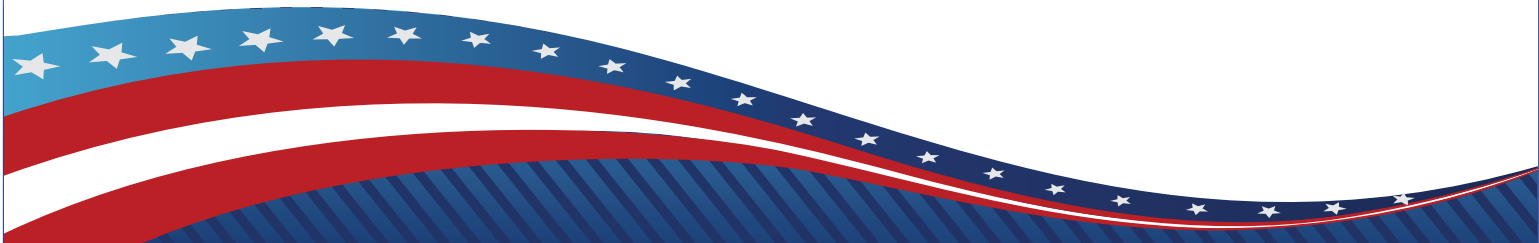


# **THE 2025** **Veterans and** **Military Families**

## **RESOURCE GUIDE AND** **SMALL BUSINESS DIRECTORY**

PROGRAMS AND SERVICES  
HOWARD COUNTY MARYLAND





# Programs and Services, Howard County, Maryland

## **AARP Maryland State Office**

1 Park Place, Ste 475, Annapolis, MD 21401 • 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.

## **A Home of Our Own Howard, Inc.**

P.O. Box 51, Simpsonville MD 21150-0051 • www.homeofourownhoward.org

Contact info@homeofourownhoward.org

A Home of Our Own Howard, Inc. (HOOO) is a 501(c)(3) nonprofit organization whose mission is to provide furniture and household items at no cost and in a timely fashion to individuals and families in Howard County Maryland who are without the financial means to meet their basic needs. HOOO provides household essentials to enhance their safety, well-being, and quality of life in the community — fostering comfort, dignity and hope. Clients are referred to HOOO by the agencies that serve their other needs.

## **A Wider Circle**

Ann and Don Brown Center for Community Service

9159 Brookville Road, Silver Spring, MD 20910 • 301-608-3504 • contact@awidercircle.org • https://awidercircle.org/

Our goal is to end poverty. We provide furniture, professional clothing and baby items, all free of charge to clients in need. There are no eligibility requirements or other qualifications or restrictions in order to receive these items. We take a holistic approach when helping clients.

## **Accessible Resources for Independence (ARI)**

1406B Crain Highway South, Suite 206, Glen Burnie, MD 21061 • 410-636-2274 • arinow@arinow.org • www.arinow.org

ARI is a non-profit agency serving people with disabilities in Howard and Anne Arundel Counties since 2011, providing free, independent living services to anyone with a disability at any age including children, seniors and veterans. Its mission is to maximize the independence of people with disabilities so they enjoy self-directed, productive lives, and have the opportunity to participate in and contribute to their communities. ARI provides services to enhance quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transitioning services and more.

## **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 provides access to research, education and advocacy to those affected by suicide. AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that takes mental health seriously 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 Columbia Post 300**

5456 Hound Hill Court, Columbia, MD 21045-2238

Contact George Delaney at delpops9@gmail.com

Post 300 members serve veterans and their families, youth and our community. We sponsor Scout Troop 540, scholarships, an oratorical competition, and the Legion's "Boys State" leadership development program. We support the county by participating in parades, school visits, flag retirement ceremonies, and fundraisers. We support Veterans Affairs and Rehabilitation, National Security, Americanism, and a variety of Children and Youth programs. Our "Be the One" program is focused on reducing the alarming rate of Veteran suicide. We visit and call isolated Veterans with "Buddy Checks" to identify needs so that we can connect Veterans with professional services and fellowship.

## **American Legion Ellicott City Post 156**

P.O. Box 2416, Ellicott City, MD 21041 • 410-340-7892 • [www.legionpost156maryland.org](http://www.legionpost156maryland.org)

Contact Michael Blum at [adjutant@legionpost156maryland.org](mailto:adjutant@legionpost156maryland.org)

Since 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](http://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.

## **Apollo Archery**

20601 Izaak Walton Way, Poolesville, MD 20837

<https://bcciwla.org/apollo-archery> • [www.facebook.com/apolloarchery.bcciwla](https://www.facebook.com/apolloarchery.bcciwla) • [apolloarchery.bcciwla@gmail.com](mailto:apolloarchery.bcciwla@gmail.com)

Provides free archery instruction and experiences for current and former members of the United States Armed Services and their families. Any current or former member of the US Armed Services (active, reserve, Guard, retired, veteran) and their families are welcomed and encouraged to participate. Instruction provided for novice participants, including adaptive archery for wounded warriors, disabled veterans and family members. All equipment provided; however, experienced archers are invited to bring personal equipment. Program runs first Wednesday of each month, May through October, 6:00 p.m. to dark. Hosted by the Bethesda-Chevy Chase Chapter of the Izaak Walton League of America.

## **Arcadia Center for Sustainable Food and Agriculture**

9000 Richmond Highway, Alexandria, VA 22309 • [info@arcadiafood.org](mailto:info@arcadiafood.org) • <http://arcadiafood.org/veteran-farmer-program>

The Arcadia Center for Sustainable Food and Agriculture trains military veterans who want to become farmers or who are thinking about a career in agriculture. The USDA-funded, hands-on training program develops new farmers; capitalizes on the growing market in local, sustainably-grown foods; and encourages entrepreneurship and job creation. On land that once belonged to George Washington, this program has three components: Veteran Farmer Reserve Program, Fellowship Program and Land Access.

## **Armed Services Arts Partnership (ASAP)**

2461 Eisenhower Avenue, 2nd Floor, Alexandria, VA 22314 • 202-730-8206 • [www.asapasap.org](http://www.asapasap.org)

Contact the Programs Team at [hello@asapasap.org](mailto: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.

## **Association of the U.S. Army (AUSA)**

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

Contact Marty Madera at [martymadera@mac.com](mailto: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.

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).

## **Autism Society of Maryland**

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

info@autismsocietymd.org • <https://autismsocietymd.org/> • [www.facebook.com/autismsocietymd](https://www.facebook.com/autismsocietymd)

The Autism Society of Maryland's mission is to create connections, empowering everyone in the Autism community with resources that are essential to live fully. Our vision is to create a world where everyone in the Autism community is connected to the support they need when they need it. We serve individuals on the Autism spectrum, their families and communities by providing information, support and advocacy; by promoting acceptance of Autism that values the dignity and uniqueness of the individual; and by working to improve the quality of, and access to, services and educational opportunities. By improving our understanding of the complexities of Autism, we are better able to create a welcoming community that is inclusive of everyone.

## **Baltimore Adaptive Sports & Recreation (BARS)**

P.O. Box 631, Parkton, MD 21120 • 478-227-7386 • <https://paracor.org/bars>

BARS is a local chapter of Disabled Sports/USA, whose motto is "If I can do this, I can do anything." 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. Learn a new sport and have access to the latest in adapted recreation equipment.

## **The Baltimore Military Muster**

<https://www.reveillegrounds.com/muster>

Contact Katie Kilby, Founder & President [katie@reveillegrounds.com](mailto:katie@reveillegrounds.com)

The Muster first launched in 2017 to connect military-affiliated individuals directly with representatives from the programs, services and opportunities that exist to serve and engage them. The group meets every other month on the second Tuesday from 6:30-8pm at Checkerspot Brewing in Baltimore. Our vision is to build both stronger veterans and communities through connection and camaraderie while equipping our veterans to continue to be the leaders this country trained them to be. We hope you join us at an upcoming Muster as either an interested individual or an organization/business/entity who wants to share your mission!

## **The Baltimore Station**

140 W. West Street, Baltimore, MD 21230 • 410-752-4454 x301 • [www.baltimorestation.org](http://www.baltimorestation.org)

Contact James Hardy, Outreach Coordinator, at [jhardy@baltimorestation.org](mailto: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.

## **Bastards Road Project**

<https://www.bastardsroadproject.org/> • <https://www.facebook.com/Bastardsroadproject>

Contact [jonathan.hancock@bastardsroadproject.org](mailto:jonathan.hancock@bastardsroadproject.org)

The Bastards' Road Project is a newly-formed, non-profit dedicated to taking veterans on long-distance hikes to heal the wounds of war, or as we like to call it "walk long distances, figure some sh!t out."

## **Blue Star Families Baltimore & Chesapeake Region Chapter**

[www.BlueStarFam.org](http://www.BlueStarFam.org) • [www.facebook.com/BlueStarFamilies](https://www.facebook.com/BlueStarFamilies)

Contact Yolanda Rayford [yrayford@bluestarfam.org](mailto:yrayford@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. Blue Star Families helps families overcome 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.

## **Boulder Crest Foundation**

33735 Snickersville Turnpike, P.O. Box 117, Bluemont, VA 20135 • 540-554-2727

<https://bouldercrest.org/> • <https://www.facebook.com/BoulderCrestFoundation/>

A Veteran-led foundation, Boulder Crest uses the proven science of post-traumatic growth to heal, train and advocate for combat veterans, first responders and their families who have experienced trauma. Boulder Crest develops, delivers and scales transformative programs to ensure these remarkable men and women transform struggle into strength and lifelong growth, and learn how to live healthy and fulfilling lives.

## **CJ3 Foundation**

19309 Winmeade Drive, STE CJ3, Leesburg, VA 20176 • 706-814-3244 • [CJ3@CJ3Foundation.org](mailto: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) non-profit public charity organization that provides services, support and advocacy to wounded/disabled U.S. Military Service Members, Veterans, Law Enforcement, Fire, and Emergency/First Responders who need assistance, and connects them with resources and programs designed to meet their unique set of needs.

CJ3's three primary initiatives are: 1) service dogs; 2) mental health and wellness; and 3) advocacy.

## **Capital Region Honor Flight**

[capitalregion@honorflight.org](mailto:capitalregion@honorflight.org)

A non-profit 501(c)3 organization, offering veterans a once-in-a-lifetime hero's bus trip to visit their memorials in Washington DC, and the opportunity to bond with fellow veterans in an atmosphere of honor and respect that some veterans have never had. It is an all-expense-paid trip for our veterans to thank them for their service and sacrifice. Currently serving veterans who served any time prior to 1976 who reside in Maryland, Washington, DC and Delaware.

## **Catch A Lift Fund**

Timonium, MD • 855-496-4838 • <http://www.catchaliftfund.org/> • <https://www.facebook.com/catchaliftfund>

Contact [cal@catchaliftfund.com](mailto:cal@catchaliftfund.com)

The Catch A Lift Fund (CAL) is a 501(c)3 non-profit that enables post 9/11, combat-wounded veterans across the country to recover and rehabilitate both physically and mentally through physical fitness, motivation and support. Since its founding in 2010, CAL has helped thousands of post-9/11, combat-wounded veterans regain their mental and physical health through gym memberships, in-home gym equipment, personalized fitness and nutrition programs, and a peer support network. CAL veterans achieve dramatic weight loss, reduction in medications, improved sleep patterns, and strengthened relationships with family and friends, thanks to their healthier lifestyle and the camaraderie of working and healing together. Veterans of any era are encouraged to join CAL's Landing Zone, an on-line resource for fitness, wellness and nutrition, and post-9/11. combat-wounded veterans are encouraged to apply online for CAL's Wellness Program, a 12-week fitness program that includes personalized coaching, workouts, mentorship, and accountability.

