



COMMUNITY RESOURCE GUIDE MONTGOMERY COUNTY



ALCOHOL & DRUG ABUSE/SMOKING CESSATION

Avery Road Treatment Center	(301)762-5613
Alcoholics Anonymous Hotline	(202)966-9115
Bilingual Counseling Center	(301) 942-7821
Montgomery County Addiction Services -Access to Addiction Services -Outpatient Addiction Services -Prevention Alcohol /Drug (Teen)	(240)777-4710 (240)777-1770 (240)777-1680 (240)777-1710
Narcotics Anonymous Helpline	(800)543-4670
Smoking Cessation	(240)777-1222
Smokefree.gov	(800)QUIT-NOW

BREASTFEEDING

CCI-WIC Program	(301)762-9426
Holy Cross Hospital Lactation Center	(301)754-7745
La Leche League	(877)452-5324
Shady Grove Adventist Lactation Center	(240)826-6667
African American Health Program S.M.I.L.E. Program	(240)777-1833
Washington Adventist Support Group	(301)891-5305

CAR SEAT

Child Passenger Safety Hotline	(240)777-2222
Infant & Child Car Seat Safety Inspections	(240)777-2223
KISS Car Seat Loaner Programs	(800)370-7328
Safe Kids Montgomery County Vouchers	(240)777-2467

CHILD CARE

Child Care Subsidy Program	(240)777-1155
Child Care Resources and Referral Center	(240)777-3110
LOCATE: Child Care	(877)261-0060

CHILD DEVELOPMENT

Early Head Start - Family Services Inc.	(301)840-3272
Early Head Start – Lourie Center	(301)891-1900
Family Foremost Center	(301)585-3424
Infants & Toddlers Program (newborn to 3 years)	(240)777-3997
Ivymount Outreach Programs	(301)469-0223
Parent Resource Centers	(240)777-4377

CLOTHING

Adventist Community Services	(301)585-6556
Catholic Charities: -Montgomery County Family Center -Silver Spring -Spanish Catholic Center -Gaithersburg	(301) 942-1790 (301)417-9113
C-4 Clothes Closet – Silver Spring (w/ WIC folder)	(301)989-8742
Interfaith Clothing Center	(301) 424-3796
Rockville Pregnancy Center Baby Boutique	(301)770-4444

DENTAL SERVICE

African American Health Program	(301)421-5445
Community Clinic, Inc., Dental Services	(240)720-0510
Maryland Healthy Smiles Dental Program	(888)696-9596
Mont. Co. Adult Dental Services (19-60 years)	(301)384-9795
Mont. Co. Children/ Maternal Dental Services: -Germantown Dental Clinic -Silver Spring Dental Clinic -Piccard Drive Dental Clinic	(240)777-3290 (240)777-3135 (240)777-1875
Montgomery County HIV Dental Services	(240)777-1737
Spanish Catholic Center	(301)933-0868
University of Maryland Dental School	(301)314-9500

DISABILITY SERVICES

Autism Society of Montgomery County	(301)652-3912
Community Support Network -TTY	(240)777-1216 (240)777-1217
Division of Rehabilitation Services – Wheaton -Germantown	(301)949-3750 (301)601-1500
Learning Disabilities Association	(301)933-1076
Maryland Relay (Hearing Impaired)	711 (V/TTY)
Montgomery County Aging & Disability -TTY	(240)777-3000 (240)777-4575
Montgomery Co. Transitioning Youth Services -TTY	(240)777-1216 (240)777-1217
The Parents' Place of Maryland	(410)768-9100
Rehabilitation Opportunities, Inc.	(240)686-0866
Respite Services of Montgomery County	(301)816-9647

DOMESTIC VIOLENCE / SEXUAL ASSAULT

House of Ruth Hotline (24 hour)	(410)889-7884
Montgomery County Abused Persons Program - 24 hrs (Shelter from Abuse)	(240)777-4195 (240)777-4673
Montgomery County Child Welfare Services - TTY	(240)777-3500 (240)777-3556
Montgomery County Crisis Center (24 hrs)	(240)777-4000
Montgomery County Family Justice Center	(240)773-0444
Mont. Co. Sheriff's Office Domestic Violence Unit	(240)777-7016
Montgomery Co. Victim Ass. & Sexual Assault - Weekdays - 24 hrs (crisis line) - TTY	www.vasap.org (240)777-1355 (240)777-4357 (240)777-1347
National Domestic Violence Hotline - TTY	(800)799-SAFE (800)787-3224
Police Department's Victim Assistance Programs -Rockville City -Takoma Park	(240)314-8917 (301)891-7147
Sexual Assault Legal Institute	(301)565-2277

