



# Frederick County LCT Family Resource Guide



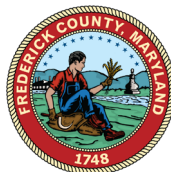
## Division of Family Services

401 Sagner Avenue Frederick, MD 21701

Website: [www.frederickcountymd.gov/ocf/lct](http://www.frederickcountymd.gov/ocf/lct)

Phone: 301.600.1077

Email referrals to [LCT@frederickcountymd.gov](mailto:LCT@frederickcountymd.gov)



**Frederick**  
County, Maryland  
Local Management Board



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If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat [988lifeline.org](https://988lifeline.org)



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## 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:

**Department of Disabilities Administration**

**Department of Juvenile Services**

**Division of Rehabilitation Services**

**Frederick County Department of Social Services**

**Frederick County Health Department Behavioral Health Authority**

**Frederick County Health Department, On the Mark Adolescent Clubhouse**

**Frederick County Local Management Board**

**Frederick County Office for Children & Families**

**Frederick County Public Schools**

**Lead4Life**

**Maryland Coalition of Families**

**Mental Health Association, Systems Navigation**

**Potomac Community Services**

**Sheppard Pratt/ Mobile Crisis**

**The Parents Place of Maryland**

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](mailto:lct@frederickcountymd.gov).



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## Behavioral Health Support & Peer Groups

Agency	Phone	Address	Details	Accepted Medical Insurance
Finding Hearts Farm (equine therapy)	240.409.1107 301.367.8874	2727 Thurston R. Frederick MD 21704	<a href="http://www.findingheartsfarm.com">www.findingheartsfarm.com</a>	Private Insurance
Frederick County Health Department- Behavioral Health	301.600.1029	350 Montevue Ln, Frederick, MD 21702	<a href="https://health.frederickcountymd.gov/">https://health.frederickcountymd.gov/</a>	Some direct services take Medical Assistance
Frederick County Local Care Team	301.600.1077	401 Sagner Avenue Frederick, MD 20701	Hours: Mon-Fri 8-4pm <a href="https://frederickcountymd.gov/7960/Local-Care-Team">https://frederickcountymd.gov/7960/Local-Care-Team</a>	N/A
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 <a href="http://www.fcmha.org">www.fcmha.org</a>	Private Insurance
Plan (Progress & Learning Autism Network)	301.882.7932	706 W Patrick St Frederick, MD 21701	<a href="https://planaba.com/">https://planaba.com/</a>	Private Insurance
Maryland Coalition of Families	410-730-8267	10632 Little Patuxent Parkway, Columbia MD 21044	Hours: Mon.-Fri 9- 5pm <a href="http://www.mdcoalition.org">www.mdcoalition.org</a>	N/A
Mindset Quality LLC (Adult EMDR & Trauma therapy)	301.337.7246	(virtual therapy only)	Mindsetqualityllc.com <a href="mailto:Arielle.jordan@mindsetqualityllc.com">Arielle.jordan@mindsetqualityllc.com</a>	Private Insurance
My Practice at a Glance: Heather Derpic ( EMDR, DBT,CBT, +)	240.439.9682	Virtual therapy only		Private
Nest Counseling Center ( EMDR ages 15 +)	301.660.7145	237 West Patrick Street, Frederick, MD 21701	<a href="https://nestcounselingcenter.com/emdr/">https://nestcounselingcenter.com/emdr/</a>	Contact for inquiring into "super billing"
Noteable Progressions Music Therapy Services	240.394.9399	9093 Ridgefield Drive Suite 204 Frederick MD 21701	<a href="mailto:info@noteableprogressions.com">info@noteableprogressions.com</a>	Medical Assistance & Private



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Monocacy Start Center	240.651.5280	65 Thomas Johnson Dr., Suite A Frederick, Maryland 21702	<a href="https://monocacycenter.com/">https://monocacycenter.com/</a>	Medical Assistance & Private Insurance
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 <a href="http://www.ProBonoCounseling.org">www.ProBonoCounseling.org</a>	N/A
Basal Therapies	443-776-0271	8411 Broadband Dr Ste D, Frederick, MD 21701	<a href="https://basaltherapies.com/">https://basaltherapies.com/</a>	Medical Assistance & Private Insurance
Children's Milestone	202.790.8903 (call for Frederick location)	11720 Beltsville Dr. Ste 500-A15 Beltsville MD 20705	Monday- Friday 9 am-5pm <a href="https://www.childrensmilestone.com/">https://www.childrensmilestone.com/</a>	Medical Assistance & Private Insurance
Mission Autism Clinics	301.337.8833	5310 Spectrum Dr, Frederick, MD 21703	<a href="http://www.missionautismclinics.com">www.missionautismclinics.com</a>	Medical Assistance & Private Insurance
Verbal Beginnings	855.866.9893	4714 Arcadia Dr Suite 100-125, Frederick, MD	<a href="http://www.verbalbeginnings.com">www.verbalbeginnings.com</a>	Private Insurance
Acorn Health	240.242.5865	5300 Westview Dr Ste 200, Frederick, MD 21701	Monday-Friday 8am- 6pm <a href="https://acornhealth.com/locations/frederick-md/">https://acornhealth.com/locations/frederick-md/</a>	Private Insurance
Little Leaves Behavioral Services	202.420.8359	7435 Technology Way Ste B, Frederick, MD 21703	Monday – Friday 8:30a- 5 pm <a href="http://www.littleleaves.org">www.littleleaves.org</a>	Private Insurance



