Nutrition Resource Guide for Asylum Seekers in the DMV

Nutrition Resources in Maryland

SNAP-Ed - University of Maryland Extension
(410) 715-6903 or eatsmartmd@umd.edu
SNAP-Ed | University of Maryland Extension

Food Justice DMV
(410) 849 9886
denise@foodjusticedmv.org
Food Justice DMV
Eligibility: No eligibility requirements - just fill out https://bit.ly/2Fr4tM3

Montgomery County

Montgomery County Local Department of Human Services Office
(410) 777-0311
Montgomery County - Maryland Department of Human Services

Montgomery County Food Assistance Resource Directory
(301) 664-4010 or info@mocofoodcouncil.org
Food Assistance Resource Map
They can help people fill out SNAP

SNAP Montgomery County Food Resources
311
Food Resources / Recursos Alimenticios - COVID-19 Information Portal, Montgomery County, MD

Bethesda Cares *
301-907-9244
info@bethesdacares.org
Main Home - Bethesda Cares

Shepherd's Table *
(301) 585-6463
info@shepherdstable.org
Services | Shepherd's Table (shepherdstable.org)

Prince George’s County

Prince George’s County Local Department of Human Services Office *
(301) 909-7000
Prince George’s County - Maryland Department of Human Services

Prince George’s County Food and Nutrition Services
(301) 952-6580
Food and Nutrition Services

Prince George’s County Food Equity Council - Food Pantries
(240) 253-1036
Find Food: Food Pantry Listings – FEC

Prince George’s County Food Equity Council - Food Assistance Resources
(240) 253-1036
https://pgfeco.org/resources/food-assistance-resources-in-prince-georges-county/english/

Capital Area Food Bank
(202) 644-9800
Capital Area Food Bank

Prince George’s County - Food Supplement Program
(301) 909-6000
Food Supplement Program | Prince George's County, MD

Greater Baltimore

Baltimore City Local Department of Human Services Office
(800) 332-6347
Baltimore City - Maryland Department of Human Services

Baltimore County Local Department of Human Services Office
(410) 853-3000
Baltimore County - Maryland Department of Human Services
Maryland Food Bank
(410) 737-8282
Nutrition | Maryland Food Bank

Maryland State Department of Education
(410) 767-0100
Nutrition – MARYLAND FAMILIES ENGAGE

Baltimore Food Banks
Multiple locations and phone numbers
Baltimore free food banks, soup kitchens and free pantries.

Baltimore County Food Banks
Multiple locations and phone numbers
Food Pantries List March 2023 - DocumentCloud

Nutrition Resources in Washington, DC

Food Justice DMV
(410) 849 9886
denise@foodjusticedmv.org
Food Justice DMV

Arcadia Mobile Market
mobilemarket@arcadiayfood.org
Mobile Market | Arcadia
Eligibility: No requirements, they accept and double the amount of SNAP, WIC, and Senior FMNP at the market and otherwise take produce plus, credit, debit, or cash.

Capital Area Food Bank - Community Marketplaces
(202) 644-9800
Capital Area Food Bank

Children of Mine Youth Center *
(202) 610-1055
Children of Mine Youth Center

DC Food Project
dcfoodproject@gmail.com
DC Food Project
Eligibility: Project is for 18 and younger. They do not require ID (except for Food Bank).
DC Youth Meals Program *
(202) 727-1839
DC Youth Meals Program | osse

DC Women, Infants, Children *
(202) 442-9397
DC WIC

Department of Aging and Community Living
(202) 724-5626
Department of Aging and Community Living
Eligibility: Must be a DC resident. Income requirement: Home Aid - <2600/month; Safe at Home - <79,000/yr. Clients are 60+ years old. Meal Delivery - must be home-bound or frail Transportation for medical appointments only - Medicare is fine; Medicaid is not eligible.

East River Family Strengthening Collaborative, Inc.
(202) 397-7300
erfsc.org
Eligibility: Have to be a resident of DC and have children who are under 18 years old

Fresh Fruit and Vegetable Program (FFVP)
(202) 741-6418
Fresh Fruit and Vegetable Program (FFVP) | osse

Healthy Tots Act
N/A
Healthy Tots Act | osse

Horton's Kids *
(202) 544-5033
Horton's Kids

Mary House | Transitional housing, Food, Clothing, and Kids Programs *
(202) 780-5137
Mary House

Miriam's Kitchen *
(202) 452-8926
Miriam's Kitchen

National School Lunch Program (NSLP)
(202) 531-2680
National School Lunch Program (NSLP) | osse
SHARE Food Network
(301) 846-3115
SHARE Food Network - Affordable Groceries
Eligibility: No legal status requirements, must live in the DMV. Clients can pay at the host site with credit card, SNAP benefits, organizational checks, and some take cash. SHARE will also help their clients to submit SNAP applications.

So Others Might Eat (SOME)
(202) 797-8806
So Others Might Eat
Eligibility: Must be an established DC resident

Thrive DC
(202) 737-9311
Thrive DC
Eligibility: No ID required and no income requirement. Referral not necessary but helpful.

