



ARLINGTON
VIRGINIA

DIVISION OF BEHAVIORAL HEALTHCARE

Resource Manual

March, 2006

INTRODUCTION

The *Arlington County Division of Behavioral Healthcare Resource Directory* Edition 2 was first published in April 2002. Since then agencies and resources have come and gone. In order to keep this manual current, we have deleted those that went and added those that have blossomed or have new addresses or phone numbers. The manual includes resource eligibility requirements, locations, fees, and other helpful information. A new addition to this edition is a table of contents, which we hope will make finding the right service that much easier.

Again, the Resource Directory is no doubt incomplete and the services described continue to change. **When you find errors or omissions, please email the changes to tkelsey@arlingtonva.us.** Any omissions or changes will be added.

Updated by:
Tiffany Kelsey
March, 2006

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ADVOCACY

DEPT. FOR THE RIGHTS OF VIRGINIANS

(800) 552-3962

<http://www.vopa.state.va.us>

- ◆ Works to protect the rights of the disabled

HUMAN RIGHTS REGIONAL ADVOCATEe

(703) 323-2098

- ◆ Offers an advocate to ensure client rights
- ◆ Individuals can contact this office when they believe their rights as a client of Arlington County Mental Health and/or Substance Abuse Services have been violated

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)

National Headquarters

(703) 524-7600

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

<http://www.nami.org>

- ◆ Provides information on mental illnesses and medications
- ◆ Refers to local support groups & other resources
- ◆ Advocates for the mentally ill

NAMI-NORTHERN VIRGINIA AND NAMI-ARLINGTON

(703) 525-0686

(703) 525-8616

1820 Michael Faraday Drive

Reston, Virginia 20190

<http://www.naminova.org>

- ◆ Advocates for persons with mental illness
- ◆ Provides support and education to families of mentally ill persons

SAARA (Substance Abuse and Addiction Recovery Alliance)

(703) 237-6141

100 N. Washington St., Suite 239

Falls Church, VA 22046

<http://www.saara.org>

- ◆ Advocates for resources needed to achieve effective, accessible and accountable prevention, intervention, and treatment of substance abuse.

ANGER MANAGEMENT

COURT-SANCTIONED

NORTHERN VIRGINIA FAMILY SERVICES
703-533-9727

UNITED METHODIST FAMILY SERVICES OF VIRGINIA
(LANDMARK AREA)
703-941-9008

Anger Management/Domestic Violence
6335 Little River Tpke
Alexandria, VA 22312
<http://www.nvfs.org>

OTHER PROVIDERS IN NORTHERN VIRGINIA

CATHOLIC CHARITIES (ARLINGTON)
703-841-2531

<http://www.cca.net>
Individual therapy only, no class

LIVING FREE (ALEXANDRIA)
703-750-1292

<http://www.livingfreehealth.com>

THE WOMEN'S CENTER
703-281-2657

<http://thewomenscenter.org>

- Anger awareness workshops for men
- Anger management group for women in Spanish – takes place at Arlington United Methodist Church

VIOLENCE INTERVENTION PROGRAM/OAR FAIRFAX
703-246-3174

Anger Management/Domestic Violence
<http://oarfairfax.org>

VIRGINIA TECH EXTENSION (FALLS CHURCH)
703-538-8470

<http://offices.ext.vt.edu/arlington>

BRAIN INJURY PROGRAMS

BRAIN INJURY SERVICES, INC.

(703) 451-8881

8136 Old Keene Mill Road, Suite B-102

Springfield, VA 22152

<http://braininjurysvcs.org>

- ◆ Provides testing, case management and housing for brain injured persons
- ◆ Provides family education and support
- ◆ Runs Adapt Clubhouses:

Adapt Clubhouse

(703) 799-9410

Fax: (703) 799-1295

4100 Mohawk Lane

Alexandria, VA 22309

- ◆ Hours: 9:00am-3:00pm Mon.-Thurs.
- ◆ Transitional day program for adults with brain injury
- ◆ Goal-focused programming geared toward promoting independence for individuals with acquired brain injuries

NORTHERN VA BRAIN INJURY ASSOC

(703) 569-1855

P.O. Box 2148

Springfield, VA 22152

<http://www.nvbia.org>

THE BRIDGE PROGRAM.

(703) 664-7571

2501 Parkers Lane

Alexandria, VA 22306

- ◆ Rehabilitation, neurological assessment and treatment (outpatient)
- ◆ Intensive Day Program

ICON COMMUNITY SERVICES

See Education section of this manual

BUDGETING ASSISTANCE

ARLINGTON EXTENSION SERVICE

(703) 228-6400

<http://offices.ext.vt.edu/arlington>

PERSONAL FINANCIAL COUNSELING PROGRAM

- ◆ Free program that assigns a trained volunteer financial counselor to work individually with clients
- ◆ Identifies needs and goals
- ◆ Helps reconcile/manage debts
- ◆ Sets up spending plans
- ◆ Helps clients control cash flow
- ◆ Helps organize financial records
- ◆ Examines insurance coverage
- ◆ Teaches sound money management skills

MONEY2000 PROGRAM

- ◆ Free program designed to increase the financial well-being of Virginia residents through increased savings and reduced household debt.
- ◆ Program offered through home study series or through group workshops. Provides computer analysis of debt situation along with guidance on payoff options.

CONSUMER CREDIT COUNSELING SERVICE OF GREATER WASHINGTON

(800) 747-4222

801 N. Pitt St., Ste 117
Alexandria, VA 22314

3927 Old Lee Hwy, Ste 101E
Fairfax, VA 22030

1275 K St., NW, Ste 885
Washington, DC 20005

<http://www.ccswdc.org>

- ◆ Offers management debt program that helps clients consolidate debts and set up payment plans.
- ◆ Credit Reports \$20 - \$60 plus \$10 for reviewing credit report with ct

FREE CREDIT REPORT

(800) 685-1111

- ◆ With client, go to <http://www.annualcreditreport.com> to obtain copy online (you can print it out) – client will be asked security questions on the screen
- ◆ OR Send letter to Equifax Information Services, PO Box 105851, Atlanta, GA 30348 with SSN, Birthdate, Copy of ID or utility bill with address, current and previous addresses

CAREER COUNSELING

LOW COST CAREER COUNSELING:

GEORGE MASON UNIVERSITY

(703) 993-2380

<http://www.gmu.edu/departments/csdc>

GEORGE WASHINGTON UNIVERSITY

(202) 994-5300

<http://gwired.gwu.edu/counsel>

MARYMOUNT COUNSELING CENTER

(703) 522-5600

<http://marymount.edu/ssa/cccs>

NOVA COMMUNITY COLLEGE

(703) 845-6301

<http://www.nvcc.edu/stuservices/cs-centers.htm>

CASE MANAGEMENT

PUBLIC SERVICES:

PACT TEAM (Program for Assertive Community Treatment)

(703) 228-0907

Fax: (703) 228-5222

Arlington County Behavioral Healthcare

- ◆ A community-based treatment service for persons with severe and persistent mental illness who have been unable to utilize the more traditional clinic-based case management approach.

ADULT OUTPATIENT MENTAL HEALTH SERVICES

(703) 228-5150

Arlington County Behavioral Healthcare

1725 N. George Mason Drive

Arlington, VA 22205

- ◆ Provides case management, support services, and counseling services for individuals with mental illness and those dually diagnosed with mental illness and substance abuse disorders

PRIVATE PAY:

PERSONAL SUPPORT NETWORK

(703) 532-3303

Fax: (703) 532-3398

100 N. Washington Street

Suite 234

Falls Church, VA 22046

<http://www.thearcofnova.org/arcservices/psnservices.html>

- ◆ Representative payee services - \$31/month; there is a wait list
- ◆ Long-term service planning and support for MH, MR and elderly
- ◆ Advocacy on an individual basis
- ◆ Connects individuals to public and private services
- ◆ Case coordination with psychiatrists and medical doctors
- ◆ Companions – daily tasks, shopping, social, cleaning \$12-\$22/hr
- ◆ Respite for families (overnight or drop-in to check on client)

Fees are \$100 per year membership (1st year free), \$60/hr. (intake, assessment, plan development). **Note: Not allowed to use money from Social Security check to pay for this service**

CHILD AND FAMILY SERVICES

CHILD & FAMILY MENTAL HEALTH

(703) 228-1550

Arlington County Dept. of Human Services
3033 Wilson Blvd
Arlington, VA

- ◆ Offers outpatient mental health services for children & families with children under the age of 18

ARLINGTON PEDIATRIC CENTER

(703) 271-8800

3045-A Columbia Pike
Arlington, VA 22204

- ◆ Medical Care for low income and minority children residing in Arlington County
- ◆ Services include immunizations, preventive care, lab work, mental health
- ◆ Outreach program to aid minorities in dealing with Medicaid and other government health care programs

WIC (Women, Infants & Children Food Program)

(703) 228-1260

Arlington County Dept. of Human Services
3033 Wilson Blvd
Arlington, VA

- ◆ Provides food to low income pregnant women, infants and children under 5 years of age

MATERNITY CLINIC

(703) 228-1200

Arlington County Dept. of Human Services
3033 Wilson Blvd
Arlington, VA

- ◆ Family planning, clinical services, education and counseling
- ◆ Gynecological services, pregnancy testing, prenatal & postpartum care, childbirth education
- ◆ Program for teen mothers (available until child is one year old)

CHILD AND FAMILY SERVICES (Continued)

ACAP – Arlington Community Action Program

HEADSTART PROGRAM

(703) 241-2040

<http://www.arlingtoncap.org>

- ◆ Provides pre-school for children from low-income families

PIE – Parent and Infant Education Program

(703) 228-1630

- ◆ Serves children ages 0-3 years of age
- ◆ Provides early intervention for infants
- ◆ Education programs
- ◆ Parenting skills
- ◆ Provides physical, speech, and occupational therapy
- ◆ Offered in English and Spanish
- ◆ Can also provide services for other languages through use of an interpreter

HEALTHY FAMILIES PROGRAM

(703) 469-4606

Northern Virginia Family Services

<http://www.nvfs.org>

- ◆ Serves Arlington residents who are pregnant, or have children under age 6
- ◆ Provides parental support and education, health care coordination, pre-natal care
- ◆ Services provided in the home (home visits)

CHILD PROTECTIVE SERVICES

(703) 228-1500 (24 hours/day)

Arlington County Dept. of Human Services

3033 Wilson Blvd

Arlington, VA

- ◆ Investigates reports and/or suspicions of abuse and neglect

CHILD AND FAMILY SERVICES (Continued)

PROJECTO FAMILIA (Project Family) (703) 228-1675

Arlington County program offered in English and Spanish that provides:

- ◆ Prenatal classes for mothers and fathers.
- ◆ Classes for parents together with their young children
- ◆ Play groups for children (birth to age 5)

CENTER FOR FAMILY SERVICES (703) 538-8470

7054 Haycock Road, #202A

Falls Church, VA 22043

<http://nvgc.vt.edu/mft/cfs.html>

- ◆ Provides brief, problem-solving, family and marital therapy on a sliding fee basis
- ◆ Fees range from \$5-\$50 per hour

CLOTHING RESOURCES

CLOTHING BANKS:

ARLINGTON PRESBYTERIAN CHURCH

(703) 920-5660

3507 Columbia Pike

Arlington, VA 22204

- ◆ By appointment only
- ◆ Wed. 1:00pm – 3:00pm
- ◆ Sat. 9:00am – 12:00pm

RESURRECTION LUTHERAN CHURCH

(703) 532-5991

6201 N. Washington Boulevard

Arlington, VA

- ◆ Tues. 10:00am – 2:00pm

FIRST BAPTIST CHURCH OF ARLINGTON

(703) 525-6116

1210 N. Highland Street

Arlington, VA

- ◆ 1st and 3rd Saturday of the month
9:00am – 12:00pm

DAY PROGRAMS

CLARENDON HOUSE (Clubhouse)

(703) 228-5236

3141 N. 10th Street
Arlington, VA 22201

- ◆ Psychosocial rehabilitation program, for seriously mentally ill adults
- ◆ Call to get on waiting list
- ◆ Clients coming out of the hospital get priority admission

VIRGINIA HOSPITAL CENTER DAY TREATMENT

(703) 558-6451

Contact: Kathleen Flanagan
1701 N. George Mason Drive
Arlington, VA 22205

<http://www.virginiahospitalcenter.com>

- ◆ Offers Psychiatric Day Treatment, Addiction Day Treatment and Dual Diagnosis Day Treatment
- ◆ 7 Days a week ,if needed (average of 2 week stay).
- ◆ Accepts insurance, Medicare (not Medicaid).

