



*Healthy Aging in Neighborhoods  
of Diversity across the Life Span*

# **HANDLS REFERRAL GUIDE**

*For Primary Care, Mental Health and Social Services  
A Directory of Health Resources Serving Greater Baltimore Area*

## **Introduction**

The purpose of this referral guide is to offer a list of health care providers and health care facilities that provide the outpatient medical services you may need for medical follow-up care outside of your participation in the HANDLS study. It describes non-profit and governmental resources available to provide services to individuals with health insurance, medical assistance, lower income, and/or uninsured residents of the Baltimore area. The guide is not intended to list all available programs, but rather *major* programs that provide primary health care, pharmacy assistance, hotlines, HIV screening, literacy/GED programs, mental health and substance abuse treatment programs. Some of the programs listed will accept Medicare, medical assistance and/or private insurance.

Whether you have insurance or not, if you would like assistance locating health care resources please call the HANDLS Social Worker, Jennifer Norbeck, LCSW/C at 410-558-8622. She will assist you in locating necessary resources.

**\*\* The National Institutes of Health/National Institute on Aging and Healthy Aging in Neighborhoods of Diversity across the Life Span Study does not recommend any particular facility, physician and or services listed here.**

For the online version with clickable URL codes go to: <https://handls.nih.gov/05Part.htm> or scan the QR code below:



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## Getting Health Insurance Benefits

### What is Maryland Health Connection?

Maryland Health Connection is for all Marylanders who need health insurance. It is Maryland's official health insurance marketplace where you can shop, compare and enroll in quality health and dental insurance that fits your needs and your budget.

### What makes coverage through Maryland Health Connection more affordable?

Maryland Health Connection is the only place you can get financial help to lower the cost of health insurance. Nine in 10 Marylanders who enrolled last year qualified for financial help. Depending on your income and family size, you may qualify for tax credits that lower your monthly premium and for lower out-of-pocket costs like deductibles and copays. Or, you may qualify for free or low-cost coverage through Medicaid or Maryland Children's Health Program. Check out the chart below to see what you might qualify for. If you're pregnant or you have children, you may still qualify even if your income is higher.

<b>You may be eligible for Medicaid if your monthly income is up to approximately:</b>					
<b>If your household size is this</b>	<b>Adults</b>	<b>Children (MCHP)</b>	<b>Children (MCHP Premium)</b>		<b>Pregnant women</b>
<b>1</b>	<b>\$1,677</b>	<b>\$2,564</b>	<b>\$3,208</b>	<b>\$3,912</b>	<b>N/A</b>
<b>2</b>	<b>\$2,269</b>	<b>\$3,469</b>	<b>\$4,340</b>	<b>\$5,294</b>	<b>\$4,340</b>
<b>3</b>	<b>\$2,859</b>	<b>\$4,372</b>	<b>\$5,470</b>	<b>\$6,672</b>	<b>\$5,470</b>
<b>4</b>	<b>\$3,450</b>	<b>\$5,275</b>	<b>\$6,600</b>	<b>\$8,050</b>	<b>\$6,600</b>
<b>5</b>	<b>\$4,042</b>	<b>\$6,180</b>	<b>\$7,733</b>	<b>\$9,431</b>	<b>\$7,733</b>
<b>6</b>	<b>\$4,633</b>	<b>\$7,083</b>	<b>\$8,862</b>	<b>\$10,810</b>	<b>\$8,862</b>
<b>7</b>	<b>\$5,223</b>	<b>\$7,986</b>	<b>\$9,992</b>	<b>\$12,188</b>	<b>\$9,992</b>
<b>8</b>	<b>\$5,815</b>	<b>\$8,892</b>	<b>\$11,125</b>	<b>\$13,569</b>	<b>\$11,125</b>
<b>Each person add</b>	<b>\$592</b>	<b>\$905</b>	<b>\$1,133</b>	<b>\$1,381</b>	<b>\$1,133</b>
<b>You pay</b>	<b>\$0</b>	<b>\$0</b>	<b>\$65</b>	<b>\$82</b>	<b>\$0</b>

Effective February 1, 2023 \*Premium cost is per family / household each month

### Am I required to have health insurance?

Under federal law, it is no longer required to provide proof of health insurance, however it is important to have in case of medical emergencies, in order to not have to pay the rising costs of healthcare.

\*\* The above information is posted on the Maryland Health Connection website here:

<https://www.marylandhealthconnection.gov/how-to-enroll/medicaid/> \*\*

### **More Information:**

The Maryland Health Connection website is a place you can check for updates on any changes that may impact you if you currently have (or are looking for) health insurance through Maryland Health Connection: <https://www.marylandhealthconnection.gov/>.

### ***For now, here's what you need to know:***

- The recent reduction in federal funding for the federal navigator program does not pertain to Maryland. Maryland Health Connection is a state-based marketplace. Therefore, the funding that supports our navigator program has been maintained for navigators, who provide help for enrollment into free and low-cost health coverage and private health plans.
- **Open enrollment is from Nov. 1-Jan. 15. Enroll Nov. 1-Dec. 31 for coverage beginning Jan. 1. Enroll Jan. 1-15 for coverage beginning Feb. 1. You can enroll in health coverage any time of year if you qualify for Medicaid or the Maryland Children's Health Program (MCHP). Certain life events qualify you to enroll in a health plan outside of open enrollment.** Nine out of 10 people who enrolled qualified for lower costs.
- Even if you're already enrolled, it's more important to go back each year to browse plan prices to make sure you're getting the best deal for you and your family.
- Most Marylanders receiving financial help will not see an increase in their monthly costs, even if their plan's premium went up this year. In fact, some people who previously would not have qualified for financial help will now qualify for a tax credit to help lower their costs.
- While you will no longer receive a fine if you do not have health insurance, it is important to have it to prevent you from incurring the high costs of healthcare yourself.
- Make sure you stay covered throughout the year by continuing to pay your premium on time.
- Stay updated: sign up for alerts from [MarylandHealthConnection.gov/blog](https://www.marylandhealthconnection.gov/blog) and follow them on Twitter [@MarylandConnect](https://twitter.com/MarylandConnect).
- Maryland Health Connection continues to help eligible people enroll year-round – including those who have recently experienced certain life events like losing their job, getting married or divorced, or having a baby.
- If you are eligible for Medicaid or Maryland Children's Health Insurance Program (MCHIP), you can enroll any time.

### **How to enroll for health insurance coverage**

Maryland Health Connection is designed to help you find health insurance that meets your needs and fits your budget. You may be eligible for financial help that can lower your monthly premium for free or low-cost coverage through Medicaid. To find out you will need to apply through Maryland Health Connection. You must apply during the open enrollment. **Open enrollment for health and dental plans begins Nov. 1 and ends Jan. 15.**

To apply:

(1) Visit [MarylandHealthConnection.gov](https://www.marylandhealthconnection.gov) or

(2) Download the mobile app for your smart phone:  
<https://www.marylandhealthconnection.gov/enrollmhc/> or

(3) Get free in-person help from experts throughout Maryland:

A. Baltimore City, Baltimore County and Anne Arundel County: Contact HealthCare Access Maryland

I. Call: 410-500-4710 or 855-288-3667 TOLL FREE or go to <https://www.healthcareaccessmaryland.org/how-we-help/health-insurance/>

For help filling out your application, general questions or to get connected with free in-person help, visit [www.MarylandHealthConnection.gov/help](http://www.MarylandHealthConnection.gov/help) or call their toll-free phone number at

**1-855-642-8572 or TTY: 1-855-642-8573**

You can also call the HANDLS Social Worker, Jennifer Norbeck at 410-558-8622. She will assist you with locating free in-person help.

### **What documents will I need to apply:**

Use the checklist below to get ready to apply:

- Social Security numbers (or document numbers for any legal immigrants who need insurance)
- Birthdates and general information about you and your family members who are also applying for health coverage
- Tax returns from previous years
- Policy numbers for any current health insurance
- Employer and income information for everyone in your family (for example, from paystubs, W-2 forms or wage and tax statements)

Information about any job-related health insurance available to your family

Having these documents available will make the process go much quicker. Be prepared by having them nearby when you complete your application.

**\* Remember if you have a qualifying life event or if you are eligible for Medicaid, you can apply anytime**

### **MARYLAND ACCESS POINT:**

MAP is the “one-stop-shop” for information and assistance. With a single call, older adults, adults with disabilities and their caregivers can learn about and apply for resources available to them. Individuals will receive information and assistance with a wide range of services that includes screening for federal and state benefits, assisted living support, legal aid, Medicare enrollment, caregiver support, meals, medication management, transportation, and dealing with issues like Alzheimer’s, dementia, and chronic diseases. There are over 20 MAP sites across Maryland for individuals who prefer to get face-to-face counseling on their options.

Call 410-396-CARE (2273) or visit <http://aging.maryland.gov/accesspoint/> to learn more.

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### **Pharmacy Assistance in Maryland**

Below are a several ways to get assistance paying for prescriptions in Maryland that are not covered by your health insurance plan, Medicare part D and/or Medicaid.

## Maryland Prescription Plan – Prescription Assistance Program (PAP)

Website: <https://www.marylandrxcard.com/>

As a resident of **Maryland**, you and your family have access to a statewide Prescription Assistance Program (PAP). Create and print your discount prescription drug card coupon here: <https://www.marylandrxcard.com/>. This pharmacy coupon card will provide you with Rx medication **savings of up to 80%** at more than 68,000 pharmacies across the country including **CVS/pharmacy, Albertsons, Walgreens, Stop & Shop, Giant, Safeway, Rite Aid, Kmart**, and many more. You can create as many coupons as you need. You can create and send them to friends and family members via one of the many available options. **This Coupon/Card is pre-activated and can be used immediately!**

- **Free For Everyone.** All residents are eligible to get pharmacy discounts through this program. The program may be used to provide savings on prescriptions not covered by your health insurance or Medicare Part D. The program may also be used instead of your insurance coverage when it offers greater savings than your copay.
- **No Restrictions.** There are no enrollment forms, no age or income requirements, no waiting periods, no eligibility required, no exclusions, covers pre-existing conditions, no claim forms to file, no annual or lifetime limits.
- **Lowest Price.** This program has *Lowest Rx Price Logic* to guarantee that you get the best pricing on prescriptions (Card holders pay the lower of a discount off Average Wholesale Price-AWP, discount off MAC Pricing, or Pharmacy Promotional/Retail price). You can save up to 80% on your medications (average savings are roughly 30%)!
- **Medications.** The program includes discounts on brand and generic medications, open formulary so that all medications are eligible for discounts.
- **Accepted Everywhere.** The Discount Prescription Card is pre-activated and accepted at over 68,000 pharmacies around the country including most major chains.
- **Confidential.** No personal information is required to get a card.

If you do not have a computer or smart phone, ask a friend to download the coupon for you or go to the local library where you can use a computer. Ask a librarian for help if you need it.

## Senior Prescription Drug Assistance Program (SPDAP)

Website: <http://marylandspdap.com/>

The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005 to provide financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan.

They offer 2 ways for seniors to get assistance with paying for prescriptions and out of pocket costs. The first is called a Premium Subsidy and the other is a Coverage Gap subsidy (for assistance during that time of year when Medicare recipients have a gap in their coverage to pay for their prescriptions) (Unavailable for 2023).

### Eligibility Requirements

To participate in the Senior Prescription Drug Assistance Program, individuals must meet the following eligibility requirements:

- Show residency in Maryland for at least six months
- Be a Medicare recipient
- Have an income at or below 300% of the Federal Poverty Level.
  
- **Premium Subsidy**
  - SPDAP will pay up to \$60.00 per month for a member’s Medicare Rx prescription drug plan premium, as long as the individual is enrolled in an approved Medicare prescription drug plan or a Medicare Advantage prescription drug plan.
  - Please note, for CY 2023 there will not be an SPDAP Coverage Gap (Donut Hole) subsidy.
  - There is an open enrollment period, usually between October and December for the upcoming year.
- If you need assistance with determining if you are eligible or for assistance applying:
  - **Please contact the Maryland Department of Aging at 1-800-243-3425 or Medicare at 1-800- 633-4227.**
- **Coverage Gap (Doughnut Hole) Subsidy**
  - Senior Prescription Drug Assistance Program (SPDAP) provides a coverage gap (aka the “Donut Hole”) subsidy for eligible members enrolled in a Maryland Medicare Part D prescription drug plan (PDP). This subsidy will not be available for 2023.

### **Pharmaceutical Assistance Program**

Some pharmaceutical companies offer assistance programs for the drugs they manufacture. Medicare has a website where you can look up your medication to see if the drug company has a program to assist with cost of your medication.

Go to this website: <https://www.medicare.gov/pharmaceutical-assistance-program/Index.aspx#>

Click on the first letter of your drug name to see if any programs are available for the drugs you are taking. If your drug is on the list, click on "details" for detailed information about the program.

If you do not have a computer or smart phone, ask a friend or family member who does or go to the local library where you can use a computer. Ask a librarian for help, if you need it.

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## **Primary Care Health Clinics and Practices**

**Baltimore Medical Systems (BMS)** offers a sliding scale fee program based on the patient’s income. If the patient is unemployed, they will evaluate the patient’s payment by whatever the source of income; he/she may collect supplemental security income, social security, disability, or some other government program. Among the services provided are: Ob/Gyn, Pediatrics, Internal Medicine, Podiatry, Ophthalmology, Dentistry services, Behavioral Health, Substance Use Treatment, On-site Pharmacy, and same day appointments. BMS also provides FREE COVID home testing kits while supplies last and provide COVID vaccinations (Moderna and Pfizer). BMS has health benefit advisors to help you determine if you apply for free or low-cost programs, and if you are uninsured, they can help you apply for medical coverage.

BMS also has pharmacies located in each of the centers that accept most prescription plans, medical assistance plans and discount programs. These programs can cut your medication costs or give them to you for free if you qualify. They can help you apply for these discount programs.



BMS also provides FREE delivery to our patients who live or work in certain ZIP codes. You can call in your prescription refills 24 hours per day.

Website: <http://bmsi.org>

Locations and contact information for Baltimore Medical Systems clinics:

Belair–Edison Family Health Center

Phone: 410-558-4800

Address: 3120 Erdman Avenue Baltimore, MD 21213

Highlandtown Community Health Center

Phone: 410-558-4900

Address: 3700 Fleet St. Suite 200, Baltimore, MD 21224

Baltimore Medical Systems at Rosedale

Phone: 410-558-4700

Address: 9520 Philadelphia Rd., Rosedale MD 21237

Baltimore Medical Systems at Yard 56

Phone: Coming Soon

Address: 5525 Eastern Avenue, Baltimore, MD 21224

East Baltimore Medical System

Phone: (410) 522-9800

Address: 1000 E. Eager Street, Baltimore, MD 21202

Baltimore Medical Systems at St. Agnes

Phone: 443-703-3200

Address: 900 Caton Avenue, Parking Lot B, Baltimore, MD 21229

**Family Health Centers of Baltimore (FHCB)** is a not-for-profit health center, providing primary care services at 2 locations in the Baltimore area. FHCB provides primary care, mental health, substance abuse, and OB/GYN services. FHCB offers a sliding scale fee program, which depends on the patient's income, and is available for people without health insurance. To qualify, bring proof of family size and income, and your fees could be drastically reduced. Patients who are unemployed can meet with a social worker to discuss eligibility for insurance plans. Case management services at FHCB can also help find resources for patients, including housing and food resources.

