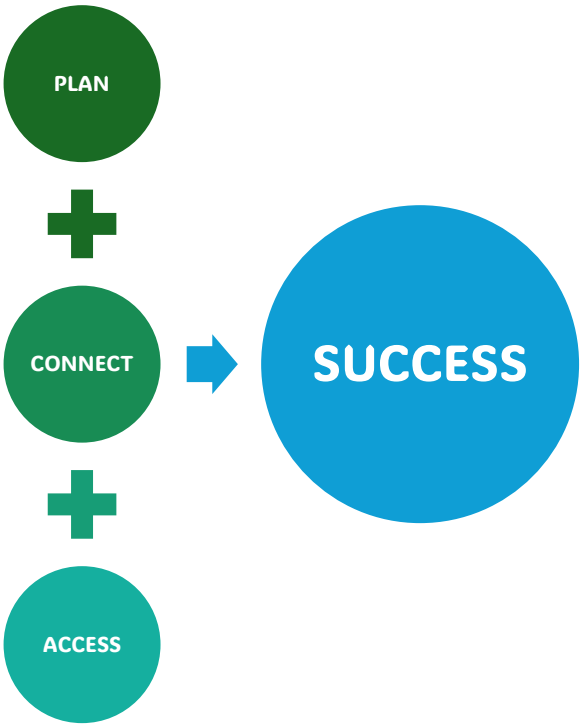
The Moss Group



Women's Re-entry Resource Guide

October 19, 2026

Acknowledgments

The Moss Group (TMG) wishes to thank the department for its vision to improve success for women reentering the community through this project. We thank the Director, re-entry leaders, re-entry case managers, and the District's community-based organizations who shared their experience and lens on the needs of women residents returning to their communities. We also extend a special thank you to the READY Center, which graciously opened its doors to an on-site tour and conversation about its center. Finally, this project could not be whole without the voices of the women residents who spoke with us about the strengths of the department's re-entry program and the needs they face as they overcome the challenges they carry to be successful in their community.

About This Guide

This Re-entry Resource Guide was developed to help women in DOC custody, including those preparing to return to the community, find and connect with critical services and supports. The guide brings together practical, accessible resources located primarily in the District and surrounding DMV area to support women before and after release. It is designed for use by both women in custody and DOC staff who assist them with re-entry planning and accessing services through the DOC READY Center and other community-based organizations. The goal is to provide a clear, user-friendly resource that helps women understand what services are available, how to access them, and where to turn for support as they prepare for a successful transition back to the community.

Guiding You

Start Here: One Step at a Time



TIP

Stay in the Know

Sign up for newsletters and information via email for the agencies listed in this guide to stay up-to-date about new services, policies, hours, and more.

One of the best first steps as you prepare for re-entry is to connect with a **one-stop center**, where you can find many services and resources in one place and get connected with community organizations that can support your individual needs. You may also be connected with a caseworker or case manager who can help you understand your options, navigate the process, and advocate alongside you. At times, there may be forms, appointment or call-back delays, or other challenges, but **don't give up. Take it one step at a time.** Ask questions, take notes, keep track of your next steps, and speak up about what you need. **You are your own strongest advocate, and every step forward is progress toward YOUR goals, YOUR future, and YOUR success.**

In this guide, you will see a combination of written information and summary boxes. Some resources are more helpful through a written description. We found some resources that did not have all of the available summary information to share. Also note that the information listed is as of September 2026. Resources and services change and update regularly: we even found websites that were active one day and not the following day. Don't get discouraged – go to the agency source directly by calling them for the most up-to-date information and steps to access services for your success.

Information in **purple fonts** are important first steps. Information in **blue bold fonts** are web links or email addresses to look for additional information. After the listings for important **one-stop centers,** you will see lists of resources and services by specific topic and within the Table of Contents. Some services are duplicated in different sections as they offer a variety of resources.

Your next chapter begins with you, but you do not have to write it alone. Support, resources, and people are available to walk alongside you as you take each step toward the future you want and deserve.

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Pre-release Resources and Information

The READY Center

How Does the READY Center Engage Clients Prior to Release?

- The READY Center engages DOC residents prior to their release from DOC custody to share information about available services.
- Soon-to-be released participants complete interest forms, and a screening is conducted to determine their needs.
- The READY Center connects returning citizens released within 12 months from the DC DOC and the Federal Bureau of Prisons to District of Columbia Government agencies and CBOs for available resources and services.

Voices for a Second Chance (VSC): Bridging the Gap from Incarceration to Community

VSC's First Responder Services provide critical pre-release support and re-entry planning for individuals incarcerated in D.C. and the surrounding District, Maryland, and Virginia (DMV) area. They connect with those housed in various facilities of the D.C. Department of Corrections, the Central Treatment Facility (CTF), and the Central Detention Facility (CDF), as well as those in the Federal Bureau of Prisons (FBOP), halfway houses like Volunteers of America in Baltimore and Fairview Women's Halfway House, and under CSOSA or pre-trial community supervision.

The VSC team conducts in-person onsite visits at prisons and halfway houses, supplemented by virtual interventions and mobile outreach to ensure that clients begin their re-entry journey with guidance, resources, and a clear plan. VSC also meets clients in neighborhoods and houseless encampments across the city, offering immediate assistance and scheduling follow-up appointments with the case-management team.

Send a program request for a VSC First Responder to meet with you.

Services provided:

- Pre-release Case Management
- DOC Jail In-reach and Mail Collection
- Federal Bureau of Prisons In-reach
- Halfway House On-site Support
- Compassionate Release Pre-release Plans
- Re-entry Case Plans

Parole Hearing Representation

Corrections Information Council (CIC) – see Attachment 1

DC Voting Rights for Residents Who are Incarcerated

On July 7, 2020, the District of Columbia became the first U.S. jurisdiction to restore the right to vote for residents who are incarcerated or previously incarcerated with felony convictions.

Check if you are registered to vote **here.**

Eligible Incarcerated Voters

Registered individuals at the Central Detention Facility (CDF) and the Correctional Treatment Facility (CTF), and those incarcerated at Federal Bureau of Prisons facilities and/or other correctional facilities may vote in the General Election. These individuals will be mailed a ballot. All voted ballots must be postmarked by election day of the election year and received by a certain date shortly after. Those in the CDF and CTF may also have the opportunity to vote in person in their facilities during Early Voting. Ask your case manager for details.

Notes:

Post-release District Resources and Information

One-stop Multi-service Information Hubs and Centers

The Ready Center

Address:	3640 MLK Jr. Avenue, SE, Washington, DC 20032	**Hours:**	Monday-Friday 9 a.m.-7 p.m.
Phone:	202-790-6790	**Email:**	ready.center@dc.gov
Eligibility:	DC residents who have released within the past 12 months from the DC Department of Corrections (DOC) the Federal Bureau of Prisons (FBOP), and other correctional facilities within the past 12 months.		
Access information:	**New intake walk-ins are welcome during normal operating hours.** Partner services, such as DMV or DHS appointments, may require advance scheduling. **New clients should bring their DOC re-entry card, FBOP re-entry card/ ID, or their release papers from the correctional facility they were released from.**		

Additional information:

Transportation: Closest Metro Station: Congress Heights. Closest Bus Routes: A4 and A8

Shuttle Bus: DOC provides free round-trip transportation for newly released residents. Available Monday through Friday, 9 a.m. to 7 p.m., to and from designated agencies and service centers. Contact the READY Center for assistance: 202-790-6790.

- From the Central Detention Facility (1901 D Street, SE) to The READY Center (3640 MLK Jr. Ave. SE)
- From the READY Center to:
  - Union Station – 40 Massachusetts Avenue, NE
  - The Mayor's Office of Returning Citizen Affairs – 2100 MLK Jr. Ave., SE
  - The DC Department of Behavioral Health – 35 K Street, NE
  - Howard University Outpatient Center – 4414 Benning Road, NE
  - DMV Adjudication Services – 955 L'Enfant Plaza, SE
- Voices for a Second Chance – 1422 Massachusetts Ave., SE

Metro Transit

The DC READY Center is accessible by Metrorail and Metrobus: Metrorail: Take the Green line to Congress Heights station, then take Metrobus routes A4 or A8, which stop near the READY Center.

What services and resources does the READY Center offer?

The READY Center serves as a consolidated hub or "one-stop shop" where returning citizens can access a wide range of services from Community-based Organizations

(CBOs) and District government agencies. The READY Center is focused on consolidating resources and services within seven domains:		
• Education services	• Mental and behavioral health	• Physical health and wellness
• Legal	• Family	• Financial
• Community and creativity	• Employment opportunities	• Vocational training in in-demand industries
• Housing service navigation	• DC Non-driver Identification Card	• Vital Records application assistance
• Substance abuse services and treatment	• Counseling services and support groups	• Voter education and registration assistance
• Supplemental Nutrition Assistance Program SNAP and Medicaid enrollment		

Notes:

Mayor's Office on Returning Citizens Affairs (MORCA)

Address:	2100 Martin Luther King Jr. Avenue, SE, Suite 100 Washington, DC 20020		
Phone:	202-715-7670	**Website:**	Click here
Access information:	**First step: complete the intake form here.**		
Services provided:	Through MORCA's case management program, MORCA ensures that previously incarcerated people are connected to essential programs and services in areas such as employment, health, education, housing assistance, and social services. • Birth certificate waiver • Identification waiver • Learner's permits • Driver's license • Social Security card • Health insurance • Food stamps • Child support/custody • Discrimination services • Mental health • Substance use • Housing resources • Record sealing • Pardons/clemency • GED/high school diploma • Pathways program • CDL program • Employment • Entrepreneurship training • Paralegal program • SHE program • Voter registration • Transportation • Clothing		

LinkU and DC Health Resource Navigator

Address:	Online	**Hours:**	Anytime online
Phone:	None: online services	**Website:**	Click here
Eligibility:	DC residents		
Access information:	Link U is a centralized website to find health care, food support, housing assistance, and other services by zip code. Each service has its own information on how to access it.		
Service areas:	Sort by: • Age • Armed forces • Disability • Disaster victims • Education • Employment • Gender • General • Guardianship • Health • Household		• Housing • Immigration status • Income • Justice involvement • Language • Mental health • Role (caregiver, dependent, parent, spouse) • Substance abuse • Survivors • Urgency

Notes:

Community Family Life Services – also, see Attachment 2

Address:	4860 Fort Totten Drive N.E. Washington, DC 20011		
Phone:	202-347-0511	**Website:**	Click here
Eligibility:	DC resident		
Access information:	**The first step is to call to connect with re-entry case management. They will discuss an individual plan with you and guide you to success.** Women returning home from prison or jail are welcome to stop into the Drop-in Center for emergency services, including hygiene items, snacks, clothing, and groceries, any time during business hours. Those who visit the READY Center (located behind the DC Jail) are eligible to receive **Starter Kits.**		
Services provided:	Gender-responsive and trauma-informed services that include transitional housing, release planning, health and wellness, HIV services and supports, employment coaching and placement, case management, family education, parenting programs, and emergency services.		

