MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

Federal Employee and Contractor Resources

Resource Page Compilation

Sources

- Gov. Wes Moore and the State of Maryland
- Sen. Angela Alsobrooks
- Sen. Chris Van Hollen
- Rep. Sarah Elfreth
- Rep. Jamie Raskin
- Rep. Glenn Ivey
- Rep. April McClain-Delaney
- City of Baltimore, MOED
- Baltimore County
- Montgomery County
- Prince George's County
- Anne Arundel County
- Charles County
- Frederick County
- Howard County

Resources

All resources listed with links, emails, or phone numbers, with the resource page source(s) that linked to the resource in the bullet below.

Help Lines

- Constituent Services - Senator CVH's Constituent Services Form (or 301-545-1500) ○ Sen. Van Hollen
- Help with a Federal Agency | Representative Sarah Elfreth (or 202-225-4016) ○ Rep. Elfreth
- Help With a Federal Agency | Congressman Jamie Raskin (or 301-345-1000)

- Anne Arundel County Community Engagement and Constituent Services (CECS)
    - AA County
- Report Potential Wrongdoing Under the Trump Administration | The Committee on Oversight and Accountability Democrats
    - Rep. Elfreth, Rep. Ivey
- Montgomery County 24-Hour Crisis Center (or 240-777-4000) ○ Montgomery County
- 988 Suicide Prevention and Crisis Lifeline ○ Montgomery County, Frederick County, Howard County
- 211 Maryland | MD Health And Human Services | Get Help ○ PG County, Charles County
- Prince George's County 311 ○ PG County
- Prince George's County Mental Health Support Line (301-856-9500) ○ PG County
- Federal Government Transition Impact Survey for Charles County residents and businesses ○ Charles County
- Howard County impacted federal employee assistance help inbox: hocohelp@howardcountymd.gov
    - Howard County

Unemployment Insurance

Applicants must file for UI in the state/district of their duty station, not their residence.

- State of Maryland - FAQs for Federal Employees - Division of Unemployment Insurance (or 667-207-6520) ○ State of Maryland, Sen. Alsobrooks, Sen. Van Hollen, Baltimore County, Montgomery County, AA County, Charles County
- State of Maryland – Regular Unemployment Insurance Overview for other workers impacted by federal action (or 667-207-6520) ○ Baltimore County, AA County, Charles County, Frederick County, Howard County
- District of Columbia - Office of Unemployment Compensation ○ Rep. Elfreth, Montgomery County
- State of Virginia - Apply for Unemployment Benefits ○ Montgomery County

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Job Placement Resources

Job Seeker Services

- American Job Centers/One-Stop Career Centers - Maryland's American Job Centers ○ State of Maryland, Baltimore City MOED, Baltimore County
- Professional Outplacement Assistance Center (POAC) - POAC Website ○ State of Maryland, Baltimore County
- Request Job Seeker Services – Baltimore City MOED ○ Baltimore City MOED
- Request Job Seeker Services – Baltimore County Government Virtual Workshop Wednesdays at 9:00 AM (email FedWorker.Transition@maryland.gov) - DOL Weekly Workshop ○ State of Maryland, Baltimore City MOED, Baltimore County, Charles County
- Job Seekers - Montgomery County Public Libraries (MCPL) - Montgomery County, Maryland ○ Montgomery County
- WorkSource - Workforce Development Agency for Montgomery County ○ Montgomery County
- Employ Prince George's – County Workforce Development Agency ○ PG County
- Prince George's County Economic Development Corporation and "Innovation Station Business Incubator" ○ PG County
- Prince George's Financial Services Corporation "FSC First" page for entrepreneurs ○ PG County
- Anne Arundel Workforce Development Corporation ○ AA County
- Charles County small business supports ○ Charles County
- Charles County JobSource Job Seeker Services ○ Charles County
- Tri-County Council for Southern Maryland – job seeker services and transportation services for Calvert, Charles, and St. Mary's Counties ○ Charles County
- Frederick County Workforce Services to Job Seekers ○ Frederick County

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- State of Maryland Jobs Resources Page - Maryland.gov ○ Frederick County
- Frederick County small business supports – Office of Economic Development ○ Frederick County
- Howard County Office of Workforce Development expanded hours for job seeker assistance ○ Howard County

