TALBOT COUNTY GUIDE TO RESOURCES

Support For Reintegration of Ex-Offenders &
Relocation In
Recovery

Talbot County Health Department
Addictions Program



The following resource guide is not all inclusive and is brought to you by the Talbot County Health Department-Addictions Program as a means to assist with reintegration, relocation or displacement, and navigating different service areas within the community.

The mission of the Talbot County Addictions Program (TCAP) is to provide the finest quality, most caring and complete recovery support services to adults and families. We aspire to improve the quality of life for our clients and our community by reducing problems associated with drugs and alcohol.

Available online at: www.talbothealth.org

TABLE OF CONTENTS

Local Assessment and Outpatient Treatment Programs	2
Mental Health	3
Physical Health & Dental	5
Urgent Care Clinics	6
Local Hospitals & Pharmacies	7
Prescription Disposal	8
Spiritual Health/Self-Help and Recovery	8
Recovery and Wellness Centers	9
Online Self-Help & Community Networks	10
Fitness, Meditation & Yoga	11
Local Departments, Agencies & Housing Resources	12
Career Services, Education & Training	14
Transportation	16
Food, Shopping & Recreation	17
Legal Aid, Consumer Rights & Services	28
Limited English & Multicultural Services	30
Finance	31
Tattoo Cover/Removal	32
Reentry Resources & Support	33
Violence Prevention	33
Crisis Services & Helplines	34
Domestic Violence Support Services	34
Additional Helplines	35
Family Support Services	37
Literature/Subscriptions	38
Additional Resources	39

Local Assessment and Outpatient Treatment Programs (Substance Abuse/Co-Occurring):

Eastern Shore Psychological Services

Substance Abuse and Mental Health Services 29520 Canvasback Drive, Easton, MD 21601 410-822-5007

Corsica River Mental Health Services

Substance Abuse and Mental Health Services Vivitrol for Opiate Addiction 300 Talbot Street, Easton, MD 21601 933 S. Talbot St, St. Michaels, MD 21663 410-758-2211 410-745-8028

Shore Behavioral Health Services

Substance Abuse and Mental Health Services Vivitrol for Opiate Addiction 219 S. Washington St, Easton, MD 21601 410-822-1000 ext 5452

8737 Brooks Drive, Suite 108, Easton, MD 21601 800-867-2395

Medication assisted treatment for Opiate Addiction 402 Marvel Court, Easton, MD 21601 410-822-7150

BNJ Health Services

Medication assisted treatment for Opiate Addiction 505 Dutchmans Lane B2, Easton, MD 21601 410-763-9040



**If you DO NOT have insurance, go to mdhealthconnection.gov to create an account and apply online and get insurance. Two work stations are available to enroll for insurance on the website at the Talbot County Health Department. For one-to-one enrollment assistance, call 410-819-5600 for an appointment. Interpretation and Translation Services are available ext. 5642. You can also apply online at myDHR (https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home) or in person at your local

department of social services.

**Medication Assisted Treatment (MAT) is the administering and dispensing of Methadone and other federally approved medications at relatively stable dosage levels, in conjunction with appropriate services to improve recovery efforts.

**Vivitrol is a non-addictive monthly injection used to prevent relapse to opioid dependence after opioid detox.

Talbot County Health Department – Addictions Program

The Talbot County Addictions Program (TCAP) provides care coordination services and peer recovery support to adults and their families who are experiencing problems with alcohol and/or other drugs. TCAP offers assistance with navigating related service areas, provides screenings and referrals for addiction services including women with children, as well as the Narcan program. Funding for recovery housing is available to those eligible – Enrollment in Care Coordination is required. 410-819-5602 or 410-819-5675

TCHD Narcan Program

Training in recognizing and responding to opioid overdose with Narcan (naloxone) is available. Trainings are free to attend and participants will receive the nasal-form of Narcan following the training. Call 410-819-5641 to schedule.

Local Addictions Authority

Quality Improvement Services –TCAP collaborates with Maryland Department of Health (MDH) Behavioral Health Administration (BHA) to integrate systems planning and management of the Public Behavioral Health System (PBHS) including planning, managing, and monitoring publicly funded substance use disorder services for Talbot County. Call 410-819-5696 for questions or complaints.

Tobacco Cessation Program

FREE to Talbot County residents. Contact the Health Department 410-819-5600 to register. Cessation medications may also be provided to those with consent from a physician Visit talbothealth.org > Smoking Cessation to complete the Physician Referral Form

Mental Health

For All Seasons

300 Talbot Street, Easton, MD 21601 410-822-1018 24-Hour Crisis Hotline: 800-310-7273 (Español) 410-829-6143 (llamada/texto)

Peace of Mind Mental Health Services

8614 Ocean Gateway #4, Easton, MD 21601 410-690-8181

Corsica River Mental Health Services

933 South Talbot Street, St Michaels, MD 21663 502 Poplar Street, Cambridge, MD 21613 120 Banjo Lane, Centreville, MD 21617 410-758-8028 or 410-758-2211



Eastern Shore Psychological Services

29529 Canvasback Drive, Easton, MD 21601 410-822-5007

Chesapeake Counseling

506 Goldsborough Street, Easton, MD 21601 410-941-8547

Evolution Mental Health

3 Goldsborough Street, Easton, MD 21601 410-820-4280

Balance Point

408B North Washington Street, Easton, MD 21601 443-406-2142

Life Counseling Center

Pastoral counseling available 8737 Brooks Drive, Suite 203, Easton, MD 21601 1-888-581-LIFE

All Possibilities

16 Glenwood Avenue, Easton, MD 21601 410-822-2824

Caroline Counseling Center

403 S 7th Street, Denton, MD 21629 410-479-1882

Community Behavioral Health

426 Dorchester Avenue, Cambridge, MD 21613 (1-888-224-5264 ext 13) 142 Coursevall Drive, Centreville, MD 21617 (1-888-224-5264 ext 14) Visit www.communitybehavioralhealth.net/programs to complete Intake Form

Channel Marker, Inc. - Youth Programs

Site Based and Community Based Rehabilitation Services For Youth Development www.channelmarker.org/youth-services.html

Crossroads Community, Inc. - Youth Programs

Site Based and Community Based Rehabilitation Services For Youth Development www.ccinconline.com/services/youthservices.html

The Child & Family Center

Assessment, therapy and counseling services including LGBTQIA counseling & support 11 N West Street, Suite H, Easton, MD 21601 410-820-5667 www.tryontherapy.com

Physical Health

Choptank Community Health

Provides full range of primary medical, dental, and behavioral health services 933 S. Talbot Street, Unit 4, St. Michaels, MD 21663 410-745-0200

Chase Brexton

Federally qualified health center that provides adult primary care, HIV/infectious disease care, Free walk-in HIV testing, case management services and same day services 8221 Teal Drive Suite 202, Easton, MD 21601 410-837-2050

AAMG River Family Physicians

Primary medical services, chronic disease management, and online health connection Hours: M-F 8am-4:30pm 555 Cynwood Drive, Easton, MD 21601 1110 S. Talbot Street, St Michaels, MD 21663 410-820-7270

UM Community Medical Group

Full range of primary care medical services. Accepts medicare, UnitedHealthcare, and Priority Partners

Hours: M-F 8am- 4:30pm 500 Cadmus Ln Suite 211 Easton, MD 21601 410-820-4880

Bayside Family Practice, LLC

Provides routine exams, speciality exams, office services, and vaccinations 538 Cynwood Drive, Suite 2, Easton, MD 21601 Visit http://www.baysidefp.com/ for more information and insurance plans accepted 410-763-8999

Dental Care

Eastern Shore Smile Solutions

29276 Erickson Drive, Easton, MD 21601 www.easternshoresmilesolutions.com/ 443-205-4757

Dental Choice

503 Dutchman's Lane, Suite A, Easton, MD 21601 https://www.dentalchoiceeaston.com/
410-820-4310



Shore Family Dentistry

29466 Pintail Drive #16, Easton, MD 21601 www.shorefamilydentistry.com/443-385-0285

Easton Family Dental

127 N West Street, Easton, MD 21601 <u>www.easton-familydental.com/</u> 410-820-0230

Delaware Maryland Dental

8695 Commerce Drive #4, Easton, MD 21601 www.demddental.com/ 410-822-6696

Serino Orthodontics

538 Cynwood Drive, Easton, MD 21601 www.serinoortho.com/
410-822-9411

John V Louis, DMD, LLC

Periodontal Care 218 Bay Street, Easton, MD 21601 www.periodontics-implants.com/ 410-774-5582

