

RESOURCE LIST

Rev. 5/21/09

This list is by no means comprehensive - there are a lot of resources available to residents of Montgomery County, MD! It also doesn't duplicate too much of the "Desk Guides" available. (Remember, "MoCo" is an abbreviation of "Montgomery County.")

DISASTER/EMERGENCY PREPAREDNESS:

American Red Cross redcross.org
Centers for Disease Control cdc.gov
Disaster Help disasterhelp.gov
Federal Emergency Management Agency fema.gov
U.S. Department of Homeland Security ready.gov
Humane Society of the United States hsus.org/disaster

For those who do not have access to a computer and need additional information on Emergency Preparedness, please contact the Montgomery county Health and Human Services Information Line at 240-777-1245.

EVICTIION AND UTILITY CUTOFF PREVENTION:

Bethesda Cares, 301-907-9244. Eviction prevention, outreach social worker and a job-search center. Available for use by clients are computers for resume writing and one-on-one job search training, a fax machine, telephone, and photocopy machine. Serve as a mailing address for clients to receive mail. www.bethesdacares.com.

Bethesda HELP, 301-365-2022. Provides emergency financial assistance with written notice of eviction, foreclosure or utility disconnect. www.bethesdahelp.org.

Catholic Charities of MoCo Family Center, 301-942-1790. Provides emergency financial assistance with written notice of eviction, foreclosure or utility disconnect. Referral from MCDHHS or congregation required.

D.E.L.A.I. 301-253-4100 (Damascus, Clarksburg, North Gaithersburg) Provides emergency financial assistance for delinquent rent and mortgage. Other needs considered. Prefers referral from MCDHHS, congregation or service provider organization.

Hand to Hand/Project Safety Net (Interfaith Works), 301-315-1107. Provides loans to individuals and families up to \$250. Referral required from any congregation, public or private service provider organization.

Maryland Energy Assistance Program (MEAP) and Electric Univeral Service Program (EUSP) 240-777-4450. <http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/civs/rap/faq.asp>.

Maryland HOPE Hotline, 1-877-462-7555 or www.mdhope.org for information on loan programs, counseling services and fraud intervention to help save your home from foreclosure.

Mid-County United Ministries (MUM), 301-929-8675. Serves zips 20852, 20895, 20896, 20902, 20906. Emergency financial assistance with written notice of eviction, foreclosure or utility disconnect. Must apply in person.

Ministries United Silver Spring/Takoma Park (MUSST), 301-495-4699. Serves zips 20783 (part), 20901, 20910, 20912. Emergency financial assistance with written notice of eviction, foreclosure or utility disconnect. Walk in or apply by phone.

Montgomery County 24-hour Crisis Center Line 240-777-4000

Muslim Inter-Community Network (MICN), 301-519-1358. Provide counseling, referrals and limited emergency assistance. Limited services during the summer. Speak Arabic, Samoli, Urdu.

Olney HELP, 301-774-4334, serves zips 20832, 20833, 20860, 20861, 20862, parts of 20855 and 20882. Emergency financial assistance with written notice of eviction, foreclosure or utility disconnect.

Rental Assistance Program (RAP), 240-777-4400

Rockville FISH/HELP, 301-564-0800, serves the city of Rockville. Provides limited financial assistance for rent, mortgage, utilities.

City of Rockville, 240-314-8310, serves *Rockville corporate city limits only*. Emergency financial assistance with written documentation of housing related crisis. Limited pharmacy assistance.

Community Ministries of Rockville, 301-762-8682 x106, Serves greater Rockville area with emergency financial assistance with written notice of eviction, foreclosure or utility disconnect. Residents who live within the corporate limits of Rockville should seek assistance first from HHS Emergency Services and then from the City of Rockville, before coming to CMR.

Salvation Army, 301-515-5354 (Germantown location, serves MoCo). May have funding from FEMA (eviction prevention), Washington Area Fuel Fund (disconnect notice for main source of heat), and WSSC (water shutoff notice). Funding availability may vary by time of year.

Upper Montgomery Assistance Network (UMAN), 301-926-4423 (Gaithersburg & Germantown). Provides emergency financial assistance, education, and referral services to people in Gaithersburg and Germantown who are at risk of homelessness or are disconnected from vital utility services. www.uman-mc.org.

WUMCO Help (Western Upper MoCo) 301-972-8481. Provides quick and friendly assistance to needy persons in Western Upper Montgomery County (Poolesville, Barnesville, Beallsville, Boyds, Dickerson and surrounding areas) in times of crisis. Includes critical expense assistance. www.wumco.org.

