



Frederick County

Family Resource Guide



Frederick County Office for Children & Families

401 Sagner Avenue Frederick, MD 21701

Website: www.frederickcountymd.gov/ocf/lct

Phone: 301.600.1077



Frederick
County, Maryland
Local Management Board

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**988 SUICIDE & CRISIS
LIFELINE**

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org

Connection to community services, one family at a time



Introduction

The Frederick County Local Care Team (LCT)

We are a subcommittee of the Frederick County Local Management Board. The LCT strives to ensure that children and their families receive the necessary supports and resources to live in the community successfully. The LCT is a community services collaborative for parents and service providers to find the right service agencies for the various and unique needs of children and their families. Through discussion, the LCT assists with the identification of potential resources to meet the identified needs of the child and parents and provide continued support through navigation services.

Our community service collaborative consists of these partnering agencies:

Frederick County Local Management Board
Frederick County Office for Children & Families
Frederick County Public Schools
Department of Disabilities Administration
Division of Rehabilitation Services
Maryland Coalition of Families
Potomac Community Services
Sheppard Pratt

Frederick County Health Department
Behavioral Health Authority
Frederick County Health Department,
On the Mark Adolescent Clubhouse
Department of Juvenile Services
Frederick County Department of Social
Services
Mental Health Association, Systems
Navigation
Lead4Life

Referrals to the LCT can be made by a parent or a service provider (a school counselor, therapist, etc.) utilizing the Local Care Team Referral Form. In addition to the Referral Form, and before the LCT can begin any discussions for a child, the Local Care Team Release of Information should be completed and signed prior to the meeting.

For further information on the LCT process and/or assistance completing the forms, please contact the LCT Coordinator at 301.600.1077 or email lct@frederickcountymd.gov .



THE OFFICE FOR CHILDREN AND FAMILIES

Home of the Frederick County Local Management Board

For more information, please contact our office: (301) 600-1074 or visit: <https://www.frederickcountymd.gov/OCF>

The Local Management Board's (LMB) mission is to partner with the community to facilitate an interagency system which results in an environment where children and families can thrive, are safe, healthy, and responsible citizens.

The State of Maryland mandates that all counties have an agency to oversee services to children and families in an effort to minimize duplication of these services. The LMB guides the Office for Children and Families (OCF) in governing, allocating resources, monitoring, and evaluating family services.

YOUTH SUCCESS THROUGH EDUCATION AND EMPLOYMENT

Previously known as Youth Connections

Family Partnership of Frederick County

(301) 600-2206 or <https://www.frederickcountymd.gov/FP>



This program provides strength-based services to youth/young adults aged 16-24 who are neither employed nor enrolled in school, as well as youth who are in jeopardy of disconnecting from school. Those services include adult education, employment readiness, career exploration, intensive case management, transportation, social and peer support, and workshops focusing on different topics.

BUILDING OPPORTUNITIES FOR SUCCESS FOR UNACCOMPANIED HOMELESS YOUTH

Previously known as New Horizons

Student Homelessness Initiative Partnership (SHIP)

(240) 415-8971 or <https://shipfrederick.com/programs/new-horizons/>

The program offers personalized counseling, case management, and service linkage for unaccompanied homeless students attending Frederick County public high schools and homeless youth/young adults not enrolled in high school/college. The program provides homeless students and young adults with access to resources needed to achieve an on-time graduation including access to personal health, economic, educational, enrichment services and post-secondary supports to secure employment.



GETTING AHEAD

The Religious Coalition

(301) 631-2670 or <https://thereligiouscoalition.org/need-help/after-shelter-programs/>

This is an immersive 16-session workshop offering participants the opportunity to create their own individual plans to help them create a path toward self-sufficiency. The program helps people identify and recognize their own strengths and establish a strong support network.





