

!i! CentroNía 2023 Community Resource List

| Organization Name | Description | Contact Information | Category |
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| ACCESO | The DC Credit Union joined with two more local credit unions to create the region's first Spanish-language branch, ACCESO. ACCESO provides affordable, safe and friendly financial products and services including: bilingual staff; flexible identification requirements so you can open a savings with just \$5 and avoid expensive check cashers (foreign ID accepted); checking accounts and mortgage loans; educational programs to help members prepare to get a home loan or start a business; ways to establish a solid credit history based on timely rent and utility payments; international wire transfers that cost much less than Western Union, MoneyGram, or other money transfer companies; and free tax preparation during tax time. | Ana Maria Roig, CUDE Branch Manager, ACCESO/DGEFCU Branch 3059 Mount Pleasant St NW Washington DC 20009 Ph: 202-797-3636 Fax: 202-797-0573 Toll-Free: 877-784-SSSI aroig@dgefco.org www.dgefco.org | 1. Financial Services |
| ADELPHI/LANGLEY FAMILY SUPPORT CENTER | Family Support Center Prince George's, formerly The Adelphi/Langley Park Family Support Center, is a Family Support Center under the Maryland Family Network where families with children prenatal to age 4 are eligible for services at no cost, with transportation and child care provided. The program provides education, employment readiness, and links to community services. Adult participants improve literacy skills, participate in Career Planning training and demonstrate understanding of positive and nurturing parenting techniques. Children improve cognitive and language abilities and enter school ready to learn. There is an emphasis on family literacy and parent-child activities. The Adelphi/Langley Park Family Support Center serves an area of 10 square miles in the Adelphi/Langley Park area. | Mariela Hakans, Director & Danitza Simpson Ph: (301) 431-6210 8908 Riggs Road Adelphi, Maryland 20783 | 1. Family Services |
| ADVENTIST HEALTHCARE | Adventist HealthCare is an integrated healthcare delivery system that includes hospitals, home health agencies, nursing and rehabilitation centers, and other services. Their full spectrum of services covers a wide range of health care needs, providing the best care for families- mind, body, and spirit. | Main Ph: 240-637-4000 http://www.adventisthealthcare.com Adventist 11890 HealthCare White Oak Medical Center Healing Way, Silver Spring, MD 20904 | 1. Healthcare Services |
| AMERIGROUP | Provides access to health care and offers special services such as the Taking Care of Baby and Me® program; Disease Management programs; information and support for controlling asthma, diabetes, and more. Amerigroup helps get all regular covered benefits, plus enhanced vision and dental benefits, health education classes and information, and Amerigroup On Call for non-emergency medical advice. | Members: Call Member Services at 1-800-600-4441; TTY 711 or send a message through the website. To Enroll: Contact HealthChoice at 1-800-456-8900. To Speak with a Doctor or Nurse: Amerigroup On Call 1-866-864-2544; TTY 711. Fast, free medical advice from a nurse, day or night, even on holidays, in more than 170 languages: https://www.myamerigroup.com/md/pages/welcome.aspx | 1. Healthcare Services |
| ASPIRE COUNSELING | Offers individual, couples, family and group therapy to help cope with many of life's challenges, including divorce, loss, school and workplace difficulties, parenting and caregiving, depression and grief, anxiety, stress, phobias, pre- and post-partum depression, positive aging, and managing medical conditions. Aspire Counseling also offers Continuing Education workshops for mental health professionals. Located in the Shady Grove Professional Building in Gaithersburg MD, Aspire's diverse and experienced therapists create a warm and welcoming environment. They accept many insurance carriers, can help with your insurance claims, and have alternative payment options for those without insurance. | Services available through referrals by CentroNia. 16220 Shady Grove Professional Building Frederick Road, Suite 502 Gaithersburg, MD 20877-4022 Ph: (301) 978-9750 intake@we-aspire.org | 1. Healthcare Services 2. Family Services |
