

Resources for Federal Employees

Staffing Agencies and Resume Resources

Whitman Associates, Inc

Whitman Associates, Inc. specializes in Washington, D.C. area job recruiting services, including the placement of temporary, temp-to-hire and permanent professional services and office support personnel.

- You can apply to job posting via the website or submit your resume to be considered by a recruiter.
- Contact Information:
 - Phone Number: 202-659-2111
 - Address: 1707 L St, Ste 650, Washington DC 20036
 - Website: <https://whitmanjobs.com/>

Insight Global

Insight Global is a staffing agency in Washington D.C. that has its finger on the pulse for the city's current working environment so you can enjoy a stress-free job search. According to the website, you'll work with a team of staffing and recruiting professionals that truly care for you.

- You can search for jobs directly via the website and submit your resume to be considered.
- Contact Information:
 - Phone Number: 855-485-8853
 - Address: 1001 19th St N, Ste 1000, Arlington, VA 22209
 - Website: <https://insightglobal.com/locations/district-of-columbia/staffing-agency-washington-dc/>

Palmer Staffing Services

For over 25 years, Palmer has provided the business community with quality, diligent and ethical service. They back that service with the best guarantee in the industry. According to the website, they specialize in temp, temp-to-hire, and direct hire placements for administrative, management, legal, executive and more

- Appointments are required to meet with a recruiter, which can be done via a phone call.
- Resume and internet support via the website:
https://palmer-staffing.com/resources#resume_support
- Contact Information:
 - Phone Number: 202-464-1000
 - Address: 1001 Connecticut Ave. NW, Ste 715, Washington DC
 - Website: <https://palmer-staffing.com/>

Robert Half

Robert Half is a leading nationwide staffing agency with multiple locations within the DC metro area, including an office in Washington DC. According to their website, their vast nationwide jobs network offers opportunities for financial professionals from entry level to management and executive.

- While you can apply directly to job postings, you can submit your resume to be contacted by a recruiter: <https://www.roberthalf.com/us/en/find-jobs/upload-resume/app>
- Contact Information:
 - Phone Number: 202-656-7924

- o Address: 1401 St NW, Ste 400, Washington DC 20005
- o Website: <https://www.roberthalf.com/us/en/locations/dc-washington>

District of Columbia Department of Employment Services

DOES provides free online workshops for resume and cover letter assistance. This workshop offers best practices and valuable tips for creating resumes and cover letters to achieve success when applying for jobs. You'll learn how to create effective and professional resumes and cover letters that stand out with employers.

- Please see the website for instructions on how to register and to view available workshop dates and times: <https://does.dc.gov/page/resumes-and-cover-letters>

Career/Life Coaches in the Metro DC Area

Career Happiness Coaching

Career Happiness Coaching was started by Denis Riebman Fowler and has been serving those in the DC metro area for over 10 years. According to her website, as a specialist in strength-based career development and job search strategies, she's had extensive training in advanced resume writing, social media profile writing, federal career coaching, positive psychology, MBTI and CliftonStrengths.

- To can schedule your initial appointment via her website:
[https://careerhappinesscoachingschedule.as.me/schedule/e9895154/appointment/5861195/calendar/1968017?appointmentTypelds\[\]=5861195](https://careerhappinesscoachingschedule.as.me/schedule/e9895154/appointment/5861195/calendar/1968017?appointmentTypelds[]=5861195)
- Contact Information:
 - o Address: Washington DC
 - o Website: <https://careerhappinesscoaching.com/>

Career Resources LLC.

Career Resources is focused specifically on the DC area offering to empower Capitol Hill and Washington, D.C., job seekers to navigate the local culture while cracking the inter-generational code to their job success. Their founder, Amy Leighton, has been assisting job seekers in DC for over 15 years.

- You can book an initial 15 minute call directly via the website:
<https://hello.dubsado.com/public/appointment-scheduler/601970410e972759acb21f98/schedule>
- Contact Information:
 - o Phone Number: 410-215-0985
 - o Address: Arlington, VA 22209
 - o Website: <https://www.careerresourcesllc.com/>

Financial Planners in the Metro DC Area

Illumint

Illumint is a financial planner in the Washington DC area. The firm is run by Kevin Mahoney, CFP, who is an advice-only Financial Planner who works solely with Millennials in the DC metro area.