## **Center for Resilience at the David Lynch Foundation**

**The Meditation Center @ THEARC**

1801 Mississippi Avenue, SE Washington, DC 20020 • 202-465-4862 • <https://www.resilient-warriors.org/>

Contact [veterans@davidlynchfoundation.org](mailto:veterans@davidlynchfoundation.org)

For more than 15 years, the mission at the Center for Resilience of the David Lynch Foundation, a 501(c)3 organization, has been to help eradicate post-traumatic stress (PTS) among veterans by offering the transcendental meditation-based Resilient Warrior Program, a simple, easy-to-learn, evidence-based approach to relieving symptoms of PTS and major depression, while developing greater resilience to stress.

## **Challenge America**

P.O. Box 4467, Basalt, CO 81621 • 612-314-9434

[info@challengeamerica.com](mailto:info@challengeamerica.com) • [www.challengeamerica.com](http://www.challengeamerica.com) • [www.facebook.com/challengeamerica](https://www.facebook.com/challengeamerica)

We help Veterans connect to resources and solutions that build community and give purpose to their lives. All Veterans can join our national Veteran arts community at [cavarts.org](http://cavarts.org), where Veterans share their art, support one another and learn new skills. Women Veterans can join our national, peer-support network for military sisters at [militarysisterhoodinitiative.org](http://militarysisterhoodinitiative.org), which offers a safe space where women connect, learn and grow. All Challenge America programs are free for Veterans.



## **Charlotte Hall Veterans Home**

29449 Charlotte Hall Road, Charlotte Hall, MD 20622

<https://veterans.maryland.gov/marylands-department-of-veterans-affairs-charlotte-hall-veterans-home/>

Contact Lisa Murphy, Coordinator of Admissions and Outreach at 301-884-8171 ext. 5111 OR [lisa.murphy@pruithhealth.com](mailto:lisa.murphy@pruithhealth.com)

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 (MDVMF), it is an affordable alternative to private nursing care, 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.

## **Chesapeake Bay Outward Bound School**

1900 Eagle Drive, Baltimore, MD 21207 • <https://www.outwardboundchesapeake.org/programs/veterans/>

Contact [admissions@outwardboundchesapeake.org](mailto:admissions@outwardboundchesapeake.org)

The journey home can be difficult. Let us help. For more than 30 years, Outward Bound has been proud to deliver wilderness expeditions for our nation's veterans. These expeditions, customized specifically for veterans and active duty service men and women, are designed to help ease the often difficult transition home by drawing on the healing benefit of the wilderness, teamwork, and challenge. Thanks to the generous support of our donors, these courses are available tuition-free and travel-expense free to any veteran or active duty service member that has deployed to a combat area.

## **Chesapeake Blue Star Mothers — Maryland Blue Star Mothers Chapter MD3**

4225 VFW Lane Ellicott City, MD 21043 • 443-590-9619

<https://www.bluestarmothers.org/> • <https://www.facebook.com/profile.php?id=100070802094667&mibextid=LQQJ4d>

Blue Star Mothers of America, Inc. (BSMA) is a non-partisan, non-political, non-sectarian organization that provides support for mothers who have children serving in the military, guard or reserves, or who are veterans. They support each other while promoting patriotism. Our organization focuses on our mission every single day and will never forsake our troops, our veterans or the families of our Fallen Heroes. Chesapeake BSM is one of 200 Chapters throughout the nation with 6,000 members.

## **Chesapeake Region Accessible Boating (CRAB)**

7040 Bembe Beach Road, Annapolis, MD 21403 • 410-266-5722 • [www.crabsailing.org](http://www.crabsailing.org)

Contact Sarah at [sarah@crabsailing.org](mailto:sarah@crabsailing.org)

CRAB provides sailing, boating and fishing opportunities for people with disabilities and recovering warriors. Family Sails and Military Sails are held regularly. In addition, four sailing regattas are held each year, including two Recovering Warrior Sailing Regattas. We invite you to experience the thrill, freedom and therapeutic value of sailing with CRAB. All events are held at the CRAB Annapolis Adaptive Boating Center.

## **Chesapeake Shakespeare Company**

Olive Branch and Laurel Crown Ensemble, 7 South Calvert Street, Baltimore, MD 21202 • 410-244-8571, x113

[studio@chesapeakeshakespeare.com](mailto:studio@chesapeakeshakespeare.com) • [www.chesapeakeshakespeare.com/education-community/for-veterans/](http://www.chesapeakeshakespeare.com/education-community/for-veterans/)

[facebook.com/chesapeakeshakespearecompany](https://facebook.com/chesapeakeshakespearecompany) • [twitter.com/chesapeakeshake](https://twitter.com/chesapeakeshake)

The Olive Branch and Laurel Crown Ensemble exists within the ranks of the Chesapeake Shakespeare Company Resident Artists. It was born from classes sponsored by and in partnership with VetArts Connect, finding ways for health and wellness through the arts. The Ensemble will accept new members upon completion of the CSC Vets Acting Class.

## **Chow Corp. (Food Truck Training for Veterans)**

Washington, DC and Surrounding Areas • [www.LetsChow.org](http://www.LetsChow.org) • [info@letschow.org](mailto: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 under-served 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](http://www.LetsChow.org) to learn more!

## **Columbia Association**

6310 Hillside Court, #100, Columbia, MD 21046 • 410-730-1801 • [ColumbiaAssociation.org](http://ColumbiaAssociation.org) • [CMSC@ColumbiaAssociation.org](mailto:CMSC@ColumbiaAssociation.org)

Columbia Association (CA) is committed to enriching the quality of life for all people in the community. CA is also a proud partner of the Howard County Veterans Foundation, which hosts the annual Veterans Day Parade and Celebration in downtown Columbia. CA is responsible for maintaining approximately 3,600 acres of open space, three lakes and 95 miles of pathways open to all. The organization also operates three fitness facilities, a nationally-recognized tennis center, indoor swim center and two golf courses. CA's facilities also feature 23 neighborhood pools, the Columbia Art Center, an ice rink and the SportsPark (mini golf, batting cages and skate park). We welcome all active and former members of the military and their families; visit our facilities and take part in this one-of-a-kind community.

## **Combat Soldiers Recovery Fund**

3804 Williams Lane, Chevy Chase, Maryland 20815-4952 • 301.986.4851 (tel) • 301.986.4855 (fax)

Contact Garland Miller, Founder & President at [csrf@combatsoldiersrecoveryfund.org](mailto:csrf@combatsoldiersrecoveryfund.org)

Provide financial aid to American soldiers, sailors, and marines recovering from severe wounds in service of our nation.

## **Community Action Council of Howard County (CAC)**

9820 Patuxent Woods Drive, Columbia, MD 21046 • 410-313-6440 • [infocac@cac-hc.org](mailto:infocac@cac-hc.org) • [www.cac-hc.org](http://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.

## **Communities Helping to Empower Patriots, People and Professionals (CHEP)**

Avenue D & 10th Street, Building 82H, Perry Point, MD 21902 • 410-642-1195

<https://www.chepinc.org/> • <https://www.facebook.com/CHEPinc/about>

CHEP Inc., a 501(c)(3) non-profit, originated in 1990 is headquartered in Perry Point. The organization runs two supportive housing programs for homeless veterans in Maryland and South Carolina, while also managing a permanent housing program in Washington DC. CHEP's housing programs foster independence and stability, affording Veterans the opportunity to focus on skill building, finding employment, financial stability, mental health, wellness, and substance use recovery. Our continuing education programs, many geared toward healthcare providers who serve veterans, and our conference management services, are revenue generating initiatives that allow us to strengthen our scope of support for the housing programs.

## **Community Building Art Works**

[www.cbaw.org](http://www.cbaw.org) • [Info@cbaw.org](mailto:Info@cbaw.org)

Facebook/Instagram: @CommunityBuildingArtWorks • X: @cbaw\_ • YouTube: @cbaw

Community Building Art Works builds bridges between veterans and citizens using the language of creative expression to promote empathy, foster understanding and build authentic community.



### **Consumer Credit Counseling Service of MD and DE, Inc. (CCCSMD)**

6315 Hillside Court, Suite B, Columbia, MD 21046 • 800-642-2227 • [www.cccsmd.org](http://www.cccsmd.org)

A non-profit, community-based housing and credit counseling agency, established in 1966, CCCSMD provides comprehensive educational services designed to provide information and tools, and includes tailored action plans to help our clients on their path to financial success. CCCSMD is HUD-approved, COA-accredited and DOJ-certified. We offer counseling in pre-purchase housing, reverse mortgages, foreclosure prevention, student loan debt, budget and credit, credit report review, and bankruptcy, as well as debt management programs, financial education and first-time homebuyer workshops/webinars. As a result of the current landscape, we have recently focused on rental eviction prevention, loss mitigation assistance and guidance, and fair housing education. We are honored to continue servicing the military community in and around Howard County and are proud to have a U.S. Veteran on staff.

### **Consumer Financial Protection Bureau (CFPB) Office of Servicemember Affairs**

1700 G Street NW, Washington, DC 20552 • [military@cfpb.gov](mailto: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.

### **Daughters of the American Revolution (DAR), Colonel Thomas Dorsey Chapter**

Ellicott City, MD • 301-512-6686

Contact [melaniedzwonchyk@gmail.com](mailto:melaniedzwonchyk@gmail.com) • <https://colthomasdorsey.marylanddar.org/>

DAR is a women's service organization focused on historic preservation, education and patriotism. Members can trace a direct lineage to a Patriot of the Revolutionary War. Members of the Colonel Thomas Dorsey Chapter are passionate about honoring and supporting those who serve our nation. Some of our service projects include collecting Stockings for Soldiers donations; welcoming veterans arriving at BWI airport via the Honor Flights Network; cleaning headstones and beautifying cemeteries in Howard County; and presenting Quilts of Valor to deserving veterans. We welcome suggestions or requests for service projects that honor and support our local military veterans.

### **Defense Health Agency's inTransition Program**

1335 East West Highway, Silver Spring, MD 20910 • 800-424-7877

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition?type=All>

Contact Brenda Campbell, LICSW, at [Brenda.g.campbell7.ctr@mail.mil](mailto: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.

### **Dog Tag, Inc.**

3206 Grace Street NW, Washington, DC 20007 • 202-527-9388 • [www.dogtaginc.org](http://www.dogtaginc.org) • [www.facebook.com/dogtagbakery](https://www.facebook.com/dogtagbakery)

Contact [fellowship@dogtagbakery.org](mailto: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.

### **Easterseals Homeless Veteran Reintegration Program (HVRP)**

<https://www.easterseals.com/DCMDVA/programs-and-services/military-veteran-services/veterans-employment.html>

Maryland (excluding Eastern Shore) • Washington, DC • Northern, Virginia

HVRP helps veterans experiencing homelessness or those at risk of homelessness build a foundation for finding and keeping long-term employment. We address veterans' complex needs, help them enroll in local support services, and provide funds for job skills training, equipment and transportation. Services include employment-focused case management and service coordination. We serve Veterans who have been homeless within the last 60 days; have an imminent risk of homelessness; those enrolled in HUD-VASH or SSVF RRH; those transitioning from incarceration; and, low-income families who are losing their housing.

## **Equines Assisted Therapy for Veterans — vR Growth & Learning Center**

13425 Forsythe Road, Sykesville, MD 21784 • 301-641-0031 • [www.vrtherapycenter.com](http://www.vrtherapycenter.com)

vR Equine Growth and Learning Center serves the need of veterans who are struggling with the symptoms of post-traumatic stress, whether symptoms are debilitating or a daily annoyance. vR Equine Growth and Learning Center models the program of the EAGALA Association, whose study revealed 100% of soldiers who completed therapy had dramatically reduced stress levels. In equine-assisted psychotherapy, horses are used as tools for military veterans to gain self-understanding and emotional growth. It recognizes the bond between animals and humans and the potential for emotional healing. In most cases, the horses are not ridden, and usually are not tethered in the arena, but allowed to roam free.