Food not Bombs
foodnotbombsdc@gmail.com
Food Not Bombs

Bread for the City
SE DC: 202-561-8587
NW DC: 202-265-2400
Food Program - Bread for the City
Eligibility: No eligibility requirements for food services, need to live in DC for clothing services

Food for All *
(202) 642-6660
newclient@foodforalldc.org
Food for All DC

We Are Family *
(202) 487-8698
info@wearefamilydc.org
We Are Family DC

Martha's Table *
202-328-6608
info@marthastable.org
Health & Wellness Programs – Martha's Table (marthastable.org)

Food and Friends
(202) 269-2277
INFO@FOODANDFRIENDS.ORG
Home | Food & Friends (foodandfriends.org)
Eligibility: Needs to have a qualifying illness, compromised nutritional status, and limited mobility

**Nutrition Resources in Virginia**

**Food Justice DMV**  
(410) 849 9886  
denise@foodjusticedmv.org  
*Food Justice DMV*  

**Fairfax County**

**Fairfax County Health and Human Resources**  
(703) 222-0880  
*Food Assistance | Health and Human Services (fairfaxcounty.gov)*

**Capital Area Food Bank**  
(571) 482-4770  
*Food Bank for the Washington, DC, Region | Capital Area Food Bank*

**Food for Others**  
(703) 207-9173 | Extension Number 104  
*Neighborhood Sites - Food for Others Website*  
Eligibility: Need photo ID and proof of VA residency and must complete an application

**Abiding Presence Lutheran Church (Burke)**  
(703) 455-7500  
*Food Ministries — Abiding Presence Lutheran Church*

**Beacon Hill Missionary Baptist Church (Herndon)**  
(703) 793-0050  
*Ministry — beaconhillchurch.net*

**Christ House Food Pantry (Alexandria) * Email: StLucyProject-CH@ccda.net**  
*Alexandria Food Pantry (ccda.net)*

**Centreville United Methodist Church**  
(703) 830-2684  
*Local Outreach - Centreville United Methodist Church (centreville-umc.org)*  
Eligibility: No eligibility requirements
Cornerstones (Reston) *
(571) 323-1410
Food & Basic Needs – Cornerstones (cornerstonesva.org)

Dar Al-Hijrah Islamic Center (Falls Church)
(703) 531-2905
Food Bank Online Services - Dar Al-Hijrah Islamic Center US

FAITH (Herndon) *
(571) 323-2198
FOOD PROGRAMS – FAITH (faithus.org)

Groveton Baptist Church (Alexandria)
(703) 768-9084
Groveton Baptist Church
Eligibility: No referral, income, legal status, or residency required.

Koinonia Foundation, Inc (Alexandria)
(703) 971-1991
Food & Clothing (koinoniacares.org)
Eligibility: Must live in parts Springfield or Alexandria, need to provide proof of residency, photo ID, copy of their lease, and proof of income

Lorton Community Action Center *
(703) 339-5161
Healthy Families | LCAC (lortonaction.org)

Rising Hope United Methodist Mission (Alexandria)
(703) 360-1976
Community Outreach — Rising Hope Mission Church (risinghopeumc.org)
Eligibility: No legal status requirement. They must have a valid address in Alexandria, Fairfax County and must be willing to give all names and birthdates of all individuals living at the address.

Share of McLean *
(703) 229-1414
FOOD PANTRY | Share of McLean

St Anne's Episcopal Church (Reston) *
(703) 437-6530
Year-Round | stannesreston (stannes-reston.org)

St. Anthony’s Catholic Church (Falls Church) *
(703) 820-2011
Food Pantry - St. Anthony of Padua Parish and School (stanthonyofpaduacommunity.com)

United Community (Alexandria) *
(703) 768-7106
Food - United Community

Western Fairfax Christian Ministries *
(703) 988-9656
Food - United Community

Abiding Presence Lutheran Church (Burke) *
(703) 455-7500
Food Ministries — Abiding Presence Lutheran Church

Beacon Hill Missionary Baptist Church (Herndon) *
(703) 793-0050
Ministry – beaconhillchurch.net

Burke United Methodist Church *
(703) 250-6100
Burke Gives Back (burkeumc.org)

Arlington County

Arlington County Social Services
(703) 228-1300
Food Assistance – Official Website of Arlington County Virginia Government (arlingtonva.us)
Eligibility: Need to have asylum or refugee status. Need proof of residency in Arlington County. Only need a referral for housing.

Arlington Food Assistance Center (AFAC)
(703) 45-8486
AFAC Home - AFAC
Eligibility: To receive weekly groceries from AFAC, you must: (1) live in Arlington and (2) get a referral from an Arlington County social service agency. To apply for AFAC services or receive a barcode card, you must provide ONE photo identification and ONE proof of your address in Arlington.

Capital Area Food Bank
(571) 482-4770
Food Bank for the Washington, DC, Region | Capital Area Food Bank
Arlington Bridge Builders *
(571) 282-5156

Salvation Army of Arlington
(703) 979-3380

Dar Al-Hijrah Islamic Center *
(703) 531-2905

Food for Others *
(703) 207-9173 | Extension Number 104

Our Lady Queen of Peace Catholic Church *
(703) 979-5580

SHARE Food Network at Macedonia Baptist Church *
(703) 371-7356

St. Anthony of Padua Catholic Church *
(703) 820-7111

St. George's Episcopal Church *
(703) 525-8286

Prince William County

Capital Area Food Bank
(571) 482-4770

ACTS *
(703) 441-8606

St Paul UMC (Woodbridge) *
(703) 494-2445
Helping the Community | St. Paul UMC (stpaul-umc.org)

**Loudoun County**

**Loudoun Feeds** *
<Loudoun Feeds>

**Capital Area Food Bank**
(571) 482-4770
Food Bank for the Washington, DC, Region | Capital Area Food Bank

**BetterALife (Purcellville) ** *
(703) 727-8974
Need Food Help? | BetterALife Org

**Bridgefeeds (Ashburn)**
(571) 353-9842
Home | Bridgefeeds
Eligibility: Referrals sent to contactbf@bridgefeeds.org with the full name and mobile phone number of the recipient. No legal, residential, or income requirements. They do not take walk-ins.

**Loudoun Regional Food Pantry (Sterling)**
(703) 443-6693
Loudoun Regional Food Pantry Sterling (ccda.net)
Eligibility: Need proof of address and picture ID

**Dulles South Food Pantry**
(703) 507-2795
Need Assistance? – Dulles South Food Pantry ® (dsfp.org)
Eligibility: To be served by DSFP, a guest must live in the southern part of Loudoun County, VA. A guest must present Proof of Identity (passport/Driver's License/any photo ID) and Proof of Address (mail or bill showing name and address within the last month) when they register and once a year after that. There are no income or status requirements. A potential guest needs to call 703/507-2795 x1 or email appointments@dsfp.org to request an appointment.

