

Community Resources for St. Mary's County

Please click on the resource to be taken to the website

Index

Page 2	Participating Organizations
Page 3	Physical Activity and Food Connection Map
Page 4	Health Hub
Page 5	School-Based Health Centers
Page 6	SMCHD Asthma Program
Page 7	ACEs Aware
Page 8	Youth Mentoring Connections
Page 9	Maryland Coalition of Families Peer Support
Page 10	Children's Wellbeing Checklist
Page 11	Adult Self-Care Assessment
Page 12	Food Pantry List

Participating Organizations

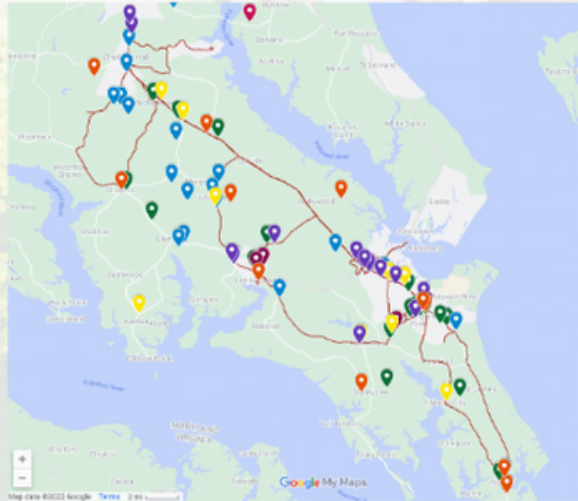
Click on the logos to be taken to the organization's website





Food Connection Asset Map

The Environmental Health Action Team of the Healthy St. Mary's Partnership developed this Food Connection Asset Map to help community members find food resources closest to them and address food insecurity. Check out this interactive map to find resources near you including food pantries, food assistance centers, local farmers' markets, farm stands and more!

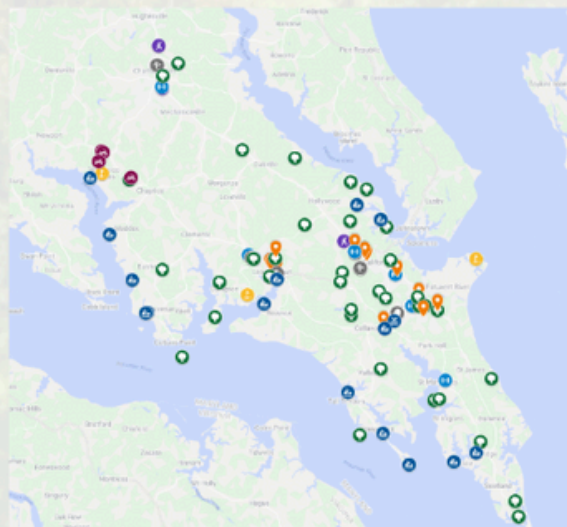


Scan this QR code to access the Food Connection Asset Map!



Looking for physical activities in St. Mary's County?

The Chronic Disease Action Team of the Healthy St. Mary's Partnership developed this Physical Activity Map to help community members find exercise opportunities they enjoy in the community. Check out this interactive map to find physical activity opportunities near you including martial arts, golf, gyms, parks and public landings, and more!



Scan this QR code to access the Physical Activity Map!



ST. MARY'S COUNTY HEALTH DEPARTMENT

FOR MORE INFORMATION, VISIT OUR WEBSITE AT SMCHD.ORG

SMCHD PROGRAMS AVAILABLE:

- Chronic Disease
- Behavioral Health
- Cancer Prevention
- Vaccinations
- Harm Reduction
- Walk-in Crisis Care
- Septic System Reviews
- Reproductive Health

Visit all of our locations available:

SMCHD Main Office in Leonardtown

Health Hub in Lexington Park

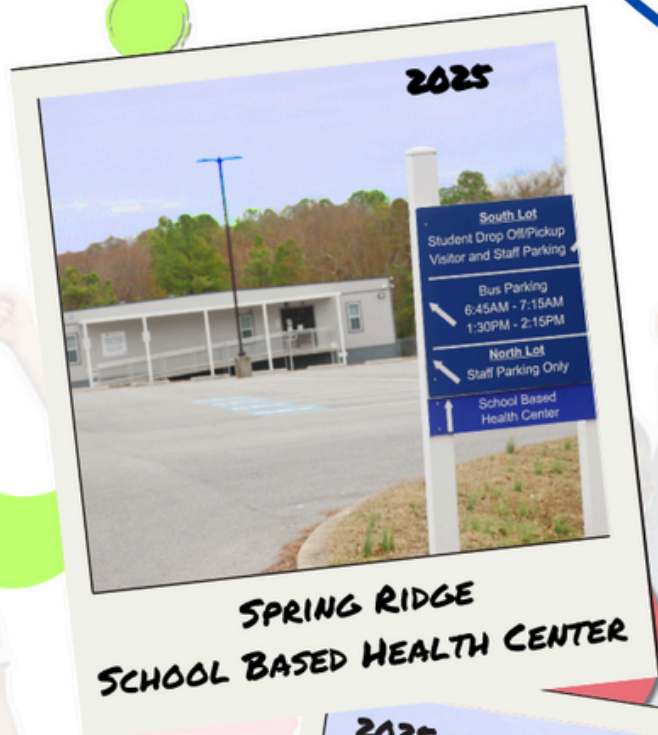
Margaret Brent Middle School-Based Health Center

Spring Ridge Middle School-Based Health Center

SCAN HERE



SCHOOL BASED HEALTH CENTERS



- **Same day sick visits**
- **Testing for Covid-19, flu, RSV & Strep**
- **Sport and School Physicals**
- **Help managing chronic conditions**
- **Annual well child visits**
- **Care for illness, injuries, allergic reactions & more**
- **Mental and Behavioral Health Services**

**ENROLL
NOW FOR
FASTER
SERVICE!**



Spring Ridge Health Center
19856 Three Notch Rd
Lexington Park, MD 20653
240-434-6059
Monday - Friday 8:00 am - 4:00 pm

Margaret Brent Health Center
29675 Point Lookout Rd
Mechanicsville, MD 20659
240-434-6060
Monday - Friday 8:00 am - 4:00 pm

For More Information
smchd.org/sbhc



ST. MARY'S COUNTY
HEALTH DEPARTMENT

Asthma & Lead Home Visiting Program

A PROGRAM TO HELP FAMILIES LEARN ABOUT
ASTHMA & LEAD AND MAKE THEIR HOME
ASTHMA-FRIENDLY AND LEAD-FREE

**Free support to
families of children
who have asthma or
children with elevated
blood lead levels**



**Home visits to help
make your home
healthier with
resources, education,
and more!**



Our team is here to help!

FREE TOOLS, such as cleaning supplies, HEPA filter vacuum cleaner, mattress covers, pulse oximeters, etc. may be available to assist participants

FREE for qualifying St. Mary's
County children ages **2-18**!

301-475-4330 smchd.org

ACEs Aware Website



SMCHD's Mentoring Connections Program



Mentoring Connections Program

We connect youth ages 7-17 with local mentoring programs that are customized to fit their individual needs, personality, and past experiences.

Services Include

Individualized care coordination, resilience screening, education on ACEs, youth mentoring organizations, and resources for community services.



Build Self-Esteem



Communication Skills



Leadership Skills

Scan here for more information and to submit a referral



Benefits

- Positive Youth Development
- Academic Achievement
- Social and Emotional Well-Being
- Build Resilience
- Reduced Risk Behaviors
- Improved Self-Esteem
- Community Engagement
- Promote Empowerment
- And More!

Maryland Coalition of Families Peer Support Group

What Can a Family Peer Support Specialist Do For You?



Connect you to resources, treatment options, and other families like yours.



Help you navigate complicated systems, including education and healthcare services.



Provide you with emotional support and teach self-care skills

What is Family Peer Support?

Caring for a child with mental health or behavior challenges can be lonely, difficult, and frustrating.

We know because we've been there too.

