

First Rising Mt. Zion Baptist Church

602 N Street, NW, Washington, D.C. 20001

Church Telephone: (202) 289-4480

Church Website: www.firstrising.org

Rev. Oran W. Young, Pastor

Digital Resource Center – November 2025

Resource	Description
Birth Certificates and Identification Cards	<i>May have funds available to assist with obtaining identification documents:</i> <u>Salvation Army Social Service Office</u> - 202-332-5000 1434 Harvard St. NW Suite B Walk-in office hours: Thursdays 9am-11:45am (first 5 people only, depending on funds available) <u>Foundry United Methodist Church</u> - 202-332-4010, 1500 16th St. NW Fridays and 1st and 3rd Saturday of the month 9am-12pm <u>Chevy Chase Presbyterian Church</u> - Transitional Assistance Programs – 202-301-4817, 1 Chevy Chase Circle, NW across from L2 bus station. Open Tuesday, Wednesday, Friday from 9 a.m-11:30a.m. first 15 clients (recommend 8:30 arrival)
Birth Certificates for persons experiencing homelessness	The DHS No-Fee Birth Certificate Program, in partnership with the DC Department of Health, is designed to reduce the barrier to obtaining a birth certificate for District-born residents who have or are experiencing homelessness. https://dhs.dc.gov/service/no-fee-birth-certificate-program
Burial Assistance	What does the Burial Assistance Program provide? https://dhs.dc.gov/service/burial-assistance The Burial Assistance Program provides a maximum of \$1,000.00 towards the cost of a burial or \$650.00 towards the cost of a cremation. Assistance is provided if the deceased is determined eligible and the total cost of the burial or cremation is no more than \$2,000.00. The total cost of a burial for a deceased person requiring an oversized casket cannot exceed \$3,000.00. Burial Assistance payments are made directly to the contract funeral home selected by the decedent's next of kin. Details of eligibility, funeral homes under contract, where and ways to apply, and where to get additional information: Call the ESA Burial Assistance Unit at (202) 698-4112 or (202) 698-6662

Scheduling and hours may vary for some services. Please call to verify availability in advance.

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Resource	Description
Business: Techstars	www.techstars.com A business accelerator for startup businesses In each three-month program, we help entrepreneurs find product-market fit, get traction, and access capital and mentorship. Small class sizes and a world-class network is a proven model that's better for founders. Explore programs and start your application today.
Case Management - DC	<u>Friendship Place</u> - 202-364-1419, 4713 Wisconsin Ave NW Mondays: 8:30am-11:30am and 1pm-4pm Tuesdays: Appointments Only Wednesdays/Thursdays: 8:30am-11:30am and 1pm-3pm Fridays: closed <u>Miriam's Kitchen</u> - 202-452-8926 (leave a message) 2401 Virginia Ave. NW, (24th & G St., NW Basement) Western Presbyterian Church <u>(Men Only) Father McKenna Center, Inc.</u> - 202-842-1112, 900 N. Capitol St. NW <u>Salvation Army</u> - 202-332-5000, 1434 Harvard St. NW, Suite B <u>Thrive DC</u> - 202-737-9311 case management for returning citizens (men and women) and for employment services St. Stephen's Episcopal Church, 1525 Newton St., NW, Suite G1

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Resource	Description
Case Management – DC	The Department of Aging and Community Living's (DACL) Case Management team helps clients identify their needs, set mutually agreeable goals, develop a plan of action to reach those goals, and provide connection to long-term services and supports. Eligibility criteria are as follows: - Client is a DC resident. - Client is age 18-59 and has a disability, or client is 60 years of age or older. - Client needs assistance with resolving issues that are impacting their quality of life and their ability to function well in their community. - Client needs assistance with application/renewal of public benefits or other programs and does not have case management services through another entity. - Client or their legal guardian must consent to services. Website: https://dacl.dc.gov/service/case-management 500 K Street, NE, Washington, DC 20002 Phone: (202) 724-5626
Clothing	First Rising Mt. Zion Baptist Church Coat and Sweater Ministry Provides coats, sweaters, shoes, and clothes for adults and children. Telephone Number 202-289-4480

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Collaboratives - DC	<i>Collaboratives offer a range of prevention/family support services across the District, focusing on the needs of the neighborhoods.</i> <u>Collaborative Solutions for Communities, Wards 1&2</u> - 202-518-6737 3333 14th Street NW, Suite 200, (Monday – Friday: 9am - 5pm) <u>Georgia Avenue Family Support Collaborative, Ward 3</u> 202-722-1815 4420 Georgia Ave NW, (Monday – Friday: 9am – 5:30pm) <u>Edgewood/Brookland Family Support Collaborative, Wards 5&6</u> -202-832-9400 (Monday – Friday: 8:30am – 5:30pm) 601 Edgewood Street, NE. Suite 25 <u>East River Family Strengthening Collaborative, Ward 7</u> - 202-397-7300 3917 Minnesota Avenue, NE, (Monday – Friday: 8:30am – 5:00pm) <u>Far Southeast Family Strengthening Collaborative, Ward 8</u> - 202-889-1425 2041 Martin Luther King Jr Ave., SE, Suite 304 (Monday – Thursday 9am-8pm, Friday 9am-5:30pm)
DC Departments	<u>Department of Behavioral Health</u>- 1-888-793-4357 (1-888-7WEHELP) <u>Comprehensive Psychiatric Emergency Program (CPEP)</u> – 202-673-9319 <u>DC Department of Behavioral Health Substance Abuse/DetoxHelp</u> - 202-727-8473 (Leave a message from Mon-Fri 7am-6pm, and someone will call you back) <u>DC Crime Victim Hotline</u> - Domestic violence assistance – 844-443-5732
Employment: DCIA/Good Success Initiative	Here are the steps to get information for the DCIA job initiative. I. DCIA II. Information Session A. Go to: https://www.eventbrite.com/e/dc-infrastructure-academy-virtual-orientation-session-registration-148252871329. 1. Sign up for one of the Virtual Information/Orientation Sessions a. They are on Tuesdays and Thursdays 2. If applying online, you will be asked how you learned for the job. Answer: Source: Agency Sub source: Good Success

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Employment – DC Summer Youth Employment	Mayor Marion S. Barry Summer Youth Employment Program Applications are now open for young people in the District between the ages of 14 and 24. 2025 Application Deadline is May 31, 2025. Program Overview: https://summerjobs.dc.gov/
Employment: Labor Agreement Legislation in P.G.	Council Passes Pilot Project Labor Agreement Legislation The Prince George’s Council, during the Council session on Tuesday, February 14, voted 9-1 to support CB-004-2023, legislation establishing a Pilot Project Labor Agreement (PLA) targeting Prince George’s County Department of Public Works and Transportation (DPW&T) Curb and Road Rehabilitation 2 construction projects that create entry-level construction jobs for residents that are both necessary and desirable. District 8 Council Member Edward P. Burroughs III, the proposer of the measure, noted the critical need to hire and train local construction workers, providing opportunities for residents to acquire lifelong skills and earn family-supporting wages. - https://pgsuite.com/news/2023/2/16/pilot-project-labor-agreement-legislation-passes
Employment: Project Hire (PG)	Project HIRE is an apprenticeship program that provides individuals with developmental and/or intellectual disabilities between the ages of 18 and 25 a meaningful paid job training experience with a Prince George’s County Government agency. Program participants must be associated with a supportive Employment Provider Agency. • Prince George's County resident with an intellectual or developmental disability • 18 to 25 years of age • Available to work Monday through Friday for a maximum of 8 hours Interested residents should contact their support Employment Provider Agency and complete the application here.
Employment	The American Job Center – Largo 1801 McCormick Drive, Suite 120, Largo, MD 20774 301-618-8425 https://pgcajc.com/ The Prince George’s County American Job Center Community Network is a collective of American Job Centers, community-based organizations, government agencies and faith-based organizations providing a full range of services connecting job seekers to training and employment opportunities in Washington Metropolitan Area.