- You can apply to work with Kevin directly via his website:
https://docs.google.com/forms/d/e/1FAIpQLSeg5xPHzxur3x0z9p2_4cuGNIQ7IM6PW-mt1Wv6roWthwu0IA/viewform
- You can view Kevin's fee structure on the following page: <https://illumintfc.com/fee>

- Contact Information:
 - Address: 641 S St NW, Washington DC 20001
 - Website: <https://illumintfc.com/>
 - Hours: Monday, Wednesday - Friday - 9:30 AM - 4:30 PM

Armstrong, Fleming and Moore, Inc.

AFM helped define financial planning in Washington, DC, and beyond. Their founder, Alexandra Armstrong, was a pioneer in the profession of financial planning. She was the first person in Washington, DC, to earn the CFP® certification, inspiring a generation of women that followed. More than thirty-five years later, they remain just as committed to leading the way by demonstrating the role that great financial planning can play in your success.

- Among their services are estate planning, financial planning, tax planning and cash flow/debt analysis.
- Please call the office to make an appointment.
- Contact Information:
 - Phone Number: 202-887-8135
 - Address: 1800 M St NW, Ste 1010-S, Washington DC 20036
 - Website: <https://afmfa.com/>
 - Hours: Monday - Friday - 8:30 AM - 5:00 PM

Capital Financial Planners

CFP has extensive experience working with federal employees in the DC metro area. According to their website, with an in-depth understanding of federal employee benefits like FERS, CSRS, TSP, and Social Security, their independent advisors have the tools to prepare you for, and walk with you through retirement from the federal government or private sector employment.

- You can schedule your initial zoom appointment using the following page: <https://www.capitalfinancialplanners.com/register>
- Contact Information:
 - Phone Number: 240-316-3956
 - Address: 2 Wisconsin Circle, Ste 700, Chevy Chase, MD 20815
 - Website: <https://www.capitalfinancialplanners.com/>
 - Hours: Monday - Friday - 9:30 AM - 5:30 PM

State/Federal Programs in Metro DC Area

Maryland:

Unemployment Insurance

Unemployment insurance is available to eligible Marylanders, including certain workers who have separated from employment with the Federal government, Federal contractors, and Federal grantees.

- Federal civilian employees who become unemployed due to no fault of their own can apply for Unemployment Compensation for Federal Employees (UCFE). Other eligible workers can apply through the regular UI program. Self-employed workers and independent contractors are not eligible for UI benefits.
- Individuals who are found eligible can receive up to \$430 in weekly benefits (pre-tax).
- To apply for unemployment, workers can file online or call 667-207-6520 (Monday to Friday, 8 a.m. to 4 p.m.). Federal workers should select option #9.

- Please see the following page to apply online:
<https://beacon.labor.maryland.gov/beacon/claimant-page.html>

Additional Resources for Impacted Workers

Please see the following page for additional resources for federal workers, including legal resources and job search and career support: <https://response.maryland.gov/federalpublicservants/>

Maryland Department of Labor - American Job Centers

Maryland's American Job Centers (AJC) are conveniently located throughout the State and are dedicated to serving businesses and job seekers. Maryland AJCs provide a full range of assistance to job seekers and businesses (free of charge). Staffed with qualified professionals who can assist with numerous employment-related services, the Centers stand ready to serve Marylanders with high-quality services and programs.

- Job seeker services include career exploration assistance, referrals to training programs, placement services, résumé preparation assistance, and workshops to enhance job seeking skills and work readiness. Customers have access to computers, printers, photocopiers, fax machines, telephones, and a variety of job search resource materials.
- You can view posted jobs through the Free Job Search App:
<https://www.labor.maryland.gov/whatsnews/mwemobile.shtml>
- Please visit the website for a listing of Job Centers by County:
<https://www.labor.maryland.gov/county/>

Maryland Department of Human Services - Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households buy the food they need for good health. Everyone has the right to apply for SNAP.

