health and safety issues in their homes.	Housing and Building Energy Programs 7800 Harkins Road Lanham, MD 20706	855-583-8976			<a href="https://dhcd.maryland.gov/Energy-Home-Repair/Pages/Homeowner-Grants/WAP.aspx">https://dhcd.maryland.gov/Energy-Home-Repair/Pages/Homeowner-Grants/WAP.aspx</a>
Environmental Services						



Community Resource	Description	Address	Phone Number	Email	Point of contact	Website
Department of Natural Resources	By building relationships with underrepresented groups, including but not limited to communities of color and low income neighborhoods; incorporating community leaders' input into decision-making and implementation; advancing DEIJ in strategies and plans; implementation of restoration activities and grantmaking; and elevating and prioritizing DEIJ in outreach, materials, activities and events.	Maryland Department of Natural Resources 580 Taylor Ave. Annapolis, MD 21401	410-260-8367			<a href="https://dnr.maryland.gov/education/Pages/Environmental-Justice.aspx">https://dnr.maryland.gov/education/Pages/Environmental-Justice.aspx</a>
Environmental Health Services	Environmental Health Services provides investigation and enforcement for a variety of environmental health concerns and supplies the public with preventative information through media releases, pamphlets, training sessions, and public speakers.	350 Montevue Lane Frederick, MD 21702	301-600-1719 After Hours Emergency 301-600-0312	BGlottelty@FrederickCountyMD.gov	Berry Glottelty Director	<a href="https://health.frederickcountymd.gov/132/Environmental-Health">https://health.frederickcountymd.gov/132/Environmental-Health</a>
Environmental Protection Agency	"Environmental justice" means the just treatment and meaningful involvement of all people, regardless of income, race, color, national origin, Tribal affiliation, or disability, in agency decision-making and other Federal activities that affect human health and the environment so that people are fully protected from disproportionate and adverse human health and environmental effects (including risks) and hazards, including those related to climate change, the cumulative impacts of environmental and other burdens, and the legacy of racism or other structural or systemic barriers. To report spills and environmental violations, call the National Response Center at 1-800-424-8802	EPA Region 3 (Mid-Atlantic) Four Penn Center 1600 JFK Blvd. Philadelphia, PA 19103	215-814-5000		Martha Shimkin Director	<a href="https://www.epa.gov/environmentaljustice">https://www.epa.gov/environmentaljustice</a>
Frederick County - Energy and Environment	The Division of Energy and Environment (DEE) (formerly the Office of Sustainability and Environmental Resources) offers practical solutions for protecting the environment, conserving energy, and living sustainably in Frederick County, Maryland.	Energy & Environment Division 30 North Market Street Frederick, MD 21701	301-600-1416			<a href="https://frederickcountymd.gov/8496/Energy-and-Environment">https://frederickcountymd.gov/8496/Energy-and-Environment</a>
Ft. Detrick Area Health Concerns	Per the requirements of the Comprehensive Emergency Response, Compensation, and Liability Act (CERCLA or Superfund), ATSDR completed a public health assessment (PHA) on the area of Fort Detrick proposed to be placed on the US EPA's National Priority List for long-term cleanup. ATSDR's report on the Fort Detrick Area B Groundwater evaluated estimated exposures to the maximum measured TCE and PCE concentrations found in private drinking water wells around the Area B site. ATSDR concluded that these exposures were unlikely to produce any harmful health effects, including cancer.	350 Montevue Lane Frederick, MD 21702				<a href="https://health.frederickcountymd.gov/faq.aspx?TID=18">https://health.frederickcountymd.gov/faq.aspx?TID=18</a>
Frederick Real Time Air Quality Monitoring	The Frederick County Division of Energy & Environment (DEE) has introduced a network of air quality monitors to be stationed around the County. The new system will provide real-time assessments of fine particulate matter concentrations in our air. Examples of fine particulate matter include microscopic solids or liquid droplets that are small enough to be inhaled and go deep into the lungs and bloodstream, causing serious health problems. The DEE has initiated this project to track local air pollution, especially in high-risk regions and where people may not be able to respond to air quality problems.	Energy & Environment Division 30 North Market Street Frederick, MD 21701	301-600-1416	sustainability@frederickcountymd.gov		<a href="http://www.frederickcountymd.gov/DEE">http://www.frederickcountymd.gov/DEE</a>
Lead Hazard Reduction Grant and Loan Program	The Lead Hazard Reduction Grant and Loan Program (LHRGLP) provides funds to assist homeowner and landlords lessen the risk of lead poisoning and preserve the housing stock by reducing or eliminating lead-based paint hazards.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6383/Lead-Hazard-Reduction-Grant-and-Loan-Pro">https://frederickcountymd.gov/6383/Lead-Hazard-Reduction-Grant-and-Loan-Pro</a>
Lead Paint or Radon Exposure and Testing	For questions concerning lead, contact Maryland Department of the Environment MDE at 800-633-6101 ext. 3825. For questions concerning Radon, contact the Radon Help Line at 800-557-2366.	350 Montevue Lane Frederick, MD 21702	800-557-2366			<a href="https://health.frederickcountymd.gov/Faq.aspx?QID=171">https://health.frederickcountymd.gov/Faq.aspx?QID=171</a>
Maryland Department of the Environment	The Maryland Department of the Environment is addressing these environmental disparities by building relationships with communities and making sure they have the tools and knowledge to be involved in the processes.	1800 Washington Blvd. Baltimore, Maryland 21230	410-537-3000	ej.mde@maryland.gov		<a href="https://mde.maryland.gov/publichealth/pages/indoorairquality.aspx">https://mde.maryland.gov/publichealth/pages/indoorairquality.aspx</a>
Mold Exposure and Contamination	Mold complaints are handled by the EPA Air Quality Division. There are currently no agencies within Frederick County Government with employees who are trained for the inspection and/or identification of mold. Although the Frederick County Housing Department does not address identifying mold, our inspectors may be able to assist you with identifying the source of any water entering habitable portions of your rental dwelling which could be a violation of the Frederick County Minimum Livability Code for Renters. You may contact them at 301-600-1023.	EPA Region 3 (Mid-Atlantic) Four Penn Center 1600 JFK Blvd. Philadelphia, PA 19103	800-438-4318		Jennifer Moore	<a href="https://www.epa.gov/mold">https://www.epa.gov/mold</a>
Well & Septic	Groundwater Appropriation Permits Issue permits for all wells - domestic, geothermal, monitoring and test wells Well siting variances		301-600-1726	jmoore1@FrederickCountyMD.gov		<a href="https://health.frederickcountymd.gov/375/Well-Septic">https://health.frederickcountymd.gov/375/Well-Septic</a>
Renovations and Improvements						

Community Resource	Description	Address	Phone Number	Email	Point of contact	Website
Emergency Rehab Loan Program	The Frederick County Emergency Housing Rehabilitation Program provides zero interest, deferred loans up to \$15,000 for emergency repairs. Read details on the Emergency Housing Rehab Program Fact Sheet. Provides low-cost, new and reusable building materials, household goods, and furniture.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs">https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs</a>
Habitat For Humanity - ReStores	Accepts donations of new, gently used, discontinued, and overstocked building materials, home improvement items, furnishings, fixtures, doors, windows, appliances, and accessories. Call to schedule large item pick-up.	917 North East Street Frederick, MD, 21701	301-662-2988	info@frederickhabitat.org		<a href="http://frederickhabitat.org/restore/">http://frederickhabitat.org/restore/</a>