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Employment: SOME Center for Employment Services	https://some.org/services/education-workforce-development/career-training/ 71 O Street NW Washington, DC 20001 202.797.8806 some@some.org 1. Age 18 or older, DC resident A. No GED or HS diploma required B. Students with criminal history are welcome C. State issued ID, Social Security Card, a birth CERTIFICATE TB test results, pass a drug test 2. Go to services 3. Go to Education & Workforce Development A. Free, hands-on training for the Healthcare and Building Trades Fields B. It takes 6 to 9 months to complete and leads to industry certification C. Includes externship with one of our Employer Partners D. Other services: housing, Healthcare 4. Look for Apply Today at the bottom of the screen A. Healthcare Program: Medical Administrative Assistant and Medical Assistant B. Building Trades Program: Building Maintenance services Technician - plumbing, carpentry, electrical and HVAC, HVAC - learn to maintain and repair heating and cooling systems 5. Students will take a CASAS test - basic math, reading and grammar 6. Other services: housing, Healthcare, IDs,
Employment: The Training Source	Reverend L. Frazier White • Has a employment training and retention program Called The Training Source • It is an eight-week training program • They have an information session every Wednesday at 1:00 PM • There is an intake person to talk to • They are looking for referrals for the program • Reverend White's contact information is PASTORLFWITE at pastorlfwhite@gmail.com and 202-297-9867, • Their website is www.The Trainingsource.Org

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Employment - DC	<u>DOES/D.C. Dept. of Employment Services</u> - 202-724-7000 4058 Minnesota Ave., NE, www.does.dc.gov <u>Jubilee Jobs</u> - 202-667-8970, 2712 Ontario Rd., NW 202-758-3710, 2419 Minnesota Ave., SE https://www.jubileejobs.org/ <u>SOME (So Others Might Eat) Center for Employment Training</u> – https://some.org/services/education-workforce-development/career-training/ 202-765- 2598 4430 Benning Road, NE Walk-ins accepted Monday – Friday: 8:30am-12:00pm <u>JHP/ Jobs Have Priority</u> - Homeless Employment Assistance Center 425 2nd Street NW, 202-393-7117 http://www.jobshavepriority.org/
Federal Departments	<u>Social Security Benefits</u> - 1-800-772-1213, www.ssa.gov <u>Food Stamps/TANF/Medicaid</u> - (645 H. St. NE) 202-727-5355 dhs.dc.gov <u>Veterans Benefits</u> -1-800-827-1000 www.va.gov <u>Homeless Veterans Health Care</u> – 1-877-424-3838 (1-877-4AID-VET) DC Nonprofits <u>Deaf Survivors of Domestic Violence</u> - hotline@deafdawn.org (Mon–Fri 9:00am– 5:00pm) <u>DC Rape Crisis Center</u> - 202-333-7273 <u>The DC Center for the LGBT Community</u> - 202-682-2245 2000 14th St., NW, Suite 105, <u>Free cell phone: SafeLink</u> -1-800-723-3546

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Financial Advisor	Bankers Life Securities, Inc. Bankers Life Advisory Services, Inc. 18310 Montgomery Vlg Ave #620 Gaithersburg, MD 20879 Website: www.BankersLife.com Insurance Producer – Joseph Bataille Direct: 240-720-3124 Cell: 240-869-8958 Email: joseph.bataille@bankerslife.com Bankers Life Securities and Banks Life Advisory Services focuses on the securities and investment needs of middle-income Americans who are near or in retirement. They offer investment solutions and personable financial advisors meet with you to review your total financial picture and understand your goals.

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Car Service	In-Home Oil Change & Service for Ford, Lincoln, or Mazda		FREE In-Home Oil Change & Service - Federal employees who own a Ford, Lincoln, or Mazda https://koonsmotors.com/federal-employee-assistance
Financial Resources (Furloughed)	Army Emergency Relief		Army Emergency Relief provides interest-free loans equal to the amount of one paycheck, up to a maximum amount of \$6,000, for soldiers and families who experience financial hardship due to a lack of pay. Call 866-878-63788 for assistance.
	Commerce Department Credit Union		The Commerce Department Credit Union is offering 30-day zero interest loans for federal workers during the shutdown for up to \$10,000. You do not have to be a Commerce Department employee to become a member. Anyone who joins the American Consumer Council can join this credit union. Call 888-626-9845 for assistance.
	Congressional Federal Credit Union		The Congressional Federal Credit Union is offering zero interest Furlough Relief loans of up to \$10,000 during the shutdown. You do not have to be a Congressional employee to join this credit union. Federal workers can become a member of this credit union by joining the “ Friends of the National Arboretum ”. Call 800-491-2328 for assistance.
	Federal Employee Education & Assistance Fund		FEEA.org: Federal Employee Education & Assistance Fund . Offers Emergency Hardship Loans and Shutdown grants federal civilian employees in need.
	Navy Federal Credit Union		Government Shutdown Assistance Navy Federal Credit Union The Navy Federal Credit Union is offering zero interest loans of up to \$6,000 to its members and other federal government employees during the shutdown. Call 888-842-6328 for assistance.
	PenFed		PenFed is offering zero-interest loans equal to the amount of missed paychecks for furloughed federal workers who are existing members and have their pay directly deposited to their PenFed account. Call 1-800-247-5626 for assistance.
	United Services Automobile Association		USAA's Government Shutdown Program is offering no-interest loans and other payment relief options from \$500 to \$6,000. Call 210-531-8722 for assistance.
	United States Employees Credit Union		The U.S. Employees Credit Union is offering interest-free shutdown loans to eligible members. Call 312-922-5310 for assistance.

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	United States Senate Federal Credit Union		The United States Senate Federal Credit Union is offering zero interest loans for 90-days of up to \$5,000 during the shutdown. This credit union is not just for Senate employees. Federal employees can become a member of this credit union by becoming a member of the American Consumer Council, the US Capitol Historical Association, or the Senate Federal Credit Union Foundation and are eligible for interest free loans during the shutdown. Call 800-374-2758 for assistance.
	Other		Several large national banks have offered government shutdown assistance, including Bank of America, capital One, Chase, Regions Bank, TD Banks, and Wells Fargo ○ For a list of additional credit union programs click here. ○ For a list of assistance programs from banks click here.
Food	Bread for the City (Washington, DC) Southeast Center: 1700 Marion Barry Ave SE, Washington, DC Northwest Center: 1525 7th Street NW, Washington, DC	202-265-2400	Website: https://breadforthecity.org/ • Food Pantry Hours: Monday–Thursday, 9:00 AM – 3:00 PM; Friday 9:00 AM (and Farmers Markets on certain Fridays) • Friday operations are more limited (some Fridays may be just for farmers markets or special distributions) • Eligibility / Notes: • Their food pantries serve DC residents (you must live in the District) • They offer Grocery Plus for seniors (an additional ~30 lb box) for qualified seniors, via registration/application • Their services include “client-choice” pantry format (you choose what goes in your bag) Nov 3-25: FREE Holiday Meals for DC families in need (including furloughed federal employees and contractors https://breadforthecity.org/holidayhelpings/)

