



Resources in Montgomery County

Community Case Management

Identity Youth

Case managers connect youth in need and their parents to community services that provide food and clothing, emergency housing, health and mental health services, and legal assistance. When needed, a case manager accompanies clients to act as a translator, assist with school paperwork and other requests, and to ensure services are obtained promptly.

Maribel: 301-800-5519 Rita: 240-306-7626

Catholic Center

Gaithersburg, MD, Location

201 E. Diamond Avenue, 3rd

Floor Gaithersburg, MD 20877 (301) 740-252

CASA de Maryland

CASA provides case management assistance to connect members with social services in the community aimed at improving their physical and mental health and increasing social stability. Through a multilingual health hotline and medical interpreter program, CASA helps increase access to essential health services in the community. CASA also operates a health promoter program that uses a culturally appropriate popular education methodology in risk reduction strategies for fight HIV, cancer and other health risks.

In addition, CASA operates a comprehensive public benefit outreach and

enrollment program that helps community members understand and enroll in a variety of government health insurance and assistance programs, including those available through the Affordable Care Act (ACA), in addition to other public benefits such as SNAP. 301-270-8432

Food Pantry

Montgomery County Food Locator:

<https://mocofoodcouncil.org/map/> or in www.nourishnow.org

Follow 'Latino Health Initiative' on facebook

<https://www.facebook.com/LatinoHealth>

Germantown Help 301-482-1320

Gaithersburg Help 301-216-2510

Rockville Help 301-564-0800

Bethesda Help 202-365-301

Olney Help 301-774-4334

Seneca Creek Community Church

13 Firstfield Rd Gaithersburg, MD 20878

301-793-3321 - Monday and Friday 2 pm – 3 pm

Bethesda Presbyterian

301-986-1137 Saturdays 11am-12pm

Family Services Inc.

301-424-1130 • <http://www.fs-inc.org/> • Thursday 5-7pm

Manna Food Center 9311 Gaither Rd. 301-424-1130 • www.mannafood.org

Salvation Army

20021 Aircraft Dr. Germantown, MD 301-424-1130 • referrals@manna.org
Pre-Packed Pantry Items Thurs. 2-4pm

**St. Paul's United Methodist
Church-Hunger Ministry Kensington,
MD**

301-933-7933 www.stpaulsk.org

WUMCO Help, Inc.

17550 W. Willard Rd. Poolesville,

MD301-972-8481 ex. 3 •

www.wumcohelp.org • Tues. 9am-5pm,

Thurs. 9am-8pm

Montgomery College

9221 Corporate Blvd. Rockville,

MD240-567-4389

www.montgomerycollege.edu/fuelforsucces

s

Rockville Senior Center

1150 Carnation Dr. Rockville,

MD240-314-8810 8:30am-5pm pantry,

8:30am-10:45pm breakfast bar, 12pm lunch

Interfaith Works Connections

751 Twinbrook Pkwy Rockville, MD.

www.iworksmc.org Mon.-Fri. 9am-4pm

Healing and Deliverance Ministry

15960 Derwood Rd. Rockville, MD

www.healinganddeliveranceministry.com

**Catholic Charities/Montgomery County
Family Center**

12247 Georgia Ave. Silver Spring, MD

301-942-1790 •

www.catholiccharitiesdc.org/

Wednesday and Friday. 9am-4pm

HOUSE (MARYLAND HOUSE)

734 University Blvd East Silver Spring, MD

301-270-8432 • www.wearecasa.org

Sat. 10am-12pm

St. Camillus Food Pantry

1600 St. Camillus Dr. 301-434-8400 •

www.stcamilluschurch.org Friday 2-4 pm

and Saturday. 9-11am

Lutheran Church of St. Andrew

301-384-4394 • www.mystandrew.org

Mon.-Fri. 9am-5pm

Glenmont United Methodist Church

301-424-1130 •

<http://glenmontumchurch.org/> •

referrals@manna.org Tuesday 4-7pm

**Adventist Community Services of Greater
Washington**

501 Sligo Ave Silver Spring,

MD301-585-6556 • www.acsgw.org

Monday to Thursday 10am-3pm

Mid-County United Ministries

Wheaton, MD 301-929-8675 • mumhelp.org

Tuesday to Junes. 9am-4pm, Saturday.

