

# RESOURCES IN HOUSTON



**PROPERTY OF UT PHYSICIANS OB/GYN CLINIC AND WOMEN'S CENTER**



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# BABY CLOTHING AND SUPPLIES

**FYI:** Some of these organizations are pro-life, Christian-based organizations. They also offer resources for baby supplies. *UT Physicians does not endorse one religion over another.*

## ANCHOR POINT

103 Davis Road, Suite B, League City, TX 77573 [www.takeholdofthehope.org](http://www.takeholdofthehope.org) **832-632-1221**

- Pro-life agency. Assists with baby items – must earn baby bucks in order to “purchase” the items. Bucks are earned by attending classes, reading books and writing essays.

## BIRTHRIGHT

[www.birthright.org](http://www.birthright.org) 24 hour hotline: **1-800-550-4900**

1200 Blalock #280, 77055 **713-465-4058** 2189 FM 1960 #214, 77090 **281-440-4910**

1502 First St, #G, Humble, 77338 **281-540-1123**

- Pro-Life agency. Assists with Medicaid applications and obtaining other resources like WIC, maternity closets, and food pantries. Referrals to maternity or foster homes. **Baby packages with supplies offered.**

## DOWNTOWN PREGNANCY HELP CENTER

3636 San Jacinto, Houston, TX 77004 **713-942-2100**

- Pro-life agency • Infant items • Childbirth and parenting classes • Fatherhood classes • Men to Men mentoring •

## FIFTH WARD PREGNANCY HELP CENTER

743 Shotwell, Houston, TX 77020 **713-675-2800**

- Pro-life agency • Childbirth classes • Grace Closet: Items for newborn and mom • Fatherhood support for dads-to-be • Services in Spanish • Family support services •

## GLOBAL SANCTUARY OF HOPE MINISTRIES

914 Lakespur Dr., Sugar Land, TX 77479 **832-771-0262**

- Furniture is not free but very low cost. Furniture vouchers are bought for ten dollars each.
- For example, a sofa costs two vouchers (only twenty dollars); a table costs one voucher
- Recommended to save up \$85 to be able to buy several pieces

## HANNA'S HEART OF HOPE WOMEN'S CENTER

6200 Gulf Freeway Suite 212, Houston, TX 77023 [www.hannahsheartofhope.org](http://www.hannahsheartofhope.org) **281-501-8128**

- Pro-life agency • Community resource referrals • Parenting classes • Job placement • Adoption counseling & referrals • Prenatal vitamins • Cribs • Baby supplies – must attend classes to obtain

## LOVE INC. OF BAYTOWN

[www.loveincinbaytown.org](http://www.loveincinbaytown.org) **281-422-5683**

- Eligibility: Resident of Baytown
- Pro-life agency • Provides food, gas, diapers and formula, help with prescriptions, clothes, furniture referrals •

## MATERNAL ASSISTANCE PROGRAM

10900 Northwest Freeway, Suite 112, Houston, TX 77092 **713-263-8400**

- Pro-life agency. Can take classes and earn points for baby items.

## MISSION GREENSPOINT

243A Greens Road, Houston, TX 77060

[www.missiongreenspoint.org](http://www.missiongreenspoint.org)

281-872-1422

- Pro-life agency • Provides maternity clothing, baby clothing, formula and diapers • Can receive every 3 months • Cribs: Mon - Thur 9-4 by appointment only

## NORTHWEST ASSISTANCE MINISTRIES

15555 Kuykendahl Road, Houston, TX 77090

[www.namonline.org](http://www.namonline.org)

281-885-4555

- Provides contributions of furniture, clothing, books, and household items. Must reside in service area: call for more information.

## PREGNANCY RESOURCE CENTER EAST

4308 Garth Road Suite C, Baytown, Texas 77521

[www.prce.org](http://www.prce.org)

281-427-2273

- Eligibility: No zip code restrictions. Must be pregnant and take a pregnancy test to become a client.
- Pro-life agency. Clients are able to take classes, look at videos on parenting or read books and write essays in order to earn mommy dollars. The mommy dollars are used the center store to buy items like furniture, diapers, clothes and maternity clothes.

## PROJECT GABRIEL

713-225-5826

- Eligibility: no zip code restrictions must be in need of assistance, call for interview and assessment
- Pro-life agency. Client is connected with a local church close to her home that will assist her by buying items like clothes, diapers and, depending on the budget, sometimes car seats. Also cribs.

## SAFE RIDERS PROGRAM

1-800-252-8255

- Provides a free car seat for attending a one-hour presentation on car seat installation and safety

## ST JUSTIN MARTYR SOCIAL MINISTRY

13350 Ashford Point Drive, Houston, TX 77082

[www.sjmtx.org](http://www.sjmtx.org)

281-556-6882

- Provides food and baby items to pregnant women. Areas served: 77082, 77077, 77083

## THESOURCEFORWOMEN.ORG

[www.thesourceforwomen.org](http://www.thesourceforwomen.org)

3625 Gager Street, Suite  
101  
Houston, TX 77093  
713-633-2828

8312 Long Point Road  
Houston, TX 77055  
713-637-4141

6009 Richmond Avenue,  
Suite 130  
Houston, TX 77057  
713-780-0030

- Pro-life agency • Maternity clothes, parenting classes • Baby Items such as clothes, diapers, baby gadgets when available •

## WOMEN'S PREGNANCY CENTER

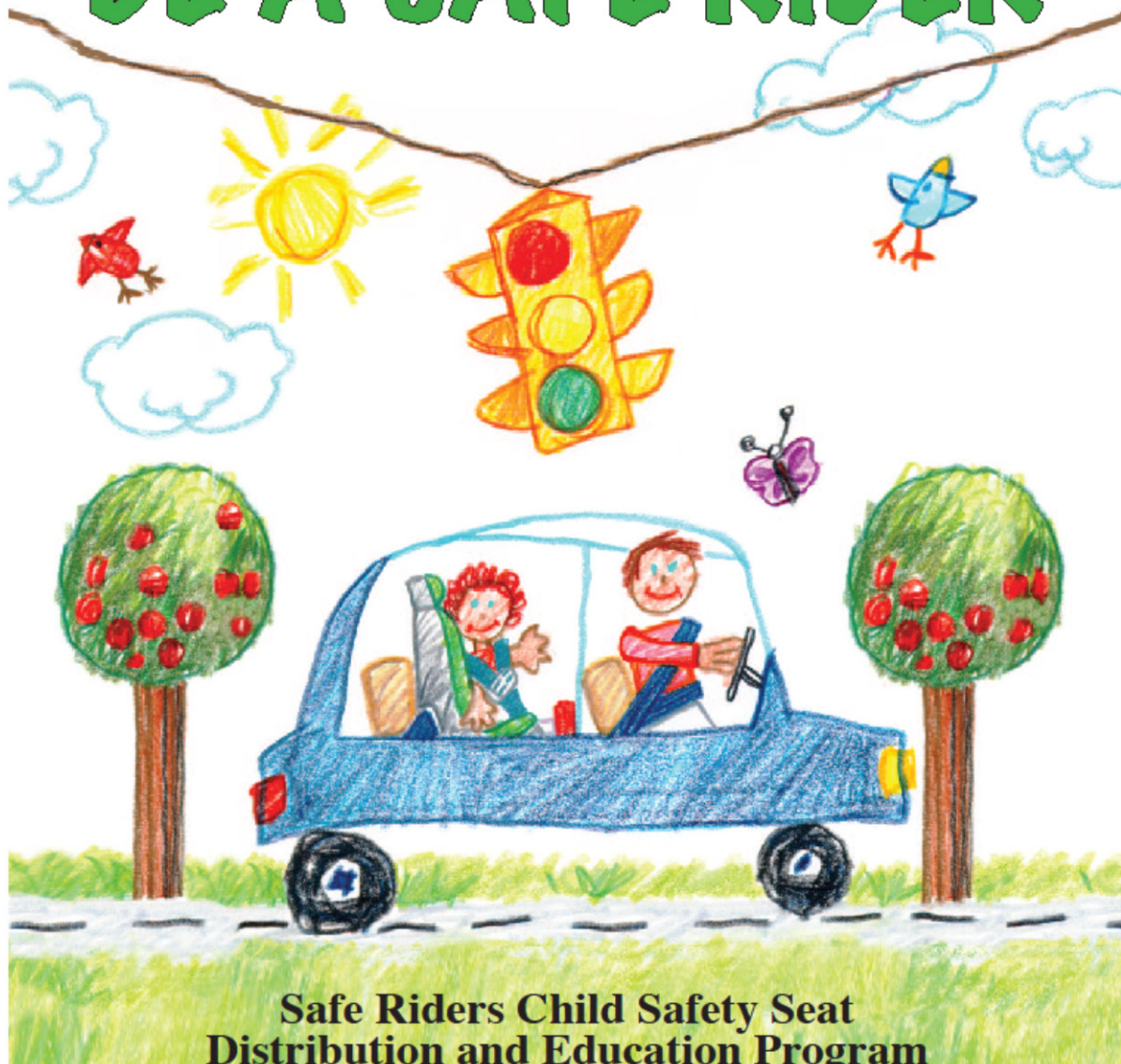
8300 Bissonnet, Suite 160, Houston, TX 77074

[www.wpc.org](http://www.wpc.org)

713-774-0126

- Pro-life agency. Offers the earn as you learn program (take classes on parenting, childbirth, finances, baby care and more) to use the points for baby items and maternity clothes. They are not an adoption agency but will refer to local agencies. They will help refer to agencies for WIC, Medicaid, housing and more.

# BUCKLE UP AND BE A SAFE RIDER



## Safe Riders Child Safety Seat Distribution and Education Program

### Who is this program for?

- This program is for low-income families who travel on Texas highways.
- What are the requirements for families?
  1. Financial need (self-certified).
  2. Someone in the household must have a vehicle and a working safety belt (lap and shoulder belt required for booster seats\*).
  3. Attend a one-hour class to learn how to use the safety seat correctly.
  4. One seat per family.
  5. Unlimited educational assistance, one-time seat assistance.
  6. Parents must pre-register for class.



In cooperation with the  
Texas Department of Transportation

For more information or referral  
to a local program call

**1-800-252-8255**

[www.dshs.state.tx.us/saferiders](http://www.dshs.state.tx.us/saferiders)



*\*Safe Riders provides convertible seats for children 5-35 lbs. for rear-facing, 20-40 lbs. for forward-facing, and booster seats for children over 40 lbs. Safe Riders does not provide infant "carrier" seats.*

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# CLOTHING CLOSETS

Non-profits, charities, and organizations in the greater Houston Texas area provide free clothing, household goods, and other support to the low income. Programs and agencies often rely on donations from the community, and resources will vary by center.

Some of the clothing closets and non-profit centers may sell the items at a reduced price, and others provide vouchers that families can use to obtain free clothing. This can include school supplies, work uniforms, shoes, coats, and items such as furniture or beds. Many of the Houston, Harris and Montgomery County non-profits also provide free holiday assistance. This includes free toys, gifts, and meals. When a center can't help you, they will try to refer you to who can.

The leading churches, charities, and agencies to call in the Houston and surrounding region are below. Resources are often provided on a first come/served basis, **SO CALL EARLY AND OFTEN.**

<b>AHIARA DEVELOPMENT UNION USA, INC.</b> 10101 Fondren Road, Suite 600, 77096 <b>713-271-7626</b>	<b>CAREER AND RECOVERY RESOURCES, INC.</b> 2525 San Jacinto, Houston, TX 77002 <b>713-754-7000</b> • Job Placement Program – THRIVE. It offers employee services, work attire, resume review services, and information on job training and employment services
<b>BLUERIDGE UNITED METHODIST WOMEN</b> 2929 Reed Road, Houston, TX 77051 <b>713-733-5174</b> • Offers child and work clothing, suits, dresses, and more to the low income and homeless	<b>CHRISTIAN COMMUNITY SERVICE CENTER</b> 3434 Branard, Houston, TX 77027 <b>713-871-9741</b> • Regardless of religion, this non-profit assists low-income families with emergency clothing, food, and limited financial assistance for rent or utilities
<b>BRAES INTERFAITH MINISTRIES</b> 4300 West Bellfort, Houston, TX 77035 <b>713-723-2671</b>	<b>CYPRESS ASSISTANCE MINISTRIES</b> 11202 Huffmeister Rd, Houston, 77065 <b>281-955-7440</b>
<b>BREAD OF LIFE, INC.</b> 1703 Gray Street, Houston, TX 77003 <b>713-659-3237</b> • Supports Harris County Texas residents and families in the community	<b>NORTHWEST ASSISTANCE MINISTRIES - NAM RESALE SHOP</b> 3645 FM 1960 West, Suite C, 77068 <b>281-583-5600</b> • Sells gently-used clothing, household goods & more
<b>EMERGENCY AID COALITION</b> 5401 Fannin, Houston, TX 77004 <b>713-528-3663</b> • Clothing Center for the homeless and low income	<b>PURE LIGHT MISSIONARY BAPTIST CHURCH</b> 5208 Noble Street, Houston, TX 77020 <b>713-675-1894</b>
<b>HOUSTON'S FIRST BAPTIST CHURCH MISSION TRAINING CENTER</b> 8009 Long Point, Houston, TX 77055 <b>713-554-8801</b>	<b>RICEVILLE MT. OLIVE BAPTIST CHURCH</b> 11539 South Gessner Rd, 77071 <b>713-774-4880</b>
<b>HUMBLE AREA ASSISTANCE MINISTRIES</b> 1302 First St, Humble, TX 77338 <b>281-446-3663</b>	<b>THE SALVATION ARMY</b> 1603 McGowen St, Houston, TX 77004 <b>713-650-6530</b> • Administers various social service programs and emergency aid. Included are free school supplies, baby clothes, food, thrift stores, and financial help for bills
<b>LEAP OF FAITH MINISTRIES</b> 9900 Fondren Road, Houston, TX 77096 <b>713-469-1417</b> • Offers clothing for Texans in Harris County School supplies, boots, backpacks, coats, and more may be offered	<b>SOUTH PARK BAPTIST CHURCH CLOTHING MINISTRY</b> 5830 Van Fleet, Houston, TX 77033 <b>713-644-1666</b>
<b>LORD OF THE STREETS - EPISCOPAL CHURCH COMMUNITY OF THE STREETS OUTREACH</b> 3401 Fannin, Houston, Texas 77004 <b>713-526-0311</b>	<b>ST. JEROME'S VINCENTIAN CENTER</b> 8825 Kempwood Dr, Houston, Texas 77080 <b>713-468-5910</b>
<b>MISSION GREENSPOINT – CLOTHING CLOSET</b> 243A Greens Road, Houston, TX 77060 <b>281-872-1422</b>	<b>ST. JOHN VIANNEY SOCIAL MINISTRY</b> 625 Nottingham Oaks Trail, 770 <b>281-497-4434</b> • Social programs, coats, food, and more is offered from the clothing closet
<b>NORTH CENTRAL BAPTIST CHURCH</b> 2102 Tidwell, Houston, TX 77093 <b>713-692-6316</b>	<b>WEST HOUSTON ASSISTANCE MINISTRIES</b> 10501 Meadowglen Lane, 77042 <b>713-977-9942</b>
<b>NORTH CHANNEL ASSISTANCE MINISTRIES</b> 13837 1/2 Bonham, Houston, TX 77015 <b>713-453-8028</b>	



# DIAPER ASSISTANCE PROGRAMS

## THE DIAPER FOUNDATION

713-807-1111 Call for an appointment [www.thediaperfoundation.org](http://www.thediaperfoundation.org)

- Can receive assistance 3 times per year (if still on Medicaid)

## NORTHWEST ASSISTANCE MINISTRIES

15555 Kuykendahl Rd, Houston, TX 77090 [www.namonline.org](http://www.namonline.org) 713-295-2222

- Free childbirth classes (8 classes). Be more informed about pregnancy, labor/delivery, postpartum care, breastfeeding, infant care, and *enjoy a baby shower!* Space is limited. No children allowed.
- Provide a month's worth of diapers
- Eligibility: Northwest area of town. Call for zip code requirements.

## THE REBECCA FOUNDATION CLOTH DIAPER CLOSET

Old Oaks St, Houston, TX 77024 [www.therebeccafoundation.org](http://www.therebeccafoundation.org) 832-767-9945

- Provides cloth diapers

## RESALE SHOPS IN HOUSTON

These can be a great resource for baby supplies, clothes, furniture, etc., sometimes free or at a very low price!

<b>ASSISTANCE LEAGUE OF HOUSTON</b> 1902 Commonwealth, Houston, TX 77006 713-526-5425	<b>BAY AREA TURNING POINT, INC. RESALE SHOP</b> 18207 Egret Bay Blvd., Houston, TX 77058 281-957-9910
<b>BRIDGEWOOD FARMS NEARLY NEW THRIFT SHOP</b> 106 South San Jacinto, Conroe, TX 77301 <b>Call Flo at 936-856-6460</b> <ul style="list-style-type: none"> <li>• Have furniture at a very low price</li> <li>• If adult clothes are needed, can call Flo and she will set you up with a voucher</li> <li>• Baby and kids items go to Kids Go Round, which is across the street – low-cost supplies</li> </ul>	<b>CCSC – SUNSHINE RESALE SHOP</b> 5413 Bellaire, Bellaire, TX 77401 713-665-4000 <ul style="list-style-type: none"> <li>• Baby and kid's clothes 50% off on M, W and Sat.</li> <li>• <b>Don't sell baby supplies, but if you call Yolanda and she has the item you need, she will donate it to you</b></li> </ul>
<b>THE COTTAGE SHOP (THE WOMEN'S HOME)</b> 811 Westheimer, Houston, TX 77006 <ul style="list-style-type: none"> <li>• Baby items AVAILABLE for purchase</li> </ul>	<b>CYPRESS ASSISTANCE MINISTRIES-ANGEL'S ATTIC</b> 11202 Huffmeister Road, Houston, TX 77065 281-955-7440 <ul style="list-style-type: none"> <li>• They do have baby items and well as maternity and furniture items</li> <li>• Must live in zip codes 77065, 77095, 77429, 77433</li> <li>• Clients must leave message on assistance line and someone will call them back for eligibility</li> </ul>
<b>EAST FORT BEND HUMAN NEEDS MINISTRY, Inc.</b> 435 Stafford Run Road, Stafford, TX 77477 281-499-8833 <ul style="list-style-type: none"> <li>• Clients must call 281-261-1006 for appointment in order to obtain a voucher</li> <li>• They do not carry any baby items due to recalls except baby clothing</li> </ul>	<b>FAMILY TIME THRIFT SHOP</b> 23874 Loop 494, Porter, TX 77365 281-354-5590 <ul style="list-style-type: none"> <li>• Vouchers only available for victims of crime, domestic violence and sexual abuse. Clients can call Lorena at 281-446-2615. They carry a lot of baby items</li> </ul>
<b>FORT BEND COUNTY WOMEN'S CENTER, INC. PENNY WISE RESALE CENTER</b> 6808 Highway 6 South, Houston, TX 77083 281-344-5742 <ul style="list-style-type: none"> <li>• No voucher program but they do have baby items for sale</li> </ul>	<b>GOODWILL INDUSTRIES</b> <ul style="list-style-type: none"> <li>• Locations all over Houston, including:                2030 Westheimer, 77098 215 W 20<sup>th</sup> St., 77008                10998 Fuqua Rd., 77089 9606 Hilcroft, 77096</li> </ul>
<b>HOUSTON JUNIOR FORUM, Inc.</b> 1815 Rutland, Houston, TX 77008 713-868-6970	<b>HUMBLE AREA ASSISTANCE MINISTRIES</b> 1302 First St., Humble, TX 77338 281-446-3663 <ul style="list-style-type: none"> <li>• Humble only. Call first.</li> </ul>
<b>INTERFAITH CARING MINISTRIES RESALE SHOP</b> 100 West Bay Area Blvd Suite 118, Webster, TX 77598 <b>281-332-2025</b> <ul style="list-style-type: none"> <li>• Clients must call an make an appointment to be interviewed for assistance at 281-332-3881</li> <li>• Only certain zip codes – call for info. Some baby items are available – varies</li> </ul>	<b>INTERFAITH OF THE WOODLANDS HAND ME UP SHOP</b> 25018 Spring Ridge, Spring, TX 77386 281-367-1230 <ul style="list-style-type: none"> <li>• Voucher program available if they live in service area zip code and they do carry baby items available for purchase Call for list of zip codes</li> </ul>

<p><b>LITTLE FLOWER THRIFT SHOP – ST. THERESA CHURCH</b>  5334 Washington, Houston, TX 77007      <b>713-862-7347</b>  • They do have baby items but clients need to go through the Gabriel Project (713-225-5826) for referral slips to shop in thrift shop</p>	<p><b>MANNA (MINISTRY ASSISTANCE OF THE NEAR NORTHWEST ALLIANCE)</b>  1806 West 43rd Street, Suite B, Houston, TX 77018  • Zip code restriction for vouchers      <b>713-686-6440</b>  • Carry baby items available for purchase</p>
<p><b>NORTHWEST ASSISTANCE MINISTRIES (NAM) RESALE SHOP</b>  3 locations:      <b>281-885-4555</b>  • 3645 FM 1960 West, Suite C, Houston, TX 77068  • 10505 Jones Rd, Houston, TX 77064  • 15555 Kuykendahl Rd, Houston, TX 77090  • Have baby items that are available for purchase with voucher or cash. Call in morning.</p>	<p><b>THE SALVATION ARMY – GREATER HOUSTON AREA COMMAND THRIFT SHOP</b>  2208 Washington Avenue, Houston, TX 77007      <b>713-869-3551 ext. 227</b>  • Voucher program – clients need to go through their social services department to obtain help  • Clients can call 713-658-9205 and they have to go to 2208 Main in person after setting appointment. Baby items for cash purchase.</p>
<p><b>SPRING ASSISTANCE MINISTRIES</b>  810 East Louetta, Spring, TX 77373      <b>281-288-4309</b>  • Voucher program available and clients are encouraged to come in for assistance without an appointment. Spring area only.  • Baby items are available for purchase with or without voucher. Sometimes they do get diapers and can buy them with voucher, if available.</p>	<p><b>VINCENT’S RESALE SHOP</b>      <b>713-741-8234</b>  Two locations:  6654 Gulf Freeway, Houston, TX 77087      <b>713-862-2605</b>  5236 Cedar Street, Bellaire, TX 77401      <b>713-669-9410</b>  • Clients must call for an appointment for voucher program first at number at the top</p>
<p><b>WEST HOUSTON ASSISTANCE MINISTRIES</b>  10501 Meadowglen Lane, Houston, TX 77042      <b>713-780-2727</b>  • M-F 10am-6pm; Sat 9am-6pm</p>	

# CAREER ASSISTANCE PROGRAMS

## CAPITAL IDEA

[www.capitalideahouston.org](http://www.capitalideahouston.org)

- Through Lone Star College and Houston Community College
- Capital IDEA Houston’s mission is to lift working adults out of poverty and into living wage careers through education
- Capital IDEA Houston **fully funds** participants’ tuition, fees, and books for an associate’s degree or college-level certificate with **no loans or paybacks** required
- Participants also receive, as needed, childcare, transportation, and emergency assistance so they can focus on their education
- Each participant works closely with a career counselor who provides case management support and a meets with a career cohort for peer group support
- “We limit our sponsorship to career paths that are local, in-demand careers, with wages that will support a family, provide benefits, and offer opportunities for professional advancement”

### Careers:

- Electrician
- Registered Nurse
- Engineering technician
- Heating, A/C and Refrigeration
- Welder
- Paramedic
- Dental hygienist
- Occupational therapy assistant
- Plant operator
- Radiology technician
- Physical therapy assistant
- Respiratory therapist
- Surgical technologist
- Instrument and control technician

## CAREER AND RECOVERY RESOURCES, INC.

2525 San Jacinto, Houston, TX 77002

[www.careerandrecovery.org](http://www.careerandrecovery.org)

**713-754-7000**

- Assists clients in achieving their career potential by researching occupational choices, sharpening job search skills and understanding and overcoming the barriers that may prevent them from reaching their goals
- Services include job search training, resume preparation, bus tokens, work-related clothing and tools, and use of a job bank for online job searches, phones, faxes, and message service. *Career counseling* (sliding scale basis) offers individual sessions with a professional career counselor.
- Also has a youth program (ages 16-21) to make a successful transition into the workforce or back to school. Enables youth to assess their interests and abilities and explore career options.

## CHRISTIAN COMMUNITY SERVICE CENTER

3224 Mercer, Houston, TX 77027

[ccschouston.org](http://ccschouston.org)

713-962-8334

- Provides career counseling, workshops on resume writing, interviewing skills, and computer skills. Provides on-site resources including computer lab, a job bank, phones, research library, fax service, office supplies, career closet, varied classes.

