

# Pregnancy Support and Supplies in Maryland

## Insurance

### Medicaid and CHIP

- Insurance coverage for physical and mental health based on financial eligibility. Accepts applications year-round.
- *Apply three ways:*
  - 1. Online**
    - [www.marylandhealthconnection.gov](http://www.marylandhealthconnection.gov)
    - [www.marylandhealthconnection.gov/how-to-enroll/medicaid/](http://www.marylandhealthconnection.gov/how-to-enroll/medicaid/)
  - 2. By phone**
    - 855-642-8572 or TTY 855-642-8573
  - 3. In person**
    - At your local Health Department or local Department of Social Services.
    - <https://dhs.maryland.gov/local-offices/>
- *Prepare as much of the following paperwork as you have when applying such as*
  - Photo ID for yourself.
  - Social Security numbers (or A-numbers) for all in your household.
  - Proof of income such as pay stubs from last month of work, Social Security or unemployment benefit, child support payments you receive or written letter from employer.
  - Proof of Maryland residency such as a lease, utility bill or written letter from landlord.

## Nutrition

### WIC

- Provides healthy foods, breastfeeding support and nutrition counseling.
- Eligibility: Live in Maryland, pregnant, new mother up to six months after delivery, breastfeeding up to one year after delivery, caregiver of an infant or child under age five and meet the income guidelines.
- Documentation needed: proof of residency, proof of income, baby/child and birth certificate or hospital discharge papers, proof of pregnancy, identification and immunization shot records.
- 1-800-242-4WIC
- *Prince George's County:* 301-856-9600
- *Montgomery County:* 301-762-9426
- <https://health.maryland.gov/phpa/wic/pages/home.aspx>

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **[childrensnational.org/visit/resources-for-families/family-services/social-work](http://childrensnational.org/visit/resources-for-families/family-services/social-work)**

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## Doulas

- *Doulas provide support and information to pregnant people before and after birth, as well as during labor.*

## Mamatoto Village

- Offers pregnant mothers wraparound services throughout pregnancy and the infant's first three months of life.
- Regular office and/or in home visits from a Perinatal Community Health Worker/Perinatal Family Support Worker; Labor Support and in-home Postpartum Support (4 hours daytime and 8 hours overnight); Nutrition, health and wellness coaching; Access to a variety of classes and support groups; Breastfeeding Assistance; Access to essential maternity and postpartum mother and baby supplies, including breastfeeding supplies, clothes and newborn essentials; Mental Health Support (for individuals, couples and co-parents); Referrals to WIC, health insurance and other community resources.
- Eligibility: Live in Washington, D.C., or Prince George's County and have DC Medicaid. There are a limited number of pro-bono spaces for people who are uninsured or not covered by these health plans.
- 202-248-3434
- info@mamatoto.org
- <https://www.mamatotovillage.org/pregnancy-postpartum/>

## Maryland Medicaid

- Provides coverage for doula services.
- Contact Member Services on your Medicaid card to connect with a doula.
  - **Aetna Better Health:** 1-866-827-2710
  - **CareFirst Blue Cross Blue Shield Community Health Plan Maryland:** 1-410-779-9369
  - **Jai Medical Systems:** 1-888-JAI-1999 (1-888-524-1999)
  - **Kaiser Permanente:** 1-800-436-3717 Spanish: 1-800-427-5416
  - **Maryland Physicians Care:** 1-800-953-8854 <https://www.marylandphysicianscare.com/members/pregnancy-related-support-services/>
  - **MedStar Family Choice:** 1-888-404-3549 or 410-933-3057 and follow prompts for Maryland, ask for Mommy and Me Program
  - **Priority Partners:** 1-800-557-6916 ask for Small Steps Big Change
  - **United Healthcare:** 1-800-318-8821 ask for Healthy First Steps Program
  - **Wellpoint Maryland (formerly Amerigroup Community Care):** 1-833-707-0867, ask about Healthy Rewards 888-990-8681
- Pregnancy resource guides in English and Spanish <https://www.wellpoint.com/md/mcicaid/benefits/pregnancy-and-womens-health>
- Questions about doula coverage? Email: mdh.medicaidmch@maryland.gov
- <https://health.maryland.gov/mmcp/medicaid-mch-initiatives/Pages/>

