The University of the District of Columbia's (UDC) Office of Academic Advising and Retention has created this guide to serve as a resource for students and support persons working with students when addressing students’ needs.

UDC is not responsible for the quality of services provided or the privacy practices of these agencies, organizations, or resources. The individual student should discuss his or her plan of care as well as any concerns with the policies. We invite you to browse and use this guide. You can also make suggestions to be added to future editions.

For questions or suggestions, please contact us at (202) 274-6899.
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UDC Academic Resources

**Academic Support Services**
Building 32, Room B01-03, (202) 274-5938

The Academic Support Center (ASC) offers several free services to help undergraduates excel in their courses and their academic careers. In addition, the ASC provides student referrals, faculty support, and policy information to strengthen support services across campus.

**Student Support**

- **Academic Workshops** – Workshops on study, research, and writing skills are offered each semester. In-class workshops can be scheduled by faculty.

- **Calculator Loaner Program** – students may borrow TI-83 Plus or TI-84 Plus Graphing Calculators for the semester

- **Study Hall** – study space with 10 computer workstations

- **Tutoring** - free peer tutoring in core subject areas (writing in all disciplines, quantitative reasoning, oral communication, technology, and foreign languages) and general study skills; and referrals to specialized tutorial units (i.e. Mathematics, Accounting, Biology, Chemistry, Physics, and Community College Tutoring)

- **Reference Materials** - handouts, worksheets, and style guides for academic writing

**Faculty Support**

- **Office Hours** – Faculty are invited to host office hours and tutorials in the ASC

- **Professional Development** – training on support services and utilizing and making resource referrals

- **Reference Materials** – handouts, workshops, and texts for teaching academic writing and improving study skills
Specialized Tutoring

Specialized Tutoring Units

**Accounting Lab**
Building 38, Room 107  
(202) 274-7048.

**Math Lab**
Building 32, Room B01-02

**Biology tutor for fall 2014:**
Paul Austin  
* paul.austin@udc.edu  
Building 44, Room 310A  
**Monday:** 11-12:30, 3:30-5:00  
**Tuesday:** 2:00-5:00  
**Wednesday:** 11-12:30, 3:30-5:00  
**Thursday:** 12:30-1:30

**Chemistry tutor for fall 2014:**
Labasse Doumbia  
* (labasse.doumbia@udc.edu)  
Building 44, Room 315  
**Monday:** 12:00-1:30  
**Tuesday:** 10:00-4:00  
**Wednesday:** 12:00-1:30  
**Thursday:** 10:00-4:00

**Chemistry tutor for fall 2014:**
Robin Keke  
* Robin.keke@udc.edu  
Building 44, Room 315  
**Monday:** 12:00-5:00  
**Tuesday:** 2:00-5:00  
**Wednesday:** 12:00-5:00  
**Thursday:** 2:00-5:00

Patricia Nantume  
* patricianantume@yahoo.com  
General Chemistry 1 & 2  
Building 44, Room 315  
**Monday:** 10:50-12:20, 3:30-5:30  
**Tuesday:** 10:50-1:50, 3:30-5:00  
**Wednesday:** 10:50-12:20, 3:30-5:30  
**Thursday:** 10:50-1:50, 3:30-5:00  
**Friday:** By appointment only

**Physics tutors for fall 2014**
Dr. Daryao Khatri  
(202) 274-5570
UDC Campus Resources

Career and Professional Development Center
Building 38, Room A15
(202) 274-6920

The Career and Professional Development Center serves both current students and alumni of the University of the District of Columbia. Key services include:

- Career Counseling
- Job Search Strategies
- Career Fairs
- Resume and Cover Letter Critiques
- Guidance on Selecting a Major
- Sessions on Exploring Personality and Career Interests
- Workshops on Interviewing Skills
- Internships

Counseling and Student Development Center promotes psychological well-being that enriches personal, career, and academic growth. Counseling services for UDC students are free.
Building 39, Room 120
(202) 274-6000

Disability Resource Center (DRC)
The DRC does not directly offer diagnostic testing or academic content tutoring directly, but can make referrals.
Building 44, Room A-39
(202) 274-6417 or (202) 274-5579 (TTY)

DRC helps students explore possible coverage and reasonable accommodations for students for the purposes of the Americans with Disabilities Act (ADA) and section 504 of the Rehabilitation Act. DRC provides and coordinates accommodations, support services, and auxiliary aids for qualified students with disabilities. Services include:

- Adaptive/Assistance Technology
- Interpreting Services
- Lab/Library Assistance
- Letters to Professors
- Note taking Support
- Priority Registration
- Test Accommodations
UDC Campus Resources