## DRESS FOR SUCCESS

3310 Eastside, Houston, TX 77098

[www.dressforsuccess.org](http://www.dressforsuccess.org)

713-957-3779

- Provides interview suits to women seeking employment. Must be referred by a partner agency – see website for list of agencies (over 110). Also has a job retention program once you are hired to provide support and networking, as well as career presentations.

## FAMILY SERVICES OF GREATER HOUSTON

Various locations

[www.familyservices.org](http://www.familyservices.org)

713-861-4849

- Employment Readiness Program helps with resume preparation, assistance in cover letter writing, practicing interviewing skills, ongoing employment support, etc.

## GULF COAST COMMUNITY SERVICES ASSOCIATION

9320 Kirby Drive, Houston, TX 77054

[www.gccsa.org](http://www.gccsa.org)

713-393-4700

- Provides job search assistance, employability assessment and planning, referrals for on-the-job training, resume writing, and job development and placement

## HOUSTON AREA URBAN LEAGUE, INC.

1301 Texas Avenue, Houston, TX 77002

[www.haul.org](http://www.haul.org)

713-393-8700

- Provides job readiness workshops that include career planning, skills assessment, resume assistance, job referrals, retention training, job bank, computer access and other supportive services. Provides training in construction industry positions and MS Windows computer certifications.

## INTERFAITH OF THE WOODLANDS

4242 Interfaith Way, Woodlands, TX 77381

[www.woodlandsinterfaith.org](http://www.woodlandsinterfaith.org)

281-367-1230

- Provides educational, employment, training, and supportive services for job seekers and employers

## JOB CORPS

Various locations

[www.recruiting.jobcorps.gov](http://www.recruiting.jobcorps.gov)

1-800-733-JOBS (5627)

- Career technical training and education program for low-income **young people between 16-24**
- Provides career training and education; 1-2-year program. Comprehensive services to help young people succeed.

## JOB TRAINING INSTITUTE

3 locations in 77061, 77036 and 77022

[www.jobtraininginstitute.org](http://www.jobtraininginstitute.org)

713-267-3700

- Offers assistance in obtaining funding for training for entry-level jobs in technology (i.e., network specialist) and legal (legal administrative assistant)

## SER JOBS FOR PROGRESS

201 Broadway, Houston, TX 77012

[www.serhouston.org](http://www.serhouston.org)

713-773-6000

- THRIVE program – provides employment placing and career improvement, financial education and coaching, education and training. Also has online classes.
- Group-based financial education, one-on-one financial counseling with a financial coach, job readiness soft-skills training, hard skills training, and/or career advancement and job matching

## TARGET HUNGER

2814 Quitman, Houston, TX 77026

[www.targethunger.org](http://www.targethunger.org)

713-226-4953

- Provides nutrition classes, structured classes on self-esteem, literacy tutoring, job search workshops, job fairs, ESL classes, and GED classes. Areas served: 77016, 77020, 77026, 77078, 77028

## WESLEY COMMUNITY CENTER

1410 Lee St, Houston, TX 77009

[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org)

713-223-8131

- Assistance with job searches, referrals to employers, job fairs, resume writing, interview practice, coaching

## WEST HOUSTON ASSISTANCE MINISTRIES

10501 Meadowglen Lane, Houston, TX 77042

[www.whamministries.org](http://www.whamministries.org)

713-977-9942

- Provides job leads, resume writing, interviewing workshops and resources

## THE WORKFAITH CONNECTION

Locations in 77092 and 77002

713-984-9611 or 281-833-3435

- Provides an 8-day (42 hour) job readiness workshop, followed by an intensive 90-day follow up support during your job search. No cost. Can also work with those with a criminal record.

## WORKFORCE SOLUTIONS

Various locations

[www.wrksolutions.com](http://www.wrksolutions.com)

1-888-469-JOBS (5627)

- Provides assistance to applicants with employment and training needs. Services available include: Job referrals, access to job listings, resume assistance, internet access, access to copier, fax, telephone and computer services, resource library, computer tutorials, labor market information, job search workshops, community resources and child care, career exploration and planning, career guidance and education and training scholarships. Can provide financial aid in order to help you get a job, etc.

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# CHILDREN

## APPLYING FOR CHILD SUPPORT

### HOW TO OBTAIN AN APPLICATION:

- The Child Support Division of the Office of the Attorney General operates field offices throughout the state where people may apply for services. The telephone numbers and addresses for these offices can be found on their website ([www.oag.state.tx.us](http://www.oag.state.tx.us)).
- A parent can also request an application for services by calling their toll-free telephone number at **800-252-8014**

### WHAT INFORMATION DO THEY NEED?

- The most important information an applicant can provide, aside from the noncustodial parent's current address, is the name and address of the noncustodial parent's current employer. If the current employer is not known, the name and address of the last known employer should be provided.
- Additionally, the following information about the noncustodial parent should be made available:
  - social security number and date of birth
  - names and addresses of relatives and friends
  - names of banks or creditors such as utility companies

- names of organizations, unions or clubs to which the noncustodial parent belongs
- places where the noncustodial parent spends free time

## HOW DOES THIS AFFECT VISITATION RIGHTS?

- Each parent has the duty to financially and emotionally support his or her child. Each parent is presumed to possess the right to custody or visitation. If the parents cannot agree, custody, child support, and visitation will be decided by a court. Both parties must obey the court order. One parent cannot refuse to pay support because the other parent is refusing visitation and vice versa.
- **If there has been any domestic violence in the relationship with the FOB (with the FOB as the abuser), it is important to inform the OAG so that they can take certain measures to protect you during the child support proceedings**

## AFTER-SCHOOL ACTIVITIES



The Houston Parks & Recreation Department offers the After School Enrichment Program **FREE OF CHARGE** to children between the ages of 6 & 13. Children registered in the program take part in a broad range of activities during after-school hours under the guidance of Houston Parks and Recreation staff at community centers across the city

### REGISTRATION

Parents & guardians may register their children during regular community center hours throughout the After School Enrichment Program period.



### ACTIVITIES

Registered children can take part in many recreational activities through the After School Enrichment Program. These include arts & crafts, sports (basketball, soccer, volleyball, flag football), nature instruction, games, and cultural & special events. They will have the chance to take field trips & benefit from homework assistance.

### LOCATIONS

All Houston Parks & Recreation Department community centers are sites for the After School Enrichment Program

### INFORMATION

For more information, please call **832-395-7292, 832-395-7294, or 832-395-7096**

# COMMUNITY CENTER LOCATIONS

The Houston Parks and Recreation Department (H.P.A.R.D.) operates a total of 60 Community Centers, the Metropolitan Multi-Service Center, Memorial Park Fitness Center and the Garden Center at Hermann Park for the City of Houston.

Activities vary from one community center to the next. Contact or visit your neighborhood community center for information on programs and activities offered.



## BOYS & GIRLS CLUB OF HOUSTON

Various locations

[www.bgclubs-houston.org](http://www.bgclubs-houston.org)

713-868-3426

- Offers low-cost programs such as summer learning camp, college readiness, homework assistance and tutoring, arts program, computer skills program, groups for girls and boys, nutrition program, leadership programs

### ALDINE WESTFIELD CORPS COMMUNITY CENTER AND BOYS & GIRLS CLUBS

2600 Aldine Westfield, Houston, TX 77093

713-695-3388

### GARDEN CENTER AND BOYS & GIRLS CLUBS

9717 Montgomery, Houston, TX 77088

832-201-8076

- “A center of worship and vital resource for the community. Services are provided for individuals of all ages: nutritious meals, continuing education and recreational activities for adults, leadership training, tutoring, after-school programs, and athletic activities for the youth.”

### NORTHWEST CORPS COMMUNITY CENTER AND BOYS & GIRLS CLUBS

12507 Windfern Rd, Houston, TX 77064

832-200-4620

- “Provides a place to worship and fellowship, counseling, after-school programs, and life skills classes to equip a family that has growing needs”

### TEMPLE CORPS COMMUNITY CENTER AND BOYS & GIRLS CLUBS

4516 Irvington Blvd, Houston, TX 77009

713-692-2283

- “A place of worship that provides a full range of daily spiritual, educational and recreation activities for children and adults. Offers youth character-building and gang prevention programs designed to build self-esteem and self-reliance and to encourage educational excellence.”

## H2O SAFE SWIM CLASSES

Various locations

832-395-7129

- Houston Parks and Recreation Department offers a program of structured, safe **learn-to-swim classes** for youth at H.P.A.R.D. aquatic centers. Classes are offered at various skill levels. All classes are **FREE**. Registration is on a “first-come, first-served” basis during specified registration periods.

## HOUSTON AREA URBAN LEAGUE

5320 Griggs, Houston, TX 77021

281-220-6012

- Provides a computer lab where young people can grow and learn using computers and the internet. Provides tutorials for middle and high school students. Provides programs to improve reading skills for both kids and parents.

## PROGRESSIVE AMATEUR BOXING ASSOCIATION, INC.

3212 Dowling, Houston, TX 77004

713-520-9585

- “Counseling is provided on an individual and group basis in the area of morals, economic development, self-pride, and other subjects of vital interest to the youth.” Provides a Summer Lunch Program for children.

## TEXAS SUMMER FOOD SERVICE

[www.state.tx.us](http://www.state.tx.us)

713-676-6832 or 211

- The summer food service program provides free, nutritious meals to children when the school year has ended. The meals are usually provided along with educational or recreational activities.

## WESLEY COMMUNITY CENTER, INC.

1410 Lee Street, Houston, TX 77009

[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org)

713-223-8131

- Provides counseling, tutoring, leadership development, arts and crafts, a recreation program, job preparation classes and a youth volunteer program. Eligibility: Ages 13-18, in zip codes 77026, 09, 08, & 07

## YOUNG MEN’S CHRISTIAN ASSOCIATION OF GREATER HOUSTON – YMCA

1234 West 34<sup>th</sup> St, Houston, TX 77018

[www.ymcahouston.org](http://www.ymcahouston.org)

713-869-3378

- “Helps young people discover themselves and the responsible life choices they must make as they mature. Teenagers participate in programs such as outdoor adventure clubs, Leaders Clubs, Teen Courts, Y-Teen Clubs, Youth in Government programs, youth employment groups, substance abuse programs, teen counseling and placement, mentoring programs, arts and humanities, and service learning programs.”
- Minimum age 10.

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# DAY CARE RESOURCES

## CHILD CARE COUNCIL OF GREATER HOUSTON

6220 Westpark, Houston, TX 77057

713-266-0730

- Day care for low income families, scholarships available, Spanish and English speaking

## COLLABORATIVE FOR CHILDREN

[www.collabforchildren.org](http://www.collabforchildren.org)

713-600-1234

- Provides information about various childcare facilities around Houston for parents to find quality child care

## COMMUNITY FAMILY CENTERS

6402 Markey, Houston, TX 77020

[www.communityfamilycenters.org](http://www.communityfamilycenters.org)

713-670-2125

- Los Niños Early Childhood Montessori Program offers a daycare for children 3-6. Waitlist is a year. Weekly fees are based on income.

## HEAD START

Several locations

[www.nhsa.org](http://www.nhsa.org)

713-393-4700

- Eligibility: Low income status – parent must be working or in school – free or reduced fee

## INITIATIVES FOR CHILDREN

[www.inichildren.org](http://www.inichildren.org)

713-365-0313

- Referral service for day cares

## WESLEY COMMUNITY CENTER

Several locations

[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org)

713-223-8131

- Day care, after-school care

## WORKFORCE SOLUTIONS

Various locations

[www.wrksolutions.com](http://www.wrksolutions.com)

1-888-469-5627 (option 2, then option 1)

- Provides financial assistance towards child care for families that are working

## YMCA

Several locations

[www.ymcahouston.org](http://www.ymcahouston.org)

713-659-5566

- Child care, youth sports, ESL classes

# DENTAL CARE

**MEDICAID PROVIDER HOTLINE: 800-252-8263**

Prenatal and post-partum (up to 90 days) dental services are provided through Title V funding. Preventive dental services are provided for WIC enrolled mothers/legal guardians. Therefore, they are at **NO COST**.

### DENTAL INTERVIEW SITES

**LA NUEVA CASA DE AMIGOS**, 1809 N Main St., 77009 **713-547-8115**

**MAGNOLIA HEALTH CENTER**, 7037 Capitol St., 77011 **713-928-9518**

**NORTHSIDE HEALTH CENTER**, 8504 Shuller Rd., 77093 **713-696-5930**

**SHARPSTOWN HEALTH SERVICES**, 6021 Bonhomme Rd., #350-S, 77036 **713-780-9518**

**SUNNYSIDE HEALTH CENTER**, 4605 Wilmington St., 77051 **713-732-5006**

### LEGACY COMMUNITY HEALTH SERVICES

6500 Rookin, Houston, TX 77080 **713-351-7350**

### EL CENTRO DE CORAZON GOOD NEIGHBOR HEALTH CENTER

190 Heights, Houston, TX 77007 **713-529-3260**

### HARRIS COUNTY PUBLIC HEALTH

#### ANTOINE HEALTH CLINIC

5815 Antoine, Houston, TX 77091 **713-602-3300**

#### SOUTHEAST CLINIC

3737 Red Bluff, Pasadena, TX 77503 **713-740-5000**

- Eligibility: Maternity clients, kids with Medicaid eligibility, Title V, and other low income children

### VECINO HEALTH CLINIC

#### AIRLINE CHILDREN'S CLINIC

5808 Airline Dr, Houston, TX 77076 **713-695-4013**

#### EASTWOOD

412 Telephone Rd, Houston, TX 77023 **713-926-6629**

#### DENVER HARBOR CLINIC

424 Hahlo St, Houston, TX 77020 **713-674-3326**

### LBJ ORAL SURGERY CLINIC

5656 Kelley St, Houston, TX 77026 **713-566-5080**

- Eligibility: Adults and children (16+). Must be eligible for the HCHD Gold Card.

### TEXAS DENTAL TECHNOLOGY SCHOOL

7442 Park Place Blvd, 77087

**713-831-9654**

- For those needing dentures



<b>UNIVERSITY OF TEXAS DENTAL BRANCH</b> 7500 Cambridge, Houston, TX 77004 <b>713-486-4000</b>	<b>SEARCH DENTAL CLINIC – HEALTHCARE FOR THE HOMELESS</b> 2505 Fannin, Houston, TX 77002 <b>713-739-7752</b> • Eligibility: Need letter stating you are homeless
<b>CENTRAL CARE COMMUNITY HEALTH CENTER</b> 3315 Delano, Houston, TX 77004 <b>713-831-9654</b>	
<b>HARRIS COUNTY HOSPITAL DISTRICT CLINICS</b>	<b>713-526-4243</b>
<b>ACRES DENTAL</b> 818 Ringold, Houston, TX 77080 <b>281-448-6391</b>	<b>ALDINE DENTAL</b> 4755 Aldine Mail Rt, 77039 <b>281-985-7600</b>
<b>SETTEGAST DENTAL</b> 9105 N. Wayside, Houston, TX 77028 <b>713-633-2020</b>	<b>PEOPLE’S DENTAL</b> 6630 DeMoss, Houston, TX 77074 <b>713-272-2600</b>
<b>STRAWBERRY DENTAL</b> 927 E. Shaw, Pasadena, TX 77506 <b>713-982-5900</b>	<b>GULFGATE DENTAL</b> 7550 Office City, Houston, TX 77012 <b>713-495-3700</b>
<b>CENTRAL DENTAL CENTER</b> 5230 Griggs, Houston, TX 77021 <b>713-757-0572</b>	<b>Eligibility: Adults 16+ who qualify for HCHD Gold Card</b>

# DOMESTIC VIOLENCE ASSISTANCE

**REMEMBER: ALWAYS SAFETY PLAN!**

**\*IF YOU WOULD LIKE MORE INFORMATION ABOUT THIS TOPIC, PLEASE ASK TO SEE THE SOCIAL WORKER\***

## HOUSTON AREA WOMEN’S CENTER

1010 Waugh Drive, Houston, TX 77019      [www.hawc.org](http://www.hawc.org)      **713-528-2121** (24-hour hotline)  
 • Provides shelter (limited availability – call hotline for information), group and individual supportive counseling, and advocacy for domestic violence and sexual assault. Every Tuesday from 1:30-6 is open intake day, on a first-come, first-serve basis. If this time does not work for you, call the hotline to make an appointment with a counselor.

## BAY AREA TURNING POINT

210 South Walnut Street, Webster, TX 77598      [www.bayareaturningpoint.com](http://www.bayareaturningpoint.com)      **281-286-2525**  
 • Provides shelter and supportive counseling for victims of domestic violence and sexual assault

## THE BRIDGE OVER TROUBLED WATERS

Confidential location, Pasadena, TX      [www.tbotw.org](http://www.tbotw.org)      **713-473-2801**  
 • Provides shelter and counseling for domestic violence and sexual assault

## DAYA

P.O. Box 571774, Houston, TX 77257      [www.dayahouston.org](http://www.dayahouston.org)      **713-981-7645**  
 Serves South Asian families  
 • Provides culturally-sensitive services to women and children affected by domestic violence and sexual assault  
 • Services include counseling and advocacy, referrals, legal clinic and legal advocacy, ESL and computer classes, translation/interpretation, transitional housing, community outreach and education, and limited financial assistance towards rent, utilities, child care, legal fees, education, transportation, and job training  
 • Languages spoken include Assamese, Bengali, English, Gujarati, Farsi, Hindi, Kannada, Malayalam, Marathi, Sindhi, Nepali, Punjabi, Tamil, Telugu, Urdu and Arabic

## FORT BEND COUNTY WOMEN’S CENTER

200 S. 10<sup>th</sup> Street, Richmond, TX      [www.fortbendwomenscenter.org](http://www.fortbendwomenscenter.org)      **713-342-4357**

- Provides shelter, 24-hour hotline, support groups for domestic violence and sexual assault

## KATY CHRISTIAN MINISTRIES

5012 3<sup>rd</sup> St, Katy, TX 77493

[www.ktcm.org](http://www.ktcm.org)

**281-391-4357 Hotline**

**281-391-4504 Non-emergencies**

- Provides Christian-based counseling for domestic and sexual violence, assistance with protective orders and Crime Victims Compensation, support groups, and legal advocacy

## MONTGOMERY COUNTY WOMEN’S CENTER

1600 Lake Front Circle, Suite 100, The Woodlands, TX 7738 [www.mcwcthewoodlands.org](http://www.mcwcthewoodlands.org)

**936-441-7273**

- Provides shelter and individual and group counseling for domestic violence and sexual assault

## NORTHWEST ASSISTANCE MINISTRIES – FAMILY VIOLENCE CENTER

15555 Kuykendahl, Houston, TX 77090 [www.namonline.org](http://www.namonline.org)

**281-885-HOPE (4673)**

- Offers domestic violence counseling, as well as play and art therapy for children and adolescents

## ADDITIONAL FAMILY VIOLENCE CENTERS OUTSIDE HOUSTON:

- **WOMEN’S CENTER OF BRAZORIA COUNTY, INC.**, Angleton, TX **1-800-243-5788**
- **FAMILY SERVICES OF SOUTHEAST TEXAS, INC.**, Beaumont, TX **1-800-621-8882**
- **RESOURCE AND CRISIS CENTER OF GALVESTON COUNTY**, Galveston, TX **1-409-765-7233**
- **FOCUSING FAMILIES**, Hempstead, TX **1-979-826-0000**

## ADDITIONAL RESOURCES:

- **FAMILY VIOLENCE UNIT OF HPD: 713-308-1100**
- **HOUSTON AREA VOLUNTEER LAWYERS: 713-228-0732** – Legal assistance
- **ASSISTANCE TO VICTIMS OF DOMESTIC ABUSE (AVDA): 713-224-9911** – Legal assistance in obtaining protective orders, divorce, child custody, etc.
- **HARRIS COUNTY DISTRICT ATTORNEY’S OFFICE: 713-755-5888** – General questions, obtain protective orders and file charges outside Houston city limits in Harris County
- **MAYOR’S CRIME VICTIM OFFICE: 713-308-9063**
  - Provides resources such as referrals to victim support organizations, court accompaniment, legislative advocacy, crime victim compensation applications, information on appeals, probation and parole, update on the status of a criminal case, and explanation of law enforcement and legal procedures
- **LEGALLINE: 713-759-1133** – Volunteer lawyers answer legal questions over the telephone from 5-9pm on the *first and third Wednesday of every month*. Spanish-speaking attorneys answer questions from 5-7pm on the *first Thursday of every month*.

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# FINANCIAL ASSISTANCE

## EMERGENCY ASSISTANCE

ASSISTANCE WITH RENT, FOOD, CLOTHES, AND OTHER RESOURCES

FROM THE HARRIS COUNTY COMMUNITY SERVICES DEPARTMENT HOUSING RESOURCE CENTER

# CALL FIRST!

### **BETHEL'S HEAVENLY HANDS**

12525 Fondren, Houston, TX 77035

[www.bethelshavenlyhands.org](http://www.bethelshavenlyhands.org) **713-729-6477**

- Food, clothing – M,T,F: housing assistance on a case-by-case basis

### **BRAES INTERFAITH MINISTRIES**

4300 W Belfort, Houston, TX 77035

[www.braesinterfaithministries.org](http://www.braesinterfaithministries.org) **713-723-1945**

- Rent, clothing, utilities, food – Serves SW area (77025, 35, 45, 51, 53, 54, 71, 85, 96)

### **CHINESE COMMUNITY CENTER**

9800 Town Park, Houston, TX 77036

[www.ccchouston.org](http://www.ccchouston.org) **281-822-0263**

- Utilities, weatherization - call for areas served

### **CHRISTIAN COMMUNITY SERVICE CENTER**

3434 Branard, Houston, TX 77027

[www.ccschouston.org](http://www.ccschouston.org) **713-871-9741**

- Rent, utilities, food, clothing – Serves South and SW

### **CHRISTIAN HELPING HANDS**

3402 Swenson, Pearland, TX 77581

[www.christianhelpinghands.org](http://www.christianhelpinghands.org) **281-485-9776**

- Food for seven days, fuel for a medical appt., rent, utility assistance, medicine for uninsured, lodging (2 nights), clothing (2 sets per family member)

### **CITY FELLOWSHIP CHURCH CHRISTIAN RESCUE MISSION**

3230 Hadley, Houston, TX 77004

[www.crmfellowship.com](http://www.crmfellowship.com) **713-659-7750**

- Rent, utilities, food

### **CITY WIDE CLUB**

Several locations

[www.citywideclub.com](http://www.citywideclub.com) **713-752-2582**

- Rent, utilities, food

### **CYPRESS ASSISTANCE MINISTRIES**

11202 Huffmeister, Houston, TX 77065

[www.cypressassistanceministries.org](http://www.cypressassistanceministries.org) **281-955-7684**

- Rent, utilities, food, clothing – Serves NW area: 77065, 77095, 77429, 77433

### **GULF COAST COMMUNITY SERVICES**

9320 Kirby Dr, Houston, TX 77054

[www.gccsa.org](http://www.gccsa.org) **713-393-4700**

- Rent, mortgage, utilities, food, clothing, Q cards, eyewear vouchers. Call for more info.

### **HARRIS COUNTY SOCIAL SERVICES**

9418 Jensen Dr, Houston, TX 77093

[www.csd.hctx.net](http://www.csd.hctx.net) **713-696-7900**

- Rent, food utilities – NW and 5<sup>th</sup> Ward: 77013, 16, 20, 26, 28, 93

### **THE HOUSTON FOOD BANK**

535 Portwall St, Houston, TX 77024

[www.houstonfoodbank.org](http://www.houstonfoodbank.org) **832-369-9390**

- Emergency food pantry, apply for food stamps, TANF, Medicaid

### **HUMBLE AREA MINISTRIES**

1302 First Street, Humble, TX 77338

[www.haaministries.org](http://www.haaministries.org) **281-446-3663**

- Food, rent, utilities – Call for areas served

### **INTERFAITH CARING MINISTRIES**

151 Park Ave, League City, TX 77573

[www.icmtx.org](http://www.icmtx.org) **281-332-3881**

- Rent, utilities, minor home repair – call for areas served

### **KATY CHRISTIAN MINISTRIES**

5012 3<sup>rd</sup> St, Katy, TX 77493

[www.ktcm.org](http://www.ktcm.org) **281-391-9623**

- Rent, mortgage, utilities, food, clothing – Katy only

### **LARKIN COMMUNITY CENTER**

5410 Larkin, Houston, TX 77007

**713-869-9143**

- Rent, utilities, food – Serves 77007

### **MEMORIAL ASSISTANCE MINISTRIES**

1625 Blalock, Houston, TX 77080

[www.maministries.org](http://www.maministries.org) **713-574-7533**

- Rent, water or gas, medical assistance, transportation assistance, clothing – Call for areas served

### **NORTHWEST ASSISTANCE MINISTRIES**

13837 Bonham, Houston, TX 77015

[www.namonline.org](http://www.namonline.org) **281-583-5600**

- Rent, mortgage, gas, water, prescriptions, gas vouchers, bus tokens – NW area

### **PASADENA COMMUNITY MINISTRIES**

2301 South Houston Rd, Pasadena, TX 77502

**713-774-4880**

- Rent, utilities, food, clothing –Pasadena, Deer Park

### **SALVATION ARMY**

2208 Main St, Houston, TX 77002

[www.salvationarmyhouston.org](http://www.salvationarmyhouston.org) **713-752-0686**

- Rent, food, clothing, mortgage and utilities (water)

### **SOCIETY OF ST. STEPHEN HUMBLE**

1799 Woodland Hills Drive, Kingwood, TX 77339

[www.kingwoodumc.org/soss](http://www.kingwoodumc.org/soss) **281-358-7722**

- Food, clothing and limited financial assistance

(primarily utility and medication assistance). School supplies drive and food baskets during Thanksgiving and Christmas. Humble, New Caney, Splendora only.

