

EDUCATION & VOCATIONAL ASSISTANCE

Families Foremost.....	301 585 3424
MD Multicultural Youth Ctr.	301 495 0441 x226
Montgomery College	
Adult ESOL & GED	301 962 8950
Evening/Saturday HS Program	301 279 5188
MCPS Home & Hosp Teaching	301 517 8261

TEEN PARENT SUPPORT PROGRAMS

African Amer. Health Prog./SMILE	240 777 1833
Child Center & Adult Services'	
Healthy Mothers/Healthy Babies....	301 978 9750
Crittenton Services.....	301 565 9333
Early Head Start	
Lourie Ctr/Down County.....	301 891 1900
FSA/Up County.....	301 840 2000
Healthy Families Montgomery	301 840 3231
Responsible Fathers Program	240 777 4006

YOUTH SERVICES SUPPORT PROGRAMS

GUIDE Youth Services.....	240 683 6580
GUIDE Youth Services Upcounty.....	301 972 0307
Identity, Inc.....	301 963 5900
Kensington/Wheaton Youth Svcs	301 933 2818



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This card is printed and distributed by:
Montgomery County DHHS Client
Services Center for HealthChoice,
240-777-1635 and Interagency Coalition
on Adolescent Pregnancy Prevention (ICAP).

Rockville Youth, Family and Community Services.....	240 314 8310
YMCA Youth and Family Services	
Bethesda.....	301 229 1347
Silver Spring.....	301 593 1160

EMERGENCY FOOD AND/OR SUPPLIES

A Wider Circle.....	301 608 3504
Adventist Community HELP	301 585 6556
Bethesda Cares	301 907 9244
Bethesda HELP.....	301 365 2022
C-4 Clothes Closet.....	301 989 8742
CASA de Maryland.....	301 431 4185
Catholic Charities.....	202 772 4300
Damascus HELP.....	301 253 4100
First Baptist Food Closet.....	301 585 5454
Gaithersburg HELP.....	301 216 2510
Germantown HELP	301 482 1320
Interfaith Clothing Center	301 424 3796
MANNA Food Center.....	301 424 1130
Mid-County United Ministry (MUSST).....	301 929 8675
Olney HELP.....	301 774 4334
Rockville FISH.....	301 564 0800
Salvation Army.....	301 515 5354
Shepherd's Table	301 585 6463
St. Martin of Tours Pantry	301 990 7373
TESS Center.....	301 565 7675
WUMCO/W Upper MC HELP	301 972 8481

Montgomery County TEEN HELP CARD



www.montgomerycountymd.gov/311

For calls made outside of Montgomery County: 240-777-0311
240-773-3556 TTY

MC SERVICE ELIGIBILITY UNITS

Germantown	240 777 3591
Rockville.....	240 777 3120
Silver Spring.....	240 777 3066

MC REGIONAL HEALTH CENTERS

Germantown	240 777 3380
Silver Spring.....	240 777 3160

CRISIS ASSISTANCE

Mont. Co. Crisis Center	240 777 4000
Abused Person Crisis Line.....	240 777 4673
Alcohol Hotline	800 527 5344
Bilingual Info Hotline for Health Svc....	301 270 8432
Family Justice Center.....	240 773 0444
Maryland Youth Crisis Hotline	800 422 0009
MHA Hotline	301 738 2255
MC Youth Crisis Hotline	301 738 9697
National Runaway Hotline	800 786 2929
	800 RUNAWAY
Rape/Sexual Assault Crisis	240 777 4357

Suicide Helpline.....	800 784 2433
	800 SUICIDE
Treehouse Child Assessment Ctr.....	240 777 4699
United Way First Call for Help.....	800 492 0618

INFORMATION & REFERRAL

ICAP Website	www.mccicap.org
MC Website	www.montgomerycountymd.gov
MC Database.....	www.infomontgomery.org
ACCESS to Behavioral Health	240 777 1770
Child Support Enforcement	800 332 6347
ChildLink	240 777 4769
Client Svcs. Ctr. for HealthChoice	240 777 1635
Latino Health Initiative.....	240 777 3221
MC Child Passenger Safety.....	240 777 1462
MC Immunization Hotline	240 777 1050
MD Children's Health Program	800 456 8900
Mont Co. Care 4 Kids Program	301 628 3439
Substance Abuse Evaluation	240 777 1430

CHILD CARE

Childcare Subsidy/WPA Program	240 777 1155
Children's Resource Center	240 777 3110
LOCATE Childcare.....	877 261 0060

NUTRITION

Cooperative Extension Services	301 590 9638
SHARE Food Program.....	301 864 3115
WIC.....	301 762 9426

FAMILY PLANNING INFO & SERVICES

Montgomery County Regional Health Centers	
Germantown	240 777 3380
Silver Spring.....	240 777 3160
Emergency Contraception Hotline.....	800 584 9911
Natural Family Planning Center.....	301 897 9323
Planned Parenthood of Metropolitan Washington	
Frederick.....	301 662 7171
Gaithersburg.....	301 208 1300
Silver Spring.....	301 608 3448
STD/HIV/AIDS.....	240 777 1760
TAYA Health Connection.....	301 565 0914

PREGNANCY SUPPORT

Adoptions Together	301 439 2900
Birthingright	301 946 3339
Ctr. for Adoption Supp. & Education	301 476 8525
Centro Tepeyac.....	301 587 9516
Gabriel Project	301 946 4815
Germantown Pregnancy Choices.....	301 916 5433
Nat'l Hispanic Prenatal Helpline (Spanish)	800 504 7081
Rockville Pregnancy Center.....	301 770 4444
Shady Grove Pregnancy Center.....	301 963 6223

GENERAL HEALTH CARE PROGRAMS

Children's National Medical Center	202 476 5000
Community Clinic, Gaithersburg**	301 216 0880
Community Clinic, Silver Spring**	301 585 1250

Community Clinic, Takoma Park**	301 431 2972
Holy Cross Hospital Health Center*	240 567 5600
La Clinique L'AMI.....	301 493 2400
Mansfield Kaseman Clinic*	301 917 6800
Mary's Center**	240 485 3160
Mercy Clinic*	240 773 0300
Mobile Medical Care, Inc.*	301 493 2400
Muslim Comm. CTR. Health Clinic*	301 384 2166
Pan Asian Volunteer Health Clinic*	240 773 0366
Peoples Community Wellness Ctr.*	301 847 1172
Proyecto Salud*	301 962 6173
Spanish Catholic Center**	301 434 8985

* = adults only ** = children & adults

SPECIAL ASSISTANCE or INFORMATION

Chesapeake Counseling Associates	301 231 9001
Conflict Resolution Center of MC.....	301 942 7700
Holy Cross Hospital	301 754 7000
Hospice Caring, Inc.....	301 869 4673
Infants & Toddlers Program	240 777 3997
IPO-Bereavement Info & Referral.....	240 777 1289
Jewish Social Services.....	301 816 2633
LaLeche League Hotline	202 269 4444
Montgomery General Hospital	301 774 8882
Shady Grove Adventist Hospital	240 826 6000
Suburban Hospital	301 896 3100
Washington Adventist Hospital	301 891 7600
Women's Cancer Control Program	240 777 1750