We are so fortunate in Frederick County to have many non-profit and government agencies that provide valuable services to our residents. At the Office of Adult Services, our staff members are committed to assisting students, staff, and community members to access these services. Our Community Resource Directory is designed to achieve that goal. Within this directory, you will find information about resources in and around Frederick County, including information about housing, mental health counseling, health care, women’s organizations, legal services, and much more.

I would like to acknowledge Office of Adult Services’ staff member Jennifer Ward for her excellent work to ensure the directory is thorough and the information is accurate. We hope you will find this, the *seventh edition of the Community Resource Directory*, to be a convenient and helpful way to find out about and access services in Frederick County.

Warm Regards,
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Project Forward Step

Project Forward Step offers counseling, information and referral services to adults in transition, and financial assistance consideration for eligible single parents and displaced homemakers toward certain educational costs associated with attending courses or training at Frederick Community College.

Women's Center

The Women's Center provides a supportive environment to explore educational, professional, and personal plans for members of the community and campus, and a centralized resource site to learn about community programs and services. The Anne-Lynne Gross Breast Cancer Resource Center, located in the FCC Women's Center, offers information and resources about early detection, treatment, and aftercare. A Breast Cancer Support Group meets the 2nd Thursday of each month at 7pm in the Student Center, Room H-102A (location subject to change). This group is for breast cancer survivors, from newly diagnosed to long-term remission/survival. As part of the Women's Center, the Woman to Woman Mentoring Program is open to all women in Frederick County, ages 18-35, who desire a mentor. Mentees are matched with a mentor to work on career, educational, and personal goals.

Allied Health Academy

The Allied Health Academy provides training and support to individuals who want to become Certified Nursing Assistants/Geriatric Nursing Assistants.

To contact the Office of Adult Services, call 301-846-2483 or visit our website at http://www.frederick.edu/student-resources/adult-services.aspx. The Office of Adult Services is located in Annapolis Hall, A-103. Please stop by to see us!

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ASSISTANCE FOR BASIC NEEDS
(Housing, Food, Clothing, Etc.)

Advocates for Homeless Families, Inc. 301-662-2003
216 Abrecht Place http://www.afhf88.org
Frederick, MD 21701

Advocates for Homeless Families empowers motivated one and two parent families with custody of one or more children to break the cycle of homelessness. Participating families achieve success through a structured two-year program of education, housing, and extensive support services. Primary programs are Families Forward, for families at risk of homelessness who reside in their own homes, and Transitional Housing, for homeless families who reside in one of 15 scattered-site housing units. Advocates offers, among other services, weekly one-on-one case management, life skills workshops, referrals to external supports, support groups, and limited financial assistance for childcare and transportation expenses.

Every adult participant in Advocates’ programs must meet a 35-hour weekly productivity standard in order to stay in either of the two programs. The productivity standard can be met through an accumulation of hours spent at work, school, life skills workshops, case management meetings, job training, and attendance at AA or NA meetings if warranted. All children must attend school on a regular basis or have certified childcare services and must be given the opportunity to engage in supervised after-school and summer activities.

City of Frederick Department of Planning 301-600-2842
140 West Patrick Street
Frederick, MD 21701

- The City of Frederick Department of Planning is a local administrative agency for the Maryland Department of Housing and Community Development (DHCD) Special Loan Programs, which can include rehabilitation loans to owners of rental property of one to four units. These loans from DHCD are known as sponsor loans and can be made to nonprofit or for-profit owners. Once a unit has been rehabilitated under this program, there will be income limit requirements for the tenant and caps on the rent that can be charged.
- The City of Frederick Department of Planning can assist qualified low-income homeowners with loans for rehabilitation. There are no application fees. Participants must own and reside in the home. There are income limits for participation and underwriting criteria for evaluating applications.
- Maryland DHCD also has a Lead Hazard Reduction Grant and Loan Program for both single family owner-occupied homes and rental properties of 1 to 100 units. The City of Frederick Department of Community Development will assist property owners who wish to apply for these grants or loans.
- Sold on Frederick II provides assistance to income-eligible first-time homebuyers in Frederick City.
- Community Development Block Grant second mortgage loans for up to $8,000 can help cover down payment and closing.

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Offers a free clothes closet for anyone in need. They may also accept donations of gently used clothing, small housewares, books, and toys. Call the numbers below for hours or to set up an appointment.

**Faith Baptist Church**  
212 Jefferson Pike  
Knoxville, MD 21758  
301-834-7755

**Thurmont United Methodist Church**  
13880 Long Road  
Thurmont, MD 21788  
301-271-4511

**New Life Fellowship**  
2349 Back Road  
Sharpsburg, MD 21782  
301-432-2161

**Food and Friends**  
219 Riggs Road, N.E.  
Washington, DC 20011  
202-269-2277  
http://www.foodandfriends.org

Food and Friends prepares, packages, and delivers medically appropriate meals and groceries to people living with HIV/AIDS and other life challenging illnesses such as breast, colon, and lung cancer. To be eligible for services, applicant must have a qualifying illness, a compromised nutritional status, and inability to prepare their own meals. Food and Friends serves Frederick County.

**Food Banks**

Through a network of 8 affiliated food banks located in Frederick, Brunswick, Jefferson, Middletown, Thurmont, Emmitsburg, Walkersville, and Knoxville, the Religious Coalition provides emergency food assistance. Food assistance is available to any Frederick County resident who is in need. Please call the numbers below for food bank hours.

**Brunswick Food Bank**  
Bethany House  
111 First Avenue  
Brunswick, MD 21716  
301-834-9718

**Jefferson Food Bank**  
St. Paul Lutheran Church  
3866 Jefferson Pike  
Jefferson, MD 21755  
301-473-8626

**Emmitsburg Food Bank**  
502 East Main Street  
Emmitsburg, MD 21727  
717-642-6963

**Knoxville Food Bank**  
Mt. Zion A.M.E. Church  
202 Jefferson Pike  
Knoxville, MD 21758  
301-834-7221

**Frederick Food Bank**  
Frederick Community Action Agency  
100 South Market Street  
Frederick, MD 21701  
301-600-6263

**Middletown Food Bank**  
301 West Main Street  
Middletown, MD 21769  
301-371-3182

The following food banks are not affiliated with the Religious Coalition. Food assistance is available to any Frederick County resident who is in need. Please call the numbers below for food bank hours.

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**Frederick Food Bank**  
Frederick Community Action Agency  
100 South Market Street  
Frederick, MD 21701  
301-600-6263

2
Glade Valley Food Bank
21 West Frederick Street
Walkersville, MD 21793
301-845-4229

Thurmont Food Bank
15 North Church Street
Thurmont, MD 21788
301-271-4554

available to any Frederick County resident who is in need. Please call the numbers below for food bank hours and to schedule an appointment.

Greater Urbana Area Food Bank
Frederick, MD
240-529-4815

Southern Frederick County Food Bank
Emmanuel Trinity Lutheran Church
4004 Ballenger Creek Pike
Frederick, MD 21703
301-624-5838

Food Pantries
Provides food, as available, to anyone calling for help. Call the numbers listed below for arrangements prior to pick up.

Bread of Life Community Kitchen
Frederick Rescue Mission
419 West South Street
Frederick, MD 21701
301-695-6633

Mt. Airy Net
Calvary United Methodist Church
403 North Main Street
Mt. Airy, MD 21771
301-829-0472

Faith Reformed Presbyterian Church
Second Street and Hope, Inc.
8 West Second Street
Frederick, MD 21701
301-639-5962

Fort Detrick Alliance
South End Baptist Church
506 Carrollton Drive
Frederick, MD 21701
301-662-4347

http://www.fortdetrickalliance.org

Grace Brethren Church
St. Peter the Apostle Roman Catholic Church
9201A Church Street
Libertytown, MD 21762
301-898-5111
*targets a radius of 15 miles from Libertytown

Frederick Community Action Agency
100 South Market Street
Frederick, MD 21701
301-600-1506

http://www.cityoffrederick.com/fcaa

Through a wide array of programs and services, the Frederick Community Action Agency (FCAA) provides food, shelter, medical care, transportation, housing, and other forms of assistance to help families and individuals that are lower-income or homeless. See index for a complete listing of Frederick Community Action Agency programs.

Case Management Services
301-600-1506

3
FCAA case managers work one-on-one with lower income families and individuals to help them obtain a wide range of services and assistance including public benefits, legal assistance, affordable housing, and other resources.

**Food and Nutrition Services** 301-600-6263

The FCAA operates a Foodbank Program that provides a 3 to 5 day supply of food to families that are facing an economic crisis and cannot afford to buy groceries. The agency also operates a Soup Kitchen that serves an evening meal from 5:30p.m.-6:30p.m., 7 evenings a week. FCAA operates the Summer Food Service Program which provides a free lunchtime meal to children age 18 and younger and targets low-income children who receive free or reduced-price lunches during the school year. The nutritious and balanced meals are served Monday through Friday during the months of June, July, and August.

**Homebuyer Education Classes** 301-600-3966

The FCAA offers Homebuyer Education Classes on a regular basis to assist first-time homebuyers that are working to purchase their own home or to better understand the process of obtaining a mortgage. Families that graduate from the Homebuyer Education Program often benefit from follow-up counseling or an individual basis with an FCAA Housing Counselor. Families and adults in need of housing counseling for first-time homebuyers are eligible for these classes.

**Housing Counseling Services** 301-600-3966

The FCAA is a HUD-Approved Housing Counseling Agency and provides pre-purchase, default, reverse mortgage, and rental housing counseling for renters, homeowners and first-time homebuyers. Families and adults in need of housing counseling services such as mortgage default counseling, reverse mortgage counseling, or first-time homebuyer education are eligible for these services.

**Housing First Program** 301-600-1506

The Housing First Program provides subsidized permanent housing to people who need it most: chronically homeless, disabled individuals that are literally living on the streets. With funding from HUD and other resources, the FCAA has established 20 scattered-site Housing First units; supportive services like case management are provided by FCAA staff.

**Office of Home Energy Programs** 301-600-2410

The FCAA Office of Home Energy Programs administers several different financial assistance programs aimed at helping income-eligible households able to pay utility and fuel bills; minimize energy-related crises; and to assist in making utility, heating, and cooling expenses more affordable. Specifically, the FCAA Office of Home Energy Programs administers the Maryland Energy Assistance Program (MEAP), the Electric Universal Service Program (EUSP), and the Utility Service Protection Plan (USPP).

**Outreach and Transportation Services** 301-600-1506

The FCAA Office of Outreach and Transportation Services administers several different financial assistance programs aimed at helping income-eligible households able to pay utility and fuel bills; minimize energy-related crises; and to assist in making utility, heating, and cooling expenses more affordable. Specifically, the FCAA Office of Outreach and Transportation Services administers the Maryland Energy Assistance Program (MEAP), the Electric Universal Service Program (EUSP), and the Utility Service Protection Plan (USPP).
FCAA outreach workers and other staff perform outreach services to local shelters, streets, woods, and other areas where homeless people can be found. Staff members strive to meet people who are homeless, familiarize them with available resources, and build trusting relationships. On weekdays, the FCAA operates a free van run that transports people to a variety of human service agencies located around Frederick City.

**PATH Project/SOAR Program** 301-600-1506

The federally funded PATH Project provides case management, outreach, and transportation services to people who are homeless and have a serious mental illness. PATH Project staff work closely with therapists and psychiatrists from other agencies to ensure adequate access to mental health treatment services for homeless people.

The SSI/SSDI Outreach, Assessment and Recovery, or SOAR Program, helps people that are homeless and disabled to apply for disability benefits available through the Social Security Administration. In addition, the SOAR case manager assists people with obtaining necessary documents, such as birth certificates and photo identification cards, needed to apply for benefits.

**Service-Linked Housing Program** 301-600-1506

Provides case management and outreach services to lower-income renters and homeowners residing in permanent housing.

**Transitional Shelter and Apartments** 301-600-1506

The Frederick Transitional Shelter for Homeless Families is a 31-bed shelter that was built by the City of Frederick and is operated by the FCAA. The shelter provides transitional housing and a wide range of supportive services for homeless families and physically disabled adults.

The Transitional Apartments provide long-term transitional housing and supportive services for families in need of transitional housing. Families residing in the Transitional Apartments must first be admitted to and stabilized at the Transitional Shelter.

**Weatherization Assistance Program** 301-600-3974

The Weatherization Assistance Program (WAP) provides home weatherization services for income-eligible households living in Frederick County. The family may rent or own their home, but renters must obtain landlord permission. Households eligible for weatherization must meet income or other eligibility criteria.

**Frederick County Department of Housing and Community Development** 301-600-1061
3540 Spectrum Drive, Suite A
Frederick, MD 21703

Under the guidance of the Affordable Housing Council, the Frederick County Department of Housing and Community Development is committed to providing a range of safe and affordable housing choices for Frederick County residents, with an emphasis on serving low to moderate income and special needs populations.

**Bell Court** 301-600-1061

Under the guidance of the Affordable Housing Council, the Frederick County Department of Housing and Community Development is committed to providing a range of safe and affordable housing choices for Frederick County residents, with an emphasis on serving low to moderate income and special needs populations.
Provides affordable housing for senior citizens. Bell Court consists of 28 1-bedroom units in Woodsboro, Maryland. Tenants must be age 62, and meet income eligibility. Vacancies occur only about 2 to 3 a year, so waiting list is slow-moving.

Frederick County Minimum Livability Code for Renters 301-600-1061

Local housing code that sets minimum property standards for rental housing in Frederick County, excluding Frederick City. Inspections are made on a complaint basis and only rental properties are involved. The tenant or owner may file a complaint.

Homebuyer Assistance Programs 301-600-1061

The HOME Initiatives program provides down payment/closing cost assistance loans to income eligible, first-time homebuyers. Applicant must be at least 18 years of age and meet eligibility requirements. A Lender must submit the application for the applicant.

Housing Choice Voucher (Section 8) Program 301-600-1061

Provides tenant-based rental assistance for program eligible persons living in private market rentals (not public housing). There is typically a waiting period of several years.

Housing Rehabilitation Programs 301-600-1061

Assists qualified homeowners in Frederick County with preservation and improvements to their properties, by bringing them up to applicable building codes and standards. The Emergency Rehab Program is available countywide to income eligible homeowners who have minor emergency repair needs. These funds are distributed as low cost loan repayments, or deferred loans, depending upon the individual circumstances. State Special Loan Programs include various types of loan programs to assist low-income residents with major home repairs and lead paint issues.

Rental Allowance Program 301-600-1061

Provides short-term rental assistance (up to six months) to renters working towards self-sufficiency who meet program requirements for housing need, financial situation, household, and income. Referrals made by Religious Coalition.

Family Investment 301-600-4575

Frederick County Department of Social Services http://www.fcdss.info

100 East All Saints Street
Frederick, MD 21701

Provides assistance benefits for Food Stamps, Temporary Cash Assistance, Medical Assistance, and Energy Assistance Programs. Customers may apply in person, or may apply online at http://www.marylandsail.org or through the agency’s web site. Customers applying online must provide a valid mailing address and daytime telephone number and will be sent a letter with the date and time for a telephone interview. Customers applying in person will have a face-to-face interview. Customers with a utility cut off notice must apply in person and bring their cut off notice with them.

Frederick County WIC Program 301-600-2507

Provides assistance benefits for Food Stamps, Temporary Cash Assistance, Medical Assistance, and Energy Assistance Programs. Customers may apply in person, or may apply online at http://www.marylandsail.org or through the agency’s web site. Customers applying online must provide a valid mailing address and daytime telephone number and will be sent a letter with the date and time for a telephone interview. Customers applying in person will have a face-to-face interview. Customers with a utility cut off notice must apply in person and bring their cut off notice with them.
The Frederick County WIC Program is a federally funded nutrition program. Their mission is to assist eligible Women (Pregnant, Breastfeeding, and Post-Partum), Infants, and Children (under 5 years of age) to achieve improved nutrition and health status by providing nutrition education, health screenings, healthy foods, breastfeeding support, and referrals to other helpful programs in a caring, supportive environment.

Frederick Rescue Mission
419 West South Street
Frederick, MD 21701

The Frederick Rescue Mission has been serving Frederick city and the surrounding areas for over 5 decades. Established as a non-profit Christian ministry in 1964, they continue today to meet the needs of the homeless, needy, and chemical-dependent citizens in the area. They offer a faith-based life recovery program to help restore individuals and families to the community with a hope and a future. They offer a wide range of services in addition to the rehabilitation programs including breakfast, lunch, furniture, clothing, showers, and groceries as well as many outreach programs over the course of the year.

Beacon House
301-695-6633 x205
Provides a one year intensive Changed Life Recovery Program for men with substance abuse disorders. Men must be physically able to attend Christian curriculum classes and participate in work therapy. Program participants are not permitted to work outside of the program. Part time employment may be provided by a local retreat and conference center. All financiers are managed by the program with special financial requirements.

Bread of Life Community Kitchen
301-695-6633
Serves free breakfast and lunch every day. Nutritious meals are served to anyone in need. There are no sign up forms or documentation needed for a meal. Perishable foods such as bread, pastries, fresh vegetables, and fruit, along with other food and non-food items are available free when on hand.

Faith House
301-695-6633
Scheduled to open in early 2015, Faith House will house up to 10 women with or without children. Faith House will not only provide a safe refuge for these women to get off the streets, but it will give them a consistent place to stay while they work one-on-one with a case manager to remedy many of the underlying causes of their homelessness. Staff of Faith House will work closely with various other nonprofits and service providers in the community to assist women in the areas of spiritual and emotional needs, health and wellness, and life skills. Guests who complete their 90-day stay but are still unable to find permanent housing will have the opportunity to apply for up to two 90-day extensions, for a possible total stay of 270 days.

Rescued Treasures Voucher Program
301-695-6633 x207
Provides free gently-used clothing, furniture, and household necessities to anyone in need. You must provide photo identification. You are eligible for this service once every 30 days.

Glade Valley Community Services
301-845-0213

The Frederick County WIC Program is a federally funded nutrition program. Their mission is to assist eligible Women (Pregnant, Breastfeeding, and Post-Partum), Infants, and Children (under 5 years of age) to achieve improved nutrition and health status by providing nutrition education, health screenings, healthy foods, breastfeeding support, and referrals to other helpful programs in a caring, supportive environment.

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Rescued Treasures Voucher Program
301-695-6633 x207
Provides free gently-used clothing, furniture, and household necessities to anyone in need. You must provide photo identification. You are eligible for this service once every 30 days.

Glade Valley Community Services
301-845-0213
P.O. Box 655  
Walkersville, MD 21793  
http://www.gladevalley.org
Offers several programs to assist Walkersville area residents.

Emergency Relief Fund  
301-845-0213

The Emergency Relief Fund provides emergency assistance to families and individuals living in the Glade Valley area in the following areas of need: Utilities (Electric, Water); Heating Oil; Mortgage/Rent; Prescription Medication; Other Medical.

Goodwill Industries of Monocacy Valley, Inc.  
301-663-6893  
400 East Church Street  
Frederick, MD 21701  
http://www.gimv.org
Sells used clothing, household items, and furniture; provides loan of used assistance devices such as wheelchairs, walkers, crutches, and adult potty chairs. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Habitat for Humanity of Frederick County, MD  
301-698-2449  
2 East Church Street, 3rd floor  
Frederick, MD 21701  
http://www.frederickhabitat.org
Habitat for Humanity builds simple, decent, and affordable new homes and renovates older ones for families in need of affordable housing. The donations of money and in-kind contributions from individuals, corporations, organizations, and churches help pay for the homes built primarily with volunteer labor. Habitat forms a partnership with families based on their housing need, a willingness to partner, and an ability to repay the loan. Habitat sells the homes with a zero percent interest, 30 year mortgage to families who qualify and who agree to complete between 300 and 500 hours of sweat equity. Mortgage payments go into a general fund used to build more homes.

ReStore Home Improvement Center  
301-662-2988  
622 North Market Street  
Frederick, MD 21701
The Habitat for Humanity ReStore is a non-profit retail outlet specializing in the sale of quality new and used building materials, home furnishings, and appliances at 50 to 70% off retail prices. Proceeds from the Habitat ReStore are used to further Habitat Frederick’s mission to build simple, decent, affordable homes for deserving county residents in need. Habitat ReStore also helps our environment by helping to reduce the amount of usable building materials and appliances that would otherwise go into local landfills.

Housing Authority of the City of Frederick  
301-662-8173

P.O. Box 655  
Walkersville, MD 21793  
http://www.gladevalley.org
Offers several programs to assist Walkersville area residents.

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The program is dedicated to providing decent, safe, sanitary, and affordable housing for low and moderate income families and individuals. The Housing Authority administers a Section 8 Rental Assistance program and owns and manages approximately 300 public housing units in Frederick. The amount of rent paid by the participant is based on adjusted gross income for both programs.

The Housing Authority of the City of Frederick also offers many programs to assist residents in their efforts to succeed in work and school, including programs for children which help support and celebrate academic success. Also offered is a Home Ownership program. This program helps prepare participants for successful home ownership, including credit repair, budgeting, and participation in first time home buyer programs.

Interfaith Housing Alliance
731 North Market Street
Frederick, MD 21701

Family Rental Communities
301-662-4225 x1304

IHA builds, manages, and preserves affordable rental communities for families and seniors throughout central and western Maryland and south-central Pennsylvania. IHA owns two apartment complexes in Frederick and several others in the region which provide affordable housing for low to moderate income families and individuals. The complexes in Frederick are Natelli Manor family apartments (12 units) on North Market Street and the Weinberg House senior apartments (23 units) on Broadway Street. Apartments are also available in District Heights, Westminster, and Frostburg, MD and Chambersburg, PA. Lease to own homes in Cumberland and Glen Burnie are currently full, but maintain waiting lists.

Housing Matters Program
301-662-4225

The Housing Matters Program provides affordable housing opportunities, financial education, and housing counseling services for the working poor, seniors on fixed incomes, and individuals or families with disadvantages or disabilities, to give them the knowledge and resources they need to achieve economic stability and a higher quality of life.

Purchase-Repair Homeownership Program
301-662-4225

IHA’s Purchase-Repair Homeownership Program provides affordable homeownership opportunities to families and individuals in Allegany, Carroll, Frederick, and Washington counties. Homes are purchased with no down payment and below market interest rates. Qualified participants receive technical assistance from IHA through the entire homeownership process, from credit repair and budgeting counseling, preparing the loan application, locating and placing an appropriate home under contract, how to repair and maintain their home, as well as ongoing post-purchase counseling to eliminate any chance of foreclosure in the future. The entire community benefits by revitalizing neglected communities, reusing infrastructure, and preserving existing housing.

Low Income (Subsidized) Housing
Individuals/families must meet income guidelines for eligibility. Most do not have a minimum income requirement. Applicants must apply at the office of each development. There is typically a waiting list for this type of housing.

**Country Hills Apartments**
1000 Heather Ridge Drive
Frederick, MD 21702
301-694-0335
1, 2 & 3 bedroom

**South Mountain Village**
1201 Maple Terrace Lane
Brunswick, MD 21716
301-834-5390
1, 2 & 3 bedroom

**Frederick Villas**
5999 Ladd Ct
Frederick, MD 21703
301-694-6858
3 bedroom

**Thurmont Village**
15A Sunny Close
Thurmont, MD 21788
301-271-9800
2 bedroom

There are also units available to low-income senior citizens and/or individuals that are disabled. Applicants must apply at the office of each development. There is typically a waiting list for this type of housing.

**Brunswick House**
must be 62+ and/or disabled
1100 Peach Orchard Lane
Brunswick, MD 21716
301-834-7700
studio & 1 bedroom

**Millers Manor & Moser Manor**
must be 62+ and/or disabled
1 West Moser Road #28
Thurmont, MD 21788
301-271-3578
1 & 2 bedroom

**Catoctin Manor & Catoctin View**
must be 55+ and disabled
798 & 800 Motter Avenue
Frederick, MD 21701
301-620-8666
efficiency, 1 & 2 bedroom

**Taney Village**
must be 55+ and disabled
1421 Taney Avenue
Frederick, MD 21702
301-663-0929
1 & 2 bedroom

**Lincoln on the Park**
must be 62+ and/or disabled
401 West Lincoln Avenue
Emmitsburg, MD 21727
301-447-3911
1 & 2 bedroom

**Victoria Park**
must be 62+
105 Sandstone Drive
Walkersville, MD 21793
301-845-4885
1 & 2 bedroom

**Homeowners Preserving Equity (HOPE)**
877-462-7555
http://www.mdhope.org

**Maryland Department of Housing and Community Development**
100 Community Place
Crownsville, MD 21032

Maryland has created this website and hotline to guide you to resources that may be available to assist both homeowners and renters facing foreclosure. The website includes information to help you understand the foreclosure process and the options that may be available to you. You also can find information that will lead you to a housing counseling agency in your area that can assist you on a more personalized level.

**Maryland Food Bank - Western Branch**
301-733-4002
Pantry on the Go Program 301-733-4002
The Pantry on the Go Program seeks and selects temporary food distribution sites - or mobile pantries - to provide supplementary food assistance in food-insecure rural, urban, and suburban areas. This important program allows the Maryland Food Bank to distribute large amounts of food directly to communities that have little access to other forms of hunger relief.

School Pantry Program 301-733-4002
The School Pantry Program is a partnership with local schools that allows food-insecure children and their families to access food assistance directly from their school. The goal of the program is to minimize hunger and malnutrition for low-income households, while also encouraging parents to take an active role in their child’s education and development. This program is part of MFB Kids, a youth outreach initiative sponsored by Giant that seeks to provide children with the nutrition needed to grow healthy and strong.

2-1-1 Maryland Western Region 2-1-1
Mental Health Association of Frederick County 866-411-6803
226 South Jefferson Street http://www.211.md.org
Frederick, MD 21701

2-1-1 is an easy-to-remember phone number to call for information and referral to health and human services. This includes: Basic human needs (food and clothing, shelters, rent and utility assistance), Physical and mental health (health insurance programs for adults and children, Medicaid and Medicare, maternal health, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol services), Employment support (job training, transportation, education programs), Support for older Americans and people with disabilities (adult day care, telephone wellness checks, meals, respite care, home health care, transportation services), Support for children, youth, and families (child care, after-school programs, Head Start, family resource centers, mentoring, tutoring, protective services), Mobile crisis services (when the Call Specialist deems it appropriate to send crisis response workers to the caller’s home, either for child or adult services, in Frederick County only), Suicide prevention and intervention services (available to anyone who is at risk of taking his or her own life and to the friends and loved ones of people who are feeling suicidal). 2-1-1 services are available in over 150 languages and available from cellular phones. Airtime and other charges may apply for cell phone users. If you experience difficulty calling 2-1-1, you may access the identical service by calling 866-411-6803.

Middletown Valley People Helping People 301-371-3119
P.O. Box 477
Middletown, MD 21769

Provides services to residents of the Middletown Valley (or Middletown Schools feeder) area including: free transportation to medical appointments, a monthly luncheon for senior citizens, exercise and yoga classes for people 50+, a school supply drive, an “adopt-a-family” program at Christmas, and emergency financial assistance for utilities, rent, etc., as well as providing referrals to other agencies.

Mt. Airy Net 301-829-0472

Provides services to residents of the Middletown Valley (or Middletown Schools feeder) area including: free transportation to medical appointments, a monthly luncheon for senior citizens, exercise and yoga classes for people 50+, a school supply drive, an “adopt-a-family” program at Christmas, and emergency financial assistance for utilities, rent, etc., as well as providing referrals to other agencies.
Calvary United Methodist Church 403 North Main Street Mt. Airy, MD 21771

Provides emergency assistance to residents of Mt. Airy and the surrounding area; assists with eviction prevention; gasoline, food, prescriptions, and cut-off notices.

Rebuilding Together Frederick County 240-415-8729
P.O. Box 1822 http://www.rebuildingtogether.org
Frederick, MD 21705

Rebuilding Together has provided extensive home rehabilitation and modification services to low-income homeowners across the country for over 25 years. With the help of everyday citizen volunteers, skilled tradespeople, and the support of local business and major corporate partners, Rebuilding Together affiliates make life better for thousands of low-income homeowners every year. Their work positively impacts the condition of the surrounding community through community center rehabilitation, playground builds, and partnerships with organizations focused on energy efficiency, sustainable community gardens, education, and volunteer engagement.

