2016 Edition
Charles County
Directory
of
Human
Services

Produced by:

United Way
of Charles County

SERVING OUR COMMUNITY SINCE 1983
ACKNOWLEDGEMENTS

This directory has been produced as a community service of United Way of Charles County. It has been made possible with the assistance and support from:

University of Maryland Charles Regional Medical Center

At least one master copy of this directory has been provided to each participating agency. Copies may be made from the master and distributed as desired or downloaded off the United Way of Charles County's webpage. If you wish to receive additional copies, or if your health and human service agency would like to be included in the next edition of the directory, please contact United Way of Charles County.

The staff of United Way of Charles County hopes that this directory is helpful to you. We welcome any suggestions you may have for future editions. United Way of Charles County is proud to be of service to our community.

Follow us on Facebook and Twitter! Become one of our fans and be notified instantly of our upcoming events and important information.
HOW TO USE THIS DIRECTORY

The *Charles County Directory of Human Services* is divided into three sections:

1. Services Chart and Index
2. Agency Listings
3. Appendices

The **Services Chart and Index**: lists participating agencies alphabetically and identifies the categories of service each agency provides. Read the appropriate agency listings to learn more about specific services and eligibility requirements.

The **Agency Listings**: include a description of each agency -- location(s), services provided, populations served, hours of operation and other pertinent information. This information was provided to us by the participating agencies, and was accurate at time of publication. For more information, call the service provider directly.

Some agencies require that potential clients be referred to them by another agency; their listings will indicate which agency(ies) must refer you for their services.

- Agencies with this symbol are United Way of Charles County partner agencies.
- Agencies marked with this symbol are approved Student Service Learning sites. Students needing to complete the Student Service Learning graduation requirement may contact these agencies directly to arrange to perform volunteer service.

The **Appendices**:

- **Appendix A**: State and Local Elected Officials
- **Appendix B**: Other Useful Numbers
- **Appendix C**: Charles County Public Schools
The Fastest Path to Full Recovery

Whether you’re recovering from orthopedic surgery or dealing with pain and discomfort, UM Charles Regional Rehabilitation can help you feel better and function better—fast. Appointments are available as early as 7am and as late as 5pm.

To schedule your evaluation, call 301.609.5494. CharlesRegional.org/FlexiblePT

301.609.5494
10 North La Plata Court, La Plata, MD 20646
Hours of Operation: Monday-Friday 7am-5pm
A physician referral is required.
UM Charles Regional On the Line

If you are looking for a physician, call UM Charles Regional On the Line, our physician referral service, at 1-888-332-4847. The operators can provide you with information on the physicians who are members of the UM Charles Regional Medical Staff. Additionally, you can register for UM Charles Regional-sponsored events and classes and obtain information on health-related county resources.

Monday - Friday  |  9:00 am-4:30 pm  |  FREE
For more information, call 1.888.332.4847

Look Good...Feel Better

This program teaches female cancer patients beauty tips to look better and feel good about their appearance during chemotherapy and radiation treatments. Volunteer beauty professionals help women learn about makeup, skin care, nail care and ways to deal with hair loss like wigs, turbans and scarves. Each woman gets a free makeup kit to use during and after the workshop.

Pre-registration required  |  FREE
UM Charles Regional Medical Center, Irene Davis Pavilion, 2nd Floor
For more information, call 1.888.332.4847

Diabetes Education

This class will cover overall management of diabetes, lowering HbA1C levels, diabetes medications, diabetes nutritional strategies and blood sugar testing. The instructor is a certified diabetes educator.

UM Charles Regional Medical Center, Nagula Conference Room #2, La Plata

Better Breathers Club

This free support group is for people with chronic lung disease and their loved ones. Better Breathers Clubs help by providing patient-focused, community-based education and support. Learn to manage your lung disease and live better.

UM Charles Regional Medical Center, Nagula Conference Room #2, La Plata
For more information, please contact the Cardiac Rehabilitation Department at 301.609.4391

Living Well with Chronic Conditions

Living Well with Chronic Conditions is a workshop that will help you take control of your ongoing health condition rather than letting it control you! If you have cancer, diabetes, arthritis, heart disease, COPD, fibromyalgia or any other chronic disease, Living Well with Chronic Conditions is for you. By attending this workshop one time per week for six weeks, you will learn how to:

• Manage symptoms
• Communicate better with your doctor
• Reduce your frustration
• Fight fatigue

For more information or to register for a workshop, call 301.609.6931

Stroke & Brain Injury Support Group

You're invited to join UM Charles Regional's Stroke & Brain Injury Support Group. Meet our multidisciplinary team, learn more about recovering from a stroke or brain injury, share your experience and discover what services UM Charles Regional has to offer to help you and your family reach your recovery goals.

Pre-registration NOT required  |  FREE
UM Charles Regional Medical Center, Nagula Conference Room, 1st Floor

For a complete list of classes and to register, call 1.888.332.4847
CharlesRegional.org/Educate
Flexible Health Care for Your Hectic Schedule.
UM Charles Regional Urgent Care is Now Open.

When you can’t wait for a doctor’s appointment, come see us. We’re accepting patients seven days a week on Charles Street in downtown La Plata, with extended hours so we’re here when you need us most. Our skilled medical professionals are experts at diagnosing and treating a wide range of conditions. You’ll get the timely, compassionate care you deserve and that you’ve come to expect from UM Charles Regional.

We’ve got extended hours, 7 days a week. No appointment needed.
For details, visit CharlesRegionalUrgentCare.com/FlexibleUC

301.609.4699
500 Charles Street, La Plata, MD 20646
Across from UM Charles Regional Medical Center
Services
Chart & Index
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<th>SERVICE PROVIDER</th>
<th>BUSINESS SERVICES</th>
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<td>SOUTHERN MARYLAND CENTER FOR INDEPENDENT LIVING</td>
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<td>SOUTHERN MARYLAND COMMUNITY NETWORK **</td>
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<td>SO. MD TRI-COUNTY COMMUNITY ACTION COMMITTEE</td>
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<td>SPRING DELL CENTER **</td>
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<td>STAR OF THE SEA PANTRY</td>
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<td>UNIV. OF MARYLAND CHARLES REGIONAL MEDICAL CENTER</td>
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<td>UNIVERSITY OF MARYLAND EXTENSION, CHARLES COUNTY</td>
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<td>VESTA, INC.</td>
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<td>WAYSIDE FOOD BANK at HOLY GHOST CATHOLIC CHURCH</td>
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<td>WIC PROGRAM (SEE HEALTH DEPARTMENT, CHARLES COUNTY)</td>
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<td>WESTERN CHARLES COUNTY COMMUNITY ASSOCIATION</td>
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<td>WESTERN COUNTY FAMILY MEDICAL CENTER</td>
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<td>WOMEN'S SHELTER (SEE CATHOLIC CHARITIES, ANGELS WATCH)</td>
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** This agency has a referral requirement for one or more of its programs.
Agency Listings
ACCOKEEK FOUNDATION
Dr. Lisa Hayes, President & CEO

Website: www.accokeek.org
E-mail: info@accokeek.org

The Accokeek Foundation stewards 200 acres on the Potomac River in Piscataway Park, including the National Colonial Farm and the sustainable Ecosystem Farm.

Location #1:
3400 Bryan Point Road
Accokeek, MD 20607
(301) 283-2113

Hours of Operation:
National Colonial Farm: visit www.accokeek.org
Piscataway Park: Dawn to dusk

Method of Payment:
No general admission fee. Fees for special events and tours.

Service Area(s):
Charles, St. Mary's, Calvert, Prince George's Counties.

Services Offered:
School and public interpretive programs, special events and field guides to engage visitors in hands-on learning about colonial history, historical ecology and preservation, on farm market on Saturdays.

Eligible Population:
The general public

Donations Accepted:
Cash donations, building materials, furniture, food for events, carts, trucks, farm equipment, volunteered time or services

Director of Development:
Rose Greene Colby
(301) 283-2113 x. 24

Service Learning Opportunities:
Clearing trails, landscaping, gardening, agricultural work, environmental restoration projects, historical interpretation, theater, music, cooking demonstrations.

Minimum Age:
None

Contact:
Casey Lowe
(301) 283-2113
clowe@accokeek.org

ANATHOTH HOUSE, INC.
Tracey Alston, Co-Founder

Website: www.anathothhouse.org
E-mail: anathothhouse@gmail.com

Anathoth House, Inc. is a non-profit organization and food pantry. We provide groceries, meals, clothing, survival kits and more to individuals and families in crisis. Our hope is to promote self-sufficiency to those we serve.

Location:
P.O. Box 854
Waldorf, MD 20604
(301) 751-4870

Hours for Operation:
Monday through Friday 9:00 a.m. to 4:30 p.m.
Scheduled appointments only

Methods of Payment:
All services free

Service Area(s):
Charles County (primarily) and neighboring counties (secondarily)

Services Offered:
Meals, clothing, survival kits and emergency food packages, groceries

Eligible Population:
The homeless, unemployed, individuals and families facing hardships and in need of food. Homebound and disabled seniors on a fixed/low income.

Donations Accepted:
Monetary, appliances, non-perishable foods, volunteered time and services, camping equipment, toiletries, gently used blankets and clothing.

ANIMAL CONTROL SERVICES
Charles County Government
C. Edward Tucker, Chief

Website: www.charlescountymd.gov/es/animalcontrol/animal-control
E-mail: stephenk@charlescountymd.gov
tuckere@charlescountymd.gov

Location #1:
10425 Audie Lane
P.O. Box 2150
La Plata, MD 20646
(301) 609-3425
Fax (301) 274-0539

Location #2:
6707 Animal Shelter Rd.
Hughesville, MD 20637
(301) 932-1992
24-hour helpline (800) 903-1992
Fax (301) 274-0539

Hours of Operation:
Monday through Friday 10:00 a.m. to 6:00 p.m.
Saturday 8:00 a.m. to 4:00 p.m.
24-hour emergency service.

Appointment Policy:
Walk-ins accepted. Home visits can be arranged.

Methods of Payment:
Most services are free. Self pay for adoptions and re-claims.
Service Area(s):
Charles, St. Mary’s, Calvert Counties

Donations Accepted:
Money, pet food, volunteered time or services, blankets, towels, equipment

Volunteer Coordinator:
Kim Stevens  (301) 932-1713
Shelter Supervisor  (800) 903-1992

Animal Control Division
C. Edward Tucker, Chief

The Animal Control Division is responsible for the enforcement of all county and state laws and ordinances relevant to domestic animals. This includes investigations into reports of animal abuse/neglect.

Services Offered (Location #1):
Rabies control, public safety, animal advocacy, educational outreach programs, county animal licensing programs, referral services, 24-hour emergency service.

Eligible Population:
General public

Animal Shelter Division

The Animal Shelter accepts stray, ill, injured and unwanted animals. When possible, those animals are placed for adoption into new homes when they are not claimed by their owners.

Services Offered (Location #2):
Animal sheltering and adoption, lost and found pets, educational outreach programs, referral services.

Eligible Population:
General Public

Service Learning Opportunity:
Donation drives for animals (dog food, cat food, toys, etc.); help with educational programs with schools and scouts; landscaping and yard work, building storage areas; photography for pet adoptions and lost and found.

Minimum Age: 14

Contact:
Kim Stephens  (301) 932-1713
stephenk@charlescountymd.gov

Mailing Address:
P.O. Box 715  (301) 440-0095
Waldorf, MD 20604  Fax (301) 274-2808

Hours of Operation:
Monday through Friday  9:00 a.m. to 5:00 p.m.

Appointment Policy:
Scheduled appointment only

Methods of Payment:
Services are free.

Service Area(s):
Charles, St. Mary’s, Calvert, Prince George’s Counties.

Donations Accepted:
Money
Volunteer Coordinator:
Crystal Haislip (410) 535-2413 x205

Employment Day Services and Personal Support
Ron Mould, Director

Community Living Services
Carol Osborne, Director

Family Support
Andrea Johnson, Case Management

Behavior Support & Emergency Services
Dawn Tierney, Director

Provides individualized, residential and employment support services for persons with intellectual and other developmental disabilities. Also provides family support services.

Services Offered (Locations #1, #2, & #3):
Case management, in-home services, respite care, community outreach, social skills training, training for businesses, supported employment, long term and supported residential placement, consultation and job placement, advocacy, recreation, information and referral, transportation.

Eligible Population:
Children and adults with intellectual and developmental disabilities and their families

Methods of Payment:
N/A

Services Offered:
Residential support, employment services, nursing care, transportation and more.

Service Area(s):
Charles, St. Mary’s, Calvert, Anne Arundel Counties

Donations Accepted:
Money, clothing, building materials, furniture, appliances, food, autos, volunteered time/service.

Referral Policy: Clients must be referred by the Developmental Disabilities Administration.

Volunteer Coordinator:
Brandy Blackstone (301) 863-8870 x.322

Residential Services

Individualized services including nursing, socialization, recreational activities and transportation services.

Service Area(s):
Charles, Calvert, St. Mary’s, Anne Arundel

Services Offered:
Placement, transportation (to work, shopping & personal activities), disaster preparedness, recreation, chore and personal care services, food.

Eligible Population:
Men, women, adults, seniors, developmentally disabled.

Supported Living

Services provided to individuals in their own home that include drop-in attendant care, recreational activities, consulting and more.

Service Area(s):
Charles, Calvert, St. Mary’s, Anne Arundel

Services Offered:
Counseling, transportation, recreation, chore and personal care services, food.

Eligible Population:
Men, women, adults, developmentally disabled.

Supported Employment

Individualized skills assessment, case management, job development and placement, transportation, job coaching and other support.

Service Area(s):
Charles, Calvert, St. Mary’s, Anne Arundel

Services Offered:
Job placement, fixed route transportation

Eligible Population:
Men, women, adults, developmentally disabled, physically disabled.

Day Habilitation

Skill building and community base training and activities. Training includes safety, social interaction, communications, self-care. Activities include trips to the market, community parks, grocery stores and laundry mats.

Service Area(s):
Charles, Calvert, St. Mary’s, Anne Arundel

Services Offered:
Academic skill testing, adult education, community outreach, classroom education, continuing education, employment training,
nutrition, public safety, public health, social skills training, vocational testing, tutoring/literacy, vocational training.

Eligible Population:
Men, women, adults, seniors, mentally ill, developmentally disabled, physically disabled.

Service Learning Opportunity: Yard care, vehicle washing when available, at our Anne Arundel, Calvert, Charles & St. Mary’s County residential homes.

Minimum Age: 16 with adult supervision

Contact: Brandy Blackstone
(301) 863-8870 x.322
blackstoneb@baycss.org

CATHOLIC CHARITIES
Website: www.catholiccharitiesdc.org

Catholic Charities is a social services organization of the Archdiocese of Washington. Our mission is to strengthen the lives of those in need by giving help that empowers and hope that lasts.

Location #1:
Catholic Charities Angel’s Watch Regional Shelter
P.O. Box 613
Hughesville, MD 20637
(301) 274-0680
(301) 274-0682
(301) 274-0683
Fax (301) 274-0681

Location #2:
Catholic Charities Southern Maryland Food Bank
22 Irongate Drive, Suite A
Waldorf, MD 20602
(301) 274-0695
Fax (301) 274-0681
Fax (301) 645-2569

Location #3:
St. Sebastian Townhomes
P.O. Box 613
Hughesville, MD 20637
(301) 274-0680
Fax (301) 274-0681

Location #4:
Catholic Charities SHARE Food Network
(800) 217-4273
Various locations in Calvert, Charles and St. Mary’s Counties.

Location #5:
Fortitude Housing
P.O. Box 613
Hughesville, MD 20637
(301) 274-0680
Fax (301) 274-0681

Services Offered:
Pregnancy tests, crisis intervention, community outreach, information, referrals and ultrasounds, material assistance, STI testing.

Eligible Population:
Pregnant women/women who could be pregnant, fathers in crisis or fathers interested in learning about being a better parent, family and individuals with children two years and under.

Student Service Learning

CATHOLIC CHARITIES
Website: www.catholiccharitiesdc.org

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(301) 274-0680
Fax (301) 274-0681

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Catholic Charities SHARE Food Network
(800) 217-4273
Various locations in Calvert, Charles and St. Mary’s Counties.

Location #5:
Fortitude Housing
P.O. Box 613
Hughesville, MD 20637
(301) 274-0680
Fax (301) 274-0681

Hours of Operation:
Angel's Watch Regional Shelter
24 hours a day, 7 days a week for emergency and transitional shelter (see referral policy).

Southern MD Food Bank (Members Only)
Monday 8:00 a.m. to 11:00 a.m.

Giving Hope Food Pantry
Thursday 9:00 a.m. to 12 noon
St. Sebastian Townhomes  
Monday, Wednesday & Friday.  
9:00 a.m. to 4:00 p.m.

SHARE Food Network  
Monday through Friday  
9:00 a.m. to 5:00 p.m.

Methods of Payment:  
Services are free, except in transitional shelter, SHARE Food Network and food bank.

Service Area(s):  
Angel’s Watch Regional Shelter:  
Charles, St. Mary’s, Calvert Counties
St. Sebastian Townhomes:  
Charles, St. Mary’s, Calvert Counties
SHARE Food Network:  
Charles, St. Mary’s, Calvert Counties

Catholic Charities Angel’s Watch Regional Shelter  
and Domestic Violence Program  
Dora Carter, Program Manager  
E-mail: dora.carter@catholiccharitiesdc.org

Services Offered (Location #1):  
Emergency, domestic violence, hypothermia and transitional shelter.

Eligible Population:  
Single women and women with their children who are homeless in Southern Maryland

Donations Accepted (Angel’s Watch):  
Twin comforters, blankets and sheet sets, pillows, towels, washcloths, household cleaning products, paper products (toilet paper, paper towles), new baby items, diapers, pack-n-plays and monetary donations.

Referral Policy: Clients must be referred by the Department of Social Services, the Center for Abused Persons, or the Sheriff’s Office in cases of domestic violence.

Catholic Charities Southern Maryland Food Bank  
Brenda DiCarlo, Program Director  
E-Mail: brenda.dicarlo@catholiccharitiesdc.org

A food bank that provides food for Southern Maryland 501 (c) (3) or non-profit agencies that feed the needy, ill, and children.

Services Offered (Location #2):  
Bulk food for participating agencies. Please note: does not provide food directly to families in need.

Eligible Population:  
Southern Maryland non-profit agencies that feed the needy, ill and infants can become members.

Referral Policy: Any citizen needing food will be referred to his/her area’s food pantry.

Catholic Charities St. Sebastian Townhomes  
Dora Carter, Program Manager  
E-mail: dora.carter@catholiccharitiesdc.org

Supported living in Waldorf location. Fenced community with playground and picnic area. Permanent supportive housing if eligibility requirements are met. Support staff conducts monthly home visits.

Services Offered (Location #3):  
Social supportive services

Eligible Population:  
Homeless individuals and families with disabilities within the tri-county area who are referred for tenancy.

Referral Policy:  
Residents must be referred by their county Department of Social Services or another transitional program or homeless shelter. Applications are assessed on need as well as the order in which they are received. Eligible applicants may be placed on a waiting list.

SHARE Food Network  
Jaynee Acevedo, Director

Services Offered (Location #4)  
SHARE offers monthly affordable groceries (frozen meats and fish, fresh fruits and vegetables) at about half the price of supermarkets. Anyone may be a part of the SHARE Food Network. We take EBT, debit/credit cards, cash or money order payments for your healthy groceries. Visit www.SHAREDC.org to find a location near you in Charles, Calvert and St. Mary’s Counties or call 1-800-217-4273.

To see each month’s menu, find a location near you and more, visit www.CatholicCharitiesDC.org/SHARE or call 1-800-217-4273.

Eligible Population:  
Open to everyone. We accept SNAP benefits.

Fortitude Housing  
Dora Carter, Program Manager  
E-mail: dora.carter@catholiccharitiesdc.org

Services Offered (Location #5):  
Fortitude Housing (MD) is permanent supportive housing scattered throughout Southern Maryland (Calvert, Charles, and St. Mary’s Counties)

Eligible Population:  
Clients must have a diagnosed disability and have been homeless for more than one year.

Referral Policy:  
Residents must be referred by their county Department of Social Services or another transitional program or homeless shelter. Applications are assessed on need as well as the order in which they are received. Eligible applicants may be placed on a waiting list.

Service Learning Opportunities:  
Conduct food drives.

Minimum Age:  16

Contact: Brenda DiCarlo  
(301) 274-0695  
brenda.dicarlo@catholiccharitiesdc.org
Center for Abused Persons provides counseling for victims of sexual assault, domestic violence and child abuse, crisis helpline, community education and professional training.

