**General Resources (Many more available)**

**I am not advocating any of these resources. They were passed along to me and described as very helpful. ~Siobhán Powers**

**www.211.org**

**First Call for Help/United Way of Central Maryland**:

*General Resource Line* 410 685-0525, 1 800 492-0618

**www.alltherapists.org**

**www.Behaviordoctor.org**

**www.Commonsense.org**

**www.Healthychildren.org**

**ADHD**

*CHADD* [www.chadd-mc.org](http://www.chadd-mc.org)

[www.cheasapeakeadd.com](http://www.cheasapeakeadd.com)

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

Dr. Theresa Scott: Emotion Regulation Groups 717 965-1952, [www.drtheresascott.com](http://www.drtheresascott.com)

**Adoption**

Adoptions Together Catonsville, Md. 410 869-0620 [www.adoptionstogether.org](http://www.adoptionstogether.org).

CASE: Center for Adoption Support and Education Main office in PG County 301 476-8525

Marcie Lovell in Columbia, Md. 410 227-5059 Adoption expert.

-Bamboo Sprouts: Johns Hopkins Asian Cultural Mentoring

<https://myasiankiddc.wordpress.com/2016/08/22/asian-cultural>...

- Families Connected specializes in services for families impacted by adoption - they do family and individual work.

http://www.families-connected.com/

**Alcoholism**

Book: My Dad Loves Me, My Dad Has a Disease

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

Book: Sunny Side Up by Jennifer L. Hold and Matthew Holm

This book can be graphic so it is best for 4th to 12th grade.

**Autistic Society** 410 655-7933

[www.bcc-asa.org](http://www.bcc-asa.org)

[www.familynetworks.org/support.cfm](http://www.familynetworks.org/support.cfm)

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

**Cancer Support**

*American Cancer Society*

*Cancercare.org/tagged/children*

*Hopewellcancersupport.org*

**Child Abuse**

*Baltimore Child Abuse Center* (Free): 410-396-6147 Intake person is Ruby Nelson. They are located at 2300 N. Charles St.

*Child Protective Services* City: 410 361-2235, County: 410 853-3000

*Dundalk Youth Services*: 410 288-4356

*Family and Children’s Services* (see under Counseling) 410 281-1334

*Kelly Vahey*: Mt. Washington Area 410 494-0085

*Kennedy Kreiger STAR Program*: Biddle Street 443 923-5900

*Paula Scheye*: White Marsh 410 529-2152

*St. Vincent’s* on Dulaney Valley Rd. The intake person is Linda Lurz at 410 252-4700, ext. 262. They have specialized counselors, but because they are funded through Catholic Charities, they only people on Medicaid.

*Turn Around* (Many hospitals refer to this organization.) 410 377-8111. They have 3 locations. Sliding scale fee, type of insurance does not matter.

Anchored Hope 410.972.4529. They are in Annapolis. Therapists are trauma trained, used to be at Kennedy Krieger, and work with families and little ones. Annapolis isn’t too far from Glen Burnie/Pasadena.

**Child Care**

*Child Care Locator:* 410 625-1111 (Balt Co. 410 288-5600)

**Counseling/Support Groups**

*Choice*: intense life mentoring. Must be referred by the Dept. of Juvenile Services, the school nurse or the school counselor.

410 354-3311, 1 888 277-4594

*Collaborative Counseling Center:* 443 546-4000 Columbia, Md. Extensive services including psycho-educational testing and social skills groups.

*Family and Children’s Services*: 410-366-8145 They have a child psychologist on Monday and Wednesday evenings from 5:30 to 9:30.

*Family Navigator of Catholic Charities* [www.catholiccharities-md.org](http://www.catholiccharities-md.org) Family navigator

*First Step Youth and Family Services*, multiple service agency, children ages 7 to 21. (Counseling, employment training.) 410 628-6120

[www.freedomthroughtherapy.com](http://www.freedomthroughtherapy.com) Joanne Vizzini in Columbia

*Fresh Start*, for ages 16 to 20 yr. drop outs. Employment and academic

 training, life skills, career development, GED. 410 685-0295.

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

*Institute for Life Enrichment*, multi-service on Loch Raven Blvd.