The National Reentry Network for Returning Citizens

Address:	1200 U Street, NW Washington D.C. 20009		
Phone:	1-844-916-2577 24/7 confidential helpline	**Website:** **Email:**	Click here info@thereentrynetwork.org
Eligibility:	Anyone reentering the community		
Access information:	The first step is to call the 24/7 confidential helpline at 1-844-916-2577.		
Services provided:	• Ready4Work program – job readiness and placement program • Peer navigator program – mentoring • Reintegration support circles • Clothing • Food • Housing • Mental health • Substance use support • Family reunification		

Voices for a Second Chance: Bridging the Gap from Incarceration to Community

Address:	1422 Massachusetts Ave SE, Washington, D.C. 20003	**Hours:**	Monday through Friday, 9:00 a.m.-5:00 p.m.
Phone:	202-544-2131	**Website:** **Email:**	Click here info@vscdc.org
Eligibility:	Formerly incarcerated in the District of Columbia, Maryland, or Virginia area.		

Services provided:	• Mobile and office-based re-entry center supporting returning citizens with transition services:
	  ○ Halfway House Re-entry Transition
	  ○ Early Stabilizers like identification cards, vital document records, birth certificates, Social Security (SSI), Temporary Assistance for Needy Families (TANF), Medicaid, other benefits enrollment, clothing and housing referrals
	  ○ Case Management
	  ○ Workforce Development and Employment Assistance
	  ○ Welcome Home Transition Backpacks
	  ○ The New Terrain Program—supporting life stabilizers and emergent needs such as transportation assistance, short-term and transitional housing support, rental assistance, technology support, vital document support, utility assistance
	• Peer support groups:
	  ○ Healing Each Other Respectfully, a women-led group
	  ○ Staying on Track, a monthly support group for returning citizens to navigate challenges of re-entry.
	  ○ Solutions from the Yard podcast – check your favorite podcast platform		

Notes:

Domestic Violence Intervention and Support

Community Family Life Services – also, see Attachment 2

Address:	4860 Fort Totten Drive N.E. Washington, DC 20011	**Hours:**	Monday-Friday 10:00 a.m.-4 p.m.
Phone:	202-347-0511	**Website:**	Click here
Eligibility:	Free services to women who have reentered the community after a period of incarceration and women involved in the criminal legal system.		
Access information:	**The first step is to call to connect with re-entry case management. They will discuss an individual plan with you and guide you to success.**		
Services provided:	Provides free legal services to women who have reentered the community after a period of incarceration and women involved in the criminal legal system.		

DC Department of Human Services Domestic Violence Survivor Supports

Address:	**Office hours** 64 New York Avenue, NE, 6th Floor, Washington, DC 20002	**Hours:**	Call or chat 24/7 Office hours: Monday to Friday, 8:15 a.m. to 4:45 p.m., except District holidays
Phone:	1-844-4HELPDC (1-844-443-5732) or access the online chat to be routed to a DC Safe Advocate	**Website:**	Click here
Eligibility:	Individuals and families needing support and guidance who are rebounding from incidents of domestic violence.		
Access information:	1-844-4HELPDC (1-844-443-5732) or access the online chat to be routed to a DC Safe Advocate		
Services provided:	• Emergency and Transitional Shelter • Case Management • Counseling and Advocacy • Outreach and Education		

My Sister's Place

Address:	Administrative Office 1436 U St NW, Ste 303 Washington, DC 20009	**Hours:**	Administrative hours: Monday-Friday, 10:00 a.m.-6:00 p.m. Crisis hotline 24/7
Phone:	**Crisis Hotline (24/7):** **202-540-1064** for immediate safety planning, shelter referrals, and confidential support. Administrative: 202-529-5261	**Website:**	**Click here**
Eligibility:	• Be within DC boundaries and in their emergency and transitional housing programs • Immigrant victims of domestic violence are also eligible		
Access information:	Programs and services, such as case management, are only available to clients in their emergency and transitional housing programs. For general information about MSP's programs and availability, call 202-529-5261. Please leave a voicemail with your name, contact information, and the program you're inquiring about, and a member of the team will follow up with you.		
Services provided:	My Sister's Place shelters, supports, and empowers survivors of domestic violence and their children while providing leadership and education to build a supportive community.		

District Alliance for Safe Housing (DASH)

Address:	Mailing: PO Box 91730 Washington, DC 20090		
Phone:	202-462-3274	**Website:**	**Click here**
Eligibility:	DC survivors of domestic violence and their children		
Access information:	For immediate crisis support, you can also call the DC Victim Hotline at **1-844-443-5732**, available 24/7 for free and confidential help. Interpreters are available in more than 200 languages. The DC Victim Hotline connects survivors with shelters, safety planning, legal advocacy, and other services throughout the city.		
Services provided:	Provides access to safe housing options and comprehensive services to ensure that no survivor has to become homeless as a result of abuse, whether it be domestic or sexual violence.		

House of Ruth

Address:	Office: 5 Thomas Circle NW, 4th Floor Washington, DC 20005		
Phone:	202-667-7001	**Website:** **Email:**	Click here houseofruth@houseofruth.org
Eligibility:	• A DC resident and able to verify DC residency (a current DC ID) • Experiencing homelessness		
Access information:	Contact the Intake Line at 202-667-7001 ext. 320 to complete a family referral.		
Services provided:	Founded in 1976, House of Ruth empowers women, children, and families to rebuild their lives and heal from trauma, abuse, and homelessness. House of Ruth offers comprehensive support for women, children, and families. The continuum of services encompasses enriched housing for families and single women, trauma-informed daycare for children, and free counseling to empower anyone, regardless of gender, who is a survivor of trauma and abuse. Their programs provide individualized support to rebuild safe, independent, and sustainable lives. **Single Services** Are you a single, adult female with no accompanying children? Do you meet the minimal qualifications: • A DC resident and able to verify DC residency (a current DC ID) • Experiencing homelessness • 18 years and older • Able to meet personal care needs independently **Family Services** Minimum qualifications: • A DC resident and able to verify DC residency (a current DC ID) • Experiencing homelessness • A survivor of domestic violence • Houselessness must be connected to domestic violence • No children over 18 years old • The child(ren) shall reside with the mother or legal guardian at least 90% of the time, and the mother or legal guardian shall have primary physical custody		

Mary's Center

Address:	Varying sites across DC		
Phone:	202-483-8196	**Website:**	Click here
Eligibility:	As a community health center, Mary's Center serves anyone who walks through its doors regardless of their social, economic, and immigration status. Its 65,000 annual participants come from all walks of life and from more than 50 countries.		
Access information:	Call (844) 796-2797, or Request an appointment online here at Mary's Center.		
Services provided:	Mary's Center will refer you to the Domestic Violence Advocate, Family Support Workers, or a Mary's Center therapist for mental health services if you are experiencing DV. Their in-house resources and services include case management, safety planning, shelter placement, guidance in applying for services and benefits, and help with legal needs.		

Asian Pacific Islander DVRP

Address:	Mailing P.O. Box 14268 Washington, DC 20044		
Phone:	**Office:** 202-833-2232 **Hotline:** 202-833-2233	**Website:** **Email:**	Click here info@dvrp.org
Eligibility:	Survivors of domestic abuse in Washington, DC, Virginia, and Maryland		
Access information:	Call the hotline at 202-833-2233 or use the chat box online. If calling after hours, leave a message with your name, language, safe phone number, and safe time to call you back. Advocates will return calls promptly. Our advocates will be online to chat with you in real time. If messaging after hours, leave a message with your name, language, a safe way to reach you (email/text/call), and a safe time to reach out. Advocates will contact you within 24 hours.		
Services provided:	• Domestic violence support • Crisis intervention • Safety planning • Emotional peer support • Referrals for legal services • Shelter • Case management (short- and long-term)		

DC Department of Employment Services (DOES)

DOES is the primary DC service agency that connects job seekers, workers, and employers with career training, placement services, and unemployment compensation. A variety of programs serve DC residents.

Summary of Key Services for DC Job Seekers:

- **The recommended first step is to register for the DC Networks through the official DC Networks Portal, which lets you search job listings, post resumes, and apply for positions 24/7.**
- **Additional individual support is available through American Job Centers:** They provide career counseling, resume assistance, and direct job placement.
- **If you are unemployed, check to see if you are eligible for Unemployment Insurance:** Claimants can file or manage temporary wage replacement benefits through the **DOES Unemployment Compensation Portal.**
- **Additional workforce training programs:** Offer specialized training options for youth and adults:
    - DC Infrastructure Academy recruits, screens, and trains District residents to take on infrastructure careers with leading companies in infrastructure fields, such as construction, energy, telecommunications, road work, and water.
        - **Programs and services:**
            - Pepco Utility Training Program
            - Information Technology - IT
            - OSHA-10
            - OSHA-30
            - IT Helpdesk Training
            - Level Up Remediation Services
            - The Energy Construction and Utility Program
            - CDL training
            - Flagger

- **Apprenticeship DC** leverages registered apprenticeship and pre-apprenticeship grants to current and potential apprenticeship sponsors, which will expand apprenticeship opportunities to District residents in traditional and non-traditional industries.
- **DC Alliance for Healthcare Careers** recruits, trains, and supports District residents to succeed in high-demand healthcare roles. Participants receive the training, certifications, and credentials they need to be hired into high-need healthcare careers.
    - **Certified Nursing Aide**
    - **Community Health Worker**
    - **Medical Coding and Billing Specialist**
    - **Patient Care Technician**
    - **Pharmacy Technician**
    - **Phlebotomy Technician**
    - **Radiologic Technologist**
    - **Registered Nurse**
    - **Sterile Processing Technician**
    - **Surgical Technician**
- **Dislocated workers** due to job loss, mass layoffs, global trade dynamics, or transitions in economic sectors.
- **Domestic Worker Employment Rights** includes (1) domestic workers under the District's Human Rights Act; (2) creates a legal right for every domestic worker to have a written employment contract to ensure domestic workers have a clear understanding of the terms and conditions of their employment; and (3) establishes a new program funded by the District to conduct outreach and educate domestic workers in the District about their rights under the law.
- **High School Internship Program** provides work-readiness skills, project-based learning, life skills, leadership development training, and work opportunities for District youth ages 14-21.
- **Mayor Marion S. Barry Summer Youth Employment Program** provides District youth ages 14-24 with enriching and constructive summer work experiences.
- **Migrant and Seasonal Farm Workers**: The American Job Center (AJC) provides the same range of services to Migrant and Seasonal Farm Workers (MSFWs) as are provided to non-MSFW job seekers.

- A seasonal farmworker is a person who meets the following criteria:
  - during the preceding 12 months, worked at least an aggregate of 25 or more days or parts of days in which some work was performed in farm work
  - earned at least half of his or her earned income from farm work
  - not employed in farm work year-round by the same employer

- **Veteran Services** provides assistance from Veterans Specialists dedicated to providing priority employment and training services to veterans. You must have been honorably discharged with a DD-214 form.