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Suicide Prevention	988 or 1.800.273.TALK (8255)		Text 741741 for crisis support (free, 24 hours/day); trained Crisis Counselor	N/A
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## Care Management/Consumer Services

Agency	Phone	Address	Details	Accepted Medical Insurance
Developmental Disabilities Administration	301.791-4670 Maryland Relay: 800 735.2258 888.791.0193	1360 Marshall Street Hagerstown, MD 21740	<a href="https://health.maryland.gov/dda/Pages/apply.aspx">https://health.maryland.gov/dda/Pages/apply.aspx</a>	N/A
Frederick County Department of Social Services	301.600.4555	1888 N. Market St, Frederick, MD 21701	Hours: Mon-Fri 8-4:30pm <a href="http://www.dhs.maryland.gov">www.dhs.maryland.gov</a>	N/A
Frederick County Health Department	301.600.1029	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	N/A
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 <a href="http://fcmha.org">fcmha.org</a>	N/A
Mid-Atlantic Psychotherapy	571.601.1915	(virtual therapy only)	<a href="http://www.midatlanticpsychotherapy.com">www.midatlanticpsychotherapy.com</a>	CareFirst PPO plan only & Out of Pocket
Mindset Quality LLC (Adult EMDR & Trauma therapy)	301.337.7246	(virtual therapy only)	Mindsetqualityllc.com <a href="mailto:Arielle.jordan@mindsetqualityllc.com">Arielle.jordan@mindsetqualityllc.com</a>	Private Insurance
MindSpring Psychiatry & Wellness	240.384.4679	1101 Opal Court Ste. #311 Hagerstown, MD 21740	<a href="http://www.mindspringpw.com">www.mindspringpw.com</a> Hours: 8 -5 pm Mon-Fri.	Private Insurance & Medical Assistance
Potomac Community Services	301.791.3087	22 S. Market St #5, Frederick, MD 21701	Hours: Mon-Fri 8-4:45p <a href="http://www.potomaccommunity.org">www.potomaccommunity.org</a>	N/A
Peace of Mind Therapeutic Services & Solutions LLC	240.823.4827	319 W. Patrick Street Frederick MD 21701	<a href="http://www.pomtherapeutic.com">www.pomtherapeutic.com</a>	Private Insurance
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 <a href="http://www.ProBonoCounseling.org">www.ProBonoCounseling.org</a>	N/A





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Sheppard Pratt- Outpatient Mental Health Center	301.663.8263	604 Solarex Court Ste 201 Frederick MD 21703	Hours: Monday & Wednesday: 8:30 a.m. - 6:00 p.m.; Tuesday & Thursday: 8:30 a.m. - 8:00 p.m.; Friday: 8:30 a.m. - 5:00 p.m.  <a href="http://www.Sheppardpratt.org">www.Sheppardpratt.org</a>	Medical Assistance
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## Clothing

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

## Dental

Agency	Phone	Address	Details	Accepted Medical Insurance
Frederick County Health Department Dental Unit	301-600-1041	350 Montevue Ln, Frederick, MD 21702	Hours: Mon- Fri. 8-5pm  <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	Medical Assistance
Frederick Health Dental Clinic	240-566-7005	516 Trail Ave., Ste B Frederick, MD 21701	  <a href="http://www.frederickhealth.org">www.frederickhealth.org</a>	Sliding fee scale
Religious Coalition Dental Program (age 51 + Only)	301-631-2670	27 Degrange St. Frederick, MD 21701	Hours: Mon-Fri 8-5pm Must meet income eligibility.	N/A



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			<a href="http://thereligiouscoalition.org">thereligiouscoalition.org</a>	
Seton Center DePaul Dental Program Works	301.358.3188	226 E. Lincoln Ave. Emmitsburg, MD 21727	Hours: Tues- Sat. 10-4pm <a href="https://www.setoncenter.org/depaul-dental">https://www.setoncenter.org/depaul-dental</a>	Reduced rates
Mission of Mercy	301.682.5683 Medical Van Line: 410.340.3791	22 S. Market St. #6D Frederick MD 21701	Hours: Mon-Fri 9-5pm <a href="https://amissionofmercy.org">https://amissionofmercy.org</a>	N/A