- You can view current income guidelines for SNAP on the following page:
[https://dhs.maryland.gov/documents/Supplemental%20Nutrition%20Assistance%20Program%20\(SNAP\)/October-2024-Income-Guidelines-revised-09.2024.pdf](https://dhs.maryland.gov/documents/Supplemental%20Nutrition%20Assistance%20Program%20(SNAP)/October-2024-Income-Guidelines-revised-09.2024.pdf)
- The fastest way to apply for SNAP is using the Express Service Center website. You can register using the following link: <https://dhs.maryland.gov/express-center/>

Maryland Department of Human Services - Office of Home Energy Programs - Energy Assistance

The Office of Home Energy Programs (OHEP) provides bill assistance to low-income households in the State of Maryland to make their energy costs more affordable and help with the prevention of loss and the restoration of home energy service.

- For an overview of the programs offered by the Office of Home Energy Programs, please visit the following link: <https://dhs.maryland.gov/office-of-home-energy-programs/how-do-you-apply/>
- The fastest way to apply for Energy Assistance is online. Please visit the following page to register for an online application: <https://mymdthink.maryland.gov/home/#/>
- For a listing of local offices based on county, please visit the following page:
<https://dhs.maryland.gov/office-of-home-energy-programs/local-home-energy-program-office/>

Maryland Health Connection

Maryland Health Connection is the health insurance marketplace for the state of Maryland. Through the website, you can enroll in Medicaid or a private plan. This includes Health Insurance, Vision and Dental. You can also access educational resources to help you make the right coverage decision.

- To enroll in a Private Pay Program, please see the following page:
<https://www.marylandhealthconnection.gov/how-to-enroll/private-plan/>

- To enroll in a Medicaid Program, please see the following page:
<https://www.marylandhealthconnection.gov/how-to-enroll/medicaid/>
- You can also see if you qualify for special enrollment on the following page:
<https://www.marylandhealthconnection.gov/how-to-enroll/special-enrollment/>
- Contact Information:
 - Website: <https://www.marylandhealthconnection.gov/>

Washington DC:

District of Columbia Office of Unemployment Compensation - Unemployment Insurance

District employees may file for unemployment compensation at does.dcnetworks.org. Please note that DOES no longer accepts unemployment insurance (UI) claims by phone through the Contact Center. To submit a UI claim for the first time, please visit the DC Networks site.

- Federal civilian employees who become unemployed due to no fault of their own can apply for Unemployment Compensation for Federal Employees (UCFE). Other eligible workers can apply through the regular UI program. Self-employed workers and independent contractors are not eligible for UI benefits.
- Individuals who are found eligible can receive up to \$430 in weekly benefits (pre-tax).
- To apply for unemployment, you may do so by registering on the following website:
<https://www.dcnetworks.org/vosnet/registration/ind/uiclaim.aspx?plang=E>
- For more information on UI in the DC area, please visit the following page:
<https://unemployment.dc.gov/page/apply-benefits>

DC Department of Human Services - Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households buy the food they need for good health. Everyone has the right to apply for SNAP.

- You can view current income guidelines for SNAP on the following page:
<https://districtdirect.dc.gov/ua/eligibility/>
- The fastest way to apply for SNAP is using the District Direct website. You can register using the following link: <https://dhs.dc.gov/page/district-direct-websitemobile-app>

DC Department of Energy and Environment - Utility Assistance

LIHEAP assists income-eligible District households with heating and cooling energy costs. Eligible households may receive energy bill assistance between \$250 and \$1,800 as a one-time regular energy assistance benefit. This benefit is based on household size, total household income, heating source, and type of dwelling. DOEE also provides emergency utility assistance payments to households that are disconnected from utility service, have an oil tank at 5% or less of capacity, are of age fifty-five or older, and have received a disconnection notice. This is a one-time payment to a single utility and the payment will equal the amount owed, up to \$750.