EDUCATION - LITERACY CLASSES

CASA de Maryland	(301)445-3139
Literacy Council of Montgomery County (Adults)	(301)610-0030
Catholic Charities – Mont. County Family Center Spanish Catholic Center - Gaithersburg	(301)942-1790 (301)740-2523
Ed Bohrer Parent Resource Center (ESOL)	(301)926-4895
Montgomery Coalition for Adult English Literacy	(301)881-1338
Montgomery College Adult Education (ESOL)	(240)567-8950

EDUCATION PROGRAMS

Crossway Community, Inc. (Adult women)	(301)929-2505
Family Foremost Center	(301)585-3424
Judy Center - Gaithersburg - Silver Spring	(301)548-8287 (301)431-7696
Maryland Multicultural Youth Centers	(301)495-0441
Montgomery College Adult Education (GED)	(240)567-8950
Montgomery County Public Schools -Early Childhood Programs and Services	(301)309-6277 (301)230-0691
Prekindergarten/ Head Start Program	(301)230-0676
US Dept. of Education	(800)872-5327

EDUCATION – SPECIAL NEEDS

Child Find (35 months to Kindergarten age)	(301)947-6080
Preschool Education Program	(301)279-2058
The Treatment and Learning Centers	(301)424-5200

EMERGENCY FOOD /SUPPLIES

Adventist Community Services – Silver Spring	(301)585-6556
Bethesda Cares	(301)907-9244
Bethesda HELP	(301)365-2022
Catholic Charities: -Montgomery County Family Center -Silver Spring -Spanish Catholic Center -Gaithersburg	(301) 942-1790 (301)417-9113
Interfaith Works Community Emergency Support	(301)762-8682
Damascus HELP	(301)253-4100
First Baptist Church Food Closet - Gaithersburg	(301)585-5454
Food Stamp Program - SNAP	(800)221-5689
Gaithersburg HELP	(301)216-2510
Germantown HELP	(301)482-1320
Islamic-American Zakat Foundation	(301)907-0997
MANNA Food Center	(301)424-1130
Mid County United Ministry - Wheaton	(301)929-8675
Olney HELP	(301)774-4334
Rockville FISH	(301)564-0800
Salvation Army Montgomery County	(301)515-5354
SHARE Food Network	(301)864-3115
Shepherd's Table – Silver Spring	(301)585-6463
St. Martin's Pantry & Soup Kitchen - Gaithersburg	(301)990-3203
United Church of Christ - Germantown	(301)540-3449
Upper Montgomery County Assistance Network	(301)926-4422
Western Upper Montgomery County HELP	(301)972-8481

EMPLOYMENT PROGRAMS / UNEMPLOYMENT

Adventist Community Services Job Programs	(301)585-6556
CASA De Maryland Employment Program	(301)431-4185
Catholic Charities: -Montgomery County Family Center -Silver Spring -Spanish Catholic Center -Gaithersburg	(301)942-1790 (301)417-9113
Division of Unemployment Insurance	(301)313-8000
Latin American Youth Ctr. Job Readiness	(301)495-0441
Montgomery County Family Center	(301)942-1790
Montgomery Works -Wheaton -Germantown -Veterans' Representatives	(301) 946-1806 (240)403-3600 (240)777-2050 (301)946-1806
Take Flight, Inc.	(240)839-1848

FAMILY SUPPORT SERVICES

Child Link	(240)777-4769
Family Services, Inc. – Baby Steps -Healthy Families Montgomery	(301)840-3232 (301)840-3232
Linkages to Learning	(240)777-1731
Maryland Choices	(877)565-5392
Montgomery County Collaboration Council	(301)354-4905
Parenting HelpLine	(800)243-7337

FINANCIAL/FUEL ASSISTANCE

CAFÉ Montgomery MD (Financial Education)	(240)654-5964
Rockville Emergency Assistance Program	(301)917-6811
Home Energy Assistance Program	(240)777-4450
Maryland CASH Campaign (Financial Education)	(410)528-8006
Money Management International	(866)515-2227
Montgomery County Income Support Programs -Germantown -Rockville -Silver Spring	(240)777-3420 (240)777-4600 (240)777-3100

