

MONTGOMERY COUNTY BASIC NEEDS RESOURCE LIST



MULTISECTOR RESOURCE TOOLS

MC311

311 or www.mc311.com

MC311 provides a single contact number and website for non-emergency requests for information and service requests for Montgomery County Government. You can call 311 within Montgomery County or (240) 777-0311 from anywhere. Your call will be answered by a live, highly trained, professional Customer Service Representative Monday–Friday, 7:00 a.m.–7:00 p.m. Translation assistance is available in any language spoken anywhere in the world.

InfoMontgomery

www.infomontgomery.org/map/

infoMONTGOMERY.org is a collaborative effort of public and private agencies to provide detailed information about health, education and human service resources throughout Montgomery County, MD. It is the goal of infoMONTGOMERY.org to link individuals and families with services that can help.

Capital Area Food Bank's Food Bank Network (Aunt Bertha)

<https://www.capitalareafoodbank.org/get-help/> or call the Hunger Helpline at (202) 644-9807 (Monday–Friday 9:00 a.m.–5:00 p.m.)

The Food Bank Network creates links to CAFB's network of food assistance partners and programs while providing real time access to services such as affordable housing and job training.

Interfaith Conference of Metropolitan Washington's Emergency Directory

<https://ifcmw.org/resources/emergency-services-directory/>

The Greater Washington, D.C. Emergency Services Directory is an online database of approximately 400 service providers, with listings for food, clothing, healthcare, shelters and many other programs and services.

Relay for the Deaf

Dial (800) 735-2258 or 711 before any call for assistance

Contact the Food Council for more information or to explore how to get involved:
info@mocofoodcouncil.org • 806-395-5593 • www.mocofoodcouncil.org

BENEFITS APPLICATION ASSISTANCE

- **Food Supplement Program** (food stamps or SNAP) - apply online at <https://mydhrbenefits.dhr.state.md.us/>, call Maryland Hunger Solutions to apply over the phone at (410) 528-0021 x6026 at or apply in-person at the below DHHS service centers:
 - MidCounty DHHS Building, 1301 Piccard Dr., Rockville 20850
 - DHHS Silver Spring Center, 8818 Georgia Avenue, Silver Spring, MD 20910
 - UpCounty Regional Services Center, 12900 Middlebrook Road, Germantown, MD 20874
 - TESS Center, 8513 Piney Branch Road, Silver Spring, MD 20901
 - Neighborhood Opportunity Network at Family Services, Inc., 610 East Diamond Ave, Suite 500, Gaithersburg, MD 20877
 - Neighborhood Opportunity Network at Catholic Charities McCarrick Center, 12247 Georgia Avenue, Wheaton, MD 20902

Please check this website for each location's opening hours -

<https://www.montgomerycountymd.gov/HHS-Program/CYF/CYFPubA-FoodStamps-p1679.html>

- **WIC (Women Infants and Children) Program**

WIC is a nutrition program that provides health education, healthy foods, breastfeeding support, and other services free of charge to pregnant and postpartum women, infants and children who qualify in Montgomery County. The first step is to call (301) 762-9426 to check opening hours and make an appointment. CCI-WIC has 4 convenient locations, extended and weekend hours to fit your schedule:

- Gaithersburg – WIC Center, 200 Girard Street, Suite 212-B, Gaithersburg, MD 20877
- Germantown - 12850 Middlebrook Road, Suite 108, Germantown, MD 20874
- Wheaton - 2730 University Boulevard West, Suite LL10, Wheaton MD 20902
- Takoma Park Medical - 7676 New Hampshire Avenue, Suite 220 A, Takoma Park, MD 20912

