

SERVICES

CASE MANAGEMENT & REFERRALS

Case management, crisis intervention & referrals

- Walk-in hours Monday-Friday from 9am-4pm
- Montgomery County residents only

EDUCATION

Money Smart: Financial Education Class – Money Management

- In English: 1st & 3rd Tuesday of every month, 6-8pm
- In Spanish: 3rd Tuesday of every month, 6-8pm
- Call to register: 301-942-1790

Nutrition Classes – coming this summer and fall

EMPLOYMENT SERVICES

- Includes resumes, cover letters, job search assistance, job and interview coaching, and more

FAMILY

Abriendo Puertas/Opening Doors (in Spanish)

- Parenting education and empowerment group
- 10 sessions, Thursdays from 11am-1pm
- Childcare provided with snacks & activities

Sanctuaries for Life

- Assists uninsured, pregnant women locate affordable prenatal care and other resources
- Serves women in the DC/PG/MC areas
- Quarterly childbirth education classes for expecting women and couples
- Call 301-441-1472 Monday-Friday from 10am-4pm for additional information

FINANCIAL ASSISTANCE

In the Name of the Mother Fund

- Financial assistance for single mothers with cancer; must also have a child 17 years old or younger

Neighborhood Service Center

- Montgomery County residents only
- Wednesdays and Friday from 9am-3pm
- Department of Health and Human Services (DHHS) sees walk-ins to complete applications for government income assistance programs:
 - Temporary Cash Assistance
 - Food Stamps
 - Medical Assistance
 - Child care subsidy program
 - Home energy programs
 - Eviction prevention, utility disconnections (Wednesdays only, limited to zip codes covered by Rockville DHHS office)

FOOD, CLOTHING, & DIAPERS

Emergency Choice Food Pantry

- Monday, Wednesday, & Friday from 9am-4pm
- Intake with caseworker required. Bring proof of MC residency, financial need, and proof of people in household. Bring your own bags.
- Limited to emergencies only.

Capital Area Food Bank Mobile Market

- Second Monday of every month from 3-6pm (no food in Oct, Jan, Feb)
- Free Produce: Bring your own bag/box; one share of food per family

MANNA Food Center Distribution Site

- Montgomery County residents only
- Agency or self-referral required
- Receive groceries once a month
- Pick-up is on Tuesdays from 4-7pm
- MANNA Food Center: 301-424-1130

Clothing Shop

- Clothes, shoes, household items
- Infant to adult sizes (\$.25 to \$2 per item)
- First Monday of every month from 8am-3pm (2nd Monday during holidays)

HEALTH

Catholic Charities Medical & Dental Clinics

- Medical: Primary care for low-income, uninsured and underinsured adults and children. By appointment only. Call 301-434-8985
- Dental: Comprehensive dental services for low-income, uninsured and underinsured MD residents. By appointment only. Call 301-933-0868 ext. 928

LEGAL SERVICES

Immigration Legal Services

- Consultations every Thursday 8am
- No consultation on the last Thursday of the month
- \$80 consultation fee (cash, check, credit card)

Legal Network

- Free for low-income residents
- Types of cases seen: consumer debt/bankruptcy, employment, family law, landlord-tenant issues, public benefits, wills and probate (no criminal cases)
- Call for intake, Monday through Friday 9:30am-12pm and 2pm-4:30pm
- English intake line: 202-350-4305
- Spanish intake line: 202-772-4325