
ACTS- A Community That Shares

PO Box 54
Bushwood, MD 20618
www.acts-smc.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 769-4199		actsmail1@gmail.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 9 a.m. - 5 p.m.; Saturday 10 a.m. - 3 p.m. ; Sunday Closed
Population Served: Adults, Senior Citizens, Older Adults
Services Provided: Medical Equipment
Payment Options: N/A
Provider Notes: Provides residents temporary use of in-home convalescent equipment such as hospital beds, wheelchairs and walkers at no charge to residents of St. Mary's County.

Adult Protective Services

23110 Leonard Hall Drive
Leonardtown, MD 20650
www.dhr.state.md.us/county/stmary/

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
APS Number	(240) 895-7016	(240) 895-7099	
main office	(240) 895-7000		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8 a.m. - 5 p.m.
Population Served: All
Services Provided: Elder Abuse and Neglect, Financial Assistance, Emergency
Payment Options: N/A
Provider Notes: Anyone can confidentially report a situation of suspected abuse, neglect, self-neglect, and financial exploitation of a vulnerable adult to the Department of Social Services. The situation will be assessed/investigated and case management will be provided if necessary or desired.

Advanced Counseling Services

14350 Solomon's Island Road
Solomons, MD 20688

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 326-2333	(410) 326-6868	

SERVICE INFORMATION:

Hours of Operation: By appointment
Population Served: Adolescents, Adults, Children, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Private Pay
Provider Notes: Practice of Dr. Aimee Alinsonorin, offering psychiatry services. Practice of Sal Diguardi, offering Cognitive Behavioral Therapy services.

Al-Anon and Alateen

www.marylanddc-alanon.org/index.html

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 425-2666		

SERVICE INFORMATION:

Hours of Operation: Call or visit online for meeting times
Population Served: All
Services Provided: Support Groups, Substance Abuse Services
Payment Options: N/A
Provider Notes: The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Alcoholics Anonymous - Southern Maryland Intergroup Association

www.somdintergroup.org/

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 492-0209		

SERVICE INFORMATION:

Hours of Operation: Call or visit online for meeting schedules
Population Served: All
Services Provided: Support Groups, Substance Abuse Services
Payment Options: N/A
Provider Notes: Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Alzheimer's Association - Southern Maryland Regional Office

10665 Stanhazen Drive Suite 3115
White Plains, MD 20695
www.alz.org/nca

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 934-5856 (800) 272-3900		lmoore1@alz.org

SERVICE INFORMATION:

Hours of Operation: By Appointment Only
Population Served: All
Services Provided: Health Services and Information
Payment Options: N/A
Provider Notes: Provides education, information, 24-hour helpline, and support services.

Alzheimer's Association Southern Maryland Regional Office

511 Charles Street
La Plata, MD 20646
www.alz.org/nca

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 934-5856	(301) 934-5858	
24/7 Helpline	(800) 272-3900		

SERVICE INFORMATION:

Hours of Operation:

Population Served:

Services Provided: Health Services and Information

Payment Options:

Provider Notes: Provides education, information, 24-hour helpline, and support services.

Alzheimer's Caregivers Support Group

21585 Peabody Street
Leonardtown, MD 20650
www.smnci.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-8000		taylorfarmsharon@gmail.com
Alternate	(301) 247-4727		

SERVICE INFORMATION:

Hours of Operation: The 3rd Monday of each month at 6:30 p.m.

Population Served: Adults, Older Adults, Senior Citizens

Services Provided: Support Groups, Adult Education

Payment Options: N/A

Provider Notes: Meets on the 3rd Monday of each month at 6:30 p.m. Meets in the activity room.

American Diabetes Association of Maryland

2002 Clipper Park Road, Suite 110
Baltimore, MD 21211
www.diabetes.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 265-0075	(410) 235-4048	
1.800.DIABETES			

SERVICE INFORMATION:

Hours of Operation:

Population Served: All

Services Provided: Health Services and Information

Payment Options: N/A

Provider Notes: Education and assistance provided to individuals with diabetes and their families on how to cope with this disease.

Andrew Gergely, MD and Associates

137 Mitchell's Chance Road, Suite 260
Edgewater, MD 21037
www.drgergely.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Edgewater	(410) 956-5300	(410) 956-5310	
Dunkirk	(410) 286-0664	(410) 286-2834	

SERVICE INFORMATION:

Hours of Operation:	Call for appointment
Population Served:	Adolescents, Adults, Children, Older Adults
Services Provided:	Mental Health Services
Payment Options:	Private Insurance, Private Pay, Medicaid
Provider Notes:	Provides psychiatric services.

Angel's Watch Regional Shelter (Catholic Charities of the Archdiocese of Washington)

Hughesville, MD 20637
www.catholiccharitiesdc.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 274-0680	(301) 274-0681	

SERVICE INFORMATION:

Hours of Operation:	24 Hours Per Day
Population Served:	Adults, Children
Services Provided:	Emergency Shelter
Payment Options:	N/A
Provider Notes:	Provides emergency shelter and transitional housing services to women and women with children. Individuals should go to their local Department of Social Services for a referral to the program.

Autism Spectrum Support Group of Southern Maryland

PO Box 2162
California, MD 20619
www.autismsupport-somd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main			

SERVICE INFORMATION:

Hours of Operation:	Third Wednesday of month at 6:30 p.m. at Coffee Quarter in California, MD
Population Served:	Adults, Families
Services Provided:	Support Groups
Payment Options:	N/A
Provider Notes:	Support group for parents and caregivers of those with Autism Spectrum Disorder. Website contains closed forum, calendar of events, and monthly newsletters. Visit website and follow on Facebook and Twitter.

Barbara Taylor, LCSW-C

25482 Point Lookout Road, Suite 201A
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-7894	(301) 475-7837	taylorbarbaraj@comcast.net

SERVICE INFORMATION:

Hours of Operation: Call for appointment
Population Served: Adults, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Private Pay, Medicare
Provider Notes: Provides Counseling and Psychotherapy.

Barstow Acres Children's Center

590 Main Street
Prince Frederick, MD 20678
www.childrencenter.net

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 414-9901	(410) 414-9902	barstow.acrescc@yahoo.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 5:00 p.m.
Population Served: Children, Adolescents, Adults, Families
Services Provided: Mental Health Services
Payment Options: All, Sliding Fee Scale
Provider Notes: N/A

Bay Community Support Services

25410 Rosedale Manor Lane
Hollywood, MD 20636
www.baycss.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8870	(301) 863-8891	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:30 a.m. - 4:30 p.m.
Population Served: All
Services Provided: Disability Services, Employment, Information and Assistance
Payment Options: N/A
Provider Notes: Program offers supported employment, residential, family, and individual support services, community supported living arrangements, transportation and children's services.

BeLite Horizon Medical Center

26825 Point Lookout Rd, Ste E
Leonardtown, MD 20650
www.donald.ohuohamd.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 997-0125	(301) 997-0126	belite21@verizon.net
Alternate	(301) 630-4009	(301) 630-6916	

SERVICE INFORMATION:

Hours of Operation: Monday, Wednesday, Friday & Saturday: 10 a.m. - 2 p.m.
Population Served: All
Services Provided: Mental Health Services
Payment Options: Private Insurance, Medicare, Private Pay, Sliding Fee Scale, Medicaid
Provider Notes: Belite Horizon is the practice of Dr. C. Oluoha. He provides psychiatric services.

Bio Medical Applications (BMA)

40865 Merchants Lane
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-3362	(301) 475-6525	

SERVICE INFORMATION:

Hours of Operation: Monday - Saturday: 6:30 a.m. - 8 p.m.
Population Served: All
Services Provided: Health Services and Information
Payment Options: N/A
Provider Notes: Provides kidney dialysis.

Board of Childcare

30049 Business Center Dr
Charlotte Hall, MD 20622
www.boardofchildcare.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-0312	(301) 274-4039	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9 a.m. - 5 p.m.
Population Served: Adolescents, Families, Transition Aged Youth, Children
Services Provided: Therapeutic Foster Care
Payment Options: Private Pay, Medicaid
Provider Notes: Provides services to children and adolescents experiencing a mental illness.

Bowes & Associates Psychotherapy (Lori Bowes, Debbie Flerlage)

21789 N Coral Drive, Suite 2A
Lexington Park, MD 20653
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 437-8405	(240) 237-8480	bowesandassociates@md.metrocas
Alternate	(301) 904-3757		

SERVICE INFORMATION:

Hours of Operation: Call to schedule an appointment.
Population Served: Adults, Couples, Families, Older Adults, Senior Citizens, Veterans
Services Provided: Therapy- Special
Payment Options: Private Insurance, Medicaid, Private Pay
Provider Notes: Provides services to adolescents and adults experiencing mental illness or substance abuse issues.

Boys and Girls Clubs of Southern Maryland

9021 Dayton Avenue
North Beach, MD 20714
www.bgcsmd.net

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 257-0007	(410) 286-5229	info@bgcsmd.net
Afterschool	(410) 286-9880		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 2 p.m. - 6 p.m., Business Hours: Monday - Friday: 9 a.m. - 4 p.m.
Population Served: Children
Services Provided: Camp
Payment Options: Private Pay
Provider Notes: Offers pro-social activities for school-aged children and adolescents. Afterschool programs and summer camp.

Breast Cancer Support Group - Bosom Pals

25500 Point Lookout Rd
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-7670	(301) 475-6473	

SERVICE INFORMATION:

Hours of Operation: 2nd Tuesday of every month at 6 p.m.
Population Served: All
Services Provided: Support Groups
Payment Options: N/A
Provider Notes: Provides support to cancer patients and their families. Meetings are held the 2nd Tuesday of every month at 6 p.m. at various local restaurants. Call for more information.

Care Net Pregnancy Center of Southern Maryland

25482 Point Lookout Road, Building 2,
Unit 201A
Leonardtown, MD 20650
www.carenetsomd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-5333		answers@carenetsomd.org
Lexington Park	(301) 737-4604		
Prince Frederick	(410) 326-6866		
Texting	(240) 317-7047		

SERVICE INFORMATION:

Hours of Operation:	Wednesday & Friday: 9 a.m. - 5 p.m.; Thursday: 1 p.m. - 8 p.m. (Leonardtown), Monday, Tuesday, Thursday: 9 a.m. - 5 p.m.; Wednesday 1 p.m. - 8 p.m. (Lexington Park), Monday: 9 a.m. - 8 p.m.; Tuesday & Wednesday 9 a.m. - 5 p.m. (Prince Fredrick)
Population Served:	All
Services Provided:	Parenthood Planning Services
Payment Options:	N/A
Provider Notes:	Free education and supportive services for women and their families during and after their pregnancy. Offers free pregnancy tests, free limited ultrasounds, abortion recovery counseling, parenting classes, education, testing for STDs and infant care items. Everything completely confidential.

Carol Marcy, PhD

43288 Joy Lane
Hollywood, MD 20636
www.drCarolmarcy.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-2222		info@drCarolmarcy.com

SERVICE INFORMATION:

Hours of Operation:	Call for appointment
Population Served:	Adults, Older Adults, Senior Citizens
Services Provided:	Mental Health Services
Payment Options:	Private Pay, All
Provider Notes:	Provides Counseling/Psychotherapy.

Cedar Lane Senior Living Community

22680 Cedar Lane Court
Leonardtown, MD 20650
www.cedar-lane.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-8966	(301) 475-1629	see website

SERVICE INFORMATION:

Hours of Operation:	24/7 service; Monday - Friday: 9 a.m. - 5 p.m. (office hours)
Population Served:	Senior Citizens, Adults, Older Adults, Couples, Families
Services Provided:	Assisted Living, Housing
Payment Options:	N/A
Provider Notes:	Offering senior living with or without supportive services and three levels of assisted living care. All residents enjoy a private apartment with private bath. Qualified applicants may receive rental assistance. Supportive Services and Assisted Living Fees are private pay. On-site amenities include: dining room; gift shop; beauty/barber shop; library; daily social and recreational activities; on-site banking and free grocery and pharmacy delivery. There is an emergency call system in each apartment and 24-hour security and awake staff availability. Equal Housing Opportunity. Offers respite care.

Center For Children

41900 Fenwick Street
Leonardtown, MD 20650
www.center-for-children.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-8860	(301) 475-3843	myers@center-for-children.org
Alternate	(301) 609-9887		

SERVICE INFORMATION:

Hours of Operation:	Monday - Thursday: 8:30 am.. - 8 p.m.; Friday: 8:30 a.m. - 5 p.m.; Saturday: 8:30 a.m. - 3 p.m.; Sunday: Closed
Population Served:	All
Services Provided:	Mental Health Services
Payment Options:	Private Insurance, Medicaid, Uninsured, Private Pay
Provider Notes:	Provides outpatient mental health services as well as CASA (Court Appointed Special Advocates). Is a United Way sponsored entity. Provides care coordination for children and a psychiatric rehabilitation program.

Charles County Mental Health

4545 Crain Highway
White Plains, MD 20695
<http://www.charlescountyhealth.org/health-services/mental-health/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 609-6900	(301) 934-4632	
TTY	(800) 735-2258		
After Hours Emergencies	(301) 609-3599		

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8:00 a.m. - 5:00 p.m.
Population Served:	All
Services Provided:	Mental Health Services
Payment Options:	All
Provider Notes:	The Division of Mental Health offers comprehensive care to people of all ages, including psychiatric evaluation, individual and group psychotherapy, and medication management. Services that we provide include: <ul style="list-style-type: none">- child and adolescent programs for individuals under 18 years- an adult program for all adult services, 18 years and older- aftercare for patients returning to their communities from psychiatric hospitals.

Chesapeake Shores

21412 Great Mills Road
Lexington Park, MD 20653
www.chesapeakeshorescares.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-7244	(301) 863-8550	

SERVICE INFORMATION:

Hours of Operation:	24/7
Population Served:	Senior Citizens
Services Provided:	Nursing Homes, Physical Therapy
Payment Options:	
Provider Notes:	Nursing and rehabilitation center, offers 125 beds, comprehensive care for the elderly including nursing, rehabilitation therapy, recreation, and other healthcare services.

