

SELF- HELP GUIDE

2006 Edition

**Published by
Baltimore County Commission for Women**



**County Executive James T. Smith, Jr.
and the Baltimore County Council**

Thank you for using this Self-Help Guide prepared by the Baltimore County Commission for Women. The Commission is proud to have provided this resource to the community for 25 years. Many people have wanted to make contributions to this effort. Friends of the Commission was established to allow for donations to be made to further the work of the Commission. If you wish to make a donation, you may send your check to:

Friends of the Baltimore County Commission for Women
22 Maryland Avenue
Pikesville, Maryland 21208

The Commission appreciates your support.

A Message

From the Baltimore County Commission for Women

Regardless of age, race, or gender, Baltimore County is committed to meeting the needs of its citizens. We view this as both a primary and essential function of local government.

Published by the Baltimore County Commission for Women, this Self-Help Guide provides an informational listing of vital programs and services offered by county government as well as private organizations. Including a particular listing in this directory is not to be construed as an endorsement of any program.

We make every effort to verify the availability of the resources listed but phone numbers and services are ever changing. As a result, some inaccuracies may exist. We are sorry for any inconvenience this may cause.

We invite you to use this valuable reference tool and to contact the commission if you need further information or assistance.

We are here to assist you in every way that we can.

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Great people are those who make others feel that they too can become great.

_____ *Mark Twain*

EMERGENCY NUMBERS**24-HOUR SERVICES**

AMBULANCE — FIRE — POLICE	911
BALTIMORE COUNTY CRISIS RESPONSE	410-887-5287
Crisis intervention, information and referral to people with mental health emergencies.	
BALTIMORE COUNTY	
HEALTH DEPARTMENT	410-887-3740
Evenings, Weekends, Holidays	410-832-7179
Psychiatric Emergency Service	1-800-888-1965
BALTIMORE COUNTY POLICE DEPARTMENT PRECINCTS	
Precinct 1 - Wilkens	410-887-0872
Precinct 2 - Woodlawn	410-887-1340
Precinct 3 - Franklin	410-887-6975
Precinct 6 - Towson	410-887-2361
Precinct 7 - Cockeysville	410-887-1820
Precinct 8 - Parkville	410-887-5310
Precinct 9 - White Marsh	410-887-5000
Precinct 11 - Essex	410-887-0220
Precinct 12 - North Point	410-887-7320
CENTER FOR INFANT AND CHILD LOSS	
Counseling for bereaved parents. Leave message after	1-800-808-7437
business hours.	
CRISIS COUNSELING -- SINAI HOSPITAL	
Department of Psychiatry	
8:30 a.m. - 5:00 p.m.	410-601-5457
After 5:00 p.m.	410-601-8800
Walk-in services for mental health and alcoholism emergencies.	
DOMESTIC VIOLENCE HOTLINE - LOCAL	410-828-6390
DOMESTIC VIOLENCE HOTLINE - NATIONAL	1-800-799-SAFE
	1-800-799-(7233)
TTY Number	1-800-787-3224
EMERGENCY PSYCHIATRIC EVALUATIONS	
Franklin Square Hospital	
Adult	443-777-7778
Under 18	443-777-7785
St. Joseph's Hospital	410-337-1226

FAMILY CRISIS CENTER HOT LINE	410-828-6390
GRASSROOTS	410-531-6677
Crisis Intervention and Counseling	(hotline)
MARYLAND CENTER FOR MISSING CHILDREN --	
MARYLAND STATE POLICE	1-800-637-5437
Toll free hotline for information, requests for assistance or sightings of missing children.	MDS-KIDS
MARYLAND POISON CENTER	1-800-222-1222
MARYLAND YOUTH CRISIS HOTLINE	1-800-422-0009
MISSING AND EXPLOITED CHILDREN, NATIONAL CENTER FOR	1-800-843-5678
24-hour hotline.	
PHYSICAL/SEXUAL CHILD ABUSE	410-853-3000
SEXUAL ASSAULT AND DOMESTIC VIOLENCE HOTLINE	410-828-6390
SOCIAL SERVICES, BALTIMORE COUNTY DEPARTMENT OF	410-853-3000
Evenings, weekends and holidays	410-853-3000
To report abuse, neglect, homelessness. Assist children and adults at risk.	
SUICIDE INTERVENTION	
Grass Roots	410-531-6677
TEEN HOTLINE	1-800-422-0009
AND MARYLAND CRISIS HOTLINE	

The greater the obstacle, the more glory in overcoming it.
 _____ *Moliere*

ADDICTION

AL-ANON ADULT CHILDREN	410-832-7094
Self-help groups for adults who grew up in alcoholic homes.	
ALATEEN	410-832-7094
Self-help groups for teenagers whose family members are alcoholics.	
ALCOHOLICS ANONYMOUS (AA)	410-663-1922
Men and women share their experiences, strength and hope that they may solve their common problem and help others to recover from alcoholism. The only requirement is the desire to stop drinking.	
AWAKENINGS	410-561-9591
Methadone maintenance and abstinence modality.	
AWARE - Intensive Outpatient Treatment for Women	410-377-0990
A woman's active recovery enterprise.	
BALTIMORE COUNTY DEPARTMENT OF HEALTH, BUREAU OF SUBSTANCE ABUSE	410-887-3828
Provides outpatient comprehensive substance abuse services to adults and adolescents who have experienced social, emotional and interpersonal problems as a result of their or a significant other's abuse of alcohol or drugs. Treatment programs include education, individual, family, and group therapy. There are specialized adolescent programs, specialized treatment for women, the dually diagnosed, and a Social Drinker Awareness Program.	
Northwestern Area (operated by First Step)	410-655-7655
Northern Area Treatment Program	410-887-7671
Eastern Area Treatment Program	410-887-6465
Southeastern Area (operated by Epoch Counseling)	410-887-7344
Southwest Area Treatment Program (Epoch)	410-789-2647
Prevention Services	410-887-3828
Provides educational and prevention services to youth, parents, schools, community groups and businesses.	

**BALTIMORE COUNTY OUTPATIENT
COCAINE ABUSE TREATMENT
PROGRAM**

410-823-7225

EPOCH COUNSELING CENTER

Dundalk Office **410-284-3070**

Essex Office **410-574-2500**

Catonsville Office **410-744-5937**

Lansdowne **410-789-2647**

Outpatient drug, alcohol and gambling
counseling and information on an
individual, family or group basis.

Drug education groups for adolescents
and adults.

Sliding fee scale.

FIRST STEP

Outpatient drug and alcohol counseling
for adolescents, adults and families on
an individual, family or group basis.

Drug education teens and parents.

Crisis intervention.

Sliding fee scale for counseling.

Youth Services Bureau, Liberty Road **410-628-6120**

Hotline **410-521-3800**

Drug-free/mental health outpatient counseling
for youth 11-21 years.

Individual, family, and group counseling.

Drug education groups for adolescents.

Information and referral.

GAM-ANON **410-472-1264**

Self-help group for families and spouses
of compulsive gamblers.

The need for change bulldozed a road down the center of my mind.

_____ *Maya Angelou*

- INTENSIVE OUTPATIENT CLINIC** **410-328-5157**
 University of Maryland
 Information and referral to outpatient clinic
 designed for needs of addicted women.
- NATIONAL CENTER FOR
 PROBLEM GAMBLING** **410-244-0783**
 Fellowship of recovering addicts who **1-800-LOST BET**
 help each other.
- PARTNERS IN RECOVERY** **410-296-9747**
 Intensive outpatient treatment to substance abusers.

Success is to be measured not so much by the position that one has reached in life as by the obstacles which have been overcome while trying to succeed.

_____ *Booker T. Washington*

AGING

BALTIMORE COUNTY DEPARTMENT OF AGING

CountyRide	410-887-2080
Low cost transportation for elderly and disabled persons.	TTY 3787
Legal Services for senior citizens	410-583-1616
Nursing Home Advocacy	410-887-4200
Investigates and resolves complaints for residents of Long Term Care Facilities.	
RSVP/Retired Senior Volunteer Program	410-887-2059
Senior Center Services/Center Connection	410-887-2594
Senior Employment	410-887-4006
Senior Information and Assistance	410-887-2594
	TTY 887-3787
Senior Legal Hot Line	1-800-999-8904

GOOD SAMARITAN HOSPITAL	410-532-3838
Good Health Center	

LEVINDALE HEBREW GERIATRIC CENTER AND HOSPITAL

Adult Day Services	410-601-2361
Alzheimer's Support Group (one Sunday per month)	410-601-2327

MEALS ON WHEELS OF CENTRAL MARYLAND

Home Delivered Meals	410-558-0932
Provides two home delivered meals daily, 5 days a week on a full or partial payment basis. Grocery shopping program on limited basis.	24 Hour Hot Line 410-558-3663

SOCIAL SERVICES, BALTIMORE COUNTY

DEPARTMENT OF	410-853-3000
Services to adults 65 and over.	
In-home aide service.	
Information and referral.	
Protective and foster care services.	
To report adult/elderly abuse.	

