A CLARION CALL

BALTIMORE COMMUNITY RESOURCE FINDER

Official local, Maryland, and national resources. Sources checked 2026-09-30. Confirm eligibility, funding, hours and application windows on each official site before referring someone.

Need help finding the right service? Call **211**. For a behavioral health crisis, call or text **988**. For emergency shelter in Baltimore City, call **443-984-9540**. In an emergency, call **911**.

144 resources: Start here (6) · Money & benefits (17) · Food & basic needs (15) · Housing & shelter (19) · Legal help (8) · Youth & family (26) · Health & wellness (14) · Safety & family (3) · Older adults & disability (4) · Transportation & accessibility (2) · Jobs, training & reentry (10) · Immigration & newcomer support (5) · Black-owned businesses (5) · Small business & entrepreneurship (4) · Community & neighborhood (6)

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RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
211 Maryland Anyone seeking help Maryland	Statewide phone, text, and online connection to food, housing, utilities, health care, behavioral health, family, and other community services.	Free; referral service	Call 211, text or search the database **211** 211md.org
CHARMcare Baltimore City residents Baltimore City	Search free or reduced-cost Baltimore City resources for food, housing, transportation, utilities, employment, education, mental health, and substance use care.	Free online directory	Search by need or ZIP code charmcare.org
211 Maryland: Baltimore City resources Baltimore City residents Baltimore City	Curated links and help finding Baltimore City resources, including food, utilities, cash, housing, and health services.	Free	Browse the guide or call 211 **211** 211md.org/resources-by-county/baltimore-...
Baltimore City Community Resource Guide Baltimore City residents Baltimore City	Baltimore City Department of Health community resource guide with service listings across health and human services. *Note: The linked guide is a 2025 edition; confirm current details with each provider.*	Free guide; call providers to confirm details	Open current guide and contact providers directly health.baltimorecity.gov
Baltimore City Housing Navigation Resource Guide People experiencing homelessness or housing instability Baltimore City	City guide to shelters, drop-in centers, homelessness prevention, housing navigation, and related services. *Note: PDF guide dated 2025; call first because placements and hours change.*	Free; access varies by provider	Open guide or call the Baltimore City shelter hotline **443-984-9540** homeless.baltimorecity.gov

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Baltimore City Youth Resource Guide Young people and caregivers Baltimore City	Search-oriented guide to Baltimore youth resources, including housing, education, health, and navigation services.	Free; provider eligibility varies	Browse guide and contact providers bmoreyouthguide.com

Money & benefits 17

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Maryland Benefits Portal Maryland households Maryland	Screen for and apply to Maryland food, health care, cash, energy, and other benefit programs.	Program eligibility varies	Use online screener or submit an application **1-800-332-6347** mydhr.benefits.maryland.gov
Baltimore City Community Action Partnership (BCCAP) Baltimore City residents Baltimore City	CAP Centers help city residents navigate public benefits and may connect residents with utility and back-rent assistance. *Note: Ask about current funding and required documents before visiting.*	Eligibility and available funds vary	Contact a CAP Center or use the city CAP page bmorechildren.com
Maryland Office of Home Energy Programs (OHEP) Renters and homeowners with qualifying household income Maryland	Applications for energy grants and utility assistance programs for eligible Maryland households.	Income and program rules apply	Apply through Maryland Benefits or local OHEP office **1-800-332-6347** dhs.maryland.gov/office-of-home-energy-p...
Maryland Energy Assistance Program (MEAP) Eligible Maryland households Maryland	Helps eligible households pay home heating costs through energy assistance grants.	Income and program rules apply	Apply through Maryland Benefits / OHEP **1-800-332-6347** dhcd.maryland.gov/energy-home-repair/ene...
Emergency Assistance to Families with Children (EAFC) Families with minor children Maryland; administered locally	Time-limited emergency help for eligible families with minor children facing emergencies such as eviction, foreclosure, or utility shutoff.	Eligibility, emergency documentation, and available funds apply	Apply through Maryland Benefits or Baltimore City DSS **1-800-332-6347** dhs.maryland.gov/weathering-tough-times/...
Temporary Cash Assistance (TCA) Families with minor children Maryland	Time-limited cash assistance and employment supports for eligible families with children.	Eligibility and participation rules apply	Apply through Maryland Benefits **1-800-332-6347** dhs.maryland.gov/weathering-tough-times/...