## **Fidos for Freedom**

1200 Sandy Spring Road, #1, Laurel MD 20707 • 410-880-4178 • [office@fidosforfreedom.org](mailto:office@fidosforfreedom.org) • <https://fidosforfreedom.org/>

Fidos is a volunteer organization that enhances the quality of life for veterans with combat related PTSD, persons with mobility or hearing impairments, by providing certified assistance dogs and providing therapy dog support/comfort to first responders/healthcare workers/educational settings. We also provide community/public service for youth between the ages of 12-17 in our junior program.

## **Fields 4 Valor**

Brandywine, MD • 240-423-7205 • <https://fields4valor.org/> • [www.facebook.com/fields4valorfarms](https://www.facebook.com/fields4valorfarms)

Contact [peterescott@me.com](mailto: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.

## **Folds of Honor**

918-274-4700 • [scholarships@foldsofhonor.org](mailto:scholarships@foldsofhonor.org) • <https://foldsofhonor.org/>

By standing in the financial gap of the more than one million dependents adversely affected by war, Folds of Honor provides educational scholarships to the spouses and children of American's fallen or disabled service members and EMT's for an accredited college or university, technical or trade school, private school or tutoring company, grades K-1.

## **Fort Meade Alliance**

7467 Ridge Road, Suite 220, Hanover, MD 21076 • 410-850-4940 • [www.ftmeadealliance.org/](http://www.ftmeadealliance.org/)  
<https://www.linkedin.com/company/fort-meade-alliance/> • <https://www.youtube.com/channel/UCTQMrxKRhI4Dc26IL0s4RTA>  
<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.

## **Fort Meade Army Community Service (ACS)**

830 Chisholm Avenue, Ft. Meade, MD 20755 • 301-677-5590 (TEL) • 301-677-2910 (FAX) • [www.home.army.mil/meade](http://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)**

306 Sentinel Drive, Suite 350, Annapolis Junction, MD 20701 • 301-677-9014 or 301-677-9017 • [cwg6\\_staff\\_ffsc@us.navy.mil](mailto:cwg6_staff_ffsc@us.navy.mil)  
<https://www.navifor.usff.navy.mil/Organization/Operational-Support/CWG-6/Organization/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. Services open to all DOD ID card holders.

### **Friends of Patapsco Valley State Park Ltd. (FPVSP)**

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

Contact Dave Ferraro at [info@fpvsp.org](mailto:info@fpvsp.org) or Kari Katapodis at [programs@fpvsp.org](mailto:programs@fpvsp.org)

The FPVSP is a 501(c)(3) organization that 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 its parks.

### **Gilchrist Center Howard County**

6336 Cedar Lane, Columbia, MD 21044 • 888-823-8880 • [GilchristCareNavigat@GilchristCares.org](mailto:GilchristCareNavigat@GilchristCares.org) • [www.gilchristcares.org](http://www.gilchristcares.org)

Gilchrist is a nationally-recognized, non-profit leader in serious illness and end-of-life care. With elder medical care, counseling and hospice, we help people at every stage of serious illness live life to the fullest and make informed choices about their care. Services include hospice, elder medical care, grief counseling and more, including a robust We Honor Veterans program that addresses the complex end-of-life care needs of veterans. Care is provided in homes, residential care communities, and at our three inpatient hospice centers. Gilchrist partners with the National Hospice and Palliative Care Organization and our local VA office to provide veteran to veteran outreach, salute to service ceremonies, veteran events and other initiatives to ensure that the contributions and needs of veterans are recognized and respected.

### **Give an Hour**

P.O. Box 5918, Bethesda, MD 20824 • 240-668-4365 • [info@giveanhour.org](mailto:info@giveanhour.org) • [www.giveanhour.org](http://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](http://giveanhour.org) and click GET HELP.

### **Glass Soldier**

5900 Balcones Drive, Suite 100, Austin, TX 78731 • [info@glasssoldier.org](mailto:info@glasssoldier.org)

<https://www.glasssoldier.org/> • <https://www.facebook.com/GlassSoldier/> • <https://www.instagram.com/glasssoldierorg/>

Glass Soldier is a duty-bound data driven nonprofit organization focused on reducing the prevalence of military sexual violence by fostering community collaborations, offering survivor-centered support and promoting education and prevention initiatives that empower individuals and drive cultural change in the military.

### **Grassroots Crisis Intervention Center**

8990 Old Annapolis Road, Suite A, Columbia, Maryland, 21045 • 24-hour hotline: 410-531-6677

[www.grassrootscrisis.org](http://www.grassrootscrisis.org) • [www.facebook.com/Grassroots6700](https://www.facebook.com/Grassroots6700)

Grassroots provides 24-hour telephone counseling, free walk-in counseling, mobile crisis team, and substance user disorder screening and stabilization program. We operate shelter programs for individuals and families at our main facility on Freetown Road. Our Day Resource Center provides meals, showers, laundry, food and clothing pantry, and limited medical assistance to unsheltered and low-income individuals.

### **Headstrong Project**

<https://theheadstrongproject.org/> • <https://theheadstrongproject.org/get-help/>

Contact Ned Freeze at [nfreeze@theheadstrongproject.org](mailto:nfreeze@theheadstrongproject.org)

The Headstrong Project — based in New York City — is a national non-profit that was founded in 2012 to provide mission-critical mental health care to address the alarming veterans' suicide epidemic and an ever-widening gap in accessing equitable mental health care. Headstrong provides confidential, cost-free, bureaucracy-free, and stigma-free evidence-based traumatic mental health care to actively serving members of the armed forces, members of the National Guard and Reserves, veterans of all ages, and with any discharge status. Therapy is provided by local expert clinicians by either in person or telehealth sessions.

## **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](mailto:hero@hero-dogs.org)

Hero Dogs, a Maryland 501(c)(3) non-profit corporation, improves the quality of life of our nation's heroes and enhances the services of community organizations by placing assistance dogs with customized training and lifetime support. 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](mailto:maryland@heroesonthewater.org) • [www.facebook.com/HeroesOnTheWaterMarylandChapter](http://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 on the Water provides free gear, fishing guides and lunch for the day 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](http://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 (HCC) — Records, Registration and Veterans' Affairs**

10901 Little Patuxent Parkway, Columbia, MD 21044 • 443-518-1240

[www.howardcc.edu/military](http://www.howardcc.edu/military) • [www.facebook.com/howardcc](http://www.facebook.com/howardcc)

Contact [veteransaffairs@howardcc.edu](mailto: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 programs, as well as registered apprenticeships and non-credit work force training 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 Michael Griggs at [mgriggs@howardcc.edu](mailto:mgriggs@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 Commission for Veterans and Military Families**

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

[veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov) • [www.howardcountymd.gov/vetcomm](http://www.howardcountymd.gov/vetcomm)

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](http://www.howardcountymd.gov/dcrs) • [communityresources@howardcountymd.gov](mailto:communityresources@howardcountymd.gov)

Visit us at #HoCoCommunity on Facebook, X, Instagram, and Next Door

The Department of Community Resources and Services has eight 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](mailto:ada@howardcountymd.gov) • [www.howardcountymd.gov/ada](http://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](mailto:aging@howardcountymd.gov) • [www.howardcountymd.gov/aging](http://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](mailto:map@howardcountymd.gov) • [www.howardcountymd.gov/map](http://www.howardcountymd.gov/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](mailto:children@howardcountymd.gov) • [www.howardcountymd.gov/children](http://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/OCPP](http://www.howardcountymd.gov/OCPP)

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 Disability Services**

410-313-6400 (VOICE/RELAY) • [disabilityservices@howardcountymd.gov](mailto:disabilityservices@howardcountymd.gov) • [www.howardcountymd.gov/disability-services](http://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 page 11). The Office of Disability Services also staffs the Commission on Disabilities and the Commission on Transitioning Students with Disabilities.

- **Office of Human Trafficking Prevention**

410-313-6400 (VOICE/RELAY) • [www.howardcountymd.gov/OHTP](http://www.howardcountymd.gov/OHTP)

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, established 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](http://www.howardcountymd.gov/OLCB)

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](mailto:veterans@howardcountymd.gov) • [www.howardcountymd.gov/veterans](http://www.howardcountymd.gov/veterans)

The Office of Veterans and Military Families is 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 (DHCD)**

9820 Patuxent Woods Drive, Columbia, MD 21046 • 410-313-6318

[housing@howardcountymd.gov](mailto:housing@howardcountymd.gov) • [www.howardcountymd.gov/housing-community-development](http://www.howardcountymd.gov/housing-community-development)

The DHCD administers affordable rental and homeownership programs for income-eligible residents through the Moderate Income Housing Unit (MIHU) program and the Settlement and Down-payment Loan (SDLP) Program. The department can assist veterans and active duty military personnel with opportunities to rent apartments at affordable rents or purchase homes at below market prices with down payment and closing cost assistance. These programs may be utilized independently or combined with VA financing for maximum benefit. In addition, low interest rate loans are offered to assist eligible candidates with home renovations and/or ADA modifications through the Reinvest, Renovate, Restore (RRR) program.

DHCD also manages the Continuum of Care (CoC) for homeless services in Howard County. The CoC is the local planning body that coordinates housing and support services funding for homeless families and individuals, including veterans and active military personnel. 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.

## **Howard County DSS**

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

[howco.dss@maryland.gov](mailto: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 HR Society**

6801 Oak Hall Lane, #2123, Columbia, MD 21045 • [www.hoco-hrs.org](http://www.hoco-hrs.org) • <https://www.facebook.com/HoCoHRS>

Contact [hocohrs@gmail.com](mailto:hocohrs@gmail.com)

Howard County HR Society (HCHRS) is a group of local human resource professionals committed to growing the profession and to develop and serve the HR professional. HCHRS provides education, thought leadership, development, community and advocacy to enhance the practice of human resource management and the effectiveness of professionals in the businesses and communities they serve.

## **Howard County Health Department (HCHD)**

8930 Stanford Boulevard, Columbia, MD 21045 • 410-313-6300 • [askhealth@howardcountymd.gov](mailto:askhealth@howardcountymd.gov) • [www.hchealth.org](http://www.hchealth.org)

The HCHD 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.hclhc.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 Office of Consumer Protection**

410-313-6420 • [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov) • [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer)

Mediates disputes between merchants or landlords and their consumers for transactions of a personal, household, family or agricultural purpose (e.g., purchase or rental of goods or services, the extension of credit, etc.); investigates unfair or deceptive acts and practices in the marketplace; enforces the County's consumer protection laws; licenses and regulates peddlers, solicitors and trespass tow companies, and provides consultations and education on consumer rights and obligations.



## Howard County Joint Military Council

Contact Greg Jolissaint at [gregjolissaint@gmail.com](mailto:gregjolissaint@gmail.com)

The mission of the Joint Military Council 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; and 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](http://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](http://www.howardcountymd.gov/MSA) • [mscinfo@howardcountymd.gov](mailto:mscinfo@howardcountymd.gov)

The mission of the Howard County 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](mailto:ohre@howardcountymd.gov) • [www.howardcountymd.gov/OHRE](http://www.howardcountymd.gov/OHRE)

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 OHRE 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](mailto:owd@howardcountymd.gov) • [www.howardcountymd.gov/howardworkforce](http://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; training grants for business; and outplacement assistance for businesses that may be downsizing.

## Howard County Public School System (HCPSS)

10910 Clarksville Pike, Ellicott City, MD 21042 • 410-313-6600 • [www.hcpss.org](http://www.hcpss.org)

<https://twitter.com/hcpss/> • <https://www.instagram.com/hocoschools/>

The HCPSS is a recognized source of local pride, consistently ranking among Maryland's top school districts based on student performance per state assessments. County students score above the national averages on standardized tests. Visit 2022 Fast Facts About HCPSS and Register your Child for School for additional information.

HCPSS supports Purple Star Schools and is committed to creating a welcoming and supportive environment and fostering strong bonds between schools, military service members and community organizations in order to support military-connected children and enhance the success of all students. Learn more about HCPSS's resources for military families at <https://www.hcpss.org/parents/military-families/>.