STELLA MARIS HOSPICE CARE PROGRAM

Center for grief and loss.

ME TOO! for children and teens	410-252-4500 x448
PATHWAY for adults	410-252-4500 x291
Individual and family counseling	410-252-4500 x291

UNION MEMORIAL HOSPITAL	410-554-2000
Geriatric Evaluation Center	410-554-2416
Comprehensive outpatient evaluation for senior citizens.	
Social Work Department	410-554-2240

What wisdom can you find that is greater than kindness?
_____ *Jean Jacques Rosseau*

CHILDREN AND FAMILY SERVICES

ACTS, INC.	410-825-8773
Transitional shelter for survivors of domestic violence.	Emergency 410-828-6390
 ASSOCIATED CATHOLIC CHARITIES	410-261-5800
Family, adoption, single parent and foster care services.	Operator 410-261-5800 Office 410-659-4050
 BALTIMORE ASSOCIATION FOR RETARDED CITIZENS (BARC)	410-296-2272
Employment and vocational opportunities for adults with mental retardation. Residential and other support services for adults and children.	
 BALTIMORE COUNTY FIRE DEPARTMENT	410-887-4876
Juvenile Fire Setters Community awareness and safety education	
 BALTIMORE COUNTY POLICE DEPARTMENT	
Community Resources Section	410-887-5864
Counseling Team	410-887-5823
Crisis Intervention, short term individual, group and family counseling; assessment and referral services for at risk and status offending youngsters and their families.	
Childrens Finger Printing - See Precincts Page 3	
Drug Abuse Resistance Education (D.A.R.E.)	410-887-3273
Family Crimes Unit.....	410-853-3650
Domestic abuse, child abuse and runaways	
Police Athletic League (P.A.L.) Centers	
Cockeysville	410-887-7708
Dundalk	410-887-7229
Hillendale	410-887-5561
Landsdowne	410-887-1488
Mars Estates	410-887-6422
Scotts Branch	410-887-4710
Shady Spring	410-887-0505
Winfield	410-887-4707
Woodmoor	410-887-6806

BALTIMORE COUNTY DEPARTMENT OF RECREATION AND PARKS

Provides a variety of leisure services that help individuals and groups round out their lives with wholesome activities.

General Information	410-887-3871
Regional Program Coordinator Offices	
Southwest	410-887-1071
Southeast	410-887-3465
Northern.....	410-887-6957
Northwest	410-887-6747
Northeast	410-887-5141
East	410-887-0258
Benjamin Banneker Historical Park and Museum	410-887-1081
Cromwell Valley Park	410-887-2503
Loch Raven Fishing Center	410-887-7692
Marshy Point Nature Center	410-887-2817
Oregon Ridge Park	410-887-1815 or 410-887-1818
Oregon Ridge Nature Center	410-887-1815
Rocky Point Park	410-887-3873
Therapeutic Recreation	410-887-5370
Deaf/TDD	410-887-5319

BALTIMORE COUNTY DEPARTMENT OF SOCIAL SERVICES

Day Care	410-853-3000
Child Abuse and Neglect.....	410-853-3000
Child Advocacy Center	
Sex Abuse Treatment	410-853-3730
Adoption	410-853-3170
Foster Care	410-853-3170
Young Parent Support Center	410-853-3860

BIG BROTHERS/BIG SISTERS **410-243-4000**

BOARD OF CHILD CARE..... **410-922-2100**

- Residential care.
- Adoption.
- Outpatient Mental Health Centers.
- Non-Public School.
- Shelter Care.
- Treatment Foster Care.

CHILDCARE LINKS

LOCATE: Child Care -- **410-288-5600**
Monday through Thursday
10 a.m. - 12:00 p.m
1 p.m - 3 p.m
For child care referrals and information
for providers.

CHILDREN WITH ATTENTION

DEFICIT DISORDERS (CHADD) **410-377-0249**

COMMUNITY ASSISTANCE NETWORK..... **410-285-4674**

Helps low income Baltimore County residents
in crisis with food, fuel or shelter. Offers
housing, counseling, pre-school, day care and
latch key in Chase, and weatherization in homes.

Catonsville **410-747-3312**
Dundalk **410-285-4674**
Essex, Middle River, Rosedale **410-887-0433**
Lansdowne **410-247-0093**
Randallstown **410-887-0631**

DUNDALK YOUTH SERVICE CENTER **410-288-4356**

Southeast Baltimore County
Individual, family and group counseling.

FAMILIES OF HOMICIDE AND DRUNK

DRIVING VICTIMS **410-887-6650**

State's Attorney Office that facilitates families
of Homicide and Drunk Driving.

Support Group
Towson

Monthly meetings; individual
counseling; follow-up contact.

**FAMILY AND CHILDREN'S SERVICES
OF CENTRAL MARYLAND**

Western Baltimore County **410-281-1334**

Family, marital, parent/child and **24 Hour Hot Line 410-828-6390**
individual counseling.

Single parent services.

Domestic Violence Program.

FAMILY CRISIS CENTER **410-285-7496**

Counseling Service **410-285-4357**

24-hour Hotline **410-828-6390**

The Betty Shabazz Academy	410-931-6865
A program for working with "at risk" teenage girls.	
The Delta Teen Lift Program	410-931-6865
A program to help young teen age girls develop their strengths and talents and assist them in meeting problems/obstacles that may confront them in their teenage "formative years".	
FAMILY TREE (Parents Anonymous)	410-889-2300
P.A.T.H. (Parenting Aid in the Home)	Hotline 1-800-243-7337
Positive parenting program.	
FIRST STEP INC.	
Cockeysville	410-628-6120
Individual, group and family counseling.	
Drug analysis.	
Outpatient drug and alcohol counseling.	
Support groups for parents.	
FIRST STEP YOUTH AND FAMILY SERVICES	
Liberty Road	410-521-4141
Hotline	410-521-3800
Individual, family, and group counseling.	
Substance abuse education and counseling.	
Adolescent suicide prevention program.	
Crisis intervention.	
HEAD START (YMCA)	410-285-7030
Serves preschool children ages 3-4 years.	
Supplies information regarding income eligibility.	
Education, health and social service program.	
INCEST ANONYMOUS, SURVIVORS OF	410-893-3322
Twelve-step recovery program for men and women, 18 years and older.	
No dues or fees.	
INFANT MENTAL HEALTH	410-706-2485
(0-5 years)	
University of Maryland at Baltimore.	
For infants, toddlers and their parents.	
Provides evaluation, individual and family therapy.	

JEWISH FAMILY SERVICES

Owings Mills **410-356-8383**
Park Heights Avenue **410-466-9200**
Comprehensive family service agency.
Personal, premarital, marital and family counseling.
Group therapy.

LIGHTHOUSE YOUTH AND FAMILY SERVICE CENTER -- SOUTHWEST

BALTIMORE COUNTY **410-788-5483**
Individual, family, and group counseling.
Parenting education.
ADHD family groups.
Suicide prevention and education.
Drug and alcohol awareness education.
Groups for children and adults of separated and divorced families.

MARYLAND CENTER FOR MISSING CHILDREN

MARYLAND STATE POLICE **1-800-637-5437**
MDS-KIDS
Toll free hotline for information on sightings of missing children. Missing in Maryland or thought to be in Maryland.

MARYLAND NEW DIRECTIONS

Career counseling and related workshops **410-230-0630**
Serves displaced homemakers, female ex-offenders.

MISSING AND EXPLOITED CHILDREN'S ASSOCIATION (MECA)

..... **410-667-0718**
Speakers to inform adults how to protect children.
Support to parents of missing children.
Advocate to affect legislation.

MISSING AND EXPLOITED CHILDREN, NATIONAL CENTER FOR

24-hour hotline **1-800-843-5678**

PARENTS WITHOUT PARTNERS

..... **410-494-3900**
Educational support group.

**PASTORAL COUNSELING SERVICES
OF MARYLAND 410-433-2241**

To help persons cope more effectively
with contemporary human crises through
individual, family and group counseling.

**SOCIAL SERVICES,
BALTIMORE COUNTY DEPARTMENT OF**

To adopt a child or
request for foster parenting. **410-853-3170**

Child abuse -- Protective Services **410-853-3000**

To report suspected child abuse (physical
and sexual) and neglect.