Dr. Margret Quimby, DDS, FAGD

538 Cynwood Drive C, Easton, MD 21601 www.drquimbydds.com/
410-770-9590

Urgent Care Clinics

Your Doc's In

8163 Ocean Gateway, Easton, MD 21601 410-822-0200 Hours: 8AM-8PM

Sat-Sun: 8AM-6PM Certified DOT

ChoiceOne Urgent Care

28522 Marlboro Avenue, Suite C, Easton, MD 21601

443-746-0086 Hours: 8AM-8PM Sat-Sun: 8AM-8PM

View/Schedule an appointment: www.clockwisemd.com



Local Hospitals

UM Shore Medical Center at Easton

Inpatient medical services, 24-hour emergency care, primary and secondary inpatient acute care services, acute and outpatient rehabilitation, medical and surgical, neurosurgical, obstetrical/gynecological, pediatrics, oncology, renal, neuroscience, and critical care 219 S. Washington Street, Easton, MD 21601 410-822-1000

UM Shore Medical Center at Dorchester

Inpatient medical services, 24-hour emergency care, surgical, gynecological and orthopedic services, acute rehabilitation, behavioral health and critical care 300 Byrn Street, Cambridge, MD 21613 410-228-5511

UM Shore Medical Center at Chestertown

Inpatient medical services, 24-hour emergency care, surgical and outpatient diagnostic services, laboratory testing and oncology services
100 Brown Street, Chestertown, MD 21620
410-778-3300

UM Shore Medical Pavilion at Queenstown

Cardiac diagnostic services, diagnostic and laboratory testing, specialty practices including urology, cardiology, neurology and sleep medicine, occupational health services, physical and speech therapy, ambulatory surgery, and featuring a Sleep Disorder Center 125 Shoreway Drive, Queenstown, MD 21658 410-827-3811

Pharmacies

CVS

8290 Ocean Gateway, Easton, MD 21601 410-763-6501

Walgreens

8174 Ocean Gateway, Easton, MD 21601 410-763-6907

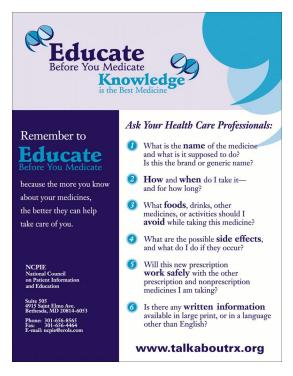
Rite Aid

101 Marlboro Avenue, Suite 15, Easton, MD 21601 410-822-0500

Hill's Drug Store

30 E Dover Street, Easton, MD 21601 (410-822-2666) 503 Cynwood Drive, Easton, MD 21601 (410-822-3700)

Home Health: 410-763-8966



Easton Walmart Pharmacy

8155 Elliott Road, Easton, MD 21601 410-819-0507

Target (CVS) Pharmacy

28539 Marlboro Avenue, Easton, MD 21601 410-770-6181

Prescription Disposal

Talbot County Public Safety Center

115 W. Dover St. Easton Hours: 5 a.m. until 9 p.m. daily

Maryland State Police Barrack "I"

7053 Ocean Gateway Easton Accepts medications 24 hours/day

Oxford Police Department

101 Market St. Denton Hours: 9 a.m. until 4 p.m. weekdays

**For additional prescription disposal locations across the Mid-Shore, and tips to avoid opioid misuse and overdose, visit www.iwishiknewmidshore.org

Spiritual Health/Self-Help and Recovery

Easton Church of God

Food pantry, emergency funds 1009 N. Washington Street, Easton, MD 21601 410-822-3088

Christ Church

301 S. Talbot Street, St Michaels, MD 21663 410-745-9076

St. Luke's United Methodist Church

304 S. Talbot Street, St Michaels, MD 21663 410-745-2534

First Baptist Church of Easton

Celebrate Recovery Meetings Mondays from 7:00pm-9:00pm 115 Idlewild Avenue, Easton, MD 21601 410-822-4241



Next Generation Church

Celebrate Recovery Meetings Tuesdays at 7:00pm 10092 New Bridge Road, Denton, MD 21629 410-310-6893

Kent Island United Methodist Church

Celebrate Recovery Meetings Wednesdays at 7:00pm 2739 Cox Neck Road, Chester, MD 21619 http://www.kiumc.org/ 410-643-5361



Narcotics Anonymous

https://www.na.org/

Alcoholics Anonymous

https://www.aa.org/

NA Meetings

http://meetings.intherooms.com/meetings/na/md

AA Meetings – MidShore Intergroup

https://www.midshoreintergroup.org/

**You can call to ensure that meeting information is accurate; some meetings may be suspended at times due to low involvement and participation

Recovery and Wellness Centers

CVI, Dri-Dock and Recovery In Motion provide Peer Support, support groups, WRAP support groups and trainings, social events, crafts, dinners, information and resources including computers for use in a safe and inviting environment. Visit each page for current and upcoming listings and calendar of events.

Chesapeake Voyagers, Inc.

342-C S Aurora Street, Easton, MD 21601 www.chesapeakevoyagers.org Find Us On Facebook

Hours: M-Wed and Fri 11AM-6PM

410-822-1601

DRI-DOCK Recovery and Wellness Center

208 Sunburst Highway (Route 50), Cambridge, MD 21613

www.dri-dock.org Find Us On Facebook Hours: M-F 8AM-6PM

410-228-3230



Recovery In Motion

300 Scheeler Road, Chestertown, MD 21620

www.kenthd.org

Find Us On Facebook

Hours: Mon & Fri by appt; Tues-Thurs walk-in availability

410-778-5895

Online Self-Help Resources

Step Chat – 12 Step Meetings and Open Fellowship Chat

Web address: www.stepchat.com

Meetings: AA, Al-Anon, ACOA, Combined Fellowship, NA/CA, Other 12 Step Groups Verification: Complete the form to confirm meeting attendance – emailed within 48 hours

SMART Recovery

Web address: www.smartrecovery.org

Text Chat and Voice Chat Meetings, Forums, Journals, Resources and webinars

Verification: Follow the link provided in the chat/by the host to request verification of meeting

attendance; Print-out contributions to forums, journals, discussions, etc.

MA Online

Web address: http://www.ma-online.org/chat.php

Meetings: 12PM and 6PM EST with administrators (GSRs)

Recovery World – AA Meetings Online

Web address: http://www.recovery-world.com/Alcoholics-Anonymous-Chat-Rooms-10.html

Meetings: AA, Big Book Study, Women's Only, Step/Tradition, 24/7 Chat

NA Recovery

Web address: http://na-recovery.org/

Meetings: 10PM EST, NA Chat Rooms, Forums, Step-Tradition, Just For Today, Ask It Basket,

Pick a Spiritual Principle, Other Selected Topics

Daily Strength Support Groups

Web address: http://www.dailystrength.org/

Discussion Boards: ADHD, Bipolar Disorder, Smoking Addiction, Alcoholism, Depression,

Anxiety, Bereavement, Financial Challenges

Verification: Print-out contributions to forums, journals, discussions, etc.

Other Online Community Networks

Hazelden Social Community

Web address: http://www.hazelden.org/web/public/socialcommunity.page

Meetings: Online/Mobile – In Recovery, Family and Friends



Recovery Realm

Web address: http://recoveryrealm.com/NAVIGATIONMENU/AboutUs.aspx

Meetings: Big Book, Beginners, Open Discussion, Selected Topics, Recovery Forums

Visit http://www.addictionrecoveryguide.org/resources/online_communications/chat_rooms for additional chat meetings/message boards

**Online support is an enhancement and not a replacement for treatment or face-to-face peer recovery



There are many benefits to physical fitness, yoga and mindfulness meditation in recovery including emotion regulation, increased energy levels, release of natural biochemicals, spiritual growth, and further personal transformation.

