



✧ Hours ✧

Monday: 8am – 9pm
 Tuesday: 8am – 4:30pm
 Wednesday: 8am – 9pm
 Thursday: 8am – 4:30pm
 Friday: 8am – 4:30pm

If you are in crisis and need to speak with someone outside of these times, please DIAL 911 FOR ASSISTANCE *or* if you are in the Greenbelt area, you may call the GREENBELT POLICE NON-EMERGENCY LINE at (301) 474-7200 and the CARES Crisis Intervention Counselor can be paged to speak with you.



If you are interested in any of the services offered at CARES, please contact us by calling:
 (301) 345-6660



✧ About Us ✧

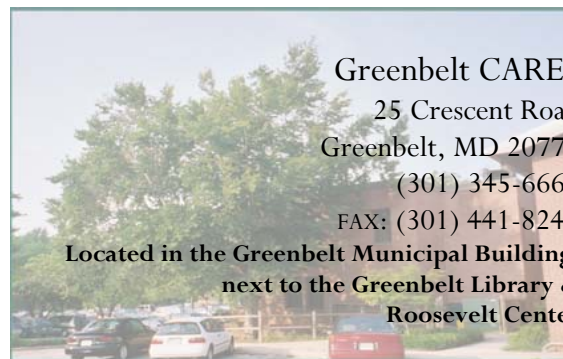
CARES was founded in 1974 as part of a statewide initiative offering services to families in need. The agency is a member of Maryland’s network of Youth and Family Service Bureaus, committed to a common philosophy. Partial funding provided by the Prince George’s County Department of Family Services and the Prince George’s County Commission for Children, Youth and Families.

Family-Based Approach

CARES recognizes the importance of the family as the primary educator of children, and works to support families through the development of effective parenting and family management skills.

Community-Based Services

Since its establishment, the services offered at CARES have expanded to meet the growing needs of the community, collaborating with schools, law enforcement, recreation, and other agencies, in order to provide the most comprehensive treatment possible.



*"You must do the thing you think you cannot do."
 ~ Eleanor Roosevelt*



Greenbelt CARES
 Youth and Family Services Bureau
 Greenbelt MD, 20770
 (301) 345-6660



CARES is dedicated to promoting responsible behavior and appropriate family management skills, utilizing existing community resources wherever possible and responding to the special needs of Greenbelt Citizens.

CARES provides high quality counseling and support services to the community by working with children, adolescents, and their families on a pro-active basis.

✧ Services ✧

Greenbelt CARES is a community-oriented, family based agency offering a variety of services free of charge to citizens of Greenbelt and to members of the surrounding communities, as space permits. Some of the services we offer include:

- ◆ **Family Counseling**
- ◆ **Individual Counseling**
- ◆ **Spanish Speaking Counseling**
- ◆ **Crisis Intervention**
- ◆ **Tutoring Services (school year)**
- ◆ **Tutoring Camp**
(summer sessions)
- ◆ **GED Preparatory Classes***
- ◆ **Vocational Counseling**
- ◆ **Babysitting Certification**
- ◆ **Referral to area resources**
- ◆ **School outreach**
- ◆ **Anger Management Groups**

*Students are required to purchase the textbook and calculator for this class. Non-Greenbelt residents must pay a registration fee.

Individual and family counseling are conducted from a cognitive-behaviorally based approach. Counselors work with clients to determine the goals of therapy, and then help clients implement strategies that address harmful patterns of functioning.

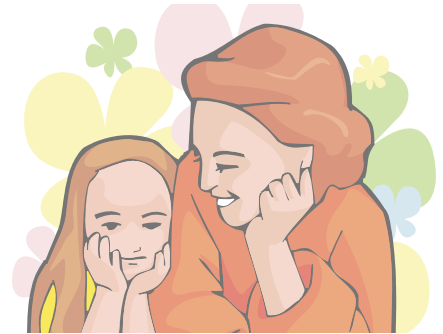
Tutoring services match interested youths with community volunteers who assist with academic work and help to motivate the student. Group and one-on-one sessions are available. Each July, students can also participate in the fun and educational weekly tutoring camp hosted by CARES.

CARES also maintains a *database of area resources and services* such as low-cost health care, support groups, homelessness prevention, and support for victims of violent crime.

Crisis Intervention Counselors work with the City Police to provide 24-hour support services for citizens who require immediate assistance. Counselors offer services to crime victims and provide brief counseling as space permits.

GED Preparatory Classes occur each fall, winter, spring, and summer. Classes meet twice weekly for 10 weeks (for 4 weeks during the summer session). Students are taught high school curricula in preparation for taking the GED test.

Babysitting Certification Courses are administered twice yearly for students between the ages of 9 through 13 or grade 5 through 8. Students learn responsibility and health and safety issues of taking care of children.



Discussion groups are offered at area public schools during the school year by CARES staff. The groups offer students skills such as problem solving, coping mechanisms, decision making, etc.

Anger Management groups consist of nine weekly sessions, offered twice a year, beginning in October and January. Cognitive behavioral approach. Small fee for workbook, paid at time of registration. Certificates of completion issued with perfect attendance. Court and self referrals accepted.
