



# 2019

## Guide to Youth Resources

A directory of services and programs for  
youth in Frederick County, Maryland.



The Youth Resource Guide is a way to get information about programs and services available in Frederick County, Maryland. We recommend that you contact the organizations to ensure the most up to date information.

The information contained in this Youth Resource Guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The organizations that publish and promote this guide assume no liability for any act or omissions of such facilities, programs, or professionals.

Information on individual organizations begins on page 13.

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## ADVOCACY GROUPS

- Advocates for Homeless Families
- ARC of Frederick County
- “ASK”
- Autism Society of America
- Centro Hispano de Frederick
- F.R.I.E.N.D.S.
- Mental Health Association
- Mental Health Management Agency
- Mothers Against Drunk Driving
- On Our Own
- Reece's Rainbow
- Safe Kids Frederick County
- SHIP
- Spanish Speaking Community of Frederick
- The Frederick Center

## AFTER-SCHOOL PROGRAMS

- American Red Cross
- Boys & Girls Club
- Boy Scouts of America
- Butterfly Coaching
- Civil Air Patrol
- Etiquette for Everyday
- FC Frederick
- Frederick City Parks & Recreation
- Frederick County Parks & Recreation
- Frederick County Public Library
- I Believe In Me
- Man2Man
- New Spire Arts
- On The Mark
- Seed of Life
- The Delaplaine Arts Center
- The Frederick Center
- YMCA

## CHILD & FAMILY SERVICES

- 211
- 4-H
- Allied Counseling
- American Red Cross
- ARC of Frederick County
- Autism Society of America
- Behavioral Health Partners
- Behavioral Health Services
- Boy Scouts of America
- Boys & Girls Club
- Butterfly Coaching
- Community Action School Services
- Catocin Counseling
- Child Advocacy Center
- Child Care Choices
- Child Protective Services
- Children's Mobile Crisis
- Community Action Agency
- Department of Social Services
- Etiquette for Everyday
- Excel Youth
- Family Partnership
- Family Preservation @ WayStation
- Frederick City Parks & Recreation
- Frederick County Health Department
- Frederick County Parks & Recreation
- Frederick County Public Library
- Frederick County Public Schools
- Frederick County WIC Program
- Frederick Police Activities League
- F.R.I.E.N.D.S.
- Girl Scouts of Nation's Capital
- Heartly House
- I Believe In Me
- Kids Like Us
- Marriage Resource Center
- Mental Health Association
- Mt. Airy Net
- On The Mark
- Potomac Case Management Services
- Safe Kids Frederick County
- Seed of Life
- SHIP
- Spanish Speaking Community of Frederick
- The Frederick Center
- TransIT Services of Frederick County
- United Way - Summer Serve
- Villa Maria of Frederick County
- YMCA
- Youthful Offender

## DROPOUT PREVENTION

- Boys & Girls Club
- Butterfly Coaching
- Community Action School Services (CASS)
- Frederick Police Activities League
- I Believe In Me
- Spanish Speaking Community of Frederick
- The Frederick Center

## EDUCATIONAL & SCHOOL SUPPORT PROGRAMS

- 4-H
- ARC of Frederick County
- Girl Scouts of Nation's Capital
- Boys & Girls Club
- Brook Lane of Frederick
- I Believe In Me
- Centro Hispano
- Club Z!
- Delaplaine Arts Center
- Etiquette for Everyday
- Family Partnership
- Frederick County Public Library
- Frederick County Public Schools
- Frederick Police Activities League
- Girls on the Run
- Mental Health Association
- On The Mark
- Safe Kids Frederick County
- SHIP
- Spanish Speaking Community of Frederick
- United Way – Summer Serve

## EMERGENCY ASSISTANCE

- Advocates for Homeless Families
- American Red Cross
- Community Action Agency
- Mt. Airy Net
- Religious Coalition
- Salvation Army
- Seton Center Outreach Program
- SHIP
- St. Vincent DePaul Society

## HOTLINES & CRISIS

- 211
- Alcohol Hotline
- Child Protective Services
- Children's Mobile Crisis
- Frederick County Hotline
- Frederick Police Department
- Frederick County Sheriff's Office
- Heartly House
- MD Youth Crisis Hotline
- Mental Health Association
- National Runaway Safeline
- National Suicide Prevention Lifeline
- Poison Control

## JOB ASSISTANCE

- Centro Hispano
- Employment Resource Center
- Family Partnership
- Frederick County Workforce Services
- Man2Man
- On The Mark
- Seed of Life
- Spanish Speaking Community of Frederick
- Workforce Development

## MENTAL HEALTH

- Allied Counseling Group
- American Red Cross (*disaster related*)
- Austin Addiction & Mental Health
- Behavioral Health Partners
- On The Mark
- Behavioral Health Services
- Brook Lane of Frederick
- Camp Journey
- Catocin Counseling
- Crossroads Center
- Excel Youth
- Villa Maria of Frederick County
- Family Preservation @ WayStation
- Frederick County Health Department
- Frederick County Public Schools
- Mental Health Association
- Potomac Case Management Services

## MENTORING PROGRAMS

- Boys & Girls Club
- Butterfly Coaching
- Excel Youth
- Frederick Police Activities League
- Man2Man
- Marriage Resource Center
- On The Mark