Chesapeake-Potomac Home Health Agency

7627 Leonardtown Road
Hughesville, MD 20637
www.cphha.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 274-9000 x 9117	(301) 274-9009	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8 a.m. - 430 p.m.
Population Served: Adults, Older Adults, Senior Citizens
Services Provided: Home Health Services
Payment Options: Private Insurance, Medicare, Medicaid
Provider Notes: Provides skilled nursing; physical; occupational; speech therapy; home health aides and medical social work. All services require a doctor's order. Offers in-home medication management and private duty phlebotomy services. Certified wound enterostomal specialist on staff. Accepts private insurance, Medicare and Medicaid.

Church of the Ascension - HOPE

21641 Great Mills Road
Lexington Park, MD 20653
www.churchoftheascension-
patuxentparish.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Church of Ascension	(301) 863-8551		
HOPE	(301) 737-2870		

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday 8:30 a.m. - 1:30 p.m., Monday - Thursday 9 a.m. - 11:45 a.m. (food pantry and hope)
Population Served: All
Services Provided: Financial Assistance, Medication Resources, Food Pantry
Payment Options: N/A
Provider Notes: Church of the Ascension has a food pantry available for individuals in need as well as funding to assist in need low-income individuals and families in crisis. HOPE can offer one-time only funding for utility assistance, eviction avoidance and medication assistance. Is a United Way sponsored entity.

Coaching for the Voyage

29958 Killpeck Creek Court
Charlotte Hall, MD 20622
www.coachingforthevoyage.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Donna Bennett, LCSW-C	(240) 538-2577	(888) 974-6528	donna@coachingforthevoyage.com

SERVICE INFORMATION:

Hours of Operation: Call for appointment
Population Served: All
Services Provided: Education / Skill Development, Mental Health Services
Payment Options: Private Pay, Private Insurance
Provider Notes: Provides Life Coaching and ADHD coaching for children and adults. Psychotherapy for children and adults. Accepts some private insurance. Certified as Therapeutic Music Practitioner.

College of Southern Maryland

22950 Hollywood Road
Leonardtown, MD 20650
www.csmd.edu

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 725-5300		

SERVICE INFORMATION:

Hours of Operation:
Population Served: All
Services Provided: Adult Education
Payment Options: Private Pay
Provider Notes: Offers a wide variety of college courses to persons age 60 and over at a reduced fee.

Colorectal Cancer Screening Program

21580 Peabody Street
Leonardtown, MD 20650
www.smchd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4330	(301) 475-4350	smchd.healthdept@maryland.gov
MD Relay: 711			

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8 a.m. - 5 p.m.
Population Served: Older Adults, Senior Citizens
Services Provided: Health Services and Information
Payment Options: Uninsured, Private Insurance
Provider Notes: Provides free colon cancer screenings to St. Mary's County residents 50 years of age and over who have little or no health insurance and are low income. Limited funds available.

Community Counseling Center

616 East Charles Street, Suite 106
La Plata, MD 20646
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 934-3103	(301) 753-4991	
Alternate	(301) 753-8306		

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 9 a.m. - 5 p.m.
Population Served:	Adults, Children, Families, Older Adults
Services Provided:	Mental Health Services
Payment Options:	Medicare, Private Insurance, Private Pay, Sliding Fee Scale
Provider Notes:	Provides counseling services.

Community Mediation Center of St. Mary's County

41620 Courthouse Dr, Rear Entrance
of Weiner Bldg
Leonardtown, MD 20650
www.CommunityMediationSMC.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-9118		mediation@CommunityMediationSM

SERVICE INFORMATION:

Hours of Operation:	Hours vary. Contact us for more information and an appointment.
Population Served:	All
Services Provided:	Information and Assistance, Legal Services
Payment Options:	N/A
Provider Notes:	CMSMC provides free, confidential and neutral mediation services to the residents of St. Mary's County. Our goal is to help community members turn conflict into conversation. Full email address: mediation@CommunityMediationSMC.org

Compassionate Friends

P.O. Box 1427
Prince Frederick, MD 20678
www.compassionatefriendssomd.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 434-8414		brandylee82@gmail.com

SERVICE INFORMATION:

Hours of Operation: Group meets the second Thursday of every month from 7:00 p.m. - 8:30 p.m. at First Saints Community Church - St. Paul's Campus in Leonardtown, MD

Population Served: All

Services Provided: Support Groups

Payment Options: N/A

Provider Notes: The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and no membership dues or fees. Group meets the second Thursday of every month from 7:00 p.m. - 8:30 p.m. at First Saints Community Church - St. Paul's Campus in Leonardtown, MD.

Counseling Service of Hollywood

24930 Three Notch Road
Hollywood, MD 20636
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-4215	(301) 373-4214	counselingservices@verizon.net

SERVICE INFORMATION:

Hours of Operation: Monday & Friday: 9:30 a.m. - 5:00 p.m., Tuesday, Wednesday, Thursday: 9:30 a.m. - 7:00 p.m.

Population Served: Adolescents, Adults, Families

Services Provided: Substance Abuse Services

Payment Options: Private Pay, Sliding Fee Scale

Provider Notes: Holistic outpatient substance abuse treatment for adults, adolescents and families.

Deborah Nelson, LCPC

130 Hospital Road, Ste. 101
Prince Frederick, MD 20678
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 414-5953	(410) 535-6030	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 2 p.m. - 8 p.m.; Saturday: 9 a.m. - 4 p.m.

Population Served: Adolescents, Adults, Children, Families

Services Provided: Mental Health Services

Payment Options: Private Insurance, Private Pay, Medicaid

Provider Notes: Provides counseling/psychotherapy.

Diabetes Self-Management

25500 Point Lookout Rd
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-6019		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 4:30 p.m.
Population Served: All
Services Provided: Health Services and Information
Payment Options: All
Provider Notes: As a supplement to one-on-one diabetes education program, our diabetes educators offer group education opportunities for diabetics and their families. Call for dates and times. MedStar St. Mary's Hospital.

Di-Pak Shah, MD

26840 Point Lookout Road
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-5577	(301) 884-7419	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 4:00 p.m.
Population Served: Children, Adults, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Private Pay
Provider Notes: Provides psychiatric services.

Division of Rehabilitative Services (DORS)

23110 Leonard Hall Drive
Leonardtown, MD 20650
www.dors.maryland.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-9612	(301) 475-2541	leonardtown.dors@maryland.gov

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 5 p.m.
Population Served: Adults, Older Adults, Transition Aged Youth
Services Provided: Vocational Services, Disability Services
Payment Options: N/A
Provider Notes: Provides vocational and independent living services to individuals with disabilities. To be eligible for this program, individuals should be at least 16 years of age with a physical, mental, or emotional disability.

Dr. James Lewis

P.O Box 217
Chaptico, MD 20621
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 769-4180	(301) 769-3686	docjimlewis@gmail.com

SERVICE INFORMATION:

Hours of Operation: By Appointment
Population Served: Adults, Children
Services Provided: Mental Health Services
Payment Options: Private Insurance, Private Pay
Provider Notes: Neuro-psychologist.

Dr. Venera Miller, MD, FAPA

2425 Solomon's Island Road, Unit 1B
Huntingtown, MD 20639
www.veneramillermd-cipm.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 535-6520	(410) 535-6523	dr.veneramiller@gmail.com

SERVICE INFORMATION:

Hours of Operation: Monday and Wednesday: 8:30 a.m. - 3:00 p.m., Tuesday and Thursday: 8:30 a.m. - 5:00 p.m.
Population Served: All
Services Provided: Medication Resources, Therapy- Special
Payment Options: All
Provider Notes: N/A

Family and Friends Health Care, Inc.

9642 Marlboro Pike
Upper Marlboro, MD 20772
www.familyandfriendshc.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 627-0768	(208) 475-7917	
Alternate	(301) 909-0143		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 9 a.m. - 6 p.m.
Population Served: All
Services Provided: Home Health Services
Payment Options: Private Insurance, Private Pay, Medicaid
Provider Notes: Provides acute homecare, supplemental staffing and respite services in the Southern Maryland and Tri-County Area.

Family Caregivers Support Program

41780 Baldrige Street
Leonardtown, MD 20650
www.stmarysmd.com/doa

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4200 x *1069	(301) 475-4503	daphne.bennear@stmarysmd.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8:00 a.m. - 5:00 p.m.
Population Served: All
Services Provided: Community Based Services for Older Adults and Individuals with Disability
Payment Options: N/A
Provider Notes: Provides respite, caregiver support services, caregiver training, medical supplies, and medical equipment for family members caring for adults with disabilities 60 and over, grandparents acting as parents, and parents 60 + caring for an adult child with a disability. Caregivers receive services that conform to their specific needs.

Fifth District Homemaker's Club- Northern Senior Activity Center

29655 Charlotte Hall Rd
Charlotte Hall, MD 20622
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-7071		

SERVICE INFORMATION:

Hours of Operation: Meets the 2nd and 4th Tuesday of every month from 10 a.m - 12 p.m. at the Northern Senior Activity Center
Population Served: Older Adults, Senior Citizens
Services Provided: Senior Groups, Charitable Services
Payment Options: Private Pay
Provider Notes: The mission of this group is to strengthen, extend and promote programs of continuing education for the improvement of the quality of living in the home and community. Involved in extensive charity work. Meet the 2nd and 4th Tuesday, 10 a.m., at the Northern Senior Activity Center. Strictly female.

File of Life

P.O. Box 653
Leonardtown, MD 20650
www.stmarysmd.com/aging

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4200 x 1073	(301) 475-4503	sarah.miller@stmarysmd.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 5:00 p.m.
Population Served: All
Services Provided: Emergency, Health Services and Information
Payment Options: N/A
Provider Notes: Magnetic "File of Life" packets are placed on the refrigerator and contain a person's pertinent medical information in the event of an emergency. Included is a sticker to be located near the front entrance to alert emergency personnel where to locate the information.

First Saint's Community Church

25550 Point Lookout Rd
Leonardtown, MD 20650
www.firstsaints.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-7200	(301) 475-5410	

SERVICE INFORMATION:

Hours of Operation: Food Pantry- Thursday 11:00 a.m. - 12:30 p.m., Soup Kitchen- Tuesday and Thursday: 11 a.m. - 12:30 p.m.
Population Served: Adults, Children, Families, Older Adults
Services Provided: Food Pantry
Payment Options: N/A
Provider Notes: Offers a soup kitchen and food to those in need.

Fleet & Family Support Center

21993 Bundy Road, Building 2090
Patuxent River, MD 20670
www.navymwrpaxriver.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 342-4911	(301) 342-4802	

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 7:30 a.m. - 4:30 p.m.; Friday: 7:30 a.m. - 4:00 p.m.
Population Served: Adults, Children, Older Adults, Veterans
Services Provided: Parenting / Family Skills Training
Payment Options: N/A
Provider Notes: Located on the Patuxent River Naval Air Station. Center provides services to military affiliated individuals and their dependents.

Foundations for Home and Community

9135 Piscataway Road, Ste. 400
Clinton, MD 20735
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 868-9741	(301) 868-9748	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9 a.m. - 5 p.m.
Population Served: Adolescents, Children
Services Provided: Therapeutic Foster Care
Payment Options: Private Pay, Medicaid
Provider Notes: Provides Crisis and Emergency Placement for Children and Therapeutic Foster Care ages 0-21.

Freedom In-Home Care

135 W. Dares Beach Road, Suite 109A
Prince Frederick, MD 20678
www.freedominhomecare.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 535-1542		

SERVICE INFORMATION:

Hours of Operation:
Population Served: Older Adults, Senior Citizens
Services Provided: Home Health Services
Payment Options:
Provider Notes: Provides in-home care services.

Genesis Counseling Services

28105 Three Notch Road
Mechanicsville, MD 20659
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 904-0909		

SERVICE INFORMATION:

Hours of Operation:
Population Served:
Services Provided: Mental Health Services
Payment Options:
Provider Notes: Counseling services.

Girl Scout Council of the Nation's Capital, St. Mary's

4301 Connecticut Avenue, NW
Washington, DC 20008
www.gscnc.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 523-7898		info@gscnc.org
Alternate	(202) 237-1670		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9:00 a.m. - 5:00 p.m.
Population Served: Children, Adolescents
Services Provided: Camp, Education / Skill Development
Payment Options: N/A
Provider Notes: Provides pro-social activities for girls. Is a United Way sponsored entity.

Good Grief Support Group

44724 Hospice Lane
Callaway, MD 20620
www.hospiceofstmarys.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 994-3078	(301) 994-3318	

SERVICE INFORMATION:

Hours of Operation: N/A
Population Served: All
Services Provided: Support Groups
Payment Options: N/A
Provider Notes: Provides persons who have lost a loved one with a support system and an opportunity to share life experiences with those who have faced similar circumstances.

Good Samaritan Lutheran Church

20850 Langley Road
Lexington Park, MD 20653
www.goodsamlutheran.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-4740		office@goodsam.community

SERVICE INFORMATION:

Hours of Operation: Food Pantry: Wednesday and Friday: 10 a.m. - 11:30 a.m., Soup Kitchen: Monday - Saturday: breakfast 8:30 a.m. - 10 a.m.; lunch 11:30 a.m. - 1 p.m.
Population Served: All
Services Provided: Food Pantry, Charitable Services
Payment Options: N/A
Provider Notes: Our Daily Bread food pantry, and st. marys caring soup kitchen.

Great Mills Swimming Pool

21100 Great Mills Road
Great Mills, MD 20634
www.stmarysmd.com/recreate

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 866-6560	(301) 866-6561	

SERVICE INFORMATION:

Hours of Operation: Call for seasonal info
Population Served: All
Services Provided: Physical Fitness
Payment Options: Private Pay
Provider Notes: Provides opportunities for water aerobics, recreational, therapeutic, instructional and competitive swimming for all ages. The 25 x 25 meter pool includes 6 lanes and has a "zero depth" entry for maximum accessibility. The pool is covered with an air-inflated "bubble" from September-May to allow year-round usage. The facility's bathhouse includes showers, lockers and restrooms. Located next to Great Mills High School.