SYSTEMS NAVIGATION

Mental Health Association

(301) 663-0011 or <https://fcmha.org/how-we-help/systems-navigation>

Systems Navigation services provide intensive supports, linkage, and coordination for families who require assistance beyond resources and referrals. Systems Navigation services are provided to families whose child is involved with multiple children serving agencies or who has intensive behavioral, educational, developmental, and/or mental health needs. Systems Navigators provide assessment, care coordination, assistance in identifying strengths, needs, and linkages to appropriate services and supports.

BUILDING RESILIENCY FOR FAMILIES IMPACTED BY INCARCERATION

Previously known as Families Impacted by Incarceration Program

Mental Health Association

(301) 663-0011 or <https://fcmha.org/how-we-help/families-impacted-by-incarceration-program>

This program is a partnership with the Mental Health Association (MHA) and Children of Incarcerated Parents Partnership (COIPP) to expand services to children and parents impacted by incarceration. The program aims to strengthen the bond between parents, children, caregivers, and the community through a variety of evidence supported activities including parenting classes for incarcerated or formerly incarcerated individuals, community workshops, free one-on-one family advocacy services for formerly incarcerated parents and caregivers of children of incarcerated parents. Services also include case management, referrals to community resources and supports.



HEALTHY FAMILIES FREDERICK

Mental Health Association

(301) 663-0011 or <https://fcmha.org/how-we-help/healthy-families>

Healthy Families Frederick (HFF) is a home visiting program targeting first time parents and their children who are assessed to be at-risk for negative child outcomes. Based on the national Healthy Families America model HFF is a strengths-based service that supports families to become self-sufficient and promotes children entering school healthy, nurtured, and ready to learn.

SUBCOMMITTEES OF THE LOCAL MANAGEMENT BOARD

LOCAL CARE TEAM (LCT)



(301) 600-1077 or <https://www.frederickcountymd.gov/LCT>

The Frederick County Local Care Team strives to ensure that children and their families receive the necessary supports and resources to live in the community successfully. Call the LCT Coordinator at 301.600.1077 or email ocf@frederickcountymd.gov to discuss and confirm an appropriate referral.



INTERAGENCY EARLY CHILDHOOD COMMITTEE (IECC)

(301) 600-1074 or <https://www.frederickcountymd.gov/IECC>

IECC is an interagency forum working to raise awareness of community needs and resources, collect and analyze early childhood data, and educate the community about the value of investing in early childhood.

Behavioral Health/Substance Abuse Disorder Services/Support & Peer Groups

Agency	Phone	Address	Details
Andrea's House Transitional Living for Women and Children	240.409.0450		Andreahouseinc.com andreashousetransitionalliving@gmail.com
Community of Grace Organization, Inc. Transitional Living for Women and Children	240.389.5976		www.communityofgraceorganization.org Barbara.pinnockcogo@gmail.com
Frederick County Health Department- Behavioral Health	301.600.1029	350 Montevue Ln, Frederick, MD 21702	frederickcountymd.gov
Frederick County Local Care Team	301.600.1077	401 Sagner Avenue Frederick, MD 20701	Hours: Mon-Fri 8-4pm Local Care Team Frederick County MD - Official Website
Frederick County Mental Health Association	301.663.0011	226 S. Jefferson Street Frederick, MD 21701	Mon-Fri 9-8p; Walk-in hours: 12-8pm, Mon-Fri; 12-4, weekends fcmha.org
Kids Like Us	301.600.1755	350 Montevue Ln, Frederick MD 21702	Hours: Mon-Fri 8-5pm https://health.frederickcountymd.gov/561/Kids-Like-Us-KLU#
Maryland Coalition of Families	240.818.3534	10632 Little Patuxent Parkway, Columbia MD 21044	Hours: Mon.-Fri 9- 5pm mdcoalition.org
Noteable Progressions Music Therapy Services	240.394.9399	9093 Ridgefield Drive Suite 204 Frederick MD 21701	info@noteableprogressions.com
On Our Own of Frederick	240.629.8015	22 S. Market Street Suite 110 Frederick MD 21701	Center Hours Mon.-Fri 11am- 5pm Onourownfrederick.org
Pro Bono Counseling Services	410.825.1001 410.598.0234 WARM Line	5900 Metro Drive Baltimore, MD 21215	Mon.-Fri. 10 am-8pm; Sat. & Sun.10 am- 6 pm www.ProBonoCounseling.org
Suicide Prevention	988 1.800. 273.TALK (8255)		Text 741741 for crisis support (free, 24 hours/day); trained Crisis Counselor

