



## Community Resource List for Moms

**Maryland 211** - <https://211md.org> or 211 - Find local resources

### Breastfeeding



- **WIC** - <https://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** - [northernshenandoahlll@gmail.com](mailto:northernshenandoahlll@gmail.com) or 540- 300-7994 - Breastfeeding support.
- **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** - <https://womenshealth.gov/breastfeeding> - Information about breastfeeding

### Clothing and Supplies



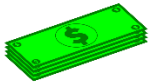
- **TLC Clothing Bank** - <https://tlchag.org/ministries/tlc-clothing-bank> or 301-733-2878 - Trinity Lutheran Church clothing bank open Tuesday-Thursday 11am-1:45pm
- **The Hope Center** - <https://hagerstownhopecenter.com/community-assistance> or 301-739-1165 - Vouchers for clothing and essential household items
- **The Valor Center** - <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** - <https://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** - <https://childreninneedwashingtoncounty.org> or 301-671-2014 - Clothing and supplies for children who are eligible for free and reduced meals
- **Mary's Center** - <http://maryscentermd.org> or 301-739-1234 - Free maternity and baby clothes and supplies
- **Free Clothes Saturday** - <https://facebook.com/FCSWashingtonCountyMD> or 240-347-2982 - Free clothes April-October 2:45pm-4:15pm at 501 W Memorial Blvd
- **Baby Basics** - <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
- **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** - <https://harccoalition.org/resources> - Information on food, clothing, and housing resources on website



### Domestic and Sexual Violence

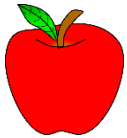
- **National Domestic Violence Hotline** - 1-800-799-7233 or <https://thehotline.org> - Free 24/7 hotline for victims of domestic violence
- **National Sexual Assault Hotline** - 1-800-656-HOPE(4673) or <https://rainn.org> - Free 24/7 hotline for victims of sexual violence
- **CASA** - <http://casainc.org> 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** - <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** - <http://thevalorcenter.org/crisis> or 240-329-9387 - Financial assistance, referrals to local resources
- **REACH of Washington County** - <https://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** - <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** - <https://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** - <https://harccoalition.org/resources> - Information on food, clothing, and housing resources on website

### Healthcare



- **Community Free Clinic** - <https://mycommunityfreeclinic.org> or 301-733-9234 - Free healthcare for uninsured individuals
- **Family Healthcare of Hagerstown** - <https://familyhch.org> or 301-745-3777 - Affordable healthcare services offered on a sliding fee scale
- **Washington County Health Department** - <https://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** - <https://washcohealth.org/health-services/medicaid> or 240-313-3330 - Free help enrolling in Medicaid
- **Medication Assistance Center** - <https://meritushealth.com/locations/medication-assistance-center> or 301-393-3441 - Prescription help for low-income and uninsured individuals
- **Partnership for Prescription Assistance Program** - <https://medicineassistancetool.org> or 1-888-477-2669 - Information on prescription assistance programs

### Legal Assistance



- **Courthouse Family Law Clinic** - <https://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 <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** - <https://mdlal.org/get-help-services> or 301-694-7414 - Free legal services for low-income people
- **Maryland Volunteer Lawyer Service** - <https://mvslaw.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** - <https://healthywashingtoncounty.com/resources/substance-abuse-and-mental-health-services> - Resource list on website
- **Washington County Mental Health Authority** - <https://wcmha.org> or 301-739-2490 - Information on local mental health services
- **Family Healthcare of Hagerstown** - <https://familyhch.org> or 301-745-3777 - Affordable mental health services offered on a sliding fee scale
- **Brook Lane** - <https://brooklane.org> or 301-733-0330 - Mental health services, financial assistance for services is available
- **Potomac Case Management** - <https://pcmsinc.org> or 301-791-3087 - Case management and care coordination for mental health
- **National Suicide Prevention Lifeline** - 1-800-273-TALK(8255) or <https://suicidepreventionlifeline.org> - Free 24/7 crisis hotline
- **Hagerstown Alcoholics Anonymous** - <https://hagerstownaa.org> or 301-733-1109 - Alcohol abuse recovery support
- **Almost Heaven Area Narcotics Anonymous** - <https://almostheavenareana.org> or 800-777-1515 - Substance abuse recovery support

### Tobacco



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

## Transportation



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

## Other



- **Healthy Families** - <https://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 <https://familytreemd.org> - 24/7 parenting helpline, referrals to local resources
- **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** - <http://applesforchildren.org> or 301-733-0000 - Find childcare
- **Washington County Family Center** - <http://togetherwithfamilies.org/family-center> or 301-790-4002 - Educational services for parents
- **Maryland Insurance Administration** - 800-492-6116 or <https://insurance.maryland.gov> - Information about insurance

## Blessing Boxes



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

*This List is not comprehensive. Please contact the organizations directly for the most up-to-date information on services.*