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Temporary Disability Assistance Program (TDAP) Adults with qualifying disabilities Maryland	Cash assistance for eligible low-income adults with disabilities who are temporarily unable to work.	Eligibility and medical documentation rules apply	Apply through Maryland Benefits / local DSS **1-800-332-6347** dhs.maryland.gov/weathering-tough-times/...
Water4All Baltimore City water customers Baltimore City	Baltimore City water-billing discount program for eligible residential customers, including qualifying tenants whose name is on the bill.	Income and account requirements apply	Check eligibility and apply online or at a CAP Center cityservices.baltimorecity.gov/water4all
Energy Stabilization Assistance Program (ESAP) Baltimore City residents Baltimore City	City energy assistance information for residents who continue to struggle with energy bills after OHEP support. *Note: Confirm whether intake is open and what documents are required.*	Eligibility and funding rules apply	Check current city program page or ask a CAP Center bmorechildren.com
Fuel Fund of Maryland Households facing energy insecurity Maryland	May provide help and energy education for households struggling with utility bills. *Note: Assistance is not guaranteed; confirm funds and application period.*	Eligibility and funding availability vary	Check current assistance intake and apply if open fuelfundmaryland.org
CASH Campaign of Maryland Low- and moderate-income households Baltimore and Maryland	Free tax preparation and financial coaching, benefits screening, and other financial stability supports.	Program eligibility varies	Schedule through current intake or use resource links cashcampaign.org
IRS VITA / TCE free tax preparation locator Eligible low-to-moderate income taxpayers, older adults, people with disabilities, and others National; local sites vary	Find IRS-supported Volunteer Income Tax Assistance and Tax Counseling for the Elderly sites. *Note: Seasonal; confirm site schedules and eligibility.*	Free for qualifying taxpayers	Use the IRS site locator before visiting **800-906-9887** irs.gov/individuals/irs-free-tax-return-...
USAGov Benefit Finder Individuals and households National	Searches federal benefit and financial-help programs for food, health, housing, utilities, and other needs.	Program eligibility varies	Complete online screening and follow linked program instructions usa.gov/benefit-finder
Maryland Child Care Scholarship Program Families needing child care Maryland	Subsidy assistance with child care costs for eligible families who meet program and work/activity requirements.	Income, work/activity, and provider rules apply	Apply through Maryland Child Care Scholarship portal earlychildhood.marylandpublicschools.org...
Maryland Medicaid and MCHP Eligible Maryland residents Maryland	Medical coverage for eligible adults, children, pregnant people, and families.	Income and other eligibility rules apply	Apply through Maryland Benefits health.maryland.gov/mmcp/Pages/home.aspx

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
USA.gov: Government benefits and financial help Individuals and families National	Official federal guide to benefits for food, housing, utilities, health care, disability, and cash assistance.	Eligibility varies by program	Browse the official benefit finder usa.gov/benefits
Benefits.gov / USA.gov Disability Benefits People with disabilities and caregivers National	Official guide to federal and state assistance for people with disabilities, including income and health programs.	Program eligibility varies	Use USA.gov benefit finder and disability benefits page usa.gov/disability-benefits

Food & basic needs 15

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Maryland Food Bank: Find Food Individuals and families facing food insecurity Maryland	Find partner food pantries, meal sites, and food distributions throughout Maryland.	Most food assistance is free; site rules vary	Search by ZIP code and call the listed pantry mdfoodbank.org/find-food
Maryland DHS Food Bank Directory Maryland households Maryland	State directory of food bank contacts and locations, including Maryland Food Bank in the Baltimore region.	Free; hours and eligibility vary	Use the county list and confirm with the provider dhs.maryland.gov/community-resources-pag...
Maryland SNAP (Food Supplement Program) Eligible households Maryland	Monthly food benefits for eligible low-income households.	Income and household rules apply	Apply through Maryland Benefits or Baltimore City DSS **1-800-332-6347** dhs.maryland.gov/supplemental-nutrition-...
Maryland WIC Pregnant/postpartum people, infants, and children under 5 Maryland	Nutrition support, food benefits, breastfeeding support, and referrals for eligible pregnant or postpartum people, infants, and young children.	Eligibility rules apply; many working families qualify	Find a local WIC clinic and schedule an appointment health.maryland.gov/phpa/wic/Pages/Home....
Maryland Summer Food Service Program Children and youth 18 and under Maryland	Helps connect children and teens with free summer meals and supports community organizations serving meals. *Note: Seasonal; dates and locations are posted for each summer.*	Free meals at participating sites	Search meal sites or contact a local sponsor dhs.maryland.gov/summer-meals

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Baltimore City Summer Food Service Program Children and youth; community organizations Baltimore City	City program information for summer meal sites and organizations that want to serve meals to eligible youth. *Note: Seasonal; confirm operating dates and site hours.*	Free meals at participating sites	Check current city site list or site application information cityservices.baltimorecity.gov/summerfood
211 Maryland: Baltimore City food resources Baltimore City residents Baltimore City	Find food pantries, soup kitchens, meal sites, SNAP/WIC support, and food savings programs.	Free search and referrals	Search online by ZIP code or call 211 **211** 211md.org/resources/food/baltimore-food
B'More Fresh produce benefit information SNAP participants Baltimore City	Information about produce incentive programs available to some Baltimore SNAP participants, including partner-market options. *Note: Program terms and participating vendors can change.*	Program-specific eligibility and participating locations	Check current 211 food page for program details **211** 211md.org/resources/food/baltimore-food
Meals on Wheels of Central Maryland Older adults and people with qualifying needs Baltimore City and Central Maryland	Meal delivery and nutrition services for eligible older adults and people with disabilities in the region.	Eligibility, fees, and service area vary	Request an assessment through the provider mealsonwheelsmd.org
ShareBaby Families with children ages 0–5 Baltimore City	Distributes diapers, wipes, clothing, and other essentials through community partners for families with young children.	Free through partner agencies; referral/access rules apply	Use the partner locator or contact ShareBaby sharebaby.org
Baltimore Relief Network FAMILIA Baltimore City families with babies Baltimore City	Diaper and wipe support for families with infants and young children.	Free; intake and distribution schedules apply	Check current program intake and distribution details baltimorerelief.com/familia-program
The Franciscan Center Baltimore residents with immediate needs Baltimore City	Community support that includes food and other direct assistance; check current service offerings and intake information.	Often free; service rules vary	Review current service page or call for intake fcbmore.org
The Samaritan Community Baltimore City residents Baltimore City	Food pantry, clothing and household goods, counseling, case management, enrichment, and emergency financial assistance for members.	Membership/intake and program rules apply	Contact the organization to become a member and confirm services samaritancommunity.org/services
USDA National Hunger Hotline Anyone seeking food assistance National	Connects callers with emergency food providers, government nutrition programs, and social services.	Free referral	Call during posted operating hours **1-866-348-6479** fns.usda.gov/national-hunger-hotline