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[DoulaProgram.aspx](#)

## Home Visiting, Case Management and Parenting Classes

### CentroNia Early Head Start Home Visiting Program

- Home visiting program partners with Early Head Start (EHS) Program.
- Services: virtual home visiting, family support, health and development support, parent education, mental health coordination, assistance with supplies such as diapers, wipes and formula.
- Eligibility: pregnant women and families with children birth to age 3 years who are at or below the federal poverty level. Enrollment from pregnancy until child is 3 years old.
- Documentation needed: Proof of pregnancy or birth certificate, copy of immunization record, copy of child's insurance card, proof of address and proof of income (Two pay stubs, W-2 or statement from employer)
- Support workers speak English, Spanish and Amharic.
- 1288 Upshur St. NW, Washington, DC 20011
- Sarita Torres:  
202-590-8946, storres@centronia.org
- 1345 University Blvd., Takoma Park, MD 20912
- Henry Figueroa:  
301-543-8040, hfiguero@centronia.org
- <https://www.centronia.org/programs/early-childhood-education>

### Family Connects Prince George's County

- Registered Nurse visits every three weeks, breast or bottle-feeding help, referral to playgroups and parent support groups, help with newborn care (bathing, diapering, swaddling), assistance with safe sleep and management of crying, postpartum depression screening, referral to financial resource.
- Eligibility: All families living in Prince George's County. Services are free and available in English and Spanish.
- 301-772-8420
- familyconnects@pgcrc.org
- <https://www.childresource.org/programs/home-visiting/family-connects-prince-georges/>

### Healthy Families Prince George's County

- Eligibility: Pregnant and parenting through three years old.
- Weekly hour-long visits with Family Support Worker (FSW), learn about newborn care skills, child development, bonding, healthy relationships, parenting, provide emotional support and connection to community-based resources.
- 301-431-6210
- healthyfamilies@pgcrc.org
- <https://www.childresource.org/programs/home-visiting/healthy-families-prince-georges/>

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## Home Visiting, Case Management and Parenting Classes

### Healthy Families Southern Maryland Services

- No cost weekly home visiting program; Develop birthing plan and learn about pregnancy and wellness; Learn about newborn care skills, child development, bonding, healthy relationships and parenting; Provide emotional support; Connection to community-based resources such as housing, financial assistance, education, medical care and mental health.
- Eligibility: Pregnant and parents of newborns living in St. Mary's or Charles County. First visit must take place before baby is three months old. Services available through age five.
- 301-392-9332
- [healthyfamilies@center-for-children.org](mailto:healthyfamilies@center-for-children.org)
- <https://www.center-for-children.org/healthy-families-southern-maryland>

### Prince George's Child Resource Center

- 9475 Lottsford Rd., Suite 202, Largo, MD 20774
- 301-772-8420
- [www.childresource.org](http://www.childresource.org)

### Maryland Family Network

- Classes, education and support including positive parenting techniques, nutrition, GED and English as a Second Language (ESL); Many centers have integrated Early Head Start programming; Transportation support; Quality infant/toddler developmental care, education and assessments; Assistance for parents to achieve educational, work, family and personal goals; Linkage to community resources including childcare.
- <https://www.marylandfamilynetwork.org/>
- Eligibility: Free for parents and caregivers raising a child from birth to three years old
- **Adelphi/Langley Park Family Support Center**  
8908 Riggs Rd., Adelphi, MD 20783  
301-431-6210
- **Family Discovery Center**  
1010 Grandin Ave., Rockville, MD 20851  
301-424-2989
- **Family Support Center of Southern Maryland**  
8395 Old Leonardtown Rd.  
Hugesville, MD 20637  
301-290-0040
- **Washington County Family Support Center**  
221 McRand Ct., Suite 300, Hagerstown, MD 21740  
240-420-2517