**STEM Center** - the Center specializes in laboratory and research experiences and provides tutoring, GRE preparation, research opportunities, mentoring, academic workshops. STEM majors: biology, chemistry, physics, mathematics, engineering, computer science, environmental science, and psychology
Building 44, Room 114
(202) 274-6156

**Veteran Services** - has programs to help active duty, reservists, national guardsman, veterans, and family members achieve their educational goals
Building 38, A-level
(202) 274-6099
### UDC Clubs & Organizations

<table>
<thead>
<tr>
<th>Club/Organization Name</th>
<th>Campus Advisor</th>
<th>Campus Advisor Number</th>
<th>Email address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Minds</td>
<td>Tricia J. Battle</td>
<td>202-274-5481</td>
<td><a href="mailto:tricia.battle@udc.edu">tricia.battle@udc.edu</a></td>
</tr>
<tr>
<td>American Institute of Architect Students (AIAS)</td>
<td>Dr. Clarence Pearson</td>
<td>202-274-5057</td>
<td><a href="mailto:cpearson@udc.edu">cpearson@udc.edu</a></td>
</tr>
<tr>
<td>Beta Kappa Chi</td>
<td>Dr. Carolyn Cousin</td>
<td>202-274-5874</td>
<td><a href="mailto:ccousin@udc.edu">ccousin@udc.edu</a></td>
</tr>
<tr>
<td>Biology Club</td>
<td>Dr. Deepak Kumar</td>
<td>202-274-7401</td>
<td><a href="mailto:dkumar@udc.edu">dkumar@udc.edu</a></td>
</tr>
<tr>
<td>Campaign 9:30</td>
<td>Chereen Leid</td>
<td>202-274-5354</td>
<td><a href="mailto:Chereen.leid@udc.edu">Chereen.leid@udc.edu</a></td>
</tr>
<tr>
<td>Delta Mu delta Epsilon Sigma</td>
<td>Michael Tannen</td>
<td>202-274-7046</td>
<td><a href="mailto:mtannen@udc.edu">mtannen@udc.edu</a></td>
</tr>
<tr>
<td>Early Childhood Education (ECE)</td>
<td>Dr. Delia Richards</td>
<td>202-274-5875</td>
<td><a href="mailto:drrichards@udc.edu">drrichards@udc.edu</a></td>
</tr>
<tr>
<td>Economics &amp; Finance Club</td>
<td>Dr. Sharron Terrell</td>
<td>202-274-7064</td>
<td><a href="mailto:sterrell@udc.edu">sterrell@udc.edu</a></td>
</tr>
<tr>
<td>Entrepreneurship Club of the SBPA</td>
<td>Dr. Wayne R. Curtis</td>
<td>202-253-7866</td>
<td><a href="mailto:Wayne.curtis.1@udc.edu">Wayne.curtis.1@udc.edu</a></td>
</tr>
<tr>
<td>Global Affairs Diplomacy Association (GADA)</td>
<td>Dr. Guy Shroyer</td>
<td>202-274-6372</td>
<td><a href="mailto:gshroyer@udc.edu">gshroyer@udc.edu</a></td>
</tr>
<tr>
<td>Honda Club</td>
<td>Dr. Faye Garrett</td>
<td>202-274-5547</td>
<td><a href="mailto:wgarrett@udc.edu">wgarrett@udc.edu</a></td>
</tr>
<tr>
<td>Journalism Club</td>
<td>Joe Elam</td>
<td>202-274-5747</td>
<td><a href="mailto:jelam@udc.edu">jelam@udc.edu</a></td>
</tr>
<tr>
<td>Kappa Delta Pi-Theta Sigma Chapter</td>
<td>Dr. Doris Peters</td>
<td>240-731-7055</td>
<td><a href="mailto:Doris-peters@comcast.net">Doris-peters@comcast.net</a></td>
</tr>
<tr>
<td>Knights of the Firebird's Square (Chess Club)</td>
<td>Thomas Redmond</td>
<td>202-274-0744</td>
<td><a href="mailto:tredmond@udc.edu">tredmond@udc.edu</a></td>
</tr>
<tr>
<td>Marketing Club</td>
<td>Nikolai Ostapenko</td>
<td>202-274-6265</td>
<td><a href="mailto:nostapenko@udc.edu">nostapenko@udc.edu</a></td>
</tr>
<tr>
<td>Men Of Action (MOA)</td>
<td>David Gaston</td>
<td>202-274-6235</td>
<td><a href="mailto:dgaston@udc.edu">dgaston@udc.edu</a></td>
</tr>
<tr>
<td>Minorities in Agriculture, Natural Resources, and Related Sciences (MANRRS)</td>
<td>Dr. B. Michelle Harris</td>
<td>202-503-0158</td>
<td><a href="mailto:bharris@udc.edu">bharris@udc.edu</a></td>
</tr>
<tr>
<td>National Institute of Science (NIS)</td>
<td>Dr. Barbara Harvey</td>
<td>202-291-3418</td>
<td><a href="mailto:bharvey@udc.edu">bharvey@udc.edu</a></td>
</tr>
<tr>
<td>National Organization of Minority Architect Students (NOMAS)</td>
<td>Kathy Dixon</td>
<td>202-274-6653</td>
<td><a href="mailto:k.dixon@udc.edu">k.dixon@udc.edu</a></td>
</tr>
<tr>
<td>National society of Black Engineers (NSBE)</td>
<td>Dr. Esther Ososanya</td>
<td>202-274-5837</td>
<td><a href="mailto:eososanya@udc.edu">eososanya@udc.edu</a></td>
</tr>
<tr>
<td>Non-profit Leadership Alliance Student Association (NPLASA)</td>
<td>Dr. Sylvia Benatti</td>
<td>703-217-5710</td>
<td><a href="mailto:sbenatti@udc.edu">sbenatti@udc.edu</a></td>
</tr>
<tr>
<td>Nursing Student Association (NSA)</td>
<td>Anne Jean-Baptiste</td>
<td>202-274-5942</td>
<td><a href="mailto:Ajean-baptiste@udc.edu">Ajean-baptiste@udc.edu</a></td>
</tr>
<tr>
<td>Political Science History Organization (PSHO)</td>
<td>Dr. Guy Shroyer</td>
<td>202-274-6372</td>
<td><a href="mailto:gshroyer@udc.edu">gshroyer@udc.edu</a></td>
</tr>
<tr>
<td>Sigma Tau Delta- Alpha Epsilon Rho</td>
<td>Dr. Helene Krauthamer</td>
<td>202-274-5626</td>
<td><a href="mailto:hkr.authammar@udc.edu">hkr.authammar@udc.edu</a></td>
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<tr>
<td>Society of Women Engineers (SWE) Club</td>
<td>Kate Klein</td>
<td>301-366-6441</td>
<td><a href="mailto:Kate.klein@udc.edu">Kate.klein@udc.edu</a></td>
</tr>
<tr>
<td>Student Dietetic Association (SDA)</td>
<td>Dr. Pregma Ganganna</td>
<td>301-370-7762</td>
<td><a href="mailto:pganganna@udc.edu">pganganna@udc.edu</a></td>
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<tr>
<td>The Literacy Club at UDC</td>
<td>Dr. Matthew Petti</td>
<td>202-274-5635</td>
<td><a href="mailto:npetti@udc.edu">npetti@udc.edu</a></td>
</tr>
<tr>
<td>UDC Chorale</td>
<td>Johnny Butler</td>
<td>202-246-6796</td>
<td><a href="mailto:jahnea66@aol.com">jahnea66@aol.com</a></td>
</tr>
<tr>
<td></td>
<td>Richard Odom</td>
<td>202-705-7996</td>
<td><a href="mailto:odornmr@me.com">odornmr@me.com</a></td>
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Office of Academic Advising and Retention | 202.274.6899 | aac@udc.edu
Free Online Resources