FOOD & NUTRITION:

Aging and Disability Services provides hot lunches, programs and other services for persons 60 or older and spouses of any age at a variety of sites. Participants are asked to contribute as much as they are able toward the cost of the meal, which is around \$5.50. For information, call 240-777-3810.

Bethesda Cares, 301-907-9244. Coordinates with local churches and other community groups to provide lunch six days a week, dinner every Sunday. Lunch is provided at three area churches: Bethesda First Baptist Church (1-15th), Christ Lutheran Church (16th-end of month) and Bethesda Presbyterian Church for Saturday Lunches. Dinner is provided every Sunday evening at Our Lady of Lourdes Church. www.bethesdacares.com.

Bethesda HELP, 301-365-2022. Provides delivered emergency food to Bethesda residents. www.bethesdahelp.org.

Catholic Charities, 301-94-1856 x 102. (Wheaton location). Call for appointment. ID & proof of address required.

Compassion Ministries Food Bank Program 301-926-3761 x104 Tu-Th 10-4. Serving all residents of Montgomery County. Pick-up only. Located at Christian Life Center, 11800 Darnestown Road, Gaithersburg.

Damascus HELP_301-253-4100 Delivers food in Clarksburg (east of Rte. 270), Damascus, northern Gaithersburg, Hyattstown and northern Germantown. www.damascushelp.org.

Food & Friends, 202-269-2277. Provides home-delivered freshly prepared meals, groceries and nutrition counseling to people living with HIC/AIDS, cancer and other life-challenging illnesses. www.foodandfriends.org.

Gaithersburg HELP_301-216-2510 Gaithersburg, Laytonsville, Montgomery Village and Washington Grove. Limited delivery to sick/elderly. Limited to 8 times a year. www.gaithersburghelp.org.

Germantown HELP 301-482-1320. Delivered food up to 10 times a year in zip codes 20874 and 20876. www.germantownhelp.org.

Jewish Social Service Agency (JSSA), provides senior meals in parts of MoCo. 301-816-2639.

Lord's Table Soup Kitchen, St. Martin's Church Hall, 201 S. Frederick Ave., Gaithersburg, Monday thru Saturday, 3:30-4:30pm, September thru June. 301-330-5812. www.stmartinsweb.com/socialconcerns.cfm.

Manna Food Center, 301-424-1130. To access Manna, a client needs to be referred by a helping agency. A variety of satellite pickup locations are available. See www.mannafood.org.

(Note: Meals on Wheels organizations usually require that a client be homebound and/or have problems buying/preparing food. Financial need is not sufficient for inclusion in the program).

Meals on Wheels of Bethesda-Chevy Chase, 301-654-4610.

Meals on Wheels of Central MD, 410-558-0932, Leisure World, Northeast MoCo.

Meals on Wheels of Colesville, 301-384-7440.

Meals on Wheels of Damascus (homebound Damascus residents) 301-253-3850.

Meals on Wheels of Gaithersburg (homebound Gaithersburg residents) 301-216-4200.

Meals on Wheels of Germantown, 301-251-8885 Delivers prepared meals Monday thru Friday to homebound residents of Germantown, Maryland. www.mowgermantown.com.

Meals on Wheels of Rockville (homebound Rockville residents) 301-340-1559

Meals on Wheels, SALT, 301-434-8400x11, Silver Spring, Adelphi, Langley Park, Takoma Park (below beltway)

Meals on Wheels, Takoma Park, 301-424-1922, Takoma Park, Langley Park, Adelphi, Chillum, West Hyattsville, Silver Spring.

Meals on Wheels, Wheaton, 301-942-1111, Wheaton, Glenmont, Layhill Leisure World, Aspen Hill, Kensington, Garrett Park.

Mid-County United Ministries (MUM), Serves zips 20853, 20895, 20896, 20902, and 20906.

MorningStar Community Church Community Food Pantry (2nd Wednesday of every month, 7-8:00pm) Gaithersburg/Laytonsville, 301-977-7700. Call or email for appointment. www.morningstarcc.net.

Muslim Inter Community Network (MICN), 301-519-1358. Serves Burtonsville. Call for appt./availability.

SHARE distributes high quality affordable and nutritious food as a way to build community and strengthen families. Group purchasing program provides significant savings for groceries. Many locations throughout MoCo, see www.sharedc.org.

Shepherd's Table at Progress Place, 301-585-6459. Meals served daily, 6-7:30pm. www.shepherdstable.org.

