



# **Training Programs Coaching Referral Guide**

## **Table of Contents**

**Childcare ✓**

**Clothing**

**Computer Classes**

**Counseling Services**

**Dental Care**

**Financial Assistance**

**Food**

**Furniture**

**Housing Programs**

**Legal**

**Medical Care (General)**

**Sexual Assault and Domestic Violence Resources**

**Utility Assistance**

**Vision Care**

## **Childcare**

### **Childcare Subsidy / Voucher Program**

<https://osse.dc.gov/service/child-care-subsidyvoucher-program>

### **Childcare Centers**

[http://childcarecenter.us/district\\_of\\_columbia/20019\\_childcare](http://childcarecenter.us/district_of_columbia/20019_childcare)

### **Homebased Childcare Centers**

[https://childcarecenter.us/district\\_of\\_columbia\\_homecare#.WT\\_tHdLyvIU](https://childcarecenter.us/district_of_columbia_homecare#.WT_tHdLyvIU)

### **Alexandria City Center for Children and Families**

Department of Community and Human Services

2525 Mount Vernon Avenue, Alexandria, VA 22314

Phone: 703.746.5437

Contact: NA

Website: <https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=50242>

### **Arlington County Office of Child and Family Services**

Department of Human Services

2100 Washington Boulevard, Arlington, VA 22204

Phone: 703-228-1685

Contact: NA

Website: <https://family.arlingtonva.us/child-care/>

### **Fairfax County Office for Children**

Department of Family Services

Community Education and Provider Services

12011 Government Center Pkwy., Suite 800, Fairfax, VA 22035-1102

Phone: 703 449-8484

Contact: NA

Website: <http://www.fairfaxcounty.gov/ofc/>

### **Loudon County Department of Family Service**

Shenandoah Building, 102 Heritage Way, NE, Suite 103, Leesburg, VA 20177

Phone: 703-777-0353

Contact: [dfs@loudoun.gov](mailto:dfs@loudoun.gov)

Website: <https://www.loudoun.gov/index.aspx?nid=107>

### **Prince William County Office of Child Care, Youth and Family**

Department of Social Services, **Manassas Office:**

Sudley North Government Center, 7987 Ashton Avenue Suite 200, Manassas, Virginia 20109

Phone:

Contact: NA

Website: <http://www.pwcgov.org/government/dept/socialservices/pages/child-care.aspx>

Department of Social Services, **Woodbridge Office**  
Dr. A.J. Ferlazzo Building  
15941 Donald Curtis Drive Suite 180, Woodbridge, VA 22191  
Phone:  
Contact: NA  
Website: <http://www.pwcgov.org/government/dept/socialservices/pages/child-care.aspx>

## **Clothing**

### **Dress for Success (Women only)**

1533 9<sup>th</sup> Street, NW  
Lower Level  
Washington, D.C. 20001  
Phone: 202-269-4805; Fax: 202-269-4807  
Contact: Stella Fisher-Williams / [washington@dressforsuccess.org](mailto:washington@dressforsuccess.org)  
Website: <https://washingtondc.dressforsuccess.org/>

Office Hours: Monday-Friday; 9:00 a.m.- 5:00 p.m.

Appointments require a referral from a Career Coach.

### **Suited for Change (Women only)**

1023 15<sup>th</sup> Street, NW  
Suite 601  
Washington, D.C. 20005  
Phone: 202-293-0351; Fax: 202-269-4807  
Contact: Liz Rienhart / [liz@suitedforchange.org](mailto:liz@suitedforchange.org)  
Website: <https://www.suitedforchange.org/>

Office Hours: Monday-Friday; 9:00 a.m.- 5:00 p.m.

Appointments require a referral from a Career Coach.

### **A Wider Circle**

Furniture Referral  
Silver Spring, MD 20910  
Phone: 301-608-3504

Appointments require a referral from a Career Coach.

**Bread for the City**

1640 Good Hope, SE, Washington, D.C. 20020

Phone: 202-561-8587

Contact for Services: NA

Website: <http://www.breadforthecity.org/services/clothing/>

Client Walk-In Appointments for DC Residents Only

**Office Hours**

Tuesday: 10:00 a.m. - 2:00 p.m.

Wednesday: 10:00 a.m. – 2:00 p.m.

