

Resource Guide

CASA



Cecil County, Maryland

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HEALTH

Therapists

Therapists in the area who accept Medicaid:

[Connie Muller-Thym](#)- Clinical Social Work/Therapist, LCSW-C

Resolution Services, Inc.

101 Mill Lane

North East, Maryland 21901

(410)468-1093

Specialties: Family Conflict; Marital and Premarital; Relationship Issues

Issues Seen: Adoption; Alcohol Use; Anxiety; Coping Skills; Depression; Divorce; Grief; Life Coaching; School Issues; Self Esteem; Women's Issues; Mood Disorders; Gay

Age: 6-Adults

Cost Per Session: \$50-\$130

[Jodi Willems](#)- Counselor, LCPC

Elkton, MD 21921

(443) 993-5125

Specialties: Trauma and PTSD; Anxiety; Substance Use

Issues Seen: Depression; Dual Diagnosis; Grief; Relationship Issues; Self Esteem; Stress; Women's Issues; Mood Disorders; Bisexual; Gay; Lesbian

Age: 14 - Adults

[Cheryl M Fischer](#)- Clinical Social Work/Therapist, LCSW-C

151 Rock Springs Road

Conowingo, Maryland 21918

(800) 491-5369 x101

Specialties: Anxiety; Depression; Coping Skills

Issues Seen: Chronic Illness; Codependency; Grief; Life Transitions; Parenting; Peer Relationships; Self Esteem; Spirituality; Stress; Trauma and PTSD; Women's Issues; Mood Disorders; Thinking Disorders

Age: 14 - Older Adults 65+

Cost Per Session: \$125-\$155

[AMA Transitional Services, LLC](#)- Counselor, LCPC

14 Rogers Road #211

North East, Maryland 21901

(443) 402-3200

Focus on African-American and other Racial or Ethnic Backgrounds

Specialties: Behavioral Issues; Depression; Bipolar Disorder

Issues Seen: ADHD; Addiction; Anger Management; Antisocial Personality Anxiety; Brd

Approved Supervisor: LGPC, LGADC, LGMFT, LGPAT; Career Counseling; Child or

Adolescent; Coping Skills; EAP; Gambling; Grief; Life Transitions; Relationship Issues;

Self-Harming; Sleep or Insomnia; Stress; Substance Use; Suicidal Ideation; Trauma and PTSD;

Video Game Addiction; Dissociative Disorders; Impulse Control Disorders; Mood Disorders;

Personality Disorders; Psychosis; Thinking Disorders; Bisexual; Gay; Lesbian

Age: 11- Older Adults 65+

Cost Per Session: \$100-\$150

[Megan Lynn Mullins](#)- Counselor, LCPC, ACE CPT, CF L1

Equity Fitness

505 Blue Ball Road

Elkton, Maryland 21921

(410) 834-8260

Specialities: Trauma and PTSD; Self Esteem; Anxiety

Issues Seen: ADHD; Addiction; Adolescents; Alcohol Use; Anger Management; Behavioral

Issues; Career Counseling; Child or Adolescent; Codependency; Coping Skills; Depression;

Drug Abuse; Dual Diagnosis; Eating Disorders; Emotional Disturbance; Family Conflict; Grief;

Life Coaching; Life Transitions; Obsessive-Compulsive (OCD); Oppositional Defiance; Peer

Relationships; Racial Identity; Relationship Issues; School Issues; Sexual Abuse; Spirituality;

Sports Performance; Stress; Substance Use; Transgender; Weight Management; Impulse Control

Disorders; Mood Disorders; Thinking Disorders; Bisexual; Gay; Lesbian

Age: 6 - Older Adults 65+

Cost Per Session: \$80-\$120

[Teri L Smith](#)- Clinical Social Work/Therapist, LCSW

200 Biddle Avenue Suite 105

Newark, Delaware 19702

(302) 257-2757

Specialites: Grief; Mood Disorders; Anxiety

Issues Seen: Anger Management; Behavioral Issues; Chronic Illness; Chronic Pain; Coping