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
USDA WIC and nutrition program information Families and individuals National; programs administered locally	Official information about WIC, SNAP, school meals, and other nutrition assistance programs.	Eligibility varies by program	Use state-specific links and local office locator fns.usda.gov/programs

Housing & shelter 19

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Mayor's Office of Homeless Services (MOHS) People experiencing homelessness or housing instability Baltimore City	City coordination and information for shelter, housing navigation, homelessness prevention, and outreach.	Free; referral and placement rules apply	Use resource guide, outreach request, or shelter hotline **443-984-9540** homeless.baltimorecity.gov
Baltimore City Shelter Hotline People needing emergency shelter Baltimore City	Phone access point for people seeking emergency shelter or homelessness assistance in Baltimore City. *Note: Call first; shelter capacity and procedures can change.*	Free; placement based on current availability	Call for current shelter options and intake instructions **443-984-9540** homeless.baltimorecity.gov
211 Maryland: Housing and Shelter People facing homelessness or housing instability Maryland	Search shelters, housing navigators, homelessness prevention, and housing support resources.	Free; provider eligibility varies	Call 211 or search housing resources **211** 211md.org/resources/housing-shelter
Security Deposit Assistance Program (SDAP) Eligible Baltimore City renters Baltimore City	One-time assistance for eligible Baltimore City residents who have found a licensed rental unit and need help with a security deposit. *Note: Funding and application windows can change.*	Income, licensed unit, lease, and funds requirements apply	Review current application instructions and contact BCCAP bmorechildren.com/securitydeposit
Community Schools Rental Assistance Program (CSRAP) Families/students enrolled at participating community schools Maryland; Baltimore City listed	Emergency support for families and students enrolled in eligible community schools who face eviction or need help securing a rental. *Note: Baltimore City intake status may be interest-only; confirm current availability.*	Enrollment, referral, and funding rules apply	Ask school community coordinator or review DHCD program page dhcd.maryland.gov/housing/homeless-solut...
ACE Program: legal assistance with evictions Eligible Baltimore City renters Baltimore City	Connects eligible Baltimore City renters facing eviction with free legal representation.	Eligibility and case-screening rules apply	Call 211 or apply through United Way of Central Maryland **211** uwcm.org/what-we-do/housing/legal-assist...

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Maryland Access to Counsel in Evictions Eligible renters Maryland	Information and connection to legal representation for eligible tenants in eviction and subsidy termination cases.	Eligibility and service availability vary	Call 211 and ask for eviction legal help **211** legalhelpmd.org
Baltimore City Sheriff: Tenant Eviction Assistance Baltimore City tenants Baltimore City	Explains eviction procedure, tenant support options, and local legal resources.	Information and referrals; not legal representation	Review guidance or contact eviction services team **410-396-7412** baltimorecitysheriff.gov/service/tenant-...
Housing Authority of Baltimore City (HABC) Eligible Baltimore City households Baltimore City	Information on public housing, Housing Choice Voucher programs, applications, and resident services. *Note: Waitlists may be closed; check current status.*	Waitlists and program eligibility vary	Check official application and waitlist announcements habc.org
CHAI (Comprehensive Housing Assistance, Inc.) Residents of northwest Baltimore Baltimore City	Housing and community development services serving northwest Baltimore neighborhoods.	Program eligibility varies	Contact CHAI for homeownership, housing, or community development services chaibaltimore.org
Neighborhood Housing Services of Baltimore Baltimore City residents and prospective homebuyers Baltimore City	HUD-certified housing counseling, financial coaching, and homebuyer education.	Program eligibility varies	Request housing counseling or sign up for workshops nhsbaltimore.org
Health Care for the Homeless People experiencing homelessness or housing instability Baltimore City and Maryland	Medical, dental, behavioral health, substance use treatment, case management, benefits enrollment, and housing-related support.	Payment and program rules vary; care access available	Call or visit a listed clinic; check current hours hchmd.org
Baltimore Safe Haven LGBTQIA+ people and families; others seeking listed services Baltimore City	Black-led community wellness and housing center providing housing placement, health services, case management, and community support.	Program eligibility varies	Contact for current service access and intake baltimoresafehaven.org
Youth Empowered Society (YES) Drop-In Center Young people experiencing homelessness or housing instability Baltimore City	Youth-centered drop-in services, case management, peer support, housing-focused assistance, and basic needs.	Youth eligibility and drop-in hours apply	Check current drop-in details and contact YES yesdropincenter.org