Greater Baden Medical Services

6 Garrett Ave
La Plata, MD 20646
www.gbms.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 997-1029		

SERVICE INFORMATION:

Hours of Operation: Monday, Tuesday, Wednesday and Friday: 8:00 a.m. - 4:00 p.m.; Thursday 10 a.m. - 6 p.m.
Population Served: All
Services Provided: Health Services and Information
Payment Options: All
Provider Notes: Primary care and pediatrics.

Greenwell Foundation/Greenwell State Park

25420 Rosedale Manor Lane
Hollywood, MD 20636
www.greenwellfoundation.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-9775		info@greenwellfoundation.org
Jolanda Campbell	(301) 373-9775		jcampbell@greenwellfoundation.org

SERVICE INFORMATION:

Hours of Operation: Foundation Office: Monday - Friday: 9 a.m. - 4 p.m. ; Saturday & Sunday: Closed (Closed Mondays Oct. - May), State Park: Open Sunrise - Sunset all year
Population Served: All
Services Provided: Camp, Therapeutic Recreation, Recreation, Recreation and Leisure
Payment Options: Private Pay
Provider Notes: Inclusive to people with disabilities, horseback riding, camp and nature programs.

Health Advocacy to Attorney General's Office

200 St. Paul Place, 16th Floor
Baltimore, MD 21202
www.oag.state.md.us

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(877) 261-8807	(410) 576-6571	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9:00 a.m. - 4:30 p.m.
Population Served: All
Services Provided: Advocacy
Payment Options:
Provider Notes: Provides consumer information and mediates complaints and issues regarding medical bills and disputes.

Health Connections

25500 Point Lookout Road
Leonardtown, MD 20650
www.smhwecare.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-6019	(301) 475-6143	

SERVICE INFORMATION:

Hours of Operation: Call for information and program times, Monday - Friday: 8:00 a.m. - 4:30 p.m.
Population Served: All
Services Provided: Health Services and Information, Adult Education, Education / Skill Development
Payment Options: Private Pay
Provider Notes: Each month MedStar St. Mary's Hospital offers free or low-cost informative, supportive and educational health and wellness programming for young and old alike. Call 301.475.6019 for a list of monthly events and classes. Get Connected to Health, a low-cost primary care service for uninsured St. Mary's County residents, is offered on Mondays in Charlotte Hall, Tuesdays and Thursdays at Walden Sierra Beacon of Hope in Lexington Park, Wednesdays and Fridays at Gateways in Lexington Park. To schedule an appointment for primary care, call 301.475.6019.

Home Helpers

20223 Michelle Drive
Great Mills, MD 20634
www.homehelpershomecare.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 994-1704		margo@homehelpers.cc
Cell	(301) 404-8742		58475@homehelpershomecare.com

SERVICE INFORMATION:

Hours of Operation: Call for information
Population Served: Older Adults, Senior Citizens
Services Provided: Home Health Services
Payment Options:
Provider Notes: Helping to keep clients safe, comfortable, and socially active.

Hospice of St. Mary's, Inc.

44724 Hospice Lane
Callaway, MD 20620
www.hospiceofstmarys.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 994-3023	(301) 994-3318	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 9 a.m. - 4:30 p.m.
Population Served: All
Services Provided: Home Health Services
Payment Options: All
Provider Notes: Medicare certified, hospice offers nursing facility care, in-home care and counseling to terminally ill patients and their families. Bereavement and grief counseling are available. Hospice House located in Callaway.

Immaculate Heart of Mary Catholic Church

22375 Three Notch Road
Lexington Park, MD 20653
www.ihmrc.org/start.html

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8193		

SERVICE INFORMATION:

Hours of Operation: Monday, Wednesday & Friday 9 a.m. - 12:00 p.m.
Population Served: Adults, Families, Older Adults
Services Provided: Food Pantry
Payment Options: N/A
Provider Notes: Food Pantry. Also, have limited funds to assist with evictions and cut-off notices.

Infinite Errands

P.O. Box 1784
Prince Frederick, MD 20678
www.infiniteerrands.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 414-5222		info@infiniteerrands.com

SERVICE INFORMATION:

Hours of Operation: Call for information
Population Served: All
Services Provided: Home Health Services
Payment Options: Private Pay
Provider Notes: A concierge service providing assistance with errands and personal services for a fee. Discounts to senior citizens.

InnerTherapies Yoga

23415 Three Notch Rd
California, MD 20619
www.innertherapiesyoga.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 481-6158		info@innertherapiesyoga.com

SERVICE INFORMATION:

Hours of Operation: By appointment only
Population Served: All
Services Provided: Physical Therapy
Payment Options: Private Pay
Provider Notes: Offering private and public classes in adaptive and therapeutical yoga.

Jennifer C. Willoughby, Ph.D.

25484 Point Lookout Road, Suite 303C
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-9660	(301) 475-8810	pscllc@verizon.net

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: By appointment Only
Population Served: Adolescents, Adults, Children, Couples, Families, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Medicare, Private Pay
Provider Notes:

Joe Baker Village

21260 Joe Baker Court
Lexington Park, MD 20653
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 862-9177	(301) 862-9156	joebaker@TMAMGroup.com

SERVICE INFORMATION:

Hours of Operation: Wednesday: 7:00 a.m. - 5:30 p.m.
Population Served: Senior Citizens
Services Provided: Housing
Payment Options: Private Pay
Provider Notes: Equal housing opportunity complex for the elderly (62 years and older) and disabled. The Village is set up for moderate-income families.

Journey's Holistic Therapy Group

30537 Potomac Way, Suite 101 & 102
Charlotte Hall, MD 20622
www.journeyshome.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-4225	(301) 884-2525	journeys@journeyshome.com

SERVICE INFORMATION:

Hours of Operation: By appointment only
Population Served: Adolescents, Adults, Children, Couples, Families, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Medicare, Private Pay, Sliding Fee Scale
Provider Notes:

Judy Center

Green Holly Elementary
Lexington Park, MD 20653

schools.smcps.org/ghes/judy-center

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-4068	(301) 863-4072	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8:15 a.m. - 3:45 p.m.
Population Served: Children, Families
Services Provided: Education / Skill Development
Payment Options: N/A
Provider Notes: A division of St. Mary's County Public Schools, the center works in partnership with other community partners to prepare in need children in the Lexington Park area to be successful and ready to enter Kindergarten. Judy Center is operated at Green Holly Elementary and George Washington Carver Elementary.

Koth Therapy & Fitness

30387 Three Notch Road
Charlotte Hall, MD 20622
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-0331		

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday 7 a.m. - 7 p.m.; Friday 7 a.m. - 11 a.m.
Population Served: All
Services Provided: Physical Therapy
Payment Options: Private Pay, Private Insurance, Medicare
Provider Notes: Outpatient physical therapy.

Legal Aid Bureau, Inc.

15364 Prince Frederick Road
Hughesville, MD 20637
www.mdlab.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 932-6661	(301) 274-0713	
toll free	(877) 310-1810		

SERVICE INFORMATION:

Hours of Operation: Office hours: Monday - Friday 9 a.m. - 5 p.m.; Intake hours: 10:30 a.m. - 4:30 p.m.
Population Served: All
Services Provided: Legal Services
Payment Options: N/A
Provider Notes: The Department of Aging & Human Services has a contract with the Legal Aid Bureau to provide limited assistance and advice on the following services to persons age 60 and over: assistance with appealing benefit denials, consumer complaints, landlord/tenant disputes on behalf of the tenant, and the Health Care Decision Act. These services are also available to persons under 60 who meet income criteria. Problems pertaining to nursing homes or assisted living facilities should be directed to 1.800.367.7563. Services are free.

Leonardtwn Lions Club

21890 Society Hill Road
Leonardtwn, MD 20650
<http://www.e-clubhouse.org/sites/leonardtwnmd/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Lion George Kirby	(240) 577-0029		georgekirby_97@yahoo.com

SERVICE INFORMATION:

Hours of Operation: 1st Wednesday of every month at 7:00 p.m.
Population Served: Adolescents, Adults, Children, Couples, Families
Services Provided: Charitable Services
Payment Options: N/A
Provider Notes: Vision and hearing screening, eyeglass and hearing aid recycling.

Lexington Park United Methodist Church

21760 Great Mills Road
Lexington Park, MD 20653
www.lpumchurch.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8500		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9 a.m. - 3 p.m. (Prescription medication assistance); Wednesday: 10 a.m. - 12 p.m.;
Friday: 11 a.m. - 2 p.m. (clothes closet)

Population Served: All

Services Provided: Charitable Services

Payment Options: N/A

Provider Notes: Prescription medication assistance, clothes closet.

Lexington Park United Methodist Church Clothes Closet

21760 Great Mills Road
Lexington Park, MD 20634
www.lpumchurch.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8500		

SERVICE INFORMATION:

Hours of Operation: Wednesday: 10 a.m. - 12 p.m.; Friday: 11 a.m. - 2 p.m.

Population Served: All

Services Provided: Charitable Services

Payment Options: N/A

Provider Notes: Donates clothes to individuals in need within the community. Accepts donations.

Libraries - St. Mary's

21677 FDR Blvd.
Lexington Park, MD 20653
www.stmalib.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8188		

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 9 a.m. - 8 p.m.; Friday and Saturday: 9 a.m. - 5 p.m., Lexington Park: Sunday: 1 p.m. - 5 p.m.

Population Served: All

Services Provided: Academic Enrichment, Information and Assistance, Adult Education, Education / Skill Development

Payment Options: N/A

Provider Notes: Three locations in Leonardtown, Lexington Park and Charlotte Hall. A library card is free to all residents of Maryland. The library maintains a wide collection of books, including large print editions, audio books, DVDs, musical recordings, magazines, newspapers and downloadable audio books and eBooks, eReaders, computers, internet access including wireless, copiers, scanners and fax are available for public use. Staff is available to provide customer service and assistance with reference. The library offers programs throughout the year including free computer classes at all three branches with eReader instruction.

With a library card, library service is available 24/7 through the library's website (www.stmalib.org). Library card holders can manage their accounts, search for books, research using the free online databases, download free ebooks and audio books and obtain reading suggestions.

Literacy Council of St. Mary's County

21677 FDR Blvd
Lexington Park, MD 20653
<http://literacysmc.ning.com/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-4847		stmalit@somd.lib.md.us

SERVICE INFORMATION:

Hours of Operation: Tuesday, Wednesday, and Thursday 12 p.m. - 6 p.m.; Other times by appointment

Population Served: Adults, Older Adults, Senior Citizens

Services Provided: Adult Education

Payment Options: N/A

Provider Notes: Provides basic educational tutoring, including reading, english as a new language, and math, for adults. Services are provided free of charge. Office hours are on Tuesday, Wednesday, and Thursday 12:00 p.m. - 6:00 p.m., or by appointment.

Maryland Access Point/Aging & Disability Resource Center

23115 Leonard Hall Drive
Leonardtown, MD 20650
www.marylandaccesspoint.info

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 767-1100		
Alternate	(301) 475-4200 x 1057	(301) 475-8485	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9 a.m. - 5 p.m.
Population Served: Older Adults
Services Provided: Information and Assistance
Payment Options: N/A
Provider Notes: Assess, learn and search for long-term support information and services throughout Maryland. MAP is a partner in the national Aging and Disability Resource Center initiative supported by the U.S. Administration on Aging and the Centers for Medicare and Medicaid Services.

Maryland Department of Aging

301 West Preston Street, Suite 1007
Baltimore, MD 21201
www.aging.maryland.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 243-3425		

SERVICE INFORMATION:

Hours of Operation:
Population Served: Senior Citizens
Services Provided: Reference Services
Payment Options: N/A
Provider Notes: This department is responsible for funding and overseeing programs at all Maryland Area Agencies on Aging.

Maryland Department of Assessments & Taxation

301 W. Preston Street, 9th Floor,
Room 900
Baltimore, MD 21201
www.dat.maryland.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 944-7403	(410) 767-4870	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 4:30 p.m.
Population Served: Senior Citizens, Adults, Older Adults
Services Provided: Financial Assistance
Payment Options: N/A
Provider Notes: Individuals with limited incomes may receive a credit applied towards their property tax bills. Persons age 60 and over may apply at the Garvey, Loffler, and Northern Senior Activity Centers.

Maryland Department of Health and Mental Hygiene

201 W. Preston Street
Baltimore, MD 21201
www.dhmf.state.md.us

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(877) 463-3464		

SERVICE INFORMATION:

Hours of Operation:

Population Served: All

Services Provided: Health Services and Information, Health Insurance Information

Payment Options: N/A

Provider Notes: Responsible for overseeing the Medial Adult Day Services, Medicaid Waiver, Maryland Primary Adult Care Program (PAC), and Medicaid programs.

Maryland Transit Administration

6 St. Paul Street
Baltimore, MD 21202
www.mtmaryland.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 767-4833	(410) 333-4347	
Alternate	(410) 767-4833		

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 8:30 a.m. - 4:30 p.m.

Population Served: Senior Citizens

Services Provided: Transportation

Payment Options: Private Pay

Provider Notes: Seniors age 65 and older can present Maryland issued identification that can provide them with a reduced fare on bus, light rail, Metro, and MARC service. Service is available from California and Charlotte Hall to Washington, DC, Monday - Friday. Application is online.

Maryland's Commitment to Veterans

201 W. Preston Street
Baltimore, MD 21201
<http://veterans.dhmf.maryland.gov/Pages/home.aspx>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Rick Reed	(410) 725-9993		rreed.mcv@gmail.com
Toll Free	(877) 770-4801		

SERVICE INFORMATION:

Hours of Operation: Toll Free 24/7

Population Served: Veterans

Services Provided: Veteran's Resources

Payment Options: N/A

Provider Notes: Behavioral Health service connection, veterans and their families benefits, resources for any needs requested, and behavioral health training, certified in addiction recovery and CCAR training.

MASS, Inc.