CHILDREN/YOUTH

General

- **Child Link** - (240) 777-4769
Information and resources for children from birth to 5 years old
- **Child Care Subsidies** - (240) 777-1155
Assistance to pay for child care
- **Screening and Assessment Services for Children and Adolescents (SASCA)** - (240) 777-1430
Mental health, substance abuse and treatment services
- **Child Welfare Services** - (240) 777-3500
Adoption, family preservation, foster care, protective services
- **Child Abuse and Neglect Hotline** - (240) 777-4417
- **Montgomery County Youth Crisis Line** - (301) 738-9697
- **Maryland Youth Crisis Line** - 1 (800) 422-0009
- **MCPS Prekindergarten and Head Start Programs** - (301) 230-0676 or (240) 740-4530
MCPS offers free prekindergarten and Head Start programs in schools throughout the county for income eligible families that give children the skills they need to be ready for kindergarten.
- **Childcare: LOCATE** - (877) 261-0060
This is a free referral service with information about all regulated childcare in Maryland.
- **Youth Programs** - www.infomontgomery.org/youth-development
Many groups provide support to youth and their families, including after school activities, mentoring and recreation.

Child Health

- **Dental Service Program** - (240) 777-1875
Seniors (age 60 and over), children (age 18 and younger) and pregnant women may enroll in this program.
- **Teen Pregnancy** - (240) 777-1570

Phone number includes prevention education resources and Teen Parent Support Program information.

- **Care for Kids** - (301) 628-3450
Provides primary and specialty care services
- **Maryland Children's Health Program (MCHP)** - 1 (855) 642-8572
Provides healthcare for children aged 0-19 and for pregnant women of any age.
- **School Health Services** - (240) 777-1550
Assures and promotes health, safety and wellbeing of students in public schools.
- **Immunization Program** - (240) 777-1050
Provides walk-in immunizations to children under the age of 19.

Food

- **Free or Reduced Price School Meals** - <https://www.myschoolapps.com>
- **Summer Meals for Kids** - (301) 284-4900 or email SummerFoodProgram@mcpsmd.org.
For free meals for children during the summer vacation, call

CLOTHING

- **Adventist Community Services**, Silver Spring - (301) 585-6556
- **Bethesda Cares**, Bethesda - (301) 907-9244
Referral needed from Bethesda Cares
- **C-4 Clothes Closet and Baby Closet**, Silver Spring - (301) 989-8742
- **Interfaith Clothing Center**, Rockville - (301) 424 3796
- **Shepherd's Table**, Silver Spring - (301) 585-6463
- **A Wider Circle** (bedding and furnishings), Silver Spring - (301) 608-3504

CRISIS MANAGEMENT

- **Montgomery County Crisis Center** - (240) 777-4000
Immediate response to mental health and situational crises through telephone, walk-in and mobile outreach services. Open 24 hours a day, 7 days a week. 1301 Piccard Drive, Rockville.
- **CASA de Maryland's 24-hour hotline** - (301) 270-8432 (Spanish), and (240) 270-1318 (English)
CASA's 24-hour hotline is available 7 days per week. The hotline staff provides confidential crisis counseling, education, information, referrals, and safety planning to individuals who have been affected by domestic violence, sexual assault, and/or rape.
- **Victim Assistance & Sexual Assault Crisis Line** - (240) 777-4357
- **Abused Persons Hotline** - (240) 777-4195
Provides services to victims of domestic violence and their families
- **Montgomery County Youth Crisis Line** - (301) 738-9697
- **Maryland Youth Crisis Line** - 1 (800) 422-0009
- **National Suicide Prevention Lifeline** - 1 (800) 273-8255
- **Red Nacional de Prevencion del Suicidio** - 1 (888) 628-9454