9-11:30am, Sunday. 2-4pm

Apply for Insurance

Maryland Health Connection

For adults and children without insurance.

240-777-1815 8 am – 5 pm or

1-8550642-8572 8 am – 6 pm

www.marylandhealthconnection.gov

Maternity Association

For uninsured and low-income pregnant women who are not eligible for the full state and federal program. If you have questions about eligibility, please call 240-777-1003.

Care for Kids

For children without insurance go to the office of the health department:

12900 Middlebrook Road, 2nd Floor,
Germantown, MD 20874

1401 Rockville Pike, Rockville, MD 20852

8630 Fenton Street, 10th Floor, Silver
Spring, MD 20910

CHEER

Help with insurance application with the assistance of a health promoter.

8545 Piney Branch Road, HSilver Spring
Suite, MD 20901
301-589-3633

MARYLAND HOUSE

Help with insurance application with the
assistance of a health promoter.
301-270-8432

Identity Youth

Help with insurance application with the
assistance of a health promoter.
Maribel: 301-800-5519 Rita: 240-306-7626

TESS Center

Help with insurance application with the
assistance of a health promoter.

240-773-8260

8513 Piney Branch Rd., Silver Spring, MD

Nutrition Education

Manna Food

Manna assists in a one-on-one session where
our resident nutrition experts can provide
you with meal preparation tips, recipe ideas,
and answer your basic nutrition questions.

If you would like to schedule a conversation
with a nutrition expert, please fill out the
form below:

<https://www.mannafood.org/cfe-classes/nutrition>

English Classes

Montgomery College 240-567-8950

- ESOL learning at all levels at a low cost
- ESOL for Healthcare
- ESOL for Customer Service
- ESOL for bridge to technology
- ESOL for construction trades
- ESOL for careers in education

GED

Montgomery College

240-567-8950

11002 Viers Mill Road Room 210 Wheaton,
MD 20902

Citizenship Classes

Montgomery College
Montgomery College's citizenship
preparation program is for lawful permanent
residents who live in Maryland and are
learning English as a second language.
Program Director Nancy Newton
240-567-9169
Program Assistant Maysoon Hussein Fawzi
240-567-8839

11002 Viers Mill Road Room 210 Wheaton,
MD 20902

Hispanic Institute of Business and Training

Montgomery College 240-567-3823

- Accounting and payroll (48 hours)

- Residential electricity (80 hours)
- Maryland Home Improvements (30 hours)
- Certification for Food Handling in Spanish
- Office Computing
- Computación Quickbooks 1 & 2
- Reading plans
- Estimation in Constucción

Professional Training Center in Spanish

6235 Baltimore Ave Riverdale Park MD 20737

301-927-8797

- Plumbing
- Automotive Mechanics
- Electricity
- Air Conditioning and Heating
- Reading Of Plans
- And so on

Diaper Bank

Gaithersburg Help 301-216-2510

Rockville Help 301-564-0800

Seneca Creek Community Church

13 Firstfield Rd Gaithersburg, MD 20878

301-793-3321 - Monday and Friday 2 pm – 3 pm

For residents living in Gaithersburg and Montgomery Village areas, 20877, 20878, 20879 and 20886.

Adventist Community Services of Greater Washington

501 Sligo Ave Silver Spring, MD 20910

All services by appointment only. Call 301-585-6556 between 10 a.m. and 3 p.m.

Diapers available by appointment only Monday through Thursday from 10 a.m to 2 p.m.

Food pantry by appointment only Monday through Thursday from 10 a.m. to 2 p.m.

You must provide proof of birth of the child at the time of collection.

Learning center and free thrift store are temporarily closed due to COVID 19 guidance

Mid County Hub at Harvest

Intercontinental

301-588-8099 Ext 1120

16227 Batcherlors Forest Rd, Olney 20832

Serving: Rockville, Olney,

Wheaton-Glenmont

Food and diaper supply, self-service service on Saturdays from 9 a.m. to 11 a.m.

Home delivery on Saturdays 12-4 PM to: sick, quarantined, people lacking transportation, at risk, older adults.

