

Food Pantries

Church of the Ascension 301-863-8551 Mon. & Thurs. 9-11:00am Great Mills RD

Immaculate Heart of Mary 301-863-8193
Mon., Wed., & Fri. 9– 11:30am & 2nd
Tues 4-6pm Rt. 235 across from Moving &
Storage on Three Notch Road

Lexington Park Baptist Church
301-862-2552 Wed. 1-1:30pm Once a month
help per family. Shangri La Drive

Trinity Lutheran 301-863-9512
Tues. 6-7:30pm Shangri La Drive. Open every
other week during the summer

Zion UMC 301-863-5161
Thurs 6-7pm South on Rt. 235 Appointment
needed. Call on Wednesday.

St. Cecilia's 301-862-4600
Assists households south of Lex Park

First Saints Church: 301-475-7200
Tuesday 10:30a.m.-12:00pm
Next to Med Star St. Mary's Hospital

LifeStyles of Maryland 240-237-8236
Monday's 9:30am—5:00pm

Mt. Zion UM Church 301-884-4132
Wednesday 11-12:30 Mechanicsville
First Friendship Ridge
Wednesday & Saturday 10:30-11:30am

Soup Kitchen

St. Mary's Caring 301-863-5700
Open Mon - Sat Breakfast 8:30 - 10am Lunch
11:30 - 1pm 20331 Pt Lookout Rd in Great
Mills

Meals Delivery 301-475-4200 x1060
Delivered meals for homebound seniors 60
years or older.

Miscellaneous

Dept. of Aging & Human Services
301-475-4200 Provides a wide variety of
programs and services to the county's senior
residents, as well as other segments of the
population in need.

Schedule for AA Meetings 800-492-0209

Care Net Pregnancy Center 301-737-4604
Pregnancy testing, counseling, & maternity needs.
Rt.235 South of Pax River

Family ACCESS Center 301-866-5332
Various programs & services available for
children. Located at the Jarboe Center on Lexwood
Drive, Lexington Park.

Adult Education & ESL 301-934-7770
www.csmd.edu

Strong Beginnings WIC Clinic 240-956-8889
Pre-pregnancy Clinic.

Sleep In Heavenly Peace 844-432-BEDS (2337)
Provides twin size beds or bunk beds to children in
need.
ACTS 301-769-4199 acts-smc.org
Medical supplies available on loan 21808 Coltons
Point Rd, Avenue, MD

Employment

Jobs Source Office 301-844-6404
Mon.– Fri. 8:30am– 4pm (closed for lunch
12-1pm) 22934 Three Notch RD. California.

Re-entry Services from Southern Maryland
Jobs Source 301-374-1156 Justice-involved and
seeking employment or training resources, create
an account on the Maryland Workforce Exchange
at www.mwejobs.maryland.gov and make sure to
leave your full name and email address.

Local Community Assistance

*Information about helping agencies in
St. Mary's Co.*

Updated June 2025

Financial Assistance

- *Households must call churches in their area first.*
- *Help with a utility requires a MEAP app.*

Department of Social Services 240-895-7000

Lex. Park and Leonardtown. Call for an
appointment. Benefits for families with children
and single person households.

HOPE 301-737-2870

Church of the Ascension Monday– Thursday
9-12:00pm (Helps entire county)

Immaculate Heart of Mary Church

301-863-8193 Open Monday, Wed. & Friday,
8:30 am- 12 pm. 2nd Tues., 4-6 pm Appointments
only. (Helps in Lexington Park)

First District Catholic Aid Society

240-925-9354 St. Peter's, St. Michael's & St.
Cecilia's Churches. (Helps Southern County area)

LifeStyles of Maryland 240-237-8236

Financial assistance by appointment only. Shangri La
Drive, Lex. Park (Helps entire county)

Society of St. Vincent dePaul St. Aloysius Church

301-481-2942 (Helps in Leonardtown)

St. Johns Church Charitable Society

240-577-5596 (Helps in Hollywood)

Immaculate Conception Church 301-884-3123

Mon.– Fri., 9am-4pm (Helps in Northern County area)

Southern MD Tri-County Community Acton MEAP

301-274-4474 Utilities Assistance (Closed to walk-ins
on Fridays)

Persons with Disabilities

So. MD Center for Independent Living
301-884-4498 Various Supports and Assistance.

