

Crisis Hotlines

Domestic Violence 24-hour Crisis Hotline:
410-535-1121/301-855-1075

Teen Help Line: 410-257-2216

Nat'l Suicide Prevention Lifeline:
1-800-784-2433

Poison Control: 1-800-222-1222

Calvert County Health Department 410-535-5400/301-855-1353

Adult Immunization Clinic	option 6
Birth Certificate Information	x 387
Behavioral Health:	
Mental Health Clinic (outpatient)	x 475
School-Based Mental Health Counseling	x 475
Substance Abuse Services	410-535-3079
Recovery Support Services	410-535-3079 x 36
Breast & Cervical Cancer Screening	x 350
Child Immunization Clinic	option 6
Child Passenger Safety Seat Assistance	x 348
Children with Special Health Care Needs	x 405
Colorectal Cancer Screening	x 348
Crisis Intervention Center	x 384
Diabetes Programs	x 459
Environmental Health	410-535-3922/301-855-1557
Genoa Pharmacy	443-486-7173
HIV Testing/Counseling	x 332
Health Choice/MCHP (Medical Assistance)	option 6
Maternal Child Program	x 351
Medical Assistance Transportation	410-414-2489
Nutrition Counseling	x 470
Pregnancy Tests	x 332
Reproductive Health Clinic	x 332
Sexually Transmitted Infection Clinic	x 332
Smoking Cessation Program	x 359
WIC Program	x 369

Health Insurance Resources

Marylandhealthconnection.gov	
MD Health Connection Call Ctr	1- 855-642-8572
Calvert County Health Dept	410-535-5400
Department of Social Services	443-550-6900
Seedco (MD Health Benefit Exchange)	855-339-3007
HealthChoice Enrollment Line	800-977-7388
Health Choice Help Line	800-284-4510
Healthy Smiles Dental Program	855-934-9812

Hospitals / Urgent Care / Clinics

Calvert Memorial Hospital:	410-535-4000/301-855-1012
St. Mary's Hospital (Medstar)	301-475-8981
U of MD/Charles Med Ctr (Civista)	301-609-4000
Anne Arundel Medical Center	443-481-1000
Dunkirk Urgent Care	410-286-7911
Prince Frederick Urgent Care	410-535-8911
Solomons Urgent Care	410-394-2800
University of MD Medical Center	800-492-5538
Johns Hopkins Hospital	410-955-5000
Children's Nat'l Medical Center	202-476-5000
Greater Baden Medical Center	301-888-2233
LaPlata OB/GYN (Hispanic Clinic)	301-609-4800

Mental Health Resources

CCHD Behavioral Health	410-535-5400 x475
Center for Children	410-535-3047
Chesapeake Neurology	410-535-2500
Andrew Gergely, MD & Assoc	410-286-0664
Osama Saleh, MD & Assoc	410-535-5602
Shah Associates	410-535-4333
Barstow Acres Children's Center	410-414-9901
Tri-County Youth Services Bureau	443-975-7357
So. MD Community Network	410-535-4787
Calvert Counseling Center	443-295-3341
CCHD Crisis Intervention	410-535-5400 x384
DPK Counseling	410-535-4854
Deborah Nelson LCPC	410-414-5953
Equanimity Counseling/Consulting	443-758-3161
Online resources:	calvert.md.networkofcare.org

Substance Abuse Resources

Bayside Recovery (outpatient)	443-486-5680
Calvert Behavioral Health	410-535-3079
-Recovery Support Services	410-535-3079 x36
Carol Porto Treatment Center	410-535-8930
Walden/Anchor (inpatient)	301-997-1300
Project Chesapeake	443-968-8331
Certified Counseling Services/Dunkirk	410-610-2595
Living Waters Program	301-855-1458
Open Arms (outpatient)	301-645-5538
Center for Addiction & Pregnancy	410-550-3066
Outlook Recovery	240-237-8325

Vision Resources

My Eye Dr./Prince Frederick	410-535-2020
My Eye Dr./Dunkirk	443-964-8705
Chesapeake Retina Center	410-535-6179
Maryland Eye Assoc (medical only)	410-535-2270