**Loudoun Hunger Relief**
(703) 777-5911
Loudoun Hunger Relief
Eligibility: No proof of status required, must have proof of residency in Loudoun country.

**Manna From Heaven** *
Round Hill UMC Pantry
(540) 338-4445
Food Pantry | Round Hill United Methodist Church | Round Hill (roundhillumc.org)
Eligibility: Must live in Round Hill, VA, need to show proof of residency

Seven Loaves Middleburg
(540) 687-3489
Food Pantry Middleburg VA | Seven Loaves Services, Inc. (sevenloavesmiddleburg.org)
Eligibility: no residency, income or documentation required. Clients can come once a week, Monday, Wednesday or Friday, 10-12

Sterling Park Baptist Church *
(703) 430-2527
Food Pantry — SPBC (sterling park bc.org)

Tree of Life
(540) 441-7920
Food - Tree of Life (tolministries.org)
Eligibility: Must live in Loudoun County

Western Loudoun Food Pantry *
540-822-5576
Western Loudoun Food Pantry — New Jerusalem Lutheran Church (njlclovettsville.org)

*Resources marked with an asterisk may have additional eligibility requirements. Please reach out to double check eligibility before utilizing their services.

We have made every effort to ensure the information in this guide is current. If any information in this guide is not correct, please contact us at caroline.wolinsky@hias.org.
Housing Resources Region-Wide

ShelterListings.org *
Shelter Listings serves unhoused and low-income people. The list has thousands of listings nationwide and includes emergency shelters, homeless shelters, day shelters, transitional housing, residential drug/alcohol rehabilitation programs, supportive housing and permanent affordable housing. It is an online resource only. Find the Maryland, Virginia, and Washington DC listings here.

Housing Resources in Maryland

Montgomery County

Montgomery County Crisis Center
The Crisis Center provides free 24-hour crisis services. Services are provided by telephone or in person at 1301 Piccard Drive in Rockville (no appointment needed).
Phone: 240-777-4000
Email: Outreach@montgomerycountymd.gov

24 Hour Crisis Center
Eligibility: Must be resident of Montgomery County, need proof of residency and photo ID.

Catholic Charities of the Archdiocese of Washington *
Find the help you need in Washington, DC, Calvert County, Charles County, Montgomery County, Prince George’s County, and St. Mary’s County.
Phone: (202) 939-2400 (Main Number at 924 G Street, NW, DC); (202) 832-2359
Email: GetHelp@CC-DC.org
Get Help – Catholic Charities DC

Interfaith Works *
Interfaith Works is a nonprofit organization that provides emergency shelter, supportive housing, essential needs, and employment programs.
Phone: 301-762-8682
info@iworksmc.org

Gilchrist Immigrant Resource Center
The Gilchrist Center is a gateway for Montgomery County's immigrants, providing information and referrals to programs and services offered by government agencies and community organizations.
Phone: (240) 777-4940
https://www.montgomerycountymd.gov/gilchrist/get-help/housing/affordable-housing.html
Eligibility: No legal status requirement for county services. Have to live in Montgomery County. No income requirement. Has the capacity to refer people to services in other counties.

Housing Initiative Partnership (HIP)
Housing Initiative Partnership, Inc. (HIP) develops innovative affordable housing, revitalizes neighborhoods, and equips people to achieve their housing and financial goals; serving both Montgomery County and PG County.
Phone: 301-916-5946
https://hiphomes.org
Eligibility: No income, residency, or legal status requirements.

Housing Opportunities Commission
The HOC provides affordable housing and supportive services that enhance the lives of low- and moderate-income families and individuals throughout Montgomery County.
Languages: Amharic, Spanish, Russian, Korean, Chinese, French, Vietnamese
(240) 627-9400 or help@hocmc.org
https://www.hocmc.org/rental-programs.html
Eligibility: Must have SSN or Alien ID. Income requirement varies between programs. HOC offers different housing options; the type of housing and supportive services that people are eligible for depends on their income.

Moderately Priced Dwelling Unit (MPDU) Program *
The Moderately Priced Dwelling Unit (MPDU) Program offers affordable rental units in apartment communities located throughout the County.
Dial 311 for information
MHP - Making Homes Possible

MHP is a non-profit organization that preserves and expands affordable housing in Montgomery County and the surrounding region.

Phone: 301-622-2400
Email: info@mhppartners.org

https://mhppartners.org/housing-people/mhp-properties/

Eligibility: Need at least a tax ID if no SSN. No residency requirement. The program requires a minimum income and a maximum, depending on the size of the household. They need a minimum income in order to be considered. But if the combined income is higher than the maximum, they don't qualify.

Prince George's County

Department of Social Services Homelessness Prevention Program
Provides information, assistance and referrals to County residents who are facing homelessness or an eviction
Phone: 301-909-6362

Housing & Homeless Services | Prince George's County, MD
Eligibility: Only provide services to those vetted and approved by the state.

Catholic Charities

Find the help you need in Washington, DC, Calvert County, Charles County, Montgomery County, Prince George’s County, and St. Mary's County.
Phone: 301-568-9529
Email: GetHelp@CC-DC.org

https://www.catholiccharitiesdc.org/gethelp/

Community Ministries, Seat Pleasant *

The Step Up Housing Assistance Program provides housing education assistance and small grants to help qualified people avoid eviction.
Phone: 301-499-2319

Community Ministry of Prince George's County

Laurel Advocacy and Referral in Laurel
Phone: 301-776-0442

Services Overview - LAUREL ADVOCACY & REFERRAL SERVICES, INC.

Eligibility: To qualify for services at LARS, you must reside in one of the four Laurel zip codes (20707, 20708, 20723, or 20724) or be homeless in the Laurel area.

United Communities Against Poverty *
Provides a wide variety of services and programs from weatherization and energy assistance to an emergency food pantry and housing assistance.

