

Community Services Resource Guide

CITY OF GAITHERSBURG

Table of Contents

I. Community Services Snapshot.....6

II. Food Providers.....11

- St Martin of Tours Catholic Church Food Pantry.....12
- So What Else?.....12
- Cross Community – Equity Center.....12
- Gaithersburg Farmers Markets.....12
- Gaithersburg Meals on Wheels.....12
- Manna Food Center.....13
- Community Hope Center – Gaithersburg Cares HUB.....13
- Gaithersburg Help Food Pantry.....13
- Gaithersburg Help Food Pantry.....16
- Manna Food Center.....18

III. Medical Providers.....19

- Holy Cross Health Center.....20
- Mercy Health Clinic.....20
- MoblieMed Gaithersburg/Church of Ascension.....20
- MoblieMed Upcounty Clinic.....20
- Gaithersburg Help.....20

IV. Services for Older Adults.....23

- Chinese Culture and Community Service Center (CCACC).....24
- Gaithersburg Help.....24
- Home Care Partners.....26

CITY OF GAITHERSBURG

Table of Contents

V. Career Development Partners.....29
- Interfaith Works, Inc.....30
- CareerCatchers, Inc.....30
- Spanish Catholic Charities.....30

VI. Financial Coaching and Housing Counseling.....33
- Gaithersburg Financial Empowerment Center.....34
- Emergency Rental Assistance.....36
- Energy Assistance.....38
- Homebuyer Assistance Loan Program.....42
- Debt Management.....42
- Housing Initiative Partnership (HIP).....44
- Rebuilding Together.....45

VII. Youth Services.....47
- Gaithersburg Youth Opportunities Coalition.....48
- Dream It Be It -- Career Support for Girls -- Soroptimist.....50
- Carpe Diem Arts.....51
- Girls on the Run.....52
- Jewish Council for the Aging.....53
- DiscoverSTEAM.....55
- Student Union.....56
- Gaithersburg Youth Club.....58

Revised 10/2024

City of Gaithersburg Snapshot of Services

The City of Gaithersburg proudly funds services in seven Focus Areas. Below are the organizations that are collaborating to provide these services. Feel free to use this as a resource when/if you need to!

Contact the Community Services Division for more information at 301-258-6395 or visit gaithersburgmd.gov

Food & Nutrition Assistance

City residents in need of emergency food access can contact the following area food programs:

- Manna Food Center 301-424-1130
- Gaithersburg CARES Hub 301-793-3321
- Gaithersburg HELP 301-216-2510

Housing Preservation Services & the Financial Empower-ment Center

City residents can get financial empowerment and housing preservation services through these organizations:

Gaithersburg Financial Empowerment Center – provides free, professional, one-on-one financial counseling to help City residents at all income levels manage finances, pay down debt, and build credit to achieve financial stability. Counseling available in English, Spanish and French, virtually or in person:

- Gaithersburg Financial Empowerment Center 240-454-5199

Housing Preservation - Households in need of utility assistance/emergency cutoff and foreclosure/eviction prevention counseling and support can access:

- HIP - Housing Counseling 301-916-5946
- UMAN - Eviction and Utility Disconnect Prevention 301-926-4422

Health & Mental Health Assistance *(For Adults)*

Uninsured or underinsured residents can seek health and mental health services from:

Health & Mental Health Assistance:

- Mobile Medical Care 301-493-2400
- CCACC Health Center 240-393-5950

Health Assistance:

- Gaithersburg HELP (prescriptions only) 301-216-2510
- Mercy Health Clinic 240-773-0300
- Holy Cross Health Center 301-557-1940
- Korean Community Service Center 240-683-6663

Updated October, 2024

City of Gaithersburg Snapshot of Services

Youth Mental Health

Supportive programming and services

• Identity, Inc.	301-502-0077
• 480 Club	301-244-8856
• Emerging Triumphantly	240-324-8267
• So What Else	410-299-7160

Housing Stabilization Services

Homeless individuals and families must apply for housing consideration with the Montgomery County Department of Health and Human Services. Gaithersburg directly supports these organizations:

All:

- Wells Robertson Outreach Team / Emergency Services 301-258-6390

Families

- The Dwelling Place, Inc.
- Family Services, Inc. - Betty Ann Krahnke Shelter

Singles

- Interfaith Works Women's Emergency Shelter
- Montgomery County Coalition for the Homeless Men's Emergency Shelter

Vocational Services

Vocational coaching services are available for unemployed or underemployed residents.

English Proficient

• Treatment and Learning Centers, Inc (for individuals with disability)	(301) 424-5200
• Interfaith Works	301-585-4471 x220
• Career Catchers, Inc.	301-529-8730 or 703-635-0659

Non-Proficient English

• Catholic Charities	301-453-5560
• Interfaith Works	301-585-4471 x220 or 301-461-4728

Services for Seniors & Adults with Disabilities

Seniors and adults with disabilities can access transportation assistance, mental health and in-home aid services with these organizations:

• Chinese Culture and Community Service Center	301-820-7200
• Gaithersburg HELP - Transportation	301-216-2510
• Home Care Partners - in-home nonmedical services	*Call Community Services

Ciudad de Gaithersburg
Gui a de Servicios

La ciudad de Gaithersburg orgullosamente financea servicios en siete áreas de enfoque. A continuación se encuentran las organizaciones que están colaborando para proporcionar estos servicios.

Para más información comuníquese con la División de Servicios Comunitarios al 301-258-6395 o visite gaithersburg md.gov.

Asistencia Nutricional de Comida

Los residentes de la ciudad que necesitan comidas pueden accesar los siguientes programas de comida en el área:

- Manna Food Center 301-424-1130
- Gaithersburg CARES Hub 301-793-3321
- Gaithersburg HELP 301-216-2510

Preservación de Vivienda & el Financial Empower-ment Center

Los residentes de la ciudad pueden obtener servicios de empoderamiento financiero y preservación de vivienda a través de estas organizaciones:

Gaithersburg Financial Empowerment Center – prove consejeria financiera gratuita, ayuda a los residents de la Ciudad de Gaithersburg de todo tipo de ingreso a manejar sus finanzas, pagar sus deudas, y a construir su credito y alcanzar estabilidad financiera. La consejeria esta disponible virtualmente o en persona en ingles, espanol y frances:

- Gaithersburg Financial Empowerment Center 240-454-5199

Preservación de Vivienda - Las familias que necesitan asistencia con utilidades / desconexión de utilidades, ejecución hipotecaria o prevención de desalojo, pueden accesar las siguientes organizaciones para consejería y apoyo:

- HIP - Housing Counseling 301-916-5946
- UMAN - Evicción y Prevención de Desconexión de Utilidades 301-926-4422

Asistencia con Salud y Salud Mental *(Para Adultos)*

Los residentes sin seguro o con poca coverture pueden buscar asistencia en servicios de salud y salud mental:

Salud y Salud Mental Asistencia:

- Mobile Medical Care 301-493-2400
- CCACC Health Center - Mayores 240-393-5950

Asistencia para la Salud:

- Gaithersburg HELP (solo para prescripciones) 301-216-2510
- Mercy Health Clinic 240-773-0300
- Holy Cross Health Center 301-557-1940
- Korean Community Service Center 240-683-6663

Ciudad de Gaithersburg Gui a de Servicios

Asistencia de Salud Mental para Jóvenes

Los jóvenes sin seguro o con poca covertura de seguro que nesecitan servicios de salud mental pueden contactarse al:

- Identity, Inc. 301-502-0077
- 480 Club 301-244-8856
- Emerging Triumphantly 240-324-8267
- So What Else 410-299-7160

Servicios de Estabilización de Viviendas

Las personas y familias sin hogar para ser considerados para vivienda deben aplicar con en el Departamento de Salud y Servicios Humanos del Condado de Montgomery. La ciudad de Gaithersburg apoya directamente estas organizaciones:

Todos:

- Wells Robertson Outreach Team / Servicios de Emergencia 301-258-6390

Familias

- The Dwelling Place, Inc.
- Family Services, Inc. - Betty Ann Krahnke Shelter

Personas Solas

- Crisis Center 240-777-4000
- Interfaith Works Women's Emergency Shelter
- Montgomery County Coalition for the Homeless Men's Emergency Shelter

Servicios Vocacionales

Los servicios vocacionales y entrenamiento están disponibles para residentes desempleados o con necesidad de un mejor trabajo

Personas que hablan Ingles

- Treatment and Learning Centers, Inc (para personas con discapacidad mental) (301) 424-5200
- Interfaith Works 301-585-4471 x220
- Career Catchers, Inc. 301-529-8730 or 703-635-0659

Personas que no hablan inglés

- Catholic Charities 301-453-5560
- Interfaith Works 301-585-4471 x220 o 301-461-4728

Servicios para Personas Mayores o Adultos con Discapacidades

Las personas mayores y los adultos con discapacidades pueden accesar a la asistencia de transporte, salud mental y servicios de ayuda en el hogar con estas organizaciones:

- Chinese Culture and Community Service Center 301-820-7200
- Gaithersburg HELP - Transportación 301-216-2510
- Home Care Partners - Ayuda en el Hogar *Call Community Services



Food Providers

CITY OF GAITHERSBURG



St. Martin of Tours Catholic Church Food Pantry - *Mondays only*
The St. Martin of Tours Catholic Church Food Pantry is available to anyone in need. No appointment necessary. Pantry open 7 a.m. to 12 p.m.

So What Else?
Lakeforest Mall Commuter Lot:
Every Wednesday from 10 a.m - 12 p.m.
9670 Lost Knife Rd, Gaithersburg, MD 20877
Pathways Church:
Every Thursday from 10 a.m. - 12 p.m. | 200 W Diamond Ave, Gaithersburg, MD 20877

Cross Community - Equity Center
Food Distribution Saturdays - Every Other Weekend – Grab & Go distribution Starts at 10 a.m. ICOG Church 19201 Woodfield Rd, Gaithersburg MD 20879

Gaithersburg Farmers Markets

Two farmers markets offer nutritious, locally grown produce and prepared foods. SNAP, WIC, FVC, and FMNP checks accepted.

301-258-6350 • gaithersburgmd.gov



Main Street Farmers Market

Year Round: Saturdays, 9 a.m. - 1 p.m.
301 Main Street, Kentlands

Casey Farmers Market

Customers with SNAP, P-EBT, eWIC, & Senior FMNP checks can receive a dollar for dollar match with Maryland Market Money.
May - November:
Thursdays - 11 a.m. - 2:30 p.m.
Casey Community Center
810 S Frederick Ave



Prepared Meals

Gaithersburg Meals On Wheels (MOW) delivers nutritious, well-balanced meals to elderly, ill, and disabled home-bound residents of Gaithersburg, Montgomery Village and Washington Grove. Call 301-216-4200 for information.



Gaithersburg Community Soup Kitchen (The Lord's Table)
Epworth United Methodist Church
9008 Rosemont Dr, Gaithersburg, MD 20877 - Enter at the back of the church.
Five days per week a FREE three course meal is served to anyone in need.
Hot Meals - October to April
Monday -Friday, 3:30 - 4:30 pm
Bag Lunch May - September
Monday - Friday, 1:30 - 2:30pm

The City of Gaithersburg & its many food partners

offer programs and services to ensure that those facing hunger have access to healthy foods throughout the year. We look forward to serving you.

Community Services Division

Contact the Community Services Division for referrals to agencies and organizations that offer assistance to City residents.
communityservices@gaithersburgmd.gov

Manna Food Center

Partnering social service agencies can refer families or individuals can call Manna Food Center to schedule a food pick up.
301-424-1130 • mannafood.org • referral@mannafood.org

Community Hope Center - Gaithersburg Cares HUB

The Pantry is open by appointment. For more information and to schedule a pantry appointment, call 301-793-3321.

Gaithersburg HELP

Food Pantry

Call for an appointment: 301-216-2510 ext 1

Infant Needs

Formula and baby food is available at the Gaithersburg HELP Food Pantry. Call for eligibility or visit gaithersburghelp.org



Meals for Children

Summer Camps

In cooperation with Montgomery County Public Schools, select City of Gaithersburg Summer Camps participate in the Summer Food Service Program, where campers receive nutritious snacks and meals. Gaithersburg Summer Camp financial assistance is available for qualifying City residents. 301-258-6395

Summer Food Service Program (SFSP)

This program ensures that children 18 and under receive nutritious meals when school is not in session. Meals are available at community centers, public schools and local faith-based organizations. Visit MCPS, Division of Food & Nutrition Services website for more details.

City of Gaithersburg Food Brochure

Need Help? ¿Necesita Ayuda? Scan the QR code below or call Community Services at 301-258-6395



St. Martin de Tours Iglesia Catholica Despensa de Alimentos - *Solo Lunes*

La Despensa de Alimentos de la Iglesia Católica San Martín de Tours. La despensa de alimentos está disponible para cualquier persona necesitada. No es necesario pedir cita. Despensa abierta de 7a.m. a 12 p.m.

So What Else?

Lakeforest Mall Estacionamiento:
Todos los Miercoles de 10 a.m - 12 p.m.
9670 Lost Knife Rd, Gaithersburg, MD 20877

Pathways Iglesia:
Todos los Jueves de 10 a.m. - 12 p.m.
200 W Diamond Ave, Gaithersburg, MD 20877

Cross Community - Equity Center
Distribución de alimentos Sábados - Cada otro fine de semana - Grab & Go distribución comienza a las 10 a.m
19201 Woodfield Rd, Gaithersburg MD 20879

Mercado Agrícola de Gaithersburg

Dos mercados de agricultores ofrecen productos nutritivos, cultivados localmente y alimentos preparados. Se aceptan SNAP, WIC, FVC y FMNP.

