



THE 2021

**Veterans and
Military Families
RESOURCE DIRECTORY**

A COMPILATION OF RESOURCES AND SERVICES

HOWARD COUNTY MARYLAND



Howard County Office of
Veterans and Military Families
Department of Community Resources and Services



AARP Maryland State Office

200 St. Paul Place, Suite 2510, Baltimore, MD 21202 • 866-542-8163

md@aarp.org • www.aarp.org/md • www.facebook.com/aarpmid • twitter.com/aarpmid

We salute and honor everyone who has served our great country. It's why we are proud to support veterans and their families. Whether advocating on Capitol Hill or providing caregiving resources, we are helping veterans face their unique challenges so they can discover their Real Possibilities.

American Foundation for Suicide Prevention, Maryland Chapter

Contact Kathrin Olbrich at kolbrich@afsp.org

www.afsp.org/maryland • www.facebook.com/AFSPmaryland

Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, and supporting survivors of suicide loss and those affected by suicide.

American Legion: Ellicott City Post 156

P.O. Box 2416, Ellicott City, MD 21041 • 410-340-7892 • www.legionpost156maryland.org

Contact Michael Blum at adjutant@legionpost156maryland.org

Since its charter in 1974, Adams, Hanna, Moore Memorial Post 156 has been welcoming veterans from all branches of our Armed Forces. Joining Post 156 enables you to continue serving your God, country and community. Our mission is to implement the goals, aspirations, dreams, peace and blessings for our country, friends and families embodied in our preamble. Some of our programs include Boy Scout Venturing Crew in marksmanship, Boy Scout shotgun merit badge sponsorship, Flag Retirement program, Vets-in-School program, Boys State/Girls State sponsorship program, Veterans Day Parade, Annual First Responder Recognition and JROTC award program.

American Red Cross Service to Armed Forces

4700 Mt. Hope Drive, Baltimore, MD 21215 • 410-624-2000 • www.redcross.org

The Service to Armed Forces Department of the American Red Cross offers support to Military Members, Veterans, DOD, and their families in times of emergency and times of need. This includes our 24/7/365 emergency call service, our casework and referral services, resiliency training, and volunteers in Medical Treatment Facilities on bases worldwide. We also support our veterans by placing volunteers in VA facilities all around the country.

Armed Services Arts Partnership (ASAP)

2461 Eisenhower Ave, Floor 2, Alexandria, VA 22314 • 202-730-8206 • www.asapasap.org

Contact the Programs Team at hello@asapasap.org

Our mission is to build communities for veterans and their families to find belonging and purpose through the arts. We offer intro-level classes in storytelling, comedy, improv, drawing, acting, and writing, along with one-day workshops and community performances. Programs are open to veterans, service members, their families, and caregivers.

Army OneSource

www.MyArmyOneSource.com • www.facebook.com/ArmyOneSource

Army OneSource is a website that provides a network of services to support active, reserve and guard soldiers and their families regardless of their component or geographical location.

Association of the U.S. Army (AUSA)

P. O. Box 1636, Fort Meade, MD 20755

Contact Marty Madera at martymadera@mac.com OR 410-591-7170

AUSA supports America's Army, Active, National Guard, Reserves, Army Civilians, Retirees, and their families. Our local chapter is the Francis Scott Key Chapter, which is based at Fort Meade and represents the Central Maryland area.

Baltimore Adaptive Sports & Recreation (BARS)

P.O. Box 631, Parkton, MD 21120 • 478-227-7386 • http://www.barsinfo.org/

A non-profit created in 1991, BARS provides recreation and sports programs for individuals with physical and developmental disabilities. Its mission is to enhance the quality of life, improve self-esteem, and promote the health and fitness of individuals with disabilities through the provision of accessible and affordable recreation and sports programs. BARS is a local chapter of Disabled Sports/USA and supports their motto: "If I can do this, I can do anything." Learn a new sport and have access to the latest in adapted recreation equipment.

The Baltimore Station

140 W. West Street, Baltimore, MD 21230 • 410-752-4454 x301 • www.baltimorestation.org

Contact James Hardy, Outreach Coordinator, at jhardy@baltimorestation.org

At The Baltimore Station, we turn lives around. We are an innovative therapeutic residential and outpatient treatment program supporting veterans who are overcoming obstacles to regain self-sufficiency. We operate out of two facilities in Baltimore City, but will take veterans from anywhere in the country. We also offer a comprehensive workforce development program and intensive outpatient services. Men graduate from our program with permanent housing, sustainable income and the tools they need to lead a substance-free life.

Blue Star Families Baltimore & Chesapeake Region Chapter

www.BlueStarFam.org • www.facebook.com/BCBSF

Contact Rachel Belt at rbelt@bluestarfam.org

Blue Star Families was founded by military spouses in 2009 to empower families to thrive as they serve. This groundbreaking research is raising the nation's awareness of the unique challenges of military family life. With the help of neighbors across the country, Blue Star Families is overcoming the isolation and alienation of frequent moves, deployments, and reduced support from the government. Our innovative programs are solving specific challenges for military families, including fighting economic insecurity with resources that foster spouse career development, creating family strength with rich programming, and providing critical peer support for caregivers, whose numbers are increasing. Blue Star Families touches more than 1.5 million military family members every year. Through its research and program partnerships, Blue Star Families ensures that wherever American military families go, they can always feel connected, supported and empowered to thrive in every community, across the nation, and around the globe.

CJ3 Foundation

19309 Winmeade Drive, STE CJ3, Leesburg, VA 20176 • 706-814-3244 • CJ3@CJ3Foundation.org

<https://www.cj3foundation.org/home> • <https://www.facebook.com/CJ3Foundation> • <https://www.linkedin.com/company/cj3foundation>
<https://www.youtube.com/channel/UCF74f25dwrBr8fwEEKYjdrq>

The CJ3 Foundation is a 501(c)(3) nonprofit public charity organization that provides services, support, and advocacy to wounded/disabled United States Military Service Members, Veterans, Law Enforcement, Fire, and Emergency/First Responders who need/require assistance, and then connects them with resources and programs designed to meet their unique set of needs. We do this through three primary CJ3 Foundation Initiatives- (1) CJ3 Service Dogs, (2) CJ3 Mental Health & Wellness, and (3) CJ3 Advocacy. CJ3 Foundation serves our Nation's wounded heroes.

Charlotte Hall Veterans Home

29449 Charlotte Hall Road, Charlotte Hall, MD 20622 • 301-884-8171 x 5119 • admissions@charhall.org • www.charhall.org

Charlotte Hall Veterans Home is Maryland's only Skilled Nursing Home and Assisted Living Facility exclusively serving the needs of Maryland Veterans and their eligible spouses. A program of the Maryland Department of Veterans Affairs (MDVA), Charlotte Hall Veterans Home is an affordable alternative to private nursing care, with 456 beds, located on 126 acres just outside of the nation's capitol in historic St. Mary's County. Specialized services include skilled nursing, memory care, assisted living and rehabilitation. In addition to long-term care and primary medical care, Charlotte Hall makes available on-site medical amenities such as dental, optometry, psychiatry, and podiatry services. Transportation to and from the Veterans Administration Medical Center in Washington is provided free of charge. The U.S. Department of Veterans provides a per diem per day to help with cost of care. A VPI-70% or greater service-connected veteran may be entitled to the full cost of nursing home care. A Veterans Benefits officer will review military documents and individual financial circumstances to provide assistance in applying for benefits they may qualify for through the Department of Veterans Affairs and the Maryland Department of Veterans Affairs.

Chesapeake Region Accessible Boating (CRAB)

177 Defense Highway, Suite 9, Annapolis, MD 21401 • 410-266-5722 • www.crabsailing.org

Contact Sarah at sarah@crabsailing.org

CRAB has been providing sailing opportunities for people with disabilities and recovering warriors for over 27 years. Two Recovering Warrior Sailing Regattas are held each year (spring and fall) to practice newly-acquired sailing skills. One Sunday a month a Family Sail Sunday event is held at Sandy Point State Park for veterans to come out and sail with their family and friends. We invite you to experience the thrill, freedom and therapeutic value of sailing with CRAB. Coming soon: a New Adaptive Boating Center!

Chow Corp. (Food Truck Training for Veterans)

Anne Arundel and Surrounding Counties • www.LetsChow.org • info@letschow.org • Instagram/Twitter/Facebook: @chow_nonprofit

This innovative culinary training program honors veterans and military spouses by providing pathways to business ownership for aspiring culinary professionals through its Food Truck Training Program. In addition to general customer sales, we also visit underserved regions and deliver meals to those in need as part of the training curriculum. By teaching everything from menu sourcing to marketing to mincing onions, we have developed the sole national model that provides both online and hands-on food truck training. We are a non-profit corporation; tuition is free and trainees are paid to operate the trucks. Chow Corp. trains American heroes in the culinary arts to become future business owners while also giving back to the community. If you are inspired by how food connects people and learning new skills in a \$2 billion industry, visit www.LetsChow.org to learn more!

Community Action Council of Howard County (CAC)

9820 Patuxent Woods Drive, Columbia, MD 21046 • 410-313-6440 • infocac@cac-hc.org • www.cac-hc.org

CAC's goal is to diminish poverty, enable self-sufficiency, and advocate for low-income families and individuals. For nearly 50 years, CAC has served the Howard County community by helping people help themselves. Our aim is not to provide a hand-out, but rather a hand-up. Through strong partnerships with all levels of the public and private sector, along with dedicated volunteers, we serve our clients with strong dedication every day by providing a quality, year-round pre-school through our Head Start program; assistance with utility bills; access to Howard County's Food Bank; and weatherization of client residences.

