

January 2016

Version 4

Guide to Youth Resources in **Frederick County**

**A directory of services and programs for youth in
Frederick County, Maryland**



This guide is produced by The Frederick County Juvenile Delinquency Prevention Policy Board

Download this guide at:

www.frederickcountymd.gov/ocf
www.cityoffrederick.com/police

The Juvenile Delinquency Prevention Policy Board of Frederick County is proud to present the 2015 Guide to Youth Resources in Frederick County.

This guide is arranged by various need categories – it is recommended that you contact the organizations to ensure the most up to date information.

The information contained in this Youth Resource Guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

Frederick County Juvenile Delinquency Prevention Policy Board

The Juvenile Delinquency Prevention Policy Board (JDPPB), a subcommittee of The Local Management Board, is comprised of an interdisciplinary team of professionals committed to the prevention and early intervention of delinquent activity. The JDPPB serves as a subcommittee of the Local Management Board in identifying risk-factors, effective programming, and outcomes in delinquency prevention. The JDPPB continues to discuss and monitor disproportionate minority representation data and delinquency trend data in Frederick County.

Members of the JDPPB include:

Boys & Girls Club
Citizens Services
Department of Juvenile Services
Frederick County Health Department
Frederick County Public Schools
Frederick Police Department
Lead4Life Inc.
MD Choices
Mental Health Association
Office for Children and Families
WayStation

If your organization has a program or service that you would like to include in this directory, please contact:

**Michele Bowman 301-600-2091
mbowman@frederickmdpolice.org**

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ADVOCACY GROUPS

ADVOCATES FOR HOMELESS FAMILIES

Days/Hours: not specified
Contact Info: 301-662-2003 www.afhf88.org
Services: Provides services to families who are homeless or on the verge of being homeless

“ASK” ADVOCACY, SUPPORT, & KNOWLEDGE

Days/Hours: Varies
Contact Info: 301-695-3676 johnandshawna4@comcast.net
Services: Advocacy and support for children in school

AUTISM SOCIETY OF AMERICA - FREDERICK

Days/Hours: varies
Contact Info: 301-695-3676 301-746-8080 www.asafrederickmd.org
Services: Provide advocacy, support, and information for Frederick County Residents. Join us at our monthly meeting to share information, resources and support.

CENTRO HISPANO DE FREDERICK, INC.

Days/Hours: Variable
Contact Info: 301-668-6270 centrohispanomd@gmail.com
Services: Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.

CHILD ADVOCACY CENTER (CAC)

Days/Hours: M, W, & F 8:00 am – 4:00 pm, T & TH 8:00 am – 6:00 pm
Contact Info: 301-600-1762
Services: The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free

F.R.I.E.N.D.S. – DOWN SYNDROME

Days/Hours: not specified
Contact Info: tfs@friendsoffredco.org
Services: Support and resource group for expectant parents, new parents, and extended families of babies born with Down syndrome. Provide age-appropriate activities for children and their friends.

MADD – MOTHERS AGAINST DRUNK DRIVING

Days/Hours: not specified
Contact Info: 800-446-6233 www.madd.org
Services: Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving® (MADD) is the nation’s largest nonprofit working to protect families from drunk driving and underage drinking.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Days/Hours: hotline 24/7
Contact Info: 301-663-0011 www.fcma.org
Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

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MENTAL HEALTH MANAGEMENT AGENCY OF FREDERICK COUNTY (MHMA)

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm
Contact Info: 301-682-6017 www.mhma.net
Services: MHMA is responsible for planning, evaluating, developing and managing the public funded mental health system of the county. Provides advocacy, education, support, promotes mental health services, and acts in an advisory capacity to local providers.

REECE’S RAINBOW

Days/Hours: none specified
Contact Info: www.reecesrainbow.org
Services: Reece’s Rainbow is a 501c3 registered grant foundation which advocates and raises funds for the international adoption of orphans with Down Syndrome and other special needs.

SAFE KIDS FREDERICK COUNTY

Days/Hours: vary
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

Give thanks for what you are now, and keep fighting for what
you want to be tomorrow.

Fernanda Miramontes-Landeros

AFTER-SCHOOL PROGRAMS

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14
Contact Info: 301-600-1875 www.bgfcf.org 413 Burck Street, Frederick MD
Cost: Varies by family income
Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Days/Hours: Day, evening & weekend appointments **Ages Served:** 13-19
Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
Cost: workshop \$45 for 2 classes / Private Sessions \$40 each
Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

CIVIL AIR PATROL (CAP)

Days/Hours: Meetings are held on Tuesdays from 7:00 – 9:00 pm **Ages Served:** 12-18
Contact Info: 301-694-2312 rick_palace@mac.com www.gocivilairpatrol.com
Cost: est. \$100
Services: The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others.

ETIQUETTE FOR EVERYDAY

Days/Hours: varies **Ages Served:** ages 5 and up
Contact Info: 301-829-6944 kelly@etiquetteforeveryday.com www.etiquetteforeveryday.com
Cost: varies
Services: Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.

FC FREDERICK

Days/Hours: evenings & weekends **Ages Served:** 4-18
Contact Info: 301-471-4610 www.fcfrederick.com
Cost: varies
Services: Full service soccer club for players of all levels.

FREDERICK CITY PARKS AND RECREATION

Days/Hours: varies per program **Ages Served:** all
Contact Info: 301-600-1493 www.cityoffrederick.com
Cost: varies
Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Days/Hours: varies per program **Ages Served:** all
Contact Info: 301-600-1646 www.fredeickcountymd.gov
Cost: varies
Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

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FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours: Monday thru Thursday 4:00 – 7:00 pm **Ages Served:** 8-18
Contact Info: 301-600-2100 frederickpal.org
Cost: free
Services: PAL provides positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

MAN2MAN

Days/Hours: Mondays 3:30-5:30 pm **Ages Served:** not specified
Contact Info: 301-524-5063 drharris@yahoo.com
Cost: Not Specified
Services: Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teenager.

MARYLAND SCIENCE OLYMPIAD

Days/Hours: varies **Ages Served:** Elementary thru High
Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
Cost: \$200 per school team (15 students), \$40 per elementary classroom
Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.–Fri. 3:30 – 7:00 pm, Saturday 11 am – 5 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm **Ages Served:** 4-18
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Cost: free
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

SEED OF LIFE NURSERIES, INC.

Days/Hours: varies **Ages Served:** 5-17
Contact Info: 240-344-6533 solnurseries@gmail.com
Cost: not specified
Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location **Ages Served:** all ages
Contact Info: 301-663-5131 (Market Street branch) www.frederickymca.org
Cost: varies
Services: membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

ALCOHOL TREATMENT

ALLIED COUNSELING GROUP

Days/Hours: Monday – Friday 9:00 am – 9:00 pm
Contact Info: 301-698-7077 www.alliedcounselinggroup.com
Cost: varies / sliding scale
Services: Counseling, chemical dependency, addiction, recovery, anger management

CATOCTIN COUNSELING

Days/Hours: Monday – Thursday 9:00 am – 9:00 pm Friday 9:00 am – 5:00 pm
Contact Info: 301-631-1304 www.catocinctocounseling.com
Cost: varies / Sliding Scale
Services: Substance abuse, mental health, families, couples, and individual counseling

CROSSROADS CENTERS

Days/Hours: Not specified
Contact Info: 301-696-1950 www.recoveryatcrossroads.com
Cost: varies / Sliding Scale
Services: Substance abuse/mental health services including assessments, education, evening & day treatment.

MARYLAND COUNSELING CENTER

Days/Hours: Monday – Friday 8:00 am – 5:00 pm
Contact Info: 301-662-0855 or 800-622-0668 www.mcc-center.com
Cost: Not specified
Services: MVA-approved DWI education, six-month education & group programs. Family and individual counseling available.

MONOCACY COUNSELING CENTER

Days/Hours: Office Hours Monday – Thursday 11:00 am – 4:00 pm
Contact Info: 301-846-0967
Cost: Insurance accepted
Services: Outpatient substance abuse treatment, specializing in co-occurring disorders and anger management.

MOUNTAIN MANOR TREATMENT CENTER

Days/Hours: Not Specified
Contact Info: 301-662-1407 www.mountainmanor.org
Cost: Not specified
Services: Alcoholism and drug abuse outpatient treatment services

MRB COUNSELING SERVICES, INC.

Days/Hours: Monday – Friday 9:00 am – 6:00 pm; Saturday 9:00 am – 4:00 pm
Contact Info: 240-566-5656 www.mrbcounseling.com
Cost: Not specified
Services: Alcohol and drug evaluation, education, and treatment

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CHILD & FAMILY SERVICES

ADVOCATES FOR HOMELESS FAMILIES

Days/Hours: Not specified *Ages Served:* All
Contact Info: 301-662-2003
Services: Provides services to families who are homeless or on the verge of being homeless

ALLIED COUNSELING GROUP

Days/Hours: Monday – Friday 9:00 am – 9:00 pm *Ages Served:* All
Contact Info: 301-698-7077 www.alliedcounselinggroup.com
Cost: varies / sliding scale
Services: Counseling, chemical dependency, addiction, recovery, anger management

AUTISM SOCIETY OF AMERICA - FREDERICK

Days/Hours: varies *Ages Served:* birth to adult
Contact Info: 301-695-3676 301-746-8080 www.asafrederickmd.org
Cost: no cost

BEHAVIORAL HEALTH PARTNERS OF FREDERICK

Days/Hours: flexible *Ages Served:* Age 3 and up
Contact Info: 301-663-82963 x 264 www.sheppardpratt.org
Cost: varies
Services: Behavioral health services for youth, adults and seniors. Staff includes child, adolescent, and adult psychiatrists, clinical social workers and licensed professional counselors. Services include psychiatric evaluations, medication management, individual, family and group psychotherapy and psycho-educational groups. Offsite services for youth in home and school settings.