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<tr>
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<th>KHAN ACADEMY</th>
<th>MATHTV.COM</th>
<th>MATHVIDS.COM</th>
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<td>Macroeconomics</td>
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KHAN Academy ([khanacademy.org](http://khanacademy.org)) provides instructional videos and practice problems in mathematics, science, history, economics, and more. All tutorials are led by one instructor.

MathTV.com Students can view videos of different instructors solving the same math problem. One of the instructors provides the explanation in Spanish.

MathVids.com uses certified math instructors to teach a particular math lessons. As instructors include senior professors, new professors, unorthodox professors, tutors, and students, each viewer can find a video that matches her/his learning style.
Academic Writing Resources

**OWL (Online Writing Lab) at Purdue University** [https://owl.english.purdue.edu/owl/](https://owl.english.purdue.edu/owl/)

1. Writing Research Papers
2. Writing about Literature
3. Sample Chicago-style Paper
4. Sample MLA Research Paper
5. Sample APA Research Paper
6. Sample APA Research Paper 2

**LEO (Literacy Education Online)**

- http://leo.stcloudstate.edu/

**Writing for Social Sciences**


**Websites with Sample Outlines**

Outline Structure for Literary Analysis Essay HATMAT

- http://www.udc.edu/docs/asc/Outline_Structure_for_Literary_Analysis_Essay_HATMAT.pdf