Eastern Shore Yoga

Private and semi-private yoga classes and workshops 29512 Canvasback Drive, Easton, MD 21601 www.easternshoreyogamd.com/ 410-924-0919

Blue Mat Yoga

Yoga group classes and private classes available 15 Federal Street, Easton, MD 21601 www.bluematyogastudio.com/ 410-690-7787 or 410-940-9998

Evergreen Easton Point

Wellness workshops, acupuncture, massage therapy, meditation, reiki, yoga and more! 770 Port Street, Easton, MD 21601 www.evergreeneaston.org 410-819-3395

EbbTide Wellness Studio

Meditation classes, mindfulness, acupuncture and nutrition series 114 S Washington Street, Suite 104, Easton, MD 21601 www.ebbtidewellness.com/ 410-989-1947

YMCA

202 Peach Blossom Road, Easton, MD 21601 410-822-0566 www.ymcachesapeake.org 1180 S Washington Street, Easton, MD 21601 410-822-1515

Hearthstone Health and Fitness

Fitness training, nutrition, life coaching, yoga, spin and more! 102 Marlboro Avenue, Easton, MD 21601 www.hearthstonehealthandfitness.com/ 410-690-3838

Easton Fit 4 Life

Personal and strength training and conditioning 8859 Mistletoe Drive-C, Easton, MD 21601 www.personaltrainingeaston.com/ 443-786-2320

Local Departments and Agencies

Talbot County Health Department

100 S Hanson Street, Easton, MD 21601

Immunizations for children and adults, STI diagnosis and treatment, Cigarette Restitution Fund Program, Cancer Prevention, Education, Screening and Treatment Program, MA Transportation, Developmental Disabilities Program, Infectious Disease Surveillance, MCHP one-to-one insurance enrollment assistance, Substance Abuse Prevention, Healthy Families Program, Narcan Program, Recovery Support Services provided by the Addictions Program

www.talbothealth.org

410-819-5600

Talbot County Department of Social Services

301 Bay Street, Unit #5, Easton, MD 21601

Hours: M-F 8:00am-5:00pm

Provides Financial Assistance including Food Stamps, Temporary Cash Assistance and Temporary Disability for those who qualify, Child Protective Services, Child Support Services, and Medical Assistance.

410-770-4848

Mid Shore Behavioral Health, Inc.

28578 Mary's Court, Suite 1, Easton, MD 21601

Hours: M-F 8AM-4:30PM

MSBH serves as the regional Core Service Agency for Caroline, Dorchester, Kent, Queen Anne's and Talbot counties. MSBH collaborates with Maryland Department of Health (MDH) Behavioral Health Administration (BHA) to integrate systems planning and management of the Public Behavioral Health System (PBHS) including planning, management, and monitoring of publicly funded medically necessary mental health services in the region.

www.midshorebehavioralhealth.org

410-770-4801

Talbot County Parole and Probation

301 Bay Street #302, Easton, MD 21601

The community supervision portion of DPSCS Operations ensures that offenders are upholding individual requirements set forth by courts and the Parole Commission. In addition to supervising parolees, probationers and those on mandatory release from the correctional



facilities, community supervision staff also conduct pre-sentence investigations and supervises individuals who've been court-ordered into the Drinking Driver Monitor Program. 410-763-4950

Department of Juvenile Services

Region IV - Eastern Shore Region - Easton Office 301 Bay Street, Suite 201, Easton, MD 21601

The Department of Juvenile Services is a child-serving agency responsible for assessing the individual needs of referred youth and providing intake, detention, probation, commitment, and after-care services.

410-822-5010

*Cambridge VA Outpatient Clinic

830 Chesapeake Drive, Cambridge, MD 21613 Hours: M-F 8AM-4:30PM excluding holidays

Provides integrated health care and shuttle services. For full list,

Visit: www.maryland.va.gov/locations/Cambridge VA Outpatient Clinic.asp

410-228-6243

Housing Resources:

Local Housing Authority

900 Doverbrook Street, Easton, MD 21601 Easton 410-822-5358 St Michaels 410-745-5121

Neighborhood Service Center

Services include emergency food pantry, electric service program, rental allowance program, energy and emergency assistance programs, representative payee program, and donations 126 Port Street, Easton, MD 21601 410-822-5015

Main Street Housing - MSBH, Inc.

Independent housing for individuals and families with psychiatric disabilities 28578 Mary's Court, Easton, MD 21601 410-770-4801 Ext 308

National Call Center For Homeless Veterans

Assistance finding or keeping safe, affordable housing 24 Hour Hotline: 1-877-424-3838

Society of St Vincent De Paul

29533 Canvasback Drive, Easton, MD 21601 410-770-4505 Housing counseling, expense assistance



Alliance Inc.

Supportive Services for Veterans and Families (SSVF) 410-282-5900 ext 3333

Rising Above Disease

Empowerment Housing for adult women in Talbot County www.risingabovedisease.com 410-725-7028

**The Talbot County Health Department may have funds available to assist with first month's rent and security deposit for those who qualify and are actively engaged in recovery support services. Contact 410-819-5675 for information and eligibility.

The Talbot County Health Department-Addictions Program has reserved funding to cover approved length of stays at eligible recovery residences for Talbot County residents enrolled in Care Coordination. Contact 410-819-5675 for eligibility and enrollment. State Care Coordination and recovery residence placement opportunities may vary in each county.

Talbot County includes three certified recovery residences for adult men working toward long-term recovery from substance use disorders. A complete list is published by the Behavioral Health Administration (BHA) credentialing entity-Maryland Certification of Recovery Residences (MCORR): https://bha.health.maryland.gov **

Local Emergency and Cold Weather Shelters:

Salvation Army 410-228-2442

Talbot Interfaith Shelter 410-253-5414 (Help Hotline)

Ridgeway House 410-820-7013

His Hope Haven 410-819-4500 (DSS-Caroline)

Haven Ministries 410-739-4363

<u>Career Services/Employment Opportunities:</u>

Talbot County Career Center/Workforce Development

Grow your pipeline to resources, recruitment and job retention

Access computers, printers, photocopiers, fax machines, telephones and job search materials; meet with a consultant, build your resume, attend trainings and workshops

301 Bay Street #301, Easton, MD 21601

Hours: M-F 8:00am-4:00pm Phone: 410-822-3030

Pro Temps Staffing Solutions

Temporary, Evaluation Hire (Temp-to-Hire), Direct Hire, and Seasonal Employees

8133 Elliott Road, Suite 5, Easton, MD 21601

Hours: M-F 8:00am-5:00pm

410-822-4648



Express Employment Professionals

Information for Job Seekers, Hiring Process, Temp Hire and Career Development 29466 Pintail Drive, Unit 1, Easton, MD 21601 410-820-8888

Maryland Apprenticeship and Training Program (MATP)

For apprenticeships and trainings in Maryland; research a trade, inquire and apply https://www.dllr.state.md.us/employment/appr/

Phone: 410-767-2246 for questions and assistance

Job Listings

Visit http://www.chesapeake.edu/students/office-of-job-development-students and click on CURRENT JOB LISTING (PDF)

Search Engines - Upload Resume - Salary Information - Company Reviews
Also available on Android Apps on Google Play and Apple - iTunes

www.indeed.com

www.careerbuilder.com

www.ziprecruiter.com

www.monster.com

Maryland Workforce Exchange

Find a Job - Create A Resume - Education and Training - Labor Market Information Unemployment Insurance Claims and Eligibility mwejobs.maryland.gov

<u>Additional Training/Education:</u>

Becoming a Certified Peer Recovery Specialist (CPRS)

Maryland Addiction and Behavioral-Health Professionals Certification Board (MABPCB) Provides general information, guidelines, approved trainings, webinars, manual/application and exam prep for individuals interested in the IC&RC to become a Certified Peer Recovery Specialist. A lot of the domain trainings offered are FREE!! Peer Employment Opportunities are also listed.

https://mapcb.wordpress.com/cprs/

Free Application for Federal Student Aid

https://fafsa.ed.gov/

federal grants, loans and work-study funds available each year Maryland state deadline typically in March for the upcoming fall/spring semesters

For scholarships, grants, and other awards available in Maryland
-http://www.collegescholarships.org/states/maryland.htm
Or check with the college/institution you are planning to attend for more opportunities

ABE/GED Registration Chesapeake College

www.chesapeake.edu/continuing-education/abeged-registration-calendars Overview of classes , practice test and policies: www.chesapeake.edu/continuing-education/abe-ase-overview



<u>Degree Programs/Workforce Training:</u>

Chesapeake College, Wye Mills

http://www.chesapeake.edu/

410-822-5400

Earn an associate's degree or begin a bachelor's degree in various career or Liberal Arts majors. The Chesapeake College Division of Continuing Education & Workforce Training specializes in training needs of employers throughout the region; provides certificates of completion, continuing education units (CEUs) and preparation for professional certification in areas such as Nursing Assistant and other health related occupations, welding, heating/ventilation, CAD/CAM, Truck Driving (CDL), cooking, guest services, management, and more.