St. Martin's Food Pantry, 201 S. Frederick Ave., Gaithersburg 301-840-1830. Serving Gaithersburg and surrounding communities. Limited to one bag per family. Monday only: Pick up line number at 6:00am, food distribution from 10:00 to 11:30am. www.stmartinsweb.com/socialconcerns.cfm.

Salvation Army, 301-515-5354 M-F 8:30-5. Serves all of Montgomery county, ID required. Limited to 2 day supply, once a month. www.salarmydc.org.

WIC (Women, Infants and Children) 301-762-9426 <http://fha.maryland.gov/wic/> Information and appointments for the supplemental nutrition program for pregnant women, new mothers, infants and children under 5.

WUMCO HELP, 301-972-8481 Delivers food in Barnesville, Boyds, Dickerson, Poolesville and Beallsville; also Clarksburg west of Rte. 270. www.wumcohelp.org.

HEALTHCARE RESOURCES

Bethesda HELP, 301-365-2022. (Bethesda) Prescription assistance. www.bethesdahelp.org.

Community Clinic, Inc. (CCI) 17 E. North Summit Ave., Gaithersburg 301-216-0880. Primary Care services for adults and children; WIC services.

Damascus HELP_301-253-4100 Prescription assistance in Clarksburg (east of Rte. 270), Damascus, northern Gaithersburg, Hyattstown and northern Germantown. www.damascushelp.org.

Germantown HELP, Inc., 301-482-1320. (Germantown) Prescription Assistance in zip codes 20874 and 20876. www.germantownhelp.org.

Holy Cross Health Clinic at Montgomery College. 301-562-5610. Silver Spring & Gaithersburg. Affordable health care for uninsured adults. http://www.holycrosshealth.org/communitybenefit_healthcenter.htm.

MedBank 301-628-3422 Prescription assistance. <http://www.medbank.org/>.

Mercy Health Clinic, 7-1 Metropolitan Court, Gaithersburg 301-916-4499. Primary Care services for adults. Free, not-for-profit, non-sectarian, community based volunteer organization providing quality healthcare to uninsured, low-income residents of Montgomery County. www.mercyhealthclinic.org.

Mid-County United Ministries (MUM), 301-929-8675. Serves zips 20852, 20895, 20896, 20902, 20906. Prescription assistance. Must apply in person.

Mobile Medical Care <http://www.mobilemedicalcare.org/> (provides clinic locations & times)
“Our patients are primarily the uninsured, homeless, unemployed, political refugees, victims of torture, and immigrants from throughout the world.”

Montgomery Cares clinics 301-628-3455 <http://www.montgomerycares.org>
Provides primary health care to medically uninsured, low-income adult residents of Montgomery County through a variety of clinics, including MobileMed, Community Clinic, Proyecto Slalud, and others. Clinics by location on website.

MoCo DHHS, Disability Services/AIDS/HIV Resources: Clinic, support, outreach, education, testing, counseling, family support for people with STDs and HIV/AIDS. See http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/DisabilityNetworkDirectory/aids_hiv_resources.asp.

Montgomery County DHHS, Sexually Transmitted Disease and AIDS/HIV Program
240-777-3999 (Clinic)
240-777-1760 (HIV Testing)

MoCo Colesville Adult Dental Clinic 301-384-9795 General dental care, including emergency dental services, are provided to adults ages 19 - 60 years. Patients in need of specialty dental care are given information for appropriate resources for follow up care. **Eligibility Requirements:** Montgomery County resident; income eligibility is required; Patients are referred in through designated agencies via formal referral.

Proyecto Salud (Montgomery County) 301-962-6173 <http://www.proyectosalud.org>
Provides countywide, family centered primary care services to the Latino population. Services include physicals, management for chronic diseases, sports and school physicals, EKG's and laboratory work. Provides referrals to other agencies.

Ministries United Silver Spring/Takoma Park (MUSST), 301-495-4699. Serves zips 20783 (part), 20901, 20910, 20912. Prescription assistance.

Olney HELP, 301-774-4334, serves zips 20832, 20833, 20860, 20861, 20862, parts of 20855 and 20882. Prescription assistance.

The People's Community Wellness Center, 301-847-1172 (Silver Spring). Primary care services for adults. <http://www.primarycarecoalition.org/?q=peoplescommunitywellness>.

City of Rockville, 240-314-8310, serves *Rockville corporate city limits only*. Limited pharmacy assistance.

Rockville FISH/HELP, 301-564-0800, serves the city of Rockville. Provides prescription assistance and special needs, if other assistance is unavailable.

Shady Grove Pregnancy Center, 301-963-6223 Counseling, testing, housing search, prenatal care. www.pregnancy-options.org.