BEHAVIORAL HEALTH SERVICES / SUBSTANCE ABUSE

Days/Hours: varies *Ages Served:* not specified
Contact Info: 301-600-3293 301-600-1775
Cost: varies
Services: Program tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

CATOCTIN COUNSELING

Days/Hours: Mon.–Thurs. 9 am – 9 pm Friday 9 am – 5 pm *Ages Served:* not specified
Contact Info: 301-631-1304 www.catocinocounseling.com
Cost: varies / Sliding Scale
Services: Substance abuse, mental health, families, couples, and individual counseling

CHILD ADVOCACY CENTER (CAC)

Days/Hours: M, W, & F 8 am – 4 pm, T & Th 8 am – 6 pm *Ages Served:* 0-17; 18-21 case by case
Contact Info: 301-600-1762
Services: The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free

CHILD CARE CHOICES

Days/Hours: Mon.–Thurs. 8:30 am-4:30 pm, Wed. until 8:00pm *Ages Served:* childcare age
Contact Info: 301-662-4549 www.childcarechoices.info
Cost: Free and/or nominal fee
Services: child care resources and referral

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CHILD PROTECTIVE SERVICES

Days/Hours: M-F 8:00 am – 4:30 pm *Ages Served:* not specified
Contact Info: 301-600-2464 after hours: 301-564-8230
Cost: free
Services: Investigate reports of suspected child abuse and neglect and offer a variety of services to families when these problems are found to exist. The identity of the person making the report is protected.

COMMUNITY AGENCY SCHOOL SERVICES - CASS

Days/Hours: Not specified *Ages Served:* School age
Contact Info: www.fcps.org/cass
Brunswick, Crestwood, and Middletown Middle Schools 240-566-9126
Thurmont, Ballenger Creek, and Monocacy Middle Schools 240-236-8889
West Frederick, New Market & Oakdale Middle Schools 240-236-8929
Thomas Johnson, Walkersville, Windsor Knolls and Urbana Middle 240-236-8870
Cost: not specified
Services: School/Community based program provides accessibility to affordable professional services including but not limited to substance abuse.

DEPARTMENT OF SOCIAL SERVICES

Days/Hours: varies *Ages Served:* All
Contact Info: 301-600-4555
Cost: not specified
Services: Energy assistance, temporary cash assistance, medical assistance, food stamps

FAMILY PARTNERSHIP

Days/Hours: Monday thru Friday 8:00 am – 4:00 pm *Ages Served:* All
Contact Info: 301-694-2206 8420 Gas House Pike EE, Frederick MD 21701 Website:
http://www.frederickcountymd.gov/55/Family-Partnership
Cost: not specified
Services: Family Partnership offers GED and ESL classes, employment services, parent education, mentoring, case management, health education, home visiting, and limited transportation. Also developmental child care is provided for children aged 6 weeks through 3 years old for the parents that attend the center. The services are provided to expectants, parents with children aged birth through 3 years old, and youth aged 16-21. Family Partnership also has an evening Responsible Fathers and Empowering Mothers group that meets on Tuesdays. Limited child care is provided for parents attending these groups as well.

FAMILIES PLUS

Days/Hours: not specified *Ages Served:* All
Contact Info: 301-694-9002 www.familiesplus.org
Cost: not specified
Services: Education, support groups, childbirth, parenting classes

FAMILY PRESERVATION

Days/Hours: 24 hours a day / 7 days a week *Ages Served:* family unit
Contact Info: 301-662-0099 x 2501 www.waystationinc.org
Cost: Free
Services: Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

FREDERICK COMMUNITY ACTION AGENCY

Days/Hours: Monday thru Friday 8:30 am – 4:30 pm *Ages Served:* All
Contact Info: 301-600-1506 www.cityoffrederick.com
Cost: free

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Services: Provides programs and services that assist mentally ill, disabled, homeless, and low income residents. Services include General Education Classes (GED), soup kitchen, food pantry, transitional housing to support homeless families with children and adults with physical disabilities, various health plans and programs. Also offers a free lunch program during the summer at various locations throughout the county for school age children.

FREDERICK COUNTY MEDIATION

Days/Hours: varies **Ages Served:** not specified
Contact Info: 301-631-2256 www.calmfrederick.org
Cost: mediation services – free;
Services: Frederick County Mediation offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

F.R.I.E.N.D.S. – DOWN SYNDROME

Days/Hours: not specified **Ages Served:** not specified
Contact Info: tfs@friendsoffredco.org
Cost: not specified
Services: Support and resource group for expectant parents, new parents, and extended families of babies born with Down syndrome. Provide age-appropriate activities for children and their friends.

HEARTLY HOUSE

Days/Hours: not specified **Ages Served:** 2-17
Contact Info: 301-662-8800 or 301-418-6610
Cost: Free
Services: Heartly House is Frederick County’s sole provider of services to victims of domestic violence, sexual assault, and child abuse. We have an emergency shelter, short-term counseling (including child counseling), legal services, a 24-hour hotline, and prevention services.

KIDS LIKE US

Days/Hours: varies **Ages Served:** 9-14
Contact Info: 301-600-3281 www.frederickcountymd.gov
Cost: free
Services: Kids Like Us (KLU) works with FCPS school counselors to provide small group preventative counseling groups for youth impacted by family substance abuse and addiction during the school year. KLU also provides a summer day camp for school-based participants and an annual public show of participant art. KLU is designed to build resiliency, and prevent substance abuse and other problems with engaging group counseling activities, such as art and games, that build self worth, increase social support and social skills, foster effective emotional expression and management, and promote healthy coping. Participation is confidential, voluntary, and requires parent permission.

LEAD4LIFE INC. – PARENT MENTORING PROGRAM

Days/Hours: flexible **Ages Served:** parents
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$45/hour
Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Days/Hours: hotline 24/7 **Ages Served:** All ages
Contact Info: 301-663-0011 www.fcmha.org
Cost: varies
Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse

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through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

MIDDLETOWN VALLEY PEOPLE HELPING PEOPLE

Days/Hours: unspecified *Ages Served:* All
Contact Info: 301-371-3119
Cost: free
Services: Information and referral; school supplies; holiday assistance, transportation for medical appointments. May be able to help with utility cut off and eviction notices.

MT. AIRY NET

Days/Hours: unspecified *Ages Served:* All
Contact Info: 301-829-0472
Cost: free
Services: Emergency assistance for food, shelter, and other essentials

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.–Fri. 3:30 – 7:00 pm, Sat. 11:00 am – 5:00 pm *Ages Served:* 12-17
Contact Info: 301-600-1126 350 Montevue Lane, Frederick MD www.frederickcountymd.gov
Cost: free
Services: The Activities Center provides a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PARTNERS FOR SUCCESS

Days/Hours: not specified *Ages Served:* 3-21
Contact Info: 240-236-8744 partners.forsuccess@fcps.org
Services: The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services for their children.

SAFE KIDS FREDERICK COUNTY

Days/Hours: vary *Ages Served:* birth - 19
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

THE ARC OF FREDERICK COUNTY

Days/Hours: varies *Ages Served:* All
Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD
Cost: not specified
Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks Ocreative solutions to help people with developmental disabilities attain their goals.

THE SALVATION ARMY

Days/Hours: unspecified *Ages Served:* All
Contact Info: 301-662-2311
Cost: not specified

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Services: Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location **Ages Served:** All ages
Contact Info: 301-663-5131 (N. Market Street branch) www.frederickymca.org
Cost: varies
Services: membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

YOUTHFUL OFFENDER

Days/Hours: varies **Ages Served:** 12-17
Contact Info: 301-600-1824
Cost: \$50.00
Services: Provides an alternative to the juvenile justice system. The program includes an educational component, site visits, guest speakers and community service, including with the Frederick County Fire Departments and Frederick County Parks.

VILLA MARIA OF FREDERICK COUNTY

Days/Hours: varies **Ages Served:** 5-65
Contact Info: 301-694-6654 www.cc.md.org
Cost: Free
Services: Villa Maria provides counseling, psychiatric and in-home, skills-based services for individuals and families with Medicaid through offices around Frederick County and in several public schools.

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins.

Bob Moawad

DROP OUT PREVENTION

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14
Contact Info: 301-600-1875 www.bgfc.org 413 Burck Street, Frederick MD
Cost: Varies by family income
Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Days/Hours: Day, evening & weekend appointments **Ages Served:** 13-19
Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
Cost: workshop \$45 for 2 classes / private sessions \$40 each
Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

COMMUNITY AGENCY SCHOOL SERVICES - CASS

Days/Hours: Not specified **Ages Served:** School age
Contact Info: www.fcps.org/cass
 Brunswick, Crestwood, and Middletown Middle Schools 240-566-9126
 Thurmont, Ballenger Creek, and Monocacy Middle Schools 240-236-8889
 West Frederick, New Market & Oakdale Middle Schools 240-236-8929
 Thomas Johnson, Walkersville, Windsor Knolls and Urbana Middle 240-236-8870
Cost: not specified
Services: School/Community based program provides accessibility to affordable professional services including but not limited to substance abuse.

FREDERICK COUNTY PUBLIC SCHOOLS

Days/Hours: Monday – Thursday 8:00 am – 3:00 pm **Ages Served:** Middle & High School
Contact Info: 301-644-5238 kathleen.hartsock@fcps.org www.fcps.org
Cost: Free
Services: School counselors, pupil personnel workers, and student support staff work with students on dropout prevention. Credit recovery venues are explored and plans are designed to make high school graduation a reality.

MARYLAND SCIENCE OLYMPIAD

Days/Hours: not specified **Ages Served:** Elementary thru High
Contact Info: 301-514-4555 al@msoteam.org
Website: www.marylandscienceolympiad.org
Cost: \$200 per school team (15 students), \$40 per elementary classroom
Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.-Fri. 3:30 – 7:00 pm, Sat. 11 am – 5 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

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POSITIVE CHOICES FOR LIFE

Days/Hours: third Saturday of the month 9:30 am – 12:00 pm **Ages Served:** 11-18
Contact Info: 410-530-7455 paddd@comcast.net www.paddd.com
Cost: \$50
Services: 2 hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash

**When the world says, "Give up,"
Hope whispers, "Try it one more time."**

Author Unknown

EDUCATIONAL PROGRAMS

4-H

<i>Days/Hours:</i>	varies	<i>Ages Served:</i>	varies by program
<i>Contact Info:</i>	301-600-1594		
<i>Cost:</i>	varies		
<i>Services:</i>	Youth participation in hands-on learning experiences to develop life skills through 4-H projects, 4-H Club meetings, and 4-H activities		

BOYS & GIRLS CLUB OF FREDERICK COUNTY

<i>Days/Hours:</i>	Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm)	<i>Ages Served:</i>	6-14
<i>Contact Info:</i>	301-600-1875	www.bgcfc.org	413 Burck Street, Frederick MD
<i>Cost:</i>	Varies by family income		
<i>Services:</i>	Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.		

CENTRO HISPANO DE FREDERICK, INC.