- For more information on LIHEAP offered by the Department of Energy and Environment please visit the following page: <https://doee.dc.gov/liheap>
- The fastest way to apply for Utility Assistance is online. Please visit the following page to register for an online application: <https://dc-ecosproduction.azurewebsites.us/login.aspx>
- Please visit the website for information on how to apply in-person or via mail. You can also call 311 to apply over the phone.

DC Health Link

DC Health Link is the health insurance marketplace for the DC area. Through the website, you can enroll in Medicaid or a private plan. This includes Health Insurance, Vision and Dental. You can also access educational resources to help you make the right coverage decision.

- To compare private insurance plans, please see the following page:
<https://www.dchealthlink.com/individuals>
- To enroll in a Medicaid Program, please see the following page:
<https://www.dchealthlink.com/individuals/medicaid>
- Contact Information:
 - Website: <https://www.dchealthlink.com/>

Virginia:

Virginia Employment Commission - Unemployment Insurance

The Virginia Employment Commission (VEC) is committed to providing guidance through the unemployment process. According to their website, they will help you understand the benefit requirements and navigate the system as you seek temporary assistance while looking for new employment. Their unemployment benefits program provides short-term aid to those who have lost their job through no fault of their own.

- Federal civilian employees who become unemployed due to no fault of their own can apply for Unemployment Compensation for Federal Employees (UCFE). Other eligible workers can apply through the regular UI program. Self-employed workers and independent contractors are not eligible for UI benefits.
- Individuals who are found eligible can receive up to \$430 in weekly benefits (pre-tax).
- To apply for unemployment, you may do so by registering on the following website:
<https://vec.virginia.gov/apply-unemployment-benefits>
- For more information on UI in the Virginia, please visit the following page:
<https://vec.virginia.gov/unemployment>

Virginia Department of Social Services - Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households buy the food they need for good health. Everyone has the right to apply for SNAP.

- You can view current income guidelines for SNAP on the following page:
<https://www.dss.virginia.gov/benefit/snap.cgi#income>
- The fastest way to apply for SNAP is using the CommonHelp website. You can register using the following link: <https://www.commonhelp.virginia.gov/access/>

Virginia Department of Social Services - Energy Assistance (EA)

The Virginia Energy Assistance Program (EAP) assists low-income households in meeting their immediate home energy needs. The EAP consists of four components: Fuel Assistance, Crisis Assistance, Cooling Assistance and Weatherization Assistance.

- For more information on LIHEAP offered by the Department of Energy and Environment please visit the following page: <https://doee.dc.gov/liheap>
- The fastest way to apply for LIHEAP is using the CommonHelp website. You can register using the following link: <https://www.commonhelp.virginia.gov/access/>
- You can also apply via the Local Department of Social Services. To search by county, please visit the following link: <https://www.dss.virginia.gov/localagency/index.cgi>

Virginia Insurance Marketplace

Virginia Insurance Marketplace is offered by the Commonwealth of Virginia. Through the website, you can enroll in marketplace coverage during the open enrollment period or for special circumstances.. This includes Health Insurance, Vision and Dental.

- To apply as a new customer, please visit the following link:
<https://www.marketplace.virginia.gov/new-customers>
- To see if you qualify for a special enrollment period, please visit the following page:
<https://enroll.marketplace.virginia.gov/hix/>
- Contact Information:
 - Website: <https://www.marketplace.virginia.gov/>

Financial Assistance in the Metro DC Area

Greater Washington Urban League

The GWUL proudly serves the residents of the District of Columbia by providing housing stability and comprehensive wrap-around services. As a non-profit, community-based organization, their mission is to support individuals and families socially, economically, and mentally, helping them navigate life's challenges with dignity and equality.

- While the DC rental assistance program has closed as of November 2024, the eviction diversion program is still accepting applications. For more information on this and other emergency services, including utility assistance, please visit the following link:
<https://gwul.org/emergency-services-department/>
- The DC Courts Eviction Diversion program can be applied for using the following page:
<https://gwul.org/dccourtsdiversion/>
- Contact Information:
 - Phone Number: 202-265-8200
 - Address: 2901 14th St NW, Washington DC 20009
 - Website: <https://gwul.org/>
 - Hours: Monday - Friday - 9:00 AM - 5:00 PM

Arlington Thrive

Arlington Thrive provides emergency financial support and hope to our communities through a variety of unique assistance programs. Access to emergency funding, case management support, and additional resources that promote long-term solutions, give our neighbors the opportunity to Thrive and live with dignity.

