

Carroll County Community Resources

Updated 6/4/07

Carroll County Library System operates a community directory on their website at <http://community.carr.org/>

ADHD Resources2

Advocacy for Special Populations2

 Developmental Disabilities2

 Mental Health Advocacy:.....3

Child Abuse Reporting:.....4

Child Care Resources5

Children’s Education6

 Early Education:6

 Early Intervention Support Programs:6

 Early Intervention Websites:7

Crisis Intervention Programs.....8

 Rape/Sexual Assault Services:8

Domestic Violence/Intimate Partner Violence Resources:.....9

Enrichment Programs10

Mental Health:11

 Perinatal/Postpartum Depression Resources:.....11

 Local Agencies/Providers:12

 Mental Illness Resources.....13

Parenting Education and Support Groups15

Separation/Divorce Resources:17

Substance Abuse/Addictions Treatment18

 Link to ACCESS to Treatment Programs by County:18

- **ADHD Resources**

1. **CHADD of Greater Baltimore (Children and Adults with ADHD)** **410-617-1500**
CHADD of Carroll County **410-751-3820**
Services provided: Support groups and information for parents of children and adults with AD/HD and ADD. Date and Time: 1st Wednesday of each month from 7-9pm. Fee: none
Website: <http://www.chadd-mc.org/chapters/baltimore.htm>
 Parent support groups in Dundalk, Timonium, Howard and Montgomery County. Call or check the calendar for meeting dates and locations of this group at their website.

- **Advocacy for Special Populations**

- **Developmental Disabilities**

1. **The ARC of Carroll County** **410-848-4124 or 876-2422 (Baltimore)**
 180 Kriders Church Road
 Westminster, MD 21158
 410-876-5317 Fax
Website: www.arccarroll.com
Services provided: Advocates for the rights of all citizens with mental retardation/developmental disabilities and their families. Provides support and promotes community education on issues related to mental retardation/developmental disabilities.
2. **The ARC of Maryland—Main Office**
 49 Old Solomons Island Road, Suite 205
 Annapolis, Maryland 21401
 410-571-9320 (Annapolis)
 410-974-6139 (Baltimore)
 410-974-6021 Fax
Website: www.thearcmd.org
3. **FOCAS--Families of Children with Autism Support Group** **410-857-1596**
 862 Snowfall Way
 Westminster, MD 21157
Email: focascc@yahoo.com
Services Provided: FOCAS provides support to families of children with autism and those who provide services to them in Carroll County, Maryland. In addition to monthly meetings, FOCAS provides other services and activities including, but not limited to, small support groups, resource lists, guest speakers and social gatherings. Date and Time: Call for meeting information.
4. **Maryland Asperger Advocacy and Support Group** **Contact: MDAsperger@aol.com**
 14707 Old Hanover Road
 Boring, MD 21020 (off Hanover Pike between Reisterstown and Hampstead in Boring Post office)
Website: www.aspergers.org/index.html
Services provided: offers support and guidance to those who have normal to high intelligence and experience social-communication difficulties and sensory integration problems. Individuals diagnosed with High Functioning Autism (HFA), Pervasive Developmental Disorder (PDD), Nonverbal Learning Disorder (NVLD), Semantic-Pragmatic Disorder, Central Auditory Processing Disorder (CAPD), or hyperlexia are included.
5. **Speech Pathways** **410-374-0555**

Westminster Professional Center
532 Baltimore Blvd., Ste. 403 Westminster, MD

Email: speechpathways@direcway.com with name and phone #.

Services Provided: Meetings: PPST is a group specially designed for parents & caregivers of children with speech & language delays/disorders. The first group of its kind in Carroll County, PPST will offer parent training and support. Each meeting will include a meet & greet, a guest lecture on various topics & a Q&A time. Trained professionals & other parents/caregivers will be on hand for support and guidance.