DOMINION HOSPITAL DAY TREATMENT

(703) 538-2872

2960 Sleepy Hollow Road
Falls Church, VA

<http://www.dominionhospital.com>

- ◆ Provides structured day treatment
- ◆ Not for individuals in acute stage
- ◆ Hours are Mon.-Fri. 9:00am – 3:00pm
- ◆ Accepts insurance and Medicare

PSYCHIATRIC INSTITUTE OF WASHINGTON (PIW)

(202) 965-8550

4228 Wisconsin Avenue
Washington, D.C.

<http://www.psychinstitute.com>

- ◆ Partial Hospitalization - Mon.-Fri. 10:00am – 4:00pm
- ◆ Intensive Outpatient Mon.-Fri. 10:00am – 12:00 noon
- ◆ Both programs accept Mental Health and Substance Abuse clients
- ◆ Accepts insurance, Medicare & Medicaid

DAY PROGRAMS (Continued)

MADISON CENTER

(703) 228-5340

- ◆ Day health care for frail and/or physically or memory impaired adults
- ◆ Accepts Mental Health clients
- ◆ Noontime meal, socialization, recreation, and health care.
- ◆ Transportation available
- ◆ Sliding scale fee

ARLINGTON VOLUNTEER OFFICE

(703) 228-1760

3033 Wilson Boulevard

Suite 700A

Arlington, VA 22201

- ◆ Helps adults with disabilities find volunteer jobs
- ◆ Case Manager refers client, then client calls office for an appointment.

DENTAL RESOURCES

NORTHERN VIRGINIA LOCATIONS:

NORTHERN VIRGINIA DENTAL CLINIC

Requires referral via Arlington County Public Health

(703) 228-5170

5827 Columbia Pike, #405

Falls Church, VA 22041

<http://www.nvds.org>

- ◆ Available to adults 18-60 who are open to County services
- ◆ Client calls for eligibility screening and appointment
- ◆ Need to get on waiting list
- ◆ \$30 for initial visit

NORTHERN VIRGINIA COMMUNITY COLLEGE DENTAL CLINIC

(703) 822-6655

Medical Education Campus, Room 132

6699 Springfield Center Dr.

Springfield, VA 22150

<http://www.nvcc.edu/medical/community/dental.htm>

- ◆ Anyone is eligible
- ◆ Dental cleaning, exams, x-rays and screenings
- ◆ Annual fee \$35 adults, \$15 children
- ◆ Allow 3 hours per appointment – students work slowly

SMILES FOR CHILDREN

<http://www.dmas.virginia.gov/dental-home.htm>

- ◆ Program for Medicaid and FAMIS recipients – mostly for children
- ◆ Limited medically necessary oral surgery for adults – requires letter from primary care stating that work is medically necessary

DENTAL RESOURCES (continued)

ARLINGTON CO. PUBLIC HEALTH DIVISION DENTAL CLINIC

(703) 228-1200

3033 Wilson Blvd., 2nd Floor
Arlington, VA

- ◆ Provides dental services for children attending Arlington County Schools and residents over 60 years old
- ◆ Call for appointment
- ◆ Must meet low income guidelines

ARLANDRIA HEALTH CENTER

(703) 535-5568

3805 Executive Ave D-1
Alexandria, VA 22305

- ◆ Cleanings, x-rays, fillings, extractions
- ◆ \$30 set fee for services, pay up front
- ◆ Dentist only works Thursday and Friday
- ◆ Approx. 2 month wait; no emergency dental services
- ◆ Must have photo ID, proof of SSI (award letter) or 4 pay stubs or letter from employer – no residency requirement

PRIVATE DENTIST - ERIC CAPPS, DDS

(703) 691-9740

11009 Lee Highway
Fairfax, VA

- ◆ Same day service
- ◆ \$120 for evaluation with x-rays
- ◆ Payment plans – half down, half within 60 days
- ◆ Low cost dentures, acrylic partials

DENTAL RESOURCES (continued)

DISTRICT OF COLUMBIA LOCATIONS:

HOWARD UNIVERSITY

(202) 806-0008

600 W Street, NW 2nd Floor

Washington, DC

<http://www.dentistry.howard.edu>

- ◆ No residency requirement
- ◆ Emergencies and first come, first served
M-F 9 AM or 1 PM except Wednesdays 8:30 AM or 1 PM
- ◆ General services – Free screening
- ◆ \$55-235 for extraction plus \$80 for emergency visit – cash or credit
- ◆ Orthodontic needs (for braces call 202-806-0011)

WASHINGTON HOSPITAL CENTER

(202) 877-6737

110 N. Irving Street, NW

Washington, DC

- ◆ No residency requirements
- ◆ \$50 for exam; Extractions \$25-45 per tooth
- ◆ 2 month wait

SPANISH CATHOLIC CENTER DENTAL CLINIC

(202) 939-2402

1618 Monroe Street, NW

Washington, DC

- ◆ Spanish spoken
- ◆ Income limit, set fee
- ◆ No residency requirement

WHITMAN WALKER CLINIC AIDS/HIV DENTAL SERVICES

(202) 745-6120

1701 14th Street, NW

Washington, DC

http://www.wwc.org/hiv_aids_services/medical_services.html

- ◆ Services for HIV clients

DOMESTIC VIOLENCE

NON-EMERGENCY POLICE LINE

(703) 558-2222

DOMESTIC VIOLENCE / SEXUAL ASSAULT HOTLINE

(703) 228-4848

VIRGINIA STATE DOMESTIC VIOLENCE HOTLINE

(800) 838-8238

DOORWAY FOR WOMEN AND FAMILIES SHELTER

(703) 237-0881

Shelter for battered women and their children

ARLINGTON COUNTY VICTIMS OF VIOLENCE PROGRAM

(703) 228-1550

(703) 228-1513 (Spanish speaking)

- ◆ Provides counseling and support groups

ARLINGTON COUNTY VICTIMS/WITNESS ASSISTANCE PROGRAM

(703) 228-7273

- ◆ Provides support and assistance to victims of crime and witnesses

ARLINGTON COUNTY MAGISTRATE

(703) 228-3962

- ◆ Can call 24 hours a day for protective orders

ARLINGTON COMMONWEALTH ATTORNEY

(703) 228-4410

JUVENILE & DOMESTIC RELATIONS COURT

(703) 228-4500

ASSISTANCE FOR ABUSIVE MEN (Arlington County Program)

(703) 228-1516

EATING DISORDERS

OVEREATERS ANONYMOUS

(301) 231-3821

- ◆ 12 Step Program for those who suffer from compulsive eating, anorexia and/or bulimia.
- ◆ Meetings are held throughout the Northern Virginia area
- ◆ Find local meetings & resources at:
<http://www.oanova.org>
<http://www.overeatersanonymous.org>
<http://www.oa-dcmetro.org>
- ◆ Can also call the UNITY CLUB for meetings in Falls Church: (703) 534- 9835

FOOD ADDICTS IN RECOVERY ANONYMOUS

(202) 265-1800

<http://www.foodaddicts.org>

- ◆ 12 Step program for all forms of food addiction.
- ◆ Meetings throughout Washington, D.C. area.

GROWTH & RECOVERY CENTER

(703) 591-5912

10721 Main Street, Suite 2350

Fairfax, VA

<http://www.growthandrecovery.com>

- ◆ Offers treatment for adults, adolescents and children with eating disorders
- ◆ Low-cost screenings and sliding-fee psychotherapy are available.

EATING DISORDERS GROUP

(202) 368-9753

Marshall High School Room 242

7731 Leesburg Pike

Falls Church, VA

- ◆ Tuesdays 8:00-9:00pm
- ◆ No charge
- ◆ Friends and family welcome

EDUCATION

ARLINGTON EDUCATION & EMPLOYMENT PROGRAM (REEP)

(703) 228-4200

2801 Clarendon Boulevard, Suite 218

Arlington, VA 22201

<http://www.arlington.k12.va.us>

- ◆ Provides English as a Second Language (ESL) classes
- ◆ Must be Arlington resident age 18 and over
- ◆ Has affordable fees

ARLINGTON CAREER, TECHNICAL & ADULT EDUCATION

(703) 228-7505

2801 Clarendon Boulevard

Suite 306

Arlington, VA 22201

- ◆ Provides High School deferred program, vocational training programs, financial planning.
- ◆ Vocational training available in Auto Mechanics, Computer Applications, EMT, Food Handling, Nurse's Aide, Cosmetology, etc.

DAVIS MEMORIAL GOODWILL INDUSTRIES

(703) 769-3700

10 South Glebe Road

Arlington, VA 22206

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

- ◆ Eligibility: Age 16 and over. Preference given to persons with medically certified disabilities.
- ◆ Job placement assistance for persons with disabilities
- ◆ Offers 60-90 day work adjustment training program to modify inappropriate work habits and/or behaviors
- ◆ Offers programs in Bank Skills and Hospitality Skills, and Computer Skills
- ◆ Job readiness and professional development workshops Wednesdays at 2 PM.

COMPUTER CLASSES AT ARLINGTON COUNTY LIBRARY

(703) 228-7763

Central Library and Columbia Pike Branch Locations

<http://www.arlingtonva.us/departments/Libraries/cyber/LibrariesCyberCpclasses.aspx>

- ◆ Register at reference desk 30 minutes prior to class
- ◆ Classes in Computer Comfort (complete beginner), Windows, Internet Use
- ◆ Offered in English and Spanish

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS

ICON COMMUNITY SERVICES

(703) 548-4048

1240 N. Pitt St.

Suite LL

Alexandria, VA 22314

<http://www.iconservices.org>

- ◆ Eligibility: No residency requirement, limited to persons with disabilities.
- ◆ Fees: Vary with services
- ◆ Provides supported employment
- ◆ Assists in securing and maintaining employment to persons with developmental disabilities, traumatic brain injuries, learning disabilities, physical disabilities and mental illness

VIRGINIA DEPARTMENT OF REHABILITATIVE SERVICES

(703) 960-3411

5904 Old Richmond Hwy

Suite 400

Alexandria, VA 22303

<http://www.vadrs.org>

- ◆ Eligibility: Virginia resident, age 16 and over
- ◆ Fee: No charge
- ◆ Provides vocational evaluation to determine vocational potential
- ◆ Assists persons with disabilities to obtain and maintain employment
- ◆ Offers counseling, vocational training and restoration

VIRGINIA EMPLOYMENT COMMISSION

(703) 813-1399

5520 Cherokee Avenue

Suite 100-A

Alexandria, VA 22312

<http://www.vec.state.va.us>

- ◆ Eligibility: Must be eligible to work in the U.S.
- ◆ Fee: No charge
- ◆ Provides computerized job bank, office job counseling, testing and placement to persons with disabilities
- ◆ Provides computer employment services to persons without disabilities
- ◆ Offers workshops on interviewing skills, training on computers for internet job search and resume writing skills for networking and budgeting
- ◆ U.S. veterans may receive additional assistance

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS (continued)

JOB CORPS VOCATIONAL TRAINING PROGRAM

(703) 823-7490

205 S. Whiting Street
Suite 309

Alexandria, VA 22306

<http://www.jobcorps.org>

- ◆ Eligibility: U.S. citizen or legal resident; ages 16-24 and income limit
- ◆ Fee: No charge
- ◆ Provides vocational training, education and job placement to disadvantaged youths
- ◆ Programs conducted at Residential Vocational Training Center
- ◆ Participants receive room and board, spending money, clothing allowance, medical and dental care, school supplies, drivers education, transportation, performance and graduation bonuses

ARLINGTON COMMUNITY ACTION PROGRAM

(703) 241-2040

1644 N. McKinley Road
Arlington, VA 22205

<http://www.arlingtoncap.org>

- ◆ Eligibility: Has Income limit; must be a high school graduate
- ◆ Fee: No charge
- ◆ Provides computer training classes and seminars on career development
- ◆ Offers employment services including resume writing, job search techniques
- ◆ Information on job training programs

THE JOB AVENUESUPPORTED EMPLOYMENT PROGRAM

(703) 228-0246

3141 N. 10th Street
Arlington, VA 22201

- ◆ Eligibility: Arlington County residents receiving MH/SA treatment
- ◆ Fee: No charge
- ◆ Provides situational assessment to determine appropriateness for supported employment
- ◆ Assists with resume writing, job interviewing skills, job skills training, placement and on-site support

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS (continued)

CONSTRUCTION TRAINING OPPORTUNITIES PROGRAM (CTOP) VEC

(703) 913-9426

5520 Cherokee Avenue

Alexandria, VA

<http://www.vec.state.va.us>

- ◆ Eligibility: Meets low income guideline, 18 years and over, legal to work in U.S., and English language skills. Must participate in random drug screening and have reliable transportation.
- ◆ Provides 10-14 week employment and training program
- ◆ Pays a minimum of \$9/hr. while in training for 32hr work week with full-time employment following training
- ◆ Offers paid job training in a variety of construction trades

TRAINING FUTURES

Northern Virginia Family Services

(703) 448-1630 or (703) 913-5478

8251 Greensboro Drive, Suite B140

McLean, Virginia

<http://www.nvfs.org>

6315 Backlick Road

Springfield, Virginia

- ◆ Eligibility: age 20 – 65, low income, interested in office skills, Must have at least 7th grade level math & English skills, stable, able to adhere to an office dress code
- ◆ 5-days a week all day training
- ◆ Teaches Microsoft Office and business skills in a simulated office environment
- ◆ Provides clothing bank with office appropriate clothing
- ◆ 2-week internships after the 15th week
- ◆ Fee for books only

YMCA NATIONAL CAPITAL AREA

(202) 347-7381

624 9th Street, NW

Washington, D.C.