**Location:**
2670 Crain Highway, #303 (301) 645-8994
Waldorf, MD 20601 (301) 843-1110
Fax (301) 645-8342
Crisis Hotline (301) 645-3336

**Hours of Operation:**
Monday through Thursday 8:00 a.m. to 9:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.

**Appointment Policy:**
Scheduled appointment only at CAP. 24-hour emergency crisis intervention at the hospital, courthouse, sheriff’s office or court commissioners’ office.

**Methods of Payment:**
No charge for first appointment; sliding scale ($0-$50 for subsequent visits).

**Service Area(s):**
Charles County

**Donations Accepted:**
Money, office supplies, children’s toys, volunteered time or services.

**Volunteer Coordinator:**
A’lyce Bowman (301) 645-8994

**Services Offered:**
Case management, counseling, court support to victims and witnesses, crisis intervention, therapy, crisis hotline, public safety education, parenting skills/education, social work to families and adults, legal and social supportive advocacy, special population services, community outreach, telephone counseling for mental health issues, general information & referral services.

**Eligible Population:**
All

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The Center for Children is dedicated to the positive mental health for children, youth and families as well as the prevention and treatment of child abuse in Southern Maryland. Through therapy, education and advocacy we provide hope and healing.

**Location #1:**
6100 Radio Station Road (301) 609-9887
P.O. Box 2924
La Plata, MD 20646
Fax (301) 609-7284

**Location #2:**
41900 Fenwick Road, Suite 1 (301) 475-8860
Leonardtown, MD 20650
Fax (301) 475-3843

**Location #3:**
489 Main Street, #202 (410) 535-3047
Prince Frederick, MD 20678
Fax (410) 535-3890

**Hours of Operation:**
Monday through Thursday 8:30 a.m. to 8:00 p.m.
Friday 8:30 a.m. to 5:00 p.m.
Saturday 9:00 a.m. to 3:00 p.m.

**Appointment Policy:**
Walk-ins accepted for emergencies. Home visits may be arranged, depending upon the situation.

**Methods of Payment:**
Charity care policy, private health insurance, medical assistance, sliding scale, self pay.

**Service Area(s):**
Charles, St. Mary’s, Calvert, Prince George's Counties.

**Other Languages:**
Spanish, Rumanian, French

**Donations Accepted:**
Cash/Checks/Visa/MasterCard, office supplies, office equipment and furniture, children’s toys & books, infant formula & baby items, art supplies, tickets to games, events, or museums for children’s programs, volunteered time or services.

**Volunteer Coordinator:**
Carin Moss (301) 609-9887 x127

**Court Appointed Special Advocate (CASA)**
Michelle Johnson, Program Coordinator

The CASA program recruits, trains, and supervises volunteers to provide a voice for the best interests of abused and neglected children in Charles County. CASA volunteers advocate for safe, permanent homes for abused and neglected children.

**Services Offered:**
Child Advocacy, court services for children, volunteer opportunities for adults 21 and over.

**Eligible Population:**
Children and families, potential adult volunteers 21 and over.

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**Service Learning Opportunity:**
Collect new or used cell phones for the Shelter Alliance Program; make information packets.

**Minimum age:** 16

**Contact:**
A’lyce Bowman (301) 645-8994
**Referral Policy:**

Referrals come from the Charles County Circuit Court. Interested adult volunteers come from all walks of life and have a variety of professional, educational, and ethnic backgrounds. No special experience is needed.

**Co-parenting Classes**

An educational program to help parents understand the impact of divorce on children. Groups are offered for children who have parents going through a separation/divorce. Court-ordered supervised visitation and monitored exchange is offered for some cases.

**Services Offered:**

Counseling, parenting skills/education, support groups for adults and children, supervised visitation.

**Eligible Population:**

Adult men and women, children, families.

**Connections Case Management Program**

The Connections Case Management Program is designed to assist youth with mental health disorders and their family with linking the youth with supportive wrap around services in an effort to maintain the youth in their community to avoid the need for a higher level of care or after returning from a higher level of care.

**Eligible Population:**

The youth must reside in Charles County, be under the age of 18, have a DSM-IV Axis I diagnosis, and qualify for medical assistance.

**Family Resource Center**

(301) 374-6696

The Family Resource Center can assist any family that may need assistance with linkages to resources such as advocacy, mental health services, insurance, energy assistance, tutoring, child care and more.

**Hours of Operation:**

Monday through Friday 9:00 a.m. to 5:00 p.m.

**Functional Family Therapy**

Karima Woodfork, Site Supervisor

FFT is an empirically grounded, well-documented and highly successful family intervention program for at-risk youth. Its high rates of effectiveness have been recognized by the Office of Juvenile Justice and Delinquency Prevention, the Center for Substance Abuse Prevention, The Center for Disease Control and Prevention, and the U.S. Surgeon General’s Report on Youth Violence.

**Services Offered:**

Family therapy

**Eligible Population:**

Youth, ages 10-18, and their families, whose problems range from acting out to conduct disorder to alcohol and/or substance abuse.

**Healthy Families**

Yolanda Quartey, Program Coordinator

A home visiting program designed to assist teen and first-time parents to learn about the growth and development of their children, prenatal to age five. A program of the Center for Children, HFCC partners with Civista Medical Center, the Health Department, Department of Social Services, Board of Education, and other community partners.

**Eligible Population:**

All teen and first-time parents residing in Charles County.

**Mental Health Clinic**

**Services Offered:**

Counseling, crisis intervention, in-home services, psychological testing, parenting skills and education, psychiatric services for people of all ages, individual, group, family and play therapy, psychological evaluation, special population services, legal advocacy & court services for children, support groups, social work services for adults and families, court ordered investigations, supervised visitation, custody evaluation.

**Eligible Population:**

Services provided to people of all ages. Specialization in mental health services for children and families.

**Trauma Focused Therapy**

Evidenced based therapy for children and youth to assist in recovery from trauma.

**Services Offered:**

Trauma recovery counseling for children and adolescents.

**Eligible Population:**

Charles, St. Mary’s and Calvert County youth who have experienced trauma – child abuse, witness of violence, motor vehicle accidents or other trauma.

**Referral Policy:**

Accepts referrals from individuals, schools, law enforcement and social service providers.

**Odyssey Psychiatric Rehabilitation Program**

Lindsey Bragunier, Program Manager

The Psychiatric Rehabilitation Program (PRP) promotes resiliency, full community integration, and an improved quality of life for youth who have serious mental illness or emotional disturbance that causes serious dysfunction in one or more life domains (home, school, community). PRP services are collaborative, person-directed, and individualized. They focus on helping children rediscover skills and access resources needed to increase their capacity to be successful in their living, learning and social environments to prevent relapse or hospitalization.

**Eligible Population:**

The youth must be under the age of 18 with a DSM-IV Axis I diagnosis and qualify for medical assistance.

**Referral Policy:**

Referral must be made by a licensed mental health practitioner.

**Child Advocacy Center**

Nicole Horstkamp, Victim Advocate

The victim advocacy program is a service of the Charles County Child Advocacy Center. The program provides confidential services to child victims of sexual abuse or children who have witnessed or been a victim of violent crime and their family. Victim Advocacy services are available to child victims, up to 18 years of age, and their non-offending family members. The Victim
Advocate can provide both emotional and practical support including crisis intervention, support at all stages of the investigation and prosecution, and referral to other agencies and organizations as appropriate.

**Parent Child Interaction Therapy (PCIT)**

(PCIT) is an empirically-supported treatment for young children with emotional and behavioral disorders that place emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

**Services Offered:**
Weekly outpatient sessions that teach parents in a direct observation setting ways to interact effectively with their children to achieve desired behavior changes in the child.

**Eligible Population:**
Charles and St. Mary’s Counties for children ages 3-7.

**Referral Policy:** PCIT therapists will review the PCIT program with a parent(s) to evaluate the appropriateness of PCIT services once the child is seen for an outpatient intake.

**Adolescent Substance Use Treatment Program**

The Adolescent Substance Abuse Treatment program will evaluate and support adolescents with a full range of substance use problems and disorders. The intervention program uses behavioral techniques and skills training to teach adolescents new ways to handle life’s problems without alcohol and drugs.

**Services Offered:**
Recovery-oriented individual, family group therapy.

**Eligible Population:**
Charles County adolescents and young adults aged 13-21.

**Referral Policy:** Referrals are accepted from the Circuit Court of Charles County, Maryland – Family Recovery Court (FRC) and other court involved programs (DJJ, drug court, etc.). Parent or guardian may also refer their adolescent for services and an adolescent 16 and older may also self-refer for substance use treatment.

<table>
<thead>
<tr>
<th>Service Learning Opportunity: Preparing for and helping work fundraisers; tutoring young children; mailings, data entry and miscellaneous office tasks.</th>
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</thead>
<tbody>
<tr>
<td><strong>Minimum Age:</strong> 16</td>
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<tr>
<td><strong>Contact:</strong> Carin Moss (301) 609-9887 x127</td>
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</tbody>
</table>

**CHARLES COUNTY ARTS ALLIANCE**

**Judy Crawford, Office Manager**

**Website:** www.charlescountyarts.org
**E-mail:** info@charlescountyarts.org

Our mission is to stimulate, promote, encourage and provide recognition of the arts (music, visual art, drama, dance, and literature) and the creative spirit in Charles County, Maryland.

**Location:**
10250 La Plata Road (301) 392-5900
La Plata, MD 20646

**Mailing Address:**
P.O. Box 697
White Plains, MD 20695

**Hours of Operation:**
Monday through Friday 9:00 a.m. to 2:00 p.m.

**Appointment Policy:**
Walk-ins accepted

**Methods of Payment:**
Memberships, donations, event registrations, etc. can be paid by cash, PayPal or check.

**Service Area(s):**
Charles County

**Donations Accepted:**
Money, art supplies, office supplies, volunteered time/services, artworks.

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**CHARLES COUNTY CHILDREN’S AID SOCIETY**

**Danielle Ryan, Executive Director**

**Website:** www.childrens-aid-society.org
**E-mail:** info@childrens-aid-society.org

Private social service agency providing for the basic life needs of Charles County children and their families on a short-term emergency basis.

**Location:**
3000 Huntington Circle (301) 645-1561
Waldorf, MD 20602 (301) 645-2207
Fax (301) 645-9340

**Hours of Operation:**
Monday through Thursday 9:00 a.m. - 4:30 p.m.
Friday 9:00 a.m. - 1:00 p.m.

**Appointment Policy:**
Appointments for food are preferred to assure a staff member can assist all clients. Walk-ins are accepted for most services.

**Methods of Payment:**
All services are free.

**Service Area(s):**
Charles County
**Donations Accepted:**
Money, non-perishable food, volunteered time or services, toys, household items, clothing, diapers, wipes, linens, school supplies, personal care items, house wares, office supplies.

**Services Offered:**
Food, clothing, baby items, school supplies, toys at Christmas, Thanksgiving and Easter baskets, nutrition and food budgeting classes, computer lab, information and referral.

**Eligible Population:**
Families with dependent children under 18.

**Service Learning Opportunities:** General office tasks (filing, answering phones), sorting donations including clothing, toys, food; cleaning in and around office, copying and folding literature and stuffing envelopes, data entry, helping with Saturday yard sales.

**Minimum age:** 16

**Contact:** Danielle Ryan
(301) 645-1561

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**CHARLES COUNTY COMMISSION FOR WOMEN**

*Dr. Sonya Ford, Chairperson*

**Website:** [www.charlescountymd.gov/cccw](http://www.charlescountymd.gov/cccw)

**E-Mail:** cccw@charlescounty.org

The Charles County Commission for Woman is a non-political, non-partisan group of women leaders in our community advocating for women and families. Our mission is to raise awareness of issues affecting women and families by serving as a conduit between woman and existing services and advocating for programs, education and legislation. Our goals are to act as a referral agency source for woman needing assistance support and encourage volunteer programs of benefit to woman; publicize activities and services of interest to woman; encourage educational and job training opportunities for woman, promote public forums on woman’s needs and problems; advocate and publicize newly passed legislation that affects woman; and promote continued equal opportunity in education, employment, sports and health care for women.

Charles County Commission for Women members are appointed by the Charles County Commissioners to a four-year term.

**Location:**
Charles County Government Bldg.
200 Baltimore Street
P.O. Box 2150
La Plata, MD 20646

**Service Area(s):**
Charles County

**Services Offered:**
Advocacy, community outreach, information and referral.

**Eligible Population:**
Women and families

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**CHARLES COUNTY DEPT. OF COMMUNITY SERVICES**

*Eileen B. Minnick, Director*

**Website:** [www.charlescountymd.gov/cs](http://www.charlescountymd.gov/cs)

**E-Mail:** webmail@charlescountymd.gov

The mission of Charles County Government Department of Community Services is to provide quality programs and services related to Aging and Senior Programs, Child Care, Housing, Recreation and Transportation for the residents of Charles County.

**Location:**
8190 Port Tobacco Road
(301) 934-9305
Port Tobacco, MD 20677
(301) 870-3388
(301) 932-6004
Fax (301) 934-5624

**Inclement Weather Hotlines**
Call a main DCS number plus one of these extensions:
Recreation and Senior Programs x5197
Transportation x5179

**Child Care**
Before and After School Child Care contact
**AlphaBEST Education** (301) 632-6804

Provides affordable, quality child care for school-age children grades K through 5 at the elementary schools.

**For On-Site Child Care,**
Contact AlphaBEST Education, Inc. (301) 934-0104

Provides affordable, quality child care for infants through school-age children at Port Tobacco facility
Services Offered:
Child Care

Eligible Population:
Infants through school-age children.

AGING & SENIOR PROGRAMS DIVISION:

Senior Information and Assistance
(855) 843-9725

The Department of Community Services Aging and Senior Programs Division is designated as the Area Agency on Aging and the lead agency for the Aging & Disability Resource Center, Maryland Access Point for Charles County. The Aging and Senior Programs division provides a wide range of programs and services to promote independence and improve the quality of life for the older persons.

Citizens 60 and older and their eligible family members may access a variety of programs and services, including: advocacy services, arts and crafts, benefits coordination, caregiver support and respite, education, emergency assistance, health and wellness screenings, housing information, income tax assistance, referral, in-home care, inoculations, insurance counseling, legal assistance, loan closet, long-term care programs, meals on wheels and senior center meals (by reservation), medical adult day care, nursing home information, physical fitness/exercise and dance, protective services for nursing home residents, senior centers, senior social clubs, special events (trips, dances, parties), transportation, volunteer opportunities.

Senior Centers:
Richard R. Clark Senior Center  (301) 934-5423
1210 Charles Street
La Plata, MD 20646
Fax (301) 934-5425
Monday through Friday 9:00 a.m. – 4:00 p.m.

Indian Head Community Center  (301) 743-2125
100 Cornwallis Street
Indian Head, MD 20640
Fax (301) 743-7422
Monday through Friday 9:00 a.m. – 3:00 p.m.

Nanjemoy Community Center  (301) 246-9612
4375 Port Tobacco Road
(301) 609-7639
All numbers, use x.20
Fax (301) 246-9031
Monday through Thursday 9:00 a.m. – 2:00 p.m.

Waldorf Jaycees Senior Center  (301) 638-4420
3092 Crain Highway
Fax (301) 638-1931
Waldorf, MD 20601
Monday through Thursday 9:00 a.m. – 3:00 p.m.

Housing Authority/Housing Services  (301) 934-0112 or (301) 870-3388, x5112

The mission of this program is to administer, provide, and support a variety of housing programs to assist low- and moderate-income families attain safe and sanitary housing conditions.

Services Offered:
Housing development, inspections, loan packaging, low-income rental subsidy. Call the Housing Authority for complete listing of available programs and qualification requirements.

Transportation & Community Programs
(301) 934-9305 or (301) 870-3388

Website: www.go-vango.com

VanGO provides reliable general public and specialized transit services within the county to employment locations in La Plata and Waldorf; the College of Southern Maryland; shopping centers; medical facilities, and recreation/senior centers. There are modest fees for this service. A connection to St. Mary’s Transit System in Charlotte Hall and a connection to Prince George’s County’s bus in Brandywine are also provided.

The Charles County Advocacy Council for Children, Youth, and Families (CCACCYF) plans, manages and evaluates services to families and children. The CCACCYF is responsible for developing a comprehensive array of human services for Charles County’s children, youth and families, as well as monitoring and evaluating contracts for services.

Services Offered:
General public, medical assistance, demand response transportation, and ADA.

Eligible Population:
General public (some restrictions apply for some of the services, and some services require reservations; call Community Services Transportation Division for details, fees and schedule of stops).

Schedules and information are also available on their website.

Charles County Department of Health
Dianna E. Abney, MD Health Officer
James Bridgers, PhD, Deputy Health Officer

Website: www.charlescountyhealth.org

The mission of the Charles County Department of Health is to protect, promote and assure the health of the community and its citizens. We respond to the health care needs of the County by providing health services, health education, disease detection and prevention, and a safe environment with integrity, sensitivity and quality, professional care.

Location 1:
4545 Crain Highway (301) 609-6900
P.O. Box 1050
White Plains, MD 20695
Fax (301) 934-0848

Location 2 Annex:
10480 Theodore Green Blvd.
White Plains, MD 20695

Hours of Operation:
Monday through Friday 8:00 a.m. to 5:00 p.m.
(Some programs may have evening hours)
The Core Service Agency (CSA) is the local mental health authority responsible for planning, managing and monitoring a full array of treatment and rehabilitation services for persons with serious mental illness in the public mental health system. The CSA exists under the authority of the Secretary of the Department of Health and Mental Hygiene. The CSA is an information and referral agency. The CSA also handles consumer complaints, grievances and appeals.

Location:
10480 Theodore Green Blvd (301) 609-5757
White Plains, MD 20695 Fax (301) 609-5749

Mailing Address:
P.O. Box 1050
White Plains, MD 20695

E-mail: dhmh.charlescountycsa@maryland.gov

Disability Services Division
Linda S. Thomas, Director
(301) 609-6830/Fax (301) 609-6691

The Developmental Disabilities Program/Coordination of Community Services (CCS) will be provided for residents of Charles County who the Developmental Disability Administration (DDA) has determined to meet eligibility and priority status requirements and have chosen the Charles County Department of Health as their CCS provider.

Hours of operation:
Monday through Friday 8:00 a.m. to 5:00 p.m.

Appointment Policy:
Call to schedule

Service Area(s):
Charles County

Services Offered:
Resource coordination to assists individuals with developmental disabilities obtain services and support.

Eligible Population:
Individuals with developmental disabilities.

Environmental Health Division
Mark Williams, R.S., Director
(301) 609-6751 Fax (301) 934-0254

The goal of the Division of Environmental Health is to protect public health by providing a safe and healthy environment.

Hours of operation:
Monday through Friday 8:00 a.m. to 5:00 p.m.

(After hours, in case of emergency only, call (301) 609-3599 and ask for the on-call sanitarian.)

Methods of Payment:
Medicare, commercial insurance, self-pay, or uninsured

Service Area(s):
Southern Maryland
Services Offered:
Psychiatric evaluations, medication management, counseling (individual, group and family) and case management referrals for adults, families and children.

Eligible Population:
General public

Nursing & Community Health Services
(301) 609-6801 or (301) 609-6799  Fax (301) 934-7048

The mission of Nursing and Community Health Services is to be proactive in identifying the health care needs of the community and to take a lead in responding to those needs. Our response will be to provide personal health care services, health education, disease detection and prevention to promote health and well being of our citizens. In an effort to build a healthier community and to meet unmet health needs our division offers the following services to the community:

- Adult Evaluation & Review Services (AERS) (301) 609-6817
- Cancer Screening Services
  - Breast and Cervical (301) 609-6816
  - Colorectal (301) 609-6843
  - Prostate (301) 609-6832
- Child and Adult Immunizations (301) 609-6900x6018
- Family Planning, Colposcopy and Women’s Health (301) 609-6900x6018
- HIV/AIDS Program
  - Prevention/Education (301) 609-6811
  - Counseling/Testing (301) 609-6900x6025
  - Services/Case Management (301) 609-6811
- Maryland Children’s Insurance Program (301) 609-6837
- Maternal and Child Health (301) 609-6900 x6024
- ACCU (301) 609-6900 x6024
- Child Abuse/Neglect Prevention (301) 609-6024
- Babies Born Healthy (301) 609-6018
- Oral Health Program:
  - Oral Education (301) 609-6823
  - Adult and Pediatric Clinic (301) 609-6886
- Personal Care (301) 609-6879
- School Health Services (301) 609-6867
- Women, Infant and Children’s Program (301) 609-6857, (301) 609-6858 or (877) 631-6182 (for Tri-County residents)

Oral Health (Dental) Program
(301) 609-6886 or (301) 609-6900 x6020  Fax (301) 609-6782

Community Educational Service (301) 609-6823
Clinical Service Appointments (301) 609-6823

Dental Clinical Services: Comprehensive exams and cleaning, Fluoride Varnish applications, treatments including fillings and extractions, case management, referral coordination, community education and preventive services for children and oral cancer screening for adults. Call for appointment. Walk-in emergencies are accepted based on individuals condition.

