MONTGOMERY COUNTY RESOURCES

Updated 12.9.08

Montgomery County has a website that provides information on community resources from A-Z:
http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/government/services/services.asp

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- **ADHD Resources**

1. **CHADD (Children and Adults with ADHD) –Montgomery County Chapter**
   Silver Spring Center
   8818 Georgia Avenue
   Support Group Information:
   - **Silver Spring MD** Meetings: Support and information for parents of children with AD/HD and ADD, Date: 1st Mon of each month at 7:30 pm
   - **Ridgeview Middle School** **301.840.4780**
     Gaithersburg MD
   - **Ohr Kodesh Congregation** **301.571.3883**
     8300 Meadowbrook Lane,
     Chevy Chase, Maryland 20815

2. **CHADD of Greater Baltimore (Children and Adults with ADHD)** **410-617-1500**
   Services provided: Support groups and information for parents of children and adults with AD/HD and ADD. Date and Time: 1st Wednesday of each month from 7-9pm. Fee: none
   Website: http://www.chadd-mc.org/chapters/baltimore.htm
   Parent support groups in Dundalk, Timonium, Howard and Montgomery County. Call or check the calendar for meeting dates and locations of this group at their website.
   - **For a list of chapters in the area and support groups go to:**
     http://www.chadd-mc.org/calendar/
   - **Howard County CHADD Chapter**
     Parent support group meetings generally held on the Second Tuesday of the month at:
     Norbel School
     6135 Old Washington Road
     Elkridge, Maryland, 21075
   - **Anne Arundel County CHADD Chapter** **410-721-2468**
     Severna Park Speaker Meetings are held the second Tuesday of every month at:
     Severna Park United Methodist Church
     731 Benfield Boulevard
     Severna Park, MD
     Website: http://www.aacochadd.org
   - **Dundalk Parent Support Group Meeting**
     Parent support group meetings generally held on the 1st Tuesday of the month at:
     Merritt Point Center, Room 9
     7701 Dunmanway
     Dundalk, MD
   - **Harford County Parent Support Group**
     Parent support group meetings are generally held the second Wednesday of each month at:
     Harford County Public Library
     100 E. Pennsylvania Ave.
     Bel Air, MD 21014
   - **Linthicum Adult Support Group**
     Support group meetings for adults with ADHD on the third Wednesday of each month at:
     St Christopher's Episcopal Church
     116 Marydel Rd
     Linthicum Heights, MD

- **Timonium Speaker Meetings**

Support group and speaker meetings on the first Wednesday of the month in October, November, December, February, April and May at:

Loyola College Graduate School
2034 Greenspring Drive
Timonium, MD 21093

3. **JSSA: Jewish Social Service Agency**

6123 Montrose Road	9900 Georgia Avenue
Rockville, MD 20852	Silver Spring, MD 20902
301-881-3700	**301-587-9666**

Services provided: provides counseling for individuals, children and families including social skills groups, bereavement groups and parenting education/workshops; older adult services (Elder care), Hospice care, career counseling, evaluation and treatment of developmental/physical disabilities. Social skills groups for ADHD and impulse control disorders.

Website: www.jssa.org

- **Advocacy for Special Populations**

  - **Developmental Disabilities:**

1. **The Arc of Montgomery County** **301-984-5777**
   11600 Nebel Street
   Rockville, MD 20852
   301-816-2429 Fax
   Website: www.arcmontmd.org
   Services provided: Advocates for the rights of all citizens with mental retardation/developmental disabilities and their families. Provides dynamic support to enhance their quality of life that results in real choices, responsibilities, power and opportunities. Promotes community education on issues related to mental retardation/developmental disabilities.

2. **The ARC of Maryland—Main Office**
   49 Old Solomons Island Road, Suite 205
   Annapolis, Maryland 21401
   410-571-9320 (Annapolis)
   410-974-6139 (Baltimore)
   410-974-6021 Fax
   Website: www.thearcmd.org

3. **Families for Intensive Autism Treatment, FIAT** **301-419-8037**
   P.O. Box 238
   Olney, MD 20830-0238
   Email: fiatmd@comcast.net
   Services provided: a parent support and networking organization for parents of children with autism. FIAT offers information on intensive early autism intervention approaches, provides speakers on topics of interest to the membership, and strives to help families cope with autism. Members receive three newsletters per year and a parent resource packet. FIAT currently has a Yahoo Group at **http://health.groups.yahoo.com/group/FIAT/** FIAT meets the first Wednesday of every month at Holy Cross Hospital, Auditorium 1, 1500 Forest Glen Road, Silver Spring, MD from 7:30 p.m. to 9:00 p.m**.**

