

EMERGENCY NUMBERS		
Crisis Hotline	Calvert County Crisis Hotline	410-535-1121
Domestic Violence	So. MD Center of Family Advocacy	240-925-8549
	National Domestic Violence Hotline	800-799-7233
	Crisis Intervention Center	410-535-1121
Human Trafficking	National Resource Center	888-373-7888
Rape/Sexual Assault	Calvert County Crisis Hotline	410-535-1121
	National Sexual Assault Hotline	800-656-4673
Shelter	Angel's Watch Women's Shelter	301-274-0680
	Safe Nights of Calvert County (Nov-March)	443-486-8670
	Project Echo Shelter	410-535-0044
Suicide	go to a local emergency room or dial	988
	National Suicide Prevention Hotline	800-784-2433
	Strength in Our Voices	800-784-2433

Help Association Thrift Store (Tues-Sat, 10am-2pm) 410-257-6669
1260 East Mount Harmony Road, Owings, MD 20736

SMILE Ecumenical Ministries, Inc Thrift Store (Wed, Thurs, Fri 10am-2 pm; Sat 9 am-noon) 10290 H.G. Trueman Road, Lusby, MD 410-326-0009

Counseling/Mental Health

Calvert County Health Department
975 Solomons Island Road North, Prince Frederick, MD 20678 410-535-5400

Cornerstone of Southern Maryland
305 Prince Frederick Blvd., Prince Frederick MD 20678 410-535-4787

Chesapeake Christian Counseling Center
6045 Solomons Island Road., Huntingtown, MD 20639 410-257-5200

NAMI (National Alliance on Mental Illness) Southern Maryland
P.O. Box 1441 La Plata, MD 20464 301-392-7109

Grief Counseling (the death of a child) – Compassionate Friends of Southern Maryland
(Trinity United Methodist Church 90 Church St. Prince Frederick) 301-885-3068

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/Literacy

College of Southern Maryland 301-934-2251

Budgeting/Debt Counseling Resources

FDIC Money Smart Curriculum (free), www.fdic.gov/consumers/consumer/moneysmart/
Catholic Charities Financial Stability Network FSN@CC-DC.org

Burial Assistance

Calvert County Department of Social Services
200 Duke St., Prince Frederick, MD 20678 443-550-6900

Case Management/Walk-in Social Worker Services

Calvert County Department of Social Services
200 Duke St., Prince Frederick, MD 20678 443-550-6900

Children's Services

Barstow Acres Children's Center, 590 Main Street, Prince Frederick 410-414-9901
Center for Children, 489 Main Street Prince Frederick, MD 410-535-3047
Big Brothers Big Sisters of Southern Maryland, Inc
30065 Business Center Dr. Suite 2, Charlotte Hall 301-290-0501
Locate Child Care (Assistance in locating a licensed provider) 877-261-0060
Purchase Child Care Vouchers (Department of Social Services) 443-550-6900

Clothing – Thrift Stores

www.CatholicCharitiesDC.org

Dental Care

Prince Frederick Dental Group, 230 W Dares Beach Rd, 410- 535-5055

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

Department of Rehabilitation Services
200 Duke Street, Prince Frederick, MD 20678 443-535-2620

Arc of Southern Maryland
355 West Dares Beach Road, Prince Frederick, MD 20678 410-535-2413

Food – Groceries and Soup Kitchens

Bayside Baptist Church
3009 Chesapeake Beach Road, Chesapeake, MD 20732 410-257-0712

Brooks Church Pantry
5550 Mackall Road, St. Leonard, MD 20685 410-586-3972

Calvert Churches Community Food Pantry, Inc.
100 Jibsail Drive, Prince Frederick, MD 20678 410-414-7474

Chesapeake Cares Food Pantry
6045 Solomons Island Road, Huntingtown, MD 20639 410-257-0700

Department of Social Services (**apply here for food stamps**)
200 Duke Street, Prince Frederick, MD 20678 443-550-6900

SMILE (Service Makes Individual Lives Exciting)
10290 HG Trueman Road, Lusby, MD 20657 410-326-0009

St. Anthony's Church, Ladies of Charity
8823 Dayton Avenue, North Beach, MD 20714 410-286-7086

St. John Vianney, 440 Main Street, Prince Frederick, MD 20678 410-286-1944
SHARE Program, www.sharedc.org 301-864-3115