Family peer support is about connecting families through shared experience. Our staff know first-hand what it's like to love and care for a child with a mental health challenge, and they draw on that experience to help other families by providing emotional support, connection to treatment and resources, and assistance navigating the complex systems our children need to thrive.

Our services are **free** and **confidential**. To learn more, talk with your child's school counselor, visit our website, or use the link below to request services.

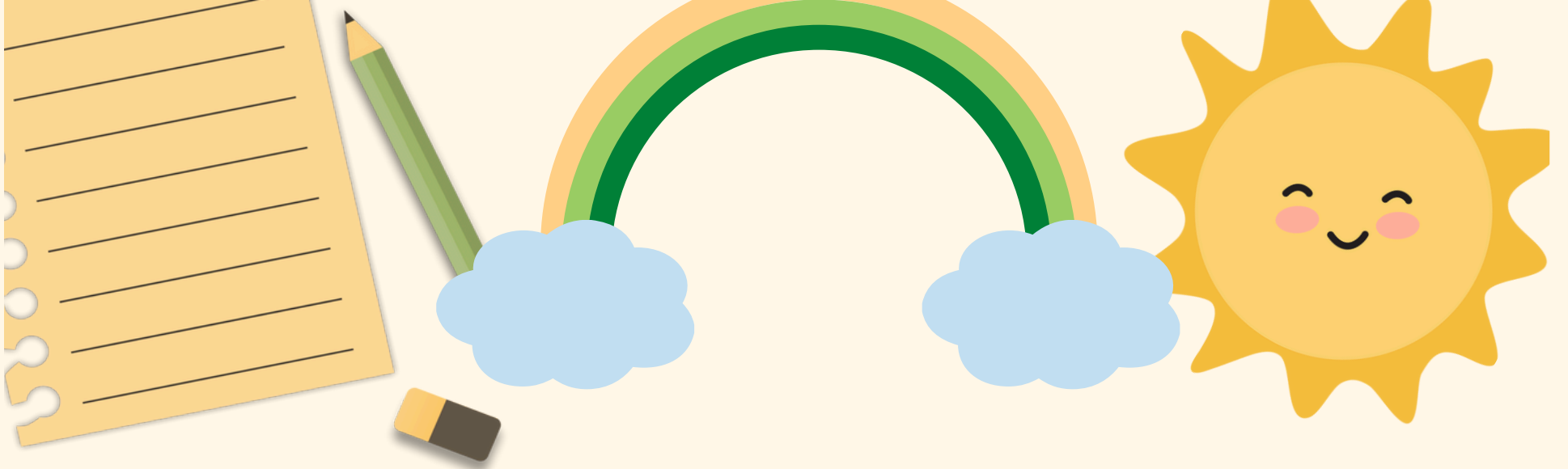
[Request Services Now](https://mcf.family/smcps)

<https://mcf.family/smcps>

Maryland Coalition of Families (MCF) is a statewide nonprofit organization founded in 1999 dedicated to connecting, supporting, and empowering families who have a loved one with behavioral health challenges and advocating to improve services and systems that impact individuals with behavioral health disorders.



www.mdcoalition.org



WELL-BEING CHECKLIST

- I talked about my feelings
- I felt happy or calm today
- I slept enough last night
- I ate healthy
- I played or moved around today
- I was kind to others
- I did something I like or enjoy
- I listened and tried my best at school



Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

Rate the following areas according to how well you think you are doing...

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical Self-Care

- | | |
|---|--|
| <input type="checkbox"/> Eat regularly (breakfast, lunch, and dinner) | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Get regular medical care for prevention | <input type="checkbox"/> Eat healthily |
| <input type="checkbox"/> Get medical care when needed | <input type="checkbox"/> Get massages |
| <input type="checkbox"/> Take time off when sick | <input type="checkbox"/> Take vacations |
| <input type="checkbox"/> Wear clothes I like | <input type="checkbox"/> Get enough sleep |
| <input type="checkbox"/> Do some fun physical activity | <input type="checkbox"/> Do some fun artistic activity |
| <input type="checkbox"/> Think positive thoughts about my body | <input type="checkbox"/> (Other) _____ |