6. The Parent's Place of Maryland

Telephone (voice or TDD): 410-768-9100

801 Cromwell Park Drive, Suite 103,
Glen Burnie, MD 21061

Website: <http://www.ppmmd.org/index.asp>

Services Provided: provides parents of children with disabilities with support, information and guidance. Also provides workshops for parents, educators and professionals. Their sole purpose is to enhance the lives of persons with disabilities.

7. Pathfinders for Autism

1-866-806-8400

120 Allegheny Avenue
Towson, MD 21204

Services provided: provides information, support and resources to families of children with autism.

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

• **Mental Health Advocacy:**

1. MD Coalition of Families for Children's Mental Health

410-730-8267

10632 Little Patuxent Pkwy, Suite 119
Columbia, MD 21044
Toll Free: 1.888.607.3637
Fax: 410.730.8331

Services Provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.

Website: www.mdcoalition.org

2. NAMI of Carroll County

410-795-4363

255 Clifton Boulevard, Suite 301
Westminster, MD 21157-4787
Fax: 410-795-6312

Email: info@namiccmd.org

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

Services provided: to provide an educational organization and support group for individuals and families who have had their lives touched by mental illness. The support group is a partnership in which members learn and grow together. Meetings are from 7 to 8:30 pm the first Monday of each month at On Our Own, Winchester Exchange, 27 E. Main Street, Westminster, and the third Tuesday of each month at the South Carroll Senior Activities Center, 5745 Bartholow Road, Eldersburg.

- **Child Abuse Reporting:**

1. Carroll County CPS
 10 Distillery Drive
 Westminster, Maryland 21157
 FAX (410) 386-3477

410-386-3434 (24 hours)
(Baltimore Area: 410-876-2190)

2. Frederick County CPS
 100 East All Saints Street
 Frederick, Maryland 21701
 FAX (301) 631-2639

(301) 694-2464
(After hours (301) 694-2100) Police

3. Link to Maryland CPS agencies by County: <http://170.224.111.196/cps/address.htm>

4. Pennsylvania: Child Abuse Hotline: 1-800-932-0313

5. Virginia: CPS Hotlines: Out-of-state Hotline: 1-804-786-8536
In-state Hotline: 1-800-552-7096

6. West Virginia: Child Abuse and Neglect Hotline: 1-800-352-6513

- **Child Care Resources**

1. **Child Care Choices (Carroll County)**

410-751-2917

255 Clifton Blvd., Suite 319
Westminster, Maryland 21157

LOCATE: 1-877-230-7422

Services Provided: Central resource and advocate for child care concerns, phone-in referral service assisting parents looking for licensed child care, and provides ongoing training for child care professionals.

Website: www.fcmha.org/childcare.htm

Email: childcarechoices@fcmha.org

2. **Child Care Choices (Frederick County)**

301-662-4549

263 West Patrick Street
Frederick, Maryland 21701

LOCATE: 301-695-4508

Website: <http://www.fcmha.org/childcare.htm>

Services Provided: Central resource and advocate for child care concerns, phone-in referral service assisting parents looking for licensed child care, and provides ongoing training for child care professionals.