 410 532-3848

*Judith Ritchey Youth Center*: (Bel Air Rd.) 410-529-3500

*Md. Public Mental Health* 1 800 888-1965

*Universal Counseling* : (Balt. Mental Health) 4100 752-5525

**Crisis (Mental Health)**

*Baltimore Crisis Response* 410 752-2272

*Grassroots* 410 531-6677, adults

*Youth Crisis Hotline* 1 800 422- 0009, up to 21 yrs.

**Cyberspace**

*Cyber Tip Line* 1 800 843-5678

**Death**

Rainbows (all losses) 1 888 610-9804

**Divorce**

*Kidsake*, support for parents and children facing divorce. 410 377-7232

*Rainbows* (all losses) 1 888 610-9804

[*http://faithjourneys.org/pages/Books\_Divorce.pdf*](http://faithjourneys.org/pages/Books_Divorce.pdf)

*National Family Resiliency Center* support for children and parents. Columbia <http://nfrchelp.org>

**Domestic Violence**

*Baltimore City Domestic Violence Program*: 410-889-7884

*Family Crisis Center of Baltimore*: Domestic Violence 410 828-6390

 30 Day Shelter 410 285-7496

*House of Ruth* 410 889-Ruth

*Md. Network Against Domestic Violence*: 1-800-634-3577

**Eating Disorders**

*Md. Association for Anorexia/Bulimia* 410 938-3199

 (Sheppard Pratt tape)

*Renfrew Center* [www.renfrewcenter.com](http://www.renfrewcenter.com) 443 813 1236 1122 Kenilworth Dr. Suite 105 Towson, Md. 21204

**Educational Testing (free from County and City schools)** Child Find 410 887-3017

**Emotional Regulation**

Dr. Theresa Scott Lutherville (717) 965-1952

**Employment**

*Career Center Network, Job Seeker Services* 410 396-3009

*Displaced Homemakers*: Balt. Co. 410 780-6846

 Harford Co. 410 879-9627

*Self Sufficient Employment Agency* 410 285-4674

*Single Parent Job Hunt* 410 285-9808

 **Financial Help**

*BGE Assistance*: 1-800-352-1466, 1-866-634-8463

*Baltimore City Shelter Intake Line* 410 433-8145, 1 888 817-4358

*Dental: Kidsmiles 443 957-1602 443 957-1615*

*Dental: Small Smiles 410 254-5437*

*Dept. of Social Services*: City 443 423-6300 County 410 853-3000

*Medicaid* 410 767-5800

*Md. Children’s Health Insurance Program* 410 649-0512

*Prescription Help* 1 888 477-2669

*Prescription Medbank* 410 821-9262

*Rental Allowance Program* 443 984-2222

Vision: Vision USA 1 800 766-4466

*Vision: Sight for Students* 1 888 290-4964 (same name.org)

*Vision: New Eyes for the Needy* 1 973 376-4903 (same name.org)

**Grandparents**

*Grandparent Family Connections*: Contact person Collette Eaton.

410 706-3672 This organization provides resources for grandparents who find themselves in the caretaking role.

**Grief**

*Center for Infant and Child Loss* 410 706-5062

*Compassionate Friends* 410 321-7053

*Phoenix Bereavement Group* 443 849-2961

*Rainbows*, all painful transitions….death, divorce 1 888 610-9804

*Seasons, Suicide Bereavement* 410 803-2098

Stella Maris, also for Kids 410 252-4500 ext 7291

*What’s Your Grief* [www.whatsyourgrief.com](http://www.whatsyourgrief.com) and http://whatsyourgrief.com/store/.

**Kid Help**

*Kidline*, homework help and conversation for kids home alone. 410 727-5397 M-F 1 P to 6 P. Summer 10 A to 6 P

**Legal Help**

*Free Legal Help*: 410-547-6537

*Family Law Hot Line*: 1-800-845-8550, 410-321-8761 9:30 P– 4:30 P

*Legal Aid:* 410 539-5340 No criminal work.

*Pro Bono Resources of Central Md.:* 410 837-9379No criminal work.

**Literacy**

*Adult Literacy Program* 410 889-7927

**Mediators**

*Family Mediators*  1 800 292-4236

**Mental Health (Many other resources available.)**

*Affective (Mood) Disorders* 1 800 515-0044, 410 879-7566

*Families Involved Together*, for children with emotional disturbances, 1:1 peer support 410 235-5222

*Md. Public Mental Health*: 1-800-888-1965

*National Alliance for the Mentally Ill*, also have support groups 410 435-2600, 410 467-7100 $30 member fee.

