MONTGOMERY COUNTY
COMMUNITY RESOURCES GUIDE

🌐 **LHIinfo.org**

f **LatinoHealth**

📷 **LatinoHealthInitiative**

SCAN ME

Produced by the Latino Health Initiative
The information on the services included is as of March 15, 2024 and services availability may vary.

IMPORTANT NUMBERS

📞 **LATINO HEALTH INITIATIVE 240-777-3221**

📞 **911**
Call 911 if you have an emergency that endangers your life or the life of another person

📞 **311 OR 240-777-0311**
Call for information about Montgomery County services Monday through Friday from 7:00 a.m. to 7:00 p.m.

📞 **HELPLINE 301-270-8432**
Get information about health and social services Monday through Friday from 9:00 am to 7:00 pm

💬 **SIGN UP FOR EMERGENCY ALERTS**
Sign up to the Alert Montgomery system that provides emergency notifications
Sign up: www.montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html

STATE OF MARYLAND HEALTH INSURANCE

📞 **MARYLAND HEALTH CONNECTION IN MONTGOMERY COUNTY**
240-777-1815

📞 **MARYLAND HEALTH CONNECTION - STATE OF MARYLAND**
1-855-642-8572

DEPARTMENT OF HEALTH AND HUMAN SERVICES

DHHS
MONTGOMERY COUNTY

OFFICES OF ELIGIBILITY AND SUPPORT SERVICES - OESS

To apply for Montgomery County Services visit the Offices of Eligibility and Support Services - OESS

OESS Rockville 240-777-3120 1401 Rockville Pike 1st floor Rockville, MD 20852	**OESS Silver Spring** 240-777-3066 8630 Fenton Street 10th floor Silver Spring, MD 20910	**OESS Germantown** 240-777-3591 12900 Middlebrook Road 2nd floor Germantown, MD 20874

Monday to Friday from 8:30 am to 5:00 pm

Call 240-777-1003

oess.moco@montgomerycountymd.gov

Bring proof of:
- Income: check stubs, letter from employer, or tax return
- Identity: driver's license, birth certificate, passport, or school ID
- Housing in Montgomery County: lease agreement, utility bills, ID or driver's license, official County or State documents

HEALTH FOR CHILDREN

CARE FOR KIDS PROGRAM

Provides health care services for uninsured children in Montgomery County
- Medical visits
- Dental care
- Vision care
- Medicines

Apply at the Office of Eligibility and Support Services - OESS

LATINO HEALTH INITIATIVE - ASTHMA MANAGEMENT PROGRAM

240-401-0487

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WORKING PARENTS ASSISTANCE PROGRAM (WPA)
HELPS ELIGIBLE PARENTS PAY FOR CHILD CARE FOR THEIR CHILDREN UP TO AGE 13
240-777-1177

CHILD CARE SCHOLARSHIP PROGRAM
Helps eligible families in Maryland afford high-quality early education and child care programs
877-227-0125

COMMUNITY CLINICS (MONTGOMERY CARES)

FOR A COMMUNITY CLINIC CALL	**240-777-0311**
Care For Your Health	240-844-2552
Casa Rubén	301-445-2500
CCI Health & Wellness Services	866-877-7258
Holy Cross Health Center	
Aspen Hill	301-557-1950
Gaithersburg	301-557-1800
Silver Spring	301-557-1870
Mansfield Kaseman	301-917-6800
Mary's Center	1-844-796-2797
Mercy Health	240-773-0300
Mobile Med	301-493-2400
Muslim Medical	301-384-2166
Proyecto Salud	301-962-6173

PRENATAL CARE

HEALTHY BABIES

Obtain Medicaid coverage for pregnancy and up to 4-month postpartum for women residing in Maryland, even if they are not U.S. citizens

To be eligible you must:
- **Be pregnant**
- **Living in Maryland**
- **Qualified based on income**

How to apply:

You can visit www.MarylandHealthConnection.gov or call 1-855-642-8572

Call 240-777-1815 to schedule personalized assistance

Visit the Office of Eligibility and Support Services - OESS to apply

Rockville **1401 Rockville Pike** **1st floor** **Rockville, MD 20852**	**Silver Spring** **8630 Fenton Street** **10th floor** **Silver Spring, MD 20910**
Germantown **12900 Middlebrook Road** **2nd floor** **Germantown, MD 20874**	**Silver Spring** **8818 Georgia Avenue** **2nd floor** **Silver Spring**