42572 Anne Court
Hollywood, MD 20636
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-4407		gomassinc@aol.com
Alternate	(240) 298-7592		

SERVICE INFORMATION:

Hours of Operation: 7 days a week: 8 a.m. - 8 p.m.
Population Served: All
Services Provided: Transportation
Payment Options: Private Pay
Provider Notes: Transportation services provided to D.C. , Baltimore and Dulles metropolitan areas. Door to door service also provided to airport, amtrak, train and bus terminals, errands, and medical appointments etc.

Medic Alert Alzheimers Association- Safe Return Program

511 Charles Street
La Plata, MD 20646
www.alz.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 272-3900	(301) 934-5858	

SERVICE INFORMATION:

Hours of Operation: 24/7
Population Served: Adults
Services Provided: Health Services and Information
Payment Options: Private Pay
Provider Notes: Persons who wander and are memory impaired receive a bracelet or necklace, clothing labels and wallet cards to help locate and return them home safely. Fee.

Medical Assistance

23110 Leonard Hall Drive
Leonardtown, MD 20650
www.dhr.state.md.us/stmarys.htm

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 895-7000	(240) 895-7099	

SERVICE INFORMATION:

Hours of Operation: Applications are taken Monday, Wednesday, and Friday from 8 a.m. - 11:00 a.m.
Population Served: All
Services Provided: Health Insurance Information
Payment Options: N/A
Provider Notes: Health insurance and prescription program for persons who are below the Federal Poverty Level. Applications are taken Monday, Wednesday, and Friday from 8 a.m. - 11:00 a.m.

MedStar Health Visiting Nurse Association

9601 Pulaski Park Drive, Suite 417
Middle River, MD 21220
www.medstarhealthvna.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 862-2166		info@medstarhealthvna.org

SERVICE INFORMATION:

Hours of Operation: 8:00 a.m. - 5:00 p.m.
Population Served: All
Services Provided: Home Health Services, Health Services and Information
Payment Options: Private Insurance, Medicare, Medicaid
Provider Notes: Provides skilled nursing; physical; speech; occupational therapy; IV therapy; home health aides and medical social work. All services require a doctor's order. Private insurance, Medicare and Medicaid accepted.

Mendelis Mental Health Center

11315 Pembroke Square #112
Waldorf, MD 20603
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 638-5001	(301) 638-5003	

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 8:30 a.m. - 6:00 p.m.
Population Served: Adolescents, Adults, Couples, Families, Older Adults
Services Provided: Mental Health Services
Payment Options: Medicare, Medicaid, Private Insurance
Provider Notes:

Motor Vehicle Administration

27351 Point Lookout Road
Leonardtown, MD 20650
www.mva.maryland.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 950-1682		

SERVICE INFORMATION:

Hours of Operation:

Population Served: All

Services Provided: Transportation

Payment Options: Private Pay

Provider Notes: Provides a handicapped parking permit or handicapped plates to individuals with disabilities. A doctor must sign a statement certifying disability. Nominal fee applies.

Mt. Zion United Methodist Church

27108 Mt. Zion Church Road
Mechanicsville, MD 20659
www.mtzionmech.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-4132	(301) 884-4010	

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday 9 a.m. - 2 p.m.; Friday 9 a.m. - 12 p.m.
Food Pantry: Tuesday 8:00 a.m. - 11:00 a.m.

Population Served: Adults, Families, Older Adults

Services Provided: Food Pantry

Payment Options: N/A

Provider Notes:

Narcotics Anonymous - Chesapeake & Potomac Region

<http://www.cprna.org/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 543-4670		tricountynapr@yahoo.com

SERVICE INFORMATION:

Hours of Operation: Call or visit online for meeting schedules

Population Served: All

Services Provided: Substance Abuse Services

Payment Options: N/A

Provider Notes: NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

National Alliance on Mental Illness (NAMI) Southern Maryland

8440 Old Leonardtown Road
Hughesville, MD 20637
www.nami.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 254-2636	(240) 718-1708	namisouthernmd@gmail.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 10 a.m. - 2 p.m.; Or by appointment
Population Served: Adolescents, Adults, Children, Families, Older Adults
Services Provided: Advocacy, Education / Skill Development, Peer Support, Support Groups
Payment Options: N/A
Provider Notes: The regional affiliate offers family and peer education programs, education to the public to fight stigma and discrimination around mental illness, and advocates at local and state levels to improve mental health care and rehabilitative programming for those with a severe mental illness. Is a United Way sponsored organization.

New Horizons Summer Fun Camp - Recreation, Parks and Community Services

23115 Leonard Hall Drive
Leonardtown, MD 20650
www.stmarysmd.com/recreate

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4200 x 1800	(301) 475-4108	webtrac@stmarysmd.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8:00 a.m. - 5:00 p.m.
Population Served: Children, Adolescents
Services Provided: Camp
Payment Options: N/A
Provider Notes:

New Towne Village

22810 Dorsey Street
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-3161	(301) 475-0097	0945sc@nationalchurchresidences.c
Alternate	(301) 475-2488		

SERVICE INFORMATION:

Hours of Operation: 24/7; Call for office hours
Population Served: Senior Citizens
Services Provided: Housing
Payment Options: N/A
Provider Notes: A 35 unit, independent living building for seniors age 62 and over; 10% of which are set aside for disabled residents.
Full email: 0945sc@nationalchurchresidences.org

On Our Own of St. Mary's, Inc.

41665 Fenwick Street, Suite 13
Leonardtown, MD 20650
onourownofstmarys.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 997-1066	(301) 997-1065	oooinsmc@verizon.net

SERVICE INFORMATION:

Hours of Operation: Tuesday, Wednesday, Thursday 10:00 a.m. - 6:00 p.m.; Friday 10:00 a.m. - 5:00 p.m.
Population Served: Adolescents, Adults, Couples, Families, Older Adults, Transition Aged Youth
Services Provided: Peer Support, Education / Skill Development, Mentoring, Skill Development: Life Skills, Advocacy, Support Groups
Payment Options: N/A
Provider Notes: This wellness and recovery center is open Tuesday through Friday to adults who have lived experience with mental health and/or substance use issues.

Outlook Recovery

21030 Point Lookout Rd Unit #10
Callaway, MD 20620
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 237-8325	(240) 237-8439	jason.david@outlookrecoveryllc.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 6:00 a.m. - 1:00 p.m.
Population Served: Adults
Services Provided: Substance Abuse Services
Payment Options: Medicaid, Sliding Fee Scale, Private Pay
Provider Notes: Opiate addiction

Parent's Place of Maryland

801 Cromwell Park Dt, Suite 103
Glen Burnie, MD 21061
www.ppmmd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-4662	(410) 768-0830	missy@ppmd.org
Alternate	(410) 768-9100		

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 9:30 a.m. - 3:30 p.m.
Population Served: Families, Children
Services Provided: Advocacy, Education / Skill Development
Payment Options: N/A
Provider Notes: Has programs for parents and families of children and youth with disabilities and the professionals working with the families.

Parole and Probation

23110 Leonard Hall Drive
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 880-2754	(301) 475-5238	

SERVICE INFORMATION:

Hours of Operation: Monday- Friday 8:00 a.m. - 5:00 p.m.
Population Served: Adults, Older Adults
Services Provided: Supervision
Payment Options: N/A
Provider Notes:

Pastoral Counseling Center of St. Mary's, Inc. (soon to be known as, Pastoral Family Counseling Center SOMD)

21641 Great Mills Rd
Lexington Park, MD 20653
www.pfccsmd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-9333	(301) 863-9333	info@pfccsmd.org

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 10.00 a.m. - 8 p.m.; Friday: 10:00 a.m. - 5:00 p.m.,
By Appointment

Population Served: All

Services Provided: Domestic Violence, Mental Health Services

Payment Options: Private Pay, Sliding Fee Scale, Uninsured

Provider Notes: Provides marriage, individual, and family counseling services utilizing family systems approach with clients regardless of their ability to pay. Call to schedule appointment. Fee negotiated based on income and need.

Pathways, Inc.

44101 Airport Veiw Drive
Hollywood, MD 20636
www.pathwaysinc.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-3065 x 241	(301) 373-6143	info@pathwaysinc.org
Direct Line	(301) 997-9309	(301) 373-3265	

SERVICE INFORMATION:

Hours of Operation: Administrative office hours: Monday - Friday: 8:30 a.m. - 4:30 p.m., Clinic hours: Monday - Thursday: 8 a.m. - 6 p.m.; Friday: 8 a.m. - 4 p.m.; Saturday: Call for appointment

Population Served: Adults, Transition Aged Youth, Older Adults, Senior Citizens

Services Provided: Mental Health Services, Day Programs, Group Homes

Payment Options: Uninsured, Private Pay, Private Insurance, Medicaid, Medicare

Provider Notes: Provides outpatient clinic services including: therapy/counseling and psychiatry services. Provides Day programming, Psychiatric Rehabilitation, Residential Rehabilitation, In-Home Intervention Services, Supported Employment Services and Transitional Aged Youth Services.

Patricia J. Murphy, LCSW-C

41625 Park Ave
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 997-1494	(410) 586-3674	
Alternate			

SERVICE INFORMATION:

Hours of Operation: Monday - Wednesday: 9 a.m. - 6 p.m.; Thursday: 9 a.m. - 4 p.m.
Population Served: Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Medicare, Private Pay, Medicaid
Provider Notes:

Patriot Medical Transport System, LLC

30265 Charlotte Hall road unit 4
Charlotte Hall, MD 20622
www.patriotmedicaltransport.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 290-5202	(301) 290-5240	info@patriotmedicaltransport.com

SERVICE INFORMATION:

Hours of Operation: 24/7
Population Served: All
Services Provided: Transportation
Payment Options: Private Insurance, Medicare, Private Pay, Uninsured
Provider Notes: Provides medical transportation services within Southern Maryland to include transfers from facility to hospital, inter-facility transports, and wheelchair transportation services. All major insurances accepted.

Patuxent Habitat For Humanity Re-Store

21600 Great Mills Road, Unit 18A
Lexington Park, MD 20653
www.patuxenthabitat.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-6227	(301) 863-2994	info@patuxenthabitat.org

SERVICE INFORMATION:

Hours of Operation: Store hours: Tuesday - Saturday: 10 a.m. - 5 p.m., Office hours: Monday - Friday 9 a.m. - 5 p.m.
Population Served: All
Services Provided: Charitable Services
Payment Options: Private Pay
Provider Notes: Re-sale outlet selling reusable and surplus home improvement goods like furniture, home accessories, building materials and appliances. Accepts donations.

Pax River Counseling LLC

22776 Three Notch Road, Suite #102
Lexington Park, MD 20653
<http://www.paxrivercounselingllc.com/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 880-4833	(301) 760-3472	info@paxrivercounselingllc.com

SERVICE INFORMATION:

Hours of Operation: Monday - Saturday, by appointment
Population Served: All
Services Provided: Therapy- Special
Payment Options: Private Insurance, Medicare, Medicaid
Provider Notes: Pax River Counseling, LLC is a state-licensed therapist serving the Tri County area. We offer psychotherapy and counseling services, helping people overcome life's challenges. Our specialties include the treatment of depression, anxiety disorders, relationship problems and grief counseling

Psychological Services Center, LLC

25484 Pt. Lookout Road, Suite 303
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-9660	(301) 475-8810	pscllc@verizon.net

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 5:00 p.m.
Population Served: Adolescents, Adults, Children, Couples, Families, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Medicare, Private Pay
Provider Notes:

QCI of Southern Maryland

4475 Regency Place, Suite 205
White Plains, MD 20695
www.qcihealth.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 427-3554	(240) 419-2556	info@qcihealth.com
Office Manager	(301) 399-0114		mrichmond@qcihealth.com

SERVICE INFORMATION:

Hours of Operation: Monday, Wednesday, Friday, & alternating Saturdays: 8:30 a.m. - 5:00 p.m.
Tuesday and Thursday: 8:30 a.m. - 6:00 p.m.

Population Served: All

Services Provided: Home Health Services, Mental Health Services, Support Groups, Therapy- Special

Payment Options: All

Provider Notes: We provide: Mental Health Services- Psychiatry, medication management, individual, child, family, targeted group therapy {such as Adolescent Summer Group, Anger Management, Introductory Group (for patients with newly diagnosed mental illness)}

Maryland licensed: Mobile Treatment Services (MTS) Outpatient Mental Health Clinic (OMHC), Telemental Health (TMH).

Rehabilitation Center of Southern Maryland

22715 Washington Street
Leonardtown, MD 20650
www.rcsmd.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 997-0172		

SERVICE INFORMATION:

Hours of Operation: Call for information

Population Served: All

Services Provided: Physical Therapy

Payment Options:

Provider Notes:

Rock Creek Foundation

45872 Church Drive
Great Mills, MD 20634
<http://thesantegroup.org>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 737-1827	(301) 737-0153	santegroup.org
Alternate	(301) 586-0900	(301) 572-5062	

SERVICE INFORMATION:

Hours of Operation:	Call for information
Population Served:	Adults
Services Provided:	Group Homes, Mental Health Services
Payment Options:	Medicaid
Provider Notes:	Program provides services to individuals with a severe mental illness and co-occurring developmental disability. All referrals must come through the Department of Human Services, Mental Health Coordinator for this level of care.

Sagepoint Care

301 Steeple Chase Drive, Suite 104
Prince Frederick, MD 20678
sagepointcare.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 257-1900		rwise@sagepointcare.org

SERVICE INFORMATION:

Hours of Operation:	services 24/7; Office Monday - Friday: 8 a.m. - 5 p.m.
Population Served:	Couples, Families, Older Adults, Senior Citizens, Adults
Services Provided:	Home Health Services
Payment Options:	Private Pay
Provider Notes:	Provides non-medical, in-home care services in Southern Maryland and Tri-County area.

Saint Vincent De Paul of Immaculate Heart of Mary Church

22375 Three Notch Rd
Lexington Park, MD 20653

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8193		

SERVICE INFORMATION:

Hours of Operation:	Phone Open: Monday, Wednesday & Friday: 8:45 a.m. - 12:00 p.m.
Population Served:	All
Services Provided:	Food Pantry, Financial Assistance
Payment Options:	N/A
Provider Notes:	Assists Great Mills and Lexington Park residents with rent, electric, heating, food pantry, and prescription expenses.