**SOCIETY OF ST. STEPHEN PASADENA**

1062 Fairmont Parkway, Pasadena, TX 77504  
**281-487-1774**

- Rent, utilities, food – serves Pasadena area only

**SOCIETY OF ST. VINCENT DE PAUL**

2403 Holcombe Blvd, Houston, TX 77021  
[www.svdphouston.org](http://www.svdphouston.org) **713-741-8234, ext 101**

- Food, clothing, rent, utilities – Houston only

**SOUTHEAST AREA MINISTRIES (SEAM)**

2102 Houston Blvd, South Houston, TX 77587  
[www.southeastareaministries.com](http://www.southeastareaministries.com) **713-944-0095**

- Rent, utilities, food, clothing – SE area

**SPRING ASSISTANCE MINISTRIES**

310 E. Louetta, Suite A-E, Spring, TX 77373  
[www.springassistanceministries.org](http://www.springassistanceministries.org) **281-353-4480**

- Food, clothing – North Houston

**UNITED WAY**

[www.unitedwayhouston.org](http://www.unitedwayhouston.org) **211**

- Referrals for food, shelter, rent, utilities, etc.

**WESLEY COMMUNITY CENTER**

1410 Lee St, Houston, TX 77009  
[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org) **713-223-8131 ext 245**

- Rent, utilities, food – call for areas served

**WEST HOUSTON ASSISTANCE MINISTRIES**

1050 Meadowglen Lane, Houston, TX 77042  
[www.whaministries.org](http://www.whaministries.org) **713-977-9942**

- Mortgage, food, utilities, clothing – call for areas

**CHURCHES THAT PROVIDE ASSISTANCE**

<p><b>FIRST BAPTIST CHURCH</b> 8009 Long Point, Houston, TX 77055  <a href="http://www.houstonsfirst.org">www.houstonsfirst.org</a> <b>713-554-8808</b>            • Rent, mortgage, utilities, food, prescriptions. NW area</p>	<p><b>RICEVILLE BAPTIST CHURCH</b>            11539 S Gessner, Houston, TX 77071 <b>713-774-4880</b>            • Food, clothing, financial – First-come-first-serve</p>
<p><b>ST. BERNADETTE CHURCH</b> 15500 El Camino Real, 77062  <a href="http://www.stbchurch.org">www.stbchurch.org</a> <b>281-486-0337</b>            • Rent, utilities, food, clothing – Clearlake area</p>	<p><b>ST. CECILIA CHURCH</b> 11720 Joan of Arc Drive, 77024  <a href="http://www.saintcecilia.org">www.saintcecilia.org</a> <b>713-468-0337</b>            • Rent, utilities, food – NW area</p>
<p><b>ST. CHRISTOPHER CATHOLIC CHURCH</b> 8150 Park Place, 77017  <a href="http://www.stchristopherhouston.org">www.stchristopherhouston.org</a> <b>713-645-6614</b>            • Food – SE area</p>	<p><b>ST. HYACINTH CATHOLIC CHURCH</b>            2921 Center St, Deer Park, TX 77536  <a href="http://www.sthyacinthchurch.org">www.sthyacinthchurch.org</a> <b>281-479-4298</b>            • Rent, utilities, food – Deer Park area</p>
<p><b>ST. JOHN VIANNEY SOCIAL SERVICES</b>            625 Nottingham Oaks, 77079  <a href="http://www.stjohnvianney.org">www.stjohnvianney.org</a> <b>281-497-4434</b>            • Utilities, food, clothing – Call for areas served</p>	<p><b>ST. JOSEPH CATHOLIC CHURCH</b> 1505 Kane St, Houston, TX 77007  <a href="http://www.stjosephcch.org">www.stjosephcch.org</a> <b>713-222-8903</b>            • Rent, utilities, food – 77007 area</p>
<p><b>ST. MARY MAGDALENE CHURCH</b>            527 South Houston Ave, Humble, TX 77338  <a href="http://www.st-mm.org">www.st-mm.org</a> <b>281-540-1907</b>            • Rent, utilities, food – Serves NE area</p>	<p><b>ST. PIUS CATHOLIC CHURCH</b>            824 Main, Pasadena, TX 77506  <a href="http://www.stpiusvchurch.com">www.stpiusvchurch.com</a> <b>713-473-9484</b>            • Food – Pasadena</p>
<p><b>WHEELER AVENUE BAPTIST CHURCH</b>            3826 Wheeler, Houston, TX 77004  <a href="http://www.wheeleravebc.org">www.wheeleravebc.org</a> <b>713-747-7101</b>            • Rent, mortgage, utilities, food. Houston zip codes only (770--)</p>	<p><b>WINDSOR VILLAGE SOCIAL SERVICES</b>            1204 ½ Post Oak, Houston, TX 77045  <a href="http://www.kingdombuilders.com">www.kingdombuilders.com</a> <b>713-551-8792</b>            • Rent, food</p>

**ENERGY BILL (AND OTHER UTILITIES) ASSISTANCE PROGRAMS**

**NEIGHBOR TO NEIGHBOR BILL ASSISTANCE PROGRAM**

Through a local community action agency, those who qualify for the Neighbor-to-Neighbor program may receive up to \$600 in assistance during a calendar year. Each agency screens applicants and determines who will receive



Houston's First Singles Car Care Ministry is dedicated to providing automobile service and minor repairs for single women whose financial situation or limited resources may overburden their ability to sustain necessary transportation for work, family needs and life.

There are two types of clinics, the Mini Car Care Clinic and the Auto Doc Car Care Clinic

## MINI CAR CARE CLINIC

- This program is in the church parking lot and helps women change liquids (oil, window washer fluid, other car fluids)

## AUTO DOC

- This is a program where volunteers work out of a mechanic shop to handle minor repairs in addition to replacing fluid

Registration for the Car Care Clinic is required. Call Elise Price at **713-957-7681**

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# CELL PHONE ASSISTANCE

## SAFELINK WIRELESS

800-977-3768

[www.safelinkwireless.com](http://www.safelinkwireless.com)

### How SafeLink works:

- You will receive *FREE* service and *FREE* minutes every month if you qualify
  - There are no contracts, no fees, and no monthly charges. Good for 1 year
  - Features caller ID, call waiting and voicemail. For more minutes, you can buy airtime cards.
  - You qualify if you participate in certain federal assistance programs (Medicaid, SNAP, etc.)
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# FINANCIAL PLANNING SERVICES

## FAMILY SERVICES OF GREATER HOUSTON

4625 Lillian, Houston, TX 77007

[www.familyservices.org](http://www.familyservices.org)

**713-861-4849**

- "Financial Stability: Making Ends Meet" – Helps clients learn about finding ways to pay bills, learning to budget, manage debt and stress, and making their money go further
- Eligibility: Currently employed, child or dependent in your care, household income of at least \$12,000/year

## HOUSTON AREA URBAN LEAGUE

1301 Texas Avenue, Houston, TX 77002

[www.haul.org](http://www.haul.org)

**713-393-8729**

- Regular financial literacy classes open to all

## MONEY MANAGEMENT INTERNATIONAL

9009 West Loop South, Suite 700, Houston, TX 77096

[www.moneymanagement.org](http://www.moneymanagement.org)

**713-394-3068**

- Consumer Credit Consulting Services program offers free credit counseling to those who need help with budgeting, basic money management skills and credit problems

## WESLEY COMMUNITY CENTER'S FINANCIAL OPPORTUNITY CENTER

1410 Lee Street, Houston, TX 77009

[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org)

713-223-8131

- Financial coaching – group-based financial education classes involving topics like budgeting and credit repair
- Also includes one-on-one financial counseling, which focuses on solving specific problems, helping clients achieve long-term economic stability, provide access to safe, low interest loans

## Wi\$EUP PROGRAM

[wiseupwomen.tamu.edu](http://wiseupwomen.tamu.edu)

- Online resource to help women plan financially for their future, with topics such as retirement planning, saving and investing, insurance and risk management, achieving financial security, etc.

## THE WOMEN'S RESOURCE OF GREATER HOUSTON

730 N. Post Oak, Suite 204, Houston, TX 77024

[www.thewomensresource.org](http://www.thewomensresource.org)

713-667-4493

- Offers free personal finance classes that includes a workbook that provides information about banking, saving, budgeting, credit, insurance and investment planning

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# FURNITURE ASSISTANCE

## GLOBAL SANCTUARY OF HOPE MINISTRIES

914 Lakespur Dr., Sugar Land, TX 77479

832-771-0262

- Furniture is not free but very low cost. Furniture vouchers are bought for ten dollars each.
- For example, a sofa costs two vouchers (only twenty dollars), a table is one voucher
- Recommended to save up \$85 to be able to buy several pieces

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# INTERNET DISCOUNT

## INTERNET ESSENTIALS

1-855-846-8376

<http://www.internetessentials.com>

Comcast is providing inexpensive internet packages to low income families. The program called **Internet Essentials** is open to households that meet all the following criteria:

- Is located where Comcast offers internet service
- Has at least one child receiving free school lunches through the National School Lunch Program
- Has not subscribed to Comcast internet service within the last 90 days
- Does not have an overdue Comcast bill or unreturned equipment

While participating in Internet Essentials, customers receive:

- Fast home internet for just \$9.95 a month + tax
- No price increases, no activation fees and no equipment rental fees
- A **computer available** at initial enrollment for just \$149.99
- Access to free internet training – online, in print and in person

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# RENT/UTILITIES ASSISTANCE PROGRAMS

## CATHOLIC CHARITIES

326 South Jensen, Houston, TX 77003

[www.catholiccharities.org](http://www.catholiccharities.org)

713-227-9981

- Provides a food pantry, financial assistance with rent, mortgage and utilities (gas, water, electricity) when funding is available. Also provides information and referrals. Often does not have funds – call to inquire further.

### **CHRISTIAN COMMUNITY SERVICE CENTER**

3434 Branard, Houston, TX 77027

[www.ccschouston.org](http://www.ccschouston.org)

**713-871-9741**

- Provides emergency food, clothing, and limited financial assistance (water, electric, gas, rent). Emergency dental care, assistance with prescriptions and medical equipment also available. 1x/year only.

### **CYPRESS ASSISTANCE MINISTRIES**

11202 Huffmeister Road, Houston, TX 77065

[www.cypressassistanceministries.com](http://www.cypressassistanceministries.com)

**281-955-7684**

- Provides various services including clothing, household items, general counseling, information and referral, and financial assistance (water service, rent, gas, electricity). Areas served: 77065, 77095, 77429, 77433,

### **EAST FORT BEND HUMAN NEEDS MINISTRY, INC.**

Stafford, TX

[www.humanneeds.org](http://www.humanneeds.org)

**281-261-1006**

- East Ft. Bend only. Provides assistance with rent (up to \$500), electricity (up to \$300), water and gas (up to \$150).

### **HARRIS COUNTY COMMUNITY SERVICES**

9418 Jensen Drive, Houston, TX 77093

[www.csd.hctx.net](http://www.csd.hctx.net)

**713-696-7900**

- Provides short-term financial assistance and casework for emergency or short-term needs that is geared to eventual restoration of self-maintenance. Temporary assistance for rent and utilities. Case/care management assistance is provided for those who have had a sudden reduction in income.

### **KATY CHRISTIAN MINISTRIES**

5011 East 5th Street, Katy, TX 77493

[www.ktcm.org](http://www.ktcm.org)

**281-391-9623**

- Provides periodic, federally-funded rent, mortgage, and food assistance. Katy ISD, Harris and Ft. Bend

### **MANNA-MINISTRY ASSISTANCE OF THE NEAR NORTHWEST ALLIANCE**

2101 West 34<sup>th</sup> St. Houston, TX 77018

[www.manna-houston.org](http://www.manna-houston.org)

**713-682-7556**

- Provides emergency utility and rent payment assistance for those in need. 77007, 08, 09, 18, 22, 40, 88, 91, 92

### **MEMORIAL ASSISTANCE MINISTRIES**

1625 Blalock, Houston, TX 77080

[www.helperehelpnow.org](http://www.helperehelpnow.org)

**713-468-4516**

- Offers water and gas payment assistance, as well as rent assistance.
- Areas served: 77008, 09, 8, 22, 24, 37, 39, 40, 41, 43, 55, 76, 79, 80, 88, 91, 92

### **MY BROTHER'S KEEPER OUTREACH CENTER**

12713A Bissonnet Street, Houston, TX 77099

[www.mybkoutreach.org](http://www.mybkoutreach.org)

**281-498-9933**

- Provides partial financial assistance for rent and/or utilities and food pantry. Best to contact in summertime.

### **NORTHWEST ASSISTANCE MINISTRIES**

15555 Kuykendahl Road, Houston, TX 77090

[www.namoline.org](http://www.namoline.org)

**281-885-4555**

- Provides emergency assistance with food, natural gas, water, rent and mortgage. Areas served: 77014, 32, 38, 39, 50, 60, 64, 66-70, 73, 86, 90, 77373, 77379, 77388

### **THE SALVATION ARMY HOUSTON**

2208 Main Street, Houston, TX 77002

[www.salvationarmyhouston.org](http://www.salvationarmyhouston.org)

**713-658-9205**

- Provides a food pantry, food vouchers, shelter, and rent payment assistance

### **SOCIETY OF ST. VINCENT DE PAUL**

2403 Holcombe Boulevard, Houston, TX 77021

[www.svdphouston.org](http://www.svdphouston.org)

**713-741-3639**

- Provides emergency assistance, when funds are available, for rent and utilities. Store vouchers.

### **ST. JUSTIN MARTYR SOCIAL MINISTRY**

13350 Ashford Point Drive, Houston, TX 77082

[www.sjmtx.org](http://www.sjmtx.org)

**281-556-6882**

- Provides, on a first-come-first-serve basis, assistance with electric, water, gas or rent. Must have a disconnection notice for utilities for the current month (bill must be less than \$250). Rent assistance is for current month only. 1x/6 months. Areas served: 77082, 77083

### **WESLEY COMMUNITY CENTER**

1410 Lee Street, Houston, TX 77009

[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org)

**713-223-8131**

- Provides periodic, federally-funded rent and mortgage assistance and emergency food

### **WEST HOUSTON ASSISTANCE MINISTRIES**

10501 Meadowglen Lane, Houston, TX 77042

[www.whamministries.org](http://www.whamministries.org)

**713-977-9942**

- Housing assistance (rent and mortgage-maximum of \$110), food and clothing. 77042, 57, 63, 77, 82

### **WHEELER AVENUE BAPTIST CHURCH SOCIAL SERVICE CENTER**

3826 Wheeler Avenue, Houston, TX 77004

[www.wheelerbc.org](http://www.wheelerbc.org)

**713-747-7101**

- Provides assistance with rent, lights, water, gas and mortgage
- Eligibility: Each client is required to make payment on his/her bill before calling and have a receipt or money order as proof. Can assist once per year. 77001-09

### **WINDSOR VILLAGE UNITED METHODIST CHURCH**

12401 1/2 South Post Oak Road, Houston, TX 77045

[www.kingdombuilder.com](http://www.kingdombuilder.com)

**713-551-8792**

- Provides periodic federally-funded rent, mortgage, and food assistance



# FOOD BANKS AND PANTRIES IN HOUSTON AREA

In addition to the list below, a number of additional food pantries and centers operate in Harris County Texas. Call **832-369-9390** for more information or to apply for emergency food assistance.

AGENCY NAME	COUNTY	ZIP CODE SERVED	ADDRESS	CITY	PHONE NUMBER	DAYS & HOURS OF OPERATION
Catholic Charities	Harris	77003	326 S. Jensen	Houston	713.227.4971 x 207	M-F 8am-12pm; 2-6pm
West End Baptist Church	Harris	77007	802 Shepherd	Houston	713-862-6683	Thu 5-7pm
Grace UMC Heights	Harris	77008	1245 Heights	Houston	713-862-8883	Thur 2:30-4:30pm
Wesley Community Center	Harris	77009	1410 Lee St.	Houston	713-223-8131	M-F 8am-5pm
El Centro de Corazon	Harris	77011	5001 Navigation	Houston	713-926-1849	M-F 8am-5pm
Community Family Centers	Harris	77012	7524 Avenue E	Houston	713-923-0614	M-F 8am-4:30pm
Uvalde Baptist Church	Harris	77015	901 Uvalde Rd.	Houston	713-453-2235	2nd Tuesday only 8am-12pm
St. Paul MBC	Harris	77016	4702 Ireland	Houston	281-872-7172	2nd Sat. 9am-1pm
St. Christophers SVDP	Harris	77017	8150 Park Place	Houston	713-645-6614	Sat 9:30-11am
MANNA	Harris	77018	1804 B W. 43rd. St	Houston	713.686.3064	M,T,Th 9-11:30am
Miles Chapel	Harris	77020	4315 Lyons	Houston	713-672-0619	4th Sat 12-4p
New Providence Baptist	Harris	77021	6640 Weston	Houston	713-748-1040	2nd & 4th Wed / 12-2pm
St. Anne de Beaupre SVDP	Harris	77022	2810 Link Road	Houston	713-868-1157	Fri 8-11am
Queen Of Peace Pantry	Harris	77023	3011 Telephone	Houston	713-921-6127	Tu 10am-12pm
TH-St. Francis of Assisi	Harris	77026	5102 Dabney	Houston	713-673-7737	2nd & 4th Tue 9am-12pm
Christian Comm. Svs Center	Harris	77027	3434 Branard	Houston	713-871-9741	M-F 10am-2pm, Sat 9am-12noon
TH-St. Peter Claver Cath	Harris	77028	6005 N. Wayside Dr.	Houston	713-672-0804	Wed 8am-10pm
Helping Hands For Jacinto City	Harris	77029	10730 Wiggins	Houston	713-672-7829	W,F 10am-1pm
Greater St. Matthew Baptist	Harris	77033	7701 Jutland	Houston	713-734-7056	Fri 9am-12pm
Bethel's Heavenly Hands	Harris	77035	12525 Fondren Rd.	Houston	713-729-6477	M-F 9am-4 pm
Salvation Army	Harris	77036	5757 Ranchester Dr. Ste. 1900	Houston	713-988-5201	Fri 11am
Airline UMC	Harris	77037	165 West Road	Houston	281-820-2671	Thu 8am-11am
St. Leo the Great Cath	Harris	77039	2131 Lauder Rd.	Houston	281-449-0703	Tue & Thu 10am-12:30pm
Community Christians in Action	Harris	77043	10800 Hammerly	Houston	713-365-3512	Th 8am-12pm
Brentwood Baptist Church	Harris	77045	13033 Landmark	Houston	713-852-1400	Tue 10am-11am
Greater Grace Outreach Church	Harris	77048	4401 Almeda Genoa	Houston	713-733-7100	Wednesday 5-7pm
Calvary Church of the Nazarene	Harris	77049	15049 Wallisville	Houston	281-458-8100	Thu 6-8pm
Fair Haven Food Pantry	Harris	77055	1330 Gessner	Houston	713-467-4363	M-F 10am-2pm
Mission Greenspoint	Harris	77060	243 A Greens Rd.	Houston	281-872-1422	By appt. only M-Th 10am-3pm
ECHOS	Harris	77071	9600 S. Gessner Bldg. E.	Houston	713-270-0369	M-Th 9am-12:30pm
New Life SDA	Harris	77071	7800 W. Bellfort	Houston	713-772-8189	Sat 4-6pm
The House of Amos	Harris	77072	8030 Boone Rd	Houston	281-495-9061	M-Th 9-12pm, Sat 10am-12pm
St. Philip Neri Catholic SVDP	Harris	77075	10960 M. L. King	Houston	713-734-0320	T, W,Th Appointment only
El Mesais UMC/St. Stephen BC	Harris	77076	406 E. Rittenhouse	Houston	713-699-8990	Mon 10am-2pm
St. Jerome Vincentian Ctr	Harris	77080	8825 Kempwood	Houston	713-468-6920	M-Th 9:30am-12pm
Casa Juan Diego/Casa Maria	Harris	77081	6101 Edgemore	Houston	713-869-7376	Tuesday 6:30am-9am
Mission Bells Food Pantry	Harris	77083	14700 Bellaire	Houston	281-530-1675	T,Th,Sat 10am-12pm / W 6-8pm
Gulf Coast-Sunnyside Multi	Harris	77087	4605 Wilmington	Houston	713-734-6553	M-F 8am-5pm
Abundance Living	Harris	77088	8512 Wheatley	Houston	281-591-0082	2nd & 4th Tue-Wed 10am-2pm
Brookhollow Baptist Church	Harris	77091	5314 Bingle	Houston	281-649-6800	Sat. 10am-12pm
St. Giles Presbyterian Ch.	Harris	77092	5900 Pinemont	Houston	713-680-9976	M,Tu,F 10am-12pm
New Life in Christ Outreach Min	Harris	77093	9324 Eastex Freeway	Houston	713-691-3444	Tu 5-9 pm and Sat 9am-1pm
Northeast Houston Comm	Harris	77093	3625 Gager	Houston	713-694-3580	Mon 6pm
Christian Helping Hands	Brazoria	Call	3402 Swensen	Pearland	281-485-9776	M-Th 10am-2pm
Church of Tomball	Harris	77375	14615 FM 2920	Tomball	281-580-1933	T 9a-12noon, Th 8:30a-1p, Sat 8:30-1pm
First Baptist Church Humble	Harris	77338	19901 Townsen Blvd. E.	Humble	281-446-8168	Tue 12:30-2:30pm

Lydia's Pantry	Harris	77377	14847 Brown Rd.	Tomball	281-351-1234	Tuesday 10 am-12pm
Food Depot at Bellaire	Harris	77401	5236 Cedar St.	Bellaire	713-669-9410	Wed & Thur 10am-4:30 pm
African/American Fellowship	Harris	77459	7950 West Fuqua	Houston	713-271-5614	Wed 6pm-7pm
Katy Christian Ministries	Harris	77493	5011 E. 5th	Katy	281-391-3730	M,T,W 9:30am-4pm / Th 1-6pm / Fri 9am-3pm
Salvation Army-East Harris	Harris	77501	2732 Cherrybrook	Pasadena	731-378-0020	M-F 9am-3pm
St. Peter's Episcopal Church	Harris	77506	705 Williams St.	Pasadena	713-473-8090	Thursdays 9-11:30am
Alabaster Store House Pantry	Harris	77520	3200 N. Alexander	Baytown	281-442-6334	Tuesday 2-4 pm
Pearland Neighborhood Center	Brazoria	77581	2335 N. Texas Ave.	Pearland	281-485-1987	M-F 10am-2pm
Nassau Bay Baptist Church	Harris	77586	18131 Nassau Bay	Houston	281-333-3844	Sat 11am-2pm
Full Gospel Church	Harris	77587	301 York St.	S Houston	832-887-0883	Wed & Fri 10am-2pm
Humble Area Assistance Ministries	Harris	Humble	1204 1 <sup>st</sup> St E	Humble	281-446-3663	M-Th 10am-2pm
Braes Interfaith Ministries	Harris	Many	4300 W. Bellfort	Houston	713-723-2671	M,W,F 10am-2 pm
Christian Community Svs Ctr	Harris	Many	3434 Branard	Houston	713-961-3993	M-F 10am-2pm & Sat 9am-12noon
Emergency Aid Coalition	Harris	Many	5401 Fannin	Houston	713.522.0667	M-F 9:30am-12noon
Gulf Coast Comm. Services	Harris	Many	9320 Kirby	Houston	713-393-4700	M-F, 9am-12noon and 1-5pm
NW Assistance Ministries	Harris	Many	15555 Kuykendahl	Houston	281-885-4555	M-F 8am-5pm
Southside Church of Christ	Harris	Many	13825 Buxley	Houston	713-434-8111	4th Saturday 9am-12pm
St. Matthew Catholic Ch.	Harris	Many	9915 Hollister	Houston	713-466-4099	M,W 10am-2pm
West Houston Assist. Min.	Harris	Many	10501 Meadowglen	Houston	713-977-5522	M-F 10am-2pm
Spring Assistance Ministries	Harris	Spring	850 E Louetta Rd	Spring	281-353-4480	Call for hours

# GED CLASSES

## ASSOCIATION FOR THE ADVANCEMENT OF MEXICAN AMERICANS

6001 Gulf Freeway, Building E, Houston, TX 77023 [www.aama.org](http://www.aama.org) **713-967-6700**

- Has additional locations throughout Houston. Semesters are January-June and July-December.