Job Boards/Postings

- Maryland State Job Board - State of Maryland Job Openings ○ State of Maryland
- Maryland Municipal League's Job Board - MD Municipal Careers ○ State of Maryland
- Baltimore Mayor's Office of Employment Development Now Hiring Job Board ○ Baltimore City MOED
- Baltimore County's Job Board
- Baltimore City Job Board (for jobs with the City government) ○ Baltimore City MOED
- Anne Arundel County Government Jobs (or 410-222-7600) ○ AA County
- Anne Arundel Workforce Development Corporation Partner Job Portal ○ AA County
- Government Jobs Job Board (Public Sector Job Board across multiple jurisdictions) ○ Montgomery County, Howard County
- Maryland Workforce Exchange – statewide job search platform ○ PG County
- Anne Arundel Co. - Former Federal Worker Hiring Event – March 20th ○ AA County
- Frederick County Government job board ○ Frederick County

Health Coverage

- Maryland Health Connection insurance marketplace ○ State of Maryland, AA County, Frederick County, Howard County

Maryland Seedco – Official partner with the MD Health Connection, enrollment assistance
LGBTQ+ Health Resources - Maryland Department of Health ○ Sen. Alsobrooks, Sen. Van Hollen, Rep. Ivey

- Frederick County Health Department subsidized cancer screenings ○ Frederick County

Legal Resources and Know Your Rights

These links are provided for informational purposes only, and not as legal advice or endorsements

Finding Legal Representation

- National Employment Lawyers Association - Find-A-Lawyer ○ State of Maryland
- Metropolitan Washington Employment Lawyers Association - Find A Lawyer ○ State of Maryland
- Government Employees Pro Bono - Federal Circuit Bar Association ○ State of Maryland
- Legal Services Directory | The Maryland People's Law Library ○ State of Maryland

Legal Aid Resources

- Maryland Legal Aid ○ State of Maryland
- Employment Law | The Women's Law Center of Maryland ○ State of Maryland
- Maryland Court Help Centers | Maryland Courts ○ State of Maryland
- Workers' Rights Clinic - The Washington Lawyers' Committee ○ State of Maryland Information
- Employee Rights & Appeals – OPM Website ○ State of Maryland, Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- Prohibited Personnel Practices - OPM
    - Sen. Alsobrooks, Sen. Van Hollen, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County

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Office of Special Counsel - Your Rights as a Federal Employee ○ State of Maryland

- Overview Of Federal Sector EEO Complaint Process | U.S. Equal Employment Opportunity Commission ○ State of Maryland, Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- Introduction - Federal Civil Service Employment Law: A Beginner's Guide - Research Guides at Library of Congress ○ Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Montgomery County
- Resources for Civil Servants | Civil Service Strong ○ State of Maryland, Sen. Alsobrooks, Rep. Elfreth, Montgomery County
- The Whistleblower Protection Act (WPA): A Legal Overview ○ Sen. Alsobrooks, Sen. Van Hollen
- Frequently Asked Questions and Resources for Whistleblowers | Office of the Whistleblower Ombudsman ○ Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- Senate Democrats Whistleblowers' Portal | The Senate Democratic Caucus ○ Sen. Alsobrooks, Sen. Van Hollen
- 2025 LGBTQI+ Guidance Memorandum from Maryland Attorney General ○ Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth
- Know Your Rights Page, Gilchrist Immigrant Resource Center, Montgomery County, MD
  - Rep. Elfreth
- Supporting Federal Employees Through Change • Partnership for Public Service ○ Montgomery County

Immigrant Families

- Maryland Public Schools Guide on Immigration Enforcement Actions at Maryland Schools ○ Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Ivey

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Howard County Public Schools Support for Immigrant Students and Families
Rep. Elfreth, Rep. Raskin
Anne Arundel County Government Immigrant Affairs Commission
○ Rep. Elfreth
Recognized Organizations and Accredited Representatives Roster by State and City – US Justice Department (start at page 70) ○ Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey

- Finding Immigration Assistance – Maryland Attorney General ○ Rep. Elfreth, Rep. Ivey
- Maryland Governor's Office of Community Initiatives – Immigrant Affairs ○ Rep. Elfreth, Rep. Ivey
- US Citizenship and Immigration Services Online Tools Guide ○ Rep. Elfreth, Rep. Ivey
- ICE Portal for people placed in removal proceedings ○ Rep. Elfreth, Rep. Ivey
- Representative Elfreth's Know Your Rights Fact Sheet ○ Rep. Elfreth

LGBTQIA+

- Maryland Safe Schools Reporting System - Report a Tip ○ Rep. Elfreth, Rep. Raskin, Rep. Ivey
- Howard County - Human Rights & Equity Site (File a Discrimination Complaint) ○ Rep. Elfreth
- Anne Arundel County - Equity and Human Rights ○ Rep. Elfreth
- City of Annapolis - Human Relations Commission ○ Rep. Elfreth
- Maryland Governor's Office of Community Initiatives – Commission on LGBTQIA+ Affairs ○ Rep. Elfreth, Rep. Ivey
- Montgomery County Office of Human Rights - Moco Pride Center ○ Rep. Raskin

