



COMMUNITY RESOURCE GUIDE

MONTGOMERY COUNTY

ALCOHOL ABUSE/SMOKING CESSATION

Addiction Services (240)777-4710
(240)777-1770
Prevention Alcohol /Drug (Teen) (240)777-1710
Smoking Cessation (240)777-1222

BREASTFEEDING

African American Health Program
- Nurse Case Management (240)777-1833
CCI WIC Program
- Maria Carunungan, RD, LD (301)762-9426
Holy Cross Hospital Lactation Center (301)754-7745
Shady Grove Adventist Lactation Ctr. (240)826-7523
Washington Adventist Lactation Ctr. (301)891-4852

CAREER / JOB CENTERS

Adventist Community Service (301)585-6556
CASA De Maryland (301)431-4185
Montgomery Works (301)929-4350
- Wheaton (240)403-3600
- Gaithersburg (301)519-8253
Women Career Center (240)777-8300

CAR SEAT

Child Passenger Safety Program (240)777-2467
- Safety Hotline (240)777-2222
Car Seat Inspection (240)777-2223
K.I.S.S Program (Car Seat Rental) (800)370-7328

CHILD CARE

Child Care Subsidy Program (240)777-1155
- TTY (240)777-1009
Child Care Connection (240)777-3130
www.mdchildcare.org
Child Care Resource Center (301)279-1260

DENTAL SERVICE

African American Oral Health (301)421-5445
Colesville (Adult) Dental Clinic (301)384-9795
- Silver Spring (Ages 19-60 w/ Referral)
HIV Dental Services (240)777-1737
Montgomery Co. Dental Clinics (Fee-for-Service)
(Ages 0-18 & Pregnant women 12-50 years w/ referral)
- Rockville (240)777-1875
- Germantown (240)777-3290
- Silver Spring (240)777-3135
Small Smiles (DC/MD, <20 yrs old) (202)829-5437

DISABILITY SERVICES

Aging and Disability Services (240)777-3000
- TTY (240)777-4575
Transit Information Center (240)777-7433
(Free Ride on Ride-on or Metro buses)

DOMESTIC VIOLENCE

Abused Persons Program (240)777-4195
- 24 hrs (240)777-4673
Child Welfare Services (240)777-3500
- Child Abuse Hotline (24 hrs) (240)777-4417
Domestic Violence Hotline (800)799-7233
- TTY (800)787 3224
House of Ruth Counseling Center (240)450-3270
- Rockville (240)777-9077
- Hotline (410)889-7884
Montgomery Co Crisis Center (24 hrs) (240)777-4000
Montgomery Co. Sheriff's Office
- Domestic Violence Unit (240)777-7016
National Network to End Domestic Violence
- Hotline (800)799-7233
- TTY (800)787-3224
Victim Assistance & Sexual Assault Program
www.vasap.org
- Weekdays (240)777-1355
- 24 hrs (crisis line) (240)777-4357
- TTY (240)777-1347
Victim's Advocate
- Rockville (240)314-8917
- Takoma Park City (301)891-7147
Victim Services (Shelter from Abuse) (240)777-4673

EDUCATION PROGRAMS

Countdown to Kindergarten - www.countdownMD.org
Early Head Start/ Family Services (301)840-3276
Family Foremost Center (301)585-3424
Help Me Learn (301)628-3167
Judy Center
- Gaithersburg (301)548-8287
- Silver Spring (301)431-7696
Mont. Co. Public Schools (301)309-6277
www.montgomeryschoolsmd.org/parents
Pre-K / Head Start Program (301)230-0676
- TTY (301)230-5462
Reading is Fundamental (877) 743-7323
<http://www.rif.org>
US Dept. of Education (800)872-5327
<http://www.ed.gov/parents/landing.jhtml>

EDUCATION –SPECIAL NEEDS

Infants & Toddlers Program (240)777-
Preschool Education Program (301)279-
The Parent's Place of MD (800)394-

EMERGENCY FOOD AND/OR SUPPLIES

Adventist Community Service (301)585-
Bethesda HELP (301)365-
Birthright (301)946-
(Maternity, infant & child clothes up to 24 months
C-4 Clothes Closet (w/ WIC folder) (301)989-
CASA De Maryland
- Langley Park (240)821-
- Silver Spring (301)431-
- Wheaton (301)933-
Catholic Charities (Silver Spring) (301)942-
Damascus HELP (301)253-
First Baptist Food Closet (301)585-
Food Stamp Program (800)221-
Gaithersburg HELP (301)216-
Germantown HELP (301)482-
Interfaith Clothing Center
- Rockville (301)424-
- Gaithersburg (301)977-
MANNA Food Center (301)424-
Martha's Closet
Hyattsville T /TH (9AM-12PM) (301)699-
Mid County United Ministry (301)929-
Morningstar Church (301)977-
Olney HELP (301) 774
Rockville FISH/HELP (301) 564
Shepherd's Table (301)585-
St Martin of Tours Pantry (301)990-
Upper Montgomery County Assistance Network
- Gaithersburg (301) 926-
WUMCO Help (301)972-
(Western Upper Montgomery County Help)
FINANCIAL/FUEL ASSISTANCE
Dept. of Social Services (240)777-3420 Home
Asst. Program (240)777-4450
HEALTH CARE
Child and Adolescent Outpatient Mental Health S
- Silver Spring (240)777-1450
Community Clinic Inc. (866)877-7258
(Primary care services for adults and children)
www.cciweb.org
200 Girard Street, Gaithersburg (301)261-0880
8210 Colonial Lane. Silver Spring (301)585-1250