Care Management/Consumer Services

Agency	Phone	Address	Details
Developmental Disabilities Administration	240.313.3870	1360 Marshall Street Hagerstown, MD 21740	Health.maryland.gov
Frederick County Department of Social Services	301.600.4555	1888 N. Market St, Frederick, MD 21701	Hours: Mon-Fri 8-4:30pm www.dhs.maryland.gov
Frederick County Health Department	301.600.1029	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm frederickcountymd.gov
Mental Health Association & Walk-in Clinic	301.663.0011	226 S. Jefferson Street Frederick, MD 21701	Hours: Mon-Fri 9-8pm. Walk-in hours: 12-8pm, Mon-Fri; 12-4, weekends fcmha.org
Mid-Atlantic Psychotherapy	571.601.1915		www.midatlanticpsychotherapy.com
MindSpring Psychiatry & Wellness	240.384.4679	1101 Opal Court Suite #311 Hagerstown, MD 21740	www.mindspringpw.com Hours: 8 -5 pm Mon-Fri.
Potomac Community Services	301.791.3087	22 S. Market St #5, Frederick, MD 21701	Hours: Mon-Fri 8-4:45p pcmsinc.org)
Peace of Mind Therapeutic Services & Solutions LLC	240.823.4827	319 W. Patrick Street Frederick MD 21701	www.pomtherapeutic.com
Pro Bono Counseling Services	410.825.1001 410.598.0234 WARM Line	5900 Metro Drive Baltimore, MD 21215	Mon.-Fri. 10 am-8pm; Sat. & Sun.10 am- 6 pm www.ProBonoCounseling.org
Sheppard Pratt	301.662.0099	230 W. Patrick St, Frederick, MD 21701	Hours: Mon-Fri 8-5pm https://www.sheppardpratt.org/

Clothing

Agency	Phone	Address	Details
Buckeystown United Methodist Church	240.341.7939	3440 Buckeystown Pike Buckeystown, MD 21717	1st Saturday of the month 9am-12 noon
Dorcas Ministry: El Shaddai Congregation	240.446.6379	206 East 4 th Street Frederick MD	Every 2 nd Saturday 2-4pm Every 4 th Sunday 1-3pm
Frederick Rescue Mission	301.695.6633	419 W. South St, Frederick, MD 21701	Hours: Mon-Fri 230-4pm www.therescuemission.org
Goodwill	301-662-0622	10003 W. Patrick St. Suite B	Hours: Mon-Fri 9-9pm www.gimv.org
Helping Hands and Caring Hearts	240.388.6514	12428 Fingerboard Rd. Monrovia, MD 21770	www.helpinghandsandcaringhearts.org
Religious Coalition	301.631.2670	27 DeGrange St, Frederick, MD 21701	Hours: Mon-Fri 10-2pm thereligiouscoalition.org
Salvation Army-Clothing	301.631.2489	902 N. East St, Frederick, MD 21701	Hours: Mon-Fri 10-5pm www.salvationarmypotomac.org