Consumer Financial Protection Bureau (CFPB) Office of Servicemember Affairs

1700 G Street NW, Washington, DC 20552

military@cfpb.gov • <https://www.consumerfinance.gov/consumer-tools/educator-tools/servicemembers/>

CFPB's Office of Servicemember Affairs works to help military families overcome unique financial challenges by providing educational resources, monitoring complaints, and working with other agencies to solve problems faced by service members.

Defense Health Agency's inTransition Program

1335 East West Highway, Silver Spring, MD 20910 • 800-424-7877 • <https://www.pdhealth.mil/resources/intransition>

Contact name/email Brenda Campbell, LICSW, at Brenda.g.campbell7.ctr@mail.mil

The inTransition Program provides a bridge for potential gaps during a service member's transition to a new medical facility, a new geographic location or into a new health system. This is a free, confidential program that offers specialized coaching and assistance for active-duty service members, National Guard members, reservists, Veterans and retirees who need access to mental health care when relocating to another assignment; returning from deployment; transitioning from active duty to reserve component (or reserve component to active duty); preparing to leave military service; or, any time a new health provider is needed. Services are available to all military members regardless of length of service or discharge status and there is no expiration date to enroll.

Disabled Sports USA / Warfighter Sports Program

451 Hungerford Drive, Suite 608 Rockville, MD 20850 • 301-217-0960
info@dsusa.org • www.disabledsportsusa.org/sports/warfighter-sports

Disabled Sports USA provides adaptive sports to severely wounded warriors free of charge, and offers sports rehabilitation programs in military hospitals and communities across the U.S. through a nationwide network of over 100 community-based chapters. Warfighter Sports serves severely injured military — both active duty and veterans — with a permanent physical disability such as amputations, traumatic brain injury, spinal cord injury, visual impairments, and significant nerve and muscle damage.

Dog Tag Inc.

3206 Grace Street NW, Washington, DC 20007 • 202-527-9388 • www.dogtaginc.org • www.facebook.com/dogtagbakery

Contact fellowship@dogtagbakery.org

Dog Tag's innovative approach consists of a five-month fellowship program that combines equal parts classroom, bakery, community, and well-being. Dog Tag Fellows earn a Georgetown University Certificate of Business Administration in our classroom space; bring their coursework to life by learning the ins and outs of running a successful business in the bakery; build community with each other; and enhance their personal well-being by committing time to introspection and personal growth. We offer two program options per year: July through November and January through June. Contact us for more information.

Fields 4 Valor

Brandywine, MD • 240-423-7205 • <https://fieldsforvalor.org/> • www.facebook.com/fields4valorfarms

Contact peterescott@me.com

Fields 4 Valor is a nonprofit and innovative farm founded to combat the often-unseen struggle of food insecurity among military and veteran families. We are dedicated to growing and donating healthy foods as an important part of easing the financial burden for Washington, DC-area veterans and military families who are transitioning to civilian life. In addition to food donations, we offer programs for veterans and their families including culinary classes and beekeeping training along with employment, housing and volunteer opportunities on the farm.

Fort Meade Alliance

7467 Ridge Road, Suite 220, Hanover, MD 21076 • 410-850-4940 • info@ftmeadealliance.org • www.ftmeadealliance.org/
<https://www.linkedin.com/company/fort-meade-alliance/> • <https://www.youtube.com/channel/UCTQMrxKRh14Dc26IL0s4RTA>
<https://www.facebook.com/fortmeadealliance> • <https://twitter.com/FtMeadeAlliance>

The Fort Meade Alliance is dedicated to fulfilling a mission to support the work and people of Fort George G. Meade and help Fort Meade drive economic growth in Maryland. Our efforts on behalf of that mission generate real impact for our region through education and workforce development initiatives, transportation solutions, business connections and DoD community support. The Fort Meade Education and Resiliency Center — currently under renovation — will be a hub for community resources and programs and is expected to be completed late 2021.

Fort Meade Army Community Service (ACS)

830 Chisholm Avenue, Ft. Meade, MD 20755 • PHONE 301-677-5590 • FAX 301-677-2910 • www.home.army.mil/meade

The mission of ACS is to facilitate the commander's ability to provide comprehensive, standardized, coordinated, and responsive services that support service members, Department of Defense civilians, and families regardless of geographical location and to maximize technology and resources, eliminate duplication in service delivery, and measure service effectiveness.

Fort Meade Fleet and Family Support Center (FFSC)

2212 Chisholm Avenue, Ft. Meade, MD 20755 • 301-677-9014 or 301-677-9017
NIOCMDFSC@navy.mil • www.meade.armymwr.com/programs/fleet-and-family-support-center

The FFSC provides unified, customer-focused, consistent, efficient programs and services to support sustained mission and readiness. We provide services to strengthen personal and family competencies to meet the unique challenges of the military lifestyle. Services and programs include clinical counseling, crisis response, deployment support, family advocacy, family employment readiness, personal financial management, life skills education, Navy Gold Star, new parent support, ombudsmen support, relocation assistance, sexual assault prevention and response, transition assistance, and a volunteer program.

Friends of Patapsco Valley State Park Ltd. (FPVSP)

8020 Baltimore National Pike, Ellicott City, MD 21043 • 410-461-5005 • www.fpvsp.org
<https://www.facebook.com/FriendsPVSP/> • friends_pvsp

Contact Dave Ferraro at info@fpvsp.org

The FPVSP — a 501c3 organization — supports the park by promoting stewardship through programming, sustainable recreation, and the preservation and restoration of its natural resources. FPVSP is working to improve accessibility to park resources by implementing new programs such as adaptive paddling, Healing Waters fly fishing, Operation Campout for Veterans & Active Duty Military and their families, an improved sensory trail, hand-crank bicycling, and the installation of the first accessible playground in a Maryland State Park: the Hollofield Playspace. FPVSP welcomes veterans, their families and our diverse community to Patapsco Valley State Park.

Give an Hour

P.O. Box 5918, Bethesda, MD 20824 • 240-668-4365 • info@giveanhour.org • www.giveanhour.org

Give an Hour is a national nonprofit that provides free mental health counseling to service members, veterans, their families and caregivers. Providers offer individual, couples and family counseling. Support is available face-to-face, by phone or via HIPAA secure video counseling. Visit giveanhour.org and click GET HELP.

Hero Dogs, Inc.

P.O. Box 64, Brookeville, MD 20833-0064 • 888-570-8653 (FAX AND PHONE) • <http://www.hero-dogs.org>

Contact hero@hero-dogs.org

Hero Dogs, Inc., a Maryland 501(c)(3) non-profit corporation, improves quality of life for our nation's heroes by raising, training, and placing service dogs and other highly skilled canines, free of charge with lifetime support of the partnerships. We have a small staff and more than 120 active volunteers committed to the success of our mission. Hero Dogs serves veterans who live within 50 miles of the 20833 zip code. We train service dogs to assist with mobility, hearing loss, PTSD and other mental health challenges.

Heroes on the Water — Maryland Chapter

P.O. Box 706, Manchester, MD 21102 • 410-790-1695
maryland@heroesonthewater.org • www.facebook.com/HeroesOnTheWaterMarylandChapter

Heroes on the Water provides therapeutic kayak fishing events for wounded service members, veterans (anyone who has ever served in the military), including first responders and their families. Heroes of the Water provides all gear, fishing guides and lunch for the day — completely free — as our way of showing appreciation for military service. We work closely with Walter Reed National Military Medical Center to help recovering service members, as well as conducting events to simply express gratitude.

Hiring Our Heroes, U.S. Chamber of Commerce Foundation

1615 H Street NW, Washington, DC 20062 • 202-779-3012 • www.hiringourheroes.org

Hiring Our Heroes connects the military community — service members, military spouses and veterans — with American businesses to create economic opportunity and a strong and diversified workforce.

Howard Community College — Records, Registration and Veterans' Affairs

10901 Little Patuxent Parkway, Columbia, MD 21044 • 443-518-1240 • www.howardcc.edu/military • www.facebook.com/howardcc

Contact veteransaffairs@howardcc.edu

At HCC, we are proud to help active duty military personnel and their families, members of the Maryland National Guard, reservists, and veterans achieve their academic goals. We offer outstanding two-year degree and certificate credit programs, as well as non-credit programs built around careers that are in demand. Offering affordable options, HCC is a smart choice, with courses that will transfer to any one of a long list of four-year institutions and education that will prepare you for the workforce. HCC makes higher education accessible with multiple locations, flexible scheduling and online, hybrid, and accelerated learning formats. Our campus boasts state-of-the-art facilities and a vibrant cultural and arts scene. With a strong commitment to the veteran and military community, HCC also offers waived application and transcript evaluation fees; resident tuition rates, where eligible; deferred payment plan for GI Bill® and tuition assistance recipients; and a dedicated military and veteran student lounge.

Howard Community College Student Veteran Organization

Contact Paula Rojas, paula.rojas@howardcc.edu OR Jarimaris Garcia, jarimaris.garcia@howardcc.edu

The Howard Community College Student Veteran's Organization is devoted to uniting the student veteran population of the college and fostering among them a sense of camaraderie and belonging. Besides providing student veterans a means of building new friendships with individuals from similar backgrounds, the SVO is dedicated to raising awareness for veterans' issues on HCC's campus and to community outreach through volunteer activities. As a group of individuals with a shared background of service, we believe that it is important to continue that service as we pursue our educational goals.