## **Howard County Recreation & Parks Headquarters (HCRP)**

7120 Oakland Mills Road, Columbia, MD 21046 • 410-313-7275 • [www.howardcountymd.gov/rap](http://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 • [howardcountyveterans.org](http://howardcountyveterans.org) • [www.facebook.com/HoCoVeterans](https://www.facebook.com/HoCoVeterans)

Contact [info@howardcountyveterans.org](mailto: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.

## **Institute for Veterans and Military Families**

National Veterans Resource Center, Daniel & Gayle D'Aniello Building, 101 Waverly Avenue, Syracuse, NY 13244 • [ivmf.syracuse.edu](http://ivmf.syracuse.edu)

The Institute for Veterans and Military Families (IVMF) at Syracuse University is committed to supporting veterans and their families as they navigate their entrepreneurial journey. For more than a decade, the IVMF has served over 120,000 veterans. Arm yourself for entrepreneurship success with one of IVMF's 11 ARSENAL of programs. Whether you're in the idea phase, just starting your business, or looking to take it to the next level, the IVMF has an entrepreneurship program designed to meet your needs.

## **Jump for Valor**

267 Kentlands Boulevard, Suite 5050, Gaithersburg, MD 2878 • 410-205-5202 [info@jump4valor.org](mailto:info@jump4valor.org) • [www.jump4valor.org](http://www.jump4valor.org)

Founded in 2018, Jump for Valor strives to offer military veterans — including combat, retired, and disabled — access to a community that brings them the joy of a new family and community with a sense of freedom through aerial sports. Skydiving provides a unique environment with many therapeutic and positive effects. Jump for Valor helps fine-tune situational awareness, creates confidence and improves communication. Skydiving helps with post-traumatic stress disorder (PTSD) which is a major cause of suicide for veterans. These are just a few of the mental and cognitive benefits of skydiving. We build on the philosophy "If I can jump out of an airplane, what else is possible?"

## **Kennedy Krieger Institute, Department of Behavioral Psychology**

9810 Patuxent Woods Drive Suite C, Columbia, MD 21046 • 443-923-7508

[www.kennedykrieger.org/patient-care/centers-and-programs/behavior-health-services-military-families-fort-meade](http://www.kennedykrieger.org/patient-care/centers-and-programs/behavior-health-services-military-families-fort-meade)

The Behavior Health Services for Military Families offered by the Behavioral Psychology Department at Kennedy Krieger Institute help treat behavior problems that often accompany deployment and other military stressors. Clinicians provide therapy to children with emotional and behavior difficulties. We treat children and adolescents and have clinicians who specialize in the different stages of development. Our treatment approach includes behavioral interventions, cognitive behavioral therapy, family systems, and developmental perspectives. We also train parents in problem-solving strategies and educate them in child development and childhood disorders. There are locations in Columbia, Odenton and Baltimore City, and through telehealth services.

## **Lifeline Equine Therapy Services (LETS)**

Lifeline Horse Rescue and Rehabilitation, Inc., 22600 Robin Court, Gaithersburg, MD 20882 • 301-318-1686

[www.lifelinehorserescue.org](http://www.lifelinehorserescue.org) • [www.facebook.com/LifelineSavesHorses/](https://www.facebook.com/LifelineSavesHorses/)

[www.linkedin.com/company/lifeline-horse-rescue-and-rehabilitation-inc](https://www.linkedin.com/company/lifeline-horse-rescue-and-rehabilitation-inc)

Contact Leila Hertzberg at [leila@lifelinehorserescue.org](mailto:leila@lifelinehorserescue.org)

LETS incorporates rescued horses in our equine-assisted therapy program to help heal veterans, military and first responders who may be suffering from a host of debilitating conditions, including depression, anxiety, moral injury, and survivor's guilt. Our equine-assisted services include psychotherapy, decompression and team-building. We currently have in-house an EAGALA Model-certified Equine Specialist and three mental health professionals.

## **Lincoln Technical Institute**

9325 Snowden River Parkway, Columbia, MD 21046 • 410-290-7100 • [LincolnTech.edu](http://LincolnTech.edu)

Contact Tyrelle Cantey at [TCantey@LincolnTech.edu](mailto:TCantey@LincolnTech.edu)

Lincoln Tech began in 1946, training post-WWII veterans for careers in the civilian workforce, and has since 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 the 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, Medical Assistant, Culinary Arts & Food Services, and International Baking & Pastry. We have a dedicated Veterans Lounge for students to study and relax.

## **Live Water Wai Koa (Water Warriors)**

7300 Edgewood Road, Annapolis, MD 21403 • 410-919-9402 • [info@capitalsup.com](mailto: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

[loan closet@howardcountymd.gov](mailto:loan closet@howardcountymd.gov) • [www.howardcountymd.gov/LoanCloset](http://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.

## **Luminus Network of America (formerly FIRN)**

5999 Harpers Farm Road, Suite E-200, Columbia, MD 21044 • 410-992-1923

[info@beluminus.org](mailto: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 cost and pro bono pricing.

## **Made With Love Scarf Drive/Operation Gratitude**

[veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov) • [www.opgrat.wordpress.com/2014/01/17/scarves-for-troops](http://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.

## **MakingChange Financial Wellness Programs**

9770 Patuxent Woods Drive, Columbia, MD 21046 • 443-518-7648

[info@makingchangecenter.org](mailto:info@makingchangecenter.org) • [www.makingchangecenter.org](http://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](http://www.hcmcl.iwarp.com)

Contact Bill Swain at [wswain@ultra-palsinc.com](mailto: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 APEX Accelerator**

5825 University Research Court, Suite 1300, College Park, MD 20740 • 301-405-6550

ptapadm@umd.edu • <https://www.marylandapex.org/>

The Maryland APEX Accelerator assists Maryland businesses prepare for and engage in the procurement process with federal, state and local government agencies. We provide counseling services at no cost to the small business owner. Through counseling, training and outreach programs, we assist business owners to acquire the skills they need to pursue government contracts. We also offer counseling by VA-certified procurement specialists who are trained to provide veterans with an understanding of the requirements of government contracting and the market know-how they need to obtain and successfully perform government contracts.

## **Maryland Army National Guard Soldier and Family Support Services**

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

<https://military.maryland.gov/NG/Pages/Soldier-&-Family-Support-Resources.aspx>

This 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 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](http://www.mcvet.org) • [www.facebook.com/mcvet.baltimore](https://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, and to provide all 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](http://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 Human Services Energy Assistance**

<https://dhs.maryland.gov/office-of-home-energy-programs/>

- **Office of Home Energy Programs (OHEP)** provides bill assistance to low-income households in the State of Maryland to make their energy costs more affordable and help with the prevention of loss and the restoration of home energy service.
- **Maryland Energy Assistance Program (MEAP)** provides financial assistance with home heating bills.
- **Electric Universal Service Program (EUSP)** provides financial assistance with electric bills.
- **Arrearage Retirement Assistance** helps customers with large, past due electric and gas bills.
- **Utility Service Protection Program (USPP)** is designed to protect low-income families from utility turn-offs during the heating season.
- **Weatherization and Energy Efficiency Services** customer information is referred to the Maryland Department of Housing and Community Development (DHCD) for programs that can provide improvements and repairs to homes at no cost. These improvements can help lower utility bills and make the home more comfortable.

## **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](http://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 Natural Resources Military and Veteran Programs**

<https://dnr.maryland.gov/Pages/Military-One-stop-Shop.aspx>

[https://dnr.maryland.gov/publiclands/Documents/operation\\_campout.pdf](https://dnr.maryland.gov/publiclands/Documents/operation_campout.pdf)

Contact Christina.Holden@maryland.gov

The Department of Natural Resources has several programs and special rates for military veterans, active duty service members, and prisoners of war to include fishing, hunting, park entry and camping equipment loans. The Wounded Warrior and Veteran Outreach Program works with other non-profits to provide free hiking, kayaking and other recreational activities.

## **Maryland Department of Veterans and Military Families (DVMF)**

Howard County MultiService Center, 9900 Washington Blvd, Suite I, Laurel, MD 20723 • [www.veterans.maryland.gov](http://www.veterans.maryland.gov)

Contact Katherine Perkins at [katherine.perkins@maryland.gov](mailto:katherine.perkins@maryland.gov) OR 410-313-0229

Provides assistance to those who served in the Uniformed Services of the United States, their dependents and survivors to obtain 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 5<sup>th</sup> Street, Ft. Meade 20755.

## **Maryland Employer Support Guard and Reserve (ESRG)**

5<sup>th</sup> Regiment Armory, 219 29<sup>th</sup> Division Street, Baltimore, MD 21201 • 410-234-3809 • [www.esgr.mil](http://www.esgr.mil)

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](http://www.mdhumanities.org)

For Veterans Book Groups, contact: Andrea Lewis at [alewis@mdhumanities.org](mailto: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 Baltimore, Harford, Howard, Prince George's, and St. Mary's counties.

## **Maryland Legal Aid**

3451 Court House Drive, 2<sup>nd</sup> floor, Ellicott City, MD 21043 • 410-480-1057 • 888-215-5316 • [www.mdlab.org](http://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 Military Coalition (MMC)**

1101 Mercantile Lane, Suite 260, Largo, MD 20744 • 301-583-8687 • <https://www.mdmilcoalition.org/>

Contact Robert Norris, president, at [rfcknorton@verizon.net](mailto:rfcknorton@verizon.net)

The MMC is a registered 504(c)(4) non-profit, non-partisan all volunteer advocacy organization, representing the interests of Maryland veterans, service members, their families, caregivers, and survivors. The coalition consists of 17 leading uniformed services and veterans' organizations with over 150,000 members. It represents about one-fourth of Maryland's Veterans, service members and their families. The MMC seeks to protect and enhance the well-being of the uniformed services community — including currently serving veterans, retirees and their families and survivors — by raising awareness and advancing legislative proposals and policies before the Maryland General Assembly and the Office of the Governor.

## **Maryland Procurement Technical Assistance Center (PTAC)**

5825 University Research Court, Suite 1300, College Park, MD 20740 • 301-405- 6550

[ptapadm@umd.edu](mailto:ptapadm@umd.edu) • [www.mdptac.org](http://www.mdptac.org)

The Maryland PTAC assists Maryland businesses prepare for and engage in the procurement process with federal, state and local government agencies. We provide counseling services at no cost to the small business owner. Through counseling, training and outreach programs, we assist business owners to acquire the skills they need to pursue government contracts. We also offer counseling by VA-certified procurement specialists who are trained to provide veterans with an understanding of the requirements of government contracting and the market know-how they need to obtain and successfully perform government contracts.



## **Maryland Relay and Maryland Accessible Telecommunications**

301 W. Preston Street, Suite 1008A, Baltimore, MD 21201 • 410-767-6960 • [www.mdrelay.org](http://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](http://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.

## **Maryland Veterans Conservation Corps (VCC)**

Merkle Natural Resources Management Area and Visitors Center, 11704 Fenno Road, Upper Marlboro, MD 20772

<https://dnr.maryland.gov/publiclands/Pages/Veterans-Conservation-Corps.aspx>

Contact Sara E. Marcinak at [sara.marcinak@maryland.gov](mailto:sara.marcinak@maryland.gov)

The VCC is a program affiliated with the Maryland Park Service and the Department of Natural Resources with the mission to develop Veterans professionally through training and on-the-job experience. The VCC empowers Veterans and engages them in conservation service work on public lands in full-time, paid, year-round positions. Its work in state parks uses Veterans' unique backgrounds, diverse job skills and service ethics to address pressing conservation needs.

## **Maryland Veterans Trust Fund**

<https://veterans.maryland.gov/maryland-department-of-veterans-affairs-veterans-trust-fund/>

Contact [mdveteranstrust@maryland.gov](mailto:mdveteranstrust@maryland.gov) or 410-230-4444 to request an application

The Maryland Veterans Trust Fund is a 501(c)(3) organization designed to assist with non-emergency, temporary, financial challenges facing veterans or widows/widowers of veterans.