<i>Days/Hours:</i>	Variable	<i>Ages Served:</i>	All
<i>Contact Info:</i>	301-668-6270	centrohispanomd@gmail.com	
<i>Cost:</i>	Some services are free, some require a donation. Spanish classes: \$250/10 week program		
<i>Services:</i>	Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.		

ETIQUETTE FOR EVERYDAY

<i>Days/Hours:</i>	varies	<i>Ages Served:</i>	ages 5 and up
<i>Contact Info:</i>	301-829-6944	kelly@etiquetteforeveryday.com	www.etiquetteforeveryday.com
<i>Cost:</i>	varies		
<i>Services:</i>	Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.		

FAMILY PARTNERSHIP

<i>Days/Hours:</i>	Monday thru Friday 8:00 am – 4:00 pm	<i>Ages Served:</i>	all
<i>Contact Info:</i>	301-694-2206	8420 Gas House Pike EE, Frederick MD 21701	
	http://www.frederickcountymd.gov/55/Family-Partnership		
<i>Cost:</i>	not specified		
<i>Services:</i>	FP offers GED and ESL classes, employment services, parent education, mentoring, case mgmt, health education, home visiting, and limited transportation. Developmental child care is provided for children aged 6 weeks through 3 years old for the parents that attend the center. The services are provided to expectants, parents with children aged birth through 3 years old, and youth aged 16-21. Family Partnership also has an evening Responsible Fathers and Empowering Mothers group that meets on Tuesdays. Limited child care is provided for parents attending these groups as well.		

FAMILIES PLUS

<i>Days/Hours:</i>	varies	<i>Ages Served:</i>	youth to adult
<i>Contact Info:</i>	301-694-9002	www.familiesplus.org	
<i>Cost:</i>	varies		
<i>Services:</i>	Education, support groups, childbirth, parenting classes		

FREDERICK COUNTY PUBLIC LIBRARIES

<i>Days/Hours:</i>	varies	<i>Ages Served:</i>	All
<i>Contact Info:</i>	301-600-1630	www.fcpl.org	
<i>Cost:</i>	free		

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Services: Books, e-books, books on tape, CD or digital format, music CDs and periodicals are available to check out. Also have programs for youth.

FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours: Mon. – Thurs. 4:00 – 7:00 pm (summer hours vary) **Ages Served:** 8-18
Contact Info: 301-600-2100 www.frederickpal.org
Cost: free
Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Days/Hours: hotline 24/7 **Ages Served:** All ages
Contact Info: 301-663-0011 www.fcmha.org
Cost: not specified
Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.-Fri. 3:30 – 7:00 pm, Sat. 11 am – 5 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue lane, Frederick DM
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PARTNERS FOR SUCCESS

Days/Hours: Not Specified **Ages Served:** 3-21
Contact Info: 240-236-8744 partners.forsuccess@fcps.org
Services: The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services for their children.

SAFE KIDS FREDERICK COUNTY

Days/Hours: vary **Ages Served:** birth - 19
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

THE ARC OF FREDERICK COUNTY

Days/Hours: varies **Ages Served:** All
Contact Info: 301-663-0909 www.arcfc.org
Cost: not specified
Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.

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SAFE KIDS FREDERICK COUNTY (SKFC)

Days/Hours: vary **Ages Served:** birth - 19
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: SKFC is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints

UNITED WAY – SUMMER SERVE

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm (summer) **Ages Served:** 12-17
Contact Info: www.unitedwayfrederick.org/summerserve
Cost: \$325 per two (2) week session (\$600 for two sessions and \$825 for all three sessions - there are limited scholarship opportunities
Services: United Way’s Summer Serve program engages youth 12-17 in volunteer service projects at various nonprofit agencies throughout Frederick County. The program has three separate 2 week sessions that will provide a comprehensive understanding of the areas of need in our community including education, income stability and health and wellness.

We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends

Mary McLeod Bethune

EMERGENCY ASSISTANCE

ADVOCATES FOR HOMELESS FAMILIES

Contact Info: 301-662-2003
Services: Provides services to families who are homeless or on the verge of being homeless

FREDERICK COMMUNITY ACTION AGENCY

Contact Info: 301-600-1506 www.cityoffrederick.com
Services: Provides programs and services that assist mentally ill, disabled, homeless, and low income residents. Services include General Education Classes (GED), soup kitchen, food pantry, transitional housing to support homeless families with children and adults with physical disabilities, various health plans and programs. Also offers a free lunch program during the summer at various locations throughout the county for school age children.

HEARTLY HOUSE

Contact Info: 301-662-8800 or 301-418-6610
Services: Heartly House is Frederick County's sole provider of services to victims of domestic violence, sexual assault, and child abuse. We have an emergency shelter, short-term counseling (including child counseling), legal services, a 24-hour hotline, and prevention services.

MIDDLETOWN VALLEY PEOPLE HELPING PEOPLE

Contact Info: 301-371-3119
Services: Information and referral; school supplies; holiday assistance, transportation for medical appointments. May help with utility cut off and eviction notices.

MT. AIRY NET

Contact Info: 301-829-0472
Services: Emergency assistance for food, shelter, and other essentials

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS

Contact Info: 301-631-2670
Services: Provides emergency financial assistance to prevent evictions and utility shut-offs; also provides funding for motel placements and first-month's rent.

SETON CENTER OUTREACH PROGRAM

Contact Info: 301-447-6102
Services: Emergency help with vouchers for food and thrift shop, rental assistance, utilities, prescriptions, gas, and other basic needs

ST. VINCENT DEPAUL SOCIETY

Contact Info: 301-662-4676
Services: Emergency and short-term financial assistance for utilities, prescription medications, rent, and eviction

STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY

Contact Info: 240-415-8971
Services: Helps with clothing, food, funding for extracurricular activities, and emergency shelter

THE SALVATION ARMY

Contact Info: 301-662-2311
Services: Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions

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HOTLINES & CRISIS

211

Contact Info: 211 or www.211.org
Services: Supportive listening, crisis intervention, information and referral for community resources

AIDS HOTLINE

Contact Info: 800-232-4636 800-205-6308
Services: AIDS/HIV information and support & HIV Drug Assistance

AL-ANON/ALATEEN

Contact Info: 888-425-2666
Services: Self-help program of recovery for relatives and friends of alcoholics

ALCOHOL HOTLINE

Contact Info: 800-Alcohol 800-252-6465
Services: Helpline for alcohol and drug users

ALCOHOLICS ANONYMOUS

Contact Info: 301-662-0544
Services: Support groups for alcoholics

CHILD PROTECTIVE SERVICES

Contact Info: 301-600-2464 after hours: 301-564-8230
Services: Investigate reports of suspected child abuse and neglect and offer a variety of services to families when these problems are found to exist. The identity of the person making the report is protected.

CHILDRENS MOBILE CRISIS

Contact Info: 211 www.waystation.org
Services: Mobile mental health treatment for child and adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury

FREDERICK COUNTY HOTLINE

Contact Info: 211 01-662-2255
Services: Crisis intervention, support, information and referrals for all types of issues and situations to anyone in need

FREDERICK COUNTY SHERIFF'S OFFICE

Contact Info: Emergency: 911 Non-Emergency: 301-600-1046 Tip Line: 301-644-4131
Services: Police services

FREDERICK POLICE DEPARTMENT (CITY)

Contact Info: Emergency: 911 Non-Emergency: 301-600-2102 Tip Line: 301-600-TIPS (8477)
Services: Police Services

HEARTLY HOUSE

Contact Info: 301-662-8800
Services: 24 hour crisis support for domestic violence, sexual assault, and child abuse victims.

MD YOUTH CRISIS HOTLINE

Contact Info: 800-422-0009
Services: Hotline for youth in crisis

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MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY (MHA)

Contact Info: 301-663-0011 www.fcmha.org

Services: MHA provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

NATIONAL RUNWAY SAFELINE

Contact Info: 800-RUN-AWAY

Services: Family contact service for adolescent runaways. Takes request for free Greyhound bus ticket back home for runaways. Referrals for counseling, medical aid, shelter, and legal aid.

NATIONAL SUICIDE PREVENTION HOTLINE

Contact Info: 800-273-8255

Services: No matter what problems you are dealing with, we want to help you find a reason to keep living. Call and be connected with a skilled, trained counselor at a crisis center in your area, 24/7.

OPERATION RUNAWAY

Contact Info: 800-204-8600

Services: Hotline and 24 hour local crisis walk-in center for runaways, at-risk youth, and their caregivers

POISON CENTER

Contact Info: 800-222-1222

Services: Information to emergency personnel & public concerning poisons, drugs, & safety procedures with chemicals.

RAPE CRISIS HOTLINE

Contact Info: 301-662-8800

Services: Crisis intervention for victims of rape, assault, or family violence; emergency shelter available.

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

Mary Anne Radmacher

JOB ASSISTANCE

CENTRO HISPANO DE FREDERICK, INC.

Days/Hours: Variable
Contact Info: 301-668-6270 centrohispanomd@gmail.com
Cost: Some services are free, some require a donation. Spanish classes: \$250/10 week program
Services: Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.

EMPLOYMENT RESOURCE CENTER

Days/Hours: Monday thru Friday 8:00 am–4:30 pm
Contact Info: 301-600-2206 www.fcdss.info
Cost: free
Services: Registration and job service assistance through the Maryland Job Service. Computers available for internet search. Assistance with cover letters, resumes, and applications.

FREDERICK COUNTY WORKFORCE SERVICES

Days/Hours: Monday –Thursday 8:00 am – 6:00 pm; Friday 8:00 am – 4:00 pm
Contact Info: 301-600-2255 fcws@frederickworks.com www.frederickworks.com
Cost: not specified
Services: career counseling, workshops, resumes, interview preparation, job search

LEAD4LIFE INC. – READY 4 WORK PROGRAM

Days/Hours: flexible
Ages Served: 15-25
Contact Info: 301-672-4319 gaunthier@lead4lifeinc.org
Cost: \$30/hour
Services: Serving teenagers and young adults ages 15-25 in need of job readiness skills. Help with resume writing, interview skills, filling out job application, and proper attire.

MAN2MAN

Days/Hours: Mondays 3:30-5:30 pm
Ages Served: not specified
Contact Info: 301-524-5063 drharris@yahoo.com
Cost: not specified
Services: Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teenager.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
Ages Served: 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. OTM provides homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

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PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm
Ages Served: 4-18
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Cost: free
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

SEED OF LIFE NURSERIES, INC.