Email: childcarechoices@fcmha.org

LOCATE: 1-800-924-9188 in Allegany & Garrett Counties

LOCATE: 301-733-6914 in Washington County

3. **Maryland Child Care Resource Network:**

<http://www.mdchildcare.org/mdcfc/network/mainnumbers.html>

- **Children's Education**

- **Early Education:**

1. **Carroll County Public Schools** **410-751-3000**
Main Administrative Offices:
 125 North Court Street
 Westminster Maryland 21157
E-Mail: publicinfo@k12.carr.org
2. **Infant and Toddlers Program (0-3)** **410-876-4437**
3. **Child Find Program (3-5)** **410-751-3295**
4. **Judith P. Hoyer Early Child Care and Education Center (Judy Center)** **410-751-3613**
Services provided: The Judy Center at Robert Moton ES promotes school readiness for children, birth through age 5 by fostering skills that help them to become successful learners. Families have access to a wide variety of programs through collaboration and coordination among community-based agencies and organizations. For additional information, please contact Sue Mitchell at 410-751-3613 or via email.
Email: smmitch@k12.carr.org
5. **Frederick County Public Schools** **General Info: 301-644-5000**
Main Administrative Offices:
 115 East Church Street
 Frederick, MD 21701
Website: <http://www.fcps.org/index.cfm>
 7630 Hayward Road
 Frederick, MD 21702
6. **Infants and Toddlers Program (0-3):** **(301)-694-1611**
7. **Child Find Program (for ages 3 through 5)** **(301)-644-5276**
Services Provided: preschoolers with may receive services in community based settings, an early childhood class or in a special center. Placement is based on the individual student's needs and is determined during the IEP meeting.

- **Early Intervention Support Programs:**

1. **Carroll County Health Department, Healthy Start** **410-876-4960 or 410-876-4916**
 PO Box 845
 Westminster, MD 21158
Services provided: strength-based, family-centered services and support to first time parents who reside in Carroll County.
2. **Carroll County Family Support Center**
Parent Agency Human Services Programs of Carroll County, Inc. 410-857-0629
 10 Distillery Drive, 3rd Floor
 Westminster, MD 21157-5021
Fax: 410-857-9202
Email: familycenter@hspinc.org
Website: <http://www.hspinc.org/Family%20Center.htm>
Services provided: provides support and education to assist parents to be self-sufficient and nurturing parents, and to promote the health and development of children ages birth to three. Programs include adult education, General Educational Development Tests (GED), computer literacy, and job readiness,

parent education classes and support groups, including Dads Works. Coordinates services such as general counseling, referrals, case management, and fatherhood services. Offers a child development program including care for children while parents attend programs, daily parent and child activities, and developmental screenings. Also offers peer support and recreational activities for families. In addition, provides health classes, education, and outreach. Transportation to and from the center may be available, schedule permitting.

- 1. Frederick Healthy Families Program** **301-696-2058**
 22 S. Market Street, Frederick, MD 21701
 fax: 301-695-9671. designed to support first-time parents.
Services provided: strength-based, family-centered services and support to first time parents who reside in Frederick County.
 - 2. Frederick Healthy Start Program** **301-600-1745**
 Nursing Division
 350 Montevue Lane
 Frederick, MD 21702
Services provided: The goal of this case management program is to improve birth outcomes and reduce infant mortality and morbidity for Medicaid/MCHP eligible pregnant women, infants and children less than 2 years of age through home visits and outreach/educational activities. Services are provided by Healthy Start Nurses with the assistance of an Interpreter as needed.
 - 3. Monocacy Neurodevelopmental Center:** **301-662-3808**
 65 Thomas Johnson Dr., Suite A
 Frederick, Maryland 21702
Website: www.moncacycenter.com
Services provided: We address problems of relating, communicating, self-regulation, planning, attending, learning and behavior found in individuals with Autism, Asperger's Syndrome, Pervasive Developmental Disorders, ADHD, Learning Disorders, and Speech & Language issues.
 - 4. Up-County Family Center** **301-447-2810**
 Catholic Charities/ Friends of the Family
 303 W. Lincoln Ave.
 Emmitsburg, MD 21727
 Annapolis, MD 21401
Services provided: parenting classes, parent/child activities; employment support counseling, nutrition, and referrals. Center assists young parents in parenting skills, child activity, outreach, job skills development, education, health education, and peer support.
- **Early Intervention Websites:**
 1. **Healthy Mothers, Healthy Babies Coalition:** www.hmhb.org/
 2. **Maternal and Child Health Bureau, Department of Health and Human Services** www.mchb.hrsa.gov
 3. **National Association of Child Care Resource and Referral Agencies:** www.naccrra.org
 4. **National Association for the Education of Young Children:** www.naeyc.org
 5. **National Partnership for Women and Families:** www.nationalpartnership.org
 6. **Zero to Three:** www.zerotothree.org