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Springboard Community Services Youth Resource Center Youth and young adults ages 14–24 Baltimore City	Drop-in support, behavioral health care, case management, housing navigation, classes, workforce development, food, clothing, and hygiene items.	Free; confirm current schedule	Visit or contact the Youth Resource Center springboardmd.org/yrc
Loving Arms, Inc. Youth ages 12–18 and families Baltimore City	Safe housing and support for youth ages 12–18 who are homeless, runaway, or at risk, including trafficking survivors and families.	Intake and placement criteria apply	Contact for screening and referral lovingarmsinc.org
The RISE House at City of Refuge Baltimore Young adults ages 18–24 South Baltimore	Supportive housing and services for young adults experiencing housing instability or aging out of foster care.	Program eligibility and openings vary	Contact City of Refuge for intake information cityofrefugebaltimore.org/risehouse
USA.gov: Help with housing Renters, homeowners, and people needing shelter National	Links to official federal information on rental help, public housing, housing counseling, and homelessness.	Program eligibility varies	Browse topic pages and official program links usa.gov/housing-help
Baltimore Homeless Project People experiencing homelessness or food insecurity; volunteers and community partners Baltimore City; outreach may expand regionally	Lunch on Us and BHP Mobile Services provide meals, essentials, direct outreach, shelter resources, and connections to support for people experiencing homelessness and food insecurity. *Note: The organization reports mobile outreach, hot meals, hygiene supplies, and housing-resource connections. Confirm the next service date and location.*	Outreach services are free; event dates and availability vary	Check the website for upcoming outreach and contact details; call before traveling **410-946-6595** baltimorehomelessproject.com

Legal help 8

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Maryland Court Help Center Self-represented Maryland residents Maryland	Free limited legal services for people without a lawyer, including landlord-tenant, family law, and domestic violence matters.	Free; limited scope; no full representation	Call or use web chat during posted hours mdcourts.gov/helpcenter
Legal Aid Bureau of Maryland Low-income residents with qualifying civil legal needs Maryland	Free civil legal services and referrals for eligible low-income Maryland residents, including housing and family matters.	Income and case criteria apply	Apply online or call intake mdlab.org

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Public Justice Center: Housing Justice Maryland tenants and community groups Maryland	Housing-related legal information and advocacy, including tenant rights and eviction resources.	Some legal services have case/eligibility limits	Review housing resources and intake options publicjustice.org/en/legal_help/housing
House of Ruth Maryland: Free Legal Services Survivors of intimate partner violence Baltimore City and served counties	Legal help for survivors seeking protective orders, custody, divorce, child support, and related matters.	Free; case and location rules apply	Contact legal services or a Family Justice Center hruth.org/service/free-legal-services
Maryland Court Family Law Self-Help Centers People handling family law cases without a lawyer Maryland; Baltimore City center	Help with custody, child support, divorce, child access, name change, domestic violence, and paternity matters.	Free limited legal help; not full representation	Use online directory for Baltimore City Family Law Self-Help Center courts.state.md.us/family/familyselfhelp
Maryland Volunteer Lawyers Service (MVLS) Low-income Maryland residents with qualifying cases Maryland	Connects eligible Maryland residents with free legal help in civil matters such as housing, tax, family, and consumer issues.	Income and case eligibility rules apply	Apply online or contact intake **410-547-6537** mvlslaw.org
Pro Bono Resource Center of Maryland Maryland residents with qualifying legal issues Maryland	Free legal clinics, brief advice, and pro bono programs for qualifying civil legal needs.	Program eligibility and clinic dates apply	Find a clinic or request assistance probonomd.org
Bar Association of Baltimore City Lawyer Referral People needing a private attorney Baltimore City	Referrals to attorneys and information about reduced-fee access-to-justice options.	Private lawyer fees vary; reduced-fee programs may be available	Submit referral request or call baltimorebar.org/for-the-public/lawyer-r...

Youth & family 26

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Mayor's Office of Children & Family Success (MOCFS) Children, caregivers, and families Baltimore City	City programs and referrals for children and families, including early childhood, benefits access, and family success supports.	Program rules vary	Browse current programs or contact a CAP Center bmorechildren.com

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Baltimore City Head Start Children ages 3–5 and caregivers Baltimore City	Early childhood education and family development for eligible children ages 3–5 and families.	Income and other federal eligibility rules apply	Apply through MOCFS Head Start page bmorechildren.com/head-start
Y Head Start Baltimore City Children ages 3–5 and families Baltimore City	No-cost preschool for eligible children ages 3–5, parent support, family membership, and school-readiness services.	Eligibility rules apply; openings vary	Apply through the Y in Central Maryland ymaryland.org/headstart/baltimorecity
St. Vincent de Paul of Baltimore Head Start / Early Head Start Families with young children Baltimore City	Early learning for infants, toddlers, and preschoolers with family support around health, housing, and financial stability.	Program eligibility and center openings apply	Review current enrollment steps and locations vincentbaltimore.org/what-we-do/child-po...
Dayspring Programs Families experiencing homelessness or instability; young children Baltimore City	Head Start, housing, education, mental health, substance-use treatment, and family stability services.	Program eligibility varies	Contact program for enrollment and referrals dayspringbaltimore.org
The Family Tree Parents, caregivers, and children Maryland; Baltimore-based	Free programs and resources that support parents, prevent child abuse and neglect, and strengthen families.	Programs vary	Browse programs or contact intake familytreemd.org/programs
Maryland Patty Centers / Family Support Centers Parents and children from birth through age 3 Maryland; Baltimore sites	Free education, health-related services, child development support, adult education, family literacy, and job readiness for families with young children.	Free; center-specific service areas apply	Find a nearby Patty Center earlychildhood.marylandpublicschools.org...
Baltimore City Child Care Resource Center (BCCCRC) Families seeking child care Baltimore City	Helps families search for quality child care and supports child care professionals and employers.	Search/support free; provider costs vary	Use child care search and contact BCCCRC familytreemd.org/bcccrc
Baltimore Children & Youth Fund (BCYF) Youth ages 0–24, families, and youth-serving groups Baltimore City	Community-driven youth investment supporting Baltimore organizations and programs for children and young people.	Program enrollment varies; organization grants are separate	Browse funded programs and opportunities bcyfund.org
Baltimore City YouthWorks Baltimore City youth ages 14–21 Baltimore City	Summer work-based learning and paid jobs for Baltimore City residents ages 14–21. *Note: Seasonal program; the 2026 summer application period has passed. Check next cycle.*	Age, residency, application window, and placement rules apply	Watch for application periods and use YouthWorks portal youthworks.oedworks.com