Skills; Depression; Divorce; Domestic Violence; Emotional Disturbance; Family Conflict; Life

Transitions; Marital and Premarital; Men's Issues; Obsessive-Compulsive (OCD); Parenting;

Peer Relationships; Relationship Issues; Self Esteem; Stress; Trauma and PTSD; Women's Issues

Age: 11 - Older Adults 65+

Cost Per Session: \$60-\$100

[Earnest R Reaves](#)- Counselor, MS, LCPC, LCADC, CCTP

Integrated Counseling Professionals, LLC

1614 E Churchville Road

Suite 101A

Bel Air, Maryland 21015

(443) 251-3857

Specialties: Mood Disorders; Trauma and PTSD; Marital and Premarital

Issues Seen: ADHD; Addiction; Alcohol Use; Anger Management; Anxiety; Asperger's Syndrome; Behavioral Issues; Bipolar Disorder; Borderline Personality; Child or Adolescent; Chronic Impulsivity; Chronic Pain; Chronic Relapse; Codependency; Coping Skills; Depression; Developmental Disorders; Divorce; Domestic Abuse; Domestic Violence; Drug Abuse; Dual Diagnosis; Emotional Disturbance; Family Conflict; Grief; Internet Addiction; Men's Issues; Narcissistic Personality; Obsessive-Compulsive (OCD); Relationship Issues; Self Esteem; Sexual Addiction; Spirituality; Stress; Substance Use; Suicidal Ideation; Transgender; Video Game Addiction; Impulse Control Disorders; Personality Disorders; Bisexual; Gay; Lesbian

Age: Adults - Older Adults 65+

Cost Per Session: \$90-\$150

[Shannon Baublitz-Smith](#)- Clinical Social Work/Therapist, LCSW-C, MSW

102 E Cecil Avenue

Suite D

North East, Maryland 21901

(443) 487-4798 x1

Age: 6 - Older Adults 65+

Substance Abuse Support

[Rockford Center](#)- Substance Use Disorder IOP

Orchard Commons Business Park

5598 Kirkwood Highway

Wilmington, DE 19808

What: Outpatient program operating from 9AM to 1PM Monday-Friday

Rewriteyourscript.org

24/7 Crisis line: 888-407-8018

Resource line: 410-996-5106 (8AM - 5PM, Monday - Friday)

Information on prevention, treatment, recovery support, and how to respond to overdose.

Database of local support resources

Domestic Violence Support

Community Services Foundation of Cecil County, Inc.

P.O. Box 2137 Elkton, MD

(410) 996-0333

[Child Advocacy Center](#)- Their mission is to provide a multi-agency approach to the investigation, prosecution and treatment of child sexual abuse, severe physical abuse, and child fatalities. This collaboration will enhance the investigation process, facilitate prosecution of those who commit these crimes in Cecil County, and promote emotional healing for the child victim and families.

[The Bridge](#), Cecil County's Domestic Violence Rape Crisis Center- Their mission is dedicated to ending violence by working to promote gender equality, empowerment, and end oppression through community education, while developing and providing comprehensive services to survivors of domestic violence, rape, and sexual violence

[Family Violence Coordinating Council](#)- Their mission aims to decrease the amount of incidences of family violence by creating a system for the coordinated community response and to set a community standard of zero tolerance for family violence in Cecil County.

TRANSPORTATION:

Transportation Information for Cecil County:

<https://www.ccgov.org/government/community-services/cecil-transit>

Cecil County Transit Mission Statement: “Cecil Transit oversees all county transit operations through the implementation of a fixed route and demand response bus service and the Rural Transportation Initiative which includes the Taxi Voucher Program and the Veteran’s Bus Pass Program. Cecil Transit’s fixed route bus system offers connecting service to Aberdeen, Havre de Grace, Perryville, Charlestown, North East, Elkton, Newark and Glasgow. Cecil Transit also provides transportation services connecting qualified individuals to job placement and training through a contractual agreement with the local Department of Social Services.”