Howard County Autism Society

9770 Patuxent Woods Drive, Suite 308, Columbia, MD 21046 • 410-290-3466

info@howard-autism.org • www.howard-autism.org • www.facebook.com/HowardCountyAutismSociety

Serves individuals with autism spectrum disorder (ASD), their families and their communities by providing information, support and advocacy; by promoting awareness of autism that values the dignity and uniqueness of each individual; and by working to improve the quality of and access to services and to educational opportunities. We believe that there is a place for every person with ASD in our world, a place of value and a place of worth. Much of our work is directed at raising awareness and educating the public about the complexities of ASD. Once people better understand ASD, they are better able to welcome and support people living with autism into our community.

Howard County Commission for Veterans and Military Families

9830 Patuxent Woods Drive, Columbia, MD 21046 • 410-313-0821

veterans@howardcountymd.gov • www.howardcountymd.gov/vetcomm • www.facebook.com/HoCoMilitary

Established in 2011 by county legislation, the commission is comprised of 13 members, and was created to support veterans and military families by strengthening Howard County's capacity to care for them. By connecting them to available resources, promoting educational and employment opportunities, and continuing community outreach efforts, we are committed to honoring our veterans and military families. Meetings are held the first Thursday of the month at 7:00 p.m.

Howard County Department of Community Resources and Services

9830 Patuxent Woods Drive, Columbia, MD 21046 • 410-313-6400 (voice/relay) • www.howardcountymd.gov/dcrs

communityresources@howardcountymd.gov • www.facebook.com/HoCoCommunity • www.twitter.com/HoCoCommunity

The Department of Community Resources and Services has nine offices to address the needs of multiple generations, tailor services to different cultural values, and promote full inclusion for individuals with disabilities. Our **No Wrong Door** approach makes it easier for County residents to access the vital human services they need to thrive.

- **Office of ADA Coordination**

410-313-6400 (voice/relay) • ada@howardcountymd.gov • www.howardcountymd.gov/ada

Provides technical assistance to county departments and informal guidance to the public regarding the Americans with Disabilities Act and other disability rights requirements. This office also supports County government's efforts in ensuring that disability-related policies, procedures and practices are implemented in compliance with applicable requirements and that County buildings and facilities are built and maintained in accordance with ADA and other mandates.

- **Office on Aging and Independence**

410-313-6410 (voice/relay) • aging@howardcountymd.gov • www.howardcountymd.gov/aging

Promotes the full inclusion of persons with disabilities, addresses the needs of an increasingly diverse cultural community, and supports the desires of our citizens to remain independent as they grow older. Our commitment to a **No Wrong Door** approach makes it easier for older adults, caregivers, adults with disabilities and their families to find the resources and services they need.

- **Maryland Access Point (MAP) of Howard County**

410-313-1234 (voice/relay) • map@howardcountymd.gov • www.howardcountymd.gov/map

MAP assists individuals 18 years and older with a disability or those 50+ explore short- and long-term support services. MAP serves the public and professionals in identifying, connecting and accessing several private and public resources such as assisted living, meals, medication management, caregiver support, support for chronic disease and Alzheimer's and dementia, 50+ Centers, Medicare counseling, housing options, social day programs, caregiver programs, home care registry, elder safety, and volunteering.

- **Office of Children and Families**

410-313-1940 (voice/relay) • children@howardcountymd.gov • www.howardcountymd.gov/children

Connects families, caregivers and early care and education professionals to resources, information and best practices. Through the Family Institute and Launch into Learning, the office engages parents in workshops, activities and programs that promote school readiness, academic success and overall wellbeing for their children. The office also serves as the County's Child Care Resource Center and is responsible for the training and professional development for all licensed child care providers.

- **Office of Community Partnerships**

410-313-6400 (voice/relay) • www.howardcountymd.gov/OCP

Community Partnerships is the designated lead agency for the Continuum of Care (CoC) for homeless services in Howard County and administers the county's human services grants program. The CoC is the local planning body that coordinates housing and support services funding for homeless families and individuals. If you or someone you know is experiencing homelessness or an immediate housing crisis, contact Grassroots Crisis Intervention 24-hour crisis hotline at 410-531-6677.

- **Office of Consumer Protection**

410-313-6420 (voice/relay) • consumer@howardcountymd.gov • www.howardcountymd.gov/consumer

Provides consumer information and education; resolves disputes between merchants and consumers involving the sale or rental of goods, real property or services or the extension of credit for personal, household or family purposes; investigates marketplace practices that may be unfair or deceptive and enforces consumer protection laws; and is responsible for the licensing and regulation of solicitors, peddlers and tow truck operators.

- **Office of Disability Services**

410-313-6400 (voice/relay) • disabilityservices@howardcountymd.gov • www.howardcountymd.gov/disability-services

Responsible for promoting the self-sufficiency and well-being of people with disabilities through information, referral, advocacy, and education and oversees the operation of the Loan Closet (see Howard County Loan Closet on next page). The Office of Disability Services also staffs the Commission on Disabilities and the Commission on Transitioning Students.

- **Office of Human Trafficking Prevention**

410-313-6400 (voice/relay) • www.howardcountymd.gov/OHTP

Contact Andrea Nunez at anunez@howardcountymd.gov or 410-313-6558

Our mission is to help prevent sexual and labor trafficking in Howard County and beyond. This mandate is fulfilled in part through the work of the Human Trafficking Prevention Coordination Council, and was established by the county executive in March 2017. The council meets on a monthly basis, with two key committees — Trafficking Awareness Special Event and Training and Needs Assessment — meeting in the interim. There is no confidential information discussed in these meetings and they are open to the public. Victims and/or survivors can receive help and referrals through us or partner agencies (HopeWorks at 410-997-0304 or Grassroots Crisis Intervention Center 24-hour hotline at 410-531-6677).

- **Office of the Local Children's Board**

410-313-6400 (voice/relay) • www.howardcountymd.gov/OLCB

Contact Kim Eisenreich at kaeisenreich@howardcountymd.gov or 410-313-1461

The LCB represents a wide range of public agency leaders and residents committed to creating a county where all children and youth have equitable access to education, health care, basic needs and enrichment. We take a collaborative approach to assessing and eliminating equity and opportunity gaps. We look across organizations and agencies to make sure the right programs are in place to meet the range of needs throughout the county, and review data to ensure programs and services are effective and are improving child and family outcomes. We inform local and state policymakers of the needs of children and families in Howard County and make recommendations for effective policies, programs and funding.

- **Office of Veterans and Military Families**

410-313-0821 (voice/relay) • veterans@howardcountymd.gov • www.howardcountymd.gov/veterans

Dedicated to providing guidance, information and access to Howard County veterans, military families, their dependents and survivors. We promote activities that serve veterans of all ages and collaborate with other service providers to address more complex issues.

Howard County Department of Housing and Community Development

9820 Patuxent Woods Drive, Columbia, MD 21046 • 410-313-6343 • www.howardcountymd.gov/Departments/Housing

Contact Kristina Page at kpage@howardcountymd.gov

Through a series of initiatives such as the Moderate Income Housing Unit (MIHU) Program, the Reinvest, Renovate, Restore (RRR) Program, and the Settlement and Downpayment Loan (SDLP) Programs, Howard County Department of Housing and Community Development aids income-eligible veterans and active duty military personnel with opportunities to purchase homes or rent apartments below market. In addition, low interest rate loans are offered to assist eligible candidates with renovations and/or ADA modifications. For homeownership, these programs may be utilized independently or combined with VA financing for maximum benefit.

Howard County DSS

9780 Patuxent Woods Drive, Columbia, MD 21046 • 410-872-8700

howco.dss@maryland.gov • <https://dhs.maryland.gov/Local-Offices/Howard-County/>

Part of the Maryland Department of Human Services, the Howard County DSS aggressively pursues opportunities to assist people in economic need, provide preventive services, and protect vulnerable children and adults. It provides income supports including the Food Nutrition Assistance Program (SNAP), cash assistance for families and persons who are temporarily disabled, medical assistance; child support services to establish paternity and provide for children's financial and medical needs; and adult, family and children's services to promote family preservation and stability, and a safe environment for children and vulnerable adults.

Howard County Health Department

8930 Stanford Boulevard, Columbia, MD 21045 • 410-313-6300 • askhealth@howardcountymd.gov • www.hchealth.org

The Health Department's mission is to promote, preserve and protect the health of all in the county. It provides health information and services including immunizations, family planning, STI & HIV testing and counseling, WIC, Maryland Children's Health Insurance Program (MCHIP), breast, cervical, and colorectal screenings, tobacco control, smoking cessation and more. The Adult Evaluation & Review Services (AERS) program connects county residents with resources to support independent living and personal well-being. Behavioral Health services include prevention, outreach and overdose response programs. The Local Health Improvement Coalition (LHIC) works to achieve health equity in county and to identify and reduce health disparities. LHIC can be reached at <http://www.hclhic.org/>. The Bureau of Behavioral Health provides mental health and substance use resources, education, and referrals. To locate a behavioral health provider and other community resources, access the Behavioral Health Directory or call 410-313-6202.

Howard County Joint Military Council

Contact Ed Hall at ehall@telecomxchange.com or 410-340-7892

The mission of the Joint Military Council (JMC) is to facilitate, grow and represent member veteran service organizations (VSO) and other veteran organizations located in Howard County; to coordinate certain joint activities while providing member VSO and organizations the recognition they deserve; to communicate veteran-related news and initiatives with the Howard County Commission for Veterans and Military Families with the intention of improving the quality of life for veterans and their families that live and work in the county.

Howard County Library System

9411 Frederick Road, Ellicott City, MD 21042 • 410-313-7750 • www.hclibrary.org

The Howard County Library System (HCLS) has six branches throughout the county which offer a variety of classes, a DIY center, and an art education collection, and both traditional and electronic resources. HCLS offers many classes specifically for military families like the Veteran Book Group, Workshops for Veterans, and Veteran Resource Center. The library also offers literacy classes, passport services, classes, and computers for the public.