<http://www.nationalcapitalymca.org>

- ◆ Eligibility: No residency requirement
- ◆ Fees: Vary
- ◆ Provides training in Practical Nursing, Nursing Assistant, Certified Nursing Assistant and Home Health Aide
- ◆ Special program offered to train women in non-traditional employment

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS (continued)

WIDER OPPORTUNITIES FOR WOMEN

(202) 638-4885

815 15th Street, NW, Suite 916

Washington, D.C. 20005

<http://www.wowonline.org>

- ◆ Eligibility: No residency requirement, age 19 and over
- ◆ Fee: No charge
- ◆ Provides 16 week training program including child care

VIRGINIA DEPT. OF LABOR AND INDUSTRY APPRENTICESHIP TRAINING

(703) 392-0900 ext. 102

Battlefield Business Park

10515 Battleview Parkway

Manassas, VA 20109

<http://www.doli.state.va.us/wahtwedo>

- ◆ Eligibility: No residency requirement, must speak, read and write English, and have some math aptitude.
- ◆ Fees: Accepts 3rd party payment
- ◆ Provides 16 weeks of intensive computer and office support skills training in simulated office environment & 3-week on-the-job training and job placement

HISPANOS UNIDOS

(703) 533-9300

6269 Leesburg Pike

Falls Church, VA 22044

- ◆ Fees: No charge
- ◆ Provides Hispanic job placement, including completing job application and interviewing skills

HOGAR HISPANO, CATHOLIC CHARITIES

(703) 534-9805

6201 Leesburg Pike, Suite 307

Falls Church, VA 22044

<http://www.cca.net>

- ◆ Fee: No charge
- ◆ Provides 24-hour hotline and a variety of services, including employment, housing and transportation assistance
- ◆ Offers ESL classes as well as immigration counseling for a fee of \$20

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS (continued)

NORTHERN VIRGINIA URBAN LEAGUE

(703) 836-2858

315 Duke Street

Alexandria, VA 22314

<http://www.nvul.org>

- ◆ Fee: No charge
- ◆ Provides employment assistance to unemployed and under-employed persons
- ◆ Includes training, counseling, readiness workshops, resume and interview preparation and job bank

YMCA Arlington

(703) 525-5420

3422 N. 13th Street

- ◆ Fees: No charge
- ◆ Provides job referrals, counseling and workshops
- ◆ Housing assistance, help with immigration issues and transportation services
- ◆ Offers ESL classes

SELF-DIRECTED SERVICES:

ARLINGTON EMPLOYMENT CENTER

(703) 228-1400

3033 Wilson Blvd.

Suite 400B

Arlington, VA 22201

- ◆ Fee: No charge
- ◆ Provides job listings and job search service
- ◆ Offers computer with internet access for job searches and applications
- ◆ Offers computer based self-directed tutorials
- ◆ Conducts Virginia Refugee Assistance Program (VRAP) providing employment skills training, counseling, placement and ESL training

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS (continued)

SELF-DIRECTED SERVICES (continued):

LAURIE MITCHELL EMPLOYMENTCENTER

(703) 461-3886

6295 Edsall Road

Suite 175

Alexandria, VA

<http://www.lmec.org>

- ◆ Consumer run center for mental health consumers
- ◆ Mon.-Thurs. 5:00pm-9:00pm
- ◆ Saturdays 10:am-3:00pm
- ◆ No referral needed
- ◆ Employment counseling
- ◆ Computer training
- ◆ Job placement assistance

Engleside Clubhouse

(703) 531-6380

8220 Russell Road

2nd Floor

Alexandria, VA

- ◆ Offers same as above
- ◆ Mon. & Wed. 3:00pm-7:00pm

ENDEPENENCE CENTER OF NORTHERN VIRGINIA

(703) 525-3268

3100 Clarendon Boulevard

Arlington, VA

<http://www.ecnv.org>

- ◆ A resource and advocacy center that promotes independent living and equal access for all persons with disabilities.
- ◆ Employment resources
- ◆ Peer counseling
- ◆ Living Skills Training
- ◆ Advocacy
- ◆ A library with computers and computer training once a week

EMPLOYMENT/JOB TRAINING & VOCATIONAL REHABILITATION PROGRAMS (continued)

SELF-DIRECTED SERVICES (continued):

SAMARITAN MINISTRY OF GREATER WASHINGTON

(703) 271-0938

2924 Columbia Pike, Suite 208

Arlington, VA 22204

<http://www.samaritanministry.org>

- ◆ Pre-employment, case management
- ◆ phones and message system
- ◆ workshops on job search

ENTITLEMENTS

SOCIAL SECURITY ADMINISTRATION

1-800-772-1213

1401 Wilson Blvd, Ste 200

Arlington, VA 22202

<http://www.ssa.gov>

To apply for benefits contact Social Security Office at above number.

- ◆ Social Security Disability Income (SSDI) – for persons who have worked and paid social security taxes and are considered medically disabled
- ◆ Supplemental Security Income (SSI) – for persons with little or no income and considered medically disabled

GENERAL RELIEF

(703) 228-1350

3033 Wilson Boulevard

Arlington, VA 22201

- ◆ A program that provides limited financial assistance to disabled individuals and families who are not eligible for assistance from SSI or TANF and are Arlington County residents
- ◆ Program also provides medical coverage and prescription benefits

TEMPORARY AID TO NEEDY FAMILIES (TANF)

(703) 228-1350

3033 Wilson Boulevard

Arlington, VA 22201

- ◆ Applicants must meet income and asset guidelines established by the State and Federal Governments.
- ◆ Provides aid in the form of cash to needy families with children

EYE CARE

GIFT OF SIGHT PROGRAM - Lenscrafters

Program provides free eye exam and glasses.

- ◆ Clinician must call store first to inquire if vouchers are available. Then must write letter stating client's need and provide Arlington Co. tax exempt number. This letter can then be faxed.
- ◆ Client then schedules appointment with optometrist at the Lenscrafters location that is providing voucher.
- ◆ Locations:

Lenscrafters at Ballston Mall:	Store:	(703) 524-6060
	Doctor:	(703) 524-2800
	Fax:	(703) 524-0577

Lenscrafters at Tyson's I:	Store:	(703) 748-1377
18 & Under only	Doctor:	(703) 748-1366
	FAX #	(703) 748-1303

Lenscrafters at Pentagon City:	Store:	(703) 416-1525
Wait List	Doctor:	(703) 416-1546
	FAX #:	(703) 416-0818

OPTOMETRISTS WHO ACCEPT MEDICAID

http://www.dmas.virginia.gov/provider_search.ASP

FINANCIAL EMERGENCY ASSISTANCE

ARLINGTON COUNTY CRISIS ASSISTANCE BUREAU

(703) 228-1350

Claudia Kieffer, Chief
3033 Wilson Boulevard
Suite 300B

- ◆ Walk-in system starting at 8:00am
- ◆ Emergency assistance
- ◆ AMEN
- ◆ Referrals to Northern Virginia Family Services
- ◆ Bus tokens, cab vouchers, emergency food

AMEN

Call Crisis Assistance Bureau to get name and number of volunteer working that day
(703) 228-1308

- ◆ Volunteers work 1:00pm – 5:00pm. So, must call to request aid after 1pm
- ◆ Limited funds: Prescriptions, Section 8 deposits
- ◆ Once funds are approved, check must be picked up at :
919 Kenmore St. for pickup
At the corner of Kenmore & Wilson in Clarendon

SALVATION ARMY

(703) 979-3380

518 South Glebe Road

Note: When FEMA funds are available have money to help with:

- ◆ Rent (show eviction notice)
- ◆ Heating, gas (WAFF program in winter, show cut-off notice)
- ◆ Furniture and clothes -call CAB (703) 228-1350

FRIENDS OF CLARENDON HOUSE CONSUMER EMERGENCY FUND

(703) 228-0234

- ◆ Access through Rebecca Wright, Program Manager
- ◆ Consumer pays back 20% of loan

FINANCIAL EMERGENCY ASSISTANCE (continued)

CATHOLIC CHARITIES

(703) 548-4227

(703) 528-2344

131 South West Street

Alexandria, VA

<http://www.cdda.net>

- ◆ Provides emergency funds
- ◆ Excludes clients who are receiving Housing Grant, are on Section 8, or if client has been assisted in the last 18 months.

HISPANIC COMMITTEE OF VIRGINIA

(703) 243-3033

<http://www.vuscapique/latiusa/buscafile/sud/hcv.htm>

- ◆ Funds available for rent
- ◆ Do not have to be Hispanic

HOMELESS PREVENTION PROGRAM

(703) 769-4619

- ◆ Assistance to Arlington homeowners with evictions or mortgages
- ◆ Confer with Crisis Assistance Bureau regarding referrals

NORTHERN VIRGINIA FAMILY SERVICES

(703) 385-3267

10455 White Granite Dr. #100

Oakton, VA 22124

<http://www.nvfs.org>

- ◆ Homeless Intervention Program (HIP)
- ◆ Helps with security deposits

FINANCIAL EMERGENCY ASSISTANCE (continued)

FISH (FOR IMMEDIATE SYMPATHETIC HELP) (703) 501-3474

- ◆ Must leave message and your call will be returned
- ◆ MWF Transportation to Med Appts

OLD PRESBYTERIAN CHURCH (703) 549-6781

OUR LADY QUEEN OF PEACE (703) 979-5580 Fax (703) 979-5590 <http://www.ourladyqueenofpeace.org/>

- ◆ Maximum assistance \$50
- ◆ Assistance Hours Mon, Wed, Fri 10-12; Tue, Thu 1-3

FAIRLINGTON UNITED METHODISTCHURCH (703) 671-8557

- ◆ \$300 maximum – for security deposits only

ST. CHARLES CATHOLIC CHURCH (703) 527-5500 Fax (703) 527-5505 3304 N. Washington Boulevard Arlington, VA

- ◆ \$250 maximum
- ◆ Contact Patricia Pougis, Social Justice Director, ext. 113
- ◆ Need to fax note to Patricia stating how to make out check and where to mail it

FOOD RESOURCES

AFAC (Arlington Food Assistance Center)

(703) 845-8486

Fax:(703) 845-8491

<http://www.afa.info.org>

- ◆ Provides free food to families/individuals in need.
- ◆ Must be referred by a Social Service Agency.
- ◆ Clients pick up food weekly.
- ◆ The following pick up locations/times are available:

2708 S. Nelson Street

Monday –Friday.....10am-12pm

Thursday.....7-8pm

Saturday.....9:30-10:30am

Gunston Community Center

606 S. Lang Street

Thursday.....6:30-7:30pm

St. George’s Episcopal Church

915 N. Oakland Street

Saturday.....9:30-10:30am

ACAP (Arlington Community Action Program)

(703)241-2040 ext. 35

<http://www.arlingtoncap.org>

- ◆ Will deliver food to client with emergency needs.
- ◆ Can use service once within a 30 day period
- ◆ Case manager should call with referral

FOOD STAMPS (Cardinal Card)

(703) 228-1350

3033 Wilson Blvd

Arlington, VA

- ◆ To purchase food
- ◆ Eligibility is based on income
- ◆ Call first to see if eligible
- ◆ Apply in person by 8:00 a.m., first come, first served

MEALS ON WHEELS

(703) 522-0811

<http://www.mealsonwheelsarlington.com>

- ◆ Delivers meals to those in need Monday through Friday.
- ◆ At noon, 2 meals are delivered (one hot, one cold)
- ◆ Cost is reasonable and sliding fee is available.

FOOD RESOURCES (continued)

SALVATION ARMY

(703) 979-3380

518 S. Glebe Road

- ◆ Provides bag of non-perishable groceries to clients in need
- ◆ No referral needed. Call or walk in during business hours
- ◆ Need proof of Arlington residence
- ◆ *Provides Holiday baskets at Thanksgiving & Christmas with referral from Social Service Agency.*

SHARE (FOOD COOPERATIVE PROGRAM)

(703) 979-1613

- ◆ Participants can get reduced groceries through doing 2 hours of community service.
- ◆ Participants pay \$15 for a bag of groceries that is valued at \$35. On average a bag contains 5 lbs of meat, 5 lbs of produce (fruits and vegetables), dairy products and dry goods.
- ◆ Pay in advance, have volunteer work voucher signed, then pick up groceries at the church.

