



COMMUNITY CALL RESOURCES

info@mocofoodcouncil.org • [@mocofoodcouncil](https://www.instagram.com/mocofoodcouncil)

<https://mocofoodcouncil.org/food-security/resources-for-residents/>

COVID

Maryland HHS COVID-19 Portal
COVID-19 Information

[Website](#)

Montgomery County COVID-19 Portal
Sign up for vaccine updates: [here](#)

[Website](#)

Cultural Resources

Korean Community Service Center of Greater Washington

KCSC's mission is to assist and empower Asian Americans and new immigrants to become well-adjusted and fully contributing members of the United States through social services, education, advocacy, and development of resources.

Contact: Daehyeon (Dan) Choi

[Website](#)

Vietnamese Literary and Artistic Club Nha Viet Nam Maryland

VLAC's twofold mission is (1) Supporting social activities through scholarships, training classes and humanitarian aids to all communities; (2) Enriching Vietnamese-American culture through seminars and cultural events.

Contact: Nguyen Le Nhavnmaryland@gmail.com

[Website](#)

Education

Literacy Council of Montgomery County
ESL Classes

[Website](#)

Emergency Preparedness

READY - Federal Emergency Preparedness

Ready is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement.

Contact: Phone: (800) 621-FEMA (3362) TTY: (800) 462-7585

[Website](#)

Environment and Sustainability

Maryland Energy Administration EmPower Maryland Energy Efficiency and Conservation Programs

[Website](#)

Contact: 410-537-4000 or 1-800-72-ENERGY DLInfo_MEA@maryland.gov

Montgomery County DEP Composting

[Website](#)

We conduct composting workshops throughout the year. Learn more about the do's and don't's of composting and share ideas with others. For information about upcoming workshops, check our events calendar.

Contact: Alan Pultyniewicz, Recycling Coordinator, DEP alan.pultyniewicz@montgomerycounty.gov
311 (out-of-County: 240-777-0311, TTY: 301-251-4850)

Household Goods

Greater DC Diaper Bank

[Website](#)

We're on a mission to empower families and individuals throughout D.C., MD, and VA by providing a reliable and adequate source of basic baby needs and personal hygiene products.

House with a Heart – Petfood

[Website](#)

“Feed Fido & Fluffy” Pet Pantry: By partnering with local food banks and pantries, we will be able to help families with pets care for them in these difficult times.

Contact: Sherry Polvinale, hwahsher@gmail.com

Teens Helping Seniors

[Website](#)

Grocery and pharmacy deliveries for seniors.

Contact: Matthew Casertano and Dhruv Pai, teenshelpingseniors@gmail.com

Housing

Housing for All Campaign

[Website](#)

The Montgomery County Continuum of Care and the Department of Health and Human Services, Services to End and Prevent Homelessness is seeking vacant housing units to match with households who are looking for housing.

Montgomery County Housing and Community Affairs

[Website](#)

Tenants' Rights Resources

Montgomery County Rental Assistance Program

[Website](#)

Recognizing that the COVID-19 pandemic is causing an unprecedented financial hardship for many Montgomery County residents, the COVID-19 Rental Assistance Program provides financial assistance in the form of a rent subsidy payment. This program seeks to fill the gaps for those who have lost income during COVID-19.

Contact: CDBG_RAP@hocmc.org (240) 627-9400

Montgomery County Renters Alliance, Inc.

The Renters Alliance advocates for policies that increase rental housing affordability, stability and quality, and to build community within apartment complexes.

[Website](#)

Contact: info@rentersalliance.org

Immigration

Ayuda: Legal Services

To make a legal right a reality, low-income immigrants need help to successfully access and navigate our justice system. We provide expert legal services so that low-income immigrants can overcome barriers and access justice.

[Website](#)

Contact: 8757 Georgia Ave, Suite 800 Silver Spring, MD 20910

CASA

We are a group of passionate, community-conscious people working to organize, advocate for, and expand opportunities for Latino and immigrant people in the state of Maryland, Pennsylvania, and Virginia. We do this by providing employment placement; workforce development and training; health education; citizenship and legal services; and financial, language, and literacy training to Latino and immigrant communities throughout the state. Since our humble beginnings in 1985 assisting Central American refugees fleeing wars and civil strife at home, we have worked tirelessly to bring immigrant communities in Maryland, Virginia, and Pennsylvania out of the shadows and into greater power, dignity, and legitimacy.

[Website](#)

Contact: <https://wearecasa.org/Contact-us/>

FIRN Inc.