Howard County MultiService Center

9900 Washington Boulevard, Suite I, Laurel, MD 20723 • 410-313-0220 • www.howardcountymd.gov/MSA • mscinfo@howardcountymd.gov

The mission of the MultiService Center is to enrich the lives of residents in our community, by offering ready access to human services and supports for becoming self-sufficient. We are located on the Purple Bus Route; walk-ins are welcomed. Appointments can also be made in the office or by calling our main number. Services are provided by staff members who are caring; knowledgeable about the resources within our community; and skilled at navigating the system of local services.

Howard County Office of Human Rights and Equity (OHRE)

9820 Patuxent Woods Drive, Suite 237, Columbia, MD 21046 • 410-313-6430

ohre@howardcountymd.gov • <https://www.howardcountymd.gov/Departments/County-Administration/Human-Rights>

The OHRE seeks to eradicate discrimination, increase equal opportunity and protect and promote human and civil rights in the county. Veterans may want to talk to an investigator if they feel they have been discriminated against in any area of employment, housing, public accommodation, financing or law enforcement. Call and ask to speak to one of the investigators, who will be able to answer your questions about discrimination. The OHR serves as liaison with the public, government agencies and community groups to combat discrimination and assist and cooperate with other local, state and federal agencies and officials to protect and promote better human relations.

Howard County Office of Workforce Development

7161 Columbia Gateway Drive, Suite D, Columbia, MD 21046 • 410-290-2620
owd@howardcountymd.gov • www.howardcountymd.gov/howardworkforce

Howard County Office of Workforce Development provides personalized employment services to assist jobseekers and businesses with their workforce development needs. Services include short term courses or training assistance to meet labor market demands; GED/Adult Basic Education; employment and career consultation; resumé enhancement and interviewing techniques; job placement assistance; veteran services; youth services; referral services; and training grants for business and outplacement assistance for businesses that may be downsizing.

Howard County Recreation & Parks Headquarters (HCRP)

7120 Oakland Mills Road, Columbia, MD 21046 • 410-313-7275 • www.howardcountymd.gov/rap

The mission of HCRP is to responsibly manage natural resources; provide excellent parks, facilities, and recreation opportunities for the community; and ensure the highest quality of life for current and future generations. HCRP oversees summer camps, recreation and sports programs and leagues for all ages and abilities, over 9,500 acres of parks and open spaces and historic sites, the natural resources division, park rangers, licensed child care, therapeutic recreation, and more. HCRP strives to deliver recreation and leisure opportunities that will improve the health and well-being of the community and to serve as model stewards of the environment by managing, protecting, and conserving our resources for a sustainable future.

The Howard County Veterans Foundation

P.O. Box 322, Lisbon, MD 21765

Contact info@howardcountyveterans.org

The Howard County Veterans Foundation, Inc. is a 501(c)(3) nonprofit organization that exists to honor the services and sacrifices of veterans and their families who live, work or play in Howard County. The foundation is currently engaged in the planning and construction of a monument to honor our veterans and their families.

Lincoln Technical Institute

9325 Snowden River Parkway, Columbia, MD 21046 • 410-290-7100 • LincolnTech.edu

Contact Daniel Watkins at dwatkins@lincolntech.edu

Lincoln Tech began in 1946 training post-WWII veterans for careers in the civilian workforce. Since then, we have helped thousands of transitioning military personnel acquire the additional training needed to launch rewarding careers after having successfully served our country. Our Columbia campus is staffed with admissions and financial aid specialists who can help you decide how to best use your earned benefits you've earned (i.e., Montgomery GI Bill, Post 9/11 GI Bill, Yellow Ribbon Program, etc.). You can apply those benefits toward skills-focused career training in fields such as Automotive Technology, Electrical & Electronic Systems Technology, HVAC/R, Welding & Metal Fabrication Technology, Culinary Arts & Food Services, and International Baking & Pastry.

Live Water Wai Koa (Water Warriors)

7300 Edgewood Road, Annapolis, MD 21403 • 410-919-9402 • info@capitalsup.com • <https://capitalsup.com/live-water/>

Wai Koa, Hawaiian for Water Warriors, is an adaptive water sports training program for physically- and mentally-disabled veterans. The Live Water team trains veterans in a variety of paddle craft and will take them to races with the Capital SUP race team to compete. It aims to improve the physical and mental well-being of each individual by providing the means to cope with disabilities that are different than traditional norms. Wai Koa provides a social and competitive outlet for able-challenged veterans, and creates a community that embraces their individuality.

The Loan Closet of Howard County

7125 Riverwood Drive, Suite D1, Columbia, MD 21046 • 410-313-0363
loancloset@howardcountymd.gov • www.howardcountymd.gov/LoanCloset

The Loan Closet of Howard County provides refurbished durable medical equipment and resources to all Howard County residents and caregivers to improve their overall quality of life. Many residents have medical equipment they no longer need, while other residents need equipment they may not be able to afford, or only need while recuperating after a medical event; the Loan Closet brings these two communities together.

Lone Survivor Foundation

931-755-6075 • <https://lonesurvivorfoundation.org/contact/>

Our in-person and virtual programs are for service members (both active duty and veterans) from all military branches and service eras, along with their families, who are experiencing symptoms of post-traumatic stress disorder (PTSD), mild traumatic brain injury (MTBI) and chronic pain as a result of combat.

Luminus Network of America (formerly FIRN)

5999 Harpers Farm Road Suite E-200 Columbia, MD 21044 • 410-992-1923 • info@beluminus.org • <https://www.beluminus.org/>

Luminus is a Department of Justice accredited provider of immigration legal services. We aim to provide holistic services to meet the needs of the individual and their family through family and community services, eviction prevention and health equity programs. We offer a wide range of immigration services for those with limited resources through our low bono and pro bono pricing.

Made With Love Scarf Drive/Operation Gratitude

veterans@howardcountmd.gov • www.opgrat.wordpress.com/2014/01/17/scarves-for-troops

The Howard County Office of Veterans and Military Families collects homemade knitted or crocheted scarves and hats for deployed military members. The donations are shipped in Operation Gratitude care packages. For more info, contact us today.

MakingChange Financial Wellness Programs

9770 Patuxent Woods Drive, Columbia, MD 21046 • 443-518-7648 • info@makingchangecenter.org • www.makingchangecenter.org

MakingChange empowers individuals and families to achieve financial stability. Our financial wellness programs include financial seminars, one-on-one financial coaching and free tax preparation services.

Marine Corps League, Detachment 1084

P.O. Box 2416, Ellicott City, MD 21041 • 410-340-7892 • www.hcmcl.iwarp.com

Contact Bill Swain at wswain@ultra-palsinc.com

Members of the Marine Corps League join together in camaraderie and fellowship for the purpose of preserving the traditions and promoting the interests of the United States Marine Corps. This is accomplished by banding together those who are now serving in the United States Marine Corps and those who have been honorably discharged from that service; voluntarily aiding and rendering assistance to all Marines and former Marines and to their widows and orphans; and by perpetuating the history of the United States Marine Corps through fitting acts to observe the anniversaries of historical occasions of particular interest to Marines.

Maryland Army National Guard Soldier and Family Support Services

5th Regiment Armory, 219 29th Division Street, Baltimore, MD 21201 • 443-379-2371

<https://military.maryland.gov/NG/Pages/Family-Readiness.aspx>

Contact MAJ Elise R. Dent at 410-576-1442 OR elise.r.dent.mil@mail.mil

The Maryland National Guard Soldier and Family Support Services program offers a variety of resources for service members, families and veterans including employment referral; transitional assistance from active duty to civilian status; survivor outreach services; and child and youth program services for National Guard and Reserve service members. Information and referral services are also available for a wide variety of service member and veteran needs.

Maryland Center for Veteran Employment and Training (MCVET)

301 N. High Street, Baltimore, MD 21202 • 410-576-9626 • www.mcvet.org • www.facebook.com/mcvet.baltimore

Since 1993, MCVET has worked to successfully help homeless veterans from across the country achieve economic self-sufficiency and residential stability. The mission of MCVET is to provide homeless veterans and other veterans in need with comprehensive services that will enable them to rejoin their communities as productive citizens. MCVET provides transitional housing, mental health services, employment, education, substance abuse support, financial stability, case management, benefits counseling, support groups, after care programs and IOP/OP. MCVET is CARF-accredited.

Maryland Department of Housing and Community Development

7800 Harkins Road, Lanham, MD 20706 • 301-429-7400 • www.dhcd.maryland.gov

Maryland Department of Housing and Community Development (DHCD) works with partners to finance housing opportunities and revitalize great places for Maryland citizens to live, work, and prosper. DHCD's Maryland Mortgage Program offers a variety of loans with great rates and generous down payment and settlement cost assistance for Veterans and Military families.

Maryland Department of Labor, Licensing and Regulation

Veterans Services – Workforce Development & Adult Learning

7161 Columbia Gateway Drive, Columbia, MD 21046 • 410-290-2600 • www.dllr.state.md.us/employment/veteranservices.shtml

Contact your local American Job Center for assistance which offers a variety of services to assist veterans, transitioning military personnel, and other qualified individuals transition to a rewarding career. Priority of service is given to veterans and their eligible spouses who meet certain eligibility requirements.

