

Pregnancy Help Centers

Choose Hope Women's Center (formerly Birthright), Bel Air and Edgewood

<https://choosehopetoday.org>

- **Bel Air Office**, 38 East Gordon Street, Bel Air, MD 21014. Call or text 443-356-0086
- **Edgewood Office**, 1924 Pulaski Highway, Edgewood, MD 21040. Call or text 443-643-5595

Services offered:

- Pre- & Post-natal care
- Free counseling services & Post-abortion support
- Free material assistance: maternity clothes, “welcome home baby” basket, furniture for baby
- Referrals to community services: pre-natal care, adoption, legal advice, abuse, addiction

Women's Care Center, 7625 Belair Road, Baltimore, MD 21236 (667) 401-0700;

<https://www.womenscarecenter.org/baltimore-maryland>

All services are free and confidential.

- Counseling, support and education
- Pregnancy tests, ultrasound

Center for Pregnancy Concerns (CPC) All locations can be reached by calling or texting 443-884-9201

<https://cpcforhelp.org>

All services are free.

- **Essex Resource Center**, *Mars Hill Baptist Church*, 1400 Old Eastern Ave, Essex, MD 21221
- **North Baltimore Resource Center**, *St. Ann's Catholic Church* 528 E. 22nd Street, Baltimore MD 21218
- **Options@328**, a medical services facility, 328 N. Howard St in downtown Baltimore, provides life-saving services –
pregnancy tests, viability ultrasounds, access to resources and abortion pill reversal.

Services offered :

- material assistance like diapers, formula and wipes.
- free online educational parenting classes, empowering women with the tools needed to build strong families.
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Alpha's Glory 219 West Bel Air Ave, Aberdeen , MD 21001. 410-272-4711

www.aberdeenprc.org .

All services are free and confidential

- Pregnancy Tests
- Limited OB Ultrasound
- Options Counseling
- Parenting Classes
- Post Abortion Support

Pregnancy Center North 7402 York Rd , Suite 100 , Towson , MD 21204 Call 410-377-2871-or text 443-377-1983

www.pcnorth.org

All services are free and confidential

- Pregnancy Tests
- Limited OB Ultrasound
- Counseling
- Resource Referrals
- Material Aid
- Support Groups
- Online Streaming Educational Program

Gabriel Network at St. Mark's Catholic Church , 2407 Laurel Brook Rd Fallston, MD 21047

Contact Julie Tomko 443-299-6489 General info: 800-264-3565 (800-AngelOK)

- All kinds of material assistance for newborn and infants
- Angel Friends provides a local, personal contact
- Gabriel Network Maternity Homes help with emergency housing

- Referrals for physical, mental health and other material support as needed

Food, supplies, other resources

Tabitha's House, Fallston, 112-D Connolly Road , Fallston, Maryland 21047

<https://tabithashouse.org>

Email -For client help -sarah@tabithashouse.org

Email -For general inquiries -susans@tabithashouse.org

- Material support of all kinds including food, toiletries, household items, cleaning supplies
 - Vouchers are given to use in their thrift store; school supplies, and holiday help also provided
 - Men, Women, Children
 - No classes required to be served
 - Resources available for Jobs, Counseling
- Limited to serving Harford County residents only

Helping Hands Food Pantry at Salem UM Church , 7901 Bradshaw Rd , Upper Falls , MD

Call 410-592-2226 and leave a message - someone will return your call

<https://www.salemunited.org/helping-hands-food-pantry>

- Open Mon, Wed, Fri, 10 AM – Noon
- Clients may come once per month to receive non-perishables for their family
- Occasionally have fresh produce and meat

St. Mark Outreach Center, 2407 Laurel Brook Rd Fallston, MD 21047

Contact - Julie Tomko via email at Jtomko@saintmarkfallston.org or call

443-299-6489

<https://saintmarkfallston.org/outreach-center>

- Food, toiletries, laundry detergent, and household cleaning supplies can be received once a month
(for Harford County residents)

- Hours are Monday, Wednesday, and Friday 12:00 noon – 2:00 pm (or call for urgent needs outside of these hours)

Sharing Table at Prince of Peace Church , 2600 Willoughby Beach Road Edgewood, Maryland 21040-3412

www.sharingtable.org

- Free hot meal and bag of non-perishable groceries along with bread every Saturday 11:30am – 1pm
- No ID required – all welcome every Saturday
- Serves men, women, families
- Sometimes clothing available

211.org or call 211

Connects you with help and resources for :

- Food, supplies
- Housing assistance
- Health care

Help for Victims of Domestic Violence

SARC Bel Air <https://www.sarc-maryland.org>

24-hour helpline: 410-836-8430

- We are a lifeline for victims and survivors of domestic violence, sexual violence, and stalking by providing safe haven, advocacy, resources, and hope in Harford County
- Services include a domestic violence program, a sexual violence program, a legal advocacy program, a 28 bed shelter, and a 24-hour Helpline

Dental care for Pregnant Women

Harford County Health Department Dental Clinics,

2204 Hanson Road Edgewood, MD 21040 Call for an appointment: Edgewood 443-922-7670

1 N Main Street , Bel Air , MD 21014 Call for an appointment: Bel Air 410-638-3060

<https://harfordcountyhealth.com/clinical-services/dental-clinic>

- Provides dental services to children enrolled in (MD Children's Health Program, MCHP) and pregnant and postpartum women on the Medical Assistance Program

Furniture and Home Goods

Found in Faith Ministries, Joppatowne,

<https://foundinfaithmd.org>

Fresh Start Furniture Program The process begins with an online application on their website

Eligibility criteria : Must be Harford County Residents , over 18 , with limited income

Need a referral from a partner church. Julie Tomko at St. Mark, (Jtomko@saintmarkfallston.org or 443-299-6489) can provide a referral.

- Provides gently used, quality furniture and home goods at no cost to individuals and families in need

Short/long term housing

All housing clients must be referred by Harford Community Action Agency (HCAA) 1321-B Woodbridge Station Way , Edgewood, MD 21040 410-612-9909

www.harfordcaa.org

Anna's House, 607 N Tollgate Road, Bel Air, MD 21014 667-600-2840

www.catholiccharities-md.org/services/annas-house

- Serving Harford County
- A referral is needed through HCAA
- Emergency housing for families

Many additional resources throughout the state of Maryland can be found at
<https://www.mdccatholic.org/hopeblooms-resources>