| CASA | CASA works to organize, advocate for, and expand opportunities for Latino and immigrant people in the state of Maryland 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. | CASA Multicultural Center 8151 15th Ave., Langley Park, MD 20783 Tel: (301) 431-4185; (240) 491-5763 Silver Spring Welcome Center 734 University Ave. E., Silver Spring, MD 20903 Tel: (301) 240-491-5754 Pine Ridge Community Center 8615 Piney Branch Rd, Silver Spring, MD 20901 Ph: (301) 445-3139 / Fax: (301) 445.3921 Wheaton Welcome Center 11425 Grandview Ave, Silver Spring, MD 20902 Ph: (240) 491-5772/ Fax: (301) 933-6690 Salud es Vida Bilingual Health Hotline Tel: 301.270.8432 Citizenship Program 240.419-5765 http://wearecasa.org | 1. Immigration Legal Assistance 2. Family Services |
| CATHOLIC CHARITIES | Catholic Charities works to create opportunity, ends isolation, and give hope. Nearly 64 programs across the District and five surrounding Maryland counties work to assist with employment; adult education; legal services; food; medical, dental, and mental health care; shelter & housing; general help & emergency money; help for children & adults with disabilities; immigrant & refugee support; support for substance abuse issues; prison outreach; help for infants and expecting parents; and services for children, teens, and teen parents. | Catholic Charities operates in Washington, DC, and the five (5) surrounding Maryland counties of Montgomery, Prince George's, Calvert, Charles and St. Mary's. Administrative Headquarters: 924 G Street NW, Washington, DC 2000 Ph: (202) 772-4300 https://www.catholiccharitiesdc.org | 1. Family Services 2. Immigration Legal Assistance 3. Legal Assistance 4. Healthcare Services 5. Financial |
| COMMUNITY CHEER | CHEER's mission is to provide people with the knowledge and ability to create healthy, thriving communities. CHEER is a community-driven process for identifying community vision and goals, and for gathering the information and resources needed to measure and fulfill them. They seek to create safe and inclusive communities that produce equal opportunities for individual growth and fulfillment. These communities will value diversity, encourage personal social interactions, and offer a sense of common identity. | Address: 8545 Piney Branch Road, Suite H Silver Spring, MD 20901 E-mail: bruce@communitycheer.org 301-589-3633 | 1. Legal Assistance 2. Financial |

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| CHILD CARE RESOURCE AND REFERRAL CENTER IN MONTGOMERY | The center offers free and low-cost training and support services for child care providers. | Address: 1401 Rockville Pike # 200, Rockville, MD 20852 Ph: (240) 777-4769 Website: www.montgomerycountymd.gov | 1. Child Care Support Services |
| PRINCE GEORGE'S CHILD RESOURCES CENTER, INC | The center offers free and low-cost training and support services for child care providers. | Address: 9475 Lottsford Road, Suite 202, Largo, Maryland 20774 Ph: (301) 772-8420 Website: www.childresource.org | 1. Child Care Support Services |
| CITY BLOSSOMS | City Blossoms is a nonprofit dedicated to fostering healthy communities by developing creative, kid-driven green spaces and innovative resources. City Blossoms provides bilingual, free, and affordable after- school, in-school, and summer programming to predominantly Latino and African-American youth ranging from ages two through teens. They serve neighborhoods in which children and youth may not otherwise have access to green space. | Address: 516 Kennedy St NW Washington, DC 20011 Ph: (202) 882-2628 http://cityblossoms.org | 1. Family Services |
| COMMUNITY CLINIC | CCI is one of the oldest and largest providers of medical services to medically underserved people in Montgomery and northwestern Prince George's counties. CCI offers two major health services programs. The primary care program serves more than 10,000 children and adults who are economically disadvantaged, homeless, and disabled, with state medical assistance coverage or uninsured. | Address: 7676 New Hampshire Avenue, Suite 220 A, Takoma Park, MD 20912 Ph: (866) 877-7258 | 1. Healthcare Services 2. Family Services |