4. **Asperger Syndrome Parent Support and Advocacy Group** **301-990-6880, ext. 311**
   Gaithersburg MD
   Sponsoring Agency: Asperger Syndrome Parent Support and Advocacy Group
   Services provided: Non-sectarian information and support for parents of children of all ages with non-verbal learning disability, Asperger syndrome, PDD, and HFA

5. **The Parent's Place of Maryland** **Voice or TDD: (410) 768-9100**
   801 Cromwell Park Drive, Suite 103,
   Glen Burnie, MD 21061
   Website: http://www.ppmd.org/index.asp
   Services provided: provides parents of children with disabilities with support, information and guidance. Also provides workshops for parents, educators and professionals. Their sole purpose is to enhance the lives of persons with disabilities.

- **Mental Health Advocacy:**

1. **Mental Health Association of Montgomery County** **301-424-0656**
   Fax: 301-738-1030.
   Email to info@mhamc.org.
   Website: http://www.mhamc.org/html/index.cfm?page=programs
   Services provided: promotes mental wellness and supports those with mental illness by sponsoring and implementing advocacy, education, and community service programs which include:
   - **Families Foremost Center:** **301-585-3424**
     1109 Spring Street, Suite 300, Silver Spring
     Services provided: offers support to young families and their children as community-based center. Families Foremost Center offers GED, job skills training and computer classes to parents. The center also offers free parenting classes, healthcare education, peer support, self-sufficiency promotion, parent/child activities and toddler care.
   - **MOMS (Mothers Offering Maternal Support), a Families Foremost Center program,** offers one-to-one mentoring by matching pregnant and parenting participants ages 12-24 with an experienced mother in the community. The mentor serves as a supportive friend, advocate and role model who can share the joys and challenges of being a parent. MOMS also offers educational meetings and support group sessions.

2. **MD Coalition of Families for Children's Mental Health** **410-730-8267**
   10632 Little Patuxent Pkwy, Suite 119 **1-888-607-3637**
   Columbia, MD 21044
   Fax: 410.730.8331
   Services provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.
   Website: **www.mdcoalition.org**

- **Child Abuse Reporting Information**

1. **Montgomery County CPS** **240-777-4417**
   The Dept. of Health & Human Services
   1301 Piccard Drive
   Rockville, MD 20850
   FAX: 240-777-4161

2. **Howard County CPS** **410-872-4203**
   7121 Columbia Gateway Drive **(After hours: 410-313-2929) Police Dept.**
   Columbia, Maryland 21046 Glen Burnie, MD 21061
   FAX (410) 872-4231

3. **Link to Maryland CPS agencies by County:** http://170.224.111.196/cps/address.htm

- **Child Advocacy Centers:**

1. **Child Advocacy Center – The Listening Place of Howard County** **410-313-2630**
   Services provided: The Howard County Child Advocacy Center, The Listening Place is a child-friendly environment that promotes comprehensive investigations and appropriate interventions for children and their families in cases of child abuse.

2. **The Baltimore Child Abuse Center, Inc.** **410-396-6147**
   2300 North Charles Street, 4th Floor
   Baltimore, MD 21218
   Email: bcac@bcaci.org

3. **Tree House Child Assessment Center of Montgomery County Maryland**
   T: (240) 777-4439
   F: (240) 777-4665
   7300 Calhoun Place, Suite 600
   Rockville, MD 20855
   Email: brenda.petersen@montgomerycountymd.gov

- **Child Care Resources**

1. **Montgomery County Child Care Resource & Referral Center** **301-279-1773**
   332 West Edmonston Drive
   Rockville, Maryland 20852
   LOCATE: 240-777-3130
   Services provided: training dept. offers workshops and a resource library for parents, providers and community members.
   Email: **earlychildhoodservices@montgomerycountymd.gov**
   Website: **www.mdchildcare.org**