Pediatric Clinic Hours
Monday through Friday 8:00 a.m. to 5:00 p.m.

Adult Clinic Hours:
Monday and Wednesday 8:00 a.m. to 5:00 p.m.

Eligibility:
Charles County residents, uninsured, under insured, Medicaid, Medicare. Maryland Health Insurance Program and private insurance.

Maryland Children’s Health Program – MCHP and Maryland Health Connection
(301) 609-6837 or (301) 609-6869  Fax (301) 609-6899

MCHP – Maryland Children’s Health Program (MCHP) gives full health benefits for children up to age 19, and pregnant women of any age. The program offers free health care for families with low average income.

Hours of Operation:
Monday through Friday 8:00 a.m. to 5:00 p.m.

Service Area(s):
Charles County

Eligibility:
Charles County residency and Income Eligibility per program guidelines. Citizenship criteria must be met.

Applications – available at CCDOH front desk, will be mailed upon request and can be downloaded from www.dhmh.state.md.us. Click under Sail Program for MEDICAID and PAC ELIGIBILITY AND APPLICATION.

Southern Maryland Health Connection

New resource to get health insurance coverage that fits the individual’s budget. Online: marylandhealthconnections.gov 1-855-642-8537 or 1-800-975-2965 TTY 1-855-642-8573.

Maryland WIC Program

The mission of the Southern Maryland WIC Program is to provide supplemental foods and nutrition and breastfeeding counseling to improve long-term health, growth and development of infants and children up to 5 years of age and pregnant and postpartum women.

Location #1 (Monday through Friday):
4545 Crain Highway (301) 609-6857
P.O. Box 1050 (877) 631-6182
White Plains, MD 20695 Fax (301) 934-0922

Location #2 (Monday through Friday):
Calvert County Health Department (410) 535-5400 x369
975 Solomon’s Island Road North
Prince Frederick, MD 20678

Location #3 (Monday through Friday):
So. MD WIC Program (301) 737-5562
J. Patrick Jarboe Education & Head Start Center
21161 Lexwood Drive
Lexington Park, MD 20653

Location #4 (Monday through Friday):
St. Mary’s Co. Health Dept. (301) 475-4362
P.O. Box 316
21580 Peabody Street
Leonardtown, MD 20650
Our services include Prevention Outreach to local citizens of all ages. We provide Science Based Prevention Programs approved by the Alcohol and Drug Abuse Administration and assist schools, churches and other community organizations by providing education and technical assistance to implement proven prevention strategies developed to reduce substance abuse in our community.

**Prevention Services**

Allen Evans, Coordinator
(301) 609-6631/Fax (301) 934-1234

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Services Offered:
Location of non-custodial parents, establishment of paternity and support obligations, establishment of medical support and enforcement of child support.

Eligible Population:
Adult men and women

Family Investment Program
Susan Seufert, Assistant Director (301) 392-6560

Transitional and supportive services to assist customers in securing and retaining employment. Temporary Cash Assistance, Food Stamps, Medical Assistance and other financial assistance services are also provided.

Services Offered:
SNAP (Supplemental Nutritional Assistance Program) assists low-income persons and families by enabling them to supplement their food budget and provide adequate nutrition.

TCA (Temporary Cash Assistance) provides financial assistance for dependent children and their eligible relative providers for food, shelter, clothing and other living expenses during a limited time of need.

TDAP (Temporary Disability Program) offers a means of assistance to adults with medical documentation indicating their medical inability to work for 3 months or more.

MA (Medical Assistance) assists persons and families who cannot meet the cost of necessary medical and health services.

FA (Emergency Assistance) provides limited financial assistance for families to resolve certain crisis situation.

Eligible Population:
Adults and children of all ages, including the mentally ill, the physically or developmentally disabled, and the chemically dependent. Income eligibility restrictions apply in many instances. POC and MCHP available to a broad population segment.

Services to Families, Children and Adults
Tanisha Sanders, Ph.D. (301) 392-6701

Adult Protective Services
Delia Meadows, LCSW-C, Administrator (301) 392-6733

Charles County APS responds to reports of suspected abuse, neglect, self-neglect, and exploitation of vulnerable adults. APS investigators are responsible for assessing these situations and taking steps to make alternative living arrangements, if necessary, for the safety of the affected adult. Continuing Adult Protective Services are provided to vulnerable adults. Integral to the service plan is counseling and referrals to community resources as necessary. After hours, during weekends, or on holidays, reports of suspected abuse or neglect may be made through the Sheriff’s Office at (301) 932-2222. During working hours reports may be made through the Department at (301) 392-6724.

Social Services to Adults (SSTA)
This program provides counseling and supportive services to adults over the age of 18 who are experiencing problems in adjustment of functioning due to a physical, mental, or developmental disability. Social work services are offered and referrals are made to meet both concrete and emotional needs. The goals are to help the client achieve self-sufficiency and to prevent institutionalization.

Senior Care
Senior Care, as an extension of the SSTA program, provides social services to persons age 65 and over who are moderately to severely disabled. Services and assistance are also provided by the Health Department and the Department of Community Services, Office on Aging, to persons in this program. The goals are to help the client achieve or maintain self-sufficiency when practical and to prevent institutionalization through multi-disciplinary assessment services, case management and crisis intervention, and In-Home Aide services. Funds may be available to assist in purchasing essential resources as services for eligible elderly clients.

In-Home Services
Wanda Collins, LCSW-C, Administrator (301) 392-6731

The purpose of In-Home Family Services is to: (1) Promote the safety and well-being of children and their families; (2) Preserve family unity where children's safety can be supported; (3) Maintain permanency for children; and (4) Empower families to achieve or sustain independence and self sufficiency.

The goals of In-Home Family Services include: (1) Enhancing the parents' ability to create a safe, stable, and nurturing home environment that promotes healthy child development; (2) Preventing out-of-home placement of children when safety can be promoted to a sufficient proportion; and (3) Providing, referring to, and coordinating services needed to achieve or maintain family safety, stability, independence, and unity.

The Department provides a continuum of service programs designed to achieve the purposes and goals of In-Home Family Services and meet the needs of individual families. The programs include:

- Services to Families with Children - Central Intake;
- Services to Families with Children - Continuing Family Preservation
- Continuing Protective Services

In each program services shall be:
(1) Child safety based; (2) Family focused; (3) Dedicated to work with families as partners; (4) Built on respect of the family; (5) Designed to build on family strengths and unity within the context of the family's culture and community; (6) Dedicated to prevent, reduce, or eliminate behaviors, institutional practices, and community conditions that may place a child, family, or community at risk of maltreatment; (7) Primarily provided in the home or community; (8) Flexible and based on the changing needs of families and children at various times in their lives; (9) Timely; and (10) Designed to achieve measurable outcomes. The local department may terminate services with the family at any time during the course of the intervention when: (1) The goals have been met and the safety issues have been resolved; (2) There has been a referral to another unit or agency for service; or (3) The family declines or fails to accept service, safety is not an issue, and other intervention is not warranted.

Services offered:
In order to achieve family unity within a safe environment for all family members, each In-Home Family Services program can provide, coordinate, or refer families to services including but not limited to: Family, couple, and individual counseling or therapy for assistance in resolving family or parent-child relationship problems; Substance abuse counseling and referral to substance abuse treatment; Medical evaluations and treatment of a household
member; Child development and parenting skills training; Family planning counseling; Health care services or information, Support in acquiring proper registration, testing, and appropriate educational services; Employment counseling; Vocational training; Skills building assistance surrounding child care, normal childhood development, age appropriate disciplinary practices, parenting skills, and conflict resolution; Assistance and support to enhance the likelihood of positive family responsibility and self-sufficiency; Formal education or educational degree equivalent programs; Housekeeping and home management skills training; Housing information and assistance; Emergency financial assistance through flex funds or other available monetary resources; Budgeting assistance and management training:. Parent-aide or in-home aide services; Day care assistance; Respite care; Transportation assistance; Assistance with and connection to both formal and informal support systems and resources; Skills training in advocating for support and services for self and family; Court involvement; Other services identified for the promotion of family safety and self-sufficiency. When applicable, referrals to other service units, such as Child Protective Services, Family Services, and out-of-home voluntary and involuntary placements.

**Child Protective Services**
Wanda Collins, LCSW-C, Administrator 301-392-6731

A specialized social service for children who are suspected of being abused physically, sexually or mentally and/or neglected by their parent, guardian, household member or family member.

**Services Offered:**
Counseling, crisis intervention, in-home services, parenting skills/education, 24-hour staffed helpline, community outreach, nutrition education, social skills training, housing counseling, social supportive advocacy, social work services to families, child abuse/neglect investigations, court-ordered investigations, court services for children.

**Eligible Population:**
Children to age 18; families

**Foster Care/Adoption Services for Children**
Markeeta Dixon, LCSW-C Foster Care/Adoption Admin 301-392-6715

Provides out-of-home placements for children who have been placed in the care and custody of the department. The goal is to develop permanent living arrangements for the children with natural parents, relatives, or adoptive parents.

**Services Offered:**
Parenting skills/education, placement, home studies, and case management services which includes monitoring.

**Eligible Population:**
Children of all ages and their families.

**CHARLES COUNTY FAMILY DAY CARE ASSOCIATION, INC.**
Website: www.ccfcka.org
Our mission is to promote and provide professional and quality child care services to families throughout Charles County and encourage the professional growth and development of individual child care providers.

**Location:**
1282 Smallwood Drive West (301) 392-3481
Suite 122
Waldorf, MD 20603

**Hours of Operation:**
Monday through Friday 9:00 a.m. to 5:00 p.m.

**Appointment Policy:**
Scheduled appointments only

**Methods of Payment:**
Self pay, Purchase of Care

**Service Area(s):**
Charles and Prince Georges Counties.

**Donations Accepted:**
Cash, Checks and In-Kind Donations

**Eligible Population:**
Families with children.

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**Service Learning Opportunities:** Assist in special community outreach projects including Adopt-A-Road, Macy’s Shop for a Cause and other community outreach programs. Help set up for Provider Appreciation Dinner and our conference in October

**Minimum Age:** 15

**Contact:** Wendy Dingus (301) 392-3481 ccfdca@comcast.net

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**CHARLES COUNTY FREEDOM LANDING**
Joyce Abramson, Executive Director

**Website:** www.freedomlanding.com
**E-mail:** jabramson@freedomlanding.com

Charles County Freedom Landing provides services to assist adults with serious emotional disorders in using all known available resources to enhance their well being and maximize their ability to participate in the community.

**Location:**
400 Potomac Street (301) 934-3495
P.O. Box 939 (301) 932-2737
La Plata, MD 20646 Fax (301) 932-2803

**Hours of Operation:**
Monday through Friday 8:30 a.m. to 4:30 p.m.
Appointment Policy:
Appointments must be scheduled for interview and admission. Home visits can be arranged.

Methods of Payment:
Medical assistance, sliding scale, self-pay

Service Area(s):
Charles County priority, Northern St. Mary’s and Southern PG.

Donations Accepted:
Money, household items, personal hygiene items

Volunteer Coordinator:
Brenda Buckler  (301) 932-2737

Peer Support Drop-In
OUR PLACE Wellness & Recovery Center fosters an atmosphere that encourages and empowers individuals to become more involved in community affairs and to develop healthy perspectives towards mental health awareness and support.

Hours of Operation:
Tues. Thurs. & Fri. 1:00 p.m. - 8:30 p.m.
Wednesday 2:00p.m. - 8:30 p.m.
Saturday 9:30 a.m. - 6:00 p.m.
(days and times may vary; call for schedule.)

Services Offered:
Community resources, educational and social activities, and holiday celebrations to promote wellness and recovery from mental illness.

Methods of Payment:
Services are free (no referral needed).

Eligible Population:
Adults who have experienced a mental health problem.

Psychiatric Rehabilitation Program
Provides community support services to adults with mental illness, including pre-vocational/vocational, social/recreational activities, independent living skills, housing and transportation.

Services Offered:
Case management, supportive counseling, in-home services, living and social skills training, tutoring/literacy, supported community placement, medication monitoring, service advocacy, information and referral, recreation, transportation.

Eligible Population:
Adults diagnosed with serious mental illness.

Referral Policy:
Clients may self-refer, but a referral form must be completed and signed by mental health professional. The Psychiatric Rehabilitation Program requires a completed referral signed by a licensed mental health professional.

Service Learning Opportunities: Basic office skills: receptionist, filing, copying; assisting staff with client craft/social activities; tutoring in basic math and reading.

Minimum age: 16

Contact: Brenda Buckler  (301) 932-2737

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CHARLES COUNTY HARC, INC.
Scott Daughheetee, Executive Director

Website:  www.charlescountyharc.org
E-mail:  info@charlescountyharc.org

Our mission is to provide or promote provision of resources to individuals and families to foster maximum independence and choice by persons with disabilities in their own communities.

Location:
79 Industrial Park Drive  (301) 870-5970
P.O. Box 2367  (301) 932-7030
Waldorf, MD 20604  Fax (301) 932-4332

Hours of Operation:
Monday through Friday 9:00 a.m. to 5:00 p.m.

Appointment Policy:
Walk-ins accepted. Home visits can be arranged.

Methods of Payment:
Free or based on Department of Health and Mental Hygiene regulations.

Service Area(s):
Charles County

Other languages:
Arrangements made for non-English.

Donations Accepted:
Money, autos, volunteered time or services

Volunteer Coordinator:
Scott Daughheetee  (301) 932-7030

Information and Referral -Developmental Disabilities

Receive requests for information in person or by telephone, perform intake, determine needs, refer to appropriate providers, and follow-up as necessary.

Services Offered:
Advocacy, information and referral.

Eligible Population:
Individuals with disabilities and their families.

Residential Program
This program operates group homes and alternative living units funded and licensed by the Maryland Department of Health and Mental Hygiene for individuals with developmental disabilities; 2014 capacity is 48.

Services Offered:
Long-term and supported residential placement.

Eligible Population:
Children and adults with developmental disabilities.
Since 1964, the CCLC has been serving Charles County citizens and provides: free one-on-one tutoring for adults (age 18 and older) in reading, basic mathematics, English for Speakers of Other Languages (ESOL) and help to prepare for the U.S. Citizenship test; training for volunteer adult tutors in semi-annual workshops; reading comprehension and math skills improvement for young men and women who want to enter the military and pass the Armed Services Vocational Aptitude Battery (ASVAB); a “Reading Aloud” program for visually impaired persons in senior assisted living homes; services to the general public, and including but not limited to, The Arc of Southern Maryland, adults in the Charles County Detention Center, Jude House, and Southern Maryland Pre-Release Unit. Our goal is to assist our clients in reaching their educational and personal goals.

Location:
10250 La Plata Road (301) 934-6488
La Plata, MD 20646
Fax (301) 392-9286

Mailing Address:
P.O. Box 2672
La Plata, MD 20646

Appointment Policy:
Call to schedule assessment

Methods of Payment:
Tutoring is free

Service Area(s):
Charles County

Donations Accepted:
Financial donations, large-lined tablets, flashcards, office supplies, low-level adult reading material, volunteer time and services.

Volunteer Coordinator:
Linda Heimpel (301) 934-6488

Services Offered:
Free one-to-one tutoring for adults age 18 and older. We also hold workshops and train volunteer tutors.

Eligible Population:
Adults (age 18 or older)

Volunteer Coordinator:
Linda Heimpel (301) 934-6488

Services Offered:
Free one-on-one tutoring for adults (age 18 and older) in reading, basic mathematics, English for Speakers of Other Languages (ESOL) and help to prepare for the U.S. Citizenship test; training for volunteer adult tutors in semi-annual workshops; reading comprehension and math skills improvement for young men and women who want to enter the military and pass the Armed Services Vocational Aptitude Battery (ASVAB); a “Reading Aloud” program for visually impaired persons in senior assisted living homes; services to the general public, and including but not limited to, The Arc of Southern Maryland, adults in the Charles County Detention Center, Jude House, and Southern Maryland Pre-Release Unit. Our goal is to assist our clients in reaching their educational and personal goals.

Location:
10250 La Plata Road (301) 932-6325
La Plata, MD 20646

Mailing Address:
P.O. Box 1708
La Plata, MD 20646

Hours of Operation:
Mon., Wed. & Thurs. 8:30 a.m. to 2:30 p.m.

Methods of Payment:
Sliding Scale

Service Area(s):
Charles County

Donations Accepted:
Money, volunteered time or services.

Meals on Wheels Program
Carol Selvage, Program Director (301) 392-6325
Lisa Furlow, Intake for Meal Service (301) 934-0138

Volunteer drivers and aides deliver a hot noon meal five days a week to homebound seniors along routes in Bel Alton, Bryans Road/Indian Head, Cobb Island, Hughesville/Bryantown, La Plata, Nanjemoy, Northern Charles, White Plains/Pomfret. Frozen meals delivered on Monday’s to Cobb Island and SE Charles County unless there is a holiday and then delivered on Tuesday.

Services Offered:
Hot noon time meals delivered Monday through Friday.

Eligible Population:
Homebound senior adults (age 60 and over) and eligible family members.

Telephone Reassurance Program
Hazel Conner, Coordinator (301) 932-4684

Volunteers telephone at regular intervals those who are lonely or shut-in to reassure and to check on their well-being.

Services Offered:
Telephone reassurance calls

Eligible Population:
Senior adults (60 and over) and their eligible family members

Student Service Learning

Charles County Meals On Wheels, Inc. is a non-profit organization dedicated to enhancing the quality of life for all home-bound seniors through nutritious meals and telephone reassurance.

Contact: Office for more information (301) 392-6325

Minimum Age: 18 with valid driver’s license
CHARLES COUNTY PUBLIC LIBRARY
Janet Salazar, Executive Director

Website: www.ccplonline.org
E-mail: jsalazar@ccplonline.org

The Mission of the Charles County Public Library is to acquire and make available information, books and other library materials that most closely match the needs of its service community, the residents of Charles County.

Location #1 - La Plata:
2 Garrett Ave. (301) 934-9001
La Plata, MD 20646 (301) 870-3520

Location #2 - P.D. Brown:
50 Village Street (301) 645-2864
Waldorf, MD 20602 (301) 843-7688

Location #3 - Potomac:
3225 Ruth B. Swann Drive (301) 375-7375
Indian Head, MD 20640

Location #4 – Waldorf West:
10405 O’Donnell Place (301) 645-1395
Waldorf, MD 20603

Hours of Operation:
Monday through Thursday 9:00 a.m. to 8:00 p.m.
Friday 1:00 p.m. to 5:00 p.m.
Saturday 9:00 a.m. to 5:00 p.m.

Service Area(s):
Charles County

Donations Accepted:
Financial donations may be made to the Newcomb-Hart Library Foundation. Books may be donated directly to our Citizens for Charles County Public Library on Saturdays when the Book Store is open. Volunteers are also accepted by the Citizens.

Service Learning Opportunities: Assisting with special events or projects; wipe down shelving units; shelve library items. Projects can vary. Call first for volunteer appointment.

Minimum Age: 13

Contact: Children’s librarian at the branch you wish to volunteer.

CHARLES COUNTY PUBLIC SCHOOLS
(See Appendix C for complete listing of schools.)
Kimberly A. Hill, Ed.D, Superintendent of Schools
Sylvia A. Lawson, Ph.D, Asst. Superintendent of School Admin.
Amy L. Hollstein, Asst. Superintendent of Instruction
Keith A. Hettel, Asst. Superintendent of Supporting Services
Paul T. Balides, Asst. Superintendent of Finance & Business
Pamela K. Murphy, Executive Director of Human Resources
Katie O’Malley-Simpson, Director Communications

Website: www.ccboe.com
E-mail: boardmail@ccboe.com

The mission of Charles County Public Schools is to provide an opportunity for all school-aged children to receive an academically challenging, quality education that builds character, equips for leadership, and prepares for life, in an environment that is safe and conducive to learning.