## AVANCE HOUSTON

Two locations: [www.avancehouston.org](http://www.avancehouston.org)

4503 Mangum, Houston, TX 77092

**713-686-5228, option 4**

4281 Dacoma, Houston, TX 77092

**713-812-0033, ext. 228 or 172**

- Classes offered two semesters per year, September-December and January-May. Call for more information.

## BETHEL'S PLACE

12660 Sandpiper, Houston, TX 77035

[www.bethelsplace.org](http://www.bethelsplace.org)

**713-728-4445**

- Learn at your own pace classes

## CAREER AND RECOVERY RESOURCES

2525 San Jacinto, Houston, TX 77002

[www.careerandrecovery.org](http://www.careerandrecovery.org)

**713-754-7000**

- Classes T-Th from 10am-12noon – work at your own pace until you are ready to take the test

## COMMUNITY FAMILY CENTERS

[www.communityfamilycenters.org](http://www.communityfamilycenters.org)

- Classes are taught with an average of 3 ½ hours of instruction per day, five days a week. Locations are:

7524 Avenue E, Houston, TX 77013 **713-923-2316** & 6260 West Park, Suite 110, Houston, TX 77057 **713-773-9900**

## GULF COAST COMMUNITY SERVICES ASSOCIATION

9320 Kirby, Houston, TX 77054

[www.gccsa.org](http://www.gccsa.org)

**713-393-4700**

- GED Classes offered M-F 8am-12noon. Call for more information.

## HOUSTON CENTER FOR LITERACY

Two locations:

[www.houstonliteracy.org](http://www.houstonliteracy.org)

- Sharpstown Learning Center: 7684 DeMoss Dr, Houston, TX 77036
- Denver Harbor: 6402 Market St, Houston, TX 77020
- Call for information on when classes are offered

**713-777-7323**

**713-670-5520**

## MISSION MILBY

2220 Broadway, Houston, TX 77012

[www.missionmilby.org](http://www.missionmilby.org)

**713-454-6436**

- GED classes taught by HCC-qualified teachers, also offer computer classes

## SER JOBS FOR PROGRESS

201 Broadway, Houston, TX 77012

[www.serhouston.org](http://www.serhouston.org)

**713-773-6000**

- Project PLATO – online coursework with pre-requisite college courses and GED classes

## TARGET HUNGER

2814 Quitman, Houston, TX 77026

[www.targethunger.org](http://www.targethunger.org)

**713-226-4953**

- Provide nutrition classes, a self-esteem series of structured classes, literacy tutoring, job search workshops, job fairs, ESL classes, and GED classes. Areas served: 77016, 20, 26, 28, 78

## WESLEY COMMUNITY CENTER

1410 Lee St, Houston, TX 77009

[www.wesleyhousehouston.org](http://www.wesleyhousehouston.org)

**713-821-8911**

- Classes from 9am-1pm, Monday-Thursday

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# GRIEF AND LOSS SUPPORT

## BO'S PLACE

10050 Buffalo Speedway, Houston, TX 77054

[www.bosplace.org](http://www.bosplace.org)

**713-942-8339**

- Grief support groups at Bo's Place are designed to provide bereaved children, families and adults a safe place to express their thoughts and feelings in an honest way with others on a similar journey. This process cultivates courage, instills hope, and fortifies those in grief so that, even in the midst of sorrow, there is rediscovered joy and renewed hope for the future. It is in these groups that the "magic" of Bo's Place happens.
- Pregnancy Loss Groups are for women who have experienced the perinatal death of a child or children. These groups meet weekly for several sessions. Call for an over-the-phone intake.

## THE COMPASSIONATE FRIENDS

Various locations

[www.compassionatefriends.org](http://www.compassionatefriends.org)

**1-877-969-0010**

- Provides ongoing support groups for the loss of a child at any age
- TCF of Houston Inner Loop: 3<sup>rd</sup> Tuesday of each month at 7pm (newly bereaved at 6:30) at First Unitarian Universalist Church, 5200 Fannin St, Houston, TX 77004
- TCF of Sugar Land: 2<sup>nd</sup> Wednesday at 7:30pm at First Presbyterian Church, 502 Eldridge Rd., Sugarland, TX 77478
- TCF of Katy: 2<sup>nd</sup> Tuesday at 7pm at Kingsland Baptist Church, 20555 Kingsland Blvd, Katy, TX 77450
- TCF Houston West Chapter: 2<sup>nd</sup> Monday at 7pm at West Houston Church of Christ, Room 205, 17100 West Rd, Houston, TX 77095
- TCF of Spring: 2<sup>nd</sup> Tuesday at 7pm at Cypress Creek Community Church, 6823 Cypresswood Dr., Spring, TX 77379
- TCF of Baytown: 4<sup>th</sup> Monday at 7pm at Crosby Community Center, 409 Hare Dr., Crosby, TX 77532
- TCF of Lake Jackson: 2<sup>nd</sup> Tuesday at 7pm at Chapelwood UMC at 300 Willow, Lake Jackson, TX 77566

## H.A.N.D. – HOUSTON’S AID IN NEONATAL DEATH

[www.hand.net](http://www.hand.net)

832-752-1919

- Peer-led support group for parents whose babies have died any time from conception through late infancy
  - Monthly meetings to provide understanding and support
  - Parent-to-parent telephone help line
  - Provides a lending library of books on different aspects of perinatal grief
  - Holds an annual memorial service

Support group is the second Sunday of each month at Chapelwood United Methodist Church  
11140 Greenbay St., Houston, TX 77024

## M.E.N.D. (MOMMIES ENDURING NEONATAL DEATH)

Cypress Creek Family YMCA – 19915 State Highway 249, Houston, TX 77070

[www.mend.org](http://www.mend.org)

281-374-8528

- Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death
- **3<sup>rd</sup> Thursday at 7:30pm support group** – meeting for women/families who have lost a baby to miscarriage, stillbirth, or infant death. For more info, contact Stormy Mitchell at [stormym@mend.org](mailto:stormym@mend.org)
- **3<sup>rd</sup> Thursday at 7:30pm – Subsequent Pregnancy Group** – For women/families considering becoming pregnant (or are currently pregnant) after a loss. For more info, contact Chiara Ott at [Chiara@mend.org](mailto:Chiara@mend.org)
- **Playgroup** – Join moms and their living children born prior or subsequent to their loss for a fun play date. Meets monthly. For more info, please contact Stefanie Miller at [Stefanie@mend.org](mailto:Stefanie@mend.org)
- **Dad’s Meeting** – Offering fathers a chance to share their feelings about being a bereaved parent. For more info, contact Stormy Mitchell at [stormym@mend.org](mailto:stormym@mend.org)

## ONLINE SUPPORT

### FACEBOOK GROUPS:

- **GRIEF SPEAKS OUT:** General grief group for any type of loss. Description: Purpose is “to offer support for all grief warriors. To combat the idea that there is a timeline for grief. To share pictures, stories, poems, techniques. To laugh, cry, curse – whatever is needed to surround the hurting with happy moments and the feeling of understanding.”
- **MISCARRIAGE & PREGNANCY LOSS:** Description: “This page is dedicated to the mums & dads who have lost their angels through miscarriage & still birth. This page is a calm place for you to come for comfort, understanding and emotional release, without negativity and judgment.”
- **MISCARRIAGE, STILLBORN AND CHILD LOSS:** Description: “One thing we’ve all got in common is losing a baby or child. We are the ones who really know how it hurts, feels empty, room full of people but feeling so alone. Well no more, we’re here to help each other.”

### HONORED BABIES:

[www.honoredbabies.org](http://www.honoredbabies.org)

- Online support group, resource center with information, online memorials, and large list of links to other related sites

## PROJECT JOY AND HOPE

713-851-9792

- Provides support groups (when there are enough clients), annual retreat, 24 hour support number

## LITERATURE TO READ:

[Always Within; Grieving the Loss of Your Infant](#) by Melissa Eshleman – Christian-based

[Miscarriage: Women Sharing from the Heart](#) by Marie Allen and Shelly Marks

[Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death](#) by Carol Cirulli Lanham

# HOMELESS SERVICES

## HOMELESS SHELTERS IN HOUSTON

### BAY AREA HOMELESS SERVICES

3406 Wisconsin Street, Baytown, TX 77520

[www.bahs-shelter.org](http://www.bahs-shelter.org)

281-837-1654

- Provides a homeless shelter open to women, children, and men. **Eligibility:** Call for information, 28-day limit

### CATHOLIC CHARITIES

2900 Louisiana, Houston, TX 77006

[www.catholiccharities.org](http://www.catholiccharities.org) Call Miriam at 713-351-6921

- Transitional housing program for women and children **only** in Second Ward. Private room and bathroom provided with communal kitchen. Must be homeless or living in a shelter. Stay is from 6 months to 1 year. Supportive services provided in the form of referrals to other agencies.

### FAMILY PROMISE OF LAKE HOUSTON/MONTGOMERY COUNTY

Lake Houston Location: Humble, TX

[www.fplh.org](http://www.fplh.org)

281-441-3654

Montgomery County location: Conroe, TX

[www.familypromiseofmc.org](http://www.familypromiseofmc.org)

936-441-8778

- Must be willing to live/work in Montgomery County
- Provides temporary overnight shelter and meals for up to 90 days. Assists in locating safe, affordable long-term housing. Helps families to identify and develop the skills necessary for them to help themselves.

### GRACEWOOD

[www.childrenatheartministries.org/Gracewood-Home](http://www.childrenatheartministries.org/Gracewood-Home)

713-988-9757

- Transitional living program for single moms with children. Must be working full time or going to school.
- Long-term program – clients are off the program only when they are completely independent
- Acceptance is based on availability and room. Pregnant with no kids on a case-by-case basis.

### INTERFAITH HOSPITALITY NETWORK

281-885-4567

- IHN is a collaboration between area congregations of faith and Northwest Assistance Ministries to provide shelter and meals for temporarily homeless families
- Program participants spend their days at NAM focusing on developing job search skills and addressing the issues that lead to their becoming homeless. At night, they stay at one of the program's 20 supporting congregations.

### LIFE HOUSE MATERNITY HOME

Hobby Airport area

[www.lifehousehouston.org](http://www.lifehousehouston.org)

713-623-2120

- Eligibility: Pregnant women 13 to 24 years old. Provides free room and board and support services.

### MAGNIFICAT HOUSES, INC.

P.O. Box 25415, Houston, TX 77265

[www.magnificathouse.org](http://www.magnificathouse.org)

713-520-0461

- Provides respite for women living on the streets on a night-to-night, first-come, first-served basis, limited space
- Doors open at 4pm, women are required to leave the hostel by 7am

## MISSION OF YAHWEH

10247 Algiers, Houston, TX 77041

[www.missionofyahweh.org](http://www.missionofyahweh.org)

713-466-4785

- Provides emergency shelter for homeless women and their young children
- **Eligibility:** Homeless women and their children; Boys maximum age eight, girls maximum age twelve

## SALVATION ARMY

713- 650-6530

[www.salvationarmyhouston.org](http://www.salvationarmyhouston.org)

- Provides comprehensive care for families needing temporary emergency shelter or transitional living
- **Eligibility:** Legally married couple with children, women with children, single women; Must be physically and mentally stable, alcohol and drug free, capable of self-care

## SARAH'S HOUSE

2210 Wichita, Pasadena, TX 77502

[www.sarahshousetx.org](http://www.sarahshousetx.org)

713-475-1480

- Provides emergency shelter, meals, clothing and basic necessities for homeless women and their children. The daily goals are to assist in providing these families with stability, education and life-skills to improve employment opportunities and achieve self-sufficiency.

## STAR OF HOPE WOMEN & FAMILY EMERGENCY SHELTER

419 Dowling, Houston, TX 77003

[www.sohmission.org](http://www.sohmission.org)

713-222-2220

### IF SHELTER IS FULLY OCCUPIED:

- Star of Hope can accommodate women and families for emergency overnight stays. Those staying on an emergency basis will be provided a mat in the large atrium area. Overnight guests are brought into the shelter after 8:30pm to shower and prepare for bed. They are awakened at 5am and expected to spend the day away from the shelter, but are invited back into the shelter for meals and other services. Guests are also provided basic hygiene items and any clothing they may need.
- Guests who stayed as an Emergency Overnight Guest are received the following morning (Monday - Friday) by our Intake staff in a "Meet and Greet." During this process, the basic needs of each guest are assessed. At this time, guests will also be assigned rooms as space becomes available.

**The shelter is staffed 24 hours daily; however, regular intake hours are: M-F 8:30am to 3:30pm**

## THE BREAD OF LIFE, INC. DAYBREAK – LOW IMPACT SHELTER

1703 Gray St Houston, TX 77003

[www.breadoflifeinc.org](http://www.breadoflifeinc.org)

713-650-0595

- The Daybreak program welcomes homeless guests five days a week, beginning at 6am
- **Additional Services:**
  - Substance abuse counseling/case management, daily job training and employment assistance, culinary arts program: Prepares guests for certifications, assists clients with job search and placement, and provides a laundry / shower

## THE BRIDGE OVER TROUBLED WATERS

Confidential Address, Pasadena, TX 77501

[www.tbotw.org](http://www.tbotw.org)

713-472-0753

- Provides an emergency shelter for women who are at various stages of crisis in their lives. The goal is to provide a stable environment where a woman can develop a support system that will enable her to return to mainstream society successfully. On-site daycare is provided for resident children. Women and children **only**.

## THE CHILDREN'S CENTER, INC.

2127 Avenue M, Galveston, TX 77550

[www.thechildrenscenterinc.org](http://www.thechildrenscenterinc.org)

409-621-1228

- Provides emergency shelter for homeless parents, their children, and older homeless youth. Galveston and Brazoria **only**.

## WELLSPRINGS VILLAGE

Confidential location in Southwest Houston

[www.wellspringsvillage.org](http://www.wellspringsvillage.org)

713-529-6559

- Transitional housing and services to women who need help rebuilding their lives, focusing on education and employment, personal growth and development, and time and financial management

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## ORGANIZATIONS ASSISTING THE HOMELESS

### AIDS FOUNDATION HOUSTON

6260 Westpark Dr. #100, Houston, TX 77057

[www.aidshelp.org](http://www.aidshelp.org)

713-623-6796

- Several housing programs for single individuals and families
- Must have a letter documenting homelessness. **HIV+ Only**

### THE CATHEDRAL/THE BEACON

1212 Prairie, Houston, TX 77002

[www.chomhouston.org](http://www.chomhouston.org)

713-220-9737

- Various programs offered, such as:
  - **THE BEACON**, a day center providing essential services and case management
  - **CATHEDRAL JUSTICE PROJECT**, a legal aid program providing pro-bono legal services to the poor and homeless
  - **CATHEDRAL CLINIC**, a health clinic providing medical and mental health services to homeless men, women, and children
  - **COMPASS** gives homeless and unemployed clients compassionate direction and critical support toward employment and independence, through case management
  - **NEW HOPE HOUSING** provides life-stabilizing, affordable, permanent housing with support services for people who live on limited incomes
    - Income must be at least 1.5x the rent and they must live alone. Must be able to pass a background check.

### COVENANT HOUSE TEXAS

1111 Lovett Blvd., Houston, TX 77006

[www.covenanthousetx.org](http://www.covenanthousetx.org)

713-523-2231

- Shelter for homeless youth, 18-24
- Residents are provided with room, food, clothing, crisis intervention counseling, health services (both on site and through referral), short-term casework, substance abuse counseling, mental health counseling, GED program, education and vocational counseling and referral. Must call for availability.

### CROSSROADS AT PARK PLACE

3827 Broadway Boulevard, Houston, TX 77017

[www.crossroadsatparkplace.org](http://www.crossroadsatparkplace.org)

713-252-3604

- Hours: Tuesday & Thursday, 7am-1pm
- Services: Showers facilities for women, men and families, laundry services, a clothing closet, hairdressing services, social services and referrals
- Breakfast and lunch served on a first-come, first-served basis

### EMERGENCY AID COALITION

5401 Fannin St, Houston, TX 77004

[www.eachouston.org](http://www.eachouston.org)

713-522-0667

- Clothing, food, groceries and lunches

### IMPACT HOUSTON

1704 Weber Street, Houston, TX 77007

[www.impacthouston.org](http://www.impacthouston.org)

713-864-5667

- Hours: Monday-Thursday, 7am-3pm
- Services: Hot meals breakfast and lunch, shower and laundry facilities
- Distribution site has clothing, food pantry and referral services

## LORD OF THE STREETS

3401 Fannin, Houston, TX 77027

[www.lordofthestreets.org](http://www.lordofthestreets.org)

713-526-0311

- Assistance in obtaining birth certificates and IDs, limited medical and podiatry care (first-come,first-serve)
- Clothing closet, vision clinic on Thursdays. Therapy also offered.
- Food Stamp representative on Tuesdays; Gold Card representative on Mondays and Wednesdays

## MAIN STREET MINISTRIES

5100 Travis, Houston, TX 77002

[www.msmhouston.org](http://www.msmhouston.org)

281-833-3434

- Operation ID – Helps the homeless obtain their identity cards. Also free voicemail for job searches.
- Limited financial assistance available, depending on need, through The Shepherd's Center

## MARTHA'S KITCHEN

322 S. Jensen Drive, Houston, TX 77003

713-224-2522

- Hours: Monday-Friday, 11:30am-12:30pm
- Free sit-down meal

## PALMER WAY STATION

Palmer Episcopal Church, 6221 South Main Street, Houston, TX 77030

713-529-6196

- Hours: Monday-Friday, 7-9:30am, hot breakfast only

## THE RESCUE IN MOTION PERMANENT HOUSING PROGRAM

3353 Elgin, Houston, TX 77004

713-374-1220

- Program designed to provide permanent, stable, subsidized housing to homeless women in Houston/Harris County. Also provides case management, mental health counseling, substance abuse prevention, life skills training, transportation assistance, and linkage to other mainstream services.

## SEARCH HOMELESS SERVICES

2505 Fannin, Houston, TX 77002

[www.searchhomeless.org](http://www.searchhomeless.org)

713-739-7752

- Resource Center – Day shelter providing case management, helping people obtain medical/dental services and needing to obtain identification. Need letter of homelessness to receive services.
- Provides comprehensive job services, including employment counseling, job search assistance, resume preparation, clothes for interviews and work, and child care. Financial assistance is available to selected clients for short-term, vocational job training. Voice mail and e-mail accounts may be available for job seekers. Transportation assistance is available during job search.

## WESTSIDE HOMELESS PARTNERSHIP

9610 Long Point Rd., Suite 110, Houston, TX 77080

[www.westsidehomeless.org](http://www.westsidehomeless.org)

713-973-8083

- Spring Branch ISD only, must have children in enrolled in Spring Branch ISD
- No substance abuse or domestic violence, must be able to work
- Nine month program. Receive job assistance, GED, parenting classes

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# INFORMATION

## ASSISTANCE HOTLINES



## TEXAS ABUSE AND NEGLECT HOTLINE

- Report suspected abuse or neglect  
1-800-252-5400

[www.TxAbuseHotline.org](http://www.TxAbuseHotline.org)

## TEXAS RUNAWAY HOTLINE

- Counseling, services and referrals for runaway youth and their families  
1-800-580-HELP (4357)

[www.texasrunaway.org](http://www.texasrunaway.org)

## TEXAS YOUTH HOTLINE

- Services and counseling for youth and family members in times of stress  
1-800-210-2278

[www.texasyouth.org](http://www.texasyouth.org)

## NATIONAL PARENT HOTLINE

1-855-427-2736

## CRISIS HOTLINE

713-HOTLINE (713-468-5463)

## TEXAS SUBSTANCE ABUSE HOTLINE

1-877-9-NO-DRUG (1-877-966-3784)

## TEXAS SUICIDE PREVENTION

1-800-273-TALK (8255)

[www.texassuicideprevention.org](http://www.texassuicideprevention.org)

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# LEGAL ASSISTANCE

## LONE STAR LEGAL AID

1415 Fannin, 3<sup>rd</sup> Floor, Houston, TX 77002

[www.lonestarlegal.org](http://www.lonestarlegal.org)

713-658-9278

- Intake hours: Family (non-emergency): Mondays from 8:30-11:30am; Family law emergencies M-F, 8:30-11:30am; all other matters, M-F 8:30am-2:30pm
- Provides legal assistance for general civil cases involving family issues, housing and consumer issues, and government benefits

## UNIVERSITY OF HOUSTON SYSTEM

4800 Calhoun, Houston, TX 77004

[www.uh.edu](http://www.uh.edu)

713-743-1000

- Provides legal services to those who qualify for assistance

## HOUSTON VOLUNTEER LAWYERS PROGRAM

712 Main, Suite 2700, Houston, TX 77002

[www.makejusticehappen.org](http://www.makejusticehappen.org)

713-228-0735

- Days/Hours: First and third Saturday of each month from 9am-12noon (first-come, first-served)
- Provides free legal services to the public

## HARRIS COUNTY DOMESTIC RELATIONS OFFICE

1310 Prairie, Suite 700, Houston, TX 77002

[www.dro.hctx.net](http://www.dro.hctx.net)

713-755-6757

- Provides legal representation of Harris County parents to establish/enforce parenting time visitation and child

support, establish parentage, terminate income withholding orders, provide child support accountings, and conduct attorney consultations

## HOUSTON LAWYER REFERRAL SERVICE, INC.

[www.hlrs.org](http://www.hlrs.org)

713-237-9429

- Provides referrals to over 200 attorneys in 38 different legal categories
- Provides an initial 30-minute office consultation for \$20
- Offers bilingual staff and attorneys, reduced-fee attorneys for low income-eligible individuals, a 24-hour attorney on call, and referrals to social service agencies

## LEGALLINE THROUGH THE HOUSTON BAR ASSOCIATION

- The *first* and *third* Wednesdays of each month, 5-9pm
- Volunteer attorneys answer simple legal questions, give brief legal advice or refer the call to the appropriate social service agency for further assistance

713-759-1133

## TEXAS LAW HELP

[www.texaslawhelp.org](http://www.texaslawhelp.org)

# MEDICAL CARE

## MEDICAL CARE FOR THE UNINSURED

These medical clinics offer either free or reduced-cost medical care for when one finds oneself without medical insurance. The term “sliding scale” refers to being charged a discounted rate based on your income.

### BEE BUSY WELLNESS CENTER

9898 Bissonnett, Suite 258, Houston, TX 77036

[www.mybbwc.org](http://www.mybbwc.org)

713-771-2292

- “The mission of Bee Busy Wellness Center is to increase access to quality, comprehensive primary, behavioral, dental, and preventive health care and to provide education and resources to improve health care”
- Provides medical care, including health screenings, minor emergencies, immunizations, family planning, pregnancy testing, STD and TB testing and laboratory services. Sliding scale.

### CENTRAL CARE COMMUNITY HEALTH CENTERS

Locations in 77004, 77018, and 77033

[www.centralcarechc.org](http://www.centralcarechc.org)

713-734-4580

- Offers primary health care, including family medicine, well-woman exams, prenatal care, pediatrics, dental services, mental health counseling, physical exams, immunizations, HIV/STD/TB testing and more regardless of the patient’s ability to pay. Payment plans available.

### EL CENTRO DE CORAZON

Several locations throughout Houston

[www.elcentrodecorazon.org](http://www.elcentrodecorazon.org)

713-660-1880

- Dental, nutrition, counseling, family practice, behavioral health

## GOOD NEIGHBOR HEALTHCARE CENTER

190 Heights Blvd, Houston, TX 77007

[www.gnhc.org](http://www.gnhc.org)

713-529-3597

- Offers dental, vision, adult and pediatric medicine, counseling and psychiatric services, OB/GYN services

## ★ HARRIS HEALTH (AKA “THE GOLD CARD”) ★

Various locations

[www.harrishealth.org](http://www.harrishealth.org)

713-873-2000

- Tax-supported hospital and health services for qualified indigent and those unable to pay
- Doctors are from Baylor College of Medicine and UT Medical School
- Offers primary care services as well as a variety of specialties
- Apply for a Gold Card before becoming sick to ensure faster immediate care. For Harris county residents **only**.