Thursday: 10:00 a.m. – 2:00 p.m.

**Catholic Charities of The Diocese Of Arlington**

125 S. West Street, Alexandria, VA 22314

Phone: 703- 548-4277; 711

Contact: M. McKean, [MMcKean@ccda.net](mailto:MMcKean@ccda.net)

Website: <http://www.ccda.net/>

**CENTREVILLE UNITED METHODIST CHURCH**

**Service Address:** 6400 OLD CENTREVILLE ROAD, Centerville, VA 20121

**Service Phone:** (703) 830-2684

**TDD:** 711

**Contact:** <mailto:receptionist@centreville-umc.org>

**CHRIST HOUSE**

**Service Address:** 131 S. WEST STREET, Alexandria, VA 22314

**Service Phone:** (703) 538-4227

**TDD:** 711

**Contact:** <mailto:info@ccda.net>

*Provides clothing vouchers to adults and children in need for use at the Thrift Shop.*

**COMMITTEE FOR HELPING OTHERS**

**Service Address:** 133 PARK STREET N.E., Vienna, VA 22180

**Service Phone:** (703) 281-7614

**TDD:** 711

**Contact:** <mailto:cho@cho-va.com>

**CORNERSTONES**

**Service Address:** 11484 WASHINGTON PLAZA, SUITE 120, Reston, VA 20190

**Service Phone:** (571) 323-1400

**TDD:** 711

*Provides vouchers to registered clients for use at Herndon Clothing Closet to purchase clothing for individuals and families in need.*

ECUMENICAL COMMUNITY HELPING OTHERS

**Service Address:** 7205 OLD KEENE MILL ROAD, Springfield, VA 22150

**Service Phone:** (703) 569-9160

**TDD:** 711

**Contact:** <mailto:admin@echo-inc.org>

FAIRFAX FISH, INC.

**Site Name:** Fairfax Presbyterian Church

**Service Address:** 10723 MAIN STREET, Fairfax, VA 22030

**Service Phone:** (703) 222-0880

**TDD:** 711

*Provides an opportunity for those less fortunate in this area to obtain clean, usable clothing.*

*Clients are permitted to visit the clothing closet once per month.*

FINAL SALUTE, INC.

**Service Address:** 2331 MILL ROAD, SUITE 100, Alexandria, VA 22314

**Service Phone:** (866) 720-9171

**TDD:** 711

**Contact:** <mailto:leadership@finalsalute.org>

*Provides professional business attire to women veterans seeking employment. Also provides makeovers and photographs (to post online to employment media sites like LinkedIn).*

FIRST CHRISTIAN CHURCH OF FALLS CHURCH

**Service Address:** 6165 LEESBURG PIKE, Falls Church, VA 22044

**Service Phone:** (703) 532-8220

**TDD:** 711

**Contact:** <mailto:rev.moore@fccfc.org>

FLORIS UNITED METHODIST CHURCH

**Service Address:** 13600 FRYING PAN ROAD, Herndon, VA 20171

**Service Phone:** (703) 793-0026

**TDD:** 711

*Provides new and used clothing to low income individuals and families in need.*

GROVETON BAPTIST CHURCH

**Service Address:** 6511 RICHMOND HIGHWAY, Alexandria, VA 22306

**Service Phone:** (703) 768-9084

**TDD:** 711

IMMANUEL BIBLE CHURCH

**Service Address:** 6911 BRADDOCK ROAD, Springfield, VA 22151

**Service Phone:** (703) 916-9654

**TDD:** 711

**Contact:** <mailto:info@immanualbible.net>

KOINONIA FOUNDATION, INC., THE  
**Service Address:** 6037 FRANCONIA ROAD, Alexandria, VA 22310  
**Service Phone:** (703) 971-1991  
**TDD:** 711  
**Contact:** <mailto:Rpetitti@koinoniacares.org>

LORTON COMMUNITY ACTION CENTER  
**Site Name:** LORTON'S ATTIC  
**Service Address:** 9506 RICHMOND HIGHWAY, Lorton, VA 22079  
**Service Phone:** (703) 339-5161  
**TDD:** 711  
**Contact:** <mailto:info@lortonaction.org>

McLean Baptist Church  
**Service Address:** 1367 CHAIN BRIDGE ROAD, McLean, VA  
**Service Phone:** (703) 229-1414  
**TDD:** 711