301-258-6350 • gaithersburgmd.gov



Main Street Mercado Agricola

Todo el año: Sábados 9 a.m. - 1 p.m.
301 Main Street, Kentlands

Casey Mercado Agricola

Los clientes con cheques SNAP, P-EBT, eWIC y FMNP pueden recibir una igualacion dólar por dólar con Maryland Market Money.
Mayo - Noviembre:
Jueves - 11 a.m. - 2:30 p.m .
Casey Community Center
810 S Frederick Ave



Comidas Preparadas

Gaithersburg Meals On Wheels (MOW) reparte comidas nutritivas y equilibradas a ancianos, enfermos y discapacitados confinados en casa de Gaithersburg, Montgomery Village y Washington Grove. Para más información llame al 301-216-4200



Gaithersburg Community Soup Kitchen (The Lord's Table)

Entrada por la parte de atras de la iglesia

***Cinco días a la semana se sirve una comida de tres platos GRATIS** a cualquier persona necesitada.*

***Comidas calientes** - Octubre-Abril*
Lunes -Viernes, 3:30 - 4:30 pm

***Almuerzo en Bolsa** Mayo-Septiembre*
Lunes - Viernes, 1:30 - 2:30pm

La Ciudad de Gaithersburg y sus colaboradores alimentarios

ofrece programas y servicios para garantizar que quienes pasan hambre tengan acceso a alimentos sanos durante todo el año. Esperamos poder servirle.

División de Servicios Comunitarios

Contacte a División de Servicios a la Comunidad para obtener referencias de agencias y organizaciones que ofrecen asistencia a los residentes de la ciudad.
communityservices@gaithersburgmd.gov

Manna Centro de Comida

Las agencias de servicios sociales pueden referir familias o individuos pueden llamar a Manna Food Centro para programar una recogida de alimentos
301-424-1130 • mannafood.org • referral@mannafood.org

Community Hope Center - Gaithersburg Cares HUB

La despensa está abierta con cita . Para más información y para programar una cita llame al 301-793-3321.

Gaithersburg HELP

Despensa

Llame para hacer una cita: 301-216-2510

Necesidades Infantiles:

Fórmula y alimentos para bebés están disponibles en el Despensa de Alimentos HELP de Gaithersburg.
Llame para elegibilidad o visite gaithersburghelp.org



Comida Para Ninos

Campamento de Verano

En cooperación con Montgomery County Escuelas Públicas del Condado de Montgomery algunos campamentos de Gaithersburg participan en el Programa de verano donde los participantes reciben meriendas y comidas nutritivas.
Gaithersburg Campamento de Verano ayuda financiera está disponible para residentes que califican 301-258-6395

Servicios Alimentarios de Verano

Este programa garantiza que los menores de 18 años menores reciban comidas nutritivas cuando la escuela no está en sesión. Las comidas están disponibles en centros comunitarios, escuelas públicas y organizaciones religiosas locales. Visite MCPS, División de Servicios de Alimentación y Nutrición para más detalles.

Ciudad de Gaithersburg Folleto de Alimentos

¿Necesita Ayuda? Escanee el siguiente código QR o llame al Servicios Comunitarios al 301-258-6395

Gaithersburg HELP

Neighbor Helping Neighbor Since 1968

HELP IS JUST A PHONE CALL AWAY (See page 2 for Spanish)

CONTACT US: 301-216-2510

Select the correct box number for the service you want, then please leave a message as instructed. A coordinator will call you back within 24 hours on weekdays. You must turn off your caller ID, or we cannot call you back. To turn off your caller ID, press *87 after you hear a dial tone; then hang up.

We offer the following services to residents of Gaithersburg and Montgomery Village:

Food and Infant Needs Services (Box 1): We provide a 3-day supply of food based on family size as well as formula and baby food. Families can make 9 visits in a 6-month period. We provide shelf-stable items, fresh fruits and vegetables, and milk, cheese, and eggs. At the pantry, you must show a photo ID so that we know you live within our service areas.

Transportation Services (Box 2): A senior (55+), an adult with disabilities, or otherwise unable to take public transportation can get up to 18 rides a year to and from medical appointments or social service agency appointments with our volunteer drivers or our partner taxi service. One week's notice is recommended. We cannot provide a ride with less than 2 business days' notice.

Prescription Services (Box 3): You must first have a prescription before calling us for Rx support. We work with the following Giant stores: Muddy Branch, Diamond Square, Crabbs Branch, Flower Hill, Goshen, and Kentlands. We also work with UltraCare Pharmacy in Germantown. We cannot assist with medications exceeding $400 in a calendar year. We can also pay for eye exams and glasses through our participating vendor.

Referrals: Our coordinators can also provide referrals for health care, utility bills, eviction prevention, clothing, furniture, and other needs.

Check our service area map: https://www.gaithersburghelp.org/service-area-map/

Gaithersburg HELP

Neighbor Helping Neighbor Since 1968

LA AYUDA ESTÁ A SÓLO UNA LLAMADA DE DISTANCIA

CONTÁCTENOS: 301-216-2510

Para nuestra línea en español, seleccione la casilla 5 y luego deje un mensaje según las instrucciones. Un coordinador le devolverá la llamada en un plazo de 24 horas de lunes a viernes. Debe desactivar su identificador de llamadas o no podremos devolverle la llamada. Para desactivar su identificador de llamadas, presione *87 después de escuchar un tono de marcado; luego cuelgue.

Nuestros coordinadores de habla hispana pueden ayudarlo a obtener los siguientes servicios si es residente de Gaithersburg o Montgomery Village:

Servicios de alimentación y necesidades infantiles: Proporcionamos un suministro de alimentos para 3 días según el tamaño de la familia, así como fórmula y alimentos para bebés. Las familias pueden realizar 9 visitas en un período de 6 meses. Ofrecemos productos no perecederos, frutas y verduras frescas, leche, queso y huevos. En la despensa, debe mostrar una identificación con fotografía para que sepamos que vive dentro de nuestras áreas de servicio.

Servicios de transporte: Una persona mayor (55+), un adulto con discapacidades o que no pueda tomar el transporte público puede obtener hasta 18 viajes al año hacia y desde citas médicas o citas con agencias de servicios sociales con nuestros conductores voluntarios o nuestro servicio de taxi asociado. Se recomienda un aviso de una semana. No podemos ofrecer un viaje con menos de 2 días hábiles de antelación.

Servicios de prescripción: Primero debe tener una receta antes de llamarnos para solicitar asistencia con Rx. Trabajamos con las siguientes tiendas Giant: Muddy Branch, Diamond Square, Crabbs Branch, Flower Hill, Goshen y Kentlands. También trabajamos con UltraCare Pharmacy en Germantown. No podemos ayudar con medicamentos que excedan los $400 en un año calendario. También podemos pagar exámenes de la vista y anteojos a través de nuestro proveedor participante.

Referencias: Nuestros coordinadores también pueden proporcionar referencias para atención médica, facturas de servicios públicos, prevención de desalojos, ropa, muebles y otras necesidades.

Our service area map: https://www.gaithersburghelp.org/service-area-map/

TOGETHER, WE CAN BUILD OUR COMMUNITY

manna food center

Join us at 12301 Old Columbia Pike,
Silver Spring, MD 20904

MANNA FOOD CENTER OFFERS MANY OPPORTUNITIES TO ENGAGE OUR COMMUNITY

1

FREE AVAILABLE SPACE FOR COMMUNITY-BASED ORGANIZATIONS FOR:

- Meetings/ Workshops/Trainings
- Activities, etc.

TABLE SET UP AT MANNA'S MARKET

- Tuesdays, 9am - 12pm
- Thursdays, 9am - 12pm
- Fridays, 10am - 12pm/ 1pm- 3pm

2

3

POP-UP PANTRY

- Reach out to us in advance if your organization would like to host a pop-up pantry!

ONGOING CONVERSATIONS

- Solutions start with conversations!
- Join our monthly call every fourth Wednesday and contribute to finding possible solutions for our community!

4

5

ADVOCACY

- Join your voice to our advocacy efforts for policy change
- Share your lived experience to shape the services offered to our communitity!

INFORMATION SHARING AT COMMUNITY EVENTS!

- Health/Family/Resource Fairs
- Back to school events
- Community Days, etc.

6

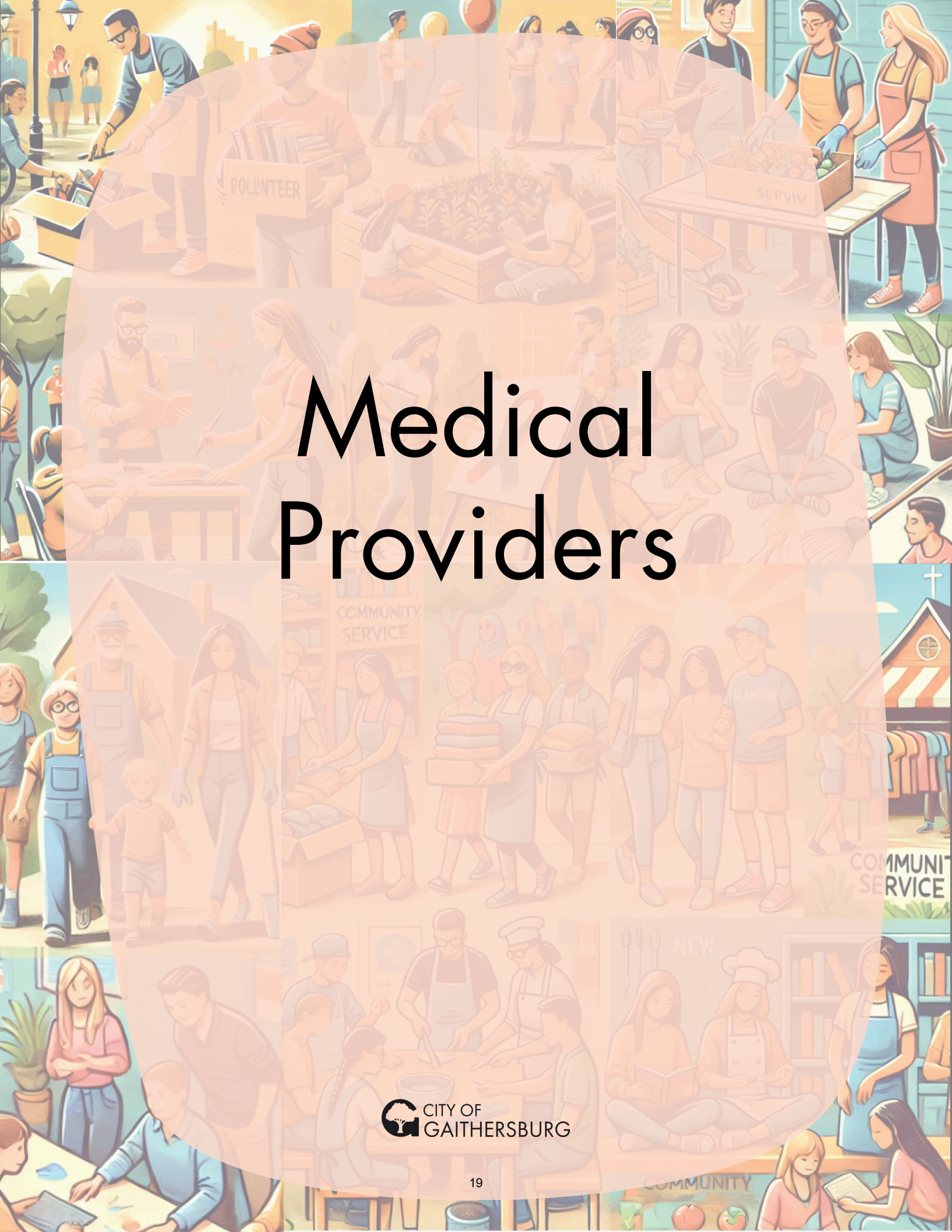
7

TAKE ADVANTAGE OF FREE COMPUTER CLASSES!

- In partnership with Digital Bridge, call Martha at 240-548-7857 or send an email to dbridge95rural@yahoo.com for more information!