The Housing Authority of the City of Frederick (HACF)	The Housing Authority of the City of Frederick (HACF) is an autonomous, non-profit private corporation created to address the need for low-income housing. Our mission is to engage with 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. It is governed by a five member Board of Commissioners that is appointed by the Mayor of Frederick and confirmed by the Board of Aldermen. The Executive Director of the Housing Authority of the City of Frederick (HACF) is appointed by the Board and serves as the Secretary/Treasurer while serving on the Board of Commissioners.	209 Madison Street Frederick, MD 21701	(301) 662-8173	info@hacfrederick.org	Kevin Lollar Executive Director	<a href="https://www.hacfrederick.org/">https://www.hacfrederick.org/</a>
Indoor Plumbing Program (IPP)	The Indoor Plumbing Program (IPP) is a loan designed to provide indoor plumbing to residential properties.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs">https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs</a>
Senior Rehab Grant Program	The Frederick County Senior Housing Rehabilitation Grant Program provides grants up to \$15,000 for emergency repairs and accessibility modifications to very low income senior homeowners. Read details on the Senior Housing Rehab Grant Program Fact Sheet.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs">https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs</a>
Smoke Alarms	If you need assistance with installation, have general questions or cannot afford a smoke alarm for your primary residence, please contact us. *Free Smoke Alarms: A smoke alarm "hot line" is available 24 hours a day (Smoke Alarms Save Lives) and leave your name, address and phone number. You should receive confirmation of your request within 72 hours. If you are hearing impaired and in need of a visual smoke alarm, please visit <a href="http://www.fabscom.org">www.fabscom.org</a> .	5370 Public Safety Place Frederick, MD 21704	301-600-7275	smokealarm@frederickcountymd.gov	Tom Coe Director/Fire Chief	<a href="https://frederickcountymd.gov/2321/Smoke-Alarms">https://frederickcountymd.gov/2321/Smoke-Alarms</a>
<b>Renter and Homeowner Services</b>						
EmPOWER Maryland Limited Income Energy Efficiency Program	Repairs and upgrades to a home can significantly reduce energy use throughout the year, which can give you a more comfortable home, lower monthly power bills and improve air quality and family health. Maryland's EmPOWER Program helps limited income households with installation of materials and equipment at no charge.	Housing and Community Development 7800 Harkins Rd Lanham, MD 20706	1-855-583-8976			<a href="https://dhcd.maryland.gov/Energy-Home-Repair/Pages/Homeowner-Grants/EmPOWER.aspx">https://dhcd.maryland.gov/Energy-Home-Repair/Pages/Homeowner-Grants/EmPOWER.aspx</a>
Family Self Sufficiency Program	The Family Self-Sufficiency (FSS) Program's goal is to help Housing Voucher participants achieve higher education, improve employment status, and guide them onto a path of self-sufficiency.	Housing and Community Development 7800 Harkins Rd Lanham, MD 20706	410-901-4097	cec.dhcd@maryland.gov	Christina Eismann Community Engagement Center Director	<a href="https://dhcd.maryland.gov/CambridgeCC/Pages/FSS.aspx">https://dhcd.maryland.gov/CambridgeCC/Pages/FSS.aspx</a>
Frederick County Homebuyer Assistance Program (HAP)	Frederick County Division of Housing helps local families with limited resources by providing down payment/closing cost assistance to assist with the purchase of their first home.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-6647	Nlbrahim@FrederickCountyMD.gov	Noura Ibrahim Housing Program Coordinator - Homeownership	<a href="https://frederickcountymd.gov/6375/Homebuyer-Programs">https://frederickcountymd.gov/6375/Homebuyer-Programs</a>
Maryland Housing Search	Affordable listings in Maryland for those seeking homeownership					<a href="https://www.mdhousingsearch.org/index.html">https://www.mdhousingsearch.org/index.html</a>
Special Targeted Applicant Rehabilitation Program (STAR)	The Special Targeted Applicant Rehabilitation (STAR) Program preserves and improves single-family properties by rehabilitating the property and updating it to applicable building codes.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6384/Special-Targeted-Applciant-Rehabilitatio">https://frederickcountymd.gov/6384/Special-Targeted-Applciant-Rehabilitatio</a>
Habitat For Humanity	Homes that are built by college students for those who apply and qualify for the home	917 North East Street Frederick, MD, 21701	301-662-2988	info@frederickhabitat.org		<a href="https://frederickhabitat.org/">https://frederickhabitat.org/</a>
HomeAbility: Homeownership for Individuals with Disabilities Program	The Homeownership for Individuals with Disabilities Program is offered through the Maryland Department of Housing and Community Development (DHCD) and is available statewide.	Maryland Mortgage Program 7800 Harkins Road Lanham, MD 20706		<a href="http://dhcd.maryland.gov/">http://dhcd.maryland.gov/</a>		<a href="https://mmp.maryland.gov/Pages/HomeAbility/default.aspx">https://mmp.maryland.gov/Pages/HomeAbility/default.aspx</a>
Homeowners' Property Tax Credit Program	The State of Maryland has developed a program which allows credits against the homeowner's property tax bill if the property taxes exceed a fixed percentage of the person's gross income. In other words, it sets a limit on the amount of property taxes any homeowner must pay based upon his or her income. The annual deadline is October 1st. Earliest filing is April.	Maryland Department of Assessments and Taxation 700 E. Pratt St, Suite 2700 Baltimore, MD 21202-6377	410-767-5900	sdat.homeowners@maryland.gov		<a href="https://dat.maryland.gov/realproperty/Pages/Homeowners-Property-Tax-Credit-Program.aspx">https://dat.maryland.gov/realproperty/Pages/Homeowners-Property-Tax-Credit-Program.aspx</a>
Housing and Urban Development (HUD) Approved Housing Counseling Office	The Housing Counseling Office (H&HS) is a HUD-Approved Housing Counseling Office that provides pre-purchase, default, reverse mortgage, and rental counseling as well as homebuyer education classes for first-time homebuyers.	Housing & Human Services 140 West Patrick Street Frederick, MD 21701	301-600-1506 301-600-2077 301-600-3974	srose@cityoffrederickmd.gov tweedon@cityoffrederickmd.gov	Housing Counselors: Steven Rose Tina Weedon	<a href="https://cityoffrederickmd.gov/1590/Housing-Counseling-Office">https://cityoffrederickmd.gov/1590/Housing-Counseling-Office</a>
HUD Housing Counseling Agency	HUD provides support to a nationwide network of housing counseling agencies (HCAs) and certified counselors. HUD participating HCAs are approved and trained to provide tools to current and prospective homeowners and renters so they can make responsible choices to address their housing needs in light of their financial situations. The nationwide network of HUD participating housing counseling agencies have been helping consumers across America for more than 50 years by providing the answers they need to make informed housing decisions.	100 S Market St, Frederick, Maryland, 21701-5527	301-600-3946	rwaxter@cityoffrederickmd.gov	Ruth Waxter Assistant Director of Housing and Human Services	<a href="https://www.cityoffrederickmd.gov/1590/Housing-Counseling-Office">https://www.cityoffrederickmd.gov/1590/Housing-Counseling-Office</a>
Interfaith Housing Alliance of Western Maryland - Housing Services	Builds and rehabilitates homes and apartments to sell or rent to low or moderate income individuals. Offers pre homeownership and rental counseling, financial education seminars, and home buyer workshops. Manages income-based rental communities.	22 South Market Street Frederick, MD, 21701	301-662-4225	info@interfaithhousing.org	Jodie Ostoich President and CEO	<a href="http://www.interfaithhousing.org/">http://www.interfaithhousing.org/</a>
Livability Code Enforcement	The Frederick County Minimum Livability Code document was adopted in compliance with Section 6-103 of Article 41B of the Maryland Annotated Code to protect the health, safety and welfare in residential structures (limited to rental properties) and premises by: Establishing minimum property maintenance standards; minimum requirements for egress, fire protection systems, and other fire safety devices; fixing the responsibilities of property owners and tenants, and providing for administration, enforcement, and penalties.	Housing & Community Development 401 Sagner Avenue Frederick, MD 21701	301-600-1023	dwalters@frederickcountymd.gov	Damien Walters Housing Inspector	<a href="https://frederickcountymd.gov/6376/Livability-Code-Enforcement">https://frederickcountymd.gov/6376/Livability-Code-Enforcement</a>