HEALTH CARE SERVICES

American Lung Association - Helpline	(800)586-4872
Cancer Prevention & Screening	(240)777-1222
- Women's Cancer Control Program	(240)777-1750
Community Clinic Inc. (Adults & Children)	(866)877-7258
-Gaithersburg: 200 Girard Street (212 A)	(301)261-0880
-Silver Spring: 8210 Colonial Lane	(301)585-1250
-Takoma Park: 7676 New Hampshire Ave (220 A)	(301)431-2972
EyeCare America (Children's Program)	(877)887-6327
Eye Clinic at Shepherd's Table	(301)587-0688
Holy Cross Hospital Health Center	
-Aspen Hill	(301)557-1940
-Gaithersburg	(301)355-7037
-Silver Spring	(240)567-5600
Mansfield Kaseman Health Clinic	(301)917-6800
Mary's Center for Maternal and Child Care	(240)485-3160
Mercy Health Clinic - Gaithersburg	(240)773-0300
Mobile Medical Care, Inc. (Call for Appointment)	(301) 493-2400
- Up County Clinic	(301)634-9600
- Korean Community Service Center	(240)683-6663
- CASA de Maryland	(301)431-5776
Montgomery County Immunization Info Line	(240)777-1050
Montgomery County Flu Info Line	(240)777-1050
Montgomery County STD/HIV Testing Program	(240) 777-1760
Mont. Co. TB Control Program (PPD/Chest X-ray)	(240)777-1800
Montgomery Cares - www.montgomerycares.org	(240)777-0311
Muslim Community Center Health	(301)384-2166
Pan Asian Volunteer Health Center	(240)631-1140
People's Community Wellness Center	(301)847-1172
Projecto Salud	(301)962-6173
- Montgomery General Hospital Campus	(301)260-1073
The People's Community Wellness Center	(301)847-1172
Spanish Catholic Center	(301)434-8985
Under One Roof	(240)777-3274

HEALTH CARE INSURANCE

Care for Kids	
- Germantown	(240)777-3591
- Rockville	(240)777-3120
- Silver Spring	(240)777-3066
Montgomery County Service Eligibility Units	
-Germantown	(240)777-3591
-Rockville	(240)777- 3120
-Silver Spring	(240)777- 3066
Montgomery Rx (Prescription Assistance)	(240)777-1245

HEALTH & HUMAN SERVICES DEPARTMENTS

-Germantown	(240)777-3420
-Rockville	(240)777-4000
-Silver Spring	(240)777-3100

HOMELESS RESOURCES

Family Stabilization Program	(301) 622-7901
Interfaith Works Community Emergency Support	(301)762-8682
Montgomery County Coalition for the Homeless	(301)217-0314
Montgomery Co. County Crisis Center (24 hrs)	(240)777-4000
Montgomery Co. Homeless Services - Families	
Rockville	(240)777-4550
Silver Spring	(240)777-3075
Germantown	(240)777-4448
Progress Place	(301)585-4471

HOSPITALS

Holy Cross Hospital (Silver Spring)	(301) 754-7000
Montgomery General Hospital (Olney)	(301)774-8882
Shady Grove Adventist Hospital (Rockville)	(240)826-6000
Suburban Hospital (Bethesda)	(301)896-3100
Washington Adventist Hospital (Takoma Park)	(301)891-7600

HOUSING ASSISTANCE

Housing Opportunity Commission (HOC)	(240)773-9000
Maryland HOPE	(877)462-7555
Mont. Co. Dept of Housing & Community Affairs	(240)777-3600
Mont. Co. Landlord-Tenant Affairs	(240)777-0311
Mont. Co. Rental Assistance Program	(240)777-4400

LEGAL SERVICES

CASA De Maryland	(301)431-4185
Conflict Resolution Center	(301)652-0717
House of Ruth Legal Line	(888)880-7884
Bar Assoc. of Mont. Co. Lawyer Referral Service	(301)279-9100
Legal Aid Bureau	(240)314-0370
Pro Bono Program	(301)424-7651
TESS Community Service Center	(301)565-7675

MENTAL/BEHAVIORAL HEALTH

Family Services Agency, Inc.	(301)840-2000
GUIDE Youth Services	(301)549-3602
Institute for Family Centered Services	(301)721-9324
Ivymount Outreach Programs	(301)469-0223
Maryland American Psychiatric System	(800)888-1965
Mental Health Association of Montgomery Co.	(301)424-0656
-Hot Line	(240)738-2255
Montgomery County Behavioral Health Services	(240)777-1770
Montgomery County Crisis Center	(240)777-4000
Montgomery County Federation of Families	(301)879-5200
National Alliance on Mental Illness Mont. Co.	(301)949-5852
People Encouraging People	(240)777-4797