## Disability Resources

Agency	Phone	Address	Details	Accepted Medical Insurance
Adaptive & Inclusive Recreation	301.600.2199	355 Montevue Lane, Suite 100 Frederick MD 21702	Hours: Mon-Fri 8-5pm <a href="https://www.recreator.com/620/Adaptive-Inclusive-Recreation">https://www.recreator.com/620/Adaptive-Inclusive-Recreation</a>	N/A
Adult Evaluation & Review Services (AERS)	301-600-1736	Frederick County Health Department 350 Montevue Lane Frederick, MD 21702	To schedule an in-home evaluation, contact the AERS Office Services Clerk Monday - Friday 8 a.m. - 4:30 p.m. <a href="https://health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services-AERS">https://health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services-AERS</a>	Medicaid
The Arc of Frederick County	301.663.0909	620-A Research Court. Frederick 21703	Hours: Mon-Fri 9-5pm <a href="http://www.arfc.org">www.arfc.org</a>	N/A
Beatrice Loving Heart Agency	301.951.0105 (301) 804-0039	10001 Derekwood Lane Suite 120 Lanham, MD 20706	<a href="https://blhnurses.com/programs-and-services/">https://blhnurses.com/programs-and-services/</a>	Reduced cost
Community Living	301.663.8811	620-B Research Court	<a href="https://communitylivinginc.org/">https://communitylivinginc.org/</a>	N/A
Developmental Disabilities Administration (DDA)	Telephone: 301.791-4670 Maryland Relay: (800) 735-2258 Toll Free: (888) 791-0193 FAX: (301) 791-4019	1360 Marshall Street, Hagerstown, MD 21740	<a href="https://health.maryland.gov">https://health.maryland.gov</a>	N/A
The Difference 2-17	410.977.5380	106 A North Market Street Frederick MD 21701	<a href="http://www.thedifference2-17.com">www.thedifference2-17.com</a>	N/A
Division of Rehabilitation Services	240.629.7581	1890 N. Market St. #300 Frederick MD 21701	Hours: Mon-Fri. 8-5pm <a href="https://dors.maryland.gov">https://dors.maryland.gov</a>	N/A





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Frederick County Developmental Center:	301.600.3367	350 Montevue Ln, Entrance C Frederick MD 21702	Hours: Mon-Fri 8-4pm <a href="https://health.frederickcountymd.gov/266/Developmental-Center">https://health.frederickcountymd.gov/266/Developmental-Center</a>	Medical Assistance and State Insurance
The Freedom Center	301.846.7811	1890 N. Market Street	Hours: Mon-Fri 8-4 <a href="https://thefreedomcenter-md.org/">https://thefreedomcenter-md.org/</a>	N/A
Pathfinders for Autism	443.330.5370 443.330.5341 Help Line	235 Schilling Circle, Suite 103 Hunt Valley, MD 21031	<a href="https://pathfindersforautism.org/">https://pathfindersforautism.org/</a>	N/A
Project Lifesaver	301.695.3676	110 Airport Drive East, Frederick, MD	<a href="http://www.projectlifesaver.org">www.projectlifesaver.org</a>	N/A
Service Coordination, Inc.	301.663.8044	5283 Corporate Drive #103 Frederick MD 21703	<a href="http://www.servicecoord.org">www.servicecoord.org</a>	N/A

## Employment

Agency	Phone	Address	Details	Accepted Medical Insurance
Division of Rehabilitation Services	240.629.7581	1890 N. Market St #300, Frederick, MD 21701	Hours: Mon-Fri. 8-5pm <a href="https://dors.maryland.gov">https://dors.maryland.gov</a>	N/A
Frederick County Workforce Services/ Catalyst Youth Program	301.600.2255	200 Monroe Avenue Frederick, MD 21701	(Hours: Mon-Fri 8-4pm) <a href="mailto:FCWSYouth@frederickcountymd.gov">FCWSYouth@frederickcountymd.gov</a> <a href="http://www.frederickworks.com">www.frederickworks.com</a>	N/A
Goodwill Industries	301.662.0622	5103 Pegasus Ct. Suite L Frederick MD 21704	Hours: Mon-Fri 8-5pm <a href="http://www.gimv.org">www.gimv.org</a>	N/A
Justice Jobs of Maryland	301.360.3503	22 S. Market Street Suite 210 Frederick MD 21701	Mon-Friday 9am-5pm <a href="https://justicejobsmd.org/">https://justicejobsmd.org/</a>	N/A
Seton Center Inc.	301.358.3188	226 E. Lincoln Ave. Emmitsburg, MD 21727	Hours: Mon-Fri 10-4pm <a href="http://www.setoncenter.org">www.setoncenter.org</a>	N/A



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## Education/School Supports

