

Spring 2011



ThinkBuildLive Success™

# Student Survival Guide

*Washington, DC*





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# **WASHINGTON, D.C. RESOURCES**

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# Washington, D.C. Educational Resources

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## LOCAL

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### **Center for Empowerment and Employment**

600 West St., NE

Washington, DC 20002

Phone: (202) 832-4070

Services: ESL classes, GED preparation classes, computer application training in Word, Excel, Pow-erpoint, introduction to the internet, A+ Certification, customer services and sales, entrepreneurial training, bookkeeping and accounting. Also provides job placement services, interviewing techniques, resume preparation, reading and remedial reading services, and a licensed counselor. Fees on a sliding scale.

### **District of Columbia Public Library: Martin Luther King Jr. Memorial Branch**

901 G St., NW

Washington, DC 20001

Phone: (202) 727-0321

[www.dclibrary.org](http://www.dclibrary.org)

Free library membership includes programs including: free computer classes from beginner to advanced, GED Classes, Basic Reading Classes, Tutors for Reading, English Classes. Also, the Enhanced Business Information Center offers access to computers, business planning software and numerous resources that help D.C.-based entrepreneurs and business owners learn about financing, business management, accounting, business planning and, local and federal incentive programs. Also, Free Income tax filing assistance. Also, the library is a employment placement resource offering resume, interview and application assistance.

### **Next Step Charter School**

1419 Columbia Rd., Second Floor

Washington DC, 20009

Phone: (202) 319-2248

Offers a bilingual, innovative curriculum and supportive social services to 72 students, ages 13 to 21 year old who reside in DC. Classes are free. Free childcare for children from 2 to 11 months is provided and assistance to find a childcare provider for childrens older than 12 months. Also, a free breakfast and lunch is provided.

### **Metropolitan Delta Adult Literacy Council**

2728 Sherman Ave., NW

Washington, DC 20001

Phone: (202) 234-2665

[www.mdalc.org/](http://www.mdalc.org/)

Enables adults and families within the greater Washington area to acquire the listening, speaking, reading, writing, math and technology skills.

### **Income Management Administration: Lifelong Learning Center**

2100 MLK Jr. Ave., Room 404

Washington DC, 20020

Phone: (202) 698-1657

Offers a 12-Week Fast Track GED Program. Additional services: tutorial services in reading, writing, and math, orientation to community literacy programs, placement and monitoring at community ABE programs, job clubs.

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**Language, Education and Technology Center**

2200 California St., NW  
Washington, DC 20008  
Phone: (202) 387-2222  
[www.languageetc.org](http://www.languageetc.org)

Aims to improve the lives of Washington area immigrants by providing affordable education. Services: English courses, Basic literacy, and Computer and GED classes.

**Read Out Loud DC**

1612 K St., Suite 300  
Washington, D.C. 20006  
Phone: (202) 331-0141  
[readoutloud.org](http://readoutloud.org)

Gets the word out about programs in DC for adult basic education. Services: adult basic education, tutoring, GED, referrals to classes and reading and writing study, and English as a second language courses.

**ARCH Training Center**

1231 Good Hope Rd., SE  
Washington, DC 20020  
Phone: (202) 889-5000  
[www.archdc.org](http://www.archdc.org)

Services: Adult Basic Education classes, GED classes, construction skills training (carpentry, plumbing, painting), computer-assisted educational instruction, computer basics, leadership development, civic education, counseling, and social support services.

**Sacred Heart Adult Education Center**

1621 Park Road, NW  
Washington, DC 20010  
Phone: (202) 462-6499

Services: Basic reading, math, and language skills, English as a Second Language (ESL), GED and GED preparation classes. Computer classes and some tutoring is also available. Low income flat fee.

**Educational Opportunity Center**

1233 20th St., Suite 600  
Washington, DC 20036  
Phone: (202) 822-5180

Offers free personalized guidance, counseling, and information on admission and financial aid to adults who want to begin or continue a program of post-secondary education, referrals on various educational opportunities and offers the practice GED test.

**Notre Dame Education Center**

125 Michigan Ave., NE  
Washington, DC 20017  
Phone: (202) 884-9063

Provides GED classes, one-on-one tutoring, ESL classes and computer classes. The center also offers a young adult program for youth ages 17-20.

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# Washington, D.C. Practical Resources

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## TRANSPORTATION

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### **DC Metroplitan Area Transit Authority**

*www.wmata.com*

Helps you plan your trip by providing current information on the quickest routes, route status, nearest bus and rail stops, walking instructions, and the services around a location. WMATA offers MetroAccess; a shared-ride, door-to-door, para-transit service for people whose disability prevents them from using bus or rail. MetroAccess users have the opportunity to purchase coupon books good toward taxicab rides at one-third of the face value. Each book costs \$10 and contains eleven \$3 coupons for a total value of \$33 per book.

### **Department of Disability Services**

*Transportation Services*

*1125 15th St. NW*

*Washington, DC 20005*

*Phone: (202) 730-1700*

*www.mrdda.dc.gov*

Provides transportation services for any customer registered with MRDDA, and referrals to those on Medicaid.

### **Sober Ride**

*8027 Leesburg Pike, Suite 314*

*Vienna, VA 22182*

*Phone: (800) 200-TAXI*

*www.wrap.org*

Offers potential drunk drivers a free cab ride home. Callers are directed to a participating cab company and are provided a free ride up to a \$50 fare but are financially responsible for anything over \$50. Services are available during December/January holidays, St. Patrick's day, Independence day and Halloween.