Psychological Self-Care

- | | |
|---|---|
| <input type="checkbox"/> Take day trips or mini-vacations | <input type="checkbox"/> Make time for self-reflection |
| <input type="checkbox"/> Have my own personal psychotherapy | <input type="checkbox"/> Write in a journal |
| <input type="checkbox"/> Make time away from technology/internet | <input type="checkbox"/> Attend to minimizing life stress |
| <input type="checkbox"/> Read something unrelated to work | <input type="checkbox"/> Be curious |
| <input type="checkbox"/> Notice my thoughts, beliefs, attitudes, feelings | <input type="checkbox"/> Say no to extra responsibilities |
| <input type="checkbox"/> Engage my intelligence in a new way or area | <input type="checkbox"/> Be okay leaving work at work |
| <input type="checkbox"/> Do something at which I am not expert | <input type="checkbox"/> (Other) _____ |

Emotional Self-Care

- | | |
|---|---|
| <input type="checkbox"/> Spend time with people whose company I enjoy | <input type="checkbox"/> Love myself |
| <input type="checkbox"/> Stay in contact with important people in my life | <input type="checkbox"/> Allow myself to cry |
| <input type="checkbox"/> Re-read favorite books, re-view favorite movies | <input type="checkbox"/> Give myself affirmation/praise |
| <input type="checkbox"/> Identify and seek out comforting activities/places | <input type="checkbox"/> Find things that make me laugh |
| <input type="checkbox"/> Express my outrage in social action or discussion | <input type="checkbox"/> (Other) _____ |

Adult self-care assessment

Spiritual Self-Care

- | | |
|--|---|
| <input type="checkbox"/> Make time for reflection | <input type="checkbox"/> Spend time in nature |
| <input type="checkbox"/> Find a spiritual connection or community | <input type="checkbox"/> Be open to inspiration |
| <input type="checkbox"/> Be aware of non-material aspects of life | <input type="checkbox"/> Cherish my optimism and hope |
| <input type="checkbox"/> Try at times not to be in charge or the expert | <input type="checkbox"/> Be open to knowing |
| <input type="checkbox"/> Identify what is meaningful to me | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Seek out reenergizing or nourishing experiences | <input type="checkbox"/> Find time for prayer or praise |
| <input type="checkbox"/> Contribute to causes in which I believe | <input type="checkbox"/> Have experiences of awe |
| <input type="checkbox"/> Read or listen to something inspirational | <input type="checkbox"/> (Other) _____ |

Relationship Self-Care

- | | |
|---|---|
| <input type="checkbox"/> Schedule regular dates with my partner | <input type="checkbox"/> Make time to be with friends |
| <input type="checkbox"/> Call, check on, or see my relatives | <input type="checkbox"/> Ask for help when I need it |
| <input type="checkbox"/> Share a fear, hope, or secret with someone I trust | <input type="checkbox"/> Communicate with my family |
| <input type="checkbox"/> Stay in contact with faraway friends | <input type="checkbox"/> Enlarge my social circle |
| <input type="checkbox"/> Make time for personal correspondence | <input type="checkbox"/> Spend time with animals |
| <input type="checkbox"/> Allow others to do things for me | <input type="checkbox"/> (Other) _____ |

Workplace or Professional Self-Care

- | | |
|--|--|
| <input type="checkbox"/> Take time to chat with coworkers | <input type="checkbox"/> Make quiet time to work |
| <input type="checkbox"/> Identify projects/tasks that are exciting | <input type="checkbox"/> Take a break during the day |
| <input type="checkbox"/> Balance my load so that nothing is "way too much" | <input type="checkbox"/> Set limits with my boss/peers |
| <input type="checkbox"/> Arrange work space to be comfortable | <input type="checkbox"/> Have a peer support group |
| <input type="checkbox"/> Get regular supervision or consultation | <input type="checkbox"/> Identify rewarding tasks |
| <input type="checkbox"/> Negotiate/advocate for my needs | <input type="checkbox"/> (Other) _____ |

Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) _____
- (Other) _____
- (Other) _____