## **Maryland's Commitment to Veterans**

Vocational Rehabilitation Building, 55 Wade Avenue, Catonsville, MD 21228 • <https://health.maryland.gov/bha/veterans>

Contact Joy Ashcraft at [joy.ashcraft@maryland.gov](mailto: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.

## **Mediation and Conflict Resolution Center**

443-518-7693 • [info@mcrchoward.org](mailto:info@mcrchoward.org) • [www.mcrchoward.org](http://www.mcrchoward.org)

Mediation and Conflict Resolution Center is a nonprofit organization providing low and no cost conflict resolution services to people who work, live and play in Howard County. Services include family, community and re-entry mediation, restorative practices, group facilitation, anger management courses, and conflict management education. MCRC's services are provided by highly-trained, skilled volunteers from within the community. We hear to help!



## **Military Child Education Coalition® (MCEC®)**

254-953-1923 • <https://www.MilitaryChild.org/> • [Info@MilitaryChild.org](mailto:Info@MilitaryChild.org)

MCEC is the only non-profit organization solely focused on the educational needs of military-connected children and the challenges they face. The coalition delivers programs, services and professional development to support military-connected students, parents and professionals. Our Military Student Consultant Service Center provides personalized assistance from education professionals free of charge to military families, no matter their location. MCEC's SchoolQuest™ is a free, innovative tool that can track academic progress, create checklists, set reminders, and search school capabilities.

## **Military Health System and Defense Health Agency**

<https://www.health.mil/>

The Military Health System is a form of nationalized health care operated within the United States Department of Defense that provides care to active duty, Reserve component and retired U.S. Military personnel and their dependents. The Military Health System has many resources available to help service members, families and veterans who are struggling with [mental health](#) challenges.

## **Military OneSource**

800-342-9647 • [www.militaryonesource.mil](http://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 (MOWW) — Ft. Meade Chapter**

P.O. Box 833, Ft. Meade, MD 20755-0833 • [www.moww.org](http://www.moww.org)

Contact Erwin Burtnick at [eburtnick@comcast.net](mailto:eburtnick@comcast.net) or 410-653-5577

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, we provide 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 U.S. Services.

## **Military Spouse Fellowship Program**

<https://www.hiringourheroes.org/career-services/fellowships/internships/msfp/>

This cutting-edge, initiative provides military spouses with professional training, networking and hands-on experience in the civilian workforce. The professional development and direct connection to local employers offered through the program enable military spouses to quickly build their networks and gain local job experience.

## **Move United Warfighters**

451 Hungerford Drive, Suite 608, Rockville, MD 20850 • 301-217-0960

<https://moveunitedsport.org/get-involved/warfighters/>

Free adaptive sports programming to all service members and veterans with a permanent physical disability and muscle damage.

## **NPower Maryland**

1101 West Pratt Street, Suite 1A, Baltimore, MD 21223 • 443-863-7252 • [www.npower.org](http://www.npower.org)

Contact Demetrius Goodwin, Program Director at [demetrius.goodwin@npower.org](mailto:demetrius.goodwin@npower.org)

A national tech training organization that serves as a market-by-market link between non-traditional job seekers and employers hiring diverse IT talent, creating an alternative fast-track to jobs for veterans, military spouses and young adults. NPower offers up to 20-weeks of free, interactive, virtual training; paid opportunities; and career placement assistance. Trainees can earn up to four tech-industry certifications, including the CompTIA A+ certification and Google certificates, and get connected to professional network and IT mentors. We offer a full range of ongoing social support, including assistance in navigating challenges with VA benefits, financial hardship, housing, food insecurity, childcare assistance, and more.

## **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](mailto:info.namihc@gmail.com) • [www.namihowardcounty.org](http://www.namihowardcounty.org)

NAMI's mission 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. NAMI Homefront Mental Health Resources for Military Service Members, Veterans and their Families is a free, online suite of resources designed to increase understanding, communication, wellness, and advocacy skills. Visit us at [homefrontresources.nami.org](http://homefrontresources.nami.org).

## **National Association for Black Veterans (NABVETS) Maryland State Commander**

6659 Bel Air Road, Baltimore, MD 21206

Contact Annette Mann at [manntaylor@gmail.com](mailto:manntaylor@gmail.com) OR 443-314-6001

A nationally-certified Veterans Service Organization with membership and chapters throughout the United States and Puerto Rico, providing 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 Family Resiliency Center, Inc. (NFRC)**

10630 Little Patuxent Parkway, #115, Columbia, MD 21044 • 410-740-9553 x100

[www.nfrchelp.org](http://www.nfrchelp.org) • [www.nfrcparentseminars.org](http://www.nfrcparentseminars.org)

NFRC's programs and services assist all families in transition to heal and build resilience over time and are customized to meet the unique needs of families. NFRC offers services for ages three through adulthood. Clinical services include therapy for individuals, couples, various age groups, families, play therapy, co-parent counseling and reunification services. Educational programs teach coping skills, promoting a non-conflictual process of adjusting to change. Children and teen educational programs include Resiliency: Taking Care of Yourself, KidsConnex and TeenConnex. Co-Parent Seminars are offered virtually, and both men's and women's discussion/support groups are offered.

## **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 Eisenhower at [Kelsey.eisenhower@va.gov](mailto:Kelsey.eisenhower@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.

## **The National Veterans Outdoors Resource HUB**

4625 W. Nevso Drive, Suite 2, Las Vegas, NV 89103 • 270-205-7826 • [www.usvetconnect.com](http://www.usvetconnect.com)

Contact Theresa at [info@usvetconnect.com](mailto:info@usvetconnect.com)

Free to veteran organizations and to veterans finding their next adventure. US Vet Connect Inc.'s National Veterans Outdoors Resource HUB is bridging the gap between veterans and the outdoors by providing a place to come together to find that military comradery in outdoor experiences.

## **Neighbor Ride, Inc.**

5570 Sterrett Place, #102, Columbia, MD 21044 • 410-884-7433 • [information@neighborride.org](mailto:information@neighborride.org) • [www.neighborride.org](http://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.

## **Onward Ops (powered by The ETS Sponsorship Program)**

2600 Virginia Avenue, NW, Suite B200, Washington, DC 20037 • 202-964-4250

<https://onwardops.org/> • <https://www.facebook.com/OnwardOps>

The transition out of uniformed service is difficult, whether you served four years or 40. Our mission is to support active-duty service members in their journey back into civilian life. We connect new Veterans with trained sponsors from their destination community with a focus on the 12 months between leaving the military and reintegrating into civilian life as a new Veteran. A program by Veterans for Veterans.

## Onward to Opportunity

<https://www.hireheroesusa.org/industrial-logos/o2o/>

Contact Karen Santiano Francis at [kesantia@syr.edu](mailto:kesantia@syr.edu) OR 202-844-9966

Onward to Opportunity (O2O) is a free, career training program that provides professional certification and job placement support to transitioning service members, veterans and military spouses. O2O combines industry-validated curricula, strong partnerships with leading veteran service organizations and private sector companies to provide professional certification and employment services support to its clients.

## Operation Homefront

1355 Central Parkway S, Suite 100, San Antonio, TX 7823 • 210-659-7756 • [www.operationhomefront.org](http://www.operationhomefront.org)

Operation Homefront is a national 501(c)(3) nonprofit whose mission is to build strong, stable, and secure military families. The Transitional Housing-Village (TH-V) Program (located in Gaithersburg, MD) provides rent-free, two- and three-bedroom apartments to wounded, ill, and injured warriors and their families as they leave the military.

## Operation Second Chance

20251 Century Boulevard, Suite 130, Germantown, MD 20874 • 301-972-1080 (TEL) • 888-72-4838 (FAX)

<https://operationsecondchance.org/>

Contact [cindy@operationsecondchance.org](mailto: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. Emergency financial assistance is available.

## Our Community Salutes - USA

504 Centennial Boulevard, #1881, Voorhees, NJ 08043 • 856-489-8679

[drkenhartman@ourcommunitysalutes.org](mailto:drkenhartman@ourcommunitysalutes.org) • [ourcommunitysalutes.org](http://ourcommunitysalutes.org)

[facebook.com/ourcommunitysalutes](https://facebook.com/ourcommunitysalutes) • [linkedin.com/company/ocsusa](https://linkedin.com/company/ocsusa)

Founded in 2009, Our Community Salutes - USA is a national, non-profit organization that recognizes and honors young adults who plan to enlist into the military immediately after high school graduation. Going beyond recognition, OCS provides developmental programs, guidance, resources, and community support to new enlistees, and their families, as they transition into military service and beyond.

## Our Military Kids

2911 Hunter Mill Road, Suite 203, Oakton, VA 22124 • (703) 734-6654

<https://www.ourmilitarykids.org/> • [omkinquiry@ourmilitarykids.org](mailto:omkinquiry@ourmilitarykids.org)

Our Military Kids recognizes the sacrifice of children of deployed National Guard, deployed Reserve, or post 9/11 combat-injured service members by offering extracurricular activity grants that build the child's self-confidence, enhance family wellness, and strengthen a shared sense of community.

## Platoon 22

1750 Monocacy Boulevard, Suite A, Frederick, MD 21701 • 240-651-8899 • [info@platoon22.org](mailto:info@platoon22.org) • [www.platoon22.org](http://www.platoon22.org)

Our mission is to end Veteran suicide through the successful reintegration of service members and their families by assembling critical resources, providing peer support and developing transitional programs. Access to services is essential in order to help our returning Veterans transition from combat experiences and reconnect with their lives. Services include operations at the Platoon Veteran Services Center, peer support and recreational opportunities, benefits navigation, transportation, financial assistance, and housing.

## 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](http://www.premierhealthexpress.com)

Contact Samuel Nokuri, MD, MBA, FS, MATA, at [snokuri@premierhealthexpress.com](mailto:snokuri@premierhealthexpress.com)

Premier is the newest innovation of all-in-one, single point of quality and affordable care. 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 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 non-profit 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. Its programs are offered at five Maryland locations.

## **Project Opportunity**

28037 Herjen Terrace, Salisbury, MD 21801 • 410-860-6664 • [www.project-opportunity.com](http://www.project-opportunity.com)

Contact Joe Giordano at [joe.giordano@project-opportunity.com](mailto: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 16<sup>th</sup> Street NW, Suite #360, Washington, DC 20036 • 800-227-4645

[info@americanhumane.org](mailto: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](http://www.QOVF.org) • [www.facebook.com/QOVFoundation](https://www.facebook.com/QOVFoundation)

Contact for NATIONAL: Allison Fentriss, Assistant Executive Director, QOVF, at [AED@QOVF.org](mailto:AED@QOVF.org)

Contact for LOCAL: Dana Mason, Mid-Atlantic Regional Coordinator, QOVF, at [midatlantic@QOVF.org](mailto:midatlantic@QOVF.org)

Quilts of Valor Foundation is a volunteer organization founded in 2003. Its mission is to cover service members and Veterans touched by war with 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](mailto:info@rebuildingtogetherhowardcounty.org) • [www.rebuildingtogetherhowardcounty.org](http://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.

## **Reveille Grounds**

<https://www.reveillegrounds.com>

Contact Katie Kilby, Founder and President at [katie@reveillegrounds.com](mailto:katie@reveillegrounds.com)

Reveille Grounds is building stronger Veterans and communities in Baltimore, re-calibrating the transition experience for all who wore the uniform by infusing the power of coffee, connection and camaraderie. We plan to build a spirit of collective impact and belonging while adding value to Baltimore by asking our Veterans to be the leaders this country trained them to be. Although we haven't quite opened the doors on our permanent home, we've been graciously hosted by community partners for the last five years while growing The Baltimore Military Muster, facilitating two-way referrals between clients and vetted organizations, and innovating around new connection opportunities. Please follow along on our website for updates as we plan to cut the ribbon in 2023 on Baltimore's First Veteran & Community Engagement Hub.