PENDER UNITED METHODIST CHURCH  
**Site Name:** PENDER REGIFT THRIFT STORE  
**Service Address:** 4447C BROOKFIELD CORPORATE DRIVE  
**Service Phone:** (703) 378-7371  
**TDD:** 711  
**Contact:** <mailto:regift@penderumc.org>

Rising Hope United Methodist Mission Church  
**Service Address:** 8220 RUSSELL ROAD  
**Service Phone:** (703) 360-1976  
**TDD:** 711  
**Contact:** <mailto:mhamilton@risinghopeumc.org>

**Ronda A. Gilliam Clothing Bank**  
A program of Arlington Presbyterian Church  
3507 Columbia Pike, Arlington, VA 22204  
Phone: 703-920-5661  
Contact for Services: Volunteer  
No appointments needed  
Website: <http://www.arlingtonpresbyterian.org>

Office Hours  
Wednesday: 1:00 p.m. – 3:00 p.m.  
Saturday: 9:30 a.m. – 12:30 p.m.

ST. STEPHEN'S UNITED METHODIST CHURCH

**Service Address:** 9203 BRADDOCK ROAD

**Service Phone:** (703) 978-8724

**TDD:** 711

**Contact:** <mailto:office@ststephensfairfax.org>

THE CLOSET OF THE GREATER HERNDON AREA, INC.

**Service Address:** 845 STATION STREET

**Service Phone:** (703) 437-7652

**TDD:** 711

*Provides used clothing and shoes, via a voucher program, for individuals who cannot afford to purchase clothing from the thrift store. Individuals may receive assistance twice a year.*



## **Computer Classes**

### **On line (self-paced) Computer Classes**

- <https://alison.com>
- <http://www.gcflearnfree.org/>

### **ConnectDC**

200 I Street, SE  
Washington, DC 20003  
Phone: (202) 266-6328  
Fax: (202) 727-6857  
Email: [octo@dc.gov](mailto:octo@dc.gov)

### **Arlington County Central Library**

1015 N. Quincy St., 2<sup>nd</sup> Floor, Arlington, VA 22201  
Phone: 703- 228-5988  
Contact for Services: Kathryn Oberg, College and Career Librarian; [koberg@arlingtonva.us](mailto:koberg@arlingtonva.us)  
Website: <https://library.arlingtonva.us>

#### **Library Holds/Pickup Hours:**

Monday – Thursday (12:00 p.m. – 7:00 p.m.)  
Friday – Sunday (12:00 p.m. – 5:00 p.m.)  
WIFI available in the Parking Lot

### **Columbia Pike Branch Library**

816 S. Walter Reed Drive, Arlington, VA 22204  
Phone: 703-228-5260  
Contact for Services: Ask for the Cyber Center  
Website: <http://library.arlingtonva.us>

#### **Library Hours: Book Drop Closed**

WIFI available in the Parking Lot

## **Counseling Services**

### **Haven of Northern Virginia, Inc.**

4606 Ravensworth Road, Annandale, VA 22003  
Phone: 703-941-7000  
Contact:  
Website: <http://havenofnova.org>  
e-mail [havenofnova@verizon.net](mailto:havenofnova@verizon.net)

#### **Hours of Operation:**

Monday – Friday: 9:30 a.m. -2:30 p.m.

**Military OneSource**

Phone: 1-800-342-9647

**Veteran's Crisis Line**

Phone: 1-800-273-8255; Cell: Text to 838255

**AAKOMA Project, Inc.**

1100 N. GLEBE RD. Ste 1010  
Arlington, VA 22201

[\(571\) 486-3382](mailto:(571)486-3382) [CONTACT@AAKOMAPROJECT.ORG](mailto:CONTACT@AAKOMAPROJECT.ORG)

<https://aakomaproject.org/outreach%2Fawareness>

**Therapy for Black Girls**

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

<https://therapyforblackgirls.com/>

**Dental Care**

So Other Might Eat

71 O Street, NW

Washington, DC 20001

Phone: 202-797-8806

<https://www.some.org/services/healthcare#dental>

## **Financial Assistance**

### **Financially Fit DC**

1050 First Street, NE, Suite 801 Washington, DC 20002

Phone: 202-727-8000

<https://welcome.financiallyfitdc.com/>

### **Cash Academy in Prince Georges County, MD**

**(Where does your money go?)**

CASH (**C**reating **A**ssets, **S**avings and **H**ope)

<https://www.mdcashacademy.org/browse-by-location/prince-georges>

### **Financial Empowerment Center**

8350 Richmond Highway

Suite 125

Alexandria, VA 22309

Phone: 703-704-6401

<https://soco.financialemPOWERmentcenters.org/>

Provides free programs and learning opportunities open to anyone interested in improving their finances.

