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**SOME OF THE MANY AVAILABLE RESOURCES FOR THOSE FACING HUNGER
ISSUES IN OUR AREA**

CAPITAL AREA FOOD BANK

HUNGER IN OUR REGION

WHAT WE DO

IMPACT

HOW TO HELP

- **HUNGER REPORT 2020**
- **EVENTS & CAMPAIGNS**
 - **BLOG**
 - **VOLUNTEER**
 - **PARTNERS**

If you need food for you or your family, we're here to help.

Find Help During COVID-19 Emergency

During these uncertain times, many of the Capital Area Food Bank's partners remain open to serve the community. However, information may change as the current situation progresses. You may continue to use the Food Bank Network below to identify partners in your area, **but please call ahead of time to verify hours and ensure the partner is able to provide goods and services at this time.**

The Capital Area Food Bank is working diligently with Community Hub Partners who have committed to remaining open. **If you cannot find a resource or partner available near you, please visit the [CAFB COVID-19 Emergency Response page](#) to find a Community Hub Partner in your area.**

The Food Bank Network

Find food and other services in your neighborhood

Whether you could use a weekly bag of groceries or need assistance with housing, transportation, or other issues you're facing, there's a community organization willing to help. And many are right in your neighborhood.

Hunger Lifeline

Get help finding food today

When you call our Hunger Lifeline, we can help you find local pantries, kitchens serving free meals, and other organizations that can assist you with emergency food help.

Call: (202) 644-9807

[MDHS Home](#)

[Get Help](#)

Pandemic EBT

Pandemic Electronic Benefit Transfer (P-EBT) provides nutrition assistance to families whose children have lost access to free or reduced-price school meals due to COVID-19 related school closures. Families will receive money on a new or existing EBT card to help make up for these lost meals.

Supplemental Nutrition Assistance Program (SNAP, known as the Food Supplement Program, or FSP, in Maryland)

SNAP is a nutrition assistance program that helps individuals and families buy food. The program provides a monthly sum on an Electronic Benefit Transfer (EBT) card, which is used like a debit card at participating grocery stores and other food retail outlets.

Call Maryland Hunger Solutions at 1-866-821-5552 for an appointment to receive assistance in applying for SNAP.

You can also apply for SNAP online at [myDHR](#).

[MDHS Home](#)

[Take Action](#)

[Donate](#)

Join the fight against hunger in Maryland by [donating to support our work](#).

Your support of our work helps more Maryland families connect to available food assistance programs – like SNAP, WIC, and school meals – that can help put food on the table, and improve access to healthy, affordable food in low-income communities. Your support will not only reduce hunger in Maryland, but boost financial security for Maryland families and improve children’s health, wellness, and academic achievement.

MDHS Home Federal Nutrition Programs SNAP/Food Supplement Program

<https://www.mdhungersolutions.org/federal-nutrition-programs/snap/>

Maryland Hunger Solutions is here to help – contact us at 410-528-0021.

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WIC

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides pregnant women, new mothers, infants and children with nutritious foods, nutrition education, and improved access to health care in order to prevent nutrition-related health problems in pregnancy, infancy and early childhood. **To apply for WIC, call 1-800-242-4942.**

Additional Resources

- [Maryland 211](#) – Connect to health and human resources.
- [Maryland Food Bank](#)
- [Capital Area Food Bank](#)
- [Manna Food Center](#)
- [Southern Maryland Food Bank](#)
- [Howard County Food Bank](#)
- [Find a food pantry near you](#).
- The SHARE Food Network is a buying collective that allows anyone, regardless of income, to get a package of food at about half of the retail value. Call 800.217.4273 or visit [SHARE Food Network](#).
- Kids can get free meals in the summer – [find a location here](#).

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Feeding Maryland Through COVID-19

With more and more Marylanders asking themselves “where are food banks near me?” keeping an updated list of open partners is more important than ever. Need food? Click the button below and enter your zip code to find food nearby.

Please see the *Capital Area Food Bank* website for **pantries in Prince George’s and Montgomery Counties.**

[Find Food Map](#)

You can also download the most recent list.