Low Income Housing Tax Credit Program	A residential rental building that is to be placed in service in or within two years after the year in which the allocation is made and provides at least, in part for low-income occupancy may be eligible to receive a Tax Credit allocation.	Housing Development Programs Housing and Community Development 7800 Harkins Rd Lanham, MD 20706	301-429-7854	taxcredits.dhcd@maryland.gov		<a href="https://dhcd.maryland.gov/HousingDevelopment/Pages/lihc/default.aspx">https://dhcd.maryland.gov/HousingDevelopment/Pages/lihc/default.aspx</a>

Community Resource	Description	Address	Phone Number	Email	Point of contact	Website
Maryland Housing Rehabilitation Program (MHRP)	The Maryland Housing Rehabilitation Program (MHRP) provides rehabilitation funds for single family, owner-occupied properties and for one to four unit rental properties. The residents must meet certain low and moderate income guidelines. This program is designed to bring properties up to applicable building codes such as exterior/interior deficiencies; accessibility improvements; health or safety violations; energy conservation; and elimination of lead-based paint hazards.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6382/Maryland-Housing-Rehabilitation-Program">https://frederickcountymd.gov/6382/Maryland-Housing-Rehabilitation-Program</a>
Maryland Homeowner Assistance Fund	The Maryland Homeowner Assistance Fund is administered by the Maryland Department of Housing and Community Development and supports mortgage relief, home repairs, housing counseling, and legal services. Funding is limited and applications are now being placed on a waitlist.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-1061		Vincent Rogers Director	<a href="https://dhcd.maryland.gov/Residents/Pages/Homeowner-AssistanceFund.aspx">https://dhcd.maryland.gov/Residents/Pages/Homeowner-AssistanceFund.aspx</a>
Maryland Mortgage Program (MMP)	The Maryland Mortgage Program provides significant support to homebuyers through competitive rate mortgage loans; down payment assistance and Partner Match Programs, helping Marylanders overcome upfront financial barriers associated with down payment and settlement expenses.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-6647	Nbrahim@FrederickCountyMD.gov	Noura Ibrahim Housing Program Coordinator - Homeownership	<a href="https://frederickcountymd.gov/6375/Homebuyer-Programs">https://frederickcountymd.gov/6375/Homebuyer-Programs</a>
Maryland 211	Housing resource for Marylanders - Buying a new home, going through foreclosure,	211				<a href="https://211md.org/resources/housing-shelter/">https://211md.org/resources/housing-shelter/</a>
Project Home, Frederick County	Project Home, also known as the C.A.R.E. (Certified Adult Residential Environment) Program is a 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	Department of Social Services 1888 North Market Street Frederick, MD 21702	301-600-4555			<a href="https://dhs.maryland.gov/office-of-adult-services/project-home/">https://dhs.maryland.gov/office-of-adult-services/project-home/</a>
Purpose One Realty	Our vision is to revolutionize the real estate industry by creating generational wealth, empowering diverse communities, and building legacies that last for generations. Guided by the principles of servant leadership—embracing diversity, fostering trust, maintaining an unselfish mindset, and ensuring security—we aspire to create a future where every client experiences growth and prosperity through real estate ownership.	5100 Buckeystown Pike, Suite 250 Frederick, MD, 21704	301-842-4435	ncondrey@purposeonerealty.com	Nia Condrey Owner	
Sold On Frederick: Second Mortgage Program	The City of Frederick's Second Mortgage For Affordable Home Ownership This program is designed to assist low to moderate-income individuals purchase a residential property that will be their primary residence.	Housing & Human Services 140 West Patrick Street Frederick, MD 21701	301-600-1506	kashkenazi@cityoffrederickmd.gov	Kimberly Ashkenazi	<a href="https://www.cityoffrederickmd.gov/DocumentCenter/View/35277/Sold-on-Frederick-II-Brochure?bidId=">https://www.cityoffrederickmd.gov/DocumentCenter/View/35277/Sold-on-Frederick-II-Brochure?bidId=</a>
Special Loans Program	The Frederick County Division of Housing administers the "Special Loan Programs" on behalf of the Maryland Department of Housing and Community Development (DHCD). These programs are designed to improve single family and small rental properties for low and moderate-income families. The programs rehabilitate properties, increase energy conservation and meet special housing needs such as lead paint abatement and installation of indoor water and sewer facilities.	Division of Housing 401 Sagner Avenue Frederick, MD 21701	301-600-3531	thelmick@frederickcountymd.gov	Ted Helmick Housing Program Coordinator	<a href="https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs">https://frederickcountymd.gov/6378/Housing-Rehabilitation-Programs</a>

Community Resources	Department	Address	Phone Number	Email	Point of Contact	Website
Legal Services						
Family Law Hotline	The Women's Law Center's free hotline answers questions about family law. The hotline is staffed by an experienced attorney. While the hotline attorney cannot represent you in court, he or she will provide basic information to help you understand your rights and tell you about other community resources to help you. Hotline services are anonymous and are available to men and women.	Women's Law Center of Maryland 301 W. Chesapeake Ave., Suite 201 Towson, MD, 21204	410-321-8761	admin@wlcmd.org		<a href="http://www.wlcmd.org/how-we-help/family-law/">http://www.wlcmd.org/how-we-help/family-law/</a>
Justice Jobs of Maryland, Inc.	Helping job seekers with barriers to employment get a job, keep that job, and move up to better jobs!	22 S. Market St. Room #110 Frederick, MD 21701	(301) 360-3503	info@justicejobsmd.org		<a href="https://www.justicejobsmd.org">https://www.justicejobsmd.org</a>
Legal Aid Bureau of Frederick County	Provides legal assistance to prevent evictions and other housing related crisis.	203A Broadway Frederick, Maryland 21701	301-694-7414			<a href="https://www.mdlab.org/">https://www.mdlab.org/</a>
Maryland Judiciary Center - Frederick County District Court	Provides court services for misdemeanors and some felonies: traffic, criminal, Emergency petitions, Department of Natural Resources citations, domestic violence, peace order petitions, landlord-tenant disputes, small claims, civil cases involving limited dollar amounts, and replevin (recovery of wrongfully taken or detained goods). Cases are argued before a judge.	100 West Patrick Street Frederick, MD, 21701	301-600-2000		Hon. Eric Schaffer Administrative Judge	<a href="https://www.courts.state.md.us/district/directories/frederick">https://www.courts.state.md.us/district/directories/frederick</a>
Maryland Judiciary Center - Frederick County Circuit Court	Provides court services for criminal and civil proceedings: juvenile, business or marriage licenses, family law (divorce, custody, child support), appeals from District Court, orphan's courts, certain administrative agencies, and domestic violence. Cases may involve juries or only a judge.	100 West Patrick Street Frederick, MD, 21701	301-600-1976			<a href="https://www.courts.state.md.us/clerk/frederick">https://www.courts.state.md.us/clerk/frederick</a>
Maryland Courts Help Centers	Provides free limited legal help in Civil cases: assists with understanding court documents, preparing for court hearings, completing court forms, preparing for mediation, creating a plan, and referrals to attorneys. Support is available in-person at the District Courthouses, by phone, and via online chat. Service is for people who are not represented by a lawyer. DOES NOT provide representation in court. CANNOT help relatives or agents of the person with the legal problem or other third parties, estates or businesses, including sole proprietorships, LLCs, and personal representatives. Lawyers answer questions on civil cases handled by Circuit and District Courts: Landlord and Tenant Matters, Small Claims (\$5,000 or less) and Large (more than \$5,000) Claims, Expungement and Shielding of Records, Consumer Matters: car repossessions, debt collection, and credit card cases, Return of Property (replevin and detinue), Domestic Violence/Peace Orders, Foreclosure	100 West Patrick Street Frederick, MD, 21701	410-260-1392  Circuit Court for Frederick County General Information: 301-600-1976			STATE: <a href="https://mdcourts.gov/family/familyselfhelp">https://mdcourts.gov/family/familyselfhelp</a>  FREDERICK, MD: <a href="https://www.frederickcountymd.gov/5708/Family-Services-Program#Self-Help">https://www.frederickcountymd.gov/5708/Family-Services-Program#Self-Help</a>