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	Capital Area Food Bank & Its Programs	(202) 644-9800	The Capital Area Food Bank (CAFB) is a major regional hub for food distribution, partnerships, nutrition programs, and direct community support Free food distribution for federal workers and contractors https://www.capitalareafoodbank.org/dmv-help/?utm_referrer=https%3A%2F%2Fwww.google.com%2F Find Food near you: Need Help? Food Assistance in the DC Region Capital Area Food Bank Main Contact / Headquarters Address: 4900 Puerto Rico Avenue NE, Washington, DC 20017 Website / Homepage: capitalareafoodbank.org Referral Help / “Hunger Lifeline” If you are food-insecure, the first step is calling or emailing CAFB’s Hunger Lifeline, which helps locate nearest pantries or food distribution sites. • Phone: (202) 644-9807 • Email: hungerlifeline@capitalareafoodbank.org Direct Distribution & Programs Community Marketplaces These are monthly, farmers-market–style distributions of fresh produce and seasonal items, held in neighborhoods with high food needs — all at no cost to recipients. (Capital Area Food Bank) Examples (as of current schedule): DC Community Marketplace — 1st Saturday of each month, Rosedale Rec Center, 1701 Gales St NE, Washington, DC NOVA Community Marketplace — 2nd Saturday, Reston Community Center / Southgate, 1215 Pinecrest Rd, Reston, VA
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			PG County Community Marketplace — 3rd Saturday, Glenarden Community Center, 8615 McLain Ave, Glenarden, MD Arlington Community Marketplace — 4th Saturday, Arlington Mills Community Center, 909 S Dinwiddie St, Arlington, VA (These markets may also host partner services — health, housing, utility assistance, cooking demos, etc. Mobile Markets When neighborhoods lack nearby pantry coverage, CAFB runs pop-up markets (“Mobile Markets”) that bring free groceries, produce, and essential items directly into communities. Commodity Supplemental Food Program (CSFP) / “Grocery Plus” / “My Groceries to Go” This program targets seniors (60+) with monthly boxes of nutritious food. In DC, it’s called Grocery Plus To sign up or pick up, individuals go to East Capitol Walk-In Center (in DC Scholars Public Charter School, 5601 East Capitol St SE). – Hours (for DC site): • Monday: 8:30 AM – 12:00 PM • Tuesday–Friday: 8:30 AM – 4:00 PM • 3rd Saturday of the month: 10:00 AM – 4:00 PM • Participants must bring proof of age and DC residency (one or two documents). TEFAP (The Emergency Food Assistance Program) CAFB acts as a conduit for USDA commodity foods under TEFAP, delivering those through partner pantries to eligible individuals at no cost.
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Additional Program — Joyful Food Markets

In select DC elementary schools (especially in Wards 7 and 8), CAFB and partners run monthly pop-up markets called Joyful Food Markets. These provide a 15-pound bag of groceries (≈70% produce) and allow families to choose items, with cooking demos and nutrition education.

Distributions will be held at locations throughout our existing partner network (3 in MD, 1 in VA, and 1 in DC). At each site, we will be providing 150 boxes of shelf stable goods and an equivalent number of boxes of produce. Depending on traffic, we will scale up the following week if the shutdown is still ongoing. To receive food, visitors will need to show a government work ID.

	Distribution Partner	Distribution Location	Dates & Times
Prince George's County	No Limits Outreach Ministries	7721 Barlowe Rd Hyattsville, MD 20785	Tuesdays 12pm-2pm
	LindaBen Foundation	10739 Tucker St Beltsville, MD 20705	Saturdays 1pm-2pm
Montgomery County	So What Else	6116 Executive Blvd North Bethesda, MD 20852	Wednesdays 10am-1pm
District of Columbia	Urban Outreach	5343 C St SE Washington, DC 20019	Fridays 11am-1pm
Virginia	United Community	7511 Fordson Rd Alexandria, VA 22306	Fridays 11am-1pm

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	Columbia Community Care - Food Bank in Columbia, MD (no ID needed)		Website: https://columbiacommunitycare.org/what-we-do/hunger-relief/
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	DC Central Kitchen (Emergency / Social Enterprise Cafés)		• Marianne’s by DC Central Kitchen • Location: 901 G St NW (ground floor, Martin Luther King Jr. Memorial Library), Washington, DC • Hours: – Monday–Thursday: 9:30 AM – 6:00 PM – Friday–Saturday: 9:30 AM – 5:00 PM – Sunday: Closed (• Notes: Named for Chef Marianne Ali, the café offers light fare, beverages, and conducts training as part of DC Central Kitchen’s programs. • DC Central Kitchen Café at the Klein Center for Jobs & Justice • Location: 2121 First St SW, Washington, DC (in lobby of the Klein Center) • Hours: – Monday: 7:00 AM – 4:30 PM – Tuesday–Thursday: 7:00 AM – 6:00 PM – Friday: 7:00 AM – 4:30 PM – Saturday & Sunday: 8:00 AM – 4:30 PM • Notes: Offers breakfast, lunch, to-go window, snacks; also part of the training/apprenticeship model. • DC Central Kitchen Café at THEARC (East Building) • Location: 1901 Mississippi Ave SE, East Building, Washington, DC • Hours: Monday – Friday, 8:00 AM – 4:00 PM • Notes: Also supports DC Central Kitchen’s training and workforce development mission. • Additional Info & Contact • General contact email: info@dccentralkitchen.org • Main phone: 202-847-0222 • DC Central Kitchen’s mission centers on combining hunger relief and job training, using food recovery, culinary training, and community meals. • During emergency periods (e.g. government shutdowns), they have
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			offered 50% discounts for impacted federal workers / contractors in their cafés. (As your listing stated.)
	DCHunger (DC Hunger Solutions)	202-640-1088 / 202-640-1085	• Web resource / “Get Help” page: https://www.dchunger.org/get-help/ • Address / Contact: • 11 Dupont Circle NW #500, Washington, DC 20036 • Email: info@dchunger.org • What they offer: Resource directory for DC residents — listings of food pantries, meal programs, benefits support, nutrition programs, etc.
	Ekiben in Baltimore (any location) for furloughed employees (must show ID)		• Free Food at Ekiben in Baltimore (any location) for furloughed employees (must show ID) Ekiben in Baltimore
	Father McKenna Center (Washington, DC) 19 Eye Street NW, Washington, DC 20001 (steps from U.S. Capitol)		• Hours: Their administrative offices are Mon–Fri 7:30 AM to 1:00 PM • Food Pantry / Distribution: • They run a “client-choice” food pantry 4 days a week offering fresh produce and other healthy items • The pantry is open on “M, Tu, W, Th” (Monday through Thursday) in many references (check for current schedule) • Notes / Eligibility: Primarily serves low-income D.C. households, including seniors.

