

EMERGENCY NUMBERS		
CRISIS CENTER (24hrs.)	1301 Piccard Drive, Rockville	240-777-4000
Child Abuse	24-hour reporting line	240-777-4417
Domestic Violence	National Domestic Violence Hotline Family Justice Center (in Rockville)	800-799-7233 240-773-0440
Human Trafficking	National Resource Center	888-373-7888
Mental Health Crisis	Crisis Center Mental Health Association Hotline	240-777-4190 240-738-2255
Rape/Sexual Assault	Sexual Assault Crisis Line National Sexual Assault Hotline	240-777-4357 800-656-4673
Shelter/Crisis Response		240-777-4000
Suicide	go to a local emergency room! National Suicide Prevention Hotline	911 800-784-2433

ALL REQUESTS – Information Hotline

2-1-1 Maryland provides a link to community health and human service resources statewide 24 hours a day, 7 days a week, in over 150 languages. 211

Adult Education/GED Classes/External High-School Diploma

Montgomery College Adult Literacy/GED Program 240-567-8950

Budgeting/Debt Counseling Resources

FDIC Money Smart, www.fdic.gov/consumers/consumer/moneysmart/
Money Management International 866-889-9347

Burial Assistance

Contact the local DHHS office. See "Income Support Programs."

Children's Services

Infants and Toddler's Program (support for children ages 0-3) 240-777-3997
Child Support 800-332-6347
Child Care Subsidy 240-777-1155

Clothing

Adventist Community Services, 501 Sligo Ave. Silver Spring (call first) 301-585-6556
Shepherd's Table, 8210A Colonial Ln. Silver Spring 301-585-6463
NAMI Thrift Shop, 751 Twinbrook Pkwy., Rockville 301-424-3796

Counseling

Crisis Center, 1301 Pickard Dr., Rockville 240-777-4190
Mental Health Core Services Agency (call for information & referral) 240-777-1400
Affiliated Sante, 1400 Spring St., Suite 100, Silver Spring 301-589-2303
Behavioral Health Partners, 604 Solarex Ct., Frederick 663-8263 x226

Dental Care

Catholic Charities' Dental Clinic: Silver Spring, 12247 Georgia Ave. 301-933-0868
Catholic Charities' Dental Clinic: DC, 1618 Monroe St. NW 202-939-2400
Colesville Dental Clinic, 14105 New Hampshire Ave., Silver Spring 301-384-9795

Disability Services (supported employment, job training, transportation, etc.)

Aging and Disability Resource Unit 240-777-3000

Employment Search Resources

Arbor 301-562-8180
Montgomery Works 301-929-4350 or 240-403-3600
Spanish Catholic Center: Gaithersburg, 201 E. Diamond Ave., 3rd Floor 301-740-3251
Spanish Catholic Center: DC, 1618 Monroe St. NW 202-939-2415

Eye Care

Exams - Shepherd's Table Clinic, 8219A Colonial Lane, Silver Spring 301-585-6463
Exams, Glasses, Surgery - Lions Club 301-599-7600
Glasses - Bethesda Cares, 7728 Woodmont Ave., Bethesda 301-907-9244
Glasses - Prevention of Blindness, 2216 Rhode Island Ave. NE, DC 202-269-0203

Family Support

MCFRS Family Support Network 301-748-0607

Food - Groceries

Capital Area Food Bank Hunger Lifeline (DC, MC, PG, NOVA) 202-644-9807
Food Stamps (*multiple locations; see "Income Support Programs"*)
WIC Hotline (food assistance for women, infants, children) 301-762-9426
Manna Food Center (several locations, call for info. and referral) 301-424-1130
SHARE Program, www.sharedc.org 301-864-3115
(pay \$20 for \$40-45 of groceries, EBT welcome, local sites in DC and MD)

Food - Meals

Bethesda (M-F 12:45-1:45pm, 1st-15th of month), Bethesda First Baptist, 5033 Wilson Ln.
Bethesda (M-F 12:45-1:45pm, 16th-end of month), Christ Lutheran, 8011 Old Georgetown
Bethesda (Sat 10am-noon), Bethesda Presbyterian Church, 7611 Clarendon Rd
Bethesda (Sun 5pm-6pm) Our Lady of Lourdes Catholic Church, 7500 Pearl St.
Gaithersburg (M-Sat, 3:30-4:30, Sept-June), St. Martin's Catholic, 201 S. Frederick Ave.
Laytonsville (2nd Wed of month, 7pm-8pm) Morningstar Church 301-977-7700
Silver Spring (M-F, 8-9am), Interfaith Works, 8210 Colonial Ln. 301-585-4471
Silver Spring (Daily, 6-7pm), Progress Place, 8210 Colonia Lane 301-585-6463

Furniture (call first, you must provide transportation)

Capitol Heights - Mission of Love, 6180 Old Central Ave. 301-333-4440
Damascus – Damascus Help 301-253-4100
Rockville – Furniture Exchange, (requires referral, call first) 240-361-1763
Silver Spring - A Wider Circle (referral preferred) 301-608-3504