Family and Single Parent Services **410-853-3000**

Information and Referral **410-853-3000**

Services to Adults Under 65 (option 2) **410-853-3000**

Chore service or in-home aide.

Protective service.

Respite care.

Foster care.

TRESSLER LUTHERAN SERVICES OF MARYLAND 410-230-2840

Adoption.

Day care.

Employment training.

Home care.

CONSUMER AFFAIRS

<p>BETTER BUSINESS BUREAU</p> <p>Provides background information on companies and charities. Handles complaints.</p>	<p>410-347-3990</p>	
<p>CONSUMER PROTECTION DIVISION COMPLAINT UNIT -- OFFICE OF ATTORNEY GENERAL OF MARYLAND</p> <p>Analyzes problems. Explains rights. Attempts to solve problems. Makes referrals.</p>		<p>410-528-8662</p>
<p>LICENSING AND REGULATION, MARYLAND DEPARTMENT OF</p>		
<p>Consumer Credit Commissioner</p> <p>Handles complaints concerning credit purchases.</p>	<p>410-230-6100</p>	
<p>Home Improvement Commission</p> <p>Handles consumer complaints concerning work done by home improvement contractors.</p>	<p>410-333-6309</p>	
<p>Insurance, Division of</p> <p>Handles complaints concerning all types of insurance.</p>	<p>410-468-2000 1-800-492-6116</p>	
<p>Maryland Occupational Safety and Health</p> <p>Clearinghouse for workplace, health and safety problems. Provides worker educational programs.</p>	<p>410-767-2190</p>	
<p>PUBLIC SERVICE COMMISSION, MARYLAND</p> <p>Handles complaints concerning telephone, gas, and electric service.</p>		<p>410-333-6000</p>

The future belongs to those who believe in the beauty of their dreams.
 _____ *Eleanor Roosevelt*

CRISIS CENTERS AND EMERGENCY SHELTERS

ASSISTANCE CENTER OF TOWSON CHURCHES		410-296-4855
Monday - Friday, 10 a.m. - 3 p.m.		
Assistance with eviction notices, gas and electric cutoff and referrals to other services as needed.		
Food Pantry.		
Bus tokens for medical or job appointments with authorization from Director or Social Services.		
BALTIMORE COUNTY SOCIAL SERVICES		410-853-3000
24-hour Domestic Violence Hotline		410-828-6390
Evenings, weekends and holidays		410-853-3000
to report abuse, neglect, homelessness.		
Assist children and adults at risk.		
BALTIMORE COUNTY PSYCHIATRIC EMERGENCY SERVICES		1-800-888-1965
COMMUNITY ASSISTANCE NETWORK		410-285-4674
Temporary emergency shelter.		
CRISIS RESPONSE PROGRAMS		
24-hour Mental Health Hotline		410-931-2214
Crisis intervention, information and referral.		
DOMESTIC VIOLENCE PROGRAMS		
24-hour Domestic Violence/Sexual Assault Hotline		410-828-6390
The hotline offers crisis counseling and referrals to safe shelter, legal assistance, and individual, marital, group and children's counseling.		
Baltimore County Domestic Violence Intervention Agencies:		
Western Baltimore County		
Family and Children's Services		410-281-1334
Hotline		410-828-6390
Temporary emergency shelter.		
Individual and group counseling for women and children who have experienced domestic violence.		
C.A.T.S. - sexual abuse counseling for children.		
Community outreach.		

Eastern Baltimore County

- Family Crisis Center** 410-285-7496
- Counseling Service 410-285-4357
- 24-hour Hotline 410-828-6390

Provides temporary shelter.
 Counsels individual and family members
 around issue of family violence (child
 and spouse abuse).
 Offers weekly support group for victims
 of family violence and therapy group
 for batterer.

Central Baltimore County

- TURNAROUND, INC. (24-hour Hotline)** 410-828-6390
- Rosedale Office 410-391-2396
- Towson Office 410-377-8111

Accepts battered spouses, domestic violence offenders,
 child witnesses of domestic violence.
 Counsels sexually assaulted children,
 adult incest survivors and rape victims.
 Provides emergency room companionship.
 Offers individual and group therapy.
 Speaker's bureau.
 Domestic violence counseling.

- Chana** 410-234-0030

(Counseling, Helpline and Aid Network for Abused Women)

- Helpline 410-234-0023

Serves Jewish victims of domestic violence in the
 Baltimore area.
 Safehouse.
 Individual and group counseling.
 Legal services.
 Speaker's Bureau.

- FELLOWSHIP OF LIGHTS** 410-385-1200

Emergency shelter.
 Counseling for runaway and homeless
 youth, ages 12-17.
 Counseling services for families that come to shelter.

GRASSROOTS CRISIS INTERVENTION CENTER, INC.

- 24-hour Hotline 410-531-6677
- Maryland Crisis Hotline 1-800-422-0009

Emergency shelter for families and single adults.
 Telephone and Walk-In Crisis Counseling, 24 Hours.
 Mobile Crisis Team in Howard County.

Runaway Intervention Program for Howard County.
 Certified by the American Association of Suicidology.
 Walk-in counseling.
 Volunteer training.
 Community outreach.
 Suicide prevention and stress reduction.

LIBERTY ASSISTANCE CENTER	410-655-9109
Northwest Baltimore County	
Monday - Friday, 10 a.m. - 2 p.m., Closed Tuesdays	
Crisis intervention for families and individuals who need emergency food and/or financial assistance for utility turn-offs, evictions and prescription medicine.	
Emergency shelter and transportation services.	
NEHEMIAH HOUSE, INC.	410-682-6333
Homeless men's shelter.	
Referral	410-853-3000
SALVATION ARMY	410-685-8878
Emergency residence for families and single women.	
SEXUAL ASSAULT SERVICES	
24-hour Domestic Violence/Sexual Assault Hotline	410-828-6390
The hotline offers crisis counseling for sexual assault and abuse, referrals for legal assistance, and individual, group and children's counseling.	
TURNAROUND, INC.	410-377-8111
Hotline	410-828-6390
Rosedale Office	410-391-2396
Baltimore City Office	410-837-7000
Provides individual and group counseling to adult and child survivors of sexual assault and abuse.	
Also serves same sex couples.	
Western Baltimore County	
FAMILY AND CHILDREN'S SERVICES	410-281-1334
C.A.T.S. - sexual abuse counseling for children.	
SOCIAL SERVICES,	
BALTIMORE COUNTY DEPARTMENT OF	
Day number and night number	410-853-3000
Emergency shelter services and counseling.	

YWCA OF GREATER BALTIMORE AREA

Arbutus **410-247-6286**

Hannah More **410-526-0150**

Temporary shelter for families and
single women.

Counseling and referral services.

The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well.

_____ *Elisabeth Kubler-Ross, M.D.*

EDUCATION

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

Towson Branch 410-375-1820
Promotes equity for all women and girls, lifelong education, and positive societal change. Fax: 410-795-3032
Call for information on membership, E-Mail: dialapc@aol.com
meetings and events.

BALTIMORE COUNTY FIRE DEPARTMENT

Public Fire Safety Education Programs 410-887-4876
Injury prevention programs.

BALTIMORE COUNTY POLICE DEPARTMENT

Drug Abuse Resistance Education (D.A.R.E.) 410-887-3273
Police Athletic League (P.A.L. Centers) (see page 10)

BALTIMORE COUNTY PUBLIC SCHOOLS

Child Find 410-887-3017
Special education service provided by Baltimore County Public Schools. Identifies children ages 3-20 years of age, who are suspected of having an educational disability and who may be eligible for special education and related services (speech, language, therapy, audiological, occupational and physical therapy).
Home and Hospital 410-887-3222
Office of Communications 410-887-4171
Title I Services 410-887-3487
Fax: 410-887-2060

COMMUNITY COLLEGES OF BALTIMORE COUNTY

Continuing Education 410-869-0296
Fax: 410-455-4952
E-Mail: www.ccbcmd.edu

General Information:

CCBC Catonsville 410-455-6050
Fax: 410-869-1265
CCBC Dundalk 410-282-6700
CCBC Essex 410-682-6000

Special Support Services:

- Project Second Start Catonsville **410-455-4719**
Aids single adults seeking to re-start their education.
- Displaced Homemakers Dundalk **410-285-9808**
Provides support to single parents. **Fax: 410-285-9915**
- Single Step Program Dundalk **410-285-9762**
Non-credit transitional program for students with disabilities.
- Turning Point Essex **410-780-6846**
Job placement and career counseling. **Fax: 410-780-6161**

Office of Community Education

- Classes are held in many locations in Baltimore County
- ABE - Adult Basic Education **410-285-9498**
- GED - Test Preparation Maryland High School Diploma **410-285-9456**
- ESOL - English for Speakers of Other Languages **410-285-9453**
- MSCC - Multi-Service Community Center **410-887-0263**
Career Counseling and Referral for Community Education Students

COOPERATION EXTENSION SERVICE --

- BALTIMORE COUNTY** **410-666-0445**
Offers free programs on food safety and nutrition.

