

What does WIC offer?

WIC's goal is to help keep pregnant and breastfeeding women, infants and children under age 5 healthy.

To do this, WIC provides

- ♦ Education about Healthy Eating
- ♦ Health Screening
- ♦ Personalized Nutrition Consultations
- ♦ Referrals
- ♦ Breastfeeding Information and Support
- ♦ Free Healthy Foods



WIC is for you if:

- ♦ You live in Maryland and are pregnant, new mother, breastfeeding mother, child under the age of five, or infant and
- ♦ You meet the income guidelines listed in this brochure and
- ♦ You have a nutritional need

Brighter futures begin with WIC

08/22 This institution is an equal opportunity provider.

WIC Income Information

Family Size	Yearly Income *	Monthly Income *	Weekly Income *
1	\$25,142	\$2,096	\$484
2	\$33,874	\$2,823	\$652
3	\$42,606	\$3,551	\$820
4	\$51,338	\$4,279	\$988
For each additional family member, add:			
+	\$8,732	\$728	\$168

*Gross Income (before taxes are deducted)

- ♦ If your family receives less than the amount listed, you may be eligible.
- ♦ Foster Care, Medical Assistance, TCA, and Food Stamp clients are income eligible for WIC.

Who can apply for WIC?

- ♦ You can have a job or not.
- ♦ You can be married, single, or live with parents.
- ♦ Fathers, mothers, grandparents, or guardians can apply for children under the age of 5.

If you feel you qualify or have questions ~ Call our office today.

For more information visit our website at www.mdwic.org



The Washington County Health Department provides services without restrictions based on, or consideration of, race, color, national origin, age, religion, sex, or disabilities. You have a right to language interpretation assistance. If you need language interpretation assistance, it will be provided at no cost to you. Please request accessible needs in advance of appointments. TTD 240-313-3391

Maternal & Child Health and WIC Resource Guide



Compiled for the Women and Children of Washington County
By the
Washington County Health Department

washcohealth.org
facebook.com/WashHealth

MATERNAL & CHILD HEALTH
1302 Pennsylvania Avenue
Hagerstown, MD 21742
240-313-3229

WIC
947 North Burhans Blvd
Hagerstown, MD 21742
240-313-3335

A Healthy Baby Begins with Mom!

The mission of the Maternal & Child Health Program is to promote and improve the health of pregnant women and their newborns.



During your pregnancy staff from the Maternal & Child Health Program can:

- ♦ Help assist you with information on health insurance.
- ♦ Help you find a medical provider.
- ♦ Explain how smoking, alcohol, and drugs might affect you and your baby.
- ♦ Assist you in finding resources for issues like smoking, substance abuse, and depression.
- ♦ Explain how to help prevent your baby from being born too early.

Help is available to you in your language free of charge.

Español/Spanish
Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al.

中文/Chinese
如果您使用繁體中文，您可以免費獲得語言援助服務。請致電

Hot Lines

AIDS Info. Hotline	1-800-448-0440
CASA (Domestic Violence)	301-739-8975
Child Abuse Hotline	1-800-422-4453
Child Protective Services	240-420-2222
Information and Referral	Dial: 211
MD Tobacco Quit Hotline	1-800-784-8669
Parents Anonymous	1-855-427-2736
Poison Control Center (Nat'l)	1-800-222-1222
MD Crisis Connect (Suicide)	1-800-422-0009
Suicide / Crisis Lifeline	Dial: 988

Child Care Assistance

Apples (Child Care Resources)	301-733-0000
Child Support	1-800-332-6347
Child Care Voucher	1-877-227-0125

Clothing/ Baby & Maternity Supplies

4:10 Outreach	301-302-1709
Act II	301-739-0552
Baby Basics	240-513-8860
Children In Need	301-671-2014
Goodwill	301-733-7330
Interfaith Service Coalition (Hancock)	301-678-6605
REACH	301-733-2371
Safe Kids (cars seats)	301-790-8366
Salvation Army Store	301-739-6737
Sleep in Heavenly Peace	1-844-432-2337
Trinity Lutheran Church	301-733-2878
Union Rescue Mission Store	301-739-1114
Wash Co. Family Center	301-790-4002
World Treasures, W. Franklin St.	301-797-8624
Blessing Box Locations:	
*1st Christian Church - Boonsboro	301-432-2278
*Hebron Mennonite	301-797-3697
*St Mark's Episcopal Church	301-582-0417

MA Dental/ Vision Services

Pine Dentistry (Kool Smiles)	240-850-3814
Maryland Healthy Smiles	1-855-934-9812
Family Healthcare of Hagerstown	301-745-3777
LongMeadow Eyecare	301-797-3030
My Eye Doctor Locations:	
*Mall	301-582-1771
*Dual Highway	301-739-6573
*Lyles Center	301-733-4944

Department of Social Services

Dept. of Social Services	240-420-2100
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Education

Adult Education ESOL	240-500-2313
Birth to Five	301-766-8217
Board of Education	301-766-2800
English & More	301-676-9182
English as 2 nd Language	240-500-2313
Evening High School	301-766-8460
Hagerstown Community College	240-500-2000
Head Start	301-733-0088
Home Instruction	301-766-2800
Judy's Center	301-766-8683
Literacy Council of Washington County	301-739-4208
Washington County Family Center	301-790-4002
Western MD Consortium	301-791-3164

