



Community Resources **For Families**



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Healthcare Access

Maryland Health Connection

Support in Germantown, Rockville & Silver Spring

1-855-642-8572;

240-777-1815

Healthcare coverage application portal

Medical Care for Uninsured Children (Care for Kids)

Support in Germantown, Rockville & Silver Spring

301-628-3450

Medical care for uninsured children

Department of Health and Human Services

Countywide

311; 240-777-0311

Health services available in Montgomery County

Dental Care

Countywide

311; 240-777-0311

Dental care for children and adults
with and without insurance

Vision Care

Countywide; Inquire with School Nurse

240-777-4940

Vision care for children and adults
with and without insurance

Child and Adolescent Assessment Services

1301 Piccard Dr. 1st Floor Rockville, MD 20850

240-777-4000

Substance use screening
and referral services for youth

Latino Health Initiative / Por Nuestra Salud y Bienestar

8630 Fenton St. 10th Floor Silver Spring, MD 20910

301-270-8432

Promotion of health and wellness
in the Latino community

African American Health Program

1401 Rockville Pike Suite 420 Rockville, MD 20852

240-777-1833

Promotion of health and wellness
in the African American community

Asian American Health Initiative

1401 Rockville Pike 3rd Floor Rockville, MD

20852

240-777-4517

Promotion of health and wellness
in the Asian American community

Prescription Assistance

Countywide

240-777-1246

Options for prescription access,
discounts, and other assistance



Mental Health Services Access

Crisis Center

1301 Piccard Dr. 1st Floor Rockville, MD 20850
240-777-4000
Mental health crisis support
24 hours a day, 7 days a week

Behavioral Health Resource Directory

Countywide
N/A
Directory of behavioral health
services in the county

988 Lifeline

Countywide
988
Call, text, or chat 24 hours a day, 7 days a week

Collaboration Council

1803 Research Blvd. #208 Rockville, MD 20850
301-610-0147
Pathways to services for youth with behavioral
health challenges and their families

Family Justice Center

600 Jefferson Plaza Suite 500 Rockville, MD 20852
240-773-0444
Multiple services for survivors
of domestic violence

National Alliance on Mental Illness

(NAMI)
1 Research Ct. Suite 315 Rockville, MD 20850
301-949-5852
Guide to behavioral health services in the county



Food Assistance

Free and Reduced School Meals

Please check in with your child's school
Application for free and reduced school meals

SNAP / Food Stamps Application

Countywide
1-800-332-6347
Application for SNAP (food stamp) benefits

Pregnant Women, Infants & Children (WIC)

Locations in Gaithersburg, Silver Spring, Takoma
Park, Rockville, & Wheaton
301-762-9426
Clinics that support eligible pregnant and
parenting county residents

Shepherd's Table

8106 Georgia Ave. Silver Spring, MD 20910
301-585-6463
Daily hot meals in Silver Spring

The Lord's Table

9008 Rosemont Dr. Gaithersburg, MD 20877
N/A
Daily hot meals in Gaithersburg

Daily Distribution Events

Countywide
311; 240-777-0311
Countywide daily food distribution calendar



Clothing, Furniture, & Other Assistance

Interfaith Works

981 Rollins Ave. 2nd Floor Rockville, MD 20852
301-762-8682
Clothing and household items assistance

Clarksburg Closet

23700 Stringtown Rd. Clarksburg, MD 20871
301-528-6702
Clothing assistance

A Wider Circle

9159 Brookville Rd. Silver Spring, MD 20910
301-608-3504
Furniture assistance

Greater DC Diaper Bank

Countywide
8860 Monard Dr. Silver Spring, MD 20910
202-702-4001
Diaper resources countywide



Housing & Utility Assistance

Crisis Center

1301 Piccard Dr. 1st Floor Rockville, MD 20850

240-777-4000

Support for residents at risk of eviction or currently unhoused

Housing Stabilization Services

Germantown, Rockville, Silver Spring

311; 240-777-0311

Housing assistance and case management

Landlord-Tenant Affairs

Countywide

311; 240-777-0311

Landlord and tenants' rights and assistance

Affordable Housing

Gaithersburg, Wheaton, East County

240-777-4940

County affordable housing options

Utility Assistance

1301 Piccard Dr. 4th Floor Rockville, MD 20850

240-777-4450

County utility assistance



International Family Resources

Gilchrist Immigrant Resource Center

East County
3300 Briggs Chaney Rd.
Silver Spring, MD 20904
240-777-8406

Gaithersburg
18330 Montgomery Village Ave. 2nd Floor
Gaithersburg, MD 20879
240-777-4960

