

EMERGENCY NUMBERS		
Crisis Hotline	Southern Maryland Crisis Hotline (24 hours)	301-645-3336
	National Youth Crisis Hotline	800-442-4673
Domestic Violence	Southern Maryland DV Hotline	800-799-7233
	House of Ruth Domestic Violence Hotline	888-880-7884
Human Trafficking	National Resource Center	888-373-7888
Rape/Sexual Assault	National Sexual Assault Hotline	800-656-4673
Shelter	Angel's Watch Women's Shelter	301-274-0680
	Safe Nights of Charles County (Nov-March)	301-609-9900
	Robert Fuller's Men's Shelter	301-645-2933
Suicide	go to a local emergency room or dial	911
	National Suicide Prevention Hotline	800-784-2433

ALL REQUESTS – Information Hotline **Need Help? Dial 2-1-1**
2-1-1 Maryland provides a link to community health and human service resources statewide 24 hours a day, 7 days a week, in over 150 languages.

Adult Education/GED Classes/External High-School Diploma

Charles County Literacy Council, United Way Building
10250 La Plata Road (Route 488), La Plata, MD 301-934-6488

Budgeting/Debt Counseling Resources

FDIC Money Smart, www.fdic.gov/consumers/consumer/moneysmart/
Money Management International 866-531-3765

Burial Assistance

Charles County Dept of Social Services (DSS), 200 Kent Ave., LaPlata 301-392-6400

Case Management/Walk-in Social Worker Services

Charles County Dept of Social Services (DSS), 200 Kent Ave., LaPlata 301-392-6400

Children's Services

Big Brother Big Sister (mentoring)
30065 Business Center Dr. Suite 2, Charlotte Hall, MD 410-243-4000
Center for Children, 6100 Radio Station Road, La Plata, MD 301-609-9887
Charles County Children's Aid Society
3000 Huntington Circle, Waldorf, MD 301-645-1561

Clothing

Salvation Army through Children's Aid, 3000 Huntington Circle, Waldorf 301-645-1561
Goodwill (thrift store), 2495 Crain Highway, Waldorf 301-861-5015

Counseling

Charles County Mental Health Clinic, 4545 Crain Highway, White Plains 301-609-6900
Charles County Freedom Landing, Inc (for adults with persistent emotional disorders)
400 Potomac Street, La Plata, MD 301-932-2737
NAMI Southern Maryland, 8440 Old Leondtown Road Ste 210 Hughesville 240-254-2636
Compassionate Friends, Southern Maryland Chapter (grieving a child of any age)
P.O Box 1427, Prince Frederick, MD 301-394-6406
Hospice of Charles County (grieving), 2505 Davis Road, Waldorf, MD 301-861-5300

Dental Care

Bel Alton Regional Dental, 9501 Crain Highway (US 301 S) in Bel Alton 301-539-7904
Great Baden Dental Clinic, 7450 Albert Road, Brandywine 301-888-2233

Disability Services (supported employment, job training, etc.)

Charles County Dept. of Health, Disability Services Division 301-609-6830
Arc of Southern Maryland (adults & children with intellectual/developmental disabilities)
Gateway Plaza, 3971 St. Charles Parkway, Waldorf, MD 410-535-2413
Melwood (jobs & opportunities for persons with disabilities)
5606 Dower House Rd., Upper Marlboro, MD 301-599-8000
Charles County HARC, Inc, 79 Industrial Park Dr., Waldorf, MD 301-932-7030

Eye Care

Glasses - Lions Club 301-645-6030

Family Support

DSS Services to Families, Children and Adults 301-392-6400

Food - Groceries

Indian Head – Star of the Sea Pantry, St. Mary Star of the Sea Parish, 30 Mattingly Ave
(one Sat./month; call for emergency food or days of operation) 301-743-9471
La Plata - Mary's/Loretta's Food Pantry (please call first)
Sacred Heart Catholic Church, 201 St. Mary's Ave., 301-934-2261
La Plata - Christ Church, 112 East Charles Street (Fri 9-11am) 301-392-1051
Nanjemoy - Community Food Pantry - Joe's Place (every Thursday night from 5-7 pm)
Christ Episcopal Church, 8700 Ironsides Rd. 301-542-6380
Newburg - Wayside Food Bank, Inc.
Holy Ghost Catholic Church, 15848 Rock Point Road 301-259-2493
Waldorf - St. Vincent de Paul Food Pantry of St. Peter's Church
(located in St. Peter's School), 3310 St. Peter's Dr. 301-932-7713
Waldorf - Peace Lutheran Church Food Pantry (for Waldorf, White Plains, Byantown)
1st & 3rd Sat. or 2nd & 4th Wed. from 9:30am-12:30pm 301-843-1832
Waldorf - Charles County Children's Aid Society, 3000 Huntington Circle
301-645-1561
Pomfret- St. Joseph Food Pantry 4590 Joseph Way 301-539-3903
(call for dates and times)
Food Stamps (SNAP) apply at the Charles County Department of Social Services (DSS)

200 Kent Avenue, La Plata, MD 301-392-6400
 SHARE Program, www.sharedc.org 301-864-3115
 (pay \$20 for \$40-45 of groceries, EBT welcome, local sites in DC and MD)

Furniture (call first, you must provide transportation)

Free (must provide transport) Mission of Love, Capitol Heights, MD 301-333-4440
 Free (must provide transport) A Wider Circle, Silver Spring, MD 301-608-3504