| COMMUNITY LEGAL SERVICES IN MONTGOMERY | The Pro Bono Program provides low-income residents of Montgomery County with free legal representation. Volunteer private practice attorneys are solicited by the Program to provide free legal guidance and/or representation in the areas of absolute divorce, custody, name changes, adoption/guardianship, landlord/tenant matters, bankruptcy/debt collection matters, wills, powers of attorney, and in limited circumstances immigration and employment cases. Residents who need a lawyer, but cannot afford one, may be eligible to receive FREE LEGAL HELP from volunteer attorneys with the Pro Bono Program. | Bar Association of Montgomery County 27 West Jefferson Street Rockville, MD 20850 424-3454 (V) www.barmont.org https://www.montgomerycountymd.gov/HHS-Program/Resources/Files/A&D%20Docs/DND/DNDLegalFreeLowPro.pdf | 1. Legal Assistance |
| COMMUNITY LEGAL SERVICES IN PRINCE GEROGES | Community Legal Services in Prince George's educates, represents and empowers low-income members of the Prince George's County Community regarding civil legal matters. | Lawyer Referral Program: (240) 391-6370 Foreclosure Prevention Program: (240) 391-6413 Bankruptcy Program: 240-391-6395, ext. 13 Family Law Clinic for the Self Represented: Walk-in Family Law Clinic Latino Community Outreach: Walk-in Workers' Rights Legal Clinic: Walk- in Suitland Law Clinic: (240) 391-6370, ext. 13 http://clso2.c.org | 1. Legal Assistance |
| CHILD FIND PRINCE GEORGES | Prince George's County Public Schools locates, identifies, and evaluates students with disabilities who are Parentally Placed in Private and Religious elementary and secondary schools that are geographically located within Prince George's County. This includes children who live in Prince George's County and do not attend public school, but attend a private or Parochial school in Prince George's County, as well as children who do not live in Prince George's County and whose parents have enrolled them in private or parochial schools located in Prince George's County. Parents of students who are seeking these child find services should contact The Child Find Office for Private and Religious School Students. | Division of Special Education/Early Intervention Services <u>Maryland State Department of Education</u> Marjorie Shulbank 200 W. Baltimore Street, Baltimore, MD 21201 Ph: (410) 767-0261 <u>Prince George's County Public Schools</u> 14201 School Lane Upper, Marlboro, MD 20772 Main Ph: (301) 952-6346 Fax: (301) 574-9838 Website: http://www.marylandpublicschools.org/MSDE/djysjns/earlyinterv/infanttoddlers/ | 1. Education Services 2. Family Services |
| DEPARTMENT OF SOCIAL SERVICES OF PRINCE GEORGES | Services include child, adult & family services; community services; family investment; public education & community outreach; and quality assurance & compliance. | Prince George's County Social Services 425 Brightseat Rd, Landover, MD 20785 Tel: (301) 909-7000 Address: 4235 28th Ave, Marlow Heights, MD 20748 https://www.princegeorgescountymd.gov/ | 1. Family Services |
| DEPARTMENT OF HEALTH AND HUMAN SERVICES | DHHS is responsible for public health and human services that help address the needs of vulnerable children, adults and seniors. They have more than 120 programs and deliver services at more than 20 locations in Montgomery County. Their core services protect the community's health; protect the health and safety of at-risk children and vulnerable adults; and address basic human needs, such as food, shelter and clothing. These include crisis services; disability services; financial assistance/ housing services; health services; infant, child & teen services; and senior services. | General Information Address: 311 West Saratoga Street, Baltimore, MD 21201 Ph: 1 (800) 332-6347 / TTY 1 (800) 735-2258 TTY: (301) 251-4850 24 Hour Crisis Center: Ph 240-777-4000 / TTY: 240-777-4815 Abused Persons Hotline (Domestic Violence): (240) 777-4673 / TTY: 240-777-4815 Adult Abuse & Neglect Hotline (Adult Protective Services): (240) 777-3000 / TTY (240) 777-4815 Child Abuse & Neglect Hotline (Child Protective Services): Ph (240) 777-4417 / TTY (240) 777-4815 Victim Assistance and Sexual Assault Crisis Line: Ph: (240) 777-4357 / TTY (240) 777-4815 401 Hungerford Drive, 5th floor, Rockville, MD 20850 hhsmail@montgomerycountymd.gov | 1. Family Services 2. Healthcare Services 3. Financial |