## PREGNANCY & CHILDBIRTH

- Frederick County Health Department
- Frederick County WIC Program
- Special Delivery Program
- Teen Child Birth Education
- The Birthing Circle of Frederick



## SPORTS & RECREATION PROGRAMS

- Boys & Girls Club
- East Frederick Little League
- FC Frederick
- Four County Little League
- Frederick American Little League
- Frederick City Parks & Recreation
- Frederick County Parks & Recreation
- Frederick National Little League
- Frederick Police Activities League
- Girl Scouts of Nation's Capital
- Girls on the Run
- On The Mark
- New Spire Arts
- United Way – Summer Serve

## SUBSTANCE ABUSE

- Al-Anon/Alateen
- Alcoholics Anonymous
- Allied Counseling Group
- Austin Addiction & Mental Health Center
- Behavioral Health Services
- Catocin Counseling
- Catocin Summit
- Continuum Recovery Center
- Crossroads Center
- Frederick County Health Department
- Frederick Institute
- Frederick Rescue Mission
- Maryland Counseling Center
- Monocacy Counseling Center
- Mountain Manor Treatment Center
- MRB Counseling Services
- Serenity Treatment Centers

## SUMMER CAMPS & PROGRAMS

- 4-H
- American Red Cross
- Boy Scouts of America
- New Spire Arts
- Boys & Girls Club
- Civil Air Patrol
- Delaplaine Arts Center
- Community Action Agency
- FC Frederick
- Frederick City Parks & Recreation
- Frederick County Parks & Recreation
- Frederick Police Activities League
- Frederick Rescue Mission
- Girl Scouts of Nation's Capital
- Girls on the Run
- On The Mark
- New Spire Arts
- YMCA
- United Way - Summer Serve

## VOLUNTEER OPPORTUNITIES

- 4-H
- American Red Cross
- ARC of Frederick County
- Boy Scouts of America
- Centro Hispano de Frederick
- Community Action Agency
- Delaplaine Arts Center
- Family Partnership
- FC Frederick
- Frederick County Animal Control
- Girl Scouts of Nation's Capital
- Girls on the Run
- Habitat for Humanity
- I Believe In Me
- On The Mark
- New Spire Arts
- Safe Kids Frederick County
- Seed of Life
- SHIP
- United Way - Summer Serve

- Frederick Police Activities League
- YMCA

## YOUTH SERVICES & PROGRAMS

- 4-H
- Allied Counseling
- American Red Cross
- ARC of Frederick County
- Autism Society of America
- Behavioral Health Partners
- Behavioral Health Services
- Boy Scouts of America
- Boys & Girls Club
- Butterfly Coaching
- Catoclin Counseling
- Child Advocacy Center
- Child Care Choices
- Child Protective Services
- Children's Mobile Crisis
- Community Action Agency
- Community Action School Services
- Department of Social Services
- Etiquette for Everyday
- Excel Youth
- Family Partnership
- Family Preservation @ WayStation
- Frederick City Parks & Recreation
- Frederick County Health Department
- Frederick County Parks & Recreation
- Frederick County Public Schools
- Frederick County WIC Program
- Frederick Police Activities League
- F.R.I.E.N.D.S.
- Girl Scouts of Nation's Capital
- Heartly House
- I Believe In Me
- Kids Like Us
- Marriage Resource Center
- Mental Health Association
- Mt. Airy Net
- New Spire Arts
- On The Mark
- Potomac Case Management Services
- Safe Kids Frederick County
- Seed of Life
- SHIP
- Spanish Speaking Community of Frederick
- The Frederick Center
- TransIT Services of Frederick County
- United Way - Summer Serve
- Villa Maria of Frederick County
- YMCA
- Youthful Offender

- Frederick County Public Library

## OTHER

- American Red Cross (*Red Cross Clubs*)
- Community Action Agency
- Frederick County Health Department
- Frederick County WIC Program
- Heartly House
- Maryland Health Care Connection
- Safe Kids Frederick County



# ORGANIZATION DIRECTORY

## **211**

211 or [www.211.org](http://www.211.org)  
Supportive listening, crisis intervention, information and referral for community resources

## **4-H**

301-600-1589 <https://extension.umd.edu/frederick-county/4h-and-youth-development>  
Frederick County 4-H is a positive youth development program that provides a supportive setting for all youth to mature into competent, caring and responsible adults through the learning of beneficial cognitive and life skills. Youth get to complete hands-on projects in areas like science, health, agriculture and citizenship – helping them to build confidence, independence, resilience and compassion.

## **ADVOCATES FOR HOMELESS FAMILIES**

301-662-2003 [www.afhf88.org](http://www.afhf88.org)  
Provides services to families who are homeless or on the verge of being homeless

## **AIDS HOTLINE**

800-232-4636 800-205-6308  
AIDS/HIV information and support & HIV Drug Assistance

## **ALCOHOLICS ANONYMOUS**

301-662-0544  
Support groups for alcoholics

## **ALCOHOL HOTLINE**

800-Alcohol/800-252-6465  
Helpline for alcohol and drug users

## **AL-ANON & AL-ATEEN**

240-285-9831  
Support groups for families of alcoholics.