Website: [www.fhcb.org](http://www.fhcb.org)

Sliding Fee Estimator can be located at: <https://fhcb.org/fees/>

Locations and contact information for Family Health Centers of Baltimore:

Family Health Center Cherry Hill

Phone: 410-354-2000

Address: 631 Cherry Hill Road Baltimore, MD 21225

Family Health Center Brooklyn

Phone: (410) 355-2000 (to schedule an appointment)

Address: 3540 S Hanover St Brooklyn, MD 21225

**Jai Medical Systems Managed Care Organization, Inc.** is a Medicaid Managed Care Organization providing Medicaid health insurance benefits for the State of Maryland in the Health Choice program. Will work with client to get medical assistance and pharmacy assistance. Services offered by these primary care medical centers include onsite laboratory services, onsite x-ray services, pharmacy services, physicals, well-child checks, same day sick visits, walk in visits, flu shots, immunization services, and extended office hours. Additional Benefits Offered by Jai Medical Systems includes free transportation to your primary care doctor visits, health education, and no prescription co-pay.

Free transportation is available to and from your appointments with your Primary Care Provider. To schedule an appointment for transportation, call Customer Service at 1-888-JAI-1999.

If you are already eligible for Maryland Medicaid, contact the State of Maryland Enrollment Broker today at 1-855-642-8572 to enroll with Jai Medical Systems.

Website: <https://www.jaimedicalsystems.com/>

Locations and contact information for Jai Medical Systems:

Jai Medical Center York Rd

Phone: 410-433-2200

Address: 5010 York Road Baltimore, MD 21212

Eutaw Medical Center

Phone: 410-728-6900

Address: 2425 Eutaw Place Baltimore, MD 21217

Jai Medical Center Park Heights Avenue

Phone: 410-542-8130

Address: 4340 Park Heights Avenue Baltimore, MD 21215

Jai Medical Center E. Monument Street

Phone: 410-327-5100

Address: 1235 E Monument St Baltimore, MD 21202

Jai Medical Center at International Circle

Phone: 410-433-2200

Address: 301 International Circle, Hunt Valley, MD 21030

**Chase Brexton Health Services** offers a variety of medical services including walk-in appointments for sexually transmitted diseases and emergency birth control. Please see the web site for up-to-date information and specific problems. They also provide services including: adult and pediatric primary care, LGBTQ health, HIV and infectious diseases, substance use, therapy, psychiatric care, gender affirming care, dental care, social work, OB/GYN health, lab services, and pharmacy.

They have a Sliding Scale Fee Program, which depends on the patient's income. If the patient is unemployed, they will evaluate the patient's payment by whatever source of income, he/she may collect, i.e., SSI, social security, etc.

Can contact social work and outreach department for more information if uninsured or underinsured at 410-837-2050 (ext 8872) or 443-573-5000.

Website: <http://www.chasebrexton.org>

Locations and contact information for Chase Brexton:

#### Main Chase Brexton Office

Community Sexual Health Clinic located at this location- Walk-in services are available only to established Chase Brexton patients. If not an established patient, please contact the center to schedule an appointment.

Phone: 410-837-2050

Address: 1111 North Charles Street, Baltimore, MD 21201

#### Easton Location

Phone: 410-837-2050

500 Cadmus Lane, Suite 203, Easton MD 21601

#### Columbia Location

Phone: 410-837-2050

Address: 5500 Knoll N Drive #370, Columbia MD. 21045

#### Glen Burnie Location

Phone: 410-837-2050

Address: 200 Hospital Dr #300, Glen Burnie MD. 21061

#### Randallstown Location

Phone: 410-837-2050

Address: 3510 Brenbrook Dr, Randallstown MD. 21133

### **Grace Medical Center Family Health and Wellness**

Formerly known as Bons Secours, Grace Medical Center Family Health and Wellness Center provides primary care services. Also located at this location is Grace Medical Center which provides hospitalization, inpatient and outpatient behavioral health, and emergency services. Grace Medical Center accepts most major insurance providers, including Medicare and Medicaid. They also accept all private pay patients. Before scheduling an appointment or seeking treatment, please contact your insurance provider to verify full coverage.

Grace Medical Center, through Lifebridge Health Hospitals, can provide financial assistance, including discounts, to financially disadvantaged patients (including the uninsured or underinsured) who qualify. Patients and families with an annual income of up to 300% of the Federal Poverty Level may qualify for discounts up to 100% of their hospital bill. You may be eligible for Financial Hardship Reduced Cost Care if your income is between 301% - 500%.

You can request a financial assistance application by calling Customer Service at 1-800-788-6995, visiting the Customer Service area at the hospital where you received care, or asking a registration

representative. You can personally submit your completed application to Customer Service or a registration representative, fax it to (401)601-4031 or mail it to:

LifeBridge Health  
Attn: Financial Assistance Representative  
2401 West Belvedere Avenue  
Baltimore, Maryland 21215

Link for Financial Assistance form:

<https://www.lifebridgehealth.org/Uploads/Public/Documents/FINANCIAL%20ASSISTANCE%20MD%20UNIFORM%20APPL.pdf>

Website: <https://www.lifebridgehealth.org/main/grace-medical-center>

Location and contact information for Grace Medical Center:

Grace Medical Center Family Health and Wellness

Phone: 410-362-3612

Address: 2000 W Baltimore Street, 3rd Floor Suite 3200, Baltimore, MD 21223

New Hope Treatment Centers

Provides outpatient substance use treatment

Phone: 410-945-7706

Address: 2401 W. Baltimore Street, Baltimore, MD 21223

Grace Medical Center, through Lifebridge Health, also offers the following community services:

**COMMUNITY SERVICES:**

- Breast Cancer Education & Support Group
  - This ongoing support group provides education and special understanding for women who are newly diagnosed with breast cancer, currently receiving treatment or in recovery. Spouses and partners are welcome. The group is facilitated by a registered nurse or nurse educator and educational presentations often are conducted by healthcare professionals.
  - This group meets in a hybrid format; call 410-871-7000 if you wish to join online.
- Multiple Sclerosis Education & Support Group
  - For those living with multiple sclerosis and their families or caregivers
  - This group meets in a hybrid format—in person at Carroll Hospital East Pavilion or online. To join online, call 410-871-7000.
- Parkinson's Disease Education & Support Group
  - For those living with Parkinson's disease and their families or caregivers
  - This group meets in a hybrid format; to attend online, call 410-871-7000.
- COVID Recovery Support
  - This is a therapist-facilitated peer support group. This group is reserved for those recovering from COVID-19 and their loved ones and will take place by Zoom every Wednesday at 1 pm.
  - If you would like to register for this free support group, please call 410-601-5460.
- Gather & Connect - Living with Cancer
  - For those living with cancer (and their families) to share their experiences

- This group meets in a hybrid format; if you would like to attend online, please call 410-871-7000.

### **Sinai Community Care**

Phone: 410-601-9300

Address: 5101 Lanier Avenue. Baltimore, MD 21215

Sinai Hospital of Baltimore, through LifeBridge Health, can provide assistance, including discounts, to financially disadvantaged patients (including the uninsured or underinsured) who qualify. Patients and families with an annual income up to 300% of the Federal Poverty Level may qualify for discounts up to 100% of their hospital bill. Visit their website for more information:

<https://www.lifebridgehealth.org/main/financial-assistance>

### **Johns Hopkins Community Physicians**

Johns Hopkins Community Physicians are committed to communicating promptly with their patients' health care team and collaborating with them to deliver high-quality, coordinated care. Services include OB/GYN, Pediatrics, Internal Medicine, Labs, social services. Johns Hopkins Community Physicians accepts a variety of insurance plans, however there are many exceptions, including most Medicare Advantage Plans. Please see the website below for accepted insurances or contact your insurance provider.

[https://www.hopkinsmedicine.org/patient\\_care/patients-visitors/billing-insurance/insurance-info.html](https://www.hopkinsmedicine.org/patient_care/patients-visitors/billing-insurance/insurance-info.html)

Johns Hopkins can provide financial assistance to patients who are uninsured, underinsured, ineligible for a government program or otherwise unable to pay for medically necessary care.

To speak with a Financial Assistance representative please call 443-997-3067.

Website: [https://www.hopkinsmedicine.org/community\\_physicians/our\\_team/index.html](https://www.hopkinsmedicine.org/community_physicians/our_team/index.html)

This website includes physicians in many specialty areas. See website for details or call 667-312-2400 for referrals.

Locations (Baltimore city) and contact information for Johns Hopkins:

#### **Johns Hopkins Community Physicians – Internal Medicine Practice at Bayview**

Phone: 410-550-3350

Address: 301 Mason Lord Drive Baltimore, MD 21224

#### **Johns Hopkins Community Physicians - Remington**

Phone: 667-312-2400

Address: 2700 Remington Ave. Suite 2000. Baltimore MD 21211

#### **Johns Hopkins Community Physicians - East Baltimore Medical Center**

Phone: 410-522-9800

Address: 1000 East Eager Street. Baltimore, MD 21202

#### **Johns Hopkins Community Physicians - Canton Crossing**

Phone: 410-522-9940

Address: 1501 South Clinton Street, Suite 200 Baltimore, MD 21224

## **Mercy Personal Physicians**

Mercy offers primary care doctors as well as specialists for patients that work or live in and around Baltimore. Most private insurances accepted, including Medicare and Medicaid, however, patients should confirm coverage directly with their insurance carrier and physician's office prior to a visit.

Mercy offers patients financial assistance for those who are uninsured and ineligible for federal medical assistance. Payment plans are available and/or a patient can be put on a sliding scale which would allow a percentage of assistance depending on their eligibility under current guidelines. To qualify for Financial Assistance, a patient must be a Maryland resident and have a family income at or below 400% of the Federal Poverty Level and cannot be eligible for Medicaid or other social service programs. For more information, please call 410-951-1700. Sliding Scale Fee Program depending on the patient's income.

Website: [https://mercydocs.com/downtown-personal-physicians?sc\\_lang=en](https://mercydocs.com/downtown-personal-physicians?sc_lang=en)

Locations and contact information for Mercy Medical Center:

### **Mercy Medical Center - Downtown**

Phone: 410-332-9000

Address: 345 St. Paul Place, Baltimore, MD 21202

### **Mercy Personal Physicians Canton**

Phone: 410-342-4142

Address: 2801 Hudson Street, Baltimore, MD 21224

### **Mercy Personal Physicians Reisterstown**

Phone: 410-833-2772

Address: 114 Business Center Drive, Reisterstown MD 21136

### **Mercy Personal Physicians Glen Burnie**

Phone: 410-761-2273

Address: 7927 Ritchie Highway, Glen Burnie, MD 21061

### **Mercy Personal Physicians Lutherville**

Phone: 410-252-2273

Address: 1734 York Road Lutherville, MD 21093

### **Mercy Personal Physicians Overlea**

Phone: 410-663-8100

Address: 7602 Belair Road, Baltimore MD 21236

**Park West Medical Center** is a Federally Qualified Health Center (FQHC) that offers general internal medicine. Ob/Gyn, pediatrics, dentistry (Belvedere location only), women's health, pharmacy. They accept most insurances and patients may also qualify for additional discounts. The Sliding Scale Fee Program, which depends on the patient's income and family size. If the patient is unemployed, they will evaluate the patient's payment by whatever source of income, he/she may collect, i.e., SSI, social security, etc.

**Other Programs Offered:**

- Park West’s Hidden Garden Program offers effective medical prevention, counseling and treatment for substance abuse and HIV/AIDS.
- They also provide FREE COVID-19 Vaccination Clinics on the 1st And 3rd Saturday from 10am-2pm of each month.

Website: <http://www.parkwestmed.org/>

Locations and contact information for Park West:

Men and Family Health at Park Heights

Phone:443-874-5502

Address: 4151 Park Heights Avenue Baltimore, MD 21215

Park West Belvedere

Phone: 410-542-7800

Address: 3319 W. Belvedere Avenue Baltimore, MD 21215

Park West Reisterstown Road Plaza

Phone: 410-764-2266

Address: 4120 Patterson Avenue Baltimore, MD 21215

**Total Health Care** Provides Healthcare Services to patients of all ages, From Newborn to Adolescents and Seniors. The clinic provides adult medicine, dental care, walk-in visits, HIV/AIDS testing and treatment, substance abuse treatment services, women’s health, men’s health, and pediatrics. Most insurance plans accepted, including Medicare and Medicaid. Sliding Scale Fee Program available, which depends on the patient’s income and family size. Sliding Scale Fees can be located at this website:

<https://totalhealthcare.org/health-care-tools/plan-your-visit/sliding-scale-fees/>

They also offer a wide variety of on-site support services to help you overcome the barriers that stand between you and your health, including:

- Case management services to connect you to housing, education, assistance with government documents, and job training, etc.
- Health and nutrition education and food assistance.
- Financial resources, including insurance counseling, pharmacy plans, entitlement programs and financial assistance.
- Transportation assistance through partners like Lyft to help you get to and from your appointments (available based on eligibility).

Website: <http://totalhealthcare.org/>

Locations and contact information for Total Health Care:

Total Health Care Division Health Center

Phone: 410-383-8300

Address: 1501 Division Street. Baltimore, MD 21217

Total Health Care Kirk Avenue Health Center

Phone: 410-383-8300

Address: 2400 Kirk Avenue. Baltimore, MD 21218

Total Health Care Mondawmin Mall Health Center

Phone: 410-383-8300

Address: Mondawmin Mall: 2401 Liberty Heights Avenue, Suite 111-113, Baltimore, Maryland 21215

Total Health Care Saratoga Health Center

Phone: 410-383-8300

Address: 1501 West Saratoga Street. Baltimore, MD 21223

Total Health Care Odenton Health Center

Phone: 410-735-5719

Address: 1215 Annapolis Road Suite 107 Odenton, MD 21113

Total Health Care Open Gates Health Center

Phone: 410-735-5244

Address: 1111 Washington Boulevard Baltimore, MD 21230

Total Health Care Westside Health Center

Phone: 410-383-8300

Address: 2449 W. Frederick Avenue Baltimore, MD 21223

**University Family Medicine** provides a full range of medical services for you and your family, including: acupuncture, addiction (limited), adolescent care, adult well/sick care, diabetes group classes, education and preventive care, referrals to other specialists, when needed, routine gynecological care. University Family Medicine participates in most major insurance plans. Please call the office for a current listing of accepted insurance.

For uninsured patients, other options are available. There are no special programs for patients who are unemployed or lack health insurance, however if hospitalized and you need help paying your bill, you can apply for financial assistance to help pay your bill. You can call the Financial Assistance Department if you have questions or need help applying: 410-821-4140 or 877-632-4909 (toll free).

Website: <https://www.umms.org/cmgi>

Locations and contact information for University of Maryland Medical Center:

University Family & Community Medicine at Paca Street

Phone: 667-214-1800

Address: 29 S. Paca Street, First Floor Baltimore, MD 21201

University of Maryland Faculty Practice Office

Phone: 667-214-1515

Address: 419 West Redwood Street Suite 600 Baltimore, MD 21201

UM Faculty Physicians at Waterloo Crossing

Phone: 667-214-2100

Address: 5890 Waterloo Road, Columbia, MD 21045



**Health Care for the Homeless** provides healthcare services for homeless patients without health insurance or who have low income. All their clinics offer same day or walk-in appointments. Call for specific walk-in hours. They also provide COVID testing and vaccination. Walk-ins should arrive by 3pm on Mon/Tues/Thurs/Fri and 11am on Thursday.

Website: <https://www.hchmd.org/>

Locations and contact information for Health Care for the Homeless:

**Health Care for Homeless - Baltimore City Downtown**

Phone: 410-837-5533

Address: 421 Fallsway Rd. Baltimore, MD 21202

**Health Care for Homeless – West Baltimore**

Phone: 443-703-1400

Address: 2000 W. Baltimore St., Suite 3300, Baltimore, MD 21223

**Health Care for Homeless – Baltimore County**

Phone: 443-703-1468

Address: 9150 Franklin Square Dr. Suite 301 Baltimore, MD 21237

Health Care for the Homeless also provides health care using a mobile health clinic:

Please contact 410-837-5533 or go to <https://www.hchmd.org/hours-and-locations> for hours and locations of mobile clinic.