Agency	Phone	Address	Details	Accepted Medical Insurance
Boys & Girls Club of Frederick	240.831.4330	413 Burck Street Frederick, MD 21701	Hours: Mon-Fri 10-6pm <a href="http://www.bgcfc.org">www.bgcfc.org</a>	private
City Youth Matrix	301.606.6927	PO Box 3295 Frederick MD 21701	<a href="http://www.cityyouthmatrix.com">www.cityyouthmatrix.com</a>	N/A
Community Agency School Services (CASS) Frederick County Public Schools Student Services Division	240.236.8670 240.236.8195 240.236.4088 240.236.4871 240.566.9857 240.236.4218 240.236.5588 240.236.6598 240.236.7658 240.236.4403	Brunswick Feeder Catocin Feeder Frederick Feeder TJ High Feeder Linganore Feeder Middletown Feeder Oakdale Feeder Tuscarora Feeder Urbana Feeder Walkersville Feeder	<a href="http://www.fcps.org">www.fcps.org</a>	N/A
Empowering Community Leaders Network, Inc.	240.529.7611	<a href="http://www.ecninc.org">www.ecninc.org</a>  P.O. Box 369 Walkersville, MD 21793	SWAG (Sisters Wholesome Aspiring toward Greatness) After school program for middle school girls.	N/A
Excel Youth	301.898.2205	7190 Crestwood Blvd # 400, Frederick, MD 21703	<a href="http://www.excelyouth.com">www.excelyouth.com</a>	N/A
Division of Rehabilitation Services	240.629.7581	1890 N. Market Street, #300 Frederick, MD 21701	Hours: Mon-Fri 8-5pm <a href="https://dors.maryland.gov">https://dors.maryland.gov</a>	state, private
Family Partnership of Frederick County	301.600.2206	8420 Gas House Pike Ste EE, Frederick, MD 21701	(Hours: Mon-Fri 8-4pm) <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	N/A
FCHD- Developmental Center Infants & Toddler Program	301-600-1612	350 Montevue Lane Frederick MD 21702	Hours: Mon-Fri. 8am-4pm <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	N/A
I Believe in Me (IBM)	240.815.5102	8420 Gas House Pike Ste. G Frederick MD 21701	<a href="http://www.ibelieveinme.com">www.ibelieveinme.com</a>	N/A
<b>The Judy Center Early Learning Hubs (FCPS)</b>			<a href="http://www.fcps.org">www.fcps.org</a>	N/A
Butterfly Ride 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		



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Monocacy Elementary	240.236.1349	7421 Hayward Rd. Frederick MD21702		
Tuscarora Elementary	240.566.0088	6321 Lambert Drive Frederick MD 21703		
Waverly Elementary	240.236.8770	201 Waverly Drive Frederick MD 21702		
Living Well Youth Works	301.852.9965	22 South Market Street Suite 102 Frederick MD 21701	<a href="http://www.livingwellyouth.org">www.livingwellyouth.org</a>	N/A
Student Homelessness Initiative Partnership (SHIP), New Horizons Program	240.415.8971	203 Broadway St. Suite 210 Frederick MD 21701  P.O. Box 1629 Frederick, MD 21702	<a href="https://shipfrederick.com">https://shipfrederick.com</a>	N/A
On the Mark Adolescent Clubhouse	301.600.1755	350 Montevue Ln Frederick MD 21701	Hours: Mon-Fri 3:30-7pm, Sat 11-5pm  <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	N/A
YMCA of Frederick County	301.663.5131	1000 N. Market St, Frederick, MD 21701	Hours: Mon-Fri 8-5 Head Start & Kid Camp  <a href="https://frederickymca.org">https://frederickymca.org</a>	N/A

## Family Support Services

Agency	Phone	Address	Details	Accepted Medical Insurance
Asian American Center of Frederick	301.694.3355	45 E. All Saints St. Frederick MD 21701 5901 Old National Pike, Frederick, MD 21701	(M-F 9:30am-6pm)  <a href="https://aacfmd.org">https://aacfmd.org</a>	N/A
Family Support Center	301.694.3355 Ext 2000		Hours: Monday – Thursday 8am – 4pm; Select Saturdays	
C.A.S.E Center for Adoption Support and Education	301.360.9665	620 W. Patrick St. Frederick MD 21701	<a href="mailto:caseadopt@adoptionssupport.org">caseadopt@adoptionssupport.org</a>	N/A
Catoctin Pregnancy Center (Emmitsburg)	301.447.3391 24-hour crisis hotline: 1.800.492.5530	502 E. Main St. Emmitsburg MD 21727	Hours: MWF, 1-3pm, Tues 7-8pm  <a href="http://www.catoctinpregcenter.org">www.catoctinpregcenter.org</a>	N/A



