

## Resources for Parents

Resources listed below were obtained from *The Referral Directory—Free and Low-Cost Services in Metropolitan Washington* published by Prevent Child Abuse of Metropolitan Washington (202) 223-0020.

### *Information on Community Resources or Help in a Crisis*

Crisis and Family Stress Hotline (District of Columbia)	202-223-2255
Crisislink (Northern Virginia)	703-527-4077
Prince George's County Hotline	301-864-7161
Montgomery County Crisis Center	301-315-4000
Loudoun Child Abuse and Neglect Hotline	703-771-KIDS
Community Action Council of Howard County	410-313-6440
Frederick County Hotline	301-662-2255

### *Parenting Education Resources*

#### *REGIONAL*

Washington Parent Education Initiative	202-772-4343
Single Parents Raising Kids (SPARK)	301-598-6395
The Parent Encouragement Program, Inc. (PEP)	301-929-8824
Catholic Charities Parenting Program	202-772-4343

#### *MARYLAND*

The Guide Family Support Center (Prince George's County)	301-324-9705
Montgomery County Public Schools Parent Education and Family Support	301-929-2025
Bethesda YMCA	301-229-1347
Frederick Hospital	301-698-3300

#### *DISTRICT OF COLUMBIA*

DC Public Library Parent Education Resources Video Collection	202-727-1265
Girls and Boys Town of Washington	202-832-7343
For Love of Children	202-462-8686

#### *NORTHERN VIRGINIA*

Arlington County Department of Human Services Parent Education	703-228-1677
Fairfax County Public Schools Parenting Education Center	703-846-8670
Alexandria Office on Early Childhood Development, Nurturing Parenting Program	703-838-0765
Loudoun Hospital	703-858-6360

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***Support and Counseling Services***

***REGIONAL***

Freddie Mac Foundation Child and Adolescent Protection Center, Children's National Medical Center,	202-884-4100
Washington Assessment and Therapy Services (WATS) MD	301-322-4243
Washington Assessment and Therapy Services (WATS) DC	202-537-1780
Parents Without Partners	1-800-637-7974

***MARYLAND***

Family Service Center of the University of Maryland	301-405-2273
Family Services Agency (Montgomery County)	301-840-2000
Associated Catholic Charities (Howard County)	410-261-5800
Montgomery County Public Schools Parent Warmline (English and Spanish)	301-929-WARM
Mental Health Association of Frederick County	301-662-2255

***DISTRICT OF COLUMBIA***

DC Commission on Mental Health Services, Parent and Infant Development Program	202-724-5383
Family and Child Services of Washington DC, Inc.	202-289-1510
Parents Anonymous	202-624-5555
The Center for Mental Health	202-889-5255

***NORTHERN VIRGINIA***

Alexandria Office on Women	703-838-5030
Center for Multicultural Human Services	703-533-3302
Northern Virginia Family Service	703-533-9727
Women's Center	703-281-2657
Loudoun County Mental Health Services	703-771-5100

***Volunteer Opportunities***

Greater DC Cares	202-289-7378
Alexandria Volunteer Bureau	703-836-2176
Arlington County Volunteer Office	703-228-5811
Volunteer Fairfax	703-246-3460
Loudon County Public Information and Volunteer Services	703-777-0113
The Voluntary Action Center of the Prince William Area	703-369-5292
Montgomery County Volunteer and Community Service Center	240-777-2600
Prince George's Volunteer Center	301-699-2800
United Way	301-663-4231
Volunteer Frederick	301-663-5214
Columbia Voluntary Center	410-715-3163

***Child Abuse Prevention Resources***

Prevent Child Abuse of Metropolitan Washington	202-223-0020
SCAN of Northern Virginia	703-836-1820
Prevent Child Abuse Virginia	804-359-6166
Prevent Child Abuse Maryland	410-841-6599
Prevent Child Abuse America	312-663-3520