Dental

Agency	Phone	Address	Details
Frederick County Health Department Dental Unit	301-600-1041	350 Montevue Ln, Frederick, MD 21702	Hours: Mon- Fri. 8-5pm frederickcountymd.gov
Monocacy Health Partners Dental Clinic	240-566-7005	516 Trail Ave., Ste B Frederick, MD 21701	www.frederickhealth.org
Religious Coalition Dental Program	301-631-2670	27 Degrange St. Frederick, MD 21701	Hours: Mon-Fri 8-5pm Must meet income eligibility. thereligiouscoalition.org
Seton Center DePaul Dental Program Works	301-447-6102	226 E. Lincoln Ave. Emmitsburg, MD 21727	Hours: Mon-Fri 10-4pm Applications are accepted on a rolling basis as funding allows
Mission of Mercy	301.676.3188 Medical Van Line: 410.340.3791	22 S. Market St. #6D Frederick MD 21701	Hours: Mon-Fri 9-5pm https://amissionofmercy.org

Disability Resources

Agency	Phone	Address	Details
Developmental Disabilities Administration (DDA)	301-791-4670 Toll Free: 1-888-791-0193	1360 Marshall Street, Hagerstown, MD 21740	https://health.maryland.gov
The Difference 2-17	410.977.5380	106 A North Market Street Frederick MD 21701	www.thedifference2-17.com
Division of Rehabilitation Services	240.629.7581	1890 N. Market St. #300 Frederick MD 21701	Hours: Mon-Fri. 8-5pm https://dors.maryland.gov
Frederick County Developmental Center	301.600.1611	350 Montevue Ln, Frederick MD 21702	Hours: Mon-Fri 8-4pm https://frederickcountymd.gov
Service Coordination, Inc.	301.663.8044	5283 Corporate Drive #103 Frederick MD 21703	www.servicecoord.org
Systems Navigation: Mental Health Association of Frederick	301-663-0011	226 S. Jefferson Street Frederick MD 21701	fcmha.org
The Arc of Frederick County	301.663.0909	620-A Research Dr. Frederick 21703	Hours: Mon-Fri 9-5pm www.arcfc.org

Employment

Agency	Phone	Address	Details
Division of Rehabilitation Services	240.629.7581	1890 N. Market St #300, Frederick, MD 21701	Hours: Mon-Fri. 8-5pm https://dors.maryland.gov
Frederick County Workforce Services/ Catalyst Youth Program	301.600.2255	200 Monroe Avenue Frederick, MD 21701	(Hours: Mon-Fri 8-4pm) FCWSYouth@frederickcountymd.gov www.frederickworks.com
Goodwill Industries	301.662.0622	5103 Pegasus Ct. Suite L Frederick MD 21704	Hours: Mon-Fri 8-5pm www.gimv.org
Seton Center Inc.	301.358.3188	226 E. Lincoln Ave. Emmitsburg, MD 21727	Hours: Mon-Fri 10-4pm www.setoncenter.org

Education/School Supports

Agency	Phone	Address	Details
Boys & Girls Club of Frederick	240.831.4330	413 Burck Street Frederick, MD 21701	Hours: Mon-Fri 10-6pm www.bgcfc.org
City Youth Matrix	301.606.6927	PO Box 3295 Frederick MD 21701	www.cityyouthmatrix.com
Community Agency School Services (CASS) Frederick County Public Schools Student Services Division	240-236-8889	New Market, Governor Thomas Johnson, Thurmont, & Walkersville Middle School	www.fcps.org
	240-236-5390	Brunswick, West Frederick, and Middletown Middle Schools-	
	240-566-9126	Crestwood, Ballenger Creek and Urbana Middle Schools	
	240-236-5588	Oakdale, Monocacy, and Windsor Knolls Middle Schools	
Empowering Community Leaders Network, Inc. SWAG (Sisters Wholesome Aspiring toward Greatness)	240.529.7611	www.eclninc.org eclninc14@gmail.com	After school program for middle school girls.
Excel Youth	301.898.2205	7190 Crestwood Blvd # 400, Frederick, MD 21703	www.exceleyouth.com
Division of Rehabilitation Services	240.629.7581	1890 N. Market Street, #300 Frederick, MD 21701	Hours: Mon-Fri 8-5pm https://dors.maryland.gov
Family Partnership of Frederick County	301.600.2206	8420 Gas House Pike Ste EE, Frederick, MD 21701	(Hours: Mon-Fri 8-4pm) frederickcountymd.gov
FCHD-Developmental Center Infants & Toddler Program	301-600-1612	350 Montevue Lane Frederick MD 21702	Hours: Mon-Fri. 8am-4pm frederickcountymd.gov
I Believe in Me (IBM)	240.586.1221	PO Box 4255 Frederick MD 21705	www.ibelieveinme.com
The Judy Center Early Learning Hubs (FCPS)			www.fcps.org
Butterfly Ridge Elementary	• 240.566.0308	601 Contender Way Frederick MD 21703	
Hillcrest Elementary	• 240.236.3285	1285 Hillcrest Drive Frederick MD 21703	
Lincoln Elementary	• 240.236.2744	2700 Madison Street Frederick MD 21701	