| DC DIAPER BANK | DC Diaper Bank works to provide an adequate and reliable supply of diapers to babies, toddlers and their families in the greater DC metropolitan area. It is modeled after successful diaper banks around the country, providing diapers to social service organizations that are help families in need through comprehensive programs and services. Diaper banks using this model ensure that diapers are distributed to the families that need them the most and in the most effective way. | Pick-up location for low-income families and those in need) Centronia 1345 University Blvd. E. Takoma Park, Md 20912 Ph: (301) 543-8040 GREATER DC DIAPER BANK Monard Dr, Silver Spring, MD 20910 656-8503 8860 Ph: (202) | 1. Family Services |

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| EMPOWER WOMEN INTERNATIONAL | The mission of Empowered Women International is to create jobs and entrepreneurial opportunities for immigrant, refugee, low-income, and at-risk women. EWI enables women to pursue their passion and creativity through entrepreneurship and micro-enterprise development. EWI provides entrepreneurship training, mentoring, market access and support services to help women monetize their creative or cultural assets, artistic abilities, knowledge, and skills to become change-makers in their families and communities. | Alexandria & Herndon, VA; Rockville, MD Main Office: 320 S. Henry Street Alexandria, VA 22314 Phone: 571-312-4781 info@ewint.org http://ewint.org | 1. Immigration Legal Assistance 2. Financial 3. Family Services |
| FAMILY SERVICES | Family Services' mission is to promote the resilience, recovery and independence of individuals and families across their lifespan through integrated mental and physical health, social service, and education programs, thereby strengthening communities. | Montgomery County. 610 E. Diamond Avenue, Suite 100 Gaithersburg, MD 20877 Main Phone: 301-840-3200 Prince George's County Lane, Laurel, MD 20707 Main Phone: 301-549-3602 Email: info@fs-inc.org Website: www.fs-inc.org 8643 Cherry | 1. Family Services 2. Healthcare Services 3. Financial |
| FAMILY CRISIS CENTER IN PG | The Family Crisis Center's mission is to promote and facilitate the elimination of domestic violence by providing counseling, education and support services to men, women and children. | 24-Hour Hotline Ph: (301) 731-1203 For Non-Emergency Support or Information: (301) 779-2100 Address: 3601 Taylor St, Brentwood, MD 20722 | 1. Family Services 2. Legal Assistance |
| IMPACT SILVER SPRING | Impact Silver Spring works towards a thriving multicultural community where everyone has a full and quality life because everyone is engaged, connected, and exercising individual and collective power. Their mission is to build and sustain community-based networks that ignite local inclusive economies and vibrant communities. They believe positive change happens by connecting people, building relationships of trust, and exchanging value in an intentional network, across lines of difference. They believe that with enough intentionality, compassion, and practice, a mixed income, mixed culture community can thrive. | 8807 Colesville Rd. Basement Office Silver Spring, MD 20910 Please call the IMPACT Silver Spring's office at (301) 298-5117 when you arrive at the building to be buzzed in (301) 298-5117 info@impactsilverspring.org | 1. Community Services |
| INFANT AND TODDLER PROGRAM IN MONTGOMERY | The Infants and Toddlers Program serves families with children between birth and the start of school year following the child's fourth birthday. MCITP offers early intervention services to assist families with their efforts to address children's developmental and special needs. Following an eligibility assessment, each family is assigned to one of MCITP's five regional sites in Montgomery County. Then each family works with a team to define the priorities, learn about available resources and discuss their child's strengths and needs to identify goals and how everyone on the team can work together to achieve the family's goals. Early intervention services are provided in the child's natural environment (at home and in community settings where a child is during the day). | DHHS OFFICES Rockville Pike, 2nd floor, Rockville, MD 20852 777-3997 | 1401 Ph: (240) 1. Family Services |