## **ALLIED COUNSELING GROUP**

301-698-7077 [www.alliedcounselinggroup.com](http://www.alliedcounselinggroup.com)  
Counseling, chemical dependency, addiction, recovery, anger management



### **AMERICAN RED CROSS**

301-739- 0717/443-472-9735    [www.redcross.org](http://www.redcross.org)    [Julia.brown@redcross.org](mailto:Julia.brown@redcross.org)  
Disaster relief, training & certifications. We roll up our sleeves and donate time, money and blood. We learn or teach life-saving skills so our communities can be better prepared when the need arises. American Red Cross also has Red Cross Clubs and looking for volunteers age 13+.

### **ARC OF FREDERICK COUNTY**

301-663-0909 [www.arcfc.org](http://www.arcfc.org)  
The Arc of Frederick County provides professional assistance to help children and adults with developmental disabilities by building networks of supports so they can safely and successfully live, work, go to school and be meaningfully included in their communities.

### **“ASK” ADVOCACY, SUPPORT, & KNOWLEDGE**

301-695-3676 [johnandshawna4@comcast.net](mailto:johnandshawna4@comcast.net)  
Advocacy and support for children in school

### **AUSTIN ADDICTION & MENTAL HEALTH CENTER**

240-457-4151 [terry@austinaddiction.net](mailto:terry@austinaddiction.net) [www.substanceabusecounselingfrederick.com](http://www.substanceabusecounselingfrederick.com)  
Intensive outpatient, outpatient, DWI, Individual & Couples counseling

### **AUTISM SOCIETY OF AMERICA – FREDERICK**

301-695-3676 / 301-746-8080 [www.asafrederickmd.org](http://www.asafrederickmd.org)  
Provide advocacy, support, & information. Join us at our monthly meeting to share information, resources & support.

### **BEHAVIORAL HEALTH PARTNERS OF FREDERICK**

301-663-8263 x 301 [www.bhpfrederick.org](http://www.bhpfrederick.org)  
Comprehensive outpatient behavioral health services for children, adolescents, adults and seniors. Staff includes child, adolescent, and adult psychiatrists, clinical social workers and licensed professional counselors. Services include psychiatric evaluations, medication management, individual, family and group psychotherapy and psycho-educational groups. Offsite services for children and adolescents in home and school settings.

### **BEHAVIORAL HEALTH SERVICES/SUBSTANCE ABUSE – Fred. County. Health Department**

301-600-1755 / 301-600-1775  
Program tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

### **BOYS & GIRLS CLUB OF FREDERICK COUNTY**

301-600-1875 [www.bgcfc.org](http://www.bgcfc.org)  
Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

### **BOY SCOUTS OF AMERICA**

[www.ncacbsa.org/districts-2-2/](http://www.ncacbsa.org/districts-2-2/)  
National Capital Area Council, BSA delivers the promise of scouting to youth in the Washington, D.C. Metro area including Frederick, MD. Our programs teach young people to “be prepared!” for adventure, education, service, and leadership.

### **BROOK LANE OF FREDERICK**

301-773-0330 x1703 [www.brooklane.org](http://www.brooklane.org)

Brook Lane of Frederick participates in the CASS program providing therapists in schools throughout Frederick County. Brook Lane also operates Laurel Hall of Frederick, a non-public school program designed to provide education services to special needs students. Referrals must be approved by their local Board of Education.

### **BUTTERFLY COACHING**

240-626-6259 [butterflycoach@gmail.com](mailto:butterflycoach@gmail.com) [www.butterflycoaching.com](http://www.butterflycoaching.com)

Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

### **CAMP JOURNEY**

301-682-3446 [www.waystation.org](http://www.waystation.org)

Recreation-based, planned respite program for families with youth struggling with emotional and behavioral challenges. Provide overnight and hourly visits.

### **CATOCTIN COUNSELING**

301-631-1304 [www.catocincounseling.com](http://www.catocincounseling.com)

Substance abuse, mental health, families, couples, and individual counseling

### **CATOCTIN SUMMIT ADOLESCENT PROGRAM**

240-420-5400

Long-term (4-6 months) residential treatment for adolescents who have completed a short-term inpatient program. Services include: individual, group & family counseling; mental health services; GED educational studies; AA/NA meetings; chemical education; activities of daily living skills; and recreational activities.

### **CENTRO HISPANO DE FREDERICK, INC.**

301-668-6270 [www.centrohispanomd.com](http://www.centrohispanomd.com)

English as a second language classes, citizenship rep classes, computer classes, certified translations, legal and tax services, senior citizens program, mediation services, referrals to numerous health and human services.

### **CHILD ADVOCACY CENTER (CAC)**

301-600-1762

The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free.

### **CHILD CARE CHOICES**

301-662-4549 [www.childcarechoices.info](http://www.childcarechoices.info)

Child care resources and referral

### **CHILD PROTECTIVE SERVICES**

301-600-2464 after hours: 301-564-8230

Investigate reports of suspected child abuse and neglect and offer a variety of services to families when these problems are found to exist. The identity of the person making the report is protected.