2. **Howard County Child Care Resource Center** **LOCATE: 410-313-1930**
   3300 North Ridge Road, Suite 380
   Ellicott City, Maryland 21043
   Main: 410-313-1940
   Website: **http://www.co.ho.md.us/childcareresourcecenter**
   Email: **childcare@co.ho.md.us**

3. **Maryland Child Care Resource Network:**
   http://www.mdchildcare.org/mdcfc/network/mainnumbers.html

- **Children's Education**

  - **Early Intervention:**

1. **Montgomery County Public Schools** **301-309-6277**
   Administrative Offices:
   850 Hungerford Drive
   Rockville, MD 20850

2. **Infants and Toddlers Program Montgomery County:** **240-777-3997**
   Administrative Office
   51 Monroe Street, Suite 1700
   Rockville, MD 20850

3. **Child Find Program (3-5)** **301-929-2222**
   Preschool Education Program (PEP)

4. **Silver Spring Judy Center** **301-431-7696**
   705 Bayfield Street
   Takoma Park, MD 20912
   Services provided: child care, family support and education, parent-child activities; preschool special education.

- **Early Intervention Support Services**

1. **Healthy Start—Montgomery County**
   Services provided: children 0-2 who are Medicaid or MCHIP eligible can be provided prenatal and child health education; care coordination which may include home visits and links to other community resources.
   Services are accessed by calling the 3 following eligibility units located at:

Germantown	**Rockville**	**Silver Spring**
12900 Middlebrook Road	**1335 Piccard Drive**	**8630 Fenton Street**
240-777-3591	**240-777-3120**	**240-777-3066**

2. **Infants AT Risk Program—Health Dept.** **240-777-1616**
   Services provided: infants identified as being at risk are referred by nurses, social workers and physicians from local hospital or other health departments regardless of insurance status. Risk factors may include but not limited to congenital birth defects, premature infants, failure to thrive, positive drug screens, and inadequate social support.

- **Early Intervention Websites**

1. **Healthy Mothers, Healthy Babies Coalition:** **www.hmhb.org/**
2. **Maternal and Child Health Bureau, Department of Health and Human Services** **www.mchb.hrsa.gov**
3. **National Association of Child Care Resource and Referral Agencies:** **www.naccrra.org**
4. **National Association for the Education of Young Children:** **www.naeyc.org**
5. **National Partnership for Women and Families:** **www.nationalpartnership.org**
6. **Zero to Three:** **www.zerotothree.org**

- **Crisis Intervention Programs**

1. **Montgomery County Hotline:** **301-738-2255**

2. **Montgomery County Youth Crisis Line:** **301-738-9697**
   Maryland State Youth Crisis Hotline: **1-800-422-0009 (24/7)**

3. **Montgomery County Therapist Line** **301-738-7176**
   Services provided: referrals to reduced fee therapists for qualified Montgomery County residents. Must be at least 18, low-income, no insurance, short-term mental health issues.

4. **SafeHaven Teen Runaway Shelter (AA county--ages 12 to 17)** **410-922-2100**

5. **Youth Suicide Prevention Hotline** **1-800-SUICIDE (784-2433)**

6. **Howard County Crisis Team**: **Grassroots Hotline** **410-531-6677**
   6700 Freetown Road, Columbia, Maryland 21044
   Adults and youths may go to the office 24 hours/day for crisis services. (7 days/week)
   Mobile Crisis Services: Monday – Friday, 12:00 noon -11:00 p.m.; Saturdays, Sundays and holidays, 5:00 p.m. - 11:00 p.m.
   Services provided: provides immediate onsite clinical intervention for anyone in Howard County who needs urgent help for any psychiatric emergency, suicide, homicide, disasters or intense family conflict or distress.

7. **First Call for Help, United Way** **1-800-492-0618**
   100 S. Charles Street, 5TH Floor, PO Box 1576
   Baltimore, MD 2l203 410-685-0525
   FAX: 410-547-0105
   TTY: 410-685-2159
   Website: http://uwcm.org
   Services provided: a 24-hour confidential information and referral service using a computerized resource file to access all types of health and human services information on topics including alcoholism, child abuse, domestic crisis, legal and medical matters, runaways, suicide prevention, support groups, teen pregnancy, and youth services. Interview with caller includes problem assessment and brief counseling when needed.