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## **Additional Health Care Resources**

### **Free screenings for Sexually Transmitted Diseases (STD)**

Getting yourself tested for sexually transmitted infections is the first step in taking responsibility for your sexual health and the health of your partners. Get a free test for HIV or other sexually transmitted infections (STIs) at one of the STD clinics in Baltimore.

The Baltimore City Health Department, Bureau of Clinical Services operates two STD Clinics. These clinics provide free and confidential testing, diagnosis, and treatment for STIs, including chlamydia, gonorrhea, trichomonas, non-gonococcal urethritis, syphilis, herpes simplex virus, genital warts (HPV), and HIV. They also provide testing, diagnosis and treatment for yeast infections, bacterial vaginosis, and Hepatitis C. The clinics provide Ryan White primary care services for HIV positive clients along with STI testing.

No appointment necessary, but patients are encouraged to arrive at the clinic at 8:30 a.m. Most services are free. Please contact clinic for details.

Clinic Locations and Hours:

**Druid Sexual Health Clinic**

1515 W. North Ave, Baltimore, MD 21217

(410) 396-0176

Metro Subway: Penn-North Station

#### Hours of Operation

Monday, Tuesday, Wednesday, Friday: 9:00 AM - 4:00 PM, closed 1:00 PM - 2:00 PM

Thursday: 9:00 AM- 1:00 PM

#### **Eastern Sexual Health Clinic**

1200 E. Fayette St., Baltimore, MD 21202

(410) 396-9410

Metro Subway: Shot Tower

#### Hours of Operation

Monday, Tuesday, Wednesday, Friday: 9:00 AM- 4:00 PM, closed 1:00 PM - 2:00 PM

Thursday: 9:00 AM- 1:00 PM

#### **HIV/STD Prevention Program Administrative Office Location and Contact Information:**

1001 E. Fayette St., Baltimore, MD 21202

(410) 396-4448

#### National HIV Health Services

Maryland AIDS and STD Hotline: 1-800-358-9001

National Hotline: 1-800-232-4636

Resource Line: 1-888-694-4300

#### I WANT THE KIT

The *I Want The Kit* website offers free, at-home STI testing kits for G/C, trich, and HIV to Maryland residents: <https://iwantthekit.org/>

#### Maryland AIDS Drug Assistance Program

Ensures that people living with HIV/AIDS in Maryland have access to medication they need to stay healthy.

Phone: 800-638-6252

Eligibility:

Applicant must provide proof of HIV+ status, be a Maryland resident, have a household income must be below 500% of federal poverty level, and must not be eligible for Medicaid.

Go to: <https://health.maryland.gov/phpa/OIDPCS/Pages/MADAP.aspx> to learn more.

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### **CHRONIC DISEASE PREVENTION:**

#### Cancer Screening in Baltimore City

To find out about local cancer screening programs free to those without insurance, please contact:

- University of Maryland Medical Group Colorectal Screening and Breast/Cervical Screenings: 410-328-4673
- Medstar Colorectal Screening: 410-350-8216; Breast/Cervical Screenings: 410-350-2001
- Breast Link Breast Screenings at St. Agnes: 667-234-2648

#### MANE: MAMMOGRAMS ARE NOT ENOUGH, Inc.

3205 Carlisle Avenue, Baltimore MD 21216

(443)-863-9138

mane@maneinc.org

- The **Breast Cancer Diagnostic Screening & Assistance Program will provide financial assistance for breast cancer diagnostic screenings along with other assistance associated with the disease.** These lifestyle screenings and assistance will be available for individuals who have no other access for payment.

Diabetes Prevention:

- The National Diabetes Prevention Program (DPP) is ultimately a lifestyle change program that provides an environment where individuals can learn, laugh, share stories, try new things, and build new habits—all while lowering their risk of type 2 diabetes and improving their health.
- How it works:
  - The 12-month group-based program consists of six months of weekly sessions, followed by six monthly sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals.
  - Discuss topics such as
    - Healthy eating - Eating smaller portions, reducing fat in your diet, and discovering healthier food options
    - Increasing physical activity - Brainstorm strategies on how to get 30 minutes of exercise in at least 5 times a week
    - Losing weight - The goal of the program is to help participants lose 7% of their body weight.
- Stay motivated to maintain progress towards program goals with monthly maintenance sessions.
- To register for a National DPP in Baltimore please contact one of the programs below and they will provide additional information on start dates, times, and locations.

MedStar Franklin Square Medical Center  
 9000 Franklin Square Dr., Baltimore, MD 21237  
 Phone: 443-777-7542

MedStar Good Samaritan Hospital  
 5601 Loch Raven Blvd., Baltimore, MD 21239  
 Phone: 443-444-4793

The Brancati Center for the Advancement of Community Care  
 2024 E. Monument Street, Room B-317, Baltimore, MD 21287  
 Phone: 410-614-6441

University of Maryland Center for Diabetes & Endocrinology  
 827 Linden Ave., Second Floor, Baltimore, MD 21201  
 Phone: 410-328-8402

University of Maryland Medical Center  
 22 S. Greene St, Baltimore 21201  
 Phone: 410-328-8402

Mercy Medical Center  
 250 N. Calvert Street, Baltimore, MD 21220  
 Phone: 410-659-2833

Saint Agnes Hospital -Maryland Metabolic Institute  
900 Caton Avenue, Baltimore, MD 21229  
Phone: 667-234-3244

#### SMOKING CESSATION:

- **1-800-QUIT NOW is a FREE service** for Marylanders 13 years and older and sponsored by the Maryland Department of Health and Mental Hygiene. The Quitline can help you quit any kind of tobacco use – cigarettes, cigars, or smokeless and you can talk to a live Quit Coach 24 hours a day, seven days a week. Counseling is provided in English, Spanish or other languages.
- Callers are eligible to receive 12 weeks of FREE nicotine replacement therapy, such as patches and gum. Additionally, there are special incentives for pregnant women who call.

#### Baltimore City Health Department's Immunization Program

- is located at the Eastern Health District at 1200 E Fayette St, Baltimore, MD 21202 on the northeast corner of Fayette St & Aisquith St.
  - **The T.I.K.E. immunization clinics are offering free Coronavirus (CoVID-19) vaccinations to adults who are 18+ years old.** Adult CoVID-19 vaccination TIKE clinics will be held on Tuesdays and Fridays at our Eastern Health District (1200 E Fayette St - 21202) from 10:00 am - 2:00 pm. No appointment is needed; walk-ins are welcome, or you can make your appointment please call 410-396-4454, or register online at MarylandVax.org
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## Specialists:

### **Dermatology:**

Dermatologists diagnose and treat a variety of skin conditions, including skin cancers, such as melanoma, and other common skin conditions such as acne, eczema, and psoriasis.

The locations below accept a variety of insurance plans, including Medicare. Please call to confirm if they accept your insurance prior to scheduling an appointment.

#### Dermatology at Mercy Medical Center

301 St. Paul Pl., Baltimore, MD 21202

Phone: 410-332-9360

#### University of Maryland

419 W Redwood St, Baltimore, MD 21201

Phone: 667-214-1171

#### Medical Skin Care (Located inside GBMC)

6535 MD-139 Suite 250, Baltimore, MD 21204

410-828-4123

#### Anne Arundel Dermatology

810 Gleneagles Ct #204, Towson, MD 21286

Phone: 443-351-3376

#### Dermatology at Johns Hopkins

Johns Hopkins Outpatient Center  
601 North Caroline Street, 8th Floor, Baltimore, MD 21287  
Phone: 410-955-5933  
JHH has an upfront fee of \$100 prior to visit not to include actual visit costs.

Gaston Larry, MD  
2300 Garrison Blvd # 260, Baltimore, MD 21216  
Phone: 410-945-7544

## **Cardiology:**

Cardiologists specialize in the diagnosis, treatment and prevention of heart disease including coronary artery disease (CAD), heart attack and high blood pressure.

Johns Hopkins Cardiology  
Located in the Johns Hopkins Outpatient Center  
601 N Caroline St, 7th Floor, Baltimore, MD 21287  
Phone: 443-997-0270

Heart and Vascular Care at GBMC (operated in GBMC but is a JHH Clinic)  
Located in the Physician's Pavilion West  
6569 N. Charles Street, 600, Towson, MD 21204  
Phone: 443-997-0270

The Heart Center at Mercy  
301 St Paul Pl, Baltimore, MD 21202  
Phone: 410-332-9752

Ascension Saint Agnes Heart Care  
3407 Wilkens Ave, #300, Baltimore, MD 21229  
Phone: 410-644-5111

They offer financial assistance for medically necessary care (inpatient and outpatient) for those who qualify. If your income is less than or equal to 250% of the Federal Poverty Level, you will receive a 100% charity care write-off on the portion of the charges for which you are responsible. If your income is between 250% and 400 % of the Federal Poverty Level, you may receive discounted rates on a sliding scale. If your income is between 400% and 500% of the Federal Poverty Level and you request assistance, a payment plan will be made available to you. Call 1-667-234-2140 for more information.

Just Heart Cardiovascular Group Inc  
Located in the UMMC Midtown Campus  
300 Armory Place, Suite 3M, Baltimore, MD 21201  
Phone: 410-873-7907

This clinic accepts most insurances including Medicare and Medicaid and offer telehealth and same day appointments.

MedStar Health: Heart and Vascular  
Located in the Johnston Professional Building at MedStar Union Memorial Hospital  
3333 North Calvert Street, Baltimore, MD 21218  
Phone: 410-366-5600

## **Neurology**

Neurologists specialize on the diagnosis and treatment of disorders and diseases of the nervous system such as the brain, spinal cord, and peripheral nerves.

### The Neurology Center at Mercy

301 St Paul Pl, Baltimore, MD 21202

Phone: 410-649-3485

### Neurology Care Center at UMMS

16 S Eutaw St suite 300, Baltimore, MD 21201

Phone: 410-328-4323

### Johns Hopkins Neurology at Bayview Campus

4940 Eastern Ave, 301 Building, Baltimore, MD 21224

Phone: 410-955-9441

### Ascension Saint Agnes Neurology

3407 Wilkens Ave, #430, Baltimore, MD 21229

Phone: 667-234-8444

### The Center for Neurology at GBMC

6701 N. Charles St., Suite 1630, Towson, MD 21204

Phone: 443-849-4145

## **Endocrinology**

Endocrinologists diagnose and treat conditions affecting the endocrine system, including diabetes, thyroid disorders, osteoporosis, growth hormone deficiency, infertility, cholesterol problems, high blood pressure, obesity and more.

### Center for Endocrinology at Mercy

301 St. Paul Place, Baltimore, MD 21202

Phone: 410-332-9800

### UM Center for Diabetes and Endocrinology

Located on the UMMC Midtown Campus

Address: 800 Linden Ave, 8th Floor, Baltimore, MD 21201

Phone: 443-682-6800

### Ascension Saint Agnes Hospital Diabetes Care

900 South Caton Ave, 1<sup>st</sup> Floor, Baltimore, MD 21229

Phone: 667-234-2391

### MedStar Health: Diabetes and Endocrinology

Located in MedStar Harbor Hospital

Address: 3001 S. Hanover St Outpatient Center, # 102, Baltimore, MD 21225

Phone: 410-350-2555

## **Additional Health Services in Baltimore city:**

First Call for Help (Maryland Information and Referral)	410-685-0525 or call 211
Baltimore City Call Center (information for resource)	Call 311
Maryland Access Point- link to health and support services in MD	1-844-627-5465 or text MDAGING to 898-211 for alerts
Baltimore City Services Main Line	410-396-3712
Social Services	443-378-4600
Aging and Retirement	410-396-2273
Baltimore city health department FREE COVID Vaccination and \$25 immunizations (all others)	410-396-4454
Dental Clinic / Oral Health Services	410-396-4501
Information on drug treatment	410-366-1717
Baltimore Substance Abuse	410-637-1900
Crisis Information Referral Line and mobile crisis response- for voluntary mental health resources	410-433-5175
To obtain information on other health services	410-396-4398
House of Ruth 24/7 Hotline for domestic violence victims	410-889-RUTH (7884)
National Domestic Violence Hotline	1-800-799-7233 or text START to 88788
Homeless services	410-396-4757
To obtain lead paint inspection- contact MD dept of environment	410-537-3825
Baltimore City Health Department Lead Prevention Program	443-984-2460
<u>Children's Services</u>	
Child Abuse Response and Evaluation Services (CARES)- for Baltimore city	410-361-2235
Parents Anonymous of Maryland	1-800-273-7337 OR 410-889-2300 Ext: 1242
State WIC Hotline	1-800-242-4WIC
Local WIC phone	410-396-9427

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## **Dental Health Services**

[www.FreeDentalCare.US/](http://www.FreeDentalCare.US/) is a webpage that identifies free or reduced cost dental care clinics in your area. Below are some of the clinics in Baltimore:

### Park West at Belvedere

Phone: 410-542-7800

Address: 3319 W. Belvedere Avenue Baltimore, MD 21215

### Total Health Care - Division Health Center

Phone: 410-383-8300

Address: 1501 Division Street. Baltimore, MD 21217

Dental Clinic at Healthcare for the Homeless West Baltimore

Phone: 443-703-1400

Address: 2000 W. Baltimore St., Suite 3300, Baltimore, MD 21223

Not currently accepting new patients.

Baltimore City Dept of Health

Druid Dental Clinic (\*preferred clinic for wheelchair accessibility)

Phone: 410-396-0840

Address: 1515 North Avenue, Baltimore, MD 21202

Eastern Dental Clinic

Phone: 443-984-3548

Address: 1200 E. Fayette St., Baltimore, MD 21202

Provides basic and urgent dental care such as exams, x-rays, teeth cleanings, fillings, and extractions to eligible children and adults. ages 12 months and older. Specialty services requiring an Oral Surgeon are not available. Dental care is also available for pregnant women enrolled in Medicaid. Baltimore City residency required.

Initiatives:

- GRAMS Initiative (Giving Retired Adults Mighty Smiles)
  - Affordable, basic dental care for uninsured, low-income Baltimore City residents ages 60 years and older
  - Call main number 410-396-4501 for more information.
- EPDST Program (Early Protection Does Spectacular Things)
  - Off-site preventive care and community education program geared to children 5 years and younger and their parents.

Maryland Healthy Smiles Dental Program (MHSDP)

MHSDP provides dental care to eligible Medicaid members. Medicaid covers a wide range of dental services. There are no premiums, deductibles, or copays for covered services. There is no maximum benefit amount each year. MHSDP members should never pay for covered services out of pocket. Everyone with full Medicaid coverage is eligible for the MHSDP. If you have a red and white Medicaid card, you have full Medicaid coverage.

Visit [member.mdhealthysmiles.com](http://member.mdhealthysmiles.com) or <https://mdmwp.sciondental.com/MWP/Landing> to find a Medicaid dentist near you.

Phone: 855-934-9812

TTY: Maryland Relay dial 711

Chase Brexton Health Care

Phone: 410-837-2050

Address: 1111 N. Charles Street Baltimore, MD 21201

University of Maryland: School of Dentistry Urgent care.

650 W. Baltimore St., Baltimore MD 21201

Phone: 410-706-7063 (schedule on M-W-F in the morning or Afternoon).



## **Ophthalmology (Vision) Services**

**EyeCare America** is a public service program of the Foundation of the American Academy of Ophthalmology, provides free eye exams for qualifying seniors. Eligible individuals receive a comprehensive medical eye exam and up to one year of care for any disease diagnosed during the initial exam at no out-of-pocket cost.

The program facilitates eye care for U.S. citizens and legal residents who are without an eye doctor and who do not belong to an HMO or have eye care coverage through the Veterans Administration.

