

# Links To Helpful Resources in the Frederick Community



- **Legal Aide Bureau, Inc.**  
Provides low-income residence assistance with legal representation  
<http://www.mdlab.org/About%20Us>

- **2-1-1 Maryland**  
Connects callers to the health and human services they need in their community. Statewide service. Available 24 hours a day, 7 days a week in over 150 different languages.



- **Maryland Volunteer Lawyers Service**  
Provides low-income Marylanders with legal help and representation  
<http://www.mvlslaw.org/>
- **Frederick County Department of Social Services**  
Provides financial assistance through food stamps, temporary cash assistance (TCA), childcare subsidy, establishment and enforcement of child support orders, medical assistance, and energy assistance. The agency also investigates allegations of abuse and/or neglect of vulnerable children and adults. Eligibility for most programs is based on income and household size. For more information call (301) 600-4555  
<http://www.fcdss.info/>
- **The Religious Coalition for Emergency Human Needs**  
Provides assistance with food bank information, rental assistance, help with utility bills, health and dental care, and prescription help.  
<http://www.thereligiouscoalition.org/>
- **Frederick Community Action**  
Provides food, shelter, health care, case management, prescription assistance and other forms of assistance to families and individuals that are low-income or homeless.  
<http://www.cityoffrederick.com/Index.aspx?NID=183>
- **Frederick County Public Schools Student Support Services/CASS**  
Collaboration of outreach services for Frederick County students and their families  
<http://apps.fcps.org/content/studentsupport.cfm>

- **CDI Head Start of Frederick County**

A comprehensive preschool program that provides education, health and social services to preschoolers and their families. For more information call or visit the main office at 401 Sagner Avenue Frederick, MD 21701 (301) 600-1024