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Baltimore City Recreation and Parks Children, youth, adults, and families Baltimore City	City recreation centers, youth activities, sports, summer programs, and community events.	Fees and registration vary by program	Search current program and recreation center listings bcrp.baltimorecity.gov
Living Classrooms Foundation Youth and adults in Baltimore neighborhoods Baltimore City	After-school learning, enrichment, workforce and entrepreneurship programming, and community centers serving youth and adults.	Program enrollment and neighborhood rules vary	Review current programs and contact the site livingclassrooms.org/programs/after-scho...
B-360 Youth and young adults Baltimore City	Uses dirt bike culture to engage youth in STEM education, career preparation, community engagement, and events.	Program-specific age and enrollment rules	Explore programs and current enrollment b360baltimore.org
St. Francis Neighborhood Center Youth, older adults, and neighbors in 21217 West Baltimore, 21217	No-cost youth programs, high school internships, senior programming, food access, and community resources, focused on 21217.	No-cost programs; youth registration and area focus apply	Review current programs and register stfranciscenter.org/what_we_do
29th Street Community Center Youth ages 4–15 Baltimore City	After-school and summer programming with homework support, sports, arts, cooking, mentoring, and gardening.	Program enrollment and fees may vary	Check current program calendar and registration 29thstreetcommunitycenter.org/youth-prog...
Bon Secours Community Works: Youth and Family Services West Baltimore families and high-school-age youth West Baltimore	Family supports through community schools, job training, healthy food, housing referrals, and youth employment/entrepreneurship programming.	Program enrollment and service area vary	Contact Community Works or a school community coordinator bonsecours.com/about-us/community-commit...
Catherine's Family and Youth Services Low-income families; youth ages 5–14 in 21215 for targeted program Northwest Baltimore	Food and diaper hub, clothing bank, school and holiday giveaways, referrals, and youth development programming.	Qualifying family and ZIP-code rules apply	Contact for enrollment and current distribution schedule catherinesfamilyandyouthservices.org/ser...
Baltimore City Public Schools Community Schools Students and families at participating schools Baltimore City	Community school coordinators connect students and families with health, food, housing, and other community supports.	School enrollment / site availability applies	Contact the school community school coordinator baltimorecityschools.org
Baltimore Pre-K Families with preschool-age children Baltimore City	Information on free or low-cost Pre-K through city schools, Head Start, and participating licensed providers.	Child age, income, and seat availability rules apply	Compare options and follow provider enrollment steps baltimorepreK.com

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Family League of Baltimore Children, youth, families, and community organizations Baltimore City	Coordinates and invests in community-based initiatives supporting children, youth, and families.	Program and partner eligibility vary	Browse current initiatives and program partners familyleague.org
uChoose Baltimore Young people in Baltimore Baltimore City	Youth-friendly clinic and resource guide for sexual health, contraception, STI/HIV testing, and related support.	Provider eligibility varies	Use clinic and resource finder uchoosebaltimore.org/clinics-and-resources
National Runaway Safeline Youth in crisis and concerned adults National	Confidential support and connection to resources for youth who have run away or are considering leaving home.	Free	Call, text, chat, or use online tools **1-800-RUNAWAY (786-2929)** 1800runaway.org
Building Generational Wealth Youth Program Youth and young adults ages 11–24 Baltimore area; confirm exact service area	Youth and young adult financial literacy and economic mobility program. The Clarion Call intake also lists mentoring, job readiness, after-school and summer programs, job training, entrepreneurship, and college preparation. *Note: Program details were submitted through the Clarion Call Organization Intake Form on 2026-09-30. Intake reports capacity of 60 and weekday hours 9 AM–5 PM; confirm current schedule, service area, and openings before referral.*	Cost and enrollment criteria not listed; ask provider	Contact EJ Shepard by email or phone to ask about current enrollment and openings **202-841-4666** ejsconsultationagency.com
I AM MENtality Male youth ages 8–18; enrollment and program criteria apply Baltimore City	Leadership Academy and mentoring for Baltimore male youth, with financial literacy, workforce readiness, leadership development, and health and wellness programming. *Note: The organization reports serving youth ages 8–18; confirm current intake dates and eligibility.*	Enrollment/placement through the program; check current availability	Use the website's enrollment link to ask about participation iammentality.com
S.O.N. Organization (Surviving Our Neighborhood) Youth and young adults in underserved communities and their families Baltimore City	Youth mentoring, educational workshops, family support and counseling connections, scholarships, workforce development, financial literacy, and leadership development. *Note: Contact the organization to confirm current program enrollment and age criteria.*	Program criteria and availability vary; contact the organization	Use the website or call 443-626-4384 **443-626-4384** son-organization.org
Esi's House — Financial Literacy for Young Moms Teen mothers ages 16–24 Baltimore City	Financial education and mentorship for teen mothers using the FDIC Money Smart curriculum, including income tracking, budgeting, saving, credit, loans, and asset protection. *Note: The organization lists this program for Baltimore teen moms ages 16–24. Confirm active enrollment before referral.*	Program page says open to teen moms; confirm current intake and any costs	Use the financial literacy program page or contact Esi's House esishouse.org