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## Home Visiting, Case Management and Parenting Classes

### Maryland Moms in Training Program

- Prenatal Education Program provides prenatal classes, assistance with educational and financial needs, social support and assistance with community programs. Continued support until baby's first birthday.
- Participants earn credits toward the Baby Boutique to get diapers, wipes, clothing, pack-n-plays, car seats, breastfeeding supplies and other baby items.
- Eligibility: must receive prenatal care at one of the University of Maryland Medical Center's participating practices and plan to deliver at the University of Maryland Medical Center. Program focuses on supporting women with limited financial resources, youth/teens, uninsured and high-risk pregnancies.
- For more information, email MarylandMoms@umm.edu
- Register online at <https://www.umms.org/ummc/health-services/womens-health/obstetrics-gynecology/pregnancy-childbirth/moms-training/registration>

### Start More Infants Living Equally Healthy (SMILE) Montgomery County African American Health Program

- Nurse administered program; Childbirth and breastfeeding education classes; Case management with home visits and telephone consultation; Ongoing breastfeeding support after delivery; Support groups; Referrals to community resources including portable cribs (Pack and Play).
- Eligibility: African, African American and Black women who are pregnant through baby's first year.
- 240-777-1833
- <https://aahpmontgomerycounty.org/maternal-and-child-health/>

### The Family Tree

- **24/7 hour Parenting HelpLine**  
1-800-243-7337 (English and Spanish)  
Advice and guidance for parenting all ages.
- **Parenting Classes**  
<https://info.familytreemd.org/sign-up>  
Eligibility: While virtual all Maryland residents are eligible.
- **Parent Assistance in Home (PATH)**  
<https://info.familytreemd.org/sign-up>  
Free home visiting program to provide support, parenting education and connection to resources in the community  
Eligibility: Prince George's County, Baltimore City, or Baltimore County resident.

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## Baby Supplies

### Catherine Foundation (faith-based)

- Maternity and baby clothes, prenatal vitamins, diapers and wipes, car seats/strollers/pack and plays and other baby items; Childbirth Education Workshops and Parenting Classes; Referral to community supports such as food, housing, financial support, breastfeeding, etc.
- 3065 Old Washington Rd., Waldorf, MD 20601
- 301-932-8811 or text 240-416-9688
- <https://catherinefoundation.org/our-services/material-assistance/>

### Colesville Council of Community Congregations (C4) Baby Closet

- Baby clothes, diapers and furniture.
- 14015 New Hampshire Ave. Silver Spring, MD 20904
- Eligibility: Montgomery County resident and one of the following: Medicaid, Medicare, WIC, Letter from Social Worker/Health Provider/Clergy, paystub, income tax form. Must print application, fill out and bring in person.
- Tuesday and Friday: 9-11a.m.
- 301-989-8742
- <https://c4clothescloset.com/need-help-from-us%3F>

### Laurel Pregnancy Center (faith-based)

- Connection to materials for baby: clothing, formula, cribs, diapers and wipes; Parenting 101 class via Zoom; Peer counselors provide support.
- 415 Main St., Laurel, MD 20707
- 301-776-9996
- <https://lpcpartners.org/materialsassistance/>