For more information, visit the website: Bit.ly/3fVoLJ5

DENTAL CARE

DENTAL SERVICES FOR CHILDREN, PREGNANT WOMEN, AND SENIORS
Visit the Office of Eligibility and Support Services - OESS to apply
See page #2 for more details

MENTAL HEALTH

DEPARTMENT OF HEALTH AND HUMAN SERVICES

📞 **CRISIS CENTER -** **24 hours a day, 7 days a week**   **240-777-4000**

- **FOR ADULTS**   **240-777-1770**

- **FOR ADULTS**   **240-777-1432**

📞 **YOUTH CRISIS LINE**   **301-738-9697**

📞 **MARY'S CENTER**   **844-796-2797**

📞 **"ENCUENTROS" SUPPORT GROUP AT IDENTITY, INC.**
240-750- 3101 or 240- 477-3221

📍 **MONTGOMERY CARES MENTAL HEALTH PROGRAM**
If you are a patient at any Montgomery Cares community clinic, talk to your doctor about the Mental Health program

WELL-BEING FOR THE OLDER ADULT

📞 **NUTRITION FOR SENIORS**
240-777-4966 OR 240-460-2236

📞 **HELPLINE FOR SENIORS AND PEOPLE WITH DISABILITIES**
240-777-3000

📍 **DENTAL SERVICES FOR SENIORS**
Visit the Office of Eligibility and Support Services - OESS to apply
See page #2 for more details

MONTGOMERY COUNTY PUBLIC SCHOOLS - MCPS

📞 **HELPLINE**
240-740-3000

📞 **REGISTRATION FOR PRE-K AND HEADSTART**
240-740-4530

📞 **REGISTRATION FOR INTERNATIONAL STUDENTS**
240-740-5999

🌐 **WEBSITE**
www.montgomeryschoolsmd.org

f **FACEBOOK PAGE - MONTGOMERY COUNTY PUBLIC SCHOOLS**
facebook.com/MCPSMD

SOCIAL SERVICES

TESS CENTER
Legal assistance, public notary, tax services, translations/interpretation, and navigation to services
📞 240-773-8260

GILCHRIST IMMIGRANT RESOURCE CENTER
Assistance with obtaining food, financial aid, english classes, computers, information about employment, housing/eviction problems, and other services
📞 240-777-4940

VITA PROGRAM
Free tax preparation services for low- to moderate-income people living in Maryland
📞 240-773-8260

FOODS

FOOD RESOURCES
240-777-0311

NUTRITION FOR PEOPLE OVER 60+
240-460-2236 OR 240-777-4966

GILCHRIST IMMIGRANT RESOURCE CENTER
240-777-4940

SUPPLEMENTAL NUTRITIONAL ASSISTANCE (SNAP)
1-866-821-5552

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)
301-762-9426

For more information about food distribution events visit the website: Bit.ly/AlimentosGratuitos

HOUSING

HOUSING AND COMMUNITY AFFAIRS
240-777-0311

DEPARTMENT OF HOUSING AND COMMUNITY AFFAIRS
https://montgomerycountymd.gov/dhca

ASSISTANCE PAYING UTILITIES
Water, electricity, and gas
240-777-4450

BASIC RIGHTS

POLICE DEPARTMENT - NON-EMERGENCY CALLS
Call only to report non-emergency situations
301-279-8000

CONSUMER PROTECTION OFFICE
If your landlord is trying to evict you
410-528-8662

ANONYMOUS CONSUMER PROTECTION INFORMATION
Report any scams
240-777-3681

LEGAL ASSISTANCE

MONTGOMERY COUNTY BAR FOUNDATION PRO BONO PROGRAM
Monday to Thursday from 9:00 am to 3:00 pm
301-424-7651

LAWYER REFERRAL SERVICE
A representative will be able to refer you to an attorney
Monday to Friday from 9:00 am to 1:00 pm
301- 279- 9100

FAMILY LAW SELF HELP CENTER
Limited legal advice and information from attorneys

240-777-9145

Monday, Wednesday, Thursday, and Friday from 8:00 am to 4:30 pm
Tuesday from 8:00 am to 8:00 pm

50 Maryland Avenue, Room 1500, Rockville, MD 20850

DOMESTIC VIOLENCE

FAMILY JUSTICE CENTER
240-773-0444
Monday to Friday from 8:30 am to 5:00 pm

Send an email to
safe@montgomerycountymd.gov

You can also visit the office at the following address
600 Jefferson Plaza, Suite 500, Rockville, MD 20851

Join the Movement

Our Grain of Sand

Scan this QR code and enjoy the Spanish climate stories of our Latino community!