Volunteer ophthalmologists accept Medicare and/or other vision insurance reimbursement as payment in full. Patients without insurance receive care at no charge. To determine if you or a senior family member or friend qualifies for free eye exams and other services provided by this program, visit the EyeCare America website.

To contact call: 1-877-887-6327 or visit their website: <https://www.aao.org/eyecare-america>

**New Eyes** A non-profit volunteer organization that purchases new eyeglasses for low income children and adults in the United States. The organization also recycles donated glasses for distribution to indigent people in developing nations worldwide. Founded in 1932, New Eyes has provided free eyeglasses to more than 8 million people in the U.S. and around the world. The organization is based in Short Hills, New Jersey.

Apply online: <https://www.new-eyes.org/application/> or call: 973-376-4903

**Lions Association for Sight & Hearing of Maryland, Inc. (LASH)** LASH is the coordinator for the Lions Clubs in central Maryland - Baltimore City, Baltimore, Howard, Harford and Anne Arundel Counties that assists people who are in need of eye exams and glasses. They also provide hearing aids for those who are low income and beneath their income threshold.

Call 410-836-6258 or go to: <https://www.lashmaryland.org/>

**New Eyes for the Needy** provides vouchers for new eyeglasses for those with financial need with no other resources, public or private, to pay for glasses. Program accepts applications from third parties such as social service agencies or health professionals who can document financial needs of clients.

Call 973-376-4903 or go to: <https://new-eyes.org/>

**Respectacle** Used glasses are available at no cost besides shipping and handling fee and will be sent to you. User needs to enter his/her prescription and fill out some basic demographic info. Used eyeglasses will be mailed within 7-10 days of order. No additional paperwork or questions asked.

Website: <http://www.respectacle.org/>

**Ophthalmology Drug Discount Card:** Any patient is eligible to use these drug discount cards, regardless of income or insurance status. This FREE discount card provides up to 80 % savings on medications, never expires and can be used as often as needed.

Print and clip this drug discount (pdf) card in English below:

<https://www.aao.org/Assets/f70d18ce-ef99-4fca-baa8-f95750cd4075/635890710212000000/15848-eca-drugdisccard-onlineflyer-f-pdf?inline=1>

# Clip the card and save



- Save up to 80%
- Use at over 63,000 pharmacies nationwide including all major chains
- Share the card with friends and family
- Use the card as often as needed
- Free, no fees or registration
- Never expires

## What if I have insurance?

Anyone can use the card, but it can't be combined with insurance. You can use the card instead of insurance if:

- A drug isn't covered by your insurance
- Your insurance has no drug coverage
- You have a high drug deductible
- You have met a low medicine cap
- The card offers a better price than your copay
- You are in the Medicare Part D donut hole

## What drugs are covered?

The card is good for prescription drugs, over-the-counter medicines and medical supplies if written on a prescription blank, and pet prescription medicines purchased at a pharmacy. You'll save on most, but not all, prescriptions.

*The card is not valid in combination with other insurance plans, including Medicare, Medicaid or any state or federal prescription insurance. The card can be used only if you decide not to use your government-sponsored drug plan for your purchases.*

## SUPPORT SERVICES:

### MARYLAND ACCESS POINT:

- Access to services across MD for aging population- through MD Dept of Aging
- Call 1-844-627-5465 | Text MDAGING to 898-211 for Alerts
- <https://marylandaccesspoint.211md.org/>

### MARYLAND DEPARTMENT OF AGING

#### DURABLE MEDICAL EQUIPMENT PROGRAM

- The Maryland Department of Aging is providing durable medical equipment (DME) to Marylanders with any illness, injury, or disability, regardless of age, **at no cost**. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need.
- If you have any questions, please email DME.MDOA@maryland.gov or call 240-230-8000 to learn more. <https://aging.maryland.gov/pages/DME.aspx>

#### FREE OLDER ADULT DAILY CHECK IN:

- MUST BE >65 Y/O W/ ACCESS TO PHONE
- Maryland is the first state in the country to start a free, automated telephone service to check in on Maryland's older residents, all across the state.
- How does it work?
  - Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, a loved one, or we will assign an alternate for you. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer will result in a call to your local non-emergency service.
- TO ENROLL:
  - Senior Call Check phone lines are open M-F 8 am-5 pm and Saturday 9 am-3 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560).
  - 1. Click on REGISTER NOW: <https://aging.maryland.gov/Pages/senior-call-check-sign-up.aspx>
  - 2. Go to RESOURCES below; download & print Maryland Senior Call Check Paper Application to mail in or click here to print. (ACCESS ON: <https://aging.maryland.gov/Pages/senior-call-check.aspx>)
  - 3. Call toll-free (866)-502-0560 and ask to have a hard copy application mailed to your home or click here.

#### MEDICARE COUNSELING SERVICES:

- The **State Health Insurance Assistance Program (SHIP)** meets the most universal needs of Medicare beneficiaries. Needs such as understanding their health insurance benefits, bills, and rights. Trained staff and volunteer counselors in all 23 counties and Baltimore City provide in-person and telephone assistance.”

- Can help with: understand costs and coverage, compare options, enroll or change plans, correct billing issues, etc.
- SHIP counseling services are **confidential and free of charge**.
  - Baltimore City: 410-396-2273
  - Baltimore County: 410-887-2059

#### LEGAL SERVICES:

Homeless Persons Representation Project (HPRP)  
 201 N. Charles St., Suite 1104, Baltimore City  
 410-685-6589 / 800-773-4340

- Provides free legal aid to those experiencing or at risk of homelessness.

Maryland Legal Aid

Baltimore City Office:

500 E. Lexington St., Baltimore City

Phone: 410-951-7777

Baltimore County Office:

215 Washington Ave., STE. 305, Towson, MD 21204

Phone: 410-427-1800

- Provides a full range of free civil legal services to financially eligible individuals, with a focus on legal issues concerning elder rights, employment, family, public benefits, health care and housing. Eligible individuals must have a household income below 125% of the federal poverty income guidelines.
- Also has free clinics for One-on-One Civil Legal Advice regarding bankruptcy, child custody and support, debt collection, expungements, removing convictions from criminal records, foreclosure, government benefits, housing disputes, wage claims, etc. Clinics are FREE help for financially eligible individuals.
- To find the Free Legal Clinics go to: <https://www.mdlab.org/free-legal-clinics/>

Senior Legal Services

111 N. Calvert Street, Suite 631, Baltimore, MD 21202

Phone: 410-396-1322

This program provides quality, pro-bono legal services to older adults over the age of 60 with low income. Attorneys advise and represent clients on a broad range of civil legal matters including estate planning, consumer and debt collection issues, landlord / tenant disputes, housing matters, foreclosure prevention, probate, and guardianship. For more information go to:

[www.baltimoreseniorlegalservices.org](http://www.baltimoreseniorlegalservices.org)

#### EMPLOYMENT ASSISTANCE:

##### ONE STOP CAREER CENTERS

Meet with consultants to discuss career exploration, referrals to training programs, résumé preparation, and workshops to enhance job seeking skills and work readiness. Access computers with internet, printers, photocopiers, fax machines, telephones, and a variety of job search resource materials.

Eastside One-Stop Career Center

3001 East Madison St., Baltimore City

410-396-9030

Northwest One-Stop Career Center (home of the Re-entry Center)  
 Mondawmin Mall, Suite 302  
 2401 Liberty Heights Avenue, Baltimore, MD 21215  
 Phone: 410-396-7873

H.O.P.E.: Helping Other People through Empowerment, Inc.  
 2828 Loch Raven Rd., Baltimore City  
 410-327-5830

- HOPE is a peer led wellness & recovery resource center. They provide clothing, communication, laundry, food, recreation, and showers. HOPE referral services, resources, groups, and activities are free of charge. No insurance needed.

**TRANSPORTATION TO MEDICAL SERVICES:**

**Field Health Services**

- Important Numbers
    - Transport Scheduling Line: 410-396-7633
    - HealthCare Facility Line: 410-396-7634
    - Problem/Complaints Line: 410-396-7635
  - The mission of the Baltimore’s City Health Department’s Field Health Services (FHS) program is to provide Non-Emergency Medical Transportation (NEMT) to and from medically necessary medical appointments for recipients of Medical Assistance in the City of Baltimore.
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**SENIOR CENTERS IN BALTIMORE CITY:**

Baltimore is home to 13 senior centers which offer different programs and services for older adults. You can take part in fitness programs, wellness programs, dining services, and lifelong learning classes. Many of the centers provide health screenings and vaccines on a seasonal basis.

To find a senior center near you, call 410-396-1337 or review the list below.

<b>Action in Maturity, Inc. (AIM)</b> 700 W. 40th Street, Baltimore, MD 21211 Phone: 410-889-7915	<b>Senior Network of North Baltimore</b> 5828 York Road, Baltimore, MD 21212 Phone: 410-323-7131
<b>Cherry Hill Senior Center at the Rowing Center</b> Tuesday and Thursday (10:00am - 2:00pm) 3301 Waterview Avenue, Baltimore, MD 21230 Phone: 443-986-4693	<b>Sandtown Winchester Senior Center</b> Monday - Thursday (8:30am - 4:00pm) Friday by appointment only 1601 Baker Street, Baltimore, MD 21217 Phone: 410-396-7725
<b>Forest Park Senior Center</b> 4805 Liberty Heights Avenue, Baltimore, MD 21207 Phone: 410-466-2124	<b>Oliver Senior Center</b> Monday - Thursday (8:00am - 4:00pm) Friday by appointment only 1700 N. Gay Street, Suite B, Baltimore, MD 21213 Phone: 410-396-3861
<b>Harford Senior Center</b> 4920 Harford Road, Baltimore, MD 21214 Phone: 410-426-4009	<b>Greenmount Senior Center</b> 425 E Federal Street, Baltimore, MD 21201 Phone: 443- 996-9171
<b>Hatton Senior Center</b> Monday - Thursday (9:00am - 3:30pm) Friday by appointment only	<b>Waxter Center for Senior Citizens</b> Monday - Thursday (9:00am - 3:30pm) Friday by appointment only

2825 Fait Avenue, Baltimore, MD 21224 Phone: 410-396-9025	1000 Cathedral Street, Baltimore, MD 21201 Phone: 410-396-1324
<b>Edward A. Myerberg Senior Center</b> Mondays – Thursdays from 8am-4pm Fridays from 8am-Noon 3101 Fallstaff Road, Baltimore, MD 21209 Phone: 410-358-6856	<b>Zeta Center for Healthy and Active Aging</b> Monday - Thursday (8:30am - 3:00pm) Friday by appointment only 4501 Reisterstown Road, Baltimore, MD 21215 Phone: 410-396-3535

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## **Mental Health Services**

### **Domestic Abuse Counseling**

#### Care Clinic

Phone: 410-706-4869

Address: 520 West Lombard Street Baltimore, MD 21201

#### My Covenant Place's "Alpha Project"

Phone: 443-759-3355

Address: 5901 York Road Baltimore, MD 21212

#### Pro Bono Counseling Project

Phone: 410-825-1001

Address: 5900 Metro Drive, Baltimore, MD 21215

Pro-bono therapy services available through phone and video conferencing.

### **Dual Diagnosis (Substance Abuse and Mental Health)**

#### No Turning Back Behavioral Health

Phone: 443-708-5249

Address: 2901 Druid Park Drive Baltimore, MD 21215

#### Positive Steps

Phone: 410-878-6404

Address: 5710 Bellona Ave Baltimore, MD 21212

#### Powell Recovery Center PRP

Phone: 410-276-1773

Address: 14 S Broadway Baltimore, MD 21231

### **Family Counseling (Individual adult, children, and family counseling)**

#### American Red Cross: Service to the Armed Forces- Central Maryland Chapter

Phone: 877-272-7337 (24/7 hotline for military members and family and veterans)

Phone: 410-624-2000 (Central MD Chapter number servicing Baltimore)

Address: 4700 Mount Hope Drive Baltimore, MD 21215

Annapolis Veteran's Center

Phone: 410-605-7826

Address: 100 Annapolis Street Annapolis, MD 21401

Baltimore Veteran's Center

Phone: 410-764-9400

Address: 1777 Reisterstown Road, Baltimore MD 21208

Associated Catholic Charities

Phone: 667-600-2000

Address: 320 Cathedral St Baltimore, MD 21201

Associated Catholic Charities: Villa Maria Behavioral Health Services of Baltimore City (Fallstaff)

Phone: 667-600-3210

Address: 6999 Reisterstown Road Baltimore, MD 21215

Associated Catholic Charities: Villa Maria Behavioral Health Services of Baltimore City (Fallsway)

Phone: 667-600-2855

Address: 725 Fallsway Ave., Baltimore, MD 21202

Associated Catholic Charities: Villa Maria Behavioral Health Services of Baltimore County (Lansdowne)

Phone: 667-600-3984

Address: 2700 Washington Ave, Halethorpe, MD 21227

Baltimore Child and Adolescent Response System (B-CARS)

Phone: 667-600-2880 or call the Crisis Information and Referral 24-hour Hot Line at 410-433-5175

Address: 1118 Light St #200, Baltimore, MD 21230

Baltimore City Head Start

Phone: 443-226-3969

Address: 1800 Washington Blvd Baltimore, MD 21230

Baltimore Crisis Response, Inc.:

Services: Detox Unit; Residential Unit; Mobile Crisis Team

Phone: 410-433-5225 or call the 24-hour hotline at 410-433-5175

Address: 5124 Greenwich Avenue Baltimore, MD 21229

Brighter, Stronger Foundation

Phone: 410-574-0000

Address: 6 Nashua Court, Suite B, Baltimore, MD 21221

Brook Lane Health Services

Phone: 301-733-0330

Address: 13121 Brook Lane, Hagerstown, MD 21742

Catholic Charities Home-Based Respite Program

Phone: 667-600-2400 or 667-600-2000

Address: 320 Cathedral St Baltimore, MD 21218

Changing Lives at Home: Mental Health

Phone: 443-869-2600

Address: 4805 Garrison Boulevard Baltimore, MD 21215

Chase Brexton Health Care: Glen Burnie Center

Phone: 410-837-2050

Address: 200 Hospital Dr, #300, Glen Burnie, MD 21061

Chase Brexton Health Services: Mt. Vernon Center

Phone: 410-837-2050, ext. 8807 for substance use treatment

Address: 1111 North Charles Street Baltimore, MD 21201

Beacon of Hope

Phone: 410-685-2830

Address: 1721 Pennsylvania Avenue, Baltimore, MD 21217

Family Center at Kennedy Krieger

Phone: 443-923-5980

Address: 1750 E Fairmount Avenue Baltimore, MD 21231

Family Crisis Center of Baltimore County: Domestic Violence Shelter

Phone: 410-285-7496 or 410-285-4357

First Choice Counseling Center

Phone: 410-929-4793 or call 410 989-9922

Address: 9199 Reisterstown Rd, Suite 105B, Owings Mills, MD 21117

Focus on Recovery

Phone: 443-414-0917 or call 443-744-9043

Address: 2115 N Charles, Suite 2B, Baltimore, MD 21218

Give an Hour

website: <https://giveanhour.org/get-help/>

Address: PO Box 1532, Clarksburg, MD 20871

MedMark Treatment Centers

Phone: 410-225-5452

Address: 821 N Eutaw Street Baltimore, MD 21201

Harford-Belair Community Mental Health Center

Phone: 410-426-1525 x3271 or call 410-426-5650

Address: 4308 Harford Road Baltimore, MD 21214

Healings from Within

Phone: 410-493-5918 or call (443) 429-1372

Address: 620 West 33<sup>rd</sup> St, Baltimore, MD 21211 and 4419 falls road, Baltimore, MD 21219



Hope Health Systems, Inc

Phone: 410-265-8737

Address: 1726 Whitehead Rd, Baltimore, MD 21207

HOPE Recovery Community Center

Phone: 410-327-5830

Address: 2828 Loch Raven Rd Baltimore, Md 21218

Insightful Life Therapeutic Services

Phone: 443-873-7197

Address: 575 S. Charles St. Suite 140, Baltimore, Maryland 21201

Intentional Healing Space

Phone: 410-733-2055

Address: 519 N Charles Street Baltimore, MD 21201

Interdynamics

Phone: 301-306-4590

Address: 8181 Professional Place, Suite 200, Landover, MD 20785

Jacob Dover, LCSW-C

Phone: 443-765-6647

Address: PO Box 4808 Baltimore, MD 21211

Jesse Fask LCSW-C

Phone: 410-259-9001

Address: PO Box 66229 Baltimore, MD 21239

Jewish Community Services: Psychiatric Rehabilitation Program

Phone: 410-466-9200

Address: 5750 Park Heights Ave Baltimore, MD 21215

John Hopkins Bayview Medical Community Psychiatry Program

Phone: 410-550-0104

Address: 4940 Eastern Avenue Baltimore, MD 21224

Johns Hopkins Community Psychiatry Program

Phone: 410-955-5212

Address: 600 N Wolfe Street Baltimore, MD 21287

JR Healthcare

Phone: 410-962-7180

Address: 2310 N Charles St, Baltimore, MD 21218

Maryland Center for Veterans

Phone: 410-576-9626

Address: 301 North High Street Baltimore, MD 21202

Provides outpatient programs for individuals struggling with substance use disorders. They also have case managers that help eligible veterans with financial planning, education and employment assistance, transportation, and food assistance and more.

