

Resource Directory

Zion Church does not endorse any organization listed and is not liable for any dissatisfaction with services. This is simply a resource guide compiled for the convenience of the user.

Resource Directory

1. Counseling Services
2. Domestic Violence Services
3. Drug/Substance Abuse Services
4. Elderly Assistance Services
5. Employment Services
6. Food Assistance Services
7. Health Services
8. Homeless Assistance Services
9. Teenage Pregnancy Services
10. Tutoring Services
11. Utility Bill Assistance Services
12. Other Assistance Services

Counseling Services

District of Columbia

International Counseling Center

3000 Connecticut Ave NW
Washington, DC 20009

Maryland

Transitions Therapeutic Services

Dr. Cheryl Nichols
1300 Mercantile Lane, Suite 139-VV
Largo, MD 20774
(301) 341-2020
Fax (301) 341-2233
Web: www.transitionstherapy.com

Convenient and accessible counseling available when you need it.

Lighthouse Christian Counseling

127 Andrew Ct
Centerville, MD 21617
(410) 758-4800
Email: JohnHicksonQ@lclightingtheway.com

Professional Christ-Centered counseling.
Serving individuals, marriage, family, children, adolescents, groups and military.

Washington Pastoral Counseling Service

9727 Georgia Avenue
Silver Spring, MD 20910
301-681-3201
From Charles County, MD — 301-645-8566
From Howard County, MD — 410-509-3201
Web: <http://www.wpcs.org/>

WPCS offers counseling on a fee for service basis. A sliding scale is available for those in need. Individuals may be eligible for health insurance reimbursement. No one is refused service because of the inability to pay the scheduled fee.

Safe Harbor

2227 Old Emmorton Road, Suite 119
Bel Air, MD 21015
410-893-4600 or 800-305-2089
www.safeharbor1.com

Other Location:
3102 Floral Park Rd
Clinton, MD 20735
301-292-2778
www.safeharborofsmd.com

Ephesians Life Ministries

1620 Elton Rd, Suite 204
Silver Spring, MD 20903
301-439-7191

Novlyn Hinson
703-521-6004
Barry Leavy
301-315-9009
www.ephesians.org

Domestic Violence Services

District of Columbia

Domestic Violence Support Center

(202) 347-0390

Maryland

House of Ruth

1-888-880-7884

Domestic Violence Hotline

1-800-634-4357

Domestic Violence Hotline

MD Judiciary

1-800-799-7233

Provides protection from domestic violence.

Drug/Substance Abuse Services

District of Columbia

DC Drug Rehab Programs and Addiction Treatment Centers

(202) 683-7199

Maryland

Maryland Drug Rehab Programs and Addiction Treatment Centers

Annapolis — (443) 563-3140

Baltimore — (443) 995-5657

Charles/ St Mary's County — (301) 475-6669

Alcohol/ Drug Rehab (The Watershed)

24 hour Helpline — 1 (800) 861-1768

Free online assessment/referrals

Web: www.thewatershed.com

Nationwide Addiction Assistance

Helpline: 1 (800) 559-9503

Elderly Assistance Services

District of Columbia

Family/Nursing Care

(202) 628-5300

Maryland

Family/Nursing Care

8601 Georgia Ave, Suite 505
Silver Spring, MD 20910
(301) 588-8200
Fax (301) 588-7762

Available 24 hours a day, 7 days a week

Email: info@familynursingcare.com

Virginia

Care for Angels

Senior Care in DC/VA

4801 Kenmore Ave
Alexandria, VA 22304
(703) 887-0382
(703) 725-5246
Fax (703) 370-3336
Email: info@careforangles.com

Employment Services

District of Columbia

DC Department of Employment Services (Multiple Locations)

64 New York Ave. NE
Washington DC
(202)724-7000

TRAINING SERVICES | JOB SERVICES

Maryland

Maryland Workforce Exchange

1100 Mercantile Lane
Largo, MD 20774
(301) 618-8425
Fax (301) 386-5533
Email: landover@dllr.state.md.us

Montgomery Works Facility

11002 Veirs Mill Rd
Wheaton Plaza South Office Building
Wheaton, MD 20902

(301) 929-4350
Fax (301) 929-4383
Email: wheaton@dllr.state.md.us

Anne Arundel One Stop Career Center

7480 B&A Blvd
Glen Burnie, MD 21061
(410) 424-3240
Fax (410)508-2333

Email: gburnie@dllr.state.md.us

Virginia

Fairfax Office of the Virginia Employment Commission

13135 Lee Jackson Highway
Fairfax, VA 22033
(703) 803-0000
Fax (703) 803-0042

To promote economic growth and stability by delivering and coordinating work force services to include: policy development, job placement, temporary income support, workforce information, transition and training services.