Notes:

Project Empowerment

Address:	4058 Minnesota Ave NE Washington, DC 20019	**Hours:**	Monday-Friday 8:30 a.m.-5 p.m.
Phone:	202-698-5599	**Website:**	Click here
Eligibility:	To be eligible, must meet the following requirements: • District resident • Currently unemployed • Drug-free – Willing to take Urinalysis drug tests throughout the program • Can not be receiving unemployment benefits In addition to the above criteria, participants must demonstrate a substantial need for intensive employment assistance by exhibiting at least three (3) of the following: • Basic skills deficiency (determined by CASAS testing score) • Lack of a secondary education credential (No high school diploma or GED) • A documented history of substance abuse • Homelessness • A history of job cycling (not maintaining steady employment) • **A conviction of a felony or previously incarcerated**		
Access information:	Project Empowerment has an online registration process. Interested individuals should click the link below to register to attend orientation at DOES Headquarters located at 4058 Minnesota Avenue, NE, Washington, DC. Once the registration is completed, an Intake Specialist will review your request and respond with a confirmation prior to the next available orientation, containing attendance details regarding the specific time and date. **Project Empowerment Orientation Registration** **Program Applicant FAQs** **Current Participant FAQs** **U.S. Bank Focus Card Pre-acquisition Disclosure**		
Services provided:	• Education • Training • Subsidized employment placements		

Family Reunification	
Community Mediation DC	Provides free **family and friends mediation and reunification** services for DC residents. **Address**: 6955 Willow St NW, Washington, DC 20012 **Phone**: 240-766-5311 **Website**: Click here
DC Project Connect	Provides **crisis intervention and information resources to families affected by incarceration** and supports re-entry initiatives designed to strengthen families. 1. **Strengthen families** by providing social support programs and mentoring for returning citizens, using evidence-based practices and research. 2. **Advocate for social justice** by collaborating with community partners. 3. **Raise awareness** about mass incarceration's adverse effects on families and communities. **Mailing address:** 9103 Woodmore Centre Dr. #278, Lanham, MD 20721 **Send contact message for services through Contact | DC Project Connect.**
The National Reentry Network	• Supports to help increase the frequency of visits leading up to reunification. • Early and diligent search for extended family members and use of kinship. • Participating in family team meetings to facilitate reunification, including family group conferencing and family group decision making. **Call 1-844-916-2577 24/7 for free, confidential services.** **Website**: The National Reentry Network For Returning Citizens

Child Custody Support and Legal Guidance

Community Family Life Services (CFLS) **– also see** Attachment 2

Address:	4860 Fort Totten Drive N.E. Washington, DC 20011		
Phone:	202-347-0511	**Website:**	Click here
Eligibility:	DC resident		
Access information:	**The first step is to call to connect with re-entry case management. They will discuss an individual plan with you and guide you to success.**		
Services provided:	Provides free legal services to women who have reentered the community after a period of incarceration and women involved in the criminal legal system.		

Notes:

Prenatal and Postnatal Resources

Safe and Supportive Pregnancy legislation focuses on improving care and protections for **pregnant incarcerated individuals in D.C. Department of Corrections custody**. According to the D.C. Law Library, the law:

- Requires access to **pregnancy testing**, **pregnancy counseling**, and **abortion counseling options**.
- Requires the Department of Corrections to provide **confidential, timely, culturally responsive, and comprehensive healthcare** during pregnancy and postpartum recovery.
- Provides access to specialized pregnancy and postpartum care, including referrals to outside healthcare providers when needed.
- Allows pregnant individuals to request the presence of a **support person or alternate support person** during delivery.
- Requires provisions for the **safe storage and transportation of breast milk**.

Expands reporting requirements concerning the use of restraints and provides a private right of action for violations.

Notes:

The ***Protecting Pregnant Workers Fairness Act (*PPWFA)** requires employers to provide reasonable accommodations for workers affected by pregnancy, childbirth, breastfeeding, or related medical conditions. Examples include:

- More frequent breaks
- Light-duty assignments
- Modified schedules
- Temporary transfers to less strenuous work
- Private space for expressing breast milk
- Time off to recover from childbirth

Websites: dhcf.dc.gov , dchealth.dc.gov, and dcwic.org

Resource	Services
DC Medicaid Pregnancy Coverage	Provides eligible DC residents comprehensive coverage for pregnancy, labor and delivery, pregnancy complications, and postpartum care. DC Medicaid provides **12 months of postpartum coverage**.
DC WIC	Provides **healthy food, nutrition education, breastfeeding support, and healthcare referrals** for pregnant and postpartum women, infants, and children through age 5. **Phone: 202-442-9397.**
Help Me Grow DC	A particularly useful "one-stop" connection point. Helps pregnant people and families with young children find **pregnancy and postpartum resources, WIC, SNAP, TANF, Medicaid, home visiting, behavioral health services, food, clothing, and infant supplies**. Services include bilingual care coordination.
DC Health Home Visiting Services	Connects expectant parents and parents of young children with trained professionals who can provide parenting support, education, screenings, and connections to other resources. Programs include services through **Mary's Center** and **Community of Hope**.

DC Universal Paid Leave Amendment Act of 2016: How to Apply for Benefits » DOES Office of Paid Family Leave

Register here for **DC workers to apply for paid family leave.** As of October 1, 2022, the Paid Leave Act provides up to:

- 2 weeks to care for your pregnancy
- 12 weeks to bond with a new child
- 12 weeks to care for a family member with a serious health condition
- 12 weeks to care for your own serious health condition

Notes:

Child Care

Finding and Paying for Child Care

Reliable child care can be an important step as you return to work, attend school or training, participate in recovery programs, and reconnect with your family. DC offers assistance to eligible families to help cover some or all of the cost of child care. Start by exploring the **DC Child Care Subsidy Program** and connecting with **DC Child Care Connections** to understand available options.

Remember: Finding the right child care may take time. Take it one step at a time, ask for help navigating your options, and choose the care and support that work best for you and your family.

Website: osse.dc.gov and www.mychildcare.dc.gov

1. DC Child Care Subsidy Program

Helps eligible DC families with low and moderate incomes pay **all or part of the cost of child care**. Eligibility considers income and need. Qualifying circumstances can include working or attending school, participating in a District job search program, receiving TANF, experiencing homelessness, or **participating in an addiction recovery program**.

Important: As of September 2026, the program has a waitlist for some new applicants. Eligible children are assigned priority groups, with Priority Groups 1, 2, and 3 currently able to enroll and Groups 4, 5, and 6 placed on the waitlist.

2. DC Child Care Connections

Families who have questions or need assistance with the Child Care Subsidy application can contact DC Child Care Connections at **202-829-2500** or **osse.dcchildcareconnections@dc.gov**.

3. My Child Care DC

This DC resource provides information about paying for child care and the Child Care Subsidy Program. Families can also use the online subsidy system to apply for subsidized child care.

Mental, Behavioral, Substance Use, and Physical Health Services

Many of the District's agencies take a whole-person approach to health and wellness, bringing mental health, behavioral health, substance use treatment, and physical health services together under one umbrella. The District's main resource coverage website is with the Department of Health Care Finance (DHCF) here: **https://dhcf.dc.gov/page/district-health-care-coverage**

The DC Medicaid Program

Address:	Economic Service Centers: • 645 H St NE • 64 New York Ave NE #6	**Hours:**	Most hours are Monday-Friday, 8 a.m.- 4 to 4:45 p.m. Call for verification
Phone:	202-727-5355	**Website:**	**Click here**
Eligibility:	Low-income, disabled, families, pregnant women, children, and certain adults (including DACA recipients) who are DC residents and meet non-financial and financial eligibility requirements.		
Access information:	Have the following information available before applying: • Proof of DC residency (e.g., utility bill, lease agreement) • Social Security number or Alien Registration Number • Information on any other health coverage you have (Medicare, private insurance, etc.) Apply online at **districtdirect.dc.gov**, by phone at 202-727-5355, or in person at an Economic Service Center.		
Services provided:	If eligible, health care services such as doctors' visits, hospital stays, and prescriptions will be covered.		
Additional information:	The healthcare providers you may use must be enrolled with DC Medicaid.		

Notes:

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The DC Health Care Alliance Program ("the Alliance")

Address:	Economic Service Centers: • 645 H St NE • 64 New York Ave NE #6	**Hours:**	Most hours are Monday-Friday, 8 a.m.- 4 to 4:45 p.m. Call for verification
Phone:	202-727-5355	**Website:**	**Click here**
Eligibility:	DC residents who are not eligible for Medicaid and/or Medicare, serving low-income adults and children who are DC residents and have no other health insurance		
Access information:	Have the following information available before applying: • Proof of DC residency (e.g., utility bill, lease agreement) • Social Security number or Alien Registration Number • Information on any other health coverage you have (Medicare, private insurance, etc.) Apply online at **districtdirect.dc.gov**, by phone at 202-727-5355, or in person at an Economic Service Center.		
Services provided:	If eligible, health care services such as doctors' visits, hospital stays, and prescriptions will be covered.		

Notes:

DC Healthy Families (Medicaid)

Address:	Economic Service Centers: • 645 H St NE • 64 New York Ave NE #6	**Hours:**	Most hours are Monday-Friday, 8 a.m.- 4 to 4:45 p.m. Call for verification
Phone:	202-727-5355	**Website:**	**Click here**
Eligibility:	DC residents who meet certain income requirements and have U.S. citizenship or eligible immigration status to qualify for DC Medicaid and fall into one of these categories: • Adults (age 21-64) without dependent children • Pregnant women • Parents/caretaker relatives • Children under the age of twenty-one (21)		
Access information:	To find out more about how to qualify for the DC Medicaid program, **please click here.** Have the following information available before applying: • Proof of DC residency (e.g., utility bill, lease agreement) • Social Security number or Alien Registration Number • Information on any other health coverage you have (Medicare, private insurance, etc.) Apply online at **districtdirect.dc.gov**, by phone at 202-727-5355, or in person at an Economic Service Center.		
Services provided:	Covers doctor visits, vision and dental care, prescription drugs, hospital stays, and transportation for appointments. DC Healthy Families also offers special programs for newborn babies, children with disabilities or special health care needs, and people with HIV and AIDS.		

Notes:

DC Department of Behavioral Health

Address:	64 New York Avenue, NE, 3rd Floor Washington, DC 20002	**Hours:**	Monday to Friday, 8:15 am to 5:00 pm, except District holidays
Phone:	202-673-2200	**Website:**	Click here
Access information:	**The first step to access services from the DC Department of Behavioral Health (DBH) is to call their 24/7 Access HelpLine at 1-888-793-4357 (1-888-7WE-HELP).** **Walk-in Urgent Care: For urgent mental health needs without an appointment, visit the walk-in clinic at 35 K Street NE, Washington, DC 20002, open Monday through Friday from 8:30 a.m. to 3:00 p.m. (Phone: 202-442-4202).**		
Services provided:	• Access helpline • Stabilization Center, a safe place for people under the influence of substances. • Emergency psychiatric services • Adult services and support through a range of behavioral services • Consumer involvement and peer support services		

Notes:

Whitman-Walker

Address:	1525 14th St. NW Washington, DC 20005 1377 R St. NW, Suite 200 Washington, DC 20009 1201 Sycamore Dr. SE Washington, DC 20032	**Hours:**	Vary by location, but generally Monday-Friday.
Phone:	202-745-7000	**Website:**	Click here
Eligibility:	DC resident		
Access information:	1. **Schedule an appointment** by clicking here to sign up for our portal; clicking on our online scheduling link here; calling us at 202.745.7000; or emailing appointments@whitman-walker.org, where you will receive the link to sign up for a MyChart portal account. 2. **Register over the phone**. Call us at **202-745-7000,** and we will collect and enter basic information over the phone and schedule a New Patient Appointment. 3. **Sign up** for our text messaging service, which includes appointment reminders, by texting START to 59036. 4. If you have insurance, please provide us with a copy of your insurance card front and back and/or the subscriber and group numbers so we can verify your insurance in advance of your appointment. You can view accepted insurances here. If you do not have any insurance, we encourage you to meet with our Public Benefits and Insurance Navigation team to determine if you qualify for any insurance programs and/or our Sliding Fee Discount Program prior to scheduling. To avoid being self-pay, please meet with PBIN in advance of your appointment by calling 202-745-6151. The Public Benefits and Insurance Navigation Team can assess you for our sliding fee schedule of discounts (English / Spanish / Amharic), which will help you get a discount on your care if you qualify.		
Services provided:	• Primary care • Wellness • HIV/STI prevention and care • Behavioral health • Dental health • SMART immediate care • Accepted insurance • Insurance navigation		

Whitman-Walker

	• Legal services • Community resources
Additional information:	Through care, advocacy, research, and education, the organization strives to ensure all people can live healthily, love openly, and feel true equality and inclusion in all aspects of their lives. Whitman-Walker prioritizes the needs of the community and has earned the trust of DC residents by remaining intentional in its outreach to engage and care for those we serve. At the core of the organization is a desire to create safe spaces where people are seen for who they are.