Religious Coalition for Emergency Human Needs 301-631-2670
27 Degrange Street http://www.thereligiouscoalition.org
Frederick, MD 21701

Helps qualified individuals/families with rental assistance, prescription medication, food, emergency transportation assistance (limited to once a year), and/or personal hygiene items. Provides dental program that assesses emergency dental needs. Schedules medical appointments for Mission of Mercy at the Frederick site. Also provides information and referral to other community resources. Partners with Frederick Rescue Mission, Way Station, and Goodwill to provide emergency assistance with clothing and furniture needs.

Alan Patrick Linton, Jr. Emergency Shelter 301-631-2670 x112

The Religious Coalition operates 3 programs for the homeless in the Alan P. Linton, Jr. Emergency Shelter: the Cold Weather Shelter, open from November through March, the Day Shelter, open from November through March, and Exodus Project, open from April through October.

From November through March, the shelter provides a warm, safe haven for homeless men and women. The Religious Coalition began a cold weather shelter in 1990. Beds were provided in local churches and housed about 20 people. Close to 300 were served in 2007. A major fund raising campaign enabled the Coalition to purchase a site and construct the Alan P. Linton, Jr. Emergency Shelter in 2002. The Day Shelter provides refuge from the cold for vulnerable clients with physical and mental problems and the frail elderly. It is housed in the Cold Weather Shelter, November through March. The Coalition trains volunteers and supervises the Day Shelter.

Emergency Family Shelter 301-631-2670

The Emergency Family Shelter is a scattered-site shelter program comprised of local churches, all who assist with various functions of the program. Residents stay in a host site at night and are transported by Religious Coalition staff during the day to the Day Shelter where they are able to keep the family unit intact and to work on identified case management goals.

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Through a network of 8 affiliated food banks located in Frederick, Brunswick, Jefferson, Middletown, Thurmont, Emmitsburg, Walkersville, and Knoxville, the Religious Coalition provides emergency food assistance. See listing of food banks under the heading “Assistance for Basic Needs.”

**Emergency Pantry**
301-631-2670

Provides Emergency Pantry Packages to poor families in Frederick County. Each package contains household and hygienic supplies that range from personal products to laundry supplies.

**Exodus Project**
301-631-2670 x112

Exodus Project is a comprehensive 90 day program that provides shelter, case management, and supportive services designed to lead people out of homelessness and into independence. It is housed in the Shelter, April to October. This program helps individuals determined to break the cycle of homelessness. It preserves their dignity and well-being while increasing their self-sufficiency.

**Salvation Army**
301-662-2311

223 West Fifth Street
Frederick, MD 21701

http://www.salvationarmyusa.org

Provides financial assistance up to $150 once a year for cut-off notices on electric, gas, and/or water/sewage bills, court-ordered eviction notices, and for prescriptions. Christmas assistance provides food, toys, and clothing to qualified families who apply by the October deadline. Assistance given by appointment. Free Bread offered Monday through Friday 8:00a.m. -4:00p.m.

**Second Chances Garage, Inc.**
240-724-1919

528 North Market Street
Frederick, MD 21701

http://www.scgarage.org

Second Chances Garage, Inc. seeks to improve the lives of Frederick County residents by offering repaired and refurbished vehicles to qualified individuals who are referred by our Partner Agencies. Their hope is to help deserving individuals on their journey to independence and self-sufficiency by providing reliable transportation for employment, take children for medical appointments, etc. If you are working with a Partner Agency, please contact your case manager for further information. A list of Partner Agencies can be found on the above website. (See complete description of services under the heading “Transportation.”)

**Second Street and Hope, Inc.**
301-639-5962

8 West Second Street
Frederick, MD 21701

http://www.secondstreetandhope.org

Their mission is to alleviate the pain of personal poverty through emergency provision, and eliminate the problem of persistent poverty through personal mentoring and education. Through the charitable financial contributions of the general public and their supporting churches, Second Street & Hope is able to feed, cloth, shelter, and provide spiritual guidance for the homeless, addicted, and working poor of Frederick. Services they freely provide are free nutritious meals, celebrate recovery meetings, addiction counseling, emergency food packages, children and infant needs, emergency cold weather clothing, spiritual comfort, hope and love for the hopeless. Second Street and Hope serves a meal every Wednesday evening before Celebrate Recovery at 6:00p.m. and every Saturday evening at 4:00p.m.

**Seton Center Outreach**
301-447-6102

Through a network of 8 affiliated food banks located in Frederick, Brunswick, Jefferson, Middletown, Thurmont, Emmitsburg, Walkersville, and Knoxville, the Religious Coalition provides emergency food assistance. See listing of food banks under the heading “Assistance for Basic Needs.”

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**Seton Center Outreach**
301-447-6102
Provides outreach and emergency services, such as payment for rent, utilities, and prescriptions, to individuals/families in crisis in northern Frederick County; supportive visits to individuals/families at home or in nursing homes and hospitals; dental needs assistance; referrals to other agencies/resources; Thrift Shop offers new and nearly new clothing as well as household goods and other items.

SHARE Food Network
5170 Lawrence Place
Hyattsville, MD 20781
http://www.sharedc.org
301-864-3115
800-21-SHARE

SHARE offers nutritious food packages monthly to individuals and families interested in extending their food budget. For $20 and 2 hours of volunteer services (any place in your community) you will receive $40 - $45 worth of groceries, which consist of fresh fruits and vegetables, frozen meats, and staple items. Packages can be ordered in Frederick at Knights of Columbus, 4105 Londonderry Drive (240-367-6490) and in Myersville at Mt. Zion UMC, 603 Main Street (301-293-1401). Very easy methods of payment are: cash, money orders, credit and debit cards, and EBT/Independence Cards. If you eat, you qualify!

Society of St. Vincent de Paul
St. John the Evangelist Roman Catholic Church
114 East Second Street
Frederick, MD 21701
301-662-4676

Can provide emergency financial assistance for utilities, rent, prescriptions, etc. Anyone wishing to apply for assistance must have already contacted Frederick County Department of Social Services and the Religious Coalition for Emergency Human Needs.

Thrift Shops

Shops may sell clothing, furniture, household goods, and other items. Please call for hours of operation.

Goodwill Industries of Monocacy Valley, Inc.
400 East Church Street
Frederick, MD 21701
301-662-0622

Marvin Chapel Thrift Shop
5101 Woodville Road
Mt. Airy, MD 21771
301-829-1656

Goodwill Industries of Monocacy Valley, Inc.
101 Willowdale Drive
Frederick, MD 21702
301-360-1342

Salvation Army Thrift Store
919 North East Street
Frederick, MD 21701
301-631-2489

Goodwill Industries of Monocacy Valley, Inc.
5831 Buckeystown Pike, Units A/B/C
Frederick, MD 21704
301-668-5363

Select Seconds Hospital Thrift Shop
8 East Patrick Street
Frederick, MD 21701
301-662-8280

Goodwill Industries of Monocacy Valley, Inc.
1346 Liberty Road
Sykesville, MD 21784
410-552-5060

Seton Center Thrift Shop
16840 South Seton Avenue
Emmitsburg, MD 21727
301-447-6102

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400 East Church Street
Frederick, MD 21701
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Goodwill Industries of Monocacy Valley, Inc.
1346 Liberty Road
Sykesville, MD 21784
410-552-5060

Seton Center Thrift Shop
16840 South Seton Avenue
Emmitsburg, MD 21727
301-447-6102
Goodwill Industries of Monocacy Valley, Inc.  St. James Thrift Shop  
721 Hanover Pike, Unit 101  P.O. Box 416  
Hampstead, MD 21074  Mt. Airy, MD 21771  
410-374-5907  301-829-0314

Goodwill Industries of Monocacy Valley, Inc.  St. Paul’s Lutheran Church Thrift Shop  
202 East Main Street  19 West Pennsylvania Avenue  
Thurmont, MD 21788  Walkersville, MD 21793  
301-271-2100  301-845-0213

Goodwill Industries of Monocacy Valley, Inc.  St. Peter’s Thrift Shop  
8425 Woodsboro Pike  Route 26  
Walkersville, MD 21793  Libertytown, MD 21762  
301-304-2893  301-898-7800

United States Department of Agriculture  
Rural Development  301-797-0500 x5  
1260 Maryland Avenue, Suite 105  http://www.rurdev.usda.gov  
Hagerstown, MD 21740

502 Direct Housing Program  301-797-0500 x5  
Offers subsidized mortgage payments to qualified participants with no points or down payment. Eligibility depends on the location (must be in a rural area), the household size, income, and the cost of the home.

504 Home Repair Program  301-797-0500 x5  
Homeowners in rural areas who need repairs to their home or would like to make improvements, but can’t afford a regular loan, may be eligible for a USDA, Rural Development 1% loan. Senior citizens may be eligible for grant assistance if they are unable to repay a loan for necessity repairs. Both loan and grant programs are available to very-low income homeowners only.

Rural Housing Guarantee Program  301-797-0500 x5  
The Guaranteed Rural Housing (GRH) loan allows a lender to provide 100% financing. The borrower is required to make NO DOWN PAYMENT, nor is mortgage insurance required since Rural Development is providing the lender with a guarantee against loss. You may contact the Rural Development office for a list of lenders as you must apply directly through the lender for your loan request.

Goodwill Industries of Monocacy Valley, Inc.  St. James Thrift Shop  
721 Hanover Pike, Unit 101  P.O. Box 416  
Hampstead, MD 21074  Mt. Airy, MD 21771  
410-374-5907  301-829-0314

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202 East Main Street  19 West Pennsylvania Avenue  
Thurmont, MD 21788  Walkersville, MD 21793  
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CONSUMER SERVICES

Consumer Protection Division 301-600-1071 (Frederick phone assistance)
Attorney General’s Office 301-791-4780 (Hagerstown Office)
44 North Potomac Street, Suite 104
Hagerstown, MD 21740
http://www.oag.state.md.us/consumer

State legislature created the Consumer Protection Division to protect Maryland residents from unfair or deceptive business practices in dealings with stores, telemarketers, car dealers, repair facilities, new home developers, and any other business that sell or rent consumer goods, realty, credit, or services. They offer 3 types of dispute resolution: 1) free mediation services, which are initiated at the request of the consumer to attempt to negotiate a mutually agreed upon resolution; 2) the Health Education and Advocacy Unit, which assists in resolving billing and claims disputes with hospitals, doctors, insurance companies, etc., and attempts to negotiate refunds for medical equipment that is defective or never delivered; 3) arbitration, which is free, binding, and designed to resolve disputes quickly. Consumer Protection Division also responds to inquiries about the complaint history of any business; about whether a health club, weight loss center, or martial arts school is registered with the state as required by law; and provides educational publications on related topics.

Better Business Bureau of Greater Maryland 410-347-3990
502 South Sharp Street, Suite 1200
Baltimore, MD 21201
http://www.bbb.org/greater-maryland/

BBB serving Greater Maryland helps people find and recommend businesses, brands, and charities they can trust. It provides free Business Reviews on millions of organizations across North America, including approximately 5,000 Frederick County businesses. Companies in and around Frederick County can be searched by name, by industry, or through the BBB Accredited Business Directory. Requests for price quotes or appointments can be sent with a few mouse clicks! BBB offers a no-cost dispute resolution service, mediation, arbitration, and AUTO LINE lemon law dispute resolution in conjunction with 28 automotive manufacturers.

BBB is a private, non-profit organization founded locally in 1917. Its mission is to be the leader in advancing marketplace trust. It does this by creating a community of trustworthy BBB Accredited Businesses, setting standards for marketplace trust, encouraging and supporting best practices, celebrating marketplace role models, and denouncing substandard marketplace behavior.

Frederick Community Action Agency 301-600-1506
121 South Market Street 301-600-3966
Frederick, MD 21701
http://www.cityoffrederick.com/fcaa

See index for a complete listing of Frederick Community Action Agency's programs.

Homebuyer Education Classes 301-600-3966
FCAA offers Homebuyer Education Classes on a regular basis to assist first-time homebuyers that are working to purchase their own home or wish to better understand the process of obtaining a mortgage. Families that graduate from the Homebuyer Education Program often benefit from follow-up counseling on an individual basis with an FCAA Housing Counselor. Families and adults in need of housing counseling for first-time homebuyers are eligible for these classes.
The FCAA is a HUD-Approved Housing Counseling Agency and provides pre-purchase, default, reverse mortgage, and rental housing counseling for renters, homeowners and first-time homebuyers. Families and adults in need of housing counseling services such as mortgage default counseling, reverse mortgage counseling, or first-time homebuyer education are eligible for these services.

Frederick County Human Relations Department 301-600-1110
5370 Public Safety Place, 3rd Floor http://www.frederickcountymd.gov/
Frederick, MD 21704 58/Human-Relations

A County Government agency that investigates allegations of unlawful discriminatory treatment based on age, race, gender, religion, national origin, marital status, physical and mental disability, familial status, and source of income, in the areas of housing, employment, and public accommodations. All inquiries to the HRD are free and confidential. The HRD’s hours of operation are Monday-Friday, 8:00a.m.-4:00p.m. Appointments during non-business hours can be arranged upon request.

Frederick County Medical Society 301-663-3399
P.O. Box 1094
Frederick, MD 21701

The Frederick County Medical Society has been in existence since 1847. Its mission remains the same as stated some 160+ years ago: to provide oversight of physician performance in the practice of medicine, involvement in medical education by providing teaching and learning opportunities for local physicians, and the advancement of science by contributions to medical literature. It also provides referrals to local practices and a portal for complaints or concerns about local office practices. Complaints or concerns must be submitted in WRITING to the mailing address above.

Prosperity Center 301-662-3691
Housing Authority of the City of Frederick http://www.hacfrederick.org
629 North Market Street
Frederick, MD 21701

Provides a wide range of financial management classes as well as free tax preparation services.

Homeowners Preserving Equity (HOPE) 877-462-7555
Maryland Department of Housing and Community Development
http://www.mdhope.org
100 Community Place
Crownsville, MD 21032

Maryland has created this website and hotline to guide you to resources that may be available to assist both homeowners and renters facing foreclosure. The website includes information to help you understand the foreclosure process and the options that may be available to you. You also can find information that will lead you to a housing counseling agency in your area that can assist you on a more personalized level.
Maryland Health Care Commission 410-764-3460
4160 Patterson Avenue
877-245-1762
Baltimore, MD 21215
http://mhcc.maryland.gov

The Maryland Health Care Commission is an independent regulatory agency whose mission is to plan for health system needs, promote informed decision-making, increase accountability, and improve access in a rapidly changing health care environment by providing timely and accurate information on availability, cost, and quality of services to policy makers, purchasers, providers, and the public. The Commission’s vision for Maryland is to ensure that informed consumers hold the health care system accountable and have access to affordable and appropriate health care services through programs that serve as models for the nation.

Maryland Insurance Administration 410-468-2000
200 Saint Paul Place, Suite 2700
800-492-6116
Baltimore, MD 21202
http://www.mdinsurance.state.md.us

The Maryland Insurance Administration (MIA) is the state agency that regulates the business of insurance in the state of Maryland. If a consumer has a question about insurance or experiences a problem, they can contact the MIA for help. The MIA provides assistance to consumers, businesses, and healthcare providers and producers in all areas of insurance including life, health, disability, automobile, homeowners, and property.

Maryland State Department of Education Office of Child Care Region XII - Frederick County 301-696-9766
5303 Spectrum Drive, Suite G
Frederick, MD 21703
http://www.marylandpublicschools.org/
MSDE/divisions/child_care/child_care.htm

Offers: 1) licensing and registering of child care facilities; 2) monitoring of child care facilities for compliance with state child care regulations; 3) investigation of complaints involving illegal child care and maltreatment of children in child care facilities; 4) training for providers; 5) orientation for interested applicants and perspective providers; and 6) on-going technical assistance for providers.

Mental Health Management Agency of Frederick County, Inc. 301-682-6017
22 South Market Street, Suite 8, Floor 2F
Frederick, MD 21701

MHMA manages the various components of the Public Mental Health System in Frederick County. These services are available to individuals who receive or are financially eligible for Medicaid, and to individuals to whom - because of their medical and financial need - the cost of mental health services is subsidized, in whole or in part, by State or local funds.

MHMA is responsible for managing and monitoring the provision of mental health services to the current eligible populations of children, adolescents, and adults with mental illness. MHMA manages $13 million in public funds for direct services handled by private providers, as follows: outpatient services, inpatient services, psychiatric rehabilitation programs, residential rehabilitation programs, crisis services, case management, mobile treatment services, respite services, and supported employment. MHMA assures consumer access and consumer rights; assesses Frederick County’s mental health service needs and plans the implementation of a system that meets those needs; oversees fiscal accountability including the approval of claims and payments; assists with resolution of complaints, grievances, and appeals; evaluates and monitors progress; measures outcomes and quality of care and increases public awareness; and reduces the stigma toward mental illness. MHMA does not provide direct care, but can refer to providers.

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PAF provides free one-on-one assistance with a professional case manager to help patients resolve healthcare issues. Case Managers are available to assist those patients, and their caregivers or providers, who face debilitating, chronic, or life threatening disease. Issues commonly addressed through case management relate to specific issues with their insurer, employer, and/or creditor regarding insurance, job retention, and/or debt crisis matters relative to their diagnosis.

Pro Bono Resource Center of Maryland 410-837-9379
520 West Fayette Street 800-396-1274
Baltimore, MD 21201 http://www.probonomd.org

The Consumer Protection Project assists Maryland consumers who have been sued by debt buyers, companies which often purchase charged off debts for pennies on the dollar. Debt buyers file tens of thousands of cases in Maryland each year, many of which are legally problematic due to errors or inconsistencies in the underlying account or in the chain of assignment. Since July 2011, PBRC’s Consumer Protection Project has trained over 200 volunteers to assist defendants in these cases.

Foreclosure Prevention Pro Bono Project 410-837-9379 x3052

The foreclosure crisis continues to impact every part of Maryland and uproot the lives of many of our neighbors. Launched by PBRC in 2008, the Foreclosure Prevention Pro Bono Project engages volunteer attorneys to assist homeowners in distress by providing direct representation in foreclosure matters and brief advice at Foreclosure Solutions Workshops, which are held regularly throughout the year and across the state.

University of Maryland Extension Frederick County 301-600-1594
330 Montevue Lane http://extension.umd.edu/Frederick-county
Frederick, MD 21702

The mission of the University of Maryland Extension (UME) is to contribute to the wellbeing of Maryland residents by increasing economic prosperity, improving environmental quality, and enhancing quality of life. UME provides research-based practical information to the challenges of American families. Through programs, workshops, publications, the media, and other activities, current information is delivered to people where they live and work. In addition to the local faculty and staff, they have access to regional and university specialists and the Home & Garden Information Center which also provides valuable services both directly and indirectly to our citizens. Nominal fee for some programs.

UME provides programs in areas vital to the quality of life in Frederick County including Agriculture and Natural Resources (including alternative farming and small farm education); Dairy Science (including Pasture Walks); Nutrient Management (including PSNT); Family and Consumer Science (Health, Food, Nutrition, Healthy Homes, and Personal Finance); Home Horticulture (including home & garden, pests, lawn, and Master Gardener program); and 4-H and Youth Development (including clubs, after-school programs and camps).
COUNSELING SERVICES

Outpatient Counseling

Brook Lane Health Services 800-342-2992
13218 Brook Lane Drive
301-733-0330
P.O. Box 1945 http://www.brooklane.org
Hagerstown, MD 21742

Brook Lane is a not-for-profit organization serving the region since 1949. Brook Lane provides a range of mental health treatment for people of all ages with a main campus and outpatient office near Hagerstown; outpatient services, child and adolescent partial hospitalization program, and school program in Frederick; and counseling in many schools in Frederick County. Treatment includes short-term hospitalization, child and adolescent partial hospitalization program, outpatient treatment, special education services, psychiatric respite care for children and adolescents, adult partial hospitalization program, and public school-based services. Specific services provided are individual, group, marital and family therapy, medication management, pastoral counseling, psychological testing, school program, and electroconvulsive therapy (ECT).

Family Service Foundation 240-575-2376
306 Delaware Road http://www.fsfinc.org
Frederick, MD 21701

Community-based psychiatric rehabilitation programs (pre-vocation training and residential services) that provide independent living skills training for deaf and hearing adults with a serious mental illness. Accepts individuals who are currently hospitalized and persons living in the community who are recovering from mental illness. Fees: MA.

Kids Like Us 301-600-3281
Behavioral Health Services 301-600-1775
Frederick County Health Department http://www.frederickcountymd.gov/health
350 Montevue Lane
Frederick, MD 21702

Kids Like Us (KLU) is a professionally led group counseling program for students in grades 4 through 8 impacted by the substance abuse or addiction of a parent, caregiver, or close family member. The Frederick County Health Department works in collaboration with Frederick County Public School (FCPS) counselors to implement KLU groups at selected elementary and middle schools. Group sessions take place during school hours throughout the academic year. KLU also provides a summer day camp for school-based participants and an annual public show of summer program participant art.

KLU sessions are filled with engaging group activities - such as art therapy and games - designed to increase social support and social skills, foster effective emotional expression and management, and promote healthy coping and decision making. The overall goals are to build resiliency and prevent substance abuse and the other problems that this particular group of children is at risk for. Participation is free, confidential, and voluntary; and it requires parent/guardian permission.

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Frederick County Sheriff’s Office 301-600-2074
110 Airport Drive East http://www.frederickcountymd.gov/744/Victim-Services
Frederick, MD 21701

The Victim Services Unit consists of trained professionals to provide emergency services, crisis intervention, follow-up contact, referrals, and support. (See complete description of services under the heading “Legal Assistance and Services for Crime Victims.”)

Behavioral Health Services 240-566-3990
Frederick Memorial Hospital http://www.fmh.org
400 West Seventh Street
Frederick, MD 21701

Frederick Memorial Hospital has a 20 bed adult Inpatient Psychiatric Unit which accepts both voluntary and involuntary admissions of individuals 18 years and older. Patients are admitted 24 hours a day through the hospital’s Emergency Department. Behavioral Health provides a short-term therapeutic program where the treatment team provides assessment, medical stabilization, and individualized treatment planning. The Psychiatric Partial Hospital Program provides outpatient services for those who do not meet acute inpatient stabilization. Crisis Services in the Emergency Department is available for emergent psychiatric assessments.

Victim Services Unit 301-600-2102
100 West Patrick Street
Frederick, MD 21701

The Victim Services Unit provides victims options for seeking legal resources, counseling, medical assistance, as well as with the Maryland Criminal Injuries Compensation Board application process. They assist with referrals to many agencies such as, but not limited to, Social Services (Child Protective Service and Adult Protective Service), Frederick Mental Health Services, Child Advocacy Center, Developmentally Disabled services, Department of Aging, and local Domestic Violence providers. Their goal is to assess and understand each victim’s needs. (See complete description of services under the heading “Legal Assistance and Services for Crime Victims.”)

Hearty House 301-662-8800
P.O. Box 857 http://www.heartyhouse.org
Frederick, MD 21705

Hearty House provides comprehensive services to survivors of domestic violence, rape/sexual assault, and child abuse. Services include 24-hour hotline, emergency shelter, individual and group counseling, abuser intervention program, and legal advocacy and direct representation for protective and peace order hearings.

Hospice of Frederick County 240-566-3030
an affiliate of Frederick Regional Health System http://www.hospiceoffrederick.org
P.O. Box 1799
516 Trail Avenue
Frederick, MD 21702

A comprehensive insurance-approved health care service specializing in providing medical, emotional, spiritual, and bereavement support to terminally ill individuals and their loved ones. (See complete description of services under the heading “Medical/Health Care and Wellness.”)

Maryland Crime Victims’ Resource Center, Inc. 877-842-8462

Frederick County Sheriff’s Office 301-600-2074
110 Airport Drive East http://www.frederickcountymd.gov/744/Victim-Services
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The mission of this non-profit organization is to ensure that victims of crime in Maryland receive justice and are treated with dignity and compassion through comprehensive victims’ rights and services. Offers free information; support through criminal justice proceedings (court accompaniment, legal representation); free attorneys for financially eligible victims for civil matters associated with the victimization; help recovering losses resulting from the crime; help using all victims’ rights that apply; victim’s rights education; peer grief support group for survivors of homicide victims at the Prince George’s County location; court preparation; other supportive services; and referrals for additional supportive services.

Maryland Network of Care
301-682-6017
http://www.mdnetworkofcare.org
c/o Mental Health Management Agency
22 South Market Street, Suite 8
Frederick, MD 21701

The Maryland Behavioral Health and Veterans Network of Care websites are on-line resources that provide simple and fast access to information on local, state, and national behavioral health services available to veterans and consumers. The Network of Care website allows consumers to have a lead role in addressing their needs for behavioral health services, and also allows them to store medical records, advance directives, and personal wellness plans in a password-protected personal folder. The site also contains a library of mental health articles, links to support and advocacy organizations, and reports on legislation.

Mental Health Association of Frederick County
301-663-0011
http://www.fcmha.org
226 South Jefferson Street
Frederick, MD 21701

Provides referrals, resources, intervention, and education for children, individuals, and families. Public Information and Advocacy provides community education through the Annual Guide to Mental Health & Community Support Services referral source, on-site speaker service offering 25-plus topics, annual Legislative Breakfast, and ongoing community training and outreach through many local events. See index for a complete listing of Mental Health Association programs.

Counseling Services
301-663-6135

Counseling Services provides accessible and affordable counseling in a confidential and supportive environment. Counseling Services remains one of the few accessible and affordable and professional outpatient facilities in Frederick County that offer mental health services on a sliding fee scale. MHA provides services for a majority of mental health disorders for children, adolescents, and adults. The services are provided in an individual, group, or family setting depending on the need. In order to contribute to the growth of the mental health field, Counseling Services offers quality internships and professional supervision for graduate level psychology, social work, and counseling students.

Pro Bono Counseling Project
877-323-5800

1001 Prince George’s Boulevard, Suite 750
Upper Marlboro, MD 20774
http://www.mdcrimevictims.org

218 East Lexington Street, Suite 401
Baltimore, MD 21202
410-234-9885

The mission of this non-profit organization is to ensure that victims of crime in Maryland receive justice and are treated with dignity and compassion through comprehensive victims’ rights and services. Offers free information; support through criminal justice proceedings (court accompaniment, legal representation); free attorneys for financially eligible victims for civil matters associated with the victimization; help recovering losses resulting from the crime; help using all victims’ rights that apply; victim’s rights education; peer grief support group for survivors of homicide victims at the Prince George’s County location; court preparation; other supportive services; and referrals for additional supportive services.

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The Pro Bono Counseling Project was created by the licensed mental health professional associations in Maryland to support the efforts of their clinicians who want to assist those who are unable to access mental health care. The Pro Bono Counseling Project seeks to assist individuals and families who are low income, underinsured, and/or uninsured. All services are free and there are no maximum number of sessions. The Pro Bono Counseling Project has a variety of different programs that were created to meet the needs of specific populations. They include, but are not limited to, the Jean Stein Cancer Program (to assist Cancer patients and their loved ones), Caring for the Caregivers, Private Counseling for Public Service (a military program for service men and women and their loved ones), Parenting Alone: Helping to Build Healthy Families, Transition and Depression: Elderly and Under-served, and Victims of Violence.