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	Federal Nutrition Programs Toolkit & Eligibility		https://www.dchunger.org/wp-content/uploads/2021/08/FNP_Toolkit.pdf These programs are run at the federal and state level; local agencies and the CAFB often work with them. The toolkits help residents understand how to apply, qualify, and find providers. TEFAP (The Emergency Food Assistance Program) – Provides USDA commodity food items (canned goods, staples, sometimes fresh proteins) to distribution partners, which then serve the public. CAFB is a key TEFAP partner in the region. (Capital Area Food Bank) CACFP (Child and Adult Care Food Program) – Nutrition support for child care and adult day care centers, often in early childhood and afterschool settings – Check with your local DC or MD Department of Education or social services for participating sites in your area SFSP (Summer Food Service Program) – During summer months when school is out, SFSP ensures children 18 and under can access free meals at approved sites (parks, rec centers, schools) Other Toolkits / Resources by Age / Group DC (via DC Food Project) offers toolkits for different populations (infants, children, adults, seniors, pregnant/new moms) in English (and possibly in other languages). (DC FOOD PROJECT) These toolkits do not include every local pantry or distribution but help you see which programs you may be eligible for and how to enroll or find providers.
	Feeding America		Feeding America: “Find Free Food and Groceries”. Your local food bank can help you find food today, even if you need temporary help. They partner with food pantries, soup kitchens, and meal programs in your local community to give away free food. Enter your zip code to find the food bank partnering with Feeding America. They'll share the locations and hours of nearby food distributions.

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	First Rising Mt. Zion Baptist Church Helping Hands Food Ministry 602 N Street, NW, DC 20001	202-289-4480	Provide food distribution of non-perishable items.
	Food & Friends	(202) 269-2277	• Mission / What they do: Provide home-delivered medically tailored meals, medically tailored grocery boxes, and medical nutrition therapy to individuals living with cancer, HIV/AIDS, and other serious illnesses. • Address / Contact: • 219 Riggs Rd NE, Washington, DC 20011 • Main Phone: (202) 269-2277 • Fax: (202) 635-4265 • TTY Service: (202) 855-1234 • Website: https://foodandfriends.org • Service eligibility / details: • Clients are accepted based solely on medical need (i.e. diagnosis), not income — there is no income qualification. • Provides both meals (prepared and delivered) and grocery boxes based on dietary / medical needs. • They also provide nutrition counseling to clients. • Hours / operations: • From public sources, the office is open roughly 8:00 AM – 5:00 PM (Mon–Fri) in general. • Because their service is delivery-based, clients arrange their meal deliveries rather than walking into a pantry. • Accolades / trust: • Food & Friends holds a 4-star rating
	Food Banks in Baltimore		Greater Baltimore Area Food Banks and Schedules https://mdfoodbank.org/find-food/

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	Food For All DC 1810 16th Street NW, Washington, DC 20009 (but the distribution is not client pickup, it is home delivery		Mission / What They Do: Volunteer-based nonprofit that delivers groceries to homebound, low-income DC residents (especially those with health issues, disabilities, seniors, single parents) Distribution / Access: By appointment only delivery model (i.e. they bring groceries to you) Hours / Service Window: They appear to operate deliveries Thursday & Friday mornings (7 AM to 1 PM) and Saturday early hours (8 AM–10 AM) via appointment Contact / Email / Web: info@foodforalldc.org; website: https://foodforalldc.org
	Food Pantries of America		<u>Food Pantries of America - Welcome to FoodFinder!</u>- You can call or text your ZIP code and get referrals to local food assistance providers (pantries, soup kitchens, etc.)
	IKEA		Free IKEA breakfast for furloughed government employees and contractors (College Park & Woodbridge locations) https://www.ikea.com/us/en/stores/events/ikea-college-park-md/shut-down-got-you-down--946526a5-fa5f-4f69-a7c9-1c90e3ea1927/
	Manna Food Centers (Maryland / Surrounding Area) 12301 Old Columbia Pike, Suite 200, Silver Spring, MD 20904	(301) 424-1130	- Email: info@mannafood.org - Hours: - Admin Office: Monday–Friday, 8:00 AM – 4:00 PM - Warehouse: Monday–Friday, 8:00 AM – 2:00 PM - Notes: Manna is a major regional feeder / distribution network in MD; in many counties they partner with local pantries. (You'll want to check their website for your specific county/zip area to find the closest pick-up point).

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Martha's Table (Washington, DC) 2375 Elvans Rd SE, Washington, DC 20020	202-328-6608	• The “Martha’s Table Market” offers no-cost or low-cost pantry items, fresh produce, etc. • The Commons location is the “hub” for their Southeast DC operations. • They also accept in-kind donations (clothing, etc.) during distribution hours: Mondays-Fridays, 11:00 AM–4:00 PM • Be sure to check for holiday closures; e.g. some operations like “Martha’s Outfitters” may close on certain dates.
Moby Dick House of Kabobs		- FREE lunch sandwiches for federal employees every weekday from 11 am to 2 pm (any location) https://www.popville.com/2025/10/dc-free-lunch-option-for-furloughed-feds/
New Macedonia Baptist Church (SE DC / DC) Corner of Alabama & Massachusetts Ave SE		Every Wednesday at 9:00 AM • Stay in your car — they will load canned goods, meats & dry foods into your vehicle • You provide your name and number in your household, and you may pick up for one other person (e.g. if riding with you)
Nourish Now		◦ works with local churches to provide food assistance ◦ https://nourishnow.org/receive-food-assistance/
Pilgrim Baptist Church (NE DC /DC)		◦ Every 3rd Saturday September thru June 10:00 AM-12:00 PM ◦ The queue can begin as early as 8:00 or 8:30 AM. There is always enough basic food stuffs and commodities for everybody, but somethings may run out, that is why it is suggested you arrive early.
SOME (So Others Might Eat)	202-797-8806	• Service offerings: SOME is a larger social services organization that provides meals, transitional housing, job training, health services, etc. • Address / Contact: • 71 O Street NW, Washington, DC 20001 • Email: some@some.org • Notes: While SOME is not exclusively a pantry or food distribution group, their “Get Help” service page includes food-related assistance and many wrap-around supports for vulnerable individuals.

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	The José Andrés Group: free dine-in lunch		The José Andrés Group: free dine-in lunch (11:30 am – 3:00 pm, Mon–Fri) https://www.dcnnewsnow.com/news/local-news/washington-dc/jose-andres-restaurants-in-dc-offer-free-lunch-to-federal-workers-during-government-shutdown/
	True Deliverance Church of God (VDC Food Bank) — Capitol Heights, MD 1804 Quarter Ave, Capitol Heights, MD		First-come, first-serve Bring your registration barcode if you have one This operates even if you live outside “official” zones (i.e. not strictly DC) — you said “doesn’t matter if you live in DMV area” Other: Verify in advance (contact church or local ward) to confirm schedule or changes due to holidays or inclement weather
	United Way / 211		Dial 211 (in most parts of the U.S.) to reach a community resource line. They maintain up-to-date local listings for food pantries, emergency food assistance, etc.
	USDA National Hunger Hotline		Call 1-866-348-6479 (and 1-877-842-6273 for Spanish) — offers information about food assistance programs and can help direct you to local resources
	WhyHunger		“Find Food” / Hotline (1-800-5-HUNGRY / text zip to 1-800-548-6479)
	World Central Kitchen's Relief Team		Providing FREE meals to federal employees and their families (location is in DC) https://wck.org/news/distro-sites-govt-shutdown
General Information	Questions about Food Assistance and Other Benefits		Answers to Common Questions about Food Assistance and Other Benefits https://mdfoodbank.org/news/federal-government-shutdown-information-for-our-neighbors/
Maryland Workers Impacted by Shutdown			State of Maryland - Maryland Workers Impacted by Recent Federal Actions https://response.maryland.gov/federalpublicservants/shutdown
Pet Service	Palisades Vet Clinic		Free Pet Exams - https://www.palisadesvetclinic.com/