8. **Community Action Council** **410-313-6440**
   6751 Columbia Gateway Drive
   Columbia, MD 2l046
   FAX: 410-313-6479
   Head Start Program: 410-313-6443
   E-mail: Bitadayhoff@netscape.net
   Services provided: Provides services for limited income families and individuals. Programs include: Head Start, Homeless Care Services (Eviction Prevention and 1st Month's Rent), Fuel Fund, the Maryland Energy Assistance program (MEAP), the Weatherization Assistance Program (WAP), the Electric Universal Service Program (EUSP), Food Bank and Community Outreach/Crisis Intervention. The following health programs are also administered: Breast and Cervical Prevention (BCCP)-provides free breast exams, mammograms and pap smears

for limited income women age 50 and older in conjunction with the Howard County Health Department.

- **Rape/Sexual Assault Services:**

1. **Montgomery County** **240-777-4357**
   Victim Assistance & Sexual Assault Crisis Line

2. **Sexual Trauma Treatment and Advocacy Recovery Center(STTAR) Hotline: 410-997-3292**
   9810 Patuxent Woods Drive, Suite C
   Columbia, MD 21046
   410-290-6432
   FAX: 410-290-6604
   Website: info@sttarcenter.org
   Services provided: Provides crisis intervention for victims of sexual assault and child abuse. Services for victim's family and friends also available. A 24-hour hotline is available, staffed by counselors. Services include: escort or accompaniment to hospital; police and trial follow up; Information and Referral; support groups; speakers bureau; and individual, group and family psychotherapy for children and adult victims of sexual assault, abuse and related trauma. Licensed and trained psychotherapists available.
   Services provided: a free, confidential service that connects callers with health and human services using the only statewide comprehensive information and referral directory in Maryland. We're available 24 hours a day seven days a week.

3. **Maryland Coalition Against Sexual Assault, Inc. (MCASA) 1-800-983-RAPE(7273)**
   1517 Gov. Ritchie Highway, Suite 207 **410-974-4507**
   Arnold, MD 21012

4. **Link to Maryland Rape Recovery Centers by County**: **http://www.mcasa.org/A/3/A3.htm**

- **Domestic Violence/Intimate Partner Violence**

1. **Abused Persons Program of Montgomery County 240-777-4673**

   1301 Piccard Drive (corner of W. Gude Dr. and Piccard Dr.), Rockville, MD 20850

   Services provided: comprehensive services for domestic violence victims to include advocacy, crisis intervention, counseling, shelter, community education.

2. **Domestic Violence Center of Howard County, Inc. 410-997-2272 or 1-800-752-0191**

   Overlook Center

   457 Twin Knolls Road, Suite 310

   Columbia, MD 21045

   Office: 410-997-0304 FAX: 410-997-1397

   E-Mail: dvc@dvcenter.org

   Website: www.dvcenter.org

   Services provided: crisis intervention for abused women and men, and their children. The Center also offers emergency and transitional shelter; support groups; individual counseling for women, children, and abusers; legal assistance; community education; 24-hour help line; and emergency services.

- **<u>Enrichment Programs</u>**

1. **Montgomery County Recreation Department Locations: Main: 240-777-6900**
   Website for Recreation Center Locations:
   http://www.montgomerycountymd.gov/rectmpl.asp?url=/content/rec/ctrs.asp

2. **YMCA Locations website: www.ymcadc.org/Branch-Locator.aspx**

   - **YMCA –Bethesda/Chevy Chase** **301-530-3725**
     9401 Old Georgetown Road
     Bethesda, MD 20814

   - **YMCA Ayrlawn Program Center** **301-530-8500**
     5650 Oakmont Avenue
     Bethesda, MD 20817

   - **YMCA Silver Spring** **301-585-2120**
     9800 Hastings Drive
     Silver Spring, MD 20901

   - **YMCA Upper Montgomery County** **301-948-9622**
     10011 Stedwick Road
     Montgomery Village, MD 20866

- **Mental Health**

  - **Websites on Perinatal/Postpartum Depression**

1. **www.healthynewmoms.org**
2. **www.1800ppdmoms.org**
3. **www.postpartum.net**
4. **www.nimh.nih.gov**

  - **Local Agencies**

1. **The Pro Bono Counseling Project** **410-323-5800; 301-805-8191 or 1-877-323-5800**
   Services provided: provides counseling on a wide variety of issues, including family and couples issues and depression, for person with low incomes; generally provided at no cost. Statewide.
   Website: www.probonocounseling.org

1. **JSSA: Jewish Social Service Agency**
   6123 Montrose Road 9900 Georgia Avenue
   Rockville, MD 20852 Silver Spring, MD 20902
   301-881-3701 **301-587-9666**
   Website: www.jssa.org
   Services Provided: Provides counseling for individuals, children and families including social skills groups, bereavement groups and parenting education/workshops; older adult services (Elder care), Hospice care, career counseling, evaluation and treatment of developmental/physical disabilities. Social skills groups.

