

# How Can We Help You?

An Overview of Resources in Carroll County



## **General Needs:**

### **FindHelp**

- **WEBSITE:** <https://www.findhelp.org/>

## **Food Resources:**

“For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me...”

Matthew 25:35

### **Westminster Rescue Mission**

- **CALL:** 410-848-2222 ext. 146 Mon. – Fri. (9am - 4pm)
- **TEXT:** 410-382-9192
- **EMAIL:** WRMFoodProgram@WestminsterRescueMission.org
- **WEBSITE:** [WestminsterRescueMission.org](http://WestminsterRescueMission.org)
- **RESOURCE HANDOUT:**



- **ADDRESS:** 658 Lucabaugh Mill Rd, Westminster, MD 21157

### **Supplemental Nutrition Assistance Program (SNAP)**

- **CALL:** 800-332-6347 (SNAP) or 800-997-2222 (EBT)
- **ADDRESS:** 1232 Tech Court, Westminster, Maryland 21157

## **Meals on Wheels of Central Maryland, Carroll County Branch**

- **CALL:** 410-857-4447
- **EMAIL:** [carroll@mowcm.org](mailto:carroll@mowcm.org)
- **WEBSITE:** [mealsonwheelsmd.org](http://mealsonwheelsmd.org)
- **ADDRESS:** 255 Clifton Boulevard, Suite 312, Westminster, MD 21157

## **Food Distribution / Soup Kitchens / Pantries / Meals (By Day-of-Week)**

### **SUNDAYS**

- Westminster - On Our Own 9 - 3PM

### **MONDAYS**

- Westminster - Brass Hat @ Salvation Army 9 - 12PM and from 1-3PM
- Hampstead - NESAP 9 - 2PM
- Westminster - On Our Own 9 - 3PM
- Sykesville & Eldersburg - Wesley Freedom UMC - Community Table 12PM (MEAL SERVED)
- Westminster - Loaves & Fishes 12:15 - 1:15PM (MEAL SERVED)
- Westminster - YMCA - 3 - 6PM
- Westminster - Brass Hat @ Salvation Army 4:30 - 6:30PM (MEAL SERVED)
- Union Bridge - St. James 5 - 6PM

### **TUESDAYS**

- Westminster - Brass Hat @ Salvation Army 9 - 12PM
- Hampstead - NESAP 9 - 2PM
- Westminster - On Our Own 9 - 3PM
- Westminster - CCFS 10 - 11:15AM
- Mt. Airy Net 10 - 2PM
- Taneytown - Brian Safe Haven 12 - 3PM
- Westminster - Table of Grace 12-1PM
- Westminster - CCFS 1 - 2:15PM
- Westminster - Brass Hat @ Salvation Army 1 - 3PM
- Westminster - Brass Hat @ Salvation Army 4:30 - 6:30PM (MEAL SERVED)

## WEDNESDAYS

- Westminster - Brass Hat @ Salvation Army 9 - 12PM
- Hampstead - NESAP 9 - 2PM
- Westminster - On Our Own 9 - 3PM
- Westminster - CCFS 10 - 11:15AM
- Sky. & Eld. - CCFS 10 - 12PM
- Mt. Airy Net 10 - 2PM
- Westminster - St John's Soup Kitchen (Doors Open @ 11:30) 12PM (MEAL SERVED)
- Westminster - Sharing Hope @ Freedom Church 12 - 1PM
- Westminster - Brass Hat @ Salvation Army 1 - 3PM
- Westminster - CCFS 1 - 2:15PM
- Westminster - Helping Hands @ MBC 3:30 - 6PM
- Hampstead - WRM Distro (1st Wed) 3:45PM
- Sykesville & Eldersburg - WRM Distro (4th Wed) 3:45PM
- Taneytown - United Way (2nd Wed) 3:45PM
- Union Bridge - United Way (3rd Wed) 3:45PM
- Westminster - Brass Hat @ Salvation Army 4:30 - 6:30PM (MEAL SERVED)
- Silver Run Community FP (1st & 3rd) 5 - 6PM
- New Windsor - St. Paul's 5:30 - 6:15PM