*Universal Counseling*: (Balt. Mental Health) 410-752-5525

**Occupational Therapists**

*Holly Nelson* 410 882-1345 [www.hollynelsonpediatricot.com](http://www.hollynelsonpediatricot.com)

*Kennedy Krieger*: 443-923-7508

*Learning and Therapy Corner*: 410-583-5765

*Village Child Assessment*: 410-779-1287

**Organizational/Executive Functioning and Study Skills**

Julie Beirman, 443-326-1359

Beth Eckert, 410-549-3001

Rosemary Hanley, 410-561-0226

Holly Millman, 410-960-6780, http://www.hollymillman.com

Alissa Sheinbach, 410-772-8730

Sue Surrell 410 484-2556 (study skills/organization)

Fran Bowman, http://www.bowmaneducationalservices.com/

Ellen Kaplan, www.mythrive.net

Eve Wright, Wright Academic Team, 685 Kenilworth Drive , Suite 203, Towson 21204. Phone: 410-218-2104 or email: wrightacadteam @gmail.com, wrightacademics.com

Garth Gerstenblith, gblith@comcast.net, 410-561-02831.

The Highlands School in Bel Air, Harford County, provides tutoring for ages 5 – adult in language arts and math. Our tutors are trained in Orton-Gillingham.

The Highlands School also provides tutoring in executive functions. Our expert in this area is Paula Moraine, author of the book, “Helping Students Take Control of Everyday Executive Functions---The Attention Fix”. Tutoring takes place in our building after school, evenings, and Saturday.

Paula Moraine 410 530-7081 2021 A Emmorton Rd. Suite 210 Bel Air, Md. 21015 pmoraine@outlook.com.

**Parenting**

*Because I Love You* (formerly Tough Love) 310 659-5289,

818 882-4881 www.becauseiloveyou.org

*Family Stress Line* 1 800 243-7337, Support Groups 410 889-2300

*Freeing Your Child From Negative Thinking* by Tamar Chansky

*Safe Haven* to drop off newborns 1-888 510-BABY

**Physical Health**

*Lead Poisoning* 410 534-6447

*Md. Children’s Health Program: 410-649-0512*

*Nutritionist:* Rebecca Bitzer & Associates Greenbelt [www.rbitzer.com](http://www.rbitzer.com)

301 474-2499

*Poison Control* 410 706-7701, 1 800 492-2414

*Wellness Community* (free) 410 832-2719

**Social Skills Groups**

Band, Eve- Does well with social skills affected by ADHD

Finkelstein, Susan- is with Sack and Karlan. Co-ed, younger children. 410 486-6001

Grados, Judy Johnson- 443 803-0288 Middle school.

Learning and Therapy Corner- [www.TLC.com](http://www.tlc.com)

Loyola Clinical Centers- 410-617 1200 Belvedere Square 5911 York Rd. Baltimore, Md. 21212

**Spanish Translations**

*Centro de la Communidad* 410 674-8906 M-F

**Step-Families**

*Step Family Association of America* 410 529-7176, or

 Nationally 1 800 735-0329 M-F

**Substance Abuse ( Many more resources available.)**

*Addict Referral* 410 366-1717

*Adult Children of Alcoholics* 410 668-9041

*Al-Anon* 410 823-7094, 410 663-1922

*Baltimore Co. Health Dept: Substance Abuse Division* 410 887-3828

*Community Institute of Behavioral Sciences* 410 383-4900

*Dr. Lawrence Fishel* *fwl@verizon.net* *410 583-2222: Adolescents and substance abuse Towson*

*Junction, Inc.* 410 876-1788 Out-patient for users and their families, do urinalysis. Sliding scale.

*Mountain Manor* (hosts AA and NA meetings) 410 828-3262

*Nar-Anon* 1 800 477-6291

*Narcotics Anonymous* 1 800 317-3222, 410 566-4022

*Anthony Parente MA, LCPC* *aparente@loyola.edu* *410 617-5385: Adolescents and substance abuse*

*Sheppard Pratt Out-Patient 410 938-3000 Main number but they will direct you to the deartment.*

*Treatment.rehab4addicts.com/*

You may need to call quite a few of these places and ask questions until you find one that serves your need. Even if the user doesn’t attend, the family who attend may find help on how to deal with the person using. Some places may ask about insurance, so you may want to have that information in advance.