Maryland Volunteer Lawyers Service	Free legal help by volunteer lawyers for those with limited income and are facing a civil legal issue in Maryland.	201 N Charles St #1400 Baltimore, MD 21201	410-547-6537	info@mvslaw.org		<a href="https://mvslaw.org">https://mvslaw.org</a>
Maryland Legal Aid	We advocate with and for Marylanders experiencing poverty to achieve equity and social justice through free civil legal services, community collaboration, and systems change. Free services to those financially eligible	22 S. Market St., Suite 11 Frederick, MD 21701	301-694-7414			<a href="https://www.mdlab.org">https://www.mdlab.org</a>
Self-Help Law Center	The Self-Help Law Center is located on the Lower Level of the courthouse and is available to income eligible litigants on a first-come-first-serve basis.	100 West Patrick Street Frederick, MD 21702				<a href="https://frederickcountymd.gov/8095/Self-Help-Law-Center">https://frederickcountymd.gov/8095/Self-Help-Law-Center</a>
The Circuit Court Family Law Clinic	The Circuit Court Family Law Clinic provides legal advice and information on family law matters including custody, divorce and trial preparation. Assistance includes one-on-one consultations, and tools for case organization and trial preparation. Please sign in with staff in the Law Library during the hours of 8:30-4:30 Monday through Friday.	Frederick County Circuit Court 100 West Patrick Street Frederick, MD 21702				<a href="https://frederickcountymd.gov/8095/Self-Help-Law-Center">https://frederickcountymd.gov/8095/Self-Help-Law-Center</a>
University of Maryland Carey School of Law Medical-Legal Partnership Clinic	The Medical-Legal Partnership Clinic provides free civil legal services to low-income people living with HIV to improve clients' legal and health outcomes.	15 Charles Plaza Suite 102 Baltimore MD 21201	410-706-3295			<a href="https://www.mlpc.org/grantee/university-of-maryland-carey-school-of-law-medical-legal-partnership-clinic/#--text=The%20Medical%20Legal%20Partnership%20Clinic%20clients%20legal%20and%20health%20outcomes">https://www.mlpc.org/grantee/university-of-maryland-carey-school-of-law-medical-legal-partnership-clinic/#--text=The%20Medical%20Legal%20Partnership%20Clinic%20clients%20legal%20and%20health%20outcomes</a>
Race Relations						
Black Advancement	Black Advancement Inc is a non-profit organization that combats problems within the Black community through discussion and action.			BlackAdvancement@gmail.com	Agyemang Goodman Founder	<a href="https://www.blackadvancement.com/">https://www.blackadvancement.com/</a>
NAACP of Frederick County	The mission of the National Association for the Advancement of Colored People (NAACP) is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.	129-7 West Patrick Street Frederick, MD, US		admin@naacpfrederickcounty.org	Williw Mahone President	<a href="https://naacpfrederickcounty.org/">https://naacpfrederickcounty.org/</a>
The Council on Black Health	The Council on Black Health, in partnership with those who share our vision, researches and promotes long-term, transformative solutions that disrupt structural racism and improve health and well-being for Black communities.	509 W. North Street Raleigh, NC 27603		info@councilbh.org		<a href="https://councilbh.org">https://councilbh.org</a>
Woman Solve	At Women Solve, our mission is to harness the collective power and diverse talents of women to address pressing challenges in our communities. We are committed to fostering positive change through innovative solutions, advocacy, and community engagement.		240-397-6127	WeSolve@WomenSolve.org	Desiree Tucker Founder	<a href="https://www.womensolve.org">WomenSolve.org</a>
Politics and Voting						
Election Protection Coalition's Non-Partisan Election Protection Hotline	The national, nonpartisan Election Protection coalition works year-round to ensure that all voters have an equal opportunity to vote and have that vote count. Made up of more than 300 local, state and national partners, Election Protection uses a wide range of tools and activities to protect, advance and defend the right to vote.	Common Cause 805 15th Street, NW, Suite 800 Washington, DC 20005	866-OUR-VOTE	<a href="mailto:info@866ourvote.org">info@866ourvote.org</a>		Home 2024 - Election Protection
When We All Vote	When We All Vote is a leading national, nonpartisan initiative on a mission to change the culture around voting and to increase participation in each and every election by helping to close the race and age gap. Created by Michelle Obama, When We All Vote brings together individuals, institutions, brands, and organizations to register new voters across the country and advance civic education for the entire family and voters of every age to build an informed and engaged electorate for today and generations to come. We empower our supporters and volunteers to take action through voting, advocating for their rights, and holding their elected officials accountable.					<a href="https://whenweallvote.org">https://whenweallvote.org</a>
Incarceration						
Children of Incarcerated Parents Partnership (COIPP)	Provides support, resources and services for the 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	22 South Market Street Suite 101A Frederick, MD 21701	240-578-5662	info@coipp.org	Amy Wilkinson Executive Director	<a href="https://www.coipp.org/">https://www.coipp.org/</a>
Gatekeepers - Ex-Offender Programs	Provides support and connection to resources for individuals that have recently been released from incarceration. Services include employment assistance, financial assistance, and clothing assistance. Serves both Frederick and Washington Counties.	223 North Prospect Street, Suite 405 Hagerstown, MD, 21740	814-574-4354	gatekeepers.wcmd@gmail.com		<a href="https://www.gatekeepersmd.org/">https://www.gatekeepersmd.org/</a>
Maryland Re-Entry Initiative	The Statewide Maryland Reentry Initiative is designed to assist individuals with criminal backgrounds by increasing their employability. Providing equal opportunity and access to employment resources. The Maryland Re-entry Initiative provides employment assistance and referral services to job seekers, technical assistance and professional development to a wide range of government and community-based organizations.	Frederick is currently vacant. See surrounding counties information.	Carroll and Howard County: 443-915-8123  Montgomery County: 240-283-1553	Carroll and Howard County: diane.dabbs1@maryland.gov  Montgomery County: terence.hill@maryland.gov	Carroll and Howard County Diane Dabbs  Montgomery County Terence Hill	<a href="https://www.labor.maryland.gov/employment/reentry.shtml">https://www.labor.maryland.gov/employment/reentry.shtml</a>

Community Resources	Department	Address	Phone Number	Email	Point of Contact	Website
Mt. Hope Prison Ministry - Ex-Offender Services	Provides services and connection to resources for ex-offenders and their families.	25 Summit Avenue Hagerstown, MD, 21740	301-791-2550	glynnsingleton@msn.com		<a href="https://www.icaml.info/ResultDetails.aspx?org=2046&amp;agencynum=189758&amp;itenum=56300074">https://www.icaml.info/ResultDetails.aspx?org=2046&amp;agencynum=189758&amp;itenum=56300074</a>
Office of ReEntry	The City of Frederick's Office of Reentry, is seeking community members to serve on the Reentry Advisory Coalition. This coalition will operate as a taskforce toward creating positive opportunities for Justice Impacted individuals and help fulfill one of the 4 key pillars of workforce development identified in the City of Frederick's Good Jobs, Great Cities (GJGC) plan.	101 North Court Street Frederick, MD 21701	301-600-1745	equity@cityoffrederickmd.gov		<a href="https://www.cityoffrederickmd.gov/1712/Office-of-Reentry">https://www.cityoffrederickmd.gov/1712/Office-of-Reentry</a>
Frederick Government Agencies						