Monocacy Elementary	<ul style="list-style-type: none"> 240.236.1349 	7421 Hayward Rd. Frederick MD21702	
Tuscarora Elementary	<ul style="list-style-type: none"> 240.566.0088 	6321LambertDrive Frederick MD 21703	
Waverly Elementary	<ul style="list-style-type: none"> 240.236.8770 		
Living Well Youth Works	301.852.9965	22 South Market Street Suite 102 Frederick MD 21701	www.livingwellyouth.org
Student Homelessness Initiative Partnership (SHIP), New Horizons Program	240.415.8971	203 Broadway St. Suite 210 Frederick MD 21701	https://shipfrederick.com
On the Mark Adolescent Clubhouse	301.600.1755	350 Montevue Ln Frederick MD 21701	Hours: Mon-Fri 3:30-7pm, Sat 11-5pm frederickcountymd.gov
YMCA of Frederick County	301.663.5131	1000 N. Market St, Frederick, MD 21701	Hours: Mon-Fri 8-5 Head Start & Kid Camp https://frederickymca.org

Family Support Services

Agency	Phone	Address	Details
Asian American Center of Frederick	301.694.3355	45 E. All Saints St. Frederick MD21701	(M-F 9:30am-6pm) https://aacfmd.org
Camp Jamie Grief Camps for Children and Adolescents and Teens Frederick Health Hospital Hospice	240.566.3030	1 Frederick Health Way Frederick, MD 21701	www.frederickhealthhospice.org Held 3 times a year.
C.A.S.E Center for Adoption Support and Education	301.360.9665	620 W. Patrick St. Frederick MD 21701	caseadopt@adoptionsupport.org
Catoctin Pregnancy Center (Emmitsburg)	301.447.3391 24-hour crisis hotline: 1-800-492-5530	130 S. Seton Ave Emmitsburg MD 21727	Hours: MWF, 1-3pm, Tues 7-8pm www.catoctinpregcenter.org
Children of Incarcerated Parents Program	240.578.5662	22 South Market St. Suite 101A Frederick MD 21701	www.coipp.org
City Youth Matrix	301.606.6927	PO Box 3295 Frederick MD 21701	www.cityyouthmatrix.com
Frederick County Department of Social Services	301.600.4555	1888 N. Market St, Frederick, MD 21701	Hours: Mon- Fri 8-4:30pm https://dhs.maryland.gov
I Believe in Me (IBM)	240.586.1221	PO Box 4255 Frederick MD 21705	www.ibelieveinme.com