RESIDENTS WITH DISABILITIES

- **Aging and Disability Services** - (240) 777-3000
Call (in any language) for information about all senior services and programs, and the location and contact information of senior centers and senior associations.
- **MetroAccess** - (301) 562-5360
Low cost shared transit service for people with disabilities who are generally unable to use the regular, fixed route transit systems.
- **Abilities Ride** - (301) 990-9100
Offers same-day discounted taxi service to MetroAccess participants regardless of income.
- **Community Services for Older Adults and People with Disabilities** -
<https://mmcp.health.maryland.gov/longtermcare/Pages/Community-First-Choice.aspx>
Information about the Community First Choice, Community Options and Community Personal Assistance and Increased Community Services Programs, that provide assistance with activities of daily living to Medicaid recipients who have a chronic illness, medical condition or disability.
- **Independence Now** - (301) 277-2839
Independence Now is a nonprofit organization designed, governed and staffed by people with disabilities. It is part of a nationwide network of Centers for Independent Living providing the following core services: Information and Referral; Advocacy; Peer Support; and Independent Living Skills training.

EMPLOYMENT

- **Worksource Montgomery** - (301) 929-4350, or www.worksourcemontgomery.com
- **Montgomery College Workforce Development & Continuing Education Programs** - (240) 567-5188 or montgomerycollege.edu/wdce
Monday-Friday 8:30am-9:00pm, or Saturday 8:30am-4:00pm.
- **Family Self-Sufficiency Program (FSS)** - (240) 627-9781
FSS is a 5 year VOLUNTARY program that assists Housing Choice Voucher residents in achieving economic independence and self-sufficiency over a 5-7 year period. It helps residents identify their employment and education goals, increases job skills and educational level and assists with linking people to supportive programs to achieve long term career goals.
- **CASA Employment/Training Program** - (240) 491- 5775
Provides educational and training opportunities to individuals who are 35 years of age or older and have lost part or all of their primary income due to separation, divorce, or the death, disability or long-term unemployment of the main family wage earner; depended on government support and are no longer eligible for that assistance; and/or, are experiencing difficulty finding gainful employment.
- **Catholic Charities Education and Employment Training** - (301) 942-1790 (Silver Spring), (301) 740-2523 (Gaithersburg) or www.catholiccharitiesdc.org/Education-and-Employment
- **A Wider Circle Vocational Training** - (301) 608-3504 or www.awidercircle.org
- **Interfaith Works Vocational Services** - (301) 585-4471 ext. 13 or www.iworksmc.org/vocational-services

FINANCIAL MANAGEMENT

- **Maryland Insurance Administration** - (410) 468-2000, or (800) 492-6116
Helps residents understand premiums, compare insurance rates and become well-informed consumers.
- **NARFE Federal Benefits Institute** - www.NARFE.org/Institute
Financial planning resources for current and former federal employees.
- **Utility Assistance** - (240) 777-4450
Programs to help low-income residents pay their heating costs and electric bills, such as the Maryland Energy Assistance Program (MEAP) and Electric Universal Service Program (EUSP).
- **Volunteer Income Tax Assistance (VITA) Program** - (240) 777-1123
Provides free tax preparation services for low to moderate income County residents at various locations throughout the County.
- **Coalition for the Advancement of Financial Education** - (240) 654-5964 or www.cafemontgomerymd.org.

FOOD ASSISTANCE

- **Montgomery County Food Council's Food Assistance Resource Directory** (hard copy printable pdfs in English and Spanish - <https://mocofoodcouncil.org/foodassistance/>)
- **Montgomery County Food Council's Online Searchable Food Assistance Database** - <https://mocofoodcouncil.org/food-assistance-resource-map/>
- **Maryland Market Money Farmers Market Locations** - <https://marylandfma.org/2019-maryland-market-money-redux/>
These Farmers Market locations accept federal nutrition benefits and increase low income shoppers purchasing power in order to buy fresh, local produce.
- **SHARE Network** - (301) 864-3115
SHARE is a non-profit, community-based organization dedicated to offering healthy, nutritious groceries at a roughly 50 percent discount at various locations throughout the County.