Maryland Department of Veterans Affairs (MDVA)

Howard County MultiService Center, 9900 Washington Blvd, Suite I, Laurel, MD 20723 • www.veterans.maryland.gov

Contact Andrew Rutherford at andrew.rutherford@maryland.gov OR 410-313-0229 | 301-514-0777

Provides assistance to those who served in the Uniformed Services of the United States, their dependents and survivors in obtaining benefits from the U.S. Department of Veterans Affairs, Department of Defense, State of Maryland and other programs for veterans and their families. We assist with developing, preparing and submitting compensation/pension claims to the Veterans Benefits Administration. Call for an appointment or walk-in Mondays, Wednesdays, Thursdays and Fridays from 7:30 a.m. to 4:00 p.m. (Howard County MultiService Center); Tuesdays at Fort Meade VA Outpatient Clinic, 2479 5th Street, Ft. Meade 20755.

Maryland Employer Support Guard and Reserve (ESRG)

5th Regiment Armory, 219 29th Division Street, Baltimore, MD 21201 • 410-234-3809 • www.esgr.mil

Contact Stephen Majchrzak at smajchrzak@amyx.com OR stephen.majchrzak.ctr@us.af.mil OR 443-500-1183 (cell) | 410-234-3809 (office)

We help National Guard and Reserve service members with employment opportunities.

Maryland Humanities

108 W. Centre Street, Baltimore, MD 21201 • 410-685-6161 • www.mdhumanities.org

For Veterans Book Groups, contact: Andrea Lewis at alewis@mdhumanities.org

Maryland Humanities is a statewide, educational nonprofit organization that creates and supports educational experiences in the humanities. In partnership with community organizations, Maryland Humanities offers the Veterans Book Groups (VBG) program for veterans and active-duty military, using literature to explore the history, experience, and meaning of war and military service. VBG is currently offered in the following counties: Baltimore, Harford, Howard, Prince George's, and St. Mary's.

Maryland Legal Aid

3451 Court House Drive, 2nd floor, Ellicott City, MD 21043 • 410-480-1057 • 888-215-5316 • www.mdlab.org

Maryland Legal Aid's Joining Forces project is a free, state-wide legal telephone hotline specifically for low-income individuals who have served in any branch of the military. Callers receive direct and immediate access to legal assistance and brief advice on a wide range of civil legal issues to include consumer rights, expungements, family, government benefits, housing and veterans' benefits. You can access civil legal help by calling the veterans' hotline at 443-863-4040.

Maryland's Commitment to Veterans

Vocational Rehabilitation Building

55 Wade Avenue, Catonsville, MD 21228 • www.veterans.health.maryland.gov

Contact Joy Ashcraft at joy.ashcraft@maryland.gov OR 877-770-4801

Maryland's Commitment to Veterans (MCV) is a Maryland Department of Health (MDH) program devoted to assisting any Maryland resident who has served or is currently serving in the US Armed Services (Active duty, Guard or Reserve) and their families, with access to mental health, substance use, and support services. Regional resource coordinators provide case management, referral services, peer support, training and education, and weekly/bi-weekly check-ins through Operation Roll Call.

Maryland Relay and Maryland Accessible Telecommunications

301 W. Preston Street, Suite 1008A, Baltimore, MD 21201 • 410-767-6960 • www.mdrelay.org

Maryland Relay is a state provided public service that offers a wide variety of calling options and equipment solutions designed for those who have difficulty using a standard phone.

Maryland Therapeutic Riding

1141 Sunrise Beach Road, Crownsville, MD 21032 • 410-923-6800 • www.horsethatheal.org

Maryland Therapeutic Riding uses the healing and therapeutic power of horses to improve the quality of life of veterans, active duty military personnel, and first responders who have been injured in the line of duty. At no cost, participants work with our specially trained horses, staff and volunteers to gain emotional, cognitive, social, and physical benefits from our equine-assisted activity and therapy programs.

Maryland University Of Integrative Health, Natural Care Center

7750 Montpelier Road, Laurel, MD 20723 • 410-888-9048 • <https://muih.edu/community-resources/natural-care-center/>

For more than 40 years, the Natural Care Center at Maryland University of Integrative Health (which includes our student teaching clinic and professional practitioners) has provided robust, meaningful and effective healing experiences for patients and clients with a wide array of health challenges. From acupuncture to yoga therapy, the modalities offered from both teaching clinics and professional practitioners focus on whole-person wellness and promoting optimal health.

The Mediation and Conflict Resolution Center (MCRC)

443-518-7693 • info@mcrchoward.org • www.mcrchoward.org

MCRC, Inc. is a nonprofit organization providing low and no cost conflict resolution services to people who work, live and play in Howard County. Services include re-entry, family and community mediation, restorative practices, group facilitation, and conflict management. Workshops are provided by skilled volunteers from within your community. We hear to help!

Military OneSource

800-342-9647 • www.militaryonesource.mil

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members and their families.

Military Order of the World Wars (Ft. Meade Chapter)

P.O. Box 833, Ft. Meade, MD 20755-0833 • www.moww.org

Contact Erwin Burtnick at eburtnick@comcast.net or 410-653-5577

The Military Order of the World Wars (MOWW) is a Veterans Service Organization centered on its motto, “It is nobler to serve than to be served.” Founded in 1919 to promote good citizenship, patriotic education, and military and public service, MOWW provides opportunities to support patriotic education, ROTC and JROTC, scouting, monuments and memorials, law and order, and national and homeland security programs. Eligibility includes current, retired, and former commissioned or warrant officers of the uniformed services of the United States.

Military Spouse Employment Program

202-463-5807 • hiringourheroes@uschamber.com • <https://www.uschamberfoundation.org/hiring-our-heroes/military-spouse-program>

The U.S. Chamber of Commerce Hiring Our Heroes Military Spouse Employment Program (MSEP) aims to improve the lives of working military spouses by lifting them out of unemployment and underemployment. The program helps spouses achieve upward mobility in the workplace through networking events, online and in-person mentoring, and hiring fairs that are exclusively designed for military spouses.

The Mission Continues

Baltimore and Washington, DC • <https://missioncontinues.org/>

Contact David DuBois at ddubois@missioncontinues.org OR 703-408-6447

The Mission Continues is on a mission to connect veterans with under-resourced communities: empowering veterans to continue their service, while empowering communities with the talent, skills and preparedness of veterans to generate visible impact. Our programs in Baltimore, Washington, DC, and cities across the country deploy veteran volunteers alongside nonprofit partners and community leaders to improve educational resources, increase access to parks and green spaces, foster neighborhood identity, and more. Our vision is for all veterans with a desire to continue their service to be part of a movement to transform communities.

National Alliance on Mental Illness of Howard County (NAMI-HC)

9650 Santiago Road, Suite 1, Columbia, MD 21045 • 410-772-9300 • info.namihc@gmail.com • www.namihowardcounty.org

The mission of NAMI is to improve the lives of individuals with mental illness and their families through education, advocacy and support, and to increase awareness of mental illness throughout the community.

National Association for Black Veterans (NABVETS)

P.O. Box 582, White Plains, MD 20695 • 301-752-3915

Contact Maryland State Commander, Mike Moses at vetsclaims@gmail.com

NABVETS, a nationally-certified Veterans Service Organization with membership and chapters throughout the United States and Puerto Rico, provides a voice for Black veterans through advocacy on federal, state and local levels and assistance with the Department of Veterans Affairs medical assistance and benefit programs. We provide outreach services by working together with the community to end homelessness, and to empower low-income and minority Veterans and disadvantaged youth. We recognize the contributions of minorities, women and Vietnam era veterans through historical preservation.

National Veterans Creative Arts Competition and Festival – VA Maryland Health Care System

Perry Point VA Medical Center, Perryville, MD 21902 • 410-642-2411 OR 410-585-4477

<https://www.blogs.va.gov/nvspse/national-veterans-creative-arts-festival/> • <https://www.maryland.va.gov>

Contact Kelsey Eisenhauer at Kelsey.eisenhauer@va.gov

As an opportunity for veterans receiving care from their local VA system to receive recognition for their creative accomplishments, this program is most beneficial when used as a part of therapy year-round, and celebrates the use of the creative arts as an avenue toward achievement and maintenance of rehabilitative and restorative goals. The five divisions — art, creative writing, dance, drama, and music — offer a variety of categories for different creative submissions. Veterans must be enrolled at a VA Medical Center or Outpatient Clinic before entering the local competition to submit entries.

Neighbor Ride, Inc.

5570 Sterrett Place, #102, Columbia, MD 21044 • 410-884-7433 • information@neighborride.org • www.neighborride.org

Neighbor Ride enables ambulatory Howard County seniors (age 60+) to remain active and independent by providing reasonably priced supplemental volunteer transportation utilizing drivers who provide rides using their personal vehicles. Subsidies are available for income-eligible seniors.

Office of Congressman John P. Sarbanes

2370 Rayburn House Office Building, Washington, DC 20515 • 202-225-4016
www.sarbanes.house.gov • www.facebook.com/RepSarbanes

Ensuring that veterans receive the benefits that they deserve in a timely manner is important to Congressman Sarbanes, whose office can assist veterans who have concerns about how their case or claim is being handled by the VA. By working with the congressional liaison team at the Baltimore regional office, staff can assist with obtaining claim status information, informing the VA if an emergency financial hardship arises, or obtain answers to questions. If you or a veteran you know needs assistance, please contact the casework staff in Towson at 410-832-8890.

Operation Second Chance

20251 Century Boulevard, Suite 130, Germantown, MD 20874 • 301-972-1080 • FAX 888.672.4838 • <https://operationsecondchance.org/>

Contact cindy@operationsecondchance.org

Operation Second Chance helps heroes move on by providing rest, recreation and tranquility for Veterans, First Responders, and their families. Located at Heroes Ridge at Raven Rock, this beautiful 275-acre retreat center is on the Maryland/Pennsylvania border with four cabins (two of which are fully ADA-compliant), a pool, dining hall, recreation center, gym and miles of trails for hiking, ATV and horseback riding. This is a year-round center for those with a 70% VA disability or LEO's and First Responders injured in the line of duty.