ST GEORGE'S EPISCOPAL CHURCH

(703) 525-8286

915 N. Oakland Street (VA Square Metro)
Arlington, VA

- ◆ Provides lunch daily from 11:30am – 1:00pm
- ◆ Walk-in – no referral needed
- ◆ Lunch is provided by chapel on 9th street side of church

WIC (Women, Infants & Children Food Program)

(703) 228-1260

Arlington County Dept. of Human Services
3033 Wilson Blvd
Arlington, VA

- ◆ Provides nutritious food to help pregnant women, post-delivery or breast feeding mothers, infants, and children under age 5 stay healthy

FURNITURE RESOURCES

THE FURNITURE BANK OF ARLINGTON

(703) 237-5118

- ◆ Complete form and fax to office (fax number is on form)
- ◆ Group provides furniture for clients in need
- ◆ Social worker needs to call and make referral

SHARE FURNITURE HOTLINE

(703) 448-1054

- ◆ Ct. can call and request donated furniture

SALVATION ARMY

(703) 979-3380

- ◆ Provides vouchers to buy furniture at the Salvation Army Store
- ◆ Need to call the 1st of each month
(They have limited supply of vouchers available each month)

GRIEF/BEREAVEMENT SERVICES

CAPITAL HOSPICE

(703) 538-2064

Referrals & Info (800) 869-2136

9300 Lee Hwy, Suite 200

Fairfax, VA 22031

Grief support groups:

- ◆ Drop-in grief support group: 2nd, 4th Thursdays - 6:30-8pm at Halquist Memorial Inpatient Center 4715 N. 15th Street, Arlington, VA
- ◆ Grief Education group:
3rd Thursdays of month- 6:30-8:00pm same address as above
- ◆ Coordinates services for the metro area hospices (MD, DC, VA)
- ◆ Hospice provides care for those that are dying (usually in their own homes) to help them live their final days in the best way possible.
- ◆ Referrals to support groups in area
- ◆ Has monthly bereavement lecture series in Arlington

HAVEN OF NORTHERN VIRGINIA

(703) 941-7000

4606 Ravensworth Road,

Annandale, VA 22003

<http://www.havenofnova.org>

- ◆ Non-denominational organization that provides emotional support to bereaved and critically ill.
- ◆ Services are free.
- ◆ Matches volunteer with person who has dying friend or relative to provide support by phone or in person
- ◆ Call for information on groups available such as:
 - Suicide survivors group
 - Early maternal loss group
 - Widow/widowers group

AARP GRIEF AND LOSS PROGRAMS

(800) 424-3410

- ◆ Provides support, education and information regarding grief & loss
- ◆ Website has excellent resources at: <http://www.AARP.org/griefandloss>

GROUP HOMES in Arlington

To put clients on waiting list for programs below, contact Arlington County Mental Health Housing Coordinator:

Marikay Crangle (703) 228-5332

COMMUNITY RESIDENCES

(703) 841-0607

3033 Wilson Blvd, Suite 100

Arlington, VA

<http://www.comres.org>

- ◆ Contract agency that provides a wide range of housing services

FELLOWSHIP HEALTH RESOURCES

(703) 979-5077

4113 S. Four Mile Run Drive

Arlington, VA

<http://www.fellowshiphr.org>

- ◆ Program that uses DAD funding to operate group homes and supported apartments with different levels of intensity

HEATING AND COOLING ASSISTANCE

ARLINGTON COUNTY DEPT. OF HUMAN SERVICES
703-228-1379

- ◆ The household must have individuals over 60 or under 6 years of age or disabled
- ◆ There also is a low income requirement

HIV/AIDS SERVICES

NORTHERN VIRGINIA:

WHITMAN WALKER CLINIC OF NORTHERN VIRGINIA

(703) 237-4900

5232 Lee Highway
Arlington, VA 22207

<http://www.wwc.org>

- ◆ Mon.-Fri. 9:00am-5:00pm
- ◆ No charge
- ◆ Provides information, referral, counseling and case management
- ◆ Volunteers run support groups, buddy/companion services and wills clinic
- ◆ Emergency funds for rent, food, utilities, etc.
- ◆ Conducts educational outreach to specialized populations
- ◆ Legal assistance for HIV related problems
- ◆ Substance abuse counseling
- ◆ Women's wellness clinic
- ◆ Lesbian services for GYN, STD screenings

HIV/AIDS CLINIC

(703) 228-5200 option 3

Arlington County Health Department
800 S. Walter Reed Dr. (near intersection with Columbia Pike)
Arlington, VA 22204

- ◆ Mon.-Fri. 8:00am-5:00pm
- ◆ No charge
- ◆ Spanish spoken
- ◆ Offers anonymous and confidential testing
- ◆ Diagnoses and treats STDs
- ◆ Provides HIV/AIDS prevention services, medication, information and referrals

SAMARITAN MINISTRY OF GREATER WASHINGTON

(703) 271-0938

Fax (703) 271-0941

2207 Columbia Pike
Arlington, VA 22204

- ◆ Retreat program for individuals with HIV & AIDS

HIV/AIDS SERVICES (continued)

NORTHERN VIRGINIA (continued):

INOVA HIV SERVICES

(703) 204-3780

2832 Juniper Street

Fairfax, VA 22031

- ◆ Mon.-Fri. 8:30am-5:00pm
- ◆ Eligibility; Northern Virginia residents, age 16 and over
- ◆ No charge
- ◆ Offers substance abuse services to Dual Diagnosis population
- ◆ Other resources

DISTRICT OF COLUMBIA:

WHITMAN WALKER CLINIC, INC.

(202) 797-3500

1407 S Street, NW

Washington, D.C. 20009

- ◆ Mon.-Fri. 9:00am-5:00pm
- ◆ No charge
- ◆ Provides information, referral, counseling and case management
- ◆ Volunteers run support groups, buddy/companion services and wills clinic
- ◆ Emergency funds for rent, food, utilities, etc.
- ◆ Conducts educational outreach to specialized pops
- ◆ Legal assistance for HIV related problems
- ◆ Substance abuse counseling
- ◆ Women's wellness clinic
- ◆ Lesbian Services for GYN, STD screenings

FOODS AND FRIENDS

(202) 488-8278

- ◆ Delivers meals to AIDS patients free of charge
- ◆ Weekly grocery delivery service
- ◆ T-count must be <200
- ◆ Also serves homeless and HIV infected persons

HOME HEALTH AIDE REGISTRIES SERVING NORTHERN VIRGINIA

**WARMAN AGENCY
(301) 428-2940**

**ABSOLUTE NURSING CARE
(703) 461-8202**

**AT HOME CARE, INC.
(301) 879-2700**

**COMPASSIONATE CAREHEALTH SERVICES
(301) 262-8003**

**CONSTANT CARE NURSING
(301) 608-0012**

**FAMILY AND NURSING CARE
(301) 588-8200**

**HOME CARE PARTNERS
(202) 638-3282**

**NURSING REFERRAL SERVICE
(703) 442-0229**

**TRI CITIES NURSES
(301) 986-9129**

**INOVA VNA PRIVATE DUTY SERVICES
(703) 293-6840**

**KELLY ASSISTED LIVING
(703) 356-9207**

HOMELESS SERVICES

COMMUNITY RESIDENCES HOMELESS CASE MANAGEMENT PROGRAM

(703) 841-0607

Fax: (703) 841-7776

3033 Wilson Blvd, Suite 100

Arlington, VA

- ◆ Helps mentally ill individuals find housing, assist in getting start up funds, helps them move-in, etc.
- ◆ Walk-in hours Tuesdays 12-3

OPPORTUNITY PLACE (ASPAN)

(703) 820-4357

2708-B Nelson Street

Arlington, VA (in Shirlington)

- ◆ Eligibility: Age 18 and over
- ◆ Provides street outreach, case management
- ◆ Housing and employment assistance
- ◆ Food, clothing and showers available

Also, see SHELTERS

HOSPITALS

VIRGINIA HOSPITAL CENTER-ARLINGTON

Main: (703) 558-5000

Psych: (703) 228-6451

Med. Records Fax: (703) 558-6979

Psych Fax: (703) 558-6771

1701 N. George Mason Drive

Arlington VA 22205

NORTHERN VIRGINIA MENTAL HEALTH INSTITUTE

Main: (703) 207-7100

Med Records Fax: (703) 207-7139

3302 Gallows Road

Arlington VA 22042

NORTHERN VIRGINIA COMMUNITY HOSPITAL

Main: (703) 671-1200

Med Records Fax: (703) 575-3842

301 Carlin Springs Road

Arlington VA 22204

DOMINION HOSPITAL

Main: (703) 536-2000

Med Records Fax:(703) 536-6139

2960 Sleepy Hollow Road

Falls Church, VA 22044

INOVA ALEXANDRIA HOSPITAL

Main: (703) 504-3000

Med Records Fax:(703) 504-3547

4320 Seminary Rd.

Alexandria, VA 22304-1592

INOVA FAIRFAX HOSPITAL

Main: (703) 776-3261

Med Records Fax:(703) 776-6456

3300 Gallows Road

Fairfax, VA 22042

HOTLINES/HELPLINES

ARLINGTON COUNTY EMERGENCY SERVICES – MENTAL HEALTH
(703) 228-5160

ARLINGTON COUNTY RAPE/ DOMESTIC VIOLENCE HOTLINE
(703) 228-4848

COMPULSIVE GAMBLING HOTLINE
1-800-567-8238

AGAPE SPANISH HOTLINE
(703) 534-9805
Catholic Charities, Arlington Diocese

NATIONAL HOTLINE FOR YOUNG
1-800-HITHOME
People (Under 17) With Crisis

NATIONAL RUNAWAY HOTLINE
1-800-621-4000

CRISIS LINK / NORTHERN VIRGINIA HOTLINE
(703) 527-4077

VIRGINIA DSS, PROTECTIVE SVCS ADULT ABUSE & NEGLECT HOTLINE
1-888-832-3858

CHILD ABUSE AND NEGLECT HOTLINE
1-800-552-7096

STATEWIDE FAMILY VIOLENCE & SEXUAL ASSAULT HOTLINE
1-800-838-8238

CRISIS AND FAMILY STRESS HOTLINE
(202) 223-2255

NAMI HELPLINE
1-800-950-6266

STD/AIDS HOTLINE
1-800-533-4148

NATIONAL SUBSTANCE ABUSE INFORMATION & REFERRAL HOTLINE
1-800-662-4357

HOUSING GRANTS/SECTION 8

HOUSING GRANTS PROGRAM (RENT RELIEF)

(703) 228-1350

Arlington County Dept. of Human Services
3033 Wilson Blvd.
Arlington, VA

- ◆ Individual must have signed lease before applying for grant
- ◆ Application requires proof of income, bank statements, copy of social security card, etc.
- ◆ Program provides assistance such that client does not pay more than 43% of income for rent
- ◆ There is a rent maximum.

SECTION 8 HOUSING

(703) 228-1450

Fax: (703) 228-1042

TTY: (703) 228-1498

Arlington County Dept. of Human Services
3033 Wilson Blvd.
Arlington, VA

- ◆ Call for application to get on Waiting list
- ◆ Vouchers provided can be used in any jurisdiction.
- ◆ Mod Rehab – may be offered to persons who are on the waiting list for Vouchers.

IMMIGRATION

IMMIGRATION & NATURALIZATION SERVICE

Information Line: (800) 375-5283

Forms Request Line: (800) 870-3676

<http://www.ins.usdoj.gov>

CATHOLIC IMMIGRATION SERVICES

(703) 527-8660

Specializing in:

- ◆ Work Permits
- ◆ Political Asylum
- ◆ Deportation Issues
- ◆ Permanent Residence
- ◆ Translations
- ◆ Citizenship
- ◆ Relative Petition
- ◆ Public Notary

AYUDA

(202) 387-0434 ext. 33

1736 Columbia Road, NW

Washington, DC

- ◆ Consultation and assistance w/ immigration issues

CARECEN (Central American Resource Center)

(202) 328-0700

- ◆ Initial Consultation is \$10. Fees apply if more help is needed.

CATHOLIC CHARITIES

(202) 628-6861

- ◆ Has immigration attorney on staff
- ◆ Initial consultation is \$75.0

HOGAR HISPANO

(703) 534-9805

- ◆ Consultation and assistance with immigration issues

IMMIGRATION (continued)

LUTHERAN SOCIAL SERVICES

(703) 698-5026

- ◆ Political Asylum Advocate on staff – no charge for service
- ◆ Refugee and immigration services:
- ◆ Resettlement – sponsorship of new refugees
- ◆ Employment programs
- ◆ Housing
- ◆ Training
- ◆ Will help for 5 years after arriving in the U.S.