**Websites with Citation Style Guides**

- **Chicago/MLA/APA/CSE**: [http://bcs.bedfordstmartins.com/resdoc5e/](http://bcs.bedfordstmartins.com/resdoc5e/)
- **Chicago**: [http://libguides.wwu.edu/content.php?pid=123723&sid=1063051](http://libguides.wwu.edu/content.php?pid=123723&sid=1063051)

**Spanish Language Resources**

**StudySpanish.com** has tutorials on pronunciation, grammar, vocabulary, verbs, travel, cultural notes and idioms. [http://www.studyspanish.com/tutorial.htm](http://www.studyspanish.com/tutorial.htm)

**Spanish video course for beginners**

[http://www.bbc.co.uk/languages/spanish/mividaloca/](http://www.bbc.co.uk/languages/spanish/mividaloca/)
Community Resources
Legal

DISTRICT OF COLUMBIA

American University General Practice Clinic
Telephone: (202) 274-4148
Fax: (202) 274-0659
Website: http://www.wcl.american.edu/clinical/general.cfm

Archdiocesan Legal Network of Catholic Charities
Website: http://www.catholiccharitiesdc.org/page.aspx?pid=352

Bread for the City Legal Clinic – NW
1525 7th Street, NW
Washington, DC 20001
Telephone: (202) 265-2400
Fax: (202) 745-1081
Website: http://www.breadforthecity.org

Bread for the City Legal Clinic – SE
1640 Good Hope Road, SE
Washington, DC 20020
Telephone: (202) 587-0527
Fax: (202) 574-1536
Website: http://www.breadforthecity.org

Columbus Community Legal Services Catholic University Elder Law
Telephone: (202) 319-6788
Fax: (202) 319-6780
Website: www.law.edu/clinics/cle/clinics-columbus.cfm

DC Bar Advice and Referral Clinic
1101 K Street NW, Ste. 200
Washington, DC 20005
Telephone: (202) 737-4700
Website: www.dcbbar.org
Clinic at Bread for the City second Saturday of every month from 10-12
Legal

The Jacob Burns Community Legal Clinic @ GWU
2000 G Street, NW
Washington, DC 20052
Telephone: (202) 994-7463
Website: http://www.law.gwu.edu/Academics/ELclinicsNCPC/pages/overview.aspx

Legal Aid Society of the District of Columbia – SE Intake
Anacostia Professional Building at the Big Chair
2041 Martin Luther King Jr. Avenue, SE Ste. LL
Washington, DC 20020
Telephone: (202) 628-1161
Fax: (202) 727-2132
Website: www.legalaiddc.org

Main Office of Legal Aid of the District of Columbia
1331 H Street NW, Ste. 350
Washington, DC 20005
Telephone: (202) 628-1161
Fax: (202) 727-2132

Washington Legal Clinic for the Homeless
1200 U Street NW, 3rd Floor
Washington, DC 20009
Telephone: (202) 328-5500 (collect calls accepted)
Fax: (202) 328-5515
Website: http://www.legalclinic.org

Whitman-Walker Health Legal Services – Main Office NW
Telephone: (202) 745-7000
Fax: (202) 745-6162
Website: www.whitman-walker.org
Legal

Whitman Walker – Max Robinson Center Office in SE
2301 MLK Jr. Avenue SE
Washington, DC 20020
Telephone: (202) 797-3567 or (202) 745-7000

Neighborhood Legal Service Program
680 Rhode Island Avenue NE
Washington, DC 20002
Telephone: (202) 269-5100
Fax: (202) 832-1984
www.nlsp.org

MARYLAND

For legal services in the state of Maryland, please visit:

VIRGINIA

Legal Services of Northern Virginia
Telephone: (703) 778-6800
Website: www.lsnv.org
Pregnancy

DISTRICT OF COLUMBIA

Capitol Hill Pregnancy Center
713 Maryland Avenue, NE
Washington, DC 20002
Telephone: (202) 546-1018
Website: www.capitolhillpregnancycenter.org
Email: director@chpc.us

The Northwest Center
2702 Ontario Road, NW
Washington, DC 20009
Telephone: (202) 483-7008
Website: www.northwestcenter.net

Planned Parenthood of DC
Telephone: (800) 230-PLAN (7526)
Website: www.plannedparenthood.org

MARYLAND

Forestville Pregnancy Center
3611 Branch Avenue, Suite 201
Marlow Heights, MD 20748
Telephone: (301) 423-0063
Website: www.freepregnancytest.org