Health & wellness 14

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Baltimore City Health Department clinics Baltimore City residents Baltimore City	City health programs and clinics including immunization, maternal and child health, sexual health, and community health services.	Fees/eligibility vary by clinic	Browse clinic and program directory health.baltimorecity.gov
HealthCare Access Maryland (HCAM) Maryland residents Maryland	Helps Marylanders enroll in health coverage and navigate health-related benefits and care connections.	Free navigation; coverage eligibility varies	Contact HCAM or use online application support healthcareaccessmaryland.org
Chase Brexton Health Care – Baltimore Patients of all backgrounds, including LGBTQIA+ communities Baltimore City and Central Maryland	Primary and pediatric care, dental, OB/GYN, HIV/STI, behavioral health, substance-use treatment, pharmacy, and support services.	Accepts multiple coverage/payment options; ask about sliding fees	Schedule at Baltimore location chasebrexton.org/locations/baltimore
Shepherd's Clinic Adults who are uninsured or cannot afford coverage Baltimore City	Medical, behavioral health, and wellness services for eligible uninsured adults; also offers health navigation and support programs.	Patient criteria and capacity apply	Check patient criteria and request enrollment information shepherdsclinic.org
Islamic Society of Baltimore Community Health Center People without access to basic care Baltimore region	Community health clinic offering basic care at no charge to people without access to care.	No charge; appointment requirements apply	Use clinic appointment instructions isb.org/Services/clinic
Behavioral Health System Baltimore (BHSB) Youth, adults, families, and caregivers Baltimore City	Find local mental health, substance-use treatment, prevention, recovery, and crisis response services.	Program eligibility varies	Use Find Help and treatment directories bhsbaltimore.org
Greater Baltimore Crisis Response System People in behavioral health crisis and loved ones Baltimore City, Carroll, and Howard counties	Free, confidential crisis response and connection to behavioral health care for people in crisis.	Free; 24/7	Call the local crisis response number or 988 **988** bhsbaltimore.org/find-help3/greater-balt...
988 Suicide & Crisis Lifeline Anyone in the U.S. in emotional or behavioral health crisis National	24/7 call, text, and chat support from trained crisis counselors.	Free and confidential	Call or text 988 or chat online **988** 988lifeline.org

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
NAMI Metropolitan Baltimore People with mental health conditions, family, and caregivers **Baltimore region**	Education, support groups, and community resources for people affected by mental illness and their families.	Many programs are free; check event and group requirements	Find current support groups and education programs namibaltimore.org
Free Baltimore Justice-involved individuals and families; program-specific groups **Baltimore City and Maryland**	Behavioral health and integration services for justice-involved people, pregnant women, and women with children.	Program eligibility varies	Contact for assessment and service options freebaltimore.org
STAR TRACK Adolescent Health Program Young people across Baltimore **Baltimore City**	Youth-centered primary care, HIV/STI testing and treatment, reproductive health, mental health support, and outreach.	Youth-focused; confirm age and appointment rules	Contact program or review clinic access startrackhealth.org
Pride Center of Maryland LGBTQIA+ community members and allies; age and program criteria vary **Baltimore-based; serves Maryland communities**	Free community programs and services for LGBTQIA+ people and allies. Youth In Action offers youth leadership development, peer support, mentorship, and social programming; additional wellness, cultural, and community programs are listed on the site. *Note: Youth In Action has a separate program page. Confirm age criteria, schedule, and available spaces before referral.*	Community programs are free; individual program eligibility and schedules vary	Browse current programs and events or email info@pridecentermd.org pridecentermd.org
SAMHSA National Helpline People seeking treatment and loved ones **National**	Confidential treatment referral and information for mental health and substance-use disorders.	Free; referrals	Call 24/7 **1-800-662-HELP (4357)** samhsa.gov/find-help/helplines/national-...
Black Men's Xchange (BMX) Black men and boys; some programs focus on SGL, gay, or bisexual men; eligibility varies **National organization; Baltimore partnership listed with Pride Center of Maryland**	Culturally affirming gatherings, mentoring, youth programming, mental health dialogue, SGL support, and risk-reduction education. The current site lists risk-reduction services in partnership with Pride Center of Maryland. *Note: Current website describes monthly gatherings, mentoring, youth programming, and Baltimore-area risk-reduction partnership. Confirm local dates and eligibility directly.*	Program, age, and event criteria vary; confirm current availability	Use the site for current programs, events, and contact options; confirm a Baltimore-area offering before travel bmxnational.org

Safety & family 3

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
House of Ruth Maryland Survivors of intimate partner violence and their children Baltimore region and other Maryland counties	Crisis support, shelter, rapid rehousing, legal help, counseling, children's services, and prevention programs for survivors.	Free services; safe contact and eligibility rules apply	Use website or call hotline; consider safe device/contact method hruth.org
Maryland Network Against Domestic Violence: Find Help Survivors, friends, and family Maryland	Statewide directory of domestic violence services, including hotlines, shelter, counseling, and advocacy.	Free referral; provider eligibility varies	Search providers or call a hotline mnadv.org/get-help/domestic-violence-ser...
National Domestic Violence Hotline Survivors, friends, and family National	Confidential support, safety planning, and referrals for people experiencing domestic violence.	Free; confidential	Call, text, or chat; use a safe device if possible **1-800-799-SAFE (7233)** thehotline.org