TAHIRIH JUSTICE CENTER

Phone: (703) 575-0070

Fax: (703) 575-0069

6066 Leesburg Pike, Suite 220

Falls Church, VA 22041

Email: justice@tahirih.org

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

- ◆ Offers free legal counseling (lawyers assist) to women (only) victims of domestic violence, war crimes, etc, with immigration needs among other.

LEGAL AID

LEGAL SERVICES OF NORTHERN VIRGINIA

703-778-1014

3033 Wilson Blvd.

Arlington, VA

TAHIRIH JUSTICE CENTER

Phone: (703) 575-0070

Fax: (703) 575-0069

6066 Leesburg Pike, Suite 220

Falls Church, VA 22041

Email: justice@tahirih.org

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

- ◆ Offers free legal counseling (lawyers assist) to women (only) victims of domestic violence, war crimes, etc, with immigration needs among others.

POTOMAC LEGAL SERVICES

703-538-3975

- ◆ Immediate legal advice

LITERACY

LITERACY COUNCIL OF NORTHERN VIRGINIA, INC.

(703) 237-0866

2855 Annandale Road
Falls Church, VA 22042

- ◆ Fees: \$15 for class including books; can be waived
- ◆ Provides computer assisted learning in English to foreign born students
- ◆ Trained tutors offer one-on-one tutoring and small group instruction with attention to foreign born students
- ◆ Trained volunteers tutor adults needing assistance with basic reading and writing skills

MEDICAL SERVICES

ARLINGTON COUNTY PUBLIC HEALTH:

AIDS/STD PROGRAM

(703) 228-5200 option 3

800 S. Walter Reed Dr. (near intersection with Columbia Pike)
Arlington, VA 22204

- ◆ Free and confidential
- ◆ HIV testing
- ◆ Walk-in Clinic hours:

Anonymous HIV testing	Tues. 4:00pm-6:00pm Thurs. 1:30pm-2:30pm or by appointment
Confidential HIV testing	Tues. 1:00pm -3:00pm Thurs. 3:00pm-6:00pm or by appointment
STD testing	Tues. 1:00pm-3:00pm Thurs. 3:00pm-6:00pm

HIV MEDICAL CARE

(703) 228-5175

800 S. Walter Reed Dr. (near intersection with Columbia Pike)
Arlington, VA 22204

- ◆ Free and confidential

FAMILY PLANNING CLINIC

(703) 228-1216

3033 Wilson Boulevard
Arlington, VA

- ◆ Appointment required

IMMUNIZATION CLINIC

(703) 228-5615

3033 Wilson Boulevard
Arlington, VA

- ◆ Free to children through high school age
- ◆ Walk-in hours: Tues. 3:00pm-7:00pm
 Fri. 7:30am-11:30am

MEDICAL SERVICES (continued)

ARLINGTON COUNTY PUBLIC HEALTH (continued):

PREGNANCY TESTING

(703) 228-1200

3033 Wilson Boulevard
Arlington, VA

- ◆ Provides free pregnancy testing

REFUGEE CLINIC

(703) 228-5199

800 S. Walter Reed Dr. (near intersection with Columbia Pike)
Arlington, VA 22204

- ◆ Health screening for communicable diseases
- ◆ Referrals, counseling, and education.

TUBERCULOSIS SERVICES/CHEST CLINIC

(703) 228-5200

800 S. Walter Reed Dr. (near intersection with Columbia Pike)
Arlington, VA 22204

- ◆ Provides screening, X-rays and treatment for Tuberculosis
- ◆ Only serves those who live or work in Arlington
- ◆ Has sliding fee scale based on income
- ◆ Mon & Wed by appt 3-6:30 PM, and Wed 10 AM-1:30 PM

HEALTH CLINICS:

ARLANDRIA HEALTH CENTER

(703) 519-1725 (main)

(703) 535-5568 (adult services health center)

3805 Executive Ave D-1
Alexandria, VA 22305

- ◆ No residency requirement
- ◆ M-T-Th 7:30am-7:00pm Wed & Fri 7:30am-5:00pm
- ◆ Wait for appts is a few weeks, but if urgent, you may be squeezed in
- ◆ Cost: \$10 to \$50 a visit, depending on income
- ◆ Must have photo ID, proof of SSI (award letter) or 4 pay stubs or letter from employer
- ◆ Physicals, gynecology, sick care, dental care, mental health counseling, nursing case management, well baby and sick child care

MEDICAL SERVICES (continued)

HEALTH CLINICS (continued):

ARLINGTON PEDIATRIC CENTER

(703) 271-8800

3045-A Columbia Pike

Arlington, VA

- ◆ Medical care for low-income children
- ◆ Must be Arlington resident
- ◆ Immunizations, acute care, preventive care, lab work, family counseling

ARLINGTON FREE CLINIC

(703) 979-1400

3833 Fairfax Drive

Suite 400

Arlington, VA 22204

- ◆ Provides free, non-emergency general medical services, medications, labs, podiatry, gynecological, neurological & other specialist services
- ◆ By appointment only
- ◆ Must bring 2 forms of ID to prove Arlington residency
- ◆ Must bring proof of income for previous 2 months and fall within income limits

VIRGINIA HOSPITAL CENTER OUTPATIENT CLINIC

(703) 558-6144

1635 N George Mason Dr

Arlington, VA

- ◆ Office visit is \$28, BUT client must pay for labs, medication and other tests (Friends of Clarendon House Emergency Fund can be accessed)
- ◆ Sick Children's Clinic – walk-in hours: Mon.-Fri. 8:30-10:30am

ARLINGTON MEDICAL CLINIC

(703) 522-8840

4040 N. Fairfax Drive, Suite 140

Arlington, VA

- ◆ Accepts Medicaid, Medicare; will arrange payment plan
- ◆ Mon.-Fri. 9:15am-8:00pm
- ◆ Sat. & Sun. 10:00am-6:00pm

MEDICAL SERVICES (continued)

QUEEN STREET CLINIC

(703) 299-9701

1000 Queen Street

Alexandria, VA

- ◆ No residency requirement
- ◆ Serves individuals who are medically uninsured
- ◆ \$45.00 for office visit. All fees discounted.
- ◆ Spanish & English
- ◆ Monday –Saturday

OTHER MEDICAL SERVICES:

GW MAMMOVAN

(202) 741-3270

- ◆ Provides mammograms at various locations in the community. Call for times/locations.
- ◆ 35 or older – baseline exam free
- ◆ 40 or older – annual exam free

VIRGINIA DEPARTMENT OF HEALTH

1-804-786-7569

Richmond, VA

- ◆ Breast & Cervical Cancer Early Detection Program
- ◆ Call for a local referral for free services
- ◆ Age 50-64

NURSE MANAGED HEALTH CARE NETWORK

(703) 323-3881

- ◆ Free Mobile clinic
- ◆ Offers health screening and minor primary care
- ◆ Call to find out location of mobile clinic

NEUROSCIENCE CONSULTANTS OF NORTHERN VIRGINIA

(703)799-2113

- ◆ Neurological consultations and treatment
- ◆ Patients will need referral from physician
- ◆ Participates with Medicare, Medicaid, and uninsured

MEDICAL SERVICES (continued)

NEUROPSYCH ASSOCIATES

(703) 914-1617

Dr. Lebedun

- ◆ Neuropsychological evaluations
- ◆ Accepts Medicare
- ◆ Can get help from Friends of Clarendon House to cover costs

TO LOCATE MEDICAID PROVIDERS:

- ◆ http://www.dmas.virginia.gov/provider_search.ASP
- ◆ Virginia Hospital Center - Arlington (703) 558-5000
- ◆ Referral Line 1 (800) DOCTORS

NIH STUDIES

<http://www.cc.nih.gov>

- ◆ Clients can participate in studies and receive free treatment and medical care
- ◆ Schizophrenia study 1 (888) 674-6464
- ◆ Other studies 1 (800) 411-1222, ext. 601

MULTICULTURAL SERVICES

CENTER FOR MULTICULTURAL HUMAN SERVICES

(703) 533-3302

701 W. Broad Street, Suite 305

Falls Church, VA

- ◆ Provides mental health services
- ◆ Accepts Insurance or offers sliding fee scale
- ◆ By appointment only

LUTHERAN SOCIAL SERVICES

(703) 698-5026

7401 Leesburg Pike

Falls Church, VA

- ◆ Political Asylum Advocate on staff – no charge for service
- ◆ Refugee and immigration services:
- ◆ Resettlement – sponsorship of new refugees
- ◆ Employment programs
- ◆ Housing
- ◆ Training
- ◆ Will help for 5 years after arriving in the U.S.

MULTICULTURAL CLINICAL CENTER

(703) 354-0000

6563 Edsall Road

Springfield, VA

- ◆ Mental Health services

NATIONAL MULTICULTURAL INSTITUTE

(202) 483-0700

- ◆ Multi-lingual mental health referrals

TRAVELER'S AID SOCIETY of Washington, DC

(202) 546-3120

- ◆ Assists travelers with immigration problems

MULTICULTURAL SERVICES (continued)

IMMIGRATION & NATURALIZATION SERVICE

<http://www.ins.usdoj.gov>

- ◆ Information Line: (800) 375-5283
- ◆ Forms Request Line: (800) 870-3676

YMCA

(703) 841-9465

Arlington County

- ◆ Offers ESL classes

HISPANIC RESOURCES:

AYUDA, Inc.

(202) 387-4848

- ◆ Consultation and assistance with immigration issues

BIENVENIDOS

(703) 931-9740

- ◆ Offers information and referral on a variety of resources for Hispanics

CENTRAL AMERICAN RESOURCE CENTER (CARECEN)

(202) 328-9799

HISPANIC COMMITTEE OF VIRGINIA (COMITE HISPANO de VIRGINIA)

Arlington (703) 243-3033

Falls Church (703) 671-5666

- ◆ Information and referral
- ◆ Money for rent
- ◆ Furniture
- ◆ Legal Help and Employment Bank (at Falls Church location only)

MULTICULTURAL SERVICES (continued)

HISPANIC RESOURCES (continued):

PROJECTO FAMILIA (Project Family) (703) 228-1675

Arlington County program offered in English and Spanish that provides:

- ◆ Prenatal classes for mothers and fathers.
- ◆ Classes for parents together with their young children
- ◆ Play groups for children (birth to age 5)

CLINICA MEDICA del CENTRO CATOLICO

(202) 939-2402

Monroe Street, NW

Washington, DC

- ◆ Provides medical and dental services

HOGAR HISPANO, Diocese of Arlington

(703) 979-1705

- ◆ Provides employment assistance

OTHER SPECIFIC CULTURES:

CAMBODIAN BUDDHIST SOCIETY (301) 622-6544

ETHIOPIAN COMMUNITY CENTER (202) 637-0900

ETHIOPIAN COMMUNITY DEVELOPMENT COUNCIL (703) 685-0510

INDOCHINESE COMMUNITY CENTER (703) 241-0300

KOREAN COMMUNITY SERVICE CENTER (703) 354-6345

KOREAN YMCA (703) 379-2003

KURDISH HUMAN RIGHTS WATCH (703) 385-3806

NAIM FOUNDATION (ARABIC) (202) 462 5715

OFFENDER/EX-OFFENDER

OFFENDER AID & RESTORATION OF ARLINGTON

(703) 228-7030

Transition Svcs(703) 228-0071

1400 N. Uhle, Suite 703

Arlington, VA 22201

- ◆ Offers community service program for non-violent offenders
- ◆ Offers programs to inmates at Arlington County Detention Facility
- ◆ Transition program offers assistance with employment, housing, food identification, clothing, transportation, medical/dental care, personal hygiene and substance abuse referrals – aimed at those coming out of jail or transitioning out of residential substance abuse treatment

OUTPATIENT THERAPY

COUNSELING CENTERS:

EUGENE MEYER III TREATMENT CENTER

(202) 537-6050

The Washington School of Psychiatry

5028 Wisconsin Avenue

Suite 400

Washington, D.C.

- ◆ Therapy for individuals, couples, families and children
- ◆ Therapy available in various languages
- ◆ Sliding scale fee starting at \$35 per session

FAMILY THERAPY PRACTICE CENTER

(202) 861-0541

- ◆ Non-profit center
- ◆ Counseling for couples, families, parents, children, sliding scale fee

GEORGETOWN FAMILY CLINIC

(202) 965-4400

BOWEN CENTER FOR STUDY OF THE FAMILY

4400 MacArthur Boulevard

Washington, D.C.