Phone: 301-322-5700

Programs & Services

AffordableHousingOnline *
A listing for affordable “Section 8” housing in PG County, Maryland. Warning: there may be long wait times to be placed in housing.
N/A - online resource only
Low Income Apartments For Rent in Prince Georges County, Maryland - Affordable Housing Online

MDHousingSearch.org
Browse listings of Maryland apartments and homes for rent on this free, accessible service. Search by city, county, or ZIP Code to find current listings with important details about accessibility features, amenities, affordability, and more.
Phone: 1-877-428-8844
MDHousingSearch.org

Greater Baltimore

Maryland Legal Aid *
They can help protect you against eviction if you live in subsidized housing.
Phone: 410-951-7777
Maryland Legal Aid

AffordableHousingOnline
A listing for affordable “Section 8” housing in Baltimore County. Warning: there may be long wait times to be placed in housing.
N/A - online resource only
https://affordablehousingonline.com/housing-search/Maryland/Baltimore-County

Housing Resources in Washington, DC

DC Housing Search
This website allows you to search for affordable rental housing.
Phone: (202) 442-7200 (DC Department of Housing and Human Development)
https://www.dchousingsearch.org/

Eligibility: Must be US citizens and DC residents. Income requirement determined after meeting with counselor. Need a referral, number is 2023731050

DC Emergency Rental Assistance
This program can help prevent eviction and pay overdue rent in Washington, DC. You must have an ID card and some proof of currently living in DC.
Phone: 202-312-5510
Email: ERAP.Program@dc.gov
https://dhs.dc.gov/service/eviction-prevention-rental-assistance

Catholic Charities
Find the help you need in Washington, DC, Calvert County, Charles County, Montgomery County, Prince George’s County, and St. Mary’s County.
Phone: 301-568-9529
Email: GetHelp@CC-DC.org
https://www.catholiccharitiesdc.org/gethelp/

Friendship Place
202-364-1419
info@friendshipplace.org
Home - Friendship Place
Eligibility: Neighbors First-Permanent Supportive Housing: must be DC resident, experience chronic homelessness, and families must have a dependent minor, chronic homeless, have a household member with a disability. La Casa: male individuals experiencing chronic homelessness. Valley Place: referrals come through street outreach programs and providers supported by DC Coordinated Entry System. The Brooks: Access is conducted through the Virginia Williams Family Resource Center for District Residents only

Community Life Services *
(202) 347-0511
Home | CFLS (cflsdc.org)

Community of Hope *
202-540-9857
Home | Community of Hope (communityofhopedc.org)
Eligibility: Must live in DC, Services are on a sliding scale based submissions of weekly, bi-weekly, or monthly wages, or they submit a letter saying that they are not employed.

District Alliance for Safe Housing
202-290-2356 ext. 101
info@dashdc.org
Domestic Violence Shelter, Safe Housing in DC (dashdc.org)
Eligibility: They only provide services for victims of domestic violence, sexual assault, and human trafficking. Need SSN for permanent housing. For partnership with Virginia Williams Family Research Center, they require proof of residency and citizenship. Income requirement for housing but not for transitional benefits.
N Street Village *
(202) 939-2076
info@nstreetvillage.org
N Street Village – A community of hope and healing for women.

Housing Resources in Virginia

Fairfax County

County Health Dept: Emergency Rental Assistance Bridge Program *
Relief for renters experiencing a negative financial impact due to or during the COVID-19 pandemic. Apply to receive funds to pay rent or utilities back to March 13, 2020 and up to 3 months of payments into the future.
Coordinated Services Planning: 703-222-0880
https://www.fairfaxcounty.gov/health-humanservices/eviction-prevention/emergency-rent-assistance-program-eligibility

Northern Virginia Family Service*
Emergency shelter in Manassas and financial assistance with rent and utilities to prevent homelessness in Fairfax and Prince William Counties.
Coordinated Services Planning: 703-222-0880
Homelessness & Housing - Northern Virginia Family Service

Emergency Housing Vouchers *
The Emergency Housing Voucher program offers temporary rental housing assistance for individuals experiencing homelessness, those in danger of becoming so, and individuals fleeing violent or dangerous living circumstances.
Coordinated Services Planning: 703-222-0880
https://www.fairfaxcounty.gov/housing/emergencyvouchers

County Housing Dept: First-Time Homebuyers Program
Provides affordable homes through the Affordable Dwelling Unit Program to low- and moderate-income families. Homes are offered at sale prices below the sale prices of other homes in the same development community.
Housing and Community Development: 703-246-5000
https://www.fairfaxcounty.gov/housing/homeownership/firsttimehomebuyers

County Housing Dept: Workforce Dwelling Unit Homebuyer Program *
Provides a means for homebuyers to purchase a home at below-market prices near employment centers and transportation options.
Housing and Community Development: 703-246-5000
https://www.fairfaxcounty.gov/housing/homeownership/wduhomebuyers

**County Housing Dept: Affordable Dwelling Unit Program** *
Provides qualified households with low- and moderate-income the opportunity to live at a reduced rent in privately owned and privately managed market-rate apartment communities. The program includes income limits and maximum rents.
Housing and Community Development: 703-246-5000
https://www.fairfaxcounty.gov/housing/rentalhousing/privately-owned

**County Housing Dept: Office to Prevent and End Homelessness** *
Four emergency shelters for adults and three for families with children.
Housing and Community Development: 703-246-5000
https://www.fairfaxcounty.gov/homeless/emergency-shelters

**County Housing Dept: Fairfax County Rental Program (FCRP)** *
The FCRP offers affordable homes with income limit requirements, set based on funding and regulatory stipulations assigned to specific units. When there are vacancies, new tenants are selected from a housing waitlist; join a waitlist by calling a housing community directly.
Housing and Community Development: 703-246-5000
https://www.fairfaxcounty.gov/housing/rentalhousing/fairfax-county-rental-program