Senior Employment Program

175 Post Office Road
Waldorf, MD 20602
www.mdoa.state.md.us

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 374-1162	(301) 645-8713	arthur.goff@maryland.gov

SERVICE INFORMATION:

Hours of Operation: 9:00 a.m. - 4:30 p.m.
Population Served: Older Adults
Services Provided: Employment
Payment Options: N/A
Provider Notes: Employment is available to persons age 55 and older, who meet income guidelines.

Senior Gold Card Club

25500 Point Lookout Road
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-6019	(301) 475-6143	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 4:30 p.m.
Population Served: Senior Citizens
Services Provided: Nutrition
Payment Options: Private Pay
Provider Notes: Sponsors a monthly luncheon for seniors at St. Mary's Hospital. While members enjoy a heart healthy lunch, they are treated to educational programs on topics of interest to seniors.

Senior Link

,
www.seniorlinkonline.com

CONTACT INFORMATION:

SERVICE INFORMATION:

Hours of Operation: NA
Population Served: Older Adults, Senior Citizens
Services Provided: Community Based Services for Older Adults and Individuals with Disability
Payment Options: N/A
Provider Notes: A website service which assists families in finding a multitude of senior services.

Senior Prescription Drug Assistance Program

www.marylandspdap.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 551-5995	(800) 847-8217	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 5:00 p.m.
Population Served: Older Adults, Senior Citizens
Services Provided: Medication Resources
Payment Options: N/A
Provider Notes: This program provides a subsidy to eligible individuals who are enrolled in the Medicare Prescription drug Program and do not qualify for extra help under the Social Security Administration. Applications are available at the Garvey, Loffler, and Northern Senior Activity Centers.

Shanti Medical

26840 Point Lookout Road
Leonardtown, MD 20650
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-5577	(301) 884-7419	

SERVICE INFORMATION:

Hours of Operation: Call for appointment
Population Served: Adults, Children, Families, Senior Citizens
Services Provided: Health Services and Information
Payment Options: Private Insurance, Medicare, Private Pay, Medicaid
Provider Notes:

Sixty Plus Legal Program

15364 Prince Frederick Road
Hyattsville, MD 20783
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 999-8904 x 7760		
Alternate	(410) 951-7760		

SERVICE INFORMATION:

Hours of Operation: Call for information
Population Served: Older Adults, Senior Citizens
Services Provided: Legal Services
Payment Options: N/A
Provider Notes: Persons age 60 and over with limited incomes may receive assistance with wills, deeds, small estate administration (probate), living wills and powers of attorney in their area for a small fee.

Smart Ride, Inc.

P.O. Box 1846
Prince Frederick, MD 20678
www.smartrideinc.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(410) 535-6932	(410) 414-5085	info@smartrideinc.com

SERVICE INFORMATION:

Hours of Operation: 24/7
Population Served: All
Services Provided: Transportation
Payment Options: Private Pay
Provider Notes: Provides 24-hour/7 days a week airport shuttle, train stations, bus stations, doctor appointments, and group trips. Fares vary with trip; advanced reservations required. 10% senior Citizens Discount, and Late and Early Pickups (10 p.m. to 5 a.m.) with additional \$25 fee.

SMARTCO, Inc. (Southern Maryland Applied Research & Technology Consortium, Inc.)

216065 Sheriff Miedzinski Way
Lexington Park, MD 20653
www.smartcoinc.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 737-0394		ponciecka@hotmail.com

SERVICE INFORMATION:

Hours of Operation: Call for appointment
Population Served: Adults, Children
Services Provided: Charitable Services
Payment Options: N/A
Provider Notes: Program accepts used computers and other technology equipment. They inspect and rebuild the equipment then donate to those in need within the community.

Smoking Cessation Program

21580 Peabody Street
Leonardtown, MD 20650
www.smchd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4330		
Alternate	(301) 475-4074		

SERVICE INFORMATION:

Hours of Operation: Call for information on class dates
Population Served: Adults
Services Provided: Health Services and Information
Payment Options: N/A
Provider Notes: This free, eight week program is open to St. Mary's County residents 18 years of age and over.

Social Security Administration

30071 Business Center Drive, Suite #2
Charlotte Hall, MD 20622
www.socialsecurity.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(888) 866-5181	(301) 290-5107	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9 a.m. - 4:00 p.m.; Wednesday: 9:00 a.m. - 12:00 p.m.
Population Served: Adults, Children, Older Adults, Senior Citizens
Services Provided: Financial Assistance
Payment Options: N/A
Provider Notes: Individuals who are determined to be disabled by the Social Security Administration and/or persons age 65 and over who meet financial and asset guidelines may qualify to receive an additional monetary benefit from Social Security. Persons found eligible to receive SSI will also receive Maryland Medicaid benefits.

Southern Maryland Associates (Richard M. Winters, LCSW-C)

22330 - E Chancellors Run Road,
Suite E.
Great Mills, MD 20634
www.southernmarylandassociates.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-5797		rmwlesw@comcast.net

SERVICE INFORMATION:

Hours of Operation: Call for appointment
Population Served: Adults, Couples, Older Adults
Services Provided: Mental Health Services
Payment Options: Private Insurance, Private Pay
Provider Notes:

Southern Maryland Center for Family Advocacy

P.O. Box 760
Hollywood, MD 20636
www.smcfa.net

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-4141	(301) 373-4147	officemanager@smcfa.net

SERVICE INFORMATION:

Hours of Operation: Monday - Thursday: 8:30 a.m. - 4:30 p.m. ; Friday: 8:30 a.m. - 12:00 p.m.
Population Served: Adults, Children
Services Provided: Legal Services, Advocacy
Payment Options: N/A
Provider Notes: Legal services to victims of domestic violence.

Southern Maryland Center for Independent Living (SMCIL)

38588 Brett Way, Suite 1
Mechanicsville, MD 20659
www.smcil.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-4498	(301) 884-6099	lbelyovska@smcil.org

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8:00 a.m. - 4:30 p.m.
Population Served:	All
Services Provided:	Advocacy, Disability Services
Payment Options:	N/A
Provider Notes:	Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community.

Southern Maryland Community Network

41900 Fenwick Street, Suite #5
Leonardtown, MD 20650
www.somdnetwork.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
St. Mary's	(301) 475-9315	(301) 475-9317	
Prince Frederick	(410) 535-4787	(301) 535-4965	
Charles County	(301) 932-9146	(301) 932-9361	
Crisis Phone	(410) 474-8112		

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8:30 a.m. - 4:30 p.m.
Population Served:	Adolescents, Adults, Children, Families, Senior Citizens
Services Provided:	Behavior Management / Intensive In-Home Training, Mental Health Services
Payment Options:	Medicaid, Uninsured
Provider Notes:	Offers services to individuals with a mental illness.

Southern Maryland Counseling, Diana Kraft LCPC

43288 Joy Lane
Hollywood, MD 20636
www.dianakraft.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 472-3522		

SERVICE INFORMATION:

Hours of Operation: Call for an appointment
Population Served: Families, Children, Adolescents
Services Provided: Therapy- Special
Payment Options: Private Insurance, Medicare
Provider Notes: Therapeutic services provided for young adults and children of all ages with a variety of challenges, including: anxiety, trauma, grief, ADHD, impulsivity, depression, trauma, self-esteem and personal identity.

Southern Maryland Food Bank (Catholic Charities of the Archdiocese of Washington)

22 Irongate Drive
Waldorf, MD 20602
smfb.somd.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 274-0695	(301) 645-2569	brenda.dicarlo@catholiccharitiesDC.

SERVICE INFORMATION:

Hours of Operation: N/A
Population Served: Children, Adults, Families, Older Adults, Senior Citizens
Services Provided: Charitable Services
Payment Options: N/A
Provider Notes: Contact for direct service.
Full email: brenda.dicarlo@catholiccharitiesDC.org

Southern Maryland Interpreting Service

PO Box 871
Prince Frederick, MD 20678
www.somdinterpreting.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main (Voice & TTY)	(410) 414-9124	(410) 414-9123	smis4you@yahoo.com

SERVICE INFORMATION:

Hours of Operation: By appointment
Population Served: Adolescents, Adults, Children, Families, Older Adults
Services Provided: Community Based Services for Older Adults and Individuals with Disability
Payment Options: Private Pay
Provider Notes: Provide interpreting services for deaf and hard of hearing. Providing interpreting of foreign language.

Southern Maryland Job Source

23110 Leonard Hall Drive, Joseph
Carter Building
Leonardtown, MD 20650
www.mwe.jobs.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 880-2800	(301) 475-4106	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 4 p.m.
Population Served: Adults
Services Provided: Employment
Payment Options: N/A
Provider Notes: Offers a wide range of employment and training services for employers and job seekers.

Southern Maryland Ostomy Support Group

7627 Leonardtown Road
Hughesville, MD 20637
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Amber Fowler	(301) 274-9000 x 7227		

SERVICE INFORMATION:

Hours of Operation: Meetings are held the 1st Sunday of the month.
Population Served: All
Services Provided: Support Groups
Payment Options: N/A
Provider Notes:

Southern Maryland Tri-County Community Action Committee Inc.

8371 Old Leonardtown Road
Hughesville, MD 20637
www.smtccac.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-5574 x 200	(301) 274-0637	
Alternate	(301) 274-4474 x 200	(301) 274-5638	
Housing Counseling	(301) 475-5574 x 275		

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8:30 a.m. - 4:30 p.m.
Population Served:	All
Services Provided:	Financial Assistance, Aging Services, Education / Skill Development, Housing
Payment Options:	N/A
Provider Notes:	Southern Maryland Tri-County Community Action Committee offers various different energy assistance programs. Electric Universal Service Program- qualified individuals may receive a grant applied towards their electric bills. This is not an emergency program. . . MEAP- assists with heating bills may or may not be electric. Housing Counseling Program- helps with foreclosure mitigation, applicants can apply July 1-May 31. SMTCCAC also offers housing counseling, first time home buyers workshop, houses the Office of Home Energy (MEAP), Head Start, a Senior Companion Program, Career Training School in CDL, and Friendly Health Services including Medical Assistance and supervision for elderly and disabled adults.

Special Olympics of St. Mary's County

25160 Allies Way
Hollywood, MD 20636
www.stmarysso.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Alan Raley	(301) 481-0640		somdsmc@md.metrocast.net sostmaryscounty@gmail.com

SERVICE INFORMATION:

Hours of Operation:	Contact for calendar of scheduled activities
Population Served:	All
Services Provided:	Recreation and Leisure, Community Based Services for Older Adults and Individuals with Disability
Payment Options:	N/A
Provider Notes:	Offering organized recreation services to those with a disability.

St. Andrews Episcopal Church Thrift Store

44078 St. Andrews Church Road
California, MD 20619
www.standrewsleonardtwn.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 862-2247		parishadmin@standrewsleonardtwn.org

SERVICE INFORMATION:

Hours of Operation: Wednesday - Thursday: 9 a.m. - 12 p.m.; Saturday: 10 a.m. - 1 p.m.
Population Served: Families, Adults, Children, Senior Citizens, Couples, Adolescents, Older Adults
Services Provided: Charitable Services
Payment Options: Private Pay
Provider Notes: Thrift store.
Full email: parishadmin@standrewsleonardtwn.org

St. Mary's Adult Medical Day Care, Inc.

24400 Mervell Dean Road
Hollywood, MD 20636
www.stmarysamdc.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-6515	(301) 373-6517	programdirector@stmarysamdc.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 7:30 a.m. - 4 p.m.
Population Served: Adults, Older Adults, Senior Citizens
Services Provided: Day Programs
Payment Options: Private Pay, Medicaid, Sliding Fee Scale, VA
VA
Provider Notes: The program, also known as the Vivian Ripple Center Medical Adult Day Services, is a community based medically supervised program for adults whose physical or mental condition requires assistance, supervision, and/or medical attention daily. This comprehensive program provides a variety of health, social and related support services in a protective, caring environment. Transportation is provided to and from day care as well as to medical appointments. A daily fee applies.

St. Mary's Caring

20850 Langley Road
Lexington Park, MD 20653
www.stmaryscaring.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-5700		stmccaring@gmail.com

SERVICE INFORMATION:

Hours of Operation: Monday - Saturday: Breakfast 8:30 a.m. - 10:00 a.m., Lunch 11:30 a.m. - 1:00 p.m.
Population Served: All
Services Provided: Charitable Services
Payment Options: N/A
Provider Notes: Soup kitchen.

St. Mary's County Circuit Court, Family Services Office

41605 Courthouse Drive
Leonardtown, MD 20650
www.courts.state.md.us/family

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-7844 x 4110	(301) 475-4682	Linda.Grove@stmarysmd.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8:30 a.m. - 4:30 p.m.
Population Served: Adults, Families, Older Adults
Services Provided: Legal Services
Payment Options: N/A
Provider Notes: Family Law Self Help Legal Clinic at the St. Mary's County Circuit Courthouse, the first 4 Wednesdays of every month from 10:00 a.m. - 12:00 p.m.. Free one on one with you and the lawyer to get information on how to represent yourself, what forms to file to open up a family case. The other clinic is at the Lexington Park Public Library. Hours vary for this clinic. Both clinics are free.
Co-parenting programs - Fee for Service
Child Access Mediation at the Community Mediation Center of St Mary's - Free
Co-Parenting Conflict Resolution Counseling Program (CCRC) - Free

St. Mary's County Department of Aging & Human Services

41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
www.stmarysmd.com/aging

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Aging	(301) 475-4200 x 1050		
Human Services	(301) 475-4200 x 1680		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 5 p.m.
Population Served: All
Services Provided: Aging Services, Nutrition, Community Based Services for Older Adults and Individuals with Disability, Physical Fitness, Transportation, Mental Health Services, Reference Services, Parenting / Family Skills Training, Adult Education, Health Services and Information, Education / Skill Development, Mentoring, Substance Abuse Services
Payment Options: N/A
Provider Notes: The Human Services component addresses health, mental health, substance abuse treatment and prevention, and housing needs across ALL segments of the population: children and adults, individuals with disabilities, older adults, and families.