City Council	Frederick was founded in 1745 and became an official city in 1817. It has a democratic government with a mayor as the leader and a City Council that makes the laws. Elections for both of these positions happen every four years. The 63rd City Council administration consists of the members below.	101 North Court Street Frederick, MD 21701	301-600-1632	knash@cityoffrederickmd.gov	Katie Nash President Pro-Tem	<a href="https://www.cityoffrederickmd.gov/1122/City-Council">https://www.cityoffrederickmd.gov/1122/City-Council</a>
City of Frederick Police Department	Assures the safety and general welfare of the residents of Frederick City by preventing and detecting crime and enforcing laws 24 hours a day, 7 days a week.	100 West Patrick Street Frederick, MD, 21701	911 301-600-2100	jlando@FrederickMDPolice.org	Jason Lando Chief of Police	<a href="https://www.cityoffrederickmd.gov/99/Frederick-Police-Department">https://www.cityoffrederickmd.gov/99/Frederick-Police-Department</a>
Frederick County Council	The seven-member County Council consists of five members elected by district and two elected at-large. Council members have the power to initiate legislation. Legislative sessions are limited to 45 days yearly and non-legislative sessions as needed.	Winchester Hall 12 E. Church Street Frederick, MD 21701	301-600-1135	councilmembers@frederickcountymd.gov	Brad Young Council President	<a href="https://frederickcountymd.gov/594/MC-Keegan-Ayer-District-3">https://frederickcountymd.gov/594/MC-Keegan-Ayer-District-3</a>
Frederick County Equity & Inclusion Commission	The Commission acts as an advisory body to the Frederick County Executive, County Council, and the Chief Equity and Inclusion Officer, and helps identify issues, concerns, and needs of County residents to improve diversity, equity, inclusion, and belonging and makes recommendations as appropriate.	12 E Church Street, Frederick, MD 21701	301-600-9000			<a href="http://www.frederickcountymd.gov/8281/Equity-and-Inclusion-Commission">www.frederickcountymd.gov/8281/Equity-and-Inclusion-Commission</a>
Frederick County Equity and Inclusion Office	Office of Equity and Inclusion (OEI) leads Frederick County Government's ongoing commitment to be an inclusive employer with a diverse workforce that centers equity in all its efforts and ensures that County Government invests in eliminating disparities for the County's historically marginalized populations.	Winchester Hall 12 E. Church Street Frederick, MD 21701	301-600-1100	Tkeeney@frederickcountymd.gov	Tiffani Keeney Chief Equity and Inclusion Officer	<a href="https://frederickcountymd.gov/8166/Equity-and-Inclusion-Office">https://frederickcountymd.gov/8166/Equity-and-Inclusion-Office</a>
Frederick County Executive Office	Executive Fitzwater's Administration prioritizes the values of inclusion, sustainability, and accountability as we work together to fulfill our Livable Frederick vision of a unique and vibrant community where everyone can live, work, and thrive while feeling a strong sense of place and belonging.	Winchester Hall 12 E. Church Street Frederick, MD 21701	301-600-1100	countyexecutive@frederickcountymd.gov	Kathan McCarthy Manager, Constituent Services	<a href="https://frederickcountymd.gov/5931/County-Executive">https://frederickcountymd.gov/5931/County-Executive</a>
Frederick County Government - Constituent Services	Provides information, identifies resources, connects constituents with subject matter experts, answers questions, resolves concerns, and facilitates access to County programs and services.	12 East Church Street, Frederick, MD, 21701	301-600-6083	constituentservices@frederickcountymd.gov	Kathan McCarthy Manager, Constituent Services	<a href="http://Constituent%20Services%20Frederick%20County%20MD%20Official%20Website">Constituent Services   Frederick County MD - Official Website</a>
Frederick County Sheriff's Office	The Frederick County Sheriff's Office exists to serve the community. We understand that we are one of the few agencies of government that never closes, and therefore, may be called upon to perform many different tasks for the community. If we are unable to provide a requested service, we will recommend an appropriate action or agency. We will always strive to professionally and enthusiastically respond to the community's needs.	110 Airport Drive East Frederick, MD 21701	EMERGENCY 9-1-1  NON-EMERGENCY DISPATCH 301-600-2071  24-HOUR MAIN LINE 301-600-1046  TIPS LINE 301-600-4131	Tips Email: <a href="mailto:fcsotips@FrederickCountyMD.gov">fcsotips@FrederickCountyMD.gov</a>	Sheriff Charles A. Jenkins	<a href="https://www.frederickcountysheriff.com">https://www.frederickcountysheriff.com</a>
Frederick County State's Attorney's Office	The State's Attorney is an elected position in Frederick County. The State's Attorney's Office for Frederick represents the State of Maryland in all criminal prosecutions that result from crimes charged by local law enforcement agencies occurring in Frederick County.	100 W. Patrick St. Frederick, MD 21701	301-600-1523		Charles Smith III State's Attorney	<a href="https://statesattorney.us">https://statesattorney.us</a>
Frederick Human Relations Commission	The Frederick County Human Relations Commission is comprised of 15 outstanding, compassionate and dedicated volunteers who strive to eliminate illegal discrimination in Frederick County.	520 N Market St, Frederick, MD 21701	301-600-1063	Alrussell@frederickcountymd.gov	Anthony Russell Director	<a href="https://frederickcountymd.gov/58/Human-Relations">https://frederickcountymd.gov/58/Human-Relations</a>
Office of the Mayor	The Office of the Mayor provides leadership in the formulation of public policies to meet the community's needs. The Mayor and professional staff create and communicate a vision and management structure that enables all departments and employees of The City of Frederick to effectively serve the citizens of Frederick.	101 North Court Street Frederick, MD 21701	301-600-1380	mayor@cityoffrederickmd.gov	Michael O'Connor Mayor	<a href="https://www.cityoffrederickmd.gov/520/Office-of-the-Mayor">https://www.cityoffrederickmd.gov/520/Office-of-the-Mayor</a>
Social Security Administration	Manages issuing and updating social security cards, applications for retirement, survivor, and disability benefits, Medicare, and Supplemental Security Income (SSI). Staff can provide information on eligibility requirements, history of earnings, estimates of future benefits, and help with filling out and filing appropriate forms.	5340 Spectrum Dr Suite N, Frederick, MD 21703	1-800-772-1213	<a href="https://secure.ssa.gov/emails/EmailUs.action">https://secure.ssa.gov/emails/EmailUs.action</a>		<a href="http://www.ssa.gov">www.ssa.gov</a>
Immigration Services						
African & Caribbean & Immigration Services	Many individuals and families, escaping fear and persecution, have sought refuge in America to reunite with family members or embark on a new life of freedom. Individuals seeking refuge have the right to advocacy and just assessment while navigating immigration.	1700 Powder Mill Rd, Silver Spring, MD 20903	240-893-1160			<a href="https://www.acissinc.org/">https://www.acissinc.org/</a>
Asian American Center of Frederick Citizenship & Integration Services	We offer civics education, language instruction, and legal assistance to immigrants on their path to becoming a U.S. Citizen.	1150 Orchard Terrace, Frederick, MD 21703	301-694-3355 Ext. 1024	<a href="mailto:cls@aacfmd.org">cls@aacfmd.org</a>	Dr. Matthew Nimpson Project Manager	<a href="https://aacfmd.org/out-programs/citizenship-integration-services/">https://aacfmd.org/out-programs/citizenship-integration-services/</a>
Centro Hispano de Frederick	For more than 17 years, Centro Hispano de Frederick has been helping the Frederick immigrant population to succeed in our community.	5 Willowdale Dr Ste 18, Frederick, MD 21702	301-668-6270	<a href="mailto:info@centrohispanodefreesiderick.org">info@centrohispanodefreesiderick.org</a>	Suzanne M. Salichs, Ph.D., Director	<a href="https://www.centrohispanodefreesiderick.org">https://www.centrohispanodefreesiderick.org</a>
U.S. Citizenship & Immigration Services	U.S. Citizenship and Immigration Services (USCIS) is the federal agency that oversees lawful immigration to the United States. USCIS field offices do not allow walk-ins. You must have an appointment to visit an office.	3701 Koppers Street Halethorpe, MD 21227	1-800-375-5283			<a href="https://www.uscis.gov/about-us/contact-us">https://www.uscis.gov/about-us/contact-us</a>