**Appointments: 713-526-4243**

**Eligibility Registration (Mail application to P. O. Box 300488, Houston, 77230) 713-566-6509**

- Must fill in application (<http://www.hchdonline.com/patient/onecard/goldcard.htm>)
- Attach copies of required documents and mail in or drop off at Eligibility Center. No appointments. Minimal fees. Call 713-566-6509 if response time is very lengthy.

## HOUSTON AREA COMMUNITY SERVICES (HACS)

2150 West 18<sup>th</sup> St, Suite 300, Houston, TX 77008

[www.hacstxs.org](http://www.hacstxs.org)

713-426-0027

- Offers medical care, pharmacy, behavioral health and supportive services. Sliding fee scale.

## HOUSTON CITY HEALTH CENTERS

Various locations throughout Houston

[www.houstonhealth.org](http://www.houstonhealth.org)

832-393-5428

- Provides maternity care, family planning, immunizations, well child examinations, tuberculosis diagnosis, dental care, and care for STIs

## LEGACY COMMUNITY HEALTH SERVICES

Various locations in Houston

[www.legacycommunityhealth.org](http://www.legacycommunityhealth.org)

832-548-5000

- Provides comprehensive, primary healthcare services to all Houstonians. Provides family practice/primary health care, psychiatry, counseling, family planning, dental care and social services, glasses/contact lenses, pharmacy.

## MOTHERLAND, INC.

4040 Yale St, Houston, TX 77018

[www.motherlandinc.org](http://www.motherlandinc.org)

713-290-0001

- Preventive/primary care services, immunizations, vaccinations, diabetes, hypertension, cancer screening, perinatal services, prenatal care-education, pregnancy prevention, mental health, oral health care, STD screening, HIV testing, TB screening, pediatrics and dental services

## PLANNED PARENTHOOD GULF COAST

4600 Gulf Freeway, Houston, TX 77023

[www.pphouston.org](http://www.pphouston.org)

713-522-3976

- Services include HIV testing and counseling, STI testing and treatment, birth control, well-woman exams, information about pregnancy options and related services

## SAN JOSE CLINIC

2615 Fannin, Houston, TX 77002

[www.sanjoseclinic.org](http://www.sanjoseclinic.org)

713-228-9411

- Child and adult primary care, dentistry, vision, pharmacy, specialty care such as cardiology, diabetes education, gastroenterology, neurology, orthopedics, urology, etc.

## SPRING BRANCH COMMUNITY HEALTH CENTER

Locations in 77449, 77055 and 77080

[www.sbchc.net](http://www.sbchc.net)

713-462-6565

- Adult primary care, dentistry, pediatric, prenatal care and women's health
- **FREE mental health services if you are a client!**

## TEXAS WOMEN'S HEALTH PLAN

211

[www.hhsc.state.tx.us/womenshealth.htm](http://www.hhsc.state.tx.us/womenshealth.htm)

- Are you an uninsured woman between the ages of 18 and 44 and need women's health services? The Texas Women's Health Program provides uninsured women with gynecological exams, related health screenings, and birth control through Texas Medicaid. Call **2-1-1**, visit a local women's health care provider, or go online at [www.hhsc.state.tx.us/womenshealth.htm](http://www.hhsc.state.tx.us/womenshealth.htm) and ask about the Texas Women's Health Program.

## FOR FORT BEND COUNTY:

Legacy Clinic in Fort Bend: 832-548-5000 – call to make appointment for eligibility. Sliding scale.

Access Health: 281-342-4530 option 65 – call to make appointment for eligibility. Sliding scale.

Fort Bend Indigent Program – Can find info out from the website, [www.fortbendcountytexas.gov](http://www.fortbendcountytexas.gov)

- Need to fill out an application and drop off in person. Must make your own copies – they will NOT make copies for you.
- The list of required documents is extensive – ask the social worker if you need it to be printed for you.
- Locations are 4520 Reading Road, Suite A, Rosenberg, TX 77471 **281-341-6624** and 307 Texas Parkway, Suite 211, Missouri City, TX 77489 **281-403-8066**

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# ASSISTANCE FOR PEOPLE LIVING WITH HIV

## AIDS FOUNDATION HOUSTON

3202 Wesleyan, Houston, TX 77027

[www.aids-help.org](http://www.aids-help.org)

713-623-6796

- Services provided include clothing, transitional and permanent housing assistance, assistance with transportation to medical appointments, and food/nutrition assistance

## ART LEAGUE HOUSTON – HIV+ HEALING ART GROUP

1953 Montrose Blvd, Houston, TX 77006

[www.artleaguehouston.org](http://www.artleaguehouston.org)

713-523-9530

- Outreach program offering a variety of activities. Monthly projects focus on constructive art-making in a relaxed atmosphere. Classes are ongoing and free of charge. Please call for more information.

## BERING OMEGA COMMUNITY SERVICES

1429 Hawthorne, Houston, TX 77006

[www.beringomega.org](http://www.beringomega.org)

713-529-6071

- Dental clinic offering dental services including emergency care, basic oral hygiene, treatment of lesions, ulcers and gum disease, dentures and other services
- Housing assistance program offers basic budget planning and resources through short-term rent, mortgage and utility assistance and tenant-based rental assistance programs

## BRENTWOOD COMMUNITY FOUNDATION

13033 Landmark St, Houston, TX 77045

[www.brentwoodfoundation.org](http://www.brentwoodfoundation.org)

713-852-2551

- Food vouchers, financial assistance, transitional housing, and supportive services

## GOODWILL – PROJECT GOOD HOPE

2030 Westheimer, Houston, TX 77098

713-590-3123

- Through this program, Goodwill Houston will place low-income, HIV-positive persons into employment and will help them retain such employment by providing case management, counseling, referrals, life skills and

work readiness training, job search assistance, on-the-job assistance and supportive services

**HOUSTON HUMANE SOCIETY – BURNIE’S BUDDIES AND PAW PRINTS**

14700 Almeda Rd, Houston, TX 77053 **713-433-6421**

- Burnie’s Buddies: Pet exams, medications and vaccinations at no charge
- Paw Prints: Assists patients who must be hospitalized by providing temporary foster care and medical treatment for their pets

**HOUSTON VOLUNTEER LAWYERS PROGRAM AIDS PROJECT**

712 Main St, Suite 2700, Houston, TX 77002 **713-228-0735**

- Legal assistance in **CIVIL** matters only

**LIVING WITHOUT LIMITS, LIVING LARGE, INC.**

6205 Los Angeles St, Houston, TX 77026 **832-545-5689**

- “A place where heterosexual people infected and affected with the diagnosis of HIV/AIDS can embrace everyday life with new beginnings and expectations”
- Offers education groups, singles/couples night, spiritual support and social gatherings. Call for more info.

**NEW HOPE COUNSELING CENTER**

6420 Hillcroft St, Suite 314, Houston, TX 77081 **713-776-8006**

- Certain zip codes only – call for more info
- Alcohol and drug abuse prevention and counseling, food pantry, short-term rent, mortgage and utility payment assistance

# PET SERVICES

**PET BEREAVEMENT COUNSELING SERVICES**

2400 Westheimer, Suite 209 W, Houston, TX 77098-1305 **713-522-8344**

Bus Routes . . . . . 18, 81, 82

- Offering comfort and support to individuals, families and groups whose lives have been altered due to the death of a pet. Consultations, workshops and educational seminars are also available.

**SPAY-NEUTER MOBILE PROGRAM**

**713-522-2337**

- Area Served: Harris County
- **Free spay or neuter procedure on mobile unit.** Free or low cost, first-come, first served.
- Call for dates and locations. To qualify for free services, clients must bring Texas-issued identification and proof of participation in one of the following needs-based public assistance programs: food stamps, CHIP, free lunch program (public schools), Gold Card, HUD Section 8 Housing, TANF, Medicaid, SSD, SSI or WIC

# PREGNANCY HELP

## ASSISTANCE PROGRAMS FOR PREGNANT WOMEN

### CATHOLIC CHARITIES OF THE ARCHDIOCESE OF GALVESTON-HOUSTON

2900 Louisiana, Houston, TX 77006

[www.catholiccharities.org](http://www.catholiccharities.org)

713-526-4611

- Provides **in-home case management services** to young women who are pregnant and want to parent their child and also for a parent with a child under 1 year of age
- Services include individual and family counseling, pregnancy, childbirth and parenting education, assistance with food, shelter, clothing and other medical care, and referrals to other community resources such as job training, education and/or employment. Services and support groups are offered until the child is 1 year old.
- Eligibility: Ages 11-25, pregnant or parenting a child under 1 year

### HEALTHY FAMILIES HEALTHY FUTURES PROGRAM

Southwest Multi-Service Center, 6400 High Star, Suite 118, Houston, TX 77074

Call Maria @ 713-778-6507



- Home visitation program (3 years) offered for first time moms between the ages of 15-25 who reside in the selected zip codes in the southwest area (77036, 45, 53, 57, 72, 74, 81, 83, 85, and 99) and Sunnyside zip codes (77021, 33, 47, 48, and 51)
- Empowers families by enhancing parenting skills. This evidence-based **home visitation program** focuses on promoting positive interactions between parent and child by strengthening family bonds, improving healthy child growth and development, and decreasing child abuse and neglect.

### HONEY CHILD PROGRAM

Wheeler Avenue Baptist Church, 3826 Wheeler Avenue, Houston, TX 77004

713-579-2783

***CAN PARTICIPATE IF YOU ARE NO MORE THAN FOUR MONTHS PREGNANT***



- The Honey Child Prenatal Education Program is a **FREE** prenatal education program whose goal is to help African-American women carry their babies to full term (40 weeks or 9 months). It educates women on practices that **prevent premature birth, birth defects, low birth weight and new born deaths.**
- Participants must be African-American, at least 17-44 years of age, and **no more than 4 months pregnant.**

#### HOW DOES THE PROGRAM WORK?

Participants:

- Meet for two hours, once a month, for five months
- Attend sessions on (1) **Nutrition** (2) **Prenatal Exercise** (3) **Prenatal Care** (4) **Self Esteem** and (5) **Preterm Birth and Labor & Delivery**
- Are provided with gifts for the mothers and babies at each session and a Graduation and Baby Shower upon completion of the program
- Participants are placed in groups of no more than 10-15 persons per facilitator. Participants meet on the same day and time of the month, with the same facilitator and classmates, and in the same room for each class session. Can choose the day and time to attend groups.





## NURSE FAMILY PARTNERSHIP

**MUST ENROLL *BEFORE* 28 WEEKS PREGNANT!**

**832-393-4110 – Call for more information**

- The Nurse Family Partnership is an evidence-based, community health program located in the Acres Homes Multi-Service Center that helps transform the

lives of women who are pregnant with their first child

The program is designed to:

- Improve pregnancy outcomes, and improve child health, development, and safety
- The secondary goals of the program are to enhance families’ material support by providing links with health and social services and to promote supportive relationships among family and friends. Each family partners with a well-trained registered nurse early in the mother’s pregnancy. **The mother then receives ongoing nurse home visits through her child’s second birthday.**

# BREASTFEEDING/CHILDBIRTH CLASSES AND SUPPORT GROUPS

## BABIES R US

Various locations – check your local store

- Provides free classes on newborns, health issues, etc.

## CARE NET PREGNANCY CENTER OF NORTHWEST HOUSTON

14530 Wunderlich Drive, Suite 150, Houston, TX 77069

**281-444-8554**

- This is a pro-life agency. Offers free classes each month related to pregnancy and baby care, life skills, breastfeeding and home safety.

## COMMUNITY HEALTH CHOICE (FOR THOSE WHO HAVE CHC)

2636 South Loop West 9th Floor, Houston, TX 77054

**713-295-2222**

- FREE Childbirth Classes (8 classes)
- Be more informed about pregnancy, labor/delivery, postpartum care, breastfeeding, infant care and enjoy a **baby shower!**
- Space is limited. Call now to RSVP.
- Allowed to bring one adult guest. No children allowed.

## DOWNTOWN PREGNANCY HELP CENTER

3636 San Jacinto, Houston, TX 77004

**713-942-2100**

- Pro-life agency • Maternity and infant items • Childbirth and parenting classes • Fatherhood classes •

## HOUSTON NORTHWEST HOSPITAL

710 Cypress Creek Parkway, Houston, TX 77090

**281-580-0000**

- Offers low-cost classes (around twenty dollars) on a variety of topics: preparing for childbirth, infant care, breastfeeding, infant CPR

**FREE  
LACTATION  
CONSULTATION**



**FREE  
LACTATION  
CONSULTATION**

2636 South Loop West, Suite 135, Houston, TX 77054

**713-839-0527**

[www.med.uth.edu/lactation-foundation/](http://www.med.uth.edu/lactation-foundation/)

- A community breastfeeding resource and training facility whose primary purpose is to provide breastfeeding support for Texas WIC mothers and their infants
- Breast pumps are offered, at no cost, to mothers who qualify for the WIC program
- There is no cost for parking
- Services offered are lactation consultation, in-person and via computer, covering issues including:
  - How to get baby latched to the breast
  - How much milk baby takes at the breast
  - Breastfeeding and working
  - Worries about low milk supply
  - Breastfeeding a premature infant
  - Breastfeeding and returning to school

## **THE MOTHERHOOD CENTER**

3701 W. Alabama, Suite 230, Houston, TX 77027

**713-963-8880**

- Bump Talk – Pregnancy support group, also “Mom’s Talk Group” on Thursdays from 1-2pm

## **NATIONAL REHAB – BREAST PUMP ASSISTANCE**

**1-800-451-6510 extension 9**

- Assistance in obtaining a breast pump through your health insurance. Will ship to home free of charge.

## **NORTHWEST ASSISTANCE MINISTRIES**

15555 Kuykendahl Rd, Houston, TX 77090

[www.namonline.org](http://www.namonline.org)

**713-295-2222**

- Free childbirth classes (8 classes). Be more informed about pregnancy, labor/delivery, postpartum care, breastfeeding, infant care, and *enjoy a baby shower!* Space is limited. No children allowed. NW area only.

## **WIC**

Services provided through your local WIC office

- Manual breast pumps as well as electric breast pumps may be provided
- WIC also provides breastfeeding classes to help increase your comfort level with breastfeeding

## **THE WOMAN’S HOSPITAL OF TEXAS**

7060 Fannin, Houston, TX 77054

**713-790-1234 and 713-791-7492**

- Support groups provided at no fee and parking is validated. Also have a new mom’s lactation support group on Mondays from 10-11:30am.
- Offers breast pump or baby scale rental information, outpatient lactation consultant or bra fitting appointments

## **WOMEN’S PREGNANCY CENTER**

8300 Bissonnet, Suite 160, Houston, TX 77074

**713-774-0126**

- This is a pro-life agency. They offer the earn as you learn program (take classes on parenting, childbirth, finances, baby care and more) – use the points for baby items and maternity clothes



# WIC BREASTFEEDING PEER COUNSELING

## WHO IS YOUR WIC BREASTFEEDING PEER COUNSELOR?

- A peer counselor is a WIC mother just like you. She lives in your community and has breastfed her own baby. She has been carefully selected by WIC to help give new mothers information about feeding their babies. She is here to give you support to meet your own goals for feeding your baby.

## WIC BREASTFEEDING PEER COUNSELORS ARE AVAILABLE AT THE FOLLOWING LOCATIONS:

Northeast WIC Site  
Alief WIC Site  
Denver Harbor WIC Site  
Airline WIC Site  
Braesner WIC Site



Northwest WIC Site  
Acres Homes WIC Site  
Northside WIC Site  
Southwest WIC Site  
Aldine Community WIC Site

## BREASTFEEDING NUMBERS

- City of Houston Helpline **713-306-9573** M-F 6-7:30pm Saturday & Sunday 10am-7:30pm
- La Leche League – Houston **713-383-2819**
- Statewide Lactation Support **Hotline 1-800-514-6667** M-Th 9am-4pm Friday 9am-4pm
- National Women’s Health Information Center **1-800-994-9662** M-F 8am-5pm

## BREASTFEEDING INTERNET RESOURCES

- Breast Milk Counts: [www.breastmilkcounts.com](http://www.breastmilkcounts.com)  
Lots of information about breastfeeding with how-to’s and resources
- Texas Department of Health Breastfeeding Promotion  
[www.dshs.state.tx.us/wichd/bf/bfhelp.shtm](http://www.dshs.state.tx.us/wichd/bf/bfhelp.shtm)
- La Leche League Houston  
<http://texaslll.org/>
- National Women’s Health Information Center  
[www.4women.gov/breastfeeding](http://www.4women.gov/breastfeeding)
- Fathers Supporting Breastfeeding Food and Nutrition Services, USDA  
[www.fns.usda.gov/wic/fathers/supportingbreastfeeding.htm](http://www.fns.usda.gov/wic/fathers/supportingbreastfeeding.htm)



## ADDITIONAL WEBSITES WITH GUIDES AND GREAT INFORMATION:

- [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)
- [www.babycenter.com/nursing-problems-solutions](http://www.babycenter.com/nursing-problems-solutions)
- [www.babyzone.com/baby/breastfeeding/how-to-breastfeed](http://www.babyzone.com/baby/breastfeeding/how-to-breastfeed)
- [www.parents.com/baby/breastfeeding/](http://www.parents.com/baby/breastfeeding/)
- [www.marchofdimes.com/baby/baby-breastfeeding.aspx](http://www.marchofdimes.com/baby/baby-breastfeeding.aspx)
- [www.fitpregnancy.com/baby/breastfeeding/how-breastfeed-step-by-step-guide](http://www.fitpregnancy.com/baby/breastfeeding/how-breastfeed-step-by-step-guide)

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## MATERNITY HOMES/ASSISTANCE

### BIRTHRIGHT

[www.birthright.org](http://www.birthright.org)

1200 Blalock #280, 77055 **713-465-4058**

1502 First St, #G, Humble, 77338 **281-540-1123**

24 hour hotline: **1-800-550-4900**

2189 FM 1960 #214, 77090 **281-440-4910**

- Pro-Life agency. Assists with Medicaid applications and obtaining other resources like WIC, maternity closets, and food pantries. Referrals to maternity or foster homes. **Baby packages with supplies offered.**

## COVENANT HOUSE

1111 Lovett Blvd, Houston, TX 77006

[www.covenanthousetx.org](http://www.covenanthousetx.org)

**713-523-2231**

- Emergency shelter for pregnant teens and young adults ages 18-21. Will accept clients with children as well.

## THE GLADNEY CENTER FOR ADOPTION

6300 John Ryan Dr., Ft. Worth, TX 76132

[www.gladney.org](http://www.gladney.org)

**713-655-1212 or 1-800-452-3639**

- Adoption planning, medical care and counseling in home or at agency residence in Ft. Worth. All options explored. No cost to birth mothers who release child. Can relinquish later. May go to Fort Worth home/dorm. If they choose to stay in the home, they can assist with rent and utilities.

## PRESBYTERIAN CHILDREN'S HOME & SERVICES

7880 San Felipe St., Ste. 111, 77063

[www.pchas.org](http://www.pchas.org)

**713-522-2800**

- Supervised foster care placement for pregnant girls. They refer to shelters or help with rental assistance. No fee to mother if child is released for adoption. Medical care and counseling provided. Open adoption.
- To speak with a counselor: **1-800-543-2229**

## LIFEHOUSE

3323 Bissonnet, Houston, TX 77005

[www.lifehousehouston.org](http://www.lifehousehouston.org)

**713-623-2120**

- Housing services for up to 13 pregnant teens, ages 12-24. Residents receive "educational, spiritual, and emotional support." Counseling provided to young women and their families. Prenatal and birth medical services are coordinated through local hospitals. Classes include childbirth, parenting, budgeting, etc. All services are free of charge. Must fill out application online for admission.

## PREGNANCY HELP CENTER SAFE HAVEN

**1-800-974-3622**

327 Garland Dr., Lake Jackson, 77566

[www.pregnancyhelpcenter.org](http://www.pregnancyhelpcenter.org)

**979-297-3622**

- Maternity and baby clothes and supplies, counseling as needed. Maternity home for those in need who meet qualifications. No older children allowed.

## WEBSITES WITH INFO FOR PARENTS AND PARENTS-TO-BE

THERE IS TONS OF INFORMATION ABOUT PARENTING ON THE INTERNET. HERE ARE A FEW HELPFUL WEBSITES

[www.babycenter.com](http://www.babycenter.com)  
[www.familyeducation.com](http://www.familyeducation.com)  
[www.kidshealth.org](http://www.kidshealth.org)

[www.parents.com](http://www.parents.com)  
[www.babble.com](http://www.babble.com)  
[www.parenting.com](http://www.parenting.com)

[www.empoweringparents.com](http://www.empoweringparents.com)  
[www.whattoexpect.com](http://www.whattoexpect.com)

# RECREATION

**HOUSTON IS AN AMAZING CITY WITH TONS TO OFFER. SO GET OUT THERE AND EXPLORE YOUR CITY!**

## COMMUNITY CENTERS IN HOUSTON

**THESE CENTERS OFFER SOME GREAT FEATURES, SUCH AS SPORTS AND CLASSES, AND THEY ARE ALL FREE!**

**Go to [www.houstontx.gov/parks/communitycenters/](http://www.houstontx.gov/parks/communitycenters/) to find the class schedules  
Most of the classes are free – check with each center to be sure  
Listed by Zip Code**

<b>FONDE COMMUNITY CENTER</b> 110 Sabine, Houston, TX 77002 <b>713-226-4466</b> • Aerobics, kickboxing, pickleball (like badminton), gym (free!)	<b>INGRANDO COMMUNITY CENTER</b> 7302 Keller, Houston, TX 77012 <b>713-643-4764</b> • Aerobics, fitness, quilting, youth baseball, playground, tennis, basketball
<b>SETTEGAST COMMUNITY CENTER</b> 3000 Garrow, Houston, TX 77003 <b>713-238-2200</b> • Ceramics, scrapbooking, youth baseball, playground, tennis, pool, volleyball, basketball	<b>TIDWELL COMMUNITY CENTER</b> 9720 Spaulding, Houston, TX 77016 <b>713-636-8221</b> • Pickleball (like badminton), line dance, playground, tennis, pool, gym, basketball
<b>JUDSON ROBINSON, JR. COMMUNITY CENTER</b> 2020 Hermann Drive, Houston, TX 77004 <b>713-284-1997</b> • Aerobics, youth and adult karate, line dance, step aerobics, playground, tennis, fitness center, circuit training, salsa, bridge, computer class, Motown cha cha, spin bike	<b>CHARLTON COMMUNITY CENTER</b> 8200 Park Place, Houston, TX 77017 <b>713-645-3589</b> • Ceramics, adult art 101, family ceramics night, fit camp, muscle works sculpting, jewelry making, fit dance, tai chi, playground, tennis, volleyball, basketball, baseball
<b>CHERRYHURST COMMUNITY CENTER</b> 1700 Missouri, Houston, TX 77006 <b>713-284-1992</b> • Tiny tots group, dance, karate, youth baseball, playground, tennis	<b>CANDLELIGHT COMMUNITY CENTER</b> 1520 Candlelight, Houston, TX 77018 <b>713-682-3587</b> • Tiny tots group, youth baseball, playground, gym
<b>LOVE COMMUNITY CENTER</b> 1000 W 12 <sup>th</sup> , Houston, TX 77008 <b>713-867-0497</b> • Tai chi, line dance, youth baseball, playground, pool, gym, basketball	<b>SELENA PEREZ COMMUNITY CENTER</b> 6402 Market, Houston, TX 77020 <b>713-675-2151</b> • Aerobics, youth baseball, playground, pool, gym, volleyball
<b>PROCTOR PLAZA COMMUNITY CENTER</b> 803 West Temple, Houston, TX 77009 <b>713-862-6907</b> • Tiny tots group, youth baseball, playground, tennis	<b>INDEPENDENCE HEIGHTS COMMUNITY CENTER</b> 603 E 35 <sup>th</sup> , Houston, TX 77022 <b>713-867-0373</b> • Line dance, youth baseball, playground, pool, tennis, basketball
<b>WOODLAND COMMUNITY CENTER</b> 212 Parkview, Houston, TX 77009 <b>713-867-0401</b> • Fitness, tennis, gym, basketball	<b>MASON COMMUNITY CENTER</b> 541 S 75 <sup>th</sup> St, Houston, TX 77023 <b>713-928-7055</b> • Geocaching 101, youth baseball, aerobics, ceramics, playground, tennis, pool, gym, disc golf
<b>EASTWOOD COMMUNITY CENTER</b> 5000 Harrisburg, Houston, TX 77011 <b>713-928-4801</b> • Fitness, ceramics, aerobics, pool, playground, skate park, basketball, tennis	<b>LINKWOOD COMMUNITY CENTER</b> 3699 Norris, Houston, TX 77025 <b>713-314-3107</b> • Step aerobics, quilting, youth baseball, playground, tennis, youth game area
<b>DEZAVALA COMMUNITY CENTER</b> 7520 Ave. J, Houston, TX 77012 <b>713-923-5163</b> • Youth baseball, playground, pool, basketball	<b>TUFFLY COMMUNITY CENTER</b> 3200 Russell, Houston, TX 77026 <b>713-674-2355</b> • Scrapbooking, line dance, ceramics, pool, playground, basketball
<b>HARTMAN COMMUNITY CENTER</b> 9311 E. Ave. P, Houston, TX 77012 <b>713-928-4803</b> • Aerobics, step aerobics, ceramics, youth baseball, playground, tennis, gym	<b>HOBART TAYLOR COMMUNITY CENTER</b> 8100 Kenton, Houston, TX 77028 <b>713-674-3959</b> • Line dance, arts & crafts, crochet, flower arranging, jewelry making, ceramics, quilting

