

THE HAMPDEN FAMILY CENTER



BALTIMORE

21211

HAMPDEN FAMILY CENTER



The Family Center has served as a hub for community activities in Hampden for 24 years. We provide programs and support services for all who live, learn and work in the community.

Here, children enjoy after-school and summer enrichment programs, adults can participate in literacy classes to brush up on their math, reading and writing skills in preparation for the GED class and exam, and seniors from the community can enjoy monthly lunches with their peers. In addition, we offer emergency and benefit assistance programs.

The Hampden Family Center began as a joint project of the Greater Hampden Coalition composed of the Hampden Community Council, Hampden Midtown Kiwanis, and Hampden Village Merchants Association, and the Junior League of Baltimore, Inc. Members of the Greater Hampden Coalition were particularly concerned about children without sufficient after-school programs and activities, the high school dropout rate, rising drug usage and prostitution, and the high rate of infants born to teenage mothers.

Join Us

Hampden kids, teens, adults, and seniors are all welcome. The Family Center is the place to go for support and programs aimed to enrich the lives of all who live and work in Hampden.

Find Out More

Stop by the Hampden Family Center to learn more about what's going on in the community, or visit us online at hampdenfamilycenter.org.



“My parents work, so I come to the Center after school. I like that I can hang out with my friends and we can work on projects together.” — Luka

The AVENUE

OUR MISSION

To enrich the lives of
Hampden residents
through education and
professional support
and to encourage
individual growth and
community fellowship.

PROGRAMS & SERVICES

CHILDREN & YOUTH

AFTER SCHOOL ENRICHMENT

Daily youth development, focus on art, music, science, and athletic activities.

WHEN September – June, Monday–Friday

TIME 2:30 pm – 5:30 pm.

WHO Students, Grades 1–5

COST \$30 per month

STUDY BUDDY

Individualized tutoring for elementary, middle, and high school students.

WHEN October – May, Thursday

TIME 6:00 pm – 7:00 pm

WHO Students, Grades K–12

COST Free

SUMMER ENRICHMENT PROGRAM

Enjoy educational, recreational, art activities, and field trips throughout Baltimore.

WHEN June – August, Monday–Friday

TIME 9:00 am – 5:00 pm

WHO Students, Grades 1–5

COST \$60 per week

WIC (Women Infant & Child)

Supplemental nutrition program for pregnant women, new mothers, and children under 5 years.

WHEN Second Thursday of the Month

TIME 9:00 am – 4:00 pm

COST Free

ADULTS & SENIORS

SENIOR LUNCHEONS

Lunch, camaraderie, games, and prizes.

WHEN Third Friday of the Month

TIME 11:00 am – 1:00 pm

WHO Seniors, 50+

COST Free

ADULT LITERACY CLASS

10-week session to strengthen literacy skills and prepare for a GED class and exam.

WHEN Tuesday & Thursday

TIME 5:30 pm – 8:30 pm.

WHO Adults, 18 +

COST Free

LIFE BALANCE & WEIGHT MANAGEMENT

16-week class to help facilitate positive lifestyle changes, weight loss, healthy eating, and exercise.

WHEN Tuesday

TIME 11:00 am – 12:00 pm

WHO Adults, 18 +

COST Free

FITNESS 50+

Get in shape with an exercise class for those 50 and older.

WHEN Tuesday

TIME 10:00 am – 11:00 am

WHO Seniors, 50+

COST Free

SERVICES

SEEDCO EARN BENEFITS PROGRAM

Works with clients in attaining benefits for nutrition and other public assistance programs.

WHEN Monday–Friday

TIME 9:00 am – 5:00 pm

COST Free

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PROGRAMS & SERVICES



“The Senior Exercise Program is helping me manage my diabetes while making friends and having fun.” — Donnamae

INDIVIDUAL & FAMILY COUNSELING

Partnering with Family & Children’s Services of Central Maryland, making counseling services accessible.

WHEN Thursday by Appointment

WHO All Ages

COST Free

CONTACT 410-467-8710

HEALTH SCREENINGS

Blood pressure screenings with a specialist from MedStar Union Memorial Hospital.

WHEN Third Friday of the Month

TIME 11:00 am – 1:00 pm

WHO Adults, 18+

COST Free

HEALTH FAIR

Held annually, check calendar for upcoming health related services.

WHEN Annually

WHO Adults, 18+

COST Free

SUPPORT GROUPS

ALCOHOLICS ANONYMOUS

WHEN Monday

TIME 7:00 pm

AL-ANON

WHEN Monday

TIME 7:00 pm

CELEBRATE RECOVERY

WHEN Wednesday

TIME 7:00 pm

NARCOTICS ANONYMOUS

WHEN Thursday

TIME 8:00 pm



YEARS OF COMMUNITY

CONTACT US



THE HAMPDEN FAMILY CENTER

LOCATION 1104 West 36th Street
Baltimore, Maryland 21211

HOURS Monday – Friday
9:00 am – 5:50 pm

PHONE 410-467-8710

WEB hampdenfamilycenter.org

INTERESTED IN VOLUNTEERING?

The programs and services we offer would not be possible without the support of volunteers. If you are interested in exploring volunteer opportunities, contact us today to see how you can give back to our community.

“The Center is a great place that has really been there for me, helping me find the benefits I needed to get back on my feet.” — William

H A M P D E N
Family Center