Sliding Scale Private Mental Health Professionals

Catoctin Counseling Center
309 East Patrick Street
Frederick, MD 21701
301-631-1304

Catoctin Counseling Center
69 East Main Street
Westminster, MD 21157
301-631-1304
410-848-9091

Catoctin Counseling Center
228 East Washington Street
Hagerstown, MD 21740
301-416-7979 (Frederick Callers)
301-745-6687

Trinity Pastoral Counseling Center
703 West Patrick Street
Frederick, MD 21701
301-662-8908

Catoctin Counseling Center
112 East Main Street
Thurmont, MD 21788
301-271-4870

Villa Maria of Frederick County
A Behavioral Health Program of Catholic Charities
111 East Church Street
Frederick, MD 21701
301-694-6657

http://www.catholiccharities-md.org

Provides accessible counseling and psychiatric services to families and individuals of all faiths and beliefs. Also provides in-home, strengths-based behavioral services for youth and their families. Offices are located in Frederick, Emmitsburg, Brunswick, and Middletown, as well as also being provided in several Frederick County Public Schools. Accepts Medicaid, but not currently accepting Medicare or private insurance. Services are available in Spanish, ASL (American Sign Language), and English.

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Hotlines

23

23
Alzheimer’s Association  800-272-3900
Western Maryland Regional Office  301-696-0315
108 Byte Drive, Suite 103
Frederick, MD  21702

http://www.alz.org/Maryland

Provides a 24/7 professionally staffed Helpline for people affected by Alzheimer’s disease and their caregivers. (See complete description of services under the heading “Medical/Health Care and Wellness.”)

Baltimore Neighborhoods, Inc.  410-243-4400 Fair Housing Hotline
2530 North Charles Street  410-243-6007 Tenant-Landlord Hotline
Baltimore, MD  21218

http://www.bni-maryland.org

Statewide phoneline handling cases of housing discrimination and tenant-landlord counseling.

Family Stress Line  800-243-337

24-hour hotline for families for support and referrals.

Homeowners Preserving Equity (HOPE)  877-462-7555
Maryland Department of Housing and Community Development
100 Community Place
Crownsville, MD  21032

http://www.mdhope.org

Maryland has created this website and hotline to guide you to resources that may be available to assist both homeowners and renters facing foreclosure. The website includes information to help you understand the foreclosure process and the options that may be available to you. You also can find information that will lead you to a housing counseling agency in your area that can assist you on a more personalized level.

Maryland Poison Center  800-222-1222
220 Arch Street, 1st Office Level
Baltimore, MD  21201

http://www.mdpoison.com

A 24-hour hotline for questions about poison.

Mental Health Association of Frederick County  301-663-0011
226 South Jefferson Street
Frederick, MD  21701

http://www.fcmha.org

See index for a complete listing of Mental Health Association programs.

2-1-1 Maryland Western Region  2-1-1
866-411-6803

2-1-1 is an easy-to-remember phone number to call for information and referral to health and human services. (See complete description of services under the heading “Assistance for Basic Needs.”)

MHA Call Center  301-663-0011

2-1-1 Maryland Western Region  2-1-1
866-411-6803

2-1-1 is an easy-to-remember phone number to call for information and referral to health and human services. (See complete description of services under the heading “Assistance for Basic Needs.”)
Answers multiple lines serving Western Maryland including 2-1-1, the Maryland Crisis Hotline (800-422-0009), the National Suicide Prevention Lifeline (800-273-8255), and local hotline (301-662-2255). Provides information and referral, connection to crisis services, crisis and suicide intervention, and supportive listening for individuals of all ages 24 hours a day.

**PhoneFriend Hotline** 301-694-8255

PhoneFriend is a 24 hour, 7 day a week hotline specifically for children who need to talk, are facing a problem, or need support while they are home alone.

**National Runaway Safeline** 800-786-2929
3080 North Lincoln Avenue
Chicago, IL 60657
http://www.1800RUNAWAY.org

A 24-hour hotline for youth age 12 to 21 and their families providing crisis intervention, information and referrals, message delivery and conferencing services, and free bus rides home for qualified runaway and homeless youth age 12 to 20 via Greyhound’s Home Free Program. Live Chat service daily 4:30p.m.-11:30p.m. Also offers free educational materials.

**Specialized Programs**

**Patent Advocate Foundation** 800-532-5274
http://www.patientadvocate.org
421 Butler Farm Road
Hampton, VA 23666

In addition to PAF’s core services, it is proud to operate the following additional dedicated programs to meet the needs of specific groups of patients, caregivers, and providers: Colorectal Care Line, Narcolepsy Care Line, Heart Valve Care Line, Aetna Clinical Appeals Care Line, Radiation Co-Payment Small Grant Financial Aid Fund. These programs are supported through grants, partnerships, and targeted donations. Refer to the above website for contact information for individual programs.

**Women’s Law Center of Maryland, Inc.** http://www.wlcmd.org
305 West Chesapeake Avenue, Suite 201
Towson, MD 21204

**Employment Law Hotline** 877-422-9500

Attorneys trained in employment law are available to answer employment law questions. They also refer certain cases from the hotline to a panel of attorneys to see if an attorney can represent the caller. The hotline is open Tuesdays from 9:30a.m.-1:00p.m. and the first Thursday of every month from 5:00p.m.-7:30p.m.

**Family Law Hotline** 800-845-8550

Staffed by attorneys who practice family law in the State of Maryland, this statewide hotline provides legal information to callers with family law problems Monday through Friday from 9:30a.m.-4:30p.m.

**Legal Forms Hotline** 800-818-9888
Staffed by attorneys, this statewide hotline assists callers who are handling their cases without a lawyer and provides assistance in completing legal forms. The English-speaking line is available on Tuesday, Wednesday, and Friday from 9:00a.m.-12:30p.m.; and on Thursday from 9:00a.m.-4:00p.m. The Spanish-speaking line is a voicemail service; Spanish-speaking callers may leave a message at anytime.

Inpatient Facilities and Emergency Services

Brook Lane Health Services
800-342-2992
13218 Brook Lane Drive
P.O. Box 1945
Hagerstown, MD 21742

Brook Lane provides a range of mental health treatment for people of all ages with a main campus and outpatient office near Hagerstown, outpatient services, child and adolescent partial hospitalization program and school program in Frederick, and counseling in many schools in Frederick County. Treatment includes short-term hospitalization, child and adolescent partial hospitalization program, outpatient treatment, special education services, psychiatric respite care for children and adolescents, adult partial hospitalization program, and public school-based services. (See complete description of services under the heading “Counseling Services: Outpatient Counseling.”)

Frederick Memorial Hospital
400 West Seventh Street
Frederick, MD 21701

Behavioral Health Services
240-566-3990

Frederick Memorial Hospital has a 20 bed adult Inpatient Psychiatric Unit which accepts both voluntary and involuntary admissions of individuals 18 years and older. Patients are admitted 24 hours a day through the hospital’s Emergency Department. Crisis Services in the Emergency Department is available for emergent psychiatric assessments. (See complete description of services under the heading “Counseling Services: Outpatient Counseling.”)

Emergency Department
240-566-3500

Provides medical treatment for psychiatric emergencies, psychosis, and suicidalities. Medical emergencies only.

Jefferson School
240-315-0200

Sheppard Pratt Health System
2940 Point of Rocks Road
Jefferson, MD 21755

The Jefferson School of Sheppard Pratt Health System serves children and adolescents with behavioral health problems, emotional and mental disabilities, learning disabilities, and social skill deficits. Its total capacity is 100 students. Students are 12 to 18 years old, both male and female. The program includes a Residential Treatment Center (RTC) for 53 students and a day school program for up to 25. Psychiatric services including pharmacotherapy, individual therapy, and family and group therapy are offered to all day and residential students. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Thomas B. Finan Center
301-777-2405

Staffed by attorneys, this statewide hotline assists callers who are handling their cases without a lawyer and provides assistance in completing legal forms. The English-speaking line is available on Tuesday, Wednesday, and Friday from 9:00a.m.-12:30p.m.; and on Thursday from 9:00a.m.-4:00p.m. The Spanish-speaking line is a voicemail service; Spanish-speaking callers may leave a message at anytime.

Inpatient Facilities and Emergency Services

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13218 Brook Lane Drive
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Hagerstown, MD 21742

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Thomas B. Finan Center
301-777-2405
State-operated inpatient psychiatric hospital; variable length of stay; services for adults, and older adults; all patients are pre-screened and referred by local hospital emergency room, Psychiatric Unit staff, or the Court system. Hospital consists of 66 beds (44 acute and 22 for long term care). The facility also has a 22 bed Assisted Living program that promotes a more gradual transition back into the community setting.

Way Station, Inc.  
301-662-0099  
230 West Patrick Street  
P.O. Box 3826  
Frederick, MD 21705

See index for a complete listing of Way Station, Inc. programs.

Children’s Mobile Crisis Services  
301-662-0099 x2501

The purpose of Children’s Mobile Crisis Services (CMC) is to provide urgent mental health response to children, youth, and families who are experiencing serious emotional, behavioral, and/or psychiatric crisis, as well as to stabilize child and family crisis which could likely lead to hospitalization or an out-of-home placement through the provision of rapid assessment and intervention services provided in natural and community-based settings.

CMC’s program offers immediate support to stabilize the youth (17 years of age or under), support the families through a crisis period, and link them, as necessary, to longer term community-based services. The CMC program is intended to reduce the number of children/youth presenting to hospital emergency rooms in psychiatric crisis; divert inpatient/residential admissions and legal involvement whenever possible and appropriate; and to improve access to community based mental health services. CMC can only be accessed through 2-1-1.

Frederick County Mobile Crisis Services  
301-624-4682 (crisis pager)

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 between the hours of 1:00p.m.-9:00p.m. Monday through Friday, and to provide referrals with follow-up services to ensure that individuals are connected with appropriate service providers and community resources.
EDUCATION, TRAINING, EMPLOYMENT, AND VOLUNTEER INFORMATION

Division of Rehabilitation Services (DORS) 301-600-3075
100 East All Saints Street, Room 201 888-523-0255
Frederick, MD 21701 301-600-3078 TTY
240-439-8550 videophone
http://www.dors.state.md.us

DORS is a state agency with programs and services that help people with significant disabilities become successfully employed. A DORS counselor will help you choose from programs and services such as: career decision making and counseling, rehabilitation technology services, employment and skills training, job search and job placement services, job coaching and supported employment services. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Family Partnership of Frederick County 301-600-2206
8420 Gas House Pike, Suite EE http://www.Frederickcountymd.gov/FP
Frederick, MD 21701

Offers family support, education, and employment services to parents with children under 4 years old, expectant parents, and youth (14 to 21). Services include high school completion classes (Frederick County Virtual School and GED preparation); employability classes; child development services for infants and toddlers; parent education; life skills; health and wellness workshops; computer related instruction; parent/child activities; teen childbirth preparation classes; information and referral to community resources; and evening parent support groups for moms, dads, and kinship providers of children aged birth through 12 years old. Services are free. Some employability/education services require documentation relating to income, age, residence, and others. Orientations for new participants are scheduled one-on-one.

Frederick Community College 301-846-2400
7932 Opossumtown Pike http://www.frederick.edu
Frederick, MD 21702

Adult Education 240-629-7962

The FCC Adult Education Program offers Adult Basic Education (ABE), Pre-GED, GED Preparation, and the External Diploma Program (EDP) to Maryland residents who are at least 16 years of age and qualify for the program. The program also offers options for English as a Second Language (ESL) learners through participation in one of two programs: Community Based (free of charge for students with very little previous English instruction) or Academic (credit based courses which require tuition, fees, and placement testing).

EDUCATION, TRAINING, EMPLOYMENT, AND VOLUNTEER INFORMATION

Career & Transfer Services 301-846-2594

Career & Transfer Services 301-846-2594
The Career & Transfer Center staff promotes and assists students with effective career and transfer planning. The major function of the Career & Transfer Center is to help students/participants recognize individual attributes which contribute to career and transfer planning and decision making; research suitable career opportunities in today’s workforce based on individual attributes: interests, personality, skills, and values; research suitable transfer opportunities based on individual attributes and specific criteria wanted in a school; learn how to develop career and transfer goals and take steps necessary to reach those goals; realize steps and strategies for gaining valuable work experience, writing an effective resume, mastering job interview techniques, and finding and keeping a job; and realize steps and strategies for planning a successful transfer to another educational institution.

**Office of Adult Services**
301-846-2483

- **Project Forward Step** offers counseling, information, and referral services to adults in transition, and financial assistance consideration for eligible single parents and displaced homemakers toward certain educational costs associated with attending courses or training at Frederick Community College.
- The Women’s Center provides a supportive environment to explore educational, professional, and personal plans for members of the community and campus, and a centralized resource site to learn about community programs and services.
- Anne-Lynn Gross Breast Cancer Resource Center, located in the FCC Women’s Center, offers information and resources about early detection, treatment, and aftercare. A Breast Cancer Support Group meets the 2nd Thursday of each month at 7:00 p.m. in the Student Center, Room H-102A (location subject to change). This group is for breast cancer survivors, from newly diagnosed to long-term remission/survival.
- As part of the Women’s Center, the Woman to Woman Mentoring Program is open to all women in Frederick County, ages 18-35, who desire a mentor. Mentees are matched with a mentor to work on career, educational, and personal goals.
- The Allied Health Academy provides training and support to individuals who want to become Certified Nursing Assistants/Geriatric Nursing Assistants.

**Employment Resource Center**
301-600-2652

**Frederick County Department of Social Services**
http://www.fcdss.info

100 East All Saints Street
Frederick, MD 21701

Services are available for any Frederick County resident in need of employment. Provides employment counseling, referral, employer recruitment, resume services, and application assistance. Telephone banks and fax services are available for clients’ use, as well as copier service. Also provides access to MWE, an automated system that matches applicants’ job skills with job openings. Job fairs are held periodically and are open to the public, whether unemployed or seeking career advancement. Offers in-house GED preparation and assistance with other barriers to employment, volunteer work activities, and job placement.

**Frederick County Workforce Services**
301-600-2255
As one of the nation’s One-Stop Career Centers, Frederick County Workforce Services (FCWS) links businesses in need of qualified employees with individuals seeking employment opportunities.

**JOB SEEKERS:** FCWS provides comprehensive employment and training services at no cost to give candidates a competitive edge in today’s job market. Their services include: career assessment tools and guidance, computer and job search seminars, resume coaching by a Certified Professional Resume Writer (a $200 value), professional practice interviews, career training scholarships (for those eligible), and access to recruitment events and current job listings.

**EMPLOYERS:** Planning to hire and train new staff? Get reimbursed for a portion of the new employee’s wages during their training period through the On-the-Job Training (OJT) Program. Facing a workforce skill shortage? FCWS has access to grant-funded skills training options designed to meet the requirements of your business or organization. Need to fill open positions with qualified employees? FCWS no-cost recruitment services include sourcing, screening and referring experienced candidates directly to you.

Goodwill Industries of Monocacy Valley, Inc. 301-663-6893
400 East Church Street
Frederick, MD 21701

Goodwill provides employment, computer training, support services, and vocational rehabilitation to people with disabilities and barriers to employment who reside in Frederick or Carroll Counties. Services include vocational day services (employment for individuals with developmental disabilities in an integrated work environment); supported employment (community employment with ongoing support); work adjustment training (employment readiness program); job coaching (support offered at the employment site); and job placement (assistance helping individuals find jobs in the community). Goodwill also offers basic computer, Microsoft Word and Excel training; and English as a Second Language (ESL) training. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Housing Authority of the City of Frederick
http://www.hacfrederick.org
209 Madison Street
Frederick, MD 21701

**Family Self-Sufficiency**
301-662-8173 (Section 8 residents)
301-696-1874 (Public Housing residents)

Family Self-Sufficiency Program (FSS) is available for both public housing and Section 8 residents. The FSS Program is based on educational goals which assist the family in becoming self-sufficient. While in the program, as the earned income of the family increases, an escrow account is established and earns money each month. Upon successful completion of the program, the family receives the escrow money which could be used as down payment on a home or however the family chooses. Average starting earned income is less than $5,000. Average earned income upon graduation is $31,200. Escrow amounts have ranged from $4,495 to $21,389. While in the program, participants receive encouragement, problem solving, feedback, and mentoring.

Project ALIVE 301-696-1875

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400 East Church Street
Frederick, MD 21701

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209 Madison Street
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Project ALIVE of the Housing Authority of the City of Frederick exists to help public housing residents in Lucas Village, Carver, and Lincoln apartments succeed in school and work. Specifically, Project ALIVE works closely with students to help them find the resources they need to be successful, offering a variety of supports to ensure that students can overcome the most common obstacles: transportation, child care, and educational assistance.

**Prosperity Center**

The Housing Authority’s and United Way’s Bernard Brown Center at 629 North Market Street offers the Prosperity Center, which provides a wide range of financial management classes as well as free tax preparation services.

**William O. Lee Jr. Computer Learning Center**

The William O. Lee Jr. Computer Learning Center provides free computer access to the community. The computer learning center has 9 computers that have high speed Internet, free e-mail accounts, games, Microsoft Office, Mavis Beacon, SAT/ACT software, resume building programs, and much more. Throughout the year, the center offers computer classes, job training, free tax preparation, and a variety of programs designed to cater to the needs of the community.

**Maryland Work Incentives Network**

**Independence Now, Inc.**

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20910

The Work Incentives Planning and Assistance (WIPA) Projects provide all Social Security Administration (SSA) beneficiaries with disabilities (including transition-to-work aged youth) access to work incentives planning and assistance services. The goal of the WIPA Projects is to better enable SSA’s beneficiaries with disabilities to make informed choices about work. Each WIPA Project has Community Work Incentive Coordinators (CWIC) who will provide work incentives planning and assistance to SSA’s beneficiaries with disabilities; will conduct outreach efforts to those beneficiaries who are potentially eligible to participate in Federal or State work incentives programs; and will work in cooperation with federal, state, and private agencies and nonprofit organizations that serve beneficiaries with disabilities. Beneficiaries can call the intake line to begin the process to receive services. MD-WIN is the WIPA project for Maryland. They can help any Maryland resident who receives disability benefits from Social Security to understand and use the work incentives available to them. In short, if you want to work, but don’t want to do anything to mess up your benefits, please call.

**Literacy Council of Frederick County, Inc.**

110 East Patrick Street
Frederick, MD 21701

A non-profit volunteer organization which provides free tutoring for American-born adults with reading difficulties and foreign-born adults who want help learning to speak and read English. Tutoring takes place at a time and place mutually convenient for the tutor and student. Most tutoring is one-to-one. There are also some small group ESL classes for those learning English. Students pay for their workbooks if they are able. Volunteer tutors receive free training prior to being matched with a student.

**Maryland Small Business Technology Development**

301-600-1967

A non-profit volunteer organization which provides free tutoring for American-born adults with reading difficulties and foreign-born adults who want help learning to speak and read English. Tutoring takes place at a time and place mutually convenient for the tutor and student. Most tutoring is one-to-one. There are also some small group ESL classes for those learning English. Students pay for their workbooks if they are able. Volunteer tutors receive free training prior to being matched with a student.
Center, Western Region  
Winchester Hall  
12 East Church Street, 2nd Floor  
Frederick, MD 21701  

888-237-9007 x5  
http://www.marylandsbdc.org/western

The Western Region SBTDC is designed to provide comprehensive management and technical assistance to Western Maryland’s small business community ( Allegany, Garrett, Washington, and Frederick counties). SBTDC counselors and trains aspiring and existing small businesses to resolve organizational, financial, marketing, technical, regulatory, and other issues they might encounter.

Maryland State Department of Education Office  
301-696-9766  
of Child Care Region XII - Frederick County  
http://www.marylandpublicschools.org/  
5303 Spectrum Drive, Suite G  
MSDE/divisions/child_care/child_care.htm  
Frederick, MD 21703

Offers: 1) licensing and registering of child care facilities; 2) monitoring of child care facilities for compliance with state child care regulations; 3) investigation of complaints involving illegal child care and maltreatment of children in child care facilities; 4) training for providers; 5) orientation for interested applicants and prospective providers; and 6) on-going technical assistance for providers.

Child Care Choices  
301-662-4549  
800-753-6841  
http://www.childcarechoices.info  
226 South Jefferson Street  
Frederick, MD 21701

Conducts training and continuing education opportunities for prospective and current family child care providers, center staff, and preschool staff. Offers technical assistance for start-up or continued operation of a child care business including consultations on including children with special needs and on-site assistance for programs with children, ages birth through 4 years old, who exhibit social, emotional, or behavioral issues. Organizes the Annual Children’s Festival in Baker Park where families and friends celebrate the joys of childhood through a day of free, hands-on activities especially for children ages 2-8.

Center, Western Region  
Winchester Hall  
12 East Church Street, 2nd Floor  
Frederick, MD 21701  

888-237-9007 x5  
http://www.marylandsbdc.org/western

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FAMILY LIFE, PREGNANCY SUPPORT, AND WOMEN & CHILDREN’S SERVICES

Birthright of Frederick
250 West Patrick Street
Frederick, MD 21701
301-663-0111
http://www.birthright.org
800-550-4900 hotline

Birthright provides free pregnancy testing and free guidance regarding pregnancy, prenatal care, medical help, financial assistance, parenting skills, continuing education, legal advice, and adoption referrals. Material assistance and maternity clothing are available for women during their pregnancies and layettes for babies after they are born. Offers ongoing confidential support and encouragement. Services provided at Birthright are free of charge.

Boys & Girls Club of Frederick County
301-600-1875
413 Burck Street
Frederick, MD 21701
http://www.bgfcf.org

Boys & Girls Club of Frederick County provides youth development programs during out of school times within Frederick County, Maryland for ages 6 to 18 years in accordance with Boys & Girls Clubs of America’s best practices. The program has partnerships with Frederick County Public School system, the City of Frederick, Frederick County Office for Children and Families, local law enforcement, local businesses, and other non-profit organizations. Boys & Girls Club of Frederick County offers a summer camp program at 413 Burck Street and a 39-week After-School program at Burck Street, Crestwood Middle School, Monocacy Middle School, Governor Thomas Johnson Middle School, and West Frederick Middle School. The Club offers youth daily access to a broad range of programs in five core program areas: 1) character and leadership development; 2) education and career development; 3) health and life skills; 4) the arts; and 5) sports, fitness, and recreation.

Care Net Frederick
301-662-5300
707 North Market Street
Frederick, MD 21701
http://www.carenetfrederick.org

Care Net Frederick provides pregnancy tests, options education, limited obstetric ultrasounds, STD/STI testing and treatment, post abortion support, Earn While You Learn classes, and emergency material assistance. Services are provided in an atmosphere that is safe, compassionate, and non-judgmental. All services are confidential and free of charge.

Catoctin Pregnancy Center
301-447-3391
502 East Main Street
P.O. Box 1168
Emmitsburg, MD 21727
http://www.catoctinpregcenter.org
800-492-5530 crisis hotline

Non-profit, pro-life facility offering referrals and material assistance including children’s clothing to size 5, maternity clothing, furniture, assistance with emergency housing situations, emergency formula, and diapers. These services are available to anyone who is pregnant and/or has a child under the age of 5. They also offer pregnancy testing and post abortion counseling. All services are free.

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The Child Advocacy Center (CAC) of Frederick County is a child-friendly facility designed, staffed, and equipped to provide comprehensive and coordinated multi-disciplinary services to child abuse victims and their families. They serve children age 0 to 18 who have been sexually and/or physically abused or neglected. The CAC does not accept direct referrals from victims or their families. Referrals to the CAC are received from Child Protective Services or any local law enforcement agency only.

**Children of Incarcerated Parents Partnership**
275 West Patrick Street
Frederick, MD 21701

This group has many ongoing activities, including workshops on parenting for women incarcerated at the Frederick Detention Center, parenting classes held throughout the community for caregivers of the children, resource bags and additional materials, resource fairs for visitors at the Frederick Detention Center, scholarships for women raising children in this situation, and much more.

**Families Plus!**
35 East Church Street
Frederick, MD 21701

Founded in 1982, Families Plus, Inc. is a not-for-profit organization providing programs and support to educate, empower, and enrich the lives of Frederick County families, individuals, and children. The organization offers comprehensive programming that addresses the current and changing needs of the community. The programs and support groups are facilitated and instructed by credentialed individuals such as psychologists, social workers, counselors, registered nurses, and other specialists in the curriculum field areas. Such programs include Teen Childbirth & Infant Care, Effective Parenting, Children from Changing Families, Grief and Loss, Stress Management, Health Issues, etc.

**Family Partnership of Frederick County**
8420 Gas House Pike, Suite EE
Frederick, MD 21701

Offers family support, education, and employment services to parents with children under 4 years old, expectant parents, and youth (14 to 21). Services include high school completion classes (Frederick County Virtual School and GED preparation); employability classes; child development services for infants and toddlers; parent education; life skills; health and wellness workshops; computer related instruction; parent/child activities; teen childbirth preparation classes; information and referral to community resources; and evening parent support groups for moms, dads, and kinship providers of children aged birth through 12 years old. Services are free. Some employability/education services require documentation relating to income, age, residence, and others. Orientations for new participants are scheduled one on one.

**Family Stress Line**
24-hour hotline for families for support and referrals.
The Carl & Norma Miller Children’s Center at Frederick Community College provides year-round care for children of FCC students, staff, and faculty, and the community. Professional early childhood teachers maintain a child-centered atmosphere using positive guidance techniques to help children develop responsible control of behaviors while creating a positive, respectful environment. Both full-time and part-time enrollment options are available. FCC students are eligible to apply for a child care grant through the Financial Aid Office. Programs include infant/toddler, preschool, and pre-k for children age 0 to 5. The strong commitment to high quality care is reflected by the Center’s voluntary accreditation through the National Association for the Education of Young Children and Maryland State Department of Education.

Frederick County Department of Social Services  
100 East All Saints Street  
Frederick, MD 21701

Child Protective Services  301-600-2464

Receives, screens, and investigates reports of suspected child neglect and maltreatment. Conducts child safety assessments and provides services or makes referrals to lessen the future risk of neglect or maltreatment. The identity of the reporter is protected by State confidentiality laws.

Child Support Enforcement Administration  800-332-6347

The Frederick County Department of Social Services, Child Support Enforcement Division is responsible for locating non-custodial parents, establishing paternity, establishing and enforcing child support and health insurance orders, collecting and disbursing support payments, and reviewing and adjusting court orders. Services are available for a nominal fee (currently $25), but fee is waived for Medical Assistance or Temporary Cash Assistance recipients.

Purchase of Care  301-600-2687

Provides assistance with the cost of child care for parents working and/or attending school. Customers must provide proof of income and child support if both parents do not reside in the household. Application may be made on-line at http://www.marylandsail.org or through the above web site. Applications may be picked up at the office, or may be mailed to the customer. No face-to-face or telephone interview is required for this program.

The Carl & Norma Miller Children’s Center at Frederick Community College provides year-round care for children of FCC students, staff and faculty, and the community. Professional early childhood teachers maintain a child-centered atmosphere using positive guidance techniques to help children develop responsible control of behaviors while creating a positive, respectful environment. Both full-time and part-time enrollment options are available. FCC students are eligible to apply for a child care grant through the Financial Aid Office. Programs include infant/toddler, preschool, and pre-k for children age 0 to 5. The strong commitment to high quality care is reflected by the Center’s voluntary accreditation through the National Association for the Education of Young Children and Maryland State Department of Education.

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The Frederick County WIC Program is a federally funded nutrition program. The mission is to assist eligible Women (Pregnant, Breastfeeding, and Post-Partum), Infants, and Children (under 5 years of age) to achieve improved nutrition and health status by providing nutrition education, health screenings, healthy foods, breastfeeding support, and referrals to other helpful programs in a caring, supportive environment.

**Behavioral Health Services**

Kids Like Us 301-600-3281

Kids Like Us (KLU) is a professionally led group counseling program for students in grades 4 through 8 impacted by the substance abuse or addiction of a parent, caregiver, or close family member. (See complete description of services under the heading “Counseling Services: Outpatient Counseling.”)

**Frederick County Public Schools**

Child Find 301-644-5292

Child Find provides free screening and assessment for pre-school children from 3 to 5 years old who are suspected of having an educational disability. If a child is identified with an educational disability, Child Find provides a continuum of special education and related services. These services are generally provided in neighborhood elementary schools.

**Community Agency School Services (CASS)**

CASS is an FCPS Student Services Program that promotes school success by providing support services to middle school students experiencing social, emotional, or behavioral challenges. Four licensed certified social workers are available to provide clinical case management services to students and their families attending any of the 13 FCPS middle schools. CASS Social Workers also coordinate and monitor four district wide mental health partnerships and provide consultation services to FCPS staff working with all grade levels.