Dental Resources

Calvert Community Dental (Lusby)	410-535-8402
Tidewater Dental (Prince Frederick)	410-414-8333
Tidewater Dental (Lusby)	410-326-4078
Tidewater Dental (Solomons)	410-394-6690
Dr. Juambelz (Dunkirk)	301-855-8888
Tyler Dental (Dunkirk)	301-327-5086
Dr Plater & Associates (Owings)	410-535-1990
Dr. Finch (Owings)	410-257-9655
Dunkirk Dental Assoc. (Dunkirk)	410-257-2400
Prince Frederick Dental Center	410-535-5055
Greater Baden Health Grp	301-888-2233 x3102
Dr Dowling(Orthodontics/need referral)	410-535-0861
Dr King (oral surgery/Waldorf)	301-645-4555
Univ of MD Dental School (adults)	410-706-7063
Univ of MD Dental School (child)	410-706-4213
Washington Hospital Center	202-877-7332

Disability Resources

DDA Southern MD Regional Office	888-207-2479
Dept. of Rehabilitation Services	410-535-2620
DHR Respite Grant	301-475-5652 x101
MD Community Connections (LISS)	877-622-6688
REM Program	800-565-8190
The Coordinating Center	410-987-1048
Adult Day Care of Calvert County	410-535-0133
Arc of Southern Maryland Calvert	410-535-2413
Friendly Health Services	410-535-6542
MMARS RC, Inc.	443-573-3375
Total Care Service, Inc.	301-918-0070
Office on Aging	410-535-4606/301-855-1170
Therapeutic Recreation	410-535-1600 x8204
Online Resource Locator	http://specialneeds.dhmm.maryland.gov/

Financial Resources

Department of Social Services	443-550-6900
Child Support Services	1-800-332-6347
Social Security Administration	800-772-1213
Charlotte Hall Social Security	888-866-5181
Unemployment Insurance Claims #	877-293-4125
Southern Md. Tri-County Community Action	
Energy Assistance	410-535-1010
So. Maryland Workforce Services	301-645-8712
Community Ministry of Calvert	410-414-8007
Christmas in April Calvert Co.	410-535-9044

Transportation

Medical Assistance Transportation	410-414-2489
Medical appointments only. Must schedule in advance.	
Public Transportation	410-535-4268
Smart Ride	410-535-6932

Legal Assistance

So. Md Center for Family Advocacy	
Aid for Victims of Domestic Violence	301-373-4141
Legal Aid Bureau	1-877-310-1810
Family Law Center (free) Circuit Court	
Every Wednesday 12:30-2:30 pm	

Housing/Shelters

Calvert Co. Housing Authority	410-535-5011
So. Md. Tri-County Community Action	410-535-1010
Project Echo	410-535-0044
Homeless Shelter- Men, Women and Children	
Angel's Watch/Catholic Charities	301-274-0680
Homeless Shelter-Women & Children (Charles County)	
Safe Nights of Calvert County	443-486-8670
Domestic Violence 24-hour Crisis Hotline:	410-535-1121/301-855-1075

Food Assistance

WIC Program	1-877-631-6182
DSS	443-550-6900
Bayside Baptist Church	410-257-0712
Chesapeake Cares	410-257-3444
Crossroad Christian Church	410-586-1272
First Lutheran Church	410-257-3030
The Food Pantry	410-414-7474
S.M.I.L.E. Food Pantry	410-326-0009
St. Anthony's Church	410-286-7086
St John Vianney	410-535-0223
Emmanuel 7th Day Adv.	410-586-0889
Randle Cliffs Com. Church	410-257-0342
S.H.A.R.E Food Network	1-800-217-4273
Birthright (Formula/Baby Food)	410-257-1402

Clothing Resources

Birthright (Maternity/Baby)	410-257-1402
S.M.I.L.E (Solomons)	410-326-0009
HELP Association	410-257-6669
Care Net/Calvert County	410-326-6866
Commission for Women Clothes Closet	410-615-4221

OB Providers

Calvert Women's Center
410-535-5610
Estes, Barbara, MD
Ginter, Hilary, M.D.
Johnson, Michelle M.D.
 1) Calvert Medical Office Bldg.
 110 Hospital Road, Suite 202/211
 Prince Frederick, MD 20678
 2) Dunkirk Medical Center
 10845 Towne Center Blvd, #202
 Dunkirk, MD 20754