Location #1:
5980 Radio Station Road (301) 932-6610
P.O. Box 2770 (mailing address) (301) 870-3814
La Plata, MD 20646 Fax (301) 932-6651

Location #2:
Lifelong Learning Center (301) 753-1774
7775 Marshall Corner Road, Bldg. A (301) 645-4549
Pomfret, MD 20675

Location #3:
Robert D. Stethem Educational Center (301) 753-1757
7775 Marshall Corner Road (301) 932-1003
Pomfret, MD 20675 Fax (301) 934-0165

Location #4:
F.B. Gwynn Educational Center (301) 934-3884
5998 Radio Station Road (301) 753-1745
La Plata, MD 20646 Fax (301) 934-3692

Location #5:
Nanjemoy Creek Environmental Education Center
5300 Turkey Tayac Place (301) 743-3526
Nanjemoy, MD 20662

Adult Education
Services Offered:
Many programs are offered to Charles County residents through the Adult Center. The Lifelong Learning Center offers Adult Basic Education classes, English as a Second Language classes, GED preparation classes for a Maryland High School Diploma through the General Education Development (GED) test as well as Family Literacy classes with daytime on-site childcare available. Call 301-753-1774.

The Adult External High School Diploma Program is designed for adults 18 and older who have acquired high school level skills through life experiences. Adults earn a Maryland High School Diploma through work done at home and individual evaluation appointments. Call 301-753-1774.

Eligible Population:
Individuals 18 and older
Services Offered:
Academic skill testing, classroom education, continuing education, adult education, employment training, nutrition education, educational scholarships, public health education, social skills training, vocational testing and training, tutoring/literacy, supported employment, special population services, interpreters, social supportive advocacy, school health, home studies, recreation, child care, mentoring, staff development, and public school transportation.

Eligible Population:
School age children, families.

Educational Options
There are a number of educational alternatives and vocational opportunities offered for adolescents and adults. These include programs at the Robert D. Stethem Educational Center, NOVEL, Adult Services, Home Teaching, and the Teenage Parenting Program.

Services Offered:
Academic skill testing, adult education, classroom education, employment training, parenting skills/education, vocational testing, education and training, school health, home studies, social supportive advocacy, child care and public school transportation.

Eligible Population:
Adolescents, adults, families.

Performance Assessment
A variety of diagnostic and functional skill tests are offered to help parents, students and teachers make informed educational decisions.

Services Offered:
Academic skill testing
Eligible Population:
School age children

Gifted Education
Gifted education provides a variety of instructional and enrichment opportunities for students. Learning resource teachers work with the classroom teachers to enhance the curriculum to meet the needs of highly able students. Enrichment activities such as Destination Imagination are supported by the gifted education staff at each school. At the middle and high school levels, the Scholars Course of Study is in place to provide rigorous academic courses for students. At the high school level, students have the opportunity to take advanced placement and honors level classes.

Services Offered:
Academic skill testing, classroom education, environmental studies and public school transportation.

Eligible Population:
School age children

Compensatory Education
Charles County Public Schools provides compensatory and ethnic population education to students in prekindergarten through grade 12 who demonstrate special academic or sociological need.

Services Offered:
Academic skill testing, classroom education, parenting skills/education, social skills training, tutoring/literacy, social supportive advocacy, and the Indian Education Program.

Eligible Population:
School age children

Special Education
The Special Education programs help children from birth to age 21 who have educational disabilities through career education, early intervention, community-based learning and communications and emotional adjustment programs.

Services Offered:
Community outreach, continuing education, employment training, social skills training, vocational education, testing and screening, tutoring/literacy, medical testing and screening, school health, special population services, interpreters, social supportive advocacy, home studies and public school transportation.

Eligible Population:
Children and adults through age 21, including the mentally ill, and the physically and developmentally disabled.

School Health/Student Services
There are a variety of physical and mental health services including wellness, preventive health and emergency services, screenings and evaluations, crisis intervention, counseling and referral. All schools have a school health provider on campus during the school day.

Services Offered:
Counseling, crisis intervention, psychological evaluation, nutrition and public health education, testing and screening, school health, social supportive advocacy, tobacco/alcohol/drug abuse prevention education.

Eligible Population:
School age children, including the physically and developmentally disabled.

Service Learning Opportunities:
Afterschool tutoring, reading to students, helping teachers in their classrooms

Minimum Age: Check with school principal
Contact: Jack Tuttle (301) 934-7405

CHARLES COUNTY SHERIFF’S OFFICE
Troy Berry, Sheriff

Website: www.ccso.us

The Charles County Sheriff's Office, a full-service law enforcement agency, is committed to protecting the lives and property of the citizens of Charles County. The Sheriff's Office carries out this mission through the preservation of peace and order, enforcement of all laws and ordinances, confining of prisoners, and through crime prevention efforts.


**Location #1:**
District 1 Station  
6855 Crain Highway (301) 932-2222  
P.O. Box 189 Fax (301) 932-3076  
La Plata, MD 20646

**Location #2:**
District 2 Station  
3149 Marshall Hall Road (301) 609-5985  
Bryans Road, MD 20616 Fax (301) 609-5983

**Location #3:**
District 3 Station  
3670 Leonardtown Road (301) 932-7777  
Waldorf, MD 20601 Fax (301) 609-5997

**Location #4:**
Headquarters  
6915 Crain Highway (301) 609-6400  
P.O. Box 189 Fax (301) 609-6413  
La Plata, MD 20646

**Hours of Operation:**
24 hours a day, 7 days a week

**Service Area(s):**
Charles County

**Services Offered:**
Public safety

**Eligible Population:**
General public

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**Donations Accepted:**
Money to supplement indigent care and to purchase patient education material.

**Volunteer Coordinator:**
Megan Fleegle (301) 274-9000 x105

**Services Offered:**
24/7 patient management and triage, skilled nursing, physical therapy, occupational therapy, speech therapy, home IV therapy, home care aides, medical social worker.

**Eligible Population:**
Southern Maryland residents requiring skilled care, treatment or services or recently discharged from a hospital, nursing home, or rehabilitation center in need of nursing and/or therapy. Specialists in the care of seniors and geriatric patients.

**Referral Policy:**
Home Healthcare is provided under the direction of a physician. Patients may refer themselves, however, confirmation from their physician will be required prior to obtaining Home Healthcare services.

**Service Learning Opportunities:**
Making admission packets, photocopying and filing

**Minimum Age:**
16

**Contact:**
Meagan Fleegle (301) 274-9000 x.105 mfleefle@cphaa.org

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**CHESAPEAKE-POTOMAC HOME HEALTH AGENCY, INC.**
Darlene Albertson, Executive Director

Website: www.cphha.org

Chesapeake-Potomac Home Health Agency, Inc. is dedicated to providing quality, cost-effective home health services to the residents of Calvert, Charles and St. Mary’s Counties.

**Location:**
7627 Leonardtown Road (301) 274-9000  
Hughesville, MD 20637 (800) 656-4343  
Fax (301)-274-9009

**Hours of Operation:**
Monday through Friday 8:00 a.m. to 4:30 p.m.  
24-hour on call

**Appointment Policy:**
Scheduled in home

**Other languages:**
Interpreters available

**Methods of Payment:**
Medical assistance, private health insurance, self-pay, sliding scale, Medicare and financial assistance.

**Service Area(s):**
Charles, Calvert, St. Mary’s Counties

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**CHRISTMAS IN APRIL, CHARLES COUNTY**
Alvin Stewart, President

Website: www.christmasinaprilcharlescounty.com

E-mail: cccia@comcast.net

Christmas in April is dedicated to keeping low-income elderly and disabled homeowners living in warmth, safety, independence, dignity and decency through home repair and rehabilitation services.

**Location:**
10250 La Plata Road (301) 392-0202  
La Plata, MD 20646 Fax (240) 523-8330

**Mailing Address:**
P.O. Box 86  
Waldorf, MD 20604

**Hours of Operation:**
Vary - Call for information.

**Service Area(s):**
Charles County

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**Student Service Learning**
Donations Accepted:
Money, appliances, building materials, volunteered time or services.

Services Offered:
Rehabilitation of owner-occupied homes, weatherization, handicap access.

Eligible Population:
Physically Disabled or senior (over age 60) income-eligible homeowners.

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**Service Learning Opportunities**: One-day event for painting and yard work. Year-round activities possible.

**Minimum Age**: 14

**Contact**: Sandie Branan  
(301) 392-0202

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**College of Southern Maryland**

**Dr. Bradley Gottfried, President**

Website: www.csmd.edu

**Location #1**:  
8730 Mitchell Road  
P.O. Box 910  
La Plata, MD 20646-0910  
Fax (301) 934-7698

**Location #2**:  
115 J.W. Williams Road  
(use P.O. Box for correspondence)  
P.O. Box 3709  
Prince Frederick, MD 20678-3709  
Fax (443) 550-6105

**Location #3**:  
22950 Hollywood Road  
Leonardtown, MD 20650-4700  
Fax (240) 725-5400

**Community Education**

**Judi Ferrara, Director**

(301) 934-7725 or (301) 860-3008 x7725  
Fax (301) 934-7697

**E-mail**: judithf@csmd.edu

Various courses offered in nutrition, fitness, aquatics and recreation. Special programs for youth and seniors. Course schedules mailed to residents twice a year and are available online at www.csmd.edu/communityeducation/index.html

**Hours of Operation**:  
Monday through Friday 8:30 a.m. to 5:00 p.m.

**Methods of Payment**:  
Self pay

**Service Area(s)**:  
Charles, St. Mary’s, Calvert Counties

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**United Way**

**Community Support Systems, Inc.**

**Claudia Raskin, Executive Director**

Website: www.communitysupportsystems.org  
E-mail: css1995@aol.com

Providing access to and advocacy for services, providing local programs that will raise the quality of life, dignity and independence in the community.

**Main Office Location**:  
Chapel of The Incarnation  
14070 Brandywine Road  
Brandywine, MD 20613  
Fax (301) 372-1569

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**Safe Communities Center**

**PE 105 – La Plata Campus**

**Linda A. Smith, Coordinator, Drug & Alcohol Education**

(301) 934-7732 or (301) 870-3008 x7040  
Fax (301) 934-7689

**E-mail**: lindasm@csmd.edu

The Safe Communities Center provides programming, information and resources to increase awareness of factors associated with the use and abuse of alcohol and other drugs including related health and safety issues. The center is also the home of the Drug Free Communities Support Program (DFC) for the Charles County Substance Abuse Advisory Coalition (The Coalition). Building partnerships to address prevention, intervention and treatment of alcohol, tobacco and other drugs towards use reduction is a primary goal of the DFC and the Coalition.

**Hours of Operation**:  
Monday through Friday 8:30 a.m. to 4:30 p.m.

**Appointment Policy**:  
Walk-ins are welcome, best to call first.

**Service Area(s)**:  
Charles, St. Mary’s, Calvert Counties

**Donations Accepted**:  
Volunteered time or services

**Services Offered**:  
Continuing education, fitness testing and screening, health and wellness classes, fitness exercise lab, sports and science camps for kids.

**Eligible Population**:  
Individuals of all ages, families, and the general public.

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**Service Learning Opportunities**: One-day event for painting and yard work. Year-round activities possible.
Mailing Address:
P.O. Box 206
Aquasco, MD 20608

Location #2:
Baden Food Pantry  (301) 372-1491
St. Paul’s Episcopal Church  Fax (301) 372-1569
13500 Baden-Westwood Road
Brandywine, MD 20613

Location #3:
Accokeek Food Pantry  (301) 372-1491
Faith United Methodist Church  Fax (301) 372-1569
15769 Livingston Road
Accokeek, MD 20607

Appointment Policy:
Prefer calls first, walk ins accepted.

Advocacy Program & Assistance Fund
Claudia Raskin, Program Director

Main Office Location

Services Offered:
Help accessing resources, signing up for benefit programs.
Assistance fund for rent, medications, and utilities.

Service Area(s):
Prince George’s rural tier and Malcolm/Pinefield area’s of Charles County.

Shared Senior Living Home
Claudia Raskin  (301) 372-1491

Services Offered:
Low cost housing for independent seniors. Rent assessed on a sliding scale according to income. Accommodates up to 5 seniors.

Food Pantry Program
Claudia Raskin  (301) 372-1491

Services Offered:
Food, including fresh vegetables, fruit and meat. On site blood pressure and sugar screenings.

Service Area(s):
Prince George’s rural tier and the Malcolm area of Charles County.

Hours of Operation:
Main Office: Mon-Fri  9:30 a.m.to 4:30 p.m.
Baden Food Pantry: Wed & Fri  9:00 a.m.to 11:00 a.m.
Accokeek Food Pantry: Friday  10:00 a.m.-12:00 p.m.

Methods of Payment:
Charges apply only to Senior House, with rent assessed on a sliding scale. Other services are free.

Service Area(s):
Charles and Prince George’s Counties

Donations Accepted:
Money, furniture, appliances, food, auto’s, volunteered time and/or services.

Volunteer Coordinator:
Ophelia D. Neale  (301) 372-1491

FIRST BAPTIST CHURCH OF ST. CHARLES
FOOD PANTRY
Rev. Fred Caudle, Pastor

Website:  www.fbcstcharles.com
E-mail:  office@fbcstcharles.com

Location:
136 Stoddert Avenue  (301) 645-4060
Waldorf, MD 20602  Fax (301) 645-9149

Appointment Policy:
Pantry is open Tuesdays at 12:30 p.m.  Please call first.

Methods of Payment:  n/a

Service Area(s):
20602-20603 zip codes

Services Offered:  Food

Eligible Population:
Residents of Waldorf in zip codes areas 20602 & 20603

FIRST CANDLE/SIDS ALLIANCE
Christopher Blake, CEO

Website:  www.firstcandle.org
E-mail:  info@firstcandle.org

SIDS Alliance is a national, voluntary health organization uniting parents, caregivers and researchers nationwide with government, business and community service groups to advance infant health and survival. First Candle is dedicated to safe pregnancies and the survival of babies through the first years of life.

Location:
9 Newport Drive, #200  Helpline (800) 221-7437
Forest Hill, MD 21050  (443) 640-1049
Fax (443) 640-1031

Hours of Operation:
Monday through Friday  9:00 a.m. to 5:00 p.m.

Service Area(s):
National

Donations Accepted:
Money

Back to Sleep Campaign
First Candle is a national nonprofit health organization uniting parents, caregivers and researchers nationwide with government, business and community service groups to advance infant health and survival. Together with our national network of members and partners, we are working to ensure that every baby is given the best possible chance to reach not only his or her first birthday, but many happy birthdays beyond.

With programs of research, education and advocacy, we are working to preventing stillbirth, SIDS and other sudden, unexpected infant deaths (SUID). Until we reach our goal of a future where all babies survive and thrive, we remain committed to providing compassionate grief support to all those affected by the death of a baby.
Services Offered:
First Candle supplies parents and caregivers with educational and bereavement materials, provides education and training to health professionals and conducts grassroots advocacy campaigns to bring attention to important infant health issues at the local, state and national levels.

Eligible Population:
Families, the general public

FOREVER FREE BOOKS
Tanya Barnett, Founder/Director
Website: www.foreverfreebooks.com
E-mail: ffbooks@live.com

Forever Free Books is a mobile literacy 501(c)(3) non-profit. We deliver free books to all children regardless of their socio-economic status.

Hours of Operation:
Monday through Friday 8:00 a.m. to 6:00 p.m.
Saturday – Sunday, as needed

Service Area(s):
Charles & Prince George’s County

Eligible Population:
Children, General Public

Service Learning Opportunities: Assist with inventory, event set up and clean up. Heavy lifting may be required.
Minimum age: 10
Contact: Tanya Barnett
(240) 398-6879
ffbooks@live.com

GIRL SCOUT COUNCIL OF THE NATION’S CAPITAL
Maggie Boyden, Membership Specialist, Charles County
Website: www.gscnc.org
E-mail: ldavis@gscnc.org

Girl Scouting builds girls of courage, confidence, and character who make the world a better place.

Every opportunity in Girl Scouting, from a troop meeting to travel to earning badges, encourages girls toward this incredible mission of becoming courageous, having self confidence, and being a person of character who takes action to make a difference in the world.

Location #1 (Area A: Southern Maryland & Pr. George’s):
2670 Crain Highway, #101 301-638-5373
Waldorf, MD 20601 (800) 834-1702
Fax (301) 638-7016

Location #2:
4301 Connecticut Avenue, N.W. (202) 237-1670
Washington, D.C. 20008 (800) 523-7898
Fax (202) 274-2161

Office Hours:
Monday through Friday 9:00 a.m. to 5:00 p.m.
Meeting Times:
Call for information on troop meeting times and places.

Service Area(s):
Charles, St. Mary’s, Calvert, Prince George’s Counties.

Other Languages:
Written materials translated into Spanish

Donations Accepted:
Money, volunteered time or services, gifts-in-kind.

Volunteer Coordinator:
Lori Davis (800) 834-1702
(301) 638-5373

Comprehensive Youth Program
Lidia Soto-Harmon, CEO

The Girl Scout Program is values-based and educational, allowing girls to develop their fullest potential in an atmosphere of trust and cooperation within the troop setting.

Services Offered:
Community outreach; social skills training, youth program.

Eligible Population: Girls ages 5 - 17

Service Learning Opportunity: Yard work, painting, cleaning at Camp Winona; helping with troop activities; teaching songs, crafts and games at summer camp; teaching Scouts a special skill such as a sport, dancing, photography, craft; set up, clean up, camping, helping with younger Scouts at a Girl Scout event.

Minimum age: 13
Contact: Paula Kennedy
(301) 638-5373
pkennedy@gscnc.org
GREATER BADEN MEDICAL SERVICES
Colenthia Malloy, Chief Executive Officer

Website: www.gbms.org
E-mail: lbryant@gbms.org

Greater Baden Medical Services, Inc. (GBMS) is a 501 (c) (3) community health center founded in 1972 with the mission to deliver accessible, high-quality primary care to the Southern Maryland medically underserved community. Services have expanded significantly with time in response to community needs to include adult primary care, prenatal healthcare, well pediatric services, dental services, HIV/AIDS services, women’s health, behavioral health, case management, WIC services, laboratory services, physical examinations, etc. As the only safety net provider in Southern Maryland, GBMS is proud to provide the same high quality health care to the insured and uninsured. GBMS vision is to eliminate health disparities and improve the health of the community through the provision of quality, affordable health care services.

GBMS is Joint-Commissioned Accredited and recognized as Level 3 Patient Centered Medical Home by the National Committee for Quality Assurance (NCQA)

Administrative Office:
7450 Albert Road, 3rd Floor (301) 599-0460
Brandywine, MD 20613 Fax (301) 599-0463

HEALTH CENTER LOCATIONS

Greater Baden at Brandywine
7450 Albert Road (301) 888-2233
Brandywine, MD 20613 Fax (301) 888-9133

Hours of Operation – Dental, 1st Floor:
Monday & Tuesday 8:00 a.m. to 5:00 p.m.
Wednesday 9:00 a.m. to 8:00 p.m.
Thursday 8:00 a.m. to 6:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
1st Saturday 9:00 a.m. to 2:00 p.m.

Hours of Operation – Pediatrics, 1st Floor:
Monday, Tuesday & Thursday 8:00 a.m. to 6:00 p.m.
Wednesday 8:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
1st Saturday 9:00 a.m. to 2:00 p.m.

Hours of Operation – Adult Care, 2nd Floor:
Monday, Tuesday & Thursday 8:00 a.m. to 6:00 p.m.
Wednesday 8:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
1st Saturday 9:00 a.m. to 2:00 p.m.

Greater Baden at Leonardtown (Adult Care):
23140 Moakley Street, #4 (301) 997-1029
Leonardtown, MD 20650 Fax (301) 997-1489

Hours of Operation:
Tuesday & Wednesday ONLY 8:00 a.m. to 4:00 p.m.

Greater Baden at La Plata (Adult Care):
6 Garrett Avenue (301) 539-5100
La Plata, MD 20646 Fax (301) 539-5105

Hours of Operation:
Mon, Tues, Wed & Fri 8:00 a.m. to 4:00 p.m.
Thursday 10:00 a.m. to 6:00 p.m.
1st Saturday 9:00 a.m. to 2:00 p.m.

Greater Baden at Capitol Heights I (Adult Care):
1458 Addison Road S. (301) 324-1500
Capitol Heights, MD 20743 Fax (301) 324-6405

Hours of Operation:
Monday through Friday 7:30 a.m. to 4:30 p.m.
1st Saturday 9:00 a.m. to 2:00 p.m.

Greater Baden at Capitol Heights II (Woman & Children):
1442 Addison Road, South (240) 492-2500
Capitol Heights, MD 20743 Fax (240) 492-2526

Hours of Operation:
Monday through Friday 7:30 a.m. to 4:30 p.m.

Greater Baden at Oxon Hill (Pediatrics):
6188 Oxon Hill Road, #801 (301) 686-1665
Oxon Hill, MD 20745 Fax (301) 686-1190

Hours of Operation:
Mon, Tues, Thurs, & Fri. 8:00 a.m. to 4:00 p.m.
Wednesday 10:00 a.m. to 6:00 p.m.