Older adults & disability 4

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Maryland Access Point (MAP) Older adults, people with disabilities, and caregivers Maryland	No Wrong Door entry point for long-term supports, transportation, nutrition, housing, financial aid, caregiving, and independent living.	Free counseling and referrals	Call local MAP or use locator aging.maryland.gov/programs-and-services...
Baltimore City Division of Aging: Senior Centers Older adults Baltimore City	City senior centers offer activities, services, information, and in some locations transportation or meal connections.	Age and site requirements vary	Find local center and confirm schedule health.baltimorecity.gov/seniors/senior-...
Maryland Access Point: Baltimore City Older adults, adults with disabilities, and caregivers Baltimore City	Local referrals and application help for older adults, adults with disabilities, and caregivers.	Free navigation	Call Baltimore City MAP **410-396-2273** marylandaccesspoint.211md.org
Maryland Department of Disabilities People with disabilities, families, and providers Maryland	State information about disability services, supports, accessible transportation, and independent living.	Free information; services vary	Browse programs and local contacts mdod.maryland.gov

Transportation & accessibility 2

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
MTA Mobility / Paratransit People with qualifying disabilities Baltimore City and nearby counties	Specialized public transit for people whose disability prevents them from independently using fixed-route buses or rail.	Eligibility certification required; fares apply	Apply for Mobility eligibility and schedule trips mta.maryland.gov/mobility
MTA Reduced Fare Program Adults 65+, people with disabilities, Medicare cardholders Maryland Transit service area	Reduced transit fares for eligible older adults, people with disabilities, and Medicare cardholders.	Proof of eligibility required	Review categories and apply for ID if needed **410-767-3438** mta.maryland.gov/special-fare-programs

Jobs, training & reentry 10

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Maryland Department of Rehabilitation Services (DORS) People with disabilities seeking employment Maryland	Employment counseling, training, and support services for eligible people with disabilities.	Eligibility and assessment required	Contact a local DORS office or apply online dors.maryland.gov
Baltimore City One-Stop Career Centers Job seekers and employers Baltimore City	Career counseling, résumé support, workshops, referrals to training, job placement, and employer services.	Free public workforce services; some training eligibility applies	Visit or contact a Baltimore City American Job Center labor.maryland.gov/county/bacity
Maryland Workforce Exchange Job seekers and employers Maryland	Search jobs, post a résumé, explore training, and access Maryland workforce services.	Free account and services	Create an account and search openings mwejobs.maryland.gov
Maryland Re-Entry Initiative Returning citizens and service providers Maryland	Employment referrals and workforce resources for people with criminal records returning to the community.	Program access varies by location and need	Contact local workforce center or review program page labor.maryland.gov/employment/reentry.sh...
Return Home Baltimore People returning from incarceration and their families Baltimore City	Baltimore-area reentry resource finder for employment, housing, education, legal services, and support.	Provider eligibility varies	Search resources by need and contact providers returnhome.org/county/baltimore-city

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
STEP Up Maryland Eligible noncustodial parents Maryland; Baltimore partners	Free job training and support services for eligible noncustodial parents, with pathways including construction, health care, machining, and hospitality.	Eligibility and referral rules apply	Contact program partners or child support office dhs.maryland.gov/child-support-services/...
Center for Urban Families Fathers, families, job seekers, and returning citizens Baltimore City	Workforce development, fatherhood and family strengthening, leadership, and advocacy.	Program eligibility varies	Contact for current program enrollment cfuf.org
H.I.P.S. (Helping Individuals Pursue Success) Returning citizens and families Baltimore City	Community-based support and referrals to help returning citizens pursue stability and success.	Program access varies	Contact H.I.P.S. for current services hipsinc.org
Civic Works Adults and youth; career seekers Baltimore City and region	Training and employment pathways in construction, energy, health, and community service, alongside neighborhood programs.	Program eligibility varies	Browse training and apply for current cohorts civicworks.com
Rise Above Mentoring (RAM Plan) Youth and adults seeking employment, financial, behavioral health, housing, or community support Baltimore City	Community-based support for youth and adults, including mentorship, workforce training, financial literacy, employment readiness, case management, food connections, housing support, and resource navigation. *Note: The organization lists a Baltimore location at 2204 Maryland Ave. Confirm current intake, eligibility, and service availability before referral.*	Program criteria and service availability vary; ask about eligibility and referral requirements	Email info.riseabovementoring@gmail.com or use the website's Get Services page riseabovementoring.org

Immigration & newcomer support 5

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Esperanza Center at Catholic Charities Immigrants and newcomer families Baltimore City and Maryland	Services for immigrants and newcomers, including immigration legal assistance, English learning, health services, and referrals.	Program eligibility varies; appointments may be needed	Contact the center for service-specific intake cc-md.org/programs/esperanza-center
Immigration Outreach Service Center (IOSC) Immigrants, refugees, asylum seekers, and undocumented people Baltimore City	Immigration legal consultations and referrals, plus supportive services and community connections.	Free/low-cost services; limited representation and intake rules	Check weekly clinic schedule and contact for intake ioscbaltimore.org