## CHILD CARE & YOUTH SERVICES

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### **Big Brothers & Big Sisters of DC**

*1750 K St. NW*

*Washington, DC 20006*

*Phone: (202) 783-5585*

*www.bbbsnca.org*

### **Boy Scouts of DC**

*5200 Cathedral Ave., NW*

*Washington, DC 20016*

*Phone: (202) 338-4651*

*www.dctroop.org*

### **Girl Scouts of DC**

*816 Connecticut Ave., #300*

*Washington, DC 20006*

*Phone: (202) 659-3780*

*www.girlscouts.org*

### **Boys and Girls Club of DC**

*3265 S St. NW*

*Washington, DC 20007*

*Phone: (202) 462-1317*

*www.bgcgw.org*

### **YMCA of DC**

*1112 16th St. NW*

*Washington, DC 20036*

*Phone: (202) 232-6700*

*www.ymcadc.org*

### **District of Columbia Public Schools**

*441 N 4th St., Suite 350*

*Washington, DC 20001*

*Phone: (202) 741-6419*

*www.k12.dc.us*

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### **Head Start Education Programs**

441 4th St., #250  
Washington, DC 20001  
Phone: (202) 698-1033  
1726 M St., #602  
Washington, DC 20036  
Phone: (202) 223-9889

A federal program that serves children up to the age of five, as well as pregnant women from low-income families. Offers healthy meals and snacks, helps pregnant women find pre-natal care, helps families find health care, including dental and mental health care. Also provides parenting workshops, events, and one-on-one training.

### **The Early Childhood Education at CentroNia**

1420 Columbia Rd., NW  
Washington, DC 20009  
Phone: (202) 332-4200  
[www.centronia.org](http://www.centronia.org)

Offers a variety of services: Before and After School program serves children ages 5 to 12, while the Youth Development program reaches youth ages 12 to 18. During the summer, children and youth participate in Summer Camp and a Summer Youth Employment Program through the citywide initiative, "Passport to Work". Through the Arts Program, a team of artists-in-residence and off-site arts partners engage children and youth in multi-disciplinary arts activities. Pre-K Incentive Program provides DC families access to a bilingual and high quality pre-k program for three to four-year-olds.

### **Kingman's Boys & Girls Club**

1525 Kingman Pl., NW  
Washington, DC 20009  
Phone: (202) 483-1210

Ensures success through strengthening the student's existing knowledge in various subject areas. Students in this program will have eight hours of directed homework time and four hours of tutoring each week.

### **Latin American Youth Center**

1419 Columbia Rd., NW  
Washington, DC 20009  
Phone: (202) 319-2225  
[www.layc-dc.org](http://www.layc-dc.org)

Educational Enhancement programs include: Tutoring and homework assistance, Healthy recreation and fitness, Computer literacy classes, and College preparation. Social Services programs strengthen the family unit as the primary foundation for youth development through counseling, prevention, treatment, and housing. Workforce Investment programs assist out-of-school youth build the skills they need to obtain and retain meaningful employment through a holistic program of job readiness and life skills training, job placement services computer instruction, and preparation to pass the General Education Development (GED) examination. Art + Media programs encourage youth to explore community issues through classes in fine arts, photography, video, radio and media production, music, and creative writing.

### **College Bound**

128 M St., Suite 220  
Washington, DC 20001  
Phone: (202) 842-0858  
[www.collegebound.org](http://www.collegebound.org)

Services: academic mentoring, enrichment activities, SAT preparation, financial literacy seminars, and offers scholarships to participants of the mentoring program.

### **Operation Understanding DC**

3000 Connecticut Ave., Suite 335  
Washington, DC 20008  
Phone: (202) 234-6832  
[www.oudc.org/](http://www.oudc.org/)

Helps promote leadership skills, dispel stereotypes, and promote mutual respect, understanding, co-operation and dialogue between African American and Jewish youth. Services: educational classes, cultural activities, travel/study, public speaking, and mentoring.



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**Family Education Institute at CentroNia**

1420 Columbia Rd., NW  
Washington, DC 20009  
Phone: (202) 332-4200

Promotes bilingual literacy in the family as a whole. The program incorporates the following programs, to encourage the support of both the parent and child. Family Literacy Tutoring Program provides weekly individualized reading and math support to public, charter, and private school students in grades K-12th. Family Book Clubs strengthens relationships as parents and children read and share stories to build literacy skills. The Family Institute offers ongoing educational opportunities to adults through workshops, counseling and classes on topics such as parent leadership, crisis intervention, child abuse prevention, child safety, child development and employment readiness as well as advocacy work and referrals. Technology Education: The Technology Team provides technology solutions and support to all programs.

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**EMPLOYMENT**

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**Strive DC**

1108 3rd St., SE  
Washington, DC 20003  
Phone: (202) 484-1264

Offers a workforce development and job placement program. The program provides intensive three-week training to assist adults prepare to enter the workforce. The program is entirely free.

**Living Wages of Washington**

4235 4th St., SE  
Washington, DC 20032  
Phone: (202) 574-3961

Serves as an educational and job readiness center for economically disadvantaged adults. Services: GED classes, job readiness workshops, business and entrepreneurial classes, and computer assisted instruction. All services are free.

**Department of Labor - Job Corps**

300 I St., Suite 301  
Washington, DC 20002  
Phone: (202) 543-0575  
<http://jobcorps.doleta.gov>

Provides a free, comprehensive vocational and educational training program for young adults. Services: vocational training classes, basic education or GED classes, and employability skills training.

**Wider Opportunities for Women**

1001 Connecticut Ave., Suite 930  
Washington, DC 20036  
Phone: (202) 464-1596

Works nationally to build pathways to economic security for America's women and their families. Services: Technical literacy, technical and nontraditional skills, welfare-to-work transition, career development and retirement security.

**Goodwill of Greater Washington**

2200 South Dakota Ave., NE  
Washington, DC 20018  
Phone: (202) 636-4225  
<http://www.dcgoodwill.org>

Provides education, training, and employment services for people with disadvantages and disabilities. Also offers life skills training, computer classes, and a job placement services program.

**Jobs for Homeless People**

Federal City Shelter, 425 2nd St., NW  
Washington, DC 20001  
Phone: (202) 393-7117  
<http://www.jobshavepriority.org>

Helps its clients identify and overcome the obstacles that are preventing them from finding a job. Services: Emergency shelter, clothing closet, transportation to a job interview, resume writing. Additional services: Substance abuse referrals, adult literacy education, and life skills.

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### **Professional Scholarships for Women**

1620 I St., Suite 210  
Washington, DC 20006  
Phone: (800) 525-3729  
<http://www.bpwusa.org>

Provides scholarships to women over the age of 25, who will complete their studies within 12-24 months of receiving the grant and who plan to use the desired training for career advancement, to train for a new field, or to re-enter the job market. Accepts written inquiries only. No Fees.