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Tourism	The Lewis Museum (Baltimore) - Free Admission for Federal Workers		https://www.instagram.com/p/DP3o1jQkSLs/
Transportation	Free MARC and Commuter Bus for Federal employees working during shutdown		https://www.wfmd.com/2025/10/17/free-rides-for-federal-worker-on-the-marc-train-commuter-bus-service-in-maryland-during-government-shutdown/
Food – District of Columbia	<u>Thrive DC</u> - 202-737-9311 (Monday-Friday) 1525 Newton St., NW- St Stephen's Church Basement, Suite G1 Breakfast: Everyone - 8:30am-11am Dinner: Women and Children - 2pm- 5pm <u>Miriam's Kitchen (Western Presbyterian Church)</u> - 202-452-8926 2401 Virginia Ave., (24th & G St., NW Basement) Breakfast: Monday-Friday 6:30-8:00am Dinner: Monday-Friday 4:45-5:45pm <u>The Child and Adult Care Food Program – DPR.DC.GOV</u> Serving Breakfast, Lunch and Snack Meals Monday to Friday for Youth 18 and Under. No application or ID required. Breakfast – 8 AM to 9 AM; Lunch 12:00 PM to 1:00 PM; Snack = 3:30 to 4:30 PM • Douglass Community Center – 1922 Frederick Douglas Ct., SE 20020 – Ward 8 • Ferebee-Hope Recreation Center – 700 Yuma St SE 20032 – Ward 8 • King-Greenleaf Recreation Center – 202 N Street SW 20011 – Ward 6		
Food – Prince George's County	See link for upcoming grocery giveaways https://docs.google.com/document/d/1vpJhnprY3Now8sLsqHvxGW8NDfKMKQtrFt_FQSz8SEs/edit		

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Food (Seniors) – Prince George’s County	Senior Nutrition Program Locations – 301-265-8475 Meals on Wheels https://www.princegeorgescountymd.gov/departments-offices/family-services/older-adult-services/nutrition-services Senior County residents may receive free transportation to strategically located group sites for a nutritional lunch and companionship. Senior residents who are homebound, and cannot attend a nutrition site, may be eligible to have meals delivered to their residence. Any person 60 years of age or older may be eligible, as is a spouse of any age when accompanying the age-eligible spouse. The hours of operation are: Monday through Friday, 10 a.m. - 2 p.m. at sites throughout the County. Transportation is also provided for the Foster Grandparents Program. For more information, or to enroll in these and other senior programs, please call 301-699-2696.
Food Sources	Findhelp.org 18005hungry whyhunger.org USDA.gov go to emergency food services text zip code to 800 548 6479 for food banks in one’s zip code

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Furloughed Federal Worker Resources – General Information	2025 Shutdown Assistance Map (SAM) - Resources for Federal Workers The Shutdown Assistance Map (SAM) was created to help federal employees affected by the government shutdown find the support they need; both locally and at the national level. Search the map to see offers of assistance and resources available to you. Shutdown Assistance Map - Resources for Furloughed/Excepted Federal Workers - MyFEDBenefits Tip: Dial 2-1-1 or 311 in your county/city to be directly connected to food, housing, utilities, and child care referrals in your ZIP code. 211 Assistance with Housing, Food, Health and more - Call 211 for Essential Community Services United Way 211 Unemployment Insurance (UI): Some employees impacted by furlough may be eligible to receive unemployment benefits. Note, waiting periods by state vary, and most states require that the UI benefits be repaid after retroactive pay is received. Information for Federal Workers • Unemployment Compensation for Federal Employees Fact Sheet (PDF). This document outlines responses to some frequently asked questions. • Federal Employee Checklist (PDF). This document outlines the materials a federal employee would likely need in order to apply for UI benefits. • Map of State Unemployment Insurance Websites. Every state operates its own UI program. This website can help you find where to apply for UI in your state. • OPM Guidance to Federal Workers for Shutdown Furloughs (PDF). This is the same OPM guidance linked above. Note: it includes some specific guidance on UI. • SF-8 Agency Information (PDF). This information is for DOL employees only. The information can be used in lieu of the SF-8 and will be accepted by UI offices.
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Furloughed Federal Worker Resources Maryland	Maryland (Montgomery & Prince George's) Food • Capital Area Food Bank — Maryland distribution sites - Food Bank for the Washington, DC, Region Capital Area Food Bank • Manna Food Center (Montgomery) — (301) 424-1130 • Prince George's SHARE Food Network — via 2-1-1 - Call 211 for Essential Community Services United Way 211 • mypgc.us/FedGovShutdown • www.go.md.gov/federalshutdown • Hyattsville Free Produce Distribution - 3rd Tuesday at 12pm First UMC — 6201 Belcrest Rd • SHABACH! Emergency Resource Center 403 Brightseat Rd — Landover 240-532-7000 Mental Health • Montgomery County Crisis Center — (240) 777-4000 • Maryland Mobile Crisis Team — 1-855-634-4673 • 2-1-1 Maryland — counseling referrals - Call 211 for Essential Community Services United Way 211 Housing • Prince George's ERAP & Shelter Hotline — county housing dept • Montgomery County HHS Emergency Services — call 311 • Maryland Emergency Loan Program for Federal Workers Utilities • Pepco — PG & MoCo hardship plans - Expanded Support Available During Federal Government Shutdown The Source • WSSC Water — (301) 206-4001 payment assistance • BGE — (800) 685-0123 hardship & energy aid Child Care • Maryland Child Care Subsidy Program — MSDE • Parks & Rec in PG/MoCo — fee waivers during shutdowns Other • Unemployment Insurance — Maryland DLLR • Credit unions (NASA FCU, Andrews FCU, SECU MD) — relief loans & skip-payment options
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	• Laurel Advocacy and Referral Services - serves parts of Prince George's County, Howard and Anne Arundel Counties - Home • Office of the Peoples Council - Assist with utility interruption issues - Maryland Office of People's Counsel Home • Prince George's County Resource Page for Federal Government Shutdown Resources - Federal Government Shutdown Resources Prince George's County • Maryland Department of Labor Resources - Resources for Maryland's Former Federal Employees and Other Workers Impacted by the Federal Government Transition or Shutdown - Maryland Department of Labor • 211 Maryland - 211 Maryland MD Health And Human Services Get Help • Free, confidential service that connects Maryland residents with local resources for: • Food assistance and emergency food programs • Housing and utility assistance • Healthcare and mental health services • Employment and financial assistance • Childcare and family support
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Government Shutdown - Furloughed Federal Worker Resources Washington, DC	Washington, D.C. Food • Capital Area Food Bank — (202) 644-9800; free pop-ups & pantry network www.capitalarefoodbank.org • DC TEFAP Food Assistance — DHS pantries across ward www.dchealth.dc.gov • Local “shutdown specials” — free/discounted meals from businesses Mental Health • DC Behavioral Health HelpLine — 1-888-793-4357 (24/7) www.dbh.dc.gov • 988 Suicide & Crisis Lifeline — call or text 988 www.988lifeline.org • Federal Employee Assistance Program (EAP) www.opm.gov Housing • Shelter Hotline — (202) 399-7093 (24/7) • ERAP (Emergency Rental Assistance Program) — via DHS Utilities • Pepco — (202) 833-7500 hardship programs - PepCo Support - Expanded Support Available During Federal Government Shutdown The Source • DC Water — (202) 354-3600 customer care & payment help • Washington Gas — 844-WASHGAS payment plans Child Care • DC Child Care Subsidy Program — OSSE/DHS • Reduced-cost care through rec centers & nonprofits Other • Unemployment Insurance — dcnetworks.org • DC Shutdown Resource Page — dc.gov
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Furloughed Federal Worker Resources Virginia	Virginia (Arlington, Alexandria, Fairfax) Food • Capital Area Food Bank — Northern Virginia sites - Food Bank for the Washington, DC, Region Capital Area Food Bank • ALIVE! (Alexandria) — (703) 837-9300 • AFAC (Arlington Food Assistance Center) — (703) 845-8486 Mental Health • Arlington CSB Emergency Line — (703) 228-5160 • Fairfax CSB Crisis Line — (703) 573-5679 • Alexandria Crisis Line — (703) 746-3401 • 988 Suicide & Crisis Lifeline Housing • Arlington Housing Grants — (703) 228-1350 • Fairfax Coordinated Services Planning — (703) 222-0880 • Alexandria Office of Housing — (703) 746-4990 Utilities • Dominion Energy Virginia — (866) 366-4357 hardship programs • Washington Gas — payment plans available • AlexRenew (Alexandria water) — (703) 721-3500 Child Care • Virginia Child Care Subsidy Program — Virginia DSS • Local Parks & Rec — reduced-fee care during shutdowns Other • Unemployment Insurance — Virginia Employment Commission • Arlington Federal Workforce Resilience Fund • Alexandria Shutdown Resource Page — alexandriava.gov
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Furniture: A Wider Circle Furniture Distribution	https://awidercircle.org/get-help/furniture/ For more information and to book an appointment, please give us a call at 301-608-3504. janet@awidercircle.org Receives furniture from multiple hotel chains and businesses, then they give the furniture away.
Health Insurance: DC Health Link	https://www.dchealthlink.com/ Customer Service: (855) 532-5465 Mon-Fri 8am-8pm
Help	https://www.findhelp.org/ Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.
Hospice: Capital Caring Hospice	www.capitalcaring.org 800-737-2508 Why We Exist: To ensure all patients and their families – regardless of race, ethnicity, or sexual orientation – are provided with advanced illness care of the highest quality, and that there is diversity, equity, inclusion and belonging, and cultural competence in staff caring for them. We believe that knowledge empowers and drives change. Therefore, to dismantle the attitudes, misinformation, systems, policies, and ineffective programs – often barriers to receiving quality hospice and palliative care – we partner with faith-based leaders and community organizations, educational institutions, and government agencies to provide: • Information and Resources • Education and Outreach • Training • Grief Counseling Services Our Mission: Provide Patients and their Families with Advanced Illness Care of the Highest Quality Our Vision: Be the Best Provider of Advanced Illness Care and the Best Place to Work in Healthcare Our Values 1. Put Patients and Families First 2. Always Do The Right Thing 3. Respect Everyone