**County Housing Dept: Senior Housing** *
There are 9 affordable senior housing communities and 2 affordable assisted living communities available through the Fairfax County Redevelopment and Housing Authority.
Contact the property of interest directly or email rha@fairfaxcounty.gov
https://www.fairfaxcounty.gov/housing/rentalhousing/senior-housing

**ShelterList**
Online directory of shelters, residential drug/alcohol rehabilitation programs, supportive housing and permanent affordable housing.
https://www.shelterlist.com/city/va-fairfax

**Arlington County**

**County Housing Dept: Housing Grants Program**
Provides rental assistance covering a portion of monthly rent if applicants meet low income and personal asset requirements.
703-228-1350 or dhs@arlingtonva.us
https://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Local-Housing-Grants

Eligibility: No legal status requirement, must be a resident of Arlington County

**County Housing Dept: Permanent Supportive Housing** *
Provides affordable housing and supportive services for people with disabilities to obtain and maintain their housing.
Phone: 703-228-1350
Email: dhs@arlingtonva.us
https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Permanent-Supportive-Housing

**County Housing Dept: Centralized Access System Shelters** *
Five Arlington County emergency shelters provide a safe environment for single adults and families who are Arlington residents experiencing homelessness.
Phone: 703-228-1010
Shelters and Resources – Official Website of Arlington County Virginia Government

**Doorways** *
Shelter for adults, youth, and children seeking housing from domestic violence and sexual assault. Services at Doorways include counseling, court advocacy, employment support, and other programs.
Domestic and Sexual Violence Hotline: 703-237-0881
https://www.doorwaysva.org/

**Homestretch Family Transitional Housing** *
Provides housing to families with children under the age of 18 that are experiencing homelessness. Requires a referral by a social service agency.
Phone: 703-237-2035
Email: info@homestretchva.org
https://www.homestretchva.org/

**Clinical Coordination Program**
Phone: 703-228-1300
Clinical Coordination Program – Official Website of Arlington County Virginia Government

Eligibility: Assists low income Arlington residents under the age of 60 who cannot meet their basic needs. Services include financial assistance paying for rent and other necessities, and assistance with finding shelter while securing permanent housing. Requires an application and shelter and residence expense verification.

Housing Information Center
For basic questions regarding counseling and other eviction prevention resources available to Arlington tenants help with translating information.
General Housing information, 703-228-3765
Housing Vouchers, 703-228-1450
Housing Grants & Tax Relief Programs, 703-228-1350

Housing – Official Website of Arlington County Virginia Government

Legal Services of Northern Virginia *
For tenants and homeowners needing legal assistance; provides information about free legal aid for people with low to moderate incomes.
Phone: 703-2778-6800
https://www.lsnv.org/

Catholic Charities Emergency Assistance Program *
Rent, utilities assistance, and basic household needs.
EA-LRO@ccda.net
https://www.cccda.net/need-help/rent,-utility-assistance,-and-basic-household-needs/
Referral program to connect asylum seekers to resources.
TBIE@ccda.net
https://www.cccda.net/need-help/immigrants-and-refugees/other-resources-for-immigrants/

Prince William County
Northern Virginia Family Service
Shelter, housing, rent, and utilities support.
Phone: 703-792-3366
Homelessness & Housing - Northern Virginia Family Service

NOVA Housing Resource Guide
Information on housing resources, including rental assistance, emergency rent and utility payments, and furniture.
https://www.novahss.org/housing-resources/find-housing-resources-landing
The Salvation Army, Prince William County, Woodbridge *
Emergency financial assistance, including for rent.
Phone: 703-580-8991

St. Vincent de Paul Society, All Saints Conference *
Emergency rent, one-time assistance.
Phone: 703-368-2429
St. Vincent de Paul Society, All Saints Conference

First AME Church of Manassas *
Emergency rent and utilities support.
Phone: 703-361-8791
Contact - FAME CHURCH

Catholics for Housing *
Up to $200 for security deposits.
Phone: 703-221-4510
https://www.novahss.org/resource-database-frontpage/item/catholics-for-housing

Habitat for Humanity, Prince William County *
Home repair, home preservation, weatherization, discounted appliances and furniture.
Phone: 703-369-6708
Email: bmorales@habitatpwc.org
https://habitatpwc.org/programs/

Loudoun County

Loudoun County Health and Human Services
Affordable housing information, housing crisis services, emergency shelters, and housing voucher programs.
https://www.loudoun.gov/4661/Housing
Information referral for housing and homeless services: 703-777-0420
https://www.loudoun.gov/5287/Information-Referral

Loudoun County Housing and Community Development
Rental assistance program for individuals and families.
Phone: 703-737-8323
https://www.loudoun.gov/1773/Housing-Community-Development
Loudoun County Affordable Dwelling Unit Program
Affordable rental housing for people who live and work in the county.
Phone: 703-737-8043
https://www.loudoun.gov/1813/Affordable-Dwelling-Unit-Program

NOVA Housing Resource Guide
Information on housing resources, including rental assistance, emergency rent and utility payments, and furniture.
https://www.novahss.org/housing-resources/find-housing-resources-landing

Income Based Housing in Loudoun County, VA
Low income housing apartment complexes.
https://affordablehousingonline.com/housing-search/Virginia/Loudoun-County

*Resources marked with an asterisk may have additional eligibility requirements. Please reach out to double check eligibility before utilizing their services.

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HIAS Resource Guide: Medical Resources

Dental Resources:

Dental Resources in Maryland:

Community Clinic *
Derwood, MD
240-386-0195
Derwood, MD Free Clinics

Spanish Catholic Center *
Silver Spring, MD
301-933-0868
Catholic Charities Dental Clinic

University of Maryland School of Dentistry Patient Care
Baltimore, MD
410-706-7101
(Fee-based service)
Patient Care - University of Maryland, Baltimore (umaryland.edu)
Eligibility: Need an ID, and will be billed if they do not have dental insurance.