NOTRE DAME COLLEGE

- Weekend College **410-532-5500**
An undergraduate program designed for working adults.
- Continuing Education **410-532-5330**
Weekday credit courses for women.
- Graduate Division **410-532-5317**
Weekend master degrees in management, leadership and teaching, liberal arts and aging.

TOWSON UNIVERSITY

- Womens' Center on Campus **410-704-2666**
Resources and services of special interest to women. **Fax: 410-704-4364**
E-Mail: pfreeman@towson.edu
(library and lounge available)
University Union -- Room 311
- Workshops, information and referral.
- Media Center -- Room 203.

UNIVERSITY OF MARYLAND --	
BALTIMORE COUNTY (UMBC)	410-455-1000
Professional Education and Training	410-455-2336
(evening and weekend classes in various locations)	
Womens' Studies Program.	410-455-2001
VILLA JULIE COLLEGE	410-486-7000
Educational and Professional Studies	443-334-2835
WELCH CENTER FOR GRADUATE AND	
PROFESSIONAL STUDIES	410-337-6200
A variety of academic professional and noncredit programs for adults.	Fax: 410-337-6085

EMPLOYMENT/CAREER COUNSELING

**BALTIMORE COUNTY OFFICE OF
EMPLOYMENT AND TRAINING 410-887-HIRE**

Employment and Training Offices

Catonsville Employment and Training Office **410-887-0940**
27 Mellor Avenue

Eastpoint Employment and Training Office **410-282-4004**
7930 Eastern Boulevard

Reemployment Assistance Center **410-887-4400**
901 Dulaney Valley Road, Suite #100

Towson Employment and Training Office **410-887-2008**
1228 E. Joppa Road

**BALTIMORE COUNTY OFFICE OF
MINORITY BUSINESS ENTERPRISES 410-887-3407**

Provides assistance to minority and
women business owners seeking to
do business with Baltimore County.

**BALTIMORE COUNTY
OFFICE OF PERSONNEL**

Jobs Hotline **410-887-JOBS**
410-887-(5627)

**BALTIMORE COUNTY
POLICE DEPARTMENT 410-887-5521**

Employment Section.

Fingerprinting Services **410-887-5506**

Fingerprinting services are provided in the lobby of the Public Safety Building, 700 E. Joppa Road, Towson, Maryland 21286, on Thursdays and Saturdays (excluding holidays) from 10:00 a.m. until 6:00 p.m. This service is available to citizens who are required to submit fingerprints for employment applications. A fee of \$5.00 per fingerprint card is charged, and citizens must bring with them the fingerprint cards provided by the agency requesting the prints.

Recruitment Information **410-887-2273**

BALTIMORE COUNTY FIRE DEPARTMENT 410-887-4865

Applicant Information.

COMMUNITY ASSISTANCE NETWORK	410-285-4674
Project Self-Sufficiency (PSS) to help unemployed and underemployed Baltimore County residents receive aid in employment.	
DUNDALK YOUTH SERVICE CENTER	410-288-4356
Southeast Baltimore County Pre-employment training and GED instruction. Open to 16-21-year-olds.	
FIRST STEP YOUTH SERVICES CENTER --	
Southwest and Northwest Baltimore County	410-521-4141
Vocational and employment counseling program for youth 16-18 years. GED preparation. Speaker's bureau.	
JEWISH VOCATIONAL SERVICE	410-486-0099
Career counseling and employment resource center.	
LABOR, LICENSING AND REGULATION,	Information: 410-333-1000
MARYLAND DEPARTMENT OF	410-321-4063
Issues unemployment insurance benefits and offers job-finding services including job-finding skills workshops. Eastpoint Unemployment Information answered between 1:00 p.m. and 4:00 p.m.	
	410-288-9181
Eastpoint Job Services	410-288-9050
MARYLAND NEW DIRECTION, INC.	410-230-0630
Career counseling and related workshops. Population served includes displaced homemakers, female ex-offenders and out of school youth.	
SENIOR EMPLOYMENT SERVICES	410-887-4006
(55 years of age and over).	
TURNING POINT	410-780-6846
Essex Community College Career/personal counseling, job placement and support group services for displaced homemakers, homemakers and single parents.	

VOCATIONAL REHABILITATION **410-321-4044**

Department of Education

To assist eligible handicapped individuals
to obtain and maintain employment.

It doesn't matter who you are, where you came from. The ability to triumph begins with you. ALWAYS.

_____ *Oprah Winfrey*

FAMILY PLANNING - PREGNANCY - CHILDBIRTH

BALTIMORE BIRTH CENTER 410-358-0635

An out-of-hospital facility, designed for childbirth, family style.

A team of certified nurse midwives provides prenatal, labor, delivery, postpartum, family planning and well-woman gynecological care.

Services for physically and mentally challenged women.

Handicapped accessible.

BALTIMORE COUNTY DEPARTMENT OF HEALTH -- FAMILY PLANNING SERVICES 410-887-3725

Family planning information, counseling, pap smears, health examinations, and free pregnancy tests are available in these health centers:

- Baltimore Highlands/Lansdowne 410-887-1075
- Dundalk 410-887-7182
- Eastern Family Resource 410-887-0213
- Essex 410-887-0246
- Hannah More Academy 410-887-1152
- Liberty Family Resource 410-887-0607
- Woodlawn 410-887-6803

Adolescent Family Planning Services are offered to adolescents in special after school sessions.

BALTIMORE WOMEN'S MEDICAL CENTER 410-661-2900

Comprehensive GYN care, including birth control, routine checkups, VD testing, pregnancy testing, abortions -- local and general anesthesia, first and second trimester.

The future belongs to those who prepare for it.

_____ *Ralph Waldo Emerson*

CHILDBIRTH EDUCATION ASSOCIATION OF BALTIMORE, INC.	410-377-2572
Prenatal education.	
Lamaze childbirth preparation classes.	
Referral for obstetricians, midwives and pediatricians.	
FLORENCE CRITTENTON OF BALTIMORE	410-366-4333
Residential services to teenaged girls who are experiencing problems of pregnancy, sexual abuse, etc.	
Individual, group, and family therapy.	
G.E.D.	
Recreation.	
Teen parenting and life skills.	
FRANKLIN SQUARE HOSPITAL CENTER	
Women's Health Center	443-777-7000
	Information: 410-887-8005
Health Education Center	443-777-7617
GREATER BALTIMORE MEDICAL CENTER (GBMC)	410-828-2000
Women's Health Center	443-849-6333
(OSTEOPATHY and DEXIS Service Center)	
HILLCREST CLINIC	410-788-4400
Free pregnancy testing, birth control and abortion counseling.	
Sonography.	
PLANNED PARENTHOOD OF MARYLAND	
Downtown	410-576-1400
Owings Mills	410-363-1655
Towson	410-665-9775

Our greatest glory is not in never falling, but in rising every time we fall.
 _____ Confucius

FINANCIAL ASSISTANCE

COMMUNITY ASSISTANCE NETWORK..... 410-285-4674

Helps low income Baltimore County residents
in crisis with food, fuel, or shelter.

CONSUMER CREDIT COUNSELING SERVICE..... 1-800-571-2227

CCCS is a free service to help with budgeting and
debt consolidation and will negotiate payment
plans with credit card companies to help consumers.

**SOCIAL SERVICES, BALTIMORE COUNTY
DEPARTMENT OF**

General Information 410-853-3000

For information regarding food stamps, medical and
public assistance, day care, Maryland Energy
Assistance, financial assistance and food
and shelter aid.

Walk-in service is available at the following locations:

- Catonsville -- 8:30 a.m. - 4:30 p.m.
910 Frederick Road
Baltimore, Maryland 21228
410-853-3450
- Dundalk -- 8:30 a.m. - 4:30 p.m.
7701 Dunmanway
Baltimore, Maryland 21222
410-853-3400
- Essex -- 8:30 a.m. - 4:30 p.m.
439 Eastern Avenue
Baltimore, Maryland 21221
410-853-3800
- Reisterstown -- 8:30 a.m. - 4:30 p.m.
12035 Reisterstown Road
Reisterstown, Maryland 21136
410-853-3010
- Towson -- 8:30 a.m. - 4:30 p.m.
Drumcastle Center
6401 York Road
Baltimore, Maryland 21212
410-853-3340

**MARYLAND STATE
DEPARTMENT OF HUMAN RESOURCES**

Division of Child Support **1-800-332-6347**

Enforcement of child support obligations.