ANY QUESTIONS? CONTACT AGAR MBIANDA
agar@mannafood.org or call 240-268-2504

Visit: www.mannafood.org



Medical Providers

CITY OF GAITHERSBURG

Primary Health Care for Low-Income Gaithersburg Residents –

HOLY CROSS HEALTH CENTER **Holy Cross Health Center** 220 Perry Parkway, Suite 5 Gaithersburg, MD 20877 (next to Marriot Towne Place Suites) www.holycrosshealthcenter.org Appointments: 301-557-1832	**Monday, Tuesday, Thursday, Friday:** 8am – 4:30pm **Wednesday:** 8am – 8pm; **Saturday:** 8am – 12pm **Public Transportation:** Take Ride On Bus 54 to Lakeforest. Get off on Perry Pkwy. @ 211. Take Ride On Bus 54 to Rockville. Get off on Perry Pkwy. @ 220. **Driving (from north):** Head south on 355/N Frederick Ave, turn right on Perry Parkway; in 0.5 miles, clinic is on the right. **Driving (from south):** Head north on 355/N Frederick Ave, turn right on Fulks Corner Ave, then left on Olde Towne Ave/W Diamond Ave, then in 0.5 miles turn right on Perry Parkway; clinic is on the left.
Mercy Health Clinic 7 Metropolitan Court, Suite 1 Gaithersburg, MD 20878 www.mercyhealthclinic.org Appointments: 240-773-0300	**Monday and Wednesday:** 8:30am – 5pm **Tuesday and Thursday:** 8:30am – 7pm **Public Transportation:** Take Ride On Buses 61, 71, or 78. All stop within a block of the Clinic. Ride On Buses 56 and J9 stop several blocks from the Clinic. **Driving:** Take Clopper Road and turn east onto Metropolitan Grove Road. Turn left onto Metropolitan Court.
MobileMed Mobile Medical Care, Inc. **Gaithersburg /Church of Ascension** (temporarily telehealth and referral only) 202 South Summit Avenue Gaithersburg, MD 20877 www.mobilemedicalcare.org Appointments & Info: 301-493-2400	**Medical and behavioral health services.** Additional services include access to home monitoring equipment to help control blood pressure and diabetes. Currently offering telehealth visits and referrals to Germantown and Rockville clinics only.
MobileMed Mobile Medical Care, Inc. **Upcounty Clinic** (next to Adventist HealthCare Emergency Center) 19735 Germantown Road, Suite 300 Germantown, MD 20874 www.mobilemedicalcare.org Appointments: 301-634-9600	**Monday thru Thursday** 8:30am – 5pm; **Friday** 9am – 1pm **Korean Clinic**: **Friday** 1pm – 5pm**, Call 240-683-6663 (KCSC)** **Public Transportation:** Take Ride On Bus 55 towards Germantown and get off at Germantown Transit Center. Cross Germantown Rd at Crystal Rock Rd, and turn right to walk down Germantown Rd. Destination will be on the left (before you reach Middlebrook Rd). **Driving:** Head north on 355/N. Frederick Ave. Turn left onto Middlebrook Rd. Turn right onto Germantown Rd, and then make first right into the parking lot for Shady Grove Adventist Emergency Center. Clinic is on the 3rd floor of office building at 19735 Germantown Rd.
Gaithersburg HELP 301 Muddy Branch Road Gaithersburg, MD 20878 www.gaithersburghelp.org Rx Assistance: 301-216-2510	**Services:** Prescription medications, food pantry, and transportation assistance. For medication assistance, call and leave a voice message in Box 3.

Are you or a loved one:

- Having suicidal thoughts?
- Feeling unsafe in your living situation?

If so, please call the Montgomery County Crisis Center (Open 24 Hours) 240-777-4000

Salud Primaria para Residentes de Gaithersburg de Bajos Ingresos

Holy Cross Health Center 220 Perry Parkway, Suite 5 Gaithersburg, MD 20877 (al lado del Marriot Towne Place Suites) www.holycrosshealthcenter.org Para una cita, llame al 301-557-1832	**Lunes, Martes, Jueves y Viernes**: 8am – 4:30 pm **Miércoles** 8am – 8pm; **Sábados** 8am - 12pm **Transporte Público:** Tome el bus Ride On 54 hasta Lakeforest: baje en Perry Parkway @ 211. Tome en el bus Ride On 54 hasta Rockville: baje en Perry Parkway @ 220. **Direcciones en Automóvil (desde el norte):** Dirijase al sur por la 355/N Frederick Ave, gire a la derecha en Perry Parkway; en 0.5 millas la clínica está a la derecha. **Direcciones en Automóvil (desde el sur):** Dirijase hacia el norte por la 355/N Frederick Ave, gire a la derecha en Fulks Corner Ave, luego a la izquierda en Olde Towne Ave/W Diamond Ave, luego en 0.5 millas gire a la derecha en Perry Parkway; La clínica está a la izquierda.
Mercy Health Clinic 7 Metropolitan Court, Suite 1 Gaithersburg, MD 20878 www.mercyhealthclinic.org Para una cita, llame al 240-773-0300	**Lunes y Miércoles**: 8:30am – 5pm **Martes y Jueves:** 8:30am – 7pm **Transporte Público:** Tome el bus Ride On 61, 71 or 78. Todos se detienen a una cuadra de la Clinica. Los buses Ride On 56 and J9 se estacionan a unas cuadras. **Direcciones en Automóvil:** Tome Clopper Road y gire al este en Metropolitan Grove Road. Gire a la izquierda en Metropolitan Court.
MobileMed Mobile Medical Care, Inc. **Gaithersburg /Church of Ascension** (solo telesalud y referido temporalmente) 202 South Summit Avenue Gaithersburg, MD 20877 www.mobilemedicalcare.org Para una cita y informacion llame al 301-493-2400	**Servicios médico y de salud.** Los servicios adicionales incluyen el acceso a equipos de monitoreo del hogar para ayudar controlar la presion arterial y la diabetes. Las clinicas de Germantown y Rockville **solamente** ofrece visitas de telesalud y referencias.
MobileMed Mobile Medical Care, Inc. **Upcounty Clinic** (al lado del Centro de Emergencias Adventista) 19735 Germantown Road, Suite 300 Germantown, MD 20874 www.mobilemedicalcare.org Para una cita, llame al 301-634-6000	**Lunes a Jueves** 8:30 am – 5pm **Viernes** 9am-1pm; **Clínica Coreana:** 1pm-5pm, **Llame al 240-683-6663 (KSCS**) **Transporte Público:** Tome el bus Ride On 55 hacia Germantown y bájese en el Centro de Transito de Germantown. Cruce la calle Germantown Rd en la calle Crystal Rock y gire a la derecha. Camine sobre la Germantown Rd. la clínica está a la izquierda antes de llegar a la calle Middlebrook Rd. **Direcciones en Automóvil**: Diríjase hacia el norte en la calle N Frederick Rd. y doble en la primera calle a la izquierda en la calle Middlebrook Rd. Doble a la derecha hacia Germantown Rd y entonces haga la primera derecha en el estacionamiento del Centro de Emergencias de Shady Grove Adventist. La clínica está en el 3er piso del edificio No. 19735 Germantown Rd.
Gaithersburg HELP 301 Muddy Branch Road Gaithersburg, MD 20878 www.gaithersburghelp.org Para asistencia con medicamentos, llame al 301-216-2510	**Servicios:** Distribución de alimentos y medicinas. Provee ayuda con transporte. Para asisttencia con medicinas, llame y deje un mensaje de voz en Cajón 3.

SILVER SPRING AREA

Care For Your Health
11120 New Hampshire Ave., Suite 509
Silver Spring, MD 20904
(240) 844-2552

Casa Ruben
1700 Elton Road,
Suite 200
Silver Spring, MD 20903
(301) 445-2500

CCI Health & Wellness Services
8630 Fenton Street,
12th Floor
Silver Spring, MD 20910
(301) 585-1250

7676 New Hampshire Ave.,
2nd Floor
Takoma Park, MD
20912
(301) 431-2972

Holy Cross Health Center
13415 Connecticut Ave.,
Suite 100
Aspen Hill, MD 20906
(301) 557-1950

7987 Georgia Ave.,
Silver Spring, MD 20910
(301) 557-1870

Mary's Center
344 University Blvd. West
Silver Spring, MD 20901
Appointment Line: (844) 796-2797
Main Line: (202) 483-8196

Mobile Med
3820 Aspen Hill Road Aspen Hill,
MD 20906
(301) 493-2400

3300 Briggs Chaney Road Silver Spring, MD 20904 (301) 493-2400

6450 Rockledge Dr.,
Suite 1200
Bethesda, MD 20814
(301) 493-2400

8600 Old Georgetown Rd.
Bethesda, MD 20814
(301) 493-2400

Muslim Community Center Medical Clinic
15200 New Hampshire Ave.,
Silver Spring, MD 20905
(301) 384-2166

Proyecto Salud
11002 Viers Mill Road,
Suite 700
Wheaton, MD 20902
(301) 962- 6173

GAITHERSBURG AREA

CCACC-PAVHC
9318 Gaither Rd.,Suite 205
Gaithersburg, MD 20877
(240) 393-5950

CCI Health & Wellness Services
220 Girard Street, Suite 100
Gaithersburg, MD 20877
(301) 216-0880

Dental Services:
200 Girard St., Suite 206
(240) 720-0510

Holy Cross Health Center
220 Perry Parkway, Suite 5
Gaithersburg, MD 20877
(301) 557-1800

Mercy Health Clinic
7 Metropolitan Ct., Suite 1
Gaithersburg, MD 20878
(240) 773-0300

Mobile Med
202 South Summit Ave.
Gaithersburg, MD 20877
(301) 493-2400

Proyecto Salud
18111 Prince Philip Drive,
Suite 312
Olney, MD 20832
Professional Building I,
Medstar Montgomery
Medical Center Campus
(301) 260-1073

GERMANTOWN AREA

Care For Your Health
12850 Middlebrook Rd., Suite 400
Germantown, MD 20874 - MWF
(240) 844-2552

Casa Ruben
12850 Middlebrook Rd.,
Suite 400 – Thursdays only Germantown, MD
20874 (301) 445-2500

Mobile Med
19735 Germantown Road
Suite 300
Germantown, MD 20874
(301) 634-9600

ROCKVILLE AREA

Mansfield Kaseman Health Clinic
8 West Middle Lane
Rockville, MD 2085
(301) 917-6800

Mobile Med
1500 East Gude Dr.
Rockville, MD 20850
(301) 493-2400



Older Adult Services

CITY OF GAITHERSBURG

CITY OF GAITHERSBURG

Community Service

Services for Seniors, Youth and/or Adults with Disabilities

CCACC

- **Senior Technology Training Program**

  Email: senior.planet@ccacc-dc.org
  or Call 301-620-1517

- **Mental Health Program**

  Email: panasianclinic@ccacc-dc.org
  or Call 240-393-5950

For more information, go to www.ccacc-dc.org

50 YEARS Gaithersburg HELP
1968 · Neighbor Helping Neighbor · 2018

Do You Need a Ride to a Medical or Social Services Agency Appointment?

Call 301-216-2510 and leave a message on line 2

For more information, go to www.gaithersburghelp.org

Home Care Partners

Provides Home Care Aides and Family Caregiver Support in the DC Metropolitan Area

Call (202) 638-2382
For more information, go to www.homecarepartners.org

Collaboration is Multiplication

Call us TODAY!

CITY OF
GAITHERSBURG

Community Service

Services for Seniors, Youth and/or Adults with Disabilities

Proudly Provided by:

- Chinese Culture and Community Service Center (CCACC)

Senior Technology Training Program, which is FREE, multi-level sessions included, and device provided if needed. Mental Health Program (www.ccacchealth.org), provide counseling service to address mental health needs such as social isolation, anxiety, and depression to improve quality of life.

- Gaithersburg HELP

If you are a senior citizen or disabled adult, you can obtain up to 18 rides per calendar year.

If a volunteer driver is not available, we may be able to provide you with a voucher for a taxicab ride if it's 10 miles or less.

Please call with your ride request between the hours of 8:00 am and 5:00 pm at least 2 business days before transportation is needed.

- Home Care Partners

Enables vulnerable people to remain in their own homes in comfort, safety, and dignity. We do this by:

- Providing comprehensive home care services
- Supporting family caregivers
- Implementing DC's Safe at Home program

Collaboration is Multiplication

Call us TODAY!

HOME CARE PARTNERS MONTGOMERY COUNTY LIGHT CARE



What Is Light Care?

Certified Nursing Assistants (CNAs) help in the home with light housekeeping, meal preparation, laundry, and personal care support.

HOW OFTEN?

CNAs usually provide service once per week for 2 to 3 hours. You can continue to receive the service as long as you need it, provided funding is available.

AM I ELIGIBLE?

Montgomery County residents age 60+ who have chronic health challenges or adults with disabilities age 18+ who need a little help to stay in their homes and need assistance paying for these services.

WHO PAYS?

Residents who qualify for this program based on income do not pay a fee although contributions are welcome. The program is supported by generous funding from the City of Gaithersburg, Montgomery County Council, foundation funds and private donations.

Contact Home Care Partners For More Information:
202 638-2382
www.homecarepartners.org
info@homecarepartners.org

GAITHERSBURG COMMUNITY SERVICES

Resources for Gaithersburg Area Seniors

For Anything and Everything! CALL 311

CITY	
Benjamin Gaither Center - Fitness, travel, education, recreation for seniors 💻gaithersburgmd.gov/services/senior-activities	301-258-6380
Gaithersburg HELP - Food, infant needs, emergency funding for medications, transportation, referrals - 💻gaithersburghelp.org/contact	301-216-2510
Neighborhood Safety Net Program - Food, utility assistance, health, legal, evictions, referrals - ✉safetynetinfo@sheppardpratt.org	301-840-3240
Gaithersburg Cares Hub Food, infant needs, referrals. Seneca Creek Community Church 💻senecacreek.org/careshub - ✉CARES@senecacreek.org	301-793-3321
The Arc Montgomery County - Respite care 💻TheArcMontgomeryCounty.org	301-984-5777 x1204
MobileMed - Healthcare for adults and seniors ✉info@mobilemedicalcare.org	301-493-2400
Dental Community Clinic - ✉info@cciweb.org	240-720-0510
Gaithersburg Hoarding Task Force Community Services Division - ✉communityservices@gaithersburgmd.gov Neighborhood Services Division - ✉neighbornoods@gaithersburgmd.gov	301-258-6395 301-258-6340
Older, Wiser, Loving Seniors (OWLS) - Monthly social activities for active seniors and those who love them. St. Rose of Lima Catholic Church 💻strose-parish.org/community	301-963-1269
Energy Saving Programs	240-777-4450

COUNTY	
Montgomery County Department of Health and Human Services Aging and Disability Services - Senior services, home repairs and much more ✉ADS@montgomeryCountyMD.gov	240-777-3000
MD Health Connection - 💻marylandhealthconnection.gov	240-777-1815
Medical Assistance (Medicaid) - ✉OESS.MoCo@montgomerycountymd.gov	240-777-1003
Food Resources - 💻montgomerycountymd.gov/covid19-food	
Eviction Prevention 💻montgomerycountymd.gov/DHCA/covid-19/eviction_process_and_renters.html	