Mentor of Maryland Institute of Family Centered Services

Phone: 301-577-7931

Address: 7501 Forbes Boulevard, Suite 102, Lanham, MD 20706

Office is closed but providing services remotely.

Mosaic Community Services- now Certified Community Behavioral Health Clinic (CCBHC) (through Sheppard Pratt) - Baltimore City

Phone: 410-453-9553, Ext. 1207 or call 410-938-5434

Address: 2225 N. Charles Street, Baltimore, MD 21218

Mosaic Community Services-now Certified Community Behavioral Health Clinic (CCBHC) (through Sheppard Pratt)- Timonium

Phone: 410-453-9553, Ext. 1207 or call 410-938-5434

Address: 1925 Greenspring Drive, Timonium, MD 21093

My Covenant Place's "Alpha Project"

Phone: 443-759-3355

Address: 5901 York Road, Baltimore, MD 21212

Optimum Health Systems, Inc. OMHC & PRP

Phone: 410-233-6200

Address: 2300 Garrison Blvd Baltimore, MD 21216

People Encouraging People (PEP, Inc.)

Phone: 410-366-4299

Address: 22 S. Howard Street, Baltimore, MD 21201

Port Recovery

Phone: 443-869-4909

Address: 8615 Ridgely's Choice Drive, Suite 205, Nottingham, MD 21236

Pro Bono Counseling Project

Phone: 410-825-1001 (main line); you can also call the WARM Line at 410-598-0234

Address: 5900 Metro Drive, Baltimore, MD 21215

When calling the WARM Line, you'll talk with someone who will listen to your concerns and refer you to additional resources. It is free, anonymous, confidential, and there is no commitment required when you call the WARM Line, and you may call as often as you need. Mental health professionals are available weekdays from 10:00am to 8:00pm and weekends from 10:00am to 6:00pm.

Safe Journey House

Phone: 301-925-9120

Address: 6910 Annapolis Road Hyattsville, MD 20784

Serves as an alternative to hospitalization of individuals experiencing psychiatric crisis or to shorten the length of inpatient stays when appropriate. Needs a referral from your doctor. They can go to

<http://www.safejourneyhouse1.com/> for more information.

St. Vincent de Paul of Baltimore Career Center

Phone: 410-225-0870 or call the main office for more information at 410-662-0500

Address: 3445 Park Heights Avenue Baltimore, MD 21215

St. Vincent de Paul of Baltimore is a leading provider of community services to people suffering from the effects of hunger, homelessness, and poverty in the Baltimore region.

Step By Step of Maryland

Phone: 410-744-5200

Address: 3602 Mohawk Avenue Baltimore, MD 21207

The Baltimore Therapy Center

Phone: 443-598-2821

Address: 103 Old Court Road Baltimore, MD 21208

Provides therapy for marriage counseling, mental health counseling, anger management, and more. Does not take insurance; rates range from \$120-\$180 per session, may be eligible for out-of-network reimbursement depending on your insurance.

The Family Tree

Phone: 410-889-2300

Call the 800-243-7337 for the 24-hour Parenting Helpline: they provide free and confidential advice, community resources, and support for parents and caregivers.

Address: 2108 N Charles Street Baltimore, MD 21218

The Stone Foundation

Phone: 410-296-2004

Address: 320 E Towsontown Blvd Towson, MD 21286

Currently only providing telehealth; for more information email: [info@thestonefoundation.com](mailto:info@thestonefoundation.com)

Therapeutic Living for Families

Phone: 410-366-1151

Address: 3425 Sinclair Lane Baltimore, MD 21213

Serves all patients and offer discounted fees for patients who qualify. They also accept insurance, including Medicaid, Medicare, and Children's Health Insurance Program (CHIP).

Turn Around

After hours Crisis line: 443-279-0379; Crisis Text Line: 410-498-5956

Baltimore County Office:

Phone: 410-377-8111

Address: 8503 LaSalle Road, 2nd Floor, Towson, MD 21286

Baltimore City Office:

Phone: 410-837-7000

Address: 1 N. Charles Street, 1st Floor, Baltimore, MD 21201

TurnAround is the rape crisis center for Baltimore City and County. They provide counseling and support services for those impacted by human trafficking, sexual, and intimate partner violence.

UMMC: PACT

Phone: 410-328-2564

Address: 701 W. Pratt Street, 5th Floor, Baltimore, MD 21201

Programs of Assertive Community Treatment (PACT) team is a program intended to meet the mental health and case management needs of adults. The team serves adults in the community who are unable to use traditional outpatient mental health services due to the seriousness and complexity of their problems.

#### UMMC: Walter P. Carter Clinics

Phones by Clinics:

Walter P. Carter Fayette Adult Clinic (age 18 and older): 410-328-2207

General Adult Clinic: 410-328-6018

Outpatient Addiction Treatment Services (OATS): 410-328-6600

Geriatric Psychiatry (age 60 and older): 410-328-8415

Address: 701 W Pratt Street Baltimore, MD 21201

They provide outpatient mental health and addiction services all in one location to all ages, including children, adults, and the elderly.

#### Union Memorial Hospital: Counseling Center

Phone: 410-554-6660

Address: 201 East University Parkway Baltimore, MD 21218

#### The Maryland Crisis Stabilization Center

Phone: 443-438-3509

Address: 2700 Raynor Ave, Baltimore, MD 21216

This is a place for people under the influence of alcohol or drugs to get sobering services and other support. They accept walk-ins at.

#### Behavioral Health Clinic (BHC) of Baltimore

Phone: 410-962-7180 or 410-884-4110

Address: 2310 N Charles St, Baltimore, MD 21218

We provide client-centered treatment plans and counseling and therapy programs for mental health, addiction recovery, and behavioral disorders, whether on-site, off-site, or via telehealth.

#### Carruthers Clinic at UMMC Midtown

Phone: 410-328-9621

Address: 300 Armory Place, 2nd floor, Baltimore, MD 21201

The Carruthers Clinic offers child, adolescent, and adult mental health therapy and treatment, medication management and substance abuse services. They also offer the RAISE Connection Program which is an early intervention program that helps young adults ages 15-35 as they struggle with the initial onset of severe mental health conditions.

### **Inpatient Mental Health Facilities**

#### Thomas B. Finan Center

Phone: 301-777-2405

Address: 10102 Country Club Road SE Cumberland, MD 21501

The Thomas B. Finan Center, is a multi-purpose inpatient psychiatric facility operating 88 beds.

#### Grace Medical Center: Partial Hospitalization Program

Phone: 410-362-3541 or 410-362-3558

Address: 2000 W. Baltimore Street, Baltimore, MD 21223

The Partial Hospitalization Empowerment Program (PHEP) is an intensive day treatment program for adults and children in need of psychiatric stabilization. Treatment focuses on relief of acute symptoms, establishment of healthy coping skills and collaboration with family and community support resources.

Johns Hopkins Community Psychiatry Program

Phone: 410-955-2207

Address: JHH Broadway Campus: 405 North Caroline Street, Baltimore, Maryland 21205

Assertive Community Treatment (ACT) services are designed specifically for adults with major mental illness who are unable to participate in clinic settings. Assertive Community Treatment (ACT) services are delivered in the patient's home or in appropriate community settings when necessary. Individuals can apply for financial aid through the hospital which can cover the cost of care up to 100% for eligible individuals.

Johns Hopkins Hospital Day Treatment

Phone: 410-955-5104

Address: 600 North Wolfe Street Baltimore, MD 21287

Johns Hopkins Hospital Geriatric Day Treatment

Phone: 410-955-8069

Address: 600 North Wolfe Street Baltimore, MD 21287

The Day Program provides intensive outpatient treatment for patients aged 60 and older who are troubled by psychiatric disorders that significantly interfere with their functioning and well-being but do not require the 24-hour care of an inpatient psychiatric unit.

Levindale Hebrew Geriatric Center

Phone: 410-601-2400

Address: 2434 W Belvedere Avenue Baltimore, MD 21215

Levindale offers a full continuum of post-acute services to help patients regain function and vitality after a life-altering illness or injury. Rehabilitation services are available to patients in the behavioral health units at the Specialty Hospital at Levindale.

They also will offer a dementia support group. This group provides a safe and confidential environment for conversation, support, resources, and education. Caregivers of those with Alzheimer's and other dementia-related disorders are encouraged to attend. The support group is FREE and will be held from 6:30 p.m. to 8 p.m. the second Wednesday of each month at Levindale in the multi-purpose room on the ground floor. For more information about behavioral services or the support group for dementia caregivers, call 410-601-2256.

Sarah's House Mental Health Services

Phone: 410-225-3101 or 443-278-9428

Address: 2901 Druid Park Drive Baltimore, MD 21215

Sarah's House offers both on-site and off-site mental health counseling for individuals and families. They also offer intensive outpatient, outpatient, early intervention, gambling addiction, and DUI/DWI education.

Sinai Hospital Department of Psychiatry

Phone: 410-601-5461

Address: 2401 W Belvedere Avenue Baltimore, MD 21215

Accept all insurance. For uninsured call Hospital Financial for Assistance 410-601-8778.

For walk-ins Call Grace Medical Center 410-362 -3350

Opens-Tuesdays and Thursday from 8:30am to 9:30am

UMMS Adult Psychiatric Day Hospital

Phone: 410-328-6231

Address: 827 Linden Avenue, Baltimore, MD 21201

The Adult Psychiatric Day Hospital at the Midtown Campus provides intensive treatment for patients who require a higher level of care than can be provided in the clinic setting. The Day Hospital functions as a step-down unit for patients, helping ease their transition back to the community.

Union Memorial Hospital

Phone: 410-554- 6660 or 410-554-2000

Address: 201 East University Parkway Baltimore, MD 21218

Union Memorial provides behavioral health, psychiatry, and counseling services. They offer partial hospitalization and intensive outpatient programs that are intended to reduce psychiatric symptoms and prevent an inpatient hospital stay.

Union Memorial Counselling Center

Phone: (410) 554-6444

Address: 3300 N Calvert St, Baltimore, MD 21218

**Psychiatric Medication Services**

Plushcare Online Doctor

Online Prescriptions

Urgent Care, Mental Health, Online Therapy

General Health and Preventive Care

Sexual Health

Phone: 888- 812-1204

Concerted Care Group

Phone: 410-617-0142

Address: 428 E 25th Street Baltimore, MD 21218

Concerted Care Group provides outpatient behavioral health treatment to help individuals suffering from substance abuse and mental health issues.

Ikwunga Wonodi, M.D. and Associates (Psychiatrist)

Phone: 410-402-6830

Address: 55 Wade Ave., Catonsville, MD 21228

Recovery Counseling Center

Phone: 443-681-9150

Address: 2833 Smith Ave, #419, Baltimore, MD 21209

Provides individual, couples, and family therapy, communication and social skills training, medication management and more.

Baltimore City Counseling Center is a Dual Diagnosis Substance Abuse Rehab in Baltimore, MD

Phone Number: (410) 732-0983

Address: 3301 Belair Road, Baltimore, MD 21213

They provide outpatient mental health and substance abuse treatment. Private health insurance accepted, including Medicare and Medicaid and payment assistance with sliding fee scale available.

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## **Crisis Intervention & Suicide Prevention** (Updated 2023-05 JT & MSN)

### **988 Suicide & Crisis Lifeline**

The 988 Suicide and Crisis Lifeline is a national network of local crisis centers and counselors. People in crisis or distress receive 24/7, free, and confidential support when they contact the Lifeline. This Lifeline also supports people who are concerned about loved ones.

988 is the new three-digit phone number that connects callers to the National Suicide Prevention Lifeline. Previously, people could reach the National Suicide Prevention Lifeline by calling 1-800-273TALK (8255). This phone number will continue to function. 988 was created because it is a shorter and easier number to remember during an emergency.

Call or text 988 Online  
chat available

<https://988lifeline.org/>

### **Maryland Crisis Hotline**

Maryland's Crisis Hotline provides 24/7 support, on how to access substance use disorder services. Crisis support is also available.

Phone: 410-433-5175 (MD Relay Dial 711); Call 211 and press 1 or call 1-800-422-009

<https://bcresponse.org/about-us/contact-us.html>

<https://beforeitstoolate.maryland.gov/maryland-crisis-hotline/>

### **Baltimore Cares**

Provides crisis intervention and Case management services, comprehensive psychiatric evaluations by a psychiatrist, group therapy including mental health and substance abuse treatment, parent support and education sessions, and DWI/DUI classes.

Phone :410-233-3111

### **MD Mind Health**

The MD Mind Health text program provides mental health support to Maryland residents. Opt-in to the text program for messages twice weekly. The messages provide support and connect you to local resources that promote mental health.

Text MDMINDHEALTH to 898-211

### **Crisis Text Line**

The Crisis Text Line provides free, 24/7 support via text message.

Text HOME to 741741 <https://www.crisistextline.org/>

### **Veterans Crisis Line**

The Veterans Crisis line provides free, confidential 24/7 support. This line serves veterans, service members, and their families.

Call 988, Press 1

Text 838255

Online chat option available

<https://www.veteranscrisisline.net/>

### **Psychiatric Urgent Care – Sheppard Pratt**

Sheppard Pratt’s psychiatric urgent care provides psychiatric care and evaluation during walk-in hours. Psychiatric Urgent Care accepts Maryland Medicaid, Medicare, and many major insurance companies (such as CareFirst, CIGNA, Aetna, and United Healthcare).

#### Towson Campus Walk-In Hours

Monday – Friday, 10:00 a.m. – 9:00 p.m.; Saturday 11:00 a.m. – 3:00 p.m.

6501 N. Charles Street, Baltimore, MD 21204

410-938-5302

#### Baltimore/Washington Campus Walk-In Hours

Monday – Friday, 10:00 a.m. – 9:00 p.m.; Saturdays 10:00 a.m. – 6:00 p.m.

7220 Discovery Drive, Elkridge, MD 21075

410-938-5302

<https://www.sheppardpratt.org/care-finder/psychiatric-urgent-care/>

### **Substance Abuse Treatment Services**

For uninsured call 410-649-0512 for Medical Assistance Eligibility.

