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| **Community Health Resources**  **for DC Residents** |
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[**DC Community Health Centers**](javascript:void(0);)

* Unity Health (Many languages) [www.unityhealthcare.org](http://www.unityhealthcare.org/); 202-715-7900
* Mary’s Center (Spanish) <http://www.maryscenter.org/>; 202-483-8196
* La Clinica del Pueblo (Spanish) [http://www.lcdp.org](http://www.lcdp.org/); 202-462-4788
* Community of Hope <http://www.communityofhopedc.org/>; 202-232-9022

[**DC Free Clinics**](javascript:void(0);)

* Bread for the City <http://www.breadforthecity.org/> ; 202-265-2400
* So Others Might Eat (includes eye clinic) <http://www.some.org/> ; 202-797-8806

[**Homeless Health**](javascript:void(0);)

* Unity Health ([www.unityhealthcare.org](http://www.unityhealthcare.org/)) has many, including
  + Community for Creative Non-Violence (425 2nd St, NW) <http://www.theccnv.org>; 202-393-1909
  + Christ House (1717 Columbia Road NW) <http://www.christhouse.org>; 202-328-1100
* So Others Might Eat (includes eye clinic) <http://www.some.org/>; 202-797-8806
* Community of Hope Marie Reed Clinic <http://www.communityofhopedc.org/>; 202-232-9022
* Hypothermia number in DC: 1-800-535-7252 (blankets and shelter if wind chill or temperature is under 32 degrees)

[**HIV Care**](javascript:void(0);)

* Newly diagnosed: DC Department of Helath “Red Carpet” to establish quick care; http://www.doh.dc.gov/service/red-carpet-entry-program/ ; many phone numbers based on location
* *DOH AIDS Drugs Assistance Program (ADAP)* – covers HIV meds or pays co-pays for them, limited pharmacies  <http://www.doh.dc.gov/service/dc-aids-drug-assistance-program>
* Whitman Walker Health <http://www.whitman-walker.org/>; 202-745-7000
* Unity Health  [www.unityhealthcare.org](http://www.unityhealthcare.org/) ; many phone numberss based on location
* Family and Medical Counseling Services <http://www.fmcsinc.org/>; 202-889-7900

[**Mental health**](javascript:void(0);)

* Community Connections <http://www.communityconnectionsdc.org/>; 202-546-1512

[**Discount prescriptions**](javascript:void(0);)

* DOH DC Rx Prescription Drug Discount Card – free, available to ALL DC residents.  Not to be used in conjunction with insurance, but patients who have insurance can use it for meds that are not covered.  Will be charged cheaper of this rate or their insurance rate. Automatic discounts at most DC pharmacies. <http://www.dcrxcard.com>

[**GW Health Insurance Counseling Project**](javascript:void(0);)

* Medicare Savings Program: Medicare eligible, up to 300% FPL can get support for co-pays, deductibles, all meds cost $2.50 generic/$6 brand name. Can enroll any time, even if already have Part D. http://www.law.gwu.edu/academics/el/clinics/insurance/Pages/about.aspx
* Also handle Medicare questions, resolve unpaid bills, appeal claim denials.; 202-739-0668; 2136 Pennsylvania Ave, NW

[**Food/Soup Kitchens**](javascript:void(0);)

* Miriam’s Kitchen: 2401 Virginia Ave, NW
* Bread for the City: 1525 7th Street, NW and 1640 Good Hope Road, SE
* Martha’s Table: 2114 14th Street, NW and 2204 Martin Luther King Jr Ave, SE
* So Others Might Eat: 71 O Street, NW and 1338 R Street, NW and 2125 18th Street, SE
* DC Office on Aging Senior Luncheon programs - meal centers with a daily meal or will bring meals to homebound persons. Many phone numbers based on location. [http://dcoa.dc.gov/](http://dcoa.dc.gov/DC/DCOA)service/our-senior-service-network

[**Free Preventive Care**](javascript:void(0);)

* DC DOH Project WISH: free mammograms women over age 40; free pap smears over age 50 and no pap in 5yrs (includes free transportation and interpreter services): 202-442-5900, in Spanish 202-442-9128
* Diabetes Self-Management Workshop –through DC Office on Aging for ANY DC resident who can make 6 weekly sessions (2.5 hours each). [http://dcoa.dc.gov/](http://dcoa.dc.gov/DC/DCOA); 1-800-872-9613
* Free smoking cessation & nicotine replacement products (DC Quitline): 1- 800-QUIT-NOW (784-8669)
* Senior Wellness Centers  – exercise, classes and activities through DC Office on Aging for any resident 60+yrs [http://dcoa.dc.gov/](http://dcoa.dc.gov/DC/DCOA)service/senior-wellness-centers

* Free condoms: “Rubber Revolution” mailed to any DC resident 10 at a time, also dispensed at sites around city, some also have female condoms (DC’s Doin’ It). <http://www.rubbertrevolutiondc.com>