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Housing: Department of Housing and Community Development (DHCD)	Department of Housing and Community Development www.dhcd.dc.gov Single Family Residential Rehabilitation Program (SFRRP) - https://dhcd.dc.gov/SFRRP • Up to \$202,000 for first time homebuyers • Up to \$20,000 in grants for roof repair or replacement • Up to \$30,000 in grants for accessibility home repairs • The DHCD Housing Resource Center is among the resources that help residents find affordable homes in the District.
Housing - DC	Housing search website: http://www.dchousingsearch.org/index.html <u>D.C. Housing Authority</u> - 202-535-1000, only for those already on waitlist 1133 North Capitol St., NE, www.dchousing.org <u>Emergency Rental Assistance Program (ERAP)</u> Catholic Charities - 202-338-3100 Salvation Army - 202-332-5000 202-678-9771 Housing Counseling Services - 202-667-7006 Community Partnership for Prevention of Homelessness: Virginia Williams Family Resource Center - 202- 312-5510 UPO – 202-562-3800 Greater Washington Urban League - 202-265-8200
Housing – PG County	PG County Housing Stabilization Offices 301-883-6504 Maryland DHCD HOPE Hotline 1-877-462-7555
Housing: Emergency Solution Grants	Emergency Solution Grants Program The Emergency Solution Grants Program is meant to help families and individuals going through a crisis. Its primary function is to assist people in regaining permanent housing and stability after a financial crisis. This program uses the HUD Fair Market Rent determination to issue grants given to urban metropolitan cities and states to support emergency shelter, homelessness prevention, and related services.

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Housing: First Time Homebuyers	What is the Maryland Mortgage Program? https://mmp.maryland.gov/Pages/default.aspx The Maryland Mortgage Program (MMP) provides 30-year fixed-rate home loans to eligible homebuyers purchasing in Maryland. Loan terms are competitive with other home loan products on the market, but what makes MMP unique is the range of associated financial incentives and other assistance that, for many homebuyers, means the difference between being able to purchase and continuing to rent. MMP down payment assistance can only be obtained with an MMP first mortgage; it is not a standalone option. Find certified real estate agents and approved lenders on their website.
Income: Guaranteed Basic Income Pilot Program (PG)	The Prince George's County Council, during session on Tuesday, April 4, 2023, unanimously passed CR-018-2023. The measure, proposed by District 7 Council Member Krystal Oriadha, creates a Guaranteed Basic Income Pilot Program tailored to the needs and resources in the County in conjunction with aid from the Greater Washington Community Foundation. The Basic Income Pilot Program is modeled after the Stockton Economic Empowerment Demonstration (SEED) program in Stockton, California. Under the measure, low-income families would be given direct cash assistance to support their basic needs, such as food and utilities, without strings attached or repayment requirements. Residents selected to participate in the program will receive monthly cash stipends for 24 months to ensure the financial security of families, reduce debt, and increase financial equity.
Job Centers - Maryland	Maryland's American Job Centers - Division of Workforce Development and Adult Learning
Job Fairs	https://labor.maryland.gov/employment/jobfairs.shtml
Laundry (Call First)	• Thrive DC - Sign up Fridays for following week 202-737-9311, 1525 Newton St., NW, Suite G 1 inside St. Stephen's Episcopal Church • Bethany Women's Center/N Street Village (Women Only) - 202-939-2076, 1333 N St., NW. Welcome sessions Mon-Fri 9:15 AM. (Need to be there for one week to qualify for laundry). • (Men Only) Father McKenna Center, Inc. - 202-842-1112, 900 N. Capitol St. NW 8 a.m. -10 a.m. first 6 clients each day are served.
Legal	Justis Connection - https://www.justisconnection.com/ We're connecting people to obtain justice by connecting you to top Black lawyers in DC, Maryland and Virginia to meet your particular legal needs. Our mission is to educate and empower people of color in the legal system as we believe a better-informed person is better equipped to proactively engage the legal system and obtain justice.

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Legal Assistance	<u>Bread for the City</u> - 202-265-2400 1525 7th Street NW, DC 20001 8:30 a.m. – 4 p.m. for legal assistance, call for appointment <u>D.C. Bar Pro Bono Center's Legal Information Help Line</u> - 202-626-3499 x3 <u>Legal Aid Society of DC</u> - 202-628-1161 Main office: 1331 H Street, NW Suite 350 Washington D.C. 20005 Initial interview hours: Mondays 12:30 p.m.-6:00 p.m.; Thursdays 12:30 p.m. to 4:00 p.m. <u>University Legal Services</u> - 202-547-4747; 202-678-1267; 202-581-0600 220 I St NE, Suite 130 (Mon-Fri 9 a.m-5 p.m.) <u>Washington Legal Clinic for the Homeless</u> 202-328-5500 (Call for locations and times for intakes) <u>Community Family Life Services</u> 1-833-888-0434 – legal@cflsdc.org – 305 E Street, NW, Washington, DC 20001 Free legal help for reentry and justice-involved women
Legal Counsel – Elderly	Website: www.aarp.org/lce Legal Hotline: 202-434-2120 Legal Counsel for the Elderly 601 E Street, NW Washington, DC 20049 Legal Counsel for the Elderly has championed the dignity and rights of Washington, D.C. elders by providing free legal and social work services to those in need. Their work addresses the most important aspects of an older adult's life, including housing, economic security, self-determination, and health and safety.
Life Enhancement Services	Website: https://www.lesgroup.info/communityeventsandpartnershipswashingtondc 1301 L'Enfant Square SE Washington, DC 20020 Telephone: 202-269-2401 Email: info@lesdc.org Monday - Friday 9:00 AM to 6:00 PM