Crime-Related Services						
Children of the Night	Skilled Children of the Night Case Managers assist young American sex trafficking victims with 24-hour services 7 days a week. Whether they need rescue from pimps, access to medical services, emergency & non-emergency transportation, mental health services, psychiatric evaluations or access to psychotropic medications, Children of the Night is ready to serve. We operate a 24-hour, nationwide, toll-free hotline to help children still on the streets.	3450 Cahuenga Blvd W, Unit 602 Los Angeles, CA 90068	800-551-1300			<a href="https://www.childrenofthenight.org/">https://www.childrenofthenight.org/</a>
City of Frederick Police Department - Victim Services	Provides immediate and continued support to victims of crime in the City of Frederick through an investigative process. Assesses needs of victims and provides information, crisis intervention and links to resources to meet those needs.	100 West Patrick Street Frederick, MD, 21701	301-600-2101	sboisclair@frederickmdpolice.org		<a href="https://www.cityoffrederickmd.gov/4953/Victim-Services">https://www.cityoffrederickmd.gov/4953/Victim-Services</a>

Community Resources	Department	Address	Phone Number	Email	Point of Contact	Website
Deaf Dawn	DAWN is a trauma-informed, culturally responsive, and transformative justice-based agency that provides multi-faceted services to the survivors and the community. We provide direct services and education addressing power-based violence.	1201 Seven Locks Rd Rockville, MD 20854	Main Phone: 202-559-5366  Outside business hours call national deaf hotline: (855) 813-1001 or Crisis Hotline 1-855-900-3247 Main 202-520-9777	For emergency hotline: hotline@deafdawn.org nationaldeafhotline@adwas.org		<a href="https://deafdawn.org/">https://deafdawn.org/</a>
FAIR Girls	24/7 Hotline for victims of human trafficking, or those concerned, in the D.C., Virginia, and Maryland area. Network for Victim Recovery of D.C.	2021 L Street NW #101-254 Washington, DC 20036		info@fairgirls.org		<a href="https://www.fairgirls.org/">https://www.fairgirls.org/</a>
Frederick County Department of Social Services - Adult Protective Services	This program serves persons aged 18 or over who lack the physical or mental capacity to provide for their daily needs. The purpose of the program is to prevent or remedy the abuse, neglect, self-neglect, or exploitation of adults who are unable to protect their own interests and are at risk of immediate harm to their own person or to others. The program provides professional services to protect the health, safety, and welfare of endangered, vulnerable adults.	25 South Charles Street, Baltimore, MD 21201-3330	1-800-332-6347			<a href="https://dhs.maryland.gov/office-of-adult-services/adult-protective-services/">https://dhs.maryland.gov/office-of-adult-services/adult-protective-services/</a>
Frederick County Human Trafficking Response Team	Our mission is to provide a victim-centered, collaborative response to human trafficking in Frederick County.		301-600-2926	<a href="mailto:Htrt@frederickcountymd.gov">Htrt@frederickcountymd.gov</a>		<a href="https://www.frederickcountymd.gov/7672/Human-Trafficking-Response-Team">https://www.frederickcountymd.gov/7672/Human-Trafficking-Response-Team</a>
Identity Theft Resource Center	The ITRC is a non-profit organization established to empower and guide consumers, victims, business and government to minimize risk and mitigate the impact of identity compromise and crime.	2514 Jamacha Rd. Ste. 502-525 El Cajon, CA 92019-4492	1-888-400-5530	itrc@idtheftcenter.org		
National Center for Victims of Crime	The National Center provides direct services to our visitors, such as attorney referrals, confidential helplines, and interactive trainings	7400 Buchanan Street PO Box 2770 El Cajon, CA 92019-4492	1-866-689-4357			<a href="https://victimsofcrime.org">https://victimsofcrime.org</a>
National Runaway Safeline	Federally-designated national communication system for runaway and homeless youth. Youth and family members connect to crisis services to work through problems and find local help from social service agencies and organizations. Can connect youth with compassion and understanding, food, medical assistance, counseling, as well as transportation home. Also provides preventative services.		1-800-786-2929 TEXT: 66008			Chat service and online forum on site. <a href="http://www.1800runaway.org">www.1800runaway.org</a>
Network for Victim Recovery of DC (NVRDC)	We create equitable healing and dignified experiences for survivors of crime by providing free, trauma-informed advocacy, therapeutic, and legal services in conjunction with strategic litigation, policy advocacy, and education to transform existing responses to harm.	6955 Willow St NW #501 Washington, DC 20012	855-900-3247 Forensic Exam: 800-641-4028	info@nvrdc.org		<a href="https://www.nvrdc.org">https://www.nvrdc.org</a>
Restorative Response Baltimore	Hosts voluntary circle conferencing dispute resolution processes that includes everyone involved in and affected by an incident, crime, or conflict, and their respective support networks. Works to address court diversion, re-entry, interpersonal conflict, and more. Trains on and implements restorative practices in schools.	1500 Union Ave Suite 2700 Baltimore, MD 21211	410-889-7400	info@restorativeresponse.org		<a href="https://www.restorativeresponse.org/">https://www.restorativeresponse.org/</a>
TurnAround Inc.	Emergency and ongoing services for survivors of sexual assault and domestic violence and human trafficking. Trauma-informed counseling, including crisis support, emergency, transitional, and long-term shelter, case management, and advocacy. Anti-Trafficking Program offers clients Drop-In services 5 days a week.	1800 N. Charles Street, Suite 404, Baltimore, MD 21201	443-279-0379			<a href="https://turnaroundinc.org/">https://turnaroundinc.org/</a>
Victim Connect Resource Center	The VictimConnect Resource Center is a referral helpline where crime victims can learn about their rights and options confidentially and compassionately.		1-855-484-2846			<a href="https://victimconnect.org">https://victimconnect.org</a>

Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Black Church Institutions						
Asbury United Methodist Church		101 West All Saints Street Frederick MD 21701	301-663-9380	asburyumcmd1@verizon.net		<a href="https://asburyumcmd.org/">https://asburyumcmd.org/</a>
Bethel Worship Center (International)		3554 Urbana Pike Frederick Md 21704				<a href="http://bwcinternational.org/">http://bwcinternational.org/</a>
Buckeystown United Methodist Church		6923 Michaels Mills Road Frederick MD 21717	301-834-6297	BUMC1896@gmail.com		<a href="https://buckeystownumc.org">https://buckeystownumc.org</a>
First Missionary Baptist Church		6430 Jefferson Pike Frederick MD 21703	301-662-3110	contact@fmbcfred.org		fmbaptistchurch.org
Hope Christian Fellowship (Evangelist)		5132 Doubs Road Adamstown MD 21710	301-874-5838	socialmedia.hcfc@gmail.com		<a href="http://www.hcfcmd.org">www.hcfcmd.org</a>
Jackson Chapel United Methodist Church		5609 Ballenger Creek Pike Frederick MD 21703	301-694-7315	jacksonchapel@comcast.net		<a href="https://www.jacksonchapelumc.org/">https://www.jacksonchapelumc.org/</a>
Quinn Chapel Ame (Methodist)		106 East 3rd Street Frederick MD 21701	301-663-9540	quinnchapel1@comcast.net		quinnamefrederick.org
Religious Institutions						
Frederick Rescue Mission Faith House	The Frederick Rescue Mission commits to sharing our Christ-centered ministry with those in need in our community. Whether the need is a hot meal, a warm jacket, or respite from the daily challenges of life, the Frederick Rescue Mission serves residents from Frederick County and surrounding areas with grace and love.	200 South Market Street Frederick, MD 21705	301-662-3032	Info@therescuemission.org	Arnold Farlow Executive Director	<a href="https://therescuemission.org/programs/faith-house/">https://therescuemission.org/programs/faith-house/</a>