[Partner Service Hours PDF](#)



Manna Food Center’s singular mission is to eliminate hunger in Montgomery County, Maryland. Through food distribution, education and advocacy, we are making strides on behalf of more than 63,000 county residents who experience hunger and food insecurity.

Since 1983, Manna has worked to fight hunger, feed hope and transition recipients from a place of scarcity to prosperity. The community was present at the creation of Manna coming together to make sure that those experiencing hunger had a place to turn.

Today, the impact of our work is clear. Manna stands as the premier food bank of Montgomery County, providing food to 32,000 individuals each year and helping distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients, and we are

honored to play our part in the strong social safety net. Also operating as a food pantry, Manna directly reaches into the community through a network of distribution sites in every quadrant of the county.

Give Help

[Find out how you can get involved](#)

Get Help

End Hunger

[Learn more about Manna's Mission](#)

[How to Receive Food from Manna](#)

[Manna Food Distribution Sites](#)

[Guidelines For Referring Agencies](#)

[Contact Manna](#)

Farm to Food Bank Program

Farm

The Maryland Food Bank has locations in Baltimore, Salisbury on the Eastern Shore, and Hagerstown in western Maryland as well as hundreds of partners statewide that distribute food directly to

- **Address:** 28500 Owens Branch Rd, Salisbury, MD 21801
- **Phone:** (410) 737-8282
 - 2200 Halethorpe Farms Road
 - Baltimore, MD 21227
 - Chief Executive: Carmen Del Guercio
 - Media Contact: Joanna Warner
- **Website:** mdfoodbank.org

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Community Food Rescue, a program of [Manna Food Center](#), is the coordinated food recovery network of Montgomery County, Maryland. This program enhances the good work of businesses, individuals, and organizations that already recover and redistribute perfectly good food to people experiencing hunger. Community Food Rescue grew out of the vision of the Montgomery County Council. In 2012, inspired by a campus food recovery program organized by students at the University of Maryland, College Park, the County Council adopted and funded the Montgomery County Food Council's action plan to create a coordinated, collaborative food recovery network called Community Food Rescue. We are proud members of the Food Council's Recovery and Access Working Group that continues to support and advise us. Community Food Rescue is generously supported by Montgomery County, Burness, the Mead Foundation and other private funders.



Need Help? Find Food. Access to the food and help you need

All of us need help sometimes. Now, more than ever, the Feeding America network of food banks is here to help you get access to food and other assistance.

If you need help with food today

The Feeding America network of 200 food banks and 60,000 food pantries and meal programs serve virtually every community in all 50 states, Washington, D.C. and Puerto Rico. Food is free without any expectation of donation or repayment. Food banks and their agencies are dedicated to providing comfortable and confidential services, and visitors should expect a brief intake or check-in process.

Your safety remains a top priority for the Feeding America network. As COVID-19 impacts our nation, many food banks, food pantries, and meal programs are making changes to ensure the safety of visitors and the food they serve. A variety of low or no contact options are now available in many areas, including seniors-only hours, drive-through pantries, expanded home delivery services, and more.

Search by zip code or state using the [food bank locator](#), and contact the food bank that serves your area. They will be able to give you information on the free pantries and programs nearest you.



MONTGOMERY COUNTY FOOD COUNCIL

Resources for Residents:

Food Assistance Resources

- [Food Assistance Resource Map](#): Location, hours, and eligibility guidelines for 100+ sites in Montgomery County where residents can access food and benefits application assistance.
- **Please note: Hours of operation for providers listed in the [Food Assistance Resource Directory](#) are subject to change during the COVID-19 outbreak. Please call ahead for opening hours.**
- [Weekend Bag Program](#): MCPS, [Manna Food Center](#), [Up2Us Foundation](#) and [Women Who Care Ministries](#) are distributing weekend backpacks with groceries to the families of MCPS students each Friday.
- [SNAP Benefits during COVID-19 Information \(Maryland Hunger Solutions\)](#)
- SNAP Benefits during COVID-19 [One Pager](#) and [Half Page Flyer](#) (English and Spanish)
- [Online SNAP Benefits Information](#)
- [Food Assistance Referral Toolkit](#)
- [Maryland 2-1-1](#): The MD Department of Human Services, the MD Department of Disabilities, the Salvation Army, 2-1-1 Maryland, and other partners are collaborating to supplement existing programs for people with disabilities who may be experiencing food insecurity during the COVID-19 pandemic. To connect with these feeding opportunities, constituents should call 2-1-1.