Office for Children & Families, Local Care Team	301.600.1077	401 Sagner Avenue Frederick, MD 21701	Hours Mon-Fri 8-4pm https://frederickcountymd.gov
Child Advocacy Center	301.600.1758		Hours Mon-Fri 8-4pm https://frederickcountymd.gov
The Parents' Place of Maryland	301.338.8762	802 Cromwell Park Dr, Suite H Glen Burnie, MD 21061	www.pppmd.org
Eponaheart Counseling	301.471.1416	PO Box 232 Braddock Heights, MD 21714	eponaheart@gmail.com Equine therapy
Frederick County Health Department	<ul style="list-style-type: none"> • Respite Care Program: 301.600.1611 • On the Mark/Adolescent Clubhouse: 301.600.1029 • Substance Abuse Assessment: 301.600.1755 • Kids Like Us: 301.600.3281 • WIC Program: 301.600.2507 	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm Frederick County Health Department, MD Official Website (frederickcountymd.gov)
Heartly House, Inc	301.418.6610	P.O. Box 857 Frederick MD 21705	Mon-Sun. 8am- 10pm Crisis calls 24/7
The Judy Center	240.236.8772	201 Waverley Drive Frederick, MD 21702	Hours: Mon-Fri 8:30-4pm
Kids in Safety Seats	1-800-370-7328		Hours: Mon-Fri 8 am-4pm www.mdkiss.org car seat assistance program (low cost) and safety education related to use of car seats
Love for Lochlin Foundation, Inc.	301.676.4131	6097 Foundation Dr. Frederick MD 21702	www.loveforlochlin.com
Spanish-Speaking Community of MD	240.877.7466	329 S. Jefferson Street Frederick, MD, 21701	www.spanishcommunityofmd.org
Sheppard Pratt	301.662.0099	230 W. Patrick St, Frederick, MD 21701	Family Preservation Program Hours: Mon-Fri 8:30-1pm https://www.sheppardpratt.org/
Maryland Coalition of Families	443.472.9384	10632 Little Patuxent Parkway Columbia, MD 21044	Hours: Mon-Fri 9am-5pm mdcoalition.org

Maryland Family Network Locate: Childcare			1-800-999-0120- child w/ disabilities, special needs or Spanish speaking families 1-877-261-0060- military families and all other families www.marylandfamilynetwork.org
Mental Health Association: •Child Care Choices • Families Impacted by Incarceration Program (FIIP) • Healthy Families Frederick (HHF) •Systems Navigation Services Including youth mental health services	301.663.0011	226 S. Jefferson Street Frederick, MD 21701	General hours: Mon-Fri 9-8p; Walk-in hours: 12-8pm, Mon-Fri; 12-4, weekends fcmha.org Child Parent Psychotherapy (CPP) and Family therapy
The Frederick Center	301.383.8787	322 W Patrick St Frederick MD 21701	Hours: Mon-Fri 9-5pm
Sleep in Heavenly Peace	844.432.2337 x5928	Ijamsville MD 21754	www.Shpbeds.org
Trauma Specialists of MD, LLC.	301.304.7108	124 N. Court St. Frederick, MD 21701	Mon-Thurs. 9-6pm, Fri. 9-3pm, Sat. 9-12pm www.traumaspecialistsofmd.com Neurofeedback Therapy, EMDR, Trauma therapy

Food

Agency	Phone	Address	Details
Buckeyestown United Methodist Church	301-874-2313	3440 Buckeyestown Pike Buckeyestown, MD 21717	Food Boxes 3rd Saturday of the month 9:30-10:30am
Feeding Frederick			www.feedingfrederick.com
Frederick Community Action Agency	301.600.1506	100 S. Market St, Frederick, MD 21701	Hours: Mon, Tues, Thurs, Fri 2-4pm, Mon, Wed 7-9pm Soup Kitchen Sun-Sat 5:30pm-6:30pm www.cityoffrederickmd.gov
Frederick Rescue Mission	301.695.6633	419 W South St, Frederick, MD 21701	Hours: Mon-Fri 8-5pm www.therescuemission.org