Mid County Hub en Hughes United

Methodist Church

10700 georgia Ave Wheaton, 20902

Phone: 301-949-8383, Email:

HughesumcHub@gmail.com

Coordinator: Aranza Gasca,

aranzasugasca@gmail.com

Drive Through Food Distribution: Tuesday 12:30 pm while supplies last

Walkers must register:

bit.ly/hughesregistration OR by voice or text message: (301) 678-4969

Entries must be submitted by the Friday before the day of distribution.

Walk in service is for neighbors within walking distance.

The distribution of DIAPERS is by appointment only once a month. Request an appointment at: bit.ly/hughesdiapers
Home delivery to households affected by COVID, sick, quarantined, untransported, at risk, elderly and single parents with young children.

Service: Wheaton, Glenmont, SS (Highly represented zip codes: 20902, 20906 20901)

Oak Chapel 20906 Service Consolidation Hub

14500 Layhill Rd Silver Spring, MD 20906

Phone: 301 501 5804 EMAIL:
 OcumHub@gmail.com
 Coordinator: Brian Naves
 Navesbrian18@gmail.com 240-584-3072
 www.oakchapel.com (301) 598-0000
 (Church)
 On-site food distributions Thursdays at 11 a.m.
 Home deliveries on Wednesdays
 Serving 20906 and nearby areas
Rainbow Community Development Center
 2120-A Industrial Parkway Silver Spring, MD 20904
 Call 240-628-9154 to schedule a diaper and/or food appointment
 NOTE: No walk-in visits
 Just leave a voicemail message, we will call you to schedule your appointment.
 Questions? Send an email to diapers@rainbowcdc.org
Interfaith Works Rockville/Twinbrook
 751 Twinbrook Pkwy #8 Rockville, MD 20851
 Phone: 301-848-4427
 Email: hubcoordinator@iworksmc.org
<https://www.iworksmc.org/about-us/programs/ifw-hub/>
 Mike Grant, Center Coordinator,
 240-641-6305, mgrant@iworksmc.org
FOOD DISTRIBUTION DRIVE THROUGH, WALK IN on Fridays from 11 a.m. to 1 p.m. (food, diapers, clothing center and case management)
 Home delivery to households affected by COVID, sick, quarantined, lack of transportation, elderly, at risk and single parents with young children
Silver Spring Hub at Clifton Park Baptist Church 301-434-2456
 Food on Wednesdays, on a first-come, first-served basis from 8:30 a.m. a.m. and scheduling of diaper pick-up appointments, which would be on Tuesdays and Thursdays; drive through, walk up.

The first Saturday of each month is on a first-come, first-served basis from 8:30 a.m. to 10:30 a.m. And TEFAP is the third Wednesday from 4 to 6 that needs prior registration.
 Serving Silver Spring, Langley Park, Long Branch, Takoma, Areas 20903
 Lunch on Wednesdays, on a first-come, first-served basis from 8:30 a.m. to 11 a.m. and appointment scheduling to pick up diapers on Tuesdays and Thursdays; driving through, walking up
 First Saturday of each month, on a first-come, first-served basis 8:30 – 10:30 am
 TEFAP is the third Wednesday of each month from 4 to 6 p.m., prior registration is required
 Serving Silver Spring, Langley Park, Long Branch, Takoma, Areas 20903

Obstetrics

If you do not have insurance apply to emergency Medicaid or Maternity partnership as soon as possible to confirm your pregnancy.

Catholic Charities 301-441-1472 Help finding an obstetrician and gynecologist, material assistance, and pregnancy counseling.

Holy Cross Clinic

301-754-7630

1500 Forest Glen Rd Silver Spring, MD

Mary's Center

844-796-2797 or 202-483-8196 344

University Blvd West, Silver Spring MD 20901

Gynecologist

Catholic Charities 301-441-1472 Help finding an obstetrician and gynecologist, material assistance, and pregnancy counseling.

Planned Parenthood – Accepts uninsured and uninsured patients.
 301-208-1300

19650 Clubhouse Road #101 Gaithersburg,
MD
Accepts patients 14 and older.

Holy Cross Clinic GYN – Accepts
uninsured and uninsured patients.
301-754-7630
1500 Forest Glen Rd Silver Spring, MD
Carolyn Morales, GYN of OB-GYN
Associates of Advantia – Accepts patients
with insurance. 301-681-6772

Ophthalmological Clinic

Shepherd's Table Resource
Center 8210 Dixon Avenue Silver Spring,
MD 20910

301-585-6463

You must be 18 years of age or older and a
resident of Montgomery County. Household
income must be below 175% of federal
poverty guidelines. You should not have
health insurance that covers vision care.

