

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 General Help Line

First Call for Help/United Way of Central Maryland:

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

[Psychology Today: Local Therapists](#)

Findatherapist.com

[The Behavior Savior](#)

[Common Sense: Helping Kids Thrive in a World of Technology and Media](#)

[Healthy Children](#)

ADHD

CHADD www.chadd-mc.org

www.cheasapeakeadd.com

www.pathfinders.org

Dr. Theresa Scott: Emotion Regulation Groups 717 965-1952,
www.drtheresascott.com

Adoption

Adoptions Together Catonsville, Md. 410 869-0620
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

[Bamboo Sprouts](#)

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

[Families Connected](#)

Substance Addiction and Abuse

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

Drug Free World

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.

SAMHSA (Substance Abuse and Mental Health Services Administration)
Their helpline is 24/7. 1 800 662 HELP (4357) Treatment referral for
substance abuse.

Al-Anon Family Groups www.al-anon.org Towson, Md. 410 832-7094

Autistic Society 410 655-7933

[Pathfinders](#)

[Autism Speaks](#)

Cancer Support

[American Cancer Society in Maryland](#)

[Cancer Care Support](#)

[Hopewell Cancer Support](#)

Child Abuse

Baltimore Child Abuse Center (Free): 410-396-6147 They are located at 2300 N. Charles St. [Baltimore Child Abuse Center](#)

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

Kennedy Krieger STAR Program: Biddle Street 443 923-5900

St. Vincent's on Dulaney Valley Rd. 410 252-4700. They have specialized counselors, but because they are funded through Catholic Charities, they only take 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.

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

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 Family navigator

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

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.

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

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 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:

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 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.: 410 837-9379 No 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

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

301 474-2499

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

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

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

Spanish Translations

Centro de la Comunidad 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 department.

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.

Suicide

American Foundation for Suicide Prevention www.afsp.org. . Kathrin Olbrich is the Delaware/Maryland Area Director and she is wonderful.

Ed Lally Foundation www.edlallyfoundation.org

Support groups www.sosbaltimore.org