Notes:

The Health Care Alliance ("the Alliance") program for Adults and Children is a health coverage program that is offered to individuals, families, and children who are not eligible for Medicaid. The Health Care Alliance program is a locally funded program that includes a range of health care services, including primary care services, doctor visits, and prescription drugs. To be eligible for the Alliance, you must be a resident of the District of Columbia, have no other health insurance, including Medicaid and Medicare, and meet a certain income threshold. Services covered for children under twenty-one (21) are very similar to the services covered under Medicaid for children under age twenty-one (21). To find out more about how to qualify for the Health Care Alliance Program for Adults and Children, please **click here.**

- **The Health Care Alliance handbook** is a helpful resource, which also includes information on accessing services they provide, such as:
  Transportation Services
  Interpretation Services
  Services for the Hearing and Visually Impaired
  Specialty Care
  Behavioral Health Services
  Services for Alcohol and Drug Use Problems
  Birth Control and other Family Planning Services
  Pharmacy Services and Prescription Drugs
  Your Child's Dental Coverage
  …and more!

The **Child and Adolescent Supplemental Security Income Program (CASSIP)** is a program that provides children and young people (ages 0 up to 21) who have special health care needs and receive Supplemental Security Income (SSI) benefits or are SSI-eligible. The District contracts with a managed care program (MCP) to provide Medicaid healthcare benefits and additional services for eligible enrollees. Enrollees will have access to preventive health care and specialty care to help with chronic conditions such as asthma, diabetes, and behavioral health needs. In addition, enrollees will have access to emergency care, non-emergency transportation, pharmacy, durable medical equipment, dental care, eye and hearing care, mental health and substance abuse disorder services, rehabilitation services, maternal health, long-term services and supports.

CASSIP Referral Process: Ask your SSI caseworker to submit the CASSIP Referral eForm.

Alcoholics Anonymous (AA):

There are 424 AA meetings in Washington, DC, across 192 locations and 7 days a week. Alcoholics Anonymous meetings are free and confidential, and open to anyone with a desire to stop drinking. Some meetings also have a virtual option to join by Zoom or another platform. Many meetings are open with no membership required – just show up either in-person or online.

Note that Monday is generally the busiest day for AA meetings, and evening (5–9 p.m.) sessions are the most common. About 35% of groups (148) offer an online or hybrid option, while in-person groups meet across 192 venues in and around the city.

Common formats include Discussion, Closed, and Spanish meetings.

The first step is to call 202-966-9115 or visit www.aa-dc.org for meeting updates and local AA service information. There is a meeting near you in the District!

Narcotics Anonymous (NA):

The message of NA is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. The message is of hope and the promise of freedom.

The first step is to call 1-800-543-4670 to speak to an NA member or visit the NA meetings page. You can download the listing of area NA meetings here, or check their website. There is a meeting near you in the District!

Did you know? You can also dial in by phone to most Zoom meetings. Use any of the phone numbers below. You will be asked to enter the Meeting ID and Passcode. When on the call, use ***6 to mute/unmute** and ***9 to raise/lower your hand** to share.

Zoom Dial-in Numbers: 301-715-8592, 312-626-6799, 929-205-6099 (as of September 2026)

Substance Use and Recovery Support:

If you need help with substance use or maintaining your recovery after release, you do not have to navigate it alone. **The READY Center** and **The Reentry Network for Returning Citizens** can help connect returning residents with treatment, counseling, recovery supports, and other services that can help build a healthy and successful transition back into the community. Other agencies listed in this guide that also provide substance use services include:

- **MORCA**
- **LinkU and DC Health Resource Navigator**

Notes:

General District Housing Information and Service Programs and Resources

A helpful guide to review for general terminology and processes is A Housing Guide for Reentering Women in D.C., provided by Georgetown Law and The Community Justice Project.

- Note that we are unable to verify the date created or the accuracy of the document, but the general guidance on terminology and steps is generally applicable.

DC Flex Pilot for Transition Age Youth (18-24 years of age):
https://dhs.dc.gov/service/homelessness-prevention-diversion

Rent subsidies for young adults aged 18-24: Shared Housing + DC Flex Pilot for Transition Age Youth (rolling out at the end of 2026)

HPP is available to families at risk of homelessness. Eligibility is determined after completing an application for services at the **Virginia Williams Family Resource Center (VWFRC).**

Services include:

- **Case management and case coordination:** Provides comprehensive case management and coordinated support to help families develop individualized housing stabilization plans, identify available resources, and set achievable goals.
- **Diversion and mediation services:** Designed to help families mediate housing solutions through facilitated conversations, conflict resolution strategies, and problem-solving support.
- **Flexible financial assistance:** Assistance for families to overcome immediate barriers to housing stability and prevent homelessness.
- **Gift cards, food cards, and transportation fare:** Essential support to help families meet immediate needs that could place their housing stability at risk.
- **Rental assistance:** Providing rental assistance and direct connections to housing programs that offer critical supports such as first month's rent, security deposits, and short-term housing stabilization resources.

- **Housing search support, budgeting guidance, and credit repair:** Support with identifying safe and affordable housing options, developing sustainable household budgets, and improving financial health through credit repair strategies.
- **Referrals to community partners and District agencies:** Connecting families with a network of community partners and District agencies that provide essential services supporting housing stability.
- **Connection to TANF vendors:** Assist families with accessing Temporary Assistance for Needy Families (TANF) resources by connecting them with approved TANF vendors who provide essential support services.

Project Reconnect: https://dhs.dc.gov/service/homelessness-prevention-diversion

Project Reconnect is the District's diversion and rapid exit program for single adults or adult-only families (adult siblings, a parent with an 18+ year old son/daughter, an adult couple, etc.). The program's goal is to keep individuals from ever experiencing homelessness – or to return individuals to housing as quickly as possible after experiencing homelessness – by providing short-term assistance.

Eligibility

The program is available to unaccompanied adults experiencing homelessness who are 18 years of age or older and satisfy one of the following criteria:

- **New arrivals to low-barrier shelter:** Individuals who have stayed in a low-barrier shelter for at least one week but have no prior documentation of homelessness in the District's Homeless Management Information System (HMIS).
- **Non-recent returners:** Individuals who return to a low-barrier shelter for at least a week after an extended absence from shelter (e.g., at least one month).
- **Transitioning from system involvement:** Individuals who are transitioning from jail, prison, or the foster care system who do not have stable housing or housing supports in place.
- **Family-engaged:** Individuals who demonstrate a willingness and ability to connect with friends and family.

Available Services:

- **Housing problem-solving and mediation:** Support with exploring safe housing options, reconnections with family or friends, and help with mediating conversations when needed to stabilize housing arrangements.
- **One-time transportation assistance:** One-time assistance may be available for non-local travel to help individuals reunite with confirmed hosts who can support them at their destination.
- **Host assistance (up to six months):** For individuals staying with friends or family in the District, the program may offer temporary support to stabilize the household, including utility assistance and grocery assistance. This support helps maintain the living arrangement while the individual works toward long-term stability.
- **Small rental arrears assistance:** Limited assistance may be provided to help individuals remain in or return to their existing housing. Note: Project Reconnect is not an ongoing rental assistance program and is not a replacement for ERAP.
- **Case management and referrals:** Participants receive short-term case management and may be connected to community resources supporting long-term housing stability.

How to Access Project Reconnect: Project Reconnect is a referral-based program. Referrals can be requested through case management staff at:

- **Low-barrier shelters**
- **Day centers**
- **Outreach programs**
- Other homeless services providers

For questions, more information, or to make a referral or request for Project Reconnect services, please email **project.reconnect@dc.gov** or call 202-698-4166.

Adult Referrals: https://dhs.dc.gov/service/homelessness-prevention-diversion

Individuals who are 25 years of age or older and meet eligibility requirements may be referred to meet with Project Reconnect staff at:

- **Adams Place Day Center**
  2210 Adams Place NE
  Monday-Friday 9 a.m.-4 p.m.
- **Downtown Day Services Center**
  1313 New York Avenue NW
  Monday-Friday 9 a.m.-4 p.m.
- **Harriet Tubman Women's Shelter**
  1910 Massachusetts Avenue SE
  Monday, Wednesday, and Friday 9 a.m.-5 p.m.
- **Pat Handy Women's Shelter**
  810 5th Street NW
  2nd Tuesday every month, 9 a.m.-12 p.m.
- DHS Headquarters
  64 New York Avenue NE
  Tuesday and Thursday, 9 a.m.-4 p.m.

At these locations, trained staff guide individuals through the next steps in the process.

Notes:

DC Flex

DC Flex focuses on preventing homelessness by offering flexible, shallow rent subsidies to individuals and families facing housing instability. The program provides funds that can be used toward rent when unexpected expenses, emergencies, or limited resources make it difficult to cover the full payment. Participants are able to draw on their DC Flex funds as needed throughout the year, up to five years.

Eligibility: The program is available to leaseholders in the District of Columbia who satisfy the following criteria:

- **Earn an income of 40% or below the Area Median Income (AMI):** This income threshold ensures the program reaches families facing the greatest risk of housing instability.
- **Currently facing housing instability:** Households must be experiencing housing instability that puts them at risk of losing their current home, such as difficulty keeping up with rent, inconsistent income, risk of eviction, or living in precarious or unaffordable housing situations.

Enrollment and Participation

Benefits may begin as early as 30 to 45 days after program enrollment is confirmed. Participants are provided with the following rent subsidies:

- **$7,200** per year for an individual
- **$8,400** per year for a family

To remain in the program, participants must:

- Pay rent to the landlord on time and provide proof of payment
- Attend two financial coaching sessions and one financial management session per year
- Recertify eligibility annually

Participants will need to find employment in the first year to remain in the program and provide proof of recent employment during the annual recertification period. The program encourages households to increase their income as they strive to become self-sufficient.

How to Access DC Flex: For questions or more information about DC Flex, please contact **dcflex.program@dc.gov**.

Emergency Rental Assistance Program (ERAP)

The Emergency Rental Assistance Program (ERAP) helps District residents earning less than 40% of the Area Median Income (AMI) who are facing housing emergencies by providing funding for overdue rent, including late fees and court costs, if the qualified household is facing eviction. The program also supports security deposits and the first month's rent for residents moving into new apartments. The amount paid on behalf of eligible households depends on a household's income and available resources and is subject to certain limitations.