### **District of Columbia Career Services**

4200 Connecticut St.  
Washington, DC 20008  
Phone: (202) 274-5722

Services: provides comprehensive employment, unemployment, resume preparation and training services to residents of the District of Columbia.

### **Suits to Self Sufficiency**

101 Q St., First Floor  
Washington, DC 20002  
Phone: (202) 269-4805  
<http://www.dressforsuccess.org>

A nonprofit aimed at helping women in need of getting back to work by giving them appropriate business clothing, including suits and shoes for job interviews. Employment retention workshops and other services available for newly employed clients. To be considered, women must have job interviews scheduled and must have completed a job training or job placement program.

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## **MEDICAL & DENTAL SERVICES**

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### **Washington Free Clinic**

St. Stephen and Incarnation Church  
1525 Newton St., NW  
Washington, DC 20010  
Phone: (202) 667-1106  
[www.wfclinic.org](http://www.wfclinic.org)

Provides free primary health care to low-income and uninsured persons. Also offers services for treatment of chronic illnesses such as hypertension, diabetes, heart disease, and cancer. Provides reproductive health care for women and teens, including family planning, pregnancy testing, emergency contraception, exams and screenings.

### **Washington DC: Women's Health Center**

50 Irving St., NW  
Washington, DC 20422  
Phone: (202) 745-8582

Focuses on health promotion, disease prevention, and wellness in an atmosphere appealing to women. The center is managed by nationally certified women's health care nurse practitioners.

### **Columbia Road Health Services, Inc.**

1660 Columbia Rd., NW  
Washington, DC. 20009  
Phone: (202) 328-3717  
[www.crhs.org](http://www.crhs.org)

Offers primary medical care, social services, and mental health counseling under one roof. Patients receive quality care regardless of ability to pay.

### **DC Dental Society Referral Service**

502 C St., NE  
Washington, DC 20002  
Phone: (202) 547-7615  
<http://www.dcdental.org>

Operates a telephone dental referral service for patients seeking affordable dental health care.

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**La Clínica Del Pueblo**

2831 15th St., NW  
Washington, DC 20009  
Phone: (202) 462-4788

A non-profit, federally qualified health center that serves the Latino and immigrant populations of the metro area. Services: culturally appropriate health services, counseling, mental health services, and translator/interpreter services (all offered regardless of ability to pay).

**Planned Parenthood**

1108 16th St. NW  
Washington, DC 20036  
Phone: (202) 347.8512  
[www.ppmw.org](http://www.ppmw.org)

Services: reproductive health care and family planning services including all methods of contraception; annual exams; breast and cervical cancer screening; HIV/STD testing and STD treatment; abortion and additional educational programs on health care. Fees on a sliding scale.

**Mary's Center for Maternity and Child Care**

2333 Ontario Rd., NW  
Washington, DC 20009  
Phone: (202) 483-8196  
<http://www.maryscenter.org>

A health center specializing in maternity and child care. Offers basic medical care, prenatal care, pediatric care, mental health care, dental care, community outreach (Mama & Baby Bus) and women infants & children (WIC). Other services include: support programs for adolescents, family support, mental health counseling, and entitlement benefits assistance.

**Veterans Affairs Medical Center**

50 Irving St., NW  
Washington, DC 20422  
Phone: (202) 745-8000

Specializes in basic health care for the Veterans community.

**Whitman-Walker Clinics**

Max Robinson Center Clinic  
2301 MLK Jr. Ave., SE  
Washington, DC 20020  
Phone: (202) 745-7000  
Elizabeth Taylor Medical Center  
1701 14th St., NW  
Washington, DC 20009  
Phone: (202) 745-7000

Seeks to be the highest quality, culturally competent community health center serving greater Washington by including individuals who face barriers to accessing care, and with a special expertise in LGBT and HIV care. Services: patient outreach, free HIV testing, special LGBT counseling, mental health and various other resources beyond primary health care.

**Spanish Catholic Center Dental Clinic**

1618 Monroe St., NW  
Washington, DC 20010  
Phone: (202) 939-2402  
<http://www.centrocatholicohispano.org>

Provides dental care for children and adults including restorative and preventative treatments. Referrals for surgery and emergency treatments are given if needed. No fees for services.

**Children's National Medical Center**

2501 Good Hope Rd., SE  
Washington, DC 20020  
Phone: (202) 476-6900  
<http://www.cnmc.org>

Provides children's services including physicals for school, health education, nutrition counseling, WIC, help with Medicaid applications, prescription refills, family planning, and health care for children with special needs. Medicaid accepted.

**Unity Health Care**

1201 Brentwood Rd., NE  
Washington, DC 20018  
Phone: (202) 832-8818

Provides comprehensive primary health care for adults, well-baby care for infants, and pediatric

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services. Emphasizes education and preventive health services for women, children and the elderly by offering psychosocial evaluations, counseling for families and individuals at-risk, employment physicals and 24-hour telephone advise, HIV/Aids testing and support groups for HIV positive men, women and children. Care is offered regardless of ability to pay.

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## FINANCIAL ASSISTANCE

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### **Department of Human Services - Income Maintenance Administration**

645 H St., NE

Washington, DC 20002

Phone: (202) 724-5506

Services: Primary resource for Temporary Assistance for Needy Families (TANF), Medical Assistance, Food Stamps, Burial Assistance, Interim Disability Assistance, and General Public Assistance for Children. Also offers a scholarship program to assist in obtaining a degree at a local college or university.

### **Near Northeast Community Improvement Corporation**

1326 Florida Ave., NE

Washington, DC 20002

Phone: (202) 399-6900

Provides a means whereby community residents may work together to provide services in the areas of financial assistance, income/debt management, employment, housing, nutrition, health care, education, alcoholism and drug addiction, and alleviation of social disorders such as crime, delinquency, poverty and disease.

### **Capital Hill Group Ministry**

1210 I St., Apt #11

Washington, DC 20003

Phone: (202) 548-4012

<http://www.capitolhillgroupministry.org>

Services: Provides crisis intervention, emergency

utility, rent, transportation, and burial assistance. Emergency rent, mortgage, and utility assistance are provided only to residents of Ward 6. Additional services: Homeless shelter, Family support services, Parenting education, Housing assistance and youth development program. All services are free of cost.