7676 New Hampshire Avenue Ste. 220A
 Takoma Park (301)431-2972
 Holy Cross Hospital Health Ctr
 Montgomery College (301)567-5600
 Holy Cross Hospital Health Center
 at Gaithersburg (301)355-7037
 Mercy Health Clinic (240)773-0307
www.mercyhealthclinic.org
 Mobile Medical Care, Inc. (301)493-2400
 Muslim Community Ctr Health (301)384-2166
www.mcmedicalclinic.org
 Pan Asian Volunteer Center (240)631-1140
 Proyecto Salud (301)962-6173
www.proyectosalud.org
 Spanish Catholic Center (301)434-3999
 Teen Connection of Takoma (301)565-0914
 (Primary care services for females age 12-34)
 4100 Spring Street #200
 Silver Spring, MD 20902
 Cost: Based on income, \$10 for pregnancy testing
 (waived with high school ID)
 The People's Community Wellness (301)847-1172
 (Primary care services for Adults age 19 & up)
 3300 Briggs Chaney Road
 Silver Spring, MD 20903
 Cost: Free or donation of \$15
 Montgomery County Health Dept Other Services
 Immunization Clinic/General Info (240)777-1050
 HIV/AIDS Services (240)777-1869 TB Control
 (240)777-1800
 STD Clinic (240)777-1760
 Cancer Control Program
 Breast & Cervical Cancer (240)777-1750
 Colorectal Cancer (240)777-1222
 Oral Cancer (240)777-3496
 Prostate Cancer (240)777-1848

PRENATAL CARE & OTHER REPRODUCTIVE HEALTH INFORMATION
 African American Health Program (240)777-1833
 Birthright (301)946-3339
 Birth & Care Program (301)441-1472
 (P.G. County Residents Only)
 4700 Berwyn House Road
 College Park, MD 20740
 Centro Tepeyac (301)587-9516

Emergency Contraception Hotline (800)584-9911

Georgetown University Hospital (202)444-8531
 Dept. OB/GYN
 Holy Cross OB/GYN Clinic (301)754-7630
 1500 Forest Glen Road
 Silver Spring, MD 20902
 Howard University Hosp. OB/GYN (202)865-7992
 2041 Georgia Avenue
 Washington, DC 20060
 Mont. County Regional Health Ctr.
 Germantown (240)777-3380
 Silver Spring (240)777-3160
 Rockville (240)777-3120
 Planned Parenthood
 Gaithersburg (301)208-1300
 Silver Spring (301)608-3448
 Providence Hospital Ctr. for Life (202)269-7074
 1150 Varnum Street, NE
 Washington, DC 20017
 Rockville Pregnancy Center 301)770-4444
 Shady Grove Pregnancy Center (301)963-6223
 Su Familia (866)783-2645
www.hispanichealth.org
 The National Hispanic (800)504-7081
 (Prenatal Hotline)
 Washington Hospital Ctr. OB/GYN (202)877-7101
 110 Irving Street, NW
 Washington, DC 20010

HEALTH CARE INSURANCE
 African American Health Program 301)421-5445
 Care for Kids
 Picard Drive (240)777-3120
 Silver Spring (240)777-3066
 Germantown (240)777-3591
 Medical Assistance Program (240)777-4600
 School Health Services (240)777-1550

HOMELESS RESOURCES
 Bethesda Cares (301)907-9244
 Community Vision Day Program for Single Adults
 - Silver Spring (301)585-4471
 Crisis Center (240)777-4000
 The Dwelling Place
 - Transitional Housing (301)948-1988
 Rainbow Shelter
 - November – March (301)762-1496

HOUSING
 Housing Opportunity Commission (HOC)

www.hocmc.org (240)773-9000
 (TTY) (301)949-5326
 Maryland HOPE
www.mdhope.org (877)462-7555
 Rental Assistance Program (240)777-4400
 Supportive Housing Rental (240)777-4501
 Islamic-American Zakat Foundation
 - Rental Assistance (301) 907-0997

LEGAL SERVICES
 Ayuda (202)387-4848
 CASA De Maryland (301)431-41
 Lawyer Referral (301)279-9100
 Pro Bono Clinic (301)424-7651
 TESS Center (301)565-7675
 Catholic Charities (Gaithersburg) (301)740-

LITERACY CLASSES
 Literacy Council (301)610-0030
 Adventist Community Service (301)585-6556
 CASA De Maryland (301)431-41

MINORITY SERVICES
 Ayuda (202)387-48
 CASA De Maryland (301)431-41
 Comunidad De Habla Hispana (301)587-72
 Vietnamese Mutual Ass. (301)-588-68

PARENT RESOURCES
 Child Link (240)777-4769

SOCIAL SERVICES
 Rockville Office ☎ 240-777-4550
 1301 Piccard Drive, 2nd Floor
 Rockville, Maryland 20850
 Germantown Office ☎ 240-777-44
 12900 Middlebrook Road, 2nd Floor
 Germantown, Maryland
 Silver Spring Offices ☎ 240-777-307
 8818 Georgia Avenue
 Silver Spring, Maryland 20912

TRANSPORTATION
 Metro (202)637-7000
 Commuter Services 240-773-2989

OTHER SERVICES
 Asthma (American Lung Assoc) (800)586-4872
 Back to Sleep (SIDS Program) (800)505-CRIB
 Immunization Program (240)777-1050
 Shaken Baby Syndrome (301)421-5752
 Montgomery Co. Recreation Dept. (240)777-68