Bus System

1. Bus System
 - a. Routes
 - i. Glasgow Connection Route #1
 1. Elkton to People's Plaza in Glasgow, DE. The route begins at 5:30 AM and ends at 6:15 PM, Monday through Saturday.
 - ii. Cross-County Connection Route #2
 1. MARC Train, Perry Point V.A., and Cecil College in North East and Elkton. The route begins at 5:30 AM and ends at 10:07 PM. Monday through Friday with a modified Saturday Schedule.
 - iii. Elkton-Newark Connection Route #4
 1. Servicing the town of Elkton, Glasgow, DE, Newark Industrial Park, Four Seasons Plaza, Newark Park & Ride, Newark Train Station, Newark Transit Hub and the Rt. 279 corridor including the Elkton Library & Cecil College Elkton Station. This route operates Monday through Friday from 6 AM to 10 PM.
 - iv. Commuter Connection Route #5
 1. Connecting the Marc Rail Station in Perryville to the Septa Rail Station in Newark, with a park n' ride at the Cecil College North East campus. This route operates Monday through Friday from 5:25 AM to 9:07 PM.

b. Prices

Fare Type	Pricing	
	General Public	Reduced Fare*
Single Ride	\$2	\$1
Deviation	\$4	\$4
Daily Pass	\$5	\$2.50
Weekly Pass	\$20	\$10
Monthly Pass	\$65	\$32.50

*Reduced fare is available for riders over 60, those with a Medicare card, or those with a mobility pass from another agency. Please have the corresponding ID ready to show the driver for verification.

**Up to two children under 46" can ride for free with a fare-paying adult.

Deviations

- i. Fixed route deviations can be request up to $\frac{3}{4}$ mile
- ii. Must be scheduled at least one hour before pick up
- iii. Each deviation has a cost of \$4
- iv. To request a deviation call 410-996-5295 #2 Monday through Friday, 7:00 AM-3:30

Taxi Voucher System

2. Taxi Voucher System

- a. Taxi Voucher Program User Guide: If you have any problems with service, call the cab company directly. If the company cannot solve your problem or if you have any questions about the TAXI VOUCHER PROGRAM, contact the program office at 410-996-5295 option #3 between 8:00 a.m. and 4:00 p.m. Monday thru Friday <https://www.ccgov.org/home/showdocument?id=400>
 - i. Taxi Voucher: “Your letter of eligibility will state how much the vouchers will cost you. Use the attached order form to order coupons. You are eligible to purchase five \$10 coupon books per month at a reduced rate. Taxi vouchers are not transferable and are non-refundable”
 - ii. Arrange your ride: “The inside cover of your coupon book lists the taxi companies that are participating in the TAXI VOUCHER PROGRAM. You should pick the company that best serves your needs. CALL THE COMPANY DIRECTLY AT THE NUMBER LISTED. Tell the dispatcher that you are a TVP participant and if you need special assistance (such as a walker, manual wheelchair etc...) so that the

company can assign the driver that can best assist you. Be sure to make reservations when necessary. DO NOT SCHEDULE THE SAME TRANSPORTATION WITH MULTIPLE PROVIDERS - this will be considered abuse of this program and could result in termination from the TVP.”

- iii. Take Your Trip: “ You should be ready to travel about 15 minutes before your scheduled pick-up time, in case a driver arrives early. When you enter the vehicle, show your ID card to the driver. This will let the driver know that you are a TAXI VOUCHER PROGRAM participant and that you will be paying for your ride with the vouchers.”
 - iv. Pay for Your Trip: “After you arrive at your destination, pay the driver with vouchers equal to the exact fare for the ride. If you do not have enough vouchers for the exact amount, either pay the driver in cash for the difference or use coupons that are as close as possible to the exact amount. Tipping your driver is encouraged, but TAXI vouchers cannot be used for this purpose.”
 - v. Reorder Coupons: “A reorder form will be enclosed for your next taxi voucher purchase. To reorder, complete the form and send it to the address listed along with your check or money order. Vouchers will be issued on a ‘first come, first serve’ basis not to exceed the monthly program allowance. You will not be able to reorder vouchers if our records show that you have already reached the maximum allowed for that month. Your new vouchers will arrive in the mail.”
 - vi. Expiration Date: “Vouchers will expire on June 30th, so be careful how many you purchase when the expiration date draws near to avoid a loss of taxi vouchers. All checks and money orders for taxi vouchers should be made payable to the Cecil County Treasurer. Any item returned for insufficient funds will be subject to a fee of \$25 and you will be suspended from the program until all obligations are met”
- b. Taxi Voucher Application Form:
<https://www.ccgov.org/home/showdocument?id=34506>
 - c. Income Certification Form: <https://www.ccgov.org/home/showdocument?id=398>
 - d. Disability Verification
Form: <https://www.ccgov.org/home/showdocument?id=396>