(pay \$25 for \$40-45 of groceries, EBT welcome, local sites in DC and MD)

Furniture

SMILE (Service Makes Individual Lives Exciting)	
10290 HG Trueman Road, Lusby, MD 20657	410-326-0009
Help Association Thrift Store (Tues-Sat, 10am-2pm)	410-257-6669
1260 East Mount Harmony Road, Owings, MD 20736	

Health Care

Calvert Healthcare Solutions, 234 Merrimac Ct Prince Frederic MD	855-500-5217
Calvert Health Medical, Keep Well Center	
100 Hospital Road, Prince Frederick, MD 20678	410-535-4000

Housing Search Resources/ Strategies

Calvert Co. Housing Authorities (<i>Prince Frederick</i>)	410-535-5010
Yardley Hill Townhomes (<i>Prince Frederick</i>)	410-414-7428
Courtyard at Fishing Creek (<i>Chesapeake Beach</i>)	410-286-3688
Calvert Towne Townhomes (<i>Prince Frederick</i>)	410-535-5560
Prince Frederick Villa (<i>Prince Frederick</i>)	410-414-7428
Prince Frederick Village (<i>Prince Frederick</i>)	410-533-5560
Check: realtors, Washington Post (Sat & Sun), grocery store bulletin boards, consider sharing with a roommate.	

Identification/Birth Certificates

Identification Cards- MVA, 200 Duke St., Prince Frederick	410-768-7000
Birth Certificates - Calvert County Health Department	410-535-5400 (x301)

Job Search Resources

The American Job Center 200 Duke St. Prince Frederick	443-550-6750
Unemployment Office	877-293-4125

Legal Assistance

Maryland Volunteer Lawyer Services	800-510-0050
Maryland Legal Aid Bureau, 15045 Burnt Store Road, Hughesville	410-535-3278
Calvert Legal Assistance, www.calvertcountymd.gov	
Office of the Public Defender, 175 Main Street, Prince Frederick	410-535-8810
DLLR-Southern Maryland Jobsources 175 Post Office Road Waldorf	301-645-8712
Baltimore Neighborhood Initiative (BNI)	800-487-6007
www.bni-maryland.org	

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

Fairview Library, 8120 Southern Maryland Blvd Owings	410-257-2101
Twin Beach Library, 4100 5 th Street, North Beach	410-257-2411
Prince Frederick Library, 850 Costley Way, Prince Frederick	410-535-0291
Southern Branch Library, 13920 H.G. Trueman Road Solomons	410-326-5289

Phone

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

Catholic Charities' Sanctuaries for Life Program	301-441-1472, x122
Birthright, 301 Steeple Chase Dr., Suite 405, Prince Frederick	410-257-1402
CareNet, 2196 Solomon Island Road Prince Frederick	410-326-6866

Prison Outreach

Catholic Charities Welcome Home mentoring program	202-772-4300, x040
Helping Inmate Transition to Society (HITS)	410-535-0223

Rental/Utility/Mortgage Assistance

Calvert County Department of Social Services	
200 Duke St., Prince Frederick, MD 20678	443-550-6900
Southern Maryland Tri-County Community Action	
8371 Leonardtown Road, Hughesville, MD	301-274-4474
SMILE Ecumenical Ministries 10290 HG Trueman Road, Solomons	410-326-0009
Calvert Community Ministry, 440 Main Street, Prince Frederick	410-414-8007
Mortgage - The HOPE Initiative, 100 Community Place, Crownsville	877-462-7555
Mortgage - So. Md. Tri-County Community	
8371 Leonardtown Road, Hughesville, MD	410-535-1010

Senior Citizens (60+)

Calvert Pines Senior Citizens Center (<i>Meals on Wheels & Friends of Calvert County Seniors</i>)	
450 West Dares Beach Road, Prince Frederick, MD 20678	410-535-4606

Substance Abuse Treatment Programs

Calvert Substance Abuse Services, 975 Solomons Island Rd Prince Frederick	410-535-5400
Project Chesapeake, 69 Sherry Lane Prince Frederick, MD 20678	443-968-8331

Transportation

Travelers Aid (stranded travelers)	
Union Station, 50 Mass Ave. NE, Washington, DC	202-371-1937
Public Transportation – Calvert County Bus System	410 535-4268

Veterans Support

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