The Aging component provides programs and services to include Meals on Wheels, Adult Medical Waivers, Ombudsman services, Medicaid Waiver for Older Adults, Senior Care Program, the Retired and Senior Volunteer Program (RSVP), Senior Medical Patrol Program

St. Mary's Department of Aging & Human Services also has three senior activity centers, including:
Loffler Senior Center located at 21905 Chancellors Run Road, Great Mills, MD 20634
Garvey Senior Center located at 41780 Baldrige Street, Leonardtown, MD 20650
Northern Senior Center located at 29655 Charlotte Hall Road, Charlotte Hall, MD 20622

St. Mary's County Department of Emergency Services & Technology

23090 Leonard Hall Drive
Leonardtown, MD 20650
www.stmarysmd.com/publicsafety

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4200		robert.kelly@stmarysmd.com
Emergency Info Hotline	(301) 475-4911		

SERVICE INFORMATION:

Hours of Operation:	NA
Population Served:	All
Services Provided:	Emergency
Payment Options:	N/A
Provider Notes:	Emergency Notification System - Website: www.stmarysmd.com/emergencycoded.asp . Sign up to be notified by your local emergency response team in the event of emergency situations or critical community alerts. You can also sign up for severe weather related alerts.

St. Mary's County Department of Social Services

23110 Leonard Hall Drive
Leonardtown, MD 20650
www.dhr.state.md.us

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 895-7000	(240) 895-7099	

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8:00 a.m. - 5:00 p.m.
Population Served:	All
Services Provided:	Disability Services, Financial Assistance, Health Insurance Information, Public Welfare
Payment Options:	N/A
Provider Notes:	Provides assistance to individuals who may have difficulties arising from aging, chronic illness, physical or mental disabilities, neglect and abuse, or interpersonal relationships. Respite Care is available to eligible disabled individuals and their families, which provides caregiver services to help a disabled client and to give breaks to family members.

St. Mary's County Health Department

21580 Peabody Street
Leonardtown, MD 20650
www.smchd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4330	(301) 475-4350	smchd.healthdept@maryland.gov
TTY	(301) 475-4724		

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8 a.m. - 5 p.m.
Population Served:	All
Services Provided:	Dental Services, Transportation, Vital Records, Information and Assistance, Health Services and Information, Nutrition, Parenthood Planning Services
Payment Options:	All
Provider Notes:	The St. Mary's County Health Department is responsible for protecting and promoting the health of our St. Mary's County community. Within the scope of its resources, the health department delivers a variety of services to our community based on the health needs of St. Mary's County and federal, state, and county laws and regulations. In cooperation with state and county officials and other partners, it is the SMC Health Department's vision to improve the quality of life for residents in St. Mary's County. As the county's leader in public health, the department is committed to assuring the residents in our county have access to personal and environmental health services and information.

St. Mary's County Public Schools

23160 Moakley Street
Leonardtown, MD 20650
<http://www.smcps.org/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-5511		

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8 a.m. - 4:30 p.m.
Population Served:	Adolescents, Children
Services Provided:	Education / Skill Development, Mentoring
Payment Options:	N/A
Provider Notes:	Welcome to St. Mary's County Public Schools (SMCPS) where over 94% of our students graduate ready to take on the challenges of college or careers. With almost 18,000 students, our school system is large enough to offer a wide variety of academic programs and services, yet small enough to maintain an atmosphere of friendliness, helpfulness, and personalized service. We understand that education must engage students and align to their interests and aspirations. To do this, we provide a tailored educational experience to our learners, offering choice of courses and academic pathways. We are particularly proud of our signature academic pathways: the STEM Academy, The Academy of Global International Studies, The National Academy of Finance and our newest addition, the Academy of Visual and Performing Arts. Couple this with our James A. Forrest Career and Technology Center and the possibilities for our students reflects the needs of the 21st Century.

St. Mary's Department of Juvenile Services

23110 Leonard Hall Dr.
Leonardtown, MD 20650
www.djs.state.md.us

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 880-2850	(301) 880-2869	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 5 p.m.
Population Served: Adolescents, Children, Transition Aged Youth
Services Provided: Supervision
Payment Options: N/A
Provider Notes:

St. Mary's Department of Recreation and Parks

23150 Leonard Hall Drive
Leonardtown, MD 20650
www.stmarysmd.com/recreate

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4200 x 1800		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 5 p.m.; Varies by program
Population Served: Adolescents, Adults, Children
Services Provided: Camp, Recreation
Payment Options: N/A
Provider Notes: Offers adult sports; fitness; aquatics; Paralympics and special interest programs as well as youth sports; fitness; crafts; dance; gymnastics; aquatics; therapeutic; child care and camp programs available year round.
New Horizons Summer Fun Camp.

St. Mary's Helping Hands, Inc

28291 Old Village Road
Mechanicsville, MD 20659
<http://www.stjohnsparishhollywood.org/>
#!helping-hands/c11ne

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 247-2785		sjcsec@verizon.net

SERVICE INFORMATION:

Hours of Operation: Monday, Wednesday, & Friday 10 a.m. - 1:00 p.m.
Population Served: Adults, Children, Families
Services Provided: Food Pantry
Payment Options: N/A
Provider Notes: St. John Francis Regis Catholic Parish is proud to partner with St. Mary's Helping Hands, Inc to provide food and other necessities to those in need in our community.

Helping Hands was established in 1991 in Leonardtown, moved to Hollywood in 1999, and recently relocated to Mechanicsville on the property of Immaculate Conception Catholic Parish. Helping Hands assists approximately 2,500 families each year with basic necessities such as food and personal hygiene items.

If you would like to donate to Helping Hands, please bring your donation to the Msgr. Harris center at St. John's on the 3rd Sunday of the month. If you have questions about Helping Hands, please contact the parish representative, Rhonda Goldsborough, at (301) 373-5586.

St. Mary's Hospital

25500 Point Lookout Road
Leonardtown, MD 20650
www.medstarstmarys.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-8981	(301) 475-6169	
Behavioral Health Unit	(301) 475-6227		

SERVICE INFORMATION:

Hours of Operation: 24 hours
Population Served: Adolescents, Adults, Children, Families, Older Adults
Services Provided: Emergency, Health Services and Information, Mental Health Services, Physical Therapy, Support Groups, Nutrition
Payment Options: Private Insurance, Medicare, Private Pay, Medicaid, Uninsured
Provider Notes: A full-service acute care and emergency facility providing health services and information. Fully licensed and Joint Commission accredited with a medical staff of over 250 physicians in all major specialties and many sub-specialties.

St. Mary's Housing Authority

21155 Lexwood Drive, Suite C
Lexington Park, MD 20653
www.stmaryshousing.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 866-6590 x 1433	(301) 737-7929	sjohnson@stmaryshousing.org

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 5 p.m.
Population Served: Adults, Older Adults, Senior Citizens
Services Provided: Housing
Payment Options: Private Pay
Provider Notes: Provides home repair loan programs to help citizens who meet the program requirements, make necessary repairs to their homes such as: public sewer connections, replacement or installation of wells, septic systems, roofs, windows, doors, electric service, and accessibility concerns. Loan funds are also available to property owners who rent to income eligible tenants. Interest rates vary from 0-7% and monthly payments and terms vary based on income and affordability. Applicants must be credit worthy. There is no minimum income limit.

St. Mary's Medical Center

37767 Market Drive
Charlotte Hall, MD 20622
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 290-0184		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 7 a.m. - 3:15 p.m.
Population Served: All
Services Provided: Health Services and Information
Payment Options: Private Insurance, Medicare, Medicaid
Provider Notes: Provides lab services, Express Care, Eye Physicians of St. Mary's Whitten Laser Eye and other physician specialties.

St. Mary's Nursing & Rehabilitation Center

21585 Peabody Street
Leonardtown, MD 20650
www.smnci.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-8000	(301) 475-3085	

SERVICE INFORMATION:

Hours of Operation: 7 days a week from 8 a.m. - 8 p.m.
Population Served: Senior Citizens, Older Adults
Services Provided: Nursing Homes, Physical Therapy
Payment Options: Private Insurance, Medicaid, Medicare, Private Pay
Provider Notes: 160 bed facility providing long-term care, rehabilitation, and respite services to residents under the supervision of their attending physician and the facility's health care team.

St. Mary's Transit System (STS) - St. Mary's County Dept. of Public Works

44829 St. Andrew's Church Rd
California, MD 20619
www.stmarysmd.com/dpw/transit

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-8400 x 1123	(301) 866-6797	MaryAnn.Blankenship@stmarysmd.c
Dispatch Office	(301) 863-8400 x 1120	(301) 866-6797	

SERVICE INFORMATION:

Hours of Operation:	Monday - Saturday: 5 a.m. - 11 p.m.; Sunday :5 a.m. - 8 p.m.
Population Served:	All
Services Provided:	Transportation
Payment Options:	Private Pay
Provider Notes:	Public transportation is available for senior citizens and disabled adults for medical appointments and visits. Full email: MaryAnn.Blankenship@stmarysmd.com

St. Vincent De Paul at St. Aloysius Church

22800 Washington St
Leonardtown, MD 20650
www.saintaloyuschurch.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Alternate	(301) 475-8064		
Main	(301) 481-2942		

SERVICE INFORMATION:

Hours of Operation:	Please call
Population Served:	Adults, Families, Older Adults, Senior Citizens
Services Provided:	Charitable Services
Payment Options:	N/A
Provider Notes:	Financial Assistance.

Stepping Stones Recovery Houses

22622 Kinnegad Dr
Great Mills, MD 20634
www.steppingstonesrecoveryhouses.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Wesley Windsor	(240) 431-9245		

SERVICE INFORMATION:

Hours of Operation: 24/7
Population Served: Adults
Services Provided: Mental Health Services, Substance Abuse Services, Housing
Payment Options: Private Pay
Provider Notes: Clean safe housing for individuals who wish to be in recovery.

The Arc of Southern Maryland

25470 Point Lookout Road, Unit H
Leonardtown, MD 20650
www.arcsomd.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-5652	(301) 475-0122	nfree@arcsomd.org

SERVICE INFORMATION:

Hours of Operation: Monday - Friday 8:30 a.m. - 4:30 p.m.
Population Served: Adolescents, Adults, Children, Older Adults
Services Provided: Disability Services
Payment Options: N/A
Provider Notes: Support services for individuals who are developmentally disabled including, but not limited to, purchasing of medical supplies; specialized and adaptive equipment; installation of ramps; assistance with purchasing of disposable briefs; formal and informal counseling; respite care information and crisis information.

The Art Therapy Studio (Maria Haugaard, ATR-BC, LCPAT, LCPC)

46922 S Shangri-La Dr, 2nd Floor
Lexington Park, MD 20653
www.arttherapystudio.net

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-2888		

SERVICE INFORMATION:

Hours of Operation: By appointment
Population Served: Adolescents, Adults
Services Provided: Mental Health Services, Supervision
Payment Options: Private Pay
Provider Notes: Psychodynamic orientation with an Existential approach: Discovery, Relaxation & Mindfulness techniques, and Choice. Cutting/ Self-harming behaviors.

The Center for Life Enrichment

25089 Three Notch Road
Hollywood, MD 20636
www.tcle.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 373-8100	(301) 373-3019	contact@tcle.org

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 4 p.m.
Population Served: Adults, Older Adults
Services Provided: Disability Services, Recreation, Skill Development: Life Skills, Transportation, Vocational Services
Payment Options: N/A
Provider Notes: A day program for developmentally disabled adults in vocational and rehabilitative settings. Transportation is provided. Provides supported employment and individual support services.

The Pinnacle Center

603 Post Office Road, Suite 210
Waldorf, MD 20602
www.pinnaclecenter.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 705-7593		information@pinnaclecenter.com
Answering Service	(301) 705-7593		

SERVICE INFORMATION:

Hours of Operation:
Population Served: All
Services Provided: Therapy- Special
Payment Options: Private Insurance, Medicare
Provider Notes: We have extensive experience treating a variety of problems to include depression, anxiety, family troubles, marriage and relationship tension, parenting issues, and difficulties related to childhood and adolescence. Individuals are able to register for services on our website at the "Online Registration" page.

The Promise Resource Center

29958 Killpeck Creek Court
Charlotte Hall, MD 20622
www.thepromisecenter.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 290-0040	(301) 290-0050	info@thepromisecenter.org

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:30 a.m. - 5 p.m.
Population Served: Children, Families
Services Provided: Academic Enrichment, Education / Skill Development, Parenting / Family Skills Training, Behavior Management / Intensive In-Home Training
Payment Options: N/A
Provider Notes: Provider of training, resources and certification for those who care for children in the tri-county area (Calvert, Charles and St. Mary's). Provides a wide array of resources to support parents, grandparents and licensed family and center child care providers. Is a United Way sponsored organization.

Three Oaks Center

46905 Lei Drive
Lexington Park, MD 20653
www.threeoakscenter.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Shelter	(301) 863-9535	(301) 863-0245	threeoaks@threeoakscenter.org
Admin	(301) 863-7361		

SERVICE INFORMATION:

Hours of Operation: 24/7 operation, Administrative office: Monday - Friday: 8 a.m. - 4 p.m.
Population Served: All
Services Provided: Veteran's Resources, Housing, Emergency Shelter
Payment Options: Sliding Fee Scale
Provider Notes: Provides supportive emergency and transitional housing. Also, offers permanent housing for individuals with a disability.

TRICO Clinical Services, LTD

46940 S Shangri-La Dr, Ste 10
Lexington Park, MD 20653
www.tricocorp.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Bill Arick	(301) 862-4961	(301) 862-5554	tricocorp@verizon.net

SERVICE INFORMATION:

Hours of Operation: Tuesday, Wednesday, Thursday: 10:00 a.m. - 4:00 p.m. ; Later appointments available
Population Served: All
Services Provided: Mental Health Services
Payment Options: Private Insurance, Medicare, Private Pay, Medicaid, Sliding Fee Scale
Provider Notes:

Tri-County Youth Services Bureau

21161 Lexwood Drive
Lexington Park, MD 20653
www.tcysb.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 866-5332	(301) 866-5996	
Alternate	(301) 866-5992		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 7 p.m.
Population Served: All
Services Provided: Mental Health Services, Advocacy, Parenting / Family Skills Training, Therapy- Special
Payment Options: Private Pay, Sliding Fee Scale
Provider Notes: Family Access Center. Offers Youth prevention and clinical therapy.

