

## 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

05/23 This institution is an equal opportunity provider.

## WIC Income Information

Family Size	Yearly Income *	Monthly Income *	Weekly Income *
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068
For each additional family member, add:			
+	\$9,509	\$793	\$183

\*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](http://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](http://washcohealth.org)  
[facebook.com/WashHealth](https://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 <sup>nd</sup> 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	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	
Comunidad Latina de Washington County	347-709-0027

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