Health Care

Free Flu Shots - Charles County Health Department 301-609-6900
 Greater Baden Medical, 7450 Albert Road Brandywine, MD 301-888-2233
 Health Partners Free Clinic, 3070 Crain Highway, Waldorf, MD 301-645-3556
 Maryland Foundation of Quality Healthcare, Inc. (*Diabetes Clients Only*)
 16803 Old Field Lane, Hughesville, MD 301-274-9400

Housing Search Resources/ Strategies

Charles County Dept. of Community Services – Housing Services 301-934-0112
 Southern Maryland Tri-County Community Action (ask for the Housing Counselor)
 8371 Old Leonardtown Rd., Hughesville, MD 301-274-4474
 Victory Housing (an ADW program) www.victoryhousing.org 301-493-6000
 Try: Washington Post (Sat & Sun), grocery store bulletin boards, consider sharing with a roommate.

Identification/Birth Certificates

Birth Certificates - Charles County Department of Health, Vital Records (or online)
 4545 Crain Highway, White Plains, MD (8am-12pm, Mon-Fri) 301-609-6919
 Driver Licenses/ID Cards – MVA (Motor Vehicle Administration) - Full Service Office
 St. Charles Business Park, 11 Industrial Park Dr., Waldorf 410-768-7000

Job Search Resources

Charles County Job Hotline (call on Mondays for an updated listing) 301-645-0600

Legal Assistance

Legal Aid Bureau, Inc,
 15364 Prince Frederick Road (Rt. 231), Hughesville, MD 301-932-6661
 Public Defender Office, 101 Catalpa Drive, Suite 102A, La Plata, MD 301-539-7330
 Maryland Volunteer Lawyer Services 800-510-0050
 Balimore Neighborhood Initiative (BNI) 800-487-6007
www.bni-maryland.org

Library (internet, computer classes, movies, free children's programs)

(Mon-Thurs 9am-8pm, Fri 1pm-5pm, Sat 9am-5pm, Sunday closed)
 La Plata Branch, 2 Garrett Avenue, La Plata, MD 301-934-9001
 Potomac Branch, 3225 Ruth B. Swann Dr., Indian Head, MD 301-375-7375
 P.D. Brown Memorial Branch, 50 Village St., Waldorf, MD 301-645-2864
 Waldorf West Branch, 10405 O'Donnell Place, Waldorf, MD 301-645-1395

Phone

Assurance Wireless, (free phone with 250 minutes/month) 888-898-4888

Pregnancy/Parenting

Catherine Foundation Pregnancy Center,
 3065 Old Washington Rd., Waldorf, MD 20601 301-870-4912
 Catholic Charities' Sanctuaries for Life Program 301-441-1472, x122

Prison Outreach

Point of Change Jail & Street Ministry, P.O. Box 1509, La Plata, MD 301-542-9709

Rental/Mortgage Assistance (must call for an appointment)

Charles County Dept of Social Services (DSS), 200 Kent Ave., LaPlata 301-392-6400
 Southern Maryland Tri-County Community Action,
 8371 Old Leonardtown Rd., Hughesville, MD 301-274-4474
 Salvation Army, 7 Post Office Road Suite D Waldorf 301-638-9532
 LifeStyles of MD, Inc., 101 Catalpal Dr. Ste 103 Laplata, MD 301-609-9900
 Interfaith Community Connections, 3444 Rockefeller Court, Waldorf 301-374-9028
 La Plata United Methodist Church, 3 Port Tobacco Rd., La Plata, MD 301-934-2288
 Charles County Children's Aid Society, 3000 Huntington Circle, Waldorf 301-645-1561
 Marbury Baptist Church (**India Head & Marbury Residents ONLY**)
 4670 Bicknell Rd., Marbury, MD 301-743-3701
 Neighbors Eager to Serve (NETS) (**Western Charles County ONLY**)
 P.O. Box 823, Bryans Road, MD 301-375-8576
 HUD's Making Home Affordable Program, www.makinghomeaffordable.gov

Senior Citizens (60+)

Charles County Dept. of Community Services - Senior Information 301-609-5712
 Richard R. Clark Senior Center, 1210 Charles St., La Plata, MD 301-934-5423
 Indian Head Senior Center, 100 Cornwallis Square, Indian Head 301-743-2125
 Nanjemoy Community Center, 4375 Port Tobacco Road, Nanjemoy 301-246-9612
 Waldorf Senior Center, U.S. 301/Route 5, Waldorf 301-638-4420
 LifeStyles (transportation help for seniors, disabled, low-income) 301-609-9900
 Charles County Cooperative Ministry on Aging, Inc. (*Meal on Wheels*) 301-392-6325

Substance Abuse Treatment Programs

Jude House, 9505 Crain Hwy (US 301 south), Bel Alton, MD 301-932-0700

Transportation/Tokens (call first)

Charles County VanGO public transportation (call for schedules) 301-934-9305
 LifeStyles (transportation help for seniors, disabled, low-income) 301-609-9900
 Travelers Aid (stranded travelers)
 Union Station, 50 Mass Ave. NE, Washington, DC 202-371-1937

Utility Assistance

Southern Maryland Tri-County Community Action,
 8371 Old Leonardtown Rd., Hughesville, MD 301-274-4474

Veterans Support

National Call Center for Homeless Veterans 877-424-3838
 Maryland Commitment to Veterans 410-725-9993