

## Community Resource List for Moms



Maryland 211 - [211md.org](http://211md.org) or 211 - Find local resources

### Breastfeeding



- **WIC** - [washcohealth.org/wchd-programs/wic](http://washcohealth.org/wchd-programs/wic) or 240-313-3335 - Nutrition education and financial assistance and breastfeeding support for low-income women and children under 5
- **Meritus Breastfeeding Support Group** - 301-790-8530 - Free breastfeeding support group
- **La Leche League** - [llofmd-de-dc.org/Groups/Hagerstown.html](http://llofmd-de-dc.org/Groups/Hagerstown.html) or 301-606-5369 - Breastfeeding support meetings
- **National Women's Health and Breastfeeding Helpline** - 1-800-994-9662 - Free helpline for questions about breastfeeding and women's health available 9am-6pm Monday-Friday
- **Office on Women's Health** - [womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding) - Information about breastfeeding

### Clothing and Supplies



- **4:10 Outreach** - [facebook.com/410-Outreach-107785867817224](https://facebook.com/410-Outreach-107785867817224) or 301-302-1709 - Free baby food, clothes, diapers, and supplies, referrals to local resources open Monday-Thursday 10am-3pm
- **TLC Clothing Bank** - [tlchag.org/ministries/tlc-clothing-bank](http://tlchag.org/ministries/tlc-clothing-bank) or 301-733-2878 - Trinity Lutheran Church clothing bank open Tuesday-Thursday 11am-1:45pm
- **The Hope Center** - [hagerstownhopecenter.com/community-assistance](http://hagerstownhopecenter.com/community-assistance) or 301-739-1165 - Vouchers for clothing and essential household items
- **The Valor Center** - [thevalorcenter.org/crisis](http://thevalorcenter.org/crisis) or 240-329-9387 - Clothing, baby supplies, referrals to local resources
- **The Salvation Army** - 301-733-2440 - Vouchers for clothing
- **Kids' Closet** - [otterumc.nm-secure.com/kidscloset](http://otterumc.nm-secure.com/kidscloset) - Cheap clothing, baby supplies, and diapers and free children's books on the 2<sup>nd</sup> Saturday each month except January at Otterbein United Methodist Church
- **Children in Need** - [childreninneedwashingtoncounty.org](http://childreninneedwashingtoncounty.org) or 301-671-2014 - Clothing and supplies for children who are eligible for free and reduced meals
- **Mary's Center** - [maryscentermd.org](http://maryscentermd.org) or 301-739-1234 - Free maternity and baby clothes and supplies
- **Free Clothes Saturday** - [facebook.com/FCSWashingtonCountyMD](https://facebook.com/FCSWashingtonCountyMD) or 240-347-2982 - Free clothes April-October 2:45pm-4:15pm at 501 W Memorial Blvd
- **Baby Basics** - [babybasicsgh.com](http://babybasicsgh.com) or 240-217-8182 - Free diapers for employed parents
- **Safe Kids Washington County** - 301-790-8378 - Discounted car seats, free car seat installation assistance
- **Cribs for Kids®** - [washcohealth.org/cribs-for-kids](http://washcohealth.org/cribs-for-kids) or 240-313-3357 - Free cribs for parents who can't afford one
- **Community Book Warehouse** - 301-310-6263 - Free books for children available Fridays 4pm-7pm and Saturdays 9am-12pm at 24 N Walnut St.
- **Hagerstown Area Religious Council** - [harccoalition.org/resources](http://harccoalition.org/resources) - Information on food, clothing, and housing resources on website

## Domestic and Sexual Violence



- **National Domestic Violence Hotline** - 1-800-799-7233 or [thehotline.org](http://thehotline.org) - Free 24/7 hotline for victims of domestic violence
- **National Sexual Assault Hotline** - 1-800-656-HOPE(4673) or [rainn.org](http://rainn.org) - Free 24/7 hotline for victims of sexual violence
- **CASA** - [casainc.org](http://casainc.org) or 301-739-4990 - Services for victims of domestic and sexual violence
- **CASA Crisis Hotline** - 301-739-8975 - Free 24/7 crisis hotline