Teen Connection of Takoma, 301-891-0977. Women's health services for females ages 12-24. Free STD testing, counseling and treatment for male partners of female patients.

Telephone Reassurance Program, a service of the MoCo Volunteer Center. For MoCo residents age 60 or older who are the primary caregivers of another senior, grandchild or person with developmental disabilities. Trained volunteers call to offer support, care, companionship and information. Call the Volunteer Center at 240-777-2600.

WUMCO HELP, 301-972-8481. Prescription assistance/medical needs in Barnesville, Boyds, Dickerson, Poolesville and Beallsville; also Clarksburg west of Rte. 270. www.wumcohhelp.org.

MENTAL HEALTH RESOURCES:

DHHS MENTAL HEALTH SERVICES FOR ADULTS AND SENIORS:

Assertive Community Treatment Team (ACT), 1301 Piccard Drive, Rockville 20850. 240-777-1407.

The ACT Team provides community based outreach to consumers who have not successfully responded to traditional treatment. For more information, go to:

http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/crisis_center/act.asp

Community-based Case Management Service (CCMS) / Behavioral Health and Community Support Services, 255 Rockville Pike, Suite #145, Rockville, MD 20850. 240-777- 4710. Montgomery County's Community-based Case Management Service (CCMS) provides case management services to resolve personal health, housing, and other issues that may be barriers to treatment engagement and participation CCMS accepts referrals from within Behavioral Health & Crisis Services for adults with mental health, substance use and co-occurring disorders and other impairments. Engagement and participation in a primary treatment program is the main goal for consumers involved with CCMS.

MENTAL HEALTH SERVICES: CHILDREN & ADOLESCENTS:

Mental Health Association Youth Crisis Hotline: 301-738-9697.

Crisis Intervention In- Home Services for Children and Youth

Institute for Family Centered Services, 16220 S Frederick Rd, Suite # 510, Gaithersburg, MD 20877, 301-721-9324. This service provides in-home crisis intervention and stabilization program for youth who are at risk of institutional placement. Services include: 24-hour availability, phone consultation, and attendance at coordination meetings. For more information go to:

<http://www.ifcsinc.com/locations/office.php4?state=md>

Outpatient Mental Health Services for Children and Youth

Family Services Agency, Inc., 620 East Diamond Ave, Suite J, Gaithersburg, MD 20877. 301- 840-2000.

For more information go to: <http://www.familyservicesagency.org/> .

GUIDE Youth Services of Gaithersburg, 301-590-9864, Individual/family/group counseling, workshops, information and referral for youth 8-18 and families.

Jewish Social Service Agency:

Counseling/therapy 301-990-6880

Home health care services 301-881-3700

Montgomery County Child & Adolescent Mental Health, 8818 Georgia Avenue, Silver Spring, MD 20910, 301- 217-1450

Reginald S. Lourie Center for Infants and Young Children

12301 Academy Way, Rockville, MD 20850, 301-984-4444. For more information go to:

<http://www.louriecenter.com/>

Inpatient Hospital Units for Children and Youth

Potomac Ridge Behavioral Health, 14901 Broschart Road, Rockville, MD 20850, 301-251-4500. For more information go to: <http://www.potomacridge.com/>

Washington Adventist Hospital, 7600 Carroll Avenue, Takoma Park, MD 20912. 301-891-5596. For more information go to: <http://www.adventisthealthcare.com/WAH/>

Partial Hospitalization Programs for Children and Youth

Children's National Medical Center, 14804 Physicians Lane, Rockville, MD 20850. 301-424-1755. For more information go to:

<http://www.cnmc.org/dcchildrens/about/subfacilities/outpatient.aspx#rockville>

Montgomery General Hospital, 18101 Prince Philip Drive, Olney, MD 20832. 301-774-8874. For more information go to: <http://www.montgomerygeneral.com/>

Potomac Ridge Behavioral Health, 14901 Broschart Road, Rockville, MD 20850. 301-251-4500. For more information go to: <http://www.potomacridge.com/>

Washington Adventist Hospital, 7600 Carroll Avenue, Takoma Park, MD 20912. 301-891-5596. For more information go to: <http://www.adventisthealthcare.com/WAH/>

Psychiatric Rehabilitation Programs for Children (PRP)

Crisis Intervention - In-Home Services for Children and Youth
Institute for Family Centered Services

16220 S Frederick Rd, Suite # 510, Gaithersburg, MD 20877. 301-694-9932. For more information go to: <http://www.ifcsinc.com/locations/office.php4?state=md>

Life Services, 8555 16th Street, Suite 205, Silver Spring, MD 20910. 301-588-1735.