Online courses and skilled trade curriculum are available!

Chesapeake College also offers:

Human Services, Associate of Applied Science Degree (A.A.S.) Substance Abuse/Addiction Option

The program will provide sufficient educational training to individuals who seek employment or who are upgrading their skills in the area of substance abuse/addiction. Human Services courses comprise the major part of the program. Students will also take courses in related subjects and general education. Students should consult with the College's Admissions Office or an academic advisor in planning an appropriate program. http://ecatalog.chesapeake.edu/

Eastern Shore Jobs & Quality Staffing Services

Job Listings, Employer Services, Training Programs and News www.easternshorejobs.com/training-programs/
443-477-6555

Transportation:

MVA-Full Service

9148 Centreville Road, Easton, MD 21601

Phone: 410-768-7000

Hours: M-F 8:30am-4:30pm; Saturdays 8:30am-noon for Driver's License Services only; Closed

on Sundays and holidays

http://www.mva.maryland.gov/locations/talbotcounty.htm

Medical Assistance Transportation

Talbot County Health Department contracts with Delmarva Community Services/DCT for nonemergency medical transportation to medical appointments. Riders must have an active medical assistance (Medicaid/red and white card) number.

Phone: 410-819-5609 or 410-819-5648

Application: https://health.maryland.gov/talbotcounty/TRANSPORTATION/Pages/Home.aspx

Key Lime Taxi of the Eastern Shore

For personal and commercial transportation needs

Phone: 410-870-7832

Hours: M-Thu 5:00am-midnight; Friday and Saturday 5:00am-2:30am; Sunday 6:00am-6:00pm

http://www.elktontaxi.com/



Maryland Upper Shore Transit (MUST)

MUST is a collaborative public transportation effort between Delmarva Community Transit and Queen Anne's County, County Ride providing fixed route and deviated fixed route services to the general public throughout Maryland's Mid-and-Upper Eastern Shore.

Phone: 866-330-6878

Delmarva Community Transit: 410-822-4155 for Talbot County

Upper Shore Take A Ride (USTAR)

Operated by Upper Shore Aging, Inc. serving Kent, Caroline and Talbot counties. Advance scheduling and fees required http://indorchester.org/suggests/upper-shore-take-ride-ustar-153

410-822-4155

Bayrunner Shuttle

For schedule, rates, pick up locations, visit http://www.bayrunnershuttle.com/east/default.asp

Phone: 410-822-5444

Bay Country Taxi

Located on Washington Street in Easton, MD

Hours: Mon-Sun 7:00am-7:00pm

Phone: 410-770-9030

Door-to-Door Shuttle

Transportation service is available Monday through Friday for Veteran patients that are referred by their VA provider/social worker and meet eligibility guidelines. Transportation from the VA Clinic in Cambridge to Baltimore and Perry Point for specialty care and inpatient services also available. Contact 410-228-6243 for information and ext 4167 to schedule a pick-up

Places to Eat:

Panera Bread

8933 Ocean Gateway, Easton, MD 21601 www.panerabread.com 410-763-8230

Captain's Ketch Seafood Market

316 Glebe Road, Easton, MD 21601 http://www.captainsketchseafood.com/ 410-820-7177

Cole's Seafood House & Deli

403 N Washington Street, Easton, MD 21601 Find Us On Facebook 410-820-6494



Capriottis Sandwich Shop

106 Marlboro Avenue #4, Easton, MD 21601 www.ezcater.com/Easton/Capriottis 410-770-4546

Olive Garden

9017 Ocean Gateway, Easton, MD 21601 www.olivegarden.com 410-763-9018

Sunflowers & Greens

11 Federal Street, Easton, MD 21601 http://sunflowersandgreens.com/ 410-822-7972

t at The General Store

25942 Royal Oak Road, Easton, MD 21601 www.tatthegeneralstore.com/ 410-745-8402

Ruby Tuesday

505 Glebe Road, Easton, MD 21601 www.rubytuesday.com/menu 410-763-8475

Applebee's

8999 Ocean Gateway, Easton, MD 21601 restaurants.applebees.com/md/easton/410-770-9882

Easton Diner

8451 Ocean Gateway, Easton, MD 21601 Find Us On Facebook 410-819-0535

Chili's

28587 Marlboro Avenue, Easton, MD 21601 www.chilis.com/locations/us/maryland/easton/easton/410-736-7077

Dairy Queen

8438 Ocean Gateway, Easton, MD 21601 www.dairyqueen.com 410-822-3347

Hot Off The Coals BBQ

8356 Ocean Gateway, Easton, MD 21601 www.hotoffthecoals.com 410-820-8500



The BBQ Joint

216 E Dover Street, Easton, MD 21601 http://andrewevansbbgjoint.com/ 410-690-3641

Out of The Fire

22 Goldsborough Street, Easton, MD 21601 http://outofthefire.com/
410-770-4777

Shore Barbecue Company

137 N Harrison Street, Easton, MD 21601 www.shorebbq.com 410-829-9480

Brasserie Brightwell

206 N Washington Street, Easton, MD 21601 www.brasseriebrightwell.com 410-819-3838

Doc's Downtown Grille

14 N Washington Street, Easton, MD 21601 www.docsriversidegrille.com 410-882-7700

Rusticana Pizza

219 Marlboro Avenue, Easton, MD 21601 410-820-7422 www.rusticanapizza.com 810 Dover Road, Easton, MD 21601 410-820-5110

Sonny's of N.Y. Pizza Kitchen

28614 Marlboro Avenue, Easton, MD 2601 www.sonnysofny.com 410-822-2772

Roberto's Pizza & Italian Restaurant

101 Marlboro Avenue #23, Easton, MD 21601 www.robertosmenu.com 410-770-3500

Giuffrida's Pizza

508 Idlewild Avenue #1, Easton, MD 21601 Find Us On Facebook 410-819-3296



Ledo Pizza

108 Marlboro Avenue, Easton, MD 21601 easton.ledopizza.com 410-819-3000

Domino's Pizza

415 E Dover Street, Easton, MD 21601 www.dominos.com 410-820-8330

Easton Pizzaria

606 E Dover Street, Easton, MD 21601 www.eastonpizzaria.com 410-822-4911

Giovanni's Italian Delight

8117 Ocean Gateway, Easton, MD 21601 www.giovanniseaston.com 410-770-6993

Old Mill Deli

1021 N Washington Street, Easton, MD 21601 410-822-9613

Chipotle

8911 Ocean Gateway, Easton, MD 21601 www.chipotle.com/menu 410-822-2609

Plaza Jalisco

7813 Ocean Gateway, Easton, MD 21601 www.plazajaliscoeaston.com 410-770-8550

Taqueria Y Polleria La Amistad

306 E Dover Street, Easton, MD 21601 Find Us On Facebook 410-819-3666

El Dorado Restaurant

4 S Aurora Street, Easton MD 21601 <u>www.eldoradoeaston.net</u> 410-820-5155

Chick-fil-A

28632 Marlboro Avenue, Easton, MD 21601 www.chick-fil-a.com 410-820-6522

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Talbot County Health Department



Hill's Cafe

32 E Dover Street, Easton, MD 21601 http://www.hillscafeandjuice.com/
410-822-9751

Hong Kong Kitchen

210 Marlboro Avenue #39, Easton, MD 21601 www.hongkongkitchenseaston.com/ 410-822-7688

House of Hunan

201 Marlboro Avenue A, Easton, MD 21601 www.houseofhunan-md.com/
410-820-4015

InJapan

101 Marlboro Avenue, Easton, MD 21601 www.injapansushi.com 410-443-0681

U Sushi

108 Marlboro Avenue, Easton, MD 21601 410-763-8868

China Buffet

8223 Elliott Road #19, Easton, MD 21601 us.chinesemenu.com/us/easton-md-21601/china-buffet/ 410-763-8800

Jin Jin

6 N Washington Street #1, Easton, MD 21601 www.jinjinlex.com/menu.asp 410-820-0011

Did you know...?