Food Pantries	301.845.4229	21 W. Frederick St. Walkersville, MD 21793	Hours: Mon 6:30-7:30pm, Thurs 1-3pm
	301.473.8626	Paul Lutheran Church 3864 Jefferson Pike Jefferson, MD 21755	1 st & 3 rd Sat. 9-11 am
	301.834.9718	601 E. Potomac St. Brunswick MD 21716	Hours: Tuesday 6:30-8pm
	301.371.3182	301 W. Main St. Middletown, MD 21769	Hours: Wed. 1-3pm, Sat 9-11am
	410.737.8282	220 McRand Ct Hagerstown MD 21740	Hours: Tues 8-12pm, Wed, 10-2pm, Thurs 12-4pm
	301.432.2226	Trinity Evangelical Lutheran 64 S Main St. Boonsboro, MD 21713	Hours: Thurs. 1-3pm
	240.288.1865	10 Frederick Rd Thurmont, MD 21788	Hours: Tues. 5-7pm
	240.529.4815	4328 Reels Mill Rd Frederick MD 21704	https://greaterurbanaareafoodbank.org
Frederick County Department of Social Services (SNAP)	301.600.4575	1888 N. Market Street Frederick MD 21701	Hours: Mon- Fri 8-4:30pm https://dhs.maryland.gov
Helping Hands & Caring Hearts	240.388.6514	12428 Fingerboard Rd. Monrovia MD 21770	www.helpinghandsandcaringhearts.org
I Believe in Me (IBM)	240.586.1221	PO Box 4255 Frederick MD 21705	www.ibelieveinme.com
Salvation Army Free Bread	301.662.2311	223 W. Fifth Street Frederick, MD 21701	Hours: Mon-Thur. 8-4pm, Fri 8-3pm, Sun 9-12pm https://salvationarmypotomac.org
Women, Infants, and Children (WIC)	301.600.2507	350 Montevue Ln, Frederick MD 21702	Hours: Mon-Fri 8-5pm frederickcountymd.gov

Grief Support

Agency	Phone	Address	Details
Camp Jamie Grief Camps for Children and Adolescents and Teens Frederick Health Hospital Hospice	240.566.3030	1 Frederick Health Way Frederick, MD 21701	www.frederickhealthhospice.org Held 3 times a year.
The Umbrella Project: Hiking for Grieving Young Adults	301-606-0539		www.UmbrellaProjectHike.org info@UmbrellaProjectHike.org

Suicide Prevention	1.800. 273.TALK (8255) Text 741741 for crisis support		Free, 24 hours/day trained Crisis Counselor
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Healthcare

Agency	Phone	Address	Details
Asian American Center of Frederick	301.694.3355	45 E. All Saints St Frederick, MD 21701	Hours: Mon-Fri. 9:30-6pm https://aacfmd.org
Community Action Agency, Community Health Center	301.600.1393	100 South Market Street Frederick, MD 21701	Hours: Mon-Fri 8:30-5pm www.cityoffrederick.com/fcaa
Frederick County Health Department (including Dental Care)	301.600.1029	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm frederickcountymd.gov
Frederick Health Hospital	240.566.3300	400 W. 7th St, Frederick, MD 21701	Hours: 24/7 www.frederickhealth.org
Mission of Mercy	240.682.5683	22 S. Market St # 6D, Frederick, MD 21701	Hours: Mon-Fri. 9-5pm www.amissionofmercy.org
Religious Coalition	301.631.2670	27 DeGrange St. Frederick, MD 21701	Hours: Mon-Fri 10-2pm https://thereligiouscoalition.org
Suicide Prevention	1.800. 273.TALK (8255) Text 741741 for crisis support		Free, 24 hours/day trained Crisis Counselor

Housing/Shelter/Rent & Utility Bill Payment Assistance

Agency	Phone	Address	Details
Advocates for Homeless Families	301.662.2003	216 Abrecht Pl, Frederick, MD 21701	www.afhf88.org
Frederick Community Action Agency	301.600.1506	100 S. Market St, Frederick, MD 21701	Hours: Mon-Fri. 8:30-5pm www.cityoffrederick.com/fcaa
Frederick County Department of	301.600.1061	401 Sagner Avenue Frederick, MD 21701	Hours: Mon-Fri. 8-4pm