Centro Tepeyac: Silver Spring Women’s Clinic
1315 Apple Avenue
Silver Spring, MD 20910
Telephone: (301) 587-9516
Website: www.centrotepeyac.org

Rockville Pregnancy Center
12730 Twinbrook Parkway, 2nd Floor
Rockville, MD 20852
Telephone: (301) 770-4444; (800) 395-4357
Website: www.rockvilleclinic.org
Pregnancy

**Bowie Crofton Pregnancy Center**
4341 Northview Drive
Bowie, MD  20716
Telephone: 301-262-1330
Website; www.pregnancyclinicministry.org

**Planned Parenthood**
Telephone: (800) 230-7526

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**VIRGINIA**

**Metro Women’s Care**
5101-D Backlick Road
Annandale, VA  22003
Telephone: (703) 354-7272
Website: www.metrowomensva.com

**Alexandria Pregnancy Help Center**
8800 E Pear Tree Village Court
Alexandria, VA  22309
Telephone: (703) 780-4700
Website: novapregnancy.org

**Fairfax Location**
10380 Democracy Lane
Fairfax, VA  22030
Telephone: (703) 278-5433
Website: www.slpregnancy.org

**NOVA Pregnancy Help Center - Fairfax**
10380 Democracy Lane
Fairfax, VA 22030
Telephone: (703) 278-5433
Website: novapregnancy.org
Mental Health

DISTRICT OF COLUMBIA

DC Department of Mental Health Access Helpline
35 K Street, NE
Washington, DC 20002
Telephone: (888) 793-4357 or (202) 442-4202
Website: www.dmh.dc.gov

Comprehensive Psychiatric Emergency Program
DC General Hospital Compound
Building 14
1905 E Street, SE
Washington, DC 20003
Telephone number: (202) 673-9319
Fax: (202) 698-3171
Website: dbh.dc.gov

DC Crime Victims Resource Center
1300 Pennsylvania Avenue, NW
Washington, DC 20004
Telephone: (202) 531-3346 or (301) 495-0856
Website: www.dccrimevictims.org

Washington DC Suicide & Crisis Hotlines
Telephone: (800) 784-2433 or (800) 273-8255
TTY: (800) 799-4889
Website: www.suicidehotlines.com

MedStar Health
3800 Reservoir Road, NW
Washington, DC 20007
Telephone: (202) 994-5400
Website: www.medstarhealth.org
Mental Health

National Alliance on Mental Illness Washington, DC
422 8th Street, SE 2nd Floor
Washington, DC 20003
Telephone: (202) 546-0646
Website: www.nami.org/about/namidc

Depression Bipolar Support Alliance of the National Capitol Area
P.O. Box 341191
Bethesda, MD 20827
Telephone: (202) 689-1250 or (301) 279-0831
Email: hello@dbsanca.org
Website: www.dbsanca.org

National Center for Victims of Crimes
2000 M Street, NW Ste. 480
Washington, DC 20036
Telephone: (202) 467-8700
Fax: (202) 467-8701

MARYLAND

Heaver Plaza
1301 York Road, Ste. 505
Lutherville, MD 21093
Telephone: (443) 901-1550

Potomac Ridge Behavioral Health
14901 Broschart Road
Rockville, MD 20850
Telephone: (301) 251-4500
Mental Health

Homeless Outreach
Mental Health Association of Montgomery County
1000 Twinbrook Parkway
Rockville, MD  20851
Telephone: (301) 424-0656 x106

Depression Bipolar Support Alliance of the National Capitol Area
Telephone: (202) 689-1250 or (301) 279-0831
Email: hello@dbsanca.org or Alvin@dbsanca.org
Website: www.dbsanca.org

VIRGINIA

Gartlan Center
8119 Holland Road
Alexandria, VA  22306
Telephone: (703) 360-6910
Fax: (703) 360-0899
TTY: 711

Fairfax County Mental Health South County Office
8350 Richmond Highway, Suite 301
Alexandria, VA  22309
Telephone: (703) 704-5333
Fax: (703) 704-6679
TTY: (703) 451-1245

Woodburn Center
3340 Woodburn Road
Annandale, VA  22003
Telephone: (703) 573-0523
Fax (703) 280-9518
TTY: (703) 451-1245
National Organization for Victims Assistance  
510 King Street, Ste. 424  
Alexandria, VA 22314  
Telephone: (703) 535-6682  
Hotline: (800) 879-6682  
Fax: 703-535-5000  
Website: www.try-nova.org  

Health Care  

DISTRICT OF COLUMBIA  

Anacostia Healthcare Center  
1500 Galen Street, SE  
Washington, DC 20020  
Telephone: (202) 610-7160  
Website: www.unityhealthcare.org  