- Baltimore Crisis Response, Inc.
  - Phone: 410-752-2272
- Crossroads Center
  - Phone: 410-358-5744
- Family Services Foundation
  - Phone: 1-888-472-4716
- Substance Abuse & Mental Health Service Administration (SAMHSA)
  - Phone: 1-800-662-HELP (4357)
- Unlimited bounds offer Free Drug Treatment Program is specifically designed to help people who cannot afford or who do not have adequate coverage in their insurance plans to undertake substance abuse rehabilitation.
  - Phone: 443-449-5135

**Website:** [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

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### **Alcoholics Anonymous**

#### **What is it?**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Get 24-hour information on addiction or find online or in-person meetings by calling 800-839-1686



**Where is it?**

AA meetings are held throughout Baltimore City. Use this website to find a meeting that is convenient for you, <https://www.baltimoreaa.org/meetings.php>. The website will provide dates and times for meetings at each individual location.

**Al-Anon and Alateen****What is it?**

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking in the past or present. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. In a typical AL-ANON meeting, participants share and listen to the experiences, strengths and hopes of one another on a confidential and anonymous basis.

Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it.

**Where is it?**

Please refer to the Al-Anon Maryland website for a meeting directory by following this link: <https://www.alanon-maryland.org/>. The following two pages of this referral booklet also list the meeting directory. For Further information call: 410-832-7094

Below is a QR code for the Al Anon Meeting Directory:



[Al Anon Directory Information](#)

Al-Anon is a fellowship of friends and relatives of alcoholics. Unless otherwise specified, all meetings are OPEN, and can be attended by anyone interested in learning about the Al-Anon program. A CLOSED meeting (indicated by **Ø**) is for Al-Anon or Alateen members only, and those considering membership.

When our information service office lists a group, at their request, there is an informal agreement that the group will abide by Al-Anon traditions and keep its doors open to any Al-Anon or Alateen member. Listing in the directory does not constitute approval of any group's manner of practicing the Al-Anon/Alateen program. If the group you attend is not right for you, please try another. There is help and hope available in Al-Anon/Alateen.

**FTF** = Meeting face to face (in-person) only

**HYBRID** = Meeting is in-person & online simultaneously

**VIRTUAL** = Meeting is online only

**ALTERNATING** = Some weeks FTF & some weeks VIRTUAL

**Ø** = Closed meeting (see above)

**H** = Handicapped accessible

**AT** = Alateen meeting at the same time & location

**AA** = AA meeting at the same time & location

**D** = District number

**AFG** = Al-Anon Family Group

**(##)** = WSO ID number

**Other Area Meeting Information:**

Area 24 MD/DC website has links to meeting info in most areas of MD.....[www.marylandc-alanon.org](http://www.marylandc-alanon.org)  
 Anne Arundel County..... 410-766-1984  
 or [www.md-alanon.org](http://www.md-alanon.org)  
 Carroll County..... 1-888-425-2866  
 D.C. / Montgomery / Prince Georges Counties.....  
 202-635-2023, or [www.alanon-alateen-dc-md.org](http://www.alanon-alateen-dc-md.org)  
 Frederick / Hagerstown..... 240-285-9531  
 Lower Eastern Shore..... 410-742-2504  
 or [www.md-alanon.org](http://www.md-alanon.org)  
 Upper Eastern Shore..... [www.eastshoresmd-alanon.org](http://www.eastshoresmd-alanon.org)  
 Southern MD..... 1-888-425-2866  
 Telephone & Electronic Meetings..... [www.alanon.org](http://www.alanon.org)  
 Baltimore AA..... 410-663-1922, or [www.baltimoreaa.org](http://www.baltimoreaa.org)

**ALATEEN**

There is an Al-Anon meeting for each FTF (in-person) Alateen meeting. Meeting information does change, so please call or visit our website for the latest information on Alateen meetings (<http://www.alateenmdc.com>)

**MONDAY 7:30 PM: [VIRTUAL]** See Alateen website for login information. [www.alateenmdc.com](http://www.alateenmdc.com).

**TUESDAY, 7:30 PM: [FTF / In person]** Bethany United Methodist Church, 2875 Belharry Lane, Ellicott City, MD 21042. (Same time as Al-Anon meeting in same location)

**THURSDAY 7:30 PM: [FTF / In person]** Arnold Asbury United Methodist Church, 78 Church Rd, Arnold, MD 21012. (7:00 PM Al-Anon meeting and 7:30 PM AA meeting in same location)

**SATURDAY, 11:00 AM: [ALTERNATING - FTF / In person 1st Saturday; all other weeks VIRTUAL]** Takoma Park Presbyterian Church, 1st Floor Library, 310 Tulip Ave, Takoma Park, MD 20912. See Alateen website for login information. [www.alateenmdc.com](http://www.alateenmdc.com).

**AL-ANON**

**SUNDAY**

**11:00 AM: EVERGREEN DISCUSSION AFG** (66136) Loyola College, Knott Hall, faces Charles St., at the pedestrian bridge, 4501 Charles St. at Codd Spring Lane, Baltimore, 21210 / D-7 / AA [HYBRID]

**11:00 AM: EVERGREEN STEP SPEAKER AFG** (68188) See AIS website for login information (Baltimore, 21210) / D-7 [VIRTUAL]

**5:00 PM: KEEP IT SIMPLE AFG** (30727536) Annunciation Greek Orthodox Cathedral, 1360 Maryland Ave, Baltimore, 21201 / D-7 / AA [FTF]

**6:30 PM: OKAIEIGH SUNDAY NIGHT AFG** (27312) St. John's Lutheran Church, 8808 Harford Rd, (Smith Bldg off rear parking lot), Parkville, 21294 / D-8 [HYBRID]

**6:30 PM: SUNDAY COLUMBIA STEP AFG** (5888) See AIS website for login information (Columbia 21045) / D-10 [VIRTUAL]

**7:00 PM: BEGINNERS GROUP AFG** (5916) Centre United Methodist Church, 2409 Rocks Rd, Forest Hill, 21050 / D-5 [HYBRID]

**7:00 PM: CATONSVILLE SUNDAY NIGHT AFG** (30580262), Salem Lutheran Church, 906 Frederick Rd, (enter at the rear double doors), Catonsville, 21228 / D-10 / AA [FTF]

**7:00 PM: BUTLER SUNDAY NIGHT AFG** (30789724) St. John's Episcopal Church, 3738 Butler Rd, Gyndon, 21136 D-6 / AA [FTF]

**7:30 PM: REISTERSTOWN SUNDAY NIGHT AFG** (62294) See AIS website for login information (Reisterstown, 21136) / D-6 [VIRTUAL]

**8:00 PM: HAMPSTEAD SUNDAY NIGHT AFG** (30510630) St. Johns United Methodist Church, 1205 N Main St, (ounge off of front entrance), Hampstead, 21074 / D-3 / H / AA [FTF]

**MONDAY**

**10:00 AM: TOWSON MONDAY MORNING AFG** (6047) See Al-Anon AIS website for login information (Towson, 21204) / D-8 [VIRTUAL]

**12:00 PM: HUNT VALLEY NOON AFG** (30575737) The Point, Conference Rm Suite C, 10850 Glnry Rd, Codeysville, 21031 / D-6 [FTF]

**12:30 PM: THIS TOO SHALL PASS AFG** (30745668) Paterson United Methodist Church, 7800 Wise Ave, Dundalk, 21222 / D-9 [FTF]

**12:30 PM: COURAGE TO CHANGE AFG** (30602727) See AIS website for login information (Baltimore, 21212) / D-7 / H [VIRTUAL]

**12:30 PM: MIRACLES AND RAINBOWS AFG** (60374) Holy Trinity Episcopal Church, 1131 Meace Ave, (near Rossville Blvd), Essex, 21221 / D-9 / H [FTF]

**7:00 PM: EMMORTON AFG** (5768) St. Mary's Episcopal Church, 1 St. Mary's Church Rd, Abingdon, 21009 / D-5 / AA [HYBRID]

**7:00 PM: HOPE & SERENITY AFG** (Steps and Traditions Meeting Only) (503618) Redeemer Lutheran Church, 20440 Downes Rd, Parkton, 21120 / D-4 / AA [HYBRID]

**7:00 PM: ONE DAY AT A TIME AFG** (30544512) Hampden Family Center, 1104 W 36th St, Baltimore, 21211 / D-7 / AA [FTF]

**7:00 PM: FALLSTON PARENTS AFG** (30793669) Falsion Presbyterian Church, 600 Falsion Rd, Fallston, 21047 / D-5 / H [FTF]

**7:30 PM: BROADWAY MONDAY NIGHT AFG** (5785) Holy Rosary Parish, 408 S Chester St at Bank St, Library Room in basement, parking across street) Baltimore, 21231 / D-9 [FTF]

**7:30 PM: MONDAY NIGHT AFG** (6060) St. Paul's United Church of Christ, 17 Bond St (in basement), Westminster, 21157 / D-3 / H / AT [FTF]

**8:00 PM: MONDAY NIGHT SERENITY AFG** (48731) See AIS website for login information (Fulton, 20759) / D-10 / AA [VIRTUAL]

**8:00 PM: MONDAY NIGHT ELLICOTT CITY AFG** (30567681) See AIS website for login information (Ellicott City, 21042) / D-10 / H [VIRTUAL]

**TUESDAY**

**9:30 AM: CATONSVILLE EARLY BIRD AFG** (5789) Catonsville Presbyterian Church, 1400 Frederick Rd, Catonsville, 21228 / D-10 [HYBRID]

**10:00 AM: MOVING FORWARD AFG** (30722834) See AIS website for login information (Kingsville, 21087) / D-4 / H [VIRTUAL]

**10:30 AM: GOVANS AFG** (5804) See AIS website for login information (Baltimore, 21212) / D-8 [VIRTUAL]

**11:00 AM: TUESDAY BELIEVING IN HOPE AFG** (30717953) Carroll Lutheran Village, 300 St. Luke Circle (900 Mission Square, Hospitality Entrance Parlor), Westminster, 21158 / D-3 / H [FTF]

**7:00 PM: FROM SURVIVAL TO RECOVERY AL-ANON ADULT CHILDREN AFG** (30675664) See AIS website for login information (Falsion, 21047) / D-5 [VIRTUAL]

**7:00 PM: TOWSON TUESDAY NIGHT AFG** (30739) Holy Cross Lutheran Church, 8516 Loch Raven Blvd, Towson, 21286 / D-8 [FTF]

**7:30 PM: COURAGE TO CHANGE AFG** (30503137) Bethany United Methodist Church, 2875 Bethany Lane, Ellicott City, 21042 / D-10 / AT [FTF]

**7:30 PM: TUESDAY NIGHT ELDERSBURG AFG** (63891) Elders Baptist Church, 1216 Liberty Rd, Eldersburg, 21784 / D-3 / H / AA [FTF]

**8:00 PM: TUESDAY NIGHT STEP MEETING AFG** (500448) St. Benjamin's Lutheran Church, 700 Kiefer's Cemetery Rd, Westminster, 21158 / D-3 / H / AA [ALTERNATING - FTF 1st & 3rd Tuesdays; VIRTUAL other weeks]

## WEDNESDAY

- 9:15 AM: HUNT VALLEY AFG** (67141) The Point, Conference Room Suite C, 10950 Gilroy Rd, Cockeysville, 21031 / D-6 / H [FTF] & [VIRTUAL]
- 10:00 AM: JOPPA WEDNESDAY MORNING AFG** (5994) See AIS website for login information (Joppa, 21085) / D-5 [VIRTUAL]
- 11:00 AM: WEDNESDAY COLORA AFG** (30683130) West Nottingham Presby/terian Church, 1195 Frietower Rd, Colton, 21911 / D-5 [FTF]
- 12:00 PM: SERENITY WEDNESDAY AFG** (67183) The Serenity Center, 9650 Basket Ring Rd, Columbia, 21045 / D-10 [ALTERNATING - Hybrid 1st Wed; all other weeks VIRTUAL]
- 12:00 PM: WEDNESDAY NOON 12 & 12 AFG** (6062) St Paul's Church, 17 Bond St, (enter on Green St), Westminster, MD 21157 / D-3 / H [FTF]
- 1:30 PM: WEDNESDAY AFTERNOON STEP AFG** (30716535) See AIS website for login information (Columbia, 21045) / D-10 [VIRTUAL]
- 6:00 PM: STEPS TO RECOVERY AFG** (66997) Meann House, 14 Williams St (no perfume or fragrance), Bel Air, 21014 / D-5 [FTF]
- 7:00 PM: NEW VISTA AFG** (6043) Timonium United Methodist Church, 2300 Pod Spring Rd, Timonium 21093 / D-8 [HYBRID]
- 7:00 PM: PARKVILLE WEDNESDAY NIGHT AFG** (5824) Hiss United Methodist Church, 8700 Harford Rd (enter from the parking lot on Hiss Ave), Parkville, 21234 / D-8 [FTF]
- 7:30 PM: FALLSTON UNITY AFG** (5917) Falsion Presbyterian Church, 600 Falsion Rd Rte 152, Falsion, 21047 / D-5 [FTF]
- 7:30 PM: NEW WINDSOR WED NITE AFG** (59326) St Luke's Lutheran Church, 701 Green Valley Rd, New Windsor, 21173 / D-3 / AA [HYBRID]
- 8:00 PM: VALLEY AFG** (5994) St Thomas Church, 232 St Thomas Lane (parkists on left in library), Owings Mills, 21117 / D-6 / AA [HYBRID]
- 8:00 PM: MIDTOWN AFG** (64317) St David's Episcopal, 4700 Roland Ave (masks preferred, Vestry Room, second floor, enter through side door on Oakdale Rd), Baltimore, 21210 / D-7 / AA [HYBRID]

## THURSDAY

- 9:00 AM: CATONSVILLE** (30658725) See AIS website for login information (Catonsville, 21228) / D-10 [VIRTUAL]
- 10:00 AM: RODGERS FORCE AFG** (5828) See AIS website for login information (Towson, 21284) / D-8 [VIRTUAL]
- 12:15 PM: PARTICIPATION IS THE KEY TO HARMONY AFG** (30625374) Church of the Redeemer, 5803 N Charles St, Baltimore, 21210 / D-7 / H [HYBRID]
- 7:00 PM: HOW IT WORKS AFG** (3060785) See AIS website for login information (Steel, 21154) / D-5 [VIRTUAL]
- 7:00 PM: LET IT BEGIN WITH ME** (30623640) St Paul Lutheran Church, Spangler Hall, 1609 Kurtz Ave, Lutherville, 21093 / D-6 / H [FTF]
- 7:00 PM: MANY VOICES, ONE JOURNEY** (30800327) Grove Presbyterian Church, 50 E Bel Air Ave, Aberdeen, MD 21001 / D-5 / AA H NS [FTF]
- 7:30 PM: WATERLOO THURSDAY NIGHT AFG** (47166) St John's Lutheran Church, 6004 Waterloo Rd, Columbia, 21045 / D-10 [HYBRID]
- 7:30 PM: THURSDAY VIRTUAL KLS** See AIS website for login information (Upperco, 21156) / D-3 [VIRTUAL]
- 7:30 PM: BELTWAY BEGINNERS AFG** (30507202) Towson United Methodist Church, 501 Hampton Lane, Towson, 21286 / D-4 / H [FTF]
- 7:30 PM: NEW LIFE AFG** (38145) See AIS website for login information (Baltimore, 21239) / D-8 / H [VIRTUAL]
- 7:30 PM: WE CARE AFG** (5839) St John's Lutheran Church, 8808 Harford Rd (Smith Bldg, enter through red doors off parking lot in rear), Parkville 21234 / D-8 [HYBRID]
- 7:30 PM: HAMPTSTEAD-SNYDERSVILLE AFG** (41258) St Mark's Church, 1616 Cape Hom Rd, Hampstead, 21074 / D-3 / NS [FTF]