Calvert Women's Center
410-414-4740
Marshall, Ranette M.D.
 Calvert Medical Office Bldg.
 110 Hospital Road, Suite 203
 Prince Frederick, MD 20678

Mahata, Aparajita M.D.
 1) Calvert Medical Office Bldg.
 110 Hospital Road, Suite 203
 Prince Frederick, MD 20678

2) Dunkirk Medical Center
 1085 Towne Center Blvd Suite 207
 Solomons, MD 20688

Nassirae, Mitra M.D.
 1) Calvert Medical Office Bldg.
 110 Hospital Road, Suite 203
 Prince Frederick, MD 20678

2) Solomons Medical Center
 14090 HG Trueman Rd., Suite 2600
 Solomons, MD 20688

St. Mary's County OB Providers:

Southern MD Women's Healthcare
301-997-1788 (Leonardtown)
Polko, Lisa M.D.
Davis, Nnamdi M.D.
Colwill, Jessie M.D.

Neal, Joyce M.D.
301-475-0145 (Charlotte Hall)

Family Medicine

Calvert Primary Care
1) Ouwinga, I. Monet M.D.
Jeschke, Craig, M.D.
 Dunkirk Medical Center
 10845 Towne Ctr Blvd, # 102
 Dunkirk, MD 20754
410-535-5660

2) Brooks, Michael M.D.
Batong, Silvia M.D.
Folsom, Michelle M.D.
McPheeters, Christina, CRNP
Pitman, Lacy CRNP
 Calvert Medical Office Bldg.
 110 Hospital Road, Suite 111
 Prince Frederick, MD 20678
410-535-4488/301-855-1513

3) Stoner, Melissa M.D.
 Twin Beach Health Center
 8924 Chesapeake Ave
 North Beach, MD 20714
410-257-7279

4) Bennett, Charles M.D.
Proctor, Keyonna, MD
 11845 HG Trueman Road
 Lusby, MD 20657
410-326-6344

5) Papino-Higgs, Maria Novella M.D.
Proctor, Keyonna, MD
Cook, Kimberly, CRNP
 Solomons Medical Center
 14090 HG Trueman Rd, #2100
 Lusby, MD, 20657
410-394-3712

Brophy, Catherine M.D.
Owens, Joyce M.D.
Denekas, David M.D.
Hudson, Danielle CRNP
 10845 Towne Center Blvd, #203
 Dunkirk, MD 20754
410-286-3865

Brower, Deborah CRNP
Newhard, Heather CRNP
 489 Main St, Suite 102
 Prince Frederick, MD 20678
410-414-5633

Mathew, Scaria M.D.
 11910 HG Trueman Road
 Lusby, MD 20657
410-326-6391

Pediatrician Medical Assistance Providers

Baig, Azam M.D.
Harris, Kennon M.D.
Tierney, Jill M.D.
Leahy, Joan, CRNP
 10264 Southern MD Blvd, Suite 103
 Dunkirk, MD 20754
301-327-5093
Edgewater Office 410-956-6302

Hawit, Roula M.D.
 2417 Solomons Island Rd
 Huntingtown, MD 20639
410-286-9844

Silpasuvan, Daung M.D.
Lukban, Sara L. M.D.
Serasini, Joanne CRNP
 1430 Solomons Island Road
 Huntingtown, MD 20639
410-535-4544/410-257-2700

Mehta, Bhargesh M.D.
Mahat, Upendra M.D.
Karinsky, Julia M.D.
 1005 Prince Frederick Blvd, # 101
 Prince Frederick, MD 20678
410-535-5555/301-855-1114
 Dunkirk Medical Center
 3140 West Ward Rd, Suite 207
 Dunkirk MD 20754
410-257-1744/301-855-4525

Skolnick, Michael M.D.
Chiu, Meghan M.D.
Singh, Manbir M.D.
Bhogte, Coralyn M.D.
 130 Hospital Road, Suite 207
 Prince Frederick, MD 20678
410-535-5959

Internal Medicine

Benner, Charles M.D.
 Solomons Medical Center
 14090 HG Trueman Rd., Suite 2600
 Solomons, MD 20688
410-449-6602