Days/Hours: varies
Ages Served: 5-17
Contact Info: 240-344-6533 solnurseries@gmail.com
Cost: not specified
Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

WORKFORCE DEVELOPMENT PROGRAM

Days/Hours: varies
Ages Served: not specified
Contact Info: 301-662-0622
Cost: not specified
Services: Job readiness/life skills workshops, work experience activities, job coaching, job search and placement assistance for adults and youth with disabilities and other barriers to employment.

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

Steve Jobs

MENTAL HEALTH

ALLIED COUNSELING GROUP

Days/Hours: varies *Ages Served:* not specified
Contact Info: 301-698-7077
Cost: not specified
Services: Counseling, chemical dependency, addiction, recovery

BEHAVIORAL HEALTH PARTNERS OF FREDERICK

Days/Hours: flexible *Ages Served:* Age 3 and up
Contact Info: 301-663-82963 x 264 www.sheppardpratt.org
Cost: varies
Services: Comprehensive outpatient behavioral health services for children, adolescents, adults and seniors. Staff includes child, adolescent, and adult psychiatrists, clinical social workers and licensed professional counselors. Services include psychiatric evaluations, medication management, individual, family and group psychotherapy and psycho-educational groups. Offsite services for children and adolescents in home and school settings.

BEHAVIORAL HEALTH SERVICES / SUBSTANCE ABUSE

Days/Hours: not specified *Ages Served:* not specified
Contact Info: 301-600-3293 301-600-1775
Cost: not specified
Services: Program is tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

CAMP JOURNEY

Days/Hours: Weekday evenings and overnights on weekends *Ages Served:* 11-17
Contact Info: 301-682-3446 www.waystation.org
Cost: varies
Services: Recreation-based, planned respite program for families with youth struggling with emotional and behavioral challenges. Provide overnight and hourly visits.

CATOCTIN COUNSELING

Days/Hours: Mon.–Thurs. 9 am – 9:pm Friday 9 am – 5 pm *Ages Served:* not specified
Contact Info: 301-631-1304 www.catoctincounseling.com
Cost: varies / Sliding Scale
Services: Substance abuse, mental health, families, couples, and individual counseling

CHILD ADVOCACY CENTER (CAC)

Days/Hours: M, W, & F 8 am – 4 pm, T & TH 8 am – 6 pm *Ages Served:* 0-17; 18-21 case by case
Contact Info: 301-600-1762
Services: The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free

CHILDRENS MOBILE CRISIS

Days/Hours: 24 hours / 7 days a week *Ages Served:* birth to 18
Contact Info: 211 www.waystation.org
Cost: Free
Services: Mobile mental health treatment for child and adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury

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CROSSROADS CENTERS

Days/Hours: Not specified **Ages Served:** not specified
Contact Info: 301-696-1950 www.recoveryatcrossroads.com
Cost: varies / Sliding Scale
Services: Substance abuse/mental health services including assessments, education, evening & day treatment.

FAMILIES PLUS

Days/Hours: varies **Ages Served:** not specified
Contact Info: 301-694-9002 www.familiesplus.org
Cost: not specified
Services: Education, support groups, childbirth, parenting classes

FAMILY PRESERVATION

Days/Hours: 24 hours a day / 7 days a week **Ages Served:** family unit
Contact Info: 301-662-0099 x 2501 www.waystationinc.org
Cost: Free
Services: Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

FREDERICK COUNTY PUBLIC SCHOOLS – CASS PROGRAM

Days/Hours: Monday – Friday **Ages Served:** Grades 3-12
Contact Info: 301-644-5238 kathleen.hartsock@fcps.org www.fcps.org
Cost: not specified
Services: FCPS's CASS program has partnerships with four mental health non-profits that can provide therapeutic intervention at a child's school depending on insurance eligibility.

LEAD4LIFE INC. – THERAPY

Days/Hours: flexible **Ages Served:** 10-24
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: fee varies
Services: Therapists provide services in the home and community. Therapists are skilled working with high-risk youth with behavioral and emotional disorders.

LEAD4LIFE INC. – YOUTH STAR PROGRAM

Days/Hours: flexible **Ages Served:** 14-18
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$50/hour
Services: Develops discipline and accountability in youth through a physical fitness. The program provides developmentally appropriate physical activities that are geared toward the youth's individual goals.

LOIS JACKSON UNIT

Days/Hours: not specified **Ages Served:** 13-18
Contact Info: 301-777-2290
Cost: Sliding scale
Services: Inpatient treatment for male & females ages 13 to 18. Certified school program. Individual, family And group counseling.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Days/Hours: hotline 24/7 **Ages Served:** All ages
Contact Info: 301-663-0011 www.fcma.org
Cost: not specified
Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

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MULTI SYSTEMIC THERAPY (MST)

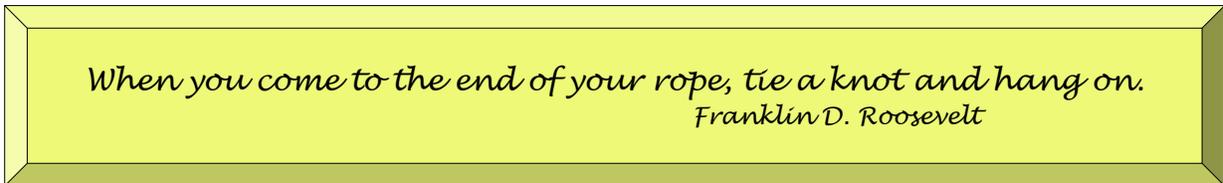
Days/Hours: scheduled appointments **Ages Served:** 12-17
Contact Info: 240-344-5766 www.waystation.org
Cost: free
Services: Grant funded program working to explore the youth's community, school, peer, & family relationships in order to create change where necessary. Work to empower family to solve current and future problems

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.–Fri. 3:30 – 7:00 pm, Sat. 11 am – 5 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

VILLA MARIA OF FREDERICK COUNTY

Days/Hours: varies **Ages Served:** 5-65
Contact Info: 301-694-6654 www.cc.md.org
Cost: Free
Services: Villa Maria provides counseling, psychiatric and in-home, skills-based services for individuals and families with Medicaid through offices around Frederick County and in several public schools.



MENTORING PROGRAMS

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14
Contact Info: 301-600-1875 www.bgcf.org 413 Burck Street, Frederick MD
Cost: Varies by family income
Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Days/Hours: Day, evening & weekend appointments **Ages Served:** 13-19
Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
Cost: workshop \$45 for 2 classes / Private Sessions \$40 each
Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

CENTRO HISPANO DE FREDERICK, INC.

Days/Hours: Variable **Ages Served:** All
Contact Info: 301-668-6270 centrohispanomd@gmail.com
Cost: Some services are free, some require a donation. Spanish classes: \$250/10 week program
Services: Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.

FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours: Mon.- Thurs. 4:00 – 7:00 pm (summer hours vary) **Ages Served:** 8-18
Contact Info: 301-600-2100 www.frederickpal.org
Services: PAL is a free program that brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

LEAD4LIFE INC. – PARENT MENTORING PROGRAM

Days/Hours: flexible **Ages Served:** parents
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$45/hour
Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

LEAD4LIFE INC. – SOCIAL & CLINICAL MENTORING PROGRAM

Days/Hours: flexible **Ages Served:** up to age 18
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: fee varies
Services: Servicing youth in need of guidance with daily life skills, pro-social skills, and competency development. Provides mentoring to youth with mental health, substance abuse, and behavioral concerns.

LEAD4LIFE INC. TEENAGE GIRL EMPOWERMENT SESSIONS

Days/Hours: flexible **Ages Served:** 13-18
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$45/hour
Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

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MAN2MAN

Days/Hours: Mondays 3:30-5:30 pm *Ages Served:* not specified
Contact Info: 301-524-5063 drharris@yahoo.com
Cost: not specified
Services: Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teen ager

MARYLAND SCIENCE OLYMPIAD

Days/Hours: not specified *Ages Served:* Elementary thru High
Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
Cost: \$200 per school team (15 students), \$40 per elementary classroom
Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon. – Fri. 3:30 – 7:00 pm, Sat. 11:00 am – 5:00 pm *Ages Served:* 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm *Ages Served:* 4-18
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Cost: free
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Days/Hours: varies *Ages Served:* 8-18
Contact Info: 240-408-3478 nat_pailen@yahoo.com
Cost: \$30.00/class
Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

It is easier to build strong children than to repair broken men.
Frederick Douglass

PREGNANCY & CHILD BIRTH

FAMILY PARTNERSHIP

Days/Hours: Monday thru Friday 8:00 am – 4:00 pm **Ages Served:** all
Contact Info: 301-694-2206 8420 Gas House Pike EE, Frederick MD 21701
Website: <http://www.frederickcountymd.gov/55/Family-Partnership>
Services: FP offers GED and ESL classes, employment services, parent education, mentoring, case management, health education, home visiting, and limited transportation. Developmental child care is provided for children aged 6 weeks through 3 years for the parents that attend the center. The services are provided to expectants, parents with children aged birth through 3 years, and youth aged 16-21. Family Partnership also has an evening Responsible Fathers and Empowering Mothers group that meets on Tuesdays. Limited child care is provided for parents attending these groups as well.

FAMILIES PLUS

Days/Hours: varies **Ages Served:** all
Contact Info: 301-694-9002 www.familiesplus.org
Services: Education, support groups, childbirth, parenting classes

SPECIAL DELIVERY PROGRAM

Days/Hours: varies **Ages Served:** teens
Contact Info: 301-600-1733 sd@frederickcountymd.gov
Services: The purpose of this program is to help improve pregnancy and newborn health. Recipients have their own nurse who provides health and safety education as well as resources for pregnancy and infant health. This program is for any teen that is pregnant or has an infant 6 months or younger.

TEEN CHILDBIRTH EDUCATION

Days/Hours: Wed. evenings every other month from 6 – 8 pm **Ages Served:** girls ages 13-21
Contact Info: 301-600-3472 bfink@frederickcountymd.gov
Services: Our goal is to provide a warm, non-judgmental learning environment for teens by a certified Childbirth Educator. Classes are held at Family Partnership 8420 Gas House Pike, Frederick MD. Registration is required.

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.

Anna Quindlen

RECREATION PROGRAMS

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14
Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
Cost: Varies by family income
Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

FC FREDERICK

Days/Hours: evenings & weekends **Ages Served:** 4-18
Contact Info: 301-471-4610 www.fcfrederick.com
Cost: not specified
Services: Full service soccer club for players of all levels.