| INFANT AND TODDLER PROGRAM IN PRINCE GEORGES | The infant and toddler years are a critical time for growing and learning children. Some children and families face special challenges and need extra help. From birth to 5 years, children should reach milestones in how they play, learn, speak and act; a delay in any of these areas could be a sign of a developmental problem. The Infant and Toddler Program provides early intervention support to help children reach their full extension. | Infants & Toddlers Program Bellevue Avenue Cheverly, MD 20785 (301) 925-6627 | 2300 Ph: 1. Family Services |
| LANGLEY PARK MULTISERVICE CENTER | The center provides a variety of services to assist families in need. Its agencies and services include: the Department of Social Services; the Health Department's Behavioral Health Services Division and Quick Start Pregnancy Resource Nurse; Department of Family Services' CINS/system navigation; Community Legal Services; Family Crisis Center's Domestic Violence Resources; Workforce Services; and the Prince George's County Circuit Court Health Insurance Navigator. | Langley Park Multi-Service Center Address: 1401 University Blvd. E., Langley Park, MD 20783 Ph: 301-434-4890 | 1. Family Services 2. Legal Assistance 3. Health Care Services |
| LOCATE MARYLAND FAMILY NETWORK | Selecting child care is one of the most important decisions many families make. Maryland Family Network's LOCATE: Child Care is a free referral service with detailed information on all regulated child care in Maryland. Their trained referral specialists help parents identify care based on their personal preferences including program type, location and cost. | Maryland Family Network 1001 Eastern Avenue, 2nd Floor Baltimore, MD 21202 Ph: (410) 659-7701 https://www.marylandfamilynetwork.org/ | Address: 1. Family Services 2. Financial |
| LONG BRANCH LIBRARY | Montgomery County Public Libraries offer free and equal access to services and resources that connect the people of Montgomery County to ideas and information which sustain and enrich their lives. | Address: 8800 Garland Avenue Silver Spring, MD 20901 240-777-0910 / (301) 565-7662 (TTY) https://www.montgomerycountymd.gov/Library/branches/longbranch.html | Ph: 1. Family Services |
| MARY'S CENTER | The mission of Mary's Center is to build better futures through the delivery of health care, education, and social services. They embrace culturally diverse communities to provide them with the highest quality of care, regardless of ability to pay. | Address: 344 University Blvd W, Silver Spring, MD 20901 Tel: (844) 796-2797 Fax: (240) 485-3190 Address: 8908 Riggs Road, Adelphi, MD 20783 Prince George's County (301) 422-5900 / Fax: (301) 422-5935 | Ph: 1. Family Services 2. Financial Education Services |
| MONTGOMERY HOUSING PARTNERSHIP | MHP serves more than 1,400 families in Montgomery County. They house people, empower families, and strengthen neighborhoods. Since 1989, Montgomery Housing Partnership's mission is to preserve and expand quality affordable housing in Montgomery County. | 12200 TechRoad, Suite 250, Silver Spring, MD 20904-1983 (301) 622-2400 / Fax: (301) 622-2800 Email: info@mhpartners.org https://mhpartners.org/ | Phone: 1. Family Services |
| MONTGOMERY WORKS | MontgomeryWorks makes connections between job seekers and employers in Montgomery County. Through their innovative programs and services, they simplify the hiring process for jobseekers and employers. | WorkSource Montgomery American Job Center Address: 11510 Georgia Avenue, Suite #100, Wheaton, MD 20902 Phone: (301) 929-4350 Email: dlwdalwheaton-labor@maryland.gov https://www.dlir.state.md.us/county/mont/ | 1. Work/Labor Support Services |