### **CHILDRENS MOBILE CRISIS**

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

Mobile mental health treatment for child & adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression & self-injury.

### **CIVIL AIR PATROL**

301-694-2312 [rick\\_palace@mac.com](mailto:rick_palace@mac.com) [www.gocivilairpatrol.com](http://www.gocivilairpatrol.com)

The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others.

### **CLUB Z! IN-HOME TUTORING**

240-498-0292 [www.clubztutoring.com/frederick](http://www.clubztutoring.com/frederick)

In home one on one tutoring, tutoring all academic subjects, test prep (SAT/ACT/ASVAB) and foreign languages. Summer tutoring available. Highly qualified tutors and thoroughly screened.

### **COMMUNITY AGENCY SCHOOL SERVICES – CASS**

[www.fcps.org/cass](http://www.fcps.org/cass)

Brunswick, Crestwood, and Middletown Middle Schools 240-566-9126, Thurmont, Ballenger Creek, & Monocacy Middle Schools 240-236-8889, West Frederick, New Market & Oakdale Middle Schools 240-236-8929, Thomas Johnson, Walkersville, Windsor Knolls and Urbana Middle 240-236-8870 School/Community based program provides accessibility to affordable professional services including but not limited to substance abuse.

### **CONTINUUM RECOVERY CENTER**

301-637-0222 [www.addictionrecoverymaryland.com](http://www.addictionrecoverymaryland.com)

Continuum Recovery is a treatment facility located in Frederick, Maryland. At Continuum, we offer nationally recognized, evidence-based treatment. We also provide a comprehensive and holistic approach to overcoming chemical dependency, alcoholism, and co-occurring mental health disorders in a safe, confidential, and supportive environment. Programs include: pre-treatment/intervention services, primary care treatment, extended care treatment, intensive outpatient, and medication assisted treatment.

### **CROSSROADS CENTERS**

301-696-1950 [www.recoveryatcrossroads.com](http://www.recoveryatcrossroads.com)

Substance abuse/mental health services including assessments, education, evening & day treatment.

### **EAST FREDERICK LITTLE LEAGUE**

301-523-9674 [www.efllbaseball.com](http://www.efllbaseball.com)

Provide youth the development of baseball skills and how to be part of a team. Players learn sportsmanship while they are learning baseball.

### **EMPLOYMENT RESOURCE CENTER**

301-600-2206 [www.fcdss.info](http://www.fcdss.info)

Registration and job service assistance through the Maryland Job Service. Computers available for internet search. Assistance with cover letters, resumes, and applications.

### **ETIQUETTE FOR EVERYDAY**

301-829-6944      [www.etiquetteforeveryday.com](http://www.etiquetteforeveryday.com)

Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.

### **EXCEL YOUTH**

301-898-2205      [www.excelyouth.com](http://www.excelyouth.com)

Excel Youth is a psychiatric rehabilitation program (PRP) that works collaboratively with therapists to help youth ages 5-17 with mental health diagnoses develop the skills necessary to thrive. Counselors meet with clients weekly (at least 4 times a month), rotating visits in the home, in the community, and in the office. Services are designed to use creative activities to engage clients while teaching skills needed to manage their diagnosis and reduce maladaptive behaviors.

### **FAMILY PARTNERSHIP**

301-600-2206      [www.frederickcountymd.gov/fp](http://www.frederickcountymd.gov/fp)

Offers GED and ESL classes, employment services, parent education, mentoring, case management, health education, home visiting, & limited transportation. Developmental childcare is provided for children aged 6 weeks - 3 years old for the parents that attend the center. The services are provided to expectants, parents with children aged birth through 3 years old, & youth aged 16-24. Family Partnership also has an evening Responsible Fathers and Empowering Mothers group that meets on Tuesdays from 6-8pm. Limited child care is provided for parents attending these groups as well.

### **FAMILY PRESERVATION @ WAYSTATION**

301-662-0099      [www.waystation](http://www.waystation)      [jwinkler@waystationinc.org](mailto:jwinkler@waystationinc.org)

Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long-term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

### **FC FREDERICK**

301-471-4610      [www.fcfrederick.com](http://www.fcfrederick.com)

Full service soccer club for players of all levels.

### **FOUR COUNTY LITTLE LEAGUE**

[information@fcllbaseball.org](mailto:information@fcllbaseball.org)      [www.fcllbaseball.weebly.com](http://www.fcllbaseball.weebly.com)

Mount Airy based Little League organization dedicated to developing superior players and better citizens for a stronger community through the great sport of baseball.

### **FREDERICK AMERICAN LITTLE LEAGUE**

240-422-6835      [frederickamericanlittleleague@yahoo.com](mailto:frederickamericanlittleleague@yahoo.com)      [www.frederickamerican.org](http://www.frederickamerican.org)

Providing little league baseball since 1954. Programs for ages 4-16 in baseball and softball.

### **FREDERICK CITY PARKS AND RECREATION**

301-600-1493      [www.cityoffrederick.com](http://www.cityoffrederick.com)

Parks & Recreation offers a wide variety of programs for youth and adults.