- ◆ Individuals, couples and families
- ◆ Sliding scale fee beginning at \$25 per session

THE WOMEN'S CENTER

(703) 281-2657

133 Park Street, NE

Vienna, VA 22180

- ◆ Provides counseling (individual, couples, family, group) on a sliding fee scale.
- ◆ Ask about services provided at other locations as well, including Arlington United Methodist Church, 716 S. Glebe Rd, Arlington

OUTPATIENT THERAPY (continued)

VIRGINIA TECH CENTER FOR FAMILY SERVICES

(703) 538-8470

7054 Haycock Road
Falls Church, VA

- ◆ Family, couple, individual counseling,
- ◆ Sliding fee scale

THE FOGLE FOUNDATION/HUMAN SEXUALITY INSTITUTE

(202) 659-4938

1011 New Hampshire Avenue, NW
Washington, D.C.

- ◆ Provides counseling for sexual dysfunction & issues of sexual abuse
- ◆ No sliding fee scale

For Pastoral Counseling, see next page

OUTPATIENT THERAPY (continued)

PASTORAL COUNSELING:

CENTER FOR PASTORAL COUNSELING OF VIRGINIA

(703) 903-9696

<http://www.pastoralcounseling.com>

- ◆ Have numerous locations, 2 in Arlington:
 - ◆ Mt. Olivet United Methodist Church – 1500 N. Glebe Rd.
 - ◆ Little Falls Presbyterian Church – 6033 Little Falls Rd.
- ◆ Half of the staff are ordained clergy of various faiths
- ◆ Have social workers, psychologists, marital/family therapists

PASTORAL COUNSELING & CONSULTATION CENTERS OF GREATER WASHINGTON

(703) 281-1870

(202) 234-0202

3017 Chain Bridge Road

Oakton, VA 22124

- ◆ Various locations in DC Metro area – (only one location in N. Virginia)
- ◆ Offers personal, family and marriage counseling
- ◆ Sliding fee with lowest charge \$60
- ◆ Does not take insurance
- ◆ Call with desired time, location and gender preference of counselor.

WASHINGTON & WALDORF PASTORAL COUNSELING SERVICE

(301) 681-3201

- ◆ Serves individuals, couples and families
- ◆ Offer counseling for anxiety, depression, marriage, separation and pre-marital issues
- ◆ Sliding scale fee
- ◆ Various locations available throughout the Washington Area

PAIN MANAGEMENT

PAIN CLINIC OF NORTHERN VIRGINIA (703) 858-5400

- ◆ Accepts Medicaid

FAIRFAX HOSPITAL PAIN MANAGEMENT CLINIC (703) 208-6600

- ◆ Accepts Medicaid
- ◆ Must be referred by a physician

GEORGE WASHINGTON PAIN MANAGEMENT CLINIC (202) 715-4599

George Washington University Hospital
900 23rd Street, NW
Washington, D.C. 22037
<https://www.gwhospital.com/p196.html>

- ◆ Accepts Virginia Medicaid & Medicare

PARENTING SKILLS

SCAN OF NORTHERN VIRGINIA

(703) 836-1820

2210 Mount Vernon Avenue

Alexandria, VA 22301

- ◆ Offers parent education classes and playgroup
- ◆ Offers a “Success by 6” program (for children in Alexandria and Arlington)
Goal of program is to help children be ready for and successful in school by age 6
- ◆ Program is offered in English and Spanish
- ◆ Free

PARENT CHILD PLAYGROUP

(703) 212-1713

(703) 671-5666

Mark Center Club

5708 Merton Court

Alexandria, VA

- ◆ Eligibility: English and Spanish speaking parents and children up to 5 years of age
- ◆ Meets on Tuesdays , 10:00am-11:00am
- ◆ Sponsored by Healthy Families, Hispanic Community of Virginia & SCAN

WIN-WIN PARENTING WORKSHOP

(703) 228-1677

Lubber Run Center

300 N. Park Drive

Arlington, VA

- ◆ Offers joint parent/child programs for families with children ages 6-12
- ◆ Program is offered 3 times each year (schedule is posted on Arlington County website: www.co.arlington.va.us/dhs/family/pared.pdf)
- ◆ Classes last 9 weeks, are in English, and include discussion and hands on activities
- ◆ Transportation available

PARENTING SKILLS (continued)

STRENGTHENING FAMILIES

(703) 671-8417

Arlington Career Center
816 S. Walter Reed Drive
Arlington, VA

- ◆ For parents with children of all ages
- ◆ Parent education on child development, discipline, communication, etc.
- ◆ Program offered 3 times each year
- ◆ Classes last 10 weeks with 11th session for graduation
- ◆ Program is conducted in Spanish
- ◆ Classes are free, child care provided, transportation available

EARLY CHILDHOOD STEP PROGRAM

(703) 228-1677

Arlington United Methodist Church
716 S. Glebe Road
Arlington, VA

- ◆ Program offered for parents with children ages 0-5 years of age
- ◆ Program held in English
- ◆ Classes are free, child care and transportation available

STEP TEEN CLASSES

(703) 228-1677

Arlington, VA

- ◆ Offers classes on parenting teenagers
- ◆ Class manual costs \$10

ACTIVE PARENTING OF TEENS

(703) 228-1677

Arlington, VA

- ◆ Parenting classes for parents of teenagers
- ◆ Class manual costs \$10
- ◆ No childcare provided
- ◆ Transportation available

PARENTING SKILLS (continued)

TRANSPARENTING PROGRAM

In English: (703) 237-7330

In Spanish: (703) 237-7331

Northern Virginia Family Services

- ◆ Offers a 4 hour class for families with custody, separation, and/or divorce issues.

NEW PARENTS SUPPORT GROUP

(703) 558-6700

Virginia Hospital Center

Arlington, VA

- ◆ Support group held the 1st & 3rd Wed. of each month 10:00am-11:15am
- ◆ For parents of children from birth to 1 year of age
- ◆ No fee
- ◆ Meetings are held in the Conference Auditorium

PREGNANT WOMEN'S SERVICES

DHS Maternity Clinic

(703) 228-1200

3033 Wilson Boulevard
Arlington, VA 22201

Provides the following services to Arlington residents age 19 and over who fall within income limits:

- ◆ Family planning/clinical services
- ◆ Education and counseling
- ◆ Gynecological services and pregnancy testing
- ◆ Comprehensive prenatal and postpartum care
- ◆ Childbirth education
- ◆ Matches teen mothers with volunteer “mothers” who work with client until infant is one year old
- ◆ Runs PIE (Parent, Infants and Education) and WIC (Women, Infants and Children) programs that address developmental and nutritional needs

WIC (Women, Infant, and Children Supplemental Food Program)

(703) 228-1260

- ◆ Provides nutritious food to help pregnant women, post-delivery or breast feeding mothers, infants, and children under age 5 stay healthy
- ◆ Call for eligibility requirements

HEALTHY FAMILIES/ CIMSIP PROGRAM

(703) 769-4615

Northern Virginia Family Services
2924 Columbia Pike, #202
Arlington, VA 22204

- ◆ Eligibility: Arlington County Residents that are pregnant or have children under age 6
- ◆ Home visiting services including parental support and education provided by nurse and family case worker team
- ◆ Provides healthcare coordination and linkage
- ◆ Provides prenatal care and nutrition education in conjunction with Arlington County Public Health
- ◆ No cost for services

PREGNANT WOMEN'S SERVICES (continued)

PLANNED PARENTHOOD – Falls Church Center

(703) 533-5651

370 S. Washington Street, Suite 300

Falls Church, VA 22046

- ◆ Sliding scale fee
- ◆ Accepts Medicaid
- ◆ Provides low fee abortion services
- ◆ Family planning
- ◆ Medical Information and referral
- ◆ Gynecological services including:
 - STD screenings and services (including confidential HIV testing)
 - Pregnancy testing and exams

NAOMI PROJECT

(703) 860-2633

225 E. Broad Street

Falls Church, VA 22046

- ◆ Services to high-risk and newly parenting women in Northern Virginia
- ◆ Fosters consistent prenatal care, positive parenting skills, and support
- ◆ Professional referral required
- ◆ No cost for services

MARCH OF DIMES – Birth Defects Foundation

(703) 824-0111

2700 S. Quincy Street, Suite 220

Arlington, VA 22206

- ◆ Birth defect information and education
- ◆ Genetic counseling and prenatal care
- ◆ Offers prenatal education on topics which include: nutrition, smoking risks, and use of alcohol /drugs during pregnancy
- ◆ Offers free films, literature, exhibits and speakers
- ◆ No cost for services

PREGNANT WOMEN'S SERVICES (continued)

ASSIST PREGNANCY CENTER

(703) 354-7272

5101-D Backlick Road
Annandale, VA 22003

- ◆ Provides maternity, infant items and furnishings
- ◆ Pregnancy testing and medical referrals
- ◆ Counseling
- ◆ Encourages alternatives to abortion
- ◆ Offers support group for single mothers with a Christian perspective

HOPE in Northern VA, Inc.

(703) 536-2020

610 Park Ave.
Falls Church, VA 22046

- ◆ Adoption information and referrals
- ◆ Medical and legal assistance
- ◆ Maternity and baby clothing and furnishings
- ◆ Screens and places pregnant women with volunteer families for housing services
- ◆ Referrals to other housing options
- ◆ Pregnancy counseling and testing
- ◆ Lamaze and classes in prenatal, childbirth , childcare
- ◆ No cost for services

MARIH CENTER

(703) 370-4774

3230-B Duke Street
Alexandria, VA 22314

- ◆ Pregnancy testing
- ◆ Counseling on pregnancy related decisions
- ◆ Childbirth and childcare classes
- ◆ Referrals for medical care and adoption services
- ◆ Offers maternity and infant clothing
- ◆ No cost for services

PRESCRIPTION MEDICATION ASSISTANCE

AMEN

- ◆ Call Crisis Assistance Bureau **(703) 228-1350** after 1:00pm for name of volunteer on duty.

CRISIS ASSISTANCE BUREAU (CAB)

(703) 228-1350

3033 Wilson Blvd Suite 300B

Arlington, VA

- ◆ Emergency funds
- ◆ Walk-in system (Mon.-Fri. 8am to 4pm – first come first served)

PHARMACEUTICAL COMPANIES PATIENT ASSISTANCE PROGRAMS

(Indigent programs)

- ◆ Free or low cost medication for patients who qualify
- ◆ Call Anh Chu to access (703) 228-5161

PRESCRIPTION MEDICATION

PROGRAM (PMP)

(703) 228-1336

3033 Wilson Blvd, Suite 300A

Arlington, VA

- ◆ Currently taking names for wait list. While on wait list, client receives a discount on prescriptions

PHARMACY CONNECTION

(703) 228-1700

Arlington County Agency on Aging

3033 Wilson Blvd.

Arlington, VA

- ◆ Eligibility: Age 55+ who are on PMP waiting list
- ◆ Advocates help clients get onto pharmaceutical patient assistance programs (to get free or discounted medication)

ALSO: COSTCO often has much lower priced drugs than retail pharmacies and membership is not required to use the pharmacy (only to buy online), but they don't have all drugs. Go to <http://www.costco.com> to look up their prices on drugs.

RESIDENTIAL SERVICES

COMMUNITY RESIDENCES, INC. (CRI)

(703) 841-7768

3033 Wilson Blvd, Suite 100

Arlington, VA 22201

- ◆ Eligibility: Adults age 19 and over
- ◆ Provides case management for persons with disabilities; including SA/MH living independently in the community
- ◆ Provides case management and transitional housing for homeless adults with MH diagnosis
- ◆ Provides Susan's Place, a safe haven group home for individuals with MH & SA for up to 2 years
- ◆ Group homes with varying levels of support are available for persons with mental and physical disabilities
- ◆ Residential crisis care is available with referral by Arlington County Emergency Services as an alternative to hospitalization (CARE Program)

FELLOWSHIP HEALTH RESOURCES

(703) 979-5077

4113 S Four Mile Run Drive

Arlington, VA

- ◆ Supported housing apartments and townhouses

SELF-HELP GROUPS

CO-DEPENDENCY

CO-DEPENDENTS ANONYMOUS (UNITY CLUB)

(703) 534-9835

- ◆ Call for meeting times/ places

FAMILIES ANONYMOUS

(800) 736-9805

- ◆ Support group for families re: co-dependency

DUAL RECOVERY ANONYMOUS:

MT. VERNON MENTAL HEALTH CENTER

(703) 799-2763

8119 Mt. Holland Rd.

Alexandria, VA

- ◆ Meets Thursdays 8:00pm

EATING DISORDERS:

OVEREATERS ANONYMOUS

(301) 231-3821

- ◆ 12 Step Program for those who suffer from compulsive eating, anorexia and/or bulimia.
- ◆ Meetings are held throughout the Northern Virginia area
- ◆ Find local meetings & resources at:
<http://www.oanova.org>
<http://www.overeatersanonymous.org>
<http://www.aa-dcmetro.org>
- ◆ Can also call the UNITY CLUB for meetings in Falls Church: (703) 534- 9835

FOOD ADDICTS IN RECOVERY ANONYMOUS

(202) 265-1800

- ◆ 12 Step program for all forms of food addiction.
- ◆ Meetings throughout Washington, D.C. area.
- ◆ See website for more information: <http://www.foodaddicts.org>

SELF-HELP GROUPS (continued)