COUNTY	
Housing Initiative Partnership - Montgomery County Home Sharing Program 💻hiphomes.org/Home-Sharing - ✉homeshare@hiphomes.org	301-85-SHARE 301-857-4273
JCA SHIP (State Health Insurance Assistance Program) Free information, educational programs, individual counseling on Medicare 💻medicareabcd.org - ✉SHIP@AccessJCA.org	301-255-4250
JCA Connect-A-Ride - Free information and referral on transportation options 💻accessjca.org/connect-a-ride/ - ✉ConnectARide@AccessJCA.org	301-738-3252
JCA Senior Community Service Employment Program (SCSEP) On the job paid training for low income, older adults 55+ 💻accessjca.org/scsep/ - ✉JCASCSEPInfo@AccessJCA.org	301-255-4249
Crisis Center 💻montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html#	240-777-4000
Montgomery County Food Council Food Assistance Resource Map - 💻mocofoodcouncil.org/map 💻mocofoodcouncil.org - ✉info@mocofoodcouncil.org	240-630-0774
Seniors AARP Tax-Aide Program	240-777-2577
JCA Senior Helpline - Free information and referrals for senior services ✉SeniorHelpLine@accessjca.org - 💻accessjca.org/senior-helpline/	240-290-3311
JCA Kensington Clubs Social adult day programs for adults with early-stage memory loss 💻accessjca.org/kensington-clubs/ - ✉KensingtonClub@accessjca.org	301-255-4204
JSSA (Jewish Social Service Agency)	301-816-2633
Sheppard Pratt Gaithersburg Outpatient Mental Health Center	301-840-3200
Aspire Counseling Program of Sheppard Pratt	301-978-9750
Korean Community Service Center	240-683-6663
Casa de Maryland – Latino Services	301-431-4185
Catholic Charities	301-942-1790
African American Service Center	301-296-4444
Senior Reach of Montgomery County	301-637-0730
Elder Safe Center Temporary shelter, financial, psychological and neglect services	301-816-5099
Rebuilding Together Montgomery County - Free home repairs	301-947-9400



Career Development Partners

CITY OF GAITHERSBURG

Interfaith Works, CareerCatchers Inc., Spanish Catholic Center

Vocational Counseling Partners for the City of Gaithersburg

Gaithersburg

Need help finding a career?

Want to develop skills that will set you apart from other candidates?

We offer individualized one-on-one counseling in:

- Evaluating abilities and determining skill sets
- Identifying online training to improve workplace skills
- Creating tailored resumes and cover letters
- Locating and applying for jobs matching your interests
- Providing interview practice and feedback
- Coaching to help maintain employment



Let us help you land your next job

To qualify you must live in the City of Gaithersburg

Appointments available by phone or by Zoom

Please call or email any of the providers below for more information:

Yohalvet Andrade-Torres
Senior Vocational Counselor
Interfaith Works
301-706-6022
ytorres@iworksmc.org

Chris Stephens
Vocational Counselor
CareerCatchers, Inc.
703-635-0659
chris@careercatchers.org

Angelica Thomson
Bilingual Vocational Counselor
Spanish Catholic Center
301-453-5560
angelica.thomson@cc-dc.org

Karen Morgret
Program Director
The Treatment & Learning Centers
301-294-9205 x 297
kmorgret@ttlc.org

www.gaithersburgmd.gov

Interfaith Works, CareerCatchers Inc., Spanish Catholic Center
Socios de Consejería Vocacional para la Ciudad de Gaithersburg

Gaithersburg

¿Necesita ayuda para encontrar trabajo?

¿Le gustaría desarrollar habilidades que lo distingan de los demás candidatos?

Ofrecemos asesoramiento individualizado en:

- Realización de evaluaciones vocacionales
- Ayudar para mejorar sus habilidades de capacitación en línea
- Ayuda a completar cartas de presentación y currículos
- Buscar y postular a trabajos que coincidan con sus habilidades
- Preparación y practica para entrevistas
- Asesoramiento para mantener el empleo



Permítanos ayudarle a conseguir su próximo trabajo

Para calificar es requerido ser residente de la Ciudad de Gaithersburg

Citas disponibles por teléfono y Zoom

Llame o envíe un correo electrónico a cualquiera de los proveedores a continuación para más información:

Yohalvet Andrade-Torres
Senior Vocational Counselor
Interfaith Works
301-706-6022
YTorres@iworksmc.org

Angelica Thomson
Consejera Vocacional Bilingüe
Spanish Catholic Center
301-453-5560
angelica.thomson@cc-dc.org

www.gaithersburgmd.gov



Financial Coaching & Housing Counseling

CITY OF GAITHERSBURG

Gaithersburg Financial Empowerment Center

FINANCIAL COACHING TO GROW YOUR FUTURE

Professional, Free, **One-On-One** Financial Counseling



- INCREASE YOUR SAVINGS
- FIND AFFORDABLE BANKING
- PAY DOWN DEBT
- IMPROVE YOUR CREDIT

LEARN MORE AND SCHEDULE AN APPOINTMENT TODAY!

240.454.5199 - gaithersburgMD.gov

The Financial Empowerment Center is a free public service of the City of Gaithersburg

CITY OF GAITHERSBURG

Housing Initiative Partnership

Gaithersburg Financial Empowerment Center

ASESORAMIENTO FINANCIERO PARA CRECER TU FUTURO

Profesional, gratuito, consejería **individual**



AUMENTA TUS AHORROS

ENCUENTRA SERVICIOS BANCARIOS ACCESIBLES

PAGA TUS DEUDAS

MEJORA TU CRÉDITO

¡APRENDE MÁS Y SOLICITA TU CITA HOY!

240.454.5199 - gaithersburgMD.gov

El Centro de Empoderamiento Financiero es un servicio público gratuito de la Ciudad de Gaithersburg

CITY OF GAITHERSBURG

Housing Initiative Partnership



ARE YOU FACING EVICTION?

Do you have a court summons or judgement?

Effective 10/1/23, staff will work with renters at the time of their court summons.

DHHS Housing Stabilization Services provides case management and limited financial grants to support residents at-risk of homelessness.

Case management assistance:

- Help households keep their current housing
- Obtain new housing
- Prevent utility shut-off
- Restore disconnected utility services
- Moving/storage assistance

Visit one of our regional offices or call 240-777-0311 to get connected.

MidCounty DHHS Building
1301 Piccard Drive
Rockville, MD 20850

DHHS Silver Spring Center
8818 Georgia Avenue
Silver Spring, MD 20910

Upcounty Regional Services Center
12900 Middlebrook Road
Germantown, MD 20874

KNOW YOUR RIGHTS

If you have questions regarding your rights as a tenant or the eviction process contact the Montgomery County Office of Landlord-Tenant Affairs at 240-777-0311.

DHHS MONTGOMERY COUNTY

Montgomery County, Maryland
Department of Housing and Community Affairs



¿ENFRENTA EL DESALOJO?

¿TIENE UNA CITACIÓN O SENTENCIA JUDICIAL?

A partir del 10/1/23, el personal trabajará con los inquilinos en el momento de su citación judicial.

Los Servicios de Estabilización de Vivienda del Departamento de Salud brindan administración de casos y subvenciones financieras limitadas para apoyar a las personas en riesgo de quedarse sin hogar.

Asistencia para la gestión de casos:

- Ayudar a los hogares a conservar su vivienda actual
- Obtener nueva vivienda
- Evitar el corte de servicios públicos
- Restaurar servicios públicos desconectados
- Asistencia de mudanza/almacenamiento

Visite una de nuestras oficinas regionales o llame al 240-777-0311 para recibir asistencia.

Edificio del Departamento de Salud
1301 Piccard Drive
Rockville, MD 20850

Centro de Salud Silver Spring
8818 Georgia Avenue
Silver Spring, MD 20910

Centro de Servicios Regionales del Norte del Condado
12900 Middlebrook Road
Germantown, MD 20874

CONOZCA SUS DERECHOS

Si tiene preguntas sobre sus derechos como inquilino o el proceso de desalojo comuníquese con la Oficina de Asuntos entre Propietarios e Inquilinos del Condado de Montgomery al 240-777-0311.

DHHS MONTGOMERY COUNTY

Montgomery County, Maryland
Department of Housing and Community Affairs



Income Eligibility Limits

Effective July 1, 2024 - June 30, 2025

FY25 Income Guidelines for MEAP and EUSP	
HOUSEHOLD SIZE	**MONTHLY INCOME LIMITS**
1	$2,510.00
2	$3,406.67
3	$4,303.33
4	$5,200.00
5	$6,096.67
6	$6,993.33
7	$7,890.00
8	$8,786.67
9	$9,683.33
10	$10,580.00
11+	Contact Your Local OHEP Office

OHEP

The **Office of Home Energy Programs (OHEP)** provides assistance to income-eligible households to help you stay warm, stay connected, and help pay past due energy bills.

HOW TO APPLY

OHEP is a year-round program. You do not need to have a crisis to qualify. You can apply at any time through any of the following methods:

- Apply in person at your local energy assistance office.
  - To find the Office of Home Energy Programs nearest you and other information on how to apply, call 1-800-332-6347 or visit our website at dhs.maryland.gov/energy.
- Mail in your application by printing and completing an Energy Assistance application. Our application can be found at http://dhs.maryland.gov/office-of-home-energy-programs/how-do-you-apply/.
- Apply online at https://mymdthink.maryland.gov/home/#/ You can also request an application by calling 1-800-332-6347.
- Home visits can also be arranged for senior citizens or other persons with special medical needs.

STAY CONNECTED

The Electric Universal Service Program (EUSP) is OHEP's electric assistance grant. This grant is available to you once per program year (July- June). Customers who receive EUSP may choose to enroll in budget billing with their utility company, but are not required. Budget Billing is a tool that utility companies provide to help spread out your annual utility bills into even monthly payments and avoid seasonal spikes in your bill.

CATEGORICAL ELIGIBILITY

Households that receive Supplemental Nutrition Assistance Program (SNAP) or Temporary Cash Assistance (TCA) benefits in Maryland are categorically eligible to receive energy assistance and do not need to complete an application or provide additional documentation. We will issue OHEP benefits to categorically eligible households after their SNAP and/or TCA redetermination is approved

STAY WARM

The Maryland Energy Assistance Program (MEAP) is OHEP's heating assistance grant. This grant is available to you once per program year (July-June). This grant is delivered to your heating or utility company.

PAY PAST DUE BILLS

The Arrearage Retirement Assistance grant (ARA) and **the Gas Arrearage Retirement Assistance grant (GARA)** are OHEP grants designed to help reduce or eliminate past-due electric and/or natural gas bills. To qualify, you must have a past-due bill of at least $300 in your name and be approved for MEAP and/or EUSP grants. The ARA and GARA grants are only available to you once every five years with certain exceptions. Electric Arrearage benefits provide grants up to $2000 and Gas Arrearage benefits provide grants up to $1,000. The size of these grants will depend on the size of your past-due balance.

PROTECT YOUR SERVICES

The **Utility Service Protection Program (USPP)** is designed to protect low-income families from utility turn-offs during the heating season. All MEAP eligible customers may participate in USPP. Participation also requires a year-round even monthly budget billing. Failure to make consecutive payments may result in removal from USPP.

A MORE EFFICIENT HOME

Weatherization and Energy Efficiency Services- Customer information is referred to the Maryland Department of Housing and Community Development (DHCD) for programs that can provide improvements and repairs to homes at no cost. Improvements such as furnace clean and tune, added insulation, and energy efficient light bulbs can help lower utility bills and make the home more comfortable. DHCD's energy efficiency and weatherization programs support the EmPOWER Maryland Energy Efficiency Act. For more information, call 1-855-583-8976 or visit dhcd.maryland.gov/Pages/EnergyEfficiency.



WHO IS ELIGIBLE FOR ENERGY ASSISTANCE?

Renters, homeowners, residents of public housing, sub-metered homes (where you pay another company, not the utility directly), Roomers/Boarders are all eligible for Energy Assistance grants.

The most important factors in determining who is eligible for energy assistance are the size of your household and how much money you made in the last 30 days.

THINGS THAT MAY DELAY YOUR APPLICATION

- Not completing all sections of the application
- No signature or date on the application
- Missing documents
- Not including all household members
- Not including all income for the past 30 days
- Electric bill not in Applicant's name

WHAT YOU NEED TO APPLY

- A copy of your photo ID
- Proof of everyone's gross (pre-tax) income for the last 30 days
- Proof of where you live *(This can be your utility bill)*
- Copies of Social Security cards for everyone in your household
- A copy of your most recent heating fuel bill or receipt *(if applicable)*
- Copy of your most recent Utility bill or termination notice *(if applicable)*

DID YOU KNOW?

- All energy assistance dollars are grants. You do not have to pay back a grant.
- Grant amounts are calculated based on your income from the last 30 days and your fuel type.
- Make sure you submit all of your supporting documents with your energy assistance application. Missing documents or signatures WILL delay your application.
- Continue to make payments on all your electric and heating bills. Energy Assistance will not cover your whole bill.

Office of Home Energy Programs
Your Home Energy Partner

Maryland Department of Human Services

For information call toll free:
1-800-332-6347 (en Español tambien)

TTY for the hearing impaired call:
1-800-735-2258

Check out our website at:
www.dhs.maryland.gov/energy

Apply online at:
https://mymdthink.maryland.gov

To Report Fraud:
Call 1-800-332-6347 and select the Welfare Fraud hotline option

DHS FIA 801- OHEP Brochure - English

Can you afford your heating and electric bills?