- Their programs are dedicated to those who live in the Arlington area, which could include rental assistance. For more information on their emergency services, please visit the following link:
<https://arlingtonthrive.org/how-we-help/our-programs/>
- Rental and Utility Assistance will begin to accept applications on March 3rd. Please visit the following page at that time to submit an application:
<https://arlingtonthrive.org/how-we-help/our-programs/community-resilience/community-resilience-fund/>
- Contact Information:
 - Phone Number: 703-558-0035
 - Address: PO Box 7429, Arlington, VA 22207
 - Website: <https://arlingtonthrive.org/>

Montgomery County MD Department of Health and Human Services - Housing Stabilization Services

Housing Stabilization Services (HSS) provides case management and limited financial grants to support residents at-risk of homelessness. Services include assessment of need, emergency financial assistance, and case management to help households keep their current housing, obtain new housing, prevent utility shut-off, and restore disconnected utility services. Burial assistance grants are also available. Eviction prevention grants are available to households that meet income guidelines, have received a court judgment for an eviction or "put-out" notice, and have not received an eviction prevention grant in the preceding 12 months.

- If you are experiencing a housing emergency (eviction judgment or red and white notice from the sheriff), please call 311 to be connected with DHHS' Housing Stabilization Services to request eviction prevention assistance.
- While you must request an appointment via 311 please visit the website for information on local offices and required documentation:
<https://www.montgomerycountymd.gov/HHS-Program/SNHS/SNHSEmEvictionPrevent-p745.html>

Food Assistance in the Metro DC Area

Catholic Charities Archdiocese of Washington

Since 1929, Catholic Charities of the Archdiocese of Washington has been answering the call to help those who are less fortunate in the District of Columbia and five surrounding Maryland counties. We serve anyone who comes to us in need regardless of social, economic or religious background.

- Catholic Charities operates 3 food pantries in the DC Metro area, with locations in Silver Spring, MD, Washington DC and Waldorf MD. County residency will determine the appropriate food pantry to visit. Please visit the following page for more information on their food pantries:
<https://www.catholiccharitiesdc.org/program/food-pantries/>
- For more information on their Shelter services, please visit the following page:
<https://www.catholiccharitiesdc.org/get-help/housing-and-shelter/>
- Catholic Charities has additional locations throughout the DC metro area, including VA and MD. Please see the following page to look about other locations:
https://www.catholiccharitiesdc.org/program-finder/#/filter-step/filter_location
- Contact Information:
 - Phone Number: 202-772-4300
 - Address: 924 G St. NW, Washington DC 20001
 - Website: <https://www.catholiccharitiesdc.org/>
 - Hours: Monday - Friday - 8:00 AM - 5:00 PM

Capital Area Food Bank

The Capital Area Food Bank leads our region's efforts to provide equitable access to food and opportunity to people struggling with hunger and food insecurity. Each year, they source and distribute the food for more than 60 million meals.

- Capital Area Food Bank partners with local pantries in the area. You can search via their website for the closest pantry in your area based on address. Please see the following page for more information: <https://www.capitalareafoodbank.org/find-food-assistance/>
- If you are having trouble finding local food assistance, please call their Hunger Lifeline at 202/644-9807 or email hungerlifeline@capitalareafoodbank.org. Once contacted, they will help you find local organizations that can assist you with emergency food help.
- Contact Information:
 - Phone Number: 202-644-9800
 - Address: 4900 Puerto Rico Ave NE, Washington DC 20017

- o Website: <https://www.capitalareafoodbank.org/>
- o Hours: Monday - 9:30 AM - 5:00 PM, Tuesday, Wednesday, Friday - 8:30 AM - 5:00 PM, Thursday - 9:00 AM - 5:00 PM