### **Change, Inc.**

1413 Park Rd., NW

Washington, DC 20010

Phone: (202) 387-3725

Offers emergency rent, mortgage, and utility assistance to residents of Ward 1 and Ward 4.

### **DC Energy Office**

2000 14th St., Suite 300 East

Washington, DC 20009

Phone: (202) 673-6750

<http://www.dcenery.org>

Services: Offers special discounts on utility services customers who meet certain income criteria. Customers certified as eligible may receive special rates for electric, gas, telephone, and water services. Provides emergency assistance to households whose electric or gas services have been terminated. Subsidizes the cost of home installation of energy efficient measures in the homes of low income families.

### **Consumer Credit Counseling Services**

1875 I St., Suite 537

Washington, DC 20006

Phone: (800) 747-4222

[www.moneymanagement.org](http://www.moneymanagement.org)

Services: free confidential budget, credit, and debt repayment counseling to individuals and families.

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### **Greater Washington Urban League**

2900 Newton St., NE  
Washington, DC 20018  
Phone: (202) 529-8701  
[www.gwul.org](http://www.gwul.org)

Services: provides rent/mortgage and utility assistance to eligible individuals and families living in Ward 5. Additional services: free after-school tutoring assistance, parenting training, employment assessment, training, referrals, co-parenting workshops, family literacy training and referrals, and money management training.

### **Washington Scholarship Fund**

1133 15th St., NW, Suite 550  
Washington, DC 20036  
Phone: (888) 329-6884  
[www.dcscholarship.org](http://www.dcscholarship.org)

Provides residents with vouchers to send their children to participating private schools, covering the costs of tuition and fees up to \$7,500. DC students who are entering grades K through 12 and whose families meet the income eligibility requirements are eligible to apply.

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## **FOOD**

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### **Hunger Lifeline**

Phone: (202) 639-9770

Referral service that links those in need of emergency food services to agencies in their area.

### **The United Church - Foggy Bottom Food Pantry**

1920 G St., NW  
Washington, DC 20006  
Phone: (202) 331-1495  
[www.theunitedchurch.org](http://www.theunitedchurch.org)

Provides emergency canned goods and other groceries to low-income families and individuals. Volunteers can assist with picking-up, bagging, and distributing groceries.

### **DC Food Finder**

<http://www.dcfocdfinder.org/>

Online directory of free meals, emergency/low cost groceries, food for the homebound, EBT resources, farmer's markets, nutrition classes and food services referral services.

### **Women, Infants and Children (WIC)**

2100 MLK Jr. Ave., SE  
Washington, DC 20020  
Phone: (800) 345-1942

Provides supplemental food for pregnant or postpartum women, infants less than 12 months, and children under age 5. Working families may apply. Eligibility is based upon family size and household income.

### **Food and Nutrition at CentroNia**

1420 Columbia Rd., NW  
Washington, DC 20009  
Phone: (202) 332.4200

The Food & Nutrition Department's Eat Healthy, Live Healthy campaign provides nutritional educational workshops to parents, teachers and community where they learn basic nutrition and healthy life style choices to model for their children. Teachers and parents are invited to attend workshops that include topics such as obesity, the importance of physical activity, and the benefits of fruits and veggies.

### **USDA Child Care Food Program**

Phone: (703) 324-8100

The Office for Children sponsors the USDA Food Program for children in family child care homes. The Food Program is funded by the United States Department of Agriculture and follows nutrition guidelines similar to the National School Lunch Program. Under the program, family child care providers: Receive reimbursements for meals and snacks served to children in care. Receive training on nutrition, menu planning and shopping, budgeting, food safety, and children's nutrition activities.

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**Ananda Marga Universal Relief Team**

1810 16th St., NW  
Washington, DC 20009  
Phone: (301) 984-0217  
[www.amurt.net/world](http://www.amurt.net/world)

Provides emergency food to low-income individuals and families throughout the District of Columbia. Delivers food to people who are housebound.

**Martha's Table**

2114 14th St., NW  
Washington, DC 20009  
Phone: (202) 328-6608

Fulfills the needs of low-income children ages 1-17, and families and homeless individuals through the provision of meals, learning activities, and support services, 365 days a year. Services: free food and mobile soup kitchen, monthly groceries to low-income families, after school programs, and free laundry and clothing.

**DC Central Kitchen**

425 2nd St., NW  
Washington, DC 20001  
Phone: (202) 387-2015  
[www.dccentralkitchen.org/](http://www.dccentralkitchen.org/)

Provides meals, referrals and food counseling to residents. Also offers a training program for homeless and unemployed individuals in basic food preparation skills, in cooperation with the business community, with the goal of employment in the food service industry.

**Food and Friends**

219 Riggs Rd., NE  
Washington, DC 20011  
Phone: (202) 269-2277  
[www.foodandfriends.org](http://www.foodandfriends.org)

Provides freshly prepared home-delivered meals, nutritional supplements, and groceries to home bound individuals living with AIDS and other life-challenging illnesses. Also provides individualized nutrition counseling, workshops, cooking classes, and publications.

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**HOMELESS / TRANSITIONAL SERVICES**

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**So Others Might Eat**

71 O St., NW  
Washington, DC 20001  
Phone: (202) 797-8806  
<http://www.some.org>

Strives to meet all basic needs of the poor and homeless. Provides services such as food, clothing, and medical care. Provides substance abuse rehabilitation, employment training, hot meals, and multiple transitional and affordable housing.

**Coalition for the Homeless**

1234 Massachusetts Ave., Suite C -1015  
Washington, DC 20005  
Phone: (202) 347-8870  
[www.pscsys.com/coalition](http://www.pscsys.com/coalition)

Helps homeless and persons at risk of becoming homeless to become self-sufficient by providing housing with supportive social services. Offers multiple transitional houses, rehabilitation houses, affordable apartments, and employment training programs.

**New Endeavors by Women**

611 N St., NW  
Washington, DC 20001  
Phone: (202) 682-5825  
<http://www.newendeavorsbywomen.org>

Runs programs which assist homeless women in regaining self-sufficiency by preparing women to return to independent living, increasing the skill level, income, and self-determination of participants. Services: assistance to homeless, pregnant women, housing services, GED preparation, education referrals, community referrals, maternal and child-care support, employment referrals, subsidized apartment program, budgeting and savings assistance, substance abuse counseling, individual psychotherapy, and job preparation and training.