<b>STUDE COMMUNITY CENTER</b> 1301 Stude, Houston, TX 77007 <b>713-867-0496</b> • Zumba, youth baseball, water playground, pool, gym	<b>FINNIGAN COMMUNITY CENTER</b> 4900 Providence, Houston, TX 77020 <b>713-678-7385</b> • Crafts, yoga, Zumba, aerobics, step aerobics, youth baseball, playground, tennis, pool, gym, line dance
<b>JUDSON ROBINSON, SR. COMMUNITY CENTER</b> 1422 Ledwicke, Houston, TX 77029 <b>713-674-2401</b> • Bingo, quilting, zumba, line dance, youth baseball, tennis, pool, basketball	<b>ALIEF COMMUNITY CENTER</b> 11903 Bellaire, Houston, TX 77072 <b>281-564-8130</b> • Groups/classes: Adult aerobics, adult circuit training, youth baseball playground, pool, gym, tennis
<b>CLINTON COMMUNITY CENTER</b> 200 Mississippi, Houston, TX 77029 <b>713-673-0955</b> • Bingo, arts & crafts, quilting, computer, dominoes	<b>HACKBERRY COMMUNITY CENTER</b> 7777 S. Dairy Ashford, Houston, TX 77072 <b>281-776-9908</b> • Kickboxing, Teen boxing, HITT program (high intensity tactical training), Zumba, boxing, playground, line dancing, aerobics, core training
<b>EDGEWOOD COMMUNITY CENTER</b> 5803 Belfort, Houston, TX 77033 <b>713-734-8434</b> • Step aerobics, hat making, playground, gym, water playground, basketball, jewelry making	<b>BEVERLY HILLS COMMUNITY CENTER</b> 10201 Kingspoint, Houston, TX 77075 <b>713-948-9065</b> • Ceramics and youth baseball, swings, pool, tennis
<b>PLATOU COMMUNITY CENTER</b> 11655 Chimney Rock, Houston, TX 77035 <b>713-726-7107</b> • Quilting, ballroom dancing, aerobics, youth baseball, tennis, playground, basketball	<b>CLARK COMMUNITY CENTER</b> 9718 Clark, Houston, TX 77076 <b>713-742-1497</b> • Step aerobics, hat making, arts & crafts, ceramics
<b>LANSDALE COMMUNITY CENTER</b> 8201 Roos, Houston, TX 77036 <b>713-272-3668</b> • Table tennis, adult aerobics, adult fitness, youth baseball, playground, basketball	<b>KENDALL COMMUNITY CENTER</b> 609 N. Eldridge, Houston, TX 77079 <b>832-393-1897</b> • Board games, tiny tots group, badminton
<b>SHARPSTOWN COMMUNITY CENTER</b> 6600 Harbor Town, Houston, TX 77036 <b>713-988-5328</b> • Knitting, chess, quilting, playground, pool, tennis, golf	<b>BURNETT-BAYLAND COMMUNITY CENTER</b> 6000 Chimney Rock, Houston, TX 77081 <b>713-668-4516</b> • Quilting, table tennis, aerobics, quilting, dominoes, scrapbooking, GED
<b>CARVERDALE COMMUNITY CENTER</b> 9920 Porto Rico, Houston, TX 77041 <b>713-895-6141</b> • Quilting, youth baseball, playground, basketball	<b>WINDSOR VILLAGE COMMUNITY CENTER</b> 14441 Croquet, Houston, TX 77085 <b>713-726-7113</b> • Ceramics, aerobics, fitness, youth baseball, playground, tennis, pool, basketball
<b>TOWNWOOD COMMUNITY CENTER</b> 3403 Simsbrook, Houston, TX 77045 <b>713-434-3508</b> • Zumba, aerobics, pickleball (like badminton), youth baseball, gym	<b>LINCOLN COMMUNITY CENTER</b> 979 Greenshaw, Houston, TX 77088 <b>281-445-1617</b> • Line dance, writing, computer, aerobics, yoga, tennis, playground, pool, basketball, youth baseball, gardening
<b>BESSIE SWINDLE COMMUNITY CENTER</b> 11800 Scott, Houston, TX 77047 <b>713-733-4581</b> • Scrapbooking, toddler fitness, line dancing, bridge, youth baseball, playground, tennis, basketball	<b>SAGEMONT COMMUNITY CENTER</b> 11507 Hughes, Houston, TX 77089 <b>281-922-2343</b> • Zumba, tae kwon do, youth baseball, playground, tennis, pool, basketball
<b>CRESTMONT COMMUNITY CENTER</b> 5200 Selinsky Rd, Houston, TX 77048 <b>713-733-2236</b> • Adult fitness, quilting, flower arranging, crafts, tennis	<b>HIGHLAND COMMUNITY CENTER</b> 3316 Desoto, Houston, TX 77091 <b>713-956-9137</b> • Groups/classes: Aerobics, youth baseball, playground, tennis, basketball
<b>SUNNYSIDE COMMUNITY CENTER</b> 3502 Belfort, Houston, TX 77051 <b>713-734-5061</b> • Aerobics, quilting, yoga, youth baseball, playground, tennis, pool, gym, basketball	<b>SHADY LANE COMMUNITY CENTER</b> 10220 Shady Lane, Houston, TX 77093 <b>713-742-1503</b> • Aerobics, arts & crafts, Zumba, playground, basketball
<b>FREED COMMUNITY CENTER</b> 6818 Shadyvilla, Houston, TX 77055 <b>713-682-4467</b> • Aerobics, step aerobics, zumba, line dancing, gym, playground, youth baseball	<b>GODWIN COMMUNITY CENTER</b> 5101 Rutherglen, Houston, TX 77096 <b>713-726-7114</b> • Operation Get Fit, ceramics, karate, tai chi, youth baseball, playground
<b>GARDEN VILLAS COMMUNITY CENTER</b> 6720 S. Haywood, Houston, TX 77061 <b>713-847-5168</b> • Aerobics, fitness, playground, volleyball, basketball, youth baseball	<b>KINGWOOD COMMUNITY CENTER</b> 4102 Rustic Woods, Houston, TX 77345 <b>281-348-2570</b> • Pilates, Get Fit, knitting, bingo, dominoes, tai chi, mah jong, crochet, line dancing, bridge, bunko, meditation, yoga, hand & foot canasta, greeting card class, art class, book club
<b>MARIAN COMMUNITY CENTER</b> 11000 South Gessner, Houston, TX 77071 <b>713-773-7015</b> • Aerobics, playground, volleyball court, gym, basketball	

# FITNESS CENTERS



## FONDE RECREATION CENTER

110 Sabine

713-226-4466

- The Fonde Recreation Center, home workout court to some of Houston's best basketball players, is also a great place to get fit! Conveniently located near downtown at Memorial Drive and Sabine Street, Fonde offers lunchtime fitness opportunities. Fonde has a state-of-the-art weight room, showers, lockers, and a full-court gym and aerobics room all **FREE** to help you meet your fitness goals.

• **Ages:** 18 and up

**Hours:** M-F 9am-7pm Saturdays 1-7pm

## JUDSON ROBINSON, JR., FITNESS CENTER (AT HERMANN PARK)

2020 Hermann Drive

713-284-1997

- The Judson Robinson, Jr., Fitness Center is located in the community center at Hermann Park. The center is equipped with weights and cardiovascular equipment for your needs and is open year-round. In addition to the fitness center, the Judson Robinson, Jr., Community Center offers basketball, racquetball, and many other fitness activities. Contact the community center for more information.

• **Ages:** 18 and up

**Hours:** Call for hours

**Monthly membership:** \$21.13

## MACGREGOR FITNESS CENTER

5225 Calhoun

713-747-8650

- MacGregor Fitness Center is located in MacGregor Park and is the newest Houston Parks and Recreation Department facility to offer full-service weight room equipment. Showers and lockers are available for a \$.75 fee each at the Homer Ford Tennis Center, next door. A covered, full-court basketball pavilion and a 1.25-mile jogging trail are also near the center. There are **no membership fees** at MacGregor.

• **Ages:** 18 and up

**Hours:** M-F 7-10am

## MEMORIAL PARK FITNESS CENTER

6402 Arnot

713-802-1662

- The Memorial Park Fitness Center offers many ways for Houstonians to beef up, slim down, and otherwise improve their physical states while having fun. Weights, treadmills, and stairmasters are available, and you can arrange for time with a personal trainer. During the swimming season, morning lap swimming is scheduled prior to the opening of the swimming center for general use, and showers and lockers are available. The charges for use of this excellent facility are much lower than at privately owned gyms. The friendly staff is waiting for you!

• **Ages:** 18 and up

**Hours:** M-F 6am-8pm/Saturday 8am-4pm/ Sunday 8am-12noon

• **Prices:** Monthly membership \$20/ Daily membership: \$1.75

# COMMUNITY CENTER WEIGHT ROOMS, GYMNASIUM, AND WELLNESS PROGRAM

Besides the Memorial Park center, thirteen Houston Parks and Recreation Department community centers offer weight-training facilities, and many feature an indoor gym and aerobics classes. Hours of operation vary by location and season, so call the community center nearest you for information.

COMMUNITY CENTER WEIGHT ROOMS			COMMUNITY CENTER GYMNASIUMS		
CENTER	ADDRESS	PHONE NUMBER	CENTER	ADDRESS	PHONE NUMBER
ALIEF PARK	11903 Bellaire	281-564-8130	ALIEF PARK	11903 Bellaire	281-564-8130
EDGEWOOD PARK	5803 Bellfort	713-734-8434	BURNETT BAYLAND	6200 Chimney Rock	281-564-8130
EMANCIPATION PARK	3018 Dowling	713-284-1301	CANDLELIGHT PARK	1520 Candlelight	713-682-3687
FONDE REC CENTER	110 Sabine	713-226-4466	DENVER HARBOR	3402 Market	713-675-2151
HACKBERRY PARK	7777 S. Dairy Ashford	281-776-9908	EDGEWOOD PARK	5803 Bellfort	713.734.8434
HARTMAN PARK	9311 E. Ave. P	713-928-7055	EMANCIPATION PARK	3018 Dowling	713-284-1301
JUDSON ROBINSON	2020 Hermann Dr.	713-284-1997	FONDE REC CENTER	110 Sabine	713-226-4466
LINCOLN PARK	979 Greshaw	281-445-1617	FREED PARK	6818 Shadyvilla	713-682-4467
LOVE PARK	1000 West 12th	713-867-0497	HARTMAN PARK	9311 E. Ave. P	713-928-7055
MARIAN PARK	11101 South Gessner	713-773-7015	JUDSON ROBINSON	2020 Hermann Dr.	713-284-1997
MASON PARK	541 South 75th	713-928-7055	KENDALL PARK	609 N. Eldridge	832-393-1898
MOODY PARK	3725 Fulton	713-692-6925	LINCOLN PARK	979 Greshaw	281-445-1617
SHADY LANE PARK	10220 Shady Lane	713-742-1503	LOVE PARK	1000 West 12th	713-867-0497
SUNNYSIDE PARK	3502 Bellfort	713-734-5061	MARIAN PARK	11101 South Gessner	713-773-7015
<p><b>Exercise is really beneficial for the body, as well as the mind. Here are some of the many benefits:</b></p> <ul style="list-style-type: none"> <li>• It reverses some of the harmful effects of stress by increasing levels of “soothing” brain chemicals like serotonin, dopamine, and norepinephrine</li> <li>• It combats health conditions and diseases like stroke, type 2 diabetes, certain types of cancer and arthritis</li> <li>• It increases the level of certain chemicals that help improve learning and enhance your attention and concentration skills</li> <li>• It can increase your life span</li> <li>• <b>EXERCISE DURING PREGNANCY</b> can:               <ul style="list-style-type: none"> <li>• boost your energy</li> <li>• help you sleep better</li> <li>• reduce pregnancy discomfort (by stretching and strengthening your muscles) and</li> <li>• make it easier for your body to bounce back to its pre-pregnancy shape</li> </ul> </li> </ul>	MASON PARK	541 South 75th	713-928-7055		
	MELROSE PARK	1001 Canino	281-447-0514		
	MOODY PARK	3725 Fulton	713-692-6925		
	STUDE PARK	1031 Stude	713-867-0496		
	SUNNYSIDE PARK	3502 Bellfort	713-734-5061		
	TIDWELL PARK	9720 Spaulding	713-636-8221		
	TOWNWOOD PARK	3403 Simsbrook	713-434-3508		
	WOODLAND PARK	212 Parkview	713-867-0401		



Contemporary Arts Museum



Miller Outdoor Theater



Rothko Chapel

# HOUSTON HAPPENINGS AND FREE EVENTS

## ALWAYS FREE:

### ART CAR MUSEUM

140 Heights, Houston, TX 77007

[www.artcarmuseum.com](http://www.artcarmuseum.com)

713-861-5526

- Collection of art cars and other fun pieces. Open W-Sunday, 11am-6pm

### CONTEMPORARY ARTS MUSEUM HOUSTON

5216 Montrose, Houston, TX 77006

[www.camh.org](http://www.camh.org)

713-284-8250

- “An institution dedicated to presenting the best and most exciting contemporary art”

### DISCOVERY GREEN FRIDAY NIGHT FLICKS ON THE ICE

1500 McKinney, Houston, TX 77010

[www.discoverygreen.com](http://www.discoverygreen.com)

713-400-7336

- Free fun movie screenings on the lawn at the park. See website for schedule of movies.

### DIVERSEWORKS GALLERY SPACE

4102 Fannin, Suite 200, Houston, TX 77004

[www.diverseworks.org](http://www.diverseworks.org)

713-223-8346

- “An artist-centered gallery”

### HOUSTON CENTER FOR CONTEMPORARY CRAFT

4848 Main St, Houston, TX 77002

[www.crafthouston.org](http://www.crafthouston.org)

713-529-4848

- “Non-profit organization founded to advance education about the process, product and history of craft”

### HOUSTON CENTER FOR PHOTOGRAPHY

1441 W Alabama, Houston, TX 77006

[www.hcponline.org](http://www.hcponline.org)

713-529-4755

- “Non-profit gallery that supports emerging and mid-career artists, and promotes the study of photography”

### HOUSTON MUSEUM OF AFRICAN AMERICAN CULTURE

4807 Caroline, Houston, TX 77004

[www.hmaac.org](http://www.hmaac.org)

713-526-1015

- “Mission is to collect, conserve, explore, interpret and exhibit the material and culture of Africans and African Americans”

### HOUSTON POLICE DEPARTMENT MUSEUM

1200 Travis, Houston, TX 77002

[www.houstontx.gov/police/museum](http://www.houstontx.gov/police/museum)

281-230-2353

- “Features unique displays and a memorial wall honoring the ultimate sacrifice made by the officers that gave their lives in the line of duty.” Artifacts from the Honor Guard, SWAT, Mounted Patrol, and other equipment.

### JAMES TURRELL “TWILIGHT EPIPHANY” SKYSPACE

Rice University – 6100 Main St.

[www.skyspace.rice.edu](http://www.skyspace.rice.edu)

- Set at sunrise and sunset, a light and music show that interacts with the beauty of the environment around it
- Open Wednesday-Monday. Need to reserve a free ticket. Go to website to reserve.

### THE JUNG CENTER OF HOUSTON

5200 Montrose, Houston, TX 77006

[www.junghouston.org](http://www.junghouston.org)

713-524-8253

- “We provide continuing education for the human spirit. We help people find deeper meaning in everyday life and build a stronger, conscious, and more tolerant community.” Do have art exhibits that are free but continuing education carries a fee, depending on the course.



Discovery Green Park



Menil Collection

### LAWNDALE ART CENTER

4912 Main, Houston, TX 77002 [www.lawndaleartcenter.org](http://www.lawndaleartcenter.org) 713-528-5858

- “Contemporary art center which annually offers changing exhibits of works by over 500 artists”

### THE MENIL COLLECTION★

1533 Sul Ross, Houston, TX 77006 [www.menil.org](http://www.menil.org) 713-525-9400

- “Internationally renowned art destination that displays ever-changing exhibitions that range from antiquities to modern and contemporary art.” – Very extensive collection. **Completely free.**

### MILLER OUTDOOR THEATRE

6000 Hermann Park Dr., Houston, TX 77030 [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com) 832-487-7102

- Free outdoor performances, including ballet, dance, plays, musical performances, kids’ plays, etc.

### THE MUSEUM OF PRINTING HISTORY

1324 W Clay, Houston, TX 77019 [www.printingmuseum.org](http://www.printingmuseum.org) 713-522-4652

- “The mission of the Museum is to promote, preserve, and share the knowledge of printed communication and art as the greatest contributors to the development of the civilized world and the continuing advancement of freedom and literacy”

### NATURE DISCOVERY CENTER

7112 Newcastle, Bellaire, TX 77401 [www.naturediscoverycenter.org](http://www.naturediscoverycenter.org) 713-667-6550

- Hands-on center dedicated to teaching families about science and nature. Fun discovery rooms.

### PEARL FINCHER MUSEUM OF FINE ARTS

6815 Cypresswood Dr, Spring, TX 77379 [www.pearlmfa.org](http://www.pearlmfa.org) 281-376-6322

- “Provides high quality art exhibitions and programming to the community.” Donations accepted.

### PORT OF HOUSTON BOAT TOUR

7300 Clinton Dr, Houston, TX 77020 [www.portofhouston.com](http://www.portofhouston.com) 713-670-2416

- “Named for the legendary military commander who led the fight for Texas independence from Mexico and later statehood, the *M/V Sam Houston* offers free leisurely 90-minute round trip cruises along the Houston Ship Channel, one of the busiest ports in the world”

### RICE UNIVERSITY ART GALLERY

6100 Main St, Houston, TX 77005 [www.ricegallery.org](http://www.ricegallery.org) 713-348-6069

- “The only university art museum in the nation dedicated to site-specific installation art, Rice Gallery presents temporary, large-scale environments that visitors can enter and explore. Artists typically use inexpensive materials to create stunning works of art.” – Site-specific art refers to art that is specifically made for the gallery.

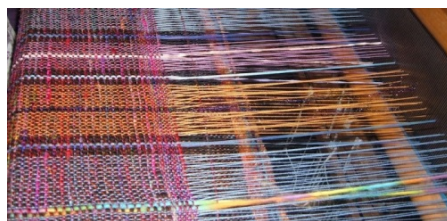
### ROTHKO CHAPEL

3900 Yupon St, Houston, TX 77006 [www.rothkochapel.org](http://www.rothkochapel.org) 713-524-9839

- “Dedicated in 1971 as an intimate sanctuary available to people of every belief. A tranquil meditative environment inspired by the mural canvases of Mark Rothko, the Chapel welcomes over 60,000 visitors each year.”



Lawndale Art Center



Houston Center for Contemporary Craft



Port of Houston Boat Tour



# ACTIVITIES THAT ARE FREE ONLY CERTAIN NIGHTS OF THE WEEK

## **GENERAL ADMISSION ONLY (NOT SPECIAL EXHIBITS)**

### **BUFFALO SOLDIERS NATIONAL MUSEUM**

3816 Caroline, Houston, TX 77004

[www.buffalosoldiermuseum.com](http://www.buffalosoldiermuseum.com)

**713-942-8920**

- “Dedicated primarily to preserving the legacy and honor of the African-American soldier in the USA”
- FREE Thursdays 1-5 pm

### **CHILDREN'S MUSEUM OF HOUSTON**

1500 Binz, Houston, TX 77004

[www.cmhouston.org](http://www.cmhouston.org)

**713-522-1138**

- “Offers a multitude of exhibits bursting with action-packed fun that engage kids in the ultimate learning experience”
- FREE Thursdays 5-8 pm

### **THE HEALTH AND SCIENCE MUSEUM**

1515 Hermann Dr, Houston, TX 77004

[www.mhms.org](http://www.mhms.org)

**713-521-1515**

- “Mission is to foster wonder and curiosity about health, medical science and the human body.” Offers a hands-on walk-through of the human body.
- FREE Thursdays 2-5 pm

### **THE JOHN C. FREEMAN WEATHER MUSEUM**

5104 Caroline St, Houston, TX 77004

[www.wxresearch.org](http://www.wxresearch.org)

**713-529-3076**

- The nation’s first-ever weather museum, offers several interactive exhibits that explain how weather works
- FREE Thursdays 12-4 pm

### **HOUSTON MUSEUM OF NATURAL SCIENCE**

5555 Hermann Park Dr., Houston, TX 77030

[www.hmns.mus.tx.us](http://www.hmns.mus.tx.us)

**713-639-4629**

- One of the Top 10 most-attended museums in the country
- Amazing museum with lots of interactive exhibits designed to “enhance the knowledge of and delight in natural science and related subjects”
- FREE Thursdays 3-6 pm through summer / Thursdays 2-5pm through winter

### **HOUSTON ZOO**

6200 Hermann Park Dr, Houston, TX 77030

[www.houstonzoo.org](http://www.houstonzoo.org)

**713-533-6500**

- Over 6,000 animals
- FREE first Tuesdays of the month 2pm-close

### **THE MUSEUM OF FINE ARTS, HOUSTON**

1001 Bissonnet, Houston, TX 77005

[www.mfah.org](http://www.mfah.org)

**713-639-7300**

- “Located in the heart of Houston’s Museum District, the MFAH is a dynamic cultural complex comprising two gallery buildings, a sculpture garden, visitors center, library, movie theater, gift shop, café, two art schools, and two house museums”
- FREE Thursdays 10 am- 9 pm

### **THE ORANGE SHOW MONUMENT**

2402 Munger St, Houston, TX 77023

[www.orangeshow.org](http://www.orangeshow.org)

**713-926-6368**

- “Preserves, promotes and documents visionary art environments, provides opportunities for the expression of personal artistic vision and creates a community where that expression is valued.” Awesome, fun exhibits.
- \$1 per person admission fee



The Museum of Fine Arts



The Orange Show



Houston Museum of Natural Science

# ANNUAL FREE HOUSTON EVENTS

## FEBRUARY: LUNAR NEW YEAR FESTIVAL

[www.lunarnewyearhouston.com](http://www.lunarnewyearhouston.com)

Hosted by the Chinese Community Center, this event celebrates the Asian tradition of welcoming the good fortune of the new year. Traditional dance performances include dragon dances, martial arts, drum dancers, tai chi, etc., and firecrackers.



Lunar New Year Festival

## MARCH: HERMANN PARK KITE FESTIVAL

[www.hermannpark.org](http://www.hermannpark.org)

Activities include kite-making, friendly kite-flying competitions, food, music, a kids' play area, and trick kite-flying demonstrations.



Art Car Parade

## APRIL: HOUSTON AMAZING PET EXPO

[www.houstonpetexpo.com](http://www.houstonpetexpo.com)

For animals and animal lovers. Lots of exhibitions, prize giveaways, dogs up for adoption, discounted vaccinations, free nail trims, agility demonstrations, opportunities to learn about grooming, training, types of pet breeds, etc.

## MAY: HOUSTON ART CAR PARADE

[www.thehoustonartcarparade.com](http://www.thehoustonartcarparade.com)

Approximately every year during the second weekend of May, "over 300 jaw-dropping cars, bikes, skaters and motorized creatures will roll down Allen Parkway from Waugh Drive to Bagby." So much fun!

## NOVEMBER: JUNTA HISPANA FESTIVAL

[www.juntahispana.net](http://www.juntahispana.net)

Celebrating the varied cultures and foods from 20 different Spanish-speaking countries, there will be music and dance as well as arts and crafts, exhibits, and local radio personalities

## NOVEMBER: NATIVE AMERICAN POW WOW

[www.tradersvillage.com/houston/](http://www.tradersvillage.com/houston/)

Two days of Native American culture, including tribal dance contests, arts and crafts, ceremonies, and music.