- **Crisis Intervention Programs**

1. **Carroll County:** **Call the Maryland Crisis Hotline @ 1-800-422-0009**
(Also the Youth Crisis Hotline)
2. **National Suicide Hotline:** **1-800-SUICIDE (1-800-784-2433) (24/7)**
3. **Rape/Sexual Assault Services:**
 - **Rape/Crisis Intervention Service of Carroll County** **410-857-7322 (hotline)**
224 N. Center Street, Room 102
P.O. Box 1563
Westminster, MD 21158
Services Provided: counseling, medical and legal accompaniment, information and referral
 - **Maryland Coalition Against Sexual Assault, Inc. (MCASA)** **1-800-983-RAPE(7273)**
1517 Gov. Ritchie Highway, Suite 207 **410-974-4507**
Arnold, MD 21012
4. **Link to Maryland Rape Recovery Centers by County:** <http://www.mcasa.org/A/3/A3.htm>
5. **First Call For Help:** **(410) 685-0525** in the greater Baltimore dialing area
(800) 492-0618 outside Baltimore, within Maryland (toll-free)
(410) 685-2159 TTY for hearing impaired (8:30 a.m. - 4:30 p.m. weekdays) all other hours, dial 711, Maryland Relay.
Services provided: a free, confidential service that connects callers with health and human services using the only statewide comprehensive information and referral directory in Maryland. We're available 24 hours a day seven days a week.

- **Domestic Violence/Intimate Partner Violence Resources:**

- 1. Family and Children’s Services of Central Maryland, Inc.** **Hotline: 410-857-0077**
410-876-1233
 West End Place
 7 Schoolhouse Avenue
 Westminster, MD 21157
Website: <http://www.fcsmd.org/programs.htm>
Email: westminster@fcsmd.org
Services provided: hotline, crisis counseling, emergency shelter, court accompaniment, and therapy for victims of domestic violence and abusers. To arrange for an assessment or further information, contact the office.
- 2. Link to IPV resources by county:** http://www.mnadv.org/dv_providers.html
- 3. Carroll County Domestic Violence Unit** **410-386-2345**
Carroll County State's Attorney's Office
 55 N. Court Street, Suite 100
 Westminster, MD 21157-5155
Email: ccdomeesticviolence@ccg.carr.org
Website: <http://ccgovernment.carr.org/ccg/stateatt/dvunit.htm>
Service provided: Assesses the specific needs of victims and makes appropriate referrals to local resources; explains the court process; provides trial date and bail review information; accompanies victims to court; assists in transportation to court; aids in preparation of Victim Impact Statement and related forms; provides emotional support; accompanies victims to file criminal charges; evaluates and addresses victims' safety issues, and conducts extensive case preparation. The Domestic Violence Unit specializes in domestic violence situations involving married individuals, dating violence, and similar cases. The Unit can provide wireless security alarms and cellular telephones on a temporary basis to victims of domestic violence who meet eligibility requirements. In addition, it will provide training about domestic violence and the criminal justice system, and act as speakers on these topics for civic and community groups.
- 4. Maryland Coalition Against Sexual Assault, Inc. (MCASA) 1-800-983-RAPE(7273)**
 1517 Gov. Ritchie Highway, Suite 207 **410-974-4507**
 Arnold, MD 21012
- 5. Link to Maryland Rape Recovery Centers by County:** <http://www.mcasa.org/A/3/A3.htm>

