

# CHARLES COUNTY RESOURCES

## ORGANIZATIONS



### **Charles County Department of Health**

- ♦ Environmental Health Services
- ♦ Diabetes Prevention Program—teaches you to prevent type 2 diabetes, chronic disease self-management programs, blood pressure self-monitoring program
- ♦ Birth and Death Certificates
- ♦ Smoking Cessation

*Contact Information:* 301-609-6900, View website for a full list of services, [charlescountyhealth.org](http://charlescountyhealth.org)

**Center for Abused Persons**—support for victims of sexual assault, domestic violence, and child abuse.

*Contact Information:* 301-645-3336

**Department of Social Services**—food stamps, Temporary Cash/Disability assistance, emergency children/families assistance, long term care medical assistance, burial and utility assistance, foster care, family in-home services, child and adult protective services, child support, information and referral.

*Contact Information:* 301-392-6400

**Lifestyles of Maryland**—transportation assistance, homeless resources, funds for emergency assistance (focused on housing and utility needs, and other gap-filling needs; health & wellness services; street outreach), food and clothing assistance.

*Contact Information:* 301-609-9900

**Southern Maryland Dietician**—provides nutrition counseling and related services via telehealth. Services are often covered by health insurance including Maryland Medicaid Managed Care Organizations.

- ♦ Medical Nutrition Therapy & Nutrition Counseling for food sensitivities, special diets, medical problems, tube feeding, fitness & sports, healthy eating, diabetes, and many more.
- ♦ Food Sensitivity Testing & Treatment
- ♦ Assistance with Supplements.
- ♦ Micronutrient Testing
- ♦ Genetic Testing for Weight Loss, Healthy Aging, and Nutrition markers.
- ♦ Before & After care for weight loss surgery.

*Contact Information:* [www.southernmarylanddietician.com](http://www.southernmarylanddietician.com), 240-270-1131