Calvert Internal Medicine
 1) Calvert Medical Office Bldg.
 110 Hospital Road, Suite 310
 Prince Frederick, MD 20678

2) Dunkirk Medical Center
 10845 Towne Center Blvd, Suite 204
 Dunkirk, MD 20745

3) Solomons Medical # 2500
 Solomons, MD 20688
All CIM Locations, call:
410-535-2005/301-855-1644

Jani, Parul M.D.
 1005 Prince Frederick Blvd
 Prince Frederick, MD 20678
410-535-5555/301-855-1114

Mathur, Mukesh M.D.
Mathur, Manoj M.D.
Suana, Gyan, M.D.
 3995 Old Town Rd, Suite 202
 Huntingtown, M.D. 20639
410-535-1451

Shah Associates
 Calvert Medical Arts Center
 130 Hospital Road, Suite 300
 Prince Frederick, MD 20678
410-535-4333

Yazdani, Mahin M.D.
 2555 Solomons Island Rd., North
 Huntingtown, MD 20639
410-535-1695

St. Mary's Pediatricians:

Dhillon, Amarpreet M.D.
 Leonardtown 301-475-9499

Miller, Robert E. M.D.
Robinson, Sherice M.D.
Brown, Crystal M.D.
 Leonardtown 301-475-7222

Sheth, Amit M.D.
 California 301-863-6373

Haggerty, Jean M.D.
 Leonardtown 301-475-4610

Johnson, Sarah M.D.
 Leonardtown 301-997-0055

Fahmi, Fahmi M.D.
 Lexington Park 240-237-8557

MedstarShah Pediatrics
 California 301-863-9000
 Hollywood 301-373-7200
 Charlotte Hall 301-884-7330
 Leonardtown 301-475-8833

South Anne Arundel Pediatricians:

Bryant, Nancy CRNP
 West River 410-867-4700
The Pediatric Group
 Crofton 410-721-2273
 Davidsonville 410-798-1600

Childbirth/CPR Classes

Calvert Memorial Hospital 410-535-8233
 Keep Well Center - CPR Classes (fee)

Nurturing Necessities 410-414-5414
 Childbirth Classes (fee) / Breastfeeding assistance.

Medstar St. Mary's Hospital 301-475-6019
 Childbirth Classes/CPR Classes (fee)

Child Care Resources

Locate Child Care 1-877-261-0060
 Assistance in locating a licensed child care provider.

DSS (Child Care Vouchers) 443-550-6900

The Promise Resource Center 301-290-0040
 Information & training for child care providers

Education Resources

Calvert County Public Schools 443-550-8000

Infants & Toddlers Program 443-550-8405

Child Find (2 years 9months & older) 443-550-8381

Head Start 443-550-8062

Judy Center 443-550-8077

Adult Education Program 443-550-6179

Adult Basic Education / Literacy Tutors / GED Classes

GED Practice Test / National External Diploma Program

College of Southern MD/PF 443-550-6000

Parenting Classes/Support Programs

CareNet/Calvert County 410-326-6866

Parents Place of Maryland 800-394-5694

Partners for Success (School) 443-550-8375

Healthy Families/HIPPY 443-550-8050

TriCounty Youth Services Bureau 443-975-7357

Barstow Acres Children's Center 410-414-9901

Family Encouragement Couching 410-610-2352

Maryland Coalition of Families 410-730-8267

Additional Resources

Child Safety Seat Information 410-535-2800

Calvert Co. Parks & Rec. 410-535-1600 x 2649

Calvert County Government 410-535-1600

Calvert Library (calvertlibrary.info) 410-535-0291

Community Mediation Center 443-295-7456

DNA Diagnostic Ctr (Pvt Paternity Test) 800-362-2368

Paternity Testing for Child Support:

Circuit Court Clerks Office 410-535-1600 x2572

Boys & Girls Club 410-259-0007

Closing the Gap Coalition ctg@closingthegapcoalition.org

MD Community Services Locator mdcscl.org

CALVERT COUNTY COMMUNITY RESOURCES



Compiled by

Calvert County

Health Department

975 Solomons Island Rd.

Prince Frederick, MD

www.calverthealth.org

410-535-5400

301-855-1353

(Revised 8/30/17)