

EMERGENCY NUMBERS		S = Services also provided in Spanish S = Servicios en Español
Crisis Hotline	Southern Maryland Crisis Hotline (24 hours) National Hopeline Hotline	301-645-3336 800-442-4673
Domestic Violence	So. MD Center for Family Advocacy House of Ruth Domestic Violence Hotline	240-925-8535 888-880-7884 S
Human Trafficking	National Resource Center	S 888-373-7888
Rape/Sexual Assault	National Sexual Assault Hotline	S 800-656-4673
Shelter	Angel's Watch Women's Shelter Lifestyles of MD Foundation (Nov-March) Robert Fuller's Men's Shelter	301-274-0680 301-609-9900 S 301-645-2933
Suicide	go to a local emergency room or dial National Suicide Prevention Hotline	988 S 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

College of Southern Maryland 301-934-2251

Budgeting/Debt Counseling Resources

Financial Stability Network free financial education and tax services FSN@cc-dc.org
FDIC Money Smart, Money Management International 866-531-3765
<https://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html>

Burial Assistance

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

Catholic Charities Mona Center:

5859 Allentown Way, Temple Hills, MD 20748	301-615-0950
Health Clinic (T, W, T)	240-563-1026
Dental Clinic (M-F) Time: 8:00am-5:00pm by appointment	S 301-615-0945
Legal Services	202-350-4305
Immigration Legal Services	240-858-0958

Case Management/Walk-in Social Worker Services

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

Children's Services

Big Brother Big Sister (mentoring)
30065 Business Center Dr. Suite 2, Charlotte Hall, MD 301-290-0501
Center for Children, 6100 Radio Station Road, La Plata, MD **S** 301-609-9887
Charles County Children's Aid Society
3000 Huntington Circle, Waldorf, MD 301-645-1561

Clothing

Children's Aid Society 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, 21161 Lexwood Dr, Lexington Park MD 301-392-7109
Compassionate Friends, (grieving a child of any age)
Good Samaritan Presbyterian Church
13025 Good Samaritan Drive Waldorf, MD 20601 301-932-7335
Hospice of Charles County (grieving), 2505 Davis Road, Waldorf, MD 301-861-5300

Dental Care

Great Baden Dental Clinic, 7450 Albert Road, Brandywine **S** 301-888-2233

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

Charles County Dept. of Health, Disability Services Division 301-609-6900
Arc of Southern Maryland (adults & children with intellectual/developmental disabilities)
355 West Dare Beach Road Prince Frederick MD 20678 410-535-2413
Melwood (jobs & opportunities for persons with disabilities)
5606 Dower House Rd., Upper Marlboro, MD 301-599-8000
Department of Rehabilitation Services
2670 Crain Highway Suite 208 Waldorf, MD 301-645-8882

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
(Third Sat./month; call for emergency food or days of operation) 301-743-5770
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 9-11 am) 301-392-1051
Nanjemoy - Community Food Pantry - Joe's Place (every Thursday night from 4 pm-5:30 pm)
Christ Church Durham Parish, 8700 Ironsides Rd. 301-743-7099
Newburg - Wayside Food Bank, Inc.
Holy Ghost Catholic Church, 15848 Rock Point Road 301-259-2559
Waldorf - Food Pantry of St. Peter's Church – third Saturday 9 am-11 am
(located in St. Peter's School), 3310 St. Peter's Dr. 301-843-8916
Port Tobacco – St. Catherine/St. Ignatius Hilltop 7636 Port Tobacco Road
2nd & 4th Sat. from 9:30 am-11:30 pm 301-934-9630
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)
Charlotte Hall - Good Shepherd Food Pantry – third Saturday 9:30 am-11:30 am
11555 St. Mary's Church Road Charlotte Hall, MD 20622 301-934-8825
SHARE Program, www.sharedc.org 301-864-3115
(pay \$25 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, 6 Garrett Avenue LaPlata, MD 20646 **S** 301-539-5100
 Health Partners Free Clinic, 3070 Crain Highway, Waldorf, MD 301-645-3556

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 (8 am-12 pm, 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

DLLR – Southern Maryland Jobsources 301-645-8712
 175 Post Office Road Waldorf, MD 20602
 Charles County Job Hotline (call on Mondays for an updated listing) 301-645-0600

Legal Assistance

Southern Maryland Legal Aid Bureau, Inc,
 15045 Burnt Store Road, Hughesville, MD 301-932-6661
 Public Defender Office, 101 Catalpa Drive, Suite 102A, La Plata, MD 301-539-7330
 Charles County Legal Assistance, www.charlescountymd.gov
 Maryland Volunteer Lawyer Services **S** 800-510-0050

Library (internet, computer classes, movies, free children's programs)
 (Mon-Thurs 9 am-8 pm, Fri 1 pm-5 pm, Sat 9 am-5 pm, 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

Pregnancy/Parenting

Catherine Foundation Choice Care,
 3065 Old Washington Rd., Waldorf, MD 20601 301-932-8811

Phone

Assurance Wireless, (free phone with 250 minutes/month) 888-321-5880

Prison Outreach

Catholic Charities Welcome Home mentoring program 202-772-4300, x040
 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., La Plata 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 La Plata, 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

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*) 301-934-0138

Substance Abuse Treatment Programs

Jude House, 9505 Crain Hwy (US 301 south), Bel Alton, MD 301-932-0700
 Project Chesapeake 21 Industrial Park Drive Suite 104D Waldorf 301-818-0030

Transportation/Tokens (call first)

Charles County VanGO public transportation (call for schedules) 301-645-0550
 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

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

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