Monday - Friday from 8:00 a.m. - 5:00 p.m.

SOCIAL SECURITY ADMINISTRATION 1-800-772-1213

Information, referral and scheduling at the
closest local Social Security office for
Social Security benefits (SSA), Supplemental
Security Income (SSI) and Medicare benefits.
Monday - Friday, 7:00 a.m. - 7:00 p.m.

The quality, not the longevity, of one's life is what is important.
_____ *Martin Luther King, Jr.*

FOOD

ASSISTANCE CENTER OF TOWSON CHURCHES Food pantry, SHARE and referrals 120 W. Pennsylvania Avenue, Towson Monday - Friday, 10:00 a.m. - 2:45 p.m.	410-296-4855
CATONSVILLE EMERGENCY FOOD MINISTRIES Food pantry (for residents of Catonsville area). 1 Newburg Avenue, Catonsville Monday - Friday, 10:00 a.m. - 2:00 p.m.	410-747-4357
COMMUNITY ASSISTANCE NETWORK Food pantry 7701 Dunmanway, Dundalk Monday - Friday, 8:30 a.m. - 4:30 p.m.	410-285-4674
COMMUNITY CRISIS CENTER Food pantry (for residents of Reisterstown area). 725 Main St., Reisterstown Monday - Friday, 10:00 a.m. - 1:00 p.m.	410-526-7111
COOPERATIVE EXTENSION SERVICE BALTIMORE COUNTY Nutrition and food safety programs.	410-666-0445
EASTERN INTERFAITH OUTREACH Food pantry 531 Eastern Blvd., Essex Monday, Wednesday, Friday, 10:00 a.m. - 2:00 p.m.	410-391-6181
LIBERTY ASSISTANCE CENTER Food pantry (for residents of northwestern area). 9019 Liberty Road, Randallstown Monday - Friday, 10:00 a.m. - 2:00 p.m.	410-655-9109
MEALS ON WHEELS Delivers two meals a day to the homebound, frail or elderly. Grocery shopping program on limited basis.	410-558-0932 410-558-3663
SOUTHWEST MINISTRY Food pantry (for residents of 21227) 1201 Maple Avenue, Arbutus Monday - Friday, 9:00 a.m. - noon	410-247-8154

UNITED CHURCHES ASSISTANCE

NETWORK (UCAN) 410-628-2102

Food pantry (for residents of northern area) and referrals.
5 Sherwood Road, Cockeyville
Monday, Wednesday, Friday, 10:00 a.m. - 2:00 p.m.

WIC (Women, Infant and Children) 410-887-6000

Free supplemental food for income eligible pregnant,
postpartum, and breast feeding women as well as
children under 5 years with medical/nutritional risk factors.

HEALTH

ABILITIES NETWORK	410-828-7700
ALCOHOLICS ANONYMOUS	410-663-1922
AMERICAN CANCER SOCIETY	410-931-6850
AMERICAN DIABETES ASSOCIATION	410-526-2900
AMERICAN HEART ASSOCIATION	410-685-7074
AMERICAN LUNG ASSOCIATION	410-560-2120
AMERICAN RED CROSS	410-764-7000
THE ARC OF BALTIMORE	410-296-2272
ARTHRITIS FOUNDATION	410-654-6570
CENTER FOR INFANT AND CHILD LOSS	410-706-5062
Provides information and counseling services for families experiencing loss of infant to SIDS.	
COMMISSION ON DISABILITES	410-887-3580
Provides advisory and information and referral services to Baltimore County citizens with disabilities.	TDD 410-887-2799
CYSTIC FIBROSIS FOUNDATION	410-628-0795
EASTER SEAL SOCIETY	410-298-0991
FOUNDATION FIGHTING BLINDNESS	410-568-0150
HEALTH DEPARTMENT, BALTIMORE COUNTY	410-887-3740
Adult Evaluation and Review Services	410-887-2754
A multi-disciplinary team of nurses and social workers who provide in-home assessment and case management for adults who are at risk for institutionalization.	

Cancer Prevention	410-887-3456
Offers free colorectal cancer screenings to eligible Baltimore County residents age 50-64 and to residents age 40 and older with a family history of colorectal cancer or pre-cancerous polyps. Funds are also available for Baltimore County residents diagnosed with colorectal cancer through the screening program.	
Dental Access Program	410-887-2781
Offers a discounted fee for services provided by private participating dentists and specialists to persons who meet income eligibility.	
Dentistry	
General dental care for those ages 3 years through 18 years, 60 years of age or older, and for pregnant women of any age at the following centers:	
Eastern Family Resource Center	410-887-6440
Hannah More Academy Center	410-887-1158
Liberty Family Resource Center	410-887-0613
Family Planning Services	410-887-3725
Reproductive health services are provided including birth control information and counseling. Free pregnancy tests are available. After school sessions are available for adolescents. Contact your local health center.	
Generalized Public Health Nursing	410-887-2705
Public health nurses provide comprehensive health services to individuals, families, and the community through outreach, education, nursing care, and case management. Emphasis is placed on health promotion and disease prevention and control.	
Health Centers	
Services available include child health clinics, immunizations, family planning, pregnancy testing, information and referral, and sexually transmitted disease clinics.	
Baltimore Highlands/Lansdowne	410-887-1003
Dundalk	410-887-7182
Eastern Family Resource	410-887-6452
Essex	410-887-0246
Hannah More Academy	410-887-1152
Liberty Family Resource	410-887-0607
Towson	410-887-5992
Woodlawn	410-887-1332
HIV Counseling and Testing	410-887-2437
Confidential testing for the human immunodeficiency virus.	
Home Health Services	410-887-2726
Provides skilled nursing, physical therapy, and speech therapy for homebound Baltimore County residents as ordered by attending physician.	

Maryland Children's Health Program (MCHP)	410-887-2957
Free and low-cost health insurance for children and adolescents under the age of 19 and pregnant women of any age whose family income is within certain limits.	
Medical Assistance Personal Care	410-887-2710
Personal care services for medical assistance eligible individuals.	
Medical Assistance Transportation Program	410-887-2828
Ambulance/wheelchair for medical assistance eligible individuals.	
Mental Health Crisis Response Hotline	410-931-2214
Available 24 hours a day/7 days a week.	
Mental Health Services, (General Information)	410-887-2731
Access all services (outpatient mental health care, rehabilitation services, housing, and case management) by contacting APS Healthcare.	1-800-888-1965
PartnersHIP (Partners Health Improvement Program)	410-887-8629
Health care and case management services for uninsured eligible adults ages 19-64.	
Sexually Transmitted Diseases	410-887-3145
Provide diagnosis and treatment for STDs.	
Speech, Language and Hearing Services	
Testing and treatment for speech and language problems for all ages. Hearing assessments, hearing aid checks and/or hearing aid issuance at the following locations:	
Eastern Family Resource Center	410-887-6443
Liberty Family Resource Center	410-887-0611
Substance Abuse Services	410-887-3828
Provides outpatient comprehensive substance abuse services to adults and adolescents who have experienced social, emotional and interpersonal problems as a result of their or a significant other's abuse of alcohol or drugs. Treatment programs include education, individual, family, and group therapy. There are specialized adolescent programs, specialized treatment for women, the dually diagnosed, and a Social Drinker Awareness Program.	
WIC/Women, Infants, and Children	410-887-6000
Free supplemental food for income eligible pregnant, postpartum and breast feeding women, as well as children under 5 years with medical/nutritional risk factors.	
Women's Cancer Protection Program	410-887-3432
Offers free breast and cervical cancer screening to eligible Baltimore County women ages 40-64. Funds are also available to eligible women who need treatment for breast or cervical cancer.	