Native American Pow Wow

## FIND OUT MORE ABOUT WHAT YOUR GREAT CITY HAS TO OFFER!

[www.visithoustontexas.com](http://www.visithoustontexas.com)

[www.houstonpress.com](http://www.houstonpress.com)

[www.artshound.com](http://www.artshound.com)

# PUBLIC LIBRARIES IN HOUSTON

ALL THE SERVICES ARE FREE!

## BRACEWELL NEIGHBORHOOD LIBRARY

9002 Kingspoint Dr., Houston, TX 77075 **832-393-2580**  
• Baby/toddler story time, crafts, computer classes

## CARNEGIE NEIGHBORHOOD LIBRARY

1050 Quitman, Houston, TX 77009 **832-393-1720**  
• Computer classes, job search lab, Photoshop basics class, Family Tuesday Fun (0-3), crafts, playgroup

## CENTRAL LIBRARY

500 McKinney, Houston, TX 77002 **832-393-1313**  
• Computer class, film and lunch series, computer help session, LEGO block party, teen job lab, homework help, financial workshops, community cinema, Spanish practice, board games for teens, workout classes, digital photography classes, science experiments, writing group, baby time, toddler story time, toddler yoga, yoga for adults, resume seminar, classes on how to do your own alterations, knitting club for teens, book club, job skills training

## CLAYTON LIBRARY CENTER FOR GENEALOGICAL RESEARCH

5300 Caroline, Houston, TX 77004 **832-393-2600**  
• Classes on genealogy, presentations

## COLLIER REGIONAL LIBRARY

6200 Pinemont, Houston, TX 77092 **832-393-1740**  
• After School Zone (board games, puzzles, crafts, video games – 10-18 y.o.), baby time, story time, book club, job lab/resume help, computer classes, extreme couponing class

## DIXON NEIGHBORHOOD LIBRARY

8002 Hirsch, Houston, TX 77016 **832-393-1760**  
• Job lab, computer classes, story time for Pre-K

## FIFTH WARD NEIGHBORHOOD LIBRARY

4014 Market St., Houston, TX 77020 **832-393-1770**  
• Computer and internet classes

## FLORES NEIGHBORHOOD LIBRARY

110 North Milby, Houston, TX 77003 **832-393-1780**  
• Email class, teen movies, Wii/PS3 gaming, bilingual play group, internet class, job skills lab, children's movies, crafts

## FREED-MONTROSE NEIGHBORHOOD LIBRARY

4100 Montrose, Houston, TX 77006 **832-393-1800**  
• Computer classes, crafts groups, toddler story time

## HEIGHTS NEIGHBORHOOD LIBRARY

1302 Heights Blvd, Houston, TX 77008 **832-393-1810**  
• After School Zone, toddler story time, baby yoga, computer, yoga for adults, paper crafting class, tax preparation assistance, job lab, Pre-K story time, readers group, needlepoint group, open poetry mike

## HENINGTON-ALIEF REGIONAL LIBRARY

7979 South Kirkwood, Houston, TX 77072 **832-393-1820**  
• Computer classes, After School Zone, crafting for kids, papercraft class, bedtime story time, pre-school story time, crochet class, book club, conversational Spanish group

## HILLEDAHL NEIGHBORHOOD LIBRARY

2436 Gessner Rd, Houston, TX 77080 **832-393-1940**  
• Story time, computer classes, digital photography class

## HPL EXPRESS SOUTHWEST

6400 High Star, Houston, TX 77074 **832-393-2660**  
• Bilingual job search lab/resume writing, story time + Lego time, computer classes, citizenship classes, chess group

## JOHNSON NEIGHBORHOOD LIBRARY

3517 Reed Rd, Houston, TX 77051 **832-393-2550**  
• Job search lab, computer classes, book club

## JUNGMAN NEIGHBORHOOD LIBRARY

5830 Westheimer Rd., Houston, TX 77057 **832-393-1860**  
• Computer classes, mystery book club

## KENDALL NEIGHBORHOOD LIBRARY

609 N. Eldridge, Houston, TX 77079 **832-393-1880**  
• Computer classes, teen video gaming time, baby time, baby yoga, tax preparation assistance, preschool story time, quilting club, bedtime story time, toddler story time, origami class, book club, paper crafting class, teen movie time

## LAKEWOOD NEIGHBORHOOD LIBRARY

8815 Feland Street, Houston, TX 77028 **832-393-2530**  
• Children's story time, After School Zone, computer help session, computer classes

## LOOSCAN NEIGHBORHOOD LIBRARY

2510 Willowick, Houston, TX 77027 **832-393-1900**  
• Story time (5 & under), basic computer classes

## MANCUSO NEIGHBORHOOD LIBRARY

6767 Bellfort, Houston, TX 77087 **832-393-1920**  
• Story time, computer classes, stories and songs in Spanish, Saturday movie matinee, resume writing assistance

## MCCRANE-KASHMERE GARDENS LIBRARY

5411 Pardee St., Houston, TX 77026 **832-393-2450**  
• Preschool story time, children's story time, children's computer lab, job skills lab, After School Zone, computer classes, digital photography basics

## MCGOVERN-STELLA LINK LIBRARY

7405 Stella Link, Houston, TX 77025 **832-393-2630**  
• Technology class, tune time (music and singing songs), teen crafts, Chinese class, job lab, story time, baby lap sit, computer help session, website design help, craft club, knitting class, social networking for business group, toddler story time, pajama story time, computer classes

## MELCHER NEIGHBORHOOD LIBRARY

7200 Keller, Houston, TX 77012 **832-393-2480**  
• Job search lab, computer classes

## MEYER NEIGHBORHOOD LIBRARY

5005 West Bellfort, Houston, TX 77035 **832-393-1840**  
• Children's story time

### **MOODY NEIGHBORHOOD LIBRARY**

9525 Irvington, Houston, TX 77076 **832-393-1950**

- Baby time, bilingual playgroup, computer help session

### **MORRIS FRANK LIBRARY**

10103 Fondren, Brays Oaks Towers Building, Houston, TX 77096

**832-393-2410**

- Toddler story time, computer classes, children's story time, extreme couponing workshop

### **OAK FOREST NEIGHBORHOOD LIBRARY**

1349 West 43rd Street, Houston, TX 77018 **832-393-1960**

- Pre-school story time, After School Zone, computer help session

### **PARK PLACE REGIONAL LIBRARY**

8145 Park Place, Houston, TX 77017 **832-393-1970**

- Kid's computer lab, toddler story time, video games, public poetry, bilingual play group, family movie, craft classes, homework help

### **PLEASANTVILLE NEIGHBORHOOD LIBRARY**

1520 Gellhorn, Houston, TX 77029 **832-393-2330**

- Story time, After School Zone

### **RING NEIGHBORHOOD LIBRARY**

8835 Long Point, Houston, TX 77055 **832-393-2000**

- Seven-week adult nutrition course, story time, job lab, Workforce job assistance, computer classes, digital photography classes, adult crafts group

### **ROBINSON-WESTCHASE NEIGHBORHOOD LIBRARY**

3223 Wilcrest, Houston, TX 77042 **832-393-2011**

- Computer classes, job lab, baby time, computer help session, meditation, yoga, book club

### **SCENIC WOODS REGIONAL LIBRARY**

10677 Homestead Rd, Houston, TX 77016 **832-393-2030**

- Job lab, computer classes, kid's craft time, children's movie time, poetry slam, gaming, weight loss classes

### **SHEPARD-ACRES HOMES LIBRARY**

8501 West Montgomery, Houston, TX 77088 **832-393-1700**

- After School Zone, computer classes, computer help session, African-American authors book club

### **SMITH NEIGHBORHOOD LIBRARY**

3624 Scott St. **832-393-2050**

- Basic computer classes, job lab, crafts for kids, Pre-K story time, family building activities

### **STANAKER NEIGHBORHOOD LIBRARY**

611 S-Sgt. Macario Garcia, Houston, TX 77011 **832-393-2080**

- Basic internet class, arts & crafts, children's movie night, afternoon teen movies, job skills lab, African American history programs

### **STIMLEY-BLUE RIDGE NEIGHBORHOOD LIBRARY**

7007 W. Fuqua, Houston, TX 77489 **832-393-2370**

- Basic computer classes

### **THE AFRICAN AMERICAN LIBRARY AT THE GREGORY SCHOOL**

1300 Victor Street, Houston, TX 77019 **832-393-1440**

- Plays and presentations for Black History Month

### **TUTTLE NEIGHBORHOOD LIBRARY**

702 Kress, Houston, TX 77020 **832-393-2100**

- Wii gaming, movie time, basic computer classes

### **VINSON NEIGHBORHOOD LIBRARY**

3810 W. Fuqua, Houston, TX 77045 **832-393-2120**

- Family story time, job lab, needlecraft group, Wii gaming

### **WALTER NEIGHBORHOOD LIBRARY**

7660 Clarewood, Houston, TX 77036 **832-393-2500**

- Computer classes, children's story time and craft, homework help, Chinese story time, baby and toddler playgroup, video games

### **YOUNG NEIGHBORHOOD LIBRARY**

5260 Griggs Road, Palm Center, Houston, TX 77021

**832-393-2140**

- Family game night, preschool story time, crafts for kids, computer classes, gaming, job lab

## **PUBLIC LIBRARIES IN HARRIS COUNTY**

**ALL THE SERVICES ARE FREE!**

### **ALDINE BRANCH LIBRARY**

11331 Airline Drive, Houston, TX 77037 **281-445-5560**

- Computer classes and bilingual story time

### **ATASCOCITA BRANCH LIBRARY**

19520 Pinehurst Trail Drive, Humble TX 77346 **281-812-2162**

- Tales for tots, infant lap sit, chess club

### **BALDWIN BOETTCHER BRANCH LIBRARY @**

### **MERCER PARK**

22248 Aldine Westfield Road, Humble TX 77338 **281-821-1320**

- ESL classes, book club, toddler time

### **BARBARA BUSH BRANCH @ CYPRESS CREEK**

6817 Cypresswood Drive, Spring TX 77379 **281-376-4610**

- Preschool story time, toddler time, French classes, painting, Workforce job search seminars, yoga, afterschool story time,

computer classes

### **CLEAR LAKE CITY-CO FREEMAN BRANCH LIBRARY**

16616 Diana Lane, Houston, TX 77062 **281-488-1906**

- Adult crafts projects, computer classes, career training, preschool story time, teens book club, investing classes, book babies group

### **CROSBY BRANCH LIBRARY**

135 Hare Road, Crosby TX 77532 **281-328-3535**

- Email classes, baby time

### **CY-FAIR COLLEGE LIBRARY**

9191 Barker-Cypress Road, Cypress TX 77433 **281-290-3210**

- Knitting and needlework group, game night for kids, Spanish story time, preschool time, Japanese flower arranging workshop, mystery book club, computer classes

### **EVELYN MEADOR BRANCH LIBRARY**

2400 North Meyer Road, Seabrook, TX 77586 **281-474-9142**

- Baby time, toddler time, digital photo basics class

### **FAIRBANKS BRANCH LIBRARY**

7122 North Gessner, Houston, TX 77040 **713-466-4438**

- Income tax help, computer classes, toddler time

### **GALENA PARK BRANCH LIBRARY**

1500 Keene Street, Galena Park, TX 77547 **713-450-0982**

- Monthly family movie time, baby time, children's story time, computer classes

### **HCPL TECHNOLOGY LAB @ FINNIGAN PARK**

4900 Providence Street, Houston, TX 77020 **713-678-7385**

- Computer classes

### **HCPL TECHNOLOGY LAB @ LINCOLN PARK**

979 Greshaw Street, Houston, TX 77088 **281-445-1617**

- Computer classes

### **HIGH MEADOWS BRANCH LIBRARY**

4500 Aldine Mail Route, Houston, TX 77039 **281-590-1456**

- Teen time, story time, ESL classes, class on budgeting, movie night, computer classes

### **JACINTO CITY BRANCH LIBRARY**

921 Akron, Jacinto City TX 77029 **713-673-3237**

- Email class, craft activities, Tae-Bo class, book discussions, children's story time

### **KATHERINE TYRA BRANCH @ BEAR CREEK**

16719 Clay Road, Houston, TX 77084 **281-550-0885**

- Crafts for kids, taekwondo for kids, toddler time, Spanish storytelling, knitting group

### **KATY BRANCH LIBRARY**

5414 Franz Road, Katy TX 77493 **281-391-3509**

- Lunch and book club, preschool story time, knitting club, financial planning class, employment assistance

### **KINGWOOD BRANCH LIBRARY**

4400 Bens View Lane, Kingwood, TX 77339 **281-360-6804**

- Toddler time, baby time, pajama game night, organizing classes, computer classes, resume workshop

### **LA PORTE BRANCH LIBRARY**

600 South Broadway, La Porte TX 77571 **281-471-4022**

- Computer classes, toddler time, teen movie time, afterschool game time

### **LONE STAR COLLEGE - TOMBALL COMMUNITY LIBRARY**

30555 Tomball Parkway, Tomball, TX 77375 **832-559-4200**

- Computer classes, needlework group, preschool story time, book club, artist gathering, architecture group for kids, early literacy program, Spanish classes

### **MAUD SMITH MARKS BRANCH LIBRARY**

1815 Westgreen Boulevard, Katy, TX 77450 **281-492-8592**

- Infant time, pre-school story time, toddler time, computer classes, genealogy presentation

### **NORTH CHANNEL BRANCH LIBRARY**

15741 Wallisville Road, Houston, TX 77049 **281-457-1631**

- Animal interaction group, tween time (crafts, food, science activities), toddler time, preschool story time, baby time, email classes

### **NORTHWEST BRANCH LIBRARY**

11355 Regency Green Drive, Cypress TX 77429 **281-890-2665**

- Toddler time, teen crafts group, knitting group, financial planning classes, Lego club, baby book time

### **OCTAVIA FIELDS BRANCH LIBRARY**

1503 South Houston, Humble TX 77338 **281-446-3377**

- Baby story time, toddler time, food and book club, computer class

### **PARKER WILLIAMS BRANCH LIBRARY**

10851 Scarsdale Blvd, Suite #510 Houston, TX 77089

**281-484-2036**

- Computer classes, preschool story time, craft projects, healthy snacks, book talks, toddler time

### **SOUTH HOUSTON, BRANCH LIBRARY**

607 Avenue A, South Houston, TX 77587 **713-941-2385**

- Walking/exercise group, Valentine craft making, online shopping class, computer class, adult craft to go

### **SPRING BRANCH MEMORIAL BRANCH LIBRARY**

930 Corbindale, Houston, TX 77024 **713-464-1633**

- Computer classes, toddler story time, baby story time, crafts

### **STRATFORD BRANCH LIBRARY**

509 Stratford, Highlands TX 77562 **281-426-3521**

- Tax preparation, after school crafts, computer tutor, art projects

### **WEST UNIVERSITY BRANCH LIBRARY**

6108 Auden, Houston, TX 77005 **713-668-8273**

- Computer classes, lap sit story time, book club

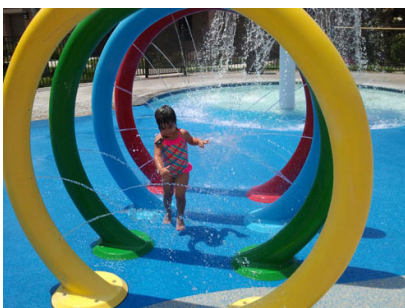
# PUBLIC PARKS IN HOUSTON



**DID YOU KNOW THAT THERE ARE HUNDREDS OF PUBLIC PARKS IN HOUSTON? GO OUT AND TAKE ADVANTAGE OF ALL THE GORGEOUS GREEN SPACES THAT HOUSTON HAS TO OFFER!**

Find the entire list of Houston Parks at Houston Parks and Recreation Department Website:

**<http://www.houstontx.gov/parks/>**



# PUBLIC PARKS WITH THE MOST ACTIVITIES/AMENITIES

 <p><b>AGNES MOFFITT PARK</b> 10645 Hammerly, 77043 39 Acres: Basketball, Baseball, Softball, Pool, Disc Golf, Playground, Softball</p>	<p><b>ALIEF COMMUNITY PARK</b> 11903 Bellaire Blvd, 77072 37.30 Acres: Basketball, Baseball, Field, Tennis, Pool, Community Center, Dog Park, Playground, Multi-Purpose Field</p>	<p><b>BEVERLY HILLS PARK</b> 10201 Kingspoint, 77075 21.67 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Trail System, Pool, Community Center, Playground</p>	 <p><b>BUFFALO BAYOU/TINSELY PARK / LEE &amp; JOE JAMAIL SKATE PARK</b> 18-3600 Allen Pkwy/Memorial Dr., 77002 127.82 Acres: Skate facility, Trail System, Disc Golf, Picnic area</p>
<p><b>CLINTON PARK</b> 200 Mississippi, 77029 35.20 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Skate facility, Trail System, Pool, Community Center, Disc Golf, Playground</p>	<p><b>CLOVERLAND PARK</b> 11800 Scott, 77047 12.04 Acres: Basketball, Baseball, Tennis, Trail System, Pool, Community Center, Playground, Picnic area</p>	<p><b>CRESTMONT PARK</b> 5200 Selinsky Rd, 77048 6.74 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Trail System, Community Center, Exercise Area, Playground</p>	<p><b>CULLEN PARK</b> 19008 Saums/18203 Groeschke, 77084 9,269 Acres: Multi-Purpose Field, Softball, Trail System, Sprayground, Playground</p>
<p><b>EASTWOOD PARK</b> 5020 Harrisburg, 77011 10.80 Acres: Baseball, Tennis, Skate facility, Trail System, Pool, Community Center, Playground</p>	<p><b>EDGEWOOD PARK</b> 5803 Belfort, 77033 10.97 Acres: Basketball, Multi-Purpose Field, Softball, Trail System, Playground, Sprayground, Community Center</p>	<p><b>EMANCIPATION PARK</b> 3018 Dowling, 77004 11.37 Acres: Multi-Purpose Field, Tennis, Softball, Pool, Community Center, Exercise Area, Playground, Picnic area</p>	 <p><b>HERMANN PARK</b> 6001 Fannin, 77030 449 Acres: Sprayground, Community Center, Golf, Playground, Picnic Area</p>
<p><b>HOBART TAYLOR PARK</b> 8100 Kenton, 77028 15.21 Acres: Basketball, Baseball, Trail System, Pool, Community Center, Playground, Picnic area</p>	<p><b>INDEPENDENCE HEIGHTS PARK</b> 601 East 35th St, 77022 3.10 Acres: Basketball, Baseball, Tennis, Trail System, Pool, Community Center, Playground</p>	<p><b>KEITH-WIESS PARK</b> 12300 Aldine-Westfield, 77093 499.46 Acres: Multi-Purpose Field, Tennis, Softball, Trail System, Playground, Picnic area</p>	<p><b>LAW PARK</b> 6200 Scarlet/6100 Vassar, 77033 313.57 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Trail System, Playground, Picnic area</p>
<p><b>LOVE PARK</b> 1000 West 12th St, 77008 7.74 Acres: Baseball, Trail System, Pool, Community Center, Playground</p>	<p><b>MACGREGOR PARK</b> 5225 Calhoun, 77021 82.79 Acres: Basketball, Baseball, Tennis, Trail System, Pool, Community Center, Disc Golf, Playground, Picnic area</p>	 <p><b>MASON PARK</b> 541 South 75th St/Tipps, 77023 108.08 Acres: Baseball, Tennis, Softball, Trail System, Pool, Community Center, Exercise Area, Playground, Picnic area</p>	<p><b>MELROSE PARK</b> 1000 Canino Road, 77076 92.44 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Softball, Sprayground, Community Center, Playground, Picnic area</p>
 <p><b>MEMORIAL PARK</b> 6501 Memorial Dr., 77007 1,503.68 Acres: Baseball, Multi-Purpose Field, Tennis, Softball, Trail System, Pool, Gazebo, Playground, Picnic area</p>	<p><b>MOODY PARK</b> 3725 Fulton, 77009 34.90 Acres: Basketball, Baseball, Tennis, Softball, Trail System, Pool, Community Center, Playground, Picnic area</p>	<p><b>SELENA QUINTANILLA PEREZ/DENVER HARBOR PARK</b> 6402 Market, 77020 17.20 Acres: Baseball, Trail System, Pool, Community Center, Playground, Picnic area</p>	<p><b>SUNNYSIDE PARK</b> 3502 Belfort, 77051 206.01 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Softball, Playground, Trail System, Pool, Community Center, Picnic area</p>
<p><b>T.C. JESTER PARKWAY</b> 4201 TC Jester, 77018 100 Acres: Baseball, Multi-Purpose Field, Softball, Trail System, Pool, Dog Park, Exercise Area, Disc Golf, Playground</p>	<p><b>TIDWELL PARK</b> 9720 Spaulding, 77016 85.23 Acres: Baseball, Tennis, Trail System, Pool, Community Center, Playground</p>	<p><b>TUFFLY PARK</b> 3200 Russell, 77026 11.32 Acres: Basketball, Baseball, Trail System, Pool, Community Center, Playground</p>	<p><b>WILSON MEMORIAL PARK</b> 100 Gilpin, 77034 29.00 Acres: Basketball, Baseball, Multi-Purpose Field, Tennis, Trail System, Pool, Playground, Picnic area</p>

# POSTPARTUM DEPRESSION SERVICES

FROM MENTAL HEALTH AMERICA OF GREATER HOUSTON

## FOR EMERGENCIES:

- **911** (ask for crisis intervention or CIT Officer)
- Neuropsychiatric Center (NPC) – 24 hour emergency psychiatric facility  
1502 Taub Loop, Houston, TX 77030 **713-970-7070**
- Crisis Hotline: **713-HOTLINE (713-468-5463)**

## FOR NON-EMERGENCIES (MEDICAL, PSYCHIATRIC):

- If Medicaid, refer to MHA: **713-522-5161** for a referral to a Medicaid provider
- HCHD Gold Card Registration Center: **713-643-3691**; HCHD clinic appointments: **713-526-4243**
- Federally Qualified Health Centers (FQHCs) or other low-cost clinics
  - Call Gateway to Care Navigator Program: **713-633-2255** to get information about the closest FQHC or other low-cost clinics
- Legacy Community Health Services: **713-830-3000** (Montrose area), **713-671-3041** (Lyons area), **713-779-6400** (Southwest area) or **713-351-7350** (Baker-Ripley)
- MHMRA: **713-970-7070**

## FOR SUPPORT GROUPS:

- Pregnancy and Postpartum Depression Support Group at The Woman’s Hospital of Texas (English only):
  - Groups are Mondays from 12:30-1:30pm **713-791-7404**
- The Online PPD Support Group: [www.ppdsupportpage.com](http://www.ppdsupportpage.com)
- Pregnancy and PPD Support Group at Texas Children’s Hospital – call for information **832-826-5281**

## OTHER RESOURCES:

- **MENTAL HEALTH OF AMERICA OF GREATER HOUSTON:**  
[www.mhahouston.org](http://www.mhahouston.org) **713-522-5161 (Helpline)**
- Helpline provides referral to Houston area mental health providers who specialize in the treatment of perinatal depression and other mental health issues. Website includes a variety of resources about mental health, including women’s mental health and postpartum depression
- **POSTPARTUM SUPPORT INTERNATIONAL’S (PSI) POSTPARTUM DEPRESSION HOTLINE**
  - PSI Coordinators are volunteers and peers who provide caring and informed social support and resources to women and their families. Coordinators can provide peer support via phone, email inquiries, or an online support group.  
[www.postpartum.net](http://www.postpartum.net) **1-800-944-4PDD (4773)**

**POSTPARTUM DEPRESSION HOTLINE:  
1-800-PPD-MOMS (1-800-773-6667)**



## PSYCHIATRISTS WHO SPECIALIZE IN PPD

Susan Backes, MD, 4550 Post Oak Place, Houston	713-621-4950
Margaret Basu, MD, 2211 Norfolk, Houston	713-533-4363
Daniel Kaufman, MD, 4101 Greenbriar, Houston	713-529-3222
Susan Meixner, MD, 5615 Kirby, Houston	713-529-3119
Sandhya Prashad, MD, 5420 West Loop S., Bellaire	832-436-4055
Lucy Puryear, MD, 2211 Norfolk, Houston	713-533-4380
Denise Rashti, MD, 4101 Greenbriar, Houston	713-667-5800

