

# What we provide

**Financial assistance** for rent (when there is about to be an eviction), payment of utility bills (when service is about to be cut off), and prescription medicines (when need is verified by a doctor's office and the client cannot make payment).

**Transportation**, free-of-charge, to doctor and social-service appointments for elderly or disabled individuals who cannot afford cab fare.

**Emergency food** deliveries to households in crisis (grocery bags containing a three-day supply of food for each member of the household).

**Referrals** to government and nonprofit agencies in Montgomery County that may be able to help people over a longer time period.

# Who we are

**Bethesda Help** is supported by local religious groups, individuals, schools, businesses, and community groups through food drives, cash donations, and grants. Most of our support comes from churches and congregations, including:

All Saints Episcopal Church  
Bethesda Friends Meeting  
Bethesda Jewish Congregation  
Bethesda Presbyterian Church  
Bethesda United Church of Christ  
Bethesda United Methodist Church  
Bradley Hills Presbyterian Church  
Chevy Chase United Methodist Church  
Christ Lutheran Church of Bethesda  
Congregation Beth El  
Kensington Baptist Church  
North Bethesda United Methodist Church  
North Chevy Chase Christian Church  
Our Lady of Lourdes Church  
Pilgrim Lutheran Church  
Saint Bartholomew Catholic Church  
Saint Dunstan's Episcopal Church  
Saint Jane Frances de Chantal  
Saint John's Episcopal Church  
Saint Luke's Episcopal Church  
Saint Mark Presbyterian Church  
Saint Paul's United Methodist Church  
Trinity Lutheran Church  
Wildwood Baptist Church

# Join us, volunteer!

Without volunteers, **Bethesda Help** cannot offer these services to our neighbors in need. Volunteers usually work one day a month, or less frequently as substitutes. All volunteers work out of their own homes, offices or vehicles.

**Officer of the Day:** Call our secure answering service several times on the day that you are scheduled to work. Talk with clients/social workers on your telephone line about their specific aid requests and make follow-up phone calls about each case. Home or cell-phone based.

**Driver:** Use your own vehicle to drive clients to medical appointments and/or deliver food bags to needy families.

**Food Drive Organizer:** Help keep our food closet well-stocked by collecting non-perishable foods from the community. All foods are delivered to needy households in our service area.

If you have an idea, skill, or interest that isn't listed here, let us know! Contact us at: 301-365-2022, [info@bethesdahelp.org](mailto:info@bethesdahelp.org).

# Support us!

\$25 – pays the prescription co-payment for a person with mental illness

\$50 – buys food for a needy family with young children

\$100 – helps a senior citizen living on a fixed-income fill a needed prescription

\$250 – helps a family with unexpected medical expenses pay their overdue electric or gas bill

\$500 – helps a recently unemployed neighbor pay overdue rent

We welcome contributions at any time. Your financial contributions make a difference to your neighbors in need. If you wish to donate funds, send your check (made out to Bethesda Help) to:

## Bethesda Help

P.O. Box 34094  
Bethesda, MD 20827-0094

301-365-2022  
info@bethesdahelp.org  
www.bethesdahelp.org



Contributions can be made via United Way #8174  
and Combined Federal Campaign (CFC) #92420

**Bethesda Help** is a 501(c)(3) charitable organization under the Internal Revenue Code. Copies of our annual report and our audited financial statements are available upon request.

## Need help?

If you or your family is facing a financial crisis, **Bethesda Help** may be able to help. Simply call us during the weekday at **301-365-2022** and leave a message containing your name and telephone number. A Bethesda Help volunteer will call you back within a few hours to discuss your request.

In order to receive assistance from **Bethesda Help** you must live within the **Bethesda Help** service area. This is an area of approximately 25 square miles bounded by the District of Columbia to the south; Falls Road, Montrose Road, and Randolph Road to the north; Veirs Mill Road, Georgia Avenue, and 16th Street to the east; and the Potomac River to the west.



**Bethesda Help**  
neighbors helping neighbors in need



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A Network of  
Volunteers Serving  
**Southern  
Montgomery Co.  
Residents**  
in Financial Crisis

**Bethesda Help,**  
an all-volunteer, nonprofit 501(c)3 organization,  
offers immediate short-term assistance to  
residents of Southern Montgomery County,  
Maryland, who are in financial crisis.