Travel Training

- 3. Travel Training
 - a. “Cecil Transit provides free travel training to groups or individuals (of all ages) in need of instruction on using public transportation. The training includes an explanation of bus routes, bus stops, bus schedules and rider safety plus "on-site" instruction on Fixed Route.
 - b. If you are unfamiliar with using public transportation, have to make new journeys, or if you have difficulty getting around due to a disability or an illness, please call Community Transit at 410-996-5295 #2.

Medical Transportation

4. Medical Transportation

- a. <http://cecilcountyhealth.org/medical-transportation/>
- b. Transportation services are available for non-emergency medical appointments for qualified Medicaid recipients. Transportation services are provided Monday – Friday 8:00 a.m. to 4:30 p.m. with limited evening and weekend hours. The Cecil County Health Department is responsible for administering the Medical Assistance Ambulance Transportation Program for Cecil County residents. All ambulance transport of Medical Assistance clients requires pre-authorization from the Transportation Program at the Cecil County Health Department. The medical facility requesting transport must call the program at 410-996-5171 to obtain authorization. Authorization will be granted only for those clients who have a current Medicaid card number and for whom ambulance transportation is medically necessary.
 - i. Ambulance Transfer Information:
<http://cecilcountyhealth.org/medical-assistance-ambulance-transport/>
 - ii. Maryland Statewide Medical Assistance Transportation Transport and Discharge Form:
<http://cecilcountyhealth.org/wp-content/uploads/2018/08/Maryland-Statewide-Medical-Assistance-Transportation-Transfer-and-Discharge-Form-1.pdf>

EMPLOYMENT:

College Service

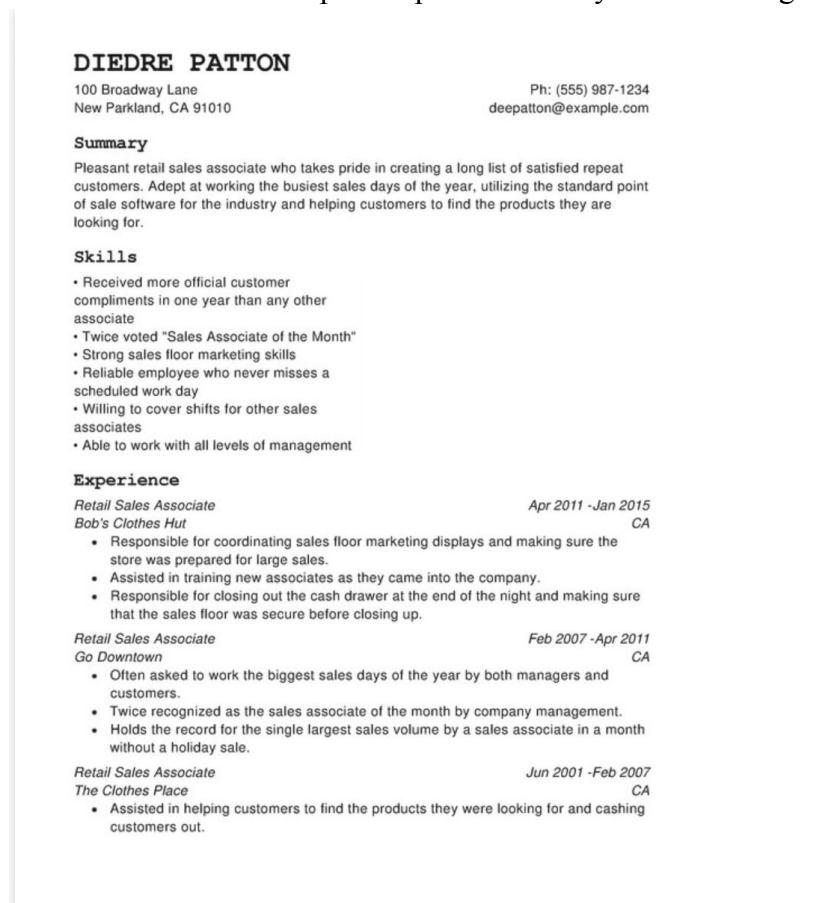
Cecil County College Service: <https://www.cecil.edu/student-resources/career-services>