Food Assistance Services

District of Columbia

S.O.M.E (So Others Might Eat)

71 O St NW
Washington, DC 20001
(202) 797-8806
Email: web@some.org
Open daily-7:30am-8:30am, 11:30am-1:00pm
Medical and dental clinic by
appointment only.

They offer clothing, showers, outpatient drug treatment, counseling, job and legal services.
(Tuesdays only)

Allen Community Outreach Center

2443 Ainger Pl SE
Washington, DC 20032
(202) 889-5607
Email: ACO0@aol.com

Catholic Charities

220 Highview Pl. NE
Washington, DC 20032
(202) 574-3442
Fax (202) 574-3474
Web: www.Catholiccharities.org

Bread for The City

1525 Seventh St NW
Washington, DC 20001
(202) 265-2400
Fax (202) 745-1081

Other Location:
1640 Good Hope Rd SE
Washington, DC 20020
(202) 561-8587
Fax (202) 574-1536

Bread of The City provides a medical clinic, legal clinic, clothing room, food pantry (three days worth of groceries to suit the household size), social services, and a resentative payee program (for people who need assistance managing their personal financial affairs).

Maryland

Meals on Wheels (Damascus Senior Center)

9701 Main St.
Damascus, MD 20872
(301) 253-1801

Calvert Meals on Wheels

P.O. Box 348
Prince Fredrick, MD 20678
(410) 535-4606
(301) 855-1170

Web: www.calvertmealsonwheels.org

Health Services

District of Columbia

Adams Morgan Health Care

2250 Chaplin St.NW
Washington, DC
(202) 673-7702
Hours of Operation: 8:15am-4:45pm
Free Services

Community Medical Care

1118 9th St NW
Washington, DC 20001
(202) 408-9835

Offers services in general medicine and gynecology medicine. Operates on a sliding fee scale. Serves residents in the Washington Metropolitan area.

Meals on Wheels

Fort Stevens Senior Center:
1327 Van Buren St NW
Washington, DC 20012
(202) 576-6445

Columbia Senior Center:
1250 Taylor St. NW #B
Washington, DC 20011
(202) 328-3270

Maryland

Prince Georges County, Maryland Health Department

1701 McCormick Dr. Suite 200
Largo, MD 20774
(301) 883-7879

Virginia

Arlington Free Clinic

Nancy Sanger Pallesen
Executive Director

3833 North Fairfax Dr. Suite 400

Arlington, VA 22203

(703) 979-1425x 820

Fax (703) 979-1436

Email: npallesen@arlingtonfreeclinic.org

Web: www.arlingtonfreeclinic.org

Homeless Assistance Services

District of Columbia

Crummel Trailer/New Hope Ministries

1901 Kendall St NE
Washington, DC 20032
Hours of Operation: 7:00pm-7:00am
(202) 269-4668

This emergency men's shelter is located off New York Ave in Washington DC. There is a transitional 90 day program on site as well. The First Helping Mobile food truck provides dinner to the residents nightly.

House of Ruth

5 Thomas Circle NW
Washington, DC 20005
(202) 667-7001
Fax (202) 667-7047

DC Outfitters

Sara Raley, President
Email: sralley@warm.umd.edu

The DC Outfitters is a group of University of Maryland students who work together to help the homeless. Once a month, D.C Outfitters take clothes to the homeless residents of Washington, DC

Maryland

Baltimore Health Care for the Homeless, Inc.

111 Park Avenue
Baltimore, MD 21201
(410) 837-5533 ext. 332
Email: hch@gate.dev.jhu.edu

Health Care for the Homeless, Inc. provides comprehensive health care services for homeless people in the Baltimore area.