Grocery Resources

- Online ordering:
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 - For Delivery: [Peapod](#), [Wegmans](#), [Dawson's Market](#) (Rockville, Kensington, Potomac, Bethesda), [Roots Market](#), [Market at River Falls](#), [Whole Foods Market through Amazon](#)
 - For Curbside Pickup: [Dawson's Market](#), [Roots Market](#), [Takoma Park Silver Spring Co-Op](#), [Market at River Falls](#), [Founding Farmers Grocery](#), [Quarry House Tavern](#)
- Special hours:
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 - Montgomery County [grocery stores with extended or exclusive hours](#) for elderly and immunocompromised residents (May 2020)
- [Shopping support](#) information can be found on the Montgomery County Government
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 - [Communities Unbreakable](#)
 - [Barwood and Regency cabs](#): Door-to-door delivery services for essential items like groceries, and pre-prescribed medications. Please call 301-990-9000 or contact smohebbi@itcurves.net. Please note that this service is not free.
 - [Here2Help](#): Here2Help delivers free bags of groceries to county residents in need

Benefits Resources

- SNAP:
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 - All County SNAP enrollment centers are currently closed to the public. However, you can call 240-777-1003 for assistance.
 - Maryland Hunger Solutions Toll-free Phone Line for [SNAP Application Assistance](#) Sessions: (1-866-821-5552)
 - **[Crossroads Farmers Market](#) will match P-EBT up to \$50, in addition to matching SNAP and WIC checks and cards!**
 - SNAP FAQ:
 - [English](#)
 - [Spanish](#)
- WIC:
 -
 - All CCI WIC Centers remain closed to the public, however they continue to provide all essential services (appointments, benefits, support services) via phone: **301-762-9426**

Prepared Meals

- [Prepared Meal Sites](#): Montgomery County food assistance providers and nonprofit organizations are offering prepared meals to residents; call ahead to confirm availability.
- Prepared meals are [being delivered](#) through the Montgomery County Food Security Task Force
- Students:
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 - [Montgomery County Public Schools Division of Food and Nutrition Services](#) providing free meals to children in [40+ community locations](#).
 - Supplemental meals for students at SILVER (Gaithersburg) through [Real Food for Kids Montgomery](#)
 - [USDA's Meals for Kids Map](#)

- Seniors:
 - [Senior Congregate Meal Sites](#): Senior Nutrition Program continues to operate a grab and go meals program with delivery available to a limited number of people. Each participant (age 60+) must register for the program to reserve meals on a weekly basis for pick up/delivery. Boxes contain 7 completed frozen meals.
 - [Registration information for the Senior Nutrition Program](#)
 - [Meals on Wheels](#): Home deliveries to seniors throughout the County.
 - Meals for purchase or donating:
 - [Feeding Families](#): Support frontline workers through CAVA
 - [MoCo Eats: Restaurants offering curbside pickup and delivery](#)
 - [Direct Food Purchase Locations in the DMV](#)
 - [Supporting MoCo Made Businesses: Delivery/Pick-up Services and Online Ordering Options](#)
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**SOME OF THE MANY AVAILABLE RESOURCES FOR THOSE FACING
ECONOMIC AND OTHER RESOURCE ISSUES IN OUR AREA**



- [Burial Assistance](#)
- [Child Care Scholarship \(CCS\)](#)
- [Earned Income Tax Credit](#)
- [Emergency Assistance](#)
- [Energy Assistance](#)
- [Homelessness Prevention Program](#)
- [Medical Assistance](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Temporary Cash Assistance](#)
- [Temporary Disability Assistance](#)
- [Transportation Assistance](#)
- [Weathering Tough Times](#)

DHS General Information

- [Child Support Administration](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Reporting Suspected Child Abuse or Neglect](#)
- [Energy Assistance](#)
- [Medical Assistance](#)
- [Careers](#)
- [Adult Services](#)