Apply today for help with your heating and electric costs!

For information call toll free:
1-800-332-6347 (en Español también)

Effective July 1, 2024 - June 30, 2025

Maryland
Department of Human Services



Límites de ingresos para ser elegible

Desde el 1 de julio de 2024 al 30 de junio de 2025

Elegibilidad de ingresos para el año fiscal 2025 para los programas de MEAP y EUSP	
PERSONAS EN EL HOGAR	**LÍMITES DE INGRESOS MENSUALES**
1	$2,510.00
2	$3,406.67
3	$4,303.33
4	$5,200.00
5	$6,096.67
6	$6,993.33
7	$7,890.00
8	$8,786.67
9	$9,683.33
10	$10,580.00
11+	Comuníquese con su oficina local de OHEP

OHEP

La Oficina de Programas de Energía en Hogares (OHEP) ofrece asistencia a hogares de bajos ingresos de Maryland para ayudarles a mantenerse abrigados, conectados y a pagar facturas atrasadas de la energía.

CÓMO APLICAR

OHEP es un programa anual. No espere a tener una crisis para aplicar. Los clientes pueden aplicar en cualquier momento de las siguientes maneras:

- Aplique en persona en su oficina local de asistencia de energía.
  - Para encontrar la Oficina de Asistencia de Energía en Hogares más cercana e información sobre cómo aplicar, llame al 1-800-332-6347 o visite dhs.maryland.gov/energy.
- Imprima la aplicación de Asistencia de Energía, llénela y envíela por correo. Puede encontrar nuestra aplicación en http://dhs.maryland.gov/office-of-home-energy-programs/how-do-you-apply/.
- Aplique en línea en https://mymdthink.maryland.gov/home/#/ Usted también puede pedir una aplicación llamando al 1-800-332-6347.
- Para personas de la tercera edad u otras personas con necesidades médicas especiales, se pueden programar visitas domiciliarias.

MANTÉNGASE CONECTADO

El **Programa de Servicio Universal de Electricidad (EUSP**, en inglés**)** es una subvención de asistencia de electricidad de OHEP. Esta subvención está disponible una vez por año del programa (de julio a junio). Los clientes que reciben EUSP pueden optar por inscribirse en la facturación presupuestada con su compañía de servicios públicos, pero no están obligados. La facturación presupuestada es una herramienta que las empresas proveen para ayudar a distribuir sus facturas anuales de servicios públicos, en pagos mensuales iguales y evitar picos estacionales en su factura.

ELEGIBILIDAD CATEGÓRICA

Los hogares que reciben beneficios del Programa de Asistencia Nutricional Suplementaria (SNAP, en inglés) o de Asistencia Temporal en Efectivo (TCA, en inglés) en Maryland son categóricamente elegibles para recibir asistencia de energía y no necesitan completar una solicitud ni proporcionar documentación adicional. Emitiremos beneficios de OHEP a los hogares categóricamente elegibles después que se apruebe su redeterminación de SNAP y/o TCA.

MANTÉNGASE CÁLIDO

El **Programa de Asistencia de Energía de Maryland (MEAP**, en inglés**)** es una subvención de asistencia para calefacción de OHEP. Esta subvención está disponible una vez por año del programa (de julio a junio). Esta subvención se entrega a su compañía de calefacción o servicios públicos.

PAGO DE FACTURAS VENCIDAS

El subsidio de **Asistencia para Eliminar Pagos Atrasados (ARA)** y el subsidio de **Asistencia para Eliminar Pagos Atrasados del Gas (GARA)** son subsidios de OHEP diseñados para ayudar a reducir o eliminar las facturas vencidas de la electricidad y/o el gas natural. Para ser elegible, usted debe tener una factura vencida por lo menos de $300 en su nombre y tener aprobado el subsidio de MEAP y/o EUSP. Los subsidios de ARA y GARA están disponibles una sola vez cada cinco años, con ciertas excepciones. Los beneficios por atrasos en el pago de electricidad proporcionan subvenciones de hasta $2000 y los beneficios por atrasos en el pago de gas proporcionan subvenciones de hasta $1,000. La cantidad de estos subsidios depende de la cantidad que se adeuda.

PROTEJA SUS SERVICIOS

El **Programa de Servicios de Protección de Servicios Públicos (USPP)** está diseñado para proteger a familias de bajos ingresos de desconexiones durante la temporada de calor. Los clientes del programa MEAP pueden participar en el USPP. Para participar también se requiere la facturación mensual fija (presupuestada). No hacer pagos consecutivamente puede causar el retiro del USPP.

UN HOGAR MÁS EFICIENTE

Servicios de Climatización y Eficiencia Energética - La información del cliente es enviada al Departamento de Vivienda y Desarrollo Comunitario de Maryland (DHCD) para los programas que ofrecen mejoras y reparaciones sin ningún costo a viviendas. Las mejoras como la limpieza y calibración de la caldera, añadir aislamiento y las bombillas de bajo consumo ayudan a reducir las facturas de los servicios públicos y a que el hogar sea más confortable. Los programas de eficiencia energética y climatización del DHCD apoyan la ley de Eficiencia Energética de Maryland EmPOWER. Para obtener más información, llame al 1-855-583-8976 o visite dhcd.maryland.gov/Pages/EnergyEfficiency.

QUIÉN ES ELEGIBLE PARA RECIBIR ASISTENCIA DE ENERGÍA

Los inquilinos, propietarios, residentes de vivienda pública, las viviendas con submedidores (donde se le paga a otra compañía, no a la de eletricidad o gas directamente), quienes comparten una vivienda o pagan por una habitación, todos son elegibles para recibir subsidios de Asistencia de Energía.

Los factores más importantes para determinar quién es elegible para recibir asistencia de energía son el número de personas que viven en el hogar y cuánto dinero ganaron en los últimos 30 días.

QUÉ PODRÍA RETRASAR SU SOLICITUD

- No completar todas las secciones de la aplicación
- No firmar o no escribir la fecha en la solicitud
- No presentar todos los documentos
- No incluir a todos los miembros del hogar
- No incluir todos sus ingresos de los últimos 30 días
- La factura de la electricidad no tiene el nombre del aplicante

QUÉ NECESITA PARA APLICAR

- Una copia de su identificación con foto
- Prueba de TODOS los ingresos (sin deducciones) recibidos en los últimos 30 días
- Prueba de donde vive usted (Puede ser su factura)
- Copias de las tarjetas del Seguro Social de todos los miembros del hogar
- Copia de la factura o recibo más reciente del combustible para la calefacción (Si es aplicable)
- Copia de la factura más reciente de la electricidad o el gas o del aviso de desconexión (Si es aplicable)

¿SABÍA USTED QUE...?

- El dinero de la asistencia de energía es de subsidios. Usted no tiene que devolver un subsidio.
- La cantidad de los subsidios se calcula con base en sus ingresos en los últimos 30 días y el tipo de combustible.
- Debe entregar toda los documentos de verificación con su aplicación de asistencia de energía. La falta de documentos o firmas RETRASARÁ su aplicación.
- Debe seguir pagando todas sus facturas de la electricidad y la calefacción. La Asistencia de Energía no cubrirá toda su factura.

Office of Home Energy Programs
Your Home Energy Partner

Departamento de Servicios Humanos de Maryland
Para obtener más información,
llame gratis al:
1-800-332-6347

TTY para personas con impedimentos auditivos:
1-800-735-2258

Visite nuestro sitio web en:
www.dhs.maryland.gov/energy

Solicite en línea en:
https://mymdthink.maryland.gov

Para reportar fraude:
Llame al 1-800-332-6347 y seleccione la opción
Línea directa de Asistencia Social Antifraude

DHS FIA 801- OHEP Brochure - Spanish

¿Usted puede pagar sus facturas de la electricidad y la calefacción?



Solicite hoy mismo ayuda para pagar su electricidad y calefacción

Para obtener información llame gratis al:
1-800-332-6347

Desde el 1 de julio de 2024 al 30 de junio de 2025

Maryland
Department of Human Services

Department of Community, Neighborhood, and Housing Services

CITY OF GAITHERSBURG

The City of Gaithersburg offers housing programs to eligible residents, including:

EMERGENCY RENTAL ASSISTANCE

Eligible residents may receive up to three months of rental + utility assistance.

- Have you lived in the City of Gaithersburg for at least 6 months?
- Does your household make less than 80% of the Average Median Income (AMI)?*
- Do you have a Notice of Intent to File a Complaint for Summary Ejectment?
  - Do you have minor-aged dependants in the home;
  - Are you a senior (65 years and older); or
  - Are you struggling with a medical concern?

If yes, you may be eligible for up to three (3) months of rental assistance. Contact Community Services staff to see if you qualify!

To see if you are eligible for Emergency Rental Assistance:
Contact the Community Services Division at 301-258-6395 or communityservices@gaithersburgmd.gov.

Need help managing your debt? Do you want help building or restoring your credit? Need a plan to help you save for a house?

The Financial Empowerment Center (FEC) can help! FEC provides free one-on-one financial coaching to help you move toward greater financial stability.

240-454-5199

Gaithersburg Financial Empowerment Center
Free One-on-One Financial Counseling

You cannot be forced to leave your apartment without a court order and the presence of the Sheriff. If you have questions about a notice from your landlord:
Call 301-258-6340 - The City's Neighborhood Services - Landlord-Tenant Affairs.

To see if you qualify for GHALP:
Contact the Division of Housing at 240-805-1119 or housing@gaithersburgmd.gov.
For more information, visit the GHALP webpage:
https://www.gaithersburgmd.gov/services/housing-services/homebuyer-assistance-loan-program

GAITHERSBURG HOMEBUYER ASSISTANCE LOAN PROGRAM (GHALP)

GHALP provides closing costs and down payment assistance to eligible first-time homebuyers who purchase within the City of Gaithersburg corporate limits.

- Are you a first time homebuyer, purchasing in the City of Gaithersburg?
- Do you live or work in Gaithersburg?**
- Is your credit score 620 or higher?
- Is your household income at or below 100%?* or 120% for Priority Populations?

If yes, you may be eligible for up to $25,000 of closing cost and down payment assistance.

**Does not apply to Priority Populations: K-12 Montgomery County public & private school employees, City of Gaithersburg full-time or permanent part-time employees, police officers, fire safety employees or veterans.

FOR MORE INFORMATION, CONTACT STAFF AT:

Community Services Division
301-258-6395; communityservices@gaithersburgmd.gov

Neighborhood Services Division
301-258-6340; neighborhoods@gaithersburgmd.gov

Division of Housing
240-805-1119; mpdu@gaithersburgmd.gov

Financial Empowerment Center (FEC)
240-454-5199; FEC@Gaithersburgmd.gov
Available in-person or virtually by appointment.
Appointments available in Spanish and other languages

https://www.gaithersburgmd.gov/services/community-services/financial-empowerment-center

*Income requirements

Household Size	1	2	3	4	5+
80% AMI	$68,500	$78,250	$88,050	$97,800	$105,650
100% AMI	$108,290	$123,760	$139,230	$154,700	$167,076
120% AMI	$129,948	$148,512	$167,076	$185,640	$200,491

Departamento de Comunidad, Vecindario y Vivienda

CITY OF GAITHERSBURG

La Ciudad de Gaithersburg ofrece programas de vivienda a los residentes elegibles, incluyendo:

AYUDA DE EMERGENCIA PARA EL ALQUILER

Los residentes que sean eligibles pueden recibir hasta tres meses de ayuda para alquiler + servicios públicos.

- ¿Ha vivido en la ciudad de Gaithersburg durante al menos 6 meses?
- ¿Su hogar gana menos del 80% de la media de ingresos (AMI)?*
- ¿Tiene un Aviso de Intención de Presentar una Denuncia por Expulsión Sumaria (Falta de pago del alquiler)?
  - ¿Tiene dependientes menores de edad en el hogar?
  - ¿Es usted mayor de 65 años?; o
  - ¿Tiene problemas médicos?

¡En caso de que sí, usted puede ser elegible para un máximo de tres (3) meses de ayuda para el alquiler.Póngase en contacto con el personal de Servicios a la Comunidad para ver si usted califica!

Para saber si puede calificar para la Ayuda de Emergencia para el Alquiler:
Llame al División de Servicios Comunitarios en el 301-258-6395 o en communityservices@gaithersburgmd.gov.

¿Necesita ayuda para manejar su deuda? ¿Quiere ayuda para establecer o reparar su crédito? ¿Necesita un plan que le ayude a ahorrar para comprar una casa?

El Centro de Empoderamiento Financiero de Gaithersburg (FEC) puede ayudarte.
El FEC ofrece asesoramiento financiero personalizado y gratuito para ayudarle a conseguir una mayor estabilidad financiera.

240-454-5199

Gaithersburg Financial Empowerment Center
Free One-on-One Financial Counseling

No pueden obligarle a abandonar su vivienda sin una orden judicial y la presencia del Sheriff. Si tiene preguntas sobre un aviso de su propietario:

Llame al 301-258-6340 - Servicios al Vecindario de la Ciudad - Asuntos de Arrendadores-Inquilinos.

Para saber si puede calificar para GHALP:
Llame a la División de Vivienda al 240-805-1119 o housing@gaithersburgmd.gov. Para obtener más información, visite la página web:

https://www.gaithersburgmd.gov/services/housing-services/homebuyer-assistance-loan-program

****No se aplica a las poblaciones prioritarias**: Empleados de escuelas públicas y privadas de K-12 del condado de Montgomery, empleados a tiempo completo o a tiempo parcial permanente de la ciudad de Gaithersburg, policías, empleados de seguridad contra incendios o veteranos.