HEALTH

- **Health Insurance Information, Maryland Health Connection** - (855) 642-8572
If a client does not have health insurance but wants to obtain it.
- **Primary Care Coalition of Montgomery County** - (301) 628-3405 or www.primarycarecoalition.org
Primary and preventative medical care for uninsured adults.
- **Montgomery Cares Clinics** - www.montgomerycares.org
Please visit the above website for a list of clinics that provide medical care to uninsured, limited-income Montgomery County residents (no documentation of legal status needed)
- **African American Health Program** - (240) 777-1833
Diabetes and heart health classes that emphasize healthy eating and include cooking demonstrations and tastings, as well as resources related to maternal & child health, HIV/AIDS/STIs, mental health, cancer and oral health.
- **Asian American Health Initiative** - (240) 777-4517
The mission of the Asian American Health Initiative is to identify the health care needs of Asian American communities, to develop culturally competent health care services, and to implement health education programs that are accessible and available for all Asian Americans in Montgomery County.
- **Latino Health Initiative** - (240) 777-3221
Our mission is to improve the quality of life of Latinos living in Montgomery County by contributing to the development and implementation of an integrated, coordinated, culturally and linguistically competent health wellness system that supports, values, and respects Latino families and communities.
- **State Health Insurance Assistance Program** - (301) 255-4250
- **Medicaid/Health Choice** - (240) 777-1635
Care coordination for pregnant women, children, and adults with disabilities.
- **General Immunization Program** - (240) 777-1050
Provides seasonal influenza and TDAP vaccinations
- **HIV Case Management** - (240) 777-1869
Provides comprehensive HIV services
- **STI/HIV Testing** - (240) 777-1760

Testing and treatment of STIs and HIV

- **Maternity Partnership** - (240) 777-0311
Provides prenatal care
- **Holy Cross OB/GYN Clinic** - (301) 754-7630
Provides prenatal and post delivery care
- **Family Planning/Reproductive Health** - (301) 585-1250 (Silver Spring), (301) 431-2972 (Takoma Park), (240) 790-3334 (Gaithersburg)
- **Women's Cancer Control Program** - (240) 777-1750
Breast and cervical cancer screening
- **Colorectal Cancer Screening** - (240) 777-1222
- **STOP B Project** - (240) 393-5950
Provides free education, screening, vaccination and referrals for Hepatitis B.
- **Perinatal Hep B Program** - (240) 777-1755
Prevention of Hepatitis B in newborns.
- **Tuberculosis Clinic** - (240) 777-1800

HOMELESSNESS ASSISTANCE

- **Montgomery County Crisis Center**, 1301 Piccard Dr., Rockville - (240) 777-4000
- Families experiencing housing insecurity are assessed in the three **Regional Service Centers of DHHS** listed below. One confirmed as housing insecure, the family is then referred to a shelter. The Regional Service Centers are open on a walk-in basis Monday-Friday from 8:30am-5:00pm or by appointment on Tuesday evenings from 5:00pm-7:00pm:
 - Rockville Office - 1301 Piccard Dr., 2nd Floor. (240) 777-4550
 - Silver Spring Office - 8818 Georgia Avenue. (240) 777-3075
 - Germantown Office - 12900 Middlebrook Lane, 2nd Floor. (240) 777-4448
- **Montgomery County Government Interagency Commission on Homelessness** - (240) 777-4595
- **DHHS Dental Clinics** - (240) 777-1875
Available to people without shelter. Shelter residents can access dental services through their case managers.
- **Mobile Dentist** - (240) 777-4498
Call for a referral form.
- **DHHS Healthcare for the Homeless** - (240) 777-4498 or (240) 777-0311
Nursing case management to shelter-based clients.
- **Day Shelters:**
 - EveryMind (Rockville) - (301) 424-0656 ext.506
 - Bethesda Cares (Bethesda) - (301) 907-9244
 - City of Gaithersburg Homeless Assistance Program (Gaithersburg) - (301) 258-6390
 - Hope Restored, Inc. (Silver Spring) - (202) 810-4673
 - Interfaith Works Empowerment Center (Silver Spring) - (301) 585-4471
 - People Encouraging People Day Center (Rockville) - (301) 637-6700
 - Shepherd's Table (Silver Spring) - (301) 585-6463

