

Student Resources List



Legal Assistance

Maryland Center for Legal Assistance:

Offers free legal help in a wide range of civil and legal matters, including landlord-tenant, debt collection and credit card cases, child support, and criminal record expungements to remove barriers to obtaining housing, employment, and child custody.

- Walk-ins only Monday-Friday 8:30am to 4:30pm.
- Location: Frederick County Courthouse, 100 W. Patrick Street, Frederick, MD 21701

Looking for a job?

Frederick County workforce
Frederickworks.com



Health

Adventist HealthCare- The Laurie Center for Children's Social and Emotional

Rockville, MD contact: Julia Wessel

- In person openings for therapy for children 0-10 years old whose primary insurance is MD Medicaid. They have little no waitlists.
- Phone: Parents/caregivers can call the intake line (bilingual) at 301-761-2770



Hand in Hand:

Supporting all families right at the start

- Beginning in January 2023, all families who deliver at Frederick Health Hospital and are Frederick County Residents will receive a visit at home from a registered nurse for health checks and personalized resources, at no cost. Ask your provider for more information.

Need Help?

Dial 2-1-1 for Health & Human Services Resources

- 24 HOURS A DAY, 7 days a week, in over 180 languages
- The Mobile Crisis Program provides intensive crisis intervention to Frederick County residents in crisis for whom there are mental health concerns. Program personnel are available to conduct face-to-face assessments and interventions 5 days a week, Monday through Friday and to provide referrals with follow-up services to ensure that individuals relate to appropriate service providers and community resources.

Healthcare Resource Guide

<https://health.frederickcountymd.gov/173/Resources>

Food Assistance

- **Community Table:** Provides an evening meal seven days a week from 5:30-6:30pm at 100 S. Market Street, Frederick, MD 21701. Phone number: (301)600-1506
- **Frederick foodbank:** The George L. Shields Foodbank is open Monday, Tuesday, Thursday, and Friday from 2:00pm-4:00pm and offers evening hours on Mondays and Wednesdays from 6:00 pm-8:00pm. Where? [14 E All Saints St, Frederick, Frederick, MD 21701](#)

Housing Assistance

Frederick Housing and Human Services

- Monday - Friday 8:30am to 5:00pm
- 100 South Market Street
- Frederick MD 21701
- 301-600-1506



They provide medical/behavior health services, housing, sheltering, and programs to supply food.

Need help with heating and electric bills?

Apply today for help with your heating and electric costs.

For information call toll free 1-800-332-6347 or visit our website at dhs.maryland.gov/energy

Resources for Homelessness

<https://www.cityoffrederickmd.gov/DocumentCenter/View/12031/Resources-for-Homeless>

Transportation

TransIT | Frederick County MD - Official Website



Family Partnership

Family Partnership of Frederick provides the following services:

- Please visit their website for more information: [Family Partnership | Frederick County MD - Official Website](#). GED classes, Parenting classes, and employment and workplace help (In their computer lab) with staff there to assist in resumes, mock interviews, how to apply to a job.

*All these services are free; they provide transportation and childcare!

Not sure where to start? Contact Us

**Adult Basic Education Office, Conference Center; Rm E102,
240.629.7962**

ESL@frederick.edu to schedule a meeting to get advice on where to begin.