## THURSDAYS

- Taneytown - Carpenters Table 9 - 11:15AM (MEAL SERVED)
- Westminster - Brass Hat @ Salvation Army 9 - 12PM
- Westminster - On Our Own 9 - 3PM
- Taneytown - CCFS Trinity 9:30 - 11:15AM
- Westminster - CCFS 10 - 11:15AM
- Mt. Airy Net 10 - 2PM
- Sykesville & Eldersburg - Wesley Freedom UMC - Community Table 12PM (MEAL SERVED)
- Taneytown - Brian Safe Haven 12 - 3PM
- Westminster - St. Paul's UCC 12 - 1PM (MEAL SERVED)
- Westminster - CCFS 1 - 2:15PM
- Sykesville & Eldersburg - Elders Baptist (every other Thurs.) 4:30 - 6PM
- Finksburg - WRM Outreach (3rd Thurs) 5PM

- Westminster - Ardent Folk @ GLC 6 - 7PM (MEAL SERVED)
- Westminster - Crossroads Community Center 6:30 - 7:30PM

#### **FRIDAYS**

- Westminster - Brass Hat @ SA 9 - 12PM
- Westminster - On Our Own 9 - 3PM
- Westminster - Westminster Rescue Mission (TEFAP Only) (1st & 3rd Fri) 10-11AM
- Sykesville & Eldersburg - Wesley Freedom UMC - Community Table 12PM (MEAL SERVED)
- Westminster - Shepard's Table @ WUMC 12:15 - 1:15PM (MEAL SERVED)
- Westminster - Deeds of Faith @ Crosswinds (Every other Fri) 3PM
- Union Bridge - Elmer Wolfe - 4:30 - 5:30PM

#### **SATURDAYS**

- Lineboro - Helping Hands (3rd Sat) 8 - 10AM
- Sykesville & Eldersburg - SCFP @ Wesley (4th Sat) 8:30 - 11:30AM
- Sky. & Eld. - Rock of Help (3rd Sat) 9 - 11AM
- Woodbine - Morgan Chapel UMC (2nd, 4th, & 5th Sat food pantry + 2nd Sat only for pet pantry) 9 - 11am
- Westminster - CCFS 9 - 11:15AM
- Union Bridge - A Little Love/UBC (3rd Sat) 9:30AM
- Westminster - YMCA - 10 - 1PM
- Sky. & Eld. - St. Paul's (2nd & 4th Sat) 11-12PM
- Westminster - Westminster Church of the Brethren 12PM (MEAL SERVED)
- Westminster -Sharing Hope @ Freedom Church 1 - 2PM

## **Clothing Resources:**

“But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you...”

Matthew 6:30

### **Goodwill Industries of Monocacy Valley, Inc.**

Call: 301-662-0622

Email: [customercare@gimv.org](mailto:customercare@gimv.org)

Website: [gimv.org](http://gimv.org)

### **James Thrift Shop**

Address: St. James Episcopal Church 234 S. Main Street, Mount Airy, MD 21771

Call: 301-829-0314

Email: [thriftshop@stjamesmtairy.org](mailto:thriftshop@stjamesmtairy.org)

Website: [stjamesmtairy.org](http://stjamesmtairy.org)

### **Mount Airy Net**

403 S. Main Street, Mount Airy, MD 21771 (Located inside Calvary United Methodist Church)

Call: 301-829-0472 (Leave voicemail message for service)

Website: <https://www.mtairynet.org/>

### **NESAP (North East Social Action Program) Thrift Store and Community Assistance Program**

Address: 1046 S. Carroll Street, Hampstead, MD 21074

Call: 410-239-6216

[nesapinc@gmail.com](mailto:nesapinc@gmail.com)

[nesapinc.org](http://nesapinc.org)

## **Shepherd's Staff**

Address: 30 Carroll Street, Westminster, MD 21157-4831

Call: 410-857-5944

Email: [shepstaff@comcast.net](mailto:shepstaff@comcast.net)

Website: [shepstaff.org](http://shepstaff.org)

## **Carroll Community College Resource Database:**



## **Housing Resources:**

“For you have been a stronghold to the poor, a stronghold to the needy in his distress, a shelter from the storm and a shade from the heat; for the breath of the ruthless is like a storm against a wall, like heat in a dry place.”