HEARING AND SPEECH AGENCY OF METROPOLITAN BALTIMORE	410-318-6780
Offers treatment for and education about hearing, language and speech disorders for children and adults.	
Interpreter services for the deaf.	
HEALTH EDUCATION RESOURCE ORGANIZATION (HERO)	410-685-1180
Drug abuse and AIDS education.	
JUVENILE DIABETES FOUNDATION	410-823-0093
LEAGUE SERVING PEOPLE WITH PHYSICAL DISABILITIES, INC.	410-323-0500
LEUKEMIA AND LYMPHOMA SOCIETY OF AMERICA	410-825-2500
LUPUS FOUNDATION	410-337-9000
MARYLAND PHARMACY ASSISTANCE PROGRAM	1-800-492-1974
Assistance to help with the costs of prescription drugs for individuals who meet financial eligibility/income criteria.	
MARYLAND SOCIETY FOR SIGHT	410-243-2020
Free vision, glaucoma, diabetic eye screening.	
MEALS ON WHEELS OF CENTRAL MARYLAND	410-558-3663
Provides meals for homebound who are unable to shop or cook for themselves.	
MENTAL HEALTH ASSOCIATION OF MARYLAND	410-235-9786
MOUNT WASHINGTON PEDIATRIC HOSPITAL	410-578-8600
MULTIPLE SCLEROSIS SOCIETY	410-527-1770
NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) OF METROPOLITAN BALTIMORE	410-435-2600
Information, referrals, education, training and support groups.	
NATIONAL KIDNEY FOUNDATION	410-494-8545

NATIONAL HIV/AIDS TEEN HOTLINE	1-800-440-TEEN
Confidential, from one teen to another	(8336)
Fridays and Saturdays 6:00 p.m. - 12:00 a.m.	
OVEREATERS ANONYMOUS	410-764-3136
A 12-step support group for individuals seeking recovery from compulsive overeating.	
PARKINSONIAN SOCIETY OF GREATER BALTIMORE	
Johns Hopkins Parkinson's Disease Information	410-955-8795
and Referral Center	
PHYSICIAN'S REFERRAL -- BALTIMORE COUNTY MEDICAL ASSOCIATION	410-296-1232
UNITED CEREBRAL PALSY OF CENTRAL MARYLAND	410-484-4540
TOLL FREE NUMBERS TO CALL FOR HEALTH INFORMATION AND REFERRAL:	
ALZHEIMER'S DISEASE	1-800-272-3900
ASTHMA AND RESPIRATORY DISORDERS	1-800-222-5864
CANCER INFORMATION SERVICE	1-800-422-6237
CHILD ABUSE NATIONAL HOTLINE	1-800-422-4453
DOMESTIC VIOLENCE NATIONAL HOTLINE	1-800-799-7233
Interpreter Available	1-800-799-(SAFE)
	TTY 1-800-787-3224
DRUG HELP SERVICES	1-800-488-3784
	1-800-488-(DRUG)
INCONTINENCE	1-800-237-4666
INFANT NUTRITION HELPLINE	1-800-233-2468
Feeding questions, information and coupons.	

LUNG LINE	1-800-222-5864
Respiratory and Immune System Disorders	
24 Hour Recorded Informaiton	1-800-552-LUNG
PARKINSON'S DISEASE	1-800-327-4545
SUBSTANCE ABUSE	1-800-662-HELP

Nobody can make you feel inferior without your consent.

_____ *Eleanor Roosevelt*

The door to happiness opens outward.

_____ *Kierkegaard*

HOUSING

ALARM REDUCTION TEAM 410-887-4951

AUTOMATED RED LIGHT ENFORCEMENT 410-313-7272

BALTIMORE COUNTY

COMMUNITY CONSERVATION OFFICE

Settlement Expense Loan Program **410-887-3124**

Loans to cover closing costs for
low and moderate income families.

Housing Opportunities **410-887-3124**

Rehab loans for elimination of
substandard conditions.

BALTIMORE COUNTY

DEPARTMENT OF SOCIAL SERVICES HOUSING OFFICE

County Administered Rent Subsidy Programs

Federal Rent Subsidy Programs 410-853-8900

Section 8 Voucher and Moderate Rehabilitation. **ext.149**

Provides rental assistance to eligible low-income
individuals and families based on household income.

Applications may be requested by telephone or in person.

State Rent Allowance Program (RAP) 410-853-3000

Provides fixed monthly rental assistance on a
short-term basis (maximum 12 months) to eligible
very low-income families who agree to case management.

Applications are available in all DSS offices.

Non-County Administered Rent Subsidy Programs 410-962-2520

Contact HUD's Office of Public and Assisted Housing. **ext.3083**

BALTIMORE COUNTY DEPARTMENT OF PERMITS

AND DEVELOPMENT MANAGEMENT

Livability Code Enforcement **410-887-4032**

Accepts complaints and requests for inspection
of rental property in Baltimore County.

BALTIMORE NEIGHBORHOODS, INC. 410-243-6007

Offers information and counseling by
phone. Handles complaints regarding
housing, discrimination, and tenant/
landlord relations.

COMMUNITY ASSISTANCE NETWORK	410-285-4674
Housing counseling and mortgage assistance program.	
CRIME INFORMATION HOTLINE	410-583-2309
HUD	410-962-2520
List of subsidized apartments.	
WOMEN'S HOUSING COALITION	410-235-5782

Stumbling is not the same as falling.

_____ *Portuguese proverb*

INFORMATION AND REFERRAL

AIDS COUNSELING AND INFORMATION, HIV TESTING	1-800-590-2437
ALCOHOLICS ANONYMOUS	410-663-1922
BALTIMORE COUNTY	
Baltimore County Public Library --	
Information Services	410-887-6166
Disabilities Commission	410-887-3580
Provides information and referral for services available to persons with disabilities.	(TTY) 410-887-2799
Education, Board of.....	410-887-4554
Weather Related Number Only --	410-887-5555
Fire Department, Office of	
Emergency Preparedness	410-887-5996
Health Department	410-887-3740
Senior Information and Assistance	410-887-2594
Social Services	
Information	410-887-2520
Services	410-887-2800
CENTER FOR INFANT AND CHILD LOSS AND MARYLAND SIDS INFORMATION AND COUNSELING PROGRAM	
24 Hour Hotline	410-706-5062 1-800-808-7437
CHILD CARE LINKS	410-288-5600
Child care resource and referral center.	
Monday - Friday	
10:00 a.m. - 12:00 p.m.	
1:00 p.m. - 3:00 p.m.	
COMMUNITY ASSISTANCE NETWORK.....	410-285-4674
Individualized referrals to meet the needs of low income families.	
COMPASSIONATE FRIENDS FOR BEREAVED PARENTS AND SIBLINGS	
COPE	410-830-COPE
Service of Towson University	410-704-2673
Prerecorded messages designed to help with life skills, careers, legal matters, stress reduction, etc.	

FEDERAL PROGRAMS

Health Care Financing Administration, Medicare and Medicaid Information	410-786-3000
Small Business Administration	410-962-4392
Advocacy, counseling, and training. Financial assistance. Government procurement assistance.	
Social Security Information	1-800-772-1213

FIRST CALL FOR HELP **410-685-0525**

Information and Referral Service	1-800-492-0618
Information and referral service, including: Food Stamp Information; HOW (Hotline for Out-of-Work); WIC Hotline (supplemental food program for pregnant women, infants and children under age 5): Volunteer Involvement. 24 hours, 7 days/week.	TTY 410-685-2159

GAMBLERS ANONYMOUS **410-377-3889**

GREATER BALTIMORE MEDICAL CENTER --

WOMEN'S RESOURCE CENTER **410-828-3301**

Caregivers support group.	
Endometriosis support group.	
Mid-life changes support group.	
Widows over age 55.	
Co-dependency group.	
Infertility group.	
Coping with pain group.	
Divorce and separation.	
Fibromyalgia group.	
Miscarriage, infant death and still birth (MIS).	
Single moms group.	

HEALTH EDUCATION RESOURCE

ORGANIZATION (HERO) **410-685-1180**

Drug abuse and AIDS education.	
Client services.	
In-service training.	

No matter how far you have gone on the wrong road, turn back.

_____ *Proverb*

INCEST ANONYMOUS, SURVIVORS OF	
Information and referral	410-282-3400
Twelve-step recovery program for men and women, 18-years and older. No dues or fees.	
JEWISH INFORMATION SERVICE	410-466-4636
Monday-Friday, 10 a.m. - 2 p.m. Information and referral for Jewish community resources in Baltimore.	
MARYLAND COMMISSION FOR WOMEN	410-260-6047
State agency providing information on issues affecting women.	
MARYLAND NETWORK AGAINST DOMESTIC VIOLENCE (MNADV)	1-800-MD-HELPS
24 hour non-emergency helpline.	1-800-634-3577 1-301-352-4574
MENTAL HEALTH ASSOCIATION	410-235-1178
Private, nonprofit group that provides information and referral. Depression screening. PEERS: Seniors in partnership volunteer support group.	
PARKINSON DISEASE INFORMATION AND REFERRAL AT JOHNS HOPKINS	410-955-8795
Toll Free	1-888-400-2732
STTAR CENTER (Sexual Trauma Treatment Advocacy Recovery Center)	410-290-6432
Helping victims and their families for 30 years The STTAR Center offers crisis counseling, victim advocacy and psychotherapy for victims of child abuse, sexual assault and other violent crimes, auto and other accidents, and other psychological trauma. We also provide community education for schools, businesses and other organizations. For more information or to schedule an intake appointment, please call 410-290-6432, Monday - Friday 10:00 a.m. - 5:00 p.m.	
PRISONERS AID ASSOCIATION	410-727-8130
Works with exoffenders providing emergency shelter and long term housing.	