EMPLOYMENT (Preparing for Employment)

LAURIE MITCHELL EMPLOYMENT CENTER

(703) 461-3886

6295 Edsall Road, Suite 175

Alexandria, VA

Consumer run center for mental health consumers offering:

- ◆ Employment Counseling
- ◆ Computer Training
- ◆ Job Placement Assistance
- ◆ No referral needed
- ◆ Center is open: Monday – Thursday 5:00pm-9:00pm
Saturdays 10:00am-3:00pm

ENGLESIDE CLUBHOUSE

(703) 531-6380

8220 Russell Rd., 2nd Floor

Alexandria, VA

- ◆ Offers same as above
- ◆ Center is open: Monday & Wednesday 3:00pm-7:00pm

EMPLOYMENT (Living Skills & Training):

ENDEPENDENCE CENTER OF NORTHERN VIRGINIA

(703) 525-3268

3100 Clarendon Blvd.

Arlington, VA

- ◆ A resource and advocacy center that promotes independent living and equal access for all persons with disabilities
- ◆ Employment resources
- ◆ Peer counseling
- ◆ Living Skills Training
- ◆ Advocacy
- ◆ Provides a library with computers and computer training once a week

SELF-HELP GROUPS (continued)

GAMBLING

GAMBLERS ANONYMOUS - METRO AREA (301) 961-1313

Dupont Circle Club
1623 Connecticut Ave.
Washington, D.C.
◆ Thursdays 7:00 pm

St. Christopher's Episcopal Church
6320 Hanover Avenue
Springfield, Virginia
◆ Wednesdays 8:00 pm

INCEST SURVIVORS:

SURVIVORS OF INCEST ANONYMOUS (202) 298-9750

- ◆ 12 step program – Call for meeting schedule
- ◆ Also see website: www.SIAWSO.org

MENTAL ILLNESS:

DEPRESSION & MANIC DEPRESSION SUPPORT GROUP (703) 527-3934

Mt. Olivet Church
N. 16th St. & Glebe Road,
Arlington, VA

- ◆ Free support group meets 1st and 3rd Mondays at 7pm
- ◆ Contact Person: Bob Jack (703) 243-0397

DEPRESSIVE AND MANIC DEPRESSIVES GROUP (703) 620-5538 or (703) 849-9401

Falls Church Community Center
223 N. Little Falls St.
Falls Church, VA

- ◆ Free support group meets 2nd and 4th Mondays of month at 7:00pm

SELF-HELP GROUPS (continued)

MENTAL ILLNESS (continued):

DRADA (Depression & Related Affective Disorders Association)
(202) 955-5800

- ◆ Offers meetings and advocacy

EMOTIONS ANONYMOUS

(202) 364-9448

(703) 938-2119

Emmanuel Lutheran Church
4589 Chain Bridge Road
Vienna, VA

- ◆ A 12-step support group
- ◆ Meets Mondays at 8:00pm

MOOD DISORDERS MEETING

(703) 534-9835

Unity Club

116-B W. Broad Street
Falls Church, VA

- ◆ A 12 step group for Mood Disorders
- ◆ Meetings: Sunday at 8:30pm
 Tuesday at 8:30pm
 Thursday at 7:00pm

RECOVERY INC.

(301) 431-1818

Church: **(703) 533-9171**

Boulevard Baptist Church
7000 Arlington Blvd
Falls Church, VA

- ◆ Meets Fridays 8:00pm
- ◆ See website: www.recovery-inc.com

Schizophrenia and Schizoaffective Disorders

(703) 207-7100

Northern Virginia Mental Health Institute
3302 Gallows Road
Falls Church, VA

- ◆ Meets Wednesdays from 7-9pm
- ◆ For information call Shannon Flynn (703) 527-0370

SELF-HELP GROUPS (continued)

SEXUAL ADDICTION

Sexaholics Anonymous

(703) 866-6929

- ◆ 12 Step program for those with sexual addiction

Sex Addicts Anonymous

(703) 912-1904

- ◆ 12 Step program for those with sexual addiction.

Sex and Love Addicts Anonymous

(703) 534- 9835

- ◆ 12 Step Program for those addicted to sex/love
- ◆ Some meetings are held at:
The Unity Club
116 B W. Broad Street
Falls Church, VA
(Call Club for more info. and other meeting locations)

S-Anon

(703) 440-1875

- ◆ 12 step program for those who have been affected by the sexual addiction of a family member or friend

SMOKING:

NICOTINE ANONYMOUS

(703) 534-9835

Unity Club

116 B West Broad Street

Falls Church, VA

- ◆ Meets Thursdays 8:30pm

Alexandria Hospital

(703) 504-3000

4320 Seminary Road

Alexandria, VA

- ◆ Meets Wednesdays 8:00pm

SELF-HELP GROUPS (continued)

SUBSTANCE ABUSE:

Al-Anon Family Groups
(703) 764-0476

Alcoholics Anonymous
(703) 876-6166 or (202) 966-9115

- ◆ 12 step groups around the VA, DC, MD area
- ◆ Call for full list of meeting times/places
- ◆ “Where & When” has listing of all meetings

Some meetings held at:

- ◆ Virginia Hospital Center-Arlington
(703) 558-5000
Meetings in the Cafeteria
Wednesday through Sunday 8:30-9:30pm
Sundays 10:00-11:00am (South 1)

COCAINE ANONYMOUS
(202) 726-1717

- ◆ Call for meeting times/places

FAMILIES ANONYMOUS
(800) 736-9805

- ◆ 12 step meetings for parents of children with behavioral problems due to substance use/abuse
- ◆ Call for local meeting times/places

JEWISH ALCOHOLICS, CHEMICALLY DEPENDENT PERSONS AND SIGNIFICANT OTHERS (JACS)
(703) 448-8569 or (703) 532-2217

- Temple Rodef Shalom
2100 Westmoreland Street
Falls Church, VA
- ◆ Meets Thursdays at 7:30pm

SELF-HELP GROUPS (continued)

SUBSTANCE ABUSE (continued)

NARCOTICS ANONYMOUS (NO. VA) (703) 532-1255

- ◆ Call for full list of meeting times/places.

Some meetings held at:

- ◆ VA Hospital Center – Arlington
(703) 558-5000
Meetings in Cafeteria: Tuesdays 8:15-9:30pm
- ◆ Drew Community Center
(703) 228- 5725
3500 S. 24th St., Arlington, VA
Tuesdays 7:30-9pm

NARANON (410) 876-4316

- ◆ Offers groups for the families of drug users
- ◆ Call for meeting times/places

SMART RECOVERY (formerly “Rational Recovery”) (703) 486-0202

- ◆ Alternative to AA for substance abuse recovery that is non-spiritual and more cognitively-based

Some meetings are held at:

Arlington Unitarian Church
Joe Sanders, Advisor **(703) 671-3152**
Ken Wild, Coordinator **(703) 979-6550**
Arlington Blvd & George Mason Drive
◆ Mondays 6:30-8:00pm, Youth Room

Alexandria Substance Abuse Services
(703) 329-2000
2355 Mill Road, Alexandria, VA
◆ Thursdays 6:30-8:00pm

ONLINE RESOURCES

<http://www.onlinerecovery.org>

- ◆ Provides resources on all self-help categories with support groups online, recommended self-help books, information, etc.

SENIOR CITIZENS

SENIOR CITIZEN RESOURCE BOOK **(703) 228-1700**

- ◆ Comprehensive guide to resources for seniors. Call to request a copy.

SENIOR ADULT MENTAL HEALTH SERVICES **(703) 228-5240**

Arlington County DHS
3033 Wilson Blvd
Arlington, VA

- ◆ Program provides services of a multi-disciplinary team (psychiatrists, social workers, counselors and psychiatric nurse).
- ◆ Specializes in assessment and treatment of problems specific to seniors.

MADISON ADULT DAY CARE CENTER **(703) 228-5340**

Arlington County DHS

- ◆ Day health care for frail and/or physically or memory impaired adults.
- ◆ Noontime meal, socialization, recreation, and health care.
- ◆ Transportation available
- ◆ Sliding scale fee

SENIOR CENTERS **(703) 228-5340**

Arlington County DHS

- ◆ Serve those age 60 and over
- ◆ Centers provide socialization, recreation and educational programs
- ◆ Transportation is available for those otherwise unable to attend.
- ◆ Monetary donations for meal and transportation encouraged.
- ◆ Centers below also offer hot, nutritious meals

Madison Senior Center

(703) 228-5285
3829 N. Stafford Street

Dawson Terrace Senior Center

(703) 228-6300
2133 N. Taft Street

Drew Senior Center

(703) 228-5703
3500 S. 24th Street

SENIOR CITIZENS (continued)

OFFICE OF SENIOR ADULT PROGRAMS

(703) 228-4744

Dept. of Parks, Recreation and Community Resources
Arlington, VA

- ◆ Offers various programs and activities for seniors
- ◆ Call to get on mailing list to receive schedule of activities
- ◆ Programs are located at the centers below

SOCIAL CLUBS:

Gunston Senior Center
(703) 228-6970
2700 S. Lang Street

Walter Reed Senior Center
(703) 228-5726
2909 S. 16th Street

Aurora Hills Senior Center
(703) 228-5722
735 S. 18th Street

Arlington Mill Community Center
(703) 228-7790
4975 Columbia Pike

Culpeper Gardens Senior Center
(703) 228-4403
4435 N. Pershing Drive

Fairlington Community Center
(703) 228-6588
3308 S. Stafford Street

Langston Brown Senior Center
(703) 228-4839
4854 Lee Highway

Thomas Jefferson Comm. Center
(703) 228-5920
3501 S. 2nd Street

Lee Senior Center
(703) 228-5257
5722 Lee Highway

Madison Senior Center
(703) 228-5285
3829 N. Stafford Street

SENIOR CITIZENS (continued)

EMPLOYMENT SERVICES FOR SENIORS

EXPERIENCE WORKS

(703) 516-9292

2000 N. 14th Street, Suite 800
Arlington, VA 22201

- ◆ Specializes in creating employment opportunities for older workers

TRANSPORTATION FOR SENIORS

ACAP (ARLINGTON COMMUNITY ACTION PROGRAM)

(703) 241-2040

- ◆ Provides transportation on space available basis with advance reservation for medical appointments and assistance with grocery shopping
- ◆ Eligibility is based on income

AMERICAN RED CROSS Arlington Chapter

(703) 527-3010

- ◆ Transportation on space available basis and advance reservation for medical appointments and assistance with grocery shopping
- ◆ Can also provide limited volunteer shoppers for the homebound
- ◆ Donations encouraged

F.I.S.H. (For Immediate Sympathetic Help)

(703) 501-3474

- ◆ Volunteers provide transportation for medical appointments in Arlington and to the Department of Human Services
- ◆ Call between 6:00-8:00p.m. the day before transportation is needed

METRO

(202) 637-7000

- ◆ Senior adults (65 and older) and handicapped persons with special farecards may ride the rail and bus system at a reduced rate, or show Medicare card when boarding
- ◆ Identification cards are available at public libraries and County senior adult clubs and centers

SEXUAL DISORDERS/SEXUAL ADDICTION

AGUSTUS CENTER

(703) 684-0373

3125 Mount Vernon Avenue

Alexandria, VA

- ◆ Provides assessment and evaluation services
- ◆ Individual, family and group therapy for sex offenders
- ◆ Victims services
- ◆ No sliding fee scale offered

THE FOGEL FOUNDATION

Human Sexuality Institute

(202) 659-4938

1011 New Hampshire Ave.

Washington, DC

- ◆ Focuses on helping individuals and couples resolve sexual concerns through talk therapy. Also has programs for sexual addiction problems and for compulsive sexual behavior.
- ◆ Issues addressed:
 - ◆ Compulsive or addictive sexual drives/behaviors
 - ◆ Difficulty with orgasm
 - ◆ Impotence or erectile dysfunction
 - ◆ Disturbing sexual memories/images
 - ◆ Painful intercourse
 - ◆ Sexual abuse/incest
 - ◆ Gender identity conflicts
 - ◆ Anxiety about sexual performance

See Self-Help Groups Section for Sexaholics Anonymous and Sex Addicts Anonymous Information

SEXUAL ORIENTATION

PFLAG-D.C. **(202) 638-3852**

- ◆ Promotes health and well-being of lesbian, gay, bisexual & transgendered persons, families and friends, through support, education and advocacy.
- ◆ Offers support groups and lectures
- ◆ Helpline: **(301) 439-FLAG**
- ◆ **Website:** www.PFLAGDC.org

GAMMA (Gay and Married Men's Association) **(703) 548-3238**

- ◆ Peer support group for gay and bisexual men currently or formerly in a relationship with a woman or contemplating such a relationship.
- ◆ Call for meeting times.

GAMMA WIVES **(703) 548-3238**

- ◆ Support group for spouses of gays/lesbians.