"There is a wide range of ways people in recovery eat, and there are many factors such as food availability, financial resources, and food philosophy.."

Source: <u>addictionblog.org/treatment/healthy-eating-in-addiction-recovery-a-meal-plan-for-addicts-and-treatment-programs/</u>

Eat foods that make you feel good **and** reflect your values

What's the Best Diet for Newly Sober Alcoholics and Addicts? Visit: health.usnews.com





Places to Shop:

Easton Farmers Market

Every Saturday, April 15 – December 16, 8:00am – 1:00pm 100 Block of North Harrison Street, Easton Local vendors/produce; Live Music from 10:30am – 12:30pm

Amish Country Farmer's Market

101 Marlboro Avenue, Easton, MD 21601

Hours: Thursday 9AM-6PM; Friday 9AM-7PM; Saturday 9AM-3PM

Piazza Italian Market

218 N Washington Street, Suite 54, Easton, MD 21601 www.piazzaitalianmarket.com/

Hours: M-F 10AM-6PM; Sat 9AM-5PM; Sun 10AM-4PM

Harris Teeter

28528 Marlboro Avenue, Easton, MD 21601

Hours: Open 24 Hours

St. Michaels FreshFarm Market

204 S Talbot Street, St Michaels, MD 21663

For hours and events: www.freshfarm.org/st-michaels.html

Target

28539 Marlboro Avenue, Easton, MD 21601

Hours: 7AM-12AM

Walmart

8155 Elliott Road, Easton, MD 21601

Hours: 6AM-12AM

Kohls

207 Marlboro Avenue, Easton, MD 21601 Visit www.kohls.com for store hours

Giant

8223 Elliott Road, Easton, MD 21601 Hours: M-Sat 6AM-12AM; Sun 6AM-9PM

Weis

219 Marlboro Avenue, Easton, MD 21601

Hours: 7AM-11PM

Acme

210 W Marlboro Avenue, Easton, MD 21601

Hours: 6AM-11PM

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BJ's Wholesale

28410 Marlboro Avenue, Easton, MD 21601 Hours: M-Sat 9AM-9PM; Sun 9AM-7PM

Ben Franklin Crafts of Easton

101 Marlboro Avenue #31, Easton, MD 21601

Hours: 10AM-8PM

Lowes

501 Glebe Road, Easton, MD 21601

Hours: 6AM-9PM

Easton Cycle and Sport

723 Goldsborough Street, Easton, MD 21601 Hours: M-F 9AM-5:30PM; Sat 9AM-3PM

Crackerjacks Toys and Childrens Books

7 S Washington Street, Easton, MD 21601

Hours: 9:30AM-5:30PM

Gamestop

8223 Elliott Road, Easton, MD 21601

Hours: 9AM-10PM

Crabi Gras

100 Carpenter Street, St Michaels, MD 21663

Hours: 11AM-5PM

Irish Traditions

35 N Harrison Street, Easton, MD 21601 410-819-3663

Hobbytown USA

106 Marlboro Avenue, Easton, MD 21601

Hours: M-F 10AM-8PM; Sat 10AM-6PM; Sun 12PM-5PM

Friends Helping Friends Network, Inc.

412 S Harrison Street, Easton, MD 21601 Hours: M-F 10AM-6PM; Sat 10AM-5PM

St Mark's Thrift Shop

311 E Dover Street, Easton, MD 21601

Hours: Mon 10AM-12:30PM; Thur-Sat 10AM-2PM

Dollar Tree

8223 Elliott Road #35, Easton, MD 21601 Hours: Mon-Sat 8AM-9PM; Sun 9AM-8PM



Queenstown Outlets

441 Outlet Center Drive, Queenstown, MD 21658

Stores and Hours: http://www.premiumoutlets.com/outlet/gueenstown/stores

Berriers LTD

7 E Dover Street, Easton, MD 21601

Hours: 11AM-5:45PM

Dragonfly

21 Goldsborough Street, Easton, MD 21601

Hours: 10:30AM-5:30PM

Goodwill

134 N Washington Street, Easton, MD 21601 Hours: M-Sat 9AM-8PM; Sun 11AM-6PM

A Second Chance Consignments

29535 Dover Road, Easton, MD 21601

Hours: Sun-Tue By Appointment; W-F 10AM-5PM; Sat 10AM-3PM

Little Rascals Consignment Shop

7924 Ocean Gateway, Easton, MD 21601

Hours: Tues + Wed 10AM-5PM

DICK'S Sporting Goods

28564 Marlboro Avenue, Easton, MD 21601

Hours: Tues 7AM-9:30PM; Wed-Sat 9AM-9:30PM; Sun 10AM-7PM

Sears

219 Marlboro Avenue, Easton, MD 21601

Hours: M-F 9:30AM-7PM; Sat 9AM-6PM; Sun 11AM-4PM

JOANN Fabric and Crafts

210 Marlboro Avenue, Easton, MD 21601 Hours: M-Sat 9AM-9PM; Sun 10AM-6PM

Autozone

815 Dover Road, Easton, MD 21601

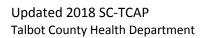
Hours: Tues-Sat 7:30AM-9PM; Sun 7:30AM-8PM; Mon 9AM-9PM

News Center Of Easton

218 N Washington Street, Suite 21, Easton, MD 21601 Hours: M-F 7:30AM-8PM; Sat 8AM-8PM; Sun 9AM-5PM

Staples

8168 Elliott Road, Suite 1, Easton, MD 21601 Hours: Tue-Sat 8AM-9PM; Sun-Mon 10AM-6PM





Great Clips

210 Marlboro Avenue, Easton, MD 21601

Hours: M-F 9AM-9PM; Sat 8AM-6PM; Sun 10AM-4PM

Supercuts

28601 Marlboro Avenue #105, Easton, MD 21601 Hours: M-F 9AM-8PM; Sat 9AM-5PM; Sun 10AM-5PM

Headrush 180 Salon

9 S Harrison Street, Easton, MD 21601

Information and Scheduling: www.headrush180.com/SALON.html

Sport Clips Haircuts

219 Marlboro Avenue, Easton, MD 21601 Hours: M-F 9AM-8PM; Sat-Sun 9AM-6PM

Mike's Barber Shop

27 Goldsborough Street, Easton, MD 21601 Hours: M-F 7AM-6PM; Sat 7AM-3PM

Outlaw's Barber Shop

16 A. South Aurora Street, Easton, MD 21601

Hours: M-F 10AM-6PM

Shabby Chic Salon

115 E Dover Street #1, Easton, MD 21601

Hours: Tues + Thurs 9AM-7PM; Wed + Fri 9AM-5PM; Sat 9AM-2PM

Diane's Designs

305 N Aurora Street, Easton, MD 21601

Hours: M-Sat 8:30AM-5PM

Fabulous Hair Studio

12 Glenwood Avenue, Easton, MD 21601

Hours: Tues + Thurs 11AM-7PM; Wed + Fri 10AM-5PM; Sat 9AM-2PM

Attractions/Recreation:

Academy Arts Museum

106 South Street, Easton, MD 21601

View exhibitions, attend events, bus trips, classes and workshops, concerts and craft shows 410-822-2787

https://academyartmuseum.org/ (events calendar)

Avalon Theatre

40 East Dover Street, Easton, MD 21601

Events, performances, educational programming, local artists, outdoor concerts, festivals



<u>https://avalonfoundation.org/</u> (events calendar, purchase tickets)