Residential Treatment Centers (RTC)

John L. Gildner Regional Institute For Children and Adolescents (RICA)

15000 Broschart Rd., Rockville, MD 20850, 301-251-6800. A Residential Treatment Center (RTC) offers 24- hour inpatient care in a licensed facility. An RTC provides children and adolescents who have long-term and serious emotional disturbance with residential care in a structured therapeutic milieu and provides a range of diagnostic and therapeutic mental health services. RTC's provide an intense level of care and can only be provided when therapeutic services available in the community are insufficient to address the consumer's need. Discharge planning must be considered prior to placement in an RTC, and plans must be actively reviewed throughout the treatment process. RTC's are located throughout the State of Maryland and youth from many regions are enrolled in each RTC. In Montgomery County, the RTC is John L. Gildner Regional Institute For Children and Adolescents (RICA) or for more information go to: <http://www.dhmh.state.md.us/jlgrica/index.htm>

For information about how to access a Residential Treatment Center, contact: Maryland American Psychiatric System - Maryland (MAPS-MD)

1-800-888-1965. For more information go to: <http://www.apshealthcare.com/>

Respite Services

Way Station, Inc., 230 West Patrick Street, Frederick, MD 21701.

301-694-9932. This program provides site based overnight respite care in a "camp" setting for seriously emotionally disturbed Montgomery County children and adolescents. For more information go to: <http://www.waystationinc.org/>

Therapeutic Nursery Services

Reginald S. Lourie Center for Infants and Young Children

12301 Academy Way, Rockville, MD 20850. 301-984-4444. This program provides early therapeutic interventions for toddlers and their parents in a nursery school environment and parent training needed to cope with serious emotional disturbances of young children. For more information go to: <http://www.louriecenter.com/>

IMMIGRANT RESOURCES

Organization	Phone #	Website/Address	Roles
African Women Council	240-361-1327	http://www.africanwomen-usa.org	Literacy, health education, jobs, domestic violence problems, civic education (American culture), financial literacy, scholarships,
Asian-American Health Initiative	240.777.4517	http://www.aahiinfo.org	Helps to eliminate health disparities that exist between Asian Americans and their non-Asian counterparts. (Montgomery County Department of Health and Human Services—Office of Minority and Multicultural Health).
Asian Pacific American Legal Resource Center	202-393-3572	www.apalrc.org	Individual legal needs of low-income and limited-English proficient Asian Americans: workers' rights, domestic violence, and immigration,
Boat People SOS – Adelphi	301-439-0505	www.bpsos.org	Programs for Vietnamese refugees and immigrants: Community Development, Family Services, Health & Mental Health, & Survivor Services.
Identity, Inc.	(301) 963-5900	http://www.identity.ws/	Works with Latino youth to empower them to reach their full potential and successfully transition into adulthood by providing them with knowledge, life skills, support and positive role models. Their strong family focus involves and supports Latino parents, guardians and other family members. Youth services: After school programs, making better choices, gang issues
Spanish Catholic Center	(301) 431-3773	1015 University Boulevard East Silver Spring, MD 20903	Spanish Catholic Center provides medical, dental, immigration, legal, education and social services to over 40,000 clients, primarily new Latino immigrants in Mt. Pleasant, Gaithersburg, and Langley Park.
CASA de Maryland	301.270.8432 Bi-lingual hotline	http://www.casademaryland.org/	Provides services, education, and legal impact strategies that support low-income women, workers and tenants to be self-sufficient and improve their economic and social well-being.

			<p>Included in the Service Department are the Health Promotion Program, Legal Program, Social Services Program, and Employment Program.</p> <p>Classes include financial literacy, citizenship preparation, home improvement licensure prep courses, Spanish literacy, computer classes, vocational training, and seven levels of ESOL (English for Speakers of Other Languages). CASA also provides technical assistance & courses for individuals interested in starting a small or cooperatively-owned business.</p>
Lutheran Social Services of the Nat'l. Capital Area	703-698-5026 ext. 138 (Sarah Grouse, Director)	http://www.lssnca.org/	Empowers refugees and immigrants to support each other, to better access community services, and to become self-sufficient and active members of their new communities.
Through the Kitchen Door International		http://www.kitchendoor.org/index.shtml	Dedicated to empowering recent immigrant and low income adults and at-risk youth, food service training
Gilchrist Center for Cultural Diversity	240-777-4940	http://www.montgomerycountymd.gov/rectmpl.asp?url=/content/rec/gccd/index.asp	Promote different ethnic groups, assist w/economic development (small business owners, mortgage crisis, etc.), ESOL classes, legal assistance, citizenship classes, multilingual basic computer classes, Spanish classes, referrals.
Shepherd's Table		www.shepherdstable.org	Meals (dinner), eye clinic by referral, clothes closet, resource center.
Montgomery Community College	301-962-8950	http://www.montgomerycollege.edu/wdc/e/englishlanguageskills.html	Free English Classes
Montgomery Coalition for Adult English Literacy	240-514-2358	www.mcael.org	Directory of ESOL classes throughout county
Mo Co Bar Foundation: Legal Clinics of the Pro Bono Program	301 424-7651	www.montbar.org	Free consultation with a lawyer for advice on civil matters for residents of Montgomery County. Do not accept fee-generating cases. Clinics held at: Tess Community Service Center , 301 565-7675, 8513 Piney Branch