SHEPPARD PRATT THERAPY REFERRAL SERVICE..... 410-938-5000

A free, confidential telephone service.

Clinically trained staff can answer most general questions, make a preliminary assessment, and provide directions to mental health resources needed.

THE FOUNDATION FIGHTING BLINDNESS 410-568-0150

Toll Free **1-800-683-5555**

TDD **1-800-683-5551**

One's work may be finished someday, but one's education, never.
_____ *Alexandre Dumas, The Elder*

LEGAL SERVICES/CRIMINAL JUSTICE

ATTORNEY GRIEVANCE COMMISSION	1-800-492-1660
 BALTIMORE COUNTY BUREAU OF CORRECTIONS	
Inmate visiting days, Friday-Monday, 8:00 a.m. - 10:15 a.m., 12:00 p.m. - 2:15 p.m.	410-887-6500
 BALTIMORE COUNTY HUMAN RELATIONS COMMISSION	
Handles discrimination complaints in housing, education, employment, financing and public accommodation based on race, creed, color, national origin, sex, age, physical and mental handicap and marital status.	410-887-5917
 BALTIMORE COUNTY MEDIATION PROGRAM	
A free service which enables 2 or more individuals to resolve a conflict through a neutral party (mediators). The resolution process is voluntary and confidential.	410-887-5871
 BALTIMORE COUNTY POLICE DEPARTMENT	
Domestic Violence Team	410-853-3660
Community Resources Section	410-887-5864
Counseling Team	410-887-5823
Crisis Intervention, short term individual, group and family counseling; assessment and referral services for at risk and status offending youngsters and their families.	
 DIVORCE EDUCATION FOR PARENTS	
Sponsored by the Custody and Mediation Division of the Circuit Court for Baltimore County. Program offered at no cost to parents helping children through divorce process.	410-887-6570 (Mediation Division)
 EEOC	
Equal Employment Opportunity Commission Administers and enforces the law prohibiting discrimination on the basis of race, religion, national origin, sex, and age, under Title VII of Civil Rights Act, 1964, as amended.	410-962-3932

FAMILY LAW HOTLINE	1-800-845-8550
Tuesdays and Thursdays, 9:30 a.m. - 4:30 p.m. Informs, at no cost, income eligible Maryland residents about their legal rights concerning family law issues.	
FBI	410-265-8080
HUMAN RELATIONS, MARYLAND COMMISSION ON	410-767-8600
Administers and enforces the law prohibiting discrimination on the basis of race, religion, national origin, sex, age, physical and/or mental handicap, and marital status in employment, housing, public accommodations, and some medical institutions.	
LAWYER REFERRAL SERVICES OF BALTIMORE COUNTY	410-337-9100
Monday - Friday, 10:00 a.m. to 3:00 p.m. Initial consultation \$25 first half-hour.	
LAW LIBRARY - CIRCUIT COURT	410-887-3086
LEGAL AID BUREAU -- BALTIMORE COUNTY	410-296-6705
Provides legal service for low income citizens in civil cases.	
LEGAL FORMS HELPLINE	1-800-818-9888
Tuesday/Wednesday/Friday, 9:00 a.m. - 12:30 p.m. Thursday, 9:00 a.m. - 4:00 p.m. This helpline is a free service which provides information over the phone to people who are filing a family law case without an attorney, using the forms provided by Circuit Court.	
MARYLAND VOLUNTEER LAWYERS SERVICE, INC.	410-547-6537
This service refers low and moderate income individuals to free (pro bono) attorneys. This program is for Baltimore County residents who want to file for divorce and custody and are unable to pay an attorney and have been separated for at least 10 months. Tuesday - Friday, 9:00 a.m. - 5:00 p.m.	

PAROLE/PROBATION

Reports concerning the behavior of domestic violence offenders released to Parole/Probation supervision can be made by contacting the office nearest you:

Arbutus/ Catonsville	900 Walker Avenue	410-455-5022
Dundalk	3413 Dundalk Avenue	410-288-5810
Essex/Rosedale	8914 Kelso Drive	410-780-4820
Towson	17 W. Pennsylvania Avenue	410-832-2200

PRO SE FAMILY LAW

County Courts Building **410-887-3446**

401 Bosley Avenue, Room 101

Monday, 9:00 a.m. - 2:00 p.m.

Tuesday, 2:00 p.m. - 7:00 p.m.

Wednesday, 2:00 p.m. - 7:00 p.m.

Thursday, 2:00 p.m. - 7:00 p.m.

Friday, 9:00 p.m. - 2:00 p.m.

Walk in service, no appointment necessary.

Assists people at no charge who are filing a family law case without an attorney, using the forms provided by Circuit Court.

PROTECTION FROM DOMESTIC VIOLENCE - EX PARTE ORDERS

To request a civil order of protection, you must go to either the District or Circuit Court clerk's office.

Monday - Friday, 8:30 a.m. - 4:30 p.m.

District Court locations are:

Arbutus/Catonsville	900 Walker Avenue	410-512-2500
Essex/Rosedale	8914 Kelso Drive	410-512-2300
Towson	120 E. Chesapeake Avenue	410-512-2000

Circuit Court location:

Towson 401 Bosley Avenue..... **410-887-2601**

Remedies under this law can include ordering the abuser to stop the violence, removing the abuser from the home, temporary child custody, ordering abuser to attend domestic violence counseling.

To file criminal charges you must go to the Commissioner's Office (at the District Court locations above). If the Commissioner refuses to charge the abuser, you can call the State's Attorney's office to have them review your case.

Legal Services for Domestic Violence Cases

- Court Accompaniment **410-853-3030**
You may request a victim advocate
from the Baltimore County Department
of Social Services Family Violence Unit
to accompany you to court for a domestic
violence case.
- Family and Children Services **410-281-1334**
- House of Ruth Legal Services **410-554-8463**
- Turnaround **410-377-8111**
Attorneys are available from these agencies to
represent Baltimore County victims of domestic
violence at protective order hearings. Sliding
scale and reduce fee available.

Legal Services for Age Sixty Plus **1-800-510-0050**
410-337-9100

PUBLIC DEFENDERS OFFICE --

BALTIMORE COUNTY **410-324-8900**
Provides legal service for low income
clients in criminal and traffic cases.

SHERIFF'S OFFICE - CIRCUIT COURT **410-887-3151**

VICTIM/WITNESS ASSISTANCE UNIT **410-887-6650**
Provides orientation to criminal justice system. **For Circuit Court**

Information regarding status of criminal cases.
Assistance with: **410-887-6569**
Court appearance problems. **for District Court**
Referral to service agencies,
(Social Services, Criminal Injuries
Compensation Board, etc.)
Return of property held as evidence.
Restitution procedures.
Trial dates, time or Location.

**VICTIM ASSISTANCE PROGRAM
OF THE JUVENILE SERVICES**

ADMINISTRATION **410-321-3700**
Provides victims of juvenile offenses with
services including information and referral,
supportive counseling.

WOMEN'S LAW CENTER **410-321-8761**

Publications available including "Legal Rights"
in marriage and divorce.
Child Support Project Family Law Center **410-321-1040**

BALTIMORE COUNTY PUBLIC LIBRARY BRANCHES

ARBUTUS LIBRARY	410-887-1451
1581 Sulphur Spring Road/Benson Avenue 21227, Suite 105	
CATONSVILLE LIBRARY	410-887-0951
1100 Frederick Road 21228	
COCKEYSVILLE LIBRARY	410-887-7750
9833 Greenside Drive, Cockeysville 21030	
ESSEX LIBRARY	410-887-0295
1110 Eastern Boulevard 21221	
HEREFORD LIBRARY	410-887-1919
16940 York Road, Monkton 21111	
NORTH POINT LIBRARY	410-887-7255
1716 Merritt Boulevard 21222	
PARKVILLE-CARNEY LIBRARY	410-887-5353
9509 Harford Road 21234	
PERRY HALL LIBRARY	410-887-5195
9440 Belair Road 21236	
PIKESVILLE LIBRARY	410-887-1234
1301 Reisterstown Road 21208	
RANDALLSTOWN LIBRARY	410-887-0770
8604 Liberty Road, Randallstown 21133	
REISTERSTOWN LIBRARY	410-887-1165
Cockeys Mill Road, Reistersotwn 21136	
ROSEDALE LIBRARY	410-887-0512
6105 Kenwood Avenue 21237	
TOWSON LIBRARY	410-887-6166
320 York Road 21204	
WHITE MARSH LIBRARY	410-887-5097
8133 Sandpiper Circle 21236	
WOODLAWN LIBRARY	410-887-1336
1811 Woodlawn Drive 21207	
For Self Help Library Information	410-494-9063

IMMUNIZATIONS ARE IMPORTANT

Help keep your children healthy by taking them for immunizations at 2, 4, 6, 12, and 15 months and then right before they begin preschool and middle school.