## Financial Assistance



- **Washington County Community Action Council** - [wccac.org](http://wccac.org) or 301-797-4161 - Referrals and information on local resources, financial assistance, housing assistance program
- **Washington County Department of Social Services** - 240-420-2100 - Referrals to local resources, financial assistance, food assistance
- **The Valor Center** - [thevalorcenter.org/crisis](http://thevalorcenter.org/crisis) or 240-329-9387 - Financial assistance, referrals to local resources
- **REACH of Washington County** - [reachofwc.org/crisis-services](http://reachofwc.org/crisis-services) or 301-733-2371 - Referrals, support, and financial assistance for housing-related needs Tuesday and Thursday 9am-1pm

## Food



- **Washington County Community Action Council** - [wccac.org](http://wccac.org) or 301-797-4161 - Referrals and information on local resources, Washington County Food Bank Card Program
- **Washington County Department of Social Services** - 240-420-2100 - Referrals to local resources, financial assistance, food assistance
- **WIC** - [washcohealth.org/wchd-programs/wic](http://washcohealth.org/wchd-programs/wic) or 240-313-3335 - Nutrition education and financial assistance and breastfeeding support for low-income women and children under 5
- **Hagerstown Area Religious Council** - [harccoalition.org/resources](http://harccoalition.org/resources) - Information on food, clothing, and housing resources on website

## Healthcare



- **Community Free Clinic** - [mycommunityfreeclinic.org](http://mycommunityfreeclinic.org) or 301-733-9234 - Free healthcare for uninsured individuals
- **Family Healthcare of Hagerstown** - [familyhch.org](http://familyhch.org) or 301-745-3777 - Affordable healthcare services offered on a sliding fee scale
- **Washington County Health Department** - [washcohealth.org/health-services/family-planning](http://washcohealth.org/health-services/family-planning) or 240-313-3296 - Reproductive health services including birth control, well woman exams, pregnancy testing, and STI/STD testing and treatment offered on a sliding fee scale
- **Medicaid** - [washcohealth.org/health-services/medicaid](http://washcohealth.org/health-services/medicaid) or 240-313-3330 - Free help enrolling in Medicaid
- **Medication Assistance Center** - [meritushealth.com/locations/medication-assistance-center](http://meritushealth.com/locations/medication-assistance-center) or 301-393-3441 - Prescription help for low-income and uninsured individuals
- **Partnership for Prescription Assistance Program** - [medicineassistancetool.org](http://medicineassistancetool.org) or 1-888-477-2669 - Information on prescription assistance programs

## Legal Assistance



- **Courthouse Family Law Clinic** - [mdcourts.gov/family/familyselfhelp](http://mdcourts.gov/family/familyselfhelp) or 240-313-2580 - Free legal help for family law issues available Thursdays 8am-1pm at the Washington County Circuit Court
- **Family Law Hotline** - 1-800-845-8550 or [wlcmd.org/how-we-help/family-law](http://wlcmd.org/how-we-help/family-law) - Hotline where people can ask a lawyer questions about divorce, separation, custody, and child support available 9:30am-4:30pm Monday-Friday
- **Maryland Legal Aid** - [mdlab.org/get-help-services](http://mdlab.org/get-help-services) or 301-694-7414 - Free legal services for low-income people
- **Maryland Volunteer Lawyer Service** - [mvlslaw.org](http://mvlslaw.org) - Free legal services for low-income people

## Substance Use & Mental Health



- **Washington County Health Department Behavioral Health** - 240-313-3310 - Referrals to services, Narcan (Naloxone) to reverse opioid overdoses
- **Healthy Washington County** - [healthywashingtoncounty.com/health-resources/substance-use](http://healthywashingtoncounty.com/health-resources/substance-use) - Resource list on website
- **Washington County Mental Health Authority** - [wcmha.org](http://wcmha.org) or 301-739-2490 - Information on local mental health services
- **Family Healthcare of Hagerstown** - [familyhch.org](http://familyhch.org) or 301-745-3777 - Affordable mental health services offered on a sliding fee scale
- **Brook Lane** - [brooklane.org](http://brooklane.org) or 301-733-0330 - Mental health services, financial assistance for services is available
- **Potomac Case Management** - [pcmsinc.org](http://pcmsinc.org) or 301-791-3087 - Case management and care coordination for mental health
- **National Suicide Prevention Lifeline** - 1-800-273-TALK(8255) or [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) - Free 24/7 crisis hotline
- **Hagerstown Alcoholics Anonymous** - [hagerstownaa.org](http://hagerstownaa.org) or 301-733-1109 - Alcohol abuse recovery support
- **Almost Heaven Area Narcotics Anonymous** - [almostheavenareana.org](http://almostheavenareana.org) or 800-777-1515 - Substance abuse recovery support