			Rd, Silver Spring (1st & 3rd Wed, 6:00 pm to 7:00pm) Spanish Catholic Center 301 417-9113 117 N. Frederick Ave, Gaithersburg (1st & 3rd Tuesday from 6:00 pm to 7:00pm) Gilcrest Center for Cultural Diversity 11319 Elkin St, Wheaton MD (2nd & 4th Wednesday 6:00 pm to 7:00 pm)
Catholic Charities Immigration Legal Services	Celia Rivas (301) 740-2523	http://www.catholiccharitiesdc.org/find/services/index.php?id=173	Provides direct immigration legal assistance to foreign born individuals, including: naturalization (citizenship), asylum, employment and family-based permanent residency, H-1Bs, relief from removal, self-petitions, TPS, etc. Primarily for clients residing in Maryland, DC and Virginia. No income restrictions.
Women's Law Center: Multi-Ethnic Domestic Violence Project	Multi-lingual voice mail: 410-534-8800	http://www.wlcmd.org/domesticviolence.html#statewide	Provides representation to foreign born victims of domestic violence in VAWA Self-Petition proceedings, as well as in Final Protection Order hearings around the State of Maryland. The MEDOVI staff work with foreign born clients who have been abused by an intimate partner (current or former boyfriend or girlfriend, current or former spouse, parent of a child in common). Free.
Refugee Training Center (Montgomery College)		http://www.montgomerycollege.edu/wdc/aelg/citizenship.htm	Offers free classes to refugees and asylees, as well as to legal permanent residents who are preparing for citizenship
Latino Economic Development Corporation	240-777-4960	http://www.ledcdc.org/	Lenders for small businesses, help w/writing business plans, microloans, teach Quickbooks class, mortgage & foreclosure crises.
Conflict Resolution Center of Montgomery County	301-942-7700	http://www.crcmc.org	Provides quality dispute prevention, resolution, and education to individuals and community organizations.

Jewish Vocational Services	301-587-9666 (Silver Spring) or 301-838-4200 (Rockville - Wood Hill Road)	http://www.jssa.org/ web/guest/services/a dult/career	Training programs, money management, job seeking skills
JSSA: Newcomer Resettlement program	301-770-5120	http://www.jssa.org/ web/guest/services/c ommunity/newcomer	Employment counseling, Acculturation services Financial assistance, Volunteer services (including medical and dental care, legal and accounting assistance.)
Mercy Health Clinic		http://www.mercyhe althclinic.org	free, not-for-profit, non-sectarian, community based volunteer organization providing quality healthcare to uninsured, low- income residents of Montgomery County
Montgomery County DHHS Sexually Transmitted Disease and AIDS/HIV Program	240-777-3999 (Clinic) 240-777-1760 (HIV Testing)	http://www.montgo merycountymd.gov/ hhstmpl.asp?url=/con tent/hhs/ads/ DisabilityNetworkDir ectory/aids_hiv resou rces.asp	Clinic, support, outreach, education, testing, counseling, family support for people with STDs and HIV/AIDS. Also, TB, immunizations, dental (through Catholic Charities).
Montgomery Cares clinics	301-628-3455	http://www.montgo merycares.org	Provides primary health care to medically uninsured, low-income adult residents of Montgomery County through a variety of clinics, including MobileMed, Community Clinic, Proyecto Salud, and others. Clinics by location on website.
Proyecto Salud (Montgomery County)	301-962-6173	http://www.proyecto salud.org	Provides countywide, family centered primary care services to the Latino population. Services include physicals, management for chronic diseases, sports and school physicals, EKG's and laboratory work. Provides referrals to other agencies.
Montgomery County Colesville Adult Dental Clinic	301-384-9795		General dental care, including emergency dental services, are provided to adults ages 19 - 60 years. Patients in need of specialty dental care are given information for appropriate resources for follow up care. Eligibility Requirements: Montgomery County resident; income eligibility is required; Patients are referred in through designated agencies via

			formal referral.
Mobile Medical Care		http://www.mobilemedicalcare.org/ (provides clinic locations & times)	"Our patients are primarily the uninsured, homeless, unemployed, political refugees, victims of torture, and immigrants from throughout the world."