Tuesday 10:00 a.m. – 2:00 p.m.
Afternoons 6:00 p.m. – 7:30 p.m.
Wednesday 10:00 a.m. – 12:00 p.m.

**Muslim Community Center Medical
Clinic**
15200 New Hampshire Avenue Silver
Spring, MD 20905

Primary Doctor - Community

If you don't have insurance, connect with a
community clinic first and your doctor will
be able to refer you to a specialist.

**Holy Cross Hospital Health Center Aspen
Hill 301-557-195013415**
Connecticut Avenue, Suite 100 Aspen Hill,
MD 20906 Mobile

**Medical Care- St. Mary Magdalene
Episcopal Church** 301-493-24003820
Aspen Hill Road Aspen Hill, MD 20906

Holy Cross Health Center
301-557-1832702
Russell Avenue, Suite 100 Gaithersburg,
MD 20877 Mercy

Health Clinic 240-773-03227
Metropolitan Court, Suite 1 Gaithersburg,
MD 20878

***Mobile Medical Care - Episcopal
Church of the Ascension** 301-493-2400202
South Summit Avenue Gaithersburg, MD
20877

Holy Cross Health Center 301-557-2140
12800 Middlebrook Road, Suite 206
Germantown, MD 20874

**Mobile Medical Care - The Upcounty
Clinic** 301-493-2400
19735 Germantown Road Germantown,
MD 20874 Mobile

**Medical Care - Korean Community
Service Center / KAMMSA**
301-493-240019735
Germantown Road Germantown, MD 20874

**Health Project - Medstar Montgomery
General Hospital Campus**
301-260-107318111
Prince Philip Drive, Suite 312 Olney, MD
20832

**Mobile Medical Care - Ibn Sina Clinic at
Islamic Education Center**
301-493-24007917
Montrose Road Potomac, MD 20854
**Mansfield Kaseman Health Clinic -
Community Ministries of Rockville**

301-917-68008
West Middle Lane Rockville, MD 20850

Mobile Medical Care - Women's Clinic
301-493-24001500
East Gude Drive Rockville, MD 20850

CCI Health & Wellness
Services8630 Fenton Street, 12 th Floor
Silver Spring, MD 20910Holy

Cross Health Center 301-933-66447987
Georgia Avenue Silver Spring, MD
20910Mary's

Center Clinic 240-485-31608709
Flower Avenue Silver Spring, MD 20901

Mobile Medical Care - East Montgomery
301-493-24003300
Briggs Chaney Road Silver Spring, MD
20904Mobile

Medical Care - Long Branch
301-493-24008700
Piney Branch Road Silver Spring, MD
20903Muslim

Community Center Medical Clinic
301-384-2166, Fax 301-384-0166
15200 New Hampshire Avenue Silver
Spring, MD

20905Catholic Charities Medical Clinic
301-434-8985
12247 Georgia Avenue Silver Spring, MD
20902

CCI Health & Wellness Services
301-216-0880
7676 New Hampshire Avenue,Suite
220Takoma Park, MD 20912

Health Project - Wheaton
301-962-6173

11002 Veirs Mill Road, Suite 700 Wheaton,
MD 20902

Adventist Health Care Medical Group

Jose Bonelli, MD (Spanish speaking)
accepts patients without and with Insurance.
301-608-3833

8807 Colesville Road Second Floor Silver
Spring, MD 20910

Luz Lopez-Correa. MD

It only accepts patients without insurance.
301-681-51111

11120 New Hampshire Ave \$205 Silver
Spring MD, 20904

Black Physicians & Healthcare Network

240-802-6290

Enrolling Your Child in School

Welcome to Montgomery County Public
Schools (MCPS). The school assignment is
based on the legitimate address of the
student being enrolled. If you do not know
which school your child should attend,
please call the Division of Capital Planning,
phone 240-314-4710, or check that office's
website.

Dental

Apply for County Dental Insurance online or
at health department offices.