Operation Tohidu, Melwood Veteran Services

5606 Dower House Road, Upper Marlboro, MD 20772 • 301-599-4550
tohidu@melwood.org • www.operationtohidu.org • www.facebook.com/melwoodveterans

Operation Tohidu is a free, seven-week program that combines both virtual and in-person components. The first three weeks are virtually presented, followed by four days on-site at the Melwood Recreation Center, and concludes with three virtual follow-up weeks. Each week focuses on a different theme related to trauma.

Outward Bound School — Baltimore Chesapeake Bay

410-448-1721 • info@outwardboundbaltimore.org • <http://outwardboundbaltimore.org/programs/veterans>

Contact Susan Potts, Therapeutic Recreation Manager, at spotts@howardcountymd.gov OR 410-313-4628

Outward Bound is a nonprofit, outdoor, adventure-education organization, which provides combat veterans and active duty service members opportunities in dramatic wilderness settings to work on emotional difficulties resulting from combat-related experiences. Adventures are physically, mentally and emotionally challenging and seek to bolster the self-confidence, camaraderie, pride, trust, and communication skills necessary to successfully return to families and communities following war-time service. Courses are available tuition- and travel-expense free.

Platoon 22

P.O. Box 309, Frederick, MD 21705 • 240-398-2129 • niki@platoon22.org • www.platoon22.org

Raising awareness for the suicide epidemic facing our Warriors and First Responders, while providing empowerment through programming. For all too many veterans, returning from military service means difficulties transitioning. Access to services is essential in order to help our returning vets recover from their combat experiences and reconnect with their lives. The Platoon Veteran Services Center at Goodwill will open its doors in 2021 in Frederick to serve those Veterans, First Responders, and their families. This facility will offer first class services to our country's heroes who live across our region.

Premier Health Express Urgent Care, affiliated Warrior Centric Health Clinic

9710 Patuxent Woods Drive, Suite 200, Columbia, MD 21046 • 443-899-9525 • www.premierhealthexpress.com

Contact Samuel Nokuri, MD, MBA, FS, MATA, at snokuri@premierhealthexpress.com

Premier Health Express is the newest innovation of all-in-one, single point of care. Our mission is to provide patients with access to quality and affordable care, including the insured, uninsured and veteran population. We offer on-site comprehensive services in a caring and culturally-competent environment, including on-site primary, dental, prenatal, and urgent care, as well as pediatrics (whole family care and a true medical home). Our staff doctors are board-certified and our staff is Warrior Centric Health-approved and trained to care for veterans and their families.

Project Healing Waters Fly Fishing (PHWFF)

American Legion Harry Wilmer White Post #82, 6330 Crain Highway, La Plata, MD 20646
<http://alpost82.org/> • <https://www.facebook.com/PHWFFLaPlata/>

PHWFF is a nationwide nonprofit based in La Plata, and dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings. Their programs are offered at five Maryland locations.

Project Opportunity

28037 Herjen Terrace, Salisbury, MD 21801 • 410-860-6664 • www.project-opportunity.com

Contact Joe Giordano at joe.giordano@project-opportunity.com

Founded in 2010, Project Opportunity is a free, 10-week, entrepreneurship training program for veterans and active duty military personnel who wish to start or expand a small business. We utilize the NxLevel Curriculum, a nationally-recognized training program and supplement the course material with presentations by subject matter experts in topics such as marketing research, cash flow analysis, commercial insurance, tax and legal advantages/disadvantages of the four business entities, basics of sale, social media, and website design. Individual class sizes range from six to 14, with the ideal size being eight to 12. Project Opportunity graduates can receive free business counseling and coaching upon completion of the program, and are also eligible to apply for our Annual Business Pitch Competition with awards totaling \$20,000.

Pups for Patriots

1400 16th Street NW, Suite #360, Washington, DC 20036 • 800-227-4645

info@americanhumane.org • <https://www.americanhumane.org/initiative/pts-service-dogs-for-veterans/>

The American Humane Our Pups4Patriots™ program rescues qualified shelter dogs and trains them to be the best possible assistance to veterans with post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI). American Humane is devoted to harnessing the healing powers of the human-animal bond to help veterans. Scientific research has shown that specially-trained PTSD service dogs can reduce stress and anxiety levels, mitigate depression, ease social reintegration, provide comfort, and restore confidence in affected veterans.

Quilts of Valor Foundation

www.QOVF.org • www.facebook.com/QOVFoundation

Contact for NATIONAL: Allison Fentriss, Assistant Executive Director, QOVF, at AED@QOVF.org

Contact for LOCAL: Dana Mason, Mid-Atlantic Regional Coordinator, QOVF, at midatlantic@QOVF.org

The Quilts of Valor Foundation is a volunteer organization founded in 2003. Its mission is to cover Service Members and Veterans touched by war in comforting and healing Quilts of Valor. Volunteers make and award these quilts to recognize, thank and comfort veterans and service members for their service to our country. We have awarded over a quarter of a million quilts to service members and veterans across the United States.

Rebuilding Together Howard County

8775 Centre Park Drive, #519, Columbia, MD 21045 • 410-381-3338

info@rebuildingtogetherhowardcounty.org • www.rebuildingtogetherhowardcounty.org

Rebuilding Together Howard County — formerly known as Christmas in April — is a nonprofit organization that provides free, year-round home repairs to low-income families in Howard County. We are committed to improving the lives of veterans and their families who can no longer afford to keep up with the demands of pricey home repairs.

The Salute Military Golf Association

Argyle Country Club, 14600 Argyle Club Road, Silver Spring, MD 20906 • 301-500-7449 • info@salutemilitarygolf.org • <https://smga.org/>

A nationwide nonprofit based in Silver Spring, the Salute Military Golf Association offers rehabilitative golf programs, experiences, and family-inclusive golf opportunities for post 9/11 wounded war veterans in an effort to improve the quality of life for these American heroes. They offer introduction to golf classes — taught by a PGA pro — at the Olney Golf Park.

Saratoga WarHorse Foundation, Inc.

P.O. Box 461, Saratoga Springs, NY 12866 • 518-886-8131 • info@saratogawarhorse.org • www.saratogawarhorse.org

The Saratoga WarHorse Foundation is a 501(c)(3) nonprofit organization dedicated to helping Veterans who are struggling with post-traumatic stress related to their military service. At no cost to Veterans, Saratoga WarHorse offers an equine-assisted therapeutic experience on weekends in New York, Maryland, and South Carolina. The Connection Process is a series of carefully orchestrated interactions between the Veteran and a retired thoroughbred racehorse inside a round pen. With guidance from an equine coach, the process advances until the horse feels safe enough to join the Veteran at the center of the pen. At that moment, a transformative, emotional connection takes place. It's been compared to switching an emotional circuit breaker from off back to on... enabling the Veteran to pursue a path of healing.

Serve Our Willing Warriors (SOWW) – The Warrior Retreat at Bull Run

16013 Waterfall Road, Haymarket, VA 20169-2126 • 571-248-0008 • info@willingwarriors.org • www.willingwarriors.org

SOWW is a 501(c)(3) nonprofit organization providing our nation's wounded, ill and injured military service members and their families with a no-cost respite opportunity away from the stresses of the daily routine within the environment of their medical center, doctors' appointments and time away from family. Our troops and their families are invited for a one-week getaway to relax, rejuvenate, reconnect and enjoy quality time together. The Warrior Retreat has two furnished, five-bedroom homes, with accessible features on 37 acres in the historic Bull Run Mountains in Haymarket, VA. This temporary respite helps revitalize the mind, spirit and soul to facilitate a recovery process feeling refreshed, inspired and motivated.

Serving Together, a Program of EveryMind

1000 Twinbrook Parkway, Rockville, MD 20851 • 855-738-7176
peernavigator@servingtogetherproject.org • www.servingtogetherproject.org

Serving Together — affiliated with AmericaServes and the Unite Us Mid-Atlantic Community Network — is a coordinated network of public, private and nonprofit organizations serving veterans, service members and their families in the Greater National Capital Region (DC, central and southern Maryland and northern Virginia). Serving Together uses technology, trained peer navigators, and its partner network to guide veterans, service members and their families to the most appropriate services and resources available. Our mission is to provide clear guidance and ensure understanding of the earned resources available. Our aim is to get the right person to the right resource in the right amount of time, every time.

Soldier for Life — Fort Meade Transition Assistance Program (TAP)

4550 Parade Field Lane, Suite 303, Ft. Meade, MD 20755 • 301-677-9871 • <https://www.linkedin.com/groups/7063275/>

TAP delivers a world-class transition program that ensures all eligible transitioning soldiers have the education, training and counseling necessary to be career-ready when they leave active duty service. TAP helps soldiers make informed decisions, including career decisions, through benefits' counseling and employment assistance.

Success In Style

Outreach@successinstyle.org • 391-498-5035, Option 6 • www.successinstyle.org

Success In Style (SIS) provides business attire and coaching (at no cost) to in-need and in-crisis individuals who are seeking employment. In a dignified and uplifting environment, clients feel a renewed sense of confidence during their one-on-one consultation where they receive interview appropriate clothing and accessories for their interviews and new jobs. Appointments and walk-in hours are available in Savage, Laurel and Glen Burnie.

