In challenging times, we may need to turn to others for support...... <u>Local Community Resources</u> * This list does not serve as a referral or an endorsement.

| Resource | Contact Information | Services |
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| Al-Anon & Alateen | 1-888-425-2666 Monday through Friday, 8:00am to 6:00pm ET | Support for families who are affected by addiction. |
| | Meeting locator website: http://www.marylanddc-alanon.org/ | |
| BERC (Business and Employment Resource Center) | 224 N. Center Street Westminster, MD 21157 410-386-2826 | Job Assistance for youth and adults |
| Carroll Area Transit (CATS) | 211 Greenwood Avenue Westminster, MD 21157 Phone: 410-876-RIDE Phone: 410-857-0884 866-304-2287 | Affordable transportation throughout the community. |
| Carroll Community College (Adult Education Program) | 1601 Washington Road Westminster, MD 21157 410-386-2550 | Alternative Educaiton: GED, External Diploma Program, English Classes for speakers of other languages (ESOL) |
| Carroll Counseling Center, LLC. | 410-549-5181 Eldersburg, MD South Carroll Medical Center 1380 Progress Way, Suite 101 Eldersburg, MD 21784 or 301-829-2242 Mt. Airy Medical Center 1311 S. Main Street, Suite 202 Mt. Airy, MD 21771 http://www.carrollcounseling.com/index.php | Various counseling services including individual session and group lessons for adolescents, adults, and the family. Specializing in issues such as stress, anxiety, mood disorders, and learning disabilities. |
| Carroll County Directory of Community Services | Website: http://community.carr.org/default.asp | Service of the Carroll County Public Library. An online directory of all of the human services provided throughout the county. This site allows you to search by specific topics. |
| Carroll County Food Sunday | 10 Distillery Drive Westminster MD 21157 410-857-7926 fax: 410-857-0418 Email: ccfs@qis.net | Supplemental groceries provided for families in need. |
| Carroll County Health Department | 290 S. Center Street Westminster, Md 21158 | Medical clinics, health insurance for children (if |

| | 410-876-4942 | qualify), mental health services, substance abuse counseling |
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| Carroll County Public Schools Student Services Department | 125 N. Court Street Westminster, MD 21157 410-751-3120 | Enrollment in CCPS or alternative education, some homeless services |
| Carroll County Youth Service Bureau | 59 Kate Wagner Road Westminster, MD 21157 410-848-2500 | Mental Health Services for youth and adults |
| Carroll Hospital Center | 200 Memorial Avenue Westminster, MD 21157 410-871-7061 | Psychiatric Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP) for Adolescents |
| Cedar Ridge Counseling Center | 6470 Ridge Rd., Suite 1 1425 Liberty Road Eldersburg 410-552-0773 | |
| Department of Social Services | 1232 Tech Court Westminster, MD 21157 410-386-3434 | Child welfare, cash assistance, food stamps |
| Family and Children's Services | 22 N. Court Street Westminster, MD 21157 410-876-1233 DV 24hr. hotline 410-857-0077 | Mental health services for children, adults, & familyspecializing in Domestic Violence and sexual/physical abuse cases. Safe house shelter. |
| Finksburg Counseling Services | 1812 Baltimore Blvd, Suite C Westminster, MD 21157 410-751-6176 | Mental health counseling for adolescents and adults |
| Get Connected Family Resource Center | 255 Clifton Blvd., Suite 204 Westminster, MD 21157 410-871-0008 866-664-0008 | Help families find help |
| Granite House Human Services Programs | 410-751-5970 10 Distillery Drive, Suite G1 PO Box 489 Westminster, MD 21158 410-857-2999 | Mental health services Assistance with: housing, utilities, clothing, household furnishings, job readiness, life skills, filing taxes |
| Job Corps | 1-800-733-JOBS | Alternative Education program for ages 16 to 24, plus job training. |
| Junction | 410-848-6100 | Substance abuse counseling services |
| Keystone Services of Maryland | 255 Clifton Blvd. Suite 309 Westminster, MD 21157 410-875-4694 | Psychiatric Rehabilitation Program for adults, children and adolescents. Early Periodic Screening |

| Local Churches: Grace Lutheran Ascension Episcopal Wesley Freedom United Methodist Westminster United Methodist St Joseph's Catholic | 410-848-7020 410-848-3251 410-795-2777 410-848-8325 410-795-7838 | and Diagnostic Treatment Program/Behavioral Aid (EPSDT) for children. Soup Kitchen May also provide other resources – call for additional information. |
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| Church Mission of Marsy | 255 Clifton Blvd. Suite 301 | Provides free medical |
| Mission of Mercy | Westminster, MD 21157 | care, free dental care and |
| | Westimister, MD 21137 | free prescription |
| | 410-857-4811 | medications, via a mobile |
| | 410 037 4011 | medical van, to the |
| | | uninsured and |
| | | underinsured. |
| New Perspectives | McDonough Crossroads | Individual and family |
| 1 | 6 Park Center Court, Suite 103 | counseling services to |
| | Owings Mills, MD 21117 | address a variety of |
| | Hunter Professional Centre | presenting issues |
| | 904 A Washington Road | including self-esteem, |
| | Westminster, MD 21157 | improving parent-child |
| | | relationships, and stress |
| | Website: | management. |
| | http://www.nperspectives.com/index.asp | This agency accepts a |
| | | broad range of insurance |
| | | plans. |
| Parents as Teachers | Judy Center Partnership | Support parents families |
| | 1413 Washington Road | throughout pregnancy |
| | Westminster, MD 21157 | until their child enters |
| | 410-751-3613 | Kindergarten. |
| Shepherd's Staff | 410-857-5944 | Soup Kitchen, food |
| Villa Maria of Carroll | 255 Clifton Blvd., Suite 302 | Mental Health Services |
| County | Westminster, MD 21157 | for youth and adults. |
| | 410-848-2037 | |