Per the U.S. Department of Housing and Urban Development's (HUD) Rent Reasonableness Guidelines, ERAP may provide up to five times the rental amount based on the area zip code and bedroom size of the apartment/house.

To meet the basic eligibility requirements for ERAP, you need to be a DC resident, you need to be at least 30 days behind on rent for back rental assistance applicants or have a need for a security deposit and first month's rent assistance, and your household needs to be under the income limits. To view eligibility requirements and schedule an appointment to apply for ERAP, please click the following link: **erap.dhs.dc.gov**.

KEEP CHECKING BACK → erap.dhs.dc.gov

*****ERAP APPOINTMENT PAUSE: DHS has paused the scheduling of new appointments at this time to ensure the proper processing of all existing appointments. This notice will be updated if additional scheduling spaces become available. At this time (as of September 2026), they are not scheduling appointments.**

Visit erap.dhs.dc.gov for more information.***

Additional information about ERAP income eligibility and fair market rent in the District is available **here**.

For questions or concerns about emergency rental assistance, please contact **erap.program@dc.gov**.

Public Defender Service

PDS Reentry Navigator
A robust housing options resource directory for returning citizens and others.
https://www.pdsdc.org/resources/client-resources/d.c.-reentry-navigator

Virginia Williams Family Resource Center (Family Central Intake)

If you are a family experiencing homelessness or at immediate risk of homelessness, please contact the **Virginia Williams Family Resource Center (VWFRC)**, the central intake office for all families in the District seeking assistance with their housing needs. VWFRC is located at 64 New York Avenue, NE, and is open Monday-Thursday from 8:30 a.m.–4 p.m. and Friday, 8:30 am – 12:00 pm. The telephone number is 202-526-0017. **After business hours, families can call the Homeless Services Hotline for information about services and resources at 202-399-7093 or 311.**

If you are an individual experiencing or at risk of homelessness, please contact the Homeless Services Hotline for information about services, resources, shelter availability, and shelter transport at 202-399-7093 or 311.

What they help with

- Temporary Housing

Who they help

- Adults 24 and older
- Youth under 24
- Families

Notes:

Food Sources

For immediate needs, there are several hot food cafes available for free to the public.

- **Address:** 2401 Virginia Ave NW, Washington, DC
- **Breakfast Hours:** Monday – Friday, 6:30-8:00 a.m. (scratch-made meals)
- **Social Services:** On-site case management (Mornings: 6:30-9:45 a.m. and Afternoons: 2:30-5:45 p.m.), housing assistance, mental health connections, employment help, and obtaining identification.
- **Contact:** 202-452-8926
- **Website:** Miriam's Kitchen

SOME (So Others Might Eat)

- **Address:** 71 O St NW, Washington, DC
- **Breakfast Hours:** Daily, year-round, 7:30-8:30 a.m.
- **Social Services:** Free hot meals served with daily access to staff, addiction recovery, mental health services, and permanent housing placement.
- **Website:** SOME Emergency Services

Thrive DC

- **Address:** 1525 Newton St NW, Washington, DC
- **Breakfast Hours:** Monday – Friday, 8:30-9:30 a.m.
- **Social Services:** Emergency food pantry (Thursdays 10:00 a.m.-1:00 p.m.), showers, laundry, mail delivery, and re-housing case management.
- **Contact:** 202-737-9333

Bread for the City

- **Addresses:** Northwest Center (1525 7th St NW) and Southeast Center (1700 Marion Barry Ave SE), Washington, DC
- **Services:** While primarily operating client-choice food pantries (Monday–Thursday, 9:00 a.m.-3:00 p.m.) rather than morning breakfast, they offer integrated legal assistance, primary medical and dental care, clothing, and social services.
- **Website:** Bread for the City

As of this publication, here are a few pantries that are well-established, easy to reach by public transportation, and serve a broad range of DC residents. **Hours and requirements can change, so individuals should call ahead before visiting.**

- Call first to verify hours and food availability. Hours and distribution schedules can change.
- Bring a photo ID if you have one. Many pantries request identification, although some will still serve individuals without ID.
- Bring proof of address if available, such as a piece of mail, especially for programs that prioritize DC residents.
- Bring reusable bags, a backpack, or a small cart to carry groceries home.
- Individuals being released from incarceration who do not yet have identification should explain their situation. Many DC providers can assist with obtaining IDs and connecting people to additional resources. (This recommendation is practical guidance; the sources do not specify each pantry's policy.)

Food Pantry	Location	Hours (as reported)	Eligibility and What to Bring
Bread for the City	1525 7th St. NW, Washington, DC 20001	Monday-Thursday: 9 a.m.-5 p.m. Friday: 9 a.m.-12 p.m.	Serves DC households. Bring photo ID if available. Households select groceries based on family size. Reusable bags or carts are encouraged.
Martha's Table at The Maycroft	1474 Columbia Rd. NW, Washington, DC 20009	Monday-Friday: 9 a.m.-4 p.m.	Food assistance available through Martha's Table programs. A photo ID is generally requested.
Martha's Table at The Commons	2375 Elvans Rd. SE, Washington, DC 20020	Monday-Thursday: 9 a.m.-4 p.m.	Individuals should bring a photo ID if possible and call ahead regarding distribution schedules.
Emory Beacon of Light Food Pantry	6100 Georgia Ave. NW, Washington, DC 20011	Tuesdays: 12-2 p.m.	Community food pantry. Call ahead to confirm distribution procedures and any documentation requirements.

Food Pantry	Location	Hours (as reported)	Eligibility and What to Bring
UPO Anacostia Community Service Center	1649 Marion Barry Ave. SE, Washington, DC 20020	Monday-Friday: 7:45 a.m.-5 p.m.	Provides access to food assistance and other supportive services. Contact the center before visiting to confirm pantry availability.
Sixth Church Food Closet	5413 16th St. NW, Washington, DC 20011	Every other Wednesday: 12-12:30 p.m.	Open to anyone in need. Call ahead for distribution dates because service is offered every other Wednesday.

Notes:

Clothing

Community Family Life Services (CFLS) – also see Attachment 2

CFLS provides emergency clothing and operates a clothing closet; women released from jail or prison within the past six months are specifically encouraged to use its Drop-in Center. Clothing and toiletries are distributed to women **Thursday and Friday, 10:00 a.m.–12:00 p.m.**, and clothing may also be available Monday through Friday by referral or appointment.

- **Address:** 4860 Fort Totten Drive NE, Washington, DC 20011
- **Hours:** Thursday and Friday, 10 a.m.-12 p.m. or by referral or appointment
- **Website:** Community Family Life Services

Suited for Change

Provides women in need who are seeking employment with **professional clothing, career coaching, and skills training**. Clients receive personalized styling assistance, and the program is designed to help women prepare for employment and financial independence. Services are provided at no cost, but **a referral is required**.

- **Address:** 1023 15th Street NW, Suite 601, Washington, DC 20005
- **Phone:** 202-293-0351
- **Website:** Suited for Change

Dress for Success Washington, DC

Provides **professional clothing to women preparing for interviews or starting new jobs**. The broader Dress for Success suiting program provides interview attire and allows women to return after gaining employment for additional workplace clothing and accessories; access is commonly through referral agencies.

- **Address:** 1533 9th Street NW, Washington, DC 20001
- **Website:** Dress for Success

Bread for the City

Offers a clothing room with clothing for **different seasons and occasions**, along with **books and small household goods** for clients and their families. A current community-services listing shows clothing distribution at its Southeast location on Tuesday, Wednesday, and Thursday from 10:00 a.m.–2:00 p.m.; call or check the website before going because availability can change.

- **Address:** 1640 Good Hope Road SE, Washington, DC 20020
- **Hours:** Tuesday, Wednesday, and Thursday from 10:00 a.m.–2:00 p.m.
- **Website**: Bread for the City

National Baptist Memorial Church Clothes Closet

Provides **free basic clothing and shoes** for individuals and families who do not have the resources to purchase them. The current program listing states that anyone may access the program.

- **Address:** 1501 Columbia Road NW, Washington, DC 20009
- **Hours:** 2nd and 4th Saturday of every month starting at 9:00 a.m.
    - Due to historic restorations, it is highly recommended to call the church office directly at 202-265-1410 or email info@nbmchurchdc.org to verify hours.
- **Phone:** 202-265-1410

Notes:

DC Voting Rights for Previously Incarcerated Residents

On July 7, 2020, the District of Columbia became the first US jurisdiction to restore the right to vote for residents incarcerated or previously incarcerated with felony convictions.

Check if you are registered to vote **here**.

Expungement Assistance

Rising for Justice Expungement Clinic: Offers free eligibility determinations and legal representation for low-income D.C. residents. Contact them by email at **expungement@risingforjustice.org** or **call 202-638-4798 (ext. 579).**

Neighborhood Legal Services Program (NLSP): Provides intake evaluations to help low-income residents clear criminal records that block employment or professional licenses. **Call 202-832-6577.**

Other Legal Providers: Organizations like **Legal Aid DC** offer guidance on eligibility for sealing non-convictions, misdemeanors, and select felonies.

Additional information:

- **Non-convictions:** Arrests or dismissed charges generally have favorable pathways to sealing.
- **Misdemeanors:** Typically eligible for sealing after waiting at least 5 years following the completion of your sentence.
- **Felonies:** Certain non-violent felony convictions become eligible after waiting at least 8 years post-sentence completion.
- **Automatic Relief:** Under the Second Chance Amendment Act, certain decriminalized or minor non-conviction offenses qualify for automatic clearing over a scheduled rollout phase.

CSOSA – DC's Pre-trial, Probation, and Parole agency

The **Court Services and Offender Supervision Agency (CSOSA)** is the federal agency responsible for supervising adults on probation, parole, and supervised release in Washington, DC. CSOSA develops individualized supervision plans based on each person's assessed needs and works with community partners to connect people with resources and interventions that support successful reintegration. CSOSA also maintains a re-entry resource page connecting returning citizens to a broad range of community-based services and supports.

Helpful services and resources include:

- Community supervision and individualized planning
- Housing resources
- Employment and education resources
- Substance use treatment resources
- Mental health and health care resources
- Public benefits and social services
- Legal assistance and information
- Food assistance
- Family support resources
- Young adult programs and services, including the **Emerging Adult program,** specifically tailored for high-risk young adults age 18-25.
- Connections to other community-based re-entry services

CSOSA also offers the following resources online:

Directory of Housing Resources for Returning Citizens, provided by the Criminal Justice Coordinating Council for the District of Columbia (CJCC).

A Housing Guide for Reentering Women in D.C., provided by Georgetown Law and The Community Justice Project.

- Unable to verify the date created or the accuracy of the document, but the general guidance on terminology and steps is generally applicable.

Notes:

TIP

Call 311

311 is the District's 24-hour toll-free number to request assistance with any city services and information.

Post-release Surrounding County Resources and Information

Arlington County, Virginia

Unlike surrounding jurisdictions that divide social services among different entities, **Arlington County, Virginia, consolidates all essential services into one primary public safety-net model: the Arlington County Department of Human Services (DHS)**

By centralizing operations, Arlington operates a true physical and digital "one-stop shop" alongside specialized community safety-net extensions.

Because the county services are unified, you do not need to visit separate departments to start getting help.