## Rotary Clubs of Howard County

<https://www.facebook.com/RotaryClubsofHowardCounty>

Rotary International is a global organization of 1.2 million members. Locally, there are seven Rotary Clubs in Howard County. Each one serves a wide variety of international and local needs, including those of Veterans. Sample local projects include “Pints For Polio;” knitting scarves and hats for deployed service members; annual Bull Roasts; various food drives; a bluegrass music concert; a CrabFest; and a host of others.

## Safe Haven Equine Warriors

Sykesville, MD • 410-718-1806 • [info@shewrescue.org](mailto:info@shewrescue.org) • <https://www.safehavenequinewarriors.org/>

Safe Haven Equine Warriors’ primary focus is to rescue, rehab, re-train, and re-home equines either suffering from abuse and neglect or those in imminent danger of slaughter, abuse or neglect. Our Soul Horse program provides equine-assisted therapy to both individuals and groups. We use O.K. Corral methods, the original equine assisted therapy training program, that integrates natural horse and herd behavior as a mode for mental and emotional health. We will also customize sessions to your individual needs. By appointment only.

## Salute Military Golf Association

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

A nationwide, non-profit, the Salute Military Golf Association (SMGA) 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. SMGA offers introduction to golf classes — taught by a PGA pro — at the Olney Golf Park.

## Sapphire Rise, Incorporated

Gambrills, MD • 443-203-8206 • [www.saphirerise.org](http://www.saphirerise.org)

Contact Latonya Powell at [latonya.powell@saphirerise.org](mailto:latonya.powell@saphirerise.org)

Sapphire Rise, Inc., STEM.org accredited, provides immersive STEM initiatives for students K-12, targeting underserved/underrepresented populations and beyond. It provides these populations an opportunity to grow and forge a pathway to STEM careers in the formative years by using educational reforms and innovative initiatives (AR/VR, Robotics and Drone, 3D Printers, AgriTech, Alternative Energy). Programs and services align with their core values of Innovation, Community and Sustainability designed to SPARK interest in STEM topics, inspire students to GLOW up to their potential, and FLOW into amazing STEM Careers.

## Saratoga WarHorse Foundation, Inc.

P.O. Box 461, Saratoga Springs, NY 12866 • 518-886-8131 • [info@saratogawarhorse.org](mailto:info@saratogawarhorse.org) • [www.saratogawarhorse.org](http://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, enabling a path of healing.

## Second Chances Garage, Inc.

528 N. Market Street, Frederick, MD 21701 • 240-724-1919 shop/office • [service@scgarage.org](mailto:service@scgarage.org) • [www.scgarage.org](http://www.scgarage.org)

Second Chances is a 501(c)(3) nonprofit organization and garage. We accept donations of used vehicles, refurbish them, and have them Maryland state inspected, to then find a home with individuals and families in need. Low-income wage-earners, who are referred by one of our partner agencies in Frederick County, can apply to receive a vehicle through our Low-Cost Vehicle Program. Our Reduced-Cost Repair Program also helps to make car repair and maintenance affordable.

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

16013 Waterfall Road, Haymarket, VA 20169-2126 • 571-248-0008 • [info@willingwarriors.org](mailto:info@willingwarriors.org) • [www.willingwarriors.org](http://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](http://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.

## **Sheppard Pratt Veteran Services**

8003 Corporate Drive, White Marsh, MD • 410-938-HELP (4357) • <https://sheppardpratt.org/>  
Contact [veterans@sheppardpratt.org](mailto:veterans@sheppardpratt.org)

Through the Veterans Services at Sheppard Pratt, staff service veteran families and individuals to secure permanent housing. SSVF provides a short, intensive period of case management to link individuals and families to benefits and sometimes provides temporary financial assistance with housing or moving expenses. This program is funded by the U.S. Department of Veterans Affairs. Services may include financial assistance for rent payments, moving costs, security deposits, help finding housing, health navigation, mental and behavioral health, employment/job training, referrals to legal services, referrals to health care services, child care support, transportation assistance, etc.

## **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

## **Sons of the American Revolution, The Charles Carroll of Carrollton Chapter**

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

The Howard County area of the Maryland Society Sons of the American Revolution (SAR) membership in the National Society of the SAR is open to males who have an ancestor with qualified Revolutionary War service. The chapter supports the community by promoting patriotism with its color guard and education, including speakers. SAR youth programs include essay and oratory contests, Eagle Scout scholarships and JROTC recognition programs.

## **Students Partner with Veterans (SPV)**

<https://www.studentsveterans.org>

Founded in 2018, the Students Partner with Veterans Club is a student-led organization that builds partnerships between students and Veterans through school presentations, interviews, community service, and more. It has collaborated with the American Legion, Veterans of Foreign Wars, and other VSOs in such efforts. The club represents more than five states across the country with 30+ student leaders. It helps students learn from Veterans' responsibility, courage, perseverance, and collaboration; improves students' stress-resilience; preserves the living history of our Veterans; encourages students to volunteer at VAs and Veteran organizations; and supports Veterans.

## **Success In Style (SIS)**

[Outreach@successinstyle.org](mailto:Outreach@successinstyle.org) • 391-498-5035, Option 6 • [www.successinstyle.org](http://www.successinstyle.org)

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.

## **TALMAR**

994 Cromwell Bridge Road, Baltimore, MD 21234 • 410-825-2020 • [talmar@talmar.org](mailto:talmar@talmar.org) • <https://talmar.org/>

TALMAR operates a certified naturally grown vegetable, cut-flower and egg farm in Baltimore County. This horticultural therapy center offers vocational training to veterans interested in pursuing careers in agriculture, horticulture and horticultural therapy. Sole provider of VA FARMS compensated work therapy program in Maryland.



## **TeamRWB – Team Red, White and Blue**

[www.teamrwb.org](http://www.teamrwb.org) • [www.facebook.com/groups/teamrwbaltimore](https://www.facebook.com/groups/teamrwbaltimore)

TeamRWB'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 [www.teamrwb.org](http://www.teamrwb.org) and signing up. TeamRWB 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](mailto:info@teamriverrunner.org) • [www.teamriverrunner.org](http://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 Street, #354, El Segundo, CA 90245 • [www.teamrubiconusa.org](http://www.teamrubiconusa.org)

Local Contact: Skylar Lund at [skylar.lund@teamrubiconusa.org](mailto: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. 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](http://www.easterseals.com/DCMDVA/our-programs/cvn-home.html) • [www.facebook.com/CohenClinicESDC](https://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; tele-health services provide easy access to care for those anywhere in Maryland, DC, Virginia, or West Virginia. Phones are answered 24/7.

## **The Therapeutic and Recreational Riding Center (TRRC)**

3750 Shady Lane, Glenwood, MD 21738 • 410-489-5100 • [www.trrcmd.org](http://www.trrcmd.org)

Contact us at [info@trrcmd.org](mailto:info@trrcmd.org) or [trrc.eap.com](mailto:trrc.eap.com)

TRRC's Equine-assisted Psychotherapy (EAP) offers veterans the opportunity to connect with others and experience a sense of calm during time spent with horses. 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, credentialed therapists with 10+ years of horsemanship experience. TRRC offers scholarships through the Professional Association of Therapeutic Horsemanship International (PATH) to veterans and their families to cover the cost of therapy.

## **Travis Manion Foundation**

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

[www.travismanion.org](http://www.travismanion.org) • [www.facebook.com/groups/TMFMidAtlantic](https://www.facebook.com/groups/TMFMidAtlantic)

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](http://www.tuerkhouse.org)

Contact Chris Maynard at [CMaynard@tuerkhouse.org](mailto: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 and the Highland House for Women as recovery facilities for those who have completed detoxification and are looking for residential treatment. These facilities are managed by Al Arrington, a veteran who has served the organization for 30 years; he can be reached at [aarrington@tuerkhouse.org](mailto:aarrington@tuerkhouse.org) or 410-313-1458.

## **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](http://www.benefits.va.gov/baltimore) • [www.va.gov](http://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](http://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. 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 those 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](http://www.unitedthroughreading.org)

Contact Emily Foster at [emilyfoster@utr.org](mailto:emilyfoster@utr.org)

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 themselves reading books to their children or other loved ones in their lives. The program is free.

## **Uniting US**

1410 Patrick Circle SW, Vienna, VA 22180 • 888-705-1262 • <http://www.unitingus.org>

Contact [unitingus@yahoo.com](mailto:unitingus@yahoo.com) OR via FaceBook @UnitingUS

Uniting US provides services to inspire, empower and unite the military and veteran families with the communities in which they live through the arts. Uniting US provides individual, class, state-wide, and national therapeutic arts activities. Program opportunities include an introduction to therapeutic arts; exploration of using arts to assist in stress reduction and healing; establish wellness activities for individuals and families; and, to create meaningful engagements resulting in stronger and more resilient individuals and communities. Programs are free.

## **USO Metro**

[contactus@usometro.org](mailto:contactus@usometro.org) • [www.usometro.org](http://www.usometro.org) • <https://www.facebook.com/BWIOUSO>

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.

## **Uplift Resilience Academy**

240-575-5383 • [www.xaviervbruce.com/](http://www.xaviervbruce.com/)

Contact Dr. Xavier Bruce at [xavier.bruce@gmail.com](mailto:xavier.bruce@gmail.com)

Uplift Resilience Academy is a program designed to empower Black and Other Veterans of Color (BOVOC) through workshops focused on self-leadership, interaction management, and resilience building.

## **VA Maryland Health Care System**

Fort Meade VA Outpatient Clinic, 2479 5<sup>th</sup> 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 VA 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.

## **Valhalla Sailing Project**

<https://www.valhallasailing.org/> · <https://www.facebook.com/valhallasailingproject>

Contact Jay McGinnis at [Jay@ValhallaSailing.org](mailto:Jay@ValhallaSailing.org)

Based in Annapolis, Valhalla is a Veterans sailing program designed to teach the basics through competitive racing. Using sailing as a way to provide the sense of camaraderie missing from civilian life. Whether you want to race or cruise, we provide opportunities to get on the Chesapeake Bay and enjoy the water.

## **Vehicles For Change**

4111 Washington Boulevard, Halethorpe, MD, 21227 • 410-242-9674 • fax 410-242-9677  
www.vehiclesforchange.org • www.fullcircleservicecenter.com

POC: Tzadda Carpenter – Awards Coordinator

Vehicles For Change (VFC) is a non-profit organization that refurbishes and provides donated vehicles to low income families for employment purposes. Vehicles are awarded to families that qualify and are referred through various sponsoring agencies. VFC exists so worthy families can achieve the financial and personal independence that comes from owning a vehicle. All of this is done while training individuals to be auto technicians (most of whom are Veterans returning to citizen life) through our Full Circle Auto Repair and Training Center.

*NOTE: Small Business Directory of Local Veteran-Owned Businesses begins on page 32.*

## **Vet Centers**

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

Contact Leonard Greig at [leonard.greig@va.gov](mailto:leonard.greig@va.gov)

Baltimore County-Dundalk, 1553 Merritt Boulevard, Dundalk, MD 21222 • 410-282-6144 • [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Contact Steven Fyfe at [steven.fyfe@va.gov](mailto:steven.fyfe@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](mailto:fidel.estellajr.va.gov)

Prince Georges Vet Center, 7905 Malcolm Road, Suite 101, Clinton, MD 20735-1734 • 301-856-7173

Contact Natia Reid at [Natia.Reid@va.gov](mailto:Natia.Reid@va.gov)

Silver Spring Vet Center, 2900 Linden Lane, Suite 100, Silver Spring, MD 20910 • 301-589-1073 • [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Contact Wayne Stinchcomb at [Wayne.Stinchcomb@va.gov](mailto:Wayne.Stinchcomb@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](mailto:support@vfrfb.com) • [www.vfrfb.com](http://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 Business Outreach Center Mid-Atlantic (VBOC)**

6751 Columbia Gateway Drive, Columbia, MD 21046 • 301-405-6071

[www.midatlanticvbc.com](http://www.midatlanticvbc.com) • [veteranbusiness@umd.edu](mailto:veteranbusiness@umd.edu)

The VBOC program is designed to provide entrepreneurial development services such as business training, counseling, and resource partner referrals to transitioning service members, Veterans, National Guard and Reserve members, and military spouses interested in starting or growing a small business. The Mid-Atlantic VBOC proudly serves military-connected individuals throughout Delaware, Maryland, Pennsylvania, and Washington DC, and is one of 22 VBOCs nationwide that are powered by the U.S. Small Business Administration.