Islamic Society of Frederick	ISF has a variety of services to aid our Muslim population as well as our non-Muslim neighbors. They strive to bring a greater understanding of Islam and Muslims to their own community and to those around them using the Holy Qur'an and the Sunnah of the Prophet Muhammad (SAAW) as our guides. The Islamic Society of Frederick (ISF) is located in the heart of Frederick, Maryland. The community has grown considerably from a few families when it was incorporated in the early 1990's to a few hundred families today.	1250 Key Parkway Frederick, MD 21702	301-682-5090 301-658-6090	info@isfmd.org		<a href="http://www.isfmd.org">www.isfmd.org</a>
Tibetan Meditation Center	Tibetan Meditation Center is dedicated to providing a place of refuge, tranquility, and the philosophical teachings and practice of Tibetan Buddhism. The center is under the spiritual direction of Khenpo Tsaltrim Tenzin Rinpoche. Inner-Peace Meditation Classes are offered in English by Abbess, Su Co Bao Co.	9301 Gambrill Park Road Frederick, MD 21702, USA	301.473.5750	drikungweb@gmail.com		<a href="https://www.drikungtmc.com">https://www.drikungtmc.com</a>
Xá Loi Temple Meditation Center	Loose clothing, cotton is best. Arrive 10 minutes before 6:00 PM to give yourself time to get settled. By donation. Virtual Classes of Dharma Talk and Meditation Classes in Vietnamese taught by Master Thich Bao Thanh 9:00 AM Monday - Thursday youtube.com/ @ThatBaoHuyenMon Zoom ID: 323 888 9999 Password: 9999	6310 Manor Woods Rd. Frederick, MD 21703	240-551-1923			<a href="https://www.xaloitemple.com">https://www.xaloitemple.com</a>
Nature Parks						
Catoctin Creek Park	Catoctin Creek Park is 139 acres of fun waiting for you to explore. The park has a nature center with two program rooms and a Discovery Room for your own drop in adventure.	2929 Sumantown Rd. Middletown, MD 21769	301-600-1646	parksandrecreation@frederickcounty.md.gov		<a href="https://www.visitfrederick.org/listing/catoctin-creek-park">https://www.visitfrederick.org/listing/catoctin-creek-park</a>
Catoctin Mountain Park	Catoctin Mountain Park, a national park (NPS), offers a variety of outdoor recreation experiences for visitors of all ages. The park includes 25 miles of hiking trails, popular trout fishing streams, camping, and horseback riding. There is no entrance fee.	14707 Park Central Rd. Thurmont, MD 21788	301-663-9388			<a href="https://www.visitfrederick.org/things-to-do/parks-">https://www.visitfrederick.org/things-to-do/parks-</a>
Chesapeake & Ohio Canal National Historical Park	The C&O Canal National Historic Park preserves the remains of the historic Chesapeake and Ohio Canal as well as valuable wild spaces along the Potomac River shoreline from Washington, D.C., to Cumberland, MD. The Canal's entire 185-mile long	40 W Potomac St. Brunswick, MD 21716	301-491-1479	joshua_nolan@nps.gov		<a href="https://www.visitfrederick.org/listing/c%26o-canal-">https://www.visitfrederick.org/listing/c%26o-canal-</a>
City of Frederick Parks and Recreation	Frederick Parks and Recreation offers city parks and facilities, bike trails, walking paths, dog and skating parks.	City of Frederick Parks and Recreation	301-600-1450	sgeasey@cityoffrederickmd.gov	Scott Geasey Parks Superintendent	<a href="https://www.cityoffrederickmd.org/things-to-do/parks-">https://www.cityoffrederickmd.org/things-to-do/parks-</a>
Cunningham Falls State Park	Surrounded by the ridges of Catoctin Mountain, Cunningham Falls State Park is home to Maryland's highest cascading waterfall. A hiking trail and a short walking path both lead to the falls where visitors enjoy picturesque views year round. Other	14039 Catoctin Hollow Road Thurmont, MD 21788	301-271-7574			<a href="https://www.visitfrederick.org/things-to-do/parks-">https://www.visitfrederick.org/things-to-do/parks-</a>
Frederick County Parks and Recreation	Discover nature and diverse recreational opportunities that Frederick County Parks and Recreation has to offer! Whether you're seeking trails, vibrant community events, or engaging recreational programs for all ages, our parks and recreation	Frederick County Division of Parks and Recreation	301-600-2936	parksandrecreation@frederickcounty.md.gov		<a href="https://www.recreator.com">https://www.recreator.com</a>
Gambrill State Park	Gambrill State Park, located west of Frederick, provides miles of hiking, mountain biking, and horse trails with stunning overlooks of the surrounding area. A 34-campsite, four-camper cabin campground is available seasonally	8602 Gambrill Park Rd. Frederick, MD 21701	301-271-7574	mark.spurrier@maryland.gov		<a href="https://www.visitfrederick.org/listing/gambrill-state-">https://www.visitfrederick.org/listing/gambrill-state-</a>
Gathland State Park	A unique War Correspondent's Memorial Arch, constructed by journalist and author George Alfred Townsend. On his former estate, the George Alfred Townsend Museum is open weekends.	900 Arnoldstown Rd. Jefferson, MD 21755	301-791-4767			<a href="https://www.visitfrederick.org/listing/gathland-state-">https://www.visitfrederick.org/listing/gathland-state-</a>
Monocacy National Battlefield	A visitor center, self-guided auto tour and walking trails interpret the July 9, 1864 battle that saved Washington, D.C. from Jubal Early's advancing Confederates. Join a park ranger for an orientation program and learn the importance of the Battle of	5201 Urbana Pike Frederick, MD 21704	301-662-3515	tracy_evans@nps.gov		<a href="https://www.visitfrederick.org/listing/monocacy-">https://www.visitfrederick.org/listing/monocacy-</a>
South Moutain State Battlefield	The State Battlefield park encompasses the three gaps of South Mountain (Crampton's, Fox's, and Turner's gaps) that were the scene of the September 14, 1862, battle, just days before Antietam.	6620 Zittletown Rd. Middletown, MD 21769	301-791-4767			<a href="https://www.visitfrederick.org/listing/south-mountain-state-battlefield-park-%7c-foxs-gap/282/">https://www.visitfrederick.org/listing/south-mountain-state-battlefield-park-%7c-foxs-gap/282/</a>
Sugarloaf Mountain		Sugarloaf Mountain Dr. Dickerson, MD 20842				<a href="https://www.visitfrederick.org/listing/sugarloaf-mountain/2297/">https://www.visitfrederick.org/listing/sugarloaf-mountain/2297/</a>



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
The remaining five initiatives will serve as the “Program Initiatives” which include:						
Alpha Kappa Alpha Sorority Inc - Chi Theta Omega Chapter	Empower Our Families Build Our Economic Wealth Enhance Our Environment Advocate for Social Justice Uplift Our Local Community  These initiatives are designed to improve the lives of those we serve. We will work collaboratively to maximize our outreach on progressive endeavors and consistently produce leaders who will advance our credo of service. From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.	Alpha Kappa Alpha Sorority, Inc® Corporate Office 5656 South Stony Island Avenue Chicago, IL 60637	(773) 684-1282 (888) AKA-1908	media@aka1908.com		<a href="https://www.facebook.com/AKACTO1908/">https://www.facebook.com/AKACTO1908/</a> <a href="https://www.chithetaomega.org/">https://www.chithetaomega.org/</a>
Alpha Phi Alpha - Xi Xi Lambda Chapter		Frederick, MD, United States	(202) 409-4900  240-813-8589 (Call Only)	xixilambda06@gmail.com		<a href="https://www.facebook.com/xixilambda1906/">https://www.facebook.com/xixilambda1906/</a>
Aya Cultural Arts Studio	We offer various cultural arts classes for all ages and offer sound healing services. Take a class, shop, or meet new people!	3504 Urbana Pike Frederick, MD	508-813-8588 (Call/Text)	ayanna@ayaarts.com	Ayanna Gallant Owner	<a href="https://www.ayaarts.com/">https://www.ayaarts.com/</a>
<a href="https://blackfrederick.com">BlackFrederick.com</a>	Connect, inform, and motivate Blacks and allies in Frederick County, MD, and the surrounding areas as they work together, share information, and maintain a community.	P.O. Box 3500 Frederick, MD 21705	888-675-0202	blackfrederick2020@gmail.com	Tia Hall-Brown	<a href="https://blackfrederickmd.com/">https://blackfrederickmd.com/</a>
City of Frederick Parks and Recreation	Frederick Parks and Recreation offers city parks and facilities, bike trails, walking paths, dog and skating parks.	121 N. Bentz Street Frederick, MD 21701	301-600-1450	sgeasey@cityoffrederickmd.gov	Scott Geasey Parks Superintendent	<a href="https://www.cityoffrederickmd.gov/1078/Parks">https://www.cityoffrederickmd.gov/1078/Parks</a>
City of Frederick Boards and Commissions	City directory of all services, events and programs related to City of Frederick's Boards and Comissions	101 N Court Street Frederick, MD 21701	301-600-1380	khemphill@cityoffrederickmd.gov	Kara Hemphill Executive Office Manager	<a href="https://www.cityoffrederickmd.gov/1329/Public-Meetings">https://www.cityoffrederickmd.gov/1329/Public-Meetings</a>