2. **Kensington Wheaton Youth Services** **301-933-2818**
   3950 Ferrara Drive
   Wheaton, MD 20906
   Services provided: short term family counseling; school groups; outreach; information and referral; educational workshops including loss/bereavement, drug and alcohol education; anger management; stress reduction, conflict resolution and social skills. Spanish speaking available.

3. **Mental Health Association of Montgomery County** **301-585-3424**
   Families Foremost Center
   1109 Spring Street, Suite 300
   Silver Spring, MD
   Fax: 301-738-1030.
   Email: info@mhamc.org.
   Website: http://www.mhamc.org/html/index.cfm?page=programs
   Services provided: offers support to young families and their children as community-based center. Families Foremost Center offers GED, job skills training and computer classes to parents. The center also offers free parenting classes, healthcare education, peer support, self-sufficiency promotion, parent/child activities and toddler care.

4. **Laurel-Beltsville Oasis Youth Services Bureau** **301-498-4500**
   702 Gorman Avenue, Apt. T-3
   Laurel, Maryland 20707
   Fax: (301) 498-4502
   E-mail: OasisYSB@aol.com

5. **Rockville Youth and Family Servcies** **240-314-8312**
   City of Rockville
   Dept. of Neighborhood and Community Services
   20 Courthouse Square
   Rockville, Maryland 20850
   Fax: (240) 314-8309
   E-Mail: rsparer@rockvillemd.gov

6. **Tri-County Youth Services Bureau** **301-645-1837**
   Industrial Park Drive
   P.O. Box 1798
   Waldorf, Maryland 20604-1798
   Phone: or (301) 843-2960
   Fax: (301) 645-9169
   E-mail: ljames@tcysb.org

7. **Family Services Agency, Inc.** **301-840-2000**
   610 East Diamond Ave.
   Gaithersburg, MD 20877
   Fax: 301-840-9621
   Website: http://fsa.convio.net/site/PageServer?pagename=homepage
   Services provided: a multi-service family agency that provides supportive services to all ages in the form of in-home support, parenting education, outpatient mental health services, substance abuse prevention and education, and early intervention services.

8. **Public Mental Health System:** **1-800-888-1965**

9. **Center for Infant & Child Loss at UMAB** **1-800-808-SIDS (7437)**
   630 W. Fayette Street Room 5-684
   Baltimore, Maryland 21201
   Email: caring@infantandchildloss.org
   Website: http://www.infantandchildloss.org

- **Link to Infant and Child Loss support groups in Maryland:**
  http://www.infantandchildloss.org/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=44&MMN_position=39:7

- **Mental Illness Resources**

1. **Mental Health Association of Montgomery County** **301-424-0656**
   Fax: 301-738-1030.
   Email to info@mhamc.org.
   Website: http://www.mhamc.org/html/index.cfm?page=programs
   Services provided: promotes mental wellness and supports those with mental illness by sponsoring and implementing advocacy, education, and community service programs which include:
   - **Families Foremost Center:** **301-585-3424**
     1109 Spring Street, Suite 300, Silver Spring
     Services provided: offers support to young families and their children as community-based center. Families Foremost Center offers GED, job skills training and computer classes to parents. The center also offers free parenting classes, healthcare education, peer support, self-sufficiency promotion, parent/child activities and toddler care.
   - **MOMS (Mothers Offering Maternal Support), a Families Foremost Center program,** offers one-to-one mentoring by matching pregnant and parenting participants ages 12-24 with an experienced mother in the community. The mentor serves as a supportive friend, advocate and role model who can share the joys and challenges of being a parent. MOMS also offers educational meetings and support group sessions.