FIRN serves immigrants from over 90 countries and is well known as the key resource in Central Maryland for the foreign born. It also provides valuable assistance and guidance to health and human service agencies that serve immigrant clients.

[Website](#)

Contact: Alexis Downs De Colochoado, adowns@firnonline.org 410-992-1923

Gilcrest Immigrant Resource Center

The Gilchrist Center is a gateway for County immigrants: they can obtain information and referrals to programs and services offered by government agencies and community organizations, strengthen their life skills through English and basic computer classes, and increase their knowledge to prepare for civic life and/or U.S. citizenship.

[Website](#)

Contact: (240) 777-4940 GilchristCenter@montgomerycountymd.gov

National Immigration Law Center

Established in 1979, the National Immigration Law Center (NILC) is one of the leading organizations in the U.S. exclusively dedicated to defending and advancing the rights of immigrants with low income.

[Website](#)

Contact: reply@nilc.org

Protecting Immigrant Families

[Website](#)

A network anchored by the National Immigration Law Center (NILC), the Center for Law and Social Policy (CLASP), and a steering committee of 15 other member organizations, the “Protecting Immigrant Families, Advancing Our Future” (PIF) Campaign is made up of hundreds of diverse organizations. Our mission is to unite to advance, protect and defend access to health care, nutrition programs, public services and economic support for immigrants and their families at the local, state and federal level. Know Your Rights Fact Sheet

Contact: Renato Rocha rocha@clasp.org

Language Access

Ayuda: Language Access Services

[Website](#)

Do you provide services to Maryland victims of crime? Do you ever need a spoken or sign interpreter to communicate with the victims whom you serve? The Language Access Program at Ayuda can provide you with professionally trained, trauma-informed interpreters at no cost (because of funding from the Maryland Governor’s Office of Crime Control and Prevention). Please email interpreterbank@ayuda.com with "Maryland Victims" in the subject heading to learn more and to add your organization to the list of those that will receive services.

Contact: interpreterbank@ayuda.com

Personal Safety

Montgomery County Family Justice Center

[Website](#)

Your safety is our first priority at the Montgomery County Family Justice Center. The Center co-locates multiple agencies in a safe and secure facility to provide coordinated advocacy, government, civil legal services and social services for victims of domestic violence and their children.

https://www.youtube.com/watch?v=H29F_GzZmV8&feature=youtu.be

Contact: 240.773.0444

Social Services/ Healthcare

African American Health Program

[Website](#)

In Montgomery County and the U.S., African Americans have the lowest health status compared to other racial/ethnic groups. The African American Health Program (AAHP) works to close this disparity by providing free, critical health services, helping African Americans thrive in all aspects of life and society.

Contact: info@https://aahpmontgomerycounty.org/

Asian American Health Initiative

[Website](#)

The mission of the Asian American Health Initiative (AAHI), part of the Montgomery County Department of Health and Human Services, is to improve the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.

[Resource Library/Mental Health Videos](#)

Contact: Jasmine Vinh Info@AAHIinfo.org 240.777.4517

Ayuda: Social Services[Website](#)

The Ayuda Social Services team specializes in working with the immigrant community, in particular survivors of domestic violence, sexual assault, stalking, and human trafficking. Ayuda Social Services provides trauma-informed, holistic case management, culturally specific counseling, and emotional accompaniment and advocacy to survivors of crime who live in DC, Maryland, and Virginia.

Contact: 8757 Georgia Ave, Suite 800 Silver Spring, MD 20910

EveryMind[Website](#)

Mental wellness resources in Montgomery County

Contact: 301.738.2255 (24/7)

Social Services/ Healthcare

Faith Community Nurse Program Holy Cross Health[Website](#)

As the first of its kind in the Washington metropolitan area, the Holy Cross Faith Community Nurse Program has been equipping local faith communities to advance the health of individuals and communities since 1993. Our spiritually focused health promotion program centers on the belief that healing integrates the intentional care of the body, mind and spirit. We invite faith communities throughout the area to join Holy Cross Health in its mission to be a compassionate and transforming healing presence.

Contact: Lucia.Zegarra@holycrosshealth.org

I Support the Girls[Website](#)

I Support the Girls collects and distributes essential items, including bras, underwear, and menstrual hygiene products, allowing women and folx experiencing homelessness, impoverishment, or distress to stand tall with dignity.

Contact: Dana Marlowe, P.O. Box 2736, Wheaton, Maryland 20915, 240.816.0570

Montgomery College Combat2College Program[Website](#)

Combat2College provides academic and social opportunities, resources, and services for veterans and active and reserve service members.