FREDERICK CITY PARKS AND RECREATION

Days/Hours: varies per program **Ages Served:** all
Contact Info: 301-600-1493 www.cityoffrederick.com
Cost: varies
Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Days/Hours: varies per program **Ages Served:** All
Contact Info: 301-600-1646 www.fredeickcountymd.gov
Cost: varies
Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

FREDERICK NATIONAL LITTLE LEAGUE

Days/Hours: varies **Ages Served:** 4-12
Contact Info: 301-614-3606 fnllpresident@aol.com www.eteamz.com/fredericknational
Cost: varies
Services: The objective of the Frederick National Little League (FNLL) shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority. FNLL provides a supervised program under the Rules and Regulations of Little League Baseball, Inc.

FREDERICK POLICE ACTIVITIES LEAGUE (PAL)

Days/Hours: Mon.-Thurs. 4– 7 pm (summer hours vary) **Ages Served:** 8-18
Contact Info: 301-600-2100
Cost: free
Services: PAL provides positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

KEY CITY ROLLER DERBY (KCRD)

Days/Hours: varies **Ages Served:** 18+
Contact Info: 240-671-8971 snakebitebetty@gmail.com www.keycityrollerderby.org
Cost: Monthly dues, initial skate purchase, and safety equipment
Services: KCRD is a league dedicated to sportsmanship, physical fitness, personal and social development, and community involvement. KCRD strives to support our league by partaking in competitive bouts under WFTDA rules, teamwork, and encouragement. We are looking for female skaters. There are also positions for male or female skating refs, or non-skating officials. We offer a full program of training for skating and learning derby.

The information contained in this guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.– Fri.3:30 – 7:00 pm, Sat. 11:00 am – 5:00 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm **Ages Served:** 4-18
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Cost: free
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Days/Hours: varies **Ages Served:** 8-18
Contact Info: 240-408-3478 nat_pailen@yahoo.com
Cost: \$30.00/class
Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

UNITED WAY – SUMMER SERVE

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm (summer) **Ages Served:** 12-17
Contact Info: www.unitedwayfrederick.org/summerserve
Cost: \$325 per two (2) week session (\$600 for two sessions and \$825 for all three sessions - there are limited scholarship opportunities
Services: United Way's Summer Serve program engages youth 12-17 in volunteer service projects at various nonprofit agencies throughout Frederick County. The program has three separate 2 week sessions that will provide a comprehensive understanding of the areas of need in our community including education, income stability and health and wellness.

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location **Ages Served:** all ages
Contact Info: 301-663-5131 (N. Market Street branch) www.frederickymca.org
Cost: varies
Services: Membership organization that offers health & wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

What you do today can improve all your tomorrows.

Ralph Marston

SCHOOL ASSISTANCE & SUPPORT

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14

Contact Info: 301-600-1875 www.bgcfc.org

Cost: Varies by family income

Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

CALM – COMMUNITY MEDIATION AND CONFLICT RESOLUTION CENTER

Days/Hours: varies **Ages Served:** not pecified

Contact Info: 301-631-2256 www.calmfrederick.org

Cost: mediation services – free;

Services: CALM offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

CENTRO HISPANO DE FREDERICK, INC.

Days/Hours: Variable **Ages Served:** All

Contact Info: 301-668-6270 centrohispanomd@gmail.com

Cost: Some services are free, some require a donation. Spanish classes: \$250/10 week program

Services: Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.

COMMUNITY AGENCY SCHOOL SERVICES - CASS

Days/Hours: Not specified **Ages Served:** School age

Contact Info: www.fcps.org/cass
 Brunswick, Crestwood, and Middletown Middle Schools 240-566-9126
 Thurmont, Ballenger Creek, and Monocacy Middle Schools 240-236-8889
 West Frederick, New Market & Oakdale Middle Schools 240-236-8929
 Thomas Johnson, Walkersville, Windsor Knolls and Urbana Middle 240-236-8870

Cost: not specified

Services: School/Community based program provides accessibility to affordable professional services including but not limited to substance abuse.

FAMILIES PLUS

Days/Hours: not specified **Ages Served:** all

Contact Info: 301-694-9002 www.familiesplus.org

Cost: varies

Services: Education, support groups, childbirth, parenting classes

FREDERICK COUNTY PUBLIC SCHOOLS - HOMELESS EDUCATION PROGRAM

Days/Hours: Mon.–Fri. 9 am – 3 pm when school is in session **Ages Served:** birth to 21

Contact Info: 301-644-5290 www.fcps.org

Cost: Free

Services: Immediate enrollment in school for youth who are not in the physical custody of a legal parent or guardian (even without accompanying parent/guardian or records normally required for school enrollment); assistance with school selection; automatic free school breakfast and lunch; bus transportation from youth's current location and from school; tutoring/mentoring as well as school supplies, hygiene items, food, clothing, fuel or any item/service needed to fully participate in school.

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FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours:	Mon.-Thurs.4 – 7 pm (summer hours vary)	Ages Served: 8-18
Contact Info:	301-600-2100 www.frederickpal.org	
Cost:	free	
Services:	PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.	

MARYLAND SCIENCE OLYMPIAD

Days/Hours:	not specified	Ages Served: Elementary thru High
Contact Info:	301-514-4555 al@msoteam.org www.marylandscienceolympiad.org	
Cost:	\$200 per school team (15 students), \$40 per elementary classroom	
Services:	After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities.	

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours:	Mon.–Fri. 3:30 – 7:00 pm, Sat.11:00 am – 5:00 pm	Ages Served: 12-17
Contact Info:	301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD	
Cost:	free	
Services:	The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.	

PARTNERS FOR SUCCESS

Days/Hours:	Not specified	Ages Served: 3-21
Contact Info:	240-236-8744 partners.forsuccess@fcps.org	
Services:	The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services for their children.	

PROJECT ALIVE

Days/Hours:	Monday – Friday 4:00 – 7:00 pm	Ages Served: 4-18
Contact Info:	301-696-1875 projectalive@aol.com www.hacfrederick.org	
Cost:	free	
Services:	Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.	

THE ARC OF FREDERICK COUNTY

Days/Hours:	varies	Ages Served: all
Contact Info:	301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD	
Cost:	not specified	
Services:	The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.	

SPORTS PROGRAMS

EAST FREDERICK LITTLE LEAGUE

Days/Hours: varies (Spring & Fall) **Ages Served:** 4-12
Contact Info: 301-523-9674 www.efllbaseball.com
Cost: varies on program
Services: Provide youth the development of baseball skills and how to be part of a team. Players learn sportsmanship while they are learning how to play baseball.

FC FREDERICK

Days/Hours: evenings & weekends **Ages Served:** 4-18
Contact Info: 301-471-4610 www.fcfrederick.com
Cost: varies
Services: Full service soccer club for players of all levels.

FOUR COUNTY LITTLE LEAGUE

Days/Hours: M-F after 4:00 pm and weekends **Ages Served:** 4-15
Contact Info: information@fcllbaseball.org www.fcllbaseball.weebly.com
Cost: \$50-\$100
Services: Mount Airy based Little League organization dedicated to developing superior players and better citizens for a stronger community through the great sport of baseball.

FREDERICK CITY PARKS AND RECREATION

Days/Hours: varies per program **Ages Served:** youth to adult
Contact Info: 301-600-1493 www.cityoffrederick.com
Cost: varies per program
Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Days/Hours: varies per program **Ages Served:** All
Contact Info: 301-600-1646 www.fredeickcountymd.gov
Cost: varies
Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

FREDERICK NATIONAL LITTLE LEAGUE

Days/Hours: varies **Ages Served:** 4-12
Contact Info: 301-614-3606 fllpresident@aol.com www.eteamz.com/fredericknational
Cost: varies
Services: The objective of the Frederick National Little League (FNLL) shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority. FNLL provides a supervised program under the Rules and Regulations of Little League Baseball, Inc.

FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours: Mon.- Thurs 4:00 – 7:00 pm (summer hours vary) **Ages Served:** 8-18
Contact Info: 301-600-2100 www.frederickpal.org
Cost: free
Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

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GOLDEN MILE SOCCER

Days/Hours: evenings and weekends in spring **Ages Served:** K-5th grade
Contact Info: 301-471-4610 www.fcfrederick.com
Cost: free
Services: After school soccer program for kids attending Hillcrest and Waverley Elementary Schools

KEY CITY ROLLER DERBY

Days/Hours: varies **Ages Served:** 18+
Contact Info: 240-671-8971 snakebitebetty@gmail.com www.keycityrollerderby.org
Cost: Monthly dues, initial skate purchase, and safety equipment
Services: Key City Roller Derby (KCRD) is a league dedicated to sportsmanship, physical fitness, personal and social development, and community involvement. KCRD strives to support our league by partaking in competitive bouts under WFTDA rules, teamwork, and encouragement. KCRD is looking for individuals ages 18+ to participate in the league. We are looking for female skaters. There are also positions for male or female skating refs, or non-skating officials. We offer a full program of training for skating and learning derby.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon. – Fri. 3:30 – 7:00 pm, Sat. 11:00 am – 5:00 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Days/Hours: varies **Ages Served:** 8-18
Contact Info: 240-408-3478 nat_pailen@yahoo.com
Cost: \$30.00/class
Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location **Ages Served:** all ages
Contact Info: 301-663-5131 www.frederickymca.org
Cost: varies
Services: Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

I attribute my success to this – I never gave or took any excuse.

Florence Nightengale

SUBSTANCE ABUSE

ALCOHOLICS ANONYMOUS

Days/Hours: not specified
Contact Info: 301-662-0544
Cost: not specified
Services: Support groups for alcoholics

ALLIED COUNSELING GROUP

Days/Hours: varies
Contact Info: 301-698-7077
Cost: not specified
Services: Counseling, chemical dependency, addiction, recovery

BEHAVIORAL HEALTH SERVICES / SUBSTANCE ABUSE – Frederick County Health Department

Days/Hours: Monday – Thursday 8:00 am – 8:00 pm, Friday 8:00 am – 5:00 pm
Contact Info: 301-600-1755 (up to age 18) 301-600-1775 (18 & over)
Cost: Sliding scale / medical assistance / insurance
Services: Program tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

CATOCTIN COUNSELING

Days/Hours: Monday – Thursday 9:00 am – 9:00 pm Friday 9:00 am – 5:00 pm
Contact Info: 301-631-1304 www.catocinctinounseling.com
Cost: varies / Sliding Scale
Services: Substance abuse, mental health, families, couples, and individual counseling

CATOCTIN SUMMIT ADOLESCENT PROGRAM

Days/Hours: not specified
Contact Info: 240-420-5400
Cost: not specified
Services: Long-term (4-6 months) residential treatment for adolescents who have completed a short term inpatient program. Services include: individual, group & family counseling; mental health services; GED educational studies; AA/NA meetings; chemical education; activities of daily living skills; and recreational activities.