**Family Literacy Program**

191 Waverley Drive
Frederick, MD 21702

Family Literacy fosters school readiness for young children. It provides a family literacy program for families in need of Adult Basic Education or English Language Learner classes. Parents and their young children 6 months through age 4 participate in various program components: adult education, parenting, early childhood education, and interactive literacy activities. Located at Rock Creek School, Family Literacy offers classes 4 days per week for qualifying families served primarily by Hillcrest and Waverley elementary schools.
At the Frederick County Judy Center, the goal is to improve school success through early intervention and comprehensive services to families. They currently provide services to Waverley, Hillcrest, and Lincoln elementary schools. They have formed partnerships with many agencies including Infants and Toddlers, Family Literacy, Healthy Families Frederick, Family Partnership, Head Start, Health Department, Frederick County Public Library, Child Care Choices/MHA, and several child care providers offering both family child care and center based care. A significant factor in the Judy Center philosophy is to provide comprehensive services right in the school. To this end, they strive to offer as many programs and activities in each school as possible. The administrative offices, parent resources, ABT lending library and teacher resource libraries are located in a portable classroom on the Waverley/Rock Creek school complex. Staff can meet with parents at the office, in the home elementary school, or during scheduled home visits. Any individual who resides in the Waverley, Lincoln, or Hillcrest school districts with a child or children between the ages of birth through 5 years old is eligible for programs and services.

**School-Aged Child Find**
33 Thomas Johnson Drive
Frederick, MD 21702
301-644-5003

School-Aged Child Find provides identification and evaluation of children from the ages of 5 through 21 who are suspected of having an educational disability and are not currently enrolled in an FCPS school.

**FMH Auxiliary Prenatal Center**
Frederick Memorial Hospital
400 West Seventh Street
Frederick, MD 21701
240-566-4444
http://www.fmh.org

Provides routine prenatal care following American College of Obstetrics and Gynecology guidelines including but not limited to outpatient visits, tests and treatments for maternity care. (See complete description of services under the heading “Medical/Health Care and Wellness.”)

**Glade Valley Community Services**
P.O. Box 655
Walkersville, MD 21793
301-845-0213
http://www.gladevalley.org

Offers several programs to assist Walkersville area residents.

**Back to School Project**
301-845-0213

Recognizing that the cost of school supplies is prohibitive for some families, this annual project ensures that students who attend Walkersville Schools and Walkersville Feeder Schools start the school year off right with needed school supplies. The project relies on the generosity of the local community (churches, organizations, businesses, and residents) to donate the needed supplies. GVCS provides funding for the purchase of supplies, where needed, should community donations fall short.

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Emergency Relief Fund

The Emergency Relief Fund provides emergency assistance to families and individuals living in the Glade Valley area in the following areas of need: Utilities (electric, water); Heating Oil; Mortgage/Rent; Prescription Medication; Other Medical.

Holiday Toy Shoppe

The Holiday Toy Shoppe is an annual program sponsored by Glade Valley Community Services, Inc. The Toy Shoppe is a community wide effort to assist families living in the Walkersville/Woodsboro and surrounding Glade Valley area needing assistance in providing a better Christmas for their children than might otherwise be possible. The program depends to a great degree on the generosity of local churches, organizations, businesses, and residents to provide the requested items. GVCS provides funding for the purchase of items, where needed, should community donations prove insufficient.

GrandFamilies of America

GrandFamilies of America is a national organization founded and operated by relative caregivers. Services provided are one-on-one mentoring by an experienced caregiver, consultation services, and kinship workshop presentations. Services are free.

Jewish Community Services

Jewish Community Services (JCS) and Jewish Social Service Agency (JSSA) collaborate in offering expanded adoption services to families in the Baltimore-Washington area. The partnership provides coordinated services to adoptive families, adoptees, and birth parents. JSSA’s Adoption Options is a licensed child placing agency in Maryland and Virginia providing private consultations to identify adoption alternatives, home studies, counseling for birth parents, private adoption services, required post-placement supervision for domestic and international adoptions, and support and guidance throughout the adoption process. Adoption Alliances of JCS is an adoption program providing information, education, and referral to adoptive families and those touched by adoption; post-adoption services, including counseling and support to adoptive families throughout the life cycle; and support groups. Adoption Alliances also facilitates searches and reunions.

La Leche League of Frederick County, MD

La Leche League of Frederick offers support and information to pregnant and nursing women and their families. Assistance is available through monthly support meetings, phone, and email. Daytime meetings are on the 2nd Wednesday of the month at 10:15 a.m. and are held at the Urbana Library. Evening meetings are on the 3rd Wednesday of the month at 6:30 p.m. and are held at the Evangelical Reformed United Church of Christ.

Marriage Resource Center

The Marriage Resource Center provides free mentoring to couples in the following areas: premarital, improvement needed, and in-crisis! They also offer marriage and mentor training seminars.
LOCATE: Child Care
Maryland Family Network
http://www.marylandfamilynetwork.org/
programs-services/locate

LOCATE: Child Care is a computerized resource and referral database that contains information on all regulated child care in the state of Maryland. Parents can obtain referrals to regulated child care available in their neighborhoods or near their workplaces. These include family child care, center-based care facilities, private kindergartens, private nursery schools, Head Start programs, school age programs, summer camps, and summer programs.

LOCATE: Child Care is a free and confidential service available to any parent searching for regulated child care. The users’ names and telephone numbers are collected for follow-up purposes only and are never shared with other individuals or organizations. LOCATE: Child Care is publicly funded and operated by the Maryland Committee Children for the Maryland Child Care Resource Network, a network of 12 non-profit child care resource centers in Maryland.

Mary’s House of Maryland
410-848-0853
562 Union Bridge Road
301-845-1234
Union Bridge, MD 21791
http://www.maryshouseofmaryland.org

Mary’s House is a non-denominational faith-based pregnancy support home. Mary’s House provides a loving, supportive, family environment for approximately a year to teens and young women who are homeless because they refuse to abort.

Mental Health Association of Frederick County
301-663-0011
226 South Jefferson Street
Frederick, MD 21701
http://www.fcmha.org

See index for a complete listing of Mental Health Association programs.

Child Care Choices
301-662-4549
800-753-6841
http://www.childcarechoices.info

Conducts training and continuing education opportunities for prospective and current family child care providers, center staff, and preschool staff. Offers Technical Assistance for startup or continued operation of a child care business including consultations on including children with special needs and on-site assistance for programs with children, ages birth through four years old, who exhibit social, emotional, or behavioral issues. Organizes the Annual Children’s Festival in Baker Park where families and friends celebrate the joys of childhood through a day of free, hands-on activities especially for children ages 2-8.

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Healthy Families Frederick is part of a nationally recognized home visiting program, designed to work with first time families. Services are offered voluntarily, intensively, over the long term (up to age 5), and free of charge. Healthy Families Frederick services are individualized based on the needs of the family and may include assessment, referrals to community agencies, and home visiting services. Families enrolled in the home visiting program are assigned a family support worker who meets regularly with participants in their own home. During these visits, participants receive support and information related to healthy child development; positive parenting; strengthening family life; parent-child bonding and communication; well-baby medical care and immunizations; and other community resources to assist participants with their family’s needs. To receive HFF services a family must live in Frederick County and be a first-time parent who is pregnant or has a child who is less than 3 months old. Families can participate until their child reaches the age of 5 or starts kindergarten.

PhoneFriend Hotline

PhoneFriend is a 24 hour, 7 day a week hotline specifically for children who need to talk, are facing a problem, or need support while they are home alone.

Systems Navigation

Systems Navigators assist families who have children with multiple or intensive needs to navigate the complex systems of care. The service is free of charge to any family residing in Frederick County who has a child under the age of 21 with intensive needs in any life domain. The Systems Navigator will work with each family to identify needs and strengths, with a focus on coaching natural supports. The Navigator will address barriers in accessing resources and services, and work together with other agencies to meet the needs of each family. Navigation families cross the income spectrum - they serve families from all socioeconomic backgrounds. Common issues range from assistance with basic human needs to a variety of mental health, educational, and behavioral issues.

The Family Place

Provides a safe, positive place for children and their non-residential parents to develop or reestablish family bonds. There are 5 services offered: Therapeutic Supervised Visitation, Parent Coaching, Supervised Visitation, Monitored Supervision, and Monitor Transfer. Depending upon the level of support needed, the interactions are supervised by licensed therapists, trained community observers, or staff members who support parents to have healthy family connections. Programming is available to clients without court orders (provided both parents agree) and with Maryland or out of state court orders. Both parents are required to complete an intake appointment and fees are assessed on a sliding income scale.

Middletown Valley People Helping People

Provides services to residents of the Middletown Valley (or Middletown Schools feeder) area including: free transportation to medical appointments, a monthly luncheon for senior citizens, exercise and yoga classes for people 50+, a school supply drive, an “adopt-a-family” program at Christmas, and emergency financial assistance for utilities, rent, etc., and referrals to other agencies.
A 24-hour hotline for youth age 12 to 21 and their families providing crisis intervention, information and referrals, message delivery and conferencing services, and free bus rides home for qualified runaway and homeless youth age 12 to 20 via Greyhound’s Home Free Program. Live Chat service daily 4:30-11:30p.m. Also offers free educational materials.

Baby Safe Haven Program
http://www.nationalsafehavenalliance.org/
states/Maryland

The Safe Haven Program is designed to protect your newborn from danger or death and to protect you from legal action due to abandoning your baby. The program allows you to hand over your unharmed infant, within 10 days of birth, without fear of being arrested or prosecuted.

Planned Parenthood of Maryland
170 Thomas Johnson Drive, Suite 100
Frederick, MD 21702
410-576-1414
http://www.plannedparenthood.org/Maryland

The mission of Planned Parenthood of Maryland is to enable all Marylanders to have access to a wide range of high quality, affordable reproductive health care services. By providing medical services, education, training, and advocacy, PPM seeks to help individuals make informed decisions about their reproductive health, family planning options, and sexuality. (See complete description of services under the heading “Medical/Health Care and Wellness.”)

P.U.R.E. Love, Inc.
21 West Pennsylvania Avenue
Walkersville, MD 21793
301-304-5980
http://www.purseunityrenderempowerment.org

The Performing Arts Program C.A.M. (Cultural Artistic Minds) introduces and empowers underprivileged youth of the 21st century to the benefits of arts and music. The program will offer different opportunities for youth to express their creative talents. The following will be offered: Dance lessons (modern, tap, lyrical, hip-hop, ballet, and jazz), Art lessons (drawing, painting, digital art, and photography), Journalism, and Creative Writing.

Learn and Grow After School Program
301-304-5980

The after-school Learn and Grow program offers a learning, safe, functional environment that will provide under-privileged youth (grades K-12) the opportunity to study and improve their grades, academic understanding, and strengthen their self-esteem to study independently to accomplish high test scores and passing grades with confidence.
Student Homelessness Initiative Partnership (SHIP) of
Frederick County
P.O. Box 1629
Frederick, MD 21702

A non-profit community organization that addresses the urgent needs of the hundreds of Frederick County students encountering homelessness. SHIP helps in 4 primary ways: food, clothing, funding of after-school activities, and emergency shelter where no other options exist for the family.

Multisystemic Therapy
Way Station, Inc.
230 West Patrick Street
P.O. Box 3826
Frederick, MD 21705

MST empowers parents with the skills and resources needed to independently address the difficulties that arise in raising teenagers and to empower youth to cope with family, peer, school, and neighborhood problems. Within the context of support and skill building, the therapist develops weekly treatment plans that hold the therapist and family accountable for working toward those goals. MST strives to promote behavior change in the youth’s natural environment, using the strengths of each system to facilitate that change. MST is community-based, family-driven treatment for antisocial/delinquent behavior in youth. Youth are between 12 and 17 years of age and are involved in the Juvenile Justice System. Referrals are received by the Department of Juvenile Justice. See index for a complete listing of Way Station, Inc. services.

Head Start
YMCA of Frederick County
250 Madison Street
Frederick, MD 21701

Provides children age 3 and 4, including children with documented disabilities, a learning environment which allows them to develop socially, intellectually, and physically. Fifteen center sites are located throughout Frederick County. The preschool program provides group activities five days a week, for at least three and a half hours per day. Services include individualized family goal planning; child health screening in the areas of vision, hearing, dental, and overall development; nutritious meals served at breakfast and lunch; monthly field trips/community experiences; monthly parent meetings; and parent workshops. Transportation is offered. The program is free of charge; eligibility is determined, based in part, on financial need.

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LEGAL ASSISTANCE AND SERVICES FOR CRIME VICTIMS

Consumer Protection Division 301-600-1071 (Frederick Phone Assistance)
Attorney General’s Office 301-791-4780 (Hagerstown Office)
44 North Potomac Street, Suite 104 http://www.oag.state.md.us/consumer/index.htm
Hagerstown, MD 21740

State Legislature created the Consumer Protection Division to protect Maryland residents from unfair or deceptive business practices in dealings with stores, telemarketers, car dealers, repair facilities, new home developers, and any other business that sell or rent consumer goods, reality, credit, or services. (See complete description of services under the heading “Consumer Services.”)

Baltimore Neighborhoods, Inc. 410-243-4400 Fair Housing Hotline
2530 North Charles Street 410-243-6007 Tenant-Landlord Hotline
Baltimore, MD 21218 http://www.bni-maryland.org

Statewide phone line handling cases of housing discrimination and tenant-landlord counseling.

Community Alternative Mediation, Inc. (CALM) 301-631-2256
FCC Gambrill Hall, Room G-222 http://calm-frederick.org
7932 Opossumtown Pike
Frederick, MD 21702

CALM offers all Frederick residents, FCC students, and FCC staff the opportunity to resolve conflicts through mediation, community conferencing, and large group facilitation. CALM currently offers these services to all residents free of charge. CALM offers free training for community members as mediators who wish to volunteer at CALM. CALM also provides presentations for organizations and businesses on communication skills, managing anger and/or difficult situations, and alternative ways to resolve conflict. Mediation is neutral, confidential, and voluntary.

The types of conflicts that CALM conducts mediations for are: family disputes (sibling, separation/divorce, co-parenting, teen-parent, senior/eldercare transitions); neighborhood complaints (dogs/pets, boundary disagreements, noise, property, parking, visitors, shared use, etc.); landlord/tenant disputes; Homeowner Associations; roommates/shared living arrangements; Church/organization internal disputes; and school disputes (attendance mediations, individual education plan (IEP) meeting facilitation, peer disagreements, workshops for middle students in managing conflict).

Try mediation before calling the police or filing a court suit as research shows that mediation has a higher rate of agreement that meets everyone’s needs and are longer lasting in resolving the dispute. CALM’s volunteers are trained and skilled at making sure everyone is heard and feel safe in speaking freely about their concerns. Mediation empowers you to make your own decisions and plans to move forward. Don’t stay stuck in conflict!

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The Child Advocacy Center (CAC) of Frederick County is a child-friendly facility designed, staffed, and equipped to provide comprehensive and coordinated multi-disciplinary services to child abuse victims and their families. They serve children age 0 to 18 who have been sexually and/or physically abused or neglected. The CAC does not accept direct referrals from victims or their families. Referrals to the CAC are received from Child Protective Services or any local law enforcement agency only.

Civil Justice, Inc. is a Maryland non-profit corporation formed for the purpose of increasing the delivery of legal services to clients of low and moderate income while promoting a statewide network of solo, small firm and community based lawyers who share a common commitment to increasing access to justice through traditional and non-traditional means.

Foreclosure Mediation Program

Foreclosure mediation is a meeting at which a homeowner and mortgage lender negotiates potential modifications or other alternatives before an impartial judge in an attempt to reach an agreement. The Civil Justice Mediation Program is the only “reduced fee” or “low bono” legal service supported by the State of Maryland Department of Housing and Community Development. For a flat fee of $500, homeowners will retain the services of an attorney to represent their interests at the foreclosure mediation. The attorney’s services are limited to the mediation when using this program.

Foreclosure Recovery Program

The Foreclosure Recovery Program is designed for participants to move forward from the financial and legal consequences of the foreclosure in order to regain financial health. Qualified individuals will have the opportunity to meet with an attorney for a 90 minute, FREE session. The attorney will review your budget, credit reports, and any outstanding legal notices and discuss your concerns stemming from your foreclosure event. The attorney may also provide limited legal services, such as drafting dispute letters to credit bureaus or assisting with resolving municipal lien issues. At the conclusion of the session, participants will receive a checklist that identifies their potential legal issues, and advice or recommendations on steps to take to restore financial health and move toward future goals.

Intake and Referral Services

The Civil Justice Network is a consortium of solo and small firms who want to use private practice as a means to do public interest work. Members are committed to providing reasonable rates and high quality legal services to traditionally underserved members of the public in their own communities. They maintain a wide range of practice areas.
Legal Services
Frederick County Department of Aging http://www.frederickcountymd.gov/aging
1440 Taney Avenue
Frederick, MD 21702

Referrals are made to a locally contracted legal service provider for eligible Frederick County residents 60 years of age or over with priority for those with greatest economic need. They handle matters such as: 1) income maintenance/disability benefits: SSI or Social Security denial; 2) health care: Medicare or Medical Assistance denial; 3) nutrition: food stamp denial; and 4) housing/utilities: landlord/tenant. (See complete description of services under the heading “Special Populations Services: Services for Older Adults.”)

Child Support Enforcement Administration 800-332-6347
Frederick County Department of Social Services http://www.fcddss.info
100 East All Saints Street http://www.dhr.state.md.us/blog/?page_id=10276
Frederick, MD 21701

The Frederick County Department of Social Services, Child Support Enforcement Division is responsible for locating non-custodial parents, establishing paternity, establishing and enforcing child support and health insurance orders, collecting and disbursing support payments, and reviewing and adjusting court orders. Services are available for a nominal fee (currently $25), but fee is waived for Medical Assistance or Temporary Cash Assistance recipients.

Frederick County Human Relations Commission 301-600-1109
5370 Public Safety Place, 3rd Floor http://www.frederickcountymd.gov/1512/
Frederick, MD 21704
Human-Relations-Commission-HRC

The HRC, established by the Board of County Commissioners, is a dynamic organization of citizen volunteers who work to ensure a county free of illegal discrimination and injustice, where everyone is valued and respected regardless of their differences. The mission of the HRC is to pursue and promote equal opportunity for everyone; raise public awareness about human justice issues; and foster the positive aspects of multiculturalism and its impact on the community. When called upon, based on the case, the HRC will sit as an appellate body for cases that have been investigated by the Frederick County Human Relations Department (HRD). The HRC is willing and available to speak to any citizen or organization in the County. The public is invited, and encouraged, to attend HRC monthly meetings. The meetings are usually held on the last Tuesday of the month, at 7:00p.m., at Winchester Hall. Please call the HRD to verify date, time and location.

Frederick County Human Relations Department 301-600-1110
5370 Public Safety Place, 3rd Floor http://www.frederickcountymd.gov/
Frederick, MD 21704
HumanRelations

A County Government agency that investigates allegations of unlawful discriminatory treatment in the areas of housing, employment, and public accommodations, based on age, race, gender, religion, national origin, marital status, physical and mental disability, familial status, and source of income. All inquiries to the HRD are free and confidential. The HRD’s hours of operation are Monday-Friday, 8:00a.m.-4:00p.m. Appointments during non-business hours can be arranged upon request.
Seniors and Law Enforcement Together (SALT) Council
301-600-2167

The SALT Council is comprised of a group of senior citizens who work with law enforcement officers to offer input on community programs and provide information and workshops on safety and crime prevention issues throughout the community. The SALT Council accompanies senior crime victims to court. The Council also participates in intergenerational programs in the middle schools.

Victim Services Unit
301-600-1290
http://www.frederickcountymd.gov/744/Victim-Services

The Frederick County Sheriff's Office regrets that you have been a victim of a crime. Under the Maryland Constitution and State laws and guidelines, a victim of a crime must be treated with dignity, respect, and sensitivity during all phases of the criminal justice process. The Frederick County Sheriff's Office is committed to providing quality services to victims of crime. The Victim Services Unit consists of trained professionals to provide emergency services, crisis intervention, follow-up contact, referrals, and support. Victim Services also provides information specific to your crime, and the recovery process; information on where and how to obtain a civil order of protection or criminal charges; referrals to local, state, and national agencies based on your emotional, physical, and/or financial needs; coordination with law enforcement and other legal personnel handling your case; information on safety planning; information on how to obtain a copy of your report and any associated fees; information on domestic and family violence; assistance with appropriate return of property requests; support and crisis intervention counseling; assistance with arranging translation and interpretation services; and educational speakers on a variety of topics.

Victim-Witness Program
http://www.frederickcountymd.gov/3929/

Frederick County State's Attorney's Office
Circuit Court Division 301-600-1515 or 301-600-2594 or 301-600-2397
District Court Division 301-600-1683 or 301-600-1912
Family Violence Division 301-600-2594
Juvenile Division 301-600-2977
100 West Patrick Street
Frederick, MD 21701

Provides assistance to crime victims and witnesses to guide them through the criminal justice system; includes notification of the court process and case status, court accompaniment, assistance with restitution, referrals, and advisement of rights as victims.
The Frederick Police Department Victim Services Unit offers a strong support system for crime victims of all ages. Following an incident, victims of crime are frequently scared, confused, or disoriented. Victim Services can help with the healing process as well as through the legal process. The Frederick Police Department Victim Services Unit responds to victims upon referral from case reports. They handle a variety of offenses such as murder, rape, robbery, breaking and entering, assault, child abuse, theft, elder abuse, financial exploitation, domestic violence, and others. The Victim Services Unit provides victims options for seeking legal resources, counseling, medical assistance, as well as with the Maryland Criminal Injuries Compensation Board application process. They assist with referrals to many agencies such as, but not limited to, Social Services (Child Protective Service and Adult Protective Service), Frederick Mental Health Services, Child Advocacy Center, Developmentally Disabled services, Department of Aging, and local Domestic Violence providers. Their goal is to assess and understand each victim’s needs.

**Hearty House, Inc.**

301-662-8800
P.O. Box 857
Frederick, MD 21705

Hearty House provides comprehensive services to survivors of domestic violence, rape/sexual assault, and child abuse. Services include 24-hour hotline, emergency shelter, individual and group counseling, abuser intervention program, and legal advocacy and direct representation for protective and peace order hearings.

**Maryland Coalition Against Sexual Assault**

301-328-7023
P.O. Box 8782
Silver Spring, MD 20907

The Maryland Coalition Against Sexual Assault (MCASA) works to end sexual violence through public policy, education, community outreach, technical assistance, and legal services. MCASA offers sexual assault survivors and their families referrals to 17 member rape crisis and recovery programs statewide. Rape crisis and recovery centers provide confidential services to adult and child victims as well as their families, partners, and loved ones, including crisis intervention, counseling and referral; victim accompaniment to hospitals, police interviews and court; 24-hour Crisis Hotline with counselors trained to listen and offer information; individual, group, and family support; and assistance navigating the legal and judicial systems. MCASA also offers direct legal advice, representation, and referrals to sexual assault survivors and their families through their Sexual Assault Legal Institute.

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The mission of this non-profit organization is to ensure that victims of crime in Maryland receive justice and are treated with dignity and compassion through comprehensive victims’ rights and services. Offers free information; support through criminal justice proceedings (court accompaniment, legal representation); free attorneys for financially eligible victims for civil matters associated with the victimization; help recovering losses resulting from the crime; help using all victim’s rights that apply; victim’s rights education; peer grief support group for survivors of homicide victims at the Prince George’s County location; court preparation; other supportive services; and referrals for additional supportive services.

Maryland Crime Victims Compensation Program 410-585-3010
Maryland Criminal Injuries Compensation Board 888-679-9347
6776 Reisterstown Road, Suite 206 http://www.dpcs.state.md.us/victimservs/cicb
Baltimore, MD 21215

The Maryland Criminal Injuries Compensation Board provides financial assistance for innocent victims of crime. The Board may compensate victims who suffer from physical and mental injuries by helping with medical expenses and by providing payment for their lost wages. In cases of homicide, the Board may assist with funeral expenses and lost support for the victim’s dependents.

Maryland Legal Aid 301-694-7414
Midwestern Maryland Office 800-679-8813
22 South Market Street, Suite 11 http://www.mdlaw.org
Frederick, MD 21701

A private, non-profit law firm that serves people of limited income. Provides representation for the denial of Social Security benefits, denial of Unemployment benefits, custody, spouse abuse, abused and neglected children, landlord/tenant problems, migrant worker problems, consumer issues including bankruptcy if apartment, house, or utilities are at risk, education, wage claims, and rights of the elderly. They do not provide services in criminal cases, “fee generating” cases, or traffic court cases. If they are not able to assist with your case, they will offer referrals to other agencies that may be able to do so. Intake hours are Monday, Wednesday and Friday 9:00a.m.-12:00p.m.

Maryland Volunteer Lawyer Service 800-510-0050
1 North Charles Street, Suite 222 410-547-6537
Baltimore, MD 21201 http://www.mvlslaw.org

A free program for low and moderate income Frederick County residents with civil legal problems but who cannot afford to pay an attorney. Handles wills, powers of attorney, consumer rights, landlord/tenant disputes, name changes, uninsured accidents, deed changes, adult guardianship, simple divorce, bankruptcy, and tax disputes. Certain situations disqualify an applicant from the program, including financial disqualification. Call MVLS Monday through Thursday, 9:00a.m.-1:00p.m. to find out if you are eligible.
Recruits, screens, trains, and supervises community volunteers to advocate for the best interest of children involved with the foster care/court systems with the goal of assisting the courts and ensuring a safe, permanent home for every child. Children are referred only by the Juvenile Court.

Office of the Public Defender 301-600-1988
100 West Patrick Street
Frederick, MD 21701

Provides legal representation to those who cannot afford a private attorney. Must qualify based on financial need. The Office of the Public Defender can represent those charged with a Criminal and/or Juvenile offense or any offense which carries a possible period of incarceration or a fine over $500.00 and Civil - Child Support Contempt cases.

Maryland Safe at Home Address Confidentiality Program 800-633-9657 x3875
Office of the Secretary of State http://www.sos.state.md.us/acp/safeathome.aspx
16 Francis Street
Annapolis, MD 21401

The Maryland Safe at Home Address Confidentiality Program (ACP) is administered by the Office of the Secretary of State and provides an important service to victims of domestic violence. The goal of the Address Confidentiality Program is to help victims of domestic violence, who have relocated or are about to relocate, in an effort to keep their perpetrators from finding them. These services limit an abuser’s ability to access public information which could identify the new location of a victim who is in the program. This is not a witness protection program, rather it is a mail forwarding service. In most cases, using the substitute address allows State and local agencies to respond to requests for public information without disclosing the participant’s actual address. Participation in the Maryland Safe at Home Address Confidentiality Program is only one part of a victim’s overall safety plan. By itself, the ACP cannot keep a person safe. Combined with other safety strategies, the ACP can help a victim start a new life. The ACP is not for everyone. A victim services professional from a domestic violence program can help determine if ACP should be part of the victim’s safety plan. All applicants are encouraged to apply through a trained Application Assistant in one of the domestic violence programs offices located throughout the State. The Application Assistant will help a victim decide if ACP should be part of their safety plan, explain ACP services, explain the participant’s responsibilities, and assist with the completion of the application materials.

Pro Bono Resource Center of Maryland 410-837-9379
520 West Fayette Street
Baltimore, MD 21201
http://www.probonomd.org

The Consumer Protection Project assists Maryland consumers who have been sued by debt buyers, companies which often purchase charged off debts for pennies on the dollar. Debt buyers file tens of thousands of cases in Maryland each year, many of which are legally problematic due to errors or inconsistencies in the underlying account or in the chain of assignment. Since July 2011, PBRC’s Consumer Protection Project has trained over 200 volunteers to assist defendants in these cases.
The foreclosure crisis continues to impact every part of Maryland and uproot the lives of many of our neighbors. Launched by PBRC in 2008, the Foreclosure Prevention Pro Bono Project engages volunteer attorneys to assist homeowners in distress by providing direct representation in foreclosure matters as well as brief advice at Foreclosure Solutions Workshops, which are held regularly throughout the year and across the state.