## **Food**

### **Washington, DC**

#### **Martha's Table**

2122 14<sup>th</sup> Street, NW  
Washington, DC 20009  
Phone: 202-326-6609

#### **Woodley House Food Pantry**

2711 Connecticut Avenue, NW  
Washington, DC 20008  
Phone: 202-830-3508

#### **Catholic Charities of the ADW**

by Catholic Charities Archdiocese of Washington  
1618 Monroe Street, NW  
Washington, DC 20010  
Phone: 301-942-1790

#### **Salvation Army**

1434 Harvard Street, NW  
Washington, DC 20009  
Phone: 202-332-5000

#### **Community Outreach – Food Bank**

by Greater Fellowship Full Gospel Baptist Church  
814 Alabama Avenue, SE  
Washington, DC 20032  
202-561-5594

### **Prince Georges County, MD**

Food Assistance in Prince Georges County, MD  
<https://www.princegeorgescountymd.gov/1679/Food-Assistance>

Grab and Go Pick-up Sites due to COVID-19 / Food Resources in Prince Georges County, MD  
<http://www.pgcfec.org/resources/covid-19-resources.html>

Food Pantry Locations in Prince Georges County, MD  
<https://www.princegeorgescountymd.gov/3424/Food-Pantry-Locations>

**Bowie Interfaith Pantry & Emergency Aid Fund**

2614 Kenhill Drive, Suite 134  
Bowie, MD 20715  
Phone: 301-262-6765

Provides emergency food and financial assistance to residents of Bowie and Prince Georges County, MD.

**Salvation Army,  
Prince Georges County, MD  
Financial Assistance**

4825 Edmonston Avenue  
Hyattsville, MD 20781  
Phone: 301-277-6103

**Food for Others**

2938 Prosperity Ave., Fairfax, VA 22031  
Phone: 703-207-9173; Fax: 703-207-9204  
Contact for Services:  
Website: <http://www.foodforothers.org/>  
Office Hours: Monday-Friday; 9:30 a.m. – 5:00 p.m.

Requires a referral from a Career Coach. Once approved, food items must be picked up within two weeks. Clients are allowed six referrals in a calendar year.

## **Furniture**

### **A Wider Circle**

Furniture Referral

Silver Spring, MD 20910

Phone: 301-608-3504

Appointments require a referral from a Career Coach.

## **Housing Programs**

### **Washington, DC**

#### **Department of Human Services (DHS)**

Virginia Williams Family Resource Center  
920 Rhode Island Avenue, NE  
Washington, DC 20018  
Phone: 202-526-0017

The Virginia Williams Family Resource Center provides an opportunity for DHS to better serve the District's families experiencing homelessness by several critical services, Homeless Services, TANF Assistance and Child Care Services, all within one service location. Help is available 24-hours a day, Monday-Thursday, 8:30 am - 4:00 pm and Friday, 8:30 am -12:00 pm at 920-A Rhode Island, NE. Location is accessible from the Rhode Island Avenue Metrorail station via the Red Line or the G8 Metro bus.

#### **Affordable Housing Program**

Inclusionary Zoning Program  
Department of Housing and Urban Development  
1800 Martin Luther King Avenue, SE  
Washington, DC 20020  
Phone: 202-442-7200  
Fax: 202-645-6727

<https://dhcd.dc.gov/service/inclusionary-zoning-affordable-housing-program>

## **Prince Georges County, MD**

Homeless Services  
(Eviction or Foreclosure)  
805 Brightseat Road  
Landover, MD 20785  
Phone: 301-909-6362

<https://www.princegeorgescountymd.gov/1684/Housing-Homeless-Services>

### Housing and Community Development

7800 Harkins Road  
Lanham, MD 20706  
Phone: 301-883-5501

### Assistance Organizations

You may be eligible to receive financial help to pay your rent or mortgage if you are faced with a crisis that may result in an eviction, foreclosure or homelessness. You can also get help by calling the following organizations:

Catholic Charities in Forestville  
301-568-9529

Community Ministries, Seat Pleasant  
301-499-2319

Laurel Advocacy and Referral in Laurel  
301-776-0442

## **Legal**

DC Legal Clinic for the Homeless  
<https://www.legalclinic.org/resources/>

Legal Aid DC  
<https://www.legalaiddc.org/>

Neighborhood Legal Services Program  
<http://www.nlsp.org/>

Legal Services / Bread for the City  
<https://breadforthecity.org/legal/>

Coaching Referral Guide

V. Johnson  
M. Wiley-Crawford

Created, 8-2016  
Revised, 8-2020



### **Medical Care (General)**

So Others Might Eat  
71 O Street, NW  
Washington, DC 20001  
Phone: 202-797-8806  
<https://www.some.org/services/healthcare#dental>

## **Sexual Assault and Domestic Violence Resources**

### **Alexandria Domestic Violence Program and Shelter**

Phone: 703-746-4911/ TTY VA Relay Service 711

### **Alexandria Sexual Assault Response and Awareness Program (SARA)**

Phone: 703-683-7273/ TTY VA Relay Service 711

### **Arlington Violence Intervention Program**

Office: 703-228-1550/Hotline 703-228-4848/TTY 703-228-1598

### **Arlington Domestic Violence Shelter/Doorways for Women and Families**

Phone: 703-237-0881/ TTY VA Relay Service 711

### **Fairfax County Domestic and Sexual Violence Services (24 Hour crisis and assistance hotline)**

Phone: 703-360-7273/ TTY VA Relay Service 711

### **Fairfax County Domestic Violence Shelter/Artemis House (24 hour Access)**

Phone: 703-435-4990/ TTY VA Relay Service 711

### **Fairfax County Victim Services Section, Police Department**

Phone: 703-246-2141/ TTY VA Relay Service 711

### **INOVA Fairfax Hospital SANE or IPV nurses/Evidence collection and medical exam for victims of sexual domestic violence**

Phone: 703-776-3199/ TTY VA Relay Service 711

### **Loudon Abused Women's Shelter**

Phone: 703-777-6552/ TTY VA Relay Service 711

### **Prince William County Sexual Assault and Victims Advocacy Services (SAVAS)**

Phone: 703-368-4141/ TTY VA Relay Service 711

### **Prince William County Domestic Violence Services & Shelters/ACTS-Turning Points 24 Hour Hotline**

Phone: 703-221-4951/ TTY VA Relay Service 711

### **Fort Belvoir Victim Advocacy Program**

Phone: 703-805-2631/TTY VA Relay Service 711

### **Fort Myer Victim Advocacy Program**

Phone: 703-696-3512/3455 TTY VA Relay Service 711

**Rape, Abuse, and Incest National Network (RAINN)**

Phone: 800-656-4673/TTY VA Relay Service 711

**Virginia State Domestic and Sexual Violence Hotline**

Phone: 800-838-8238/TTY 800-838-8238

**Utility Assistance**

**Washington, DC**

**Salvation Army**

202-332-5000

**Catholic Charities**

Family Centers and Emergency Financial Assistance

2812 Pennsylvania Avenue, SE

Washington, DC 20020

**Pepco** at 202-833-7500

**DC Energy Office** at

202-673-6750

**Prince Georges County, MD**

Payment Assistance Organizations

**Catholic Charities in Forestville** - 301-568-9529

**Community Ministries, Seat Pleasant** - 301-499-2319

**Laurel Advocacy and Referral in Laurel** - 301-776-0442

**United Communities Against Poverty (UCAP) in Capitol Heights** at - 301-322-5700

### **Vision Care**

#### **Dr. Syeda Kutub Eye Care Professionals; Landmark Mall**

5901 Duke St, Alexandria, VA 22304

Phone: 703-914-2144; Fax: 703-354-4124

Contact for Services: Office Staff

Website: <http://www.skeyecare.com/>

Appointments require a referral letter from a Career Coach

#### **LensCrafters**

7101 Democracy Blvd

Suite 221B

Bethesda, MD 20817

Phone: 301-365-3682

Appointments require a referral letter from a Career Coach