Chesapeake Maritime Museum

213 North Talbot Street, Easton, MD 21601

Historic boats, exhibition buildings, special exhibitions, boat rides, annual festivals, 410-745-2916 Hours: May to October 9AM-5PM; November to April 10AM – 4PM http://cbmm.org/

Oxford Community Center

200 Oxford Road, Oxford, MD 21654
Cooking, Tai Chi classes, exercise classes, instruction art and more

For programs and events: www.oxfordcc.org

Rails to Trails

Explore trails by bike, inline skating or walking, events www.traillink.com/trail/easton-rails-to-trails/

Pickering Creek

11450 Audubon Lane, Easton, MD 21601
Trail Hours: dusk until dawn everyday
Over 4 miles of trails, public programs, workshops
http://pickeringcreek.audubon.org/ (events calendar)

Phillips Wharf Environmental Center

6129 Tilghman Island Road, Tilghman, MD 21671 Guided tours, annual events and activities, resources, internships and more www.phillipswharf.org

Shore Pedal and Paddle

Bike, electric bike, kayak, and paddleboard rentals and tours 500 S Talbot Street, St Michaels, MD 21663

Season: April 1 - October 31

For Information and to book online: www.shorepedalandpaddle.com/

Easton Historic Tour

http://www.eastonmd.org/download/walktour.pdf (map)

Talbot County Library

100 W Dover Street, Easton, MD 21601 www.tcfl.org/ 106 Fremont Street, St Michaels, MD 21663 www.tcfl.org/stm.html

Talbot County Community Center - Parks and Recreation

10028 Ocean Gateway, Easton, MD 21601 Hours and Information: www.talbotparks.org

Easton Bowl

101 Marlboro Avenue #39, Easton, MD 21601 Hours and Information: www.eastonbowl.com



Easton Premier Cinemas

210 Marlboro Avenue, Easton, MD 21601

Showtimes and information: http://www.tritonmovies.com/easton/Home%202015.html

Kiln Born Creations

1 S Washington Street, Easton, MD 21601 www.kilnborncreations.com/

Hog Neck Golf Course

10142 Old Cordova Road, Easton, MD 21601 Info, Fees and Services: www.hogneck.com

Harriet Tubman Self-Guided Tour

www.harriettubmanbyway.org (maps and audio guide)
Visitor Center: 4068 Golden Hill Road, Church Creek, MD 21622

Hyatt Regency Chesapeake Bay Golf Resort, Spa & Marina

100 Heron Blvd, Cambridge, MD 21613 https://chesapeakebay.regency.hyatt.com/en/hotel/home.html

Adkins Arboretum

12610 Eveland Road, Ridgely, MD 21660

www.adkinsarboretum.org/

Arboretum/public garden, ecological restoration projects, self-guided or audio tours, programs and events

Blackwater Wildlife Refuge

2145 Key Wallace Drive, Cambridge, MD 21613 410-228-2677

Hunting, Fishing, Wildlife Viewing, Environmental Education/Guided Tours, Cycling www.fws.gov/refuge/Blackwater/ (brochures available)

Breckenridge Adventures

4032 Mill Road, Vienna, MD 21869

Paintball, Corn Maze, Produce, Playground and Activities Calendar of events: breckenridgepaintballadventures.com/

Dorchester County Office of Tourism

410-228-1000

Boating, Cycling, Trails, Farm, Fishing & Crabbing, Golf, Nature & Parks, Shopping, Fun for the Family - For complete listing, visit:

www.visitdorchester.org

Tuckahoe State Park

13070 Crouse Mill Road, Queen Anne, MD 21657

Park Services and Events: dnr.maryland.gov/publiclands/Pages/eastern/tuckahoe.aspx



Martinak State Park

137 Deep Shore Road, Denton, MD 21629

Park Services and Events: dnr.maryland.gov/publiclands/Pages/eastern/martinak.aspx

Maryland Renaissance Festival

Beginning dates in August through October

For information, dates and ticket purchase: www.rennfest.com

For More Easton Listings and Local Information:

www.eastonmd.org/

For More Shopping and Attractions in St Michaels:

http://www.stmichaelsmd.com/

For More Eastern Shore Listings and Near the Chesapeake Bay:

www.baydreaming.com

www.visitmaryland.org

Legal Aid, Consumer Rights & Services:

Mid-Shore Pro Bono

Serves Kent, Queen Anne's, Talbot, Caroline and Dorchester Counties Connects low income individuals and families needing civil legal services with volunteer attorneys and community resources; free legal clinics and community conferences Consumer Law, Family Law, Property Law, Wills and Probate, Specialized Services for Veterans, Women, Seniors and Immigration, Community Conferencing for Juveniles Call 410-690-8128 between 9:30a.m. - 4:00p.m.

Maryland Legal Aid – Upper Eastern Shore

Serving Caroline, Kent, Queen Anne's, and Talbot Counties civil law issues 106 N Washington Street, Suite 101, Easton, MD 21601 Hours Walk-In and Telephone Intake: M-F 9:30am-4:00pm

Phone: 410-763-9676

Pro Se Litigants Family Law Program

Dedicated family law attorneys selected by the Maryland Volunteer Lawyers Service offer legal advice about domestic issues involving divorce, custody, visitation, and modification of child support to income eligible parties

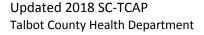
Hours: Mondays 9 a.m. to Noon, south wing of the Courthouse

Mid Shore Community Mediation

Mediation and facilitation services provided at no cost 300 Talbot Street, Suite 206, Easton, MD 21601

Phone: 410-820-5553

www.midshoremediation.org email: mscmc@goeaston.net





Maryland Courts Self-Help Centers

Free limited legal help for civil or family matters; online classes also available www.mdcourts.gov/selfhelp/
410-260-1392

Family Services Fee Waivers

If you are ordered to services by the court, and you are not able to pay, you may ask the court to waive those fees. To obtain a Request for Family Services Fee Waiver you may go to the Clerk of the Court, located in the Talbot County Circuit Court Building-North Wing or by contacting the Family Services Coordinator at 410-770-6806.

Family Law Assistance Hotline at 1-800-845-8550 Family Law Forms Hotline 1-877-293-2507 or visit www.peoples-law.org

Consumer Protection Division - Maryland Attorney General

Mediation services to resolve complaints against businesses and health insurance carriers www.marylandattorneygeneral.gov/Pages/CPD/default.aspx

Maryland Consumers Rights Coalition

Policies, rights and consumer education in Maryland www.marylandconsumers.org

Maryland Insurance Administration

For insurance inquiry or complaint about health, life, property and casualty insurance, including appeals and grievances

→ You have the right to appeal denial decisions

Maryland law gives Maryland consumers the right to appeal a decision that denies you coverage for medically necessary treatment. If your doctor has determined that certain medical treatment is needed, but your HMO or health insurer does not agree, this law allows you to appeal. Under the appeals and grievances law, the Maryland Insurance Commissioner has the authority to overturn your health plan's decision if your treatment is determined to be medically necessary. Visit www.mdinsurance.state.md.us

Maryland Juvenile Justice Services

Information on basic services in Maryland, solitary confinement, release decisions, risk assessments, frameworks for evidence-based practices and recidivism reporting www.jigps.org/juvenile-justice-services/maryland

Just Kids Campaign For Youth Justice

Just Kids aims to reduce the number of youth who are charged and tried as adults, advocates for policies that transfer fewer youth to the adult criminal justice system, and increase the number of safe and effective community-based programs and practices that serve youth who are accused of serious offenses.

www.campaignforyouthjustice.org/maryland

Maryland Advocates For Children & Youth

ACY improves the lives and experiences of Maryland's children through policy change and program improvement. ACY provides advocacy and impact data for state agencies, legislators, and fellow advocates. Four focus areas include juvenile justice, child welfare, health, and education.

Phone: 410-547-9200 Email: info@acy.org Website: www.acy.org

Expungement and Shielding Criminal Records

Petition for expungement of adult and juvenile criminal records for cases that meet certain conditions. Eligible records can also be shielded from public records and Case Search by petitioning in ONLY one court within one county during your lifetime.