- Service Offer at Cecil County College
 - Career Advising
 - Job Listing
 - Resume Writing and Interview Skill
 - Job Placement
 - Online Career Planning
 - Internships

Resume Help

Resume Help: A free online resource that offers a variety of career building services
<https://online.resumehelp.com/+resumes+educational-interpret+cecil-county-public-schools+325564>

- Sample Resumes---> this website has samples of resumes with the ability to search for a resume for specific positions that you are looking for



- Chronological Resumes

- Functional Resumes
- Combination Resumes
- Sample Cover Letters---> This website give template on different example of cover letters that can be industry specific

Sandra Beckham
100 Broadway Lane
New Parkland, CA 91010
Cell: (555) 987-1234

Dear Ms. Frederick,

I would like to apply for the Secretary position with Standard Metals, Inc. I hold eight years of secretarial experience in an executive capacity.

In my current position of Secretary with Grand Auto Supply, I take on several office tasks, including answering telephones, typing correspondence, maintaining corporate files and greeting visitors. I am a highly organized and efficient professional, who enjoys maintaining and organized and smooth-running office. My interpersonal and management skills are excellent, allowing me to get along with others and make them feel at ease.

I have a proven record of successful office management. Past supervisors have applauded me for my ability to handle numerous tasks at once, while motivating others to perform at their best. It would be a pleasure to bring my top-notch skills to the staff at Standard Metals as your newest Secretary.

I am confident you will find my qualifications to be a good fit for the Secretary position with your company and welcome you to contact me by phone or email at a time that is convenient for you. It would be a pleasure to speak with you in person. Thank you so much for your attention.

Sincerely,

Sandra Beckham

- Interview Guide and Interview Preparation---> Gives you reason why you should prepare for an interview how to prepare, and different situation that could come up in your interview
- Networking Guides--- tips and tricks on how to successfully network

Tips for the Job Search

<https://www.flexjobs.com/blog/post/what-to-do-when-you-cant-find-a-job/>

- Tips
 - Take a break
 - Take a short time off of your job search in order to reset your brain
 - Spruce up your online presence
 - Work on your linked in profile, clean up your online presence on social media
 - Go to where the job are
 - You may have to move to find a job that you are looking for, there may no be any of your desired job in your area
 - Get skilled/educated
 - Trying learning a new skill or taking a class to gain a better understanding of skill that you make be missing
 - Network
 - Connect with other in the industry, make a good first impression and volunteer your times
 - Build your resume
 - Volunteer your time in the industry that you are looking to go into, pick up other jobs like working in a grocery store

- Practice Interviewing
 - Be prepared to be asked hard questions during your interview, work on speaking clearly and make sure that you get your point across