## Tobacco



- **Tobacco Free For Life** - [washcohealth.org/health-services/tobacco-free-for-life](http://washcohealth.org/health-services/tobacco-free-for-life) or 240-313-3310 - Free tobacco cessation classes
- **Baby & Me Tobacco Free** - [washcohealth.org/baby-me-tobacco-free](http://washcohealth.org/baby-me-tobacco-free) or 240-313-3310 - Free tobacco cessation classes for pregnant women
- **1-800-QUIT-NOW(784-8669)** - [smokingstopshere.com](http://smokingstopshere.com) or 1-800-784-8669 - Free 24/7 telephone tobacco quitline
- **Smokefree.gov** - [women.smokefree.gov](http://women.smokefree.gov) - Free tobacco cessation resources and text quitlines
- **Become an EX** - [becomeanex.org](http://becomeanex.org) - Free tobacco cessation resources and support

## Transportation



- **Washington County Transit** - [washco-md.net/transit](http://washco-md.net/transit) or 240-313-2750 - Public transportation
- **Community Action Transit** - [wccac.org/services/transportation](http://wccac.org/services/transportation) or 301-797-4161 - Transportation for low-income people
- **The Valor Center** - [thevalorcenter.org/crisis](http://thevalorcenter.org/crisis) or 240-329-9387 - Transportation financial assistance, referrals to local resources
- **Medical Assistance Transportation Program** - [washcohealth.org/medical-assistance-transportation-program](http://washcohealth.org/medical-assistance-transportation-program) or 240-313-3264 - Free transportation to medical appointments for people receiving Medicaid

## Other



- **Healthy Families** - [washcohealth.org/wchd-programs/healthy-families](http://washcohealth.org/wchd-programs/healthy-families) or 240-313-3270 - Home visiting services for families with children under 5, referrals to local resources
- **Parenting HelpLine** - 800-243-7337 or [familytreemd.org](http://familytreemd.org) - 24/7 parenting helpline, referrals to local resources
- **Family Support Resource Center** - [wcpsmd.com/special-education/family-support-resource-center](http://wcpsmd.com/special-education/family-support-resource-center) - Referrals and resources for children and young adults with special needs
- **APPLES for Children** - [applesforchildren.org](http://applesforchildren.org) or 301-733-0000 - Find childcare
- **Washington County Family Center** - [togetherwithfamilies.org/family-center](http://togetherwithfamilies.org/family-center) or 301-790-4002 - Educational services for parents
- **Maryland Insurance Administration** - 800-492-6116 or [insurance.maryland.gov](http://insurance.maryland.gov) - Information about insurance

## Blessing Boxes



- **It's a Blessing to Be a Blessing** - [itsablessingtobeablessing.net](http://itsablessingtobeablessing.net) - 129 N Potomac St, Hagerstown behind John Wesley United Methodist Church
- **Snyder Ave Blessing Box** - [facebook.com/SnyderAveBlessingBox](https://facebook.com/SnyderAveBlessingBox) - 15 Snyder Ave, Hagerstown
- **Girl Scout Blessing Box** - [harccoalition.org/girl-scout-blessing-box](http://harccoalition.org/girl-scout-blessing-box) - 802 Summit Ave, Hagerstown in front of Emmanuel United Methodist Church
- **First Christian Church Little Pantry** - [fcchagerstown.com](http://fcchagerstown.com) - 1345 Potomac Ave, Hagerstown
- **Bethel United Methodist Church Blessing Box** - [harccoalition.org/bethel-united-methodist-church-blessing-box](http://harccoalition.org/bethel-united-methodist-church-blessing-box) - 21006 Twin Springs Dr, Smithsburg
- **Sharpsburg Blessing Box** - [salemcommunity.org/?portfolio=community-resources](http://salemcommunity.org/?portfolio=community-resources) - 117 West Main St, Sharpsburg

Please note that services may have been modified due to COVID-19. Please contact the organizations directly for the most up-to-date information on services.