2. **The Mental Health Association of Maryland** **410-235-1178**
   700 W. 40th Street, Suite 460
   Baltimore, MD 21211
   Toll Free: 800-572-MHAM (6426)
   Services provided: provides education and advocacy on behalf of people with mental illness and coordinates with the following local chapters: (FIND LOCAL CHAPTERS WEBSITES)
   - **Other Locations:**
   1. Metropolitan Baltimore (serves Balto. City, Co. and Harford Counties): 410-235-1178, ext. 202
   2. Howard County: 410-995-3323
   3. Lower Shore (serves Somerset, Wicomico and Worcester Counties: 410-543-2057
   4. Prince George's County: 301-424-0656
   5. Talbot County (serves the Eastern Shore): 410-822-0444
   6. Washington County: 301-733-6555

3. **NAMI Montgomery County** **(301) 771-1960**
   Services provided: support groups, education and advocacy for families and friends of anyone experiencing a mental illness.

   - **Support Group Information:**
     10730 Connecticut Ave.
     Kensington MD
     Meetings: Date and Time: 4th Tues of each month at 7pm

   - **Montgomery General Hospital** **(301) 963-9472**
     18101 Prince Philip Drive, Olney
     Room C, 2nd floor
     Meetings: 2nd Saturday of each month 9am

- **Unitarian Universalist Church** **(301) 384-8100**
  501 Mannakee St.
  Rockville MD
  Meetings: 2nd Wed of each month from 2:30-4pm

- **Adult Sibling Support Group** **(301) 949-5852**
  NAMI Montgomery County
  10730 Connecticut Ave.
  Kensington MD
  Meetings: For adult siblings of anyone experiencing a mental illness. Date and Time: 3rd Tues of each month 6:30-8pm

- **Family Support in Spanish** **(301) 949-5852**
  Montgomery General Hospital
  18101 Prince Philip Drive, Olney
  Room 201B
  Meetings: For Spanish-speaking families and friends of anyone experiencing a mental illness. Date and Time: 3rd Saturday of each month from 6:30-8pm

- **Spouse Support Group** **(202) 482-1287**
  10730 Connecticut Ave.
  Kensington MD
  Meetings: For spouses of anyone experiencing a mental illness.

5. **DRADA (Depression & Related Affective Disorders Association)**
   2330 W. Joppa Road, Suite 100
   Lutherville, MD 21093-4605
   410-583-2919 Toll Free: 888-288-1104
   Website: www.drada.org
   Email: drada@jhmi.edu
   Services provided: provides information, education and support services to individuals, families and professionals about depression and bipolar disorder.

6. **MD Coalition of Families for Children's Mental Health** **410-730-8267**
   10632 Little Patuxent Pkwy, Suite 119
   Columbia, MD 21044
   Toll Free: 1.888.607.3637
   Fax: 410.730.8331
   Services Provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.
   Website: www.mdcoalition.org

- **Parenting Education and Support Groups**

1. **JSSA: Jewish Social Service Agency--Adults and Children**
   6123 Montrose Road
   Rockville, MD 20852
   301-881-3700

   9900 Georgia Avenue
   Silver Spring, MD 20902
   301-587-9666

   3 Bethesda Metro Center
   Suite 325
   Bethesda, MD 20852
   301-652-8459

   11B Firstfield Road
   Gaithersburg, MD 20878
   301-990-6800

   3018 Javier Road
   Fairfax, VA 22031
   703-204-9100

   Website: www.jssa.org
   Services provided: Nonsectarian agency that provides counseling, parenting education/workshops and support groups; older adult services (Elder care), Hospice care, career counseling, evaluation and treatment of developmental/physical disabilities. On-going therapy groups, time-limited groups, educational workshops focus on separation/divorce, parenting a child with ADHD, parenting a child with explosive/oppositional disorder, parent training programs for challenging children, behavior management, building a child's self-esteem, getting along with difficult people, social skills, depression, and others.

2. **Mental Health Association of Montgomery County** **301-585-3424**
   Families Foremost Center
   1109 Spring Street, Suite 300
   Silver Spring, MD
   Fax: 301-738-1030
   Email: info@mhamc.org.
   Website: http://www.mhamc.org/html/index.cfm?page=programs
   Services provided: offers support to young families and their children as community-based center. Families Foremost Center offers GED, job skills training and computer classes to parents. The center also offers free parenting classes, healthcare education, peer support, self-sufficiency promotion, parent/child activities and toddler care.