DHHS Dental

Services1401 Rockville Pike, 3rd floor,
Rockville, MDAppointment Hours--8 a.m.
to 4 p.m.240-777-1875

<https://www.montgomerycountymd.gov/HH-S-Program/Resources/Files/PHSDocs/ADULT%20Dental%20APPLICATION%202021%20-%20SPAN.pdf>

Clinics accepting without insurance

Silver Spring Dental

Clinic 8630 Fenton Street, 10th floor, Silver Spring, MD
Appointment Hours--8 a.m. to 4 p.m.
240-777-3135 Germantown

Dental

Clinic 12900 Middlebrook Road, 2nd floor, Germantown, MD
Appointment Hours--8 a.m. to 4 p.m.
240-777-3290 Metro

Court Dental Clinic

Metropolitan Court, Gaithersburg, MD
Appointment Hours--8 a.m. to 4 p.m.
240-773-0304

Howard University Dental School Clinic

600 W St NW, Washington DC 20059
202-806-0008
Accepts patients without insurance.
Rates are based on a sliding scale.

Howard University Hospital Clinic

2041 Georgia Ave NW #4c Washington, DC 20060
202-865-1461
Accepts patients without insurance.
Rates are based on a sliding scale.

University of Maryland Dental Clinic

650 W Baltimore St, Baltimore, MD 21201
410-706-7102

John Hopkins Dental Clinic

410-955-6663
Accepts patients without insurance.
Rates are based on a sliding scale.

Washington Hospital Center

110 Irving Street NW Washington, DC 20010
202-877-6737
Oral surgery only
Accepts patients without insurance.
Rates are based on a sliding scale.

Newcomer Assistance

Gilchrist Center

Free and low-cost classes: English, Computing and Citizenship Preparation. Call for help finding food assistance, health care, and COVID-19 prebas, information about housing and eviction issues, organizations that can answer questions about immigration, free or low-cost legal assistance, job training, and more.
240-777-4940
Monday to Friday 9 am – 5 pm

Maryland CASA

Low-Cost English Classes with Membership, Citizenship Classes for Eligible Individuals, Free Financial Education and Tax Services, After-School Leadership Program for High School Students, Vocational Training in Building Maintenance, Computer Repair, HVAC Installation and Repair, Blueprint Reading, Sewing, Early Childhood Education. solar panel, computer literacy, Spanish literacy, after-school program, home improvements, construction cost estimating, and certified nursing assistant. Vocational training graduates receive a certificate recognized by the community college industry and a CASA Diploma.
1-866-765-2272

Catholic Charities

To schedule a virtual legal consultation, call the Newcomer Intake Call Center at 240-858-0958 at

Mondays or Fridays from 1 pm to 5 pm, Tuesdays or Thursdays from 9 am to 1 pm, or Wednesdays from 3 pm to 7 pm. Or use our online scheduling tool to schedule a virtual consultation. Newcomer Network can help those with or without a legal path to permanent residency.

Admission specialists ensure that clients who access legal support are aware of the services of other Catholic Charities and their partners. Participants are assigned a "navigator" or case manager, supervised by a licensed social worker, to connect them to services beyond legal ones, including: Employment, Accommodation, Education, including English as a Second Language Classes, Medical Care, and Mental Health Care.

Identity Youth

Case managers connect needy families and their parents to community services that provide food and clothing, emergency housing, health and mental health services, and legal assistance. Rita 240-306-7626 or Maribel 301-800-5519 <https://identity-youth.org/what-we-do/wrap-around-services/>

Reliable Lawyer

The following organizations provide free or low-cost immigration legal services:

CAIR Coalition – Serves immigrants in detention centers in Maryland and Virginia. Call 202-331-3320 www.caircoalition.org

Catholic Charities – For help in an immigration matter, attend an intake session. Legal consultations may be available for a low-cost fee.

www.catholiccharitiesdc.org/ils/ Northwest Washington D.C. (Columbia Heights) (202) 939-2420 Silver Spring 301-942-1790 Gaithersburg 301-740-2523

Help – Provides legal representation to low-income immigrants. Legal consultations available for a low-cost fee.