One-stop Consolidated Intake for all Human Services

1. **For Consolidated Phone Intake:** **Dial the central DHS Customer Service line at 703-228-1300** to instantly screen for food, emergency shelter, housing assistance, or pregnancy clinic routing.
2. **For Digital Portal Processing:** Skip the waiting lines by applying for state medical coverage (Medicaid for Pregnant Women, FAMIS Moms) and cash programs online via the **Virginia CommonHelp Portal.**

Notes:

Baltimore County, Maryland

For individuals releasing to **Baltimore County, Maryland**, there are three suggested starting points. They are particularly useful because they provide either centralized workforce/re-entry navigation or connections to a broad range of community resources.

Workforce Development Center at Eastpoint

7930 Eastern Avenue, Baltimore, MD 21224
Phone: 410-288-9050

This is a **full-service Maryland American Job Center** and a designated **eastern Baltimore County** for the **Maryland Re-entry Navigator program**. Re-entry Navigators can assist before, during, and after release with employment opportunities, vocational training, apprenticeships, professional skills, hiring events, and referrals for legal/expungement assistance and other local resources.

It provides an identifiable person, a **Re-entry Navigator,** who can help the returning resident connect with services rather than relying exclusively on a resource list.

First, register online at https://mwejobs.maryland.gov/vosnet/default.aspx.

Workforce Development Center at Liberty Center

3637 Offutt Road, Randallstown, MD 21133
Phone: 410-887-8912

Liberty Center is also identified as a **full-service American Job Center** serving Baltimore County. Maryland reports that American Job Center services for returning citizens include employment and referral assistance, and the statewide Re-entry Initiative connects individuals with workforce and other re-entry resources.

This gives women returning to **western Baltimore County** an additional full-service location.

First, register online at https://mwejobs.maryland.gov/vosnet/default.aspx.

Return Home Baltimore

Search the online reentry resource hub.

Return Home is specifically designed to help returning citizens navigate resources. Its directory covers **housing, food, job training and employment, government IDs, parole and probation, education, legal services, mental health, substance-use/recovery, family services, and wraparound services**.

It also identifies Baltimore County resources, including the Workforce Development Center at Hunt Valley and MVA services for obtaining a Maryland ID or driver's license.

Notes:

Fairfax County, Virginia

Fairfax County, Virginia organizes its vast safety net through specialized government agencies and community non-profits, heavily unifying access through **two centralized service hubs** and a **single point-of-entry hotline**.

Rather than navigating separate departments, residents can access integrated programs for **employment**, **housing/rental assistance**, **public benefits**, **medical/prenatal care**, **testing**, and **nutrition** via the county's core centralized systems.

Centralized "Front Door" Coordinated Services Planning (CSP)

The most efficient way to access integrated help in Fairfax County is through Coordinated Services Planning (CSP).

- **The System:** Operating as the centralized intake engine for the county's Neighborhood and Community Services, CSP connects residents directly to emergency support.
- **Services Wrapped:** Multilingual case specialists conduct an immediate assessment over the phone and coordinate an integrated service plan linking you to emergency food, immediate eviction prevention/rental assistance, utility relief, healthcare, clothing, and localized community support.
- **How to Access:** Call **703-222-0880** (TTY 711) Monday through Friday, 8:00 a.m. to 4:30 p.m.

Notes:

Multi-service Physical Hubs: South County and Government Center

If you need in-person processing, Fairfax County co-locates multiple agencies under single roofs:

South County Government Center

- **Address:** 8350 Richmond Hwy, Alexandria, VA 22309
- **Public Benefits and Employment:** Houses the Public Assistance and Employment Services (PAES) division. You can walk in to apply for SNAP (food stamps), Temporary Assistance for Needy Families (TANF), and Medicaid. It also houses employment and training specialists under the WIOA program.
- **Maternal Health and Nutrition:** The building contains the **JoAnne Jorgenson Public Health Center**, which provides pregnancy testing, WIC clinics, immunizations, and prenatal clinic routing.

The Pennino Building (Fairfax County Government Center Campus)

- **Address:** 12011 Government Center Pkwy, Fairfax, VA 22035
- **Services Wrapped:** Serves as the central headquarters for the Department of Family Services. This site coordinates the Virginia Initiative for Education and Work (VIEW) program for job seekers, manages child care assistance subsidies, and houses comprehensive housing navigation teams.

Notes:

Medical Care, Testing, and Prenatal Care Coordination

Prenatal and postnatal support are heavily integrated between county public health networks and non-profit health organizations:

- **Fairfax County Public Health Centers**
    - **Locations:** Five regional sites including Alexandria (South County), Fairfax, Herndon, Springfield, and Annandale.
    - **What they cover:** Provide free or low-cost pregnancy testing, positive test verification (required for fast-tracking emergency medical assistance), and direct placement into the **Maternal and Child Health Field Program**. Public health nurses provide comprehensive home-visiting care during and after pregnancy through the Healthy Families Fairfax and Nurse-Family Partnership models.
    - **Nutritional Services:** Co-located **WIC Offices** distribute supplemental vouchers for healthy foods and offer dedicated lactation consultations.
- **HealthWorks for Northern Virginia and Neighborhood Health**
    - **What they cover:** Federally Qualified Health Centers (FQHCs) operating across the county that provide a true clinical "one-stop" for comprehensive prenatal, OB-GYN, pediatric, and behavioral healthcare on a sliding fee scale regardless of insurance status.

Notes:

Emergency and Digital Access Navigation

For Online Benefit Processing: Skip the wait lines and apply for state medical coverage (Medicaid for Pregnant Women, FAMIS Moms), SNAP, and financial assistance directly through the **Virginia CommonHelp Portal.**

1. **For Tracked Case Updates:** If you already have an open public assistance case file in the county, you can manage documentation and message your worker via the **DFS MyCase Portal**.

Notes:

Montgomery County, Maryland

Employment Centers

Employment and career readiness services are anchored by WorkSource Montgomery and specialized county programs:

- **Wheaton American Job Center (Comprehensive Center)**
    - Address: 11510 Georgia Ave., Wheaton, MD 20902
    - Services: Resource rooms with free internet, phones, and resume tools; unemployment insurance filing assistance; job training referrals (WIOA); career counseling.
- **Justice Empowerment Center (Silver Spring Satellite)**

  The Justice Empowerment Center (Silver Spring) is an active workforce support hub managed by **WorkSource Montgomery.** It specifically operates as a cornerstone for the county's **Dual Track Reentry Program (DTR)**. The center is designed to empower justice-involved individuals, people facing background barriers, or anyone seeking job placement and career advancement support.
    - Address: 11510 Georgia Avenue, First Floor, Silver Spring, MD 20902
    - Services: The center focuses heavily on removing structural barriers to employment through comprehensive, individualized case management:
        - **Work Readiness Assistance:** Resume building, soft skills coaching, and interview preparation.
        - **Career Exploration:** Helping job seekers navigate career paths and align their goals with local employer demands.
        - **Job Placement and Talent Matching:** Connecting participants directly with background-friendly employers in Montgomery County.
        - **Financial Literacy:** Workshops that cover budgeting, asset building, and navigating banking systems, run in close alignment with the co-located **Financial Empowerment Center at Montgomery County**.

Housing and Rental Assistance

Housing support, eviction prevention, and affordable housing applications are managed via county departments:

- **Department of Health and Human Services (DHHS) Housing Stabilization Services:** Handles emergency eviction prevention, crisis intervention, and referrals to the Rental Assistance Program (RAP). Applications for specific emergency funds require a county case manager or social worker.
- **Housing Opportunities Commission of Montgomery County (HOC):** Manages the Housing Choice Voucher (HCV) program and public housing resources. Residents can manage documentation and annual recertifications via the **HOC RentCafé Portal**.

Public Benefits

Public assistance programs (such as SNAP, Temporary Cash Assistance, and Medical Assistance/Medicaid) are centralized through county and state portals:

- **DHHS Benefit Services:** Residents can apply for state and local safety-net programs online or contact customer service by dialing **311** (or 240-777-5000 from outside the county) for local office routing. Medical assistance applications are processed through **Maryland Health Connection**.

Notes:

Medical and Prenatal Care Coordination

- **Montgomery Perinatal Program:** Formerly known as the Maternity Partnership Program, this program provides extensive, home-based nurse case management and community health worker services. It is tailored for low-income, uninsured, or Medicaid-enrolled pregnant individuals residing in the county. Support continues through the pregnancy and up to one year postpartum.
    - Intake is handled at the **Silver Spring Health Center** (phone: 240-777-3160) and the **Germantown Health Center** (phone: 240-777-3380).
- **Babies Born Healthy Program (BBH):** This program specifically addresses disparities in infant mortality by providing evidence-based services to pregnant Black/African American residents. Driven by registered nurses, lactation consultants, and community health workers, BBH incorporates the March of Dimes "Becoming a Mom" curriculum through home visits and education. It targets areas like Silver Spring, Wheaton, Aspen Hill, and Takoma Park.
- **Maternal and Child Case Management:** For women who are already enrolled in Medicaid, their Managed Care Organization (MCO) provides telephonic nurse care management. The county supplements this with localized care coordination and resource referrals.

Notes:

Free Health Testing and Community Support

- **County Pregnancy Testing Centers:** The county provides free, immediate pregnancy testing with no documentation or formal application required. Health centers offer positive test verification, which can be used to fast-track applications for Medicaid/MCHP coverage.
    - How to Apply: No application needed; walk-ins accepted.
    - Documents To Bring: None.
    - Eligibility Requirements: None. The service is offered to anyone in need.
    - Address:
        - Silver Spring Health Center, 8630 Fenton Street, 10th floor, Silver Spring, MD 20910
        - Phone: 240-777-3160

      Or,

        - Germantown Health Center 12900 Middlebrook Road, 2nd Floor, Germantown, MD 20874
        - Phone: 240-777-3380
- **Healthy Families Montgomery:** Administered in partnership with **Sheppard Pratt,** this program targets first-time parents in Montgomery County. It offers in-home screening, parent education, and early childhood developmental tracking from pregnancy until the child turns three.
- **Shady Grove Pregnancy Center:** Located in Gaithersburg, this community non-profit provides free pregnancy tests, limited ultrasounds, options counseling, and material support (like diapers and baby clothing).
    - Address: 16220 Frederick Rd #118, Gaithersburg, MD 20877
    - Phone: 301-963-6223
    - Hours: Monday-Friday 9 a.m.-5 p.m., Saturday 9 a.m.-1 p.m.
- **La Leche League of Western Montgomery County:** Provides peer-to-peer breastfeeding information, counseling, and support groups for pregnant individuals and new mothers.

Nutritional and Financial Assistance

- **Women, Infants, and Children (WIC)**: Pregnant individuals meet the categorical eligibility for the Maryland WIC program, which provides supplemental nutritious foods, nutrition counseling, and breastfeeding screening. WIC services in the county are heavily integrated with CCI Health Services clinic sites.
- **Maryland Children's Health Program (MCHP)**: Pregnant women who meet income limits can get full health benefits through Medicaid. You can apply directly through the **Maryland Health Connection** portal.

Notes:

Prince George's County, Maryland

How to Navigate the Systems Seamlessly

Because PG County services require coordination across multiple platforms, use these two quick entry pathways to simplify your intake process:

1. **For Digital Processing (Benefits and Health):** You can apply for all public benefits and medical insurance online instantly via the state portal at **MDTHINK**.