CROSSROADS CENTERS

Days/Hours: Not specified
Contact Info: 301-696-1950 www.recoveryatcrossroads.com
Cost: varies / Sliding Scale
Services: Substance abuse/mental health services including assessments, education, evening & day treatment.

FAMILIES PLUS

Days/Hours: not specified
Contact Info: 301-694-9002 www.familiesplus.org
Cost: not specified
Services: Education, support groups, childbirth, parenting classes

FREDERICK INSTITUTE

Days/Hours: Monday – Friday 6:00 am – 2:00 pm; Saturday 7:00 am – 10:00 am
Contact Info: 301-663-4130
Cost: not specified
Services: Treatment & rehabilitation of opiate addicted adults. Provides medically supervised methadone

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FREDERICK RESCUE MISSION

Days/Hours: varies
Contact Info: 301-695-6633
Cost: free
Services: substance abuse rehab for men and have a kids summer program for kids grade K-5

LOIS JACKSON UNIT

Days/Hours: not specified
Contact Info: 301-777-2290
Cost: Sliding scale
Services: Inpatient treatment for male & females ages 13 to 18. Certified school program. Individual, family And group counseling.

MARYLAND COUNSELING CENTER

Days/Hours: Monday – Friday 8:00 am – 5:00 pm
Contact Info: 301-662-0855 or 800-622-0668 www.mcc-center.com
Cost: Not specified
Services: MVA-approved DWI education, six-month education & group programs. Family and individual counseling available.

MONOCACY COUNSELING CENTER

Days/Hours: Office Hours Monday – Thursday 11:00 am – 4:00 pm
Contact Info: 301-846-0967
Cost: Insurance accepted
Services: Outpatient substance abuse treatment, specializing in co-occurring disorders and anger management.

MOUNTAIN MANOR TREATMENT CENTER

Days/Hours: not Specified
Contact Info: 301-662-1407 www.mountainmanor.org
Cost: Not specified
Services: Alcoholism and drug abuse outpatient treatment services

MRB COUNSELING SERVICES, INC.

Days/Hours: Monday – Friday 9:00 am – 6:00 pm; Saturday 9:00 am – 4:00 pm
Contact Info: 240-566-5656 www.mrbcounseling.com
Cost: Not specified
Services: Alcohol and drug evaluation, education, and treatment

MULTI SYSTEMIC THERAPY (MST)

Days/Hours: scheduled appointments
Contact Info: 240-344-5766 www.waystation.org
Cost: free
Services: Grant funded program working to explore the youth's community, school, peer, & family relationships in order to create change where necessary. Work to empower family to solve current and future problems.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PATHWAYS

Days/Hours: not specified
Contact Info: 800-322-5858
Cost: Accepts most insurance
Services: Two or three week inpatient adolescent program.

SERENTIY TREATMENT CENTER, INC.

Days/Hours: various day and evening hours
Contact Info: 301-898-2627 deb@serenitytreatmentcenter.com www.serentiytreatmentcenter.com
Cost: Accepts insurance and self pay
Services: Traditional outpatient services – group intensive outpatient – group and individual counseling. Also offers Hepatitis C support, Reiki, life coaching, recovering coaching.

“I am not a product of my circumstances. I am a product of my decisions.”
Stephen Covey

SUMMER CAMPS & PROGRAMS

4-H

<i>Days/Hours:</i>	not specified	<i>Ages Served:</i> not specified
<i>Contact Info:</i>	301-600-1594	
<i>Cost:</i>	not specified	
<i>Services:</i>	Youth participation in hands-on learning experiences to develop life skills through 4-H projects, 4-H Club meetings, and 4-H activities.	

BOYS & GIRLS CLUB OF FREDERICK COUNTY

<i>Days/Hours:</i>	Summer M-F 7:30 am – 6:00 pm	<i>Ages Served:</i> 6-14
<i>Contact Info:</i>	301-600-1875 www.bgcfc.org	413 Burck Street, Frederick MD
<i>Cost:</i>	Varies by family income	
<i>Services:</i>	Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.	

CIVIL AIR PATROL (CAP)

<i>Days/Hours:</i>	Tuesday 7:00 – 9:00 pm	<i>Ages Served:</i> 12-21
<i>Contact Info:</i>	301-694-2312 rick_palace@mac.com	www.gocivilairpatrol.com
<i>Cost:</i>	est. \$100	
<i>Services:</i>	CAP's cadet program is unique in that it uses aviation as a cornerstone. The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others. Those cadets who earn cadet officer status may enter the Air Force as an E3 (airman first class) rather than an E1 (airman basic).	

FC FREDERICK

<i>Days/Hours:</i>	evenings & weekends	<i>Ages Served:</i> 4-18
<i>Contact Info:</i>	301-471-4610 www.fcfrederick.com	
<i>Cost:</i>	varies	
<i>Services:</i>	Full service soccer club for players of all levels.	

FREDERICK CITY PARKS AND RECREATION

<i>Days/Hours:</i>	varies per program	<i>Ages Served:</i> all
<i>Contact Info:</i>	301-600-1493 www.cityoffrederick.com	
<i>Cost:</i>	varies	
<i>Services:</i>	Parks & Recreation offers a wide variety of programs for youth and adults	

FREDERICK COMMUNITY ACTION AGENCY

<i>Days/Hours:</i>	Monday thru Friday 8:30 am – 4:30 pm	<i>Ages Served:</i> All
<i>Contact Info:</i>	301-600-1506 www.cityoffrederick.com	
<i>Cost:</i>	free	
<i>Services:</i>	Provides programs and services that assist mentally ill, disabled, homeless, and low income residents. Services include General Education Classes (GED), soup kitchen, food pantry, transitional housing to support homeless families with children and adults with physical disabilities, various health plans and programs. Also offers a free lunch program during the summer at various locations throughout the county for school age children.	

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

<i>Days/Hours:</i>	varies per program	<i>Ages Served:</i> All
<i>Contact Info:</i>	301-600-1646 www.fredeickcountymd.gov	
<i>Cost:</i>	varies	
<i>Services:</i>	Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!	

The information contained in this guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

FREDERICK COUNTY PUBLIC LIBRARIES

Days/Hours: varies *Ages Served:* All
Contact Info: 301-600-1630 www.fcpl.org
Cost: free
Services: Books, e-books, books on tape, CD or digital format, music CDs and periodicals are available to check out. Also have programs for youth.

FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours: Mon.- Thurs. 4– 7 pm (summer hours vary) *Ages Served:* 8-18
Contact Info: 301-600-2100 www.frederickpal.org
Cost: free
Services: PAL provides positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

FREDERICK RESCUE MISSION

Days/Hours: varies *Ages Served:* Adult & K-5th
Contact Info: 301-695-6633
Cost: free
Services: Provides substance abuse rehab for men & also have a kids summer program for kids grade K-5

GIRL SCOUT COUNCIL OF THE NATIONS CAPITAL, FREDERICK COUNTY

Days/Hours: Monday thru Friday 9:00 – 5:00 pm *Ages Served:* 5-17
Contact Info: 301-662-5106 x 11 www.gscnc.org
Cost: \$10 for yearly membership
Services: Girl Scouts offers values-based and contemporary programs for girls, where they can make friends, learn new skills, play sports, create art, and travel abroad.

MARYLAND SCIENCE OLYMPIAD

Days/Hours: varies *Ages Served:* Elementary thru High
Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
Cost: \$200 per school team (15 students), \$40 per elementary classroom
Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities.

PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm *Ages Served:* 4-18
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Cost: free
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

RED CROSS

Days/Hours: varies *Ages Served:* varies per program
Contact Info: 301-662-5131
Cost: varies
Services: Disaster relief, health and safety training

SEED OF LIFE NURSERIES, INC.

Days/Hours: varies *Ages Served:* 5-17
Contact Info: 240-344-6533 solnurseries@gmail.com
Cost: not specified
Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

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UNITED WAY – SUMMER SERVE

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm (Summer) **Ages Served:** 12-17
Contact Info: www.unitedwayfrederick.org/summerserve
Cost: \$325 per two (2) week session (\$600 for two sessions and \$825 for all three sessions - there are limited scholarship opportunities)
Services: United Way's Summer Serve program engages youth 12-17 in volunteer service projects at various nonprofit agencies throughout Frederick County. The program has three separate 2 week sessions that will provide a comprehensive understanding of the areas of need in our community including education, income stability and health and wellness.

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location **Ages Served:** all ages
Contact Info: -663-5131 (Market Street branch) www.frederickymca.org
Cost: varies
Services: Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

The whole purpose of education is to turn mirrors into windows.

Sydney J. Harris

VOLUNTEER OPPORTUNITIES

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14
Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
Cost: Varies by family income
Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

CALM - FREDERICK COUNTY MEDIATION

Days/Hours: varies
Contact Info: 301-631-2256 www.calmfrederick.org
Services: Frederick County Mediation offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

CENTRO HISPANO DE FREDERICK, INC.

Days/Hours: Variable
Contact Info: 301-668-6270 centrohispanomd@gmail.com
Services: Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.

FAMILY PARTNERSHIP

Days/Hours: Monday thru Friday 8:00 am – 4:00 pm
Contact Info: 301-694-2206 8420 Gas House Pike EE, Frederick MD 21701
<http://www.frederickcountymd.gov/55/Family-Partnership>
Services: Family Partnership offers GED and ESL classes, employment services, parent education, mentoring, case management, health education, home visiting, and limited transportation. Also developmental child care is provided for children aged 6 weeks through 3 years old for the parents that attend the center. The services are provided to expectants, parents with children aged birth through 3 years old, and youth aged 16-21. Family Partnership also has an evening Responsible Fathers and Empowering Mothers group that meets on Tuesdays. Limited child care is provided.

FAMILIES PLUS

Days/Hours: varies
Contact Info: 301-694-9002 www.familiesplus.org
Services: Education, support groups, childbirth, parenting classes

FC FREDERICK

Days/Hours: evenings & weekends
Contact Info: 301-471-4610 www.fcfrederick.com
Services: Full service soccer club for players of all levels.