Greater Baden at Beltsville (Adult Care)
4320 Ammendale Road (240) 542-4084
Beltsville, MD 20705 Fax (240) 542-4345

Hours of Operation:
Monday, Tuesday, Thursday & 1st Saturday 8:30 a.m. to 4:30 p.m.
Wednesday 10:00 a.m. to 6:00 p.m.
Friday 9:00 a.m. to 2:00 p.m.

Appointment Policy:
Appointments are required. Please call (301) 888-2233 to schedule an appointment.

Methods of Payment:
Medical Assistance, Private Health Insurance, Sliding Scale and self-pay for those who qualify.

Other languages:
Spanish interpreters are available at all centers. Interpretation lines available for all other languages.

Donations Accepted:
Money, in-kind donation.

Eligible Population:
All

United Way
Student Service Learning

HEALTH PARTNERS CLINIC
Chrisie Mulcahey, Executive Director

E-mail: healthpartnersmd@gmail.com

A charitable non-profit organization that provides low cost Adult Primary Medical Care, Women’s Wellness and Health Education, Pediatric and Adult Dental Services, Clothing and Pharmacy Assistance for residents of Charles County and all Maryland Medicaid recipients.
Location: 3070 Crain Highway, #101
Waldorf, MD 20601
(301) 645-3556
Fax (301) 645-3932

Hours of Operation: Monday through Friday 8:30 a.m. to 5:00 p.m.

Appointment Policy: Appointments recommended; some walk-in services provided.
Clients can usually be seen within a week.

Methods of Payment: We accept MD Medicaid Uninsured and charge based on a sliding fee scale determined by level of income.

Other languages: Interpretation lines available for all languages.

Donations Accepted: Money, office supplies, clothing, volunteered time or services.

Services Offered: Community outreach, nutrition and health education, clinical health services, dental service, health testing and screening, clothing and pharmacy assistance.

Eligible Population: All uninsured or underinsured residents of Charles County, all MD Medicaid recipients.

Service Learning Opportunity: Project/special event support; clerical assistance; yard work and landscaping; making educational packets.

Minimum age: 18

Contact: Christie Mulcahey
(301) 645-3556

Our mission is to provide dignity and compassion at the end of life’s journey. Hospice of Charles County, Inc. is a non-profit community based organization that provides effective pain and symptom management to individuals diagnosed with a terminal illness regardless of their ability to pay, and through the efforts of certified, skilled-care professionals and trained volunteers, provide emotional and spiritual support to sustain the quality-of-life for the patients and caregivers.

HOSPICE OF CHARLES COUNTY
Trudy Raby, Chief Financial Officer

Website: www.hospiceofcharlescounty.org
E-mail: info@hospiceofcharlescounty.org

Our mission is to provide dignity and compassion at the end of life’s journey. Hospice of Charles County, Inc. is a non-profit community based organization that provides effective pain and symptom management to individuals diagnosed with a terminal illness regardless of their ability to pay, and through the efforts of certified, skilled-care professionals and trained volunteers, provide emotional and spiritual support to sustain the quality-of-life for the patients and caregivers.

Location: 2505 Davis Road
Waldorf, MD 20603
(301) 861-5300
Fax (301) 861-5317

Hours of Operation: Monday through Friday 8:00 a.m. to 4:00 p.m.
Urgent support 24 hours a day, 7 days a week

Admission Policy: Intakes and assessments can be arranged to accommodate patients and their families 24 hours a day.

Methods of Payment: Medicare, Medicaid and most private insurances cover Hospice services. Most Hospice patients use Medicare Hospice Benefits to pay for their care. Coverage by Medicaid and most private insurance is similar to the Medicare Hospice Benefit. Furthermore, Hospice of Charles County covers the costs of qualified patients needing care who have no insurance.

Service Area(s): Charles County

Other Languages Spoken: Interpreters available upon request/need.

Donations Accepted: ‘In Memory of’ or ‘In Honor of’ donations, outright gift bequests, restricted contributions, non-cash contributions, United Way contributions, Planned Giving Opportunities, including stock and equity contributions or estate contributions and Gifts of Gratitude. You may also mail your donation.

Volunteer Coordinator: Susie Loomis
(301) 861-5314

Services Offered: Nursing care, social services, physician services, counseling services (including spiritual and dietary), certified nursing assistants, bereavement services and volunteers. Short-term, inpatient care (for respite, pain control and symptom management), routine care in the home, and medical equipment, supplies and medications are available. Additional services may be offered as needed.

Eligible Population: A person is eligible for hospice care if a physician certifies the patient as having a terminal illness with a life expectancy of approximately six months or less. The patient, family, friend or health care professional may request hospice services. Hospice will assist in communication with the physician regarding the patient prognosis. Hospice is available to all terminally ill individuals and their families, regardless of their age, gender, nationality, creed, sexual orientation, physical condition, availability of primary caregiver, or ability to pay.
HUMANE SOCIETY OF CHARLES COUNTY
Virginia Crane, President

Website: www.humanesocietycc.org
E-mail: info@humanesocietycc.org

HSCC operates its own shelter for the rehabilitation/adoption of injured/abused pets; provides lost and found information and assistance, offers spay/neuter services, low cost rabies clinics, and humane and environmental education programs and resources. Pet therapy program.

Location:
71 Industrial Park Drive
P.O. Box 1015
Waldorf, MD 20604
(301) 645-8181
Fax (301) 632-6905

Hours of Operation:
Sun., Tues, Wed., Sat.  11:00 a.m. to 6:00 p.m.
Thursday - Friday  1:00 p.m. to 8:00 p.m.
Closed Monday

Appointment Policy:
Walk-ins accepted.

Methods of Payment:
Self-pay for adoptions.

Service Area(s):
Charles County, St. Mary’s, Prince George’s

Donations Accepted:
Money, pet supplies, building materials, volunteered time or services.

Volunteer Coordinator:
Jenn Marsh  (301) 645-8181

Humane Education Program
Christine Gonzales, Program Coordinator

Offers to all county public schools, private schools, home schools, day care centers, senior centers and independent groups a variety of humane and environmental education programs presented by Humane Society Education Team members with backgrounds in education and biology. Facility tours accompanied by an education program are also available. All programs include distribution of humane and environmental education materials to teacher’s and participants.

Services Offered:
Classroom education, facility tours.

Eligible Population:
All ages; the general public

Junior KIND Club
Christine Gonzales, Program Coordinator

Gathers weekly throughout the school year for children ages 3-5. Activities include animal related stories, songs, finger plays, crafts and guest speakers. Each activity encourages humane treatment of all living things.

Services Offered:
Community outreach

Eligible Population:
Children ages 3-5

Junior Volunteer Program
Jenn Marsh, Program Coordinator

Sponsors a volunteer program at the shelter for adolescents ages 14-18, which gives them experience in day-to-day operations of a public service organization.

Services Offered:
Community outreach

Eligible Population:
Adolescents ages 14-18

KIND Club Program
Christine Gonzales, Program Coordinator

Sponsors Kids In Nature’s Defense Club, meeting monthly throughout the school year for children ages 5-10. Activities include guest speakers, arts and crafts, snacks and games that promote humane and environmental values.

Services Offered:
Community outreach

Eligible Population:
Children ages 5-10

Pet Therapy Program
Anita Bowie-Marsh, Program Coordinator

Trained Humane Society volunteers make regular visitations with owned pets to residents of county nursing homes, senior centers, schools and community groups as well as participate in the “Paws To Read” program for children at county libraries.

Services Offered:
Community outreach

Eligible Population:
Senior Citizens, Children

Rabies Clinics
Nathaniel Boan, Program Coordinator

Sponsors several county-wide rabies clinics a year, offering vaccinations for pets at a nominal cost to county citizens.

Services Offered:
Rabies control

Eligible Population:
General Public

Spay/Neuter Program
Anne Gardiner, Program Coordinator

Offers reduced-cost, sliding-scale spay/neuter program to families of all income levels.

Services Offered:
Pet population control, public assistance

Eligible Population:
General Public

TWLA Program
Christine Gonzales, Program Coordinator

Sponsors Teens Who Love Animals for ages 11-13, meeting monthly the participants will plan projects that will help animals in the community. Participants are challenged to become active volunteers in shelter activities and community events. Activities include guest speakers and crafts that promote humane and environmental value.

Services Offered:
Community outreach
INTERFAITH COMMUNITY CONNECTION

Interfaith Community Connection is a non-profit organization committed to consolidating resources in order to serve the poor and needy in Charles County.

Location:
305 E. Smallwood Drive
Waldorf, MD 20602
(301) 374-9028
Fax (301) 843-4884

Administrative Hours:
Monday to Friday 6:00 p.m. to 8:00 p.m.

Appointment Policy:
Scheduled appointment only.

Methods of Payment:
All services are free.

Donations Accepted:
Money, food, volunteered time or services.

Volunteer Coordinator:
Elsie Draughn
301-374-9028

Service Area(s):
Waldorf

Services Offered:
Energy and rent/mortgage assistance, food, credit counseling.

Eligible Population:
General public

Service Learning Opportunities:
Assist at shelter with cleaning, feeding and caring for animals; help younger children with crafts and activities at KIND Club; review and offer feedback on educational videos; assist with fundraising activities; redesigning/preparing educational pamphlets.

Minimum age: 14
Contact: Jean Marsh
(301) 645-8181

KIWANIS CLUB OF WALDORF
Sheryl Ball, President

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

Mailing Address:
P.O. Box 723
Waldorf, MD 20604
(301) 372-8766

Meeting time:
Wednesday 7:30 a.m. to 8:30 a.m.

Service area:
Charles County

Donations Accepted:
Infant supplies, clothes, non-perishable foods, money, volunteered time or services.

Services Offered:
Special population services, seasonal donations. Also provides volunteer workers for community service projects.

Eligible Population:
General public

Referral Policy:
Clients seeking assistance must be referred through United Way of Charles County, Charles County Department of Social Services, Lifestyles of Maryland, Catherine Foundation, Christmas in April, Southern Maryland Center for Independent Living or Charles County Department of Health.

KIWANIS CLUB OF WALDORF, MARYLAND FOUNDATION, INC.
Robert Parks, President

Mailing Address:
P.O. Box 723
Waldorf, MD 20604
(301) 372-8766

When all other assistance is exhausted, the Foundation can offer financial assistance to the family’s children’s unpaid medical service provider. To be eligible for assistance a family must show proof that financial assistance is needed and that they have the legal responsibility of caring for an ill or injured child. To seek assistance, mail a letter requesting an application.

Referral Policy:
Clients seeking financial assistance must be referred through United Way of Charles County, Charles County Department of Social Services, Lifestyles of Maryland, Catherine Foundation, Christmas in April, Southern Maryland Center for Independent Living or Charles County Department of Health.
Knights of St. John International’s aim and purpose is to create and foster a feeling of fraternity and fellowship among the various organizations and people in need throughout Southern Maryland. To improve one’s moral, mental and social conditions. Knights of St. John International has a referral policy in place.

**Mailing Address:**
P.O. Box 181 (301) 848-3476
Pomfret, MD 20675

**Hours of Operation:**
Varies

**Methods of Payment:**
All services are free

**Service Area(s):**
Charles, St. Mary’s and Calvert Counties

**Volunteer Coordinator:**
Edward Holland (301) 848-3476

**Services Offered:**
Seasonal donations

**Referral Policy:**
Clients seeking services must contact Deacon Martin at (301) 843-8916 for referrals.

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**LEGAL AID BUREAU**
Seri A. Wilpone, Chief Attorney

Website: www.mdlab.org

Legal Aid Bureau is committed to provide high quality legal services to Maryland’s poor and to bring about the changes poor people want in the systems that affect them.

**Location:**
15364 Prince Frederick Road Toll Free (877) 310-1810
Hughesville, MD 20637 (301) 932-6661
Fax (301) 274-0713

**Mailing Address:**
P.O. Box 249
Hughesville, MD 20637

**Hours of Operation:**
Monday through Friday 9:00 a.m. to 5:00 p.m.

**Appointment Policy:**
Walk-ins accepted, house visits available.

**Method of Payment:**
All services free

**Service Area(s):**
Charles, St. Mary’s and Calvert Counties

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**LIFETYLES OF MARYLAND FOUNDATION, INC.**
Sandy Washington, Executive Director
Corae Young, Assistant Director
Sonia Jones, Director of Health and Advocacy
Rewa Powell-Mack, Human Services Manager
Margaret Payne, Community Services Manager
Deborah Miller, Human Resources
Susanne Collares, Housing Case Manager

Website: www.lifestylesofmd.org
E-Mail: info@lifestylesofmd.org

By drawing on our own resources and networking with other area agencies and organizations, we seek to provide affordable, accessible services, activities and goods to support and encourage individuals, families and community.

**Location #1:**
LifeStyles of Maryland Foundation, Inc.
Compassionate Center (301) 609-9900
101 Catalpa Drive, Suite 103 Toll Free (866) 293-0623
La Plata, MD 20646 Fax (301) 609-9800
Email: info@lifestylesofmd.org

**Mailing Address:**
P.O. Box 1794
La Plata, MD 20646

**Hours of Operation:**
Monday through Friday 9:30 a.m. to 5:00 p.m.

**Appointment Policy:**
Walk-ins accepted.

**Service Area(s):**
Charles, Calvert, St. Mary’s, Prince George’s Counties and beyond.

**Donations Accepted:**
Money, volunteered time or services, food items, building materials, clothing, toiletries

**Volunteer Coordinator:**
Margaret Payne (301) 609-9900 x201

**Services Offered:**
We provide three main areas of service to our clients: Our Community Services Program encomasses our food pantry, clothing closet and emergency rent/utility/prescription assistance. Our transportation program is designed for the local aging population to receive subsidized transportation to venues within the Washington, DC metropolitan region, i.e. appointments, grocery store, bank, etc. as well as assisting low income.
### Housing Programs:
- **Fuller House** – 21 bed facility for men
- **Gayle's Place** – 10 bed facility for Domestic Violence woman and children.
- **Martha’s Place** – 6 bed facility for women and children
- **Southern Crossing** – Permanent supportive housing individual units for families.
- **Safe Nights** – Emergency hypothermia beds

### Service Learning Opportunities:
- Prepare food packages and/or outreach packets; making telephone calls; clerical assistance, helping with clothing closet and special events.

### Minimum age: 12

### Contact:
- Margaret Payne
- (301) 609-9900 x201
- mpayne@lifestylesofmd.org

### LUTHERAN MISSION SOCIETY
#### SOUTHERN MARYLAND MOBILE COMPASSION CENTER
- **Rev. Dr. David R. Maack**, Executive Director

#### Website:
- www.lutheranmissionsociety.org

- Our mission is to bring health and wholeness to people through the love and compassion of Jesus Christ.

#### Location #1 (Main Office):
- 601 Hammonds Lane
- Baltimore, MD 21255
- (410) 636-0123
- Fax (410) 636-6984

#### Mailing Address:
- P.O. Box 438
- Linthicum, MD 21090

#### Location #2:
- Grace Lutheran Church/School
- 1200 Charles Street
- La Plata, MD 20646
- (301) 932-0963
- Fax (301) 934-1459

#### Hours of Operation:
- **1st full weekend of month**
  - Thursday - Saturday
  - 10:00 a.m. to 2:00 p.m.
  - Lutheran Church of Our Savior
  - 7365 Indian Head Highway
  - Bryans Road, MD 20616

- **2nd full weekend of month**
  - Thursday – Saturday
  - 10:00 a.m. to 2:00 p.m.
  - First Lutheran Church
  - 6300 Southern Maryland Boulevard
  - Huntingtown, MD 20639

### 3rd full weekend of month
- **Thursday - Saturday**
- 10:00 a.m. to 2:00 p.m.
- Grace Lutheran Church
- 1200 Charles Street
- La Plata, MD 20646

### 4th full weekend of month
- **Thursday - Saturday**
- 10:00 a.m. to 2:00 p.m.
- Grace Lutheran Church
- 1200 Charles Street
- La Plata, MD 20646

### 5th full weekend of month
- **Thursday - Saturday**
- 10:00 a.m. to 2:00 p.m.
- Grace Lutheran Church
- 1200 Charles Street
- La Plata, MD 20646

#### Appointment Policy:
- Walk-ins accepted

#### Methods of Payment:
- All services are free; donations accepted.

#### Service Area(s):
- Charles and Calvert Counties

#### Donations Accepted:
- Money, clothing, food, furniture, autos, small appliances.

#### Volunteer Coordinator:
- Alice Adams
- (301) 885-1819

### MARCH OF DIMES – MARYLAND NATIONAL CAPITAL AREA
- **Jennifer Abell**, Director

#### E-mail:
- jabell@marchofdimes.org

- The mission of March of Dimes Maryland – National Capital Area Chapter is to improve the health of babies by preventing birth defects, premature birth and infant mortality through research, advocacy, community service and education.

#### Location:
- 2110 Washington Blvd. #325
- Arlington, VA 22204
- (571) 257-2310
- Fax: (571) 257-2316

#### Hours of Operation:
- Monday through Friday
- 9:00 a.m. to 5:00 p.m.

#### Appointment Policy:
- Scheduled appointment only; home visits by arrangements.

#### Method(s) of payment:
- Services are free.

#### Service Area(s):
- Charles, St. Mary’s, Calvert Counties

#### Donations Accepted:
- Money, volunteered time/services/goods

#### Volunteer Coordinators:
- Jennifer Abell
- (571) 257-2310

### Service Learning Opportunities:
- Prepare food packages and/or outreach packets; making telephone calls; clerical assistance, helping with clothing closet and special events.

### Minimum age: 12

### Contact:
- Margaret Payne
- (301) 609-9900 x201
- mpayne@lifestylesofmd.org
MARYLAND COMMUNITY SERVICES LOCATOR
Amy Billing, Project Director
Website: www.mdcsl.org
E-mail: mdcsl@umd.edu

A free online locator for social services, health and criminal justice programs in Maryland.

Administrative Office:
4321 Hartwick Road, #501 (301) 405-9796
College Park, MD 20740
(No services provided at this location)

Hours of Operation:
24 hours online
Method(s) of Payment:
Services are free
Service Area(s):
Statewide

Services Offered:
Online information and referral
Eligible Population:
General public

MEDICAL EYE BANK OF MARYLAND
Bernard Madison, Director
The Medical Eye Bank of Maryland is dedicated to alleviating human suffering and improving the quality of patients' lives by restoring sight to the corneally blind. Recovers and provides eye and corneal tissue for transplant surgery and research.

Location:
1730 Twin Springs Road, Suite 210 (410) 752-2020
Baltimore, MD 21227 Fax (443) 833-1081

Hours of Operation:
Monday through Friday 8:00 a.m. to 5:00 p.m.

Service Area(s):
Charles, St. Mary's, Calvert, Prince George's Counties

Donations Accepted:
Money
Volunteer Coordinator:
Bernard Madison (410) 752-2020

MELWOOD
Cari DeSantis, President & CEO
Michael Glanz, VP, Community Services
Scott Gibson, VP of Human Resources
Website: www.melwood.org

Melwood serves 2,400 persons, children through adult, with differing abilities, for employment opportunities, supported living, and recreational programs promoting personal empowerment and social inclusion.

Location #1:
Charles County Melwood’s Waldorf Campus (301) 870-6722
12705 Country Lane Fax (301) 870-1138
Waldorf, MD 20601

Location #2:
Melwood’s Recreation Center
9305 Ironsides Road (301) 870-3226
Nanjemoy, MD 20662 Fax (301) 870-2620

Location #3:
Melwood’s Headquarters
5606 Dower House Road (301) 599-8000
Upper Marlboro, MD 20772 Fax (301) 599-0180

Hours of Operation:
Monday through Friday 8:30 a.m. to 5:00 p.m.
Weekend services provided

Appointment Policy:
Appointments required

Methods of Payment:
Sliding scale

Service Area(s):
Charles, Prince George's and Anne Arundel Counties, Washington, D.C. and Northern Virginia

Other Languages:
Spanish, French

Donations Accepted:
Cash, autos, property, volunteered time or services.
**Volunteer Coordinator:**
Marchesa Whittington  
(301) 599-7914  
mwhittington@melwood.org

**Services Offered:**
Employment opportunities, community support services and day habilitation, including on-the-job training and recreation for children and adults of all abilities. Veterans services.