   Create your account here.

2. **For Local Routing and Open Crisis Support:** Dial **PGC311** (301-883-4748 outside the county) to be directly connected to emergency rental dispatch or your nearest health clinic coordinator.

Health and Human Services Centralized Hubs

The county utilizes centralized campuses to bundle social safety-net benefits, health services, and care coordination:

Prince George's County Health and Human Services Building

- **Address:** 9187 Central Ave, Capitol Heights, MD 20743
- **What it covers:** This complex pairs the Health Department and Department of Social Services (DSS) divisions. It is the most robust one-stop site for applying for **Public Benefits** (SNAP food assistance, Temporary Cash Assistance, Medicaid) while directly linking families to **Maternal and Child Health** programs.
- **Prenatal and Medical Support:** You can access the county's **Maternal and Infant Health Program**, which provides nurse case management, prenatal care coordination, and home-visiting referrals for pregnant women.

Langley Park Multi-service Center

- **Address:** 1401 University Blvd E, Hyattsville, MD 20783
- **What it covers:** Designed specifically as a one-stop resource for regional residents, this multi-service hub provides integrated behavioral health services, medical insurance navigators, emergency local assistance, and extensive community support connections.

Housing, Rental Assistance, and Social Services Hubs

If your primary crisis stems from eviction, housing instability, or a lack of basic financial resources, you should route through the main county social services network:

Prince George's County Department of Social Services (DSS)

- **Address:** 425 Brightseat Rd, Landover, MD 20785
- **What it covers:** This is the primary intake engine for **Financial and Rental Assistance**. You can apply for the Emergency Assistance to Families with Children (EAFC) program to halt evictions or resolve utility shortages.
- **Nutritional Support:** The Landover office handles walk-in and expedited applications for **SNAP** and **WIC eligibility screening**. Staff can instantly cross-verify your pregnancy paperwork to expedite your state medical assistance/Medicaid applications.

The American Job Center Network (Employment One-stops)

For career placement, technical training, and workforce stability, the county relies on the **Employ Prince George's** infrastructure. While these sites focus on employment, they feature a dedicated "Community Network" that bridges the gap by linking job-seekers directly to county housing coordinators and benefit navigators.

- **American Job Center – Largo**
    - **Address:** 1801 McCormick Drive, Suite 120, Largo, MD 20774
    - **What it covers:** The county's premier comprehensive workforce one-stop. It houses state labor specialists, career counseling, training program funding (WIOA), and computers/phones for job searches.
- **Youth Career Center (Hillcrest Heights) – up to age 24 years**
    - **Address:** 5001 Silverhill Road, Suite 310, Hillcrest Heights, MD 20746
    - **What it covers:** Targeted multi-service employment and educational assistance tailored exclusively for young adults and young parents up to age 24.

County Maternal Health Programs

The Prince George's County Health Department coordinates care directly through its Family Health Services division:

- **Healthy Beginnings Program:** This centralized service provides personalized nurse case management, self-care support, phone assessments, and home-visiting models for pregnant individuals and families with young children. Referrals are accepted from individuals, health providers, and community groups via the Cheverly Health Department Office.
- **Safe Sleep Campaign:** Connects new parents with critical training, education, and safe infant sleep materials to promote healthy home environments postpartum.

Comprehensive Home Visiting and Parenting Support

For ongoing guidance, early childhood developmental tracking, and localized assistance, the county works with dedicated resource networks:

- **Healthy Families Prince George's:** Run via the Prince George's Child Resource Center in Largo, this evidence-based program offers free home-visiting services focused on prenatal care education, child development tracking, and parental wellness.
- **Family Support Center Prince George's (Adelphi/Langley Park):** Located at the Adelphi Langley Park Family Support Center, this hub allows families with children from the prenatal stage up to age 4 to access free parenting classes, child care during services, and transportation assistance.

Notes:

Community and Nutritional Support

- **Pregnancy Aid Center and St. Ann's:** Community non-profits like St. Ann's Center for Children, Youth and Families in Hyattsville offer specialized transitional housing and clinical support networks for pregnant women and young mothers.
- **County WIC Offices:** The Women, Infants, and Children (WIC) nutrition program provides essential supplemental foods, healthcare referrals, and dedicated lactation consultants. Highly accessible regional clinics include:
    - Prince George's County WIC Main Clinic (Landover)
    - Greater Baden WIC Office (Capitol Heights and Oxon Hill locations)
    - Maryland WIC Greenbelt Clinic

Health Insurance Fast-tracking

If you lack health coverage, visiting the Prince George's County Health and Human Services Building allows case managers to issue pregnancy verification documents to fast-track enrollment into the **Maryland Children's Health Program (MCHP)**. You can apply directly through the **Maryland Health Connection** portal.

Notes:

Notes:

Attachment 1: Free Parole Grant Hearing Representation

Free Parole Grant Hearing Representation

If you are serving time on a DC Code offense and have an upcoming DC parole grant hearing, free legal representation may be available to you — at no cost.

1 How DC Parole Works

> Individuals convicted of DC Code offenses committed **before August 5, 2000** may be eligible for parole after serving their minimum sentence, minus any good time credits they are eligible to receive. For example, an individual with a 15-to-30 year sentence with 5 years of good time credits would have a parole eligibility date after 10 years.

2 How Do I Request a Lawyer for a DC Parole Grant Hearing?

The following two organizations offer help with DC parole grant hearings at no cost. They have different eligibility criteria and roles — contact whichever applies to you, or both. *Legal representation is not guaranteed for everyone who requests assistance.*

The Second Look Project ("SLP")

SLP works to try to locate free legal representation at DC parole grant hearings for individuals who meet the following criteria:

YOU MAY QUALIFY IF:

1. You are serving time on a **DC Code offense**; and
2. You have **not previously been paroled** on this offense; and
3. You have an **upcoming DC parole grant hearing**

Contact SLP up to 8–12 months before your hearing.

Contact Information:

✎ 200 Massachusetts Ave NW, 8th Floor, Washington, D.C. 20001

☎ (202) 704-1369

✉ slitner@secondlookdc.org

Note: CorrLinks emails are monitored by the BOP. Do not send case-sensitive or private information by email.

Howard University School of Law — Reentry Clinic

Supervised student-attorneys at Howard Law provide free legal advice and direct representation to individuals serving time on a DC Code offense at DC parole grant hearings.

YOU MAY QUALIFY IF:

1. You reach out to the Howard Law School Reentry Clinic at least 90 days before your scheduled hearing; and
2. Your hearing will take place between September and April

Contact Information:

✎ Clinical Law Center, 2900 Van Ness St NW, Washington, DC 20008

☎ 202-806-8082

✉ Reentryclinic@howard.edu

Note: CorrLinks emails are monitored by the BOP. Do not send case-sensitive or private information by email.

3 Documents to Include

If you are looking for free legal representation for a **2026 DC parole grant hearing** and plan to reach out to either organization listed above, include as much of the following information as possible:

- Judgment & Commitment Order(s)
- BOP Sentence Monitoring Computation Data
- Most Recent BOP Progress Report
- Most Recent BOP PATTERN Score Report
- BOP Inmate Profile
- Complete BOP Program, Education, Work & Psychology History
- Complete BOP Discipline Record
- BOP Discipline Hearing Reports (100- & 200-series, last 10 yrs)
- BOP History Work Detail
- BOP Custody Classification Form
- BOP Reentry Services Application / IRP Reviews
- Medical or Mental Health Records (if relevant to parole)
- Past Criminal Convictions (DC & elsewhere)
- Parole Hearing Examiner, Reviewer & Commissioner Notes
- Parole Worksheets Filled Out by the Hearing Examiner
- Parole Audio Recordings of Past Parole Hearings
- Parole Notices of Action
- Contact Info for Supportive Family or Friends
- Prior Attorney Info (IRAA / Second Look / Compassionate Release/ parole) + written permission to contact
- Any other information relevant to parole suitability

4 What Can I Do While I Wait for My Hearing?

The Parole Commission often asks individuals to complete certain programs before granting parole. If you have not completed them — or completed them a long time ago — you can try to enroll now or ask to be added to the waitlist. We know waitlists can be long, so **put all requests in writing and keep copies** to show your efforts.

Anger Management	**Any other First Step Act Recidivism Reduction Programming**	**All Psychology Services Programs**
Drug Treatment Programs (if applicable)	**GED**	**Job Training Skills**
Life Connections	**Residential Sex Offender Treatment (if applicable)**	**Resolve**
The Challenge Program	**Victim Impact**	

> **Important:** If your Unit Team suggests programming, the USPC will want to see that you follow through on their recommendations. Document all your efforts and keep copies of everything you submit.

Attachment 2: Community Family Life Services Infographics

WHAT WE OFFER

Community Family Life Services provides inclusive, trauma-informed services to assist anyone who identifies as a woman and is a survivor of domestic violence, homelessness, and the justice system.



We provide transitional housing for single reentry women, families, and survivors of domestic violence. If joining our housing program is the start of your journey with CFLS, you will be paired with a case manager who will help you navigate a continuum of services to reach your ultimate goals. We have several housing opportunities to choose from, please use this link to apply: www.cflsdc.org/housing-programs for additional information contact Tyrese Cox at tcox@cflsdc.org.

EMERGENCY 90-DAY TRANSITIONAL HOUSING is a shared living space for single reentry women returning home from jail or prison.

DBH 6-MONTH TRANSITIONAL HOUSING is a shared living space for single reentry women who suffer from opioid or stimulant abuse.

MILESTONE PLACE is a single-resident occupancy housing for single men and women who are chronically homeless.

HOPWA is a single-resident occupancy housing for single men and women who are living with HIV.

TRINITY ARMS is a three-year transitional housing program dedicated to supporting mothers who are survivors of domestic violence and/or have recently returned home from prison. This program provides a safe and nurturing environment where these women can rebuild their lives and create stable futures for themselves and their children. With a holistic approach, Trinity provides resources with a range of essential services, including secure housing, mental health counseling, job training, and parenting classes, all designed to foster independence and resilience.

Through personalized case management and community support, the program aims to address the unique challenges faced by mothers in recovery from both trauma and/or incarceration. By helping participants gain financial stability, heal from past abuse, and build strong, supportive family relationships, Trinity empowers mothers to create lasting change and break cycles of violence and hardship for themselves and their children. For more information contact Jasmine Vice at jvice@cflsdc.org.

Through CFLS' **FINANCIAL LITERACY HOUSING INITIATIVE**, women who have experienced domestic violence can receive graduated rental assistance for 12 months as they move into their own apartments. Applicants must have employment, or enough income to qualify for rental housing.

Clients have the support of a financial literacy coach throughout the entirety of the program. Clients are guided through learning money management techniques, develop debt repayment plans, learn about responsible credit utilization, and more. Clients will have the opportunity to save money with the goal of being positioned to pay full rent within 12 months. For additional information contact Joanne Langevin at jlangevin@cflsdc.org.

DROP IN EMERGENCY SERVICES

"Drop in" to get connected! We help address unexpected needs by providing **food, clothing, feminine hygiene products, and vouchers for Identification/Birth Certificate replacement**. You can also come in for our free on-site **HIV testing**. We provide food on Tuesdays from 10:00am - 4:00pm. Clothing for women is distributed on Wednesdays and Thursdays from 10:00am – 12:00pm. On Fridays from 10:00am – 12:00pm we distribute clothing for men.