On Our Own 301-997-1066

Peer Support - Mental health or Substance abuse.
Located next to Soup Kitchen. Open Tues-Friday.

Advocacy, Legal Aid and Mediation

Community Mediation 301-475-9118

Transforming conflict into conversation. Appointment needed.

Center for Family Advocacy 240-925-0084

Advice and legal assistance for anyone experiencing domestic violence or intimate partner violence.

So MD Legal Aid Bureau 301-932-6661

Medical Services

Health Department 301-475-4330

Health Connections 301-475-6019

Access Health 301-475-6019

Provides clinical care and care coordination/case management to certain individuals. Available to all St. Mary's County residents.

Clothing

LPUMC Clothes Closet 301-863-8500

Free clothes for anyone in need. Referral needed. Any agency can help. Located at Lexington Park United Methodist Church, Great Mills Rd.

Transportation

Safe ride Express 301-863-1151

Hours: Mon-Sat, 6am-9pm, Sun, 8am-8pm

St. Mary's Transit 301-863-8400

Senior Rides Program 301-475-4200 Ext.1066

No wheelchairs. Must be 60 and older & live in St. Mary's County. Call for requirements.

Medical Transportation 301-475-4296

Advance notice required.

Emergency Contacts

Adult/Child Protective Services 240-895-7016

Weekdays 8am- 5pm. After 5pm & weekends call 301-475-8016

DSS After Hours Hot line 301-475-8016

Medical or Psychiatric Emergency Call 911

Sheriff's Office 301-475-8008

Homeless Shelters & Supportive Services

Call any of these agencies below to be added to the Shelter Wait list

Three Oaks Center 301-863-9535

Emergency Shelter, Permanent Supportive Housing for persons with disabilities; Rapid Rehousing; Outreach, Prevention, and Supportive Services. Located on Lei Drive in Lexington Park. Walk-in hours Tues-Thurs. 10am-2pm.

Lifestyles of Maryland 240-237-8236

Charles County Shelter, DV Shelter, Permanent Supportive Housing for persons with disabilities; Rapid Rehousing; Outreach, Prevention,.

Angels Watch 301-274-0680

Charles County Shelter

Project ECHO 410-535-0044

Calvert County Shelter

Safe Harbor DV Shelter 240-257-7225

The Mission 240-718-8911 (Independent Shelter)
Christian based generalized services for those in need. 24 hours 7 days a week

Veteran Services

Three Oaks Center 301-863-9535

Supportive services for veteran households, including housing and utilities assistance.

*Please report any inaccurate information on this pamphlet to Sara at DSS.
sara.martin2@maryland.gov*

Mental Health & Substance Abuse Services

Health Hub 301-904-8949

Community Support Services for anyone in crisis Open 8-5, 21525 Great Mills Road

Sante Mobile Crisis Teams 877-618-0074

Hours 8am-midnight. For people in crisis, behavioral, substance abuse, or intellectually disabled.

Cornerstone 410-535-4787 Mental Health Outreach & services.

ACT 240-376-6650 Assertive Community Treatment

Beacon of Hope 240-298-0212

Recovery & wellness-focused fellowship groups for anyone in, coming out of, or considering treatment, or seeking to maintain recovery. Hours of operation for Recovery Support are: Monday 10am-7pm, Tues., 11am-6pm, Wednesday 10am-6pm, Thursday by appointment, Friday 11am - 10:30pm, Sat. 10am-6pm & Sun 11:30am-2:30pm

Pyramid Walden 301-997-1300

Counseling for adults, teens, or youth dealing with substance abuse, or victims of domestic violence.

Pathways 301-373-3065 located in Hollywood Mental health provider with comprehensive treatment, rehabilitative & vocational services, as well as housing to older teens and adults.

Center For Children 301-475-8860

Mental health services for children & their families.

Out Reach Recovery 844-440-9353 Located at 21552 Thames Ave. #102 Lex. Park. Offers a wide range of addiction treatment programs

Project Chesapeake 240-309-4015

Located in Leonardtown

Anchor 301-383-8669 Rehabilitative intake services for people with addictions, located in Charlotte Hall

Charlie Health 866-491-5196 Ages 11-50

Fully virtual mental health intensive outpatient program. Accepts most insurances.