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| PARENT RESOURCE CENTER IN MONTGOMERY | Parent Resource Centers support parents as nurturers and teachers of their children. They enhance parents efforts to support one another and build a community of families that work together for all children. Join them for circle time, dress-ups, blocks, books and music. Parent Resource Centers offer a flexible, fun and nurturing environment where parents and children (birth through age four) can make friends and have fun. | Montgomery County Public Schools Ph: (240) 740-3000 Spanish Hotline: (240) 740-2845 E-mail: ASKMCPS@mcpsmd.org | 1. Education Services Family Services | 2. |
| PARENT RESOURCE CENTER IN PRINCE GEORGES | The Parent Resource Center promotes a working relationship between home and school; educates parents about the special education process, including laws and regulations; consults with and guides parents on educational issues; links parents to appropriate service providers and agencies; maintains and updates an extensive lending library and offers numerous free workshops throughout the school year. The goal of the PRC is to help parents better understand the special education process and become active participants in the development of their child's educational program. | Parent Coordinator Phone: (804) 733-2700 Fax: (804) 733.6428 cwi1coxson@pgs.k12.va.us Tuesday-Friday, 10:00AM - 2:00PM http://www1.pgcps.org/parents/ | 1. Education Services Family Services | 2. |
| SILVER SPRING JUDY CENTER | The Montgomery County Public Schools Silver Spring Judy Center Grant Partnership program brings together a system of comprehensive early childhood services for families and children from birth to age 5. The Silver Spring Judy Center serves children and families who live in the Rolling Terrace Elementary School attendance area. Services include: Literacy Play and Learn sessions for children ages birth through four years old; family involvement and activities; referrals to full-day, full-year, high quality early childhood programs; service coordination and family support; family literacy programs; after school tutoring; early identification and intervention; adult education and parent trainings; and professional development for community child care providers. | Rolling Terrace Parent Teacher Association Address: 705 Bayfield Street, Takoma Park, MD 20912 (301) 431-7696 | Ph: 1. Education Services Family Services | 2. |
| PRINCE GEORGE'S JUDY CENTER | The mission of the Judy Center is to promote school readiness for children within the Adelphi/Cool Spring community. This is accomplished through school system and community partnerships providing comprehensive services for children from birth through age five and their families. | <i>Prince George's County Public Schools Sasscer Adm. Building</i> Address: 14201 School Lane, Upper Marlboro, MD 20772 (301) 952-6001 <i>Judy Hoyer Family Learning Center</i> Address: 8908 Riggs Rd, Adelphi, MD 20783 (301) 408-6860 | Ph: 1. Education Services Family Services Ph: | 2. |
| THE ARC | The Arc offers a lifetime of support, understanding, and opportunities for people with intellectual and developmental disabilities and their families. They provide support through a variety of programs and services that match each person or family's individual needs, ensuring that people with intellectual and developmental disabilities are given the skills, access, and information they need to fully participate as citizens in their communities. | The Arc of Prince George's County Address: 1401 McCormick Drive, Largo, MD 20774 Phone: (301) 925-7050 | 1. Family Services | |
| TESS CENTER | TESS is a walk-in site serving Montgomery County residents. Its information and referrals, social service assistance, interpretation and translation, education, Volunteer Income Tax Assistance (VITA) and legal services are delivered in partnership with nonprofits, public agencies and community groups. | Takoma East Silver Spring (TESS) Community Action Center Address: 8703 Flower Avenue, Silver Spring, MD, 20901 Ph: (240) 773-8260, TTY 711 | 1. Education Services Family Services Healthcare Services | 2. 3. |
| WIC | Assists eligible women, infants and children in achieving improved nutrition and health status by providing nutrition education, selected supplemental foods, and health referrals in a caring, supportive environment. | Maryland WIC Address: 1401 University Blvd. E., #300, Hyattsville, MD, 20783 Ph: (301) 439-7373 | 1. Healthcare Services Nutrition Services 3. Family Services | 2. |