HOUSING

- **Montgomery County Housing Opportunities Commission** - (240) 627-9400
Montgomery County housing authority that provides subsidized rental housing for low income people.
- **Emergency Financial Assistance** - (240) 777-4448 (Germantown), (240) 777-4550 (Rockville), (240) 777-3075 (Silver Spring), (240) 777-4479 (East County)
Help with rent, eviction, foreclosure or utility disconnection.
- **Montgomery County Rental Assistance Program** - (240) 777-4400
- **Reverse Mortgages** - www.hud.gov or 1 (800) 225-5342
- **Housing Initiative Partnership State Tax Credit** - (301) 916-5946
If you are over 60 years old, or permanently disabled, or have a dependent under 18, you may be eligible for a state tax credit of up to \$1,000 in financial assistance for rent payments.
- **Family Self-Sufficiency Program (FSS)** - (240) 627-9781 or (240) 627-9400
FSS is a 5 year VOLUNTARY program that assists Housing Choice Voucher residents in achieving economic independence and self-sufficiency over a 5-7 year period. It helps residents identify their employment and education goals, increases job skills and educational level and assists with linking people to supportive programs to achieve long term career goals.

IDENTITY THEFT AND TAX FRAUD

- **Federal:** Contact the Internal Revenue Service Identity Protection Specialized Unit at 1 (800) 908-4490
- **Maryland:** Contact the Questionable Return Team at the Comptroller's Office at 1 (410) 260-7449

IMMIGRANTS

- **Gilchrist Immigrant Resource Center** - (240) 777-4940
Welcome center for immigrants, connecting Montgomery County's diverse communities with educational, economic and civic resources.
- **Immigration Legal Services Directory** -
www.montgomerycountymd.gov/partnerships/immigration-legalsupport.html
- **Montgomery Coalition for Adult English Literacy (MCAEL) Directory of low cost ESOL programs** - (301) 881-1338 or www.mcael.org/directory
- **Montgomery College Adult ESOL and Basic Skills Courses** - (240) 567-5188
- **Literacy Council of Montgomery County** - (301) 610-0030
English classes with more classroom hours and individual tutors.
- **Montgomery County Public Libraries** - (240) 777-0007
Offers English conversation classes and limited computer classes
- **MCPS International Admissions Office** - (301) 230-0686
Enrolls students who have not attended school in the US during the previous two years.
- **Citizenship** - eligible permanent residents can apply to become citizens by checking their eligibility at www.uscis.gov.
- **Montgomery College Citizenship Class** - (240) 567-8169
Free class to prepare for the citizenship test.
- **Baltimore City Community College** - (410) 986-3201
Free class to prepare for the citizenship test
- **CASA de Maryland** - (240) 560-2272
Free class to prepare for the citizenship test

LEGAL AID

- **Legal Aid Bureau** - (240) 314-0373
- **Free Civil Legal Clinic** - (301) 424-3454
Montgomery County Bar Foundation offers free weekly legal clinics on a range of topics.

MENTAL HEALTH/BEHAVIOURAL HEALTH/SUBSTANCE ABUSE

- **Montgomery County Access to Behavioural Health Services** - (240) 777-1770 or (240) 777-4710
Assistance with obtaining appropriate outpatient mental health or substance abuse services for individuals eligible through the public behavioural health system. Walk-in assessments and evaluation Monday-Friday at 9:00am or 1:00pm. 255 Rockville Pike, Suite 145, Rockville, MD.
- **Beacon Health Options** - 1 (800) 888-1965
Implements the public mental health system for individuals with Medicaid and individuals who receive state subsidies for services.
- **Mental Health Services for Seniors & Persons with Disabilities** - (240) 777-3990
- **Depression & Bipolar Support Alliance** - 1 (800) 826-3632
- **National Alliance on Mental Illness** - 1 (800) 950-6264
- **Mental Health America** - 1 (800) 969-6642
- **EveryMind Montgomery County Hotline** - (301) 738-2255

