

DMV RESOURCE LIST



This is a list of local resources that people with a history of cancer in the DMV area have found helpful – although eligibility is not restricted to cancer patients for many of the resources. To view this list online, scan the QR code to the right with your Smartphone's camera.

DON'T KNOW WHERE TO START?

- For assistance with navigating benefits and accessing community support services:
1. Contact **Leadership Council for Healthy Communities** for support navigating services (202) 248-5083.
 2. Check with your **health insurance**, most offer benefits navigation services.
 3. **United Way**, financial empowerment center, dial 211 for support or drop into one of 5 drop-in locations throughout D.C.

FOOD

Eligibility Requirements

Description of Service

Contact Information

Arcadia Mobile Market

- No ID required.
- No income requirements.
- Primarily English speaking; Cantonese speakers at Chinatown location.

Sells fresh, locally grown foods at weekly markets throughout DC. Accepts: Cash, credit/debit, SNAP/EBT, WIC, Senior FMNP, and Produce Plus.

571-384-8845
 mobilemarket@arcadiafood.org
 www.arcadiafood.org

Bread for the City



- ID required, DC Resident.
- No Income Requirements.
- Must bring proof of household size. One bag given without proof. Groceries for a household of two will be given if no household size is provided.

Offers monthly grocery pickup at either center, Monday-Thursday 9:00-3:00PM. Free farmer's market held every 2nd and 4th Friday at 56 location and 1st and 3rd at the NW location. Other services include employment services, financial support, legal services, and clothing.

1700 Marion Barry Ave SE, DC 20020 /1525 7th St NW, DC 20001
 202-365-2400
 info@breadforthecity.org
 https://breadforthecity.org/

Capital Area Food Bank

- No income requirements.
- Anyone can use services.

Supplemental senior program: Seniors eligible for C-SP, CAPS, SSB.

Provides free food at a variety of locations across DC, MD, and VA.

Also has a supplemental program that provides groceries to eligible seniors. They provide fresh produce, donated products, and TEFAP commodities.

202-644-9800
 https://www.capitaleafoodbank.org

DC Office of Aging Nutrition Program



- DC residents aged 60+ and adults with disabilities.
- Website and voicemail info is available in Amharic, French, Spanish, Chinese, Korean, and Vietnamese.
- ID

Delivers prepared meals. The office also offers one-on-one nutrition counseling and community meals.

Other services include benefits navigation, health support, and legal services.

202-724-6626
 daed@dc.gov
 https://daed.dc.gov/service/nutrition

Produce Plus Benefits Program

- DC residents who qualify for at least one government assistance program such as SNAP, Medicaid, TANF, etc.
- ID
- English and Spanish.

Provides fresh fruits and vegetables at various pick-up locations in DC, once approved for a produce plus card.

Offers limited home delivery.

Program runs from June- November yearly.

(202) 888-4834
 produceplus@thehealth.org
 https://dchealth.dc.gov/service/produce-plus-program

South Eats

- Services May/so Kentworth-Parade neighborhood.
- Orders are placed online and vary in price.
- No ID required.

Offers a weekly menu to purchase low cost pre-prepared meals.

Provides selected meals weekly/bi-weekly/monthly.

info@southeatscoop.com
 https://www.southeatscoop.com/

TRANSPORTATION



Eligibility Requirements

Description of Service

Contact Information

Metro Access

- People unable to use public transit due to disability.
- Service only available in English.

Shared-ride, door-to-door paratransit service that provides **low-cost** transportation.

202-962-2700
 http://www.wmata.com/service/lccca/sustainability/metro-access/

Senior MedExpress

- DC residents 60+ years old requiring essential life-sustaining appts. Medicaid clients are not eligible.
- Website and voicemail in Amharic, French, Spanish, Chinese, Korean, and Vietnamese.

Provides **free** round-trip transportation to essential medical appointments or health-related public benefits appointments.

202-724-5626
 https://dcyellowcab.com/seniormedexpress/

HOUSING



Eligibility Requirements

Description of Service

Contact Information

DC Department of Human Services

- \$ Eligibility varies depending on the program.
- 📄 Website and voicemail info available in Spanish, Amharic, and French.

Provides emergency shelter, emergency rental assistance, homelessness prevention, and permanent supportive housing services.

Other services include benefits navigation.

📞 202-671-4200
🌐 <https://dhs.dc.gov/page/homeless-services-housing>

DC Housing Authority

- \$ Extremely low- through moderate-income households.
- 📄 Voicemail and website in English, Spanish, Vietnamese, Chinese, French, Korean, and Amharic.

Provides quality affordable housing, as available.

📞 202-535-1000
🌐 www.dchousing.org/wordpress/
For all other languages use language line to apply: 1-855-223-1786

Housing Counseling Services, Inc

- \$ Varies by program- Generally low to medium income.
- 📄 Offer translation services in English, Amharic, Spanish.

Offers various housing programs to clients, including rental assistance, tenant services, and Home Purchase Assistance Programs (HPAP).

📞 202-667-7936
📧 info@housingetc.org
🌐 <http://housingetc.org/>

Friendship Place

- 📄 Services provided in DC.

Offers short term housing, long term housing, veteran services, and employment services.

📞 202-364-1419
📧 info@friendshipplace.org
🌐 <https://friendshipplace.org/>
📍 Drop in Welcome Center 4713 Wisconsin Ave NW

UTILITIES



Eligibility Requirements

Description of Service

Contact Information

DC Utility Affordability Programs

- 📄 Must provide ID of applicant, and social security cards, proof of income, and utility bills for the household.
- 📄 Website and voicemail info available in Amharic, Chinese, French, Korean, Spanish, and Vietnamese.

Offers financial assistance, discounts, and energy efficiency programs to help with utility bills.

📞 311 or 202-737-4404
🌐 <https://dows.dc.gov/energy-assistance>

Greater Washington Urban League

- \$ Meet income requirements and have outstanding bills.
- 📄 Services available in English.

Helps families pay their water bills during times of financial crisis.

📞 202-792-2554
📧 uirtake@gwul.org
In person appointments:
📞 202-450-2449
📧 khemander@gwul.org

The Office of Home Energy Programs (OHEP)

- \$ Eligibility varies by program and is based on need, household size, and income.
- 📄 State of Maryland.
- 📄 Application available in English and Spanish.

Provides bill assistance to low-income households.

📞 1-800-332-6347
🌐 <https://dhsmaryland.gov/office-of-home-energy-programs/>

EMOTIONAL SUPPORT



Eligibility Requirements

Description of Service

Contact Information

Cancer Support Community DC

- 📄 Programs are available to cancer patients, caregivers, and loved ones.
- 📄 Spanish navigators and access to a separate language line for a separate language line for a separate language line.

Offers a variety of virtual programs including support groups, healthy lifestyle activities, and mindfulness programs.

📞 202-659-9709 ext. 6792
📧 info@cancersupportdc.org
🌐 <http://www.cancersupportdc.org/>

Hope Connections

- 📄 Must be affected by a cancer diagnosis.

Offers support groups, mind/body classes and educational and social programs. Their programs are offered both in person and online.

📞 301-634-7500
📧 info@hopeconnectionsforcancer.org
🌐 <https://hopeconnectionsforcancer.org/>

Smith Center for Healing and the Arts

- 📄 Adults living with cancer and their caregivers.
- 📄 Spanish-speaking navigators.

Offers retreats and programs- yoga and stress reduction, creative expression, nutrition classes, and educational talks and support groups.

📞 202-483-8600
📧 info@smithcenter.org
🌐 <https://smithcenter.org/>