**Service Sites**

**Adovocates for the Homeless**  Helping families to overcome homelessness, this organization is often in need of volunteers to help with evening childcare, while parents are in classes.
Ken Allread,  kallread@afhf88.org

**American Cancer Society**  Together with our millions of supporters, the American Cancer Society (ACS) saves lives and creates a world with less cancer and more birthdays by helping people stay well, helping people get well, by finding cures, and by fighting back. The American Cancer Society is a nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem.
http://www.cancer.org/
Laurie Frey, 888-866-0757

**The ARC of Frederick County** provides individually designed support services and collaborates with the community to build inclusive programs for adults and children with developmental disabilities.
www.arcfc.org
Shauna Mulchay, 301-663-0909

**Catoctin Mountain Park**  Catoctin Mountain Park is located in north-central Maryland and is part of the forested Catoctin Mountain ridge that forms the eastern rampart of the Appalachian Mountains. Approximately 8 square miles in area, the park features sparkling streams and panoramic vistas of the Monocacy Valley. Catoctin Mountain Park has many attractions for visitors, some of which include camping, picnicking, fishing, 25 miles of hiking trails, and scenic mountain vistas.
http://www.nps.gov/cato/index.htm
Debbie Mills, 301-663-9330

**Community Living**  provides residential services for people with developmental disabilities in Frederick County.
www.communitylivinginc.org
Sandy Illig,  Sandyi@communitylivinginc.org

**Department of Social Services**  Social service and public assistance programs in Frederick County are the responsibility of the Department of Social Services.
http://www.fcdss.info
Deborah Lundahl, 301-600-2429

**Fox Haven Organic Farm and Learning Center**  The Fox Haven farm is organic, practicing permaculture, working with the natural flows of energy, wind, water, sun, slopes, regenerating the life force of the land, using nature to heal nature. Volunteers are needed to assist with or lead children's activities.
3630 Poffenberger Rd, Jefferson, MD 21755
www.foxhavenfarm.org
Maddie Price -  volunteer@foxhavenfarm.org

**Frederick City Parks and Recreation**  The Recreation Department was founded in 1927 for the purpose of providing recreational opportunities to all Frederick City citizens regardless of age, race, or religion. The department also works to provide, utilize, and maintain parks, swimming pools, and sports facilities for the public’s use and benefits.
Nancy Adkins, 301-600-6238
**Frederick Community Action Agency** provides food, shelter, medical care, housing, and other forms of assistance to families and individuals that are low-income or homeless. Volunteers needed to help with Foodbank Program and Soup Kitchen Program  
Sarah McAleavy  smcaleavy@cityoffrederick.com  
301-600-6263

**Frederick County Parks and Recreation** The Frederick County Division of Parks and Recreation is committed to the highest level of care for our natural and historic resources while making the park facilities and the recreational programs available to all. We believe that the benefits of parks and of recreation are far reaching and vital to each and every individual, family, and community in Frederick County.  
http://www.frederickcountymd.gov  
Kari Saavedra, 301-600-2743

**Frederick Rescue Mission** provides a long term residential recovery program to the chemically addicted, food to the hungry, clothing and furniture to the needy.  
www.therescuemission.org  
Carolyn Chandler, 301-695-6633 ext. 221

**Homewood Retirement Center** The campus of Homewood Retirement Center has provided much more than care to residents. We offer a lifestyle that makes each day special. Our neighborhoods, apartments, community centers, restaurant-quality dining, convenient services and beautiful surroundings create a comfortable backdrop to the one quality that makes Homewood unique: our people.  
http://www.homewood.com/locations/locationDetail.aspx?id=7dbc94e1-421e-4b3a-8a9e-f50942d13474  
Cathy Stull, 301-644-5646

**Literacy Council of Frederick County** is a private, non-government, non-profit organization established to teach adults to read. LCFC provides free tutoring to individuals who speak English but need to improve reading/writing/spelling skills, along with individual and small group instruction to those with whom English is a Second Language. LCFC is always looking for tutors, 18+, who are willing to be trained and spend time helping people with reading skills.  
Laurie Fisher, 201-600-2066

**Maryland Food Bank Program** Every last Tuesday of the month, volunteers are needed at Whittier Elementary School to help sort, bag and distribute over 1,000 pounds of food to be given to the hungry of the Frederick community. Volunteers are needed from 4pm-6pm on those days, and may just show up to help. Whittier Elementary School is located at 2400 Whittier Drive, Frederick, MD. For more information, contact Melissa Main, 301-624-2745.

