

<b>EMERGENCY NUMBERS</b>		
<b>CRISIS CENTER (24hrs.)</b>	1301 Piccard Drive, Rockville	240-777-4000
<b>Child Abuse</b>	24-hour reporting line	240-777-4417
<b>Domestic Violence</b>	National Domestic Violence Hotline	800-799-7233
	Montgomery County Hotline	240-777-4673
	Family Justice Center (in Rockville)	240-773-0440
<b>Human Trafficking</b>	National Resource Center	888-373-7888
<b>Mental Health Crisis</b>	Crisis Center	240-777-4190
	Mental Health Association Hotline	240-738-2255
	Affiliated Community	301-251-8965
<b>Rape/Sexual Assault</b>	Sexual Assault Crisis Line	240-777-4357
	National Sexual Assault Hotline	800-656-4673
<b>Shelter/Crisis Response</b>		240-777-4000
<b>Non-Emergency Police</b>		301-279-8000
<b>Suicide</b>	go to a local emergency room!	911
	National Suicide Prevention Hotline	800-784-2433

Behavioral Health Partners, 604 Solarex Ct., Frederick	663-8263 x226
<b>Day Program</b>	
Bethesda Cares 7728 Woodmont Ave	301-907-9244
Community Vision: 8210 Dixon Ave	301-585-4471
Interfaith Works-Wilkins Women's Center: 12250 Wilkins Ave	301-770-2413
<b>Dental Care</b>	
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
<b>Disability Services (supported employment, job training, transportation, etc.)</b>	
Aging and Disability Resource Unit	240-777-3000
<b>Employment Search Resources</b>	
Arbor ResCare	301-562-8180
WorkSource Montgomery 11160 Veirs Mill Rd #100, Wheaton	301-929-4350
Spanish Catholic Center: Gaithersburg, 201 E. Diamond Ave., 3 <sup>rd</sup> Floor	301-740-3251
Spanish Catholic Center: DC, 1618 Monroe St. NW	202-939-2415

**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.

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**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/](http://www.fdic.gov/consumers/consumer/moneysmart/)  
Money Management International 866-889-9347

**Burial Assistance**

Contact the local DHHS office. 240-777-4550

**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  
Interfaith Clothing Center, 751 Twinbrook Pkwy., Rockville 301-424-3796  
Bethesda Cares 7728 Woodmont Ave 301-907-9244

**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

[www.CatholicCharitiesDC.org](http://www.CatholicCharitiesDC.org)

**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 (Debbie Bowers) 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](http://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, 1<sup>st</sup>-15<sup>th</sup> of month), Bethesda First Baptist, 5033 Wilson Ln.  
Bethesda (M-F 12:45-1:45pm, 16<sup>th</sup>-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 (2<sup>nd</sup> 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
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
Community Clinic- Silver Spring (man and women)	301-585-1250

**Housing Search Resources/ Strategies**

Victory Housing (Archdiocese of Washington affordable housing) <a href="http://www.victoryhousing.org">www.victoryhousing.org</a>	301-493-6000
Public Housing, Housing Choice Vouchers In-House Section 8 <a href="http://www.hocmc.org">www.hocmc.org</a>	240-773-8806
Maryland Housing Search Website, <a href="http://www.mdhousingsearch.org">www.mdhousingsearch.org</a>	
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, \$80 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/ 202-772-1201
Catholic Charities' Archdiocesan Legal Network (en Español)	202-772-4325
Legal Aid Bureau	301-560-2100
Bar Foundation Pro-bono	202-424-7651
Legal Aid	240-314-0373
Shepherd's Table	301-585-6463

**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
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[www.CatholicCharitiesDC.org](http://www.CatholicCharitiesDC.org)**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
Gabriel Project	1800-264-3565
Rachael Program	301-982-2008

**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 Reedy Dr., Wheaton	301-929-8675
Emergency Mortgage Assistance, <a href="http://www.mdhope.org">www.mdhope.org</a>	877-462-7555
HUD's Making Home Affordable Program, <a href="http://www.makinghomeaffordable.gov">www.makinghomeaffordable.gov</a>	

**Senior Citizens**

Aging and Disability Resource Unit	240-777-3000
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**Street Outreach**

People Encouraging People: 255 N. Stonestreet Ave	301-637-6700
City of Gaithersburg: 1 Wells Avenue	301-258-6390
Community Vision: 8210 Dixon Ave	301-585-4471

**Shelter (Emergency) & Homelessness****\*\*Contact the Crisis Center first (24 hours/day) \*\***

1301 Piccard Drive, Rockville MD	240-777-4000
<b>Men</b>	
Bethesda House, 4848 Cordell Ave., Bethesda	301-907-9597
Carroll House, 2699 Linden Ln., Silver Spring	301-942-1790
<b>Women</b>	
Laytonsville Havens, 5834 Riggs Rd., Laytonsville	301-762-3363
Dorothy Day Place, 251 North Stonestreet Ave., Rockville	301-762-8314
<b>Family</b>	
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
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**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
EUSP-Electric Universal Services Program	240-777-4450

**Veterans Support**

WorkSource Montgomery- 11002 Veirs Mill Rd.	David Coxe	240-567-5405
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