### **FREDERICK COMMUNITY ACTION AGENCY**

301-600-1506 [www.cityoffrederick.com](http://www.cityoffrederick.com)

Provides programs and services that assist mentally ill, disabled, homeless, and low income residents. Services include General Education Classes (GED), soup kitchen, food pantry, transitional housing to support homeless families with children and adults with physical disabilities, various health plans and programs. Also offers a free lunch program during the summer at various locations throughout the county for school age children.

### **FREDERICK COUNTY DIVISION OF PARKS AND RECREATION**

301-600-1646 [www.recreator.com](http://www.recreator.com)

Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

### **FREDEICK COUNTY HEALTH DEPARTMENT**

301-600-1029 <https://health.frederickcountymd.gov/>

The Health Department provides a variety of services from Behavioral Health Services, Birth & Death Certificates, Community Health Services, Developmental Services, Mental Health Services, and Substance Abuse Services.

### **FREDERICK COUNTY PUBLIC LIBRARIES**

301-600-1630 [www.fcpl.org](http://www.fcpl.org)

Programs for all ages, eBooks, print & audio materials, video games, DVDs and more.

### **FREDERICK COUNTY PUBLIC SCHOOLS**

301-644-5238 [kathleen.hartsock@fcps.org](mailto:kathleen.hartsock@fcps.org) [www.fcps.org](http://www.fcps.org)

School counselors, pupil personnel workers, and student support staff work with students on dropout prevention. Credit recovery venues are explored and plans are designed to make high school graduation a reality.

### **FREDERICK COUNTY PUBLIC SCHOOLS - HOMELESS EDUCATION PROGRAM**

301-644-5290 [www.fcps.org](http://www.fcps.org)

Immediate enrollment in school for youth who are not in the physical custody of a legal parent or guardian (even without accompanying parent/guardian or records normally required for school enrollment); assistance with school selection; automatic free school breakfast and lunch; bus transportation from youth's current location and from school; tutoring/mentoring as well as school supplies, hygiene items, food, clothing, fuel or any item/service needed to fully participate in school.

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

Emergency: 911 Non-Emergency: 301-600-1046

### **FREDERICK COUNTY WIC PROGRAM**

301-600-1630 [www.frederickcountymd.gov/WIC](http://www.frederickcountymd.gov/WIC)



WIC is a federally funded program that serves pregnant women, new mothers, infants and children under the age of five. WIC offers nutrition counseling, health screening, breastfeeding support and health care referrals to other community services. WIC also provides food benefits through eWIC (EBT) that are redeemable at local grocery stores for healthy foods including milk, eggs, cheese, beans, peanut butter, fruits, vegetables, cereal, whole wheat bread, brown rice, soft corn/wheat tortillas, fruit juice, and also infant foods (formula, cereal, fruits and vegetables).

#### **FREDERICK COUNTY WORKFORCE SERVICES**

301-600-2255 [www.frederickworks.com](http://www.frederickworks.com)

Job search assistance available to all County residents, including career assessments, vocational counseling, job search seminars, assistance with resume and interview preparation. Individualized job coaching, mentoring and assistance developing career pathways for youth ages 14-24 who face barriers to employment.

#### **FREDERICK INSTITUTE**

301-663-4130

Treatment & rehabilitation of opiate addicted adults. Provides medically supervised methadone.

#### **FREDERICK NATIONAL LITTLE LEAGUE**

301-614-3606 [fnllpresident@aol.com](mailto:fnllpresident@aol.com) [www.eteamz.com/fredericknational](http://www.eteamz.com/fredericknational)

The objective of the Frederick National Little League (FNLL) shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority. FNLL provides a supervised program under the Rules and Regulations of Little League Baseball, Inc.

#### **FREDERICK POLICE DEPARTMENT (CITY)**

Emergency: 911 Non-Emergency: 301-600-2102

#### **FREDERICK POLICE ACTIVITIES LEAGUE**

301-600-2100 [www.frederickpal.org](http://www.frederickpal.org)

PAL provides positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

#### **FREDERICK RESCUE MISSION**

301-695-6633

Substance abuse rehab for men and have a kids summer program for kids grade K-5.

#### **F.R.I.E.N.D.S. – DOWN SYNDROME**

[tfs@friendsoffredco.org](mailto:tfs@friendsoffredco.org)

Support and resource group for expectant parents, new parents, and extended families of babies born with Down syndrome. Provides age-appropriate activities for children and their friends.

#### **GIRLS ON THE RUN OF MID & WESTERN MARYLAND**

301-471-4513 [www.gotrmdmd.org](http://www.gotrmdmd.org)

Girls On The Run of Mid & Western Maryland inspires girls to be joyful, healthy and confident using a fun, experienced-based curriculum which creatively integrates running. We have both spring and fall 10 week after-school programs as well as summer camps.

#### **GIRL SCOUTS OF THE NATION'S CAPITAL**

304-263-8833 [www.gscnc.org](http://www.gscnc.org) [pallen@gscnc.org](mailto:pallen@gscnc.org)

Girl Scouts unleashes the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ in every girl, preparing her for a lifetime of leadership. Our Girl Scout Leadership Experience is a one-of-a-kind leadership development program for girls, with proven results. It is based on time-tested methods and research-backed programming that help girls take the lead—in their own lives and in the world.