Here is a list of childhood immunizations and the diseases they prevent:

- Hep B - Hepatitis B
- DTaP - Diphtheria, Tetanus, Pertussis
- Hib - Haemophilus
- IPV - Polio
- MMR - Measles, Mumps, Rubella
- Var - Varicella (also called Chickenpox)
- Td - Tetanus, Diphtheria
- PCV7 - Prevnar

CHILDHOOD IMMUNIZATION SCHEDULE

Recommended by the Maryland Department of Health and Mental Hygiene

Vaccine	Birth	2 Months	4 Months	6 Months	12 Months	15 Months	4-6 Years
Hep B	X	X		X			
DTaP or Td		X	X	X		X	X
Hib		X	X	X		X	
IPV		X	X	X			X
MMR					X		X
Var					X		
PCV7		X	X	X	X		

IMPORTANT THINGS YOU SHOULD KNOW ABOUT IMMUNIZATIONS

- It is best for children to get their shots on time.
- Do not skip or put off your child's shots unless advised by the doctor.
- Children can be immunized even when they have a slight fever or cold.
- Keep up-to-date immunization records for all family members.
- It is required that children have proof of up-to-date immunizations to begin child care or school.
- Free childhood immunizations are offered by the Baltimore County Department of Health
- For more information about immunizations, call 410-887-2705.

BALTIMORE COUNTY COMMISSION FOR WOMEN

HISTORY

The Commission for Women was established by an act of the Baltimore County Council on January 3, 1977.

STRUCTURE

The Commission consists of 25 members: 14 appointed by the County Executive, one appointed by each County Council member, and four non-voting representatives from the County Departments of Health, Social Services, Education and the Human Relations Commission. Commissioners, residents of Baltimore County, serve three year terms.

MEETINGS

Meetings of the Commission for Women are held on the third Thursday of each month at 6:00 p.m. The public is invited to attend.

OFFICE

The Commission is located in the Old Courthouse, 400 Washington Avenue, Towson, Maryland 21204 and may be reached at 410-887-3448. Officers of the Commission are President, Vice President, Secretary, Treasurer and Parliamentarian.

PURPOSES

- * To develop an information and referral system for all services in the county related to the needs of women.
- * To serve as an advocate for women's issues.
- * To disseminate information which will contribute to meeting the needs of women.
- * To offer recommendations on matters relating to sex discrimination and equal rights and opportunities.
- * To investigate conditions which demonstrate unmet needs of women, and work to remove inequities in such areas as housing, recreation, employment, education, community services and others.

INFORMATION UPDATE

If you are currently listed in this guide and have changes or would like to be listed please tear out this page and mail or fax to the Commission Office.

Name of Agency _____

Address _____

Telephone _____

Description of Service (please be brief) _____

Agency Director _____

Telephone _____

Contact Person for Updates _____

Telephone _____

*Return to:
Baltimore County Commission for Women
400 Washington Avenue
Towson, Maryland 21204*

Fax: 410-769-8914

BALTIMORE COUNTY COMMISSION FOR WOMEN

President

LaFrance K. Muldrow

Vice President

Ellen Gonzales

Secretary

Barbara Eckley

Parliamentarian

Linda Reuter

Treasurer

Anna Kim

Elizabeth Bryant

Dorothy Foos

Tori Leonard

Cecelia Myrick

Gloria Richardson Marrow

Jessica Morgan

Phyllis Panopoulos

Mary Jane Sheridan

Gena Proulx, Ph.D.

Debra Sober, Esquire

Cassandra Umoh

Ad hoc members

Elizabeth Kahl

Christine Johns

Nancy Miller

Jacqueline Wilson

The mission of the Baltimore County Commission For Women is to identify and advocate through education and outreach programs, legislation and services to meet the needs of the women of Baltimore County.

Tear Out Resource Card for Victims of Domestic Violence

**24 Hour Crisis Hotline: Baltimore / Carroll
County 410-828-6390**

FAMILY AND CHILDREN'S SERVICES, WEST BALTIMORE COUNTY: Offers crisis intervention, case management, legal advocacy, shelter, individual and group therapy for victims and their children. **410-281-1334**

FAMILY CRISIS CENTER OF BALTIMORE COUNTY: Provides long term safe shelter, long term transitional shelter, individual, group and family counseling, information and referral, and victim advocacy to primary and secondary victims of family violence. Provides batterers' treatment to perpetrators of family violence. Provides preventive family psychotherapy to families in conflict. Provides educational programs to communities and agencies.

**410-285-7496 - Safe Shelter
410-285-4357 - All Other Services**

TURNAROUND, INC.: Offers individual and group counseling for victims of domestic violence and sexual assault / abuse. Domestic violence services also include temporary shelter for victims with their children and pets; legal services and referral; batterers' treatment. **410-377-8111**

ACTS, INC.: Operates Martha's Place and Harriet House as transitional shelters with support services for victims of domestic violence.

410-825-8773

CHANA: Provides services to Jewish victims of domestic violence.

410-234-0023

HEALTHCARE: Family Violence Program at Sinai Hospital: Provides crisis intervention, individual and group counseling for victims of domestic violence and their children. Training for healthcare providers on Domestic Violence intervention.

410-601-8692

• Abuser Intervention Programs:

Available at: Family Crisis Center, Family and Children's Services and Turnaround, Inc.
For more information, call DVRP 410-853-3030

JUVENILE SERVICES

- Maryland Youth Crisis Hotline **1-800-422-0009**
- Fellowship of Lights (Shelter for Teens) **410-385-1200**
- Department of Juvenile Justice **410-512-4040**

PARENTING

- Department of Social Services
(To Report Suspected Child Abuse) **410-853-3000**
- THE FAMILY TREE
(24 Hour Family Stress Line) **1-800-243-7337**

SUBSTANCE ABUSE

- ALANON **410-832-7094**
- Alcoholics Anonymous **410-663-1922**
- Baltimore County Office of Substance Abuse **410-887-3828**

BALTIMORE COUNTY STATES ATTORNEY'S OFFICE / FAMILY

VIOLENCE UNIT: Prepares for trial of criminal cases involving domestic violence.

410-887-6610

BALTIMORE COUNTY STATES ATTORNEY'S OFFICE / VICTIM

WITNESS UNIT: Answers legal questions which relate to criminal cases such as: trial dates, time or location. Also available to add witnesses.

410-887-6569 for a district court case

410-887-6650 for a circuit court case

PAROLE / PROBATION: Reports concerning the behavior of domestic violence offenders released to Parole / Probation supervision can be made to a victim advocate.

410-288-6159

TEMPORARY PROTECTIVE ORDER / INTERIM ORDER:

Monday - Friday, 8:30 a.m. - 4:00 p.m. Go to District or Circuit Court, ask the Civil Clerk's Desk for Petition of Protection. Complete the form and present the information to the Judge. After business hours, weekends and holidays go to the Court Commissioner to get an Interim Order. The Commissioner will inform you of the date / location of your second hearing.

Arbutus / Catonsville

900 Walker Avenue

410-512-2500

District Court

Essex/Rosedale

8914 Kelso Drive

410-512-2300

District Court

Towson

120 East Chesapeake Avenue

410-512-2000

District Court

Towson

401 Bosley Avenue

410-887-2601

Circuit Court

Remedies under this law can include:

- Order the abuser to stop the violence
- Remove the abuser from the home
- Give temporary child custody
- Order offender / victim to attend domestic violence counseling

Protection Order Advocacy and Representation Project (POARP)

Emergency walk-in legal clinic for victims of domestic violence is located in Circuit Court. Provides free Protective Order legal advice and representation.

410-887-3162

FILING CRIMINAL CHARGES: Go to the Commissioner's Office (at the location above). If the Commissioner refuses to charge the abuser, call the State's Attorney office to have them review the case.

410-887-6610

TO REQUEST COURT ACCOMPANIMENT FOR CRIMINAL CASES:

A court advocate may accompany you to court for a domestic violence case and introduce you to the State's Attorney and assist you in navigating the court process.

410-853-3030

BALTIMORE COUNTY DEPARTMENT OF SOCIAL SERVICES / FAMILY VIOLENCE UNIT:

410-853-3035

BALTIMORE COUNTY POLICE / VICTIM-WITNESS:

410-887-5901