- **Enrichment Programs**

1. **YMCA: Carroll County Family Branch** **410-848-3660**
1719 Sykesville Rd.
Westminster, MD 21157
Fax: 410-876-9319
2. **Girl Scouts of Central Maryland, Inc.** **410-848-6444**
165 Main Street
Westminster, MD
3. **Kids@Carroll**
Carroll Community College, Continuing Education and Training **410-386-8100**
1601 Washington Road
Westminster, MD 21157-6944
Fax: 410-876-5869
Email: slong@carrollcc.edu
Website: <http://www.carrollcc.edu>
Services provided: enrichment programs include computer technology, science, the arts, languages and more. Call or check the Internet site for additional details. Summer!Kids@Carroll provides week-long enrichment activities during the summer months.
Fees: Out-of-county and out-of-state residents pay additional fees.
Ages Served: Serves elementary, middle, and high school age children.
4. **Job's Daughters, Bethel #31 of Westminster 410-781-6207**
International Order of Job's Daughters
5460 Hodges Road
Sykesville, MD 21784-8828
Website: <http://www.iojd.org>
Services provided: Purpose is to provide a girls' organization that teaches skills in leadership, community service, and fund raising. Other enrichment and activities scheduled throughout the year.

- **Mental Health:**

1. **Perinatal/Postpartum Depression Resources:**

- **Websites:** www.healthynewmoms.org
www.1800ppdmoms.org
www.postpartum.net
www.nimh.nih.gov
- **Carroll Hospice (Carroll Hospital Center)** **Westminster: 410-871-8000**
200 Memorial Avenue **Baltimore: 410-876-8044**
Westminster, MD 21157
Website: www.CarrollHospitalCenter.org
Services provided: bereavement and counseling for those with grief and loss; support groups for children and adolescents.
- **Center for Infant & Child Loss at UMAB** **1-800-808-SIDS (7437)**
630 W. Fayette Street Room 5-684
Baltimore, Maryland 21201
Email: caring@infantandchildloss.org
Website: <http://www.infantandchildloss.org>
- **Link to Perinatal Loss support groups in Maryland:**
http://www.infantandchildloss.org/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=44&MMN_position=39:7

- **Local Agencies/Providers:**

1. **Carroll County Youth Services Bureau**

410-848-2500 or 410-876-2500

JCK Center
332-140 Village Road Suites 1-7
Westminster, MD 21157

Email: lynndavis@ccysb.org

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

Fax: 410-876-3016

Services provided: provides outpatient mental health treatment, as well as an array of specialty programs to children, adolescents, adults, and families; **outpatient mental health services; mobile mental health services; family preservation** — home-based family therapy; parenting education programs; **separation and divorce seminars;** suicide, self-injury, and violence assessments in conjunction with the Carroll County Public Schools; **parent-teen mediation;** family intervention services with the **Department of Juvenile Services;** return/diversion services; Community Learning And Suspension Service (CLASS) program with the Carroll County Public Schools; after-school support programs at middle schools; Program for the Reduction of Incidents of Disruption in Elementary schools (PRIDE) support services; Judy Center early childhood intervention; Business and Employment Resource Center (BERC) assessments, and training site for graduate social work and counseling students.

2. **Carroll Hospital Center**

410-848-3000

200 Memorial Avenue
Westminster, MD 21157-5629

Website: <http://www.carrollhospitalcenter.org/Services/women/mater>

Services provided: outpatient, inpatient behavioral health services as well as an intensive outpatient addictions program.

3. **Family and Children's Services of Central Maryland**

410-876-1233

22 N. Court Street
Westminster, MD 21157-5110

Email: westminster@fcsmd.org

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

Services provided: GENERAL COUNSELING: Individual, couples, parent/child, and family with emphasis on the family unit. DOMESTIC VIOLENCE PROGRAM: Shelter, crisis counseling, court advocacy, and therapeutic services (including individual and group counseling) for adult and child victims of domestic violence. ABUSER INTERVENTION PROGRAM: Two phase group therapy for domestic violence offenders, and ANGER MANAGEMENT groups for non-intimate partner issues; SEXUAL ABUSE TREATMENT CENTER: Crisis intervention and therapeutic services (including individual, family, and group counseling) for children and adults who have been sexually victimized.

