

Women and Children

Advocates for Homeless Families

301-662-2003

<https://www.afhf88.org/>

Transitional Housing and Families
Forward Programs

CareNet Pregnancy Center

707 N. Market St.

Frederick, MD 21701

301-662-5300

Faith House

Women and women with children
shelter and program.

301-695-6633 ext. 230

Apply online or in person at the
Frederick Rescue Mission

419 W. South St.

Frederick, MD 21701

Heartly House

Services for victims and survivors
of domestic violence, human
trafficking, sexual assault and child
abuse. Provide shelter, counseling
and legal assistance.

24-hour hotline: 301-662-8800

Office: 301-418-6610

Catherine's Cottage-Salvation Army

Assistance in labor or sex trafficking.

443-683-2955

Additional Resources

24-hour helpline

Call 211 and/or visit 211md.org

Community resources and referrals to
receive a variety of assistance

MD Crisis Hotline

1-800-422-009

Legal Aid Bureau of Frederick

22 S. Market St. Suite 11

Frederick, MD 21701

301-694-7414

Department of Social Services

1888 N. Market Street

Frederick, Maryland 21701

301-600-4555

Housing & Utilities

MD Energy Assistance

800-332-6347

St. Vincent De Paul

Providing emergency needs and
financial assistance with housing.

112 E. Second St.

Frederick, MD 21701

301-662-4676

Religious Coalition

Emergency Shelter

27 Degrange St.

Frederick, MD 21701

240-446-9649

Frederick Local Services Guide



Changing lives for now and eternity

Meals Available

BREAKFAST

7:00-8:00am

LUNCH: MON-SAT

Noon-1:30pm

LUNCH: SUNDAY

1:00-2:00pm

419 West South Street
Frederick, MD 21701

P.O. Box 3389

Phone: 301-695-6633

Fax: 301-695-6637

<https://www.therescuemission.org/>

Food

Frederick Rescue Mission

Groceries Tues-Wed 1:30-3:30 pm
Thursday 2:00-6:00 pm

Meals 365 days a year

Breakfast 7:00-8:00 am

Lunch Mon-Sat noon- 1:30 pm

Sun 1:00-2:00 pm

419 W. South Street
Frederick, MD 21701
301-695-6633

Community Action, Soup Kitchen

Dinner 5:30pm-6:30pm

100 S. Market St.

Frederick, MD 21701

301-600-1506

For other food distribution please
visit the site below and use the food
map.

[Food Distribution Public WebApp
\(arcgis.com\)](http://arcgis.com)

Clothing

Frederick Rescue Mission

Appointments Tues, Wed, Thurs from
1:30-3:30pm. Please visit Clothing
Program (therescuemission.org) or
visit the front desk for an
appointment.

For emergency clothing needs
please call 301-695-6633 ext. 202

Health

Sheppard Pratt- Behavioral Health Partners

<https://www.sheppardpratt.org/>

219 W. Patrick St. Suite A

Frederick, MD 21701

Phone: 301-662-3223

Mental Health Association of Frederick County

226 South Jefferson Street,

Frederick, MD 21701

Phone: 301-663-0011

Fax: 301-663-5738

mha@fcmha.org

Community Action Agency

Clinic hours Monday-Friday

100 S. Market St.

Frederick, MD 21701

301-600-1506

Frederick County Health Dept.

350 Montevue Lane

Frederick, MD 21702

301-600-1029

Frederick County Senior Services Division

1440 Taney Avenue

Frederick, MD 21702

301-600-1605

Recovery

Wells Houses of Frederick & Hagerstown (Gale House and Olson House)

Safe home & recovery program

Business office M-F 8am-4pm

Frederick: 301-662-7003

On Our Own of Frederick County, Inc.

331 West Patrick Street

Frederick, MD 21701

onourownfrederick@gmail.com

M-F 10A-4P

Frederick Rescue Mission- Changed Life Recovery Program

Mens Recovery Program

Call for details, apply within the
Mission or online

419 W. South Street

Frederick, MD 21701

301-695-6633

Crossroads Center of Frederick

511 W. South St.

Frederick, MD 21701

301-696-1950

Mountain Manor

9701 Keysville Rd.

Emmitsburg, MD 21727

301-447-2360