Women’s Law Center of Maryland, Inc. 410-321-8761
305 West Chesapeake Avenue, Suite 201
Towson, MD 21204
http://www.wlcemd.org

The Women’s Law Center was established to meet the legal needs of women, especially in the area of family law and in the workplace. Today, their mission has broadened to include concerns for the legal rights of women and children. Their goal is to break down barriers to equal participation and promote equal rights for women and children. An important focus of the Women’s Law Center is public education regarding legal rights of women. The Women’s Law Center produces and distributes several publications that provide the public with reliable and accessible information about legal rights. The publications include “Legal Rights in Marriage and Divorce”, “Battered: What Can I Do?”, “Sex Discrimination in Employment”, “Legal Rights of Unmarried Cohabitants”, and “Your Money Matters, A Guide to Financial Independence for Women”. These publications are available to view on their website or can be ordered in print form.

Employment Law Hotline 877-422-9500

Attorneys trained in employment law are available to answer employment law questions. They also refer certain cases from the hotline to a panel of attorneys to see if an attorney can represent the caller. The hotline is open Tuesdays from 9:30a.m.-1:00p.m. and the first Thursday of every month from 5:00p.m.-7:30p.m.

Family Law Hotline 800-845-8550

Staffed by attorneys who practice family law in the State of Maryland, this statewide hotline provides legal information to callers with family law problems Monday through Friday from 9:30a.m.-4:30p.m.

Legal Forms Hotline 800-818-9888
877-293-2507 (Spanish speaking)

Staffed by attorneys, this statewide hotline assists callers who are handling their cases without a lawyer and provides assistance in completing legal forms. The English-speaking line is available on Tuesday and Friday from 9:00a.m.-12:30p.m., on Wednesday from 9:00a.m.-12:30p.m., and on Thursday from 9:00a.m.-4:00p.m. The Spanish-speaking line is a voicemail service; Spanish-speaking callers may leave a message at any time.

Multi-Ethnic Domestic Violence Project (MEDOVI) 410-396-3294

MEDOVI is a state-wide project that assists foreign-born victims of domestic violence obtain legal status in the United States, through VAWA Self-Petitions or U Visas.

Trafficking Post-Conviction Advocacy Project 410-321-8761

The Trafficking Project is a state-wide project that assists victims of trafficking who have convictions for prostitution to vacate those convictions, and may be able to assist with other post-convictions matters.
The Alzheimer’s Association offers support to people affected by Alzheimer’s disease and related dementias through a number of services and educational programs. Resources available for people affected by Alzheimer’s disease and their caregivers include a 24/7 professionally staffed Helpline (1-800-272-3900), support groups, care consultations, respite care, caregiver and professional staff training and education programs, early stage social engagement programs, MedicAlert® + Alzheimer’s Association Safe Return®, and linkages to clinical trials. The Frederick office is also a repository for over 100 pieces of information about Alzheimer’s disease and its effects on families and loved ones who have the disease. The lending library is well stocked with both books and videos to share.

American Red Cross, Frederick County 301-662-5131
2 East Frederick Street http://www.redcross.org/md/Walkersville
Walkersville, MD 21793

Helps the public prevent, prepare for, and respond to emergencies by providing classes in emergency preparedness/response, First Aid/CPR, aquatics, baby-sitting, etc. For information on donating blood, call 800-GIVE-LIFE.

As part of the Consumer Protection Division in the Attorney General’s Office, the Health Education and Advocacy Unit (HEAU) offers free mediation services to consumers who have a billing dispute with their health care provider or a coverage dispute with their HMO or insurance company. HEAU can assist consumers with the following types of complaints: if your health plan has refused to cover a medical procedure or pay for a medical service; if you need help resolving a billing dispute with a health care provider such as a doctor, dentist, or hospital; or if you need assistance settling a dispute about medical equipment, which was defective or never delivered. The mediation service is free. HEAU also helps consumers who have been denied enrollment in a Qualified Health Plan or denied Advanced Premium Tax Credits or Cost-Sharing Reductions by Maryland Health Connection. You can file a complaint online or by calling the telephone numbers above.

Federated Charities 301-662-1561
22 South Market Street, Suite 1
Frederick, MD 21701

Provides free loan of homecare medical equipment to any Frederick County resident for a maximum of 60 days. Also, offers low-cost rental space to non-profit human services agencies.
Frederick Community Action Agency
100 South Market Street
Frederick, MD 21701

See index for a complete listing of Frederick Community Action Agency Programs.

Access to Care
301-600-1506

Funded in part by the Maryland Community Health Resources Commission, the Access to Care (ATC) Program provides primary health care services to adults and children who are uninsured, ineligible for other health care programs, and have a total household income at or below 200% of the federal poverty level (FPL), as adjusted for the size of the family. For example, in 2014, a family of four with a total household income of $47,700 or less would be eligible for enrollment in the ATC Program.

Health Care for the Homeless
301-600-1506

The Health Care for the Homeless (HCH) program, initiated in 1989 through a federal grant, provides primary health care, case management, and supportive services to people that are homeless. The FCAA operates a primary health care clinic that is staffed by nurse practitioners, physician assistants, physicians, medical assistants, and case managers.

Medical Assistance Provider
301-600-6203

The FCAA is a participating provider in the Maryland Medical Assistance (Medicaid) Program and is currently accepting both adult and pediatric patients that have active Medical Assistance and have enrolled with Priority Partners MCO, Maryland Physicians Care MCO, and Riverside Health MCO. The FCAA also accepts patients with Unrestricted Medical Assistance.

School-Based Health Center Program
240-236-3275
1285 Hillcrest Drive
Frederick, MD 21703

Through a partnership with Frederick County Public Schools and the Ausburn Family Foundation, the FCAA began operating a School-Based Health Center during the summer of 2011. The School-Based Health Center serves students from Lincoln, Hillcrest, Waverly, and Monocacy Elementary Schools as well as their younger siblings.

Anne-Lynn Gross Breast Cancer Resource Center
301-846-2483
Office of Adult Services
http://www.frederick.edu/student-resources/adult-services.aspx
Frederick Community College
7932 Opossumtown Pike
Frederick, MD 21701

The Anne-Lynn Gross Breast Cancer Resource Center, located in the FCC Women’s Center, offers information and resources about early detection, treatment, and aftercare. A Breast Cancer Support Group meets the 2nd Thursday of each month at 7:00p.m. in the Student Center, Room H-102A (location subject to change). This group is for breast cancer survivors, from newly diagnosed to long-term remission/survival. See index for a complete listing of Office of Adult Services, Frederick Community College programs.
See index for a complete listing of Frederick County Health Department programs.

**Administration** 301-600-1029

For certified copies of Vital Records issued in the State of Maryland ONLY. Birth certificates are issued to persons born in the State of Maryland from year 1939 - present. The cost is $30.00 each. Death certificates are offered to persons having a legal purpose to receive a copy within 30 days of date of death if the funeral home they used filed with our location. The cost is $32.00 for the first copy and $20.00 a copy for each thereafter. They accept forms of payment by cash, check, money order, Visa, and MasterCard.

**Adult Evaluation and Review Services (AERS)** 301-600-1736

AERS provides comprehensive medical and psycho-social evaluations of the following groups seeking community-based services to support them in remaining in the community: 1) the elderly, 2) chronically disabled adults, and 3) recipients of community Medical Assistance (MA/Medicaid) benefits (both children and adults). AERS evaluators are nurses and social workers (with RN/LCSW-C credentials) whose goal is to support clients and families in maintaining their loved ones in the community/least-restrictive environment. Recommendations are made regarding appropriate, available community-based services. AERS evaluations are provided at no cost. In addition to general evaluations outlined above, AERS provides medical determination evaluations for community Medical Assistance (MA/Medicaid) recipients seeking home-based personal assistance services through the Department of Health & Mental Hygiene (DHMH) Community Options programs. (NOTE: AERS does not provide psychological/psychiatric evaluations for individuals requiring competency determinations.)

**Community Health Services Division:**

**Breast and Cervical Cancer Prevention Program** 301-600-3362

Provides FREE breast and/or cervical cancer screening for women 40 to 64 years of age who meet county residency and income guidelines. Services consist of a clinical breast exam, a screening mammogram, Pap test, and pelvic exam by a local medical provider.

**Colorectal Cancer Prevention Program** 301-600-3362

Provides FREE colorectal cancer screening for Frederick County residents, ages 50 to 64 years old who meet income guidelines. Services for an individual younger than 50 can be arranged if personal or family history of colorectal cancer is presented.

**Communicable Disease and Preparedness** 301-600-3342

Provides: adult and childhood immunizations; Tuberculosis diagnosis and treatment; communicable disease monitoring, investigation, testing, and treatment; refugee and migrant health assessments; monitoring of zoonotic illnesses including rabies prevention prophylaxis; HIV case management and testing.

See index for a complete listing of Frederick County Health Department programs.

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HIV/AIDS Testing and Treatment Program 301-600-3117

Provides HIV diagnostic services including rapid HIV testing and supplemental HIV testing. Provides chronic disease management for persons living with HIV. Services include assistance in obtaining insurance coverage; linkage to HIV specialty care; and comprehensive support services such as dental care, mental health care, specialty care, nutritional counseling, and emergency financial assistance.

Maternal Child Health 301-600-1733

- Childhood Lead Poison Prevention Program 301-600-3379

Provides education and information for any Frederick family that has a child with an elevated lead level. Case management and home visitation is provided based on the child’s age and lead level.

- Fetal Infant Mortality Review and Child Fatality Review Board (FIMR & CFR) 301-600-1757

Provides a systems review when a fetal, infant, or child death occurs. The review is done to reduce potential factors that may have contributed to these occurrences.

- Special Delivery 301-600-3586

Provides case management service that assists medical assistance eligible high risk pregnant women and children under the age of 6 months. Services are directed toward the alleviation of psychosocial problems and health education deficits to assure a healthy pregnancy outcome. An MCH nurse can address barriers to care, safety concerns, health behaviors, nutrition, social support, mental health issues, medication, dental issues, pregnancy issues, fetal child growth and development, and assist the client in obtaining appropriate community resources.

- Teen Child Birth Education Coordination 301-600-3472

Through collaboration with Families Plus! and Family Partnership, MCH coordinates registration for Free Teen Childbirth Education. Four courses total on Wednesday evenings, 6:00-8:00 p.m. are offered every other month at Family Partnership, 8420 Gas House Pike, Suite EE, Frederick, MD 21701.

Skin Cancer Education and Awareness Program 301-600-3362

Provides Skin Cancer education and awareness to Frederick County residents.

HIV/AIDS Testing and Treatment Program 301-600-3117

Provides HIV diagnostic services including rapid HIV testing and supplemental HIV testing. Provides chronic disease management for persons living with HIV. Services include assistance in obtaining insurance coverage; linkage to HIV specialty care; and comprehensive support services such as dental care, mental health care, specialty care, nutritional counseling, and emergency financial assistance.

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Skin Cancer Education and Awareness Program 301-600-3362

Provides Skin Cancer education and awareness to Frederick County residents.
The mission of the Frederick County Dental Clinic is to provide quality dental care for Frederick County children who have Medical Assistance or are uninsured. Services are by appointment only and are for children ages 1-18 years, including children with special needs. Services include complete examination, cleaning, x-rays, fluoride treatment, fillings, uncomplicated extractions, sealants, and oral health education. Also provided is examination and oral health education for children enrolled in the YMCA of Frederick County Head Start Program; oral screening and fluoride varnish application for children in schools served by the Frederick Community Action Agency’s School Based Health Center; and oral health education for interested groups serving children throughout Frederick County. No adult services are provided by the Dental Program. However, there is a Gray Area Access voucher for adults with limited income and no dental insurance. Local oral surgeons volunteer to provide dental services in their offices at reduced fees.

Frederick County Developmental Center:

Audiology Program
301-600-1611

Frederick County Developmental Center (FCDC) provides pediatric audiology services for uninsured and underinsured children in Frederick County and children served by the Frederick County Infants and Toddlers Program, Head Start, and the Frederick County Public School’s Special Education Program. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Frederick County Hepatitis Clinic, Inc.
301-378-8768
400 West Seventh Street
Frederick, MD 21701
http://www.hepatitisclinic.org

The Frederick County Hepatitis Clinic is a non-profit agency which provides screening, diagnosis, treatment, counseling, support groups, advocacy, and education regarding hepatitis infection. The Frederick County Hepatitis Clinic takes a leadership role in the Hepatitis C epidemic in the state of Maryland. They are not affiliated with the Frederick Memorial Hospital or Frederick Regional Healthcare System. Their staff is 95% volunteer. The clinic addresses access to care issues for vulnerable populations including the poor, working poor, chemically dependent, mentally ill, and HIV co-infected.

Frederick County Medical Society
301-663-3399
P.O. Box 1094
Frederick, MD 21701

The Frederick County Medical Society has been in existence since 1847. Its mission remains the same as stated some 160+ years ago: to provide oversight of physician performance in the practice of medicine, involvement in medical education by providing teaching and learning opportunities for local physicians, and the advancement of science by contributions to medical literature. They also provide the following services: referrals to local practices and a portal for complaints or concerns about local office practices. Complaints and concerns must be submitted in WRITING to the mailing address above.

Frederick Memorial Hospital
301-663-3399
400 West Seventh Street
Frederick, MD 21701
http://www.fmh.org

See index for a complete listing of Frederick Memorial Hospital programs.
Provides routine prenatal care following American College of Obstetrics and Gynecology guidelines including but not limited to outpatient visits, tests and treatments for maternity care. Services are provided by a Certified Nurse Midwife (CNM) or appropriate Nurse Practitioner (NP) supervised by a Medical Director who is an Obstetrician, and support staff. Practitioners and physicians have credentials and privileges at Frederick Memorial Hospital. Offers referrals for specialty care and coordination of services within the community as well as education, counseling, discharge planning, consultation with primary care and referring physicians, and/or other care providers. Serves Frederick County residents with a documented positive pregnancy test regardless of ability to pay. Uninsured patients will be referred to an FMH financial counselor. New prenatal outpatient visits will be scheduled at 10-12 weeks gestation or greater if the patient presents late to care. Return prenatal outpatient visits every 4 weeks until 28 weeks gestation, then every two weeks from 28-36 weeks gestation, then weekly after 36 weeks. Postpartum visits between 4-6 weeks after delivery date. A Maternal Fetal Medicine specialist consult may be requested for high risk patients who will co-manage the prenatal course with more frequent office visits.

**FMH Wellness Center**
5500 Buckeystown Pike
Frederick, MD 21703

The Weight Management Program includes New Direction, a medically monitored very low calorie program for persons 40 or more pounds overweight; OUTLook, which provides guidance on healthy eating and behavioral change; and Individual Nutritional Counseling. Call for a free orientation! The Diabetes program offers dietitian and nurse practitioner consults as well as diabetes education classes. Family Focus includes parenting preparation classes for first-time parents, Childbirth Education classes, and sibling classes. A variety of American Heart Association CPR classes are offered for the healthcare provider, the layperson, and first responder. Child safety seat checks are available by appointment, along with a car seat loaner program, and bicycle helmet sales and fittings by appointment. The Wellness Center also offers massage therapy, reiki, acupuncture, reflexology, meditation, and facials. The Wellness Center retail store carries a variety of health and wellness products. Variable fees apply for all services provided.

**Physician Directory Service**
301-695-1300
800-717-5324

Provides free access to listings of Frederick County specialty and primary care physicians. Phone service operates Monday through Friday, 8:30a.m.-4:30p.m.

**Women’s Health Services**
The Women’s Center @ FMH Crestwood
7211 Bank Court
Frederick, MD 21703

Women’s Health Services has a patient navigator who assists women with pelvic health concerns and general women’s health issues. She is available to direct women to the appropriate provider, provide education, and host educational seminars throughout the year on various women’s health topics.
Goodwill Industries of Monocacy Valley, Inc.
400 East Church Street
Frederick, MD 21701
301-663-6893
http://www.gimv.org

Provides loan of used assistance devices such as wheelchairs, walkers, crutches, and adult potty chairs. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Hospice of Frederick County
an affiliate of Frederick Regional Health System
P.O. Box 1799
516 Trail Avenue
Frederick, MD 21702
240-566-3030
http://www.hospiceoffrederick.org

A comprehensive insurance-approved health care service specializing in providing medical, emotional, spiritual, and bereavement support to terminally ill individuals and their loved ones. Hospice services are provided to patients where they reside, including in their own home, at long term care facilities, and at the Kline Hospice House. HFC also provides, at no charge, grief support to anyone in the community, regardless of whether Hospice was involved with the death. This includes: workshops, support groups, seminars, and individual telephone calls or one-on-one support. HFC offers Camp Jamie, a bereavement camp for children ages 6-14, at no cost to families.

Lion’s Club
301-631-2670 (Religious Coalition)

Sight conservation is a major project of the Lion’s Club. In partnering with the Religious Coalition for Emergency Human Needs, it provides qualifying, low-income persons with the resources for vision health. The program includes assistance for eye examination and eyeglasses.

Make-A-Wish Mid-Atlantic
5752 River Road, Suite 700
Bethesda, MD 20816
301-962-9474
http://midatlantic.wish.org

Make-A-Wish® Mid-Atlantic is a non-profit organization that grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. The Mid-Atlantic chapter serves children who reside in Maryland, Washington, D.C., Northern Virginia (Arlington, Fairfax, Fauquier, Loudoun, Prince William Counties, and the city of Alexandria), and central and southern Delaware. Founded in 1983, Make-A-Wish Mid-Atlantic has granted the wishes of more than 8,000 children fighting illnesses such as cancer, pediatric AIDS, cystic fibrosis, Duchene’s muscular dystrophy, and heart disease. A wish fulfilled creates a memorable experience for a child fighting a life-threatening medical condition and gives him or her something positive to think about instead of medical treatments and hospital visits.

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Marty Lyons Foundation
354 Veterans Memorial Highway, Suite 9
Commack, NY 11725
http://www.martylyonsfoundation.org
631-543-9474

The Marty Lyons Foundation, Inc. is a non-profit, charitable, tax-exempt 501(c)(3) organization, incorporated in New York in December 1982. The Foundation (MLF) was established to fulfill special wishes of children, chronically aged 3 to 17 years, who have been diagnosed as having a life-threatening or terminal illness. These wish applicants must reside or be residing in the geographic area where the Foundation is registered. Headquartered in New York City, MLF currently has 10 chapters fulfilling wishes in 13 states - Alabama, Connecticut, Florida, Georgia, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, South Carolina, Texas, and Virginia.

Maryland Health Care Commission
4160 Patterson Avenue
Baltimore, MD 21215
http://mhcc.maryland.gov
410-764-3460

The Maryland Health Care Commission is an independent regulatory agency whose mission is to plan for health system needs, promote informed decision-making, increase accountability, and improve access in a rapidly changing health care environment by providing timely and accurate information on availability, cost, and quality of services to policy makers, purchasers, providers, and the public. The Commission’s vision for Maryland is to ensure that informed consumers hold the health care system accountable and have access to affordable and appropriate health care services through programs that serve as models for the nation.

Maryland Insurance Administration
200 Saint Paul Place, Suite 2700
Baltimore, MD 21202
800-735-2258 TTD
http://www.mdingsurance.state.md.us
410-468-2000

The Maryland Insurance Administration (MIA) is the state agency that regulates the business of insurance in the State of Maryland. If a consumer has a question about insurance or experiences a problem, they can contact the MIA for help. The MIA provides assistance to consumers, businesses, healthcare providers, and producers in all areas of insurance including life, health, disability, automobile, homeowners, and property.

Maryland Poison Center
220 Arch Street, 1st Office Level
Baltimore, MD 21201
800-222-1222
http://www.mdpoisson.com
301-682-5683

A 24-hour hotline for questions about poison.

Mission of Mercy
22 South Market Street, Suite 6D
Frederick, MD 21701
http://www.amissionofmercy.org
301-682-5683

Mission of Mercy is currently providing free medical and/or dental services at the six locations listed below. Site visits are scheduled for one full day from approximately 9:00a.m.-4:00p.m. New patients and dental patients are first-come, first-serve walk-ins. Existing patients can make an appointment (see phone numbers below). Please see the website for directions and schedule.

(Description continued on next page)
Sites:  
*Faith Baptist Church*  
2212 Jefferson Pike  
Knoxville, MD 21758  
301-631-2670 x110 (Appointment line)

Served twice a month on Tuesdays

*Frederick Church of the Brethren*  
201 Fairview Avenue  
Frederick, MD 21701  
301-631-2670 x110 (Appointment line)

Served twice a month on Mondays

*Gettysburg Foursquare Church*  
330 West Middle Street  
Gettysburg, PA 17325  
717-339-6914 (Appointment line)

Served once a month on Wednesday

*Reisterstown United Methodist Church*  
246 Main Street  
Reisterstown, MD 21136  
410-833-5870 (Appointment line)

Served once a month on Tuesdays

*Harrisburg Brethren in Christ Church*  
2217 Derry Street  
Harrisburg, PA 17325  
717-315-9813 (Appointment line)

Served twice a month on Thursday

*Trinity Evangelical Lutheran Church*  
38 West Baltimore Street  
Taneytown, MD 21787  
410-833-5870 (Appointment line)

Served once a month on Wednesday

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**Specialized Programs**  
800-532-5274

**Patient Advocate Foundation**  
http://www.patientadvocate.org  
421 Butler Farm Road  
Hampton, VA 23666

In addition to PAF’s core services, it is proud to operate the following additional dedicated programs to meet the needs of specific groups of patients, caregivers, and providers: Colorectal Care Line, Narcolepsy Care Line, Heart Valve Care Line, Asthma Clinical Appeals Care Line, and Radiation Co-Payment Small Grant Financial Aid Fund. These programs are supported through grants, partnerships, and targeted donations. Refer to the above website for contact information for individual programs.

**Planned Parenthood of Maryland**  
410-576-1414  
170 Thomas Johnson Drive, Suite 100  
Frederick, MD 21702  
http://www.plannedparenthood.org/Maryland

The mission of Planned Parenthood of Maryland is to enable all Marylanders to have access to a wide range of high quality and affordable reproductive health care services. By providing medical services, education, training, and advocacy, PPM seeks to help individuals make informed decisions about their reproductive health, family planning options, and sexuality.

Reproductive health care services for women and men include well woman exams, birth control options, pregnancy testing, testing and treatment for sexually transmitted infections, HIV testing, and family planning options. Fees are based on a sliding scale. They also accept private health insurance and Medicaid among other insurance options.
Religious Coalition for Emergency Human Needs 301-631-2670
27 DeGrange Street  http://www.therenligiouscoalition.org
Frederick, MD 21701

When people cannot afford medical care or medications, their conditions worsen and additional medical care is required. Many families are forced to choose between feeding the whole family and buying medicine for one person. The Coalition makes referrals to other agencies and services. Vouchers are supplied for care arranged through a network of providers such as physicians, dentists, and pharmacists.

DePaul Dental Program 301-447-6102
Seton Center, Inc.  http://www.setoncenterinc.org
16840 South Seton Avenue
Enmitsburg, MD 21727

The DePaul Dental program works with local dentists and oral surgeons to provide dental services at reduced rates for adults. 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.

Angel Bus Program 301-271-4554 (leave a message)
St. John’s Lutheran Church
15 North Church Street
Thurmont, MD 21788

Provides limited assistance for gas for those going to a medical appointments.

University of Maryland Extension Frederick County 301-600-1594
330 Montevue Lane  http://extension.umd.edu/Frederick-county
Frederick, MD 21702

UME provides research-based practical information to the challenges of American families. Nominal fee for some programs. (See complete description of services under the heading “Consumer Services.”)

Prescription Resources

AARP Prescription Discounts 877-422-7718
American Association of Retired Persons  http://www.aarppharmacy.com

With AARP Prescription Discounts, AARP members - and their spouses - can save an average of 38% on FDA-approved prescription drugs. Choose from over 64,000 participating pharmacies nationwide, including CVS, Kroger, Rite Aid, Walmart, Walgreens, and more.

Good Days from CDF 877-968-7233
6900 Dallas Parkway, Suite 200  972-608-7141
Plano, TX 75024  http://gooddaysfromcdf.org

Good Days® exists solely to improve the health and quality of life of patients with chronic disease, cancer, or other life-altering conditions. They believe that no one should have to choose between getting the medication they need or affording the necessities of everyday living. Good Days provides co-payment assistance to under-insured patients who are diagnosed with chronic or life altering diseases that require the use of high-cost treatments. Good Days also has some programs available to assist with travel and premium assistance for certain chronic diseases.

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27 DeGrange Street  http://www.therenligiouscoalition.org
Frederick, MD 21701

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<th>Salvation Army</th>
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<td>P.O. Box 655</td>
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<tr>
<td>Walkersville, MD 21793</td>
<td>Frederick, MD 21701</td>
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<td>301-845-0213</td>
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800-222-2818     http://www.familywize.org

FamilyWize essentially acts like a huge consumer group buying service for the uninsured and underinsured. The discounts and savings on medications are provided voluntarily by the more than 61,000 participating pharmacies that have agreed to provide prices similar to what they give large insurance companies and employers. It’s easy to use a FamilyWize Card. There are no forms to fill out, waiting period, or registration. The card is really just like a reusable prescription coupon on all FDA approved medicines. Anyone in your family, your work, your church, or your neighborhood can use it, immediately. You can even use it if you have health insurance, both during deductible periods and for anything your insurance does not pay for. Average savings is $23 per prescription. Use the online Drug Price Lookup Tool to see exactly how much your medicine will cost at different participating pharmacies in your area. The participating pharmacy will always give you its lowest (or best) price available. To get a card, download the FamilyWize smartphone app or go to the above website.

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Medbank Program 301-600-3972
Frederick Community Action Agency 301-600-1506
100 South Market Street http://www.cityoffrederick.com/fcaa
Frederick, MD 21701
Through the Medbank Program, FCAA case managers help people access free prescription medications made available through patient assistance programs operated by pharmaceutical manufacturing companies. See index for complete listing of Frederick Community Action Agency programs.

Maryland AIDS Drug Assistance Program 410-767-6535
Maryland Department of Health and Mental Hygiene 800-205-6308
500 North Calvert Street, 5th Floor http://phpa.dhmh.maryland.gov/OIDPCS/CHP
Baltimore, MD 21202
The Maryland AIDS Drug Assistance Program (MADAP) Client Services is dedicated to helping Marylanders living with HIV/AIDS live longer and healthier lives. MADAP assists eligible individuals living with HIV/AIDS access drugs for HIV treatment and its complications and MADAP Plus covers health insurance premiums for eligible HIV+ Maryland residents. All information is kept completely confidential.

- MADAP pays for drugs, co-pays, co-insurance, and deductibles for drugs on the MADAP formulary.
- MADAP Plus pays for monthly Medicare Part D, MHIP or private prescription Drug Plan premium.

If you have Medicaid coverage you are not eligible for MADAP assistance.

Maryland Senior Prescription Drug Assistance Program 800-551-5995
800-877-5156 TTY/TDD http://www.marylandspdap.com
The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005. It provides financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan.

SPDAP is overseen by the Maryland Health Insurance Plan, which is an independent agency of the state of Maryland and governed by a Board of Directors. Pool Administrators, Inc. administers this program for the Maryland Health Insurance Plan.

To participate in the Senior Prescription Drug Assistance Program, individuals must provide proof of residency in Maryland for at least six months; be a Medicare recipient; and have an income at or below 300% of the Federal Poverty Level.