PROGRAMA DE PRÉSTAMOS PARA LA COMPRA DE VIVIENDA EN GAITHERSBURG (GHALP)

GHALP proporciona gastos de cierre y ayuda para el pago inicial a los compradores de vivienda por primera vez elegibles que compran dentro de la ciudad de Gaithersburg límites corporativos.

- ¿Es usted un comprador de vivienda por primera vez, esta comprando en la ciudad de Gaithersburg?
- ¿Vive o trabaja en Gaithersburg?
- ¿Es su crédito 620 o mas?
- ¿Sus ingresos familiares son iguales o menos al 100%?* o al 120% para las poblaciones prioritarias?

Si la respuesta es sí, puede ser elegible para una ayuda de hasta $25,000 para los gastos de cierre y el pago inicial.

PARA MÁS INFORMACIÓN, PÓNGASE EN CONTACTO CON EL PERSONAL:

División de Servicios Comunitarios
301-258-6395; communityservices@gaithersburgmd.gov

División de Servicios al Vecindario
301-258-6340; neighborhoods@gaithersburgmd.gov

División de Vivienda
240-805-1119; mpdu@gaithersburgmd.gov

Centro de Empoderamiento Financiero de Gaithersburg
240-454-5199; FEC@Gaithersburgmd.gov
Visitas en persona o virtuales con cita en español y otros idiomas.

https://www.gaithersburgmd.gov/services/community-services/financial-empowerment-center

*Requisitos de ingreso

Tamaño del hogar	1	2	3	4	5+
80% AMI	$68,500	$78,250	$88,050	$97,800	$105,650
100% AMI	$108,290	$123,760	$139,230	$154,700	$167,076
120% AMI	$129,948	$148,512	$167,076	$185,640	$200,491

HIP's Housing Counseling & Services

Montgomery County, MD

www.HIPhomes.org

30+ YEARS
HOUSING SECURITY
FINANCIAL STABILITY
COMMUNITY SUCCESS
Housing Initiative Partnership, Inc.

Rental

- Get help to find affordable rental housing
- Determine the rent you can afford
- Learn to budget & improve credit
- Know your Fair Housing Rights
- Guidance with Landlord/Tenant disputes

Pre-Purchase

- Determine if homeownership is right for you
- Discover how much house you can afford
- Understand your credit score
- Save for a down payment
- Choose a good mortgage program

Post-Purchase

- Understand your mortgage, property taxes, and insurance
- Receive mortgage refinancing guidance
- Review resources for home repairs and home energy
- Set realistic financial goals

Foreclosure

- Understand mortgage options during a financial crisis
- Retain & sustain your home
- Negotiate home retention options with your lender
- Access available mortgage assistance programs

Homebuyer Education

- 8 hour virtual HUD-approved Homebuyer Class (English)
- Saturdays from 9am to 3pm
- NEW - Virtual 1-hr Homebuyer Orientation on Wednesdays at 7pm

Tenant Outreach

- Virtual Information Sessions for Tenants on Tuesdays (English & Spanish)
- Eviction Court tenant guidance
- Support to tenants at risk of eviction

Home Sharing

- Facilitate rental agreements between homeowners and home seekers creating safe, secure, and affordable rental matches.
- Contact 301-85-SHARE (301-857-4273)

Financial Empowerment Center

- Provide free one-on-one financial counseling service to Gaithersburg residents to help them achieve greater financial stability by reducing debt, increasing savings, and improving credit.
- Contact 240-454-5199

For assistance, contact Housing Initiative Partnership:

Germantown: 12900 Middlebrook Road, Suite 1500 | Germantown, MD 20874 | 301-916-5946

Gaithersburg: 12 S. Summit Avenue, Suite #100 | Gaithersburg, MD 20877 | 301-916-5946

HIPhomes.org

Rebuilding Together Montgomery County

Gaithersburg

About Us

Our goal is to help income-qualifying homeowners in Gaithersburg remain safely and independently in their homes

SAFE AND HEALTHY HOMES

For the past 34 years we have provided free repairs and accessibility modifications to improve accessibility, reduce falls, and increase independence to facilitate aging in place

Safe and Healthy Home services could include...

- grab bars
- handrails
- vent fans
- ramps
- stairlifts
- tub cuts
- handheld showerhead
- smoke detectors
- CO detectors
- GFCI outlets
- walk-in showers
- comfort height toilets
- extra lighting
- widened doorways
- weatherization



Contact Us

301-947-9400

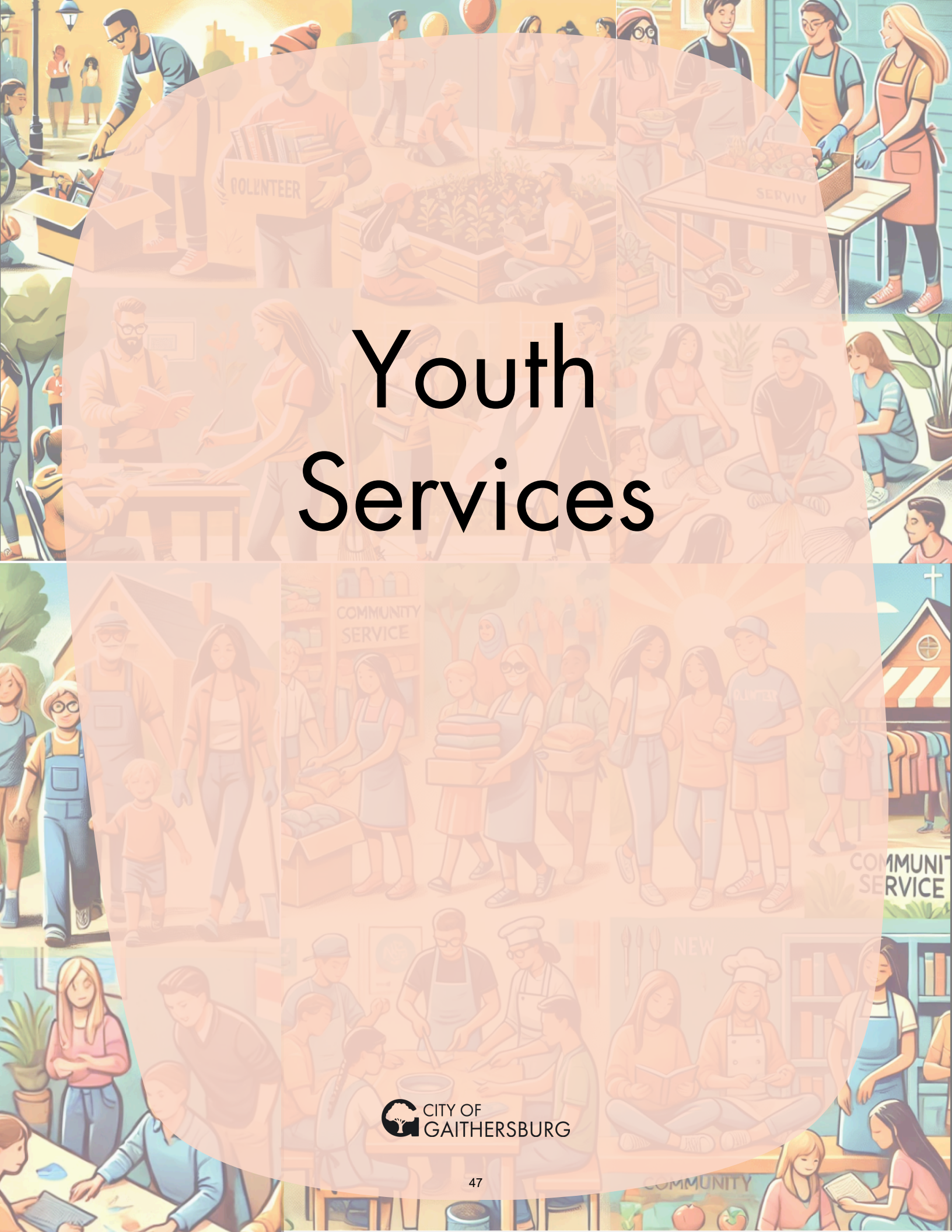
www.rebuildingtogethermc.org

info@rebuildingtogethermc.org

@rtmoco /RTMoCo

SCAN ME

If you or someone you know lives in Gaithersburg and needs repairs, contact us or scan the QR code and learn how to apply!



Youth Services

CITY OF GAITHERSBURG



GY
OC

MEMBERS LIST

BlackRock Center for the Arts

301.528.2260

Engage communities in the exploration, experience, and celebration of the arts. We strive to provide access to the arts for all. Our school based education programs are designed to educate the whole child integrating literacy, arts education, and well-being.

Empowering the Ages' Learn to Earn

301.476.0186

As workforce development program, ETA staff and volunteers provide individual and small group mentoring on topics of future planning for high school and post-high school, financial literacy and job skills, including resume writing and interviews.

MOCO STEM for Kids

202-907-3400

Offers STEM experiences and educational opportunities to elementary and middle school students in Montgomery County. We focus on offering summer camps and after-school activities.

480Cares

Joseph.Hooks@480club.org

480Cares Student Success Coach provides middle school students with individual support, mentoring and advocacy. Our goal is to establish connectivity through regular communication with families, enrichment trips, and individual support.



Soroptimist International of Upper Montgomery County

(SIUMC) 301.602.6318

SIUMC is a volunteer organization for women whose mission is to improve the lives of women and girls through programs leading to social and economic empowerment, including the 'Dream It, Be It' program, as well as community service projects.

Identity, Inc.

Wellness Centers: **GHS-301.284.4690, WMHS-240.406.1545**

Upcounty Youth Opportunity Center

301.591.1790

Provides health clinic services, positive youth development programs, recreation, mental health, parent engagement, and case management at school sites, and offers a wide range of services to out-of-school youth and emerging adults.

SciTech2U

240.481.1402

Provides quality, innovative STEAM education to underrepresented K-12 students, enhancing knowledge and inspiring interest in STEAM fields through experiential learning..

Girls on the Run

301.881.3801

Program aimed at 3rd-5th grade girls where they learn life skills through fun, engaging lessons that involve collaboration, self reflection, and discussion of difficult topics. The program centers around a physical activity element as a means to encourage girls' personal growth and achievement.



Caring Matters

301.869.4673

Provides free social support services to adults and children facing life-threatening illness and grief. Services include non-medical hospice and grief support programs.

Community Bridges

240.863.3802

CB Girls is an after school empowerment program that encourages girls in 4th through 12th grades to explore their identity and self-esteem in a safe space and engage in their community through service learning opportunities. In our program(s) girls develop personal responsibility, confidence and leadership skills. Girls will meet after school and participate in field trips.

CollegeTracks

202.557.5673

CollegeTracks provides college admissions and financial aid advising to any high school student in our partner schools who wants it, providing the opportunity and support that everyone needs and deserves to reach, afford, and complete college.

GYOC MEMBERS



Gaithersburg Beloved Community Initiative

301.216.4090

GBCI forges intergenerational relationships and community partnerships to promote social justice, provide social emotional learning, and career development for children and youth.

Family Learning Solutions

301.642.9273

An empathetic approach to student achievement, youth empowerment, and long-term success through bilingual tutoring support, mentoring programs, college preparation, and community engagement

Carpe Diem Arts, Inc.

301-466-0183

Inspire creative self-expression that empowers individuals, strengthens communities, and builds better futures. Our Youth ArtBeat program for elementary and middle school-aged children supports learning and promotes confidence through arts-related activities.

Jewish Council for the Aging, InterAges

301.949.3551

InterAges recruits, trains, and manages older adult volunteers as tutors and mentors, and provides volunteer opportunities to fulfill SSL hours or community service projects.

Liberty's Promise

703.549.9950

Cultural acclimation through after-school civic engagement for English and non-English speaking immigrant youth. Additional programs include: Employment Assistance, Job Skills Training, and Paid Internships.

The City of Gaithersburg Youth Opportunities Coalition is comprised of agencies that partner with the City to provide a wide range of services for students in Gaithersburg, including: Academic Advising, Community Involvement, Life Skills, Job Readiness Training, Mental Health & Wellness, Mentoring and Recreation. Through this partnership, GYOC provides a unified approach to positive youth development, optimizing resources and communication for those who work with youth and teens.

Please contact Youth Services for more information!

GAITHERSBURG YOUTH OPPORTUNITIES COALITION

EST. 2007

Youth Services
(301)258-6350
Community Services
(301) 258-6395
Police Department
(301) 258-6400

www.gaithersburgmd.gov



IF YOU CAN DREAM IT, YOU CAN BE IT!

The DREAM IT, BE IT program can help you plan your future!

Soroptimist's **Dream It, Be It: Career Support for Girls** helps girls grow up to be strong, successful, happy adults. The program provides girls, like you, with access to professional role models, career education and the resources to live their dreams.

Are you ready to work toward achieving your goals?

By participating in this program you will learn about career opportunities, setting and achieving goals, overcoming obstacles to success, and moving forward after setbacks. Sign up today and get on track to making your career dreams become reality!

When: Fall & Spring Programs

Time: 7:45am-2:30pm

Where: GHS/QOHS/WMHS

DREAM IT BE IT
CAREER SUPPO R T
{for girls}®

For more information and/or to register contact:

Gaithersburg High School

Daisy_M_Faria@mcpsmd.org

Quince Orchard High School

Lisa_D_Romero@mcpsmd.org

Watkins Mill High School

Sarah_H_Kessler@mcpsmd.org

SOROPTIMIST
Best for Women®

LIVE YOUR DREAM.ORG

Dream It, Be It is a program of Soroptimist and its online community LiveYourDream.org, which work to improve the lives of women and girls through programs leading to social and economic empowerment.



CARPE DIEM ARTS

Bringing the Arts to Life!