## FRIDAY

- 10:00 AM: GRATTITUDE GROUP AFG** (46107) See AIS website for login information (Bel Air, 21014) / D-5 [VIRTUAL]
- 10:30 AM: LOCH RAVEN FRIDAY MORNING AFG** (5803) See AIS website for login information (Hillendale, 21239) / D-8 / H [FTF] & [VIRTUAL]

- 12:00 PM: MT VERNON NOON SLOGAN AFG** (30518769) First and Franklin St Presbyterian Church, Backus House, 210 W Madison St, Baltimore, 21201 / D-7 [ALTERNATING - FTF 2nd & 5th Fri; all other weeks VIRTUAL]

- 12:00 PM: BLUEPRINT DRAFTSMEN** (30652800) See AIS website for login information (Columbia, 21045) / D-10 / H [VIRTUAL]

- 6:00 PM: NORTH EAST FRIDAY AFG** (5976) St Mary Anne's Episcopal Church, Parish House, 315 S Main St, North East, 21901 / D-5 [FTF]

- 7:00 PM: FREEDOM IN RECOVERY AFG** (51581) See AIS website for login information (Parkville, 21234) / D-8 [VIRTUAL]

- 7:00 PM: BEL AIR FRIDAY AFG** (5945) Strong Tower Church, 2510 Sandy Hook Rd, Forest Hill, 21050 / D-5 / AA [FTF]

- 7:00 PM: CONSCIOUS CONTACT** (30804627) Roland Park Community Center, 5802 Roland Ave, Baltimore, 21210 / D-7 [FTF]

- 8:00 PM: IT'S UP TO ME AFG** (52405) See AIS website for login information (Ellicott City, 21402) / D-10 [VIRTUAL]

- 8:00 PM: CAME TO BELIEVE AFG** (5968) Immanuel Lutheran Church, 3194 Church St, Manchester, 21102 / D-3 / AA [FTF]

- 8:00 PM: CATONSVILLE FRIDAY NIGHT AFG** (5730) Christian Temple Hall, 5820 Edmondson Ave (Intersection at Academy Rd), Catonsville, 21228 / D-10 / AA [HYBRID]

## SATURDAY

- 9:00 AM: SATURDAY MORNING ADULT CHILD AFG** [Literature Meeting] (30524803) Holy Cross Lutheran Church, 8516 Loch Raven Blvd, Towson, 21286 / D-8 / H [FTF]

- 10:00 AM: BOLTON HILL FAMILY AFG** (52791) MICA, 1301 W Mt. Royal Ave, Baltimore, 21217 / D-7 / H [HYBRID]

- 7:00 PM: SATURDAY NIGHT ALIVE AFG** (503794) The Serenity Center, 9650 Basket Ring Rd, Columbia, 21045 / D-10 [HYBRID]

- 7:00 PM: KLS (KEEP IT SIMPLE) AFG** (30566318) Emory United Methodist, 1600 Emory Rd (Intersection at Rt 91), Upperco, 21136 / D-3 / AA [FTF]

- 7:00 PM: SATURDAY NIGHT AFG ABERDEEN** (30570250) See AIS website for login information (Aberdeen, 21001) / D-5 / H [VIRTUAL]

Central Maryland & Baltimore City  
Baltimore County

Harford and Cecil County  
Howard and Carroll County

Meeting Directory For  
Al-Anon and Alateen Groups

Offering Help and Hope for  
Families and Friends of Alcoholics



Meeting Information: 410-832-7094  
Online at [www.alanon-maryland.org](http://www.alanon-maryland.org)

Baltimore Area Al-Anon Information Services  
P.O. Box 185, Kingsville, MD 21087-0185



Current as of 4/5/2023  
Please visit our website for updates:  
[www.alanon-maryland.org](http://www.alanon-maryland.org)

April 2023

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## **Narcotics Anonymous**

### **What is it?**

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. Narcotics Anonymous members suggest that you keep an open mind and give yourself a break. Their program is a set of principles written so simply that you can follow them in your daily lives.

### **Where is it?**

NA meetings are held throughout Baltimore City. Use this website to find a meeting that is convenient for you, <https://www.na.org/meetingsearch/> or view the recently added meeting locations below. The website will provide dates and times for meetings at each individual location.

Call to schedule to the nearest meeting venue at 1-800-317-3222 or go to <https://www.baltoareana.org/> for Baltimore meeting locations.

#### **The Primary Purpose Group**

Wednesdays @ 7:00-8:00 pm  
4215 Loch Raven Blvd. Baltimore, MD 21218  
(Loch Raven & Sheffield)  
All Saints Evangelical Lutheran Church

#### **Striving and Thriving with the steps Group**

1010 W Baltimore St 21223  
7:30 pm to 9:pm = Steps

#### **STOP THE GAP**

Meeting every Sunday@ 2 pm  
Open discussion/JFT/Topic/Speaker  
Penn-North Center  
1610 N. Carey Str  
Baltimore, MD 21217

## **Domestic Abuse**

### **What is it?**

Domestic abuse is a pattern of behavior used by one person in a relationship to gain power and control over another, usually an intimate partner. The pattern can include physical, sexual, emotional, and/or economic abuse. Domestic violence is about power and control.

### **Where is it?**

There are various places you can receive help and/or shelter if you are a victim of domestic abuse.

### **House of Ruth**

2201 Argonne Drive

Baltimore, MD 21218 410-889-0840

[www.hruth.org](http://www.hruth.org)

House of Ruth offers a 24-hour hotline (410-889-RUTH); client service coordinators who work with victims in the community providing safety planning, basic needs assistance, and resource referral; emergency shelter with 23 private rooms for women and children in imminent danger; legal clinic services providing advice securing protective/peace orders, divorce, and custody; individual and group counseling for women and children; and psychoeducational programs. Services are provided in both English and Spanish.

### **Turnaround, Inc.**

330 N. Charles Street, 21201

410-837-7000

401 Washington Avenue, 21204

410-377-8111

<https://turnaroundinc.org/>

Turnaround offers a 24-hour helpline (410-279-0379); trauma therapy for adults, teens, and children who have been victimized by sexual assault and/or domestic violence; victim advocacy; community education and training on topics such as child abuse, sexual assault and harassment, dating violence, domestic abuse, and sex trafficking; a court-ordered abuser intervention program for offenders; temporary emergency shelter with food, transportation, and clothing; transitional housing (6 months – 2 years) and support services for victims and families; legal consultation; and self-defense training for women ages 16+.

### **Women's Law Center of Maryland, Inc.**

Family Law Hotline: 800-845-8550

Legal Forms Helpline: 800-818-9888 Employment

Law Helpline: 877-422-9500

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

The Women's Law Center of Maryland provides free legal services to help you protect your legal rights. Assistance is provided in the areas of family law, domestic violence and employment law. Our hotlines allow you to talk with an attorney who will give you information to help you understand your legal problem and tell you about community resources. Through the legal representation projects, you may

be able to get a free lawyer to represent you in your case. The educational materials can help you understand the law and your rights.

### **Mercy Medical Center SAFE (Sexual Assault Forensic Examiner) Program**

345 St Paul Pl

Baltimore, MD 21202 410-332-9494

<http://www.bmoresafemercy.org/aboutus.html>

Mercy Medical Center is a designated treatment center for sexual assault and domestic violence in Baltimore City, with 30 specially trained Forensic Nurse Examiners (FNEs) available 24/7 to care for victims of sexual assault (aged 13 and older), victims of domestic violence, elder/institutional and vulnerable populations abuse, neglect, and maltreatment. The Forensic Nurse Examiner Program works collaboratively with criminal justice agencies and other Baltimore agencies addressing the needs of victims of violence.

The **bMoreSafe** app was developed by the Mercy Medical Center Forensic Nurse Examiner staff to provide quick and easy access (“Help at the Touch of a Button”) to those in the community who are in need of forensic nursing services. The app provides information regarding where to go, who to call and what steps can be taken to preserve evidence prior to a medical forensic exam. This is a free app that can be downloaded for free on a cell phone.

### **National Domestic Violence Hotline**

800-799-SAFE (7233)

### **National Sexual Assault Hotline**

800-656-HOPE (4673)

### **Gay Men's Domestic Violence Project Crisis Hotline**

800-832-1901

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## **Literacy**

### **What is it?**

Literacy is more than just the ability to read. It refers to understanding, evaluating, and using the words we read in order to learn and interact with others. Many adults in Baltimore and across the country are affected by low literacy levels, and there are numerous programs available to empower individuals who wish to improve their literacy skills.

### **Where can you get help to improve your literacy?**

**Strong City Baltimore** has an adult learning center and offers instruction in adult basic education, English as a second language (ESL), and workforce training. Instruction is offered free of charge to adults ages 16+. 410-261-3500 / <https://www.strongcitybaltimore.org/>

The **South Baltimore Learning Center** offers classes in adult basic education, pre-GED and GED, and computer skills. The center also offers career counseling to adults searching for jobs. The adult basic education and pre-GED classes are free. 410-625-4215 / <http://southbaltimorelearns.org/>

The **Learning is for Tomorrow (LIFT)** program responds to the needs of southeast Baltimore residents who want to improve basic education skills. Specifically, this program offers classes in literacy, adult basic education, GED preparation, and computer lab classes. This program also offers accommodations for adults with learning disabilities and vision or hearing deficits. 410-522-1705 / <http://www.liftbaltimore.org/>

The **Maryland Literacy Hotline** offers adult literacy and basic education classes, GED exam preparation classes, and English as a second language (ESL) classes. Many classes are free of charge. 410-752-3595 / [www.facebook.com/MDLiteracy](http://www.facebook.com/MDLiteracy)

**Baltimore City Community College** offers classes in Adult Basic Education (ABE), Basic Skills (such as reading, writing, and math), and GED Prep. Baltimore City Community College is the largest provider of literacy services in Baltimore City. Courses are offered at low-cost or no-cost. To take an assessment for the GED program, you can visit the downtown Harbor Campus, Liberty Campus, or Reisterstown Plaza Center (call for an appointment). 410-986-3200 / <https://www.bccc.edu/Page/43>

The **Power House Community Center** has an Adult Resource Center and Workforce Development Program. Contact Power House to see if you are eligible to enroll for the Target Investment Zone Workforce Development Program. This program allows members to participate in life skills workshops, career events, digital literacy training, and finance/budget strategies. 410-685-0295 / [https://www.livingclassrooms.org/ourp\\_workforce\\_development\\_center.php](https://www.livingclassrooms.org/ourp_workforce_development_center.php)

The **Hampden Family Center** offers adult literacy classes in partnership with Strong City Baltimore. These classes include reading, writing, math, and GED preparation. Classes meet Tuesday and Thursday evenings, and sessions last for 10 weeks. 410-467-8710 / <http://www.hampdenfamilycenter.org/adults.shtml>

### **Using the Public Library**

The Enoch Pratt Free Library has 22 locations in Baltimore City. It is likely that a library branch is located in (or very close to) your neighborhood. The public library offers free services to everyone, including book borrowing, computers, internet access, and copy/printing/fax services.

The Enoch Pratt Free Library also offers school and homework help, a Job and Career Center, Mobile Job Center, and personal assistance from librarians. The Job and Career Center is located at the Central Branch on Cathedral Street. This center provides materials on job hunting, resume writing, interview techniques, career planning, and occupation types. You can also reserve a computer for up to two hours to perform job-related activities, like writing a resume or applying for a job. If the Central Branch is not convenient for you, the Mobile Job Center is available. It looks very similar to the HANDLS MRV! The vehicle has 12 individual computer workstations. Library staff can provide computer assistance, referrals to job and career organizations, and referrals to Adult Basic Education and GED classes. Librarians can also help you sign up for an email address, prepare for job interviews, create a resume, and help you search for a job. The Mobile Job Center stops in the following communities:

Westport/Mt. Winans/Lakeland; Brooklyn/Curtis Bay/Hawkins Point; Greater Rosemont/Mondawmin, Allendale/Irvington/S. Hilton; Old Town/Middle East; Greenmount East; Druid Heights/Penn North/Upton; and Park Heights. Check the library's website to see which day of the week the Mobile Job Center will be in your community.

Additionally, the library offers a wide variety of public events and free classes for all. Examples of classes include basic computer skills and pre-GED. Examples of events include trivia, film viewings, meditation, fitness programs, and entertaining programs for children. To use these services, all you need is a library

card. Everyone who lives in Maryland is eligible to sign up for a library card at the Enoch Pratt Free Library. You can apply for a library card online through the library's website, or in-person at a library branch. All you need to provide to apply for a library card is your name, address, phone number, and birth date. With a library card, you can borrow materials such as books, CDs, DVDs, audiobooks, maps, and magazines. For more information about library programs and services at your local branch, contact the library by phone or visit the website. 410-396-5430 / <http://www.prattlibrary.org/>

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## **Food Banks and Soup Kitchens**

### Beans & Bread

400 S. Bond Street, Baltimore, MD 21231

410-732-1892

Breakfast: Monday-Friday, 8:30-9:30 a.m.

Lunch: Monday-Saturday and every last Sunday of the month, 11:30 a.m.-1:30 p.m.

<http://www.vincentbaltimore.org/get-help>

### Moveable Feast

901 North Milton Avenue, Baltimore, MD 21205

410-327-3420

[www.mfeast.org](http://www.mfeast.org)

### Maryland Food Bank, Inc.

2200 Halethorpe Farms Road, Baltimore, MD 21227

410-737-8282

<https://mdfoodbank.org/>

### Our Daily Bread

725 Fallsway, Baltimore, MD 21202

667-600-3400 or 443-986-9000

Open: 8am-4pm Monday through Friday.

Breakfast: Monday-Friday, 7:30-8:20 a.m.

Lunch: Monday-Sunday, 10:30 a.m.-12:30 p.m.

Line starts in front of the building

<https://www.catholiccharities-md.org/services/our-daily-bread-hot-meal-program/>

### Paul's Place

1118 Ward Street, Baltimore MD 21230

410-625-0775

<https://paulsplaceoutreach.org/>

### Franciscan Center Baltimore Food Pantry and Emergency Services

101 West 23<sup>rd</sup> St, Baltimore, MD 21218

410-467-5340

SOUP KITCHEN: Daily lunch served Mon-Fri, 10AM-2PM.

Voucher required from DSS. Individuals need to go to DSS (specifically the one located at 2500 Pennsylvania Avenue, 443-423-7600) and simply ask for a food voucher.

Must make sure to have Franciscan Center labeled on the voucher. Three-day supply of groceries available to residents of 21217.

Pantry hours are Mon; Wed; Fri, 10AM-2PM. Provides formula and Ensure, when in stock.



<http://www.franciscancenterbaltimore.org>

Corpus Christi Community Center Soup Kitchen and Food Pantry

Phone: 410-523-4161

Address: 2405 Linden Ave, Reservoir hill, Baltimore, MD

Pantry is for residents of Reservoir Hill 21217. ID and proof of address is required.

Open: Mondays 9:30am to 10:30am. First come first serve- bags of groceries.

Beth-El Church of Christ Food Pantry and Soup Kitchen

3910 West Rogers Avenue, Baltimore, MD 21215

410-466-8298

They only provide grocery pick up.

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## Financial Assistance and Education

### **Cash Campaign of Maryland**

575 S. Charles Street, Suite 500

Baltimore MD 21201 443-487-5433

<http://cashmd.org/>

The Cash Campaign of MD offers services such as:

- Free Tax Preparation – You may qualify for FREE tax preparation! Find out if you qualify, make an online appointment or find a location near you!
- Financial Education – CASH offers free financial education classes statewide covering a variety of topics. Register for a class near you by going to the Maryland CASH Academy.
- Financial Coaching – Get one-on-one support to reach your financial goals in-person or online.
- Benefits Screening – Find out what benefits you may qualify for by receiving a free comprehensive screening. Get help completing and navigating the application process from an expert.
- Maryland Money Help Line: Improve your finances by calling the FREE Maryland Money Helpline 877-355-1763. The Helpline offers free, not-for-profit, financial counseling to all Maryland residents, regardless of their income, debt, or financial status.