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Children of Incarcerated Parents Program	240.578.5662	22 South Market St. Suite 101A Frederick MD 21701	<a href="http://www.coipp.org">www.coipp.org</a>	N/A
City Youth Matrix	301.606.6927	PO Box 3295 Frederick MD 21701	<a href="http://www.cityyouthmatrix.com">www.cityyouthmatrix.com</a>	N/A
Family Partnership of Frederick County	301.600.2206	8420 Gas House Pike Ste EE, Frederick, MD 21701	(Hours: Mon-Fri 8-4pm) <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	N/A
Frederick County Department of Social Services	301.600.4555	1888 N. Market St, Frederick, MD 21701	Hours: Mon- Fri 8-4:30pm <a href="https://dhs.maryland.gov">https://dhs.maryland.gov</a>	N/A
I Believe in Me (IBM)	240.815.5102	8420 Gas House Pike Ste. G Frederick MD 21701	<a href="http://www.ibelieveinme.com">www.ibelieveinme.com</a>	N/A
Family Services Administration & Local Care Team	301.600.1077	401 Sagner Avenue Frederick, MD 21701	Hours Mon-Fri 8-4pm <a href="https://frederickcountymd.gov">https://frederickcountymd.gov</a>	N/A
Child Advocacy Center	301.600.1758		Hours Mon-Fri 8-4pm <a href="https://frederickcountymd.gov">https://frederickcountymd.gov</a>	N/A
The Parents' Place of Maryland	301.338.8762	802 Cromwell Park Dr, Suite H Glen Burnie, MD 21061	<a href="http://www.ppmmd.org">www.ppmmd.org</a>	N/A
Frederick County Health Department	<ul style="list-style-type: none"> <li>• Respite Care Program: 301.600.1611</li> <li>• On the Mark/Adolescent Clubhouse: 301.600.1029</li> <li>• Substance Abuse Assessment: 301.600.1755</li> <li>• Kids Like Us: 301.600.3281</li> <li>• WIC Program: 301.600.2507</li> </ul>	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm <a href="https://health.frederickcountymd.gov/101/Our-Services">https://health.frederickcountymd.gov/101/Our-Services</a>	N/A
Heartly House, Inc	301.418.6610 24-HR Hotline: 301-662-8800	P.O. Box 857 Frederick MD 21705	Mon-Sun. 8am- 10pm Crisis calls 24/7	N/A
Kids in Safety Seats	1-800-370-7328		Hours: Mon-Fri 8 am-4pm <a href="http://www.mdkiss.org">www.mdkiss.org</a>  car seat assistance program (low cost) and safety education related to use of car seats	N/A
Love for Lochlin Foundation, Inc.	301.676.4131	6097 Foundation Dr. Frederick MD 21702	<a href="http://www.loveforlochlin.com">www.loveforlochlin.com</a>	N/A



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Spanish-Speaking Community of MD	240.877.7466	329 S. Jefferson Street Frederick, MD, 21701	<a href="http://www.spanishcommunityofmd.org">www.spanishcommunityofmd.org</a>	N/A
Sheppard Pratt	301.662.0099	230 W. Patrick St, Frederick, MD 21701	Family Preservation Program Hours: Mon-Fri 8:30-1pm  <a href="https://www.sheppardpratt.org/">https://www.sheppardpratt.org/</a>	N/A
Maryland Coalition of Families	443.472.9384	10632 Little Patuxent Parkway Columbia, MD 21044	Hours: Mon-Fri 9am-5pm  <a href="http://mdcoalition.org">mdcoalition.org</a>	N/A
Maryland Family Network Locate: Childcare	410.659.7701  LOCATE: Childcare & Family Resource Specialists 877.261.0060	1800 Washington Blvd Ste 445 Baltimore, MD 21230-2344	<a href="https://www.marylandfamilynetwork.org/for-parents">https://www.marylandfamilynetwork.org/for-parents</a>	N/A
Mental Health Association:  •Childcare Choices  • Families Impacted by Incarceration Program (FIIP)  • Healthy Families Frederick (HHF)  •Systems Navigation Services  Including youth mental health services	301.663.0011  301-662-4549 x111  301-663-0011 x119	226 S. Jefferson Street Frederick, MD 21701  WALK-IN CRISIS CARE CENTER 340 Montevue Ln., Frederick, MD 21702	General hours: Mon-Fri 9-8p; Walk-in hours: 12-8pm, Mon-Fri; 12-4, weekends  <a href="http://fcmha.org">fcmha.org</a>	N/A
The Frederick Center	301.383.8787	322 W Patrick St Frederick MD 21701	Hours: Mon-Fri 9-5pm	N/A
Sleep in Heavenly Peace	844.432.2337 x5928	Ijamsville MD 21754	<a href="http://www.Shpbeds.org">www.Shpbeds.org</a>	N/A
Trauma Specialists of MD, LLC.	301.304.7108	124 N. Court St. Frederick, MD 21701 3534 Urbana Pike, Suite C Frederick, MD 21704  5216 Chairmans Court Unit 104 Frederick, MD 21703	Mon-Thurs. 9-6pm, Fri. 9-3pm, Sat. 9-12pm <a href="http://www.traumaspecialistsofmd.com">www.traumaspecialistsofmd.com</a> Neurofeedback Therapy, EMDR, Trauma therapy	N/A