Merck 800-727-5400 http://www.merckhelps.com
This private and confidential program provides medicine free of charge to eligible individuals, primarily the uninsured who, without assistance, could not afford needed Merck medicines. Individuals who don’t meet the insurance criteria may still qualify for the Merck Patient Assistance Program if they attest that they have special circumstances of financial and medical hardship, and their income meets the program criteria.
This website has information on over 4,000 programs that help those who can’t afford their medications and/or medical care. There’s information on pharmaceutical patient assistance programs, disease-based assistance, state programs, and programs that help people complete their paperwork. There is also a resource containing data on over 13,000 free/low-cost/sliding-scale clinics. All the information is free, easy to access, and regularly updated. They also offer a free drug discount card that’s accepted at nearly 63,000 pharmacies. Anyone can use the card regardless of income level, insurance status, age, or residency. The card offers a discount ranging from zero to 80% on prescription drugs, over-the-counter drugs, and medical supplies that are written on a prescription form, and pet prescription drugs purchased at a pharmacy. The average savings is 40%. The card is free and there is no registration process or cost. The card can be downloaded from the website or obtained by sending them a self-addressed stamped envelope to the address above.

**Needy Meds**
P.O. Box 219
Gloucester, MA 01931
800-503-6897
http://www.needymeds.com

This website has information on over 4,000 programs that help those who can’t afford their medications and/or medical care. There’s information on pharmaceutical patient assistance programs, disease-based assistance, state programs, and programs that help people complete their paperwork. There is also a resource containing data on over 13,000 free/low-cost/sliding-scale clinics. All the information is free, easy to access, and regularly updated. They also offer a free drug discount card that’s accepted at nearly 63,000 pharmacies. Anyone can use the card regardless of income level, insurance status, age, or residency. The card offers a discount ranging from zero to 80% on prescription drugs, over-the-counter drugs, and medical supplies that are written on a prescription form, and pet prescription drugs purchased at a pharmacy. The average savings is 40%. The card is free and there is no registration process or cost. The card can be downloaded from the website or obtained by sending them a self-addressed stamped envelope to the address above.

**Needy Meds**
P.O. Box 219
Gloucester, MA 01931
800-503-6897
http://www.needymeds.com

The Partnership for Prescription Assistance is a national service that was created to make it easier for patients to find and have access to patient assistance programs from pharmaceutical companies, states, and other organizations.

**Partnership for Prescription Assistance**
888-477-2669
http://www.pparx.org

The Partnership for Prescription Assistance is a national service that was created to make it easier for patients to find and have access to patient assistance programs from pharmaceutical companies, states, and other organizations.

**Patient Access Network Foundation**
P.O. Box 221858
Charlotte, NC 28222
866-316-7263
202-347-9272
http://www.panfoundation.org

Patient Access Network (PAN) Foundation is an independent, 501(c)(3) nonprofit organization dedicated to providing help and hope to underserved patients who would otherwise be unable to afford high-cost specialty medications. PAN provides assistance through nearly 60 disease-specific programs designed to help patients being treated for certain cancers, chronic illnesses, and rare diseases. Since 2004, PAN has provided over $700 million in financial assistance to more than 300,000 patients. Through a quick, streamlined application process for patients and easy-to-navigate online portals for specialty pharmacies and providers, PAN makes it simple and convenient for patients to get the financial assistance they need quickly, so they can initiate treatment immediately.

**Co-Pay Relief Program**
866-512-3861

**Patient Advocate Foundation**
421 Butler Farm Road
Hampton, VA 23666
757-952-0118
http://www.copays.org

Patient Advocate Foundation’s Co-Pay Relief (CPR) Program is a national non-profit program that provides direct co-payment assistance for pharmaceutical products to insured Americans who financially and medically qualify. The program offers personal service to all patients through the use of CPR call counselors, personally guiding patients through the simple enrollment process. The exact amount of funding award level varies with disease silo, refer to the above website for current amounts.
Pfizer has a program called Pfizer RxPathways which can help eligible patients get access to their Pfizer medicines by offering a range of support services, including insurance counseling, and co-pay help (providing Pfizer medicines for free or at a savings), and more. To learn more about the Patient Assistance program, eligibility requirements, and terms and conditions that apply, please call the number above Monday through Friday from 8:00a.m.-6:00p.m. (EST), or visit the above website.

Rx Outreach
800-769-3880
P.O. Box 66536
Saint Louis, MO 63166

Rx Outreach is a patient assistance program that provides affordable medicines for those who qualify financially. Rx Outreach is available to people in need who are uninsured and underinsured. A 3 or 6 month supply of a medication offered by Rx Outreach may be purchased for $20 to $95, depending on the medication.

Patient Assistance Programs
866-699-8239
Xubex Pharmaceutical Services
P.O. Box 1244
Winter Park, FL 32790

Xubex offers online assistance to qualified individuals for generic medications. A 90 day supply of a medication may be purchased for $20 to $100. This service is available to patients, social workers, physicians, and patient advocates.

Programs Providing Payment Assistance or Insurance for Low-Income Individuals

Family Investment
301-600-4575
Frederick County Department of Social Services
http://www.fcdss.info
100 East All Saints Street
Frederick, MD 21701

Coordinates assistance benefits for the Medical Assistance Program. (See complete description of services under the heading “Assistance for Basic Needs.”)

Health Care Connections
301-600-8888
Frederick County Health Department
http://www.frederickcountymd.gov/
350 Montevue Lane
Frederick, MD 21702

See index for a complete listing of Frederick County Health Department programs.

Administrative Care Coordination Unit
301-600-8888
Facilitates client’s successful navigation of Medical Assistance Programs.

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Facilitates client’s successful navigation of Medical Assistance Programs.
Provides free and low cost health insurance coverage for children (up to age 19), pregnant women and families (parents & guardians with children under 21 years), and adults 19 to 64 (whether they have children or not), with low to average incomes. Covered services include inpatient hospital care, medical doctor visits, lab tests, dental care, eye care, medication, and immunizations. For comparison, the qualifying maximum income for a family of 4 is $50,323 for children, and $73,682 for pregnant women (including the unborn baby) for free insurance coverage. The qualifying income changes every year. If you are not eligible for the free healthcare services above, your children may be eligible for MCHIP Premium, which provides low cost health insurance to children based on qualifying family income. For example, the maximum income for a family of 4 is $76,797. The cost per family is $52-$65 per month no matter how many children are in the home. (All figures quoted are effective as of March 2014). If the income is too high for these programs you may be eligible for a Qualified Health Plan which is determined by the tax returns and insurance premiums are based on a tax credit and/or a cost sharing reduction. Pick up an application at the Health Department, online at the above website or call to have an application mailed to you. Completed applications can be mailed, faxed, or dropped off at the Health Department.  

**Health Insurance Marketplace**

800-318-2596

http://www.healthcare.gov

The Health Insurance Marketplace helps uninsured people find health coverage.

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SCHOLARSHIPS/FINANCIAL AID INFORMATION

The Community Foundation of Frederick County
301-695-7660
312 East Church Street
Frederick, MD 21701
http://www.frederickcountygives.org

The Community Foundation of Frederick County, a public charity, was founded in 1986 by a group of community citizens as a conduit for donors to fulfill their charitable dreams by establishing permanent, named, component funds that award grants and scholarships to non-profits and deserving students. To date, the Community Foundation has more than 640 funds that support health care, the arts, human service agencies, animal welfare groups, environmental organizations, faith-based organizations, educational institutions, scholarship programs, and other civic causes.

The universal grant application is open to 501(c)(3) nonprofit organizations, governmental agencies, groups that have organized on a temporary basis to address a specific need, faith-based organizations proposing funding for non-sectarian activities, and long-standing community service or civic groups. The application period is generally in the summer each year and interested applicants should check the website at http://www.frederickcountygives.org/ receive/grants for specific application dates. All applications will be accepted online through this same website. Funding for one-time purchases, capital expenditures, fulfillment of wishes, camperships, activity subsidies, or other purposes as outlined in the application is available. Applicants must show the direct and positive impact their grant will create in Frederick County. Other grants are available for application throughout the year and these can be found using the link listed above.

The universal scholarship online application is open to students about to complete their senior year of high school; students already enrolled in a trade school, college, or university; and non-traditional students over the age of 21. The application period opens January 15 and closes February 15 each year. Students are advised to check these dates on the website in case of changes. Over 200 scholarships are available, with the criteria established by the scholarship fund’s founding donors. Some scholarships do not consider financial need, and all students are encouraged to apply.

Project Forward Step
301-846-2483
Office of Adult Services
http://www.frederick.edu/student-resources/
adult-services.aspx
Frederick Community College
7932 Opossumtown Pike
Frederick, MD 21702

Project Forward Step offers counseling, information and referral services to adults in transition, and financial assistance consideration for eligible single parents and displaced homemakers toward certain educational costs associated with attending courses or training at Frederick Community College. (See complete description of services under the heading “Education, Training, Employment, and Volunteer Information.”)

Live Your Dream Award
http://www.soroptimist.org
Soroptimist International

The Soroptimist Live Your Dream Awards (formerly the Women’s Opportunity Awards) assists women who provide the primary source of financial support to their families by giving them the resources they need to improve their education, skills, and employment prospects. In addition to providing the primary financial support for their families, eligible applicants must be enrolled in, or have been accepted to, a vocational/skills training program or an undergraduate degree program and must demonstrate financial need.

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Websites

The following websites provide useful information and/or free scholarship searches.

http://www.asa.org - American Student Assistance (information on student loans)
https://bigfuture.collegeboard.org/pay-for-college - College Board (Financial Aid Resource Guide)
http://www.collegeresourcenetwork.com - College Resource Network (Scholarship Resources & Search)
http://www.collegeview.com/financialaid - College View (Financial Aid Resources)
http://www.fafsa.gov - FAFSA (Free Application for Federal Student Aid)
http://www.fastweb.com - Fast Web (Scholarship Search)
http://www.gocollege.com/financial-aid - Go College (Scholarship Resources & Search)
http://www.hispanicfund.org - Hispanic College Fund
http://www.mhec.state.md.us/financialAid - Maryland Higher Education Commission (Financial Assistance Information)
http://www.salliemae.com/plan-for-college/scholarships - Sallie Mae (Scholarship Search)
http://www.salliemae.com/student-loans - Sallie Mae (Student Loan Information)
http://www.scholarships.com - Scholarships.Com (Scholarship Resources & Search)
http://www.uncf.org - United Negro College Fund

Websites

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http://www.asa.org - American Student Assistance (information on student loans)
https://bigfuture.collegeboard.org/pay-for-college - College Board (Financial Aid Resource Guide)
http://www.collegeresourcenetwork.com - College Resource Network (Scholarship Resources & Search)
http://www.collegeview.com/financialaid - College View (Financial Aid Resources)
http://www.fafsa.gov - FAFSA (Free Application for Federal Student Aid)
http://www.fastweb.com - Fast Web (Scholarship Search)
http://www.gocollege.com/financial-aid - Go College (Scholarship Resources & Search)
http://www.hispanicfund.org - Hispanic College Fund
http://www.mhec.state.md.us/financialAid - Maryland Higher Education Commission (Financial Assistance Information)
http://www.salliemae.com/plan-for-college/scholarships - Sallie Mae (Scholarship Search)
http://www.salliemae.com/student-loans - Sallie Mae (Student Loan Information)
http://www.scholarships.com - Scholarships.Com (Scholarship Resources & Search)
http://www.uncf.org - United Negro College Fund
SPECIAL POPULATIONS SERVICES

Services for Those with Physical, Emotional, or Intellectual Disability

Abilities Network  
5301 Buckeystown Pike, Suite 301  
Frederick, MD 21704

301-695-9505  
http://www.abilitiesnetwork.org

Abilities Network’s mission is to challenge the community to acknowledge the value and equality of people of all abilities. Their services are personalized to support each person to live, work, socialize, and participate in the community.

- The Autism Services program is designed to help each individual develop successful social and behavioral management skills, improve and refine communication skills in home and community settings, and achieve a sense of security and safety in a variety of settings.
- The Community and Employment Partners program provides services designed to support adults with disabilities to live and work as independently as possible in their communities.
- Abilities Network/Epilepsy Foundation of the Chesapeake Region’s (EFCR) Epilepsy Services program serves individuals, families, and the greater community with epilepsy education, information and referral services, assistance with medical issues, advocacy, support groups, and scholarship support.
- Project ACT (All Children Together) makes it possible for families, childcare professionals, and other education and service agencies to collaborate in successfully including children of all abilities in community settings.
- Support Services is a family-centered program that focuses on the needs and preferences of adults and families of a child with a disability. The program is designed to assist individuals with a disability, their families, and their caregivers. Support Services offers services in areas such as financial assistance, support, networking, and community-based resources.

The Arc of Frederick County, Inc.  
620-A Research Court  
Frederick, MD 21703

301-663-0909  
http://www.arcfc.org

The Arc of Frederick County is an advocacy agency supporting adults and children with developmental disabilities to lead enviable lives in the community. The Arc provides assistance to individuals and families in planning, locating, accessing, maintaining, and advocating for supports and services they need and desire.

Contributions from members, civic groups, and grants allow The Arc to offer additional needed supports to people in Frederick County. Information and Referral and Educational Advocacy services are available to anyone who contacts The Arc and has a developmental disability or is a family member of someone with a disability. The Arc offers residential support for children and adults (in their family’s home, or in their own home), and assists individuals who need to learn the skills to transition to their own home. The Arc offers employment supports for adults and transitioning students to locate careers based on their passions, talents, and personal interests. Cooking, computer, creative movement, music, art, and Adult Basic Education classes are all offered in response to requests from the people served by The Arc. Working Together Self-Advocacy is a support group for adults with developmental disabilities. Parent and sibling support groups are available to support family members. Also available is a free, monthly respite program called Parents Day Out. The Arc has an Hispanic Outreach position to reach the growing Spanish speaking population in Frederick.

(Description continued to next page)
Following the mission of the founding parents, The Arc continues to respond to the needs of children with developmental disabilities, their families, and the Frederick community.

The Arc’s services are varied and numerous. They are tailored according to the individual’s and family’s needs, and are driven by their own choices. The Arc of Frederick County works to guarantee people with developmental disabilities the same rights and opportunities enjoyed by other citizens. The Arc helps people exercise the right to be contributing members of society, to receive quality education, to be gainfully employed, to live in desirable homes, to have friends and families, and to direct their own lives.

Community Living, Inc. 301-663-8811
620-B Research Court
Frederick, MD 21703
http://www.communitylivinginc.org

CLI provides housing and supports to over 100 people with developmental disabilities in the Frederick community and has been for 35 years. They have 26 homes that provide a 24/7 home environment including complete access to everything that Frederick has to offer. The people that live independently enjoy the same activities and do so with assistance for grocery shopping, medical appointments, and banking. CLI also has a retirement program for Seniors and medically fragile individuals that encourages day trips, crafts, gardening, lunch out, volunteering at local businesses, swimming at the “Y”, or just relaxing. CLI now provides a vocational program for 42 individuals with developmental disabilities. Volunteers are always welcome.

Daybreak Adult Day Services, Inc. 301-696-0808
7819 Rocky Springs Road
Frederick, MD 21702
http://www.daybreakadultdayservices.org

A private, non-profit agency which provides adult day care for persons with medical, physical, and cognitive conditions. Three separate programs are offered to meet the diverse needs of the senior population. Senior Center Plus program allows for socialization, meals, daily exercise, and activities to stimulate mind and body. Medical day program offers supportive/personal care assistance with medical monitoring of health conditions such as diabetes, Parkinson’s disease, stroke, head injury, and arthritis; it also offers activities, daily exercise, and meals. The specialized memory impaired program for those with Alzheimer’s and related dementias allows for a smaller environment, higher staff ratio, and activities to meet their specific needs. Transportation services available for all three programs to and from home to center. Fees are based on a sliding scale, with financial aid available to those who meet the criteria.

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Division of Rehabilitation Services (DORS) 301-600-3075
100 East All Saints Street, Room 201
Frederick, MD 21701
888-523-0255
301-200-8093 videophone
http://www.dors.state.md.us

DORS is a state agency with programs and services that help people with significant disabilities become successfully employed. A DORS counselor will help you choose from programs and services such as: career decision making and counseling, rehabilitation technology services, employment and skills training, job search and job placement services, job coaching, and supported employment services. Complete an online referral at the website above or contact the DORS office nearest your home. DORS offices are located in communities throughout the state. In addition to vocational services, DORS Office for Blindness & Vision Services (OBVS) also provides services to individuals age 55 and older who have vision loss or blindness.
Community-based psychiatric rehabilitation programs (pre-vocation training and residential services) that provide independent living skills training for deaf and hearing adults with a serious mental illness. They accept individuals who are currently hospitalized and persons living in the community who are recovering from mental illness. Fees: MA.

**PATH Project/SOAR Program**

301-600-1506

Frederick Community Action Agency

http://www.cityoffrederick.com/fcaas

100 South Market Street

Frederick, MD 21701

See index for a complete listing of Frederick Community Action Agency programs.

The federally funded PATH Project provides case management, outreach, and transportation services to people who are homeless and have a serious mental illness. PATH Project staff work closely with therapists and psychiatrists from other agencies to ensure adequate access to mental health treatment services for homeless people.

The SSI/SSDI Outreach, Assessment, and Recovery (SOAR) Program helps people that are homeless and disabled to apply for disability benefits available through the Social Security Administration. In addition, the SOAR case manager assists people with obtaining necessary documents, such as birth certificates and photo identification cards, needed to apply for benefits.

**Frederick County 4-H Therapeutic Riding Program**

301-898-3587

Silverado Stables

http://www.fc4htrp.org

11515 Angleberger Road

Thurmont, MD 21788

The Frederick County 4-H Therapeutic Riding Program provides therapy through horseback riding to the disabled citizens of Frederick County. Lessons and therapy are provided at no charge to students for two seven-week sessions (spring and fall). The program is incorporated in the State of Maryland as a non-profit 501(c)(3) organization. Students are supervised by trained instructors as well as licensed Occupational and Physical Therapists. The program has a waiting list and currently has 76 students who ride Tuesday and Thursday evenings and on Saturdays. Volunteers are always needed to lead horses, side-walk with disabled riders, and groom and tack horses as part of the barn crew. Volunteers must be at least 12 years old to work in the barn, and 14 or older to work in the ring.

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**Adult Services** 301-600-2635
**Frederick County Department of Social Services** 301-564-8230 (after hours)
100 East All Saints Street http://www.fcdss.info
Frederick, MD 21701

See index for a complete listing of Frederick County Department of Social Services programs. Provides various services to elderly and disabled adults over age 18. Services include the following programs:

**Adult Protective Services** 301-600-2635
301-600-2100 (after hours)

Serves persons age 18 and older who lack the physical or mental capacity to provide for their daily needs. The purpose of Adult Protective Services is to prevent or remedy neglect, self-neglect, abuse, or exploitation of vulnerable adults. Investigates reports of abuse, neglect, or exploitation and takes appropriate action. Also assists to establish public guardianship when family or interested others are unwilling or unable to serve as guardian.

**In-Home Aide Services** 301-600-2635
301-564-8230 (after hours)

Provides Certified Nursing Assistants to provide care to eligible adults in their homes.

**Project Home** 301-600-2635

Project Home provides case management services for eligible clients living in their own homes. Services can be performed in a Project Home/Adult Foster Care home. Case management services include assessment, care planning, linkage to services, monitoring, and advocacy. A limited amount of emergency financial assistance is available. To be eligible, clients must be Frederick County residents 18 years of age or older who are unable to live independently in their home due to a physical or mental disability.

**Respite Services** 301-600-2635
301-564-8230 (after hours)

Provides care for disabled adults in their home or out of their home to temporarily relieve the caregiver.

**Senior Care Program** 301-600-2635

Senior Care Program provides social work case management services to Frederick County adults age 65 or older who are moderately or severely disabled. The program can assist with service coordination, linkage to services, and general case management, focusing on helping the adult to continue to live safely and independently in their home. Those meeting these requirements may be eligible for gap-filling service dollars if they meet established financial standards and other eligibility criteria.

**Social Services to Adults** 301-600-2635
301-564-8230 (after hours)

Provides social work case management to assist disabled adults to access services.
See index for a complete listing of Frederick County Health Department programs.

**Adult Evaluation and Review Services (AERS)** 301-600-1736

AERS provides comprehensive medical and psycho-social evaluations of the following groups seeking community-based services to support them in remaining in the community: 1) the elderly, 2) chronically disabled adults, and 3) recipients of community Medical Assistance (MA/Medicaid) benefits (both children and adults). AERS evaluators are nurses and social workers (with RN/LCSW-C credentials) whose goal is to support clients and families in maintaining their loved ones in the community/least-restrictive environment. Recommendations are made regarding appropriate, available community-based services. AERS evaluations are provided at no cost. In addition to general evaluations outlined above, AERS provides medical determination evaluations for community Medical Assistance (MA/Medicaid) recipients seeking home-based personal assistance services through the Department of Health & Mental Hygiene (DHMH) Community Options programs. (NOTE: AERS does not provide psychological/psychiatric evaluations for individuals requiring competency determinations.)

**Community Personal Assistance Services (CPAS)** 301-600-1736

CPAS (formerly MAPCP) is a service that merged with the Community Options statewide programs at the Department of Health & Mental Hygiene (DHMH) in January 2014. The CPAS program services eligible community Medical Assistance (MA/Medicaid) recipients who require home-based assistance with activities of daily living (ADLs) such as bathing, dressing, feeding, meal preparation, and toileting. Medical eligibility is determined through a home-based evaluation provided by the Health Department’s AERS (Adult Evaluation and Review Services) evaluators, who are nurses and/or social workers. Once deemed medically eligible, a support planner from a DHMH-approved agency is selected by the recipient. The support planner works with the recipient to establish a service delivery plan and to secure independent or agency-based personal assistants to provide care services and assistance with ADLs (up to seven days a week - hours vary according to DHMH guidelines). The initial AERS evaluation is free and if approved, personal assistant services are billed through the recipient’s MA.

**FREDERICK COUNTY DEVELOPMENTAL CENTER:**

Audiology Program 301-600-1611

Frederick County Developmental Center (FCDC) provides pediatric audiology services for uninsured and underinsured children in Frederick County and children served by the Infants and Toddlers Program, Head Start, and the Frederick County Public School’s Special Education Program. Further information about hearing loss and community resources for children with hearing loss is provided as needed. Audiological assessments are provided for children covered by Medical Assistance insurance as referred by their doctor; children who are uninsured and qualify for their sliding fee scale; children served by the Infants and Toddlers Program, by YMCA of Frederick County Head Start, and by Frederick County Public School’s Special Education Program; and adults with developmental disabilities covered by Medical Assistance or Medicare. Support for personal hearing aids is provided as needed for children using hearing aids from the Maryland Hearing Aid Loan Bank; children covered by Medical Assistance insurance as referred by their doctor; children who are uninsured and qualify for their sliding fee scale; and adults with developmental disabilities covered by Medical Assistance or Medicare.

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Family Support Network 301-600-1617

The state of Maryland created the Family Support Network to meet the needs of families with children birth to 3 years, with developmental delays or disabilities. Among its many services, the Family Support Network can: provide information to families regarding community services; refer families to local support groups, workshops, and advocacy groups; provide an opportunity for families to share ideas and experiences; link “experienced” parents to parents that have children with similar needs through the Parent to Parent Program; and provide support to families as they transition from the Infants and Toddlers Program to a community program by helping families sort through their options whether it be special education or public preschool programs.

Frederick County Infants and Toddlers Program

The Infants and Toddlers Program provides services to children between the ages of birth to 3 years old that reside in Frederick County and meet one of the following criteria: 25% delay in any area of development; developing in a way that is considered “atypical” for most children his or her age; or has a diagnosed condition that is likely to affect development. Services are family-centered and provided collaboratively by Frederick County Health Department, Frederick County Public Schools, Frederick County Department of Social Services, and Maryland School for the Deaf.

Respite Program 301-600-1611

The mission of the Respite Care Program is to provide funding of respite services for children with special health care needs and their families. Through a grant from the Office of Genetics and Children with Special Healthcare Needs of the Department of Health and Mental Hygiene, a limited amount of mini-grant funding is available periodically to defray the cost of respite services. Respite care is consistently identified by families as a key need for coping with the challenges of raising a child with special healthcare needs.

School Based Program 301-600-3225

The school based services provides both Occupational Therapy (OT) and Physical Therapy (PT) for eligible students attending Frederick County Public Schools. Both OT and PT are related services that are under the Individuals with Disabilities Act. Related services are provided to help a child with an educational disability benefit from his/her special education program in the least restrictive learning environment. OTs and PTs address performance skills where a child’s disability impacts or compromises the ability to access, participate, and/or make progress in his/her natural learning environment and the general education environment.

Scott Key Center 301-600-1600
1050 Rocky Springs Road
Frederick, MD 21702
http://www.scottkeycenter.org

Scott Key Center’s mission is to provide creative and meaningful employment for employees with developmental disabilities within the Frederick community. Scott Key Center is a leader in Frederick County by empowering adults with developmental disabilities to be included and valued as members of the community. The Scott Key Center fosters community integration through employment and public awareness. Each Scott Key Center employee has the opportunity to work within their range of abilities in order to function at their highest potential. The Scott Key Center promotes creativity in order to develop meaningful employment within the community, through enhanced training and educational opportunities for staff and employees, while supporting each employee to identify, plan, and achieve his or her own personal dreams.

Family Support Network 301-600-1617

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Frederick County Public Schools  http://www.fcps.org

See index for a complete listing of Frederick County Public Schools programs.

Child Find  301-644-5292
33 Thomas Johnson Drive
Frederick, MD 21702
301-644-5297
301-644-5296

Child Find provides free screening and assessment for pre-school children from 3 to 5 years old who are suspected of having an educational disability. If a child is identified with an educational disability, Child Find provides a continuum of special education and related services. These services are generally provided in neighborhood elementary schools.

Partners for Success  240-236-8744
191 Waverley Drive
Frederick, MD 21702

Partners for Success provides families, professionals, and the community with information, training, and support to provide the skills and knowledge that will enable families of children and youth with disabilities and professionals to function as equal partners in the educational decision making process. A lending library of current books and videos is available for use. Open during the school year only.

School-Aged Child Find  301-644-5003
33 Thomas Johnson Drive
Frederick, MD 21702

School-Aged Child Find provides identification and evaluation of children from the ages of 5 through 21 who are suspected of having an educational disability and are not currently enrolled in an FCPS school.

Frederick Medical Daycare Center  301-293-6055
916 North East Street
Frederick, MD 21701

This program primarily serves adults who are Frederick County residents and either developmentally disabled and/or medically handicapped. The daycare offers a full range of RN supervised services that include occupational therapy, physical therapy, speech therapy, medication administration, daily meals, personal hygiene care, training in activities of daily living, social work services, therapeutic activities, and community outings.

The Freedom Center, Inc.  301-846-7811
14 West Patrick Street, Suite 10
Frederick, MD 21701

The Freedom Center empowers people of all ages with any type of disability to lead self-directed, independent, and productive lives in a barrier-free community. Services include advocacy, information and referral, peer counseling, and independent living skills training. There is no cost for services, but the consumer must live in Frederick or Carroll Counties.

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Goodwill Industries of Monocacy Valley, Inc. 301-663-6893
400 East Church Street
Frederick, MD 21701

Goodwill provides employment, computer training, support services, and vocational rehabilitation to people with disabilities and barriers to employment who reside in Frederick or Carroll Counties. Services include vocational day services (employment for individuals with developmental disabilities in an integrated work environment); supported employment (community employment with ongoing support); work adjustment training (employment readiness program); job coaching (support offered at the employment site); and job placement (assistance helping individuals find jobs in the community). Goodwill also offers basic computer, Microsoft Word and Excel training; English as a Second Language (ESL) training; and provides loan of used assistance devices such as wheelchairs, walkers, crutches, and adult potty chairs.

Maryland Work Incentives Network 301-277-2839
Independence Now, Inc.
12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20910

The Work Incentives Planning and Assistance (WIPA) Projects provide all SSA beneficiaries with disabilities (including transition-to-aged youth) access to work incentives planning and assistance services. The goal of the WIPA Projects is to better enable SSA’s beneficiaries with disabilities to make informed choices about work. Each WIPA Project has Community Work Incentive Coordinators (CWIC) who will provide work incentives planning and assistance to SSA’s beneficiaries with disabilities; conduct outreach efforts to those beneficiaries who are potentially eligible to participate in Federal or State work incentives programs; and work in cooperation with Federal, State, and private agencies, and nonprofit organizations that serve beneficiaries with disabilities. Beneficiaries can call the intake line to begin the process to receive services. MD-WIN is the WIPA project for Maryland. They can help any Maryland resident who receives disability benefits from Social Security to understand and use the work incentives available to them. In short, if you want to work, but don’t want to do anything to mess up your benefits, please call.