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
International Rescue Committee in Baltimore Refugees, asylees, survivors of trafficking, and other immigrants Baltimore City and Maryland	Resettlement, employment, education, health, and low-cost immigration legal support for refugees and other eligible newcomers.	Program eligibility and intake assessment apply	Request intake through Baltimore office rescue.org/united-states/baltimore-md
Maryland Office of Immigrant Affairs: Legal Services Immigrants and family members in Maryland Maryland	State directory of free and low-cost immigration legal service providers.	Provider eligibility varies	Use provider directory and contact providers directly governor.maryland.gov/immigrant-affairs/...
Baltimore Newcomer QuickStart Guide Newcomers, immigrants, and refugees Baltimore City	Baltimore-focused newcomer guide covering city services, education, health, housing, employment, and community supports. *Note: Confirm all linked services and eligibility with providers.*	Free guide	Browse guide and follow linked agency intake steps baltimorenewcomer.org

Black-owned businesses 5

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Visit Baltimore Black-Owned Business Directory Residents and visitors seeking Black-owned businesses Baltimore City	Discover Black-owned restaurants, shops, services, cultural businesses, and attractions in Baltimore. *Note: Listings change; confirm current business hours and ownership details with each business.*	Public directory	Browse categories and contact businesses directly baltimore.org/what-to-do/black-owned-bus...
Greater Baltimore Black Chamber of Commerce Member Directory Black-owned businesses, entrepreneurs, and customers Greater Baltimore region	Search member businesses and connect with a regional Black business chamber. *Note: Member listings are not a complete list of every Black-owned business.*	Membership and services may have fees	Search member directory or contact chamber greaterbaltimoreblackchamber.org/Directory
Maryland Black Chamber of Commerce Directory Customers, entrepreneurs, and Black-owned businesses Maryland	Browse businesses aligned with the Maryland Black Chamber of Commerce.	Membership and services may have fees	Search directory and contact businesses marylandbcc.org/member-directory
Baltimore City MBE/WBE/SLBE Directory Residents, businesses, and procurement teams Baltimore City	City directory and certification information for minority-, women-, and locally owned businesses.	Certification eligibility applies to listing	Search certified firms or review certification steps cityservices.baltimorecity.gov/mwboo

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Visit Baltimore Black-owned restaurant guide Residents and visitors Baltimore City	Highlights Black-owned restaurants and food businesses in Baltimore.	Public directory	Browse restaurants and verify hours with each business baltimore.org/what-to-do/african-america...

Small business & entrepreneurship 4

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Baltimore Metropolitan Women's Business Center Women entrepreneurs and small business owners Baltimore region	Small business education, counseling, and technical assistance hosted by Morgan State University.	Some services free; confirm current programs	Request advising or register for training baltmetrowbc.org
Maryland Small Business Development Center: Baltimore Region Aspiring and current business owners Baltimore City and County	Business advising, training, and technical assistance for entrepreneurs and businesses in Baltimore City and County.	Many advising services are no-cost; verify offerings	Request counseling or attend a workshop marylandsbdc.org/locations/baltimore-reg...
U.S. Small Business Administration: Baltimore District Small businesses and entrepreneurs Maryland, with exclusions noted by SBA	Connects small businesses to counseling, financing resources, government contracting, and SBA partner organizations.	Program eligibility varies	Contact district office and explore SBA partners sba.gov/district/maryland
Made in Baltimore Residents, makers, and small manufacturers Baltimore City	Supports Baltimore makers and local manufacturing; find locally made products and participating businesses.	Programs and directory listings vary	Browse directory and business support offerings madeinbaltimore.org

Community & neighborhood 6

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Intersection of Change Residents of West Baltimore neighborhoods West Baltimore	Community programs in Sandtown-Winchester, Upton, and nearby neighborhoods, including arts, youth business learning, and urban farming/workforce activities.	Program eligibility varies	Browse programs and contact organization intersectionofchange.org

RESOURCE	WHAT IT OFFERS	ELIGIBILITY / COST	HOW TO CONNECT
Bon Secours Community Works West Baltimore residents West Baltimore	Neighborhood programs in West Baltimore spanning family services, education, employment, food, housing referrals, and community support.	Program/service area rules vary	Review current programs and contact Community Works bonsecours.com/about-us/community-commit...
Greater Baltimore Urban League Individuals and families in the Baltimore region Baltimore region	Programs supporting education, employment, housing, health advocacy, financial literacy, and youth leadership.	Program eligibility varies	Review current programs and contact the Urban League gbul.org
Black Yield Institute Black communities and Baltimore residents Baltimore City	Baltimore-based Black-led organization advancing food sovereignty, community education, and leadership.	Program participation varies	Review programs and community events blackyieldinstitute.org
No Boundaries Coalition Residents and community groups West Baltimore	Resident-led coalition working on community priorities and neighborhood wellbeing in West Baltimore.	Open community engagement; activities vary	Contact or follow current community activities noboundariescoalition.com
BLAQ Equity Baltimore (formerly Center for Black Equity–Baltimore) Black LGBTQIA+/SGL community, including trans and gender-expansive people Baltimore City	Community-led cultural, advocacy, and wellness work for Black LGBTQIA+/SGL people, with programming, events, and volunteer opportunities. *Note: Formerly an affiliate called Center for Black Equity–Baltimore; the organization says it now operates independently as BLAQ Equity Baltimore. Check the current calendar.*	Event costs and program eligibility vary; confirm current offerings	Check the website's calendar, contact, and volunteer pages blaqequity.org