

# MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

## Parenting Supports

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: [DHHSWebsite@montgomerycountymd.gov](mailto:DHHSWebsite@montgomerycountymd.gov), 240-777-1246 (V), MD Relay 711.

### Adventist HealthCare

820 West Diamond Avenue, Suite 600  
Gaithersburg, MD 20878  
301-315-3030 (V)  
301-315-3245 (TTY)

[www.adventisthealthcare.com](http://www.adventisthealthcare.com)

**Childbirth and Baby Care:** Topics include but are not limited to: labor and birth information, breathing and relaxation techniques, pain management options, comfort measures, medications; hospital procedures; cesarean birth; and postpartum care for mother and baby.

**Baby Care Basics Class:** Learn how to care for your newborn during those challenging first weeks. Topics include but are not limited to the following: bathing; diapering; cord care; circumcision care; taking a temperature; and when to call the doctor.

**Discovering Motherhood – Adjusting to Your New Role:** If you are feeling overwhelmed by your new role, having difficulty making it through your day, or simply would like to connect with other new moms and their babies, please join this free ongoing weekly support group for moms.

**Fatherhood 101:** Workshop created to help dads meet the challenge of fatherhood. Preparing their car, home and heart for a new baby; how to support the mom during labor and birth, as well as those first several weeks after the baby is born; and tips on surviving and loving the first several months after the baby's birth.

### Baby Steps – Family Services, Inc.

#### If you delivered at Shady Grove Adventist Hospital:

Lara Dolan, RN, BSN  
Phone: 240-864-1065  
Email: [lara.dolan@fs-inc.org](mailto:lara.dolan@fs-inc.org)

#### If you delivered at Holy Cross Hospital:

Zene Teklu, RN, BSN, IBCLC, RLC  
Phone: 240-864-1064  
Email: [zene.teklu@fs-inc.org](mailto:zene.teklu@fs-inc.org)

[www.fs-inc.org/services/programs/baby-steps](http://www.fs-inc.org/services/programs/baby-steps)

Provide health screens of newborns and their mothers at the hospital. Follow up as needed with new parents through telephone consultations and home visits as well as health assessments. Linkages to community health services. Program is free for any new mother who resides in Montgomery County. Funded by Montgomery County Department of Health and Human Services – Office of Children, Youth and Family Services.

### Disability, Pregnancy & Parenthood (DPPI)

[www.disabledparent.org.uk](http://www.disabledparent.org.uk)

User-led registered charity that promotes better awareness and support for disabled people during pregnancy and as parents. Free, confidential inquiry service offering information and advice for disabled parents and professionals; accessible guides on disabled parenting; and training and consultation for health and social care professionals.

### Ed Bohrer Parent Resource Center (PRC)

Gaithersburg Elementary School  
35 North Summit Avenue  
Gaithersburg, MD 20877  
301-926-4895 (V)

[www.fs-inc.org/services/programs/parent-resource-center](http://www.fs-inc.org/services/programs/parent-resource-center)

Offer parenting skill workshops. Services are offered free of charge to the general public. Open 8:30 a.m. to 4:00 p.m. from September to June.

### Gabriel Network

2137 Defense Highway  
Crofton, MD 21114  
1-800-264-3565 (Toll Free)

E-mail: [office@gabrielnetwork.org](mailto:office@gabrielnetwork.org)  
[www.gabrielnetwork.org](http://www.gabrielnetwork.org)

Help expectant moms with various practical needs, including finding resources such as: pregnancy information and assistance with pre-natal care; maternity and baby clothes, cribs, strollers, and various baby items; referrals for housing, medical care and counseling; parenting support or adoption information. Services are provided at no charge.

### Holy Cross Hospital

301-754-8800 (V)

[www.holycrosshealth.org/classes-events](http://www.holycrosshealth.org/classes-events)

**Baby Care Class:** This class covers the basics of caring for your newborn. Hands-on skills will be practiced: picking up and holding a baby, diapering, swaddling, bathing your newborn and an overview of feeding and burping techniques. Discussion topics include: necessary supplies, safety in your home and car, sleeping and crying, when to call the doctor, early developmental milestones with ideas for play, and traveling with a baby.

**Infant CPR and Safety (Birth to 1 year; and 1 to 8 years):** This class covers baby proofing, car seat safety, injury and choking prevention. Learn hands-on techniques for infant choking rescue and infant CPR.

**Mother to Mother Connection:** Discussion group for moms with babies up to 6 months. Join a weekly discussion group, which is facilitated by experienced childbirth educators in a safe, supportive, non-judgmental environment. The meetings provide an opportunity to ask questions, share experiences, make new friends, and get some support. Topics include: sharing your birth or adoption story, baby care questions, nutrition and feeding, newborn development, changing relationships with family members, child care options, time management, and more.

**Becoming a Father:** One session class is designed for expectant or new dads to help them off to a good start in this life-changing adventure. Topics will include basic baby care and keeping your baby safe, what it means to be a father, the impact of their role in the life of the child, and adjustments to life with a child.

### MedStar Montgomery Medical Center

18101 Prince Philip Drive

Olney, MD 20832

301-774-8881 (Registration)

[www.medstarhealth.org](http://www.medstarhealth.org)

**Childbirth Preparation:** Prepares couples for a positive birthing experience. The program is designed to help expectant couples plan for labor, delivery, and how to care for a newborn.