<https://www.ayuda.com/legal-services-4/> Silver Spring 240-594-0600 Washington D.C. 202-387-4848

CASA – Provides legal services for low-income immigrants in matters related to housing, employment, and immigration. CASA members receive free legal consultations Tuesday mornings at 7:00 a.m. at the offices located at: 8151 15th Ave, Hyattsville, MD 20783 <https://wearecasa.org/programs/legal/>

Beware of scams and immigration notaries! There are people who offer immigration services that are not true. Only seek legal help from reputable legal providers.

To report immigration fraud:

Montgomery County's Office of Consumer Protection (240) 777- 3636 www.montgomerycountymd.gov/ocp/

Maryland Attorney General, Consumer Protection English: (410) 528-8662, Spanish: (410) 230-1712 www.marylandattorneygeneral.gov/Pages/CPD/immFraud/default.aspx

Executive Office for Immigration Review 1-877-388-3840, email

EOIR.Fraud.Program@usdoj.gov, or visit the EOIR website
www.justice.gov/eoir/fraud-and-abuse-prevention-program

The Montgomery County Bar Association's Lawyer Referral Service helps people find a private attorney.
www.barmont.org/page/24

Call 301-279-9100 from 9:00 am to 1:00 pm Monday through Friday. There are operators available who speak Spanish and there may also be availability of lawyers who speak several languages.

To find more reputable immigration attorneys, visit these websites:

<https://montgomerycountymd.gov/gilchrist/immigration-legal>.

For free legal consultations on a variety of legal topics:

Visit a Pro Bono Clinic Run by the Montgomery County Bar Association • 8513 Piney Branch Road, Silver Spring, MD 20901

Service is offered on the first and third Wednesdays of each month, 6-7pm • 18330 Montgomery Village Ave., second floor, Gaithersburg, MD 20879

Service offered on the second and fourth Mondays of each month, 6-7pm • 11002 Veirs Mill Road, Suite 506, Wheaton, MD 20902

Service is offered on the second and fourth Wednesday of each month, 6-7pm

Mental health

National Suicide Prevention Helpline
800-273-TALK (8255)
Speakers: 1-800-628-9454. The crisis centres have more than 150 languages available)
www.suicidepreventionlifeline.org

The Together Program

Free 6-week workshop
Couples learn about

Communication and Conflict Management
Stress management
Troubleshooting
Financial management
Workshop format

Online video conferencing sessions (via Zoom)

6 meetings (2.5 hours each)

6 to 10 couples per group

Weeknights or weekends

Led by experienced couples therapists and financial experts.

Case Management

One-on-one meetings with a designated case manager

Assessment of family needs for services

Connecting couples to community resources for needed services

Employment services

Referrals for participants with work/professional needs to agencies that offer:

Employment/career needs assessment

Work-related education and training

Career guidance and job search assistance

Sharing Time (18+) All types of loss - This group is in Spanish and takes place on Mondays from 6pm-8pm.

If you or someone you know can benefit from a peer support group, please contact our office at 301.880.5100 to register. All groups are virtual at this time. We also have a 24/7 support line for anyone who may be in crisis: (844) 227-3478. Please refer to the accompanying brochures for additional information.

Montgomery County Crisis Center

240-777-4000

1301 Piccard Dr., Rockville, MD 20850
(Spanish-speaking staff available and you can get other interpretation services)

Mobile Crisis Team (MCT) provides emergency crisis assessments for people who are experiencing a mental health crisis. Comprehensive crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has four crisis beds as an alternative to hospitalization for those who are uninsured or have insurance within the public mental health system. For in-person services, proof of residence and a Photo ID is required.

24/7 Crisis Text Lines Send "START" to 741-741
24/7 Everymind Organization Montgomery County Hotline 301-738-2255 (call or text).

Love is Respect: Visit

www.loveisrespect.org/, text "LOVEIS" to 22522, or call 1-866-331-9474 to speak with a fellow advocate to prevent and end relationship abuse.

National Eating Disorders Association:

Visit

www.nationaleatingdisorders.org/ or call 1-800-931-2237

SAMHSA National Helpline (support in English and Spanish):

1-800-662-HELP (4357) - For Individuals and Family Members Facing and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish.

Identity

Emotional support groups for men, women and teens in Montgomery County.

Identity offers a group space to share an attentive ear and the opportunity to learn the tools needed to overcome difficult situations. Free services performed on zoom.