Montgomery Volunteer Dental *
Silver Spring, MD
(301) 384-9795
Montgomery Volunteer Dental Cl - Silver Spring, MD, 20904

Dental Resources in DC:

Howard University College of Dentistry
Washington, D.C.
202-806-0008
(Fee-based service)
Make An Appointment | Dentistry
Eligibility: Need photo ID and free pre-screening

**Whitman Walker Dental Services *\**
Washington, DC
202-745-7000
*Dental Health - Whitman-Walker*

**Dental Resources in Virginia:**

Piedmont Regional Dental Clinic
Orange, VA
540-661-0008
*Piedmont Regional Dental Clinic*

**Free/Low Cost Clinics:**

**Medical Resources in Maryland:**

Priority Partners
1-800-654-9728
ppcustomerservice@jhhc.com
*Find Care Now - Priority Partners MCO (ppmco.org)*
Eligibility: Must reside in the US for 5 years; if no SSN, need to apply through Maryland Department of Social Services. Maryland residency required; if homeless, applicants must provide zip code where they receive mail. Can apply for a private health plan if you are here less than 5 years and have a life event (birth, death, etc.)

**Mary’s Center *\**
Silver Spring, MD
240-485-3160
*Mary’s Center Silver Spring*

**Mobile Medical Care, Inc**
Bethesda, MD
301-493-2400
*www.mobilemedicalcare.org*
Eligibility: Services adults only, live in Montgomery County and show proof of residency and income (250% of federal poverty limit), and have a government-issued ID. If staying with someone else, they can have them submit letters on their behalf showing proof of address and income.

**Teen Connection of Takoma *\**
Silver Spring, MD
(718) 495-7793
*Teen Connection Of Takoma - Silver Spring, MD, 20910*
CCI - Takoma Park *
Locations in Takoma Park, Silver Spring, and Rockville, MD
Takoma Park: (301) 431-2972
Silver Spring: 301-438-7456
Rockville: 301-340-7525
CCI - Takoma Park

Mercy Health Clinic Inc *
Germantown, MD
(301) 916-4499
Mercy Health Clinic Inc - Germantown, MD, 20874

1st Medical *
Silver Spring, MD
(301) 408-2720
1st Medical - Silver Spring, MD, 20903

Mobile Medical Clinic *
Locations in Germantown, Rockville, and Potomac, MD
Germantown: (301) 634-9600
Rockville: (301) 493-2400
Potomac: (301) 493-2400
Mobile Medical Care - Rockville Clinic

Mansfield Kaseman Health Clinic *
Rockville, MD
(301) 917-6800
Mansfield Kaseman Health Clinic - Rockville, MD, 20850

The Muslim Community Center Medical Clinic *
Silver Spring, MD
(301) 384-2166
The Muslim Community Center Medical Clinic - Silver Spring, MD, 20905

Spanish Catholic Center *
Silver Spring, MD
(301) 434-8985
Spanish Catholic Center Montgomery County, MD Location - Silver Spring, MD, 20902

Mercy Health Clinic *
Gaithersburg, MD
(240) 773-0300
Mercy Health Clinic - Gaithersburg, MD, 20878

Community Clinic *
Silver Spring, MD
Bowie Free Pregnancy Center *
Bowie, MD
301-262-1330
Bowie Crofton Free Pregnancy Clinic - Bowie, MD, 20716

Cityworld Family Clinic and Urgent Care of Clinton *
Locations in College Park and Clinton, MD
(301) 289-7722
Cityworld Family Clinic and Urgent Care of Clinton

Elaine Ellis Center of Health *
College Park, MD
301-441-1605
Elaine Ellis Center of Health MD - College Park

Oxon Hill Health Center *
Oxon Hill, MD
301-686-1665
Oxon Hill Health Center

Suitland Health and Wellness *
Suitland, MD
240-508-5317
Suitland Health And Wellness C

Meridian Medical Associates *
Oxon Hill, MD
240-766-4552
Meridian Medical Associates - Oxon Hill, MD, 20745

Doctors Community Hospital - Cancer Prevention Screening Program *
Greenbelt, MD
301-552-7915
Doctors Community Hospital - Cancer Prevention Screening Programs - Greenbelt, MD, 20770

Community Clinics Inc *
Greenbelt, MD
240-638-1270
Community Clinics Inc Greenbelt

Greater Baden at Brandywine *
Brandywine, MD
301-888-2233
Greater Baden At Brandywine

Walker Mill Health Center *
Capitol Heights, MD
301-324-1500
Walker Mill Health Center - Capitol Heights, MD, 20743

Greater Baden Medical Services *
Upper Marlboro, MD
301-599-0460
Greater Baden Medical Services - Upper Marlboro, MD, 20772

Medical Resources in Virginia:

Free Clinic of Powhatan
Powhatan, VA
804-598-5637
Free Clinic of Powhatan

Eligibility: Must reside in Powhatan, Cumberland, Amelia counties, and portions of Chesterfield County. Must have income under 250% of FPL; benefits are for adults 19 and over and uninsured; available to Medicaid and Medicare members. No referral required for basic dental services; referral required for dental surgery.

Glacier Health and Development Center
Richmond, VA
804-918-1115
GLACIER HEALTH & DEVELOPMENT CENTER

Eligibility: No status requirements. Must live in Virginia (for now). No proof of income for in person visits, but if seen virtually must provide an address.

Global Health and Education, Inc
Glen Allen, VA
(804) 712-3873
Global Health & Wellness Clinic

Eligibility: Primary medical clinic, adults only. Text with name, DOB, email address if applicable, and reason they want to come. Then they will receive a return text or email with an appointment day/time. If they need a specialist, they try to refer them, but it is very hard.