**Baby Basics with Infant CPR:** Designed to help parents provide basic baby care. Class topics include bathing and grooming, diapering, bottle preparation, methods for consoling a crying baby, medical emergencies, methods for checking your baby's temperature, infant passenger seat safety and infant CPR.

**Baby Care and Beyond:** Interactive and informative class answers your baby care questions and takes the mystery out of parenting. Practical skills like bathing and diapering are combined with ways to enhance your baby's brain development.

**Infant Care:** Designed to give a complete head-to-toe look at how to care for your little one and provide you with hands-on experience.

**Mommy and Me Club:** A program of education and support for new mothers and their babies.

### Montgomery County Public Schools (MCPS)

#### Parent Academy

Office of Community Engagement and Partnerships

850 Hungerford Drive, Room 50

Rockville, MD 20850

301-517-5940 (V)

[www.mcpsparentacademy.org](http://www.mcpsparentacademy.org)

Workshops give parents tips and tools to help their children succeed in school. All workshops are free and held at schools and locations throughout Montgomery County. Child care will be provided for children ages 4 to 12. Children 14 and over may attend workshops if accompanied by an adult. Interpretation services are also available. Workshops include Special Education: Parents as Advocates and the Family-School Partnership; Developing Study Skills for Students with Attention Deficit Hyperactivity Disorder; Partnering with MCPS regarding Individualized Education Programs (IEP) and 504 Plans; Transition Services: Students with an Individualized Education Program (IEP) Moving From Middle to High School; and Ensuring a Bright Future for Students with an Individualized Education Program (IEP).

### National Center for Parents with Disabilities

#### Through the Looking Glass

3075 Adeline Street, Suite 120

Berkeley, CA 94703

1-800-644-2666 (V)

510-848-1005 (TTY)

E-mail: [tlg@lookingglass.org](mailto:tlg@lookingglass.org)

[www.lookingglass.org](http://www.lookingglass.org)

Overall mission of empowering parents and potential parents with disabilities by disseminating disability-appropriate information regarding parenting to parents, disability advocates, and legal, medical, intervention and social services providers. Offer consultations, trainings and publications to parents, family members and professionals. Free consultations are available via phone or email. Free publications include Guidelines for Practice with Parents with Intellectual Disabilities and Their Children; Deaf Parents and Their Hearing Children; Babycare Assistive Technology for Parents with Physical Disabilities; and Parents with Physical, Systemic, or Visual Disabilities.

### Parent Encouragement Program (PEP)

Kensington Baptist Church

10100 Connecticut Avenue

Kensington, MD 20895

301-929-8824 (V)

E-mail: [office@pepparent.org](mailto:office@pepparent.org)

[www.pepparent.org](http://www.pepparent.org)

Non-profit, educational organizations that provides classes, events, and other educational resources to parents and all who care for children, toddlers through teens. Programs include classes, workshops, community talks and presentations by noted authors. Provide access to books and other resources detailing a practical, proven approach to childrearing.

**Saint Peter's Parish - Gabriel Project**

2900 Olney-Sandy Spring Road  
Olney, MD 20832  
301-924-3774 (V)

[www.stpetersolney.org/social\\_concerns\\_gabriel.jsp](http://www.stpetersolney.org/social_concerns_gabriel.jsp)

Parish-based ministry designed to help women in crisis pregnancies. Provide mentoring and emotional support, baby supplies, transportation, financial assistance and/or housing.

**St. Jane Frances de Chantal Church - Gabriel Project**

9601 Old Georgetown Road  
Bethesda, MD 20814  
301-530-1745 (V)

<http://stjanedechantal.org/ministries/parish-and-civic-ministries/gabriel-project/>

Provide women with prenatal care including sonograms, maternity clothing, diapers for the newborn, cribs, money and other needed items.

**St. Mary's Catholic Church – Gabriel Project**

520 Veirs Mill Road  
Rockville, MD 20852  
301-424-5550 (V)

E-mail: [stmaryrockville@yahoo.com](mailto:stmaryrockville@yahoo.com)

Parish-based ministry designed to help women in crisis pregnancies. Provide mentoring and emotional support, baby supplies, and more.

**YMCA Youth & Family Services Parenting Programs**

301-593-1160 ext. 221 (V)

[www.ymcadc.org/social/edYouthParents.cfm](http://www.ymcadc.org/social/edYouthParents.cfm)

**Parenting Children:** Parents will learn to identify the purposes of a child's misbehavior and develop effective discipline and encouragement strategies for positively redirecting these behaviors. Skills include developing effective consequences; structuring choices; and ending power struggles.

**Parenting Teens:** A down-to-earth and practical way to meet the challenges of raising teenagers. The group discussion format teaches skills to help improve parent/teen relations; develop teen self-esteem and self-reliance; and promote responsible teen behavior at home, school, and in the community.

Other programs and classes include Dealing with a Strong Willed Child; Differing Disciplines Styles: Who's in Charge?; Anxiety in Children and Teens; and Parenting Without Threats and Bribes. Individual parent consultations for parents of toddlers to teens also available in-person, phone and/or e-mail communication.