SENIORS AND PEOPLE WITH DISABILITIES:

Aging and Disability Information and Assistance: 240-777-3000

ADA Information Center for the Mid-Atlantic Region 1-800-949-4232

Adult Protective Services 240-777-3000

Commission on Aging 240-777-1120

Commission on People with Disabilities 240-777-1246

Developmental Disabilities Administration Southern MD 1-888-207-2479

Friendly Visitor/Mental Health Association Pets on Wheels 301-424-0656

Helpline (Jewish Council for the Aging) 301-255-4200 (healthcare, home care, housing, transportation, more)

Jewish Council on the Aging 301-881-8782

Legal Services for Seniors 1-888-215-5316

Local Social Security Rockville 301-413-0400 Medicare is Social Security!

Local Social Security Wheaton 301-427-2637

Maryland Disability Law Center 1-800-870-6362

Metro Access Transportation 301-562-5360

Metro Access (Transportation) for Seniors & People with Disabilities 301-562-5360

Nursing Home Ombudsman Program 240-777-3369

Senior Nutrition Program 240-777-3810

Recreation Department Senior Centers 301-468-4203

Respite Care 301-816-9647

Respite Care – ARC of MoCo 301-984-5792

Retired Senior Volunteer Program (MoCo Volunteer Center) 240-777-2600

Senior Health Insurance Counseling and Advocacy Program 301-590-2819

Special Needs Library 240-777-0960

Transportation Options for Seniors and People with Disabilities, Montgomery County, MD. A comprehensive guide to public, private and non-profit transportation. Updated April 2009. In pdf format. <http://www.montgomerycountymd.gov/content/hhs/ads/PDFs/transportationoptionsforseniorsandpwd.pdf>.

Therapeutic Recreation for Individuals of All Ages with Disabilities 240-777-6960

SHELTER/HOUSING RESOURCES:

Montgomery County:

Families needing shelter should go to the Department of Health and Human Services
12900 Middlebrook Road, Germantown
240-777-4448 Monday thru Friday, 8:30am to 5pm

On weekends and holidays, and after working hours, families should go to the Crisis Center at 1301 Piccard Drive, Rockville 240-777-4000. **Single adults** needing shelter should also contact the Crisis Center.

Cold Weather Shelters:

For Men:

Gude Drive Shelter 301-545-5025
600 E. Gude Drive, Rockville
Walk-in, Nov. 1 thru March 31, 5pm to 7am

For Women:

Rainbow Place for Women 301-762-3363
Rockville Presbyterian Church
215 W. Montgomery Ave., Rockville
Meal/shower/laundry, walk-in, Nov. 1 thru March 31, 7pm to 7am.

Year-Round Day Shelters

Montgomery Avenue Women's Center 301-984-0901
12250-C Wilkins Ave., Rockville, Mon.-Sun., 8am-6pm

Progress Place 301-585-4471
8210 Colonial Place, Silver Spring, 8am-5pm

TRANSPORTATION:

Bethesda HELP, 301-365-2022. Rides to the doctor and social services appointments.
www.bethesdahelp.org.

Connect-A-Ride, 301-738-3252, Transportation linkage information for older adults.

Gaithersburg HELP, 301-216-2510. Rides to the doctor and social services appointments.
www.gaithersburghelp.org.

Transportation Options for Seniors and People with Disabilities, Montgomery County, MD. A comprehensive guide to public, private and non-profit transportation. Updated April 2009. In pdf format.
<http://www.montgomerycountymd.gov/content/hhs/ads/PDFs/transportationoptionsforseniorsandpw d.pdf>.

WUMCO HELP, 301-972-8481 Rides to the doctor and social services appointments for clients in Barnesville, Boyds, Dickerson, Poolesville and Beallsville; also Clarksburg west of Rte. 270.
www.wumcohelp.org.

WOMEN & CHILDREN:

ChildLink, 240-777-GROW. Information and resources to help a child from birth to five years.

Commission for Women, Counseling and Career Center (Rockville) 240-777-8300. Couples counseling, career counseling, legal call back program and more.
<http://www.montgomerycountymd.gov/cfwtml.asp?url=/content/cfw/index.asp>.