TeamRWB – Team Red, White and Blue

www.teamrwb.org • www.facebook.com/groups/teamrwbaltimore

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Veterans, military, and civilians can join the team by going to the membership page at www.teamrwb.org and signing up. Team RWB members share more than just values. We share an ethos – a set of guiding beliefs and ideals that characterize our community. An ethos persuades or inspires people to action...and that is what our organization is all about. While ethos can be sometimes hard to define, you certainly know it when you see it. Ethos is demonstrated, not stated. Come join us and wear the Eagle!

Team River Runner

5007 Stone Road, Rockville, MD 20853 • 301-534-4877 • info@teamriverrunner.org • www.teamriverrunner.org

Team River Runner is a nonprofit organization that encourages health and healing for wounded servicemembers, veterans and their families through paddling programs across the country. Offering a wide variety of environments from flatwater paddling to guided water adventures, the program can accommodate almost any disability with adaptive boats and gear. The OuttaSight Program works with blind and visually-impaired Veterans to teach them paddle sports.

Team Rubicon

214 Main St, #354, El Segundo, CA 90245 • www.teamrubiconusa.org

Local Contact: Skylar Lund at skylar.lund@teamrubiconusa.org

Founded in 2010, Team Rubicon is a 501(c)3 nonprofit that utilizes the skills and experiences of military veterans, first responders and civilians to build and rapidly deploy emergency response teams across the United States and around the world to provide immediate relief to those impacted by disasters and humanitarian crises. To date, the organization has conducted over 785 disaster response operations domestically and abroad. Team Rubicon seeks to re-establish veterans with three things that leaving the military can deplete or compromise: Purpose (gained through disaster relief); Community (built by serving with others); and Identity (from recognizing the impact one individual can make).

The Steven A. Cohen Military Family Clinic at Easterseals

1420 Spring Street, Silver Spring, MD 20910 • 240-847-7500

www.easterseals.com/DCMDVA/our-programs/cvn-home.html • www.facebook.com/CohenClinicESDC

The Cohen Clinic at Easterseals is a non-profit mental health clinic offering high-quality, evidence-based, counseling services to Active Military, Veterans (regardless of discharge), Guard, Reserve, and their families. Services include individual, child/adolescent, couples, and family counseling services with military competent and inclusive providers. Wellness programs and therapeutic workshops also offered in a variety of topics. Video tele-health services provide quick and easy access to care for those anywhere in Maryland, DC, Virginia, or West Virginia without need to commute. For services and assistance, call the clinic; phones are answered 24 hours/7 days a week.

The Therapeutic and Recreational Riding Center

3750 Shady Lane, Glenwood, MD 21738 • 410-489-5100 • www.trrcmd.org

Contact us at info@trrcmd.org or trrc.eap.com

Equine-assisted Psychotherapy (EAP) at TRRC offers veterans the opportunity to connect with others, experience a sense of calm during their time spent with horses and gain new insights that are needed for personal growth. When engaged in activities such as grooming, interacting, and leading a horse through trails, veterans gain the horse's trust and experience a new way to serve. The EAP sessions are guided by licensed and credentialed therapists with 10+ years of horsemanship experience. In keeping with our vision, TRRC offers WWP Scholarships through the Professional Association of Therapeutic Horsemanship International (PATH) to veterans and their families that cover the cost of Equine-assisted Psychotherapy.

Travis Manion Foundation

1140 3rd Street NE, 2nd floor, Washington, DC 20002 • 202-846-6819

www.travismanion.org • www.facebook.com/groups/TMFMidAtlantic

Our nation is built on timeless ideals of freedom, diversity, unity, and selfless service for the common good. America is the land of opportunity and a beacon of hope despite our cultural, social, and economic differences. The Travis Manion Foundation bridges the differences that separate us and strengthens the ties that bind us. We unite communities to build an America that values character above all else: where integrity is more important than celebrity and social impact overrides personal gain; where acts of courage, service and kindness permeate the nightly news; and where communities unite together to raise each other up.

Tuerk House, Inc.

2701 North Charles Street, Baltimore, MD 21218 • 410-233-0684 • www.tuerkhouse.org

Contact Chris Maynard at CMaynard@tuerkhouse.org

Tuerk House transforms lives by providing help and hope for enduring recovery to individuals, families, and communities in the Baltimore metropolitan area who are struggling with alcohol and/or drug addiction. In Howard County, the Tuerk House, Inc. operates the Howard House in Ellicott City, which is a halfway house for men in recovery. This facility can be reached at 410-313-1458 and is managed by a veteran who has faithfully served the organization for 30 years.

United States Department of Veterans Affairs

Veterans Benefits Administration, Baltimore Regional Office/National Capital Region Benefits Office

31 Hopkins Plaza, Baltimore, MD 21201 • 800-827-1000 • 844-698-2311 • www.benefits.va.gov/baltimore • www.va.gov

The Department of Veterans Affairs administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents and survivors. Major benefits include veterans' compensation, veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

United States Department of Veterans Affairs — Center for Minority Veterans

810 Vermont Avenue, NW, Washington, DC 20420 • www.va.gov/centerforminorityveterans/about/index.asp

The Center for Minority Veterans assists the Department of Veterans Affairs (VA) to keep the promise by acting as facilitator, change agent, strategic thinker, honest broker and cheerleader to the men and women of the VA in executing its mission. As internal consultants to the organization, we facilitate the VA's ability to deliver services to veterans worldwide by approaching our mission with a "Veteran Comes First" philosophy based on a deep respect for the men and women who dedicated themselves to the defense of our nation.

United Through Reading

1455 Frazee Road, Suite #500, San Diego, CA 92108 • 858-481-7323 • www.unitedthroughreading.org

Contact mary-lenakikta@utr.org OR [@utr4military](https://twitter.com/utr4military)

United Through Reading connects military families who are separated—for deployment or military assignment—by providing the bonding experience of shared storytime. Service members are given the opportunity to video record themselves reading books to their children or other loved ones in their lives. The program is free, including the books and the recordings.

University of Maryland — Clinical Neurobehavioral Center

5900 Waterloo Road, Suite 200, Columbia, MD 21045 • 667-214-2111 • www.rethinkyourdrinking.org

Contact cysmith@som.umaryland.edu

The Clinical Neurobehavioral Center (CNC) is dedicated to conducting research combining neuroscientific, behavioral-pharmacological, and clinical-psychological methods into an integrated program of human laboratory and clinical outpatient research and treatment studies. We are currently seeking research participants that are struggling with alcohol use and post-traumatic stress. For more information about how you can get involved in research at the CNC, visit our website www.rethinkyourdrinking.org.

USO Metro

contactus@usometro.org • www.usometro.org • www.facebook.com/USOMetroDC

The USO is a family of volunteers, sustained by the charitable contributions of millions of generous Americans. We are united in our commitment to support America's service members by keeping them connected to the people, places and things they love. We do this through countless acts of caring, comfort, connection and support. Our work is America's most powerful expression of gratitude to the men and women who secure our nation's freedoms.

VA Maryland Health Care System

Fort Meade VA Outpatient Clinic, 2479 5th Street, Ft. Meade, MD 20755 • 410-590-4140 • 410-305-5300

VAMHCSPublicRelations@va.gov • www.maryland.va.gov

The VA Maryland Health Care System provides comprehensive health care services to veterans across the state, including medical, surgical, rehabilitative, neurological, primary, mental health, and long-term-care on both an inpatient and outpatient basis. The system is comprised of medical centers in Baltimore and Perry Point, in addition to the Loch Raven VA Community Living & Rehabilitation Center, and community-based outpatient clinics in Glen Burnie and Fort Meade. Homeless or unstably-housed veterans can contact an outreach social worker at 410-637-1322.

VA National Cemetery Administration

Historic Baltimore National Cemetery Complex, 5501 Frederick Avenue, Catonsville, MD 21228 • 410-644-9696

www.cem.va.gov • www.facebook.com/NatCemBaltimore

The National Cemetery Administration honors Veterans and their eligible family members with final resting places in national shrines and with lasting tributes that commemorate their service and sacrifice to our Nation. It accomplishes this mission principally by: 1) providing burial space for Veterans and their eligible family members; 2) maintaining national cemeteries as national shrines, sacred to the honor and memory of those interred or memorialized there; and 3) marking Veterans' graves with a government-furnished headstone, marker or medallion and to provide Presidential Memorial Certificates in recognition of their service to a grateful nation.

VA Office of Small and Disadvantaged Business Utilization (OSDBU)

810 Vermont Avenue, Washington, DC 20420 • 202-461-4300 • www.va.gov/osdbu

The VA OSDBU mission is to enable veterans to gain access to economic opportunities by leveraging the federal procurement system and expanding participation of procurement-ready small businesses. This mission will be achieved by changing how veteran-owned and other small businesses that are procurement-ready gain access to economic opportunities. Current transformation efforts will increase awareness, reduce risk, enhance access, improve procurement mechanisms, and promote better performance in meeting small business goals.

Vet Centers

Baltimore County-Dundalk, 1553 Merritt Boulevard, Dundalk, MD 21222 • 410-282-6144 • www.vetcenter.va.gov

Contact Steven Fyfe at steven.fyfe@va.gov

Silver Spring Vet Center, 2900 Linden Lane, Suite 100, Silver Spring, MD 20910 • 301-589-1073 • www.vetcenter.va.gov

Contact Wayne Stinchcomb at Wayne.Stinchcomb@va.gov

Annapolis Vet Center, 100 Annapolis Street, Annapolis, MD 21401 • 410-605-7826

Contact Joseph Belvedere at joseph.belvedere@va.gov

Baltimore Vet Center, 1771 Reisterstown Road, Suite #199 Baltimore, MD 21208 • 410-764-9400 877-WAR-VETS (927-8387)

Contact Fidel Estellajr at fidel.estellajr.va.gov

Centers across the country provide a broad range of counseling, outreach and referral services for combat veterans and their families, and guide all those affected through many of the major lifestyle adjustments that often occur after the return from combat. Services include individual and group counseling in post-traumatic stress disorder (PTSD), alcohol and drug assessment and suicide prevention referrals.

