

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, 240-777-1246 (V), MD Relay 711.

Adventist HealthCare

1-800-542-5096 (Registration Line)

www.adventisthealthcare.com/services/maternity

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.

Navigating Fatherhood: Free ongoing, monthly support group 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.

Infant Safety & CPR for Parents: Class teaches parents and caregivers Prevention and Safety, management of choking, and CPR for newborns through age one.

Disability, Pregnancy & Parenthood (DPPI)

E-mail: info@disabledparent.org.uk

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 parents with disabilities and professionals; accessible guides on parenting; and training and consultation for health and social care professionals.

Ed Bohrer Parent Resource Center (PRC) – Family Services, Inc.

Gaithersburg Elementary School

35 North Summit Avenue

Gaithersburg, MD 20877

301-926-4895 (V)

www.fs-inc.org/services/programs/parent-resource-center

Serve English and Spanish speaking people as they pursue educational goals for themselves and their children as well as access needed services in the community. 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 through July.

Gabriel Network

2137 Defense Highway

Crofton, MD 21114

1-800-264-3565 (Toll Free)

E-mail: office@gabrielnetwork.org

www.gabrielnetwork.org

Non-profit organization that helps 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. Church-based volunteer teams.

Holy Cross Hospital

301-754-7000 (V)

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 and Child 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/mhs/events

Complete Childbirth Preparation: Six-week course. 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

240-740-4621 (V)

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

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

www.pepparent.org

Non-profit, educational organizations that provides in-person and online 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.

St. Jane Frances de Chantal Catholic 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

<https://stmarysrockville.org/social-concerns>

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

YMCA Youth & Family Services – Parenting Workshops / Classes

9601 Colesville Road
Silver Spring, MD 20901
301-593-1160 ext. 221 (V)

<http://yfs.ymcadc.org/counseling-family/parenting/>

Trained staff provide workshops and classes that help parents be more effective in parent-child and/or parent-teen relationships. Upon request by PTA, MCPS, and community-based groups we offer workshops and classes that are tailored to fit the needs of the community. Workshops and classes are designed for parents of preschoolers through high school students to explore topics such as bedtime/morning struggles, homework hassles, dealing with anger and sibling rivalry. Offer consultations for parents who seek skill development, techniques tailored to their concerns, and who can benefit from support and encouragement from our parenting staff. Appropriate referrals are parents who seem likely to benefit from 3 to 6 sessions of consultation. Fees based on a sliding scale, however no one will be denied services based on ability to pay.