La Clinica del Pueblo  
2831 15th Street, NW  
Washington, DC 20009  
Telephone: (202) 462-4788  
Website: www.lcdp.org  

Mary's Center  
2333 Ontario Road, NW  
Washington, DC 20009  
Telephone: (202) 483-8196  
Website: www.maryscenter.org  

Bread for the City  
1525 7th Street, NW  
Washington, DC 20001  
Telephone: (202) 265-2400  
Website: www.breadforthecity.org  

The Elizabeth Taylor Medical Center/Whitman Walker Clinic  
1701 14th Street, NW  
Washington, DC 20009  
Telephone: (202) 745-7000  
Fax: (202) 745-6162
Health Care

Max Robinson Center
2301 Martin Luther King Jr. Avenue, SE
Washington, DC 20020
Telephone: (202) 745-7000
Fax: (202) 745-6162

East of the River Health Center
123 45th Street, NE
Washington, DC 20019
Telephone: (202) 388-7890
Website: www.unityhealthcare.org

MARYLAND

Montgomery Volunteer Dental Clinic, Inc.
14015 New Hampshire Avenue
Silver Spring, MD 20904
Telephone: (301) 384-9795
Fax: (301) 384-9795
Website: www.mvdcsmile.org

Mary’s Center
8709 Flower Avenue
Silver Spring, MD 20901
Telephone: (202) 483-8196
For Pregnant Patients: (202) 486-8443
Dentist: (301) 422-5934
Email: volunteer@marycenter.org
Website: www.maryscenter.org

Planned Parenthood
Telephone: (800) 230-PLAN (7526)

VIRGINIA

Arlington Free Clinic
2921 11th Street South
Arlington, VA 22204
Telephone: (703) 979-1425
Health Care

**Alexandria Health Department**
4480 King Street
Alexandria, VA 22302
Telephone: (703) 746-4996
Website: www.alexhealth.com

**Alexandria Health Department**
1200 N. Howard Street
Alexandria, VA 22304
Telephone: (703) 519-5979

**Woodbridge Free Clinic (Dental)**
4001 Prince William Parkway #101
Woodbridge, VA 22193
Telephone: (703) 792-7321

**Mission life Center Hope Clinic**
10721 Main Street, Ste. 1200
Fairfax, VA 22030
Telephone: (703) 825-1914

**Northern Virginia Dental Clinic**
5827 Columbia Pike, Ste. 405
Falls Church, VA 22041
Telephone: (703) 820-7170
Website: www.nvds.org
Pharmacy

DMH Pharmacy
35 K Street NE
Washington, D.C.
Telephone: (202) 442-4954

Maryland Medbank Program
P.O. Box 6429
Baltimore, MD 21230
Telephone: (877) 435-7755
Website: www.medbankmd.org

Together RX Access
Telephone: (800) 250-2839
Website: www.togetherrxaccess.com

Needy meds
Telephone: (800) 503-6897
Website: www.needymeds.org
Health Insurance

Aetna Student Health Services
77 South Bedford Street
Burlington, MA 01803
Telephone: (877) 480-4161
Website: www.aetnastudenthealth.com

Assurant Health
Telephone: (800) 801-4050

Kaiser Permanente
Telephone: 202-346-3000/202-419-6200
www.kaiserpermante.org

Get Health Care Maryland
Medical Assistance for Families (800) 456-8900
Adult Insurance (800) 226-2142
Website: www.dhmh.maryland.gov/gethealthcare/sitepages/home.aspx

International Student Insurance
#756, 1655 North Fort Myer Drive
Suite 700
Arlington, VA  22209
Telephone: (877) 593-5403
Website: www.nriol.net

USI Student Health Insurance (International)
Telephone: (800) 937-1387
Website: www.travelinsure.com

International Student Insurance
150 West 30th Street, Ste. 1101
New York, NY 10001
Telephone: (800) 244-1180
Fax: (212) 262-8920
Website: www.isoa.org
Drug and Alcohol Addiction

DISTRICT OF COLUMBIA

**Harbor Light Center**
2100 New York Ave, NE
Washington, DC 20002
Telephone: (202) 269-6333 x 212
Website: www.uss.salvationarmy.org

**Good Hope Institute**
1320 Good Hope Road, SE
Washington, DC 20020
Telephone: 1-888-205-0644
Fax: (202) 610-1887
Website: www.addictiontreatmentsystems.com

**Kolmac Outpatient Clinic**
1411 K Street, NW Ste. 703
Washington, DC 20005
Telephone: (202) 638-1992
Admission: (301) 589-0255
Fax: (202) 638-2608
Website: www.kolmac.com