Tools

- [Apply for benefits at myDHR](#)
- [Am I eligible for free health care?](#)
- [Estimate your Child Support Obligation](#)
- [Maryland Community Services Locator](#)
- [Notification of Petition for Guardianship and Adoption](#)
- [Online Child Support Information](#)

Safety and Protection

- [Report Neglect and Abuse](#)
 - [Report Fraud](#)
 - [Alternative Response](#)
 - [DHS Weapon Policy](#)
 - [Child Safety Brochure](#)
-

Assistance From Maryland Cities and Counties

[Allegany
county](#) (Cumberland)

[Anne Arundel
County](#) (Annapolis)

[Baltimore County](#) (Towson)

- [Baltimore, City
of](#) specific programs.
- [Baltimore rental
assistance](#) programs.
- Clinics and health centers in Baltimore area. [Learn more.](#)
- [Food pantries in
Baltimore.](#)

[Calvert County](#) (Prince Frederick)

[Carroll
County](#) (Westminster)

[Cecil County](#) (Elkton)

[Charles County](#) (La Plata)

[Dorchester
County](#) (Cambridge)

[Montgomery County](#) (Rockville)

- Non-profits that offer [Montgomery rent assistance.](#)
- Free or low cost health care programs. [More.](#)
- [Food banks in Montgomery County.](#)

[Prince George's County](#) (Upper Marlboro)

- Food pantries and banks in Prince George. [Click here.](#)
- Community clinics and free medical care. [Read more.](#)

[Queen Anne's County](#) (Centreville)

[Somerset County](#) (Princess Anne)

[St. Mary's](#) (Leonardtown)

[Talbot County](#) (Easton)

[Washington County](#) (Hagerstown)

[Hagerstown](#) specific programs.

[Wicomico County](#) (Salisbury)

[Worcester County](#) (Snow Hill)

[Frederick County](#)

[Hartford County](#) (Bel Air)

[Howard County](#) (Ellicott City)

[Kent County](#) (Chestertown)

Maryland aid and assistance programs.

You can get help and assistance in all **cities and counties in Maryland listed below**, including Baltimore and Columbia. Low income or working poor residents can find financial assistance for paying expenses including heating bills or rent. There are also social services that provide free medical or dental care, medications, food, low income housing, and other benefits for struggling families.

Maryland Pharmacy Assistance Program

This program will help qualified Maryland residents, regardless of age, who are not eligible for the state's Medical Assistance Program or Medicaid. Eligibility to this prescription drug program is not limited to the elderly and disabled and people of all ages and backgrounds can apply. Call 1-800-226-2142. OR find additional ways to receive free prescription drugs. [More](#).

Maryland Children's Health Program (MCHP)

Provides healthcare benefits using a managed care organization and the Maryland HealthChoice Program to pregnant women and children up to the age of 19. (800) 456-8900

Primary Adult Care Program (PAC)

This resource is a form of insurance. The Primary Adult Care Program will provide help with medical expenses to lower income adults through a managed health care organization. 1-800-226-2142

Maryland Health Insurance Plan (MHIP)

The MHIP program is a state-administered health insurance program for Maryland residents who do not qualify for other health insurance programs or other financial aid. This program will help those in need with paying their medical bills. 1-888-444-9016

Medical Debt Assistance and Help From Collectors

Laws and regulations are in place that prevent illegal collection efforts and that will ensure patients are treated fairly. Find out more information on [medical debt collection laws](#).

Child Care Subsidy or Purchase of Child Care (POC)

This program will help eligible families pay for needed child care bills. Vouchers and grants, which are issued to eligible families by local departments of social services, can be used to purchase services from any regulated child care center or home. Participants of this program can even use the services of an informal child care provider that is approved by the local department. [Read child care programs in Maryland](#).

Emergency Food Assistance Program (TEFAP)

This federal government funded program distributes federal surplus foods to needy households and emergency food pantries. 877.634.6361

Food Stamp Program

Helps low income, and families that are struggling, buy the food they need for good health. Vouchers and other aid is distributed.

Debt Consolidation and Credit Services

Individuals who need help paying debts, improving credit, or who need free advice on paying bills can contact a credit counselor. Non-profit organizations offer various financial solutions to residents. More on [Maryland credit counseling](#).

