

# Montgomery County, MD - Veterans Network Directory

## Transition and Readjustment Assistance and Support

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**This is a project of the Montgomery County Commission on Veterans Affairs. 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**

### Conflict Resolution Center of Montgomery County

Bethesda Chevy Chase Regional Services Center 301-652-0717 (V)  
4805 Edgemoor Lane, 2<sup>nd</sup> Floor  
Bethesda, MD 20814  
E-mail: [info@crcmc.org](mailto:info@crcmc.org)  
[www.crcmc.org](http://www.crcmc.org)

Mediation can provide valuable assistance to reintegrate returning Maryland veterans back into their families and communities. Provides mediation free of charge to those who live, work, and/or attend school in Montgomery County.

### Helping Hometown Heroes Foundation, Ltd.

Rosita Underwood, Founder 301-351-2426 (V)  
3656 Daisy Road  
Woodbine, MD 21797  
E-mail: [rosita@helpinghometownheroes.org](mailto:rosita@helpinghometownheroes.org)  
[www.helpinghometownheroes.org](http://www.helpinghometownheroes.org)

Non-profit organization that assists recuperating military men and women as they adjust from their military lives to civilian life. Services include helping with rehabilitation, transportation, support for families and their support system of wounded warriors including those with IED and loss of limb, home modifications to accommodate veterans with disabilities, aid wounded warriors, and support for the families of military men and women upon returning from war.

### Military.com - Transition Center

[www.military.com/military-transition](http://www.military.com/military-transition)

Website featuring government and civilian resources to help veterans transition into civilian life. Resources include information on civilian careers, education options, benefits, money issues, relocation, and retiree benefits. Transition blog features real military transition stories.

### Moving Forward

[www.veterantraining.va.gov/apps/movingforward/index.html](http://www.veterantraining.va.gov/apps/movingforward/index.html)

Free, on-line educational and life coaching program that teaches problem solving skills to help you to better handle life's challenges. Designed for members of the military community. From the Department of Veterans Affairs.

### National Military Family Association

3601 Eisenhower Avenue, Suite 425 703-931-6632 (V)  
Alexandria, VA 22304  
E-mail: [info@militaryfamily.org](mailto:info@militaryfamily.org)  
[www.militaryfamily.org](http://www.militaryfamily.org)

Educate military families concerning their rights, benefits and services available to them regarding the issues that affect their lives. The website is a one-stop resource for military families, servicemembers, and their friends on a wide-range of topics relevant to the "military" lifestyle. Also produce a monthly newsletter and a free quarterly Military Money magazine filled with financial literacy information, lifestyle tips, and advice on every day living.

## Operation Second Chance

20251 Century Boulevard, Suite 130  
Germantown, MD 20874  
[www.operationsecondchance.org](http://www.operationsecondchance.org)

Provide support for the Soldiers and Marines while at Walter Reed Army Medical Center, and then further assist them when they transition either back to duty or back to civilian life. Assist families of wounded service men and women.

## Purple Star Veterans and Families - Veterans and Families Foundation

Tess Banko, Executive Director  
E-mail: [executivedirector@psvf.org](mailto:executivedirector@psvf.org)  
[www.veteransandfamilies.org](http://www.veteransandfamilies.org)

Non-profit community service and support organization that assists homecoming veterans and their families in successfully transitioning home from deployment and from military to civilian life. Download their free guide The Veterans Transition Map and Action Plan - a self-help, personal navigation resource for self-care and wellbeing.

## Seamless Transition - VA Maryland Health Care System

[www.maryland.va.gov/freedom.asp](http://www.maryland.va.gov/freedom.asp)

Chris Buser, Clinical Director, Post Deployment Health Reintegration Programs 410-605-7000 x 4028 (V)

Michael Rubin, OEF/OIF/OND Program Manager 410-605-7259 (V)

Provide assistance with applying for VA health care and other available health care services. The Seamless Transition effort is a nationally designated system of care created to meet the specific needs of those troop members returning from Operation Iraqi Freedom (OIF), Operation Enduring Freedom (OEF) and Operation New Dawn (OND). The goal is to ensure that these returning service members receive the highest quality of care in a timely manner.

## Silver Spring Vet Center

Wayne Miller, Team Leader/Director 301-589-1073 (V)  
2900 Linden Lane 202-273-9116 (Bereavement Counseling)  
Silver Spring, MD 20910  
E-mail: [wayne.miller3@med.va.gov](mailto:wayne.miller3@med.va.gov)  
[www.vetcenter.va.gov/Vet\\_Center\\_Services.asp](http://www.vetcenter.va.gov/Vet_Center_Services.asp)

**Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Second Saturday each month 7:30 a.m. to 4:30 p.m.** Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you. **Directions:** The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

## U.S. Department of Defense

Ease the transition of active duty military personnel, civilian employees, and family members from government service to private sector. Transition services include counseling, information on education options, computerized job banks, resume writing assistance, and help with the employment interviewing process. All transition services are available to military spouses and family members, without restriction. Services are provided on major military installations by Transition Assistance Offices. Listed below is the name of each service's Transition Assistance Program and the nearest location:

**Air Force:** 301-677-4136 (V)  
Ft. Meade Airman and Family Readiness Center 301-677-4138 (V)  
830 Chisholm Avenue  
Ft. Meade, MD 20755  
**Hours:** Monday - Friday, 7:30 a.m. to 4:00 p.m.  
[www.ftmeade.army.mil/pages/airman/afrc.html](http://www.ftmeade.army.mil/pages/airman/afrc.html)

Offer a variety of services in alliance with the Army and Navy to include information, referral, and financial services, relocation assistance, transition assistance, employment programs, spouse orientations, and more. Serve all single and married Active Duty, DoD Civilian Personnel and their eligible family members, to include Guard and Reserve members while on Active Duty, other eligible uniformed members, military retirees, and their eligible family members.