Jefferson School 240-315-0200
Sheppard Pratt Health System
http://www.thejeffersonschool.org
2940 Point of Rocks Road
Jefferson, MD 21755

The Jefferson School of Sheppard Pratt Health System serves children and adolescents with behavioral health problems, emotional and mental disabilities, learning disabilities, and social skill deficits. Its total capacity is 100 students, serving children and adolescents, both male and female, that are 12 to 18 years old. The program includes a Residential Treatment Center (RTC) for 53 students, and a day school program for up to 25. All residential students attend school, and there are special education, vocational, and general education students who arrive by bus each school day. Psychiatric services, available to all day and residental students, include pharmacotherapy, individual therapy, and family and group therapy.

Admission is generally by referral from County Board of Education, other public agencies, and local core service agencies. Admissions to RTCs are scheduled and usually cannot occur on an emergency basis. The children and adolescents benefit from small class sizes, individualized attention, and therapeutic approaches, which include outdoor education, therapeutic horseback riding, visual and performing arts, and play therapy. Funding sources include state education funds for educational services, Medical Assistance, and private insurance for residential services.

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The purpose of Keystone Services of Maryland is to support and empower people on a personal journey of recovery. Their mission is to help, support, and empower people challenged by mental illness to develop the means to live with dignity and respect within the community of their choice.

TCM supports people to live in the community, reduce the risk of re-hospitalizations, homelessness, and incarceration. Through the development of an individualized service plan, TCM links people with resources including, but not limited to, housing, health insurance, medical and mental health supports, employment, legal services, and social networking.

Linwood Center
3421 Martha Bush Drive
Ellicott City, MD 21043
410-465-1352
http://www.linwoodcenter.org

Linwood School is co-ed with a capacity of 70 students. The school is approved by the Maryland State Department of Education (MSDE) to provide Special Education and related services program for students with autism in a Nongraded (ages 5 through 21) educational program, with additional residential components, and a General Education program for students on the autism spectrum in Kindergarten, Elementary, and Middle School (grades 1 through 8).

As students “age out” of the school system and become eligible for state-supported adult services, many enter the Linwood School program for adults. The services include support- ed employment, including the Linwood Center Boutique - a gift and thrift store on Main Street in Historic Ellicott City; day services; and community-based residential programs. With this support, individuals living with autism enjoy being productive and contributing members of their communities.

Linwood Center believes that each individual who enters the program has the right to be treated with dignity and respect, and deserves to live, work, and play in an environment filled with encouragement and opportunity. That is the underlying notion of every program it operates and every service it provides, and is one of the reasons why so many families choose Linwood.
Low Income (Subsidized) Housing

Units available to low-income senior citizens and/or individuals that are disabled. Most do not have a minimum income requirement. Applicants must apply at the office of each development. There is typically a waiting list for this type of housing. See complete listing of units under the heading “Assistance for Basic Needs.”

Brunswick House
must be 62+ and/or disabled
studio & 1 bedroom
1100 Peach Orchard Lane
Brunswick, MD 21716
301-834-7700

Millers Manor & Moser Manor
must be 62+ and/or disabled
1 & 2 bedroom
1 West Moser Road #28
Thurmont, MD 21788
301-271-3578

Catoctin Manor & Catoctin View
must be 55+ and disabled
efficiency, 1 & 2 bedroom
798 & 800 Motter Avenue
Frederick, MD 21701
301-620-8666

Taney Village
must be 55+ and/or disabled
1 bedroom
1421 Taney Avenue
Frederick, MD 21702
301-663-0929

Lincoln on the Park
must be 62+ and/or disabled
1 & 2 bedroom
401 West Lincoln Avenue
Emmitsburg, MD 21727
301-447-3911

Victoria Park
must be 62+
105 Sandstone Drive
Walkersville, MD 21793
301-845-4885

Telephone Reassurance Program
301-663-0011
Mental Health Association of Frederick County
http://www.fcmha.org
226 South Jefferson Street
Frederick, MD 21701

The goal of the Telephone Reassurance Program is to relieve the loneliness and isolation some seniors may feel, while checking on their safety and well-being. The program is a free service that makes scheduled, outgoing phone calls to the homebound and elderly of Frederick County who choose to enroll in the program.

National Alliance on Mental Illness (NAMI) of Frederick County
240-379-6186
http://www.namifcmd.org
4 East Church Street
Frederick, MD 21701

NAMI or the National Alliance on Mental Illness, is a grassroots organization dedicated to improving the lives of those with mental illness, their families, and caregivers through education, support, and advocacy. NAMI of Frederick County is an active affiliate of NAMI Maryland and NAMI National. The principal activities are member self-education, public education, and advocacy for research on mental illness and its impact on individuals. Related services include: 1) family and caregiver support groups twice each month; 2) public education meetings several times during the year; 3) a 12-week Family-to-Family course for family members and caregivers; 4) the NAMI Connection support group for persons with mental illness; 5) a visitation program to Frederick Memorial Hospital; and 6) a Newsletter. They always welcome Frederick County citizens to join and support their programs. Please note that all services are offered free of charge.

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On Our Own of Frederick County, Inc.  
331 West Patrick Street  
Frederick, MD 21701  
301-620-0555

Offers one-on-one peer support, activities, and education program for people with serious mental illness. Activities, offered through the week (call for current hours), include peer support groups for people seeking mental health recovery, crafts, videos, exercise classes, and a drop-in center providing snacks and a place to socialize.

Rebuilding Together Frederick County  
P.O. Box 1822  
Frederick, MD 21705  
240-415-8729  
http://www.rebuildingtogether.org

Rebuilding Together has provided extensive home rehabilitation and modification services to low-income homeowners across the country for over 25 years. (See complete description of services under the heading “Assistance for Basic Needs.”)

Service Coordination, Inc.  
5303 Spectrum Drive, Suite I  
Frederick, MD 21703  
301-663-8044  
http://www.servicecoord.org

Service Coordination provides quality case management services to individuals with intellectual and/or developmental disabilities, youth in transition, the forensic population, people in state hospitals, and the mental health population. They provide quality information and helpful options that can guide people to resources of their choice, ultimately supporting their decisions to connect to available resources. Service Coordination provides resource coordination services to individuals residing in the Southern, Central, and Western regions of Maryland, as outlined by the Developmental Disability Administration (DDA).

Social Security Administration  
5340 Spectrum Drive, Suite N  
Frederick, MD 21703  
866-331-7089  
http://www.ssa.gov

Handles application for and questions about Social Security retirement benefits, survivors benefits, disability benefits, Supplemental Security Income, and Medicare. Also handles application for Social Security cards and replacement cards.

Special Olympics Maryland - Frederick County  
c/o Ruth Vickers  
P.O. Box 1517  
Frederick, MD 21702  
240-409-3643  
http://www.somd.org/Frederick-county

The mission of Special Olympics Maryland - Frederick County is to provide year round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual limitations, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts and friendships with their families, other Special Olympics athletes, and the community. Athletes in Frederick County may participate in up to 16 sports.

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The mission of Unified Community Connections is to support individuals with disabilities in achieving independence, productivity, and the quality of life they seek. Unified Community Connections provides thousands of service hours each year to children and adults with a wide variety of disabilities and chronic health issues throughout the state of Maryland.

Unified Community Connections’ core services and programs include children’s educational, therapeutic, and medical services at the Delrey School, adult residential services, day habilitation, supported employment, community supported living arrangements (CSLA), individual support services (ISS), family support services (FSS), transportation, in-home supports, and an assistive technology center that offers augmentative communication assessments, speech therapy, and personalized training for children and adults with communication difficulties.

Medical Adult Day Program
5736 Industry Lane
Frederick, MD 21704
301-663-8700
800-826-6501

Way Station, Inc.
P.O. Box 3826
230 West Patrick Street
Frederick, MD 21705
301-662-0099
http://www.waystationinc.org

See index for a complete listing of Way Station, Inc. programs.

Maryland Relay is a free public service that allows persons with hearing or speech loss to stay independent using the telephone.

Maryland Relay
800-552-7724 Voice/TTY
7-1-1

Maryland Accessible Telecommunications
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11350 McCormick Road, Suite 1100
Hunt Valley, MD 21031
http://www.unified.org

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See index for a complete listing of Way Station, Inc. programs.
Adult Residential Rehabilitation Services (RRP) 301-662-0099 x1721

Provides services and support in houses managed by Way Station. Services include ongoing assessment of needs and individualized services planning; assistance with daily living; medication monitoring; money management; supportive counseling; skills training; leisure and recreational activities; linkages with community resources; and crisis intervention. Housing includes general and intensive level options, which include a variety of specialized residential programs offering 24/7 staffing.

Adult Services Psychiatric Rehabilitation Program (PRP)

Day Program 301-662-0099 x1721

Psychiatric day program is based on the evidence-based practice that engages participants in activities that are designed to facilitate learning, skill development, peer support, and progress towards individual rehabilitation goals.

Supported Housing 301-662-0099 x1721

Services include assistance with daily living needs, medication monitoring, money management, supportive counseling, personal care skills, interpersonal and communicative skills training, social and leisure skills training and planning, activities that support cultural and spiritual interests, and crisis intervention.

Assertive Community Treatment Team 301-662-0099

Way Station’s Assertive Community Treatment Team provides services that are designed to meet the needs of individuals who are unable or unwilling to engage in traditional, facility-based outpatient psychiatric treatment and rehabilitation services. The goals of the Program include meeting basic human needs of the individuals served; preventing or reducing the incidents of hospitalization, homelessness, and incarceration; improving the level of functioning, quality of life, and community integration of the individuals served; and transitioning individuals to less intensive services. This program utilizes the principles and practices of the Assertive Community Treatment (ACT) model. Services are provided by a multidisciplinary team comprised of a psychiatrist, nurse, social worker, and case managers. Team members work together and share responsibility for meeting the needs of the individuals served. Services are available 24 hours per day, 7 days per week, and are provided in community settings and at times that best address individual client needs. Services are provided to individuals at a frequency, intensity, and duration that addresses the needs of each individual served. It includes psychiatric evaluation and assessment; medication administration and monitoring; medical psychotherapy; interactive therapies; skill assessment and training; health promotion and training; crisis intervention support; linkage; and advocacy.

Camp Journey Respite Program 301-682-3446

The Camp Journey Respite Program takes place in an 8-bed home-like environment where youth with emotional and behavioral disabilities ages 11 to 17 stay from several hours to a few days. Length of stay is pre-determined based on the unique needs of each family. The Program is intended to give families a break from caring for the complex needs of their youth and reduce the overall stress level in the family home to avoid more intensive placements for the youth by providing planned respite services. While the youth are in the program, they have fun while learning positive skills that help them more effectively manage their challenges during everyday life.

Adult Residential Rehabilitation Services (RRP) 301-662-0099 x1721

Provides services and support in houses managed by Way Station. Services include ongoing assessment of needs and individualized services planning; assistance with daily living; medication monitoring; money management; supportive counseling; skills training; leisure and recreational activities; linkages with community resources; and crisis intervention. Housing includes general and intensive level options, which include a variety of specialized residential programs offering 24/7 staffing.

Adult Services Psychiatric Rehabilitation Program (PRP)

Day Program 301-662-0099 x1721

Psychiatric day program is based on the evidence-based practice that engages participants in activities that are designed to facilitate learning, skill development, peer support, and progress towards individual rehabilitation goals.

Supported Housing 301-662-0099 x1721

Services include assistance with daily living needs, medication monitoring, money management, supportive counseling, personal care skills, interpersonal and communicative skills training, social and leisure skills training and planning, activities that support cultural and spiritual interests, and crisis intervention.

Assertive Community Treatment Team 301-662-0099

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The Community Employment Program provides individually tailored services to assist persons who have physical, psychiatric, and/or developmental disabilities in developing and realizing employment goals that are consistent with the individual’s choices, assessed needs, and abilities. The Program provides comprehensive assessment, training opportunities, and necessary supports that enable individuals to enter or re-enter competitive, integrated work settings. The primary focus of Way Station’s Community Employment Program is to provide job development, placement, and support to promote successful community-based employment. The program also offers career assessment and self-employment services to support job placements. These ancillary services provide opportunities for the individual to learn about him or herself and to develop skills essential to employment success. This continuum of service is not necessarily sequential and job development and placement supports are not contingent upon an individual’s participation in these services.

Developmental Disabilities Residential Services 301-662-0099 x1721

The Developmental Disabilities Residential Services Program (Residential DDA) is a highly specialized program geared to individuals with very challenging needs, many of whom have co-occurring disabilities (developmental disabilities and mental illness). The program provides housing options in apartments, townhouses, and single family dwellings in the Frederick community as available to meet the needs of individuals. Services are provided by integrated teams at a frequency and intensity that meets each individual’s needs as determined by their team and are designed to facilitate a partnership with each person. The residential program develops the staffing model to meet the specialized residential needs both more personally and across the spectrum of issues that arise throughout an individual’s life.

Healthy Transitions Initiative 301-662-0099

Way Station’s HTI program provides services for youth in transition. The goals of the program are to provide youth and families opportunities to experience a quality of life that includes satisfactory housing, adequate income, positive relationships with friends and family, and healthy recreation; feel empowered, confident, and able to advocate for themselves and others as they transition to independent living; receive strengths based coordinated care for a more successful transition into adulthood; be involved in normative activities including employment and/or continued education, and are contributing to the community; have their mental health needs met; remain in the community in the least restrictive environment; feel valued and supported; and have a voice in policy decision making on both state and federal levels.

HTI serves individuals ages 16 to 25 with serious mental illness or emotional disturbance. Youth may be referred by a case worker, parent, counselor, or licensed mental health professional based on screening, assessment, or ongoing treatment of the individual. Priority populations for this program are young adults served as children and adolescents in the Public Mental Health System (PMHS); adolescents with emotional and/or behavioral disorders; young adults who experience their first psychotic episode in emerging adulthood; and youth at risk of being placed outside of their home into a residential treatment center (RTC). If youth are in the Public Mental Health System (PMHS) they automatically meet financial criteria. Uninsured or youth with private insurance may be eligible if their household income is less than 200% of poverty level.
The focus of the IFPS program is to promote safety and well-being for Frederick County families whose children are at imminent risk of entering an out-of-home placement or to prevent a placement disruption. It is a short-term, intensive, home and community-based crisis program. Intervention service provided through Interagency Family Preservation Services will involve families as partners in all steps of the therapeutic and intervention process. Services are voluntary and flexible, timely and built on family and community strengths. In order to be eligible, families must have one child who is at imminent risk of an out-of-home placement. A team of two family service workers are assigned to the families for 6 weeks, five hours each week. Families and Service Workers together come up with goals to address and tackle together.

Pathways Day Program

The Pathways Day Program is specifically designed to meet the special needs of adults with developmental disabilities, and will provide participants with opportunities to learn about and develop skills in the areas of health and wellness, behavior management, daily living, coping strategies, interpersonal and social skills, employment preparation, and recreational and leisure activities. Staff offer individualized support geared toward preparing for, obtaining, and maintaining gainful employment in the community through the Community Employment Program.

Participants of the Pathways Program have access to Way Station’s Day Rehabilitation Program and are engaged with appropriate supports in activities that are designed to facilitate learning, skill development, peer support, and progress toward individual personal goals. Such activities include work-oriented activities, educational and experiential groups, community volunteer activities, and recreational and leisure activities. Services are offered 9:00a.m.-3:00p.m. Monday through Friday. The Program offers transportation, and breakfast, lunch, and snacks.

Services for Older Adults

Daybreak Adult Day Services, Inc. 301-696-0808
7819 Rocky Springs Road
Frederick, MD 21702
http://www.daybreakadultdayservices.org

A private, non-profit agency which provides adult daycare for persons with medical, physical, and cognitive conditions. Senior Center Plus program allows for socialization, meals, daily exercise, and activities to stimulate mind and body. The specialized memory impaired program for those with Alzheimer’s and related dementias allows for a smaller environment, higher staff ratio, and activities to meet their specific needs. Transportation services available for all three programs to and from home to center. Fees are based on a sliding scale, with financial aid available to those who meet the criteria. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

Frederick County Department of Aging 301-600-1605
1440 Taney Avenue
Frederick, MD 21702
http://www.frederickcountymd.gov/aging

Provides a single point of entry into the service system for older citizens, their families, and their caregivers. The mission of the DOA is to develop and administer programs that support Frederick County older adults and adults with disabilities in their efforts to remain healthy, active, and independent members of the community, and to provide, coordinate, and advocate for services that promote the dignity and enrichment of life for all seniors, persons with disabilities, their families, and caregivers.

(Description continued on next page)
DOA’s services include, but are not limited to, information, assistance, referral, and outreach; congregate and home-delivered meals; transportation to/from four senior centers for health/wellness, nursing assessments, health screenings, and fitness/wellness activities; counseling and education about Medicare and Medigap policies and health insurance; care management services for clients in the Community First Choice program; Caregiver Support and Guardianship programs; Aging in Place Services (Senior Care) includes assessments, in-home aide services, and meals; Guardianship Circuit Court appointed coordination of ongoing care and management of persons in need over the age of 65; and Ombudsman/resident advocacy, which provides advocacy services to residents in long-term care facilities.

55 Alive/Mature Driving Course  301-600-1605
A classroom refresher designed to meet the needs of older drivers.

Frederick County Commission on Aging  301-600-1605
The Commission on Aging is an advisory body for Frederick County and serves as an advocate for the older adult population. The members, appointed by the Board of County Commissioners, advocate for the older adult population by helping to identify problems of the aging community while recommending approaches for resolution.

Legal Services  301-600-1605
Referrals are made to a locally contracted legal service provider for eligible Frederick County residents 60 years of age or over with priority for those with greatest economic need. They handle matters such as: 1) income maintenance/disability benefits: SSI or Social Security denial; 2) health care: Medicare or Medical Assistance denial; 3) nutrition: food stamp denial; and 4) housing/utilities: landlord/tenant.

Tax Assistance (VITA)  301-600-1605
Provides eligible seniors with assistance in preparing their tax returns.

Bell Court  301-600-1061
Frederick County Department of Housing and Community Development  http://www.frederickcountymd.gov/
5340 Spectrum Drive, Suite A
Frederick, MD 21703
Provides affordable housing for the senior citizens. Bell Court consists of 28 1-bedroom units in Woodsboro, Maryland. Tenants must be age 62 and meet income eligibility. Vacancies occur only about 2 to 3 a year, so waiting list is slow-moving.

Adult Services  301-600-2635
Frederick County Department of Social Services  301-564-8230 (after hours)
100 East All Saints Street  http://www.fcdss.info
Frederick, MD 21701
See index for a complete listing of Frederick County Department of Social Services programs. Provides various services to elderly and disabled adults over age 18. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)
See index for a complete listing of Frederick County Health Department programs.

**Adult Evaluation and Review Services (AERS)**
301-600-1736

AERS provides comprehensive medical and psycho-social evaluations of 1) elderly, 2) chronically disabled adults, and 3) recipients of community Medical Assistance (MA/Medicaid) benefits (both children and adults) seeking community-based services to support them in remaining in the community. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

**Community Personal Assistance Services (CPAS)**
301-600-1736

CPAS (formerly MAPCP) is a service that merged with the Community Options statewide programs at the Department of Health & Mental Hygiene (DHMH) in January 2014. The CPAS program serves eligible community Medical Assistance (MA/Medicaid) recipients who require home-based assistance with activities of daily living (ADLs) such as bathing, dressing, feeding, meal preparation, and toileting. (See complete description of services under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”)

**Seniors and Law Enforcement Together (SALT) Council**
301-600-2167

**Frederick County Sheriff's Office**
http://www.frederickcountymd.gov/sheriff
110 Airport Drive East
Frederick, MD 21701

The SALT Council is comprised of a group of senior citizens who work with law enforcement officers to offer input on community programs and provide information and workshops on safety and crime prevention issues throughout the community. The SALT Council accompanies senior crime victims to court. The Council participates in intergenerational programs in the middle schools.

**Low Income (Subsidized) Housing**

Units available to low-income senior citizens and/or individuals that are disabled. Most do not have a minimum income requirement. Applicants must apply at the office of each development. There is typically a waiting list for this type of housing. See listing of units under the heading “Special Populations Services: Services for Those with Physical, Emotional, or Intellectual Disability.”

**Maryland Senior Prescription Drug Assistance Program**
800-551-5995
800-877-5156
http://www.marylandspdap.com

The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005 to provide financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan. (See complete description of services under the heading “Medical/Health Care and Wellness: Prescription Resources.”)
The goal of the Telephone Reassurance Program is to relieve the loneliness and isolation some seniors may feel, while also checking on their safety and well-being. The program is a free service that makes scheduled, outgoing phone calls to the homebound and elderly of Frederick County who choose to enroll in the program.

Middletown Valley People Helping People
P.O. Box 477
Middletown, MD 21769

Provides services to residents of the Middletown Valley (or Middletown Schools feeder) area including: free transportation to medical appointments, a monthly luncheon for senior citizens, exercise and yoga classes for people 50+, a school supply drive, an “adopt-a-family” program at Christmas, emergency financial assistance for utilities, rent, etc., and referrals to other agencies.

Partners in Care
22 South Market Street, Suite 15
Frederick, MD 21701

An all-volunteer non-profit operating on a service-exchange model, Partners in Care provides free help to Frederick County seniors who need occasional assistance in order to remain independent in their homes. Services include transportation to appointments, odd jobs, running errands, grocery shopping, and other assistance.

Rebuilding Together Frederick County
P.O. Box 1822
Frederick, MD 21705

Rebuilding Together has provided extensive home rehabilitation and modification services to low-income homeowners across the country for over 25 years. (See complete description of services under the heading “Assistance for Basic Needs.”)

Social Security Administration
5340 Spectrum Drive, Suite N
Frederick, MD 21703

Handles application for and questions about Social Security retirement benefits, survivors benefits, disability benefits, Supplemental Security Income, and Medicare. Also handles application for Social Security cards and replacement cards.
Family Assistance Program

202-547-4713

Armed Forces Foundation

http://www.armedforcesfoundation.org

16 North Carolina Avenue South East
Washington, DC 20003

The largest program administered by the Armed Forces Foundation, the C.W. Bill and Beverly Young Financial Assistance Fund, named after Congressman Bill Young and his wife Beverly, provides direct financial assistance to service members and their families facing financial hardship through injury and other service related situations. With the ability to provide money to service members and their families from all branches of service, the Foundation makes a valued impact on the lives of those who serve the United States.

This program helps families cover such expenses as utility bills, rent/mortgage payments for civilian housing, car payments, child care, and car insurance. The foundation can offer assistance to: active duty personnel; veterans (separated from active duty within the past 18 months); and Guardsmen & Reservists (who have been mobilized for at least 6 consecutive months of service that has ended in the last 18 months).

Army Community Services

301-619-2197

1520 Freedman Drive, Room 124
Frederick, MD 21702

Provides assistance to active duty military personnel and their families. Some services also available to retired military and their families.

Certified Master Resiliency Trainer

301-619-2197

Teaches family members and civilians the skills they need to grow and thrive in the face of challenges, and to bounce back from adversity. The course delves deep into learning and implementing skills that enhance self-awareness, self-regulation, optimism, mental agility, strengths of character, and connections.

Employment Readiness and Transition Program

301-619-2208

Provides comprehensive and coordinated employment and transition programs to assist the military family in pursuit of a career change. Assists military families with job search, individualized career counseling, and skills development through workshops and seminars.

Exceptional Family Member Program

301-619-3385

The EFMP is a mandatory program for all soldiers in Active Army, U.S. Army Reserve in USAR-Active Guard Reserve, or other USAR soldiers on active duty exceeding 30 days and Army National Guard AGR personnel. These individuals must enroll in the program if they have an exceptional family member. The program will assist other members of the Fort Detrick Community who need information on disabilities and special needs such as location of local support groups, description, including diagnosis and treatment for various chronic illnesses, and regulations and laws that impact children and adults with disabilities. The EFMP also has a lending library of books, pamphlets, and videos on many special needs related topics. The program also offers a limited respite care program.

(Description continued on next page)
tional, housing, community support, and personal service to military families with special needs. An exceptional family member is any child or adult with any physical, emotional, developmental, or intellectual disability who requires special treatment, therapy, education, training, or counseling. Services to eligible patrons are free.

Family Advocacy Program 301-619-2408

The Family Advocacy Program (FAP) is dedicated to the prevention, education, prompt reporting, investigation, intervention and treatment of spouse and child abuse. The program provides a variety of services to soldiers and families and retired military to enhance their relationship skills and improve their quality of life. This mission is accomplished through a variety of groups, seminars, workshops, and counseling and intervention services. The FAP has a lending library of books, pamphlets, and DVDs/videos on parenting, couple’s communication, stress management, anger management, and other related topics. Family Advocacy also has a respite care program. The program coordinates with other military and civilian social service agencies to provide community support and personal service to military families. Services are free to active duty and retired service members and their families.

Financial Readiness Program/Army Emergency Relief 301-619-3455

Assists military members and their families to improve personal financial readiness by learning to manage finances wisely, develop workable budgets, and reduce debt level. Operation Happy Holidays assists families during the holiday season by providing food, clothing, and gifts. FRP offers information, counseling, and training. Training topics include budgeting, consumer rights and responsibilities, credit, debt liquidation, insurance, and checkbook management. Using established guidelines, the AER assists military members, retirees, and their family members experiencing valid emergency financial situations.

New Parent Support Program 301-619-0323

This program offers parents (pregnant or with children to age 3) the opportunity to learn new skills and improve old ones. The staff knows about the concerns of parents and the challenges that only military families face. Home visits can be arranged.

Outreach Programs 301-619-3787

Supports the Army family with multiple programs. The Army Family Action Plan is a grassroots program allowing members from every sector of the military to submit issues and recommendations to Army leadership. Mobilization and Deployment prepares military members, civilians, and families for separation and reunion. Family Readiness Groups provides mutual support for unit’s family members.

Relocation Readiness and Transition Program 301-619-6364

Supports military members and their families during relocation with incoming and outgoing briefings, welcome packets, lending closet, homebuyers workshop, sponsorship training, and relocation guidance and counseling. IR&F links military members and families with the most appropriate and cost effective resources in the military and civilian community.

Sexual Assault Prevention and Response Program 240-674-2802

Supports the Army family with multiple programs. The Army Family Action Plan is a grassroots program allowing members from every sector of the military to submit issues and recommendations to Army leadership. Mobilization and Deployment prepares military members, civilians, and families for separation and reunion. Family Readiness Groups provides mutual support for unit’s family members.

Relocation Readiness and Transition Program 301-619-6364

Supports military members and their families during relocation with incoming and outgoing briefings, welcome packets, lending closet, homebuyers workshop, sponsorship training, and relocation guidance and counseling. IR&F links military members and families with the most appropriate and cost effective resources in the military and civilian community.
Ensures that victims of sexual assault are treated with dignity and respect and receive medical care and support. Victims who do not want to initiate an investigation and are interested in receiving support and counseling may make a “restricted” report to the Sexual Assault Response Coordinator, medical personnel, unit victim advocate, or a chaplain.

Survivor Outreach Services 301-619-7171

The SOS Program serves as the advocate for survivors by providing support, information, and services closest to where the family resides. The SOS Program embraces and reassures survivors that they are continually linked to the Army family for as long as they desire.

Volunteer Program 301-619-3171

Recruits volunteers for Family and Morale, Welfare, and Recreation events, on-post agencies, and the Adopt-A-School and Mentor Programs. Administers the Army Family Team Building program, which orients families to Army life and strives to build more self-reliant individuals and families.