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Medicare – Senior Medicare Patrol	Website: https://smpresource.org/ Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Nationwide Toll-Free 877-808-2468
MPD 3rd District Pastoral Coalition Advisory Committee	Thomas Bowen He spoke and confirmed the Mayor's commitment to support this alliance between the police and the pastors and ministry leaders in an effort to be proactive, as well as re-active to the crime in and on our streets. Terry Lynch • Make sure the lights are working • Commander • Ex offenders • Early childhood education • Comprehensive plan • Collaboration • Proactive • Prayer • Outdoor Services Website: https://www.3dcac.org/3d-cac-pastoral-clergy-coalition/
Medical Program – Transportation (P.G. County, Maryland)	County seniors and residents with disabilities may receive transportation throughout the County for medical purposes, especially dialysis. Residents may call 301-499-8603 up to 7 days in advance to schedule routine medical appointments. For those seeking on-going or permanent transportation for medical purposes, such as dialysis treatment, please request this service in writing and send it to: Prince George's County Office of Transportation Attention: Transit Division 9400 Peppercorn Place Suite 320 Largo, MD 20774
Mental health and wellness resources	Mental health and wellness resources • <u>wellfed</u> offers three recurring weekly virtual programs designed to provide structure, support and momentum for professionals navigating career transitions.

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	Technologists for the Public Good has partnered with Empower Work to provide free, confidential counseling
Rental Assistance (DC)	https://erap.dhs.dc.gov/FAQs - Closed for FY 2025. Check again in FY 2026 - October 1, 2025. Q: What is the Emergency Rental Assistance Program? A: The Emergency Rental Assistance Program (ERAP) helps District residents earning less than 40% of the Area Median Income (AMI) who are facing housing emergencies, by providing funding for overdue rent including late fees and court costs if qualified household is facing eviction. The program also supports security deposits and the first month's rent for residents moving into new apartments. The amount paid on behalf of eligible households depends on a household's income and available resources and is subject to certain limitations.
Respite Care – PG County, Maryland	Respite care is the provision of short-term, temporary relief to those who are caring for family members who might otherwise require permanent placement in a facility outside the home. This service provides respite care services to caregivers who are caring for a physically, mentally, or emotionally disabled loved one. https://www.princegeorgescountymd.gov/DocumentCenter/View/26740/2019-Respite-Care-Application
Returning Citizens: Viapath Technologies	https://www.viapath.com/ ViaPath Technologies has a straight forward mission – to help break the cycle of incarceration through transformative technology and services for incarcerated individuals, their support network, correctional agencies, and returning citizens.
Security: Axiom Security	202-845-1868 Security company that is hiring, including re-entry persons.
Senior Call Check Program - Maryland	https://aging.maryland.gov/Pages/senior-call-check.aspx OR 1-866-50-CHECK (1-(866)-502-0560) A free daily call to check on Maryland residents 65 and older
Seniors – District of Columbia	Department of Aging and Community Living - Services dacl (dc.gov) Find information on Benefits Assistance, Caregiver Programs, Legal Assistance, Nutrition (Dining sites, Home-delivered meals, and nutrition counseling), Senior Centers, Transportation, and more.

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Shelter	<u>Shelter Hotline & Hypothermia</u> When it is cold outside, please remember that you can request free transportation to shelter for yourself or someone else by calling the Shelter Hotline at (202) 399-7093 or by dialing 311. https://dhs.dc.gov/service/emergency-shelter <u>Family Shelter</u> Virginia Williams Family Resource Center (Family Central Intake) - 920-A Rhode Island Avenue, NE, Mon-Thurs (Except Holidays): 8:30am-4pm, Friday 8:30am- 12pm After 4pm Mon-Thurs & after 12pm Fridays & on weekends, holidays and during hypothermia alerts, call Shelter Hotline: 202-526-0017, help available 24 hours a day. https://community-partnership.org/i-need-help/virginia-williams-family-resource-center-family-central-intake/ <u>Senior Shelter</u> SOME (So Others Might Eat) Kuehner Place for Abused and Neglected Elderly - ages 60 & up, 202-797-8806, ext. 1311 https://community-partnership.org/i-need-help/some-so-others-might-eat-kuehner-place-for-abused-and-neglected-elderly/
Substance Abuse	Substance Abuse Stabilization Center We opened the District's first Stabilization Center, which provides immediate 24-7 care in a safe environment for people with substance use disorder. • The new facility at 35 K Street NE • It offers emergency intervention, typically lasting 24-72 hours. • Services are free for individuals 18 and older, with no insurance or residency requirements. All services are voluntary. Website: https://dbh.dc.gov/service/dc-stabilization-center
Tax Return Preparation Assistance – District of Columbia	Resources and Credits available to DC residents - https://disb.dc.gov/freetaxprepresources • Federal Earned Income Tax Credit (Federal EITC) • DC's Earned Income Tax Credit (DC EITC) • District of Columbia Keep Child Care Affordable Tax Credit • Disabled or Senior Citizen Property Tax Relief • DC Free Tax Preparation Locations and Financial Assistance

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Tax Return Preparation Assistance - IRS	The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including: • People who generally make \$67,000 or less • Persons with disabilities; and • Limited English-speaking taxpayers In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers
Transportation - DC	<u>Fare Share</u> – 202-906-9460 116 Quincy Street Chevy Chase, MD. Provides MetroCards to Veterans <u>Reduced Bus Fare for the Disabled</u> - 202-962-2700, 600 5th St. NW <u>Friendship Place</u> – <i>This agency may have tokens. Call first.</i> 202-364-1419, 4713 Wisconsin Ave., NW Mondays: 8:30- 11:30 am and 1 pm-4 pm Tuesdays: Appointments Only Wednesdays/Thursdays 8:30-11:30 am and 1pm-3pm Fridays: closed <u>Miriam's Kitchen (Western Presbyterian Church)</u> - 202-452-8926 2401 Virginia Ave., (24th & G St., NW Basement) Providing MetroCards to the homeless around D.C. <u>(Men Only) Father McKenna Center, Inc.</u> - <i>This agency may have tokens. Call first.</i> 202-842-1112, 900 N. Capitol St. NW

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Transportation – Seniors – PG County, Maryland	Call-A-Cab is a transportation assistance program that provides mobility at a reduced cost for County seniors (age 60+) and/or County persons with disabilities. This program allows eligible residents to purchase coupon books that can be used to pay for rides with participating cab companies when Metrobus, Metrorail, and/or Call-A-Bus are not available. County Senior and/or persons with disabilities may purchase up to fourteen \$20 coupon books in a six-month period at \$10 per book. Learn more about Call-A-Cab here Website: https://www.princegeorgescountymd.gov/sites/default/files/media-document/Blank%20Call-A-Cab%20Application.pdf Program Information: 301-883-5656		
Unemployment Insurance – Maryland	Unemployment Insurance (UI)		
Utility Assistance Program in PG County, Maryland	The Office of Home Energy Programs (OHEP) provides bill assistance to low-income households in Maryland to make their energy costs more affordable and to help with the prevention of loss and the restoration of home energy service. Visit myohepstatus.org.		
Vaccines: FiveMedicine	Offers free vaccines - https://www.instagram.com/fivemedicine/		
Ward-Level Mutual Aid & Neighborhood Food Support in DC	Ward 1 – Ward 1 Mutual Aid	(202) 681-9181	• What they do: Provide food, supplies, and community support (groceries, personal care items, hygiene supplies). • Additional details: Operates via a weekly distribution table or mutual aid hubs across Ward 1, often in partnership with building co-ops, neighborhood groups, and food rescue networks. • They partner with DC Diaper Bank to distribute diapers monthly. • They also coordinate home deliveries when possible, especially for neighbors who cannot attend distribution sites in person. • Notes / best practices: • They primarily communicate updates via social media (Instagram, X) and word of mouth. • No fixed address is listed; people generally call the hotline or follow their social accounts to learn about upcoming distribution spots.