Chesapeake Care Clinic
Chesapeake, VA
757-545-5700
Chesapeake Care Clinic

Eligibility: Need either a SSN or Tax ID and proof of address. Income requirement determined by household size. Need proof of income as well.
Northern Neck-Middlesex Free Health Clinic
Kilmarnock, VA
804-435-0575

Northern Neck Free Health Clinic
Eligibility: Need to have some form of photo ID and must provide proof they live in Lancaster, Northumberland, Westmoreland, Richmond County, or Middlesex. There are income criteria based on the number of family members. See income eligibility criteria here: https://nnmfhc.org/patients-2/services-eligibility/

Adams Compassionate Health Care Network *
Chantilly, VA
703-542-3366

Adams Compassionate Healthcare Network

Arlington Free Clinic *
Arlington, VA
703-979-1400

Arlington Free Clinic

Catholic Charities of the Diocese of Arlington Mother of Mercy Free Medical Clinic - Manassas *
Manassas
703-335-2779

Catholic Charities of the Diocese of Arlington Mother of Mercy Free Medical Clinic

Culmore Clinic *
Falls Church, VA
571-380-4512

Culmore Clinic

Grace Community Clinic *
Centreville, VA
703-650-9099

Grace Community Center Clinic

Grace Community Clinic

Loudon Free Clinic *
Leesburg, VA
703-779-5416

Loudoun Free Clinic

Mason and Partners Clinic *
Falls Church, VA
703-993-5880

Mason and Partners (MAP) Clinics | College of Public Health

Mason and Partners (MAP) Clinics
Nova ScriptsCentral *
Falls Church, VA
703-532-0269
NOVA ScriptsCentral

Charlottesville Free Clinic
Charlottesville VA 22903
434-296-5525
Charlottesville Free Clinic
Eligibility: Must live in VA. Income requirement: Income of less than 138% of FPL connected to Medicaid providers after first appointment.

Dr. Terry Sinclair Health Clinic
Winchester, VA
540-536-1680
Sinclair Health Clinic
Eligibility: Must be below the 300% federal poverty level, a resident of VA, no legal status needed. Must fill out an application and complete labs before first appointment.

Free Clinic of Culpeper
Culpeper, VA
540-829-5032
Free Clinic of Culpeper
Eligibility: must be below 300% of the federal poverty level, uninsured, over 18, fill out application, have ID, proof of address, proof of income, and taxes

Greene Care Clinic
Stanardsville, VA
434-985-7000
Greene Care Clinic
Eligibility: Need to be a resident of Greene County, VA. Need documentation of income - family income needs to be less than 300 percent of the federal poverty level, no SSN needed. Serves ages 19-65, must be willing to apply for Medicare to join the clinic.

Lloyd F. Moss Free Clinic
Fredericksburg, VA
540-582-1061
Moss Free Clinic
Eligibility: Must live in Spotsylvania, Fredericksburg, Stafford, or Caroline County. Need to provide proof of address. Need to be under 200% of the federal poverty limit. Will accept referrals from nearby hospitals or clinics

Orange County Free Clinic
Orange County Free Clinic
Eligibility: Must live in Orange County and need proof of address. Income threshold depends on household. 300% of federal poverty level. Waiver if no income. Pay stubs can be used for documentation.

**Medical Resources in DC:**

La Clínica del Pueblo
(202) 462-4788
[La Clínica del Pueblo (lcdp.org)]

Whitman Walker Medical and Community Care
(202) 745-7000
[Medical Care & Community Health - Whitman-Walker]

**Mental Health Services:**

Healthy Synergy Psychological Services *
Virtual Practice
(301) 569-6326
team@healthysynergypsych.com
[Types of Services | Healthy Synergy Psychological Services (healthysynergypsych.com)]

**Mental Health Resources in Maryland:**

Jewish Coalition Against Domestic Abuse (JCADA) *
Rockville, MD
877-885-2232 (877-88-JCADA)
(Services provided to victims of abuse)
[HOME | JCADA]
Eligibility: Serves survivors of intimate partner violence who live in the DMV, no income requirement etc. For referrals, either email support@jcada.org or call their service line and leave a message.

Ayuda
Silver Spring, MD
240-594-0600
(Mental health services provided to victims of domestic violence)
[Ayuda | Transforming lives. Strengthening communities.]
Eligibility: Need to be born outside the US, organization is at capacity but the walk in clinic is still accessible.

Montgomery County Adult Behavioral Health
Wheaton, MD
240-777-1770
Montgomery County Maryland (montgomerycountymd.gov)
Eligibility: No legal status requirement, need to live in Montgomery County. Must have photo ID and documentation of financial situation

Pro Bono Counseling Project *
Baltimore, MD
410-825-1001
Home - Pro Bono Counseling

Mobile Medical Care, Inc
Locations in Germantown, Silver Spring, and Rockville, MD
301-493-2400
(Mental health services are available for clients receiving medical care at this agency)
www.mobilemedicalcare.org
Eligibility: Services adults only, live in Montgomery County and show proof of residency and income (250% of federal poverty limit), and have a government-issued ID. If staying with someone else, they can have them submit letters on their behalf showing proof of address and income.

VESTA *
Locations in Prince George's County, St. Mary's County, Montgomery County, Charles County, and Anne Arundel County, MD
(240) 296-5848
Behavioral Health | Vesta, Inc

Advanced Psychiatric Wellness Center *
Rockville, MD
240-403-4068
Home | Advanced Psychiatric Wellness Center | Rockville, MD (advpsychwellness.com)

Elaine Ellis Center for Health *
College Park, MD
301-441-1605
Our Services - Elaine Ellis Center of Health (eechealth.com)

Cervello Wellness *
North Bethesda, DC
301-392-7120
Psychiatric Care | Cervello-wellness

MedPsych *
Locations in Frederick and Rockville, MD
240-464-8000
About Us

Omiah Behavioral Health
Columbia, MD
443-917-4211

About — Omiah (omiahbhwllc.com)
Eligibility: 1. Referrals are sent to email at customercare@omiahbhw.com or through the New Appointment Form. There are no income requirements, however clients must be a resident of Maryland.