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Other Resource Links

Connections/Referrals to Resources, General Assistance

Services - Maryland Department of Human Services

PG County, Charles County

myMDTHINK Programs & Services Portal - a website that helps you find and apply for various programs and services in Maryland ○ Baltimore County, Charles County, Frederick County

- Network of Care services referral service for Anne Arundel County ○ AA County
- Anne Arundel County Children, Youth, and Families – Systems of Care ○ AA County
- Anne Arundel County Department of Aging and Disabilities – Information and Assistance Program
  ○ AA County
- Anne Arundel County Department of Aging and Disabilities – Veterans Services Coordination Center ○
  AA County
- Washington DC – Catholic Charities quick resource guide ○ Charles County
- Charles County Resource Connection – searchable database of support services for
  Charles ○ Charles
  County
- Maryland Temporary Cash Assistance - Maryland Department of Human Services ○ Howard County

Homelessness and Homelessness Prevention

- Preventing and Ending Homelessness | Baltimore County Government ○ Baltimore County
- Montgomery County DHCA's Foreclosure Prevention ○ Montgomery County
- Montgomery County MD 311 – Eviction Prevention/Assistance ○ Montgomery County
- Arundel Community Development Services Inc foreclosure prevention and rental assistance ○ AA County
- Frederick County rental assistance – Beyond Shelter Frederick (or 301-631-2670) ○ Frederick County
- Howard County DHCD - foreclosure prevention program Prince George's County Emergency Rental Assistance Program
  PG County
  Charles County affordable/low-income housing options ○
  Charles County

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- Charles County Homeless Services resource list ○ Charles County

Utilities and Payment Plans

- Anne Arundel County water/sewer bill payment assistance and payment plans ○ AA County
- Frederick County water/sewer bill payment assistance – call 301-600-1025 ○ Frederick County
- State of Maryland - Applying For Energy Assistance - Maryland Department of Human Services ○ Frederick County
- Frederick County property tax bill assistance (301-600-1111) ○ Frederick County

Food Assistance

- Food Pantry Locator – Baltimore County Government ○ Baltimore County
- Anne Arundel County Food Bank locator ○ AA County
- Maryland Food Bank locator ○ Frederick County
- Frederick Rescue Mission Bread of Life Kitchen ○ Frederick County
- Howard County Food Bank food assistance – terminated federal employees may receive a bag of shelf staples twice a month for up to three months ○ Howard County
- Supplemental Nutrition Assistance Program (SNAP) - Maryland Department of Human Services ○ Baltimore County, Frederick County
- Montgomery County Food Resources - Office of Food Systems Resilience ○ Montgomery County
- Anne Arundel County Animal Care Control – Pet Food assistance ○ AA County
- Frederick County Public Schools – Apply for school meal assistance through LINQ Connect - Making Schools Stronger ○ Frederick County
- Frederick County – WIC Supplemental Nutrition Program ○ Frederick County

Child Care Assistance

- Before and After School Childcare - Baltimore County Public Schools ○ Baltimore County
- Montgomery County DHHS - Look for Child Care ○ Montgomery County
- Charles County Department of Community Services – Child Care Program ○ Charles County
- Maryland statewide childcare provider search – Maryland Family Network ○ Charles County
- Howard County Recreation and Parks - Recreational Licensed Before and After Child Care at HoCo Public Schools ○ Howard County
- The County's Department of Community Resources and Services' Office of Children and Families' CARE Line - FREE information and referral service (410-313-2273) or children@howardcountymd.gov. ○ Howard County

Health Programs

- Prince George's County Health Department ○ PG County
- Anne Arundel County Health Department ○ AA County
- Anne Arundel County Mental Health Agency (or 410-768-5522) ○ AA County
- Charles County Aging and Senior Services ○ Charles County
- Frederick County mobile clinic for free healthcare, dental care, and medication via Mission of Mercy ○ Frederick County
- Frederick County Department of Social Services - Medicaid Assistance

    - Frederick County
- Mental Health Association of Frederick County walk-in crisis center at 340 Montevue Lane, Frederick. ○ Frederick County

Transit and Transportation Assistance

- Free transit routes in Anne Arundel County ○ AA County
- Southern Maryland transit program – VanGo ○ Charles County
- Free transit routes in Frederick County