Research shows that girls learn best in an all-girl, girl-led, and girl-friendly environment. Girl Scouts is a place where she'll practice different skills, explore her potential, take on leadership positions—and even feel allowed to fail, dust herself off, get up, and try again. We have opportunities for troops, camps, and events.

### **HEARTLY HOUSE**

301-662-8800 or 301-418-6610

Heartly House is Frederick County's sole provider of services to victims of domestic violence, sexual assault, and child abuse. We have an emergency shelter, short-term counseling (including child counseling), legal services, a 24-hour hotline, and prevention services.

### **I BELIEVE IN ME, INC.**

240-586-1221 [www.ibelieve-in-me.com](http://www.ibelieve-in-me.com)

I Believe In Me is a non-profit organization that targets underprivileged youth within Frederick. At IBM, we provide our youth with a mentorship which helps them with anger management and behavioral issues, as well as educational assistance, peer building, and opportunities beyond their current socioeconomic status.

### **KIDS LIKE US**

301-600-3281 [www.frederickcountymd.gov](http://www.frederickcountymd.gov)

Kids Like Us (KLU) works with FCPS school counselors to provide small group preventative counseling groups for youth impacted by family substance abuse and addiction during the school year. KLU also provides a summer day camp for school-based participants and an annual public show of participant art. KLU is designed to build resiliency, and prevent substance abuse and other problems with engaging group counseling activities, such as art and games, that build self-worth, increase social support and social skills, foster effective emotional expression and management, and promote healthy coping. Participation is confidential, voluntary, and requires parent permission.

### **LEAD4LIFE INC.**

301-672-4319 [info@lead4lifeinc.org](mailto:info@lead4lifeinc.org) [www.lead4lifeinc.org](http://www.lead4lifeinc.org)

Lead4Life, Inc. (L4L) was founded in 2008 in an effort to reduce the number of youth entering the juvenile justice system, the number of out-of-home placements, and the youth recidivism rate.

L4L's programs are developed utilizing restorative practices, strength-based and Positive Youth Development models. These programs help youth and their families address negative behaviors that all too often result in involvement with our criminal justice system.

L4L staff, mentors, and volunteers work together to empower individuals to develop positive life, social and competency skills, enabling them to become productive community members. Services such as alternative to detention programs, diversion, and grassroots mentoring are provided both in the community and in youth detention facilities.

### **LOIS JACKSON UNIT**

301-777-2290

Inpatient treatment for male & females ages 13 to 18. Certified school program. Individual, family and group counseling.

### **MAN2MAN**

301-524-5063 drharris@yahoo.com

Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teenager.

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

301-502-1660 marriagefrederick.org

The mission of the Marriage Resource Center is to build strong marriage, families and communities. This is achieved through the provision of classes and mentoring services to assist families, youth, singles and married couples to develop healthy and lasting relationships.

### **MARYLAND COUNSELING CENTER**

301-662-0855 or 800-622-0668      www.mcc-center.com

MVA-approved DWI education, six-month education & group programs. Family and individual counseling available.

### **MARYLAND HEALTH CARE CONNECTION**

www.marylandhealthconnection.gov/

Maryland's official health insurance marketplace. Get connected to quality, affordable health coverage.

### **MARYLAND HUNGER SOLUTIONS**

410-528-0021 www.mdhungersolutions.org

Provides information on food supplement program (food stamps), free summer meals, and other nutrition resources.

### **MARYLAND SCIENCE OLYMPIAD**

301-514-4555 al@msoteam.org      www.marylandscienceolympiad.org

After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities.

### **MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY**

301-663-0011 www.fcmha.org

The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

### **MENTAL HEALTH MANAGEMENT AGENCY OF FRED. CTY. (MHMA)**

301-682-6017      www.mhma.net

MHMA is responsible for planning, evaluating, developing and managing the public funded mental health system of the county. Provides advocacy, education, support, promotes mental health services, and acts in an advisory capacity to local providers.

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

301-371-3119

Info and referral; school supplies; holiday assistance, transportation for medical appointments. May help with utility cut off and eviction notices.

### **MONOCACY COUNSELING CENTER**

301-846-0967

Outpatient substance abuse treatment, specializing in co-occurring disorders and anger management.

### **MOTHERS AGAINST DRUNK DRIVING - MADD**

800-446-6233 [www.madd.org](http://www.madd.org)

Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving® (MADD) is the nation's largest nonprofit working to protect families from drunk driving and underage drinking.

### **MOUNTAIN MANOR TREATMENT CENTER**

301-662-1407 [www.mountainmanor.org](http://www.mountainmanor.org)

Alcoholism and drug abuse outpatient treatment services.

### **MRB COUNSELING SERVICES, INC.**

240-566-5656 [www.mrbcounseling.com](http://www.mrbcounseling.com)

Alcohol and drug evaluation, education, and treatment.

### **MT. AIRY NET**

301-829-0472 [www.mountainairynet.weebly.com](http://www.mountainairynet.weebly.com)

Mt. Airy Net is a food pantry providing for those in need in the four (4) counties of 21771. Must be a Mt. Airy resident to receive services. Groceries are provided and then we help direct families to the agencies in their county that can provide further assistance.