3. **Kensington Wheaton Youth Services (KWYS)** **301-933-2818**
   3950 Ferrara Drive
   Wheaton, MD 20906
   Services provided: short term family counseling; school groups; outreach; information and referral; educational workshops including loss/bereavement, drug and alcohol education; anger management; stress reduction, conflict resolution and social skills. Spanish speaking available.

4. **Family Services Agency, Inc.** **301-840-2000**
   610 East Diamond Ave.
   Gaithersburg, MD 20877
   Email:
   Website: http://fsa.convio.net/site/PageServer?pagename=homepage
   Services provided: a multi-service family agency that provides supportive services to all ages in the form of in-home support, parenting education, outpatient mental health services, substance abuse prevention and education, and early intervention services.

5. **The Family Tree/Parent Stress line** **1-800-243-7337**
   2108 N. Charles Street
   Baltimore, MD 21218
   Office: 410-889-2300; Fax: 410-637-8387
   Website: http://familytreemd.org/
   Services provided: offers a range of programs providing structured support and home based education to parents and their children; advocacy and outreach services offered free-of-charge to thousands of families. Programs include **Family Education and Support, Positive Parenting Program:** 12-week skill-building program through the development and strengthening of their own skills**. Parent Assistance in the Home (PATH)**: a home-based program parenting where a Family Support Advocates assesses a family's needs and services are provided in the home for 60 to 90 minutes weekly and offers short-term, intensive intervention for up to 12 weeks.
   Family Life Workshops and Groups: Workshops are currently offered in Anne Arundel, Baltimore, Howard and Prince George's counties and Baltimore City. **Neighborhood Investment programs** and Community Services programs. Included **Parents Anonymous® Groups.**

6. **Abrams & Associates, LLC** **301-949-2098**
   3841 Farragut Avenue, Kensington, Rockville, MD 20895 (
   Services provided: outpatient psychotherapy
   Website: www.kayabrams.com

7. **Alvord, Baker & Associates, LLC ~ Group Therapy Center**
   3200 Tower Oaks Boulevard, Suite 200, Rockville, MD 20852 (301) 593 6554
   11161 New Hampshire Avenue, Silver Spring, MD 20904 (301) 593 6554
   Parent workshops/discussions are offered on an as needed basis. Goals are to inform and help parents learn how to work with their children on their social skills. Topics include strategies for enhancing positive family interaction and communication, developing anger and behavior management techniques, and helping children improve social skills, self-esteem, as well as general problem solving. Instructional material and the participants' own situations are often used.
   Website: http://www.alvordbaker.com

8. **Expressive Therapy Center of Montgomery County (301) 869-1017**
   Rockville, MD
   Services provided: ongoing support groups for women facing separation and divorce, adult children of divorce group, parenting the ADHD child, men's parenting/anger management group. Also offering parenting groups for parents of toddlers, elementary, middle and high school students. Groups focus on developing positive family relationships, behavior management, communication and other parenting issues. www.expressivetherapycenter.com

9. **Donna Firer, LCSW-C.** **(301) 585-8828**
   8811 Colesville Road, Suite 102, Silver Spring, MD 20910
   Services provided: parenting groups
   Email: donnafirer@earthlink.net
   Website: www.donnafirer.net

10. **Adele Lebowitz Center for Youth & Families (of the Washington School of Psychiatry)**
    5028 Wisconsin Avenue, NW, Suite 400 Washington, DC 20016 **(202) 537-6050**
    Services provided: group for new moms.

11. National Family Resiliency Center

451 Hungerford Drive, Suite 224, Rockville, MD 20850 (**301) 384-0079**
10632 Little Patuxent Parkway, Suite 121 Columbia, MD 21044 (**410) 740-9553**
14350 Solomons Island Road, Suite 202B, Solomons, MD 20688 (**410) 474-8500**

Services provided: groups for men and women structured around the common issues of group members including experiencing grief, coping with transitions related to separation, divorce, remarriage, single parenting, co-parenting, dating and other life changes. Groups meet for 8- 10 weeks for 90 minute sessions.