## **Veteran Enhancement Project**

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

Contact [jpoling@nfmmlending.com](mailto:jpoling@nfmmlending.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 who cannot afford the special 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](http://www.vetsprobono.org)

Contact Claudia Daley at [Claudia.Daley@vetsprobono.org](mailto: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](http://www.VeteransCurationProgram.org) • [www.facebook.com/VeteransCurationProject](https://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.

## **Veteran Golfers Association**

[www.vgagolf.org](http://www.vgagolf.org) • Instagram and Facebook: @vgagolf

Contact [maryland@vgagolf.org](mailto:maryland@vgagolf.org)

The Veteran Golfers Association enriches the lives of Veterans & their families through the sportsmanship and camaraderie of golf. Enjoy the thrill of competing against your brothers and sisters in arms through the VGA Tour, where we host thousands of golf tournaments nationwide for Veterans and their families.

## **Veterans Growing America (VGA) Marketplace**

22705 Clarksburg Road, #326, Clarksburg, MD • 240-875-0123 • [info@veteransgrowingamerica.com](mailto:info@veteransgrowingamerica.com)

<https://veteransgrowingamerica.com/> • <https://www.instagram.com/veteransgrowingamerica/>

<http://www.facebook.com/groups/veteransgrowamerica>

VGA is a nonprofit organization dedicated to empowering military-connected entrepreneurs by providing them with opportunities to showcase and grow their businesses. Inspired by the best parts of military life—mission, community, and camaraderie—VGA operates marketplaces, hosts events, and offers programs that foster entrepreneurial success, address key challenges such as PTSD and homelessness, and strengthen the economic stability of veterans, active duty members, military spouses, and their families. Through its initiatives, VGA builds a vibrant community where passion meets purpose.

## **Veterans Health & Wellness Foundation (VHWF)**

51 Monroe Street, Suite 1507, Rockville, MD 20850 • 833-924-4376 Ext:3 Contact [info@myvhwf.org](mailto:info@myvhwf.org) • <http://www.myvhwf.org>

The VHWF is a non-profit 501c3 charitable entity established by military Veterans with expertise in the area where health, wellness and healthcare delivery intersect with the social determinants of health and military culture. Our “why” is to address systemic health inequities and disparities regarding access to and excellence in care whether provided by the Department of Defense, Veteran’s Health Administration of Civilian Healthcare Facilities for Veterans and their families.

## **Veterans History Project**

101 Independence Avenue, SE, Washington, DC 20540 • [www.loc.gov/vets](http://www.loc.gov/vets)

Contact Andrew Huber at [ahub@loc.gov](mailto: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 Honor Mission**

P.O. Box 55, Riderwood, MD 21139 • [info@veteranshonormission.org](mailto:info@veteranshonormission.org)

<https://www.facebook.com/profile.php?id=61551118974444>

Veterans Honor Mission is a community-based, non-profit organization dedicated to showing our local veterans honor, gratitude and respect for their service and sacrifice. We are committed to showing our appreciation in a variety of ways, as well as supporting their needs.



## **Veterans Initiative 22**

16517 Sylvan Dr. Bowie, Md 20715 • 304-322-6384 • [www.veteransinitiative22.com](http://www.veteransinitiative22.com)

Contact Eryck Stamper, Founder, at [eryck.stamper@veteransinitiative22.com](mailto:eryck.stamper@veteransinitiative22.com)

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](http://www.vfw7472.org)

Contact Bill Milner, Commander, OR Tim Ruland, Quartermaster, at [vfwpost7472yinglingridgley@gmail.com](mailto:vfwpost7472yinglingridgley@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](http://www.emoryhealthcare.org/veterans)

Contact Joshua Moss at [joshua.moss@emoryhealthcare.org](mailto: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](http://www.vetoga.org) • [www.facebook.com/VETOGA-MD-364141960635009](https://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.

## **Vets4Warriors**

855-838-8255 • [www.vets4warriors.com](http://www.vets4warriors.com) • [www.instagram.com/vets4warriors](https://www.instagram.com/vets4warriors)

Contact [joshua.zabler@rutgers.edu](mailto:joshua.zabler@rutgers.edu)

A one-of-a-kind, 24/7 peer-support network. We are proud to be recognized as the nation's leading 24/7 military peer support program staffed by Veterans. Callers can be assured that everything they share will remain 100% confidential. This program complements official government resources available to service members, Veterans, family members and caregivers, but remains separate from them, ensuring that callers have every available resource no matter what their needs.

## **Vets' Retreat Virginia, Inc.**

888-906-4593 • [vetsretreatvirginia.org](http://vetsretreatvirginia.org) • [info@vetsretreatvirginia.org](mailto:info@vetsretreatvirginia.org)

Vets' Retreat Virginia, Inc. honors, connects and assists the men and women who serve America (past or present; at home or away) by providing peer support, activities and events, resources and referrals for health and wellness.

## **Victory Gardens for Vets**

Springfield, VA • 703-408-6447 • <https://victorygardensforv.wixsite.com/website> • [victorygardensforvets@gmail.com](mailto: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](mailto:4info@thevillageinhoward.org) • [www.thevillageinhoward.org](http://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 • 202-868-2777 • [www.voicesofvets.com](http://www.voicesofvets.com) • [www.facebook.com/VoicesofVets/](https://www.facebook.com/VoicesofVets/)

Contact [info@voicesofvets.com](mailto:info@voicesofvets.com)

Voices of Vets is a 501(c)(3) non-profit performing group. Our goal is to perform in every veteran home in the United States. We also perform at other related veterans' events. It's not only about the performance, but also our interaction with the Veterans. We provide small gifts for each Veteran and make a connection with every veteran in attendance. It is truly special to see how a single show can enhance the quality of life for those who served our country.

## **Warrior Canine Connection**

14934 Schaeffer Road, Boyds, MD 20841 • 301-260-1111

<https://warriorcanineconnection.org/> • [info@warriorcanineconnection.org](mailto: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](mailto: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.

## **Warriors at Ease**

[www.warriorsatease.org](http://www.warriorsatease.org)

Contact [info@warriorsatease.org](mailto:info@warriorsatease.org)

Warriors at Ease offers online and in-person trainings for yoga, meditation and mindfulness teachers, as well as healthcare workers (such as therapists, social workers, PTs, OTs, recreational therapists, etc.) who wish to bring trauma-informed and evidence-based yoga and meditation practices to the military community. Members of the military community can access pre-recorded yoga classes and a directory of Warriors at Ease-trained teachers at [warriorsatease.org/military-community](http://warriorsatease.org/military-community).

## **Winter Growth**

5460 Ruth Keeton Way, Columbia, MD 21044 • 410-964-9616

[howardcenter@wintergrowthinc.org](mailto:howardcenter@wintergrowthinc.org) • [www.wintergrowthinc.org](http://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](mailto: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.

# Small Business Directory

## Local Veteran-Owned Businesses

### Aura Massage LLC

5405 Twin Knolls Road, Suite 5, Columbia, MD 21045 • 240-676-299 • [www.auramassagemd.com](http://www.auramassagemd.com)

At Aura Massage we have a great respect for our veterans and are grateful to be part of their care team. We are able to offer massage therapy services, craniosacral therapy services, and health and wellness coaching. Massage is a great tool to help veterans and their families with pain relief and management, mental health and holistic well-being. Craniosacral therapy (CST) can help veterans with post-traumatic stress disorder (PTSD), improving sleep, reducing hypervigilance, alleviating flashbacks, reducing depression, improving relationships, and calming the nervous system. Our health and wellness coach — a veteran himself — understands how veterans and their families encounter a distinct set of challenges that can significantly impact their ability to lead healthy, balanced lives.

### CarePatrol of Howard & Montgomery Counties

410-218-5588 • [HocoMoco@CarePatrol.com](mailto:HocoMoco@CarePatrol.com) • <https://carepatrol/montgomery-howard-counties>

The journey to finding the perfect senior care solution for you or your loved one may feel daunting, but with CarePatrol, it becomes a path illuminated by hope and strength. Our team is here to help you through a step-by-step process where we take the time to understand your unique needs and match you with the perfect senior care solution. Whether you are looking for independent or assisted living, home care or a short term respite stay, we work with a large network of providers to meet any needs. We are local and hands-on throughout the entire process — from care discovery meetings with the family to setting up and accompanying you on tours of recommended care communities, to helping with the move in process and following up after the move. CarePatrol's senior care advisors offer more than just guidance; they give you a lifeline to a future filled with comfort and peace of mind, all at no cost to you.

### Central Impact Financial

[centralimpactfinancial@gmail.com](mailto:centralimpactfinancial@gmail.com)

Contact Aaron or Dawn Williams at 317-656-9737

Our firm specializes in life insurance and offers a comprehensive range of financial services focused on wealth accumulation, tax optimization, and debt reduction. We cater to families, individuals and businesses, providing tailored solutions for life, insurance plans, legacy planning, executive bonuses, key person plans, and retirement planning. Community education on financial literacy and opportunities for entrepreneurship are also core aspects of our commitment.

### Crusaders for Change, LLC

Glen Burnie, MD 21060 • [info@crusaders4change.org](mailto:info@crusaders4change.org) • [www.Crusaders4Change.org](http://www.Crusaders4Change.org)

[www.facebook.com/Crusaders4ChangeLLC](https://www.facebook.com/Crusaders4ChangeLLC) • Instagram: @crusaders4change

[www.linkedin.com/company/crusaders-for-change-llc](https://www.linkedin.com/company/crusaders-for-change-llc) • [twitter.com/Crusaders4Chang](https://twitter.com/Crusaders4Chang)

Crusaders for Change, LLC, empowers and equips people with the tools they need to become financially free through financial counseling, coaching and classes. We help people get out of debt, improve their credit, save money, and more.

### Double's BBQ & Soul Food Experience

3261 Old Washington Road, Suite #2020, Waldorf, MD 20602 • 240-763-1855 (MAIN) • 240-763-1858 (FAX)

[Kevin.L.Bass@Doublesfoods.com](mailto:Kevin.L.Bass@Doublesfoods.com) • [www.doublesfoods.com](http://www.doublesfoods.com) • Find us on Instagram @doublesfood

Chef KB specializes in BBQ and soul food in the DMV but can prepare any type of cuisine you prefer.

### DTM Fitness

5621 Old Frederick Road, Catonsville MD 21228 • [dtm.fitness@gmail.com](mailto:dtm.fitness@gmail.com) • [dtm-fitness.com](http://dtm-fitness.com)

<https://linktr.ee/dtmfitness> • Instagram: @dtm-fitness • <https://www.facebook.com/dtmfit>

DTM Fitness offers a variety of movement services and therapies; from strength & conditioning, yoga, massage, aerial classes, and pain management practices. DTM also offers services for those with arthritis, PD and MS.

### **Embrace Home Loans**

6100 Merriweather Drive, Suite 220, Columbia, MD 21044 • 443-745-0479 • [bbloom@embracehomeloans.com](mailto:bbloom@embracehomeloans.com)

<https://www.embracehomeloans.com/location/maryland/columbia/bill-bloom>

Veteran mortgage advisor who advocates for veterans to be given equal access to homes by educating realtors and veterans.