**Army:** 301-677-9871 (V)  
Fort Meade Soldiers For Life – Transition Assistance Program (SFL-TAP Center) 301-622-9871 (V)  
Bldg 5801 Simonds Street, Room 105  
Fort Meade, MD 20755  
**Hours:** 7:00 a.m. to 4:00 p.m. Monday through Friday, with variations on Thursday due to staff training.  
E-mail: [sfltap.meade@serca-na.com](mailto:sfltap.meade@serca-na.com)  
[www.acap.army.mil](http://www.acap.army.mil)

Pre-separation briefings, counseling and referrals that can help you learn about programs designed to help you transition and readjust. Job Assistance workshops, counseling and resources that can help you find and win the best jobs. The SFL-TAP Virtual Center is an online environment where soldiers can receive all the transition and education services they would receive at a SFL-TAP Center. SFL-TAP counselors can conduct individual counseling sessions, assist with job searching, and provide resume assistance. Seminars are conducted for resume preparation, interviewing training, and preparing for federal employment. Virtual Center visitors can access the resource library which contains transition information, resume materials, seminar slides and many other additional resources.

**Coast Guard:** 202-475-5158 (V)  
Headquarters Program Manager  
Commandant (CG-1112)  
Attn: Office of Work-Life  
U.S. Coast Guard Stop 7907  
2703 Martin Luther King Jr. Avenue SE  
Washington, DC 20593-7907  
Rodney Whaley, Transition / Relocation Manager  
E-mail: [rodney.b.whaley@uscg.mil](mailto:rodney.b.whaley@uscg.mil)  
[www.uscg.mil/worklife/transition\\_assistance.asp](http://www.uscg.mil/worklife/transition_assistance.asp)

Each Transition/Relocation Manager (TRM) can assist active duty members in scheduling a Transition Assistance Seminar. This mandatory seminar is intended to assist transitioning active duty members in preparing for the civilian job market and prepare members with Career Readiness Standards. These seminars cover such topics as resume writing, interviewing techniques, salary negotiations, and successful attire strategies. Each seminar will also familiarize the member with the benefits they may be entitled to as a separatee or retiree.

**Marine Corps:** 202-433-2922 (V)  
Marine Corps Community Services  
Washington, DC  
[www.mccs8thandi.com/index.cfm](http://www.mccs8thandi.com/index.cfm)

**Navy:**

301-319-4087 (V)

Fleet and Family Support Center - Naval Support Activity Bethesda  
9045 Beale Road, Bldg 11, Room 111  
Bethesda, MD 20889

**Hours:** 7:30 a.m. to 4:00 p.m.

E-mail: [usn.bethesda.nsabethesdamd.list.NNMC-FFSC@mail.mil](mailto:usn.bethesda.nsabethesdamd.list.NNMC-FFSC@mail.mil)

[www.cnic.navy.mil/regions/ndw/installations/nsa\\_bethesda.html](http://www.cnic.navy.mil/regions/ndw/installations/nsa_bethesda.html)

Navy personnel should make an appointment with their Command Career Counselor for a Pre-Separation counseling interview at least 180 days prior to separation.

## U.S. Vets

### District of Columbia Office

202-545-1660 (V)

1 Massachusetts Avenue, NW, Suite 310  
Washington, DC 20001

[www.usvetsinc.org/washingtondc](http://www.usvetsinc.org/washingtondc)

Supportive Housing program is designed for veterans who might not require a structured program to maintain permanent housing, but who would benefit from continuing supportive services. Veterans living in the community are given access to supportive services such as rental assistance case management, job assistance and access to therapeutic and support groups on-site.

Supportive Services to Veterans Families program offers temporary assistance to at-risk, low-income families in an effort to keep them from becoming homeless. This grant program is designed to house these at-risk families as quickly as possible by providing legal counseling and financial aid for rent, utilities, moving costs, childcare and bus transportation, employment assistance and benefits counseling. Participants in the program can also receive assistance in obtaining Veterans Affairs (VA) benefits covering such things as health care and disability payments.

Job assistance program is designed to assist all veterans in obtaining and maintaining employment by addressing a variety of obstacles they face, including a lack of job and life skills, and mental health and substance abuse issues. career counselors provide guidance in the development of job seeking-skills and employment goals. They assess a veterans' skill sets, work experience, education and interests in order to help translate those skills to the civilian workforce.

### Vet Center Combat Call Center

[www.vetcenter.va.gov/media/Call-Center-PSA.asp](http://www.vetcenter.va.gov/media/Call-Center-PSA.asp)

1-877-927-8387 (Toll Free)

Around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as families members of combat Veterans. This benefit is prepaid through the Veteran's military service.

### Yellow Ribbon Reintegration Program

[www.yellowribbon.mil](http://www.yellowribbon.mil)

1-866-504-7092 (Toll Free)

The Yellow Ribbon Program is a veteran's reintegration program to provide National Guard and Reserve members and their families with sufficient information, services, referral, and proactive outreach opportunities throughout the entire deployment cycle. Members and their families should contact the person or persons within their unit responsible for the program.