**Eligible Population:**
Adults and children with all abilities.

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**MINISTERS ALLIANCE OF CHARLES CO. & VICINITY**
Rev. Reginald Kearney, President  
Rev. Melinda Clark, Secretary  
Dr. Lynwood Townsend, Financial Secretary

The Ministers Alliance is working together with the faith community to address the human needs, developing a community of trust, allowing them to know that they need not suffer in silence when the Lord has provisions available to them. When asked, “Are we our brother’s keeper?” Our response is a resounding YES! Through networking, information about available services can be shared, referrals made, gaps identified and resources developed as necessary. The Alliance meets the second Saturday of each month at 9:00 a.m.

**Contact Information:**
E-Mail: reggiekearney@aol.com  
(301) 661-3989

**Hours of Operation:**
Monday through Friday  
9:30 a.m. to 12:00 Noon  
1:00 p.m. to 5:00 p.m.

**Appointment Policy:**
Daily visits can be arranged by appointment.

**Methods of Payment:**
All services are free.

**Service Area(s):**
Charles, Calvert, St. Mary’s, Prince George’s Counties

**Other Languages:**
Spanish

**Donations Accepted:**
Money, clothing, food, furniture, autos, volunteered time or services.

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**Volunteer Coordinator:**
Rev. Reginald Kearney  
(301) 661-3989

**Services Offered:**
Social supportive services

**Eligible Population:**
General public

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**NATIONAL CAPITAL AREA COUNCIL, BOY SCOUTS OF AMERICA**
Les Baron, Executive Director

Website: www.NCACBSA.org  
E-mail: supportscouting@scouting.org

Boy Scouts of America is the premier youth organization which provides young people with a positive environment where they can maximize their strengths and learn to be the best they can be through the Cub Scout, Boy Scout, Venturing, Exploring and Learning for Life programs. Youth learn the values of citizenship, develop character, improve personal fitness, build leadership, explore career interests and appreciate the environment through outdoor activities, educational programs and service to others. Call for information about joining or volunteering.

**Location:**
9190 Wisconsin Avenue  
Bethesda, MD 20814  
Fax (240) 395-0610

**Local Representative:**
Trey Miller  
(301) 214-9606

**Donations Accepted:**
Money, volunteered time or services

**Services Offered:**
Community outreach; social skills training, youth program

**Eligible Population:**
Boys, first grade through age 20; girls ages 14 through 20 and their families

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**NATIONAL MULTIPLE SCLEROSIS SOCIETY, GREATER DC-MARYLAND CHAPTER**

Website: www.nmss-dcmd.org  
E-mail: info-dcmd.org

People affected by MS can live their best lives as we stop MS in its tracks and end MS forever.
Mailing Address:
1800 M Street, N.W., BSO North
Washington, D.C. 20036
(202) 296-5363
Fax (202) 296-3425

Hours of Operation:
Monday through Friday 9:00 a.m. to 5:00 p.m.

Appointment Policy:
Walk-ins accepted, house visits available.

Independent Living
Services Offered:
The program offers limited funds for services that enhance the safety and independence of people with MS and/or provide emotional, physical and financial relief to their family caregivers.

Transportation
Services Offered:
The chapter is committed to helping people with MS gain access to medical care and needed support. When transportation poses a barrier, the Chapter can provide limited support for transportation to MS-related medical appointments and Chapter activities.

Education Programs
Services Offered:
Educational programs about the medical, social and psychological aspect of MS.

NEIGHBORS EAGER TO SERVE, INC. (NETS)
Corrine Pearson, Chairperson
NETS is a non-profit Christian organization working together to identify and respond to the needs of the Western Charles County community.

Mailing Address:
P.O. Box 823
Bryans Road, MD 20616
(301) 375-8576
Fax (301) 375-8320

Hours of Operation:
Tuesdays and Thursdays 9:00 a.m. to 12:00 p.m.

Appointment Policy:
Scheduled appointment only

Service Area(s):
Western Charles County

Donations Accepted:
Money, food, volunteered time or services

Services Offered:
Assistance with rent/mortgage, utilities, clothing, food

Eligible Population:
General public in Western Charles County

NEW COMMUNITY DEVELOPMENT CORPORATION
Willie R. Hunt, Chief Executive Director
Website: www.NDC40.com
E-mail: NDC.Board@gmail.com

To develop and execute Human Value Enhancement programs which foster and promote life skills, self-sufficiency, economic growth and sustainability within the Southern Maryland community.

Mailing Address:
12435C Mattawoman Drive
Waldorf, MD 20602
(240) 222-3021
Fax (240) 419-2515

Hours of Operation:
Office Hours Monday through Friday 8:30 a.m. to 3:30 p.m.

Appointment Policy:
Walk-ins accepted

Method of Payment:
All services are free.

Other Languages:
Spanish

Service Area(s):
Charles

Donations Accepted:
Money, clothing and food

Volunteer Coordinator:
Kathi Harty (240) 222-3021

Financial Assistance Services:
Services include rent, mortgage and energy assistance; public assistance include credit, housing counseling, emergency short-term shelter, food, scholarships and summer childcare.

Business Services:
Provides entrepreneurial development training, social skills training and business resources.

Social Supportive Services:
Provides community outreach, social skills training and advocacy services to assist with the process of receiving services from government and non-profit agencies.

Transportation Services:
Transportation for seniors and low-income individuals.
NEW HOPE COMMUNITY OUTREACH SERVICES
Dexter Coburn, Director
Website: www.nhcos.org
E-mail: execadmin@newhopewaldorf.org

To provide food and clothing to those in need and homeless individuals.

Location:
4200 Old Washington Road (301) 843-3887
Waldorf, MD 20602
Fax (301) 645-9266

Mailing Address:
P.O. Box 235
Waldorf, MD 20604

Hours of Operation:
Saturday 10:00 a.m. to noon

Appointment Policy:
Walk ins accepted

Method of Payment:
All services are free

Service Area(s):
Charles County

Donations Accepted:
Money, clothing

Food & Clothing Distribution Program
Provide food and clothing to those in need and homeless individuals.

Services Offered:
Food and clothing

Eligible Population:
General public

OUR PLACE WALDORF
Deanna Gerhart, Executive Director
Website: www.ourplacewaldorf.org
E-mail: support@ourplacewaldorf.org

To provide Charles County residents in need with a daily nutritious meal, friendship, and additional resources in an unbiased environment.

Mailing Address:
150 Post Office Road, #532 (240) 682-2569
Waldorf, MD 20604
Fax (301) 638-2543

Location for Dinner:
Good Shepherd UMC
305 Smallwood Drive
Waldorf, MD 20602

Hours of Operation:
Thursday 5:00 p.m. to 6:15 p.m.

Appointment Policy:
Walk ins accepted

Method of Payment:
All services are free

Service Area(s):
Charles County

Donations Accepted:
Money, clothing, furniture, appliances, food, autos, volunteered time/service

Service Learning Opportunities:
Prepare To-Go bags with non-perishable food items, set-up dining room, clean-up dining room, serve guests, clean tables, refill drinks.

Minimum Age: 10

Contact: Deanna Gerhart
(240) 682-2569

PARTNERSHIP FOR A HEALTHIER CHARLES COUNTY

The Partnerships for a Healthier Charles County was established in 1994 to serve as a community health network and as a forum for collaboration and sharing of information between county agencies and services. Members of the Partnership for a Healthier Charles County include the local health department, local hospital, public schools, government agencies, community college, community organizations, private providers, churches, and businesses. The mission of the organization is to create a future through partnerships and collaborations, in which the people of Charles County can be: gainfully employed, educated, living in safety and comfort, and enjoying good health. Priority areas of the Partnership include behavioral health, chronic disease, access to care and cancer prevention.

Mailing Address:
P.O. Box 1050 (301) 609-6900
White Plains, MD 20695

University of MD Charles Regional Medical Center

UMCRMC’s Cancer Program is approved by the American College of Surgeons. A Cancer Committee holds monthly meetings as well as Cancer Conferences to address numerous cancer related issues, including patient care, resources and strategies. UMCRMC is a member of the Maryland Tumor Registry. Conducts the Charles County Health Needs Assessment.

Services/Resources offered:
Annual Community Cancer Report in the fall. Sponsors the annual Cancer Survivor’s Walk and Reception, as part of the American Cancer Society’s Relay for Life held in Charles County in June. Implements the Charles County Health Improvement Plan.
Charles County Department of Health Cancer Screenings

Services provided:
Breast and Cervical Screening Program—for eligible women ages 40-64, who live in Charles County without health insurance. Colorectal Cancer Program—provides colonoscopies for men and women, ages 50-64, who live in Charles County and have little or no insurance. Call 301-609-6843 to find out if you are eligible and for more information.

Hospice of Charles County, Inc., see page 25

InHome Management Services, Inc.
P.O. Box 2402
Waldorf, MD 20604-2402 301-743-7272

Services Offered: Nursing Case Management

Sisters at Heart Breast Cancer Support Group, see page 39

Hospice of Charles County, Inc.

InHome Management Services, Inc.
P.O. Box 2402
Waldorf, MD 20604-2402 301-743-7272

Services Offered: Nursing Case Management

Sisters at Heart Breast Cancer Support Group

PEACE LUTHERAN CHURCH
Rev. Craig Endicott, Pastor

Website: www.myplc.org
E-mail: admin@myplc.org

Peace Lutheran Church, an inclusive congregation of the Evangelical Lutheran Church in America (ELCA), is a place where people are dedicated to serving God: serving the needs of individuals locally and internationally, through partnerships with other churches and programs as well as the larger church (ELCA). We commit ourselves to standing with the poor and powerless encouraging and mentoring young people, promoting excellence in worship and music, and offering hospitality to the stranger.

Location:
401 E. Smallwood Drive
Waldorf, MD 20602-2880
(301) 843-1832
Fax (301) 870-8107

Hours of Operation (Food Pantry):
2nd & 4th Wednesday 9:30 a.m. to 12:30 p.m.
1st & 3rd Saturday 9:30 a.m. to 12:30 p.m.

Appointment Policy:
Walk-ins accepted during hours of operation.

Service Area(s) (Food Pantry):
Waldorf, White Plains and Bryantown

Donations Accepted:
Money, non-perishable food items.

Food Pantry
Emergency non-perishable food

Eligible Population: The general public.

Referral Policy: No referral is required; however, Peace Lutheran Church also works with the Interfaith Community Connection. Call (301) 374-9028. Leave a message to receive a response within 24 hours.

United Way

POINo OF CHAange JAIL & STREET MINISTRY
John A. Lewis, Founder and Sr. Chaplain

Website: www.pointofchangeministry.com
E-Mail: pointofchange@hotmail.com

Point of Change Jail & Street Ministry is dedicated to helping to change the lives of youths and adults who are at risk, incarcerated or re-entering society. We do this by offering spiritual care, administering education and training to help them make appropriate choices. The ministry targets crime prevention and recidivism reduction from a holistic approach lending assistance to offenders and ex-offenders in the area of developing a positive attitude while detained in custody, steps toward successful transitioning, mentoring, job readiness, housing and emotional restoration.

Location:
P.O. Box 1509
La Plata, MD 20646
(301) 542-9709

Hours of Operation:
7 days per week 9:00 a.m. to 9:00 p.m.

Appointment Policy:
Scheduled appointments, visits/housecalls.

Methods of Payment:
All services are free.

Service Area(s):
Charles, Calvert Counties

Other Languages:
Spanish

Donations Accepted:
Money, clothing, furniture, appliances, food, autos, volunteered time or services.
Volunteer Coordinator:
John A. Lewis  
pointofchange@hotmail.com  
(301) 542-9709

Services Offered:
Faith-based academic and support services.

Eligible Population:
Those incarcerated at the Charles and Calvert County Detention Centers and men living at the Robert J. Fuller Transitional House.

PORT TOBACCO RIVER CONSERVANCY
David C. Gardiner, Executive Director

Website: www.porttobaccoriver.org  
E-Mail: jsimpson@porttobaccoriver.org

Test river water, notifies citizens to avoid health risk locations, implements restoration, reviews development proposals to ensure citizens rights, and educates youth about the environment.

Location:
10250 La Plata Road  
La Plata, MD 20646  
(301) 934-2025

Mailing Address:
P.O. Box 104  
Port Tobacco, MD 20695  
Fax (301) 705-7535

Hours of Operation:
Food Distribution  
Tuesday’s  
9:00 a.m. until gone

Clothing Distribution  
Wednesday  
11:00 a.m. to 2:00 p.m.

Appointment Policy:
Walk-ins accepted

Method of Payment:
All services are free.

Other Languages:
American Sign Language

Service Area(s):
Charles, St. Mary’s, Calvert & Prince George’s

Donations Accepted:
Money, clothing, building materials, appliances, autos and food

Volunteer Coordinator:
Minister Mae Wade  
(301) 659-1574

PRAYER OF FAITH MINISTRIES
Jane Washington, Apostle, Sr. Pastor

Website: www.prayeroffaithmin.wix.com/pofm  
E-mail: prayeroffaithmin@outlook.com

Prayer of Faith Ministries is a non-profit organization, church and food pantry. We provide food, clothes, and hot meals on Tuesday nights and Sundays following services. Coats and blankets during the winter months. We also offer life skills and job search. Tutoring offered in Reading, Math, English and Spelling. Call for more information.

Location:
3235 Old Washington Road  
Waldorf, MD 20602  
(240) 528-1988

Mailing Address:
P.O. Box 587  
White Plains, MD 20695

Hours of Operation:
Food Distribution  
Tuesday’s  
11:00 a.m. until gone

Services Offered:
Water quality monitoring, shoreline restoration, reforestation, watershed cleanups.

Service Area(s):
Charles County

Donations Accepted:
Money, volunteered time or services.

Volunteer Coordinator:
Minister Mae Wade  
(301) 659-1574

Service Learning Opportunities:
Watershed/shoreline cleanup, tree planting

Minimum Age: 10

Contact: Julie Simpson  
(301) 934-2025  
jsimpson@porttobaccoriver.org
THE PROMISE RESOURCE CENTER, INC.
Siobhan Warsinske, Executive Director

Website: www.thepromisecenter.org
E-mail: swarsinske@thepromisecenter.org

Provides an array of resources, family workshops, training classes, educational materials, support and mentoring to parents, grandparents, foster parents and licensed family and center child care providers.

Location:
29958 Killpeck Creek Court (301) 290-0040
Charlotte Hall, MD 20622 1-866-290-0040
Fax (301) 290-0050

Hours of Operation:
Monday through Friday 8:30 a.m. – 5:00 p.m.

Appointment Policy:
Contact by phone is encouraged; walk-ins accepted.

Methods of Payment:
Minimal charges for training and use of copier and laminator. No fee for resource services.

Service Area(s):
Charles, Calvert, St. Mary’s Counties.

Donations Accepted:
Money, volunteered time or services.

Volunteer Coordinator:
Siobhan Warsinske (301) 290-0040

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ROBERT J. FULLER TRANSITIONAL HOUSE FOR MEN
Sandy Washington, Executive Director
Corae Young, Program Manager/Assistant Director
Susanne Collares, Housing Case Manager

E-mail: info@lifestylesofmd.org

Provides and administers accommodations and transitional support for homeless men. Helps these men to break the cycle of dependency through programs designed to foster their growth towards self-sufficiency. Operated by LifeStyles of Maryland.

Location:
Robert J. Fuller Transitional House (301) 645-7994
3470 Rockefeller Court (301) 645-2933
Waldorf, MD 20602 Fax (301) 645-7816

Hours of Operation:
Open 24 hours a day, 7 days a week to homeless men.

Appointment Policy:
Persons can walk in to complete an application. Interviews are required.

Methods of Payment:
$420.00 per month (emergency) or $400 per month (transitional)

Service Area(s): Charles County

Donations Accepted:
Money, personal care items, food & meals, clothes, paper products, autos, volunteered time or services.

Services Offered:
Emergency short-term shelter, transitional housing, case management, food.

Eligible Population:
Adult men. We do accept referrals from CCDSS.

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SAGEPOINT SENIOR LIVING SERVICES
William Holman, CEO

Website: www.sagepointcare.org
E-mail: info@sagepoint.org

Our mission is to provide excellence in rehabilitation and aging services delivered by employees that reflect our values.

Nursing Center:
The Nursing Center has been a leading provider of long term care in Southern Maryland since 1976.

Location:
10200 La Plata Road (301) 934-1900
La Plata, MD 20646 Fax (301) 934-0207

Administrative Hours:
Monday through Friday 8:00 a.m. to 5:00 p.m.

Visiting Hours:
(flexible depending on circumstances):
Daily 8:00 a.m. to 8:00 p.m.

Methods of Payment:
Medicare, Medicaid, private pay, Long Term Care Insurance, some managed care plans.

Service Area(s):
Charles, Calvert, St. Mary’s, Prince George’s Counties.

Donations Accepted:
Monetary, reading material, volunteered time or services

Volunteer Coordinator:
Beverly Auth (301) 934-1900 x334
Rehabilitation Center: Helps people who are recovering from serious illnesses or injuries regain their highest level of independence.

Location: 10200 La Plata Road, La Plata, MD 20646 (301) 934-1900 x342 Fax (301) 934-0207

Administrative Hours: Monday through Friday 8:00 a.m. to 5:00 p.m.

Visiting Hours (flexible depending on circumstances): Daily 8:00 a.m. to 8:00 p.m.

Methods of Payment: Medicare

Service Area(s): Charles, Calvert, St. Mary’s, Prince George’s Counties.

Donations Accepted: Monetary, reading material, volunteered time or services

Volunteer Coordinator: Beverly Auth (301) 934-1900 x334

Sagepoint Adult Day Services
Tammie Parlett, Program Manager E-mail: tparlett@sagepointcare.org

Offers welcome support for families with a loved one who needs supervision and medical services during the day.

Location: 10200 La Plata Road, La Plata, MD 20646 (301) 934-6753 Fax (301) 609-8437

Hours of Operation: Monday through Friday 6:30 a.m. to 5:30 p.m. Saturday 8:00 a.m. to 3:00 p.m.

Methods of Payment: Medicaid, private pay

Service Area(s): Charles & Northern St. Mary's Counties.

Donations Accepted: Monetary, reading material, volunteered time or services.

Volunteer Coordinator: Beverly Auth (301) 934-1900 x334

Services offered to participants:
Supervision with daily activities from simple assistance to total care. Physical and occupational therapies available on site, monitoring of medical diagnoses and medication administration, health checks, such as blood pressure, blood sugar, lab work. Nutrition consultation and weight monitoring. Physical activities and exercise that improve range of motion, mobility and motor skills, activities that stimulate the mind such as games and puzzles, crafts, and new innovative interactive technology. Religious services and musical programs, recreational outings to local restaurants, events, shopping and more.

Eligible Population: Individuals over age 16, including the mentally, physically and developmentally disabled.

Sagepoint Gardens Assisted Living
Pat Younger, Vice President, Assisted Living E-mail: pyounger@sagepointcare.org

The Assisted Living community provides each resident with the help he or she needs for activities of daily living while encouraging independence and engagement in social life. Ongoing assessments are conducted to adapt each resident's care plan to support aging in place.

Location: 121 & 123 Morris Drive, La Plata, MD 20646 (301) 392-5180 Fax (301) 392-5182

Administrative Hours: Monday through Friday 9:00 a.m. to 5:00 p.m.

Visiting Hours: Unlimited

Methods of Payment: Private pay, Long Term Care Insurance

Service Area(s): Charles, Calvert, St. Mary’s, Prince George’s Counties.

Donations Accepted: Monetary, reading material, volunteered time or services.

Volunteer Coordinator: Beverly Auth (301) 934-1900 x334

Sagepoint Memory Care
Pat Younger, Vice President, Assisted Living E-mail: pyounger@sagepointcare.org

A nurturing home-like environment that sets a new standard of care for people with Alzheimer’s, Dementia, and other forms of memory loss. Every aspect has been designed to help residents enjoy a comfortable lifestyle.

Location: 10210 La Plata Road, La Plata, MD 20646 (301) 934-2762 Fax (301) 934-2159

Administrative Hours: Monday through Friday 9:00 a.m. - 5:00 p.m.

Visiting Hours: Unlimited

Methods of Payment: Private pay, Long Term Care Insurance

Service Area(s): Charles, Calvert, St. Mary’s, Prince George’s Counties.

Donations Accepted: Monetary, reading material, volunteered time or services.

Volunteer Coordinator: Beverly Auth (301) 934-1900 x334

Sagepoint Home Care
Ron Wise, Executive Director, Home Care E-mail: rwise@sagepointcare.org

Provides assistance with daily living activities allowing more older adults to maintain their independence in the comfort on their own home.

Location: 301 Steeple Chase Drive, Suite 104 – 24 hours, Prince Frederick, MD 20768 (410) 257-1900

Administrative Hours: Monday through Friday 9:00 a.m. – 5:00 p.m.
SAINT PETER CONFERENCE, SOCIETY of ST. VINCENT De PAUL
Janet Brett, President

Provide charitable assistance to those in need.