### Kids in Safety Seats (KISS)

- Provides low-cost car seats to families unable to afford one. Some providers offer convertible car seats, rear-facing infant seats for low-birth weight infants or for children with special transportation needs.
- Provides information about car safety, video car seat installation assistance, one-on-one questions and referrals to other resources. Program is not able to provide car seats urgently. Recommend applying 1-2 months in advance of need.
- In-person installation support, to view calendar and register: <https://health.maryland.gov/phpa/OEHFP/KISS/Pages/Maryland-Car-Seat-Checkup-Events.aspx>
- Eligibility: Maryland residents with financial need may be eligible for car seat assistance. All are eligible for education services. Must complete a Caregiver Agreement form and be able to attend an in-person meeting to obtain the training and car seat.
- Monday-Friday, 8:30 a.m.–5 a.m.
- 1-800-370-SEAT (1-800-370-7328)
- mdh.kiss@maryland.gov
- <https://health.maryland.gov/phpa/OEHFP/KISS/Pages/Home.aspx>

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## Baby Supplies

### Cribs for Kids

- Partners organizations provide safe sleep education for parents and caregivers, and many provide portable cribs to those who qualify.
- Eligibility: All who receive a portable crib must receive education about Safe Sleep. Organizations have specific requirements and eligibility criteria for receiving a portable crib. Medicaid Managed Care Organizations often assist with portable cribs. Call the member services number on the card for more information.
- Locator: <https://cribsforkids.org/our-partners/>

## Housing Resources

### Sanctuaries for Life- Catholic Charities

- Coordinate discounted/affordable prenatal and delivery care. This will be provided through the Holy Cross Hospital system in Silver Spring and Germantown.
- Enrolled participants coordinate support services such as food, maternity and infant clothing, educational programs, rental and utility assistance, housing, mentoring, etc.
- Eligibility: Prince George's and Montgomery County resident pregnant and uninsured will have an intake to determine enrollment in the program.
- Monday-Friday, 10 a.m.-4 p.m.
- 301-441-1472
- <https://www.catholiccharitiesdc.org/sfl/>

### St. Ann's Center for Children, Youth and Families

- Residential care for pregnant adolescents and young mothers and babies; Individual and family counseling and support; Scheduling and transportation to all prenatal care; Breastfeeding support; One-on-one assistance with newborn care; Parenting education and life skills training; On-site Education center for tutoring and GEDs and on-site employment counselor; Child Care.
- *Grace House: Teen Mother & Baby Program*
- Eligibility: 13-21 years old pregnant adolescent and young mothers. Must complete intake.
- *Faith House and Hope House: transitional and supportive housing for pregnant and parenting women experiencing homelessness and instability. Eligible for all above services.*
- 301-559-5500
- <https://www.stanns.org/support/teen-mother-baby>

## Apps and Virtual Supports

### BabyCenter.com

- Provides information about pregnancy, development from pregnancy through toddler years, virtual groups, articles about health and wellness.
- <https://www.babycenter.com/>
- App available for Apple or Android

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## Apps and Virtual Supports

### MotherToBaby.org

- Free and confidential information from experts about medications and other exposures during pregnancy and breastfeeding by phone, text, email and chat.
- 866-626-6847
- [www.mothers-to-baby.org](http://www.mothers-to-baby.org)

### Peanut

- Free platform to connect with other women at a similar stage in life during pregnancy and motherhood to build community and find support.
- App available for Apple or Android: <https://www.peanut-app.io/>

### Text4Baby

- Free cell phone app that makes it easy to get critical health and safety information throughout your pregnancy and to help you remember your upcoming appointments.
- <https://www.text4baby.org/>

## Hotlines

- **National Suicide and Crisis Lifeline:** call 988 or 1-800-273-TALK (8255)
- **Crisis Text Line:** Text "HOME" to 741-741
- **The Trevor Project:** 1-866-488-7386
- **National Domestic Violence Hotline:** 1-800-799-7233
- **National Abortion Hotline:** 1-800-772-9100
- **National Human Trafficking Hotline:** 1-888-373-7888
- **National Maternal Mental Health Hotline:** call or text 1-833-852-6262
- **National Adoption Hotline:** 1-888-251-0075
- **Online Chat:** <http://nationaladoptionhotline.org/online-chat/>

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