4. **Catoctin Counseling**

410-848-9091

63 E. Main Street, Suite 8
Westminster, MD 21157-5036

Services provided: provides counseling for substance abuse, domestic violence/anger management, mental health, families, and couples. Program length varies according to individual needs.

Fees: Accepts many insurances.

Area Served: Serves Carroll County.

5. Carroll Counseling Center **410-549-5181**

1380 Progress Way

Sykesville, MD **Mt. Airy location also: call 301-829-2242 for more info.**

Website: www.carrollcounseling.com

Services provided: individual, group and family therapy provided by licensed psychologists. Psychiatric evaluation and management for patients.

• **Mental Illness Resources**

1. NAMI (National Alliance for the Mentally Ill)—Metro Baltimore: (410) 435-2600

5210 York Road/ Baltimore, MD 21212

(410) 435-0355 (fax)

Services Provided: Advocacy and support group for family members and friends of people with mental illness. Services include peer education programs and mutual (peer-led) support groups, a help-line, active family peer support groups meet in Baltimore County and City monthly; active peer support groups for consumers of mental health services meet in Baltimore City monthly. Community Outreach and Public Education; Information Meetings and Workshops:

Website: [http://www.nami.org/MSTemplate.cfm?Section=Basics_about_NAMI-](http://www.nami.org/MSTemplate.cfm?Section=Basics_about_NAMI-Metro_Baltimore&Site=NAMI_Metropolitan_Baltimore&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=45107)

[Metro_Baltimore&Site=NAMI_Metropolitan_Baltimore&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=45107](http://www.nami.org/MSTemplate.cfm?Section=Basics_about_NAMI-Metro_Baltimore&Site=NAMI_Metropolitan_Baltimore&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=45107)

2. MD Coalition of Families for Children's Mental Health **Phone: 410.730.8267**

10632 Little Patuxent Pkwy, Suite 119

Columbia, MD 21044

Toll Free: 1.888.607.3637

Fax: 410.730.8331

Services Provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.

Web: www.mdcoalition.org

3. DRADA (Depression & Related Affective Disorders Association)

2330 W. Joppa Road, Suite 100

410-583-2919; Toll Free: 888-288-1104

Lutherville, MD 21093-4605

Website: www.drada.org

Email: drada@jhmi.edu

Services provided: provides information, education and support services to individuals, families and professionals about depression and bipolar disorder.

4. The Mental Health Association of Maryland: **1-800-572-MHAM (6426)**

700 W. 40th Street, Suite 460

Baltimore, MD 21211

410-235-1178

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

Services provided: provides education and advocacy on behalf of people with mental illness and coordinates with the following **local chapters:**

- **Metropolitan Baltimore** (serves Balto. City, Co. and Harford Counties):
410-235-1178, ext. 202
- **Howard County:** 410-995-3323

- **Lower Shore** (serves Somerset, Wicomico and Worcester Counties):
410-543-2057
- **Montgomery County:** 301-424-0656
- **Prince George's County:** 301-424-0656
- **Talbot County (serves the Eastern Shore):** 410-822-0444
- **Washington County:** 301-733-6555

5. Depression Bipolar Support Alliance, Baltimore County

410-391-0770

Essex Library Meeting Room; Support Groups: 1st and 3rd Monday

1. Call Sabitri Lisa Morris at above number or email at: Sabitrimorr@aol.com

- **Parenting Education and Support Groups**

1. **CCYSB (Carroll County Youth Services Bureau) Call 410-848-2500 or 410-876-2500**

JCK Center
332-140 Village Road Suites 1-7
Westminster, MD 21157

Services Provided: Parent Education Workshops such as ADHD, 1-2-3 Magic, Disciplining with Love, Dealing with Challenging Children, and Parenting Teenagers, Separation and Divorce are provided at the agency, in neighborhood schools, and at other locations in the community. Spring 2007 Workshops include Attention Difficulties in Children. A Co-Parenting Seminar (Separation & Divorce) is a two evening seminar that teaches parents to help their children adjust to critical changes in family life. Designed for separated, divorced, and never married parents, the Seminar emphasizes strategies for developing healthy co-parenting relationships and minimizing conflict. The seminars are scheduled on a regular basis and are taught by experienced family counselors and therapists trained and certified to teach this course. The fee for the seminar is \$100, with need-based scholarships available through the Circuit Court of Carroll County (Family Law Office).