Location:
St. Peters Church
3320 St. Peters Drive
Waldorf, MD 20601

Hours of Operation:
Food Pantry 3rd Sat. of the month 9:00 a.m. to 11:00 a.m.

Appointment Policy:
Scheduled appointments only for monetary assistance requests

Service Area(s):
Food Pantry – Charles County Residents
Monetary Assistance – Waldorf & White Plains residents only

Donations Accepted:
Money

Services Offered:
Monetary assistance towards rent to avoid eviction and for utilities to avoid utility cut off. Food pantry at St. Peter’s School on the 3rd Saturday of each month.

Eligible Population:
Adults, Seniors, Elderly, Families.

SAINT PETER CONFERENCE, SOCIETY of ST. VINCENT De PAUL
Janet Brett, President

Provide charitable assistance to those in need.

Location:
St. Peters Church
3320 St. Peters Drive
Waldorf, MD 20601

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Appointment Policy:
Scheduled appointments only for monetary assistance requests

Service Area(s):
Food Pantry – Charles County Residents
Monetary Assistance – Waldorf & White Plains residents only

Donations Accepted:
Money

Services Offered:
Monetary assistance towards rent to avoid eviction and for utilities to avoid utility cut off. Food pantry at St. Peter’s School on the 3rd Saturday of each month.

Eligible Population:
Adults, Seniors, Elderly, Families.

Salvation Army of Southern Maryland
Maria Bryan, Service Unit Director

Website: www.salvationarmyusa.org
E-Mail: maria_bryan@uss.salvationarmy.org

The Salvation Army’s mission is to meet human needs in the name of Jesus Christ without discrimination.

Location:
7 Post Office Road, Suite D
Waldorf, MD 20602

Hours of Operation:
Monday through Friday 8:30 a.m. to 4:30 p.m.
(Closed for Lunch)
Call in advance to ensure Waldorf office is open.

Senior Services of Charles County, Inc.
Millie Hamman, President

Website: www.seniorservicescharlescounty.org

Our mission is to assist seniors to enhance their quality of life, support their independence, and encourage their involvement in and with their community. (See also: Charles County Department of Community Services, Aging and Senior Programs Division, p. 10)

Location #1:
1210 Charles Street
La Plata, MD 20646
(301) 934-5423
Fax (301) 934-5425

Mailing Address:
P.O. Box 1416
La Plata, MD 20646

Hours of Operation:
Monday through Friday 9:00 a.m. to 4:00 p.m.

Appointment Policy:
Walk-ins accepted.

Methods of Payment:
Funds distributed through Senior Centers.

Service Area(s):
Charles County

Donations Accepted: Money, volunteered time or services.

Services Offered:
Community outreach; continuing education; nutrition education; respite services; scholarships; social supportive advocacy; recreation; social work services to adults; seasonal donations; trips and tours; physical fitness for seniors; creative arts, and special events.

 Eligible Population:
Men and women over age 60

Referral Policy:
Clients are referred to the Department of Community Services, Aging and Senior Centers Division, who refers to Senior Services of Charles County.
SISTERS AT HEART BREAST CANCER SURVIVOR SUPPORT GROUP
Roberta J. Kieliger, Coordinator (301) 934-0435
E-mail: charlescountybc@gmail.com

Sisters at Heart was formed with the hope that we can make a difference in the lives of women with breast cancer. The support group brings women together who have shared similar experiences. It is an opportunity to learn from other survivors. “We’ve been there – done that!”

Location:
Richard R. Clark Senior Center (301) 934-5423
1210 Charles Street
La Plata, MD 20646

Meeting Hours:
Daytime Meetings
Contact: Roberta Kieliger (301) 934-0435
Richard R. Clark Senior Center
1210 Charles Street
La Plata, MD 20646
Fourth Monday 11:30 a.m. to 1:30 p.m.

Evening Meetings
Contact: Kathy Honeycutt (240) 580-4062
The Greene Turtle
6 St. Mary’s Avenue, Suite 104
La Plata, MD 20646
Second Tuesday 6:00 p.m. to 8:00 p.m.

Methods of Payment: All services are free.
Service Area(s): Charles County

Services Offered:
Peer support

Eligible Population: Women of all ages who have been diagnosed with breast cancer.

<table>
<thead>
<tr>
<th>Service Learning Opportunities:</th>
<th>Collecting and sorting clothing for closet, set-up/clean-up events, greet guests, data entry of attendee contact information, sound equipment, yard work.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum Age:</td>
<td>16</td>
</tr>
<tr>
<td>Contact:</td>
<td>Diane Gilchrist (202) 412-8008 <a href="mailto:dgilchrist@slsministriesinc.org">dgilchrist@slsministriesinc.org</a></td>
</tr>
</tbody>
</table>

SLS MINISTRIES, INC.
Rev. Lyn Bell, Director

Website: www.slsministriesinc.org
E-mail: admin@slsministriesinc.org

SLS Ministries is an organization that operates to provide human resources, counseling and educational services and shelter for charitable purposes. It also provides services in conjunction with other existing service organizations. This is applied through financial assistance for shelter, food for those in need, educate the community through conferences, seminars, workshops and publications.

Mailing Address:
5402 Topsmelt Court (301) 919-6840
Waldorf, MD 20603

SO. MARYLAND CENTER FOR INDEPENDENT LIVING
Sandra Dent, Executive Director

Website: www.smcil.org
E-mail: sdent@smcil.org

The mission of the SMCIL is to provide services and advocacy to help empower persons with disabilities to lead self-directed, independent and productive lives in the community.

Location #1:
38588 Brett Way, #1 (301) 884-4498
Mechanicsville, MD 20659
Fax (301) 884-6099

Hours of Operation:
Monday through Friday 8:00 a.m. to 4:30 p.m.
Appointment Policy:
Scheduled appointments, walk ins accepted.

Methods of Payment:
All services are free.

Services Offered:
Supports people living with disabilities to help lead self-directed, independent lives.


Volunteer Coordinator:
Pamela Ford (301) 884-4498 x.5
E-Mail: pford@smcnl.org

SOUTHERN MARYLAND COMMUNITY NETWORK
Karen E. Carloni, Executive Director

Website: www.somdnetwork.org
E-mail: kcarloni@smcnl.org

It is the mission of Southern Maryland Community Network (SMCN) to form a partnership between people with mental health needs and their community to foster understanding, empowerment, integration and enhanced quality of life.

Main Office:
305 Prince Frederick Boulevard
Prince Frederick, MD 20678
(410) 535-4787
Fax (410) 535-4965

Mailing Address:
P.O. Box 998
Prince Frederick, MD 20678

Calvert Location:
305 Prince Frederick Blvd.
Prince Frederick, MD 20678
(410) 535-4787
Fax (410) 535-4965

St. Mary’s Location:
41900 Fenwick Street, #5
Leonardtown, MD 20650
(301) 475-9315
Fax (301) 475-9317

Charles County Location:
11865 Federal Square, #203
Waldorf, MD 20602
(301) 932-9146
Fax (301) 932-9361

Hours of Operation:
Monday through Friday 8:00 a.m. to 4:00 p.m.

Appointment Policy:
Walk-ins accepteable, self referrals and appointments.

Donations Accepted:
Money, sponsorships for events, volunteered time or services.

Volunteer Coordinator:
Corey Hilliard (410) 535-4787 x309

Method of Payment:
Medical Assistance, based on eligibility.

Services Offered:
Adult crisis house, case management; supported employment; residential; in-home intervention program; rehabilitation.

Service Area(s):
Charles, St. Mary’s, Calvert Counties

Referral Policy: All programs have referrals and criteria available on our website.

Crisis Program (Calvert Site)
Wayne Millette, Director

In-Home Intervention Services
Janeen Collinson, LCSW-C, Program Director

IHIP-C is an intensive psychiatric rehabilitation program for children or adolescents who are at risk of out-of-home placement. This program serves children who are eligible for the PMHS Psychiatric Rehabilitation Services
Janeen Collinson, LCSW-C, Program Director

The Psychiatric Rehabilitation Program provides flexible drop-in support to persons suffering from severe and persistent mental illness, in order to allow for successful community living. This program serves adults and children.

Residential Support Services
Janeen Collinson, LCSW-C, Program Director

The SMCN Residential Department provides 24-hour supervised housing for consumers who require more structured support. Assistance with developing daily living, basic self-care and community living skills is provided daily. General residential placement is also available.

Supported Employment
Tammy Dayton, Program Coordinator

Supported employment offers services to consumers who are interested in finding and maintaining employment. The program offers support in job seeking, resume/application writing, job training, job coaching, extended support services assistance with benefits, and referral to the Division of Rehabilitation Services. This is an evidence based practice program.

Targeted Case Management
L. Bert Otts, LCSW-C, Director (Charles)
Rebecca Weeks, LGSW, Director (St. Mary’s)
Patrice Duperval, LCSW-C, Director (Calvert)

Targeted case management ensures that people with psychiatric disabilities have the resources to enhance their ability to function independently in their community. We provide services that are flexible, comprehensive and mobile.

Service Area(s):
Charles, St. Mary’s and Calvert Counties (Adults only)
SOUTHERN MARYLAND TRI-COUNTY COMMUNITY ACTION COMMITTEE, INC.
Delilah N. Balz, Vice President

Website: www.smtccac.org
E-mail: info@smtccac.org

Our mission is to provide services for eligible citizens that alleviate the causes and conditions of poverty, promote upward mobility and enrich the quality of life. Southern Maryland Tri-County Community Action Committee, Inc. is approved as a HUD Counseling Agency.

Location:
8371 Old Leonardtown Road
P.O. Box 280
Hughesville, MD 20637
(301) 274-4474
Fax (301) 274-0637

(Hours of Operation:
Monday through Friday

Service Area(s):
Charles, St. Mary's, Calvert Counties

Donations Accepted:
Money, volunteered time or services

Head Start Program
Simeon Russell, Program Director, x244

Early childhood and family development program to promote school readiness and family strengthening.

Services Offered:
Classroom education, parenting skills/education, social skills training, social work services to families.

Eligible Population:
Low-income children ages 3-5 and their families

Career Training School – Commercial Driver's License (Class B)
Marcia Chase, Director, x272

Services Offered:
Operates a Maryland Higher Education Commission-approved Career Training School that offers a 54-hour course for persons interested in obtaining a Commercial Drivers License (CDL) with air brake and passenger endorsement. Evening classes held and assistance with job search provided.

Eligible Population:
General public

Energy Assistance Programs
Virginia Pilkerton, Director x212

Administers Maryland Energy Assistance Program (MEAP), Electric Universal Service Program and Tri-County Fuel Fund. Programs help make home energy bills more affordable.

Services Offered:
Energy assistance

Eligible Population:
Income eligible households

Friendly Health Services
Michelle Bard, Director (410) 535-6542

Provides adult day care services for the elderly and disabled; a Maryland Department on Aging certified Senior Care Plus center, located in Huntingtown, MD.

Services Offered:
Social work services, medical monitoring, recreational activities, therapy, and medical transportation.

Eligible Population:
Physically or developmentally disabled adults.

Housing Counseling
Amy Bullard, Housing Counseling Coordinator x262

Assistance provided for individuals to locate and remain in affordable housing.

Services Offered:
As a HUD Counseling Agency, services include homebuyer education, credit counseling, pre-and post-purchase counseling, foreclosure prevention, reverse mortgage counseling and rent-mortgage assistance.

Eligible Population:
General public and income eligible individuals.

Senior Companion Program
Michelle Bard, Program Director (410) 535-0817

Volunteer opportunity for low-income seniors to provide companionship, respite and assistance with light chores to the elderly, homebound or disabled and their caregivers.

Services Offered:
Companionship and respite care

Eligible Population:
Income eligible adults over age 55

The Emergency Food Assistance Program (TEFAP)
Norma Webber, Coordinator (301) 884-5993

Receives and distributes food to local food pantries, which in turn distribute it to families in need.

SPRING DELL CENTER, INC.
Donna Retzlaff, Executive Director

Website: www.springdellcenter.org
E-mail: dretzlaff@springdellcenter.org

Spring Dell Center is dedicated to assisting individuals with disabilities in achieving their highest level of independence by providing support and opportunities for the quality of life they desire within their community.
STAR OF THE SEA PANTRY
Chet Foster, Coordinator

E-mail: chetfoster@gmail.com

Star of the Sea Pantry provides food to those in need in Western Charles County. USDA Commodity Food Distribution, SHARE Food Network Site, Southern Maryland Food Bank Distribution site. Open one time each month from 8-10.

Mailing Address:
29 Mattingly Avenue (301) 743-9471
Indian Head, MD 20640

Hours of Operation:
Saturday (Follow SHARE schedule) 8:00 a.m. – 10:00 a.m.
Call Pantry office for emergency food anytime

Appointment Policy:
Walk Ins Accepted

Method of Payment:
All services are free.

Other Languages:
Spanish

Service Area(s):
Charles

Donations Accepted:
Money and food

Volunteer Coordinator:
Chet Foster (301) 743-9471

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TRI-COUNTY YOUTH SERVICES BUREAU, INC.
Laurel T. James, Executive Director

Website: www.tcysb.org
E-mail: info@tcysb.org

The mission of Tri-County Youth Services Bureau is to provide a respectful, compassionate environment for youth and their families in Southern Maryland to learn through educational and counseling services how to communicate more creatively and promote the values unique to each family.

Location #1:
75 Industrial Park Drive (240) 607-2592
Waldorf, MD 20602 (301) 645-1837
Fax (301) 645-9169

Location #2:
Dr. J. Patrick Jarboe Center (301) 866-5332
21161 Lexwood Drive (301) 866-5333
Lexington Park, MD 20653

Mailing Address:
P.O. Box 1798
Waldorf, MD 20604-1798

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Service Learning Opportunity: Working on projects or at a resale store with individuals with adult supervision.
Work on computer/clerical projects; assisting with recreational outings; landscaping/yard work, assist with fundraising projects.

Minimum Age: 15

Contact: Renea or Sheebah (301) 934-4561

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Service Learning Opportunities: Facilitating group programs; upkeep of yard and building interior; making educational packets; clerical assistance; making information boards.

Minimum age: 16

Contact: Laurel James
(240) 607-2592
info@tcysb.org

UNITED WAY OF CHARLES COUNTY, INC.
Mike Bellis, Executive Director

Website: www.unitedwaycharles.org
E-mail: info@unitedwaycharles.org

United Way of Charles County is a community impact organization that makes strategic investments in the areas of health, education, and income stability. United Way also convenes organization and industries to collaborate on the greatest areas of need in our community. Please note: United Way of Charles County does not provide direct financial assistance to individuals.

Location:
10250 La Plata Road
La Plata, MD 20646
(301) 609-4844
Fax (301) 392-9286

Mailing Address:
P.O. Box 2141
La Plata, MD 20646

Hours of Operation:
Monday through Friday 8:30 a.m. to 5:00 p.m.

Appointment Policy:
Scheduled appointments; walk-ins accepted.

Methods of Payment:
All services are free.

Service Area(s):
Charles County

Donations Accepted:
Money, volunteered time or services. The general public.

Prescription Drug Discount Program
Website: www.familywize.org
E-mail: dhadden@unitedwaycharles.org

In cooperation with the FamilyWize Community Service Partnership, United Way of Charles County offers prescription drug discount cards to individuals who must pay full price out-of-pocket for their prescription medications. The card is widely accepted; there is no enrollment, cost, waiting period or paperwork to complete. Cards can be used in any of the 50 United States and may be used by all members of a household who do not have prescription drug insurance or whose prescriptions are not being covered by the insurance plan. Cards can be used over and over, until the year 2014. Visit the FamilyWize website to print out a card, or cut out the card on page iii in Appendix A.

Recycle Your Wireless Phone

Do you have old cell phones, chargers and other components that you don't know how to safely recycle? United Way of Charles County has a free wireless waste recycling program that can help.

Cell phones contain lead, arsenic, beryllium and other hazardous toxins that leach into the environment through landfills. One cell phone, if thrown away, can pollute 40,000 gallons of ground water.
United Way of Charles County has placed collection boxes in its headquarters on La Plata Road. Businesses that would like to serve as collection sites may do so through a simple online process. Once they have set up an account as a subsidiary of the United Way of Charles County's account, all proceeds collected through the recycling of those phones will come to United Way of Charles County.

The United Way of Charles County is committed to making a positive community impact in areas of critical importance to the well-being of our citizens. Keeping our environment free of waste and toxins is important to us and is something everyone can get involved in at some level. Recycling is the most eco-friendly thing to do with old cell phones, and now there is a safe and simple way to it.

Maryland 2-1-1

From any phone, dial 2-1-1, an easy-to-remember phone number that links people with the health and human services they need. It is accessible 24 hours a day, 7 days a week, in more than 150 languages. You will be connected with trained specialists who assess your needs and link you to the right solutions using a comprehensive database of federal, state and local services -- both government and nonprofit. 2-1-1 cuts through the confusion and helps callers connect to the service they need with accurate, precise information. You can also reach them at (800) 492-0618.

UNIVERSITY OF MARYLAND EXTENSION, CHARLES COUNTY

Chris Seubert, Area Extension Director
Website: https://extention.umd.edu/charles-county
E-mail: esolismc@umd.edu

The University of Maryland Extension is a statewide educational component of the University of Maryland; its mission is to enhance the quality of life for people and communities by disseminating unbiased research-based educational information.

Location:
9375 Chesapeake Street, #119 (301) 934-5403
La Plata, MD 20646
Metro line (301) 753-8195 (301) 934-5283
Fax (301) 753-1857

Hours of Operation:
Monday through Friday 8:00 a.m. to 4:30 p.m.

Appointment Policy:
Call for appointment; visits can be arranged.

Methods of Payment:
Most services are free; small fee for some publications and programs. $10.00 enrollment fee for 4-H.

Service Area(s):
Charles County

Donations Accepted:
Volunteered time or services, materials and funding for children's camps and other activities.

Educational Services
Chris Seubert, Area Extension Director
Patricia Maynard, Family and Consumer Science
Jessica Conjour, Food Supplement Nutrition Education
Bonnie Boyden, 4-H Program Management Specialist
Francis Warrig, Nutrent Mgmt. Advisor
Luke Gustafson, Horticulture & Master Gardener Coordinator

Extension's issue-based programs for adults and youth in Agricultural and Natural Resources,
Family and Consumer Sciences, and 4-H Youth Development focus on agricultural profitability, leadership development, natural resource management, nutrition, family & consumer issues, nutrient management for livestock and farm operations and youth development through 4-H clubs and programs.

**Services Offered:**
Educational seminars, activities and publications in agricultural production and management, nutrition, food safety, family and consumer sciences, organization of 4-H clubs, volunteer training and development.

**Eligible Population:**
Adults, adolescents, children, families, farmers, farm families, family day care providers, and the general public.

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**VESTA, INC.**
Heather O’Neill, Regional Director

Website: www.vesta.org
E-mail: heathero@vesta.org

To empower people to achieve self-determination and to enhance and enrich their lives in the community.

**Main Office:**
22A Industrial Park Drive
Waldorf, MD 20602
Fax (301) 638-9992

**Location #2:**
46940 S. Shangrila Drive, #15
Lexington Park, MD 20653
Fax (301) 863-4542

**Hours of Operation:**
Monday through Friday 8:00 a.m. to 5:00 p.m.

**Donations Accepted:**
Money, clothing, building materials, furniture, appliances, food, autos, volunteer time/services.

**Method of Payment:**
PRP: Medical Assistance, self-pay
Clinic/Outpatient: Medical Assistance, Medicare, Self-pay

**Services Offered:**
Outpatient mental health, PRP, Supportive Housing, Residential Case Management.

**Eligible Population:**
Men and Women over the age of 18 and the mentally ill.

**Service Area(s):**
Charles, St. Mary’s, Calvert and Prince George’s Counties

**Referral Policy:**
PRP service referrals must come from a licensed clinician.

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**WALDEN**
Kathleen O’Brien, CEO

Website: www.waldensierra.org
E-mail: christinet@waldensierra.org

Walden’s mission is to contribute to the wellbeing of the Southern Maryland community by providing a comprehensive array of crisis, behavioral health, trauma, and recovery services dedicated to bringing “Help for today. Hope for tomorrow.”

**Anchor of Walden/North Star**
Kristi Burns, Program Director

Anchor provides substance abuse assessment and residential treatment. Treatment includes medically managed detoxification and co-occurring capable services as well as short and long term stays.

