

## WHAT IS Gaithersburg HELP?

In 1968, the faith community of Gaithersburg recognized that emergencies happen quickly and government assistance takes time. To meet these immediate needs, congregations of churches and synagogues formed **Gaithersburg HELP** to provide short-term assistance in a coordinated fashion.

Now more than 25 congregations join in this network to help neighbors in the greater Gaithersburg community. **Gaithersburg HELP** also receives substantial support from private individuals, local businesses, and civic organizations.

All services are provided by a network of more than 200 volunteers, who work together in a common concern for others as an expression of love for their neighbors. As part of their ministry, **Gaithersburg HELP** volunteers provide listening, referral, and advocacy services.

**Gaithersburg HELP** collaborates with other agencies, such as the Upper Montgomery Assistance Network, to provide financial and other supports needed.

Each year, **Gaithersburg HELP** provides emergency assistance to more than 3,000 families in the Gaithersburg area. As the community continues to grow, so too do the demands on **Gaithersburg HELP**.

## WHAT Gaithersburg HELP DOES FOR THOSE IN NEED

- **FOOD... HELP** provides a three-day supply of food based on family size from our local food pantry by appointment.
- **INFANT NEEDS... HELP** provides diapers and infant formula for short- term emergencies.
- **PRESCRIPTIONS... HELP** assists with emergency medical needs such as medicines.
- **TRANSPORTATION... HELP** assists with transportation to medical appointments and social service agencies.
- **OTHER FINANCIAL NEEDS... HELP** considers other emergency needs on a case by case basis to help families over a short period crisis.
- **SUPPORT AND REFERRAL...** **HELP** listens and offers guidance to identify other resources that clients may access during the stress and confusion of an emergency. This includes referrals for rent, utility bills, clothing, and furniture needs

To get help call 301-216-2510  
and leave a message in the  
appropriate box

## WAYS TO CONTRIBUTE TO Gaithersburg HELP

- **Volunteer Opportunities**
  - Leadership
  - Telephone Screening
  - Pantry
  - Driver
  - Program Management
  - Administration

To volunteer call **301-216-2510** and leave a message in **Box 6**

- **Donate Non-Perishable Food**

Contact your school, congregation or workplace to see if they collect food for **Gaithersburg HELP** or call us at **301-216-2510**. Consider organizing a food drive at work, school, or other organization.

- **Participate in Fundraising Events**  
Join in the Help the Homeless Walk, the Crop Walk, or Thanksgiving in February, all of which support **Gaithersburg HELP**.

- **Contribute Money**

Funds are used to provide perishable food, supplement food donations, contribute to Upper Montgomery Assistance Network for housing needs, and to provide other financial assistance and emergency medications. Direct financial contributions may be made to:

**Gaithersburg HELP**

**431 N. Frederick Ave, Suite 105  
Gaithersburg, MD 20877**



United Way

Or you can designate through  
United Way/CFC #8432

## FOR MORE INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

I am interested in volunteering as:

Telephone Screening  Leadership

Program Management  Pantry

Administration  Driver

Other

Specify: \_\_\_\_\_

The best time to reach me is: \_\_\_\_\_

I am enclosing a contribution of: \$ \_\_\_\_\_

**Return this form to:**

### **Gaithersburg HELP**

**431 N. Frederick Ave., Suite 105**

**Gaithersburg MD, 20877**

**Or call 301-216-2510**

**For Help or More  
Information**

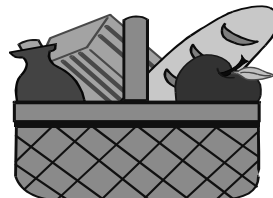
**Or visit our web site**

**[www.GaithersburgHELP.org](http://www.GaithersburgHELP.org)**

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

## The Following Congregations Support Gaithersburg HELP

- Agape AME
- Christ the Servant Lutheran
- Church of the Ascension Episcopal
- Covenant United Methodist
- Derwood Alliance
- Emory Grove United Methodist
- Epworth United Methodist
- Fairhaven United Methodist
- First AME
- First Baptist
- First Church of Christ, Scientist
- Flower Hill Church of the Brethren
- Gaithersburg Church of the Nazarene
- Gaithersburg Presbyterian
- Good Shepherd Lutheran
- Goshen United Methodist
- Grace United Methodist
- Kehilat Shalom
- Mill Creek Parish United Methodist
- Prince of Peace Lutheran
- St. Martin's of Tours Roman Catholic
- St. Raphael's Roman Catholic
- St. Rose of Lima Roman Catholic
- Shady Grove Presbyterian
- Shaare Torah
- Washington Grove United Methodist



# HELP Is Just A Phone Call Away

at

## 301-216-2510



**A 35-year plus tradition of  
local religious congregations  
and concerned citizens  
helping their neighbors**



**United Way/CFC #8432**