Together let's grow a greener planet!

HEALTHY BABIES
PREGNANCY AND POSTPARTUM MEDICAID COVERAGE

DEPARTMENT OF HEALTH
AND HUMAN SERVICES

Are you having a baby?

You can get free health care even if you do not legally reside in the United States.

Medicaid may be able to help. Medicaid, which is the same thing as Medical Assistance, pays for health care for people who cannot afford it.

Sign up for Medicaid as soon as you know you are pregnant. Get the care you and your baby need right away. You may keep Medicaid up to four months after your baby is born.

Pregnant Women can now enroll in Medicaid even if they are not U.S. citizens or legally residing in the United States.

To be eligible, you have to be:
• Pregnant
• Living in Maryland
• Low-income

Medical Assistance/Medicaid will not impact a person's future immigration status.

The U.S. Department of Homeland Security states that a person, or a person's family members, can take advantage of Medicaid, SNAP, WIC, and other non-cash benefits. These benefits are not considered "public charge" and will have no bearing on future green card or citizenship or other immigration issue.

How to apply:

→ *Go to* *www.Maryland HealthConnection.gov* *or*
The Maryland Health Connection App on your iPhone or Android

→ *Call Maryland Health Connection at 1-855-642-8572 or*
the Montgomery County to schedule one-on-one assistance at 240-777-1815

→ *Walk into any Montgomery County Eligibility Office:*
  • *8630 Fenton St, 10th Fl., Silver Spring*
  • *8818 Georgia Ave, 2nd Fl., Silver Spring*
  • *1401 Rockville Pike, 1st Fl., Rockville*
  • *12900 Middlebrook, 2nd Fl., Germantown*

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WHAT IS FENTANYL?

Fentanyl is a highly addictive opioid and can cause overdose and death.

FENTANILO
LETHAL DOSE OF FENTANYL

- **Pill-shaped, powdered-form blocks that look like chalk**
- **50 times stronger than heroin and 100 times stronger than morphine**
- **The fentanyl equivalent of 10-15 grains of salt is enough to kill someone**

WHAT ARE SOME OF THE SYMPTOMS OF SUBSTANCE USE IN AN ADOLESCENT?

- **Mixing with different groups of people or changing friends**
- **Neglecting school or home responsibilities; losing interest in school and activities**
- **Change in sleeping habits - sleeping at odd hours**
- **Mood swings**
- **Paranoia**
- **Secretive and suspicious behaviors**
- **Giving up hobbies, sports, and socializing**

If you think your child might be taking opioids and need help, start by calling the 24-hour Montgomery County Crisis Center

identity

The "Case Management Team" at Identity provides free assistance to the Latino community, with different types of needs. Contact us!

We speak English and Spanish!

Request help for you or someone else at: www.identity-youth.org

Call us:
Maribel: (301) 800-5519.
Ximena: (240) 702-6127.

Or scan the QR Code:

We connect you with the latest resources available in Montgomery County.

- ☑ Rent and utility assistance.
- ☑ Healthcare and health insurance.
- ☑ Mental health and assistance for victims of violence.
- ☑ Food and SNAP application (Food stamps)
- ☑ Clothing / Furniture.
- ☑ Legal aid.
- ☑ ESOL classes.
- ☑ MCPS Registration.
- ☑ Workforce development.
- ☑ Taxes/ITIN.
- ☑ Financial education.
  And More...!

Salud & Bienestar

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COMMUNITY RESOURCES

EXPLORE, LEARN, THRIVE!

Dive into a world of knowledge and excitement at Montgomery County Public Libraries! Discover a wealth of resources, programs, and events designed to enrich your life and connect our community

STAY CONNECTED!