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### **Rachel's Women's Center**

1222 11th St., NW  
Washington, DC 20001  
Phone: (202) 682-1005  
<http://www.rachael.s.org>

Provides a safe daytime shelter for homeless and formerly homeless women. Offers meals, daily NA meetings, education/training programs, support groups, case management, mental health referrals and access to showers/laundry as well as operates an outreach program and referral service for homeless women.

### **Downtown Services Center**

309 E St., NW  
Washington, DC 20005  
Phone: (202) 393-5400  
<http://www.downtowndc.org>

Provides a comprehensive drop-in center for the homeless. Services: free meals, showers, laundry facilities, employment and housing assistance, substance abuse treatment, medical care, and assistance with applying for public benefits.

### **Miriam's Kitchen**

2401 Virginia Ave., NW  
Washington, DC 20037  
Phone: (202) 452-8926  
<http://www.miriamskitchen.org>

Provides a hot, nutritious, homemade breakfast and a sense of community to homeless individuals in the Foggy Bottom District.

### **Community Family Life Services**

305 E St., NW  
Washington, DC 20001  
Phone: (202) 347-0511  
<http://www.cflsdc.org>

Offers a two year transitional housing program for homeless families. Families receive two years of temporary housing in an apartment unit and social services designed to help them move toward self-sufficiency. Families pay 30% of their net monthly income towards rent, and sign a lease agreement.

### **Families Forward**

1012 14th St., Suite 1400  
Washington, DC 20005  
Phone: (202) 639-9760

Provides homeless and low-income families with quality housing, individual support and marketable training so they can obtain the skills and motivation to achieve their highest level of self-sufficiency.

### **Central Union Mission**

1350 R St., NW  
Washington, DC 20009  
Phone: (202) 745-7118

Provides overnight shelter for 120 men. Offers two meals and showers. Men can remain at the Mission until they feel ready and able to move on. Also offers a 30-week intense, rehabilitative program to assist men to transition into self-sufficiency. Additional services: medical care, legal aid, counseling, education, employment training, and internships. In addition, the Mission offers clothing to men, women, and families on an emergency basis. Food and furniture are also available.

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## **HOUSING / HOUSING COUNSELING**

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### **Housing Counseling Services**

2410 17th St., NW  
Washington, DC 20009  
Phone: (202) 667-7006

Refers Emergency Rental Assistance Program (ERAP) refers applicants to locations around the city which provide assistance to cover overdue rent, security or damage deposit, and first month's rent. Home Purchase Assistance Program (HPAP) offers counseling to help low to moderate income individuals and families purchase affordable housing. Qualified HPAP applicants receive financial assistance to purchase single-family houses, condominiums, and cooperative apartments. Housing search workshops in English and Spanish.

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**Housing and Urban Development: DC Storefront**

801 North Capitol St., NE

Washington, DC 20002

Phone: (202) 275-9200

<http://www.hud.gov>

Provides safe, affordable housing and home ownership, provides information on buying a HUD home, Section 8 rental help, 203(k) home improvement loans, filing fair housing complaints, lists of homeless shelters, housing counseling information, and information for people with disabilities. Additional services: offers programs that enforce fair housing laws, provide shelter care for the homeless, and rehabilitate and maintain affordable rental housing.

**House of Ruth**

1421 Columbia Rd., NW, Suite 101

Washington, DC 20009

Phone: (202) 332-7880

<http://www.houseofruth.org>

Provides five year subsidized housing and support services for homeless families with a history of addiction. Additional services: domestic violence counseling, child care and developmental services, and emergency shelter/transitional housing.

**Hope and a Home**

1439 R St., NW

Washington, DC 20009

Phone: (202) 387-7091

<http://www.hopeandahome.org>

A three year housing program offered to families in 18 affordable apartments.

**Habitat for Humanity of Washington, DC**

843 Upshur St., NW

Washington, DC 20011

Phone: (202) 882-4600

<http://www.dchabitat.org>

Builds affordable, energy and resource efficient homes with the residents of the nation's capital. Program offers home ownership opportunities to low-income DC residents and individual and group volunteer opportunities.

**Sarah's Circle**

2551 17th St., NW, Suite 103

Washington, DC 20009

Phone: (202) 332-1400

<http://www.sarahscircle.org>

Provides affordable housing to seniors whose incomes have been defined as low, very low or extremely low by the US Department of Housing and Urban Development (HUD). Subsidizes the rents of residents so that they pay no more than 30 percent of their household incomes to rent.

**DC Housing Finance Agency**

815 Florida Ave., NW

Washington, DC 20001

Phone: (202) 777-1660

<http://www.dchfa.org/>

Offers low rate financing for single-family housing and encourages developers to create quality single and multi-family housing in DC. Conducts free weekly home buying workshops that teach potential homebuyers each step of the home buying process from how to get a mortgage loan to what happens at settlement.

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**LOW-INCOME LEGAL SERVICES**

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*Washington Legal Clinic for the Homeless*

1200 U St., NW

Washington, DC 20009

Phone: (202) 328-5500

<http://www.legalclinic.org>

Provides free legal services to those who are homeless or at risk of becoming homeless. Provides intake services at area shelters and community organizations. Offers legal advice on matters such as landlord tenant issues, subsidized housing, food Stamps, SSI benefits, emergency assistance, obtaining ID cards and vital records, credit and debt problems, and other legal matters.



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**DC Law Students in Court Program**

*806 7th St., NW, Suite 300*

*Washington, DC 20001*

*Phone: (202) 638-4798*

Provides legal representation and information to low income persons with legal matters arising in DC through specially trained law students.

**Neighborhood Legal Services Program D.C.**

*680 Rhode Island Ave., NE*

*Washington, DC 20002*

Provides legal assistance to low-income residents of the District of Columbia, focusing on preventing evictions & homelessness, maintaining employment, promoting family stability, preserving public benefits, and protecting consumers.