**Location:**
30007 Business Center Dr.
Charlotte Hall, MD 20622
Fax (301) 290-0280

**Hours of Operation:**
Monday through Thursday 9:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
Saturday and Sunday: Call Hotline (301) 863-6661

**Appointment Policy:**
Walk-ins accepted, for your convenience call for hours.

**Methods of Payment:**
Medical Assistance, Private Health Insurance, Sliding Scale, Self-pay, Medicare

**Service Area(s):**
Charles and St. Mary’s County

**Eligible Population:**
Men, Women, Adults, Mentally Ill, Chemically Dependent, Income Eligibility.

**Compass House of Walden/Dockside**
Monica Harding, Program Director

Transitional house environment for men (Compass) and women (Dockside) seeking an environment supportive of stabilizing recovery. Individuals residing at Compass and Dockside participate in treatment and care management services.

**Location:**
44863 St. Andrew’s Church Rd
California, MD 20622
Fax (301) 374-2591

**Hours of Operation:**
Monday through Thursday 9:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
Saturday and Sunday: Call Hotline (301) 863-6661

**Appointment Policy:**
Call for appointment

**Methods of Payment:**
Medical Assistance, Private Health Insurance, Sliding Scale, Self-pay, Medicare

**Service Area(s):**
Charles and St. Mary’s County

**Eligible Population:**
Men, mentally ill, chemically dependent, income eligible.
Outpatient Treatment
Betsy Lenhart-Cooksey, Clinical Services Operator
Walden’s locations provide outpatient psychiatric, mental health and substance abuse assessment and therapeutic counseling services, primarily to adults.

Location #1:
85 High Street (301) 997-1300 x819
Waldorf, MD 20622 (888) 912-7366
Fax (301) 374-2591

Hours of Operation (Waldorf):
Monday through Thursday 9:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.

Location #2:
30007 Business Center Drive (301) 997-1300
Charlotte Hall, MD 20622 Fax (301) 290-0280

Hours of Operation:
Monday through Thursday 9:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
Saturday and Sunday: Call Hotline (301) 863-6661

Appointment Policy:
Walk-ins for your convenience, call for hours

Methods of Payment:
Medical Assistance, Private Health Insurance, Sliding Scale, Self pay, Grant funded if eligible.

Service Area(s):
Charles and St. Mary’s County

Eligible Population:
Men, Women, Adults, Families, Mentally Ill, Chemically Dependent, DUI/DWI, Trauma/Crisis

Donations Accepted:
Money, Volunteer time or services.

Human Resource Manager
Lisa Deal (301) 997-1300 x808
lisad@waldensierra.org

Location #3:
21770 FDR Blvd. (301) 997-1300 x 881
Lexington Park, MD 20653 Fax (301) 866-9189

Hours of Operation:
Monday through Thursday 8:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
Saturday and Sunday: Call Hotline (301) 863-6661

Recovery & Wellness
Laura Webb, Recovery Services Director

Provide peer-based, additional resources and supports to youth and adults who are experiencing behavioral health concerns. Support is also available for loved ones and family members.

Appointment Policy:
Walk-ins for your convenience, call for hours.

Methods of Payment:
Medical Assistance, Private Health Insurance, Sliding Scale, Self-pay, Grant funded if eligible.

Service Area(s):
Charles and St. Mary’s County

Location #1:
COVE/DFZ Center for Youth (240) 538-1679
44871 St. Andrews Church Rd.
California, MD 20619

Hours of Operation
Monday – Friday 12:00 p.m. to 7:00 p.m.

Eligible Population:
Youth’s ages 12 - 17

Location #2:
Beacon of Hope Recovery Community Center
21800 Shangri La Drive (301) 751-7258
Lexington Park, MD 20653

Hours of Operation
Monday 10:30 a.m. to 7:00 p.m.
Tuesday 5:00 p.m. to 8:00 p.m.
Friday 11:00 a.m. to 9:30 p.m.
Saturday & Sunday 10:00 a.m. to 6:00 p.m.

Eligible Population:
Adults 18 and over

WAYSIDE FOOD BANK
at HOLY GHOST CATHOLIC CHURCH
Dianne E. Lyon, President

Wayside Food Bank, housed on the Holy Ghost Catholic Church property, exists to serve the hungry in the Cobb Neck area, Charles County, Maryland. Grocery and personal products help sustain health, good nutrition and energy, raising personal potential through the empowerment of personal dignity.

Location:
Holy Ghost Catholic Church
15848 Rock Point Road
Newburg, MD 20664

Mailing Address:
11340 Ethan Court (301) 259-4295
Swan Point, MD 20645

Hours of Operation:
3rd Saturday of the month. 10 a.m. to 12 noon

Methods of Payment:
All services are free

Service Area(s):
Bel Alton to Cobb Island and St. Ignatius, Chapel Pt. Parish

Donations Accepted:
Money, food, personal products

Volunteer Coordinator:
Dianne E. Lyon (301) 259-4295
Services Offered:
Distribution of food and personal products.

Eligible Population:
Residents of Bel Alton/Cobb Neck area and St. Ignatius, Chapel Point Parish.

WESTERN CHARLES COUNTY COMMUNITY ASSOCIATION (WCCCA)
Website: www.westerncharlescountycommunityassociation.com
E-mail: westerncharlescountycommunity@yahoo.com

The Western Charles County Community Association (WCCCA) is an all-volunteer, non-profit organization. Our actions help to enhance quality of life of the residents of Charles County. Our mission is to help people in need secure a better quality of life by providing our local residents and their families with educational opportunities in health care in addition to aiding them in other areas of human services. We partner with other local agencies and facilities to assist with addressing the basic needs of our participants as well as offer referrals. We strive to enrich, empower and equip our residents to function productively as well as independently within the community.

Location:
4600 Livingston Road (301) 365-7750
Indian Head, MD 20640 Fax (301) 684-2859

Mailing Address:
P.O. Box 4
Bryans Road, MD 20616

Hours of Operation:
Monday and Wednesday 9:00 a.m. to 5:00 p.m.

Services Offered:
Fuel and energy assistance, food assistance, clothing assistance, emergency shelter assistance, transportation assistance as well as various other services.

WESTERN COUNTY FAMILY MEDICAL CENTER

Complete primary care clinic offering sick visits and preventative health services for adults and children. Physician on site. All insurances accepted. A division of the Charles County Health Department.

Location:
4375 Port Tobacco Road (301) 246-4860
Nanjemoy, MD 20662 (301) 861-8121
(Located in the Nanjemoy Community Center)

Hours of Operation:
Vary, please call for an appointment
Appendices

Appendix A:  
State and Local Elected Officials

Appendix B:  
Other Useful Numbers

Appendix C:  
Charles County Public Schools
APPENDIX A
STATE AND LOCAL ELECTED OFFICIALS

U. S. Senators
- Barbara A. Mikulski
  503 Hart Senate Office Building
  Washington, D.C. 20510-2003
  (202) 224-4654
  Fax (202) 224-8858
- Benjamin L. Cardin
  509 Hart Senate Office Building
  Washington, DC 20510
  (202) 244-4524
  Fax (202) 224-1651

Congressman
- Steny H. Hoyer
  U.S. House of Representatives
  c/o Southern District Office
  401 Post Office Road
  Suite 202
  Waldorf, MD 20602
  (301) 843-1577
  Fax (301) 843-1331

State Senator
- Thomas M. Middleton
  District 28
  Miller Senate Office Building
  3 East Wing
  11 Bladen Street
  Annapolis, MD 21401-1991
  Thomas.mclain.middleton@senate.state.md.us

  Local Office:
  10250 La Plata Road
  La Plata, MD 20646
  Fax (301) 934-3049

  Mailing Address:
  P.O. Box 1735
  Waldorf, MD 20604

State Delegation
- Edith Patterson
  (410) 841-3247
  (800) 492-7122 x. 3247
  Fax (410) 841-3367

- Sally Y. Jameson
  (410) 841-3325
  (800) 492-7122 x. 3325
  Fax (410) 841-3277

- C.T. Wilson
  (410) 841-3337
  (800) 492-7122 x. 3337
  Fax (410) 841-3277

Charles County Commissioners
- P.O. Box 2150
  La Plata, MD 20646
  (301) 645-0550
  (301) 870-3000
  e-mail: commissioners@charlescounty.org

  Peter F. Murphy
  President

  Ken Robinson
  Vice President

  Debra M. Davis
  District 2

  Amanda M. Stewart
  District 3

  Robert A. Rucci
  District 4
Sheriff's Office

Troy Berry  
Sheriff  
Headquarters  
6915 Crain Highway  
P.O. Box 189  
La Plata, MD 20646  
(301) 609-6400

District I Station  
6855 Crain Highway  
La Plata, MD 20646  
(301) 932-2222

District II Station  
3145 Marshall Hall Road  
Bryans Road, MD 20616  
(301) 743-2222

District III Station  
3670 Leonardtown Road  
Waldorf, MD 20601  
(301) 932-7777

Town of Indian Head  
4195 Indian Head Hwy  
Indian Head, MD 20640  
(301) 743-5511  
www.townofindianhead.org

Brandon Paulin  
Mayor  
Ron Sitoula  
Vice Mayor  
Ryan Hicks  
Town Manager  
Curtis Smith  
Town Council  
Andrea “Annie” Brady  
Clerk of the Council

Town of La Plata  
305 Queen Anne Street  
P.O. Box 2268  
La Plata, MD 20646  
(301) 934-8421  
www.townoflaplata.org

Roy Hale  
Mayor  
Wayne Winkler  
Town Council, Ward 1  
Keith Black  
Town Council, Ward 2  
Lynn Gilroy  
Town Council, Ward 3  
Joseph Norris  
Town Council, Ward 4  
Daniel Mears  
Town Manager  
Michelle Miner  
Assistant Town Manager  
Danielle Mandley  
Town Clerk  
Robert Oliphant  
Treasurer
## APPENDIX B
### OTHER USEFUL NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adopt-A-Highway</td>
<td>State Highway Admin. 5725 Washington Avenue, La Plata, MD 20646</td>
<td>(301) 934-8031</td>
</tr>
<tr>
<td>Adopt-A-Road</td>
<td>1001 Radio Station Road, La Plata, MD 20646</td>
<td>(301) 932-3569 (301) 870-2778</td>
</tr>
<tr>
<td>Animal Control</td>
<td>P.O. Box 2150, La Plata, MD 20646</td>
<td>(301) 609-3425</td>
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<tr>
<td>Board of Education</td>
<td>5980 Radio Station Road, P.O. Box 2770, La Plata, MD 20646</td>
<td>(301) 932-6610 (301) 870-3184</td>
</tr>
<tr>
<td>Circuit Court</td>
<td>P.O. Box 970, La Plata, MD 20646</td>
<td>(301) 932-3201</td>
</tr>
<tr>
<td>County Attorney</td>
<td>P.O. Box 2150, La Plata, MD 20646</td>
<td>(301) 645-0555 (301) 870-2260</td>
</tr>
<tr>
<td>District Court</td>
<td>P.O. Box 3070, La Plata, MD 20646</td>
<td>(301) 934-5110</td>
</tr>
<tr>
<td>Elections &amp; Voter Info.</td>
<td>201 E. Charles St., P.O. Box 908, La Plata, MD 20646</td>
<td>(301) 934-8972 (301) 870-3167</td>
</tr>
<tr>
<td>Emergency Services</td>
<td>P.O. Box 2150, La Plata, MD 20646</td>
<td>(301) 609-3400 (301) 870-3000</td>
</tr>
<tr>
<td>Health Department</td>
<td>4545 Crain Highway, P.O. Box 1050, White Plains, MD 20695</td>
<td>(301) 609-6900 (800) 735-2258 TT/Voice</td>
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<tr>
<td>Hospitals</td>
<td>Calvert Memorial, MedStar So. MD Hospital Center, MedStar St. Mary's Hospital, Univ. of MD Charles Regional Medical Center</td>
<td>(410) 535-4000 (301) 868-8000 (301) 475-8981 (301) 609-4000</td>
</tr>
<tr>
<td>Juvenile Services</td>
<td>P.O. Box 2370, La Plata, MD 20646</td>
<td>(301) 392-6900</td>
</tr>
<tr>
<td>Liquor Board</td>
<td>P.O. Box 2150, La Plata, MD 20646</td>
<td>(301) 645-0555</td>
</tr>
<tr>
<td>Motor Vehicle Administration</td>
<td>11 Industrial Park Drive, Waldorf, MD 20602</td>
<td>(800) 950-1682 (410) 786-7000</td>
</tr>
<tr>
<td>Orphan's Court</td>
<td>P.O. Box 3080, La Plata, MD 20646</td>
<td>(301) 932-3345</td>
</tr>
<tr>
<td>Parole and Probation</td>
<td>25 Industrial Park Drive, Waldorf, MD 20602</td>
<td>(301) 880-2750 (866) 369-6710</td>
</tr>
<tr>
<td>Public Defender</td>
<td>200 Kent Avenue, Suite 102, La Plata, MD 20646</td>
<td>(301) 539-7330</td>
</tr>
<tr>
<td><strong>Public Facilities</strong></td>
<td>1001 Radio Station Road</td>
<td>(301) 932-3440</td>
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<tr>
<td></td>
<td>La Plata, MD 20646</td>
<td>(301) 870-2778</td>
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<tr>
<td><strong>Recycling</strong></td>
<td></td>
<td>(301) 932-3599</td>
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<tr>
<td></td>
<td></td>
<td>(301) 870-2778</td>
</tr>
<tr>
<td><strong>Recycling hotline</strong></td>
<td></td>
<td>(301) 932-5656</td>
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<td><strong>Roads</strong></td>
<td></td>
<td>(301) 932-3450</td>
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<td>(301) 870-2778</td>
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<tr>
<td><strong>Pothole Repair Hotline</strong></td>
<td></td>
<td>(800) 595-7623</td>
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<td><strong>Severe Weather Hotline</strong></td>
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<td>(888) 460-7669</td>
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<tr>
<th><strong>Register of Wills</strong></th>
<th>P.O. Box 3080</th>
<th>(301) 932-3345</th>
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<td>La Plata, MD 20646</td>
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<th><strong>Shelters</strong></th>
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<tr>
<td><strong>Women</strong></td>
<td>Angel’s Watch (Referral Required)</td>
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<td>Gayle’s Place</td>
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<td></td>
<td>Martha’s Place</td>
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<td><strong>Men</strong></td>
<td>Robert J. Fuller - Transitional House</td>
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<tr>
<th><strong>Social Services, Department of</strong></th>
<th>200 Kent Avenue</th>
<th>(301) 392-6400</th>
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<tr>
<td></td>
<td>La Plata, MD 20646</td>
<td>(877) 871-1177</td>
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<tr>
<th><strong>State's Attorney</strong></th>
<th>P.O. Box 3065</th>
<th>(301) 932-3350</th>
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<td>La Plata, MD 20646</td>
<td>(301) 870-3413</td>
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<tr>
<th><strong>Treasurer's Office</strong></th>
<th>200 Baltimore Street</th>
<th>(301) 645-0685</th>
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<tr>
<td></td>
<td>P.O. Box 2607</td>
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<td>La Plata, MD 20646</td>
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<tr>
<th><strong>Utilities</strong></th>
<th>5310 Hawthorne Road</th>
<th>(301) 609-7400</th>
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<tr>
<td></td>
<td>La Plata, MD 20646</td>
<td>(301) 753-8270</td>
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APPENDIX C
CHARLES COUNTY PUBLIC SCHOOLS

ELEMENTARY SCHOOLS

C. Paul Barnhart
5800 Lancaster Circle
Waldorf, MD 20603
301-645-9053, 301-753-1781
Fax: 301-645-8970

Indian Head
4200 Indian Head Highway
Indian Head, MD 20640
301-743-5454, 301-753-1746
Fax: 301-743-5080

Berry
10155 Berry Road
Waldorf, MD 20603
301-638-2330; 301-753-1782
Fax: 301-638-3659

Daniel of St. Thomas Jenifer
2820 Jenifer School Lane
Waldorf, MD 20603
301-932-9603, 301-753-1768
Fax: 301-374-9496

Dr. Gustavus Brown
421 University Drive
Waldorf, MD 20602
301-645-1330, 301-753-1741
Fax: 301-374-9489

Malcolm
14760 Poplar Hill Road
Waldorf, MD 20601
301-645-2691, 301-753-1747
Fax: 301-638-0054

Dr. James Craik
7725 Marshall Corner Road
Pomfret, MD 20675
301-934-4270, 301-753-1742
Fax: 301-934-8096

Mary Burgess Neal
12105 St. Georges Drive
Waldorf, MD 20602
301-638-2617, 301-638-2618
Fax: 301-638-4054

William A. Diggs
2615 Davis Road
Waldorf, MD 20603
301-638-7202, 301-638-7206, 301-753-2081
Fax: 301-638-7214

T.C. Martin
6315 Olivers Shop Road
Bryantown, MD 20617
301-274-3182, 301-932-4442
301-753-1748, Fax: 301-274-3765

Gale-Bailey
4740 Pisgah-Marbury Road
Marbury, MD 20658
301-743-5491, 301-753-1743
Fax: 301-743-2119

Mary H. Matula
6025 Radio Station Road
La Plata, MD 20646
301-934-5412, 301-753-1780
Fax: 301-934-5414

Dr. Thomas L. Higdon
12872 Rock Point Road
Newburg, MD 20664
301-934-4091, 301-753-1766
Fax: 301-934-1718

Arthur Middleton
1109 Copley Avenue
Waldorf, MD 20602
301-645-3338, 301-753-1749
Fax: 301-645-0931
Walter J. Mitchell
400 Willow Lane
La Plata, Maryland 20646
301-934-4687, 301-753-1760
Fax: 301-753-1649

Middle Schools

Mt. Hope/Nanjemoy
9275 Ironsides Road
Nanjemoy, MD 20662
301-246-4383, 301-753-1761
Fax: 301-246-9453

Dr. Samuel A. Mudd
820 Stone Avenue
Waldorf, MD 20602
301-645-3686, 301-753-1762
Fax: 301-374-9581

J.C. Parks
3505 Livingston Road
Indian Head, MD 20640
301-375-7444, 301-753-1763
Fax: 301-375-9106

J.P. Ryon
12140 Vivian Adams Drive
Waldorf, MD 20601
301-645-3090, 301-753-1764
Fax: 301-374-9583

Eva Turner
1000 Bannister Circle
Waldorf, MD 20602
301-645-4828, 301-753-1765
Fax: 301-374-9587

William B. Wade
2300 Smallwood Drive West
Waldorf, MD 20603
301-932-4304, 301-753-1769
Fax: 301-645-8793

MIDDLE SCHOOLS

Theodore G. Davis
2495 Davis Road
Waldorf, MD 20603
301-638-0858, 301-753-2082
Fax: 301-638-3562

John Hanson
12350 Vivian Adams Drive
Waldorf, MD 20601
301-645-4520, 301-753-1783
Fax: 301-870-1182

Matthew Henson
3535 Livingston Road
Indian Head, MD 20640
301-375-8550, 301-753-1784
Fax: 301-375-9216

Mattawoman
10145 Berry Road
Waldorf, MD 20603
301-645-7708, 301-753-1789
Fax: 301-638-0043

Piccowaxen
12834 Rock Point Road
Newburg, MD 20664
301-934-1977, 301-753-1785
Fax: 301-934-1628

General Smallwood
4990 Indian Head Highway
Indian Head, MD 20640
301-743-5422, 301-753-1786
Fax: 301-753-8421

Milton M. Somers
300 Willow Lane
La Plata, MD 20646
301-934-4663, 301-753-1787
Fax: 301-934-2982
Benjamin Stoddert  
2040 St. Thomas Drive  
Waldorf, MD 20602  
301-645-1334, 301-753-1788  
Fax: 301-870-1183

Westlake High School  
3300 Middletown Road  
Waldorf, Maryland 20603  
301-645-8857, 301-753-1758  
Fax: 301-932-8583

**HIGH SCHOOLS**

Lackey High School  
3000 Chicamuxen Road  
Indian Head, Maryland 20640  
301-743-5431, 301-753-1753  
Fax: 301-743-9076

La Plata High School  
6035 Radio Station Road  
La Plata, Maryland 20646  
301-934-1100, 301-753-1754  
Fax: 301-934-5657

Maurice J. McDonough High School  
7165 Marshall Corner Road  
Pomfret, Maryland 20675  
301-934-2944, 301-753-1755  
Fax: 301-753-8408

North Point High School  
2500 Davis Road  
Waldorf, MD 20603  
301-753-1759, 301-855-2012  
Fax: 301-855-2347

St. Charles High School  
5305 Piney Church Road  
Waldorf, MD 20602  
(301) 753-2090, (301) 396-4201  
Fax: (301) 396-4135

Thomas Stone High School  
3785 Leonardtown Road  
Waldorf, Maryland 20601  
301-645-2601, 301-753-1756  
Fax: 301-932-4278