Cash Assistance and Social Services

Maryland can provide struggling and low income families with a number of government assistance programs. Qualified individuals can get help for paying energy bills, medical expenses, prescriptions, and more. Some agencies can also help people find a job. [More public assistance in Maryland](#).

Mortgage Help and Foreclosure Assistance in Maryland

The state of Maryland has some programs that will help families with paying their mortgage. They also try to stop foreclosures. [Learn more](#).

Also find a listing of non-profit organizations in Maryland that are HUD approved. Many offer free aid and support to borrowers. [Continue](#).

Government Grants and Employment Services

If you need a new job, career counseling, or information on how to apply for emergency grants for paying bills, then look into resources offered by non-profits. [Read more Maryland community action agencies](#).

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District of Columbia Resources

[District of Columbia Senior Driving Requirements](#)

[District of Columbia Nursing Home Ombudsman](#)

[District of Columbia Background Check Laws](#)

[District of Columbia Medicaid Services](#)

[District of Columbia Minimum Wage](#)

[District of Columbia Nursing Home List](#)

Apply for Benefits IN DC

Combined Application for Public Benefits

You may apply for one or more of the following public benefits programs:

- Temporary Assistance for Needy Families** (TANF, financial assistance)
- Supplemental Nutrition Assistance Program** (SNAP, formerly known as food stamps)
- Medical Assistance** (Medicaid, Alliance and other medical assistance programs available through DHS)

Complete and submit an application through one of the following methods:

Mobile Phone: Download the DC Access Mobile App to your phone from the Apple or Google Play stores. View more information about DC Access [here](#).

Android phone users may download DC Access through the [Google Play store](#)

iPhone users may download DC Access through the [Apple App Store](#)

Online: using the [public benefits online application](#)

In-Person: Download the [combined application for public benefits](#), complete and sign it, and return the application to any of the three open Service Centers

Mail: Download the [combined application for public benefits](#), complete and sign it, and mail to:

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State (Non-Medicaid) Assistance Programs

In the District of Columbia, there is a non-Medicaid program that provides financial aid (grants and loans) to elderly and disabled individuals in order to make home modifications and repairs. This is intended to enable disabled and elderly residents of D.C. to continue to live independently in their homes in a safe environment, and to avoid having to move to more expensive nursing homes. Via this program, there is an additional benefit for seniors where \$10,000 of a loan does not need to be repaid. To learn more details about this program and the eligibility requirements, click on the program name below.

[Single Family Residential Rehabilitation Program](#) (SFRRP)

The DC Safe at Home Program is intended to prevent the premature institutionalization of seniors by providing adaptive technology (shower seats and furniture risers) and minor home modifications (installation of wheelchair ramps and chair lifts). Doing so creates a safer and more accessible environment for the elderly to prevent the risk of falls and injuries. Click on the program name below for additional benefits and eligibility requirements.

[DC Safe at Home Program](#)

Additionally, in the District there is a unique program that provides support for unpaid caregivers. Benefits include caregiver flex accounts, educational programs, telephone support, counseling, and in-home assessments. Click below on the program name to learn more.

[District of Columbia Caregivers' Institute \(DCCI\)](#)

Please note, the District of Columbia's Universal Paid Leave Act is set to be in effect in July of 2020. This program will provide up to six weeks paid time off from employment to care for a seriously ill family member, such as an aging parent. For more details about the Universal Paid Leave Act, click the program name below.

[Universal Paid Leave Act](#)

Other Financial Options for Care

Complementing these 'state-specific' options are also many federal and local programs. The [Resource Locator Tool](#) will help you to find these other programs and choose the most suitable one for your needs and circumstances. Make sure to take advantage of this tool to find programs in and out of the District of Columbia that may be used to maximize financial assistance for senior care costs.

Finding Affordable Care in the District of Columbia

Granted the unique status of the District of Columbia and its surrounding areas, it is almost as if the varying range of costs for different services is within one city, rather than a state. Either way, it would behoove individuals and families to contact as many service providers as possible in order to find the most affordable care. To assist families with this task, our organization has a service, free of charge, which serves as a matchmaker. Basically, special care needs and providers in one's area who matches one's needs by price range are located. [Click here](#) for assistance in finding the best, most affordable care possible.