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# Washington, D.C. Personal Resources

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## COUNSELING AND MENTAL HEALTH

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### **D.C. Department of Mental Health**

35 K St., 2nd Floor

Washington, DC 20002

*Mental Health Hotline: Phone: (888) 793-4357*

Provides multilingual and culturally sensitive mental health services to people 18 and older and families from various ethnic and linguistic minority groups. Outpatient Program provides psychiatric assessment, medication, case management, parenting workshops, English as a second language, individual, group, and family counseling. Groups are available for stress management, depression, dance therapy, art therapy, life skills training, and spiritual discussions. The clinic performs physical examinations, and provides followup care for some physical health related problems. Offers 24-hour access to comprehensive mental health and crisis services. Provides a mental health clinician at all times to evaluate a caller's needs and links the individual to appropriate mental health service providers. With a curriculum built on the self-esteem of parents and children, parenting skills training encourages mutual respect and helps parents communicate with their children. Child care is provided for children over two.

### **Green Door**

1623 16th St., NW

Washington, DC 20009

*Phone: (202) 462-4092*

Offers comprehensive services for people with severe and persistent mental illness. Services: job training and placement, housing, psychiatric clinic, medication monitoring, family support, education and social activities. No Fees.

### **Bread for the City**

1640 Good Hope Rd., SE

Washington, DC 20020

*Phone: (202) 561-8587*

*www.breadforthecity.org*

Counsels individuals coping with depression, substance abuse and family problems. Provides case management services to clients to manage multiple services and needs. Services: Helps clients apply for food stamps, SSI, Medicaid, and other public benefits. Caseworkers can serve as representative payees for assistance for disabled or elderly people who need money management and help budgeting.

### **Center for Mental Health**

2041 MLK Jr. Ave., SE

Washington, DC 20020

*Phone: (202) 678-3000*

Provides accessible mental health and substance abuse services to children, adults and families in order to break the multi-generational cycle of disability. Services: offers individual, couples, family and group therapy for adults and children. Offers outpatient groups for depression, family reunification and other specific problems as well as for the seriously, persistently mentally ill. Provides day treatment services for 6-12 year old emotionally disturbed children. Fees on a sliding scale.

### **Hannah House**

612 M St., NW

Washington, DC 20001

*Phone: (202) 289-4840*

Offers individual and group therapy, recovery support, and educational and support groups. Also provides seminars for life skills, resume writing, interviewing techniques, budgeting, and housing opportunities. Also provides assistance with gaining employment and affordable housing.

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### **Shiloh Family Life Center Foundation**

1510 9th St., NW  
Washington, DC 20001  
Phone: (202) 232-7081  
[www.shilohbaptist.org](http://www.shilohbaptist.org)

Supports programs in the Shaw community that strengthen families by providing for their mental, physical, social, financial, and spiritual well-being. Services: provides informal mental health counseling, spiritual support, and a limited amount of emergency financial assistance to families and individuals in need. After school program provides tutors for homework assistance, training in math and science, computer literacy, health workshops, and one-on-one mentoring. Computer center provides basic computer and life skills training for adults and children in the Shaw community. Counseling and job search services are also provided.

### **Woodley House**

300 Connecticut Ave., Suite 100  
Washington, DC 20008  
Phone: (202) 518-0061  
[www.woodleyhouse.org](http://www.woodleyhouse.org)

Provides clinical services to all persons who are mentally ill. Prior to accessing services a diagnosis appointment is needed. Offers mental health counseling, pharmacy, case management, and referrals to community resources. Additional services: provides a group home facility for people in severe emotional crisis or acute phases of mental illness. Offers short-term care in a home-like environment, and is staffed 24 hours a day by professional mental health providers. Provides a self-help drop-in center for homeless mentally ill, formerly mentally ill, and those with severe and persistent mental illness. Job readiness program for people struggling obtaining or retaining employment due to the stigma of mental illness.

### **Family and Child Services**

1509 16th St., NW  
Washington, DC 20036  
Phone: (202) 289-1510  
[www.familyandchildservices.org](http://www.familyandchildservices.org)

Provides mental health counseling and crisis intervention. Services include psychotherapy for families, adults, adolescents, and children; parental education classes; specialized groups for African-American boys and men; support groups for women, adolescents, teen mothers, and grandparents. Also offers domestic violence intervention services, Families and Schools Together (FAST) and family stabilization.

### **Anacostia Center for Psychotherapy and Counseling**

2025 MLK Jr. Dr., SE  
Washington, DC 20020  
Phone: (202) 561-1423  
[www.anacostiacycenter.org](http://www.anacostiacycenter.org)

Provides a holistic approach to mental health treatment services for adults and children. Services include: parenting classes, reunification parent counseling, substance abuse counseling, marriage counseling, anger management, medication management, dance therapy and individual, family and group therapy. Fees on a sliding scale.

### **Hospice Care of DC**

1331 H St., NW, Suite 600  
Washington, DC 20005  
Phone: (202) 347-1700

Offers pain control, comfort management and emotional support from nurses. Supportive counseling by social workers and chaplains, assistance with personal care by home health aides, caregiver relief by trained volunteers, medication, equipment and supplies related to pain management and symptom control, other services such as physical therapy and nutritional counseling if needed. Support in dealing with grief and loss.

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**Cease Fire...Don't Smoke the Brothers**

4708 14th St., NW  
Washington, DC 20011  
Phone: (202) 882-9882

Provides counseling services to individuals, families, groups, and relationships. Provides crisis intervention, violence prevention and intervention, and guidance and facilitation in truce/agreements. Offers training programs in entrepreneurship, silk-screening, boxing, and job preparation. Offers educational programs in GED test preparation, after school tutoring, computer literacy, cultural sensitivity, and scholarship assistance. Assists with criminal justice in third party custodial issues and coordinates Adopt-a-prisoner. Educates about the risks of STDs and HIV/AIDS. Assists with HIV/AIDS case management and participates in referrals and assistance.

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**PARENTING SERVICES**

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**Healthy Babies Project, Inc.**

801 17th St., NE  
Washington, DC 20002  
Phone: (202) 396-2809

[www.healthybabiesproject.org/](http://www.healthybabiesproject.org/)

Provides home visitation, community outreach, childbirth education, prenatal education, parenting classes and social service support to pregnant women and their families. Provides crisis intervention, family counseling, health education, teen pregnancy prevention, male program, free pregnancy testing and assistance with applying for medical benefits. Referrals to on-site prenatal care and child development, drug abuse treatment, and child health services.