Isaiah 25:4

### **Human Services Programs of Carroll County**

- **CALL:** 410-857-2999 or 410-386-6623
- **WEBSITE:** <https://hspinc.org/housing/>
- **ADDRESS:** 10 Distillery Drive Westminster, MD 21157

### **Carroll County Government: Housing & Community Development**

- **CALL:** 410-386-2400
- **WEBSITE:**



- **ADDRESS:** 225 North Center Street Westminster, MD 21157

### **Home Energy Assistance:**

- **CALL:** 410-857-2999
- **WEBSITE:** <https://hspinc.org/homeenergy/>

### **Night by Night Shelter:**

- **CALL:** 410-386-6679
- **ADDRESS:** 127 Stoner Avenue Westminster, MD 21157



## **Westminster Housing Choice Voucher Program:**

410-848-2261

<https://www.westminstermd.gov/137/Housing-Services>

## **Income-based Rentals:**

<https://www.carrollcountymd.gov/media/13815/income-based-units.pdf>

## **Extreme Weather Relief Shelters:**

<https://health.maryland.gov/carroll/Pages/Relief-Centers.aspx>

## **Shelter Services:**

(410) 386-6623

<https://hspinc.org/shelter/>

## **Habitat for Humanity:**

<https://cchabitat.org/>

## **Habitat for Humanity Homeowners Program:**

<https://cchabitat.org/homeownership-program/>

## **Infant & Baby Resources:**

**CCPS Infants and Toddlers Resource/Guide:**



**Pregnancy Support Center of Carroll County**

- **CALL:** 410-871-4673
- **EMAIL:** [service@carrollpregnancy.org](mailto:service@carrollpregnancy.org)
- **ADDRESS:** 95 Carroll St. Suite 101 Westminster, MD 21157

## **Behavioral Health Resources:**

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7

**Call 988**

**Carroll County Health Department:**



<https://health.maryland.gov/carroll/Pages/Behavioral-Health.aspx>

410-876-4449

**Suicide:**

Sources of Strength: <https://sourcesofstrength>



## **Domestic Violence:**

National Hotline: 800-799-7233

Carroll County Hotline: 410-828-6390 or 443-865-8031

Springboard: <https://springboardmd.org/case-management/domestic-violence/>  
or 410-669-9000

## **Rape Crisis/Sexual Assault**

Care Healing Center: <https://carehealingcenter.org/> or 410-857-0900

24 hour hotline: 410-857-7322

## **Veterans Services:**

<https://www.carrollcountymd.gov/carrollveterans>

410-386-3800

[Carroll County Veterans Independence Project](#)

## **Addiction & Recovery:**

Soberlivin: <https://www.soberlivin.org/>

AA 24/7 hotline: 410-663-1922

NA 24/7 hotline: 1-800-543-4670

Gamblers Anonymous: 888-GA-HELPS (888-424-3577)

Sex Addicts Anonymous: <https://saa-recovery.org/meetings/>

Overeaters Anonymous: <https://oabaltimore.org/> or 443-475-0443

## **Divorce Support:**

**Divorce Care:** Find a group: <https://www.divorcecare.org/findagroup?ngw=25>

## **Grief Support:**

**Griefshare:** Find a group: <https://www.griefshare.org/>

Grief Support for loss due to overdose:

<https://grasphelp.org/community/meetings/united-states-chapters/maryland/>

Our Healing Hearts zoom meeting:

[https://mdcoalition.org/wp-content/uploads/Our-Healing-Hearts\\_OnlineSupptGrp\\_Statewide-1.pdf](https://mdcoalition.org/wp-content/uploads/Our-Healing-Hearts_OnlineSupptGrp_Statewide-1.pdf)

**Crisis Intervention Team:**

- **CALL:** 911 and request a CIT trained officer
- **WEBSITE:** <https://health.maryland.gov/carroll/Pages/CIT.aspx>