### **Fey's Trinkets**

<https://feystrinkets.etsy.com> • [feystrinkets@gmail.com](mailto:feystrinkets@gmail.com)

An online shop full of handmade pieces, both upcycled and new, with a focus on earrings and jewelry, inspired by the magic and mischief of the Fey.

### **Financial Advisor with Northwestern Mutual**

6011 University Boulevard, Suite 370, Ellicott City, MD 21043-6106 • 410-480-7044 • 330-754-7455 (cell)

[john.x.groth@nm.com](mailto:john.x.groth@nm.com) • <https://www.northwesternmutual.com/financial/advisor/john-x-groth/>

We help people, families and businesses with financial planning at every stage of life, managing risk and growing wealth.

### **Fortitude Coffee Company**

8613 Ramsburg Road, Thurmont, MD 21788 • 571-544-1840

[info@fortitudecoffeeco.com](mailto:info@fortitudecoffeeco.com) • [www.fortitudecoffeecompany.com](http://www.fortitudecoffeecompany.com)

IG @fortitudecoffeeco Fortitude Coffee Company | Thurmont MD | Facebook

Fortitude Coffee Co. is a small batch coffee roaster that uses great attention to detail when selecting green beans, roasting them to perfection and helping teach you the most delicious way to serve up the perfect cup.

### **Grandma Louise Pies, Inc.**

3921 Old York Road, Baltimore, MD 21218 • 212-202-0107

[Grandmalouisepies@yahoo.com](mailto:Grandmalouisepies@yahoo.com) • IG @Grandma Louise Pies

At Grandma Louise Pies, it's all about the children and homeless. By only using fresh food with rich ingredients, Grandma Louise has made a tremendous impact within the lives of many people in Baltimore and throughout the world!

### **Green Home Solutions**

P.O. Box 503, Mount Airy, MD 21771 • 443-409-3001

<https://www.greenhomesolutions.com/mount-airy-md> • <https://www.facebook.com/GreenHomeSolutionsofMountAiry>

<https://www.linkedin.com/company/green-home-solutions-of-mount-airy/?viewAsMember=true>

<https://www.instagram.com/ghsofmountairy/> • <https://twitter.com/Greenhomesolut8>

Green Home Solutions is proud to provide superior air quality services to a wide range of clients. We assist both residential and commercial customers with improving the air quality inside their properties, eliminating mold, and removing odors.

### **Happy House Christmas Lights Installation LLC**

443-374-5794 • [happyhouseinstallation@gmail.com](mailto:happyhouseinstallation@gmail.com)

<https://www.facebook.com/christmaslights.happyhouse> • [christmaslights.happyhouse](https://www.instagram.com/christmaslights.happyhouse)

### **Highlands Designs, LLC**

410-878-6289 • [customerservice@highlandsdesigns.com](mailto:customerservice@highlandsdesigns.com) • <https://www.highlandsdesigns.com>

<http://www.facebook.com/HighlandsDesigns> • <http://www.houzz.com/pro/highlandsdesigns/highlands-designs-llc>

Highlands Designs, LLC, was established in 2006 to provide customers with a quick and easy way of buying customizable unfinished or finished cabinets, furniture and bookcases online.

### **Housen Health Services**

601 7th Street, Suite 203, Laurel, MD 20707-4011 • 301-933-8188 or 240-668-028

<https://housenhc.com/> • [facebook.com/housenhc](https://facebook.com/housenhc)

Contact Yvette Housen at [yvette@housenhealth.com](mailto:yvette@housenhealth.com)

Housen Health Services has provided support for seniors and service-disabled veterans with in-home personal care services for more than 33 years. In 2022, the organization created a mechanical service division that serves federal and state agencies with HVAC, plumbing, and electrical services.

### **The Hummingbird Group, LLC**

1713 Poplar Ridge Road, Pasadena, MD 21122 • 410-241-7497 • [www.hummingbirdconsultinggroup.com](http://www.hummingbirdconsultinggroup.com)

[carolann@hummingbirdconsultinggroup.com](mailto:carolann@hummingbirdconsultinggroup.com) • <https://www.linkedin.com/company/the-hummingbird-group-llc/>

The Hummingbird Group provides support for businesses and organizations that have a vision, but may not have the time, staffing, or resources needed to bring that vision to life. Services include event and meeting planning, non-profit board management, fundraising, grant-writing, and more.

### **J Dog Junk Removal & Hauling Elkridge**

240-472-0684 • [tproia@jdog.com](mailto:tproia@jdog.com) • [www.jdogjunkremoval.com](http://www.jdogjunkremoval.com)

At JDog Junk Removal & Hauling, we pride ourselves in taking away all the junk you have around your home. We donate and recycle 60-80% of everything we haul to contribute to the welfare of our communities. We also do exterior and interior demolition.

### **Kingdom Koils**

[nhilton@mykingdomkoils.com](mailto:nhilton@mykingdomkoils.com) • [www.mykingdomkoils.com](http://www.mykingdomkoils.com) • IG: @Kingdom Koils

Kingdom Koils focuses on enhancing your natural curls, promoting transparency and providing education. Our commitment to high industry standards ensures that you have the best products for your hair. Our all-natural formulas are designed to stimulate healthy hair growth while protecting your scalp.

### **Lady Vet**

[www.ladyvetusa.com](http://www.ladyvetusa.com) • IG: @ladyvetusa • [facebook.com/ladyvetusa](https://facebook.com/ladyvetusa) • [hello@ladyvetusa.com](mailto:hello@ladyvetusa.com)

Lady Vet is on a mission to elevate the voice and visibility of women Veterans. Shop quality Veteran gear designed specifically for women who served, or consider sharing your story with the Lady Vet community. We give back to nonprofits doing the best work to support the needs of women Veterans. Join us and show others that Veterans.

### **Laundry Basket, LLC**

301-720-1556 • [info@laundrybasketdelivery.com](mailto:info@laundrybasketdelivery.com) • [www.laundrybasketdelivery.com](http://www.laundrybasketdelivery.com) • FB: @laundrybasketdelivery

Convenient laundry and dry-cleaning delivery at your doorstep. We make laundry a breeze!

### **Lizabelly IV Hydration & Medspa, LLC**

3454 Ellicott Center Drive, Suite 104, Ellicott City, MD 21043 • 240-391-3590 • [lizabellymedspa@gmail.com](mailto:lizabellymedspa@gmail.com)

IG: @lizabellymedspa

Owned by a board certified family nurse practitioner, our goal is to promote health and wellness. We provide telehealth visits, medical managed weight loss, hormone replacement therapy, Vitamin infused IV Hydration, vitamin injections, chemical peels, Neurotoxins, Microneedling, and lipotropic injections.

### **Pirate Island Events LLC**

Stevensville, MD • 410-340-6257 • [pruitt.bay@gmail.com](mailto:pruitt.bay@gmail.com) • <https://pirateislandevents.com> • IG: @pirateislandevents

Host and produce family-friendly events/themed festivals in central Maryland; business, public and private parties.

### **Reaffirm Vibes Candle Co.**

301-464-9006 • [nitra@ascentedthought.com](mailto:nitra@ascentedthought.com) • [www.reaffirmvibes.com](http://www.reaffirmvibes.com) • IG, FB and TikTok: @reaffirmvibes

A company focused on reaffirming the positive in people's lives and promoting empowerment through fragrance.

### **Sarge Lawn & Landsculpting Services**

410-952-3258 or 410-227-1218 • [CalltheSarge@gmail.com](mailto:CalltheSarge@gmail.com) • [www.callthesarge.com](http://www.callthesarge.com)

A small lawn care and landscape business exclusively servicing Howard and Anne Arundel Counties. We provide a customer first approach, and stand strong behind our 100% satisfaction guarantee of services. We pride ourselves in exemplary service and attention to detail to your property.

### **Slam Snowcones LLC**

6630 Haydown Court, Fredrick, MD 21703 • 240-578-6533 • [slamsnowcones@gmail.com](mailto:slamsnowcones@gmail.com)

We are a veteran-owned and operated company. We offer over 30 different gluten-free flavors with sugar-free options available for those with dietary restrictions. This year we are starting the world-famous State Fair Mini Donuts in five delicious flavors.

### **Sledge House Media, LLC**

10490 Little Patuxent Parkway, Suite 600 Columbia, MD 21044 • 301-532-9853

[info@sledgehousemedia.com](mailto:info@sledgehousemedia.com) • [www.sledgehousemedia.com](http://www.sledgehousemedia.com)

Storytelling is our business. Sledge House Media® is a multi-platform entertainment company recognized for its exceptional storytelling. Specializing in various entertainment formats, including publications, films, audiobooks, and streaming projects, Sledge House Media offers video production, ghostwriting, turnkey publishing services, wide distribution, multi-genre publishing, and self-publishing assistance.

### **Tactical52 LLC**

5405 Twin Knolls Road, Suite 5, Columbia, MD 21045 • 202-656-8455

[www.tactical52.com](http://www.tactical52.com) • [www.linkedin.com/in/ken-abrams](https://www.linkedin.com/in/ken-abrams)

We provide professional development and training services to include de-escalation and active shooter training for law enforcement professionals. Our team of expert trainers and consultants aim to enhance the quality of organizational leadership, ethical awareness, while facilitating investment in your people and enhance your workplace culture.

### **Uplift Financial Group**

7245 Mainstream Way, Columbia, MD 21044 • 240-575-5383

[service@upliftfinancialgroup.com](mailto:service@upliftfinancialgroup.com) • [www.upliftfinancialgroup.com](http://www.upliftfinancialgroup.com)

<https://www.linkedin.com/company/uplift-financial-consulting/>

We specialize in delivering high-energy workshops to enhance the financial resilience of Black Veterans, service members, and their families. We host a second Saturday "Financial Resilience Academy" that will get you squared away!

### **Vauboix Publishing LLC**

15210 Dino Drive #764, Burtonsville, MD 20866 • 202-750-3419 • [info@vauboixpublishingllc.com](mailto:info@vauboixpublishingllc.com)

[https://www.amazon.com/author/valarie\\_r\\_austin](https://www.amazon.com/author/valarie_r_austin)

Vauboix Publishing LLC helps high school students navigate post-secondary schooling through college readiness workshops. The company also supports military members who are transitioning into the civilian workforce with career readiness training.



## *Small Business Directory Local Veteran-Owned Businesses, continued*

### **Visiting Angels**

10320 Little Patuxent Parkway, Suite #880, Columbia, MD 21044 • 667-400-5004

<https://www.visitingangels.com/eldersburg/home>

Visiting Angels of Central Maryland is Veteran-owned and has been the leading home care agency for seniors living in Howard County since 2002. Along with our personalized, one-on-one approach to senior care, our team of reliable, experienced and dedicated caregivers has helped residents throughout the community age safely in place time and time again. We exist to provide dignified and compassionate care to our clients and their families one angel at a time.

### **Warrior Centric Health (WCH)<sup>®</sup>, Inc.**

6030 Day Break Circle, Suite A150-342, Clarksville, MD 21029 • 833-924-4376 • <https://www.warriorcentrichealth.com/>

Contact [admin@warriorcentrichealth.com](mailto:admin@warriorcentrichealth.com)

Making Hospitals Heroes<sup>®</sup>. WCH<sup>®</sup> is the first commercial company to meet the nation's health equity dilemma head-on. We do that by "making hospitals heroes," providing solutions that enable healthcare facilities to deliver optimal care to large, diverse populations of patients whose specific needs are now largely overlooked and unmet.

### **WSI Digital Marketing**

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### **Yeimie Daly Realtor<sup>®</sup> at Keller Williams Realty Centre**

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From cozy starter homes to sleek skyscrapers, every transaction unfolds a unique narrative. We are architects of dreams, navigating the twists of negotiations and market turns on your behalf. Investors seek the next best investments and families seek their dream home.



**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.

**410-313-6400 (VOICE/RELAY) • [veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov)**

**9830 Patuxent Woods Drive, Columbia, MD 21046**

**[www.howardcountymd.gov/veterans](http://www.howardcountymd.gov/veterans)**