**Samaritan Inns**
2523 14th Street, NW
Washington, DC 20009
Telephone: (202) 667-8831
Fax: (202) 667-8026
Website: www.samaritaninns.org

**Pilgrim Rest Baptist Therapeutics**
4601 Sherriff Road, NE
Washington, DC 20019
Telephone: (202) 396-4290
Website: www.roadtorehab.com

**Fulton House of Hope**
512 I Street, NW
Washington, DC 20001
Telephone: (202) 682-1190
Drug and Alcohol Addiction

DISTRICT OF COLUMBIA

SOME
Behavioral Health Services
60 O Street NW
Washington, DC 20001
Telephone: (202) 797-8806
Fax: (202) 265-3849
Website: www.some.org - Go to services, rebuilding, addiction recovery

Sexual Assault and Child Abuse

DC Rape Crisis Center
24-Hour Hotline (202) 333-7273
TTY (202) 328-1371
Child Abuse Hotline (202) 671-7233

RAINN Rape, Abuse & Incest National Network
National Sexual Assault Hotline (800) 656-4673
1220 L Street NW, Ste. 505
Washington, DC 20036
Telephone: (202) 544-3064 or (800) 656-4673 (HOPE)
Email: Info@rainn.org
Website: www.rainn.org

DC Police Sexual Assault Unit
Telephone: (202) 727-3700
Website: mpdc.dc.gov/page/sex-assault-unit

Gay and Lesbian Unit
Telephone: (202) 673-4445

Latino Unit
Telephone: (202) 673-4445

Asian Unit
Telephone: (202) 724-8009
Domestic Violence

DISTRICT OF COLUMBIA

My Sister’s Place Inc.
24-hour Crisis Center Hotline (202) 529-5991
Website: www.mysistersplacedc.org

The Hotline
Telephone: (800) 799-7233
TTY: (800) 787-3224
Website: http://www.thehotline.org/

DC Coalition Against Domestic Violence
5 Thomas Circle, NW
Washington, DC 20005
Telephone: (202) 299-1181
Fax: (202) 299-1193
Website: www.dccadv.org

House of Ruth
5 Thomas Circle, NW
Washington, DC 20005
Telephone: (202) 667-7001
Fax: (202) 667-7047
Website: www.houseofruth.org

Crisis and Family Stress Hotline
Telephone: (202) 223-2255

DC Domestic Violence Intake Center
DC Superior Court
500 Indiana Avenue, NW Ste. 4235
Washington, DC
Telephone: (202) 879-0152

Domestic Violence Unit
Police Headquarters
300 Indiana Avenue NW Room 3156
Washington, DC
Telephone: (202) 727-7137 * Fax: (202) 727-6491
Domestic Violence

United Medical Center
1310 Southern Avenue SE, Ste. 311
Washington, DC
Telephone: (202) 574-6000
Website: www.united-medicalcenter.com

Maryland Network Against Domestic Violence
4601 Presidents Drive Suite 370
Lanham, MD  20706
Telephone: (301) 429-3601 or 1- (800) - MD-HELPS
Website: www.mnadv.org
Homeless Shelters

DISTRICT OF COLUMBIA

The Family Place DC
3309 16th Street NW
Washington, DC 20010
Telephone: (202) 265-0149
Fax: (202) 483-0650
Website: www.thefamilyplacedc.org
Email: www.thefamilyplacedc.org

Central Union Mission
65 Mass Avenue, NW
Washington, DC 20009
Telephone: (202) 745-7118
Website: www.missiondc.org

Calvary Women’s Shelter
1217 Good Hope Road S.E.
Washington, DC 20020
Telephone: 678-2341
Fax: 202-678-2879
Website: www.calvaryservices.org

Pathways
101 Q Street, NE Ste. G
Washington, DC 20002
Telephone: (202) 529-2972
Fax: (202) 529-2976
Website: www.pathwaystohousing.org

Coalition for the Homeless
Anacostia Road Apartments
1322 Anacostia Road, SE
Washington, DC 20019
Telephone: (202) 575-3501
Website: www.dccfh.org
Homeless Shelters

Virginia Williams Family Resource Center
920 A Rhode Island Ave, NE
Washington, DC 20017
Telephone: (202) 526-0017
Fax: (202) 526-1833
Website: www.dccfh.org

Valley Place Family Transitional Program
1357 Valley Place, SE Ste. 102
Washington, DC 20020
Telephone: (202) 610-5560
Fax: (202) 610-5563

La Casa
1436 Irving Street NW
Washington, DC 20010
Telephone: (202) 673-3592 or (2020 882-1237
Fax: (202) 882-2546