Housing & Community Development			https://frederickcountymd.gov
Frederick Rescue Mission	301.695.6633	419 W. South St, Frederick, MD 21701	Hours: Mon-Fri 8-5pm, Sat. 9-4pm www.therescuemission.org
Habitat for Humanity	301.698.2449	24 S. Wisner St. #130 Frederick MD 21701	Hours: Mon-Fri. 8-4pm www.frederickhabitat.org
Housing Authority of the City of Frederick	301.662.8173	209 Madison Street Frederick, MD 21701	Hours: Mon-Fri. 8-4:30pm www.hacf Frederick.org
Interfaith Housing Alliance, Inc.	301.662.4225	22 S. Market St. Unit 217 Frederick MD 21701	Hours: Mon-Thur. 8:30-4:30pm, Fri. 8:30-1pm www.interfaithhousing.org
Middletown Valley People Helping People	301.371.3119	31 W Main St. Middletown, MD 21769	Hours: 9am-5pm Email: mvphpm@gmail.com
Religious Coalition	301.631.2670	27 DeGrange St, Frederick, MD 21701	Hours: Mon-Fri 10-2pm www.rcehn.org
Salvation Army	301.662.2311	223 W. 5th St, Frederick, MD 21701	Hours: Mon-Thur. 8-4pm, Fri 8-3pm, Sun 9-12pm https://salvationarmy potomac.org
Student Homelessness Initiative Partnership of Frederick (SHIP)	240.415.8971	203 Broadway St. Suite 210 Frederick MD 21701	http://shipfrederick.com

Legal Assistance Programs

Agency	Phone	Address	Details
Maryland Legal Aid	1-888-465-2468	100 West Patrick Street Frederick MD 21701	Hours: 8:30-11:30am & 12:30pm-4:30pm www.MDLAB.org

Medical Assistance/ Insurance Programs

Agency	Phone	Address	Details
Frederick Medicaid	301.600.3124		Hours: 8:00am- 5:00pm www.frederickmedicaid.org

Public Assistance Programs

Agency	Phone	Address	Details
Frederick County Health Department	301.600.1029	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm frederickcountymd.gov
Frederick County Department of Social Services	<ul style="list-style-type: none"> •Child support: 1.800.332.6347 •SNAP (food stamps)/TANF: 301.600.4555 	1888 N. Market St, Frederick, MD 21701	Hours: Mon- Fri 8-4:30pm https://dhs.maryland.gov
Social Security Administration/ Social Security Disability Insurance	800.772.1213	5340 Spectrum Dr. Suite N, Frederick, MD 21703	Hours: Mon-Fri. 9-4pm www.ssa.gov

Recreation

Agency	Phone	Address	Details
Boys & Girls Club of Frederick	240.831.4330	413 Burck Street Frederick, MD 21701	Hours: Mon-Fri 10-6pm www.bgcfc.org
City Youth Matrix	301.606.6927	PO Box 3295 Frederick MD 21701	www.cityyouthmatrix.com
Frederick County 4-H	301-600-1589	3702 Basford Rd Frederick MD 21703	Email: schiazz@umd.edu
Frederick County Parks & Recreation	301.600.2936	355 Montevue Ln Frederick MD 21702	Hours: Mon-Fri 8-4pm, Sat. 10-6pm https://www.recreator.com

Transportation

Agency	Phone	Address	Details
Frederick Community Action Agency	301.600.1506	100 S. Market St, Frederick, MD 21701	Hours: Mon-Fri 8:30-5pm www.cityoffrederickmd.gov
Second Chances Garage	240-724-1919	528 N. Market Street Frederick MD 21701	Hours: Mon-Fri 9-5pm www.scgarage.org
TransIT Services of Frederick County	301.600.2065 (to register) 301-600-1725 (to schedule a trip)	1040 Rocky Springs Rd, Frederick, MD 21702	Hours: Mon-Fri 8-5pm office Mon-Sat 5:30-9:45pm routes TransIT@frederickcountymd.gov



Frederick County Office for Children and Families

401 Sagner Avenue

Frederick, MD 21701

Website: www.frederickcountymd.gov/ocf/lct

Phone: 301.600.1077