### **CASA**

2224 E. Fayette St.

Baltimore, MD 21231

Membership: 410-732-7777 Employment:

410-732-2694

<https://wearecasa.org/programs/financial-literacy/>

CASA provides individual and group-based financial education and assistance that includes:

- Individual financial counseling
- Tax preparation assistance
- Workshops on issues such as obtaining identification documents, opening a bank account, writing a check, using a debit card, debt analysis, financial planning, and obtaining and improving one's credit score.
- Access to micro-loans and fee waiver applications for immigration processes.

For more information on financial assistance programs in Maryland go to:  
<https://dhs.maryland.gov/category/financial-assistance/>

**Baltimore City Community Action Partnership Centers:**

You can apply for energy, water, or housing security deposit assistance online.  
For assistance, please call 410-396-5555 or visit the locations below:

Eastern CAP Center

1731 E. Chase St., Baltimore, MD 21213

Northern CAP Center

5225 York Rd., Baltimore, MD 21212

Northwest CAP Center

3939 Reisterstown Rd., Baltimore, MD 21215

Southern CAP Center

606 Cherry Hill Rd., Baltimore, MD 21225

Southeast CAP Center

3411 Bank St., Baltimore, MD 21224

## You Got This

Get the assistance you need from your Baltimore City  
Community Action Partnership (CAP) center



### ENERGY ASSISTANCE

Get caught up on your heating and electric bills—  
and lower the cost of those bills



### WATER ASSISTANCE

Get a discount on your water bill based on  
your household income—starting this fall



### RENTAL ASSISTANCE

Get current on your rent so you can stay in your home

Apply at [bmorechildren.com/residents](https://bmorechildren.com/residents)



MAJOR'S OFFICE OF  
**CHILDREN &  
FAMILY SUCCESS**

For questions or more information on all CAP center  
assistance programs, visit [bmorechildren.com](https://bmorechildren.com) or  
call 410-396-5555.

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## **Prescription Drug Takeback Program**

### **What is it?**

Prescription drug misuse is a serious issue in Baltimore City and across the country. In 2015, 105 people in Baltimore City died of prescription opioid-related overdoses. The same year, 12.5 million people aged 12 or older misused prescription pain relievers nationwide.

Prescription drug takeback programs have been implemented to help people responsibly and anonymously dispose of expired or unused prescriptions (including opioids such as Percocet, OxyContin, or Vicodin). Prescription drug drop boxes are available at all times at Baltimore's nine police district offices in order to prevent heroin overdoses and other accidental drug deaths.

Medications can be dropped off at the following locations year-round, no questions asked:

- Central District, 500 E. Baltimore St., 21202
- Southeastern District, 5710 Eastern Avenue, 21224
- Eastern District, 1620 Edison Highway, 21213
- Northeastern District, 1900 Argonne Drive, 21218
- Northern District, 2201 W. Cold Spring Lane, 21215
- Northwestern District, 5271 Reisterstown Rd., 21215
- Western District, 1034 N. Mount St. 21217
- Southwestern District, 424 Font Hill Ave. 21223
- Southern District, 10 Cherry Hill Rd, 21215
- UM Baltimore Police, 621 W. Lombard St., 21201

Text MDHope to 898-211 to request a free disposal pouch. Press 1 for education/prevention and then 3 for safe prescription disposal.

### **Baltimore County Drug Drop Box Locations:**

- 
- Precinct 1 Wilkens: 901 Walker Ave, 21228
  - Precinct 2 Woodlawn: 6424 Windsor Mill Rd. 21207
  - Precinct 3 Franklin: 606 Nicodemus rd., 21136
  - Precinct 4 Pikesville: 215 Milford Mill Rd., 21208
  - Precinct 6 Towson: 115 W. Susquehanna Ave., 21204
  - Precinct 7 Cockeysville: 111 Wight Ave., 21030
  - Precinct 8 Parkville: 8532 Old Harford Rd., 21234
  - Precinct 9 White Marsh: 8220 Perry Hall Blvd., 21236
  - Precinct 11 Essex: 216 N Marlyn Ave., 21221
  - Precinct 12 Dundalk: 428 Westham Way, 21224
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For more details call: 410-887-3828

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## **Needle Exchange Programs**

### **What is it?**

The Baltimore City Needle Exchange Program (NEP) seeks to reduce HIV, hepatitis C, and other infections by reducing the circulation of unclean syringes. The program also helps individuals with substance use disorders overcome addiction by linking them to drug treatment services. The program provides counseling and testing for HIV and syphilis. Opioid overdose response training is also offered at all locations. NEP services are provided in 16 locations during 26 weekly time slots throughout the city of Baltimore.

The mission of Community Risk Reduction Services is to deliver free and confidential quality HIV prevention and harm reduction education and services in communities within Baltimore City, via mobile and other outreach methods, in a non-judgmental manner that reduces the negative consequences of drug use among high-risk individuals and the general public.

Website: <https://www.baltimorehealth.org/nep/>

**Where is it?**

<b>Hours of Operation</b>	<b>Location</b>
Monday 9:30 AM - 11:30 AM	Monroe & Ramsey; Park Heights & Spaulding
Monday 12:45 PM - 3:30 PM	Fulton & Baker
Monday 6:00 PM - 8:00 PM	Baltimore & Conkling (Highlandtown)
Monday 8:30 PM - 10:00 PM	Milton & Monument
Tuesday 9:30 AM - 11:30 AM	Montford & Biddle; Pratt & Carey
Tuesday 12:45 PM - 3:30 PM	Freemont & Riggs; Barclay & 23rd
Wednesday 6:00 PM - 8:00 PM	Baltimore & Conkling (Highlandtown)
Wednesday 8:30 PM - 10:00 PM	Freemont & Laurens
Thursday 9:30 AM - 11:30 AM	Pontiac & 9th Ave.; Dennison & Clifton
Thursday 12:45 PM - 3:30 PM	Milton & Monument; Monroe & Ramsey
Thursday 7:00 PM - 10:00 PM	Baltimore & Gay (The Block)
Friday 9:30 AM - 11:30 AM	Park Heights & Spaulding; Greenmount & Preston
Friday 12:45 PM - 3:30 PM	Fulton & Baker
Friday 6:00 PM - 8:00 PM	Montford & Biddle
Friday 8:30 PM - 10:00 PM	Monroe & Ramsey
Saturday 12:00PM - 4:00PM	Freemont & Riggs

## **Methadone Maintenance Programs**

### Turning Point clinic

Phone: 410-675-2113

Address: 2401 E North Ave, Baltimore, MD 21213

### MedMark Treatment Centers Baltimore Downtown 101

Phone: 410-225-9185

Address: 821 N Eutaw St Suite 101, Baltimore, MD 21201

### Concerted Care Group

Phone: (410) 617-0142

Address: 428 E 25th St, Baltimore, MD 21218

### Glenwood Life Counseling Center

Phone: (410) 323-9811

Address: 516 Glenwood Ave, Baltimore, MD 21212

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## **Licensed Medical Marijuana Dispensaries**

Email: Maryland.gov or go to <https://mmcc.maryland.gov/Dispensaries>

### **CannaMD LLC (dba ReLeaf Shop) (Baltimore City)**

1114 Cathedral Street, Suite 5, Baltimore, MD 21201

410-773-9054

### **Green Goods Baltimore (Baltimore County)**

717 North Point Boulevard, Baltimore, MD 21224

443-825-4115

### **Culta LLC (Baltimore City)**

215 Key Highway, Baltimore, MD 21230

844-507-9333

### **Curio Wellness LLC (Baltimore County)**

2060-A York Road, Timonium, MD 21093

443-484-8600

### **Hallaway LLC (dba Starbuds) (Baltimore City)**

5975 Belair Road, Baltimore, MD 21206

443-438-7494

### **Temescal Wellness of Maryland LLC (dba Temescal Wellness) (Baltimore County)**

1636 Reisterstown Road, Pikesville, MD 21208

443-313-8724

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## **Community Acupuncture Clinics**

Community acupuncture clinics offer acupuncture in a group setting without requiring health insurance and offers appointments on an affordable sliding scale. Walk-ins are welcome, although you are also able to schedule an appointment in advance.

### **Govans Community Acupuncture**

5209 York Road, Baltimore MD, 21212

410-905-2566

<http://www.govansca.com/>

Acupuncture: \$15-\$40 sliding scale, pay what you can

### **Baltimore Community Acupuncture**

715 Frederick Road, Catonsville MD, 21228

443-986-0006

<https://acupunctureforall.com/>

Acupuncture: \$20-40 sliding scale, pay what you can

### **MEND Acupuncture**

2700 Remington Avenue, Baltimore MD, 21211

410-235-1776

<http://mendacupuncture.com/remington/>

Acupuncture: \$25 fee, no sliding scale

### **The Well: Community Acupuncture and Wellness**

42 E. Cross Street, Baltimore MD, 21230

443-600-4329

Acupuncture: \$25 fee, no sliding scale

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## **Workforce Development and Free Job Training Programs**

Finding a job can be difficult without adequate training. Many free job training programs are offered in Baltimore City to help residents meet the qualifications listed on many job applications. These training programs provide the necessary skills to help people find meaningful careers.

### **Food Supplement Employment and Training Program (FSET)**

The FSET program offers people who receive monthly food supplement benefits (SNAP, food stamps) free job training opportunities. The program runs 12-16 weeks and offers training in professions such as construction, healthcare, and hospitality at various program locations. If you would like to enroll or determine if you are eligible for the following FSET offerings, please contact one of these program options directly or call the DHS helpline at (800) 332-6347.

- **Baltimore City Community College + Humanim offers training in construction, culinary arts, customer service, healthcare, and administrative professional skills.**  
Visit: [www.bccc.edu](http://www.bccc.edu), [www.humanim.com](http://www.humanim.com)  
Contact: (410) 986-5458 or (410) 381-7171, ext. 5221
- **CivicWorks offers training in green construction such as solar energy installations and energy efficiency weatherization.** Visit: [www.civicworks.com](http://www.civicworks.com)

**Contact:** (410) 366- 8533 or [info@civicworks.com](mailto:info@civicworks.com)

- **Jane Addams Resource Corporation (JARC) offers metalworking training for those who wish to become welders, manufacturers, or CNC machinists.**

**Visit:** <https://jarcbaltimore.org/>

**Contact:** (410) 900-1440

- **Job Opportunities Task Force offers training in electrical, carpentry, and plumbing skills.**

**Visit:** [www.jotf.org](http://www.jotf.org)

**Contact:** (443) 986-9046

- **Center for Urban Families (CFUF) offers support services that help individuals find and keep employment. Services include job placement, career mapping support, skills training, and education. Visit:** [www.cfuf.org](http://www.cfuf.org)

**Contact:** (410) 367-5691

For more information about FSET, visit <http://dhr.maryland.gov/food-supplement-program/foodsupplement-employment-training-program-fset/>.

### **Supporting, Training, and Employing Parents Program (STEP UP)**

The STEP UP program provides free job training to noncustodial parents with a Baltimore City child support case. Participants who complete the STEP UP program can earn forgiveness for child support arrears owed to the State of Maryland. Training opportunities are offered in the welding, green construction, machining, healthcare, and hospitality industries. If you would like to enroll in one of the programs listed below, or if you would like to determine if you are eligible for any of the STEP UP program offerings, please contact (410) 951-8000 or (410) 844-7001 x 7144 for assistance. STEP UP training offerings include:

- **Baltimore City Community College + Humanim, CivicWorks, Jane Addams Resource Corporation (JARC), and Job Opportunities Task Force (programs described previously under the FSET heading are also offered to STEP UP participants)**
- **Associated Catholic Charities offers training and certifications for automotive and general service technicians.**
- **Vehicles for Change offers training and certifications for automotive service technicians.**
- **Maryland New Directions offers training and certifications for jobs in logistics, warehousing, stevedoring, materials handling, and international customer service.**
- **City Life Community Builders offers training and certifications for various construction positions and renovation projects.**
- **BioTechnical Institute of Maryland offers training and certifications for positions in biotechnology and pharma industries.**
- **Bon Secours Baltimore Health System Foundation/Bon Secours Community Works offers training and certifications for prospective Certified Nursing Assistants (CNAs) and Geriatric Nursing Assistants (GNAs).**
- **Caroline Freiss Center offers training and certification for Certified Nursing Assistants (CNAs), Geriatric Nursing Assistants (GNAs), and Certified Pharmacy Technicians.**
- **New Pathways offers training and certification for Certified Patient Care Technicians.**

For more information about STEP UP, visit <http://dhs.maryland.gov/child-support-services/payingsupport/noncustodial-parent-employment-programs/step-up/>.

## Transportation Assistance Program

The Transportation Assistance Program (TAP) helps low-income families across Maryland, especially Temporary Assistance for Needy Families (TANF) recipients and Temporary Cash Assistance (TCA) recipients, by providing used vehicles to eligible low-income families for two years or 24,000 miles. By providing transportation assistance, TAP makes it possible for many people to drive safely to and from work. To determine if you are eligible for the TAP program, call the Baltimore City Department of Social Services at 443-423-6400 and ask for the TAP Coordinator. You can also call TAP's statewide partner, Vehicles for Change, to inquire about the program at (855)820-7990 or the website's "contact us" link at <https://www.vehiclesforchange.org/about-vfc/contact-us/>.

For more information about the Transportation Assistance Program, visit <http://dhr.maryland.gov/weathering-tough-times/transportation-assistance-program-tap/>. For information about program qualifications, please visit <https://www.vehiclesforchange.org/marylandvirginia/need-a-car/maryland-transportation-programtap/>.

## TaxiCard Program

Baltimore City Health Department Division of Aging & CARE Services TaxiCard program is a transportation program that provides a monthly subsidy to eligible Baltimore City residents aged 60 or older as well as adult residents with a disability that are under the age of 60 with a completed medical form to travel using taxicabs.

Phone: 410-664-1123

Web: [www.caretaxicard.com](http://www.caretaxicard.com)

## One Baltimore for Jobs: Free Job Training Programs

The One Baltimore for Jobs program uses many workforce development partners to provide skills training to Baltimore City residents. In addition to the free job training programs listed previously in this section, One Baltimore for Jobs advertised the following additional training opportunities:

- **America Works of Maryland** offers work readiness training, vocational training, career placement, job fairs, and employment retention services.  
22 Light Street #600  
Baltimore, MD 21202  
410-625-9675  
Email: [info@americaworks.com](mailto:info@americaworks.com)
- **Baltimore Alliance for Careers in Healthcare (BACH)** offers a career coaching program and career mapping to people interested in working for the healthcare field.  
1500 Union Ave, Suite 1400  
Baltimore, MD 21211  
443-931-3798  
Website: <http://www.baltimorealliance.org/home/>
- **Baltimoreans United in Leadership Development (BUILD)** hosts a Turnaround Tuesday program that helps people reenter the workforce after a period of unemployment. BUILD has many employers and community partners that offer jobs and training to program participants. Turnaround Tuesday has 2 training sites, one in East Baltimore (Mount Zion Baptist Church –



1700 N. Caroline St., Baltimore, MD 21213) and one in West Baltimore (Macedonia Baptist Church – 718 W. Lafayette Ave., Baltimore MD. 21217). For an up-to-date training schedule, please contact BUILD directly.

2439 Maryland Avenue

Baltimore, MD 21218

410-528-0305

Website: <http://www.buildiaf.org/>

For more information about the One Baltimore for Jobs program, please visit

<https://moed.baltimorecity.gov/one-baltimore-jobs>.