ABOUT US

Carpe Diem Arts brings the Arts to life with school programs that develop skills, build confidence, and provide joy. Small group programs can tie to curricular themes and help meet educational goals through arts integration. School-wide programs can be themed to meet a school's needs.





OUR PROGRAMS

- JUMP START WITH THE ARTS
- YOUTH ARTBEAT
- UKES ON THE MOVE
- ASSEMBLIES
- EVENING/PTA PROGRAMS

Contact us for pricing and grant assistance.

301-466-0183 carpediemarts.org info@carpediemarts.org

Girls on the Run is for EVERY girl.

Girls on the Run is a fun, effective and inclusive afterschool program designed to enhance girls' social, emotional and physical skills and behaviors to successfully navigate life experiences. Twice per week for 10 weeks, trained coaches lead small teams of 3rd - 8th grade girls through the program's intentional curriculum that creatively integrates running.



WHY IT MATTERS

IT'S FUN. IT'S EFFECTIVE.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

- Girls who were the least active at the start of the program increased their physical activity by more than **40%***
- **97%** of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*
- Girls on the Run was **one of only three** afterschool programs recognized by Harvard University as a leader in social emotional learning
- **96%** of schools surveyed by Girls on the Run said they would offer the program again

**Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.*

"Girls on the Run has given our students tools, strategies, and language to be successful in all areas of their lives—from understanding the importance of physical fitness to learning how to resolve conflicts." – ***Sharon, School Administrator***

BRING GIRLS ON THE RUN TO YOUR SCHOOL OR SITE TODAY!

Learn more at www.girlsontherunofmoco.org

Jewish Council for the Aging®
Helping All Seniors Thrive®

Heyman Interages® Center 2024-2025 Programs

Reader's Theater

Small groups present dramatic readings to convey stories, using only vocal expressions without costumes, props, scenery, or special lighting. Readers use only vocal expressions to help convey stories. Older adult volunteers meet for one hour once a week either during the school day or after school hours with 2nd to 5th grade students, divided by grade. This program can be in-person or virtual. The goals are to enhance students' reading skills and confidence.

In-Class Support

Volunteers provide assistance to individual students or small groups who may need additional attention in language arts, math, science, and/or social studies.

Grandreaders

A one-on-one reading program for 2nd grade students at school during school hours. Each session lasts 45 minutes where an older adult reads once a week with one assigned child. Teachers select students who need one-on-one reading time and connection. Program can be in-person or virtual.

Dialogues Across the Ages

Volunteers and Middle and High School students engage in discussions of current events and social studies topics in an honest, non-judgemental, and open way. These conversations foster mutual understanding and respect while developing student leadership skills.

Bridges

Students receive friendship and support to as they adjust to living in the U.S. and learning English. JCA volunteers play a crucial role in supporting and celebrating these students as they grow in self-confidence and gain comfort with their new language and home.

Book Club

Built on a partnership between JCA and the Montgomery County Public Library, virtual book clubs allow adult volunteers and students to read books together and to benefit from the intergenerational discussions, questions, and thoughts that are shared.

SHARE (Students Help and Reach Elders)

Youth and older adults form meaningful connections through fun activities during weekly one-hour programs such as conversation, arts and crafts, STEM activities, music, and interactive games.

SHARE From a Distance (SFAD) enriches the lives of both youth and older adults by developing meaningful, mutually beneficial pen pal relationships. Older adults may also receive warm, uplifting cards, and notes, even if they are unable to respond.

New programs are always being added.
Please contact JCA Heyman Interages Center for the most recent program list or to schedule a program for your school.

Jewish Council for the Aging |12320 Parklawn Drive, Rockville, MD 20852
301-949-3551 | www.accessjca.org/interages

CITY OF GAITHERSBURG

FINANCIAL TIPS FOR YOUR FUTURE

SAVING



UNDERSTAND THE IMPORTANCE OF SAVING REGULARLY.

Saving just $50 a month could get you $300 in six months, plus interest from your bank. Think about opening a separate savings account, and make regular automatic deposits from your checking account.

ONE OF THE BEST WAYS TO SAVE MONEY IS TO SET A GOAL.

Start thinking about what you might want to save for—for both short-term (1-2 years) and long-term (3+ years). Then estimate how much money you'll need and how long it'll take you by your income.



SPENDING

CHECK YOUR BANK ACCOUNT REGULARLY – AT LEAST TWICE A MONTH.

See what your balance is, check where your money is going, and make sure there are no fraudulent charges.

PRACTICE MINDFUL SPENDING.

Is it really a "treat yourself" moment if you do it every other day? The happiness that comes from shopping therapy is a temporary feeling, and it just leaves you broke and with things you might not need.

YOU DON'T HAVE TO EAT OUT EVERY DAY.

It's generally cheaper to cook food at home than eat out. You spend almost five times as much money ordering delivery than cooking that same food at home.

	WEEKLY COST	MONTHLY COST	YEARLY COST
COST OF STARBUCKS 2X PER WEEK	$13	$56	$676
# HOURS WORKED TO PAY FOR IT*	45 MIN	3.5 HRS	42.25 HRS

	WEEKLY COST	MONTHLY COST	YEARLY COST
COST OF DOORDASH 2X PER WEEK	$25	$100	$1,200
# HOURS WORKED TO PAY FOR IT*	1.5 HRS	6.25 HRS	75 HRS

*at minimum wage



PLANNING FOR THE FUTURE

EDUCATE YOURSELF ABOUT STUDENT LOANS.

Learn the difference between unsubsidized and subsidized loans and think carefully about what you borrow. Try starting here:https://studentaid.gov/articles/subsidized-vs-unsubsidized-loans

BUILD YOUR CREDIT RESPONSIBLY.

Getting a credit card can help you build a positive credit history, as long as you keep your spending to what you can pay each month. Paying the bill on time and paying off the balance will allow you to build good credit, an essential building block for your future.

For more information: https://www.gaithersburgmd.gov/fec

Discover STEAM Inc., 501(C)(3)

Equity, Innovation, Curriculum, Professional Development, and Enrichment Programs for preK-12th grade







1) Sustainable STEM Program - Combines Professional Development, Curriculum & Equipment Loaning. **** Free to Title 1 Schools*** *til Dec. 2024**

2) Scientist in Residence - A Scientist visits your school weekly engaging with a specific grade on a project or topic.

3) Artist in Residence - An Artist visits your school weekly engaging students in an art style or medium.

4) During & After School Enrichment - Chemistry, Robots, 3-D Printing, Art in STEM fusion, Electricity, Forensics and more….

5) Professional Development - Robots and Coding, Microscopy, Young Chemists & Molecular Biology Labs

6) Equipment Loaning - Laboratory Equipment and Robots



SCAN ME



Contact: (240)535-4263
Programs Manager: Dr. Michele Forsythe
DiscoverSTEAM.us@gmail.com
www.DiscoverSTEAM.us

STUDENT UNION

GAITHERSBURG STUDENT UNION

The Student Union is a club for high school ages that provides after and out of school enrichment programs for students in grades 9 - 12. Activities include fitness and sports programs, arts and music, field trips and volunteer opportunities.

La Unión de Estudiantes es un club para las edades de la escuela secundaria que ofrece programas de enriquecimiento después y fuera de la escuela para los estudiantes de los grados 9 al 12. Las actividades incluyen programas deportivos y de acondicionamiento físico, artes y música, excursiones y oportunidades de voluntariado.

- **SSL HOURS / HORAS COMUNITARIAS**
- **FIELD TRIPS / PASEOS**
- **AFTER SCHOOL RECREATION / RECREACIÓN DESPUÉS DE LA ESCUELA**
- **FUNDRAISERS / RECAUDACIONES DE FONDOS**
- **LUNCH MEETINGS / REUNIÓN DE ALMUERZOS AT GAITHERSBURG & QUINCE ORCHARD HIGH SCHOOLS**

JOIN TODAY / ¡ÚNETE HOY!

ANNUAL MEMBERSHIP / MEMBRESÍA ANNUAL

CITY RESIDENTS: *RESIDENTES DE LA CIUDAD:*	$10
NON CITY RESIDENTS: *NO RESIDENTES DE LA CIUDAD:*	$15

StudentUnion@gaithersburgmd.gov

240-805-1502

Follow us on Instagram!

@COGSTUDENTUNION

Registration Form | Formulario De Inscripción

STUDENT UNION
GAITHERSBURG STUDENT UNION

$10 RESIDENT $15 NON-RESIDENT

Return This Form to: Activity Center at Bohrer Park
Entrega Esta Forma a: 506 S. Frederick Ave. Gaithersburg, MD

PARTICIPANT INFORMATION | INFORMACIÓN DEL PARTICIPANTE

First Name | Nombre _____ MI _____ Last Name | Apellido _____ ☐ M ☐ F

Address | Dirección _____ Apt. # _____ City | Ciudad _____ State | Estado _____ Zip_____

Primary Phone | Teléfono _____ Cell | Celular _____ ☐ City Resident ☐ Nonresident

Date of Birth | Fecha de Nacimiento _____ Grade | Grado _____ School | Escuela _____ Student ID #_____

What is your race/ethnicity? (Optional) You may select more than one. | ¿Cuál es tu raza / etnicidad? (Opcional) Puede seleccionar más de uno.

☐ American Indian/Alaskan Native | Indígena de las Américas o nativa de Alaska ☐ Asian | Asiatica ☐ Black or African American | Negra o afroamericana

☐ Hispanic or Latino or Spanish Origin of An Race | De origen hispano, latino o español? ☐ White | Blanca ☐ Other | Otra ☐ Two or More Races | Dos o Mas Razas

Does you child have any allergies, medications or conditions that may affect participation in the program? | ¿Tiene su niño algunas alergias, medicaciones, o condiciones que podía afectar su participación? ☐ Yes | Sí ☐ No | No

Please Specify | Por favor especifica _____

Describe any ADA (Americans with Disabilities Act) accommodations or any physical, psychiatric, behavioral or other concerns for which you will make a special request for a change or adaptions | Describa cualquier adaptación específica que solicite en función de preocupaciones físicas, psiquiátricas, conductuales u otras

_____

PARENT/GUARDIAN INFORMATION | INFORMACIÓN DEL PADRE/GUARDIÁN

First Name | Nombre _____ MI _____ Last Name | Apellido _____ ☐ M ☐ F

Primary Phone | Teléfono _____ Cell | Celular _____ Email _____

Do you wish to receive our monthly calendar of events via email? | ¿Desea recibir el calendario de eventos por correo electronico? ☐ Yes ☐ No

I hereby grant permission for my child to attend the activity sponsored by the City of Gaithersburg. I understand that we assume the risk for such attendance and that I am responsible for me/my child's insurance in case of injury. I know, understand, and acknowledge that there are risks associated with the use of City buildings/equipment/personal property and hereby assume any and all risks and hazards associated therewith. Furthermore, I understand that although safety precautions will be observed, the City of Gaithersburg, employees and agents will not be responsible for any personal property lost by my child or for any harm, personal injury, or illness sustained in the program. I also consent to the City's use of any photographs and/or video tapes made of the program. In addition, I authorize my child to attend the off-site field trips and activities within the City of Gaithersburg associated with the Gaithersburg Youth Center (GYC) or Student Union programs. I and my child agree to follow all facility rules and regulations, including all instructions from any City staff, and I understand that I and/or my child may be subject to removal if I or my child do not follow any rules, regulations or instructions. If I or my child use(s) City-provided equipment, we agree to use it only at the facility where provided and to use it according to any rules, regulations or instructions, and prior to my or my child's leaving the facility to return it in the same condition as it was when we received it. I understand that Youth Center and Student Union members, including my child, are required to check-in upon entry to the Youth Center and After School Programs at the Activity Center at Bohrer Park to verify membership, but they are not required to check-out, and that the City of Gaithersburg, employees, and agents will continue to not be responsible for any loss by me/my child or for any injury sustained once my child leaves the Youth Center or after the program end time at the Activity Center at Bohrer Park. I understand the City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act and other applicable law, and that I am responsible for making a request for reasonable accommodation in advance, at least two weeks prior to the start of the program, to allow the request to be considered and any reasonable accommodations to be put in place. I understand that me and/or my child's entry to the program may be delayed (or denied if late entry cannot be permitted) if I make a request which does not allow the City sufficient time to consider and/or make preparations for the requested reasonable accommodation.