Family Services Agency

Baby Steps, Early Head Start, Healthy Families Montgomery, counseling, substance abuse prevention education, and much more. 301-840-2000. www.familyservicesagency.org.

GUIDE Youth Services, provides prevention, early intervention, counseling and school-based mental health services.

Youth Service Centers:

Gaithersburg, 404 East Diamond Ave., 301-590-9864

Olny, Longwood Community Center, 19300 Georgia Ave., 301-774-3581

Upcounty, at the Upcounty Government Ctr., 12900 Middlebrook Rd., 301-972-0307

Linkages to Learning (partner):

Gaithersburg Middle School, 301-840-9507

Summit Hall ES, 301-840-1560

Sally K. Ride ES, 301-601-1616

Fox Chapel ES, 301-601-1614

Health Choice for Pregnant Women, 800-456-8900 to apply. Provides free pre- and post-natal care, nutrition advice. MD Dept. of Health and Mental Hygiene program.

MoCo Child Care subsidy programs 240-777-1155. 7300 Calhoun Place, Ste. 700, Rockville, MD.

MoCo Linkages to Learning, 240-777-1731 (Rockville).

OTHER RESOURCES:

Aging and Disability Services, MoCo DHHS 240-777-3810

Conflict Resolution Center of MoCo, 301-942-7700, www.crcmc.org. Helps individuals, groups and communities in MoCo constructively manage conflict by offering collaborative problem solving services such as mediation, facilitation, community conferencing and training.

Crime Victim Services:

VINE: 1-866-634-8463 to register to learn to custody status of an offender. VINE (Victim Information and Notification Everyday) is a free, anonymous, fully automated telephone service for crime victims and witnesses. It allows you to check the status of an inmate in the MoCo Detention Center, as well as other state correctional facilities.

Abused Persons Crisis Line 240-777-4673.

Victim Assistance and Sexual Assault Program, 240-777-1355 (Rockville)

Adult Protective Services, 240-777-3000, (Rockville), investigates charges of neglect and abuse to adults.

Child Protective Services, 240-777-4417 (Rockville), investigates charges of neglect and abuse to children.

Human Rights Commission, 240-777-8450, Provides assistance to victim of hate/bias crimes

Gaithersburg Human Services, (for City of Gaithersburg residents) 301-258-6398. Puts you in touch with agencies that provide various types of emergency assistance and services.

http://www.gaithersburgmd.gov/poi/default.asp?POI_ID=101&TOC=107;81;101;

Gaithersburg-Germantown Chamber of Commerce. Site provides information about businesses which are members of the Chamber. www.ggchamber.org.

Hospice Caring, Inc. 301-869-4673 Volunteer organization providing services for individuals and families facing death or grieving. www.hospicecaring.org.

Info Montgomery provides an inventory of human services available in the county and connects them to the people that need them. <http://www.infomontgomery.com/>.

Interfaith Clothing Centers (Rockville 301-424-3796 and Gaithersburg 301-977-1267 locations, serves MoCo). Referral from a recognized agency or organization is required. Provides donated clothing, household goods, school supplies, infant items, toys and children's books. <http://www.iworksmc.org/p-interfaith-clothing-centers.html>.

Interfaith Works, 301-762-8682. Provides a variety of programs, including homeless services, family services, congregation support and education. <http://www.iworksmc.org/index.html>.

Jewish Social Service Agency, 301-881-3700, for counseling/therapy, home health care services and much more. See: www.jssa.org.

Maryland State Dept. of Education, Division of Rehabilitative Services (DORS). Provides leadership and support in promoting the employment, economic self-sufficiency and independence of individuals with disabilities. Offices in Wheaton and Germantown. See <http://www.dors.state.md.us/dors> for more information.

Montgomery County Department of Health and Human Services website provides information about services offered by Montgomery County in order to help county residents achieve and maintain healthy, safe and self-sufficient lives.

<http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/bhcs/es.asp>.

Montgomery county Health and Human Services Information Line 240-777-1245.

Montgomery County Volunteer Center 240-777-2600,

<http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/content/Volunteer/index.asp>.

Narcotics Anonymous, 1-800-543-4670. Information about meetings and other services, catalog of literature available. www.na.org.

Red Book Online, Maryland's complete source of State Assistance Programs, www.mdredbookonline.com.

A Wider Circle, 301-657-1010, Provides programs and services, including furniture, home goods, workshops, stress and anger management, self esteem and mental fitness, healthy eating and more! www.awidercircle.org.