Website: www.divorceabc.com

Websites on parenting:

1. **Positive Discipline from A to Z** **http://www.positivediscipline.com/**
   by Jane Nelsen, Lynn Lott & H. Stephen Glenn
2. **Dr. William Sears**: **http://www.askdrsears.com/**
3. **1-2-3 Magic, Inc.:** **http://www.parentmagic.com**

- **Separation and Divorce Resources**

1. **Conflict Resolution Center of Montgomery County, Inc.** **301-942-7700**
   2424 Reedie Drive, Suite #301
   Wheaton, Maryland 20902
   Fax: 301-942-7970
   Email: crcofmc@aol.com
   Website: www.crcmc.org
   Types of Mediation: Neighbor, consumer, family, roommate, landlord/tenant, small claims & retail.
   Mediation Fee's: FREE
   Other Services: Community Conferencing, NPSP, ICMS, Day-of-Trial & Group Facilitation
   If Multi-Lingual Capability, What Languages: Spanish & French (others by translator)

2. **Parents Without Partners Support Groups**
   - **Montgomery Village Chapter** **202-638-1320**
     Website: http://www.pwp60.org
   - **Howard County Chapter** **410-381-2650**
     Website: http://pwphowardco.homestead.com
   - **Baltimore Chapter:** **410-494-3900; 410-437-5373**

   Services provided: provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques
   Website: http://www.parentswithoutpartners.org/chapterfind.asp

3. **The Family Tree/Parent Stress line:** **1-800-243-7337**
   2108 N. Charles Street
   Baltimore, MD 21218 **Office: 410-889-2300**
   fax: 410-637-8387
   Website: http://familytreemd.org/

4. **National Family Resilience Center, Inc.** **410-740-9553**
   (Formerly Child of Separation and Divorce)
   10632 Little Patuxent Parkway
   2000 Century Plaza Suite 121
   Columbia, Maryland 21044
   301-596-1677 fax

   Satellite Office: NFRC Center, Rockville
   932 Hungerford Drive, Suite 9-B Second Floor
   Rockville, MD. 20850

   Services provided: individual, couple, family, parent, co-parent, pre-marital, marital, separation and blended family counseling.
   Website: www.divorceabc.com

- **Substance Abuse Treatment**

1. **Montgomery County's Access to Treatment Program Coordinator: 301-217-1245**
   Services provided: This coordinator will assist local citizens and organizations in identifying alcohol and drug addiction treatment needs and services, and coordinate the delivery of publicly funded treatment in this county.

2. **Howard County's Access to Treatment Program Coordinator: 410-313-6200**
   This coordinator will assist local citizens and organizations in identifying alcohol and drug addiction treatment needs and services, and coordinate the delivery of publicly funded treatment in this county.
   Website: http://www.ncaddmaryland.org/access.cfm

3. **Mountain Manor Treatment Centers: 301-279-8828**
   Avery Road Treatment Center and Combined Care
   14701 Avery Road
   Rockville, MD 20853

   - **Journeys Women's IOP and Adolescent Day Programs 301-294-4015**
     402 Hungerford Drive
     Rockville, MD 20850

   - **Safe Passages Adolescent Day Program 301-772-5174**
     2801 Cheverly Avenue
     Cheverly, MD 20785

4. **Alcoholics Anonymous: 410-663-1922**
   Maryland Website: http://www.marylandaa.org/
   National Website: www.alcoholics-anonymous.org

   - **Silver Spring Support Group (Spanish Speaking) 301-587-6191**
   - **Laurel Support Group 301-498-0685**

5. **Rockville Metro Club – AA Group 301- 881-0400**
   12319 Washington Avenue
   Rockville, Maryland 20852
   Services provided: support groups as well as numerous social functions including dances, cookouts, camping trips, and many other activities that create an atmosphere conducive to fellowship and recovery.

6. **Baltimore Area Al-Anon/Alateen Information Service 410-832-7094**
   P.O. Box 28259
   Baltimore, MD 21234
   Website: www.alanon-maryland.org
   Directory of MD/DC area support groups: http://www.qis.net/~alanon/pdf/Al-ADir.pdf

7. **The Freestate Region of Narcotics Anonymous: 1-800-317-3222**
   Maryland Website: http://www.freestatena.org/
   National Website: http://www.na.org/

8. **Washington Metropolitan Area Al-Anon/Alateen Information Service (WMAAAIS)**
   (202) 635-2023
   c/o McKendree Methodist Church
   2421 Lawrence St. NE
   Washington, DC 20018-2915