FREDERICK COMMUNITY ACTION AGENCY

Days/Hours: Monday thru Friday 8:30 am – 4:30 pm
Contact Info: 301-600-1506 www.cityoffrederick.com
Services: Provides programs and services that assist mentally ill, disabled, homeless, and low income residents. Services include General Education Classes (GED), soup kitchen, food pantry, transitional housing to support homeless families with children and adults with physical disabilities, various health plans and programs. Also offers a free lunch program during the summer at various locations throughout the county for school age children.

The information contained in this guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Days/Hours: varies per program
Contact Info: 301-600-1646 www.fredeickcountymd.gov
Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

GOLDEN MILE SOCCER

Days/Hours: evenings and weekends in spring
Contact Info: 301-471-4610 www.fcfrederick.com
Services: After school soccer program for kids attending Hillcrest and Waverley Elementary Schools

HABITAT FOR HUMANITY OF FREDERICK COUNTY

Days/Hours: varies
Contact Info: 301-698-2449 www.frederickhabitat.com
Services: Habitat for Humanity of Frederick County builds homes, rehab homes and revitalize neighborhoods for people in need of a hand up, but not a hand out. We also operate the Habitat ReStore at 622 North Market Street as a means to fund our mission of bringing people together to build homes, communities and hope. All skill levels welcome!

HEARTLY HOUSE

Days/Hours: 24/7
Contact Info: 301-662-8800 or 301-418-6610
Services: Heartly House is Frederick County's sole provider of services to victims of domestic violence, sexual assault, and child abuse. We have an emergency shelter, short-term counseling (including child counseling), legal services, a 24-hour hotline, and prevention services.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.–Fri. 3:30 – 7:00 pm, Sat. 11:00 am – 5:00 pm
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

RED CROSS

Days/Hours: varies
Contact Info: 301-662-5131
Services: Disaster relief, health and safety training

SAFE KIDS FREDERICK COUNTY (SKFC)

Days/Hours: Varies
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: SKFC is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

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SEED OF LIFE NURSERIES, INC.

Days/Hours: varies
Contact Info: 240-344-6533 solnurseries@gmail.com
Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

THE ARC OF FREDERICK COUNTY

Days/Hours: varies
Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD
Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities.

UNITED WAY – SUMMER SERVE

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm (Summer)
Contact Info: www.unitedwayfrederick.org/summerserve
Services: United Way’s Summer Serve program engages youth 12-17 in volunteer service projects at various nonprofit agencies throughout Frederick County. The program has three separate 2 week sessions that will provide a comprehensive understanding of the areas of need in our community including education, income stability and health and wellness.

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location
Contact Info: 301-663-5131 (North Market Street branch) www.frederickymca.org
Services: Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

We can do anything we want to do if we stick to it long enough.
Helen Keller

YOUTH SERVICES & PROGRAMS

4-H

Days/Hours: not specified **Ages Served:** not specified
Contact Info: 301-600-1594
Cost: not specified
Services: Youth participation in hands-on learning experiences to develop life skills through 4-H projects, 4-H Club meetings, and 4-H activities

BOY SCOUTS OF AMERICA

Days/Hours: Monday – Friday 9:00 am – 5:00 pm **Ages Served:** not specified
Contact Info: 301-530-9360 www.boyscounts-ncac.org
Cost: not specified
Services: The mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Days/Hours: Mon.-Fri. 3:00 – 6:30 pm (summer 7:30 am – 6:00 pm) **Ages Served:** 6-14
Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
Cost: Varies by family income
Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Days/Hours: Day, evening & weekend appointments **Ages Served:** 13-19
Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
Cost: workshop \$45 for 2 classes / Private Sessions \$40 each
Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

CENTRO HISPANO DE FREDERICK, INC.

Days/Hours: Variable **Ages Served:** All.
Contact Info: 301-668-6270 centrohispanomd@gmail.com
Cost: Some services are free, some require a donation. Spanish classes: \$250/10 week program
Services: Resource and education center dedicated to helping limited English speaking residents and immigrants. They offer ESL classes, mediation, citizenship classes, immigration services, job assistance, computer and internet classes and volunteer opportunities.

CHILDRENS MOBILE CRISIS

Days/Hours: 24 hours / 7 days a week **Ages Served:** birth to 18
Contact Info: 211 www.waystation.org
Cost: Free
Services: Mobile mental health treatment for child and adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury

CIVIL AIR PATROL (CAP)

Days/Hours: Tuesday 7:00 – 9:00 pm **Ages Served:** 12-21
Contact Info: 301-694-2312 rick_palace@mac.com www.gocivilairpatrol.com
Cost: est. \$100
Services: The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others.

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COMMUNITY AGENCY SCHOOL SERVICES - CASS

Days/Hours: Not specified *Ages Served:* School age
Contact Info: www.fcps.org/cass
 Brunswick, Crestwood, and Middletown Middle Schools 240-566-9126
 Thurmont, Ballenger Creek, and Monocacy Middle Schools 240-236-8889
 West Frederick, New Market & Oakdale Middle Schools 240-236-8929
 Thomas Johnson, Walkersville, Windsor Knolls and Urbana Middle 240-236-8870
Cost: not specified
Services: School/Community based program provides accessibility to affordable professional services including but not limited to substance abuse.

ETIQUETTE FOR EVERYDAY

Days/Hours: varies *Ages Served:* ages 5 and up
Contact Info: 301-829-6944 kelly@etiquetteforeveryday.com www.etiquetteforeveryday.com
Cost: varies
Services: Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.

FAMILIES PLUS

Days/Hours: not specified *Ages Served:* all
Contact Info: 301-694-9002 www.familiesplus.org
Cost: not specified
Services: Education, support groups, childbirth, parenting classes

FAMILY PRESERVATION

Days/Hours: 24 hours a day / 7 days a week *Ages Served:* family unit
Contact Info: 301-662-0099 x 2501 www.waystationinc.org
Cost: Free
Services: Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

FREDERICK COUNTY MEDIATION

Days/Hours: varies *Ages Served:* not specified
Contact Info: 301-631-2256 www.calmfrederick.org
Cost: mediation services – free;
Services: Frederick County Mediation offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

FREDERICK CITY PARKS AND RECREATION

Days/Hours: varies per program *Ages Served:* all
Contact Info: 301-600-1493 www.cityoffrederick.com
Cost: varies
Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY PARKS AND RECREATION

Days/Hours: varies per program *Ages Served:* varies
Contact Info: 301-600-1646 www.frederickcountymd.gov
Cost: varies
Services: variety of programs for youth and adults

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FREDERICK COUNTY PUBLIC LIBRARIES

Days/Hours: varies *Ages Served:* All
Contact Info: 301-600-1630 www.fcpl.org
Cost: free
Services: Books, e-books, books on tape, CD or digital format, music CDs and periodicals are available to check out. Also have programs for youth.

FREDERICK POLICE ACTIVITIES LEAGUE

Days/Hours: Mon.- Thurs. 4:00 – 7:00 pm (summer hours vary) *Ages Served:* 8-18
Contact Info: 301-600-2100 www.fredeickpal.org
Cost: free
Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

GIRL SCOUT COUNCIL OF THE NATIONS CAPITAL, FREDERICK COUNTY

Days/Hours: Monday thru Friday 9:00 – 5:00 pm *Ages Served:* 5-17
Contact Info: 301-662-5106 x 11 www.gscnc.org
Cost: \$10 for yearly membership
Services: Girl Scouts offers values-based and contemporary programs for girls, where they can make friends, learn new skills, play sports, create art and travel abroad.

LEAD4LIFE INC. – READY 4 WORK PROGRAM

Days/Hours: flexible *Ages Served:* 15-25
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$30/hour
Services: Serving teenagers and young adults ages 15-25 in need of job readiness skills. Help with resume writing, interview skills, filling out job application, and proper attire.

LEAD4LIFE INC. – SOCIAL & CLINICAL MENTORING PROGRAM

Days/Hours: flexible *Ages Served:* up to age 18
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: fee varies
Services: Servicing youth in need of guidance with daily life skills, pro-social skills, and competency development. Provides mentoring to youth with mental health, substance abuse, and behavioral concerns.

LEAD4LIFE INC. - TEENAGE GIRL EMPOWERMENT SESSIONS

Days/Hours: flexible *Ages Served:* 13-18
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$45/hour
Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

LEAD4LIFE INC. – THERAPY

Days/Hours: flexible *Ages Served:* 10-24
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: fee varies
Services: Therapists provide services in the home and community. Therapist are skilled working with high-risk youth with behavioral and emotional disorders.

LEAD4LIFE INC. – YOUTH STAR PROGRAM

Days/Hours: flexible *Ages Served:* 14-18
Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
Cost: \$50/hour

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Services: Develops discipline and accountability in youth through a physical fitness. The program provides developmentally appropriate physical activities that are geared toward the youth's individual goals.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Days/Hours: hotline 24/7 **Ages Served:** All ages
Contact Info: 301-663-0011 www.fcmha.org
Cost: not specified
Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

ON THE MARK – ADOLESCENT CLUBHOUSE

Days/Hours: Mon.–Fri. 3:30 – 7:00 pm, Sat. 11:00 am – 5:00 pm **Ages Served:** 12-17
Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
Cost: free
Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

POSITIVE CHOICES FOR LIFE

Days/Hours: third Saturday of the month 9:30 am – 12:00 pm **Ages Served:** 11-18
Contact Info: 410-530-7455 paddd@comcast.net www.paddd.com
Cost: \$50
Services: 2 hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash.

PROJECT ALIVE

Days/Hours: Monday – Friday 4:00 – 7:00 pm **Ages Served:** 4-18
Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
Cost: free
Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

SEED OF LIFE NURSERIES, INC.

Days/Hours: varies **Ages Served:** 5-17
Contact Info: 240-344-6533 solnurseries@gmail.com
Cost: not specified
Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Days/Hours: varies **Ages Served:** 8-18
Contact Info: 240-408-3478 nat_pailen@yahoo.com
Cost: \$30.00/class
Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

THE ARC OF FREDERICK COUNTY

Days/Hours: varies **Ages Served:** all
Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD

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Cost: not specified
Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.

THE FREDERICK CENTER

Days/Hours: Wednesdays 7:00 – 9:00 pm **Ages Served:** 14-23
Contact Info: www.thefrederickcenter.org
Cost: free
Services: LGBTQ Youth Group – Weekly Wednesday evening peer support group for Lesbian, Gay, Bisexual, Transgender and Queer youth plus youth allies. This group is run by youth, with adult supervision. Topic-driven meetings: education, support, friendship-building, skill-sharing, mentoring, and more.