**4-H Therapeutic Riding Program** provides a recreational experience and therapeutic regimen to Frederick County citizens with medically certified mental, physical and emotional disabilities, through appropriate equestrian activities. Volunteers are needed to serve as barn crew, side walkers or horse leaders for 1 to 12 hours per week. Volunteers also work behind the scene.  
www.fc4htrp.org  
Carol Bell, 301-898-3587 *2

**United Way of Frederick County** To unite local resources to provide the most effective response to community issues in Frederick County, and to build a community where everyone has the aspirations, resources and opportunities to reach their potential.  
http://unitedwayfrederick.org  
Josh Pedersen 301-663-4231
SL sites for those with disabilities

Abilities Network of Frederick County
Assists children with developmental disabilities to achieve their personal goals and integration into the community. Services are customized to each individual and family and include information and referral to appropriate programs, assistance with application to services, independent living skills, and job readiness training.
5104 Pegasus Court, suite E
Frederick, MD 21704    301-695-9505    1-800-394-9504

Camp Journey
Way Station Camp Journey Adolescent Respite Program serves families with adolescents who are currently active in therapy to deal with emotional and behavioral challenges. Adolescents from the ages of 11-17 can have regularly scheduled visits of a few hours a week, a day or two a week, or a couple of weekends a month.
10304 Putman Road
Frederick, Maryland 21702    301-682-3446 or 1-888-878-5066 x6149

Daybreak Community Church Rooftop Respite
Rooftop Respite is a relief care program designed for children with disabilities or medical concerns, as well as their siblings, where parents can drop their children off for a free day of activity. This program is offered on a quarterly basis, pre-registration is required.
New Market, Maryland 21774    301-865-8877

Family Partnership of Frederick County
A community-based organization that provides family support and assistance to parents and their children to help them become self-sufficient. Offers parent education including GED prep, child development, service coordination, home visits, youth services, health education, and peer support.
8420 Gas House Pike, Suite EE
Frederick, Maryland 21701    301-600-2206

Family Service Foundation
Mental Health services, addiction services and HIV/AIDS Education for deaf and hard of hearing people. Full range of psychiatric services, including medication monitoring. Day Habilitation and residential placements for chronically mentally ill. Accepts Medicaid, Medicare and variety of HMO and Managed Care carriers. Services also offered on a sliding fee scale.
205-A Broadway Street
Frederick, Maryland 21701    301-694-7828    1-888-840-3265

Frederick County Developmental Center
Frederick County Health Department. A comprehensive, multidisciplinary, and coordinated community agency serving Frederick County’s children with special needs from birth to 21 years. Services include audiology, psychology, physical and occupational therapy, service coordination, social work, and speech/language pathology. The Center is the lead agency for the Frederick county Infants and Toddlers Program, an interagency early intervention program serving children with developmental delays (birth-kindergarten) and their families.
Healthy Families Frederick
Provide quality, strength-based, family-centered services and support as well as access to community resources and agencies to help build stronger families, healthier children and a better community.

22 S. Market Street, Suite 4
Frederick, Maryland 21701  301-696-2058

Partnership for Emotionally Resilient Kids (PERKS)
A program of the Mental Health Association of Frederick County—Provides onsite assistance for early education programs with children, age birth through four years old, who exhibit social, emotional or behavioral issues. Partners with parents to offer strategies, resources, and support to develop resilient children.

301-662-4549

Service Coordination
Frederick County: Service Coordination is a private, nonprofit organization which helps adults and children with developmental disabilities get services that allow them to fulfill their goals in life. Coordinators visit clients and families regularly to assess their needs and help locate on-going support services. Program identifies service gaps, advocates for improvements in the service system and provides community education.

5303 Spectrum Drive, Suite I
Frederick Maryland 21703  301-663-8044

Teachable Moments
Teachable Moments offer a variety of education services and specialize in working with students who have learning differences or special needs. Respite Care is offered which is educational based and social skill building, with “respite-share” rates.

240-676-1543 info@teachablemomentsonline.com

Way to Grow
We offer individual treatment, evaluation and consultation services in both occupational therapy and pediatric speech language therapy. In addition, we have various classes and groups, including social skills and Just for Guys/Just for Girls - see sidebar

Barbara Luborsky
301-846-4769 http://www.way2grow.com