Access to Behavioral Health *
Montgomery County
240-777-1770

Mental Health/Substance Use Disorder Screening and Referral

Thriveworks Counseling *
Silver Spring, MD
202-848-1119

Thriveworks Counseling & Psychiatry Silver Spring

Advanced Behavioral Health *
Locations in Baltimore County, Carroll County, Frederick County, Montgomery County, and Prince George’s County, MD
301-345-1022

Advanced Behavioral Health

Allen-Ayuk Behavioral Health
Anne Arundel County: 443-221-7866
Prince George’s County: 240-582-7084
Lanham: 240-260-3316

Allen-Ayuk Behavioral Health
Eligibility: Have to have Maryland Medicaid and fill out application on website

Mary’s Center
Locations in Adelphi and Silver Spring, MD
(844) 796-2797

Behavioral Health
Eligibility: No requirements, have Spanish-speaking staff

Quince Orchard Psychotherapy *
Locations in Rockville and Frederick, MD
240-750-6467
contact@qopsych.com

Therapy Services | Counseling in Maryland (quinceorchardpsychotherapy.com)

Willow Oak Therapy *
Rockville, MD
301-251-8965
Willow Oak Therapy Center
Counseling at Sheppard Pratt *
Baltimore, MD
410-938-3000
Counseling Services | Sheppard Pratt

EveryMind *
Rockville, MD
301.424.0656
info@Every-Mind.org
Adult | EveryMind | Your Mental Wellness. Our Mission. (every-mind.org)

Sante Group *
Locations in Baltimore, Eastern Shore, Montgomery County, Prince George's County, and Carroll County, MD
301-572-6585
Sante Group

Greenridge Behavioral Health *
Locations in Gaithersburg and Frederick, MD
240-683-6202
Green Ridge Behavioral Health – Behavioral Health across Maryland (greenridgebh.com)

Mental Health Resources in DC:
Elaine Ellis Center for Health *
Washington, DC
DC: 202-803-2340
Our Services - Elaine Ellis Center of Health (eechealth.com)

Mary’s Center
Locations in Adams Morgan, Fort Totten, and Petworth, DC
(844) 796-2797
Behavioral Health
Eligibility: No requirements, have Spanish-speaking staff

Asian/Pacific Islander Domestic Violence Resource Project
Washington, DC
202-833-2232
Asian/Pacific Islander Domestic Violence Resource Project
Eligibility: Income, residency, or legal status are not required to access our services. Primary focus is supporting Asian and Pacific Islander (API) survivors of domestic violence or sexual assault. Clients can either call the hotline or HIAS can make a referral.

Whitman Walker Behavioral Health
Washington, DC
202-745-7000

Behavioral Health - Whitman-Walker

La Clínica del Pueblo
Washington, DC
(202) 462-4788
La Clínica del Pueblo (lcp.org)

Mental Health Resources in Virginia:

Cervello Wellness *
Alexandria VA
301-392-7120
Psychiatric Care | Cervello-wellness

Catholic Charities Diocese of Arlington *
Locations in Arlington, Alexandria, Fairfax, Manassas, Sterling, Colonial Beach, Woodbridge, Fredericksburg, Spotsylvania, and Triangle, VA
Counseling

Merrifield Center *
Fairfax, VA
Mental health | Community Services Board

National Capital Treatment and Recovery *
Arlington, VA
(703) 841-0703 option 1
National Capital Treatment & Recovery

Greater Prince William Community Health Center *
Locations in Woodbridge, Manassas, and Dumfries, VA
Mental Health - GPW Health Center

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HIAS Resource Guide: Cash Assistance

Cash Assistance Resources in Maryland

International Rescue Committee Baltimore *
Baltimore: 410-327-1885 baltimore@rescue.org
Silver Spring: 301-562-8633 silverspring@rescue.org
Baltimore, MD – International Rescue Committee (internationalrescuecommittee.org)

Lutheran Social Services of the National Capital Area
General number: (202) 723-3000
Greenbelt: 240-714-4034
Frederick: 240-496-6841
Additional locations in Arbutus MD, Fairfax VA, and Woodbridge VA
Lutheran Social Services of the National Capital Area | Washington DC, Maryland & Virginia (lssnca.org)
Eligibility: Must be resident of Montgomery County, must have proof of residency and photo ID

Lutheran Social Services of the National Capital Area
General number: (202) 723-3000
Locations in Arbutus MD, Fairfax VA, and Woodbridge VA
Lutheran Social Services of the National Capital Area | Washington DC, Maryland & Virginia (lssnca.org)

Baltimore City Department of Human Services *
443-423-6400

Episcopal Refugee and Immigrant Center Alliance (ERICA) *
Baltimore, MD
info@erica-baltimore.org
410-467-3751
Family Reunification Grants | Episcopal Refugee and Immigrant Center Alliance (ERICA) (erica-baltimore.org)
Southeast CDC *
Southeast Baltimore, MD
443-416-9788

Southeast CDC: Housing Counseling and More in Southeast Baltimore

CASA
Baltimore, MD
410-469-8185

Maryland - We Are Casa

Eligibility: Available for asylees, not undocumented immigrants or asylum seekers. Must have documented status or child with documented status - need letter from USCIS to qualify for TCA. Must be a Baltimore resident, a family of four needs to make under $25,000 to qualify.

Ethiopian Community Development Council (ECDC) *
Silver Spring, MD
301-562-7303

ECDC

Charles County Department of Human Services *
301-392-6645

Esperanza Center *
667-600-2451

Esperanza Center | Catholic Charities of Baltimore (cc-md.org)

Cash Assistance Resources in Virginia

Ethiopian Community Development Council (ECDC) *
Arlington, VA
702-685-0510

ECDC

Cash Assistance Resources in Washington, DC

Catholic Charities Neighborhood Service Center *
(301) 942-1790
Catholic Charities Center – Catholic Charities DC

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