For the women's group contact Margarita Hernandez 301-755-7203
margret_1812@hotmail.com

For the group of men and teenagers contact Anali Torres 240-477-3227
atorres@identity-youth.org or Monica Wainbarg 240-750-3101
mwainbarg@identity-youth.org

Center for Healthy Families (multilingual staff)

Contact: Room 0142, School of Public Health, Building 255 University of Maryland College Park, MD 20742-7515 (301) 405-2273
chf@umd.edu
<https://www.thecenterforhealthyfamilies.com/>

Provides therapist services for mental health and relationship issues. There are multilingual staff present to accommodate patients. Rates are based on a sliding scale determined by revenue.

Fees range from \$15 to \$70 per session. Payments can be made in cash, credit or debit at the end of a session. Military families have a discount available to them. The first 6 therapies sessions are free. After the initial 6 sessions, the sessions will cost \$20 per session. One must be over 18 years of age for individual sessions and couples therapy. For family sessions, a legal guardian must be present. You also should not have serious untreated mental health problems diagnosis. You also must not have had any suicidal ideation and/or attempts that have resulted in hospitalization in the past 3 months. They also do not treat any psychotic disorders or autistic disorders. For couples therapy, there should also be none current (or in the last 6 months). Experiences of physical aggression that led to seeking medical attention. For family therapy, there is currently (or in the last 6 months) there should not be any type of domestic violence that occurs in the familiar.

Individual sessions occur Monday through Friday from 9 am to 5 pm. Group and family sessions occur after 5 pm. Services offered include child therapy, play therapy, family counseling,

premarital counseling, couples/marriage counseling, coping and adjustments, anger management, discernment counseling, group therapy, individual therapy, grief therapy, trauma therapy, and

Anxiety Management To get started, call the Center for Healthy Families at (301)-405-2273.

Applications are then immediately sent to a therapist to schedule an initial appointment. In addition to answering any questions you may have. New customers must respect a response within a week.

You can also email chf@umd.edu to schedule an appointment. Be sure to include

your phone number in the email, the type of service you're looking for, and the best times to contact you for phone jack.

Adult Behavioral Health Program:

(Translation services available and accepts those who are undocumented)

Contact: (240) -777-1770 Location: Mid County Health Center 11002 Viers Mill Road

Wheaton, MD 20902 Hours of Operation: 8 a.m. to 4 p.m.

<https://www.montgomerycountymd.gov/HH S-Program/Program.aspx?id=BHCS/BHCS A>

health-dultmental-p321.html

The Adult Mental Health Program is an outpatient mental health program that provides services, including individual and group psychotherapy, the in-office case management and monitoring of psychiatric medications to low-income residents of Montgomery County who are experiencing serious mental illness and who cannot access to the public mental health system due to lack of public benefits or their immigration status or income. This program also serves people in special situations, such as those discharged from a psychiatric hospital or incarcerated, those involved with other health and human services agencies, or those who have experienced treatment failures in the public mental health system. The goals of this program are to improve clients' mental health and help them increase their adaptability by functioning in the community. Most staff members are bilingual in Spanish and English or Vietnamese and English. Translation services are available through Language Línea.

Private insurance is not accepted but the program accepts Maryland Medical Assistance, PAC and Medicare. A sliding

fee scale issued by the Maryland Department of Health and Mental Health is used to determine rates; however, customers they are not rejected for not being able to pay.

Low-income montgomery county residents over the age of 18 who have a serious mental illness. Those with private insurance are not eligible. All referrals are through the Access to Behavioral Health Services program.

Everymind Organization (low income, uninsured and newcomers) Spanish- or French-speaking immigrants):

Contact: For adult counseling, contact Patricia Doherty
CounselingServices@Every-Mind.org
301-424-0656 x518.

For a friendly visitor, contact Amy Fier after@EveryMind.org
301-424-0656 x511
<https://www.every-mind.org/>

Adult Counseling Individual and family counseling is provided in a community environment based on: increase self-esteem, improve relationships with family and friends, and develop positive coping skills. Services are provided by Everymind graduates, bilingual clinicians. The clients are low-income Spaniards, without insurance and newcomers. and French-speaking immigrants living in Montgomery County, many of whom have trauma experienced. In addition, services are available to people with Medicaid for increase access to high-quality mental health services for low-income adults

Friendly Visitor Friendly Visitor Provides Friendship and Emotional Support to Seniors adults who are homebound, isolated and lonely, to reduce feelings of loneliness and isolation, helping people stay in the community and maintaining a safe home environment. Clients are paired with trained volunteers who share similar interests. Clients must be over 60 years old, live in Montgomery County, and be able to strike up a conversation and remember their volunteers from week to week.