### **MULTI SYSTEMIC THERAPY (MST)**

240-344-5766 [www.waystation.org](http://www.waystation.org)

Grant funded program working to explore the youth's community, school, peer, & family relationships in order to create change where necessary. Work to empower family to solve current and future problems.

### **NATIONAL RUNWAY SAFELINE**

800-RUN-AWAY

Family contact service for adolescent runaways. Takes request for free Greyhound bus ticket back home for runaways. Referrals for counseling, medical aid, shelter, and legal aid.

### **NATIONAL SUICIDE PREVENTION HOTLINE**

800-273-8255

No matter what problems you are dealing with, we want to help you find a reason to keep living. Call and be connected with a skilled, trained counselor at a crisis center in your area, 24/7.

### **NEW SPIRE ARTS**

301-620-4458

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

[play@newspirearts.org](mailto:play@newspirearts.org)

New Spire Arts is a performing arts nonprofit located in Downtown Frederick. We have two locations; our education building, New Spire Studios, is located on East Church St, and we have a new black box theatre, New Spire Stages, under construction at 15 W Patrick, across from the Weinberg.

We offer classes and workshops for all ages, plus summer camps for K-9th grade. We release new classes three times a year – a fall semester, spring semester, and summer semester. We try to keep classes affordable and provide need-based scholarships. The education branch of New Spire Arts is split into five tracks; two adult, two teen, and one youth.

### **ON OUR OWN**

301-620-055 [www.onourownfrederick.com/](http://www.onourownfrederick.com/)

On Our Own Frederick is a non-profit organization that provides peer support, advocacy, education and social opportunities in Downtown Frederick, Maryland.

### **ON THE MARK ADOLESCENT CLUBHOUSE (OTM)**

301-600-4804

[jthompson2@frederickcountymd.gov](mailto:jthompson2@frederickcountymd.gov)

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

OTM is a free after-school program that offers free membership and is open to Frederick County youth ages 12-17, currently at risk for using any substance, in treatment for or in recovery from substance abuse. Program runs Monday thru Friday from 3:30 – 7:00 pm and Saturdays 11:00 am – 5 pm.

### **OPERATION RUNAWAY**

800-204-8600

Hotline and 24-hour local crisis walk-in center for runaways, at-risk youth, and their caregivers

### **PARTNERS FOR SUCCESS**

240-236-8744 [partners.forsuccess@fcps.org](mailto:partners.forsuccess@fcps.org)

The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services.

### **PATHWAYS**

800-322-5858

Two or three week inpatient adolescent program.

### **POISON CENTER**

800-222-1222

Information to emergency personnel & public concerning poisons, drugs, & safety procedures with chemicals.

### **POSITIVE CHOICES FOR LIFE**

410-530-7455 [padd@comcast.net](mailto:padd@comcast.net) [www.padd.com](http://www.padd.com)

2-hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the



presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash.

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

301-791-3087 [www.pcmsinc.org](http://www.pcmsinc.org)

Potomac Case Mgmt. is a mental health agency providing case mgmt. and care coordination services to children and adults in Washington, Carroll and Frederick Counties. A range of services are available, designed to help each individual function at the highest level of independence as possible. The overall goal of the program is to empower each person to become integrated into the community with services and support that help build safe bridges. Services are offered at varying levels dependent upon the person's strengths, needs and goals. Case managers & care coordinators assist and support individuals with mild to severe mental health illness to enjoy a better quality of life.

### **PROJECT ALIVE**

301-696-1875 [projectalive@aol.com](mailto:projectalive@aol.com) [www.hacfrederick.org](http://www.hacfrederick.org)

Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

### **RAPE CRISIS HOTLINE**

301-662-8800

Crisis intervention for victims of rape, assault, or family violence; emergency shelter available.

### **RED CROSS**

301-662-5131

Disaster relief, health and safety training

### **REECE'S RAINBOW**

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

Reece's Rainbow is a 501c3 registered grant foundation which advocates and raises funds for the international adoption of orphans with Down Syndrome and other special needs.

### **RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS**

301-631-2670

Provides emergency financial assistance to prevent evictions and utility shut-offs; also provides funding for motel placements and first-month's rent.

### **SAFE KIDS FREDERICK COUNTY**

301-600-3326 [safekids@frederickcountymd.gov](mailto:safekids@frederickcountymd.gov)

Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies and organizations, who take action to provide proven and practical ways to keep kids safe. SKFC holds injury prevention presentations to community groups, parents/caregivers, and provides information and resources on all safety and injury topics for children. SKFC also offers community programs on childhood injury prevention and car passenger seat safety checkpoints with Nationally Certified Car Passenger Seat Technicians.

### **SEED OF LIFE NURSERY**

<https://seedoflifefrederick.org/>

Seed of Life is committed to helping our community by providing farm fresh produce to families in need. It is our mission to make sure that all families in need are able to eat healthy no matter their circumstance. They offer programs for youth that teach them the importance of growing their own food.

### **SERENTIY TREATMENT CENTER, INC.**

301-898-2627    [www.serentiytreatmentcenter.com](http://www.serentiytreatmentcenter.com)

Traditional outpatient services – group intensive outpatient – group and individual counseling. Also offers Hepatitis C support, Reiki, life coaching, recovering coaching.

