TALBOTT 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

**Life's Energy Wellness Center, Inc.**
Substance Abuse Outpatient Services
8737 Brooks Drive, Suite 108, Easton, MD 21601
800-867-2395

**Chesapeake Treatment Services**
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.**

Updated 2018 SC-TCAP
Talbot County Health Department
**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

Updated 2018 SC-TCAP
Talbot County Health Department
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](http://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](http://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](http://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](http://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/](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/](http://www.easternshoresmilesolutions.com/)
443-205-4757

**Dental Choice**
503 Dutchman’s Lane, Suite A, Easton, MD 21601
[https://www.dentalchoiceeaston.com/](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  
www.easton-familydental.com/  
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

Updated 2018 SC-TCAP
Talbot County Health Department
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  
410-643-5361

**Narcotics Anonymous**  
[https://www.na.org/](https://www.na.org/)

**Alcoholics Anonymous**  
[https://www.aa.org/](https://www.aa.org/)

**NA Meetings**  
[http://meetings.intherooms.com/meetings/na/md](http://meetings.intherooms.com/meetings/na/md)

**AA Meetings – MidShore Intergroup**  
[https://www.midshoreintergroup.org/](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](http://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](http://www.dri-dock.org)  
Find Us On Facebook  
Hours: M-F 8AM-6PM  
410-228-3230

---

Updated 2018 SC-TCAP  
Talbot County Health Department
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  
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

Updated 2018 SC-TCAP
Talbot County Health Department
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](http://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

**Career Services/Employment Opportunities:**

**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

Additional Training/Education:

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

Updated 2018 SC-TCAP
Talbot County Health Department
Degree Programs/Workforce Training:

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://andrewevansbbqjoint.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.doctriversidegrille.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
www.eldoradoeaston.net
410-820-5155

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

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](http://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](http://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](http://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

Updated 2018 SC-TCAP
Talbot County Health Department
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/queenstown/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

Updated 2018 SC-TCAP
Talbot County Health Department
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
https://avalonfoundation.org/ (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
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

Updated 2018 SC-TCAP
Talbot County Health Department
**Martinak State Park**  
137 Deep Shore Road, Denton, MD 21629  
Park Services and Events: [dnr.maryland.gov/publiclands/Pages/eastern/martinak.aspx](http://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](http://www.rennfest.com)

For More Easton Listings and Local Information:  
[www.eastonmd.org/](http://www.eastonmd.org/)

For More Shopping and Attractions in St Michaels:  

For More Eastern Shore Listings and Near the Chesapeake Bay:  
[www.baydreaming.com](http://www.baydreaming.com)  
[www.visitmaryland.org](http://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](tel: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](tel: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](tel:410-820-5553)  
[www.midshoremediation.org](http://www.midshoremediation.org)  
email: [mscmc@goeaston.net](mailto:mscmc@goeaston.net)

Updated 2018 SC-TCAP  
Talbot County Health Department
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.jjgps.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

Updated 2018 SC-TCAP
Talbot County Health Department
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

Limited English / Interpretation and Multicultural Services:

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

Updated 2018 SC-TCAP
Talbot County Health Department
Credit Unions/Finance

**Partners 1st Federal Credit Union**  
726 Cambridge Plaza, Cambridge, MD 21613  
410-228-0082  
[www.partners1stcu.org](http://www.partners1stcu.org)

**Carco Federal Credit Union**  
114 Market Street, Suite 208, Denton, MD 21629  
410-479-5200  
[www.carcofcu.com](http://www.carcofcu.com)

**Shore United Bank**  
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](http://www.shoreunitedbank.com)

**PNC Bank**  
104 Marlboro Road, Easton, MD 21601  
410-820-6080  
[www.pnc.com](http://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](http://www.providentstatebank.com)

**Bank of America Financial Center**  
36 N Washington Street, Easton, MD 21601  
410-822-3502  
[www.bankofamerica.com](http://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
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
for program offerings and information

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/nrcc

Fair Shake Reentry Resource Center
Resources for currently and formerly incarcerated individuals, stakeholders, worksheets, checklists, guides, and relationship support
www.fairshake.net

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
go ccp.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

Domestic Violence Support Services

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

Updated 2018 SC-TCAP
Talbot County Health Department
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

**Together: Silent No More**  (Loss from Substance Use Support 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](http://www.chesapeakelifecenter.org) or [www.hospicechesapeake.org](http://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](http://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](http://www.drugfree.org)

**Maryland Coalition of Families**
Get Help, Get Involved, Resources, News, Events and Additional Support Groups
Visit: [www.mdcoalition.org](http://www.mdcoalition.org)

Updated 2018 SC-TCAP
Talbot County Health Department
Daily Meditations and Subscriptions

- 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  NA Speakers  AA Speakers
Clean Time App  Sobriety Clock  12 Step Meditations
Sobriety Counter  Sober Time  Insight Timer
Calm - Meditate, Sleep, Relax  Joe & Charlie: AA Big Book

Apps on Apple iTunes
NA Recovery Companion  Sobriety Clock  AA Big Book
I am - Affirmation Reminders  The AA App  Friend of Bill
Recovery Speakers  My Spiritual Toolkit  Today's Step
One Day At A Time  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.iwishknewmidshore.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

Updated 2018 SC-TCAP
Talbot County Health Department