Pro Bono Counseling Project (Offers services to those who speak Spanish. In addition, it offers interpretation services for other languages. No required documentation. So, support the undocumented.)

Contact: (410)-825-1001 for a confidential telephone interview
<https://probonocounseling.org/>

Free therapy in Maryland may be available if you are sad, grieving, stressed, or want to make a change in your life. The Pro Bono Counseling Project helps families, couples, and individuals. Services are available through teletherapy (videoconferencing), and during the COVID-19 pandemic, telephone-only therapy has been authorized in Maryland.

The mission of the Pro Bono Counseling Project is to ensure that Marylanders with Limited resources requesting mental health care are given access to volunteers licensed mental health professionals and other necessary support services.

SMR Advisory Services

Contact: Burtonsville 240-389-1487
<https://www.smr-counselingservices.com/>
About our pro bono services

Pro Bono counseling is a free service available to adults who are unemployed, uninsured,

insured or unable to afford traditional counselling services. This may include people and couples struggling with situations like unemployment, life changes, depression, anxiety, grief, or marital problems. We will provide short term

counseling (10 sessions or less) at no cost to the beneficiary. Your sessions will be provided by master's level students, licensed professional counselor interns,

Work interns or marriage and family therapy interns supervised by Dr. Shauna Moore Reynolds, Ed.D., LCPC-S, LPC, ACS.

Eligibility Criteria for Pro Bono Services*

- *Singles and Couples

- * Uninsured/underinsured

- * Unemployed

- * Unable to afford traditional counseling services

- * Commitment to Prompt Assistance

- * Commitment to participate fully in therapeutic interventions and tasks

Community Clinic, Inc. (Interpretation services available. All services based on a sliding scale. You must have CCI as your primary care supplier.) Contact: (866)-877-7258 <https://cciweb.org/>

7 locations in Montgomery County (Germantown, Gaithersburg, Silver Spring, Wheaton, Takoma Park)

2 Locations in Greenbelt

All services are based on a sliding scale
Services: WIC provider, physician, dental, has behavioral health services but needs to be referred from one of your primary care physicians. Bilingual referral specialists available.

NAMI Support Group, Montgomery County (prior registration required. All

information is kept secure and confidential. It is only used in case of mental disorder health crisis)

Contact: For Nami programs in Spanish,

visit <https://namimc.org/en-espanol/> or

send Stephanie Del Cid an email to

stephaniedelcid@namimc.org

<https://namimc.org/grupos-de-apoyo-en-espanol/>

Connection Recovery Support Group in Spanish

1st and 3rd Thursday

7:00 – 8:30 p.m.

New dates to be determined

Family Support Group in Spanish

Every other Wednesday, in Spanish

7:00 – 8:30 p.m.

**Maryland Coalition of Families-
MARYLAND STATEWIDE**

GROUP-Online

Support Group for Spanish-Speaking Families (in Spanish)

Contact: Cynthia Ariza 443-878-3113
cariza@mdcoalition.org

Join other parents and caregivers of children with challenging mental health and behavioral issues. We will support each other, share our experiences, and learn about educational and community resources to help our families. It meets every Wednesday, 5:00 – 7:00 p.m.

For more information and to receive the Zoom link, contact Cynthia Ariza 443-878-3113

The Power of Sharing! Support Group for Spanish-Speaking Families Support Group In Spanish.

Maryland families can attend. For more information and to receive the Zoom link, contact Cynthia Ariza

cariza@mdcoalition.org O at (443)878-3113
When: Hours: Every Wednesday 5:00 – 7:00
pm How to Connect: Zoom Meeting
online* Free Cost * Zoom is a free video
and conferencing tool
Telephone. Simply click and nase from your
computer, tablet or phone
intelligent. It is recommended to download
the free Zoom app, but it is not mandatory.