Maryland’s Commitment to Veterans 877-770-4801

Maryland Department of Health and Mental Hygiene

Maryland’s Commitment to Veterans (MCV) is a program under the Maryland Department of Health and Mental Hygiene that collaborates with the United States Department of Veterans’ Affairs; Maryland Department of Veterans’ Affairs; Maryland National Guard; and Maryland Defense Force. Maryland’s Commitment to Veterans assists veterans and their families with coordinating behavioral health services, including mental health and substance abuse services (either with the VA or Maryland’s public mental health system); facilitates and covers transportation costs to behavioral health appointments; provides information and referrals related to VA benefits, employment, education, and housing; and provides outreach to educate veterans, residents, and community groups about MCV.

Calls are accepted 24 hours a day, 7 days a week. The caller is connected to a Regional Resource Coordinator (RRC). When a veteran or family member is linked to an RRC, they will always speak to the same person building a relationship that creates the opportunity to link them to community resources which can best meet their needs.

Maryland Department of Veterans’ Affairs 301-600-2155 Frederick Office 301-600-2155 Frederick Office 100 West Patrick Street, Room 2120 100 West Patrick Street, Room 2120 800-446-4926 x6450 Baltimore Office 800-446-4926 x6450 Baltimore Office Frederick, MD 21701 Frederick, MD 21701 http://veterans.maryland.gov http://veterans.maryland.gov

Assists veterans and their dependents who may be entitled to veterans’ benefits to acquire those benefits. It can also make referrals to the appropriate agency for veterans’ benefits not administered by the Maryland Department of Veterans’ Affairs. Additional information on veterans’ benefits can be obtained via the Department of Veterans’ Affairs website: http://www.va.gov and http://benefits.va.gov.
The Maryland Behavioral Health and Veterans Network of Care websites are on-line resources that provide simple and fast access to information on local, state, and national behavioral health services available to veterans and consumers. The Network of Care website allows consumers to have a lead role in addressing their needs for behavioral health services, and to store medical records, advance directives and personal wellness plans in a password-protected personal folder. The site also contains a library of mental health articles, links to support and advocacy organizations, and reports on legislation.

Services for Immigrants and Speakers of Other Languages

Asian American Center of Frederick
1080 West Patrick Street, Suite 16
Frederick, MD 21703
301-694-3355
http://www.aacfmd.org

Asian American Center of Frederick (AACF) is a community-based non-profit organization whose vision is: “Building a better community by integrating the ethnic minority and immigrant communities into the American way of life in Frederick County.” Their triple-E mission is that: AACF “ENHANCES” community services through improving access and advocacy, such as assistance with health insurance enrollment, interpreter services, an annual health fair, and conducting community outreach and health promotion programs; AACF “EMPOWERS” local communities through education and training, such as English as a Second Language (ESL) programs, citizenship classes, medical interpreter training, and AmeriCorps positions for individuals, provides technical assistance and advocacy for other community-based organizations, and participation in the commission(s) and coalition building; and AACF “ENRICHES” Frederick’s culture through multi-ethnic events and diverse language and cultural programs.

Centro Hispano de Frederick
1080 West Patrick Street, Suite 4
Frederick, MD 21703
301-668-6270
http://www.centrohispanomd.com

Centro Hispano’s mission is to inform, refer, and educate the limited English proficient residents of Frederick County in order to promote full participation in the community. Centro Hispano welcomes all, regardless of race, color, gender, nationality, religion, political views, or disability, to become involved in their programs, in order to promote and empower those who seek to forge ahead and become contributing members of society. Services provided include English classes twice a week (throughout the year); one on one English tutoring; citizenship classes; clothing and toy giveaways (twice a year); legal workshops (quarterly); Notary Public Services; and translations by certified professionals.

Adult Education
Frederick Community College
7932 Opossumtown Pike
Frederick, MD 21702
240-629-7962
http://www.frederick.edu/workforce-continuing-
education/ce/adult-education.aspx

The FCC Adult Education Program offers options for English as a Second Language (ESL) learners through participation in one of two programs: Community Based (free of charge for students with very little previous English instruction) or Academic (credit based courses which require tuition, fees, and placement testing). (See complete description of services under the heading “Education, Training, Employment, and Volunteer Information.”)

Literacy Council of Frederick County, Inc.
301-600-2066

89
A non-profit volunteer organization which provides free tutoring for American-born adults with reading difficulties and foreign-born adults who want help learning to speak and read English. Tutoring takes place at a time and place mutually convenient for the tutor and student. Most tutoring is one-to-one. There are also some small group ESL classes for those learning English. If they are able, students pay for their workbooks. Volunteer tutors receive free training prior to being matched with a student.

Refugee and Immigrant Services
Lutheran Social Services of the National Capital Area
8719 Colesville Road, 3rd Floor
Silver Spring, MD 20910
301-562-8633 x220

Lutheran Social Services of the National Capital Area (LSS/NCA) walks with those in need and mobilizes community partners to provide services that offer hope and rebuild lives. Services include:

Immigration & Citizenship Counseling Services

Even after our neighbors resettle in their new homes and gain employment, LSS/NCA can still help. The Immigration and Citizenship Counseling Services assists low income refugees, asylees, and immigrants residing in the Washington DC Metropolitan Area in completing, submitting, and receiving various immigration documents, such as Adjustment of Permanent Resident Status (green card), Travel Document, Temporary Protected Status, Removal of Conditional Permanent Status, Employment Authorization Documents, Naturalization, and more.

Refugee Employment Services

Once in the United States, every employable refugee adult is matched with an employment counselor to help them secure work as quickly as possible. New arrivals participate in employment orientation workshops and job skills training so they may succeed in the American workforce and support their families. LSS/NCA has helped refugees begin careers in a variety of professions from health care workers to engineers.

Refugee Resettlement

Since the first wave of Vietnamese families arrived in the 1970s, LSS/NCA has been resettling federally approved refugees to the United States in partnership with Lutheran Immigration and Refugee Service (LIRS). Families receive intensive case management and cultural orientations from a trained staff of diverse professionals. With the support of generous volunteers and local partners, LSS/NCA helps individuals regain their independence.

Special Social Programming

In addition to the essential case management and employment services, LSS/NCA also offers a range of on-going supportive programs to newcomers. The programs change depending on the needs of new arrivals, but they are all designed to reinforce self-sufficiency and community integration. Examples of programs include health education and women’s empowerment.

Services for Gay, Lesbian, Bisexual, and Transgendered Persons
Equality Maryland works to secure and protect the rights of Lesbian, Gay, Bisexual, and Transgendered (LGBT) Marylanders by promoting legislative initiatives on the state, county, and municipal levels. Their professional lobbyists and legislative team work with their allies in the General Assembly to shape and pass positive legislation in Annapolis and to beat back discriminatory legislation. Equality Maryland’s sister arm, the Equality Maryland Foundation, works to eliminate prejudice and discrimination against LGBT Marylanders through outreach, education, research, community organizing, training, and coalition building. Equality Maryland acts as an advocate for LGBT Marylanders; aims to empower ordinary citizens to become extraordinary activists; works to provide a strong and unified voice for LGBT concerns in the media; and will tirelessly toil until equal protection under the law has been achieved for all members of our diverse community.

The Frederick Center
P.O. Box 3231
Frederick, MD 21705

The Frederick Center is a 501(c)(3) organization with a mission to support, educate, link, organize, and provide outreach to the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) community and its allies.

GLBT National Help Center
888-843-4564
http://www.glbh.org

Offers free and confidential telephone and internet peer counseling, information, and local resources for gay, lesbian, bisexual, transgender, and questioning callers throughout the US.

Parents, Families and Friends of Lesbians and Gays (PFLAG) of Central MD
1606 New York Avenue
Knoxville, MD 21758

PFLAG promotes the health and well-being of gay, lesbian, bisexual, and transgendered persons, their families, and friends through support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity. Information about monthly meetings and special events is available on their website.

Equality Maryland works to secure and protect the rights of Lesbian, Gay, Bisexual, and Transgendered (LGBT) Marylanders by promoting legislative initiatives on the state, county, and municipal levels. Their professional lobbyists and legislative team work with their allies in the General Assembly to shape and pass positive legislation in Annapolis and to beat back discriminatory legislation. Equality Maryland’s sister arm, the Equality Maryland Foundation, works to eliminate prejudice and discrimination against LGBT Marylanders through outreach, education, research, community organizing, training, and coalition building. Equality Maryland acts as an advocate for LGBT Marylanders; aims to empower ordinary citizens to become extraordinary activists; works to provide a strong and unified voice for LGBT concerns in the media; and will tirelessly toil until equal protection under the law has been achieved for all members of our diverse community.

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1606 New York Avenue
Knoxville, MD 21758

PFLAG promotes the health and well-being of gay, lesbian, bisexual, and transgendered persons, their families, and friends through support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity. Information about monthly meetings and special events is available on their website.
### SUBSTANCE ABUSE SERVICES

#### Detoxification Services

<table>
<thead>
<tr>
<th>Emergency Department</th>
<th>240-566-3500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frederick Memorial Hospital</td>
<td><a href="http://www.fmh.org">http://www.fmh.org</a></td>
</tr>
<tr>
<td>400 West Seventh Street</td>
<td>Frederick, MD 21701</td>
</tr>
<tr>
<td>MedStar Montgomery Medical Center</td>
<td>301-774-8900</td>
</tr>
<tr>
<td>18101 Prince Philip Drive</td>
<td>Olney, MD 20832</td>
</tr>
<tr>
<td>University of Maryland Medical Center</td>
<td>410-225-8626 Inpatient Detoxification</td>
</tr>
<tr>
<td>Midtown Campus</td>
<td>410-225-8240 Outpatient Detoxification</td>
</tr>
<tr>
<td>827 Linden Avenue</td>
<td>Baltimore, MD 21201</td>
</tr>
</tbody>
</table>

#### Behavior Health Services Division

<table>
<thead>
<tr>
<th>Frederick County Health Department</th>
<th>301-600-1775</th>
</tr>
</thead>
<tbody>
<tr>
<td>300-B Scholl’s Lane</td>
<td>Frederick, MD 21701</td>
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</tbody>
</table>

The Frederick County Health Department Behavioral Health Services Division has been delivering alcohol and drug treatment and prevention services since 1970. Offering a continuum of services, the division provides the highest quality of services while keeping up with the ever-changing demands of Frederick County citizens. The agency provides a continuum of care including Prevention; Adult and Adolescent Outpatient Treatment Programs, including Intensive Outpatient Programs (IOPs), Ambulatory Detoxification/Stabilization Program; Medication Assisted Treatment; and Detention Center Men’s and Women’s Intensive Programs. Halfway house services are provided by Gale Recovery, Inc. Prevention programming includes programs for children and youth, smoking cessation and tobacco education opportunities, and materials for health fairs, speaking engagements, and community events. Treatment services for adolescents include educational classes and regular and intensive outpatient services. Services for adults include regular and intensive outpatient services, medication-assisted services, court assessments, ambulatory detoxification, and intensive services for inmates at the Frederick County Adult Detention Center. Recovery services including transportation, educational, and other life skills assistance is available for those who qualify.

#### Private, For-Profit Providers Offering Sliding Scale Fees

<table>
<thead>
<tr>
<th>Catoctin Counseling Center</th>
<th>Mountain Manor Treatment Center</th>
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</thead>
<tbody>
<tr>
<td>309 East Patrick Street</td>
<td>137 North Market Street, Suite 2A</td>
</tr>
<tr>
<td>Frederick, MD 21701</td>
<td>Frederick, MD 21701</td>
</tr>
<tr>
<td>301-631-1304</td>
<td>301-662-1407</td>
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</table>

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<tr>
<th>Catoctin Counseling Center</th>
<th>MRB Counseling Services, Inc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>228 East Washington Street</td>
<td>5 Hillcrest Drive, Suite B200</td>
</tr>
<tr>
<td>Hagerstown, MD 21740</td>
<td>Frederick, MD 21703</td>
</tr>
<tr>
<td>301-745-6678</td>
<td>240-566-5656</td>
</tr>
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<tr>
<td>Hagerstown, MD 21740</td>
<td>Frederick, MD 21703</td>
</tr>
<tr>
<td>301-416-7979 Frederick callers</td>
<td>301-745-6678</td>
</tr>
</tbody>
</table>
Inpatient/Residential Rehabilitation and Continuing Care Facilities

Beacon House 301-695-6633 x205
Frederick Rescue Mission [website]
419 West South Street
Frederick, MD 21701

Provides a one year intensive Changed Life Recovery Program for men with substance abuse disorders. Man must be physically able to attend Christian curriculum classes and participate in work therapy. Program participants are not permitted to work outside of the program. Part time employment may be provided by a local retreat and conference center. All finances are managed by the program with special financial requirements.

Gale Recovery, Inc. 301-662-7003
608 East Patrick Street
Frederick, MD 21701
[website]

Gale Recovery, Inc. operates private, non-profit residential treatment continuing-care facilities (halfway houses) for adult women and men recovering from drug and/or alcohol addiction. Length of stay generally ranges from 3 to 6 months. Treatment includes supportive counseling and care management focusing on acquiring and transferring the skills of a recovery lifestyle. Referral is made by an addiction professional directly from an inpatient program or certified intensive outpatient treatment program. Participants must be willing to accept financial responsibility, able and willing to engage in employment, and able to live cooperatively in a group living environment. Fee is on a sliding scale.

Olson House for Men 301-662-7003
608 East Patrick Street
Frederick, MD 21701

Jackson Unit 301-777-2290
P.O. Box 1722
Country Club Road
Cumberland, MD 21501
[website]

The Jackson Unit is a State funded 60 day inpatient addictions treatment program for adolescents age 13 to 18. All admissions to the program must have been assessed by a certified addictions counselor or a qualified professional and determined to be in need of inpatient treatment. The Jackson Unit serves the entire state of Maryland. Fee is based on the Maryland Sliding Fee Scale. Treatment is paid for by most insurance companies.

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Massie Unit  
301-777-2285  
P.O. Box 1722  
http://www.alleganyhealthdept.com/addictions/massieupdate.html  
Country Club Road  
Cumberland, MD 21501

State-operated inpatient rehabilitation for adults with drug/alcohol addiction. Services are primarily for residents of the State of Maryland. Applicant may contact the Admission Coordinator at above phone number. Transportation is available. Fee is on a sliding scale for Maryland residents.

Mountain Manor Treatment Center, Inc.  
301-447-2361  
9701 Keysville Road  
800-537-3422  
http://www.mountainmanor.org  
Ennitsburg, MD 21727

Provides adult male and female residents with medically monitored inpatient detoxification services, medically managed intensive inpatient services, and intensive outpatient services and partial hospitalization. Admissions can be arranged any time of day, 7 days a week. Admissions are arranged after a clinical determination that the inpatient level of care is appropriate, along with approval from the insurance provider or state/community agency funding personnel. Transportation for admissions will be provided upon request. Mountain Manor accepts most forms of private insurance, Medicaid (Medical Assistance), Primary Adult Care (PAC), and various State and County funding resources. A sliding fee scale is offered to those in need.

Safe Harbor is a residential program for pregnant and post-partum substance abusing women who enter treatment with their children and infants, thus eliminating a major obstacle to treatment. Services offered include an approved nursery, child care, after-school tutoring, parenting classes, vocational preparation, and a step-down transition track that leads to community integration. New Horizons is a long term residential treatment program for justice system involved men and women with substance and mental health issues.

Shoemaker Center  
410-876-1990  
P.O. Box 308  
410-876-1989  
http://www.carrollhealthdepartment.dhmh.md.gov/addiction/inpatient.html  
Sykesville, MD 21784

This inpatient adult residential treatment facility offers medical assessment to evaluate level of care needed with trained medical staff on duty 24 hours a day. Certified and licensed counselors or social workers offer individual counseling, and various forms of group therapy, including lectures, confrontational groups, discussion groups, and meditative groups. Treatment involves the individual with the addiction, plus family and/or significant others for education, referrals, and further family treatment to ensure understanding of the disease concept. Serves both men and women age 18 and older. Sliding fee scale when proof of income provided. Serves Carroll, Frederick, Harford, Howard, and Baltimore counties for males; statewide for females.

Southeast New Life for Girls  
410-848-1360  
806 Littlestown Pike  
http://southeastnewlifeforgirls.com  
Westminster, MD 21157

A non-profit, nondenominational Christian drug and alcohol residential program for women age 18 to 45. The length of the program is approximately 12 to 18 months; 3 to 6 months in the Westminster Center and about 9 months at the Main Training Center in Dover, PA. A one time non-refundable application fee of $100 is required. There is no cost for treatment, but any medical expense incurred by the student is her responsibility. Student must arrive
TRANSPORTATION

Outreach and Transportation Services 301-600-1506
Frederick Community Action Agency http://www.cityoffrederick.com/fcaa
100 South Market Street
Frederick, MD 21701

FCAA outreach workers and other staff perform outreach services to local shelters, streets, woods, and other areas where homeless people can be found. Staff members strive to meet people who are homeless, familiarize them with available resources, and build trusting relationships. On weekdays, the FCAA operates a free van run that transports people to a variety of human service agencies located around Frederick City. See index for a complete listing of Frederick Community Action Agency programs.

MARC Train 866-RIDE-MTA
Maryland Department of Transportation 410-539-5000
Maryland Transit Administration 410-539-3497 TTY
http://www.mta.maryland.gov

MARC Train Service is a commuter rail system whose service areas include Harford County, Maryland; Baltimore City; Washington D.C.; Brunswick, Maryland; Frederick, Maryland; and Martinsburg, West Virginia. MARC Train Service operates Monday through Friday only.

Second Chances Garage, Inc. 240-724-1919
528 North Market Street
http://www.scgarage.org
Frederick, MD 21701

Second Chances Garage, Inc. seeks to improve the lives of Frederick County residents by offering repaired and refurbished vehicles and auto repair services to qualified individuals who are referred by a partner agency.

Low-Cost Vehicle Program 240-724-1919

Basic eligibility requirements for the Low-Cost Vehicle Program include:
• Must be a legal resident of Frederick County.
• Must be gainfully employed and demonstrate the ability to afford vehicle ownership.
• Must have an active, ongoing relationship with a partner agency or be a recent program graduate.
• Must be at least 25 years of age (may be younger if there are dependent children in the household).
• Must not own or have a vehicle titled in their name or have access to a vehicle in the household.
• No current or pending criminal or DUI/DWI charges.
• No outstanding insurance violations.

Their hope is to help deserving individuals on their journey to independence and self-sufficiency by providing reliable transportation for employment, take children for medical appointments, etc. If you are working with a partner agency, please contact your case manager for further information. A list of partner agencies can be found on the above website.

OUTLOOK

Outreach and Transportation Services 301-600-1506
Frederick Community Action Agency http://www.cityoffrederick.com/fcaa
100 South Market Street
Frederick, MD 21701

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Reduced-Cost Auto Repair Program 240-724-1919

You can qualify in one of two ways: 1) you are currently receiving assistance in the form of housing, food stamps, medical assistance, or other welfare benefits; or 2) your gross annual household income meets the levels listed on the above website.

Angel Bus Program
St. John’s Lutheran Church
15 North Church Street
Thurmont, MD 21788

Limited assistance available for gas for those going to a medical appointment.

TransIT Services of Frederick County 301-600-2065
1040 Rocky Springs Road
Frederick, MD 21702

http://www.frederickcountymd.gov/transit

Frederick County’s public transportation system: fixed and deviated-fixed bus routes operate in Frederick City and urbanized areas of Frederick County. Shuttle services are available between Frederick and Brunswick, Jefferson, Emmitsburg, Thurmont, Walkersville, and the Route 85 business corridor. Meet-the-MARC shuttles serve Frederick and Point of Rocks MARC train stations. TransIT-plus is a specialized transportation service for senior citizens and persons with disabilities. Call ahead to register and to schedule your transportation. TransIT also provides commuter assistance, such as free carpool/vanpool matching services and information and trip-planning assistance using various regional transit options.

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WOMEN’S ORGANIZATIONS OFFERING NETWORKING AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES

American Association of University Women 301-662-7837
14 East 9th Street http://www.aauw.org
Frederick, MD 21701

The American Association of University Women is a national organization of men and women who hold associate degrees or higher from United States or foreign colleges and universities. The AAUW mission is equity for women and girls, and AAUW works toward that goal through research, education, advocacy, and philanthropy. The Frederick Branch membership includes scientists, teachers, professionals, and people in all kinds of academic, business, and entrepreneurial pursuits. They support national objectives, including providing fellowships, grants, and legal advocacy. They also support Project Forward Step at Frederick Community College through their annual Afternoon Tea. AAUW offers opportunities for local service and intellectual stimulation. The following members are happy to talk with anyone interested in AAUW and its programs: Mary Anne Williams (301-662-7837) and Beverly Hughes (301-662-5057).

Frederick Business and Professional Women’s Club
P.O. Box 1045
Frederick, MD 21702

The Maryland Federation of Business and Professional Women (BPW/MD), founded in 1929, is affiliated with BPW Foundation and with BPW local organizations throughout the State. The Maryland Federation is a not-for profit, non-partisan, non-sectarian, self-governing and member supported organization. The membership is diverse with administrators, teachers, business owners, secretaries, and many other professionals. Members are women and men of every age, race, religion, political party, and socio-economic background. Throughout the years, three major issues have shaped BPW/USA’s legislative agenda: elimination of gender discrimination in employment, the principle of equal pay, and the need for a comprehensive equal rights amendment.

Woman to Woman Mentoring Program 301-846-2556
Office of Adult Services 301-846-2483
Frederick Community College http://www.womantowomannfederick.org
7932 Opossumtown Pike
Frederick, MD 21702

As part of the Women’s Center, the Woman to Woman Mentoring Program is open to all women in Frederick County, ages 18-35, who desire a mentor. Mentees are matched with a mentor to work on career, educational, and personal goals. See index for a complete listing of Office of Adult Services, Frederick Community College programs.
The Frederick County Commission for Women (FCCFW) is a voluntary appointed commission that serves to act as a central agency for the collection and referral of activities and services for women and families; to actively work to remove inequities against women due to discrimination; to support and encourage programs of benefit to women and families; to promote continuing equal opportunities in education, employment, and health care; to encourage educational and job training for women; to promote public awareness of the needs of women and families; to promote a positive image of women by recognizing their accomplishments; to maintain a network to promote women’s voices in Frederick County; and to encourage qualified women to seek appointive and elective office. The Commission for Women is a non-partisan organization.

The Commission encourages proactive involvement within the community. Regular monthly meetings, held the 2nd Tuesday of each month in Winchester Hall at 7:00 p.m., are open to the public. The Commission does not meet in July.

Frederick Woman’s Civic Club 301-695-7463
368 West Patrick Street (Steiner House) 301-831-9456 (President of FWCC)
Frederick, MD 21701 http://fwccinc.org

A non-profit organization that hopes to unite the women of Frederick County and vicinity for the purpose of mutual benefit, and the promotion of their common interest in education, civic, social, and moral affairs for the good of the individual and community. After the Mardi Gras Ball each year, Frederick Woman’s Civic Club (FWCC) gives individual scholarships to a woman returning to college, and provides funding for other non-profit organizations per request depending on their funds. FWCC is always looking for new members for either the monthly day meeting or monthly evening meeting.

International Moms Club http://www.momsclub.org

International Moms Club is a support group for the at-home mother. They offer several chapters in Frederick County. Visit their website to find a chapter near you.

League of Women Voters of Frederick County 410-802-3794
8222 Glendale Drive http://frederick1.lwvmd.org/n/
Frederick, MD 21702

The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Any person of voting age, male or female, may become a League member.

The League of Women Voters is a grass roots organization with executive boards at the national, state, and local levels. When one joins a local league, he or she automatically becomes a member of the state and national organizations. The Frederick County League of Women Voters has been active in local government for over 50 years. Local issues of particular interest include county government, education, and quality of life in Frederick County.

Middletown Moms at Home http://middletownmomsathome.org

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Middletown Moms at Home is a local support group designed for moms who stay at home with their children. It is open to all members who live in Frederick County and beyond. The club is open to members of any denomination and designed for parents who stay at home with their children. The club offers planned activities all month long, including Mocha Moms, Park Days, play groups, story time, field trips, holiday celebrations, and much more! MMaH is a great way to meet other moms who have chosen to make their children their focus while juggling the responsibilities of home, family, and sometimes outside work. It is a fun, energetic, and thoughtful group who share their loves, talents, and frustrations in order to make them stronger parents.

Republican Women’s Club of Frederick County
P.O. Box 3592
Frederick, MD 21705

The purpose of the Republican Women’s Club of Frederick County is to empower and educate women to participate in the political process, and to learn about government and political affairs. They promote the Republican Party principles of freedom, equality, and justice. They encourage women to run for political office. Meetings are the 2nd Tuesday of the month, usually at Jekyll and Hyde Restaurant in the Monocacy Village Shopping Center.

Soroptimist International
http://www.soroptimist.org

Soroptimist is an international organization for business and professional women who work to improve the lives of women and girls in local communities and throughout the world. Almost 95,000 Soroptimists in about 120 countries and territories contribute time and financial support to community-based and international projects that benefit women and girls.

Women in Defense Greater Frederick Chapter
P.O. Box 33
Middletown, MD 21769

The Greater Frederick Chapter of WID (Women in Defense) was established on October 13, 2006. The Bylaws provide guidance and policies to the chapter from the National WID organization, which is affiliated with the National Defense Industrial Association (NDIA). The vision of the Greater Frederick Chapter of Women in Defense (WID-GFC) is to provide networking and professional development opportunities to promote the role of women in national defense and security, to support military service members, and to encourage partnerships between the local community and military bases, such as Fort Detrick. WID-GFC, a National Security Organization and affiliate of the National Defense Industrial Association (NDIA) (http://wid.ndia.org) provides its members with opportunities for professional development, networking, and cultivating the advancement of women leaders in government and industry professions. Membership in WID is open to all professional women and men whose primary professional activities are related to national defense or any aspect of national security. Members represent large and small defense companies, all branches of the Armed Forces, federal government agencies, academia, and associations.

Women’s Business Network of Frederick
http://www.WBNFrederick.org

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The Women's Business Network of Frederick is an organization of women business owners, entrepreneurs, and professionals who meet regularly to inform, encourage, and support women in their quest to grow their businesses. Meetings and events are about discovery, connection, knowledge sharing, and building relationships. There is no pressure to supply leads and no sales pitches.

The WBN has an annual paid membership, though all are invited to attend meetings (one of the advantages of membership is significant savings to attend WBN events). Lunch meetings with informative seminars are held in January, February, March, April, May, September, and November with special programs in June and October.

Women’s Democratic League of Frederick County
P.O. Box 104
Monrovia, MD 21770

The Women’s Democratic League (WDL) of Frederick County was founded by 200 newly franchised women on October 4, 1923. The underlying mission of the WDL is to educate and involve Democratic women in the political process and promote the election of Democratic candidates to public office. The WDL is also committed to community service, advancing women’s rights, and reaching out in support of organizations that provide for Frederick’s neediest citizens. WDL meetings are held the 3rd Tuesday of each month starting at 7:00p.m., preceded by a social hour starting at 6:00p.m. Visitors are always welcome.

Zonta Club of Frederick
P.O. Box 3896
Frederick, MD 21705

Zonta Club of Frederick is part of Zonta International, a global organization of executives in business and the professions working together to advance the status of women worldwide through service and advocacy. Zonta Club of Frederick was chartered in 1930. Locally it provides educational scholarships and funds, and/or hands-on service to agencies serving women in the community, e.g. Heartly House, Gale House, Salvation Army, Mission of Mercy, and Families Plus!. Internationally, it supports, through contributing funds, its scholarships for education and leadership development, including YWPA, Jane Kausman, Amelia Earhart Fellowships for graduate study in aerospace sciences, programs to prevent violence against women, and other international service programs to support, protect, and empower women in countries around the world. Funds for local and international projects are raised through a variety of fund-raisers, including the sale of prints of paintings by Miss Helen Smith, and an annual Fall fund-raiser with silent and live auction.

Membership in Zonta is by invitation. Women who are in a policy level position, own their own businesses, or are in one of the professions, who live in or work in the Frederick County area, and who support the mission of Zonta International are eligible to become members. Men are also eligible to become members if they support the goals and objectives of the organization.
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