

| <b>EMERGENCY NUMBERS</b>   |  | <b>S</b> = Services also provided in Spanish<br><b>S</b> = Servicios en Español |
|----------------------------|--|---|
| <b>Crisis Hotline</b>      | Southern Maryland Crisis Hotline <b>(24 hours)</b><br>National Hopeline Hotline                                    | 301-645-3336<br>800-442-4673  |
| <b>Domestic Violence</b>   | So. MD Center for Family Advocacy<br>House of Ruth Domestic Violence Hotline <b>S</b>                              | 240-925-8535<br>888-880-7884  |
| <b>Human Trafficking</b>   | National Resource Center <b>S</b>  | 888-373-7888  |
| <b>Rape/Sexual Assault</b> | National Sexual Assault Hotline <b>S</b>   | 800-656-4673  |
| <b>Shelter</b>             | Angel's Watch Women's Shelter<br>Lifestyles of MD Foundation (Nov-March) <b>S</b><br>Robert Fuller's Men's Shelter | 301-274-0680<br>301-609-9900<br>301-645-2933                                    |
| <b>Suicide</b>             | go to a local emergency room or dial<br>National Suicide Prevention Hotline <b>S</b>                               | 988<br>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](mailto: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  
2<sup>nd</sup> & 4<sup>th</sup> 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](http://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](http://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](http://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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