Forms and Information: www.mdcourts.gov/legalhelp/expungement.html

<u>Limited English / Interpretation and Multicultural Services:</u>

Chesapeake Multicultural Resource Center

Provides resources and outreach, adult education, youth development programs, and legal assistance to minorities and the immigrant community, including health and wellness, SUD/mental health, disability, children's services, transportation, financial/food assistance, training programs and interpretation services

20 Bay Street, Easton, MD 21601

Phone: 443-786-1120

www.chesmrc.org email: info@chesmrc.org

Talbot County Health Department

Provides free aids and services to people with disabilities to communicate effectively with Department staff, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). The Department also provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

100 S Hanson Street, Easton, MD 21601

Phone: 410-819-5600 www.talbothealth.org

TTY: 1-800-735-2258 MD Relay

Many state government agencies and programs provide a free interpreter or translation services to assist with oral and written language needs



Credit Unions/Finance

Partners 1st Federal Credit Union

726 Cambridge Plaza, Cambridge, MD 21613 410-228-0082

www.partners1stcu.org

Carco Federal Credit Union

114 Market Street, Suite 208, Denton, MD 21629 410-479-5200

www.carcofcu.com



18 E Dover Street, Easton, MD 21601	410-822-1400
212 Marlboro Avenue, Easton, MD 21601	410-819-3015
8275 Elliott Road, Easton, MD 21601	410-819-0181
1013 S Talbot Street, St Michaels, MD 21663	410-745-9166
424 Dorchester Avenue, Cambridge, MD 21613	410-228-8402

www.shoreunitedbank.com

PNC Bank

104 Marlboro Road, Easton, MD 21601 410-820-6080

www.pnc.com

Provident State Bank

142 N Harrison Street, Easton, MD 21601	443-746-4340
8133 Elliott Road, Easton, MD 21601	410-820-4181
312 Main Street, Preston, MD 21655	410-673-2401
301 Crusader Road, Cambridge, MD 21613	410-228-1554

www.providentstatebank.com

Bank of America Financial Center

36 N Washington Street, Easton, MD 21601 410-822-3502

www.bankofamerica.com

Neighborhood Service Center

Services include emergency food pantry, electric service program, rental allowance program, energy and emergency assistance programs, representative payee program, and donations 126 Port Street, Easton, MD 21601 410-822-5015

Society of St Vincent De Paul

Assistance for Utilities, Rent and Other Expenses 29533 Canvasback Drive, Easton, MD 21601 410-770-4505



Talbot County Department of Social Services

Temporary Cash Assistance, Temporary Disabilities Assistance Program, SNAP Food Stamps, Emergency Assistance, Medical Assistance 301 Bay Street #5, Easton, MD 21601 410-770-4848

University of Maryland Shore Regional Health

Patient Financial Assistance For Hospital Costs www.umshoreregional.org/patients/financial-assistance

Getting Ahead in A Just-Gettin'-By World

for program offerings and information

Talbot County Department of Social Services & Talbot Family Network Contact: Paris Quillet at 410-770-5870 or paris.quillet@maryland.gov for program offerings and information

Bridges Out of Poverty

Talbot Family Network
Contact: 410-770-6870 or talbotfamilynetwork@talbotcountymd.gov

Tattoo Cover/Removal:

Southside Tattoo

Covers racist or gang-related tattoos for free 5000 A Governor Ritchie Highway, Brooklyn Park, Maryland 21225

Phone: 410-589-0550

Hours: M-Sat 12:00pm-8:00pm http://www.bmoretattoo.com/

Black Lotus Tattoos, Removal and Body Piercing

Offers TATT2AWAY- a non-laser method of tattoo removal

7466 New Ridge Road #22, Hanover, MD 21076

Phone: 410-487-6675

Open Daily 12:00pm-8:00pm

http://www.blacklotustattoos.com/tatt2away.html

Laser Center of Maryland

Offers laser tattoo removal treatment once a month for a minimum of six treatments 484A Ritchie Hwy, Severna Park, MD 21146

Phone: 410-988-4743

Email: contact@lasercentermd.com



Reentry Resources and Support:

2-1-1

Support for individuals coming out of correctional facilities www.211.org/services/reentry

Prison Fellowship

Resources, updates, advocacy, legislation, and support www.prisonfellowship.org/

National Reentry Resource Center

Projects, resources, facts, trends and news www.csgjusticecenter.org/nrrc

Fair Shake Reentry Resource Center

Resources for currently and formerly incarcerated individuals, stakeholders, worksheets, checklists, guides, and relationship support www.fairshake.net

Re-entry Support

putting you on a better path

The Attorney General's Reentry Initiative

Toolkit, resources, fact sheets, tipsheets, VA, SSI, and Child Support information https://www.justice.gov/archives/reentry/resources

Violence Prevention

Mid-Shore Council on Family Violence, Inc.

Self-Certified Abuser Intervention Program (AIP) specifically designed as interventions for perpetrators of intimate partner abuse by examining influences that contribute to violence, understanding the effects of violence on victims, children, and perpetrators, and replacing abusive behaviors with non-abusive actions.

P.O. Box 5 Denton, MD 21629

Contact: Donna Bishop donna@mscfv.org www.mscfv.org

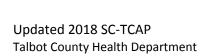
Phone: 410-479-3363

Governor's Family Violence Council (FVC)

Council and AIPs, Victims' Rights and Services Information goccp.maryland.gov/victims/family-violence-council/abuse-intervention/

"Violence is impractical because it is a descending spiral ending in destruction for all. It is immoral because it seeks to humiliate the opponent rather than win his understanding: it seeks to annihilate rather than convert. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends up defeating itself. It creates bitterness in the survivors and brutality in the destroyers." ~MLK





Crisis Services/Hotlines

Eastern Shore Mobile Crisis 1-888-407-8018

Mid-Shore Council on Family Violence 1-800-927-4673

For All Seasons Hotline 1-800-310-7273

Maryland Youth Crisis Hotline 1-800-422-0009 www.beforeitstoolate.maryland.gov

Crisis Text Line text HOME to 741741

National Suicide Prevention Lifeline 1-800-273-8255 En Espanol 1-888-628-9454 TTY 1-800-799-4889

Family Crisis Resource Center 301-759-9244

Life Crisis Center 410-749-HELP

Trevor Lifeline (LGBTQ-sensitive) 1-866-488-7386

Grassroots Crisis Intervention Services 410-531-6677

Veterans Crisis Line 1-800-273-8255 Text 838255

Problem Gambling Helpline 1-800-GAMBLER

Maryland Poison Center 1-800-222-1222

<u>Domestic Violence Support Services</u>

Mid-Shore Council on Family Violence

24 Hour Local Helpline: 1-800-927-4673

Provides crisis shelter, individual counseling, group counseling, advocacy, legal advocacy and accompaniment to court proceedings, attorneys for representation, transitional housing, emergency food and clothing, and bilingual services for spanish-speaking individuals www.mscfv.org

For All Seasons, Inc. - Rape Crisis and Recovery Services

Provides confidential services to adult and child victims as well as their families, partners, and loved ones, crisis intervention, counseling, and referral. Victim accompaniment to hospitals, police interviews, and court to provide support and information about options. Individual, group, and family psychotherapy available

24 Hour Crisis Hotline: 1-800-310-7273

www.forallseasonsinc.org

CASA, Inc. **24** Hour Helpline: 301-739-8975 TTY 301-739-1012

Provides confidential crisis counseling, education, information, referrals, and safety planning to individuals who have been affected by domestic violence, sexual assault, and/or rape

SARC 24-Hour Helpline: 410-836-8430

For options, safety, and services, including friends and family concerned about how to support a loved one

www.sarc-maryland.org

Family Crisis Center, Inc.

24 Hour Helpline: 301-731-1203

E-Mail Address: info@familycrisiscenter-pgco.org

Website: www.fccpg.org Hours of Operation: 24/7 Areas Served: Statewide

Provides immediate crisis intervention through compassionate support, community resources, referrals to other helping agencies, and when appropriate, access to Safe Passage Emergency

Safe House

Family Crisis Resource Center, Inc.