**Friendship House Parenting Plus Program**

619 D St., SE  
Washington, DC 20003  
Phone: (202) 675-9050  
[www.friendshiphouse.net](http://www.friendshiphouse.net)

Offers 8-week training classes in parenting and life skills. Additional training services are available to program participants, offering classes in family management, nutrition including the preparation of healthy meals, creative play, outreach and support for fathers, computers, health screenings for children, referrals to community based health services, care coordination and case management services.

**Parent Encouragement Program**

10100 Connecticut Ave.  
Kensington, MD 20895  
Phone: (301) 929-8824  
[www.parentencouragement.org](http://www.parentencouragement.org)

For parents, teachers and others who want to strengthen family life and bring out the best in both children and parents. Offers classes, workshops and seminars that teach a proven, practical approach to raising children, geared to each stage of a child's development, from birth through the teen years. Fees on sliding scale.

**Covenant House Washington Fathers Matter**

2001 Mississippi Ave., SE  
Washington, DC 20020  
Phone: (202) 610-9632

[www.covenanthousedc.org](http://www.covenanthousedc.org)

Offers young fathers, or fathers-to-be, support and services for obtaining GED, college preparation, vocational training, employment assistance, housing assistance, parenting skills training, support groups and counseling.

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**North Capitol Collaborative - Weed and Seed**

45 P St., NW

Washington, DC 20001

Phone: (202) 299-0031

Focuses on building an innovative family/community strengths-based model which addresses family and community issues in a comprehensive, coordinated manner that will result in the promotion of positive family and community functioning, the protection of children, and to meet community needs as they arise.

**Coalition for Economic Empowerment**

2423 14th St., NE

Washington, DC 20018

Phone: (202) 635-8046

[www.coalitionforeconomicempowerment.org](http://www.coalitionforeconomicempowerment.org)

Provides support for teen and adult mothers and fathers through counseling and economic advancement opportunities.

**Partners for Fragile Families**

1875 I St., NW, Suite 500

Washington, DC 20006

[www.npcl.org](http://www.npcl.org)

Supports fragile families, which are defined as low-income, never-married parents and their children. Services: focuses on the father's role by helping them assume responsibility for their children, family-friendly policies between service providers, provides a range of workshops on issues relevant to young parents.

**Washington Child Development Council**

1420 Columbia Rd., Suite 201

Washington, DC 20009

Phone: (202) 387-0002

[www.wcdonline.org](http://www.wcdonline.org)

Focuses on ensuring the healthy development of young children by connecting parents and caregivers to parenting workshops, health services, child care services, and other resources on child development.

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**DRUG, ALCOHOL AND DOMESTIC ABUSE**

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**National Clearinghouse for Alcohol and Drug Information (NCADI)**

Phone: (800) 729-6686

NCADI is a national, 24 hour, 7-day-a-week resource for information about substance abuse prevention and treatment. NCADI distributes the latest studies and surveys, guides, videocassettes and other types of information and materials on substance abuse from various agencies, such as the U.S. Departments of Education and Labor, the Center for Substance Abuse Prevention, the Center for Substance Abuse Treatment, the National Institute on Alcohol Abuse and Alcoholism, and the National Institute on Drug Abuse. Information specialists are available to recommend appropriate services and information in Spanish and English.

**Addiction Prevention and Recovery of DC**

Assessment and Referral Center

1300 First St., NE

Washington, DC 20002

Phone: (202) 727-8857

Promotes access to substance abuse prevention, treatment and recovery support services. Prevention services include: preventing the onset of alcohol, tobacco, and other drug use by children and youth, reducing the progression of risk and increasing protective factors that increase the likelihood of healthy, drug-free youth and their families. Treatment services include: assessment and referrals for appropriate levels of care and maintenance of a comprehensive continuum of substance abuse treatment services including outpatient, intensive outpatient, residential, detoxification and stabilization, and medication assisted therapy. Recovery support services include: wrap-around services, such as mentoring services, education skills building and job readiness training, to ensure a full continuum of care.

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**A.A. of D.C.**

4530 Connecticut Ave., NW, Suite 111

Washington, DC 20008

Phone: (202) 966-9783

[www.aa-dc.org](http://www.aa-dc.org)

Offers help and support to anyone with a desire to stop their drinking, by providing a self help fellowship of alcoholics who share their experiences, hopes, and strengths to solve their common problems. Directs individuals to area meetings.

**Clean and Sober Streets**

425 2nd St., NW

Washington, DC 20001

Phone: (202) 783-7343

Provides a year long residential treatment continuum that includes: detoxification substance treatment/rehabilitation, aftercare treatment, vocational and educational rehabilitation (GED, computer literacy, job readiness, job referral, job/apprenticeship, 1/2 placement) family therapy and counseling, housing referral and placement.

**N Street Village - Addictions Recovery and Counseling Program**

1333 N St., NW

Washington, DC 20005

Phone: (202) 232-6167

Assists homeless women who are addicted to drugs to find a structured, safe, supportive place in which they can recover and heal. It is a holistic program which helps women to heal spiritually, physically, emotionally and socially.

**New Risings Women's Center**

2146 24th Pl., NE

Washington, DC 20018

Phone: (202) 541-3778

Provides a nine-month Intensive Day Treatment for addicted women with children. Services: substance abuse counseling and education, individual psychotherapy, parenting skills classes, relapse prevention, nutritional education, random urinalysis and breathalyser testing, twelve step program, referrals for employment, medical care and housing.

**Male and Female Community Action Group**

901 Pennsylvania Ave., SE

Washington, DC 20003

Female: Phone: (202) 581-9409

Male: Phone: (202) 388-9182

Provides a 45-120 day transitional residential abstinence program for alcoholics, with services including group and individual therapy, educational and vocational assessments, work therapy.

**DC Psychiatric Institute Inpatient Drug Abuse**

4228 Wisconsin Ave., NW

Washington, DC 20016

Phone: (202) 885-5610

<http://www.psychinstitute.com>

Provides an intensive inpatient program for persons using narcotics. Treats heroin, PCP, and cocaine addicts, and multi-drug abusers. Operates the Abstinence Heroin Addiction Program and also offers Narcotics Anonymous.