Unemployment

Unemployment: <https://www.dllr.state.md.us/employment/claimfaq.shtml>

- Am I monetarily eligible:
 - “You will receive a form called a "Determination of Monetary Eligibility." It will show your base period wages and your weekly benefit amount if you are monetarily eligible.
 - Form DLLR/DUI 212, "Determination of Monetary Eligibility," is mailed to you within 3 days after you file your initial claim. This form is for your records and it contains a listing of your base period earnings. It lists all the employers for whom you worked who are covered by the Maryland Unemployment Insurance Law and all wages these employers reported under your name and Social Security number during the base period.
 - Check this form carefully. Does it:
 - List any employers for whom you did not work?
 - List all employers for whom you did work during your base period?
 - List all the wages you earned during the base period?
 - If you think a correction should be made, you must contact the Claimant Information Service within 15 days and ask for a correction. You may be asked to provide copies of your Social Security card, check stubs, W-2 forms and any other proof of wages that you have.
 - Remember, you must contact DUI within 15 days for your protest to be accepted. Have your "Determination of Monetary Eligibility" with you when you call. In addition, you must continue to file timely weekly claim certifications (request for payment) while you await the result of the protest.
 - If you are not eligible for **any** unemployment insurance based on the standard base period explained above, the form will contain instructions on how to apply for the alternate base period, also explained above. You will need to contact DUI within 15 days as explained in the preceding paragraph and continue to file timely weekly claim certifications (request for payment).
 - In addition to being monetarily eligible, you must be unemployed through no fault of your own, able to work, available for work, looking for full-time work (unless defined by Unemployment Insurance as a part-time worker), and willing to accept a job for which you are qualified in order to collect benefits.”
- How to complete the application:
 - Get your information ready:
 - <https://www.dllr.state.md.us/employment/uicclaimdocs.pdf>
 - Social Security Number.
 - Alien Registration Number (if you are not a US citizen).
 - Pension information (if you are receiving any pension or 401k).
 - Amount and duration of any separation pay you may be receiving.
 - Recall date (if you expect to be recalled to your job).

- Union hiring hall information, including local number and address (if you get work through a union).
 - Military Form DD-214 (if you were in the military in the last 18 months).
 - Form SF-8 or SF-50 (if you were a federal employee).
- Information from your employer:
 - Complete name and address of employer
 - Employer's telephone number
 - Your occupation with that employer
 - Beginning and ending dates of employment
 - Reason for separation
- Worked outside of Maryland
 - “Any benefits you receive will be paid by the state against which you file and all correspondence will be with that state. You must meet all the requirements of that state's laws in order to be eligible.”
 - “Since the laws of each state are different, it is possible that your base period, benefit year and payment amount will be different from that of a Maryland worker. The laws of the state against which you file govern your claim.”
- Living in another state, but worked in Maryland:
 - Your claim would be governed by the Maryland Unemployment Insurance Law. You can file your claim via the Internet at mdunemployment.com or by telephone using one of the telephone numbers listed on the Unemployment Insurance Home Page under "Claim Center Telephone Numbers.”
- Filing for Dependents:
 - “ A dependent is defined as a son, daughter, stepson, stepdaughter, or legally adopted child (not grandchild or foster child) under 16 years of age for which you provide support.
 - You may be eligible for dependents' allowance of \$8 per dependent for up to 5 dependent children. Dependents' allowance will only be paid for 26 weeks during any one-year period. Only one parent may claim a dependent during any one-year period. The maximum weekly benefit amount, including any dependents' allowance is currently \$430 per week.”
- All this information more can be found here:
<https://www.dllr.state.md.us/employment/claimfaq.shtml>

EDUCATION:

Higher Education and Trade Schools

I. Cecil College

Community college offering 47 associate degrees and 30 certificate programs

A. Location: One Seahawk Drive Northeast, MD 21901

B. Programs:

1. Degrees and Certificates

Associate of Arts in areas including Business, Nursing and Health Professions, and Behavioral and Social Studies

2. WorkForce Training

Healthcare Careers, Skilled Trades, Child Care, Animal Care

3. Transportation Training

Commercial Driver's License, Driver Education and Improvement

4. Adult Education

GED Test Preparation

C. Admissions:

1. How to Apply-

Online: https://my.cecil.edu/ICS/Admissions/Home.jnz?portlet=Apply_Online_2.0

In paper: Available at North East Campus and Elkton Station

What you need:

- Personal information such as your Social Security number, mailing address, phone numbers, email, etc.
- High school or GED information
- Intended program of study