ST. MARY'S COUNTY FOOD PANTRIES

List of Food Pantries in English & Spanish

LEONARDTOWN & CLEMENTS

LOAVES AND FISHES

Tuesdays | 10:30 am – 12 pm
25550 Point Lookout Rd, Leonardtown
(301) 475-7200

ST. ALOYSIUS CHURCH

3rd Saturday | 9 am – 11 am
22800 Washington St, Leonardtown
(301) 475-8064

ST. MATTHEW PENTECOSTAL CHURCH

3rd Wednesday | 12 pm – 4 pm
23755 Hollywood Rd, Leonardtown
(301) 475-2910

HANDS THAT FEED

3rd Saturday | 11 am – 1 pm
24516 Budds Creek Rd, Clements
(301) 769-2966

ST. MARY'S CITY & RIDGE

FIRST FRIENDSHIP PANTRY

Wednesdays & Saturdays | 10:30 am – 11:30 am
13723 Point Lookout Rd, Ridge
(301) 435-7200

ST. CECILIA'S FOOD PANTRY

Mondays & Thursdays | 9 am – 12 pm
47950 Mattapany Rd, St. Mary's City
(301) 862-4600

MECHANICSVILLE, CHARLOTTE HALL & CHAPTICO

HELPING HANDS

Fridays | 10 am – 1 pm
28291 Old Village Rd, Mechanicsville
(240) 496-0727

THE PANTRY AT REAL LIFE

Wednesdays | 5 pm – 6:15 pm
Sundays | 8 am – 8:45 am
2nd Saturday Produce Distribution & Breakfast | 9
am – 10:30 am
27399 Old Village Rd, Mechanicsville
(240) 249-6098

LITTLE FREE PANTRY AT CHARLOTTE HALL LIBRARY

37600 New Market Rd, Charlotte Hall

MARY LOU GOUGH FOOD PANTRY

2nd & 4th Thursday | 10 am – 11 am
37575 Chaptico Rd, Chaptico
(301) 884-2502



LEXINGTON PARK & GREAT MILLS

LEXINGTON PARK ENSION PANTRY

9 am – 11:15 am
Lexington Park
8551

LEXINGTON PARK L FOOD PANTRY

Monday | 8:30 am – 11 am
5 pm – 6 pm
Lexington Park
8193

LEXINGTON PARK LES

Monday
Lexington Park
8236

LEXINGTON PARK BREAD

Monday | 10 am – 12 pm
Lexington Park
(301) 863-4740

LEXINGTON PARK TRINITY CARE PANTRY

Tuesdays | 6 pm – 7:30 pm
46707 S Shangri-La Dr, Lexington Park
(301) 863-9512

LEXINGTON PARK FEED MY SHEEP FOOD PANTRY

Wednesdays | 1 pm – 3:30 pm
46855 Shangri-La Dr, Lexington Park
(301) 862-2552

LEXINGTON PARK LITTLE FREE PANTRY AT LEXINGTON PARK LIBRARY

21677 FDR Blvd Lexington Park

LEXINGTON PARK POWERHOUSE APOSTOLIC MINISTRIES

Tuesdays | 5 pm
Saturday | By appointment
45359 Lincoln Ave, Lexington Park
(240) 538-7219

LEXINGTON PARK ST. MARY'S CARING SOUP KITCHEN

Breakfast Saturday | 8:30 am – 10:30 am
Lunch Monday – Saturday | 11:30 am – 1 pm
20850 Langley Rd, Lexington Park
(301) 863-5700

LEXINGTON PARK THREE OAKS FOOD PANTRY


Tuesdays & Thursdays | 10 am – 2 pm
46905 Lei Dr, Lexington Park
(301) 863-9535


LEXINGTON PARK THE MISSION

Tuesday & Wednesday | 10 am – 2 pm
46694 Midway Dr, Lexington Park
(240) 577-8279

LEXINGTON PARK ZION UNITED METHODIST CHURCH

Thursdays | 5 pm – 6 pm
521291 Three Notch Rd, Lexington Park
(301) 863-5161

 healthystmarys.com

 [healthystmarys](https://www.facebook.com/healthystmarys)



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