Contact: Joanna Starling, joanna.starling@montgomerycollege.edu

Muslim Community Center[Website](#)

The MCC Medical Clinic's mission is to provide compassionate, high-quality medical care to any adult (18 years or older) without health care coverage.

Contact: 301-384-2166

Primary Care Coalition[Website](#)

The Primary Care Coalition (PCC) makes health happen. We work with clinics, hospitals, health care providers, and other community partners to coordinate health care and related services for people experiencing vulnerability.

Contact: 301.628.3405 info@primarycarecoalition.org

Spanish Catholic Center, Catholic Charities

For more than 50 years, the Spanish Catholic Center has been offering medical and dental clinics, job training programs, English classes, a food pantry and case management services in four locations.

[Website](#)

WARMLine - Pro Bono Counseling Project

A free mental health resource for Marylanders who are experiencing increased stress, anxiety, and life transition concerns. The Pro Bono Counseling WARMLine is staffed by mental health professionals, **10AM-8PM, Monday-Friday** and **10AM-6PM on Saturday and Sunday**.

[Website](#)

Contact: 410.598.0234

Taxes

Montgomery County Volunteer Income Tax Assistance

The VITA program provides free tax preparation services for low to moderate income county residents.

[Website](#)

Contact: For appointments call 240.777.1123 or 311

Technology

Comcast Internet Essentials

Affordable high-speed internet, low-cost computers

[Website](#)

Senior Planet Montgomery

Senior Planet helps seniors learn new skills, save money, get in shape, and make new friends. Our courses, programs, and activities are changing the lives of older adults far beyond technology.

[Website](#)

Contact: <https://seniorplanet.org/about/Contact/>

Montgomery County Office of Broadband Programs

ultraMontgomery is a broadband economic development program. ultraMontgomery supports cost-effective, competitive access to robust, reliable and secure broadband services and ultra-high speed networks for businesses throughout Montgomery County. ultraMontgomery also works to ensure all residents and business can participate in the digital economy.

[Website](#)

Contact: Mitsuko R. Herrera, 240.777.2928 mitsuko.herrera@montgomerycountymd.gov

Transportation

Capital Bike Share For All

Access to bicycles for those who qualify for certain state and federal assistance programs

[Website](#)

Montgomery County DOT Commuter Services

Commuter Services promotes Better Ways to Work with a variety of incentives and tools to help make our roads less crowded while providing reliable transportation alternatives

[Website](#)

Contact: 240-777-0311

Utilities

BGE Assistance Program

Financial assistance for utility bills.

[Website](#)

Maryland Office of Home Energy Programs

Financial assistance for utility bills.

[Website](#)

Maryland Office of the People's Counsel

The mission of the Maryland Office of People's Counsel (OPC) is to represent Maryland's residential utility consumers on matters before the Maryland Public Service Commission (PSC), federal regulatory agencies and the courts. Every day OPC staff address issues affecting electric, natural gas, telecommunications, private water and certain transportation services, touching the lives of every resident of Maryland.

[Website](#)

Contact: Brandi Nieland, Senior Consumer Liaison 410.767.8150, brandi.nieland@maryland.gov

Montgomery County Department of Health and Human Services

Financial assistance for utility bills. This Video provides a guide for filling out an Energy Assistance Application.

[Website](#)

Contact: rapohep@montgomerycountymd.gov

Montgomery Energy Connection

Financial assistance for utility bills.

[Website](#)

Pepco Assistance Program

Financial assistance for utility bills.

[Website](#)

Potomac Edison Assistance Program

Financial assistance for utility bills.

[Website](#)

Washington Gas Assistance Program

Financial assistance for utility bills.

[Website](#)

Contact: 844.927.4427

WSSC Water Assistance

Financial assistance for utility bills. [Presentation Slides](#)

[Website](#)

Contact: Kelly Gibson Caplan Kelly.Caplan@WSSCWater.com

Volunteer Services

Montgomery County Volunteer Center

Find volunteers, post requests for donations

[Website](#)

Contact: Molly Callaway and Gretchen Zeikel, 240.777.2600 volunteer@montgomerycountymd.gov

Other Resource Guides

Catholic Charities Resource Guide

[Website](#)

Emergency Financial Assistance Resource Guide

Compiled by Interfaith Works, a nonprofit that helps people living in Montgomery County, Maryland who are homeless or living in poverty.

[Website](#)

Finding Help and Information in Montgomery County

General list of resources available in Montgomery County
Contact: 301-610-0147 admin@infomontgomery.org

[Website](#)