

Family Support Services

Parents Place of Maryland- ppmd.org phone | 1.800.394.5694 or 410.768.9100

Parent Encouragement Program - pepparent.org 10100 Connecticut Ave. Kensington, MD 20895; 301-929-8824; office@PEPparent.org

Family Support Network montgomerycountymd.gov/HHS-Program/CYF/MCITPFSN/index.html; 1401 Rockville Pike, Ste. 200, Rockville, MD 20850; 240-777-4809

Health Families Montgomery- sheppardpratt.org/care-finder/healthy-families-montgomery/ EMAIL: ruth.rivas@sheppardpratt.org; TELEPHONE: 240-398-1362; ADDRESS: 640 East Diamond Avenue, Suite D, Gaithersburg, Maryland 20877

Family Support Services jssa.org/services/family-support-services; 240-221-7914

211 Maryland - 211md.org/resources/children-families/being-a-parent ; Call 1-800-243-7337 for free and confidential support, advice and community resources. It's dedicated to parents' needs and concerns.

YMCA Family Support- ymcadc.org/for-youth-and-families/family-support Outreach, Social Services, or Program Administration Main Number: (301) 587-5700; Counseling Referrals (English and Spanish): 301-593-1160; Fax: 301-593-1284

Montgomery County Counseling Center mccounselingcenter.com parentcoaching 3206 Tower Oaks Blvd, Suite 300, Rockville, MD 20852; 240-772-1199, info@mccounselingcenter.com

Parent Support (neurodivergence) betterfamilytherapy.com parenting-support, Phone: (240) 242-5185; Email: info@betterfamilytherapy.com

Maryland Family Network marylandfamilynetwork.org; <tel:410.659.7701>

RESOURCES FOR FOOD

United Way Database of 5000 programs across the state: housing, food, employment services for children and elderly. Phone: 211

Aunt Bertha

Website: www.auntbertha.com search by zip code multiple sources for food

Manna Food Center 301-424-1130 Website: www.Mannafood.org (Mont County residents)