2. Deadlines:

Fall Enrollment- **July 1**

Spring Enrollment- **November 15**

Summer Enrollment- **April 1**

D. Cost- In-state tuition \$7,710 before aid

Financing your Degree

I. Federal/ State Grants

A. Tuition Waiver for Foster Care Recipients

- **Eligibility:** students under 25 who have resided in an out-of-home placement in Maryland and who are attending a Maryland public college or university
- **Amount:** Covers **ALL** tuition and fees until 10 years after first enrolling as a candidate for an associate, bachelors, or vocational certificate at a Maryland public institution of higher education
- **Requirements:**
 - Complete and file the Free Application for Federal Student Aid (FAFSA) each year.
 - Be enrolled on or before he or she reaches the age of 25.

- Be enrolled full time or part time for an associate, bachelors, or a vocational certificate at a Maryland public institution of higher education
 - Non-credit courses taken to earn a vocational certificate also qualify for tuition waiver.
- Renewal of Award- must file FAFSA by **March 1 every year**
- **Maintain a 2.0 GPA**

How to Apply: You must complete the Free Application of Federal Student Aid (FAFSA) at <https://studentaid.ed.gov/sa/fafsa> and connect with financial aid office at institution

ALL majors eligible

B. Educational and Training Voucher (ETV) Program

- **Eligibility:** Current foster care, former foster care youth, and youth adopted after age 16 to attend post-secondary institutions of higher learning
 - a) Be a former youth who left care at age 18 but not yet 21
 - b) Be a high school graduate or have a General Equivalency Development (GED) Examination
 - c) Be accepted at a college or university that is accredited or a pre-accredited post-high school vocational or trade institution
- **Amount:** \$5,000 for Full Time Students, and \$2,500 for part time students
- **Covers**
 - Tuition and fees
 - Room and board
 - Rental or purchase of equipment/supplies
 - Tutoring
 - Required residential training
 - Allowance for books, supplies, transportation
 - Health coverage for those not eligible for Medical Assistance
- **How to Apply**
 - Go to www.statevoucher.org and complete online application
 - Download the 3 page document
 - Page 1 is the contract
 - Pages 2-3 are Financial Aid Release Form

II. Outside Scholarships

A. Foster Care to Success Scholarships

- National partnership with organizations, foundations, and individuals to deliver scholarships to youth across the country
- **Website:** <https://www.fc2success.org/our-programs/information-for-students/>
- **Application Dates:** January 1- March 31 annually
- **Award Amounts:** \$2,500- \$5,000 based on need and merit
- **Renewable:** Up to 5 years
- **Eligibility**
 - Have been in public or private foster care for the 12 consecutive months leading up to and including their 18th birthday; OR have been adopted or placed into legal guardianship after their 16th birthday; OR have been orphaned for at least one year at the time of their 18th birthday and not subsequently adopted

- Be under the age of 25 on March 31 of the year in which they apply if they have not previously received scholarship funding from Foster Care to Success
- Have been in foster care or orphaned while living in the United States. U.S. citizenship is not required.
- Have been accepted into or expect to be accepted into an accredited, Pell-eligible college or other postsecondary school
- NOTE: This is an undergraduate scholarship only.

Free Application Waivers for Entrance Exams

1. Exams for Undergraduate Schools

a. ACT

- Covers registration and late fees for either the ACT or ACT with writing
- One report to a student's high school and up to six colleges
- Access to Test Prep Tools
- Students may use a maximum of **TWO separate ACT Fee Waivers**

b. SAT

- **How to Register Using a Fee Waiver**
 - If you're registering online, enter the following information:
 - The 12-digit fee waiver code
 - The name of a high school counselor or another authorized person
 - The way you qualified for the waiver
- **Covers**
 - 2 Free SATs with or without essay
 - 6 free subject Tests
 - Waived application fees at participating colleges

FOOD ASSISTANCE

Government Assistance:

You are eligible for Supplemental Nutrition Advocacy Program (SNAP) if gross income is < \$1,276 monthly and you live alone.