We also offer a variety of **volunteer opportunities**, from one day projects for individuals or groups to long-term internships. Reach out and find out the best way for you to share your energy, compassion, time and talent.

For more information, please contact Wendy Benton at wbenton@cflsdc.org.



REENTRY SERVICES

Maybe you connected with us while incarcerated at the DC Jail or Bureau of Prisons, or maybe you have been out for a few months getting on your feet. You don't have to be alone in your next steps. Our case managers can work with you on a release plan and map out your goals.

If you're recently released, you might also be eligible for a **Starter Kit**, which includes a laptop or tablet, PPE, gift cards for clothing, and additional resources to remove barriers you're experiencing. We'll link you up with our housing programs, assist with identification, and more. You'll also be connected with our IT team for tech assistance and our wellness team for HIV 101.

Reach out to Lanai Reid at lreid@cflsdc.org to see if you're eligible!

CFLS Community Family Life SERVICES

WOMEN'S WELLNESS & HIV MANAGEMENT

We provide specific programming for women to maintain their physical and mental wellbeing. We also provide **medical case management, free on-site HIV testing, prevention 101, and supportive services** to help people with HIV/AIDS manage their wellness and overall health.
For more information, contact Shelby Wallington at swallington@cflsdc.org.



PARENTING & FAMILY REUNIFICATION

The foundation of our Parenting and Home Visitation program lies in an evidence-based Nurturing Skills curriculum tailored to meet the unique needs of families. Our program is designed to offer a customized, competency-based parenting approach, specifically catering to individuals who have experienced domestic violence, parents seeking reunification with their children post-incarceration, and court-affected adults. The overarching objective is to bolster the stability of at-risk families, proactively preventing child abuse and neglect. We achieve this through the cultivation of nurturing parenting skills, facilitated during our weekly parenting group sessions and personalized home visits, aiming to fortify the vital child-parent bond.

Our parenting program can play a pivotal role in creating a fabric of interconnectedness. It brings together diverse families, fostering a sense of unity and shared responsibility. As parents learn and grow together, it not only enhances their families but also contributes to the overall resilience and well-being of the entire community. Communities thrive when families within them are equipped with the knowledge and skills provided by parenting programs. In addition, our parenting program emphasizes equipping parents with tools to enhance their mental and emotional health. By addressing topics such as stress management, self-care, and effective coping mechanisms, the program empowers parents to navigate the challenges of parenthood with resilience and a positive mindset. As parents prioritize their well-being, they not only experience personal growth but also create a healthier family environment. For more information contact Tamara Brooks at tbrooks@cflsdc.org.

EMPLOYMENT & ENTREPRENEURSHIP



The Employment and Entrepreneurship Program empowers participants with skills and resources to excel in today's job market and confidently embark on entrepreneurial ventures. Through engaging in resume creation, interview preparation, and job-readiness training, clients not only become strong candidates but also develop a competitive edge.

For aspiring business owners, the program offers support in developing business plans, and effective marketing and branding strategies, all while implementing growth strategies tailored to their vision. With a strong focus on guidance, clients establish a solid foundation for launching and scaling their businesses, from conceptualization to market entry.

The program is built to foster both the skills and the confidence needed to succeed in professional and entrepreneurial journeys. Through this program, clients are enabled to navigate and thrive in their chosen paths, whether advancing in their careers or leading their successful ventures! For more information contact Chike Okenwa at cokenwa@cflsdc.org.

LEGAL SERVICES

Whether you need help with child custody, divorce, protective orders, discrimination, record sealing, or more, we are here to walk you through these processes. We will connect you with additional services for your specific legal needs.

For more information, contact **legal@cflsdc.org** or call toll-free 1(833) 888-0434.

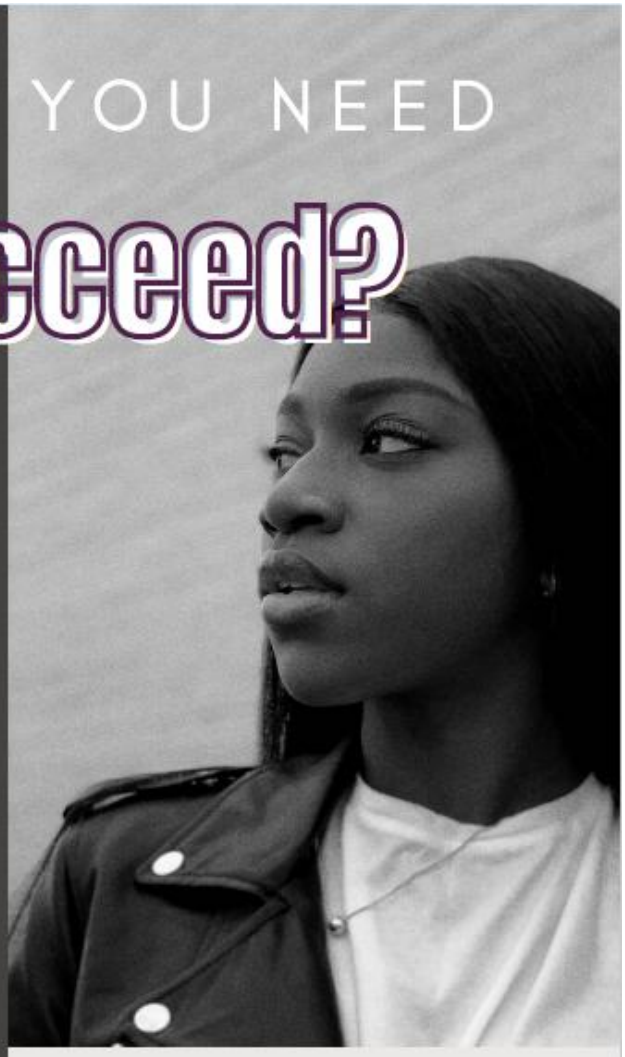


Community Family Life SERVICES

4860 Fort Totten Drive, NE
Washington, DC 20011
202-347-0511 | cflsdc.org

You're on your way!

WHAT DO YOU NEED to succeed?



INTRODUCING

Starter Kits

FOR REENTRY WOMEN

Our starter kits are designed to meet your immediate needs upon reentry, including, but not limited to:

Laptop or Tablet
Technology Setup & Support
PPE (masks, hand sanitizer)
Clothing, Food, and Hygiene Items
Transportation Assistance
Access to Support Groups
Linkage to Medical Appointments
Financial Assistance
Tote Bags to keep your belongings together

CFLS Community Family Life SERVICES

To learn more or schedule an intake, contact:

Lanai Reid
Reentry Program Manager
202-743-0672
lreid@cflsdc.org

TO BE ELIGIBLE FOR A STARTER KIT, CLIENTS MUST BE:

- Over 18 years old
- Identify as a woman
- DC Resident
- Currently incarcerated or released from jail, prison, or halfway house within the past 6 months.
- Willing to agree to the program guidelines and a year of case management with CFLS.

Let's get you started.


CFLS
Community Family Life SERVICES
NEW!
Milestone Emergency Drop-In Center
Grand Opening:
February 5, 2025 | 10:00am-1:00pm
LOCATION: 4860 Fort Totten Dr. NE Washington DC 20011
REGULAR HOURS: Wednesdays and Fridays from 10:00am-1:00pm
SERVICES OFFERED:
• Clothing (men and women)
• Food and hygiene products (available for CFLS and Non-CFLS clients on an appointment basis only)
• Community resource referrals for ID, Birth Certificate, Social Security
Scan the QR code for appointments.
Questions? Contact Shelby Wallington at swallington@cflsdc.org or Sheryl Johnson-Pope at sjohnson-pope@cflsdc.org.
@cflsdc

Trinity Arms

Transitional Housing



Trinity Arms provides transitional apartment-style housing to reentry women and survivors of domestic violence. Trinity residents are paired with a case manager who provides intensive case management and have access to an arry of supportive services.

Eligibility Criteria

✓ Identify as a woman
✓ DC Resident
✓ Survivor of interpersonal violence or retirning citizen
✓ Must have children or be in process of reunifying with children

For more information, please contact:

Jasmine Ferguson
(202)596-1834
[redacted]
jferguson@cflsdc.org

Community Family Life Services

Community Life Family Services

Parenting Program



Parenting Program Overview

The foundation of our Parenting and Home Visitation program lies in an evidence-based Nurturing Skills curriculum tailored to meet the unique needs of families. Our program is designed to offer a customized, competency-based parenting approach, specifically catering to individuals who have experienced domestic violence, parents seeking reunification with their children post-incarceration, and court-affected adults.

The overarching objective is to bolster the stability of at-risk families, proactively preventing child abuse and neglect. We achieve this through the cultivation of nurturing parenting skills, facilitated during our weekly parenting group sessions and personalized home visits, aiming to fortify the vital child-parent bond.

Why Is Our Parenting Program Important?

Community Impact

Our parenting program can play a pivotal role in creating a fabric of interconnectedness. It brings together diverse families, fostering a sense of unity and shared responsibility. As parents learn and grow together, it not only enhances their families but also contributes to the overall resilience and well-being of the entire community. Communities thrive when families within them are equipped with the knowledge and skills provided by parenting programs.

Prevention of Challenges

Our parenting program can act as a proactive measure to address challenges before they escalate. By equipping parents with early intervention strategies, we emphasize the importance of fostering resilience in both parents and children, mitigating potential conflicts, and ensuring a supportive environment for growth. It's not just about addressing problems when they arise but also about preventing them through education and support.

Parental Well-Being

Our parenting program emphasizes equipping parents with tools to enhance their mental and emotional health. By addressing topics such as stress management, self-care, and effective coping mechanisms, the program empowers parents to navigate the challenges of parenthood with resilience and a positive mindset. As parents prioritize their well-being, they not only experience personal growth but also create a healthier family environment.

Home Environment

Our parenting program provides parents with practical tools and insights to create a positive and nurturing space for their children. From effective communication techniques to establishing routines, these programs empower parents to build homes where children feel secure and supported. By focusing on creating a conducive home environment, our parenting program lays the foundation for healthy child development and lasting family bonds.

A Quick Summary of the Program

- 12-Week Cohorts (Virtually)
- Monday and Wednesday
- Parenting Literacy Book Drive
- Quarterly Family Events
- Home Visitations

The Philosophy of Nurturing Parenting

Feelings of Attachment

Attached parents:

- Express joy in being with their children.
- Create a safe home to explore.
- Promote a sense of safety and security.

Empathy

Research shows that children whose parents have empathy:

- Do better in school.
- Are socially well adjusted.
- Are more emotionally stable.

Nurturing Oneself

Parents who take time each day getting their own needs met are more capable of understanding and helping children get their needs met.

Discipline

Critical aspects of Nurturing Parenting include:

- Setting limits through family rules.
- Teaching right from wrong through family morals.
- Teaching respect and self-worth through family values.

Expressing Feelings

Emotional competence is the ability to:

- Recognize and appropriately respond to the feelings of others..

Contact Information

For your convenience, we have provided the contact details of our staff members below:

Nicole Mims
Email: nmims@cflsdc.org
Direct Line: 202-864-6300

Tamara Brooks
Email: tbrooks@cflsdc.org
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Community Family Life SERVICES