Por la presente doy permiso para que mi hijo asista a la actividad patrocinada por la Ciudad de Gaithersburg. Entiendo que asumimos el riesgo de dicha asistencia y que soy responsable de mi seguro y el de mi hijo en caso de lesión. Sé, comprendo y reconozco que existen riesgos asociados con el uso de los edificios/equipos/propiedad personal de la Ciudad y, por la presente, asumo todos los riesgos y peligros asociados con los mismos. Además, entiendo que aunque se observarán las precauciones de seguridad, la Ciudad de Gaithersburg, los empleados y los agentes no serán responsables de ninguna propiedad personal perdida por mi hijo ni de ningún daño, lesión personal o enfermedad sufrida en el programa. También doy mi consentimiento para el uso por parte de la Ciudad de cualquier fotografía y/o cinta de video hecha del programa. Además, autorizo a mi hijo a asistir a las excursiones y actividades fuera del sitio dentro de la Ciudad de Gaithersburg asociadas con el Centro Juvenil de Gaithersburg (GYC) o los programas de la Unión de Estudiantes. Mi hijo y yo acordamos seguir todas las normas y reglamentos de las instalaciones, incluidas todas las instrucciones del personal de la ciudad, y entiendo que mi hijo y yo podemos estar sujetos a expulsión si yo o mi hijo no seguimos las normas, reglamentos o instrucciones. Si mi hijo o yo usamos equipo provisto por la ciudad, aceptamos usarlo solo en la instalación donde se proporcionó y usarlo de acuerdo con las reglas, regulaciones o instrucciones, y antes de que mi hijo o yo abandonemos la instalación para regresar. en las mismas condiciones que cuando lo recibimos. Entiendo que los miembros del Centro Juvenil y de la Unión de Estudiantes, incluido mi hijo, deben registrarse al ingresar al Centro Juvenil y Programas extracurriculares en el Centro de actividades en Bohrer Park para verificar la membresía, pero no están obligados a registrarse, y que la ciudad de Gaithersburg, los empleados y los agentes seguirán sin ser responsables de ninguna pérdida mía o de mi hijo ni de ninguna lesión sufrida una vez que mi hijo abandone el Centro juvenil o después de la hora de finalización del programa en el Centro de actividades de Bohrer Park. Entiendo que la ciudad de Gaithersburg se compromete a realizar las adaptaciones razonables requeridas por la Ley de Estadounidenses con Discapacidades y otras leyes aplicables, y que soy responsable de realizar una solicitud de adaptación razonable por adelantado, al menos dos semanas antes del inicio del programa, para permitir que se considere la solicitud y que se realicen las adaptaciones razonables. Entiendo que mi ingreso y/o el de mi hijo al programa puede retrasarse (o denegarse si no se puede permitir el ingreso tardío) si hago una solicitud que no le da a la Ciudad tiempo suficiente para considerar y/o hacer los preparativos para la solicitud razonable.

_____ _____

Print Parent/Guardian Name | Escriba el nombre de padre/guardian

Signature of Parent/Guardian | Firma del padre/guardian

Amount Paid $ _____ Cash ☐ Check # _____ (payable to City of Gaithersburg)

Visa/MC/Disc/Amex# _____ Exp. Date ___/___

Signature (name on card) _____

Office Use Only:

Rec'd:_____ Initials: _____

W P M F Resident: Y N

Pr: _____ RW:_____

GRADES 6-8 JOIN THE GAITHERSBURG YOUTH CLUB TODAY!

GYC

GAITHERSBURG YOUTH CLUB

OLDE TOWNE GYC
301 TEACHERS WAY

ROBERTSON PARK GYC
801 RABBITT RD.

GYCS ARE DROP-IN FACILITIES. MEMBERS ARE REQUIRED TO CHECK-IN, BUT THEY ARE NOT REQUIRED TO CHECK-OUT.

HOURS OF OPERATION

MONDAY-FRIDAY
3:00PM - 7:00PM

HALF DAYS & HOLIDAYS
12:00PM - 6:00PM

REGISTRATION FEE

$20 FOR CITY RESIDENTS
$25 FOR NON-RESIDENTS

INCLUDES ADMISSION TO THE YOUTH CENTERS & DISCOUNTS ON TRIPS

MEMBERSHIP LASTS ONE YEAR

PLAY LEARN VOLUNTEER







QUESTIONS? CALL JAKE HERSOM AT 301-258-6350 OR EMAIL JAKE.HERSOM@GAITHERSBURGMD.GOV

GYC MEMBERSHIP REGISTRATION

$20 RESIDENT $25 NON-RESIDENT

GYC MEMBER INFORMATION Check box if new address/phone since last registered ☐

First Name _____ MI _____ Last Name _____ ☐ M ☐ F

Address _____ Apt. # _____ City _____ State _____ Zip _____

Primary Phone _____ Cell _____ ☐ City Resident ☐ Nonresident

Date of Birth _____ Age _____ Grade _____

School Attending ☐ GMS ☐ FOMS ☐ LPMS ☐ RVMS ☐ Other _____

What is your race/ethnicity? (Optional) You may select more than one.

☐ American Indian/Alaskan Native ☐ Black or African American ☐ Asian ☐ Other

☐ Hispanic or Latino or Spanish Origin of An Race ☐ Two or More Races ☐ White

Does you child have any allergies, medications or conditions that may affect participation in the program? ☐ Yes ☐ No

Please Specify _____

PARENT INFORMATION

First Name _____ MI _____ Last Name _____ ☐ M ☐ F

Primary Phone _____ Cell _____

Email _____ Do you wish to receive occasional E-newsletters ☐ Yes ☐ No

I hereby grant permission for my child to attend the activity sponsored by the City of Gaithersburg. I understand that we assume the risk for such attendance and that I am responsible for me/my child's insurance in case of injury. I know, understand, and acknowledge that there are risks associated with the use of City buildings/equipment/ personal property and hereby assume any and all risks and hazards associated therewith. Furthermore, I understand that although safety precautions will be observed, the City of Gaithersburg, employees and agents will not be responsible for any personal property lost by my child or for any harm or personal injury sustained in the program. I also consent to the City's use of any photographs and/or video tapes made of the program. In addition, I authorize my child to attend the off-site field trips and activities within the City of Gaithersburg associated with the Gaithersburg Youth Center (GYC) or Student Union programs.

I and my child agree to follow all facility rules and regulations, including all instructions from any City staff, and I understand that I and/or my child may be subject to removal if I or my child do not follow any rules, regulations or instructions. If I or my child use(s) City-provided equipment, we agree to use it only at the facility where provided and to use it according to any rules, regulations or instructions, and prior to my or my child's leaving the facility to return it in the same condition as it was when we received it.

I understand that Youth Center and Student Union members, including my child, are required to check-in upon entry to the Youth Center and After School Programs at the Activity Center at Bohrer Park to verify membership, but they are not required to check- out, and that the City of Gaithersburg, employees, and agents will continue to not be responsible for any loss by me/my child or for any injury sustained once my child leaves the Youth Center or after the program end time at the Activity Center at Bohrer Park.

I accept, acknowledge and understand that the City and City staff will to the best of their ability require and enforce all applicable requirements which may assist in offering protection from the COVID-19 epidemic, as specified in the attached Center for Disease Control guidelines and including but not limited to social distancing, sharing of supplies and equipment, and cleaning and hand washing, but understand the atmosphere of the activity may not allow perfect enforcement and assume the risk of my or my family member's participation and waive and release the City from all claims and liabilities of any kind related to that participation or any requirement imposed on me or my family member as the City and City staff makes their best efforts to comply with the attached guidelines.

I understand the City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act and other applicable law, and that I am responsible for making a request for reasonable accommodation in advance, at least two weeks prior to the start of the program, to allow the request to be considered and any reasonable accommodations to be put in place. I understand that me and/or my child's entry to the program may be delayed (or denied if late entry cannot be permitted) if I make a request which does not allow the City sufficient time to consider and/or make preparations for the requested reasonable accommodation. (Revised 5/27/20)

_____ _____

Print Parent/Guardian Name Signature of Parent/Guardian

Amount Paid $ _____Cash ☐ Check # _____ (payable to City of Gaithersburg)

Visa/MC/Disc/Amex# _____ Exp. Date ___/___

Signature (name on card) _____

Print Name_____

Office Use Only:

Rec'd:_____ Initials: _____

W P M F Resident: Y N

Pr: _____ Date:_____

GRADO 6-8 ¡ÚNETE AL CLUB JUVENIL DE GAITHERSBURG HOY!

GYC

GAITHERSBURG YOUTH CLUB

CENTROS PARA JÓVENES EN OLDE TOWNE Y ROBERTSON PARK*

*MIEMBROS DEBEN REGISTRARSE, PERO NO ESTÁN OBLIGADOS A REALIZAR EL REGISTRO DE SALIDA

HORAS DE OPERACIÓN

LUNES-VIERNES
3:00PM - 7:00PM

MEDIO DIAS & VACACIONES
12:00PM - 6:00PM

COSTO DE INSCRIPCIÓN

$20 RESIDENTES DE LA CIUDAD
$25 NO RESIDENTES

INCLUYE ENTRADA A LOS CENTROS JUVENILES.
Y DESCUENTOS EN VIAJES

LA MEMBRESÍA DURA UN AÑO

JUGAR APRENDER VOLUNTARIO







PREGUNTAS? LLAME A JAKE HERSOM AL 301-258-6350

GYC REGISTRO DE MEMBRESIA

$20 RESIDENT $25 NON-RESIDENT

INFORMACIÓN DEL MIEMBRO DE GYC

Primer Nombre _____ Inicial _____ Apellido _____ □ M □ F

Direccion _____ Apt. # _____ Ciudad _____ Estado_____ Zip _____

Telefono _____ Cell _____ □ City Resident □ Nonresident

Fecha de nacimiento _____ Edad _____ Grado escolar _____

Escuela □ GMS □ FOMS □ LPMS □ RVMS □ Other _____

¿Cuál es tu raza / etnicidad? (Opcional) Puede seleccionar más de uno.

□ Indígena de las Américas o nativa de Alaska □ Negra o afroamericana □ Asiática □ Otra

□ De origen hispano, latino o español? □ Dos o Mas razas □ Blanca

¿Tiene su hijo alguna alergia, medicamentos o afecciones que puedan afectar la participación en el programa? □ Si □ No

Por favor especifica: _____

INFORMACIÓN DEL PADRE/GUARDÌAN

Primer Nombre _____ Inicial _____ Apellido_____ □ M □ F

Telefono _____ Cell _____

Email _____ ¿Desea recibir boletines electrónicos ocasionales? □ Si □ No

Por la presente otorgo permiso para que mi hijo asista a la actividad patrocinada por la Ciudad de Gaithersburg. Entiendo que asumimos el riesgo de dicha asistencia y que soy responsable de mi seguro o del seguro de mi hijo en caso de lesión. Sé, entiendo y acepto que existen riesgos asociados con el uso de edificios / equipos / propiedad personal de la Ciudad y por la presente asumo todos y cada uno de los riesgos y peligros asociados con ellos. Además, entiendo que aunque se observarán las precauciones de seguridad, la Ciudad de Gaithersburg, los empleados y agentes no serán responsables de ninguna propiedad personal perdida por mi hijo o de cualquier daño o lesión personal sufrida en el programa. También doy mi consentimiento para el uso por parte de la Ciudad de fotografías y / o cintas de video tomadas del programa. Además, autorizo a mi hijo a asistir a las excursiones y actividades fuera del sitio dentro de la ciudad de Gaithersburg asociadas con el Centro Juvenil de Gaithersburg (GYC) o los programas de la Unión de Estudiantes.

Yo y mi hijo acordamos seguir todas las reglas y regulaciones de la instalación, incluidas todas las instrucciones de cualquier personal de la Ciudad, y entiendo que yo y / o mi hijo podemos estar sujetos a remoción si yo o mi hijo no seguimos ninguna regla, regulación o instrucción. Si yo o mi hijo usamos equipo provisto por la ciudad, aceptamos usarlo solo en la instalación donde se proporcione y usarlo de acuerdo con las reglas, regulaciones o instrucciones, y antes de que yo o mi hijo salgan de la instalación para devolverlo en las mismas condiciones en que estaba cuando lo recibimos.

Entiendo que los miembros del Centro Juvenil y la Unión de Estudiantes, incluido mi hijo, deben registrarse al ingresar al centro juvenil y programas extracurriculares en el Centro de Actividades en el Parque Bohrer para verificar la membresía, pero no están obligados a registrarse a la hora de salida, y que la Ciudad de Gaithersburg, los empleados y los agentes continuarán sin ser responsables de ninguna pérdida mía o de mi hijo o de cualquier lesión sufrida una vez que mi hijo deje el Centro Juvenil o después de la hora de finalización del programa en el Centro de Actividades en Bohrer Park.

Acepto, reconozco y entiendo que la Ciudad y el personal de la Ciudad, en la medida de sus posibilidades, exigirán y harán cumplir todos los requisitos aplicables que puedan ayudar a ofrecer protección contra la epidemia de COVID-19, como se especifica en las pautas adjuntas del Centro para el Control de Enfermedades e incluyendo pero no se limita al distanciamiento social, el intercambio de suministros y equipo, y la limpieza y el lavado de manos, pero entiendo que la atmósfera de la actividad puede no permitir una ejecución perfecta y asumir el riesgo de mi participación o la de un miembro de mi familia y renunciar y liberar a la Ciudad de todo reclamaciones y responsabilidades de cualquier tipo relacionadas con esa participación o cualquier requisito impuesto a mí o a mi familiar, ya que la Ciudad y el personal de la Ciudad hacen sus mejores esfuerzos para cumplir con las pautas adjuntas.

Entiendo que la Ciudad de Gaithersburg se compromete a realizar adaptaciones razonables según lo exige la Ley de Estadounidenses con Discapacidades y otras leyes aplicables, y que soy responsable de realizar una solicitud de adaptaciones razonables por adelantado, al menos dos semanas antes del inicio de la programa, para permitir que se considere la solicitud y que se implementen las adaptaciones razonables. Entiendo que la entrada de mi hijo o yo al programa puede retrasarse (o negarse si no se puede permitir la entrada tardía) si hago una solicitud que no le da a la Ciudad el tiempo suficiente para considerar y / o hacer preparativos para la acomodación razonable solicitada. (Revisado el 05/27/20)

_____ _____

Escriba el nombre del padre/guardian Firma del padre/guardian

Amount Paid $ _____Cash □ Check # _____ (payable to City of Gaithersburg)

Visa/MC/Disc/Amex# _____ Exp. Date ___/___

Signature (name on card) _____

Print Name_____

Office Use Only:

Rec'd:_____ Initials: _____

W P M F Resident: Y N

Pr: _____ Date:_____

CITY OF GAITHERSBURG

Thank you to our community partners!

Community Service Division
1 Wells Ave Gaithersburg, MD 20877
Communityservices@gaithersburgmd.gov
301-258-6395