Health Care

Catholic Charities' Medical Clinic: Silver Spring, 12247 Georgia Ave 301-434-8985
Catholic Charities' Medical Clinic: DC, 1618 Monroe St. NW 202-939-2400
Montgomery Cares (care for the uninsured) 240-777-4498
Medicare/Medicaid Insurance, (See "Income Support Programs")
HIV/STD Test – Dennis Ave. Health, 2000 Denis Ave. Silver Spring 240-777-1760

Housing Search Resources/ Strategies

Victory Housing (Archdiocese of Washington affordable housing) 301-493-6000
www.victoryhousing.org
Public Housing, Housing Choice Vouchers 240-773-8806
In-House Section 8 www.hocmc.org
Maryland Housing Search Website, www.mdhousingsearch.org
Check: realtors, Washington Post (Sat & Sun), grocery store bulletin boards, consider sharing with a roommate.

Immigrant-Focused Services

Catholic Charities' Immigration Legal Clinics, (arrive early, \$60 fee) 202-772-4348
Tuesdays, 9:30 AM 924 G Street NW, DC
Wednesdays, 9:00 AM 1618 Monroe St. NW, DC
Thursdays, 9:00 AM 12247 Georgia Ave., Silver Spring

Income Support Programs

These offices offer Temporary Cash Assistance (TCA), food stamps (SNAP), Medicare/Medicaid applications, Temporary Disability Insurance Program (TDAP), Refugee Financial and Medical Assistance.
DHHS Germantown, 12900 Middlebrook Rd., Germantown 240-777-3420
DHHS Rockville, 1301 Piccard Dr., Rockville 240-777-4600
DHHS Silver Spring, 8818 Georgia Ave., Silver Spring 240-777-3100

Legal Assistance

Catholic Charities' Archdiocesan Legal Network (English) 202-350-4305
Catholic Charities' Archdiocesan Legal Network (en Español) 202-772-4325
Legal Aid Bureau 301-560-2100
Bar Foundation Pro-bono 202-424-7651

Library (internet, computer classes, movies, free children's programs)

Ask-a-Librarian (reference service, call for quick factual information) 240-777-0001
Rockville Library (main county branch), 21 Maryland Ave., Rockville 240-777-0002

Phone

Assurance Wireless, (free phone with 250 minutes/month) 888-898-4888

Pregnancy/Parenting

Shady Grove Pregnancy Center, 16220 Frederick Rd., Gaithersburg 301-963-6223
Rockville Pregnancy Center, 12730 Twinbrook Parkway, Rockville 301-770-4444
Catholic Charities' Sanctuaries for Life Program 301-441-1472, x122

Prison Outreach

Prison Outreach Ministry (Welcome Home), mentoring program 202-772-4300, x040
Montgomery County Re-Entry, 22880 Whelan Ln., Boyds 240-773-9769

Rental/Mortgage Assistance

Contact the local DHHS office (See "Income Support Programs"; only DHHS can refer to other county programs and services.)
MUM (Mid-County Ministries), 2424 Reedie Dr., Wheaton 301-929-8675
Emergency Mortgage Assistance, www.mdhope.org 877-462-7555
HUD's Making Home Affordable Program, www.makinghomeaffordable.gov

Senior Citizens

Aging and Disability Resource Unit 240-777-3000

Shelter (Emergency) & Homelessness

****Contact the Crisis Center first (24 hours/day) ****
1301 Piccard Drive, Rockville MD 240-777-4000

Men Bethesda House, 4848 Cordell Ave., Bethesda 301-907-9597
Carroll House, 2699 Linden Ln., Silver Spring 301-942-1790

Women Laytonsville Havens, 5834 Riggs Rd., Laytonsville 301-762-3363
Dorothy Day Place, 251 North Stonestreet Ave., Rockville 301-762-8314

Family Stepping Stones, Rockville 301-251-0567
Baptist Home for Children & Families, Bethesda 301-365-2190 x 126
Helping Hands, 622 North Homers Ln., Bethesda 301-340-2796

Substance Abuse Treatment Programs

Montgomery County Addiction Services Coordination
255 Rockville Pike, Suite #145, Rockville 240-777-4710

Transportation

Medicaid Transportation 240-777-5890
Metro Access (for disabled and senior citizens) 301-562-5360
Call N' Ride (for disabled or persons aged 67+) 301-948-5409
Senior Connection (rides to doctor for persons aged 62+) 301-962-0820
Connect-a-Ride (transportation for persons aged 50+) 301-738-3252

Utility Assistance

Contact the local DHHS office. See "Income Support Programs."
MEAP (Maryland Energy Assistance Program) 240-777-4450
MUM (Mid-County Ministries), 2424 Reedie Dr., Wheaton 301-929-8675

Veterans Support

Bethesda Vet Center, 10411 Motor City Drive, 5th Floor, Bethesda 866-360-9094