### **SETON CENTER OUTREACH PROGRAM**

301-447-6102

Emergency help with vouchers for food and thrift shop, rental assistance, utilities, prescriptions, gas, and other basic needs.

### **SHIP – STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY**

240-415-8971    [www.shipfrederick.com](http://www.shipfrederick.com)

SHIP provides support to FCPS students encountering homelessness by: 1. Providing new clothing and footwear based upon specific requests placed by school-based homeless liaisons. 2. Funding for out-of-school extracurricular activities, from music lessons to art camps and sport programs. If a child desires to participate in something that interests them, we'll find a way to make it happen. 3. Providing emergency shelter for students and their families who initially fall into homelessness when no other options exist.

### **SPANISH SPEAKING COMMUNITY OF FREDERICK**

240-877-7466    <https://www.spanishcommunityofmd.org/>

Here at Spanish Speaking Community of Maryland, Inc., we are driven by a single goal; to do our part in making the world a better place for all! We do this by empowering low-income families & immigrants from diverse backgrounds by promoting self-sufficiency, greater social change, education and legal rights.

### **SPECIAL DELIVERY PROGRAM**

301-600-1733    [sd@frederickcountymd.gov](mailto:sd@frederickcountymd.gov)

The purpose of this program is to help improve pregnancy and newborn health. Recipients have their own nurse who provides health and safety education as well as resources for pregnancy and infant health. This program is for any teen that is pregnant or has an infant 6 months or younger.

### **ST. VINCENT DEPAUL SOCIETY**

301-662-4676

Emergency and short-term financial assistance for utilities, prescription medications, rent, and eviction.

### **TEEN CHILDBIRTH EDUCATION**

301-600-3472    [bfink@frederickcountymd.gov](mailto:bfink@frederickcountymd.gov)

Our goal is to provide a warm, non-judgmental learning environment for teens by a certified Childbirth Educator. Classes are held at Mental Health Association in Frederick. Registration is required.

### **THE BIRTHING CIRCLE OF FREDERICK COUNTY**

240-285-3785 thebirthingcircle@gmail.com www.birthingcircle.org

Strives to improve the health and well-being of the community via online and in-person peer-to-peer support to families during the childbearing process. Provides support and encouragement for families making informed choices for their birth and babies. Connects families with community providers and resources. Hosts regular free support meetings and special events related to childbearing.

### **THE DELAPLAINE VISUAL ARTS CENTER**

<http://delaplaine.org> 40 South Carroll Street, Frederick MD 21701

The Delaplaine Arts Center has been serving the community since 1986. The Delaplaine offers family-friendly events, one-day workshops, gallery talks, and multi-day Master Artist Workshops to round out the educational experience.

### **THE FREDERICK CENTER**

240-397-4036 www.thefrederickcenter.org

We host: youth Group (14-18 y/o) that meets weekly. Young adult group (19-26 y/o) that meets 2x per month. TransFamily Group for parents and caregivers of trans/gender nonconforming youth that meets every other week. Transgender/Gender Nonbinary Community Group (18+ y/o) that meets monthly. Safe Space Healing Group for LGBTQ survivors of sexual assault or sexual abuse. Frederick HIV Coalition, through which we distribute at-home HIV test kits without cost.

### **THE SALVATION ARMY**

301-662-2311

Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions.

### **TRANSIT SERVICES OF FREDERICK COUNTY**

301-600-2065 www.frederickcountygovernment.gov/transit

Transit provides transportation in Frederick County with service to employment, medical, education, and shopping centers. Services include public transit, paratransit, and commuter assistance. Plan trips with Google Maps, purchase tickets with mobile ticketing app Token Transit, and locate buses in real time with RouteShout 2.0.

Service Hours: Monday – Saturday 6a – 9:45p; Office Hours: Monday – Friday 8a-5p. Summer Passes Available (ages 22 and under).

### **UNITED WAY – SUMMER SERVE**

[www.unitedwayfrederick.org/summerserve](http://www.unitedwayfrederick.org/summerserve)

United Way's Summer Serve program engages youth 12-17 in volunteer service projects at various nonprofit agencies throughout Frederick County. The program has three separate 2 week sessions that will provide a comprehensive understanding of the areas of need in our community including education, income stability and health and wellness.

### **VILLA MARIA OF FREDERICK COUNTY**

667-600-3310 bpratt@cc-md.org www.cc-md.org

Villa Maria provides therapy and psychiatric services, in-home skills-based support, and groups for individuals and families with Medicaid and Medicare. School-based services are also available.

### **WORKFORCE DEVELOPMENT PROGRAM**

301-662-0622

Job readiness/life skills workshops, work experience activities, job coaching, job search and placement assistance for adults and youth with disabilities and other barriers to employment.

### **YMCA OF FREDERICK COUNTY**

301-663-5131 (Market Street branch)      [www.frederickymca.org](http://www.frederickymca.org)

Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

### **YOUTHFUL OFFENDER**

301-600-1824

Provides an alternative to the juvenile justice system. The program includes an educational component, site visits, guest speakers and community service, including with the Frederick County Fire Departments and Frederick County Parks.

For more information, or to be included in the next version please contact:

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