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	Ward 2 – Ward 2 Mutual Aid	(202) 688-5812	• What they do: Food, supplies, mutual aid coordination among neighbors • Additional details: • The group operates informally; they post updates, calls for donations or volunteer needs, and resource drops via social media.
	Ward 3 – Ward 3 Mutual Aid	(202) 556-1315	• What they do: Food, supplies, volunteer coordination • Note: Like other Ward's mutual aids, operates via distributed hubs or small-scale drops; stay tuned to social media for exact addresses and times.
	Ward 4 – Ward 4 Mutual Aid	(202) 681-3098	• What they do / key offerings: Distribute food, diapers, essential supplies; also offer home deliveries when needed. • Distribution schedule / location: • One Saturday per month, starting 10:00 AM • Usually held at Brightwood Park United Methodist Church, 744 Jefferson St NW • Home delivery option: If you cannot come to the site on Saturday, you can call or text the hotline ahead of time to arrange a delivery. • Special notes: • They operate with no registration or income verification — “no questions asked.” • Limitations: supplies (food, diapers) are subject to availability; typically serve the first 100 families on those Saturdays.
	Ward 5 – Ward 5 Mutual Aid	(202) 643-7030	• What they do: Food, supplies, mutual aid among neighbors • Details / considerations: The group tends to use social media to announce pop-up distributions or neighborhood support events.

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	Ward 6 – Serve Your City / Ward 6 Mutual Aid (SYC / W6MA)		• Website / Online presence: serveyourcitydc.org (as listed) • What they do: After-school programs, tutoring, food distribution, supply drives (e.g. school supplies, hygiene kits) • Notes / further info: • I found a mention of a hotline used by Ward 6 mutual aid: 202-683-9962 (some community listings) • Likely relies on volunteers and community partners to assemble and deliver resources to neighborhoods. • If you live in Ward 6, check their site or local social media groups for current pickup locations or distribution days.
	Wards 7 & 8 – East of the River Mutual Aid	(202) 630-0336	• What they do: Coordinate aid for neighborhoods east of the Anacostia River, including food, supplies, neighborhood mutual support • Notes: They are part of the larger mutual aid network covering Wards 7 & 8. Updates are posted on social platforms and volunteer lists.

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Water Bill Assistance: WSSC Water Fund – PG County and Montgomery County, Maryland	The Water Fund - https://www.wsscwater.com/waterfund Need help paying your water/sewer bill? The Water Fund was established in 1994 by WSSC Water employees to help residential customers in financial need pay their WSSC Water bill. Eligible customers can access the Water Fund multiple times, up to \$500 per year. The program is administered by The Salvation Army and funded by generous donations from WSSC Water customers, employees and community partners. <u>Eligibility and Qualifications</u> As the administrator of The Water Fund, The Salvation Army is responsible for determining whether applicants qualify for assistance. Eligible customers may receive access to Water Fund multiple times, up to \$500 annually, to assist with their water/sewer bill. When The Salvation Army offices have reached appointment capacity for the month, the next available appointment is always the 1st Monday in the following month. To apply, go to https://www.sahelp.org/ Montgomery County The Salvation Army - 20021 Aircraft Drive, Germantown, MD 20874 Tel. No: (301) 515-5354 Fax No: (301) 869-3347 Prince George's County The Salvation Army - 4825 Edmonston Road, Hyattsville, MD 20781 Tel. No: (301) 277-6103 Fax No: (301) 779-8020 To apply, call The Salvation Army office in the county where you live or go to https://salvationarmynca.org/nca/gethelp for more information
Women - New Endeavors by Women	NEW is guided by a mission to partner with homeless women to create new futures. We provide a nurturing environment so that women can recognize their worth. NEW transforms lives, by providing housing, fostering the development of life skills, and promoting education and employment, to end the cycle of homelessness. All activities are supervised. New Endeavors by Women - 611 N St NW -Washington, DC 20001 Website: https://www.nebw.org/ Tel: (202) 682-5825 Emergency Shelter Hotline: (800) 535-7252

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Youth Advocate Programs (YAP)	YAP is committed to providing excellent service to our program participants, their parents and guardians, and other family members. YAP provides community-based services with funding derived from State and Federal governmental entities. We partner with families to build and strengthen essential skills and resources needed to thrive throughout life, such as increasing their ability to safely problem-solve their needs, developing their social, emotional, academic and career competencies, and building their network of community support. Wraparound is an intensive, individualized, holistic care planning and management approach to working with high and complex need youth and families from within their homes and communities. YAP's planning process has three components: assessment, a family team meeting, and plan development. Services offered by yap are • Behavioral Health • Child Welfare • Intellectual and Behavioral Disabilities • Community Based Safety Initiatives • Youth and Young /adults Justice YAP offers alternatives to detention and state incarceration, supports youth post-adjudication to help with compliance and other needs, and also provides reintegration support for youth transitioning out of these placements. Website: https://www.yapinc.org/ Prince George's County/Montgomery County - 7911 Belle Point Dr - Greenbelt, MD 20770 P: 301.477.4297 Tammika Thompson, Director
Youth – DC	<u>Covenant House</u> - 202-610-9600, 2001 Mississippi Ave., SE <u>Latin American Youth Center (LAYC)</u> – DC Center 202-319-2225 - 1419 Columbia Rd, NW <u>Safe House</u>: 202-713-0475 - 3045 15th St., NW, (Mon-Fri 9am-6pm (closes 2 PM Thursdays)) <u>Sasha Bruce: Emergency Hotline</u> - 202-547-7777. Info 202-675-9340. Drop-In Center 701 Maryland Ave, NE, (Mon-Fri 8am-6pm) <u>SMYAL</u>- 202-546-5940, 410 7th Street SE for LGBTQ youth, Anyone interested in entering the housing program will need an intake interview. To schedule an interview: 202-567-3166.

First Rising Mt. Zion Baptist Church
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Youth – DC Office of Youth Programs	The Office of Youth Programs (OYP) develops and administers workforce development programs for District youth ages 14-24. OYP provides occupational skills training, work experience, academic enrichment and life skills training to facilitate the development of work habits and skills that are essential for success in the workplace. • Mayor Marion S. Barry Summer Youth Employment Program • Mayor's Opportunity Scholarship • High School Internship Program • Marion Barry Youth Leadership Institute • Career Ready Early Scholars Program • Out-of-School Program • Pathways for Young Adults • Career Opportunities • Grant Opportunities Service Contact: Office of Youth Services Contact Email: youthjobs@dc.gov Contact Phone: (202) 698-3492
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