SENIORS

General Services

- **Aging and Disability Services** - (240) 777-3000
Call (in any language) for information about all senior services and programs, and the location and contact information of senior centers and senior associations.
- **Montgomery County Senior Site** -
<https://www.montgomerycountymd.gov/senior/index.html>
Website with many guides and resources for all aspects of senior living, including a calendar of upcoming events.
- **Montgomery County Department of Police “Keeping Seniors Safe” Website** -
<http://www.montgomerycountymd.gov/pol/resource/senior.html>
This website contains English and Spanish guides and resources for seniors, including transportation options, preventing theft, driving, home safety, fraud and identity theft, insurance, phone scams, physical health.
- **Montgomery County Coalition for Care at the End of Life** - (240) 773-8290
Helps to educate residents about advance directives.
- **Long Term Care Ombudsman Program** - (240) 777-3369
Trained advocates help resolve problems for residents of nursing homes, assisted living facilities and group homes.
- **Adult Protective Services** - (240) 777-3000
A state mandated program that investigates allegations of abuse, neglect, self neglect and/or exploitation of vulnerable adults.

Senior Health Services

- **Medicare** - apply through the Social Security Administration - 1 (800) 772-1213 or www.ssa.gov, or ask for help from the State Health Insurance Assistance Program - 301 255 4250.
- **Community Services for Older Adults and People with Disabilities** -
<https://mmcp.health.maryland.gov/longtermcare/Pages/Community-First-Choice.aspx>
Information about the Community First Choice, Community Options and Community Personal Assistance and Increased Community Services Programs, that provide assistance with activities of daily living to Medicaid recipients who have a chronic illness, medical condition or disability.

- **Senior Health Insurance Assistance Program** - (301) 255-4250
Help and guidance to understanding Medicare for seniors.
- **Senior Mental Health Program** - (240) 777-1770
Outreach mental health services for seniors who cannot or will not go to office-based services; mental health consultation to assisted living providers, senior center directors and Housing Opportunities Commission resident counselors.
- **Dental Service Program** - (240) 777-1875
Seniors (age 60 and over), children (age 18 and younger) and pregnant women may enroll
- **Senior Care Assistance/Subsidy Program** - (240) 777-3000
A program that has funds for supplementing the cost of Adult Day Care, medications, personal care, transportation for medical appointments, home delivered meals, over the counter medications when recommended by a physician, medical insurance co-payments, durable and disposable medical supplies, eyeglasses, dentures, medical and dental care not covered by insurance, a lifeline system, or other possible need not covered by other resources.

Senior Housing Resources

- **Senior Assisted Living Group Home Subsidy** - (240) 777-3000
Clients can apply for a subsidy, and group homes can enroll in the program as participants, by mail or in person. Please call to request the required forms.
- **Utility Assistance** - (240) 777-4450
The programs help low-income residents pay their heating costs and electric bills.
- **Respite Services of Montgomery County** - (301) 816-9647
Subsidized respite care for short term relief of unpaid, live-in, primary caregivers.
- **Family Caregiver Program** - (240) 777-3000
This program provides information and referral to caregivers about available services; assistance to caregivers in accessing services, and education and training for caregivers
- **Guide to Retirement Living** - 1 (800) 394-9990
Information about senior housing choices of all kinds.

Senior Transportation Resources

- **Connect-A-Ride** - (301) 738-3252

For all seniors, including those who cannot ride the public bus and those who needs escorted transportation options.