Employment-Job Centers

Onestop Job Center in Hagerstown	301-393-8200
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Financial Assistance

Community Action Council	301-797-4161
Consumer Credit Counseling	1-800-254-4100
Department of Social Services	240-420-2100
Employment Office	301-393-8223
Energy Assistance	301-797-4161
REACH	301-733-2371
Social Security Administration	1-800-772-1213
Tel-life (Verizon Support)	1-800-417-3849
Temporary Cash Assistance	240-420-2100
Unemployment	1-800-827-4839

Medical Assistance Programs

Department of Social Services	240-420-2100
MA Pregnancy Hotline	1-800-456-8900
Maryland Children's Health Program	240-313-3330
Maryland Medical Assistance for Families	240-313-3330
MCO Enrollee Action Hotline	1-800-284-4510

Food-Meal Assistance

4:10 Outreach	301-302-1709
Community Action Council	301-797-4161
Office of Consumer Advocacy, Inc.	301-790-5054
School /Summer Lunch Program	301-766-2890
SHARE	1-800-217-4273
Soup Kitchens (open to all)	
Harvest Breakthrough	1st/3rd Sun. 12:30-1:30
Hope Center	M-Sat: 12:00-7:00pm & Sun 12:45-7:00pm
It's a Blessing to be a Blessing	Thurs. 11:30am-12:30
Presbyterian Church (Potomac St)	Wed. 10:00am-Noon
Salvation Army	M-F 11:30am-12:30pm
Soul Haven	M-F 10:00am-4:00pm
Williamsport Methodist Church	Thurs. 5:00-6:00pm
Zion UCC	Tues. 5:00pm-6:30pm
WIC (Women, Infants & Children)	240-313-3335

Food Bank - Resources

ACTS 9	301-739-3854
Bridge of Life	301-791-1674
Community Action Council (CAC)	301-797-4161
Hope Center	301-739-1165
Interfaith Service Coalition (Hancock)	301-678-6605
Mount Hope Prison Ministries	301-791-2550
REACH	301-733-2371
South County Food Pantry	301-432-2226
St. Marks Lutheran Church	301-733-7550
Tabitha's Table	301-331-1464
Trinity Lutheran	301-733-2878
Williamsport Area Food Bank	240-217-9529

Health Services

Breastfeeding Consultant	
Meritus Medical Center	301-790-8530
WIC (Women Infants & Children)	240-313-3335
Community Free Clinic	301-733-9234
Birth to Five	301-766-8217
Health Finder	301-739-6043
Meritus Child Birth Classes	301-790-8214
Tri-State Community Health	301-678-7256
Family Healthcare of Hagerstown	301-745-3777
Western MD Prescription Program	301-393-3441

Housing

Hagerstown Housing Authority	301-733-6911
Home buyers Education	301-797-0900
REACH	301-733-2371
Wash. Co. Housing Authority	301-791-3168

Housing (Emergency) / Shelters

CAC (Community Action Council)	301-797-4161
CASA (Domestic Violence)	301-739-4990
REACH	301-733-2371
Rescue Mission (Men)	301-739-1165
Salvation Army (Women and Children)	301-733-2440
Department of Social Services	240-420-2100
24-Hour Shelter Hotline	301-739-8975

Legal Aid

Family Law Hotline	1-800-845-8550
Legal Aid Bureau	301-694-7414
MD Volunteer Lawyers Services	1410-547-6537

Transportation

County Commuter Services	240-313-2750
WCHD Transportation (MA only)	240-313-3264

Mental Health/Substance Use

ADAC	301-766-0065
Behavioral Health Services	301-766-7600
Brook Lane Health Services	
*North Village	301-739-7258
*Smithsburg	301-733-0330
Change Health Systems	240-420-1850
Compassionate Wellness Center	240-513-6001
Ideal Options/MAT	1-877-522-1275
Innovative Therapy Services	301-393-3949
Mental Health Center	301-791-3045
New Seasons /MAT	301-714-0837
Office of Consumer Advocates	301-790-5054
Phoenix Health Center / MAT	240-420-0000
Potomac Case Management	301-791-3087
QCI Behavioral Health	301-791-2660
Serenity	301-732-5328
Sheppard Pratt	301-733-6063
Western MD Counseling Center	301-733-2431

Migrant/Immigration Services

RiseWesternMD.com	
Comunidad Latina de	347-709-0027
Washington County	

Support Centers / Programs

Alcoholic Anonymous	240-850-2677
Bester Community of Hope	240-513-6370
Big Brothers & Big Sisters	301-739-4711
Boys & Girls Club	301-733-5422
CASA	301-739-4990
Embrace Grace	1-817-755-8484
Girls Inc.	301-733-5430
Judy Center	301-766-8683
Labor of Love	443-790-6642
Mt. Hope	301-791-2550
Narcotics Anonymous	1-800-777-1515
Washington County Family Center	301-790-4002

Washington County Health Dept.

Behavior Health Services	240-313-3310
Birth Certificates	240-313-3200
Cancer Screening (Breast & Cervical)	240-313-3235
Family Planning	240-313-3296
Healthy Families	240-313-3270
HIV Counseling & Testing	240-313-3210
Immunizations	240-313-3210
Lead Poisoning Program	240-313-3229
Maternal & Child Health Services	240-313-3229
MCHP/MA for Families	240-313-3330
Sexually Transmitted Disease	240-313-3210
Tobacco Use Prevention & Cessation Program	240-313-3310