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## Food

Agency	Phone	Address	Details	Accepted Medical Insurance
Buckeystown United Methodist Church	301-874-2313	3440 Buckeystown Pike Buckeystown, MD 21717	Food Boxes 3rd Saturday of the month 9:30-10:30am	N/A
Feeding Frederick	(301) 662-2255		<a href="https://servingtogetherproject.org/feeding-frederick/">https://servingtogetherproject.org/feeding-frederick/</a>	N/A
Frederick Community Action Agency Food Bank	301.600.1506	100 S. Market St, Frederick, MD 21701	Downtown Food Bank: 14 East All Saints Street, Frederick, MD 21701 Mondays, Tuesdays, Thursdays, and Fridays 2 p.m. to 4 p.m. Mondays and Wednesdays 6: 00 p.m. to 8 p.m.  Trinity Food Bank: 6040 New Design Road, Frederick, MD 21703 Tuesdays, Wednesdays, and Thursdays 2 p.m. to 4 p.m. <a href="https://cityoffrederick.com/462/Food-Bank-Program">https://cityoffrederick.com/462/Food-Bank-Program</a>	N/A
Frederick Rescue Mission Food Distribution Center	301.695.6633	419 W South St, Frederick, MD 21701	Tuesdays, Wednesdays, and Thursdays, 1:30 – 3:30 pm  Senior Serve: Fridays 10:00 am – 12:00 pm. Age 65+ ONLY. ID and senior present in line REQUIRED.  PLEASE BRING YOUR OWN BAGS. NOTE: On days with bad weather, check our social media pages to see if we are open.  <a href="http://www.therescuemission.org">www.therescuemission.org</a>	N/A
<b>Communities Food Banks:</b> Walkersville	301.845.4229	21 W. Frederick St. Walkersville, MD 21793	Hours: Mon 6:30-7:30pm, Thurs 1-3pm	N/A
Brunswick Food Bank	301.834.9718	601 E. Potomac St. Brunswick MD 21716	Hours: Tuesday 6:30-8pm	N/A
Middletown Food Bank	301.371.3182	301 W. Main St. Middletown, MD 21769	Hours: Wed. 1-3pm, Sat 9-11am	N/A
Raven House Food Pantry	240.420.6506	32 East Hagerstown Ave.	<a href="http://www.foodbanks.net">www.foodbanks.net</a>	N/A



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		Hagerstown MD 21740		
South County Food Pantry & Micah's Pantry	301.432.2226	64 S. Main St. Boonsboro, MD 21713	<a href="http://www.southcountyfoodpantry.org">www.southcountyfoodpantry.org</a>	N/A
Thurmont Food Bank	240.288.1865	10 Frederick Rd Thurmont, MD 21788	Hours: Tues. 5-7pm	N/A
Urbana Area Food Pantry	240.529.4815	4328 Reels Mill Rd Frederick MD 21704	<a href="https://greaterurbanaareafoodbank.org">https://greaterurbanaareafoodbank.org</a>	N/A
Frederick County Department of Social Services (SNAP)	301.600.4575	1888 N. Market Street Frederick MD 21701	Hours: Mon- Fri 8-4:30pm <a href="https://dhs.maryland.gov">https://dhs.maryland.gov</a>	N/A
Helping Hands & Caring Hearts	240.388.6514	12428 Fingerboard Rd. Monrovia MD 21770	<a href="http://www.helpinghandsandcaringhearts.org">www.helpinghandsandcaringhearts.org</a>	N/A
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 <a href="https://salvationarmypotomac.org">https://salvationarmypotomac.org</a>	N/A
Women, Infants, and Children (WIC)	301.600.2507	350 Montevue Ln, Frederick MD 21702	Hours: Mon-Fri 8-5pm <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	N/A

## Grief Support

Agency	Phone	Address	Details	Accepted Medical Insurance
Camp Jamie Grief Camps for Children and Adolescents and Teens Frederick Health Hospital Hospice	240.566.3030	1 Frederick Health Way Frederick, MD 21701	<a href="http://www.frederickhealthhospice.org">www.frederickhealthhospice.org</a>  Held 3 times a year.	N/A
The Umbrella Project: Hiking for Grieving Young Adults	301-606-0539		<a href="http://www.UmbrellaProjectHike.org">www.UmbrellaProjectHike.org</a>  <a href="mailto:info@UmbrellaProjectHike.org">info@UmbrellaProjectHike.org</a>	N/A
Suicide Prevention	1.800. 273.TALK (8255)  Text 741741 for crisis support		Free, 24 hours/day trained Crisis Counselor	N/A