The Salvation Army
Solomon G. Brown Corps Community Center
2300 Martin Luther King Jr. Ave, SE
Washington, DC 20020
Telephone: (202) 678-9770

MARYLAND

Emergency Shelter Beds
Montgomery County Crisis
Telephone: (240) 777-4000 or (410)217-0314

Watkins Mills Women’s Shelter
20201 Watkins Mill Road
Gaithersburg, MD 20886
Telephone: (301) 515-8244
Homeless Shelters

**Bethesda House Men's Shelter**
4848 Cordell Avenue
Bethesda, MD 20814
Telephone: (301) 907-9597

**St. Luke's House Inc.**
6040 Southport Drive
Bethesda, MD 20814
Telephone: (301) 493-4200

**Housing Unlimited Inc.**
4928 W Yaconda Road Ste. 15
Rockville, MD 20852
Telephone: (301) 230-2825

**VIRGINIA**

**Hughes Housing Center**
Community Residence Inc.
1612 N. McKinley Road
Arlington, VA 22205
Telephone: (571) 335-4053

**Alexandria Community Shelter**
2355 B Mill Road
Alexandria, VA 22314
Telephone: (703) 837-9300
Website: www.alive-inc.org

**Alive House**
2723 King Street
Alexandria, VA 22314
Telephone: (703) 837-9300

**Doorways for Women & Families**
Telephone: (703) 504-9400 (shelter)
(703) 237-0881 (hotline)
(703) 504-9279 (admin office)
Homeless Shelters

Arlington-Alexandria Coalition for the Homeless
3103 9th Road North
Arlington, VA 22201
Telephone (703) 525-7177
Fax: (703) 525-0750
Website: www.sachhomeless.org

Volunteers of America – Shelter
Residential Program Center
1660 Duke Street
Alexandria, VA 22314
Telephone: (800) 899-0089
Website: www.voa.org
Food and Clothing Bank

DISTRICT OF COLUMBIA

So Others May Eat (SOME)
71 O Street NW
Washington, DC 20001
Telephone: (202) 797-8806 x2109
Fax: (202) 265-3849
Website: www.some.org
Email: web@some.org

The Capital Area Food Bank Hunger Lifeline
4900 Puerto Rico Avenue NE
Washington, DC 20017
Telephone: (202) 644-9800
Fax: (202) 529-1767
Website: www.capitalfoodbank.org

Miriam’s Kitchen
2401 Virginia Avenue, NW
Washington, DC 20037
Telephone: (202) 452-8926
Fax: (202) 835-8376
Website: www.miriamskitchen.org
Email: info@miriamskitchen.org

Bread for the City
1640 Good Hope Road, SE
Washington, DC 20020
Telephone: (202) 561-8587

1525 Seventh Street, NW
Washington, DC 20001
Telephone: (202) 265-2400
Website: www.breadforthecity.org
Email: Info@breadforthecity.org
Food and Clothing Bank

MARYLAND

Manna Food Center
9311 Gaither Road
Gaithersburg, MD 20877
Telephone: (301) 424-1130
Fax: (301) 294-7968
Website: www.mannafood.org
Email: info@mannafood.org

VIRGINIA

The Capitol Area Food Bank
6833 Hill Park Drive
Lorton, VA 22079
Telephone: (703) 541-3063
Fax: (703) 541-0179

Food for Others
2938 Prosperity Avenue
Fairfax, VA 22031
Telephone: (703) 207-9173
Fax: (703) 207-9204
Website: www.foodforothers.org
Email: info@foodforothers.org
Veterans Resources

Veterans Affairs Maryland Health Care System
Telephone: (800) 865-2441

Department of Veterans Affairs
Telephone: (877) 770-4801

24-Hour Veterans Crisis Line
Telephone: (866) 427-4747

Washington, DC VA Medical Center
Telephone: (202) 745-8000
Website: www.washingtondc.va.gov

Veterans Centers
Washington DC (202) 726-5212
Alexandria (703) 360-8633
Silver Spring (240) 395-1425
Prince George County (301) 856-7173

PTSD Programs
Washington, DC (202) 745-8000
Website: www.washingtondc.va.gov

NAMI National Alliance on Mental Illness
3803 N. Fairfax Drive, Ste. 100
Arlington, VA 22203
Telephone: (703) 524-9094
Helpline: (800) 950-6264
Website: www.nmi.org

DC Office of Veterans Affairs
441 4th Street, NW, Ste. 570
Washington, DC 20001
Telephone: (202) 724-5454 | TTY: 711
Fax: (202) 724-7117
Website: www.ova.dc.gov
Email: ova@dc.gov