24 Hour Helpline: 301-759-9244 www.familycrisisresourcecenter.org

Hours of Operation: 24/7 Area Served: Statewide

Crisis and supportive counseling, crisis intervention, emotional support, information, and referral

services to survivors of domestic violence and rape

Additional Helplines:

2-1-1 Maryland

Phone: 2-1-1

Website: http://www.211md.org
Hours of Operation: 24/7

Information and referrals on a variety of health and human service issues including opioid

treatment resources and Overdose Response Program

(http://bha.dhmh.maryland.gov/NALOXONE/SitePages/Home.aspx)

Maryland Tobacco Quitline

Phone: 1-800-784-8669

E-Mail Address: info@smokingstopshere.com

Website: smokingstopshere.com

Hours of Operation: 24/7

Provides unlimited inbound phone/text support, web support, quit guides, assessment and

planning, smoking cessation aids, and local resources

National Hopeline Network

Online Chat Support: www.imalive.org

Hours of Operation: 24/7

Available to those suffering from depression

National Organization for Victim Assistance (NOVA)

Phone: 1-800-879-6682 Website: www.trynova.org/

Hours of Operation: 9am-5pm M-F

Information and referrals for victims of crime and disaster

National Sexual Assault Hotline, RAINN

Phone: 1-800-656-4673

Online Support: online.rain.org

Website: www.rainn.org/get-help/national-sexual-assault-hotline

Hours of Operation: 24/7

Provides referrals to local organizations and information to survivors of sexual assault and

domestic violence

National Suicide Prevention Lifeline

Phone: 1-800-273-8255

Website: www.suicidepreventionhotline.org

Hours of Operation: 24/7

Available to anyone in suicidal crisis or emotional distress

Spanish Suicide Hotline

Phone: 1-888-628-9454

Website: www.suicidepreventionlifeline.org/help-yourself/en-espanol/

Hours of Operation: 24/7 Area Served: Nationwide

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted

necesita ayuda

Youth America Hotline

Phone: 1-877-968-8454

Website: www.yourlifecounts.org

Hours of Operation: 24/7

Provides crisis intervention to youth and resource tips for families

LGBT National Help Center

National Hotline: 1-888-843-4564

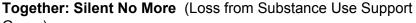
www.glbthotline.org - Online peer support chat, talk groups and resources

Family Support and Services

Together: Positive Approaches

Second Wednesday each month from 6:00-7:30pm Talbot Partnership & Marriah's Mission Fund 8 Goldsborough Street, Easton, MD 21601

Contact: marriahsmission2014@gmail.com



Group)

Third Monday each month from 6:00-7:30pm Chesapeake Life Center & Marriah's Mission Fund 90 Ritchie Highway, Pasadena, MD 21122

For more information: www.chesapeakelifecenter.org or www.hospicechesapeake.org

Shattering the Silence (Overdose, Suicide Loss Support Group)

Second Wednesday each month from 6:00-7:30pm

Talbot Hospice

586 Cynwood Drive, Easton, MD 21601

Contact: Becky DeMattia 410-822-6681 or bdemattia@talbothospice.org

Family Support Group

Tuesdays 6:30-7:30pm

Queen Anne's County Health Department, Nielsen Center

205 N Liberty Street, Centreville, MD 21617

Contact: kate.ryan@maryland.gov 410-758-1306

Family Night

Third Wednesday each month from 5:30-7:30pm Dri-Dock Wellness and Recovery Center

208 Sunburst Highway, Cambridge, MD 21613

Contact: 410-228-3230 or visit www.dri-dock.org for calendar of events

RASP: Reconciling After a Substance Passing

Third Thursday each month from 6:30-8:30pm Compass Regional Hospice - The Hope & Healing Center 255 Comet Drive, Centreville, MD 21617

For information: 443-262-4100

Partnership for Drug-Free Kids

Personalized support for families; free and confidential 1-855-378-4373 Monday-Friday 9:00am-5:00pm ET Support via live chat available evening and weekend hours

Visit: www.drugfree.org

Maryland Coalition of Families

Get Help, Get Involved, Resources, News, Events and Additional Support Groups

Visit: www.mdcoalition.org



Daily Meditations and Subscriptions

Just for Today

- Fear - April 21 -

"The early days of recovery weren't a great deal different for many of us; then, too, fear dominated our thinking. "What if staying clean hurts too much?" we asked ourselves. "What if I can't make it? What if the people in NA don't like me? What if NA doesn't work?" The fear behind these thoughts can still control our behavior, keeping us from taking the risks necessary to stay clean and grow. It may seem easier to resign ourselves to certain failure, giving up before we start, than to risk everything on a slim hope. But that kind of thinking leads only to relapse.

To stay clean, we must find the willingness to change our old ways of thinking. What has worked for other addicts can work for us—but we must be willing to try it. We must trade in our old cynical doubts for new affirmations of hope. When we do, we'll find it's worth the risk."

Just For Today - Daily Meditations can also be accessed online via search engine (Google) and by downloading the Android App on Google Play

Find NAJFT on Facebook: www.facebook.com/NAjustfortoday1/

NAWS Subscriptions

Sign Up for WCNA Updates, Just For Today Daily Emails, News E-subscription, Reaching Out, NA Magazine and more

www.na.org/?ID=subscribe

Literatura de recuperación en español www.na.org/?ID=ips-cs-index

AA Grapevine International Journal

Stories, Articles, Audio, Resources, Subscriptions, E-Books, Magazines and more www.aagrapevine.org

Dual Recovery Anonymous

Find A Meeting, Membership, Dual Disorder Recovery Book, 12-Steps, Workbooks, Daily Readings and more

www.draonline.org/relapse reading.html

Apps on Google Play

Clean & Sober Recovery App
Clean Time App
Sobriety Clock
Sobriety Counter
Calm - Meditate, Sleep, Relax
NA Speakers
Sobriety Clock
Sober Time
Insight Timer
Joe & Charlie: AA Big Book

Apps on Apple iTunes

NA Recovery Companion

I am - Affirmation Reminders

Recovery Speakers

One Day At A Time

Sobriety Clock

The AA App

Friend of Bill

My Spiritual Toolkit

Today's Step

Sober Time

Contact the Talbot County Health Department-Addictions Program at 410-819-5602 - Recovery Literature may be available to those enrolled.

Additional Resources

Mid Shore Opioid Misuse Prevention Program (I Wish I Knew media campaign)

Prevention programming in Talbot, Queen Anne's, Kent, Caroline, and Dorchester counties Text **IWIK** to **71441** for 24-hour substance abuse information on the mid-shore www.iwishiknewmidshore.org

Talbot County Department of Emergency Services

Disaster plans, alerts, resources, emergency management and medical services Find Us On Facebook For Alerts
605 Port Street, Easton, MD 21601
www.talbotdes.org

Maryland Department of Human Services

Child Support Services, Workforce Development, Burial Assistance, Adult Services and Financial Assistance Information in Maryland www.dhr.maryland.gov

Continuum of Care - Homeless Services - Homeless ID Program

Mid-Shore Behavioral Health, Inc. 28578 Mary's Court, Suite 1, Easton, MD 21601 www.midshorebehavioralhealth.org 410-770-4801

Talbot County Circuit Court

11 N Washington Street, Easton, MD 21601 Administrative Judge: Stephen Kehoe Family Support Services: Barbara Mitchell Problem-Solving Court Coordinator: Kelly Reynolds

Law Library: 410-770-6801

Federal Bonding

The Federal Bonding Program issues fidelity bonds, which are business insurance policies that protect employers who are willing to help provide a fresh start for individuals who are trying to overcome barriers to employment. The bond covers jobseekers with criminal background issues. www.aawdc.org/content/federal-bonding-program
Bonds may be obtained through the Talbot Career Center - page 14

U.S. Department of Health and Human Services

Reentry-Employment, Housing, Education, Family, and Financial Resources www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=18

Emergency Food Services

Neighborhood Service Center - 126 Port Street, Easton, MD 21601 410-822-5015 St Vincent de Paul - 29533 Canvasback Drive, Easton, MD 21601 Tuesdays 1-4PM and Saturdays 9AM-12PM 410-253-9030 Christ Church St Michaels - 301 S Talbot Street, St Michaels, MD 21663 Mondays 9-11AM and Thursdays 1-3PM 410-745-4141