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## Healthcare

Agency	Phone	Address	Details	Accepted Medical Insurance
Asian American Center of Frederick	301.694.3355	45 E. All Saints St Frederick, MD 21701	Hours: Mon-Fri. 9:30-6pm <a href="https://aacfmd.org">https://aacfmd.org</a>	N/A
Community Action Agency, Community Health Center	301.600.1393	100 South Market Street Frederick, MD 21701	Hours: Mon-Fri 8:30-5pm <a href="http://www.cityoffrederick.com/fcaa">www.cityoffrederick.com/fcaa</a>	N/A
Frederick County Health Department	301.600.1029	350 Montevue Ln, Frederick, MD 21702	Hours: Mon-Fri 8-5pm <a href="http://frederickcountymd.gov">frederickcountymd.gov</a>	Private Insurance and Medical Assistance
Frederick Health Hospital	240.566.3300	400 W. 7th St, Frederick, MD 21701	Hours: 24/7 <a href="http://www.frederickhealth.org">www.frederickhealth.org</a>	Private Insurance & Medical Assistance
Mission of Mercy	240.682.5683 call	22 S. Market St # 6D, Frederick, MD 21701	Hours: Mon-Fri. 9-5pm <a href="http://www.amissionofmercy.org">www.amissionofmercy.org</a>	N/A
Religious Coalition	301.631.2670 call	27 DeGrange St. Frederick, MD 21701	Hours: Mon-Fri 10-2pm <a href="https://thereligiouscoalition.org">https://thereligiouscoalition.org</a>	N/A
Crisis Line (Suicide Prevention Line)	988		Free, 24 hours/day trained Crisis Counselor; Text HOME to 741741	N/A

## Housing/Shelter/Rent & Utility Bill Payment Assistance

Agency	Phone	Address	Details	Accepted Medical Insurance
Advocates for Homeless Families	301.662.2003 call	216 Abrecht Pl, Frederick, MD 21701	<a href="http://www.afhf88.org">www.afhf88.org</a>	N/A
Frederick Community Action Agency	301.600.1506	100 S. Market St, Frederick, MD 21701	Hours: Mon-Fri. 8:30-5pm <a href="http://www.cityoffrederick.com/fcaa">www.cityoffrederick.com/fcaa</a>	N/A
Frederick County Division of Housing	301.600.3518	401 Sagner Avenue Frederick, MD 21701	Hours: Mon-Fri. 8-4pm <a href="https://frederickcountymd.gov">https://frederickcountymd.gov</a>	N/A
Frederick Rescue Mission	301.695.6633	419 W. South St, Frederick, MD 21701	Hours: Mon-Fri 8-5pm, Sat. 9-4pm <a href="http://www.therescuemission.org">www.therescuemission.org</a>	N/A
Habitat for Humanity	301.698.2449	24 S. Wisner St. #130 Frederick MD 21701	Hours: Mon-Fri. 8-4pm <a href="http://www.frederickhabitat.org">www.frederickhabitat.org</a>	N/A



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Housing Authority of the City of Frederick	301.662.8173	209 Madison Street Frederick, MD 21701	Hours: Mon-Fri. 8-4:30pm  <a href="http://www.hacfrederick.org">www.hacfrederick.org</a>	Private Insurance & Medical Assistance
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  <a href="https://www.interfaithhousing.org/">https://www.interfaithhousing.org/</a>	N/A
Middletown Valley People Helping People	301.371.3119	31 W Main St. Middletown, MD 21769	Hours: 9am-5pm  Email: <a href="mailto:mvphpmd@gmail.com">mvphpmd@gmail.com</a>	N/A
Religious Coalition	301.631.2670	27 DeGrange St, Frederick, MD 21701	Hours: Mon-Fri 10-2pm  <a href="http://www.rcehn.org">www.rcehn.org</a>	N/A
Salvation Army	301.662.2311	223 W. 5th St, Frederick, MD 21701	Hours: Mon-Thur. 8-4pm, Fri 8-3pm, Sun 9-12pm  <a href="https://salvationarmypotomac.org">https://salvationarmypotomac.org</a>	N/A
Student Homelessness Initiative Partnership of Frederick (SHIP)	240.415.8971	203 Broadway St. Suite 210 Frederick MD 21701	<a href="http://shipfrederick.com">http://shipfrederick.com</a>	N/A

## Legal Assistance Programs

Agency	Phone	Address	Details	Accepted Medical Insurance
Maryland Legal Aid	1-888-465-2468	100 West Patrick Street Frederick MD 21701	Hours: 8:30-11:30am & 12:30pm-4:30pm  <a href="http://www.MDLAB.org">www.MDLAB.org</a>	N/A
Frederick County Circuit Courts Family Services Program	301-600-2023 General Information: 301-600-1976	12 E. Church Street Frederick MD 21701	Maryland Courts Self-Help Centers Free legal help with your civil matter chat with a lawyer 410-260-1392 8:30 a.m. - 8 p.m. Monday – Friday  <a href="https://frederickcountymd.gov/5708/Family-Services-Program">https://frederickcountymd.gov/5708/Family-Services-Program</a>	N/A
Self-Help Law Center	301-600-2023		Hours: 8:30-4:30pm  <a href="https://frederickcountymd.gov/8095/Self-Help-Law-Center">https://frederickcountymd.gov/8095/Self-Help-Law-Center</a>	N/A



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## Medical Assistance/Insurance Programs Public Assistance Programs