Veteran- & First Responder-Friendly Businesses (VFRFB) of Maryland

3410 Plumtree Drive, Ellicott City, MD 21042 • 410-995-2115 • support@vfrfb.com • www.vfrfb.com

The VFRFB program was developed to provide local discounts for Veterans, Military members, First Responders, and their families, at Veteran & First Responder-Friendly Maryland businesses. These businesses are recognized and promoted for supporting our Veterans and First Responders and receive additional recognition if they are Veteran-owned businesses. The VFRFB is creating a database of the Veterans and First Responders that reside in Maryland, which will help share programs, discounts and events in the area.

Veteran Enhancement Project

Frederick, MD • 301-676-5506 • <http://www.vepusa.org/> • <https://www.facebook.com/veteranenhancementproject/>

Contact jpoling@nfmlending.com

The Veteran Enhancement Project (VEP) teaches valuable skills to potentially place Veterans in a workforce trade involving motorcycles and possibly sending them to a trade school. It also assists veterans in need of motorcycle repairs who cannot afford to make their bike safe and reliable. VEP also assists veterans with a battlefield-inflicted handicap, to be able to ride again but cannot afford the modifications to their bike. We are proud to provide assistance with Veteran Affairs care and treatment for veteran issues, as well as provide the brotherhood and camaraderie of working and healing together.

The Veterans Consortium, Pro Bono Program

2101 L Street, NW, Suite 840, Washington, DC 20037 • www.vetsprobono.org

Contact Claudia Daley at Claudia.Daley@vetsprobono.org or 202-733-3328

The Veterans Consortium (TVC) provides free legal services to veterans and their families, survivors and caregivers, ensuring equal access to justice and achieving favorable outcomes. For over 28 years, TVC has recruited and trained over 5,475 volunteer attorneys nationwide for their National Volunteer Corps and matched them with clients. In addition, TVC assists veterans with other-than-honorable discharges due to PTSD, TBI, MST, and other mental health issues to receive a discharge upgrade and receive benefits; provides a pro bono legal clinic for veterans in the DC Metro area; holds a bi-monthly pro bono legal clinic specifically for women veterans; provides assistance with MST claims; and naturalization through military service applications.

Veterans Curation Program (VCP)

816 North St. Asaph Street, Alexandria, VA 22314 • 571-312-4717

VCPJobs@newsouthassoc.com • www.VeteransCurationProgram.org • www.facebook.com/VeteransCurationProject

This five-month program provides employment, vocational training and technology skills to veterans seeking to improve their access to the mainstream job market. Veterans receive basic training in archaeological processing. Using industry-specific technology and software, veterans work to repackage, photograph, and catalog important archaeological and archival collections. Skills learned, such as digital photography and database entry, are applicable in many different fields. Every program participant receives paid personal growth and development assistance, including time and instruction for resumé-building and job searches.

Veterans History Project

101 Independence Avenue, SE, Washington, DC 20540 • www.loc.gov/vets

Contact Andrew Huber at ahub@loc.gov or 202-707-1819

The Veterans History Project collects, preserves, and makes accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war. The project archives primary source interviews, photographs, diaries, correspondence, and memoirs so future generations may learn what it means to serve directly from those who did. Any U.S. veteran can submit an interview to the Veterans History Project, and anyone 16 or older can interview a veteran.

Veterans Initiative 22

Baltimore, Maryland • 410-660-3198 • www.veteransinitiative22.org

Eryck Stamper, Founder eryck.stamper@veteransinitiative22.org

Supports the education and awareness of cannabis; advocacy; resources and employment of veterans and their families; and first responders in the cannabis, holistic and alternative forms of treatment and therapy. They offer a 22% incentive on medicine and ancillary products/services, shedding light on the estimated 22 veterans who commit suicide daily due to PTSD, anxiety, depression, and battle scars from combat.

Veterans of Foreign Wars — Yingling-Ridgley Post No. 7472

4225 VFW Lane, Ellicott City, MD 21043-5428 • 410-465-4240 • www.vfw7472.org

Contact Shelby Rogers at sl1940rj0731@gmail.com

VFW aims to foster camaraderie among United States veterans of overseas conflicts; serve our veterans, the military and our communities; and advocate on behalf of all veterans.

Veterans Program at Emory Healthcare

12 Executive Park Drive NE, Suite #300, Atlanta, GA 30329-2206 • 888-514-5345 or 470-825-5629 • www.emoryhealthcare.org/veterans

Contact Joshua Moss at joshua.moss@emoryhealthcare.org

Free to qualified, post-9/11, military service members and veterans, the Emory Program is designed to treat conditions such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), anxiety, and depression related to post-military service. The program wholly recognizes the stress of military service and the challenges of returning to civilian life. Our team of specialists in psychiatry, neurology, neuropsychology, and social work can help chart a course specifically designed to help veterans and their families.

VEToga

www.vetoga.org • www.facebook.com/VETOGA-MD-364141960635009

VEToga's mission is to provide yoga, meditation and healing arts to military veterans, their families, and communities by holding free monthly yoga classes, events and veteran-specific 200-hour teacher trainings throughout the year. VEToga is a nonprofit based in Washington, DC. Anyone can help fund our campaign by donating through the website or Facebook page.

Victory Gardens for Vets

Springfield, VA • 703-408-6447 • <https://victorygardensforv.wixsite.com/website> • victorygardensforvets@gmail.com

This program plants gardens for Veterans' private homes in Northern Virginia (within 30 miles of Springfield), providing fresh vegetables and herbs, which can result in a therapeutic effect on those struggling with mental and physical health issues. An ideal candidate would be a Veteran who has a limited income or physical disabilities making it difficult for them to afford or build their own garden space.

The Village In Howard

P.O. Box 1276, Columbia, MD 21044 • 443-367-9043 • 4info@thevillageinhoward.org • www.thevillageinhoward.org

A nonprofit membership organization dedicated to helping seniors stay in their homes as they age. Two membership levels enable seniors to participate in educational, cultural and social activities. Neighbor to neighbor services are available for those who need transportation; small household repairs; and aid in daily activities. A supported membership is available for those who meet income requirements. Open to Howard County residents age 55 years and older.

Voices of Vets, Inc.

7505 Covey Road, Jessup, MD 20794 • 443-745-9482 • www.voicesofvetsinc.com • www.facebook.com/VoicesofVets/

Contact voicesofvetsinc@gmail.com

Our goal is to visit every veteran home across the country to provide live music from the 40's, 50's, 60's, as well as patriotic music. Music therapy is becoming an integral part of helping many elderly and dementia patients, specifically hearing songs from an earlier era that had a positive impact. We are a 501(c)(3) organization, made up of many talented musicians who enjoy visiting with veterans and wish to show gratitude for their service to our country.

Warrior Canine Connection

14934 Schaeffer Road Boyds, MD 20841 • 301-260-1111 • <https://warriorcanineconnection.org/> • info@warriorcanineconnection.org

Warrior Canine Connection utilizes a Mission-Based Trauma Recovery model to help recovering warriors reconnect with life, their families, their communities, and each other.

Warrior Music Foundation

301-852-1011 • <https://www.warriormusicfoundation.org/> • info@warriormusicfoundation.org

Dedicated to helping limit the impact of PTSD and reduce the number of suicides across the active duty, reserve, veteran, and law enforcement population through the healing power of music. We also aid military family members who are dealing with the results of PTSD, deployments and life disruptions. Individual lessons, on-line lessons and music therapy available in Towson, Catonsville and Millersville.

Winter Growth

5460 Ruth Keeton Way, Columbia, MD 21044 • 410-964-9616 • howardcenter@wintergrowthinc.org • www.wintergrowthinc.org

Winter Growth provides person-centered care for seniors and disabled adults. With customized services that are respectful of and responsive to individual preferences, needs and values, Winter Growth offers assisted living with secure dementia care, adult medical day programs, and both hourly and overnight respite care, as well as memory care. We are a VA-authorized adult day health care provider.

Wounded Warrior Project

<https://www.woundedwarriorproject.org/>

Contact jchanko@woundedwarriorproject.org

The Wounded Warrior Project is a charity and veterans service organization that offers a variety of programs, services and events for wounded veterans of the military actions following September 11, 2001.

Y4A: Yoga for Amputees

<https://www.yogaforamputees.com/>

The mission of Y4A: Yoga for Amputees by Marsha T Danzig® is to provide health, wellness, freedom of movement, psychological healing, spiritual renewal and a deep sense of wholeness to people who have experienced limb loss. Y4A is committed to being the world leader in yoga for limb loss, positive life strategies for amputees, research on yoga as medicine for limb loss and pain management, and education in the fields of medicine, yoga, physical therapy, prosthetics, and trauma recovery.



Howard County Office of
Veterans and Military Families
Department of Community Resources and Services

The Howard County Office of Veterans and Military Families recognizes and addresses the growing needs of the **20,000+ VETERANS who call Howard County home.**

We are dedicated to providing guidance, information and resources for local veterans, military families, their dependents and survivors.

We also collaborate with other service providers in local government, non-profits and the business community to address more complex issues and assist in the navigation of other available resources.

If you need this information in an alternate format, contact the Howard County Office of Veterans and Military Families at 410-313-6400 (voice/relay).



TELE **410-313-6400** (VOICE/RELAY)

EMAIL **veterans@howardcountymd.gov**

9830 Patuxent Woods Drive, Columbia, MD 21046