- **Call-n-Ride** - (301) 948-5409
Discounted taxi rides for or seniors with low income for any purpose within Montgomery County and select areas outside the County for medical reasons.
- **Ride-On and Metrobus** - (240) 777-3000
Seniors 65 and over travel free with id (Medicare photo card or Senior SmarTrip card) from Monday-Saturday between 9:30am and 3:00pm, and half fare at all other times.
- **Senior Center Transportation** - (240) 777-4925
Seniors ride to their local senior center for free, and also some other community centers.
- **Volunteer Transportation** - call Village Rides at (301) 255-4212 or The Senior Connection at (301) 962-0820 to see whether there are volunteers in your area who can provide rides to medical appointments, grocery stores or social activities for free.
- **MetroAccess** - (301) 562-5360
Low cost shared transit service for people with disabilities who are generally unable to use the regular, fixed route transit systems.
- **Abilities Ride** - (301) 990-9100
Offers same-day discounted taxi service to MetroAccess participants regardless of income.

Senior Employment Resources

- **The Career Gateway** - (301) 255-4215
Intensive training, resources and mentorship of computer savvy job seekers age 50+.
- **Senior Community Service Employment Program** - (240) 395-0918
On-the-job training for low-income men and women age 55 and older.

Senior Nutrition and Wellness Resources

- **Holy Cross Senior Source** - (301) 754-8510
Health and Wellness classes for seniors located in Silver Spring.
- **Montgomery County Senior Nutrition Program** - (240) 777-3810
Senior lunches and ethnic meals served at community centers for a voluntary donation. For people over 60 who have difficulty shopping or preparing meals, a County-supported Meals-on-Wheels program may be able to help.

- **Montgomery County Senior Nutrition Hotline** - (240) 777-1100
- **The Senior Connection's Pantry Filler Program** - (301) 962-0820
Volunteers provide escorted shopping trips and grocery deliveries.
- **Capital Area Food Bank's "My Groceries To Go" Program** - (202) 644-9880
Monthly packages for seniors aged 60+ to pick up at various locations in Montgomery County.

TRANSPORTATION

- **Transportation Network Directory for People with Disabilities and Adults 50+** - go to www.montgomerycountymd.gov/tnd to download and print a copy, or call (240) 777-1246 to request a copy.

VETERAN SERVICES

- **National Suicide Prevention and Veterans Crisis Hotline** - 1 (800) 273-8255
(veterans press "1")
- **Montgomery County Commission on Veterans Affairs** - (240) 777-1246 (V), MD
Relay 711 or
<https://www.montgomerycountymd.gov/HHS-Program/ADS/VETERANS/VeteransIndex.html>
- **Montgomery County Community Based Outpatient Clinic (CBOC)** - (202) 745-8000
Provides Veterans with primary care, women's health, mental health and social work services, as well as nutrition counseling, pharmacy consultations, audiology device fittings and specialty care via clinical telehealth technology. The new CBOC location offers free parking. Conveniently located to the Shady Grove Metro Station via Ride On Bus #63 and #63X. Route #63X provides additional service between Gaither Road & Gaither Drive and the Shady Grove Metro Station to augment Route 63 trips on weekdays. Service is available from approximately 6:20 a.m. to 8:30 p.m.
- **Enroll in Veterans Affairs Healthcare** - To apply, call 1 (877) 222-VETS (8397), Monday through Friday between 8:00 a.m. and 8:00 p.m, EST, or enroll online at www.vets.gov/healthcare/apply

- **Serving Together Peer Navigator** - (301) 738-7176
Connects military, veterans and their families with local resources.
- **MCCH Veterans Safe Havens Program** - (301) 917-6646
(first-step housing)
- **Easter Seals Employment, Training and Supportive Services** - (301) 588-8700
- **Friendship Place** - (202) 658-9599
- **Veterans Housing Counseling** - (202) 667-7006 (ext. 280 or 218)
- **Operation Renewed Hope** - (703) 887-8117
- **United States Veterans Initiative** - (202) 441-1016

This Resource List is provided by the Montgomery County Food Council as part of its Screen & Intervene Toolkit. For further information or to suggest edits to this resource, please contact Amanda Neshier, Food Security Programs Manager at anesher@mocofoodcouncil.org.