MINORITY HEALTH

African American Health Program	(240)777-1833
Asian American Health Initiative	(240)777-4517
CASA de Maryland Bilingual Health Hotline	(301)270-8432
Latino Asthma Program Info Line	(240)777-3384
Latino Health Initiative	(240)777-3221
Su Familia Health Line	(866)783-2645

NATURALIZATION SERVICES

Ayuda	(202)387-4848
CASA De Maryland	(301)431-4185
Catholic Charities	
-Gaithersburg (make appointment)	(301)740-2523
-Silver Spring	(301)942-1790
La Comunidad de Habla Hispana de Maryland	(301)587-7217
Gilchrist Center -New Americans Welcome Area	(240)777-4940
Korean Community Service Center	(240)683-6663
Latino Outreach Program Citizenship Class	(301)637-0721
US Citizenship & Immigration Services	(800)375-5283
Maryland Vietnamese Mutual Association	(301)588-6862

OTHER SUPPORT SERVICES

24-hour Voter Information Line	(240)777-VOTE
Center for Infant & Child Loss	(800)808- 7437
Eating Disorder Network of Maryland	(443)377-1266
Hospice Caring, Inc.	(301)869-HOPE

Jewish Social Service Agency	(301)838-4200
Maryland Insurance Administration	(800)492-6116
MD Division of Vital Records – Birth Certificates	(410) 764-3038
Montgomery County Child Welfare Services	(240)777-3500
Montgomery County Information Line – 311	(240)777-0311
Mont. Co. Office of Child Support Enforcement	(800)332-6347
Montgomery County Police - Non-Emergency	(301)279-8000
-Family Crimes	(240)773-5400
Montgomery County Recreation Department	(240)777-6840
Mont. Co. Supportive Listening / Suicide Hotline	(301)738-2255
Post Partum Depression Hotline	(800)773-6667
Shaken Baby Family Violence Prevention	(301)421-5752
Social Security Administration - Rockville	(800)772-1213
Tax Preparation	(240)777-2577

PREGNANCY/PRENATAL CARE/REPRODUCTIVE HEALTH

Birth and Care Program – College Park	(301)441-1472
Birthingright	(301)946-3339
Centro Tepeyac	(301)587-9516
Community Clinic, Inc. Family Planning -Greenbelt	(240)790-3325
Emergency Contraception Hotline	(800)584-9911
Expanded Family Planning – Medical Assistance	(855)694-4993
Howard University Hospital OB/GYN Clinic	(202)865-7992
Holy Cross OB/GYN Clinic	(301)754-7630
Kaiser Permanente Bridge Program	(240)777-2069
-Germantown	(301)946-1806
-Wheaton	
Mary's Center	(240)485-3160
Mont. Co. Maternity Partnership Program	(240)777-1245
Mont. Co. Pregnancy Testing - Germantown	(240)777-3380
Silver Spring	(240)777-3160
National Hispanic Prenatal Healthline	(800)504-7081
Planned Parenthood - Gaithersburg	(301)208-1300
-Silver Spring	(301)608-3448
Providence Hospital Center for Life	(202)269-7074
Rockville Pregnancy Clinic	(301)770-4444
Sanctuaries for Life	(301)441-1472
Shady Grove Pregnancy Center	(301)963-6223
Teen and Young Adult Health Connection(TAYA)	(301)565-0914
Gaithersburg	(301)275-7675
Washington Hospital Center OB/GYN Clinic	(202)877-7101

TRANSPORTATION

Call 'N' Ride (Taxi coupon - Disabled Persons)	(301)948-5409
Damascus Help (Upper County)	(301)253-4100
Gaithersburg Help	(301)216-2510
Metro Programs for Disabled Persons:	
-MetroAccess	(301)562-5360
-Metro's Reduced Fare	(202)962-1245
-Transit Accessibility Center (application)	(202)962-2700
Mont. Co. Dept of Transportation (Ride-On)	(240)777-0311
Motor Vehicle Administration	(800)950-1682
Special Transportation Office (Medicaid)	(240)777-5890
Washington Metropolitan Area Transit Authority	(202)637-7000
Western Upper Montgomery County Help	(301)972-8481
(WUMCO) - limited service area	

VETERANS

Maryland's Commitment to Veterans	(877)770-4801
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