2. **Carroll County Family Support Center**

Parent Agency Human Services Programs of Carroll County, Inc. 410-857-0629

10 Distillery Drive, 3rd Floor
Westminster, MD 21157-5021

Fax: 410-857-9202

Email: familycenter@hspinc.org

Website: <http://www.hspinc.org/Family%20Center.htm>

Services provided: provides support and education to assist parents to be self-sufficient and nurturing parents, and to promote the health and development of children ages birth to three. Programs include adult education, General Educational Development Tests (GED), computer literacy, and job readiness. Provides parent education classes and support groups, including Dads Works. Parenting and education classes are available on Wednesday evening; Dads Works and education classes are available on Thursday evening. Please call for times. Coordinates services such as general counseling, referrals, case management, and fatherhood services. Offers a child development program including care for children while parents attend programs, daily parent and child activities, and developmental screenings. Also offers peer support and recreational activities for families. In addition, provides health classes, education, and outreach. Transportation to and from the center may be available, schedule permitting.

3. **Carroll Hospital Center**

410-848-3000

200 Memorial Avenue
Westminster, MD 21157-5629

Website: <http://www.carrollhospitalcenter.org/Services/women/mater>

Purpose To prepare expectant parents and their families for childbirth.

Service Programs include Grandparenting Today for soon-to-be grandparents; I Am Special sibling preparation; In The Beginning preconception/early pregnancy; Prepared Childbirth with separate sessions for first-time parents and couples who are growing their family; Infant CPR, and the Annual Maryland Baby Shower, an educational event for expectant parents. Prenatal exercise programs are also offered.

4. **Bright Futures Teen Parent Support, Inc.**

410-635-3371

P.O. Box 966
Eldersburg, MD 21784-0966

Services provided: a ministry based program based on Christian principles, established to help teenage parents in Carroll County, Maryland complete their education and learn life skills needed to raise their children.

5. PATH: Parents at Home

410-549-2725

PO Box 951

Eldersburg, MD 21784-0951

Email: parents_at_home_cc@yahoo.com

Purpose: to help stay-at-home parents build strong, supportive communities.

Services provided: Helps members avoid isolation that often accompanies being a stay-at-home parent. Offers structured activities and playgroups.

6. The Family Tree/Parent Stress line:

1-800-243-7337

2108 N. Charles Street

Baltimore, MD 21218

Fax: 410-637-8387

Office: 410-889-2300

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

Services provided: offers a range of programs providing structured support and home based education to parents and their children; advocacy and outreach services offered free-of-charge to thousands of families. Programs include **Family Education and Support, Positive Parenting Program:** 12-week skill-building program through the development and strengthening of their own skills. **Parent Assistance in the Home (PATH):** a home-based program parenting where a Family Support Advocates assesses a family's needs and services are provided in the home for 60 to 90 minutes weekly and offers short-term, intensive intervention for up to 12 weeks.