Delta Sigma Theta Frederick MD Alumni Chapter	As a testament to our demanding work and dedication to public service the Frederick County Executive and the Frederick City Mayor recently presented proclamations to FCAC for creating a positive change in the community, uniting organizations of	P.O.Box 1234 Frederick, MD 21702		pres.fcacmd@gmail.com deltafcac417@hotmail.com	Delia White, PhD Corresponding Secretary	<a href="https://www.dsdfcacmd.org">https://www.dsdfcacmd.org</a>
Frederick County Parks and Recreation	Discover nature and diverse recreational opportunities that Frederick County Parks and Recreation has to offer! Whether you're seeking trails, vibrant community events, or engaging recreational programs for all ages, our parks and recreation department is here to enrich your leisure time.	355 Montevue Lane, Suite 100 Frederick, MD 21702	301-600-2936	parksandrecreation@frederickcountymd.gov		<a href="https://www.recreator.com">https://www.recreator.com</a>
Frederick County Boards and Comissions	Boards and commissions allow members of our community to partner with Frederick County to help shape the structure of our future by sharing expertise and advising the County Executive and Council. Boards and commissions address a wide range of relevant topics, from the environment to human services to county planning. We encourage residents to consider attending the public meetings held if the topic is of interest. If you have expertise in a topic, please consider applying for membership on the board or commission. Frederick County would appreciate your perspective.	Winchester Hall 12 E. Church St. Frederick, MD 21701	Ph: 301-600-1100	fogboards@FrederickCountyMD.gov	Arielle Bender Executive Services Manager	<a href="https://frederickcountymd.gov/1518/Boards-Commissions">https://frederickcountymd.gov/1518/Boards-Commissions</a>
Kappa Alpha Psi Frederick Maryland Alumni Chapter	The Frederick (MD) Alumni Chapter is committed to operate for charitable and educational purposes: To recognize academic achievement, of African-American students in middle and high schools in Frederick County Public Schools. To fund educational scholarships to African American students in high schools in Frederick County Public Schools as well as schools of higher learning (Undergraduate and Graduate) To assist community groups and individuals in educational, civic improvement and charitable activities. To accept and make donations of money, property, real or personal, to invest in real estate and personal property for educational and charitable purposes; To enter into various activities and carry out contracts necessary for or incidental to the accomplishment of the non-profit purposes of the Chapter; To promote the general welfare by providing services as necessary to the community to encourage and promote the development of its people.	PO Box 1273 Frederick, MD 21702		alumni@fmakappas.com		<a href="https://www.fmakappas.com/">https://www.fmakappas.com/</a>
Nigerians in Frederick (NIF) Association	This organization was founded in 2005 because a group of Nigerians living in Frederick saw a need for preserving the Nigerian cultural values and tradition even while living in a foreign land. NIF remains a cultural group committed to sharing, promoting and preserving our Nigerian values through community outreach and building connections. The association is open to all people of Nigerian heritage (and those married to Nigerians) living and working in Frederick and its environs. We celebrate our diversity as humans and unity as Nigerians contributing to the growth of Frederick and the United States			info@associationofnigeriansinfrederick.com	Yewander Oladeinde	<a href="https://associationofnigeriansinfrederick.com/">https://associationofnigeriansinfrederick.com/</a>
Omega Psi Phi Fraternity	Alpha Lambda Lambda was established in Frederick, Maryland in 2000. ALL has proudly and consistently served the Western MD Region for over 15 years.					<a href="https://www.facebook.com/ALLMountainQues/">https://www.facebook.com/ALLMountainQues/</a>
OUT40	OUT40 is a media company based in Frederick, Maryland that delivers urban content to its readers. OUT40 grants the exposure needed to spotlight various talents that are hidden and overlooked in a small town. It is the first publication of its genre and geographic location that covers art, entertainment, fashion, and social issues.	Key Parkway Frederick, MD 21702	240-510-OUT40 (68840)	out40media@gmail.com	Kiki Wilson Owner	<a href="http://www.out40.com">www.out40.com</a>
Sigma Gamma Rho	Nu Omicron Sigma Alumnae Chapter of Sigma Gamma Rho. Frederick, Maryland.	PO Box 163 Frederick, MD		nos.sgrho@gmail.com		<a href="https://www.facebook.com/FrederickSGRho/">https://www.facebook.com/FrederickSGRho/</a>



Community Resources	Description	Address	Phone Number	Email Address	Point of Contact	Website
Soul Street	We are a local collective of Black business owners and community members in Frederick who have come together to empower the Black business community through events, outreach, advocacy and education.			info@mysoulstreet.com		<a href="https://mysoulstreet.com">https://mysoulstreet.com</a>
Special Olympics, Frederick County	Provides year round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities that are with or without physical challenges. Offers 16 of the 20 sports available in Maryland and host 2 athletic competitions during the sports year. Also provides opportunities for many social events such as dances, zoo trips, and professional sporting events.	P.O. Box 33 Frederick, MD 21705-0033		somdfc@gmail.com		<a href="http://www.somdfc.org">www.somdfc.org</a>
The Golden Mile Alliance	Route 40 West, also known as the Golden Mile, represents so much worth celebrating about Frederick. This route houses dozens of local shops, restaurants, and other businesses operated by hardworking Frederick residents who bring a global flair to our Frederick community. A drive along the Golden Mile will show you how much these restaurants, businesses, and	P.O. Box 3136 Frederick, Maryland 21705	(240) 367-3588	info@goldenmilealliance.org	Shantay DeMar, <i>President</i>	<a href="https://goldenmilealliance.org/">https://goldenmilealliance.org/</a>
The Frederick Club of the National Association of Negro Business and Professional Women's Clubs, Inc.	NANBPWC, Inc. was founded by seven courageous visionaries who sought to: promote and protect the interests of business and professional women.	P.O. Box 794 Frederick, MD 21705		nanbpwcfredclub@gmail.com	Gwen Hoy President	<a href="http://www.frederickclubnanbpwc.com">www.frederickclubnanbpwc.com</a> <a href="https://www.facebook.com/NANBPW/">https://www.facebook.com/NANBPW/</a>
Woman to Woman Mentoring	Our innovative, effective, free programs for women 18+ combine the power of one-on-one mentoring, community-building workshops, and opportunities to connect to help women identify and work toward their goals in education, career, and life. We acknowledge and celebrate the diversity of our community. Diversity, equity, and inclusion are central to our mission, and we embrace both our common humanity and what makes each of us unique. We foster belonging for all and amplify women's voices, affirm their value, and spotlight their strengths.	22 South Market Street Suite 321 Frederick, MD 21701	(240) 608-2856			<a href="https://www.womantowomanmentoring.org/">https://www.womantowomanmentoring.org/</a>
YMCA of Frederick County	With the Y, you're not just a member of a facility, you're part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but also in your community.	1000 North Market Street Frederick, MD 21701	301-663-5131			<a href="https://frederickymca.org/">https://frederickymca.org/</a>
Zeta Phi Beta Sorority Inc. - Beta Alpha Sigma Zeta Chapter	Zeta Phi Beta Sorority, Inc. was founded on January 16, 1920, on the campus of Howard University in Washington, D.C. The five illustrious founders of Zeta Phi Beta Sorority, Inc., Arizona Clever Simons, Myrtle Tyler Faithful, Viola Tyler Goings, Fannie Pettie Watts, and Pearl A. Neal established a new organization.				Donna Hamilton President	<a href="https://www.frederickzetas.org/">https://www.frederickzetas.org/</a>