Bethesda Cares, Inc

Susan Kirk, Executive Director

P.O. Box 31222

Bethesda, MD 20824

(301) 907-9244

Fax (301) 652-1781

Email: bethcares@tidalwave.net

Bethesda Cares Inc is a community response to the problems of the homeless. Services provided include lunch, medical care, showers, toiletries, clothing, counseling, referrals, and a job search center.

Meeting Ground

P.O. Box 808

Elkton, MD 21922

(410) 275-2936

Email: info@meetingground.org

The Meeting Ground is a community and partnership which serves homeless families, women, and men.

Teen Pregnancy Services

Maryland

Catherine Foundation Pregnancy Care Center

3065 Old Washington Road

Waldorf, MD 20601

(301) 870 - 4911

Email: cfpcc@catherinefoundation.org

Web: www.catherinefoundation.org

The Catherine Foundation Pregnancy Care Center is committed to providing the public with accurate information about pregnancy, fetal development, lifestyle issues, and related concerns.

Tutoring Services

District of Columbia

Ivy League Tutoring Connection

5225 Pooks Hill Rd 432-S
Bethesda, MD 20814
(301) 564-4242
1-866-699-6667
Email: DanEiblum@aol.com
Rates: \$55-\$75

Sylvan Learning Center (District Heights)

5772 Silver Hill Rd Space-32
District Heights, MD 20747
(301) 516-1321
1-800-365-7736

Lanham MD:
9841 Greenbelt Rd, Suite 103
Greenbelt, MD 20706
(301) 552-3300
1-800-698-9195
Email: lanham.md-12311@educate.com
Email: district.heights.md-12315@educate.com

Virginia

Kumon

1749 Old Meadow Rd., Suite 600
McLean, VA 22102
(703) 506-0701
Fax (703) 506-9013

Utility Bill Assistance Services

District of Columbia

Low Income Home Energy Assistance (LIHEAP)

(202) 673-6750

Email: keith.andersondc.gov

LIHEAP, funded by the Federal Department of Health and Human Services helps eligible District residents pay their heating and cooling bills and provides emergency assistance to households that have had their electricity or gas services disconnected, or have been denied heating oil delivery.

Maryland

The Maryland Energy Assistance Program (MEAP)

Baltimore City (410) 396-5555

Baltimore County (410) 853-3385

Montgomery County (240) 777-4450

Prince George's County (301) 909-6300

Howard County (410) 313-6440

Free information (1-800-925-1446)

Espanol (1-800-732-7850)

The Maryland Energy Assistance Program (MEAP) provides heating assistance grants to fuel suppliers and utility companies on behalf of eligible applicants. The Electric Universal Service Program (EUSP) provides assistance with electric bills.

Virginia

Virginia Department of Social Services

Susan Chis, Director

2525 Mount Vernon Ave

Alexandria, VA 22301

(703) 838-0700

Fax (703) 836-2355

Web: <http://alexandriava.gov/human>

The EA Program assists low-income households particularly those with the lowest income that pay a high proportion of household income for home energy.

**Arlington County Department
of Social Services**

Valerie Cuffee, Director

3033 Wilson Blvd Suite 600A

Arlington, VA 22201

(703) 228-1550

Fax (703) 228-1122

Web: <http://www.arlingtonva.us/dep>

Other Assistance Services

District of Columbia

U.S. Department of Veterans Affairs

Web: www.va.gov

Veterans Benefits, Burial Benefits, Health Care, Survivors' Benefits, Etc.

Maryland

Maryland 211

United Way of Central Maryland

Web: www.uwcm.org/211

2-1-1 is a free, 24-hour, statewide, confidential information and referral service provided by United Way of Central Maryland through First Call for Help™, that links people in need with community resources. We maintain and reference a database of more than 4,000 health and human service agencies, government programs and other community resources that can assist Marylanders with a range of problems. It's easy, free and available 24 hours a day, 7 days a week.

Examples of need include:

- Basic Needs (food and shelter assistance)
- Physical and Mental Health Services
- Employment Support
- Services for Older Americans and People with Disabilities
- Programs for Children, Youth, and Families
- Emergencies and Disaster Relief Volunteer Opportunities and Donations