Family Life Workshops and Groups: Workshops are currently offered in Anne Arundel, Baltimore, Howard and Prince George's counties and Baltimore City. **Neighborhood Investment programs** and Community Services programs. Included **Parents Anonymous® Groups.**

7. Parent Information and Training Center

410-751-3033, ext. 276

- **Separation/Divorce Resources:**

1. **CCYSB (Carroll County Youth Services Bureau)** **Call 410-848-2500 or 410-876-2500**
 JCK Center
 332-140 Village Road Suites 1-7
 Westminster, MD 21157

2. **Carroll County Youth Service Bureau** **410-876-2500**
Community Mediation Programs
 332-140 Village Road, JCK Center
 Westminster, Maryland 21157
Fax: 410-876-3016
Email: ccysb@carr.org
Types of Mediation: Parent/Teen, Husband/Wife, Family/Relationships, Neighbors,
 Churches, Employer/Employee, Community and Business, Landlord/Tenants, Others
Mediation Fee's: FREE

3. **Parents Without Partners, Inc., Carroll County Chapter #935** **410-876-6504**
 PO Box 282
 Westminster, MD 21158-0282
Email: mgienow@adelphia.net
Website: [http:// www.dikani.tripod.com/parentswithoutpartners935](http://www.dikani.tripod.com/parentswithoutpartners935)
Services provided: offers educational programs and support groups for single parents, including regional council conferences; social, recreational, and educational activities for adults and children; fund-raising and public speaking, and community service projects.

- **Substance Abuse/Addictions Treatment**

1. **Addictions Care and Support Parent Agency** **410-848-3000**
Carroll Hospital Center Behavioral Health Services **410-871-6964**
 200 Memorial Avenue
 Westminster, MD 21157-5726
Website: <http://www.carrollhospitalcenter.org/services/behavioral/>
Services provided: intensive outpatient program for addictions (for adults and adolescents with an addiction who do not require hospitalization), a psychiatric partial hospitalization dual diagnosis program (for those with a psychiatric or behavioral condition who also need substance abuse treatment), and a 12-hour, certified program for people charged with driving while intoxicated.
 2. **Mountain Manor Treatment Centers:**
 - Westminster Adult Outpatient Office** **410-876-2425**
 Carroll Plaza Shopping Center
 Suite 2
 Westminster, MD 21157
 - Mountain Manor -- Emmitsburg** **301-447-2361 or 1-800-537-3422**
 Adult Residential Program
 9701 Keysville Road
 Emmitsburg, MD 21727
 - Frederick Adult Outpatient Office** **301-662-1407**
 137 North Market Street, Suite 2A
 Frederick, MD 21701
 - Main Administrative Offices** **410-233-1400**
 3800 Frederick Ave.
 Baltimore MD 21229
Email: cnejus@mountainmanor.org
Services provided: Adolescent, adult, residential, outpatient, intensive outpatient, partial hospital, mental health, dual diagnosis, women and children.
 3. **Carroll County's Access to Treatment Program Coordinator:** **410-876-4410**
 This coordinator will assist local citizens and organizations in identifying alcohol and drug addiction treatment needs and services, and coordinate the delivery of publicly funded treatment in this county.
- **Link to ACCESS to Treatment Programs by County:** <http://www.ncaddmaryland.org/access.cfm>
4. **Baltimore Area Alcoholics Anonymous** **410-663-1922**
 8635 Loch Raven Boulevard, Suite 4 Baltimore, MD 21286-2309
Email: intergroup@baltimoreaa.org
Website: <http://www.baltimoreaa.org>
Maryland Website: <http://www.marylandaa.org/>
National Website: www.alcoholics-anonymous.org
Services provided: support groups and education about alcohol addictions.
 5. **Al-Anon Family Groups of MD and DC, District 3, Carroll Parent Agency** **410-857-7000**

3061 Crown Circle
Manchester, MD 21102-1824

Website: <http://www.qis.net/~alanon>

Maryland Website: <http://www.md-al-anon.org/>

E-mail: alanon@md-al-anon.org

Services provided: provides a worldwide fellowship of relatives and friends of alcoholics who share experiences, strengths, and hopes for solving common problems. Call for local support groups.

- 6. The Freestate Region of Narcotics Anonymous (NA):** **1-800-317-3222**
Maryland Website: <http://www.freestatena.org/>
National Website: <http://www.na.org/>