Trinity Lutheran Church Food Pantry

46707 S Shangri-La Dr
Lexington Park, MD 20653
www.trinitylutheranLP.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-9512		office@trinitylutheranlp.org

SERVICE INFORMATION:

Hours of Operation: Wednesday 6 p.m. - 7:30 p.m.
Population Served: Adults, Families, Older Adults
Services Provided: Charitable Services, Food Pantry
Payment Options: N/A
Provider Notes: Food pantry. Photo ID required.

U.S. Department of Veterans Affairs

810 Vermont Avenue, NW
Washington, DC 20420
www.VA.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(800) 827-1000		

SERVICE INFORMATION:

Hours of Operation:
Population Served: Older Adults, Senior Citizens
Services Provided: Veteran's Resources, Financial Assistance, Health Services and Information
Payment Options: N/A
Provider Notes: Provides comprehensive health care to qualified veterans. To apply, applicant must have DD.214.

United Way of St. Mary's County

22660 Washington Street
Leonardtown, MD 20650
www.unitedwaysmc.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 862-5577		jhuntedway4@gmail.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9:00 a.m. - 5:00 p.m.
Population Served: All
Services Provided: Charitable Services
Payment Options: N/A
Provider Notes: United Way dedicates its support to local charities.

University of Maryland Extension

26737 Radio Station Way Suite E-2
Leonardtown, MD 20650
<http://extension.umd.edu/st-marys-county>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4482	(301) 475-4483	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:00 a.m. - 4:30 p.m.
Population Served: Adults
Services Provided: Adult Education, Education / Skill Development, Academic Enrichment
Payment Options: Private Pay
Provider Notes: Provides educational classes on nutrition, food safety, horticulture and home gardening.

Vesta, Inc.

46940 S Shangri-La Dr, Suite 15
Lexington Park, MD 20653
www.vesta.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-4543	(301) 863-4542	

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8:30 a.m. - 5:00 p.m.
Population Served: Adults, Adolescents, Older Adults
Services Provided: Mental Health Services, Day Programs
Payment Options: Medicaid, Uninsured, Medicare
Provider Notes: Outpatient mental health clinic, as well as day program for individuals with a mental illness.

Veterans of Foreign Wars Post #2632

P.O. Box 86
California, MD 20619
vfwpost2632.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 862-3247		

SERVICE INFORMATION:

Hours of Operation: Meetings are held the 2nd Tuesday of the month at 7:00 p.m.
Population Served: Older Adults
Services Provided: Veteran's Resources, Senior Groups
Payment Options: N/A
Provider Notes: Must have DD.214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community.

Veterans Outpatient Clinic

29431 Charlotte Hall Rd
Charlotte Hall, MD 20622
www.va.gov

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 884-7102		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 4:30 p.m.
Population Served: Older Adults, Senior Citizens, Adults
Services Provided: Health Services and Information, Veteran's Resources
Payment Options: Private Insurance
Provider Notes: Qualified veterans may receive primary health care services and prescriptions at the clinic Monday - Friday, 8:00 a.m. - 4:30 p.m. Appointments are required. With questions, call the Medical Advice Line at 202.745.8247.

Victory Woods Apartments

22611 FDR Blvd.
Lexington Park, MD 20653
www.VictoryWoodsApts.com

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 866-9191	(301) 866-9192	victorywoods@habitatamerica.com

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 4 p.m.
Population Served: Older Adults, Senior Citizens
Services Provided: Housing
Payment Options: Private Pay
Provider Notes: Senior Community for ages 62 and over. Income limits apply.

Villages of Wildewood

23154 Wetstone Lane
California, MD 20619
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 863-0068		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 9 a.m. - 5 p.m.; facility 24/7
Population Served: Older Adults, Senior Citizens
Services Provided: Housing
Payment Options: Private Pay
Provider Notes: A 55 and older retirement community. Villas, condos, and single-family homes are available for purchase.

Voices for Quality Care (LTC), Inc.

P.O. Box 592
Chestertown, Maryland 21620
www.voicesforqualitycare.org

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(888) 600-2375		voicehelp@voicesforqualitycare.org

SERVICE INFORMATION:

Hours of Operation: 24/7
Population Served: Families, Adults, Older Adults
Services Provided: Information and Assistance, Advocacy
Payment Options: N/A
Provider Notes: Works to improve the Quality of long-term care in Maryland. Provides assistance to residents and family members with problems in nursing homes, assisted living facilities, and in home care.

Walden Sierra, Inc.

30007 Business Center Drive
Charlotte Hall, MD 20622
<http://www.waldensierra.org/>

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 997-1300	(301) 290-0280	info@waldensierra.org
24/7 Emergency	(301) 863-6661		

SERVICE INFORMATION:

Hours of Operation:	Call for hours
Population Served:	Adults, Adolescents, Families, Older Adults
Services Provided:	Mental Health Services, Substance Abuse Services, Domestic Violence, Health Insurance Information, Information and Assistance
Payment Options:	All, Medicaid
Provider Notes:	We are a private, community-based not-for-profit agency dedicated to providing compassionate and professional psychiatric, counseling, treatment and peer supportive services to individuals and families in the Southern Maryland region, including St. Mary's County, Charles County, Calvert County and Prince George's County. We offer a comprehensive menu of behavioral health services such as mental health, psychiatric, drug and alcohol treatment options, crisis and trauma counseling, recovery support and service coordination.

Our mission is to provide a comprehensive array of crisis, behavioral health, trauma and recovery services that contribute to the well-being of the Southern Maryland community.

St. Mary's County locations include Charlotte Hall; Lexington Park; and California, MD

Washington Pastoral Counseling Service

3235 Leonardtown Road
Waldorf, MD 20602
N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(240) 210-6073	(301) 645-2585	dwi.education@yahoo.com

SERVICE INFORMATION:

Hours of Operation:	Monday - Friday: 8:00 a.m. - 9:00 p.m.
Population Served:	Adults, Couples, Senior Citizens, Families
Services Provided:	Substance Abuse Services, Therapy- Special
Payment Options:	Private Insurance, Sliding Fee Scale
Provider Notes:	WPCS offers counseling services that address concerns of the mind, body and spirit. Relationship issues, anxiety/depression, grief/loss (including pet loss), anger and stress management are topics frequently addressed. The substance abuse program is State Certified/MVA approved and offers DWI Education services (6 week program) and traditional out-patient counseling (12-26 weeks).

Women, Infants and Children (WIC)

PO Box 316

Leonardtown, MD 20650

www.fns.usda.gov/wic/women-infants-and-children-wic

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
	(301) 475-4330		

SERVICE INFORMATION:

Hours of Operation: Monday - Friday: 8 a.m. - 5 p.m.

Population Served: Children, Families

Services Provided: Public Welfare

Payment Options: N/A

Provider Notes:

Women's Wellness of St. Mary's

21580 Peabody Street

Leonardtown, MD 20650

N/A

CONTACT INFORMATION:

Contact	Phone Number	Fax Number	Email
Main	(301) 475-4391	(301) 475-4345	
TTY	(301) 475-4724		

SERVICE INFORMATION:

Hours of Operation: Call for information

Population Served: Adults

Services Provided: Health Services and Information

Payment Options:

Provider Notes: Provides mammograms, clinical breast exams, and pap smears every other year for women age 40 and over who meet financial eligibility.

SERVICES

Board of Childcare	(301) 884-0312
First Saint's Community Church	(301) 475-7200
St. Mary's Medical Center	(301) 290-0184

Academic Enrichment

Community based programs that support and enhance skills and support content area of public school programs that result in improved academic performance.

Libraries - St. Mary's	(301) 863-8188
The Promise Resource Center	(301) 290-0040
University of Maryland Extension	(301) 475-4482

Adult Education

Alzheimer's Caregivers Support Group	(301) 247-4727
College of Southern Maryland	(240) 725-5300
Health Connections	(301) 475-6019
Libraries - St. Mary's	(301) 863-8188
Literacy Council of St. Mary's County	(301) 863-4847
St. Mary's County Department of Aging & Human Services	(301) 475-4200
University of Maryland Extension	(301) 475-4482

Advocacy

Programs designed to advocate for and link individuals to appropriate services/resources in the community.

Health Advocacy to Attorney General's Office	(877) 261-8807
National Alliance on Mental Illness (NAMI) Southern Maryland	(240) 254-2636
On Our Own of St. Mary's, Inc.	(301) 997-1066
Parent's Place of Maryland	(301) 884-4662
Southern Maryland Center for Family Advocacy	(301) 373-4141
Southern Maryland Center for Independent Living (SMCIL)	(301) 884-4498
Tri-County Youth Services Bureau	(301) 866-5332
Voices for Quality Care (LTC), Inc.	(888) 600-2375

Aging Services

Community services specifically for the older adult population.

Southern Maryland Tri-County Community Action Committee Inc.	(301) 475-5574
St. Mary's County Department of Aging & Human Services	(301) 475-4200

Assisted Living

Cedar Lane Senior Living Community	(301) 475-8966
------------------------------------	----------------

Behavior Management / Intensive In-Home Training

Services provided by a behavior specialist to an individual and/or family/caregiver that address inappropriate behaviors. Services may be delivered in the home or community. The provider must have been trained in implementing specific behavioral or treatment plans and be overseen by a clinician.

Southern Maryland Community Network	(301) 475-9315
The Promise Resource Center	(301) 290-0040

Camp

Specialized day or residential camps for children.

Boys and Girls Clubs of Southern Maryland	(410) 257-0007
Girl Scout Council of the Nation's Capital, St. Mary's	(800) 523-7898
Greenwell Foundation/Greenwell State Park	(301) 373-9775
New Horizons Summer Fun Camp - Recreation, Parks and Community Services	(301) 475-4200
St. Mary's Department of Recreation and Parks	(301) 475-4200

Charitable Services

Fifth District Homemaker's Club-Northern Senior Activity Center	(301) 884-7071
Good Samaritan Lutheran Church	(301) 863-4740
Leonardtown Lions Club	(240) 577-0029
Lexington Park United Methodist Church	(301) 863-8500
Lexington Park United Methodist Church Clothes Closet	(301) 863-8500
Patuxent Habitat For Humanity Re-Store	(301) 863-6227
SMARTCO, Inc. (Southern Maryland Applied Research & Technology Consortium, Inc.)	(301) 737-0394
Southern Maryland Food Bank (Catholic Charities of the Archdiocese of Washington)	(301) 274-0695
St. Andrews Episcopal Church Thrift Store	(301) 862-2247
St. Mary's Caring	(301) 863-5700
St. Vincent De Paul at St. Aloysius Church	(301) 475-8064
Trinity Lutheran Church Food Pantry	(301) 863-9512
United Way of St. Mary's County	(301) 862-5577

Community Based Services for Older Adults and Individuals with Disability

Family Caregivers Support Program	(301) 475-4200
Southern Maryland Interpreting Service	(410) 414-9124
Special Olympics of St. Mary's County	
St. Mary's County Department of Aging & Human Services	(301) 475-4200

Day Programs

Pathways, Inc.	(301) 373-3065
St. Mary's Adult Medical Day Care, Inc.	(301) 373-6515
Vesta, Inc.	(301) 863-4543

Dental Services

St. Mary's County Health Department	(301) 475-4330
-------------------------------------	----------------

Disability Services

Bay Community Support Services	(301) 863-8870
Division of Rehabilitative Services (DORS)	(301) 475-9612
Southern Maryland Center for Independent Living (SMCIL)	(301) 884-4498
St. Mary's County Department of Social Services	(240) 895-7000
The Arc of Southern Maryland	(301) 475-5652
The Center for Life Enrichment	(301) 373-8100

Domestic Violence

Pastoral Counseling Center of St. Mary's, Inc. (soon to be known as, Pastoral Family Counseling Center SOMD)	(301) 863-9333
Walden Sierra, Inc.	(301) 997-1300

Education / Skill Development

Community-based program that delivers structured activities in safe locations where individuals can acquire knowledge, training and useful skills.

Coaching for the Voyage	(240) 538-2577
Girl Scout Council of the Nation's Capital, St. Mary's	(800) 523-7898
Health Connections	(301) 475-6019
Judy Center	(301) 863-4068
Libraries - St. Mary's	(301) 863-8188
National Alliance on Mental Illness (NAMI) Southern Maryland	(240) 254-2636
On Our Own of St. Mary's, Inc.	(301) 997-1066
Parent's Place of Maryland	(301) 884-4662
Southern Maryland Tri-County Community Action Committee Inc.	(301) 475-5574
St. Mary's County Department of Aging & Human Services	(301) 475-4200
St. Mary's County Public Schools	(301) 475-5511
The Promise Resource Center	(301) 290-0040
University of Maryland Extension	(301) 475-4482

Elder Abuse and Neglect

Adult Protective Services	(240) 895-7016
---------------------------	----------------

Emergency

Adult Protective Services	(240) 895-7016
File of Life	(301) 475-4200
St. Mary's County Department of Emergency Services & Technology	(301) 475-4200
St. Mary's Hospital	(301) 475-8981

Emergency Shelter

Angel's Watch Regional Shelter (Catholic Charities of the Archdiocese of Washington)	(301) 274-0680
Three Oaks Center	(301) 863-9535

Employment

Bay Community Support Services	(301) 863-8870
Senior Employment Program	(301) 374-1162
Southern Maryland Job Source	(301) 880-2800

Financial Assistance

Adult Protective Services	(240) 895-7016
Church of the Ascension - HOPE	(301) 863-8551
Maryland Department of Assessments & Taxation	(800) 944-7403
Saint Vincent De Paul of Immaculate Heart of Mary Church	(301) 863-8193
Social Security Administration	(888) 866-5181
Southern Maryland Tri-County Community Action Committee Inc.	(301) 475-5574
St. Mary's County Department of Social Services	(240) 895-7000
U.S. Department of Veterans Affairs	(800) 827-1000

Food Pantry

Church of the Ascension - HOPE	(301) 863-8551
First Saint's Community Church	(301) 475-7200
Good Samaritan Lutheran Church	(301) 863-4740
Immaculate Heart of Mary Catholic Church	(301) 863-8193
Mt. Zion United Methodist Church	(301) 884-4132
Saint Vincent De Paul of Immaculate Heart of Mary Church	(301) 863-8193
St. Mary's Helping Hands, Inc	(301) 247-2785
Trinity Lutheran Church Food Pantry	(301) 863-9512

Group Homes

Community based structured living environment.