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

## Recreation

Agency	Phone	Address	Details	Accepted Medical Insurance
Boys & Girls Club of Frederick	240.831.4330	413 Burck Street Frederick, MD 21701	Hours: Mon-Fri 10-6pm <a href="http://www.bgcf.org">www.bgcf.org</a>	N/A
City Youth Matrix	301.606.6927	PO Box 3295 Frederick MD 21701	<a href="http://www.cityyouthmatrix.com">www.cityyouthmatrix.com</a>	N/A
Frederick County 4-H	301-600-1589	3702 Basford Rd Frederick MD 21703	Email: <a href="mailto:schiazzi@umd.edu">schiazzi@umd.edu</a>	N/A
Frederick County Parks & Recreation	301.600.2936	355 Montevue Ln Frederick MD 21702	Hours: Mon-Fri 8-4pm, Sat. 10-6pm <a href="https://www.recreator.com">https://www.recreator.com</a>	N/A
I Believe in Me (IBM)	240.815.5102	8420 Gas House Pike Ste. G Frederick MD 21701	<a href="http://www.ibelieveinme.com">www.ibelieveinme.com</a>	N/A
Empowering Community Leaders Network, Inc.	240.529.7611	<a href="http://www.eclninc.org">www.eclninc.org</a>  P.O. Box 369 Walkersville, MD 21793	SWAG (Sisters Wholesome Aspiring toward Greatness) After school program for middle school girls.	N/A



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## Substance Use & Recovery Support

Agency	Phone	Address	Details	Accepted Medical Insurance
Andrea's House Transitional Living for Women and Children	240.409.0450		<a href="http://Andreahouseinc.com">Andreahouseinc.com</a> <a href="mailto:andreashousetransitionalliving@gmail.com">andreashousetransitionalliving@gmail.com</a>	N/A
Community of Grace Organization, Inc. Transitional Living for Women and Children	240.389.5976		<a href="http://www.communityofgraceorganization.org">www.communityofgraceorganization.org</a> <a href="mailto:Barbara.pinnockcogo@gmail.com">Barbara.pinnockcogo@gmail.com</a>	N/A
CORE Community Organized Recovery Efforts	301.600.1755 (240) 566 – 6111	CORE activities at All Saints Episcopal Church and Frederick Community Action Agency are open to the public Monday-Friday 8:30 am - 12:00 pm.	<a href="mailto:CORE@frederickcountymd.gov">CORE@frederickcountymd.gov</a>	N/A
Kids Like Us	301.600.1755	350 Montevue Ln, Frederick MD 21702	Hours: Mon-Fri 8-5pm <a href="https://health.frederickcountymd.gov/561/Kids-Like-Us-KLU#">https://health.frederickcountymd.gov/561/Kids-Like-Us-KLU#</a>	N/A
On Our Own Frederick	240.629.8015	22 S. Market Street Suite 110 Frederick MD 21701	<a href="http://www.onourownmd.org">www.onourownmd.org</a>	N/A
Sobriety Treatment and Recovery Team (START) at DSS	(301) 600-4555	1888 N Market St, Frederick, MD 21701		N/A
The Orenda Center of Wellness	240.831.4873	100 Tuscanney Dr. Frederick MD 21702	<a href="https://theorendacenter.com/contact/">https://theorendacenter.com/contact/</a>	N/A
Wells House	301.662.7003	425 E. Patrick Street Frederick MD 21701	<a href="https://www.wellshouse.org/">https://www.wellshouse.org/</a>	N/A

## Transportation

Agency	Phone	Address	Details	Accepted Medical Insurance
Frederick Community Action Agency	301.600.1506	100 S. Market St, Frederick, MD 21701	Hours: Mon-Fri 8:30-5pm <a href="http://www.cityoffrederickmd.gov">www.cityoffrederickmd.gov</a>	N/A



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Rides for Good	240.657.3090	122 E. Patrick St, #114, Frederick, MD	<a href="mailto:info@ridesforgood.org">info@ridesforgood.org</a> <a href="https://www.ridesforgood.org/contact-us/">https://www.ridesforgood.org/contact-us/</a>	N/A
RUN Ride Network: United Way	Simply call 211 to get your ride. You may also call 866-411-6803 to reach the Frederick call center directly.		please contact Landen Lombardo at <a href="mailto:llombardo@uwfrederick.org">llombardo@uwfrederick.org</a> <a href="https://www.unitedwayfrederick.org/rideunited">https://www.unitedwayfrederick.org/rideunited</a>	N/A
Second Chances Garage	240-724-1919	528 N. Market Street Frederick MD 21701	Hours: Mon-Fri 9-5pm <a href="http://www.scgarage.org">www.scgarage.org</a>	N/A
SOS Safe Ride	(240) 722-7422	122 E Patrick St Ste 114, Frederick, MD 21701	<a href="https://www.sossaferide.org/">https://www.sossaferide.org/</a> The Only Anti-Drunk Driving Nonprofit Program in Frederick County	N/A
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 <a href="mailto:TransIT@frederickcountymd.gov">TransIT@frederickcountymd.gov</a>	N/A



Frederick County Division of Family Services

401 Sagner Avenue

Frederick, MD 21701

Website: [www.frederickcountymd.gov/ocf/lct](http://www.frederickcountymd.gov/ocf/lct)

Phone: 301.600.1077

