

COMMUNITY RESOURCES



Food Support

Washington, D.C.

Organization	Information	Dates	Location/Contact
SOME Food Pantry	Food distribution. ID required.	Wednesday and Friday from 9:00 AM to 11:00 AM	75 Hanover Pl NW Washington, DC 20001 (202) 797-8806
Father McKenna Center	Food distribution. ID and proof of address required. More information here	Monday, Tuesday, Thursday and Friday from 1:30 PM to 2:30 PM	900 North Capitol Street NW Washington, DC 20002 (202) 842-1112
National City Christian Church	Food distribution.	Every Wednesday from 10:00 AM to 1:00 PM	5 Thomas Circle NW Washington, DC 20005 (202) 232-0323

Northern Virginia

Organization	Information	Dates	Location/Contact
Alive	Free food, personal items, cleaning supplies, and more to Alexandria residents. ID and proof of address required.	Information and schedules here	510 S Van Dorn St Alexandria, VA 22304 (703) 837-9300
Grace Episcopal	Food distribution.	Tuesday and Friday from 6:30 AM to 7:30 PM	3601 Russell Rd Alexandria, VA 22305 (703) 549-1980
Blue Ridge Food Banks	Enter your ZIP code and find a food distribution near you Click here		

Maryland

Organization	Information	Dates	Location/Contact
Victorian Christian Ministries	Food distribution.	Every Thursday starting at 12:00 PM	3911 St Barnabas Rd Hillcrest Heights, MD 20746 (301) 423-8264
Greater Refuge Ministries	Food distribution.	Every third Friday from 9:00 AM to 12:00 PM	9510 Piscataway Rd Clinton, MD 20735 866-515-1317
Maryland Food Banks	Enter your ZIP code and find a food distribution near you Click here		



Financial Support

Washington, D.C.

Organization	Information	Location/Contact
GWL	Assistance with rent and utilities. More information here	Utilities: (202) 792-2554 Rent: (667) 262-0144
Central Union Mission	Housing assistance, child care, transportation, legal assistance and more. More information here	3194-B Bladensburg Rd. NE Washington, DC 20018 (202) 745-7118
UPO	Assistance with rent, utilities, tax preparation, food and more. More information here	2907 Martin Luther King Jr Ave SE Washington DC, 20032 (202) 562-3800

Northern Virginia

Organization	Information	Location/Contact
Alive	Assistance with rent, utilities, medical expenses and other emergency needs. More information here	2723 King Street Alexandria, VA 22302 (703) 837-9300
Catholic Charities	Low-interest loans, housing assistance, clothing, food, legal services, and more. Find a center near you here	
The Salvation Army	Assistance with rent/mortgage, utilities, food, family counseling, domestic violence support and more. Find a center near you here	

Maryland

Organization	Information	Location/Contact
Mary's Center	Financial assistance, legal services, food programs and more for residents of Prince George county. More information here	(202) 545-2024
Bethesda Cares	Assistance with rent, food, clothing and more. More information here	7728 Woodmont Avenue Bethesda, MD 20814 (301) 907-9244
The Salvation Army	Assistance with rent/mortgage, utilities, food, counseling, domestic violence support and more. Find a center near you here	



Washington, D.C.

Organization	Information	Location/Contact
Bread for the City	A variety of medical services for the uninsured or low income. More information here	1525 7th Street NW Washington, DC 20001 1700 Good Hope Rd SE Washington, DC 20020 (202) 386-7020
SOME	A variety of low-cost medical services for the insured and uninsured. Fees are based on income and family size. More information here	71 O Street NW Washington, DC 20001 (202) 797-8806
Unity Healthcare	Several health centers with a variety of low-cost medical services for the insured and uninsured. Rates are based on income and family size. Find a center near you here	

Northern Virginia

Organization	Information	Location/Contact
HealthWorks for Northern Virginia	Medical, dental and behavioral health services for insured and uninsured in Leesburg, Herndon and Reston. More information, locations and requirements here	
Neighborhood Health	Clinics in Alexandria, Arlington and South Fairfax counties that offer a variety of low-cost medical services for the insured and uninsured. Rates are based on income and family size. More information, locations and requirements here	
VAFCC	Clinics in Virginia with a variety of free or low-cost medical services for the insured and uninsured. Rates are based on income and family size. Find a location near you here	

Maryland

Organization	Information	Location/Contact
Bridge to Care	A variety of free medical services for the uninsured. More information here	5936 Martin Luther King Jr Hwy Seat Pleasant, MD 20743 (202)758-5739
Montgomery Cares	Various clinics offering different medical services for uninsured adults in Montgomery County. Rates are based on income and family size. Find a location near you here	
Mary's Center	Various clinics offering a variety of low-cost medical services for the insured and insured. Rates are based on income and family size. Find a location near you here	



Additional Support

Organization	Information
211	24/7 access to resources you need (housing, utilities, medical, financial assistance, food, and more). Call 211 or text your ZIP code to 898211 Visit the website here
Help with Pets	Low-cost spay/neuter and wellness resources in Northern Virginia, DC and Maryland. Find a location near you here
Catholic Charities	Help with housing, rent, immigration services, food, and more. Find a location near you here

Washington, D.C.

Organization	Information	Location/Contact
Bread for the City	Advice and representation in housing, family law, immigration and more. More information here	1525 7th Street NW Washington, DC 20001 (202) 386-7616
The Houses of Ruth	Domestic violence support, childcare and housing services. More information here	(202) 667-7001
Catholic Charities	Help with housing, rent, immigration services, food, and more. Find a location near you here	

Northern Virginia

Organization	Location/Contact
NAMI Virginia	Free mental health support, support groups, resources and education. Find a location near you here
LSNV	Free civil legal assistance for those who qualify. (703) 778-6800 More information and requirements here
We Are Casa	After-school programs, financial education, ESL classes, free tax services, and more. More information here

Maryland

Organization	Information	Location/Contact
NAMI Montgomery	Free mental health support, support groups, resources and education. More information here	9210 Corporate Blvd, Suite 170 Rockville, MD 20850 (301) 949-5852
Maryland Legal Aid	Free civil legal services for those who qualify. More information here	(410) 951-7750
Community Reach of Montgomery County	Housing program, health clinic, financial assistance, English classes, and more. More information here	1010 Grandin Avenue, #A1 Rockville, MD 20851 (301) 637-0730
We Are Casa	After-school programs, financial education, ESL classes, free tax services, and more. More information here	
Gilchrist	Legal, financial, and housing services, a variety of classes, and more. More information here	