Follow them on social media, visit their website, or drop by your local library to stay updated on the latest events, resources, and services

LHI PROGRAMS

Asthma Management Program

Provides free educational Asthma Management sessions in Spanish to parents and caregivers of children with asthma living in Montgomery County.

Contact Luis Aguirre • 240-401-0487 • Luis.Aguirre@montgomerycountymd.gov

Health Promoters Outreach and Education

Delivers free vital health and wellness information to Latinos throughout Montgomery County by promoting healthy eating, physical activity, and facilitating access to healthcare.

Contact Daisy De Leon • 240-220-8752 • Daisy.DeLeon@montgomerycountymd.gov

"Vías de la Salud" Community Health Worker Certification Training

An accredited program by the Maryland Department of Health that trains participants to become Certified Community Health Workers.

Contact Gianina Hasbun • 240-777-3470 • Gianina.Hasbun@montgomerycountymd.gov

"Ama Tu Vida" (Love Your Life) Health Fair

An annual community health fair that offers free health screenings and community health resources.

Contact Ingrid Lizama • 240-773-8293 • Ingrid.Lizama@montgomerycountymd.gov

Latino Youth Wellness Program

In partnership with Identity, Inc, provides free after-school programs for Latino middle school students to promote healthy living, leadership skills, social-emotional learning, and responsible decision making.

Contact Flor Alfaro • 301-442-7699 • FAlfaro@identity-youth.org

Mental Health Services

In partnership with Identity, Inc, provides free, virtual, non-clinical trauma-informed, and culturally appropriate emotional support groups for adults and adolescents.

Contact Monica Wainbarg • 240-750-3101 • MWainbarg@identity-youth.org

Case Management Services

In partnership with Identity, Inc, provides free case management services in Spanish and refers clients to access health and human services. Assistance with applications for SNAP (food stamps), rental assistance, health insurance, and utility assistance, among others.

Contact Ximena • 240-702-6127 or Maribel • 301-800-5519 • or Submit a Referral

Family Reunification Program

In partnership with Identity, Inc, provides free, culturally based family reunification workshops to Montgomery County parents, caregivers, and their adolescent children who have been separated due to migratory circumstances and connect participants to community resources.

Contact Maria Lucila Cordero • 301-820-5335 • MCordero@identity-youth.org

System Navigator and Interpreters Program

In partnership with CASA, the System Navigator Program provides free information in English, Spanish, and French and assists callers in accessing health and human services in Montgomery County.
The Interpreters Program provides access to professional medical interpretation.

Contact Information Line • 301-270-8432 • Monday to Friday 9 AM to 7 PM

Welcome Back Center

Provides support to internationally educated nurses, physicians, behavioral health, and other health professionals to obtain licensure and certification to return to the health field workforce and practice in Maryland.
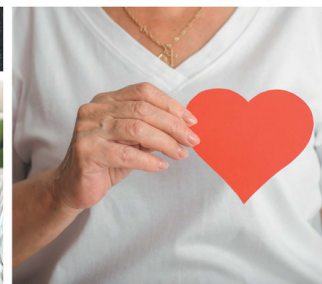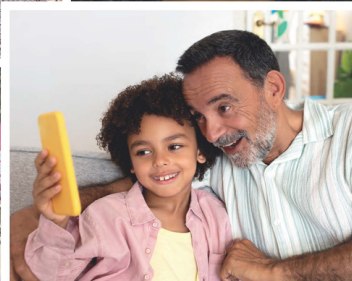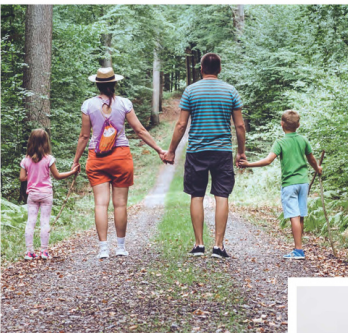
Contact Saba Desta • 240-777-3168 • Saba.Desta@montgomerycountymd.gov

Climate and Health Education Program

Provides Latino community members an opportunity to learn about the impact of the changing climate on the earth, their community, and about climate actions they can take to positively impact their health and well being.

Contact David Del Pozo • 240-777-4642 • David.DelPozo@montgomerycountymd.gov

2024

Latino
Health
Initiative

MONTGOMERY COUNTY
MARYLAND