WHITMAN WALKER **(703) 237-4900** 5232 Lee Highway Arlington, VA

- ◆ Offers support groups for gays/lesbians and those with HIV/Aids
- ◆ Call for meeting times.

GENDER IDENTITY ISSUES

- ◆ See website: <http://www.gender.org/aegis> for information/resources about gender identity concerns

OTHER RESOURCES:

<http://www.pride.com>
<http://www.gender.org/aegis>
<http://www.lambda.com>

SHELTERS

ARLINGTON:

AACH SULLIVAN HOUSE SHELTER

(703) 525-7177

3103 N. 9th Road

Arlington, VA 22201

- ◆ Eligibility: Arlington County & Alexandria residents
- ◆ Professional referral required.
- ◆ Provides two month emergency/transitional apartment shelter program for Arlington families and single adults

DOORWAYS FOR WOMEN AND CHILDREN(formerly TACTS)

SAFE HOUSE EMERGENCY SHELTER

(703) 237-0881

- ◆ Provides shelter for battered/abused women and their children
- ◆ Priority given to Arlington County residents
- ◆ Accepts self-referrals
- ◆ Maximum stay 30 days

DOORWAYS FOR WOMEN AND CHILDREN (formerly TACTS) HOMELESS SHELTER

(703) 237-1147

- ◆ Shelter for women and families
- ◆ Eligibility: Priority given to Arlington County residents, ages 18 and over.
- ◆ Accepts self-referrals

A-SPAN EMERGENCY WINTER SHELTER

(703) 528-3082

2049 N. 15th Street

Arlington, VA 22210

- ◆ Shelter is open continuously December through February
- ◆ Open depending on the temperature November and March
- ◆ Eligibility: Arlington County residents, age 18 and over
- ◆ Walk-ins accepted

SHELTERS (continued)

ARLINGTON (continued):

RESIDENTIAL PROGRAM CENTER (RPC) EMERGENCY SHELTER (703) 228-0022

1554 Columbia Pike
Arlington, VA 22204

- ◆ Eligibility: Northern Virginia residents, age 18 and over
- ◆ Must pass breathalyzer test daily, warrant checks and random drug screens.
- ◆ Provides (30-day) emergency shelter to single adults

ALEXANDRIA:

ALIVE WOMEN'S AND FAMILY EMERGENCY SHELTER (703) 550-4573

2723 King Street
Alexandria, VA 22302

- ◆ Eligibility: No residency requirement, professional referral required.
- ◆ Provides shelter for women and families with children

CARPENTERS' EMERGENCY SHELTER (703) 683-7383

802 N. Henry Street
Alexandria, VA 22314

- ◆ Eligibility: Priority given to City of Alexandria residents
- ◆ Professional referral required.
- ◆ Provides emergency shelter for adults and families

CHRIST HOUSE (703) 549-8644

131 S. West Street
Alexandria, VA 22314

- ◆ Eligibility: Northern Virginia residents; age 19 and over
- ◆ Provides 18-bed shelter for single men, married couples and families with children

SHELTERS (continued)

FAIRFAX:

ELEANOR KENNEDY ADULT EMERGENCY SHELTER

(703) 799-0200

9155 Richmond Highway
Ft. Belvoir, VA 22060

- ◆ Eligibility: No residency requirement, age 18 and over, single adults
- ◆ Requires residents to work unless disabled.

BAILEY'S EMERGENCY SHELTER

(703) 820-7621

(703) 820-7623

3525 Moncure Avenue
Falls Church, VA 22041

- ◆ Eligibility: No residency requirement
- ◆ Serves men & women age 18 and over

ALTERNATIVE HOUSE

(703) 356-6360

2100 Gallows Road
Vienna, VA

- ◆ Shelter for teenage boys and girls age 13-17
- ◆ Must have parental consent

BETHANY HOUSE OF NORTHERN VIRGINIA

(703) 256-3526

(Falls Church/Fairfax County)

- ◆ Shelter for victims of domestic abuse and their children

SUBSTANCE ABUSE SERVICES

OUT-PATIENT TREATMENT:

ARLINGTON COUNTY DIVISION OF BEHAVIORAL HEALTHCARE

1725 N George Mason Drive
Arlington, VA 22205

- ◆ For substance abuse intake call 703-228-4900
- ◆ For dual diagnosis intake call 703-228-4864

DETOXIFICATION:

RESIDENTIAL PROGRAM CENTER (RPC)

(703) 228-0033

1554 Columbia Pike
Arlington, VA

- ◆ Social detoxification program up to 14 days
- ◆ Client calls to self refer for telephone screening intake.

ALEXANDRIA SAS

(703) 229-2000

2355 Mill Road
Alexandria, VA 22314

- ◆ Contractual arrangement with Arlington County for Methadone detoxification or maintenance
- ◆ Referral through Arlington Substance Abuse Case Manager

VIRGINIA HOSPITAL CENTER - ARLINGTON

(703) 558-6143

1701 N. George Mason Drive
Arlington, VA

- ◆ Contractual relationship with Arlington County for in-patient medical detoxification
- ◆ Referral through Arlington County Substance Abuse Case Manager

SUBSTANCE ABUSE SERVICES (continued)

VANGUARD COUNSELING CENTER

(703) 920-1440

2701 N. Pershing Drive
Arlington, VA 22201

- ◆ Adolescents and Adults
- ◆ Dual Diagnosis, but not SMI
- ◆ Individualized treatment plans
- ◆ Insurance, sliding scale, self-pay

NATIONAL SUBSTANCE ABUSE INFORMATION & REFERRAL HOTLINE

1 (800) 662-4357

RESIDENTIAL TREATMENT:

RPC EARLY RECOVERY PROGRAM

(703) 228-0033

1554 Columbia Pike
Arlington, VA

- ◆ Referral through Arlington County Substance Abuse Case Manager
- ◆ 3- month intensive program for persons without prior substance abuse treatment and persons who are dually diagnosed
- ◆ Staff has Spanish language capability
- ◆ No fee

SECOND GENESIS

(301) 563-6527

Crownsville, Maryland

<http://www.secondgenesis.org/newwelcome.html>

- ◆ Referral through Arlington County Substance Abuse Case Manager
- ◆ Has both traditional and dual diagnosis programs
- ◆ Six-month treatment program for persons with extensive treatment history, multiple relapse episodes and/or extensive legal involvement

SUBSTANCE ABUSE SERVICES (continued)

PHOENIX PROGRAM

(703) 841-0660

506 N. Pollard Street
Arlington, VA 22203

- ◆ Contractual relationship with Arlington County
- ◆ Referral through Arlington County Substance Abuse Case Manager
- ◆ Three-month treatment program for persons without prior residential treatment

DEMETER PROGRAM FOR WOMEN

(703) 553-9365

Arlington, VA

- ◆ Three to six-month intensive program for mothers with or without one child under 12 accompanying them into treatment
- ◆ Program also serves Medicaid funded women during pregnancy and for 2 months postpartum accompanied by newborn

SALVATION ARMY

(703) 642-9276

6528 Little River Turnpike
Annandale, VA 22003

- ◆ Six-month residential program for men
- ◆ Work therapy and spiritually based residential recovery program
- ◆ No fee

SALVATION ARMY HARBOR LIGHTS FOR WOMEN

(202) 783-9085

- ◆ Six-month residential substance abuse treatment and recovery program for women
- ◆ No children
- ◆ Accepts dually diagnosed without severe mental health issues

SUBSTANCE ABUSE SERVICES (continued)

TRANSITIONAL HOUSING PROGRAMS:

INDEPENDENCE HOUSE

(703) 243-0964

1727 N. Fairfax Dr.
Arlington, VA 22209

- ◆ Contractual relationship with Arlington County
- ◆ Referral through Arlington County Substance Abuse Case Manager
- ◆ Four to six-month recovery based transitional living program
- ◆ 3% of income allocated for housing
- ◆ Employment minimum 30/hours per week required; should not conflict with required 6:00pm evening groups and activities

MEN'S HOME

(703) 683-3622

402 E. Hume Avenue
Alexandria, VA 22301

- ◆ Must be detoxed and have sponsor at time of admission
- ◆ Individual does not have to be employed at time of admission
- ◆ Dually diagnosed without severe disability accepted
- ◆ Fee

OXFORD HOUSE, INC.

(301) 587-2916

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

- ◆ Self-run, self-supervised, and abstinence-based housing; for recovering substance abusers (men and women)
- ◆ Must be employed or otherwise self-supporting
- ◆ Rent varies according to the individual house
- ◆ Go to web site for online directory of houses

ROBINSON HOUSE FOR MEN

(703) 683-9897

200 Laverne Avenue
Alexandria, VA 22305

- ◆ AA attendance minimum of 3 times weekly is required

SUBSTANCE ABUSE SERVICES (continued)

TRANSITIONAL HOUSING PROGRAMS (continued):

NUEVO DIA

(703) 841-0660 ext. 284

506 N. Pollard Street

Arlington, VA 22203

- ◆ For referral, contact Judith Montville-White, Lead Case Manager, Arlington County Substance Abuse Services **(703) 228-0920**
- ◆ 90-day residential and 90-day transitional substance abuse treatment program for Spanish speaking adults that do not speak English
- ◆ Clients must establish sobriety and have stable physical and mental health before admission

SUPPORT GROUPS – See Self-Help Groups Section

TELEPHONE SERVICE

MEDICAID PHONE:

VERIZON

703-876-7000

- ◆ Client must have Medicaid
- ◆ Client's Medicaid Number and Medicaid Case Worker's Name and Phone Number are required when applying for service.
- ◆ If client does not have phone service already they will have to apply for service and meet credit criteria same as with regular phone service.

Phone service cost .09 cents PER CALL. With this service client's will only have basic phone local service (NO LONG DISTANCE). This means there is no phone maintenance, no caller ID, no three way calling and/or call waiting. DC is included in the local calling area.

TRANSPORTATION

MEDICAID RIDE SERVICES:

AMERIGROUP: 800-894-8139

UNICARE: 888-229-3872

TRADITIONAL MEDICAID: 866-386-8331

- ◆ Coordinates free Medicaid non-emergency transportation to medical appointments for clients

COMMUNITY ORGANIZATIONS:

FISH

(703) 501-3474

- ◆ Client must call after 6:00pm the day before appointment

RED CROSS

(703) 527-3010

- ◆ Provides limited rides for clients unable to use buses/metro to medical appointments

ACAP

(703) 241-2040, ext. 14

- ◆ Provides rides to elderly and disabled Arlington residents
- ◆ Ask for Melvin Palmer, Transportation Coordinator

STAR

(703) 228-8747

Specialized Transit for Arlington Residents

- ◆ Pre-arranged reserved trip service for persons with disabilities
- ◆ Call between 8:30am & 4:30pm Mon thru Fri
- ◆ Call Friday for reservations for Sat, Sun, Mon
- ◆ Call one to seven days in advance
- ◆ Accepts standing orders
- ◆ Trip times: 5:30am to midnight 7 days a week
- ◆ \$2.00 each trip

TRANSPORTATION (continued)

PUBLIC TRANSPORTATION SERVICES:

METRO

METRO ID CARD:

- ◆ Reduced fare program
- ◆ Provides client with a picture ID to get reduced fares
- ◆ To request an application call: **(202) 962-1245**.

METRO ACCESS:

8405 Colesville Rd.
4th Floor
Silver Spring, MD 20910

- ◆ Provides curb-to-curb service for persons with disabilities who can not use regular public transportation
- ◆ Must be certified for program.
- ◆ The cost is \$2.50 each way.
- ◆ Transportation is not limited to medical appointments.
- ◆ To request an application call **(301) 562-5360**

ART (ARLINGTON TRANSIT)

(703) 228-RIDE

<http://www.arlingtontransit.com>

- ◆ ART 51 & ART 52 buses (replaces the 10 Metrobus) and operates between Ballston and East Falls Church
- ◆ All buses are handicapped accessible with wheelchair lifts
- ◆ Fares are as follows:
 - ◆ 25 cents with Metro transfer
 - ◆ Free ride with Metrobus pass
 - ◆ Senior and disabled fares are 60 cents at all times
 - ◆ Regular fare is \$1.25

TRANSPORTATION (continued)

VEHICLES FOR CHANGE

703-392-4901

Northern Virginia Family Services

<http://www.vehiclesforchange.org>

Contact: Marquita Gilbert

- ◆ Must have job or verifiable job offer
- ◆ Must be insurable; no DWIs or DUIs on driving record
- ◆ Must not have any other vehicle in household
- ◆ Must be drug free and no extensive criminal background
- ◆ Able to pay for insurance, fees for taxes, tags, and title
- ◆ Willing to take a 12-month loan to pay for car.
- ◆ Car fees range from \$700 to \$900 per car and the monthly payment is \$65 to \$89 per month
- ◆ Loans given without regard to credit history
- ◆ Must refer through Northern Virginia Family Services

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