Public assistance programs for individuals and families in Washington DC

Several public programs are available through the D.C. Department of Human Services, including SNAP (a monthly benefit to help purchase groceries), TANF (a cash benefit for families with children), and Medicaid. You can apply for these benefits at dhs.dc.gov. Anyone already receiving these benefits and due to re-certify in April will have their benefits automatically extended during the crisis, and extra SNAP money will be doled out to any qualifying household not already receiving the maximum SNAP benefit. These emergency allotments will be distributed automatically through April to your EBT card.

Unemployment benefits have also been expanded in the District, with unprecedented demand. Since March 13, D.C. has received [nearly 55,000](#) unemployment benefit applications, more than in the entire year of 2019, which saw 37,720 claims. The city has disbursed more than 18,000 payments, for a total of over \$6.7 million.

You can apply for unemployment at dcnetworks.org. The work-search question has been waived from the current application, as has the usual one-week waiting period to receive benefits. Independent contractors and gig workers are now eligible to apply.

The new federal CARES Act will also give many Americans with a social security number checks worth up to \$1,200 to soften the financial blow of the current crisis. Here's [more information about that](#).

Loans and grants for small businesses and nonprofits

The federal Small Business Administration is also providing various loans and debt relief for small businesses during the COVID-19 crisis. You can find more information about that [here](#).

In addition, the D.C. Department of Small and Local Business Development is activating more than \$600,000 in grant funding for D.C. Main Streets to apply for. (Applications have closed already for the [D.C. Small Business Recovery Microgrant Program](#); D.C. received more than 7,000 applications for this grant). Business owners can also apply for the [Verizon Small Business Recovery Fund](#).

Nonprofits can apply for grants from the [Greater Washington Community Foundation COVID-19 Emergency Response Fund](#), which will dole out awards ranging from \$10,000 to \$100,000.

Housing assistance

An [emergency bill passed by the D.C. Council on Tuesday](#) halted rent increases in the city. You are still required to pay your rent, but evictions are currently on pause during the state of emergency. There is a moratorium on foreclosures for the majority of mortgages nationwide, and the local emergency bill requires mortgage providers to offer a payment deferral of up to 90 days. Find more information [here](#).

In addition, the Department of Housing And Community Development will be opening applications in early May for a rental-assistance program for tenants. It will offer up to \$600 per month for a minimum of six months and up to two years.

The mayor has also created a new team, the District Economic Recovery Team, to plan for the eventual reopening of businesses and restarting of the local economy, as well as to address local financial needs as the outbreak goes on. More information about the local response to the coronavirus outbreak can be found at coronavirus.dc.gov.



COVID-19 EMERGENCY ASSISTANCE

[En Español](#)

Thank you for reaching out to Northern Virginia Family Service. We are committed to helping our neighbors today and tomorrow as we face the unprecedented COVID-19 health crisis.

We are currently not accepting applications for emergency assistance, but we have two other options for you to consider:

We process the Virginia Rent and Mortgage Relief program for Fairfax, Loudoun, and Prince William County residents. [Please visit this page for details.](#)

We also have available Pay it Forward, an emergency lending program with an affordable interest rate and a generous loan repayment schedule, for Loudoun County residents. Details are available in [English](#) and [Spanish](#).

If you need immediate financial or other assistance we ask you to please check with County resources where you reside:

[City of Alexandria](#) – 703-746-4988

[Arlington County](#) – 703-228-7999

[City of Fairfax](#) – 703-385-7800

[Fairfax County](#) – 703-267-3511

[City of Falls Church](#) – 703-248-5005

[Loudoun County](#) – 703-737-8300

[City of Manassas](#) – 703-361-8277

[City of Manassas Park](#) – 703-335-8880

[Prince William County](#) – 703-872-7759

Housing and Community Services of Northern Virginia, Inc.

Non-profit organization in the Lake Barcroft, Virginia

Address: 6231 Leesburg Pike #410, Falls Church, VA 22044

Hours: Open · Closes 5PM

Phone: (703) 372-5440

Featured Services

Fairfax County

[Services for
Children and
Families](#)

[Older Adults](#)

[Services for
People with
Disabilities](#)

[Fairfax
County Jobs](#)