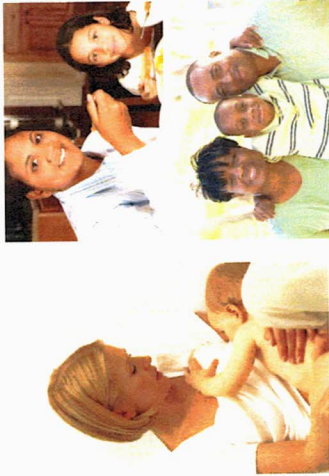


What does WIC offer?

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.

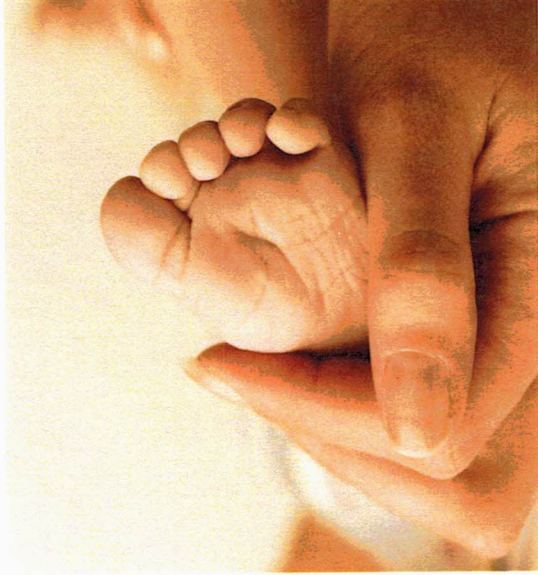
If you feel you qualify or have questions ~
Call our office today.

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



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

Compiled for the Women and Children of
Washington County

By the

Washington County Health Department

washcohealth.org

[facebook.com/WashHealth](https://www.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

Hot Lines

AIDS Info. Hotline
301-739-8975
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:
301-432-2278
*1st Christian Church - Boonsboro
301-797-3697
*Hebron Mennonite
301-582-0417
*St Mark's Episcopal Church

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

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 2nd 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

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
Hope Center
1st/3rd Sun. 12:30-1:30
M-Sat:12:00-7:00pm &
Sun 12:45-7:00pm
Thurs. 11:30am-12:30
It's a Blessing to be a Blessing
Presbyterian Church (Potomac St)
Wed. 10:00am-Noon
M-F 11:30am-12:30pm
Salvation Army
M-F 10:00am-4:00pm
Soul Haven
Thurs. 5:00-6:00pm
Williamsport Methodist Church
Tues. 5:00pm-6:30pm
Zion UCC
240-313-3335
WIC (Women, Infants & Children)

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
301-678-6605
(Hancock)
301-791-2550
Mount Hope Prison Ministries
301-733-2371
REACH
301-432-2226
South County Food Pantry
301-733-7550
St. Marks Lutheran Church
301-331-1464
Tabitha's Table
301-733-2878
Trinity Lutheran
240-217-9529
Williamsport Area Food Bank

Health Services

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

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
347-709-0027
Comunidad Latina de
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 &
240-313-3310
Cessation Program