Pathways, Inc.	(301) 373-3065
Rock Creek Foundation	(301) 737-1827

Health Insurance Information

Maryland Department of Health and Mental Hygiene	(877) 463-3464
Medical Assistance	(240) 895-7000
St. Mary's County Department of Social Services	(240) 895-7000
Walden Sierra, Inc.	(301) 997-1300

Health Services and Information

Alzheimer's Association - Southern Maryland Regional Office	(301) 934-5856
Alzheimer's Association Southern Maryland Regional Office	(301) 934-5856
American Diabetes Association of Maryland	(410) 265-0075
Bio Medical Applications (BMA)	(301) 475-3362
Colorectal Cancer Screening Program	(301) 475-4330
Diabetes Self-Management	(301) 475-6019
File of Life	(301) 475-4200
Greater Baden Medical Services	(301) 997-1029
Health Connections	(301) 475-6019
Maryland Department of Health and Mental Hygiene	(877) 463-3464
Medic Alert Alzheimers Association- Safe Return Program	(800) 272-3900
MedStar Health Visiting Nurse Association	(800) 862-2166
Shanti Medical	(301) 475-5577
Smoking Cessation Program	(301) 475-4330
St. Mary's County Department of Aging & Human Services	(301) 475-4200
St. Mary's County Health Department	(301) 475-4330
St. Mary's Hospital	(301) 475-8981
St. Mary's Medical Center	(301) 290-0184
U.S. Department of Veterans Affairs	(800) 827-1000
Veterans Outpatient Clinic	(301) 884-7102
Women's Wellness of St. Mary's	(301) 475-4391

Home Health Services

Chesapeake-Potomac Home Health Agency	(301) 274-9000
Family and Friends Health Care, Inc.	(301) 627-0768
Freedom In-Home Care	(410) 535-1542
Home Helpers	(301) 994-1704
Hospice of St. Mary's, Inc.	(301) 994-3023
Infinite Errands	(410) 414-5222
MedStar Health Visiting Nurse Association	(800) 862-2166
QCI of Southern Maryland	(240) 427-3554
Sagepoint Care	(410) 257-1900

Housing

Housing options available in the community. Includes emergency shelter and rental assistance programs.

Cedar Lane Senior Living Community	(301) 475-8966
Joe Baker Village	(301) 862-9177
New Towne Village	(301) 475-2488
Southern Maryland Tri-County Community Action Committee Inc.	(301) 475-5574
St. Mary's Housing Authority	(301) 866-6590
Stepping Stones Recovery Houses	(240) 431-9245
Three Oaks Center	(301) 863-9535
Victory Woods Apartments	(301) 866-9191
Villages of Wildewood	(301) 863-0068

Information and Assistance

Bay Community Support Services	(301) 863-8870
Community Mediation Center of St. Mary's County	(301) 475-9118
Libraries - St. Mary's	(301) 863-8188
Maryland Access Point/Aging & Disability Resource Center	(410) 767-1100
St. Mary's County Health Department	(301) 475-4330
Voices for Quality Care (LTC), Inc.	(888) 600-2375
Walden Sierra, Inc.	(301) 997-1300

Intensive In-Home Training

One to one supervision of children and youth by persons that includes implementation of specific activities to fulfill a plan of care. The provider must have been trained in implementing specific behavioral or treatment plans and be overseen by a clinician.

Legal Services

Free and reduced cost legal services. Services vary from legal advise to actual legal representation.

Community Mediation Center of St. Mary's County	(301) 475-9118
Legal Aid Bureau, Inc.	(301) 932-6661
Sixty Plus Legal Program	(800) 999-8904
Southern Maryland Center for Family Advocacy	(301) 373-4141
St. Mary's County Circuit Court, Family Services Office	(301) 475-7844

Medical Equipment

ACTS- A Community That Shares	(301) 769-4199
-------------------------------	----------------

Medication Resources

Emergency community resources to assist individuals with the cost of medications.

Church of the Ascension - HOPE	(301) 863-8551
Dr. Venera Miller, MD, FAPA	(410) 535-6520
Senior Prescription Drug Assistance Program	(800) 551-5995

Mental Health Services

Advanced Counseling Services	(410) 326-2333
Andrew Gergely, MD and Associates	(410) 956-5300
Barbara Taylor, LCSW-C	(301) 475-7894
Barstow Acres Children's Center	(410) 414-9901
BeLite Horizon Medical Center	(301) 997-0125
Carol Marcy, PhD	(301) 373-2222
Center For Children	(301) 475-8860
Charles County Mental Health	(301) 609-6900
Coaching for the Voyage	(240) 538-2577
Community Counseling Center	(301) 934-3103
Deborah Nelson, LCPC	(410) 414-5953
Di-Pak Shah, MD	(301) 475-5577
Dr. James Lewis	(301) 769-4180
Genesis Counseling Services	(301) 904-0909
Jennifer C. Willoughby, Ph.D.	(301) 475-9660
Journey's Holistic Therapy Group	(301) 884-4225
Mendelis Mental Health Center	(301) 638-5001
Pastoral Counseling Center of St. Mary's, Inc. (soon to be known as, Pastoral Family Counseling Center SOMD)	(301) 863-9333
Pathways, Inc.	(301) 373-3065
Patricia J. Murphy, LCSW-C	(301) 997-1494
Psychological Services Center, LLC	(301) 475-9660
QCI of Southern Maryland	(240) 427-3554
Rock Creek Foundation	(301) 737-1827
Southern Maryland Associates (Richard M. Winters, LCSW-C)	(301) 863-5797
Southern Maryland Community Network	(301) 475-9315
St. Mary's County Department of Aging & Human Services	(301) 475-4200
St. Mary's Hospital	(301) 475-8981
Stepping Stones Recovery Houses	(240) 431-9245
The Art Therapy Studio (Maria Haugaard, ATR-BC, LCPAT, LCPC)	(301) 863-2888
TRICO Clinical Services, LTD	(301) 862-4961
Tri-County Youth Services Bureau	(301) 866-5332
Vesta, Inc.	(301) 863-4543
Walden Sierra, Inc.	(301) 997-1300

Mentoring

Independent or group support provided to youth. Assists adolescents in developing social skills, modeling appropriate behaviors and encourages participation in the community.

On Our Own of St. Mary's, Inc.	(301) 997-1066
St. Mary's County Department of Aging & Human Services	(301) 475-4200
St. Mary's County Public Schools	(301) 475-5511

Nursing Homes

Chesapeake Shores	(301) 863-7244
St. Mary's Nursing & Rehabilitation Center	(301) 475-8000

Nutrition

Senior Gold Card Club	(301) 475-6019
St. Mary's County Department of Aging & Human Services	(301) 475-4200
St. Mary's County Health Department	(301) 475-4330
St. Mary's Hospital	(301) 475-8981

Parenthood Planning Services

Care Net Pregnancy Center of Southern Maryland	(240) 317-7047
St. Mary's County Health Department	(301) 475-4330

Parenting / Family Skills Training

Parenting classes or other structured group activities designed to enhance parent-child relationships. Training normally involves a curriculum or defined set of experiences which will promote usable learning and skill development.

Fleet & Family Support Center	(301) 342-4911
St. Mary's County Department of Aging & Human Services	(301) 475-4200
The Promise Resource Center	(301) 290-0040
Tri-County Youth Services Bureau	(301) 866-5332

Peer Support

Community based programs designed to offer adults the availability of peer interaction to encourage participation in the community and self-help.

National Alliance on Mental Illness (NAMI) Southern Maryland	(240) 254-2636
On Our Own of St. Mary's, Inc.	(301) 997-1066

Physical Fitness

Great Mills Swimming Pool	(301) 866-6560
St. Mary's County Department of Aging & Human Services	(301) 475-4200

Physical Therapy

Chesapeake Shores	(301) 863-7244
InnerTherapies Yoga	(301) 481-6158
Koth Therapy & Fitness	(301) 884-0331
Rehabilitation Center of Southern Maryland	(301) 997-0172
St. Mary's Hospital	(301) 475-8981
St. Mary's Nursing & Rehabilitation Center	(301) 475-8000

Public Welfare

St. Mary's County Department of Social Services	(240) 895-7000
Women, Infants and Children (WIC)	(301) 475-4330

Recreation

Greenwell Foundation/Greenwell State Park	(301) 373-9775
St. Mary's Department of Recreation and Parks	(301) 475-4200
The Center for Life Enrichment	(301) 373-8100

Recreation and Leisure

Community based programs that deliver structured activities in safe locations where individuals can acquire knowledge and useful skills

Greenwell Foundation/Greenwell State Park	(301) 373-9775
Special Olympics of St. Mary's County	

Reference Services

Maryland Department of Aging	(800) 243-3425
St. Mary's County Department of Aging & Human Services	(301) 475-4200

Respite (hourly/daily)

A service that provides a break for parents/caregivers who support individuals with a serious disability. Trained individuals or specialized programs take care of the individual for a brief period of time (a few hours or a day). This type of care can be provided in the home or in another location.

Senior Groups

Fifth District Homemaker's Club-Northern Senior Activity Center	(301) 884-7071
Veterans of Foreign Wars Post #2632	(301) 862-3247

Skill Development: Life Skills

Skills required for greater independence including domestic skills in cooking, cleaning, maintaining a place of independent living, as well as shopping, banking, and other skills.

On Our Own of St. Mary's, Inc.	(301) 997-1066
The Center for Life Enrichment	(301) 373-8100

Substance Abuse Services

Al-Anon and Alateen	(800) 425-2666
Alcoholics Anonymous - Southern Maryland Intergroup Association	(800) 492-0209
Counseling Service of Hollywood	(301) 373-4215
Narcotics Anonymous - Chesapeake & Potomac Region	(800) 543-4670
Outlook Recovery	(240) 237-8325
St. Mary's County Department of Aging & Human Services	(301) 475-4200
Stepping Stones Recovery Houses	(240) 431-9245
Walden Sierra, Inc.	(301) 997-1300
Washington Pastoral Counseling Service	(240) 210-6073

Supervision

Supervision of individuals in the community (by court order) in order to insure their whereabouts and safety.

Parole and Probation	(301) 880-2754
St. Mary's Department of Juvenile Services	(301) 880-2850
The Art Therapy Studio (Maria Haugaard, ATR-BC, LCPAT, LCPC)	(301) 863-2888

Support Groups

Support groups (both informal and formal) provide information and emotional support to members who share a common problem or concern.

Al-Anon and Alateen	(800) 425-2666
Alcoholics Anonymous - Southern Maryland Intergroup Association	(800) 492-0209
Alzheimer's Caregivers Support Group	(301) 247-4727
Autism Spectrum Support Group of Southern Maryland	
Breast Cancer Support Group - Bosom Pals	(301) 475-7670
Compassionate Friends	(240) 434-8414
Good Grief Support Group	(301) 994-3078
National Alliance on Mental Illness (NAMI) Southern Maryland	(240) 254-2636
On Our Own of St. Mary's, Inc.	(301) 997-1066
QCI of Southern Maryland	(240) 427-3554
Southern Maryland Ostomy Support Group	(301) 274-9000
St. Mary's Hospital	(301) 475-8981

Therapeutic Foster Care

Board of Childcare	(301) 884-0312
Foundations for Home and Community	(301) 868-9741

Therapeutic Recreation

Programs designed specifically to provide activity opportunities to adults with developmental delays or serious emotional problems. Staff is trained in working with individuals with disabilities.

Greenwell Foundation/Greenwell State Park	(301) 373-9775
---	----------------

Therapy- Special

Nontraditional therapies including art, movement, and music provided to individuals or groups. Providers will possess related educational experience and certification.

Bowes & Associates Psychotherapy (Lori Bowes, Debbie Flerlage)	(240) 437-8405
Dr. Venera Miller, MD, FAPA	(410) 535-6520
Pax River Counseling LLC	(301) 880-4833
QCI of Southern Maryland	(240) 427-3554
Southern Maryland Counseling, Diana Kraft LCPC	(240) 472-3522
The Pinnacle Center	(301) 705-7593
Tri-County Youth Services Bureau	(301) 866-5332
Washington Pastoral Counseling Service	(240) 210-6073

Transportation

Maryland Transit Administration	(410) 767-4833
MASS, Inc.	(301) 373-4407
Motor Vehicle Administration	(800) 950-1682
Patriot Medical Transport System, LLC	(301) 290-5202
Smart Ride, Inc.	(410) 535-6932
St. Mary's County Department of Aging & Human Services	(301) 475-4200
St. Mary's County Health Department	(301) 475-4330
St. Mary's Transit System (STS) - St. Mary's County Dept. of Public Works	(301) 863-8400
The Center for Life Enrichment	(301) 373-8100

Veteran's Resources

Maryland's Commitment to Veterans	(877) 770-4801
Three Oaks Center	(301) 863-9535
U.S. Department of Veterans Affairs	(800) 827-1000
Veterans of Foreign Wars Post #2632	(301) 862-3247
Veterans Outpatient Clinic	(301) 884-7102

Vision Services

Vital Records

St. Mary's County Health Department	(301) 475-4330
-------------------------------------	----------------

Vocational Services

Community-based agencies to assist individuals with employment activities.

Division of Rehabilitative Services (DORS)	(301) 475-9612
The Center for Life Enrichment	(301) 373-8100