If eligible, SNAP (formerly known as food stamps) can provide food stamps equaling a monetary value of \$194 a month for a household of one

Apply online: <https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

If you are pregnant, a new mom (up to six months after delivery), or breastfeeding (one year after delivery) and make < \$1,926 while pregnant or < 2,607 with one child, you can apply for The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

WIC eligibility in Maryland: [wic-eligible](#)

WIC services include:

- Nutrition education
- Breastfeeding Support
- Free healthy food and
- Referral to other health and social agencies

To set up an appointment to apply for WIC, call the WIC office in your county

Cecil County Office number: (410) 996-5255

Visit this site to go over what you need to bring to your appointment: [wic-apply](#)

Food Pantries:

Name: Immaculate Conception Outreach

Our parish Outreach Ministry exists to help the unemployed, the homeless, and the working poor of Cecil County, Maryland.

Phone: (410) 398-2110

Address: 455 Bow Street Elkton, MD 21921

Hours of Operations: Monday, Wednesday, Friday 9:30 am – 12 noon

Service Provided: Food pantry

Name: Cecil County DSS Help Center

The Cecil County Help Center is the emergency assistance and volunteer services division of the Cecil County Department of Community Services. It provides a variety of assistance programs in conjunction with Social Services programs to meet customer-specific needs.

Phone: (410) 996-0260

Address: 135 E. High Street Elkton, MD 21921

Requirements: Referral from DSS

Hours of Operations: Monday – Friday 8:00 am – 4:00 pm (closed 12 noon-1pm for lunch), or by appointment

Service Provided: Food Pantry

Name: Trinity Episcopal Church

The individuals served by Trinity Church Food Pantry are the working poor, disabled persons and unemployed persons.

Phone: (410) 398-5350

Address: 104 North Bridge Street Elkton, MD 21921

Hours of Operations: Tuesday 10:00 am – 11:30 am

Service Provided: Food Pantry

Name: Porters Grove Baptist Church

This organization seeks to provide food to those in need.

Phone: (410) 658-5972

Address: 478 Connelly Road, Rising Sun, MD 21911

Hours of Operation: Thursdays at 2-4pm

Service Provided: Food Pantry

Name: **Ray of Hope**

This organization offers short term assistance to those who are unemployed or need emergency assistance. They provide services to individuals who reside in *Western Cecil County*.

Phone: (410)-378-9800.

Address: 960 Craigtown Road, Port Deposit, MD 21904

Hours of Operation: Reach out via phone to make appointment

Services Provided: Food Pantry, Clothing Vouchers, Prescription Assistance, Medical Care Help

Name: **Chesapeake City Ecumenical Association**

This Food Pantry provides approximately one week of assorted non perishable food goods and daily care products.

Phone: (410)885-3244

Eligibility Requirements (based on location): [The Chesapeake City Ecumenical Food Pantry](#)

Address: CCEA Complex- 227 Basil Avenue South Chesapeake City, MD 21915

Hours of Operation: Tuesday and Wednesday

To find more Food Pantries in Cecil County Maryland and their Hours of Operations, visit this database: [Food Pantries and Farmer's Markets Archives - CCHD Community Resource Database](#)

The **Maryland Food Bank** website provides information on finding food banks near you, as well as food related assistance programs:

1) **Feeding America:** <https://mdfoodbank.org/>

Food pantry access and eligibility may vary by region. Some pantries limit visits per month or per week for individuals. To find food pantries in different areas of Maryland or find a food pantry that best fits your needs, visit this site! This site includes updated information about available food pantries based on location. On the site, go to find food and enter your location on the map to find food pantries near you!

2) **FoodWorks Culinary Training Program:** [FoodWorks Culinary Training Program](#)

Food works program: the FoodWorks Program offers a fresh start to low-income individuals with 12 weeks of intense culinary training. FoodWorks students learn basic cooking skills while converting fresh produce and other perishable foods into healthy meals for distribution to those in need. The curriculum includes fundamental culinary techniques, nutrition, menu planning and job-seeking skills