**Micah House, Inc.**

(Address confidential)

Phone: (202) 342-9175

<http://www.micahhouse.org>

Provides transitional housing to women in recovery from substance abuse only. Women with at least 3 months clean time can apply to rent a room in a group home in northwest Washington, DC. Women can stay in the program for up to 2 years. Offers social services and case management support. All potential clients should be referred to Micah House for information and to apply for residence in the program.

**Salomon Zelaya Rehabilitation Center**

1345 Newton St., NW

Washington, DC 20010

Phone: (202) 745-7719

Assists homeless Latino men with substance abuse problems reintegrate back into the community. Offers drug and alcohol counseling, transitional housing, life skills, job training, and referrals to other community based services.

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# Volunteer Opportunities

## **StandUp for Kids**

*Phone: (800) 365-4KID*

*www.standupforkids.org*

Through StandUp for Kids, volunteers can serve homeless youth by working with the Outreach Center, the Don't Run Away Program, the Street Outreach Program or the Transitional Living Program.

## **Habitat for Humanity**

*Phone: (215) 765-6000*

*2115 Ward Ct., NW, Suite 100*

*Washington, DC 20037*

*www.dchabitat.org*

A nonprofit organization that seeks to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action. There are many ways to get involved: individual construction volunteers, volunteer groups, help with donation pickups, organizing, cleaning, staffing and selling at our store, or become a committee or office volunteer.

## **Ronald McDonald House Charities of Greater Washington, D.C.**

*Phone: (202) 529-8204*

*3727 14th St., NE*

*Washington, DC 20017*

*www.rmhc.greaterdc.org*

Volunteer and make a difference in the lives of families with seriously or chronically ill or injured children receiving treatment at local hospitals. Volunteer placements are made by matching current service opportunities with the interests and availability of potential volunteers.

## **Greater DC Cares**

*Phone: (202) 777-4441*

*1156 15th St., NW, Suite 840*

*Washington, DC 20005*

*www.greaterdccaes.org*

Offers many exciting and rewarding volunteer opportunities and are always looking for new volunteers to join the ranks. Search for a project that matches your skills, interests, and time availability.

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# Smoking Cessation

## **Freedom from Smoking: An American Lung Association Program**

*Phone: (800) LUNG-USA TTY*

*Line: (800) 501-1068*

*www.lungusa.org*

The American Lung Association has developed an eight-session group program offering information and support to quit smoking. Contact your local hospital to learn about locations and schedules. Program fee varies. They also provide a free online cessation smoking program, Freedom from Smoking® Online.

## **American Lung Association, Washington, D.C.**

*Phone: (202) 785-3355*

*1301 Pennsylvania Ave. NW # 800*

*Washington, DC 20004*

*www.lungusa.org/associations/charters/mid-atlantic/*

If you want to quit smoking, contact the American Lung Association for group smoking cessation programs and smoking cessation audiocassettes.

## **American Cancer Society**

*Phone: (202) 661-5700*

*901 E St. NW*

*Washington, DC 20535*

*http://acscan.org/action/de*

If you want to quit smoking, contact the American Cancer Society for online smoking cessation programs and community smoking cessation resources.



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# Recreational Resources

## **Supreme Court**

*1 First St., NE*

*Washington, DC 20543*

*Phone: (202) 479-3211*

*www.supremecourt.gov/Default.aspx*

Home to one of America's most vital institutions, this impressive structure is characterized by its exceptional neoclassical architecture. While the court term generally runs from October through June, informative exhibits, lectures, and movies are presented throughout the year.

## **The Smithsonian Institute**

*1000 Jefferson Dr.*

*Washington, DC 20560*

*Phone: (202) 633-1000*

*www.si.edu*

The Institution itself is larger than most realize (19 museums and the National Zoo in DC alone) and granting only one day to "do the Smithsonian" is a mistake. Always-popular stops are the National Air & Space Museum and the National Museum of American History; however, the beautiful National Museum of the American Indian has emerged as a hot attraction, and the Steven F. Udvar-Hazy Center near Washington-Dulles serves as a fascinating repository of nearly 80% of the Smithsonian's air and space collection.

## **National Gallery of Art**

*4th St. and Constitution Ave. NW*

*Washington, DC 20565*

*Phone: (202) 737-4215*

*www.nga.gov*

One of the world's most prominent and admired museums, the National Gallery delights visitors with exhibits spanning the art of the Middle Ages to the art of today. The West Building covers the 13th through 19th centuries, while the sleek East Building (designed by I.M. Pei) is devoted to modern and contemporary works. All told, there are 3000 paintings, 2000 pieces of sculpture and over 100,000 prints, drawings and papers held here, including paintings by da Vinci, Raphael, Titian and Rembrandt.

## **Monuments and Memorials**

*17th St. to W. Potomac Park*

*Washington, DC 20560*

*Phone: (202) 426-6841*

*www.nps.gov/nacc/index.htm*

From the 555-foot obelisk dedicated to George Washington to the Jefferson Memorial serenely situated on the Tidal Basin's south shore, monuments and memorials have long made Washington one of the world's most attractive capitals. Today, these and the hallowed Lincoln Memorial share space with sites offering more modern perspectives of sacrifice and honor: the Vietnam Veterans, Korean War Veterans, the National World War II, and the Franklin Delano Roosevelt Memorials.

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### **International Spy Museum**

*800 F St. NW*

*Washington, DC 20004*

*Phone: (202) 393-7798*

*[www.spymuseum.org](http://www.spymuseum.org)*

The International Spy Museum traces and uncovers the history of the world's second oldest (and most secretive) profession via a fascinating array of displays and interactive exhibits. The School for Spies exposes visitors to spy gadgets of all shapes and sizes, from lipstick pistols to buttonhole cameras, while the Secret History of History chronicles as far back as the times of Moses. Other galleries focus on Cold War and 21st-century espionage.

### **The Frederick Douglass National Historic Site**

*1411 W St. SE*

*Washington, DC 20020*

*Phone: (202) 426-5961*

*[www.nps.gov/frdo/index.htm](http://www.nps.gov/frdo/index.htm)*

The Frederick Douglass National Historic Site preserves the last residence of Frederick Douglass (1818 -1895), one of the most prominent African-American leaders of the 19th century.





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