Wheaton
11002 Viers Mill Rd. Suite 506
Wheaton, MD 20902
240-777-4941

Guide to community resources for immigrant county residents

Adult ESOL Class Directory


Countywide
301-881-1338
Guide to adult English
language classes
countywide

Maryland Pro Bono Immigration Legal Assistance

1500 Union Ave. Suite 2400 Baltimore,
MD 21211 (By Appointment Only)
667-899-5741 (WhatsApp)
Pro bono immigration legal
assistance in Maryland

Know Your Rights

Countywide
1-866-765-2272 (CASA Hotline)
Know your rights in your home,
vehicle, buildings, and more



Academic & Technology Assistance

MCPS Academics

850 Hungerford Dr. Rockville, MD 20850
240-740-3000 (All Languages);
240-740-2845 (Spanish)
MCPS academic programming

Homework Resources

850 Hungerford Dr. Rockville, MD 20850
240-740-3000 (All Languages); 240-740-2845
(Spanish)
Homework assistance for students

Tutoring

850 Hungerford Dr. Rockville, MD 20850
240-740-3000 (All Languages);
240-740-2845 (Spanish)
Tutoring assistance for students

MCPS College and Career Center

850 Hungerford Dr. Rockville, MD 20850
240-740-3000 (All Languages);
240-740-2845 (Spanish)
MCPS college and career preparation resources

George B. Thomas Learning Academy (Saturday School)

Countywide;
1401 Dennis Ave. Silver Spring, MD 20902
301-287-8980
Saturday School locations,
programs, and enrollment

Montgomery County Public Libraries

Countywide;
Administrative Offices at
21 Maryland Ave. Suite 310 Rockville, MD 20850
240-777-0002
Public libraries and related services

Free / Low Cost Computers & Internet

Germantown, Wheaton, East County
240-777-4940
Computer and internet resources

Xfinity Internet Essentials

Countywide
1-844-389-4681
Low cost internet services



Workforce

Workforce Montgomery

Germantown & Wheaton
240-406-5485 (Germantown); 301-929-6880
(Wheaton)
Employment support for county residents

Maryland Workforce Exchange

Countywide
410-767-2100
Maryland employment application portal



Youth Development & Mentorship

Department of Recreation

Countywide Locations; 2525 Reddie Dr. 10th Floor
Wheaton, MD 20902
240-777-6840
Recreation programming and employment

Street Outreach Network

Countywide
240-773-1229
Youth development and gang prevention

Domestic Violence Resources

National Domestic Violence Hotline

800-799-7233

Languages: English, Spanish, and 200+ via
interpretation

Hours: 24/7

Call, chat, or text support

Family Justice Center

600 Jefferson Plaza, Suite 500, Rockville, MD
20852

Phone: 240-773-0444

Provides free, coordinated support for domestic
violence victims, including advocacy, legal
services, counseling, and basic needs
assistance. Walk-ins welcome. Services
available in all languages.

Maryland Network Against Domestic Violence

1997 Annapolis Exchange Parkway, Suite 300,
Annapolis, MD 21401

Phone: 301-429-3601

Works with providers, professionals, and
communities to reduce domestic violence in
Maryland.

House of Ruth (Maryland)

2201 Argonne Drive, Baltimore, MD 21218

24-Hour Hotline: 410-889-7884

One of the nation's leading intimate partner
violence service providers.



General County Resources

Department of Juvenile Services

7300 Calhoun Pl. Suite 700 Rockville, MD 20850

301-610-8500

Support for court-involved
and other youth and their families

Child Welfare Services

1301 Piccard Dr. Rockville, MD 20850

240-777-4417 (Reporting); 240-777-3500
(General)

Support to prevent child abuse and neglect,
assist kinship caregivers, and more

Montgomery County Police Department

Countywide

301-279-8000 (Non-Emergency)

County residents can report missing children,
criminal activity, and more

Regional Services Centers

Bethesda-Chevy Chase, East County, Mid
County, Silver Spring, and Upcounty Locations

311; 240-777-0311

Multiservice centers countywide

Trauma Services

1301 Piccard Dr. 4th Floor Rockville, MD 20850

240-777-1355

Support for survivors of crime
including sexual assault

Disability Network Directory

Countywide

311; 240-777-0311

Provider resource directory
for people with disabilities