TRANSIT SERVICES OF FREDERICK COUNTY

Days/Hours: Monday-Saturday 5:30 am – 10:00 pm **Ages Served:** All
Contact Info: www.frederickcountygovernment.gov/transit
Cost: varies, various purchase options available
Services: TRANSIT provides transportation in Frederick County serving medical, employment, education, and shopping centers. Demand response paratransit services, commuter shuttles, Meet-the-MARC services, and commuter assistance is also available. Students with ID may purchase tickets at a reduced rate: 10-trip tickets - \$10, Monthly pass - \$30, and summer freedom pass \$15 for students ages 13-18, valid all summer.

UNITED WAY – SUMMER SERVE

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm (Summer) **Ages Served:** 12-17
Contact Info: www.unitedwayfrederick.org/summerserve
Cost: \$325 per two (2) week session (\$600 for two sessions and \$825 for all three sessions - there are limited scholarship opportunities
Services: United Way's Summer Serve program engages youth 12-17 in volunteer service projects at various nonprofit agencies throughout Frederick County. The program has three separate 2 week sessions that will provide a comprehensive understanding of the areas of need in our community including education, income stability and health and wellness.

YMCA OF FREDERICK COUNTY

Days/Hours: varies by location **Ages Served:** all ages
Contact Info: 301-663-5131 (N. Market Street branch) www.frederickymca.org
Cost: varies
Services: Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

YOUTHFUL OFFENDER

Days/Hours: varies **Ages Served:** 12-17
Contact Info: 301-600-1824
Cost: \$50.00
Services: Provides an alternative to the juvenile justice system. The program includes an educational component, site visits, guest speakers and community service, including with the Frederick County Fire Departments and Frederick County Parks.

OTHER

Car Seat Low Cost or Loaner Program

KIDS IN SAFETY SEATS (KISS)

Contact Info: 800-370-7328
Services: Car seat loaner programs and safety education

SAFE KIDS FREDERICK COUNTY

Days/Hours: vary
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

Food Resources / Summer Meals Program

MARYLAND HUNGER SOLUTIONS

Days/Hours: Monday thru Friday 9:00 am – 5:00 pm
Contact Info: 410-528-0021 www.mdhungersolutions.org
Cost: free
Services: Provides information on food supplement program (food stamps), free summer meals, and other nutrition resources

FREDERICK COMMUNITY ACTION AGENCY

Days/Hours: Monday thru Friday 8:30 am – 4:30 pm
Contact Info: 301-600-1506 www.cityoffrederick.com
Cost: free
Services: Provides programs and services that assist mentally ill, disabled, homeless, and low income residents. Services include General Education Classes (GED), soup kitchen, food pantry, transitional housing to support homeless families with children and adults with physical disabilities, various health plans and programs. Also offers a free lunch program during the summer at various locations throughout the county for school age children.

Health Care Enrollment

HEALTH CARE CONNECTIONS

Days/Hours: Monday thru Friday 8:00 am – 5:00 pm
Contact Info: 301-600-8888 www.frederickcountymd.gov/healthcareconnection
Cost: free
Services: Assist clients with enrolling in Medicaid and other health insurances offered through the State marketplace.

Injury Prevention

POSITIVE CHOICES FOR LIFE

Days/Hours: third Saturday of the month 9:30 am – 12:00 pm
Ages Served: 11-18
Contact Info: 410-530-7455 padd@comcast.net www.padd.com
Cost: \$50

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Services: 2 hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash.

SAFE KIDS FREDERICK COUNTY

Days/Hours: vary
Contact Info: 301-694-9002 nboyd@familiesplus.org
Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

Short Term Exchange Program

EURO-AMERICAN STUDENT ALLIANCE

Days/Hours: vary
Ages Served: 13-19
Contact Info: 240-575-4898 www.euro-americanalliance.us
Cost: \$900-\$1200 + airfare
Services: Student exchange organization, arranging short-term home stays for groups of American and European teens. The programs are 2-4 weeks in length and combine living with host families, visiting local sights and participating in interactive field trips to ensure a well balanced program.

Transportation

TRANSIT SERVICES OF FREDERICK COUNTY

Days/Hours: Hours M-Sat 5:30 am – 10:00 pm
Contact Info: www.frederickcountygovernment.gov/transit
Cost: varies, various purchase options available
Services: TransIT provides transportation in Frederick County serving medical, employment, education, and shopping centers. Demand response paratransit services, commuter shuttles, Meet-the-MARC services, and commuter assistance is also available. Students with ID may purchase tickets at a reduced rate: 10-trip tickets - \$10, monthly pass - \$30, and summer freedom pass \$15 for students ages 13-18, valid all summer.

Youth Group

The Frederick Center

Days/Hours: Wednesdays 7:00 – 9:00 pm
Ages Served: 14-23
Contact Info: www.thefrederickcenter.org
Cost: free
Services: LGBTQ Youth Group – Weekly Wednesday evening peer support group for Lesbian, Gay, Bisexual, Transgender and Queer youth plus youth allies. This group is run by youth, with adult supervision. Topic-driven meetings: education, support, friendship-building, skill-sharing, mentoring, and more.

ORGANIZATIONS & CATEGORIES

	Advocacy Groups	After-School Programs	Alcohol Treatment	Child & family services	Drop Out Prevention	Educational programs	Emergency Assistance	Hotlines & Crisis	Job Assistance	Mental Health	Mentoring Programs	Pregnancy & Childbirth	Recreation programs	School Assistance & Support	Sports programs	Substance Abuse	Summer Camps & Programs	Volunteer Opportunities	Youth Services & Programs	Other
211								X												
4-H						X											X		X	
Advocates for Homeless Families	X			X			X													
Aids Hotline								X												
Al-Anon/Alateen								X												
Alcohol Hotline								X												
Alcoholics Anonymous								X								X				
Allied Counseling Group			X	X						X						X				
“ASK” - Advocacy, Support, Knowledge	X																			
Autism Society of America	X			X																
Behavioral Health Partners				X						X										
Behavioral Health Services				X						X						X				
Boys & Girls Club		X				X					X		X	X			X	X	X	
Boys Scouts of America					X															X
Butterfly Coaching		X			X						X									X
CALM – Frederick Mediation Center				X										X				X	X	
Camp Journey										X										
Catoctin Counseling			X	X						X						X				
Catoctin Summit																X				X
Centro Hispano de Frederick	X					X			X		X			X				X		
Child Advocacy Center	X			X						X										
Child Care Choices				X																
Child Protective Services				X				X												
Children’s Mobile Crisis								X		X										
Civil Air Patrol		X															X			X
Community Agency School Services (CASS)				X	X									X						
Crossroads Centers			X							X										
Department of Social Services				X																
East Frederick Little League															X					
Employment Resource Center									X											
Etiquette for Everyday		X				X														X

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Euro-American Student Alliance																				X
Family Partnership					X		X					X						X		
Families Plus					X		X			X		X		X		X		X	X	
Family Preservation					X					X									X	
FC Frederick		X											X		X		X	X		
Four County Little League															X					
Frederick City Parks & Recreation		X											X		X		X		X	
Frederick Community Action Agency				X			X										X	X		X
Frederick County Hotline								X												
Frederick County Parks & Recreation		X											X		X		X	X	X	
Frederick County Public Library						X											X		X	
Frederick County Public Schools					X					X				X						
Frederick County Sheriff's Office								X												
Frederick County Workforce Services									X											
Frederick Institute																X				
Frederick National Little League													X		X					
Frederick Police Activities League (PAL)		X				X					X		X	X	X		X		X	
Frederick Police Dept.								X												
Frederick Rescue Mission																X	X			
F.R.I.E.N.D.S.	X			X																
Girls Scout Council of the Nation's Capital																	X		X	
Golden Mile Soccer															X			X		
Habitat for Humanity																		X		
Health Care Connections																				X
Heartly House				X			X	X										X		
Key City Roller Derby													X		X					
Kids in Safety Seats (KISS)																				X
Kids Like Us				X																
Lead4Life, Inc.- Parent Mentoring				X							X									
Lead4Life, Inc.- Ready 4 Work									X										X	

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Lead4Life, Inc.- Social & Clinical Mentoring											X								X	
Lead4Life, Inc.- Teenage Girl Empowerment Sessions											X								X	
Lead4Life, Inc.- Therapy										X									X	
Lead4Life, Inc.- Youth Star Program																			X	
Lois Jackson Unit										X						X				
Man2Man		X							X		X									
Maryland Counseling Center			X													X				
Maryland Hunger Solutions																				X
Maryland Science Olympiad		X			X						X			X			X			
MD Youth Crisis Hotline								X												
Mental Health Association	X			X		X		X		X										X
Mental Health Mgmt. Agency	X																			
Middletown Valley People Helping People				X			X													
Monocacy Counseling Center			X													X				
Mothers Against Drunk Driving (MADD)	X																			
Mountain Manor Treatment Center			X													X				
MRB Counseling Services			X													X				
Mt. Airy Net				X			X													
Multi Systemic Therapy										X						X				
National Runaway Safeline								X												
National Suicide Prevention Lifeline								X												
On The Mark		X		X	X	X			X	X	X		X	X	X	X		X	X	
Operation Runaway								X												
Partners for success				X		X								X						
Pathways																X				
Poison Center								X												
Positive Choices for Life																			X	X
Project Alive		X							X		X		X	X			X	X	X	
Rape Crisis Hotline								X												
Reece's Rainbow	X																			

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Religious Coalition							X													
Safe Kids Frederick County	X			X		X												X		X
Seed of Life Nurseries		X							X								X	X	X	
Serenity Treatment Centers																X				
Seton Center Outreach Program							X													
Special Delivery Program												X								
St. Vincent DePaul Society							X													
Stations of Success Martial Arts Program											X		X		X					X
Student Homelessness Initiative							X													
Teen Child Birth Education												X								
The ARC of Frederick County				X		X								X				X	X	
The Frederick Center																			X	X
The Salvation Army				X			X													
TransIT Services of Frederick County																			X	X
United Way – Summer Serve						X							X				X	X	X	
Workforce Development									X											
YMCA of Frederick County		X		X									X		X		X	X	X	
Youthful Offender				X																X
Villa Maria of Frederick County				X						X										

If your organization has a program or service that you would like to be included in future editions of the Youth Resource Guide please contact:

Michele Bowman
 Community Outreach Specialist, Frederick Police Department
 301-600-2091 or mbowman@frederickmdpolice.org

A PDF version of this guide can be downloaded at:

www.cityoffrederick.com/police
www.frederickcountymd.gov/ocf