## THERAPISTS

Taylor Brooks-Kaufman, LPC, 4101 Greenbriar, Houston	713-201-6766
Catherine Casey, LCP, LMFT, 16300 Katy Freeway, Houston	281-686-9569
Sherry Duson, MA, LPC-LMFT, 3418 Mercer, Houston	713-506-2522
Sheryl Levin, LPC, 6300 West Loop South, Bellaire	713-621-2700
Patty Mosteller-Davis, LCSW, 2439 Sunset, Houston	713-522-3329
Leslee Murphy, LCSW, 9525 Katy Freeway, Houston	713-444-4828
Deborah Olson, MA, LPC, 2001 Ladbrook, Kingwood	281-358-2030
Jeanne Pasternak, LCSW, 2439 Sunset, Houston	713-520-0402
Irena Milentijevic, PsyD., 7900 Fannin and 1600 Lake Front Circle, The Woodlands	281-267-1742
Patricia Perrin, PhD, 6300 West Loop South, Bellaire	713-662-3999

## CLINICS

- Mental Health Association of:
  - Greater Houston [www.mhahouston.org](http://www.mhahouston.org) 713-523-8963
  - Fort Bend County [www.mhafbc.org](http://www.mhafbc.org) 281-207-2480
- Harris County Mental Health & Mental Retardation Association (MHMRA) 713-970-7070
  - 24-hour helpline
  - Multiple locations, including The Neuropsychiatric Center – a 24-hr crisis emergency center  
1502 Taub Loop, Houston
- University of Houston - Clear Lake Psychological Services 281-283-3330

**NATIONAL SUICIDE PREVENTION LIFELINE 1(800)273-TALK (8255)**

ADOPTED FROM THE WOMAN'S HOSPITAL OF TEXAS

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# SUPPORT GROUPS IN HOUSTON

## ALZHEIMER'S ASSOCIATION

1-800-272-3900

[www.alz.org](http://www.alz.org)

- Groups for caregivers of those with Alzheimer's

## ATTENTION DEFICIT DISORDERS ASSOCIATION SOUTHERN REGION

[www.adda-sr.org](http://www.adda-sr.org)

281-897-0982

## CANCER SUPPORT GROUPS

- **MD Anderson** offers a large variety of support groups
- Please contact the Social Work department at **713-792-6195** for information on specific groups

## DEPRESSION AND BIPOLAR SUPPORT ALLIANCE GREATER HOUSTON

Various locations [www.dbsa.org](http://www.dbsa.org) **713-600-1131**

- Support group for people affected by depression and bipolar disorder and their families

## DIABETES SUPPORT GROUP

The Methodist Hospital, Outpatient Center, 6445 Main St, Houston, TX 77030 **713-441-4975**

- Last Thursday of each month – Noon to 1:30pm. Cannot validate parking.
- *Call for location*

## EATING DISORDERS ANONYMOUS

• The Council on Alcohol and Drugs, 303 Jackson Hill, Houston, TX 77007 Karen at **281-900-0209**

- Saturdays at 11am

## HOUSTON AREA WOMEN'S CENTER DOMESTIC VIOLENCE SUPPORT GROUP

1010 Waugh, Houston, TX 77019 [www.hawc.org](http://www.hawc.org) **713-528-2121**

- Call for intake information

## HOUSTON AREA WOMEN'S CENTER SEXUAL ASSAULT SUPPORT GROUP

1010 Waugh, Houston, TX 77019 [www.hawc.org](http://www.hawc.org) **713-528-7273**

- Call for intake information

## NAMI MENTAL HEALTH SUPPORT GROUPS

3630 West Dallas, Suite 140, Houston, TX 77019 [www.namigreaterhouston.org](http://www.namigreaterhouston.org) **713-970-4419**

- For those living with a mental illness and family members, friends and caregivers of those living with a mental illness
- Various locations

## OVEREATERS ANONYMOUS

Different locations [www.oahouston.org](http://www.oahouston.org) **713-973-6633**

- *Call for meeting times*

## PARENTS OF MURDERED CHILDREN

- St. Paul's United Methodist Church, 5501 S. Main Houston, TX 77004
- 2nd Tuesday of every month, 7-9:30pm

## PET LOSS SUPPORT GROUP

900 Portway Drive, Houston, TX 77024

- Meets the first Tuesday of every month at 6pm in the conference room

## RELATIVES AS PARENTS PROGRAM THROUGH VOLUNTEERS OF AMERICA

U of H – 10 Student Service Center 1, Houston, TX 77204 **713-460-0781**

- Provides grandparents/other relatives raising kin children with information about resources and support

# SINGLE PARENTS SUPPORT

## PARENTS WITHOUT PARTNERS, INC.

10603 Mills Wharf, Houston, TX 77070

[www.pwphouston.org](http://www.pwphouston.org)

281-469-5646

- Provides single parents and their children an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques
- *Orientations are usually held monthly in the greater Houston area. Children and current members are welcome to attend*
- Call for more information

## SINGLE & PARENTING GROUPS

[www.singleandparenting.org](http://www.singleandparenting.org)

### HOUSTON'S FIRST BAPTIST CHURCH

7401 Katy Freeway, Houston, TX 77024

713-681-8000

- Wednesdays, 6:30-8pm

### THE HARVEST UNITED METHODIST CHURCH

9029 Sienna Ranch Rd, Missouri City, TX 77459

281-778-2434

- Thursdays, 6:30-8:30pm

### SUGAR LAND BAPTIST CHURCH

16755 Southwest Freeway, Sugar Land, TX 77479

281-980-4431

- Wednesdays, 6:30-8pm

### WINDWOOD PRESBYTERIAN CHURCH

10555 Spring Cypress Rd, Houston, TX 77070

281-378-4040

- Wednesdays, 6:30-8pm

### CITYMARK CHURCH

231 W. Main St, League City, TX 77573

281-554-4200

- Mondays, 6-8pm

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# SUBSTANCE ABUSE PROGRAMS

**NUMEROUS STUDIES HAVE SHOWN THAT GETTING HELP FROM OTHERS LEADS TO A MUCH MORE SUCCESSFUL OUTCOME THAN TRYING TO QUIT ON YOUR OWN**

## BAY AREA COUNCIL ON DRUGS AND ALCOHOL, INC.

1300 A Bay Area Boulevard, Suite 102, Houston, TX 77058

[www.bacoda.org](http://www.bacoda.org)

281-212-2900

- Provides screening, assessment, motivational counseling, and referrals for alcohol and substance abuse issues
- Areas served: Harris and Galveston County

## CAREER AND RECOVERY ALTERNATIVE DRUG & ALCOHOL PROGRAM

2525 San Jacinto, Houston, TX 77002

[www.careerandrecovery.org](http://www.careerandrecovery.org)

713-754-7000

- Provides publicly-funded outpatient adult drug and alcohol treatment and HIV testing services. Individual and group counseling. Minimum age 18, must be medically stable with a stable residence, no detox available

## THE COUNCIL ON ALCOHOL AND DRUGS HOUSTON

303 Jackson Hill, Houston, TX 77007

[www.council-houston.org](http://www.council-houston.org)

713-942-4100

- The Cradles Project offers support for **new mothers and pregnant women**, providing case management, parenting resources, and social activities. Also helps with getting clients set up with substance abuse treatment.

## NEW HOPE COUNSELING CENTER, INC.

6420 Hillcroft, Suite 314, Houston, TX 77081

713-776-8006

- Provides education about the effects of drugs on the body, and individual and group counseling
- Areas served: Harris and Fort Bend County

## PALMER DRUG ABUSE PROGRAM

15015 Memorial Drive, Houston, TX 77079

[www.pdaphouston.org](http://www.pdaphouston.org)

713-857-2648

- Provides twelve-step programs for young people ages 12-25 and their parents/guardians. Provides facilitated support meetings similar to those of Alcoholics Anonymous, individual and family sessions as well as weekly sober social activities.

## SALLY'S HOUSE

1717 Congress Houston, TX 77002

[www.salvationarmyhouston.org/sallyshouse](http://www.salvationarmyhouston.org/sallyshouse)

713-223-8889

- Transitional shelter for single women who have already completed an alcohol/drug detoxification program
- "Provides a safe and compassionate environment for the next phase of their recovery. During their stay – up to 12 months in many cases – residents must work or attend school and participate in support services designed to restore mental and physical health, upgrade professional skills and encourage independent living."

## SANTA MARIA HOSTEL

807 Paschall, Houston, TX 77009

[www.santamariahostel.org](http://www.santamariahostel.org)

713-691-0900

- Assists women and their children by providing alcohol and drug treatment, case management, and life skills training. Residents are assisted with GED preparation, vocational referrals and guidance. Individual, group counseling and family education is provided on a daily basis. Also provides transitional housing, educational support and outpatient services.

## VOLUNTEERS OF AMERICA

4808 Yale St, Houston, TX 77018

[www.voatx.org](http://www.voatx.org)

713-460-0781

- Offers residential and outpatient addiction treatment for men and women, parenting classes, job preparation and training programs, financial support services, housing placement, and treatment for domestic abuse/trauma

## ALCOHOLICS ANONYMOUS

713-686-6300 for information on meeting sites and times

[www.aahouston.org](http://www.aahouston.org)

## COCAINE ANONYMOUS

713-668-6822 for information on meeting sites and times

[www.ca-texas.org](http://www.ca-texas.org)

## NARCOTICS ANONYMOUS

(713) 661-4200 for information on meeting sites and times

[www.hascona.com](http://www.hascona.com)

- For family members and friends of alcoholics

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# THERAPY/PSYCHIATRY/SUPPORT

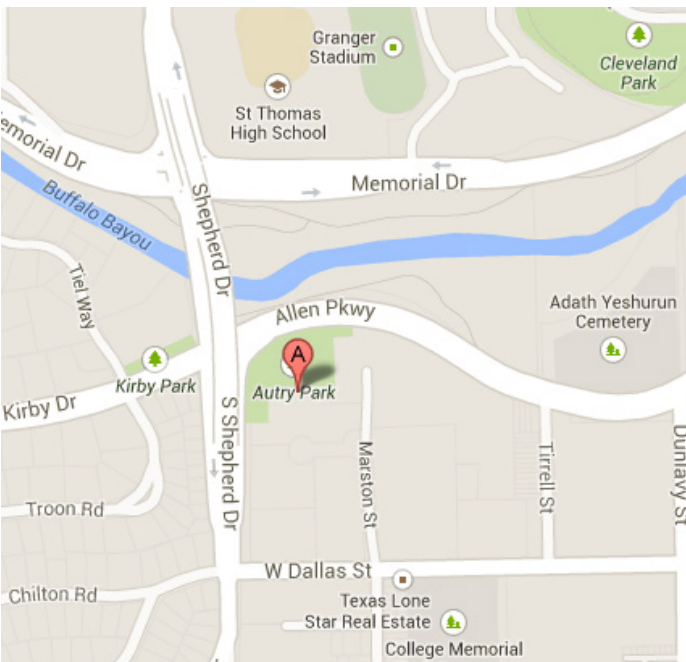
For treatment of depression, bipolar disorder, and/or schizophrenia, you can go to the:

## **MHMRA Eligibility Center**

**3630 W. Dallas**

**Houston, TX 77019**

**713-970-4444**



Monday through Friday: Doors open at 6:00 AM and the first appointment is at 7:45. It is *VERY IMPORTANT* that you come as early as possible because it is a *first-come, first-serve basis.*

### **Documents to bring:**

- *Proof of any income (pay stubs, food stamps award letter, child support statement, etc.)*
- *Proof of residence in Harris County (bill with your address listed or current lease)*
- *Proof of insurance (insurance card)*
- *Identification (driver's license)*
- *Social security card (if applicable)*

**FOR MEDICAL AND SPECIALTY CARE IF YOU ARE OR BECOME UNINSURED**



Various locations

[www.harrishealth.org](http://www.harrishealth.org)

**713-873-2000**

Harris Health offers medical care in the following areas:

- Primary care
- Mental and behavioral health counseling
- Cancer care
- Cardiology
- Geriatric medicine
- HIV/AIDS care
- Physical medicine and rehabilitation
- Sleep disorders
- Trauma care
- Women and Infant services
- Tobacco cessation classes
- Diabetes care and education
- Adult weight management
- Dental services

- Tax-supported hospital and health services for qualified low-income and those unable to pay
- Doctors are from Baylor College of Medicine and UT Medical School
- Must apply for **THE GOLD CARD** in order to receive assistance
- Apply for the Gold Card before becoming sick to ensure faster immediate care. **Harris county residents only.**

- **Eligibility Registration (Mail application to P. O. Box 300488, Houston, TX 77230) 713-566-6509**
- Must fill out application <http://www.hchdonline.com/patient/onecard/goldcard.htm>
- **Attach copies of required documents and mail in OR drop off at Eligibility Center.** No appointments. Minimal fees. Call 713-566-6509 if response time is very lengthy. If you need a copy of the application today, ask for social worker.

**ELIGIBILITY CENTERS IN HOUSTON:**

**ACRES HOME**

818 Ringold St, Houston, TX 77088  
7am-4pm

**713-566-6509**

**EAST MOUNT HOUSTON**

11737B Eastex Freeway, Houston, TX 77039  
8am-4:30pm

**713-566-6509**

**LOUIS J. MOORE**

8901-B Boone Rd., Houston, TX 77099  
7:30am-4:30pm

**713-566-6509**

**SOUTHEAST**

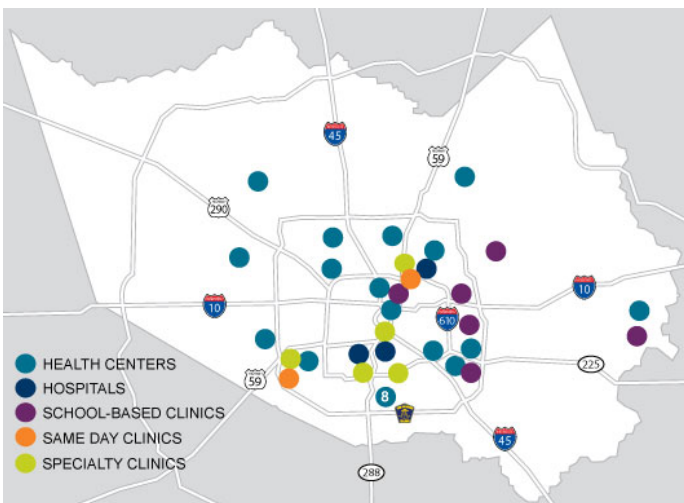
3550-A Swingle Rd., Houston, TX 77047  
8am-4:30pm

**713-566-6509**

**STRAWBERRY**

925 Shaw Rd., Pasadena, TX 77506  
7:30am-4:30pm

**713-566-6509**



Due to Harris Health being a big system, it can take up to several weeks to be approved for the Gold Card. If you would like to expedite the application process, you can work with the agency ECHOS, located at 9600 South Gessner Building E (corner of Bissonnet). Contact info is **713-270-0369**. They can help you fill out the application and shorten the processing time.

# ARE YOU HAPPY?

YES

NO

CHANGE  
SOMETHING.

DO YOU WANT  
TO BE HAPPY?

YES

NO

KEEP DOING  
WHATEVER  
YOU'RE DOING.





# REFERRAL LIST FOR SLIDING-SCALE/FREE COUNSELING

Some Medicaid plans cover counseling and some do not. The best way for you to find out if your plan covers it is to call the number on your insurance card and ask them if mental health services are covered. If you are looking for counseling rather than psychiatry (counseling is talking, psychiatry is medication), just say that you want to find a **therapist**. In addition, you can either go to MHMRA or Harris Health (The Gold Card), which are free or low cost (ask social worker for more information about these organizations), or you can see a private practitioner who charges a discounted rate based on your income – aka sliding-scale. **LPC** is a licensed professional counselor, **LCSW** is a licensed clinical social worker, **PhD** and **PsyD** are psychologists, and **LMFT** is a licensed marriage and family therapist. **Interns** are currently graduate school students who are supervised by an experienced professional.

These therapists are listed by zip code.

NAME	THERAPY TYPE	ADDRESS	ZIP CODE	PHONE NUMBER	RATES
Lesajeane Jennings, PsyD	Individual, group, family, couples and evaluations	1319 Live Oak St	77003	713-225-2280	Master-level interns can see at no charge. Ask for intern therapy when you call.
Janelle Gray, LPC-I	Individual, couples, family, anger management	2424 Hamilton, Suite 110	77004	713-417-7754	\$50 per session. Let them know that you were referred by UT Physicians.
Houston Galveston Institute	All types, all issues	3316 Mount Vernon	77006	713-526-8390	\$25 per hour
Center for Creative Resources	All types, all issues	307 Sul Ross	77006	713-461-7599	\$25 initial, wait list is 1-2 days
Family Services of Houston	All types, different issues	4625 Lillian	77007	713-861-4849	\$20-\$125, wait list is 1 week
Houston Area Community Services	All types, all issues	2150 West 18 <sup>th</sup> St, Suite 300	77008	713-526-0027	Call for information
Noel C. Gonzalez, LPC	Depression and anxiety, eating disorders, relationship issues, sexual abuse	726 West 17 <sup>th</sup> St	77007	281-501-3683	\$50 per session
El Centro Del Corazon	All types, all issues	5001 Navigation Blvd	77011	713-926-1849	\$20-\$55/session, wait list is 2 weeks
Jewish Family Services	All types, all issues	4131 S Braeswood	77025	713-667-9336	\$20-\$125, wait list is 2-3 weeks
Ivan Young, PhD	Relationship issues, stage of life	4100 Westheimer Rd #250	77027	877-508-2025	\$300/4 sessions. Normal rate is \$300/hour
Yvette Cornish, LPC Authentic Mind Counseling	Life coach, depression and anxiety, family and couples, grief, conflict resolution, stress management	1717 Turning Basin, Suite 190	77029	832-229-0401	\$25-\$40/session
Micki Washburn, LPC	Postpartum depression, prepartum depression	11811 East Freeway Suite 331	77029	832-498-1015	\$25-\$40 for an intern
Innovative Alternatives	All types, all issues	1335 Regents Park Dr., Suite 240	77058	832-329-8500	\$10 for interns, \$25 for LPC-I (counselor in training), \$50 for LPCs
Krist Samaritan Center	Family conflict, domestic abuse, trauma, anxiety, depression, alcohol/drug abuse, spiritual issues	17555 El Camino Real	77058	281-480-7554	\$40
Cheryl Ivory, LPC	Depression, grief, anxiety	440 Benmar Dr., Suite 2047, Spring	77060	832-329-8500	\$15-\$85/session, 6 week wait list

<b>NAME</b>	<b>THERAPY TYPE</b>	<b>ADDRESS</b>	<b>ZIP CODE</b>	<b>PHONE NUMBER</b>	<b>RATES</b>
Lori Chavez, LPC Insightful Life Counseling	Family conflict, relationship issues, anxiety, bipolar d/o, divorce, grief, self-esteem, depression	10694 Jones Rd Suite 220	77065	281-653-6572	\$40-\$90 per session. When you call, tell them you were referred by Carolyn Sylvan at UT Physicians so that they will charge less.
Banyan Counseling Network	Individual and family, anxiety and depression	5870 Highway 6 North, Suite 107	77084	281-855-1982	Interns can see for lower rates and sometimes give pro bono sessions
William July, PhD	Depression and anxiety, couples, family, grief, work and career issues, stress management	2855 Mangum Building A Suite 364	77092	713-993-7751	Intern at \$45/session
Deanna Abraham, LPC PAL Counseling	Substance abuse, coping skills, life coaching, relationship issues, sexual abuse, anxiety, depression, grief, self-esteem	7101 NW 100 Dr., Suite A103	77092	832-924-7503	Works with clients according to the federal poverty levels
Christina Runnels, LPC	Relationship issues, family therapy	326 Noble St., Spring	77373	281-635-0998	Depends on household size and income, will work with you
Debbie Edmunds, LPC Hope Psychotherapy	Depression and anxiety, return to work issues, life coaching, eating disorders, hoarding	17510 Huffmeister, #105 & 103, Cypress	77429	281-373-5200	Interns are \$30 per session
Vecino Health Center	Individual and group counseling	Airline and Denver Harbor	77076 & 77020	713-674-3326	\$15-\$85 per session, wait list is 6 weeks
Legacy Community Centers	All types, all issues	Several locations	Various	713-830-3000	\$15-\$85 per session, wait list is 6 weeks
Spring Branch CHC	All types, all issues	77449, 77055, 77080	Various	713-462-6565	FREE mental health services if client of medical clinic
Houston Center for Christian Counseling	Christian faith-based counseling, depression, anxiety, relationship issues, anger, grief, trauma, family, sexual abuse	Sugarland and Katy	77478 & 77450	281-277-8811 (SL) 281-398-0022 (K)	Interns for \$50

# COUNSELING FOR THOSE WITH REGULAR MEDICAID

(NOT PREGNANCY MEDICAID)

THERAPISTS/AGENCIES ARE LISTED BY ZIPCODE

NAME	THERAPY TYPE/KNOWLEDGE	ADDRESS	ZIP CODE	PHONE NUMBER	PLANS ACCEPTED	LANGUAGES SPOKEN
Lesajeane Jennings, LPC, PhD	Depression, anxiety, learning problems	1319 Live Oak	77003	713-225-2280	Amerigroup	English
Willie Lewis, LPC	Individual and group	1821 Oakdale	77004	713-521-7040	Amerigroup	English
Cessi Sutter, LMFT	Depression, anger management, parenting, employment and career coaching	5311 Kirby #204	77005	713-364-8756	CHC	English/Spanish
El Dorado Texas Community Services	Individual and group	1213 Durham	77007	713-636-9138	CHC	English/Spanish
Family Services of Greater Houston	Varies depending on counselor	4625 Lillian	77007	713-861-4849	All Medicaid	English/Spanish
Tyler Hartson, LCSW	Bipolar disorder, impulse control, life coaching, depression, anxiety, parenting	627 West 19 <sup>th</sup> St	77008	281-305-2663	All Medicaid	English
Darron Garner, LCSW	Individual and group	6323 Calhoun	77021	713-741-2400	CHC	English
Unlimited Visions Aftercare	Substance abuse/pregnant/post-partum	5527 Lawndale	77023	713-921-2276	Amerigroup, United Healthcare, CHC	English/Spanish
Rosslyn Granger, LCSW	Counseling	9525 Katy Freeway	77024	713-463-9449	All Medicaid	English
Laura Martin-Wolf, LPC, LCDC	Addiction, depression, PTSD, OCD, eating disorders, grief	9525 Katy Freeway	77024	713-338-9002	All except Amerigroup	English/Spanish
Baylor Psychiatry Clinic	Provides specialized services for mood disorders and anxiety disorders, psychological evaluation services, marital and couples therapy, and individual therapy	1977 Butler Blvd	77030	713-798-4870	Traditional and United Healthcare	English/Spanish
Dorothy Tiedt, LPC	Depression, thought and mood disorders, relationship issues, anxiety, bipolar disorder	2825 Wilcrest	77042	713-338-9195	Amerigroup	English
El Camino Counseling	Various issues	10190 Katy Fwy	77043	713-647-0002	CHC, Amerigroup	English/Spanish/Korean, Cantonese, Mandarin
Scott Stanley, PhD	Depression, mood and personality disorders, parenting	1458 Campbell	77055	713-338-9120	Amerigroup	English
Lola Clay, LPC	Domestic violence, mood, behavioral and emotional disorders	2323 South Voss	77057	832-726-0989	Amerigroup	English
Pierre Matta, LMFT	Depression, family conflicts, mood disorders	1300 Bay Area Blvd	77058	281-377-3538	Amerigroup	English/Spanish
Sonia Pastrana, LPC	Sexual abuse, mood disorders, impulse control disorders	1100 Nasa Parkway	77058	713-338-9098	Amerigroup	English
Angela Settle, LPC	Relationship, postpartum depression, depression	16821 Buccaneer	77058	281-862-2978	Amerigroup	English
Faye Simien, LPC	Women's issues, depression, relationship issues	17000 El Camino Real	77058	281-397-3670	Amerigroup	English
Kristine Thomson, LPC	Depression, anxiety, fears	1002 Gemini	77058	281-218-8181	Amerigroup	English
Stuart Nathan, PhD	Mood and impulse disorders, family therapy	2450 Fondren	77063	281-206-4258	Amerigroup	English

Pamela Ogletree, LPC	Loss, grief, life coaching, parenting	4170 W. Greens Rd	77066	281-317-0847	Amerigroup	English
Robert Jefferson, LCSW	Psychosis, mood and thought disorders	5625 FM 1960	77069	281-785-0038	Amerigroup	English
Kinghaven Counseling	Behavior, cognitive, family counseling	9100 SW Freeway	77074	713-457-4372	Most Medicaid	English/Spanish
Prudence Brooks, PsyD	Mood disorders, depression, parenting, coping skills	12000 Westheimer, Suite 210	77077	832-978-6763	Amerigroup	English
Christopher Christianson, LPC	Personality disorders, thought disorders	11999 Katy Freeway	77079	832-744-8953	Amerigroup	English
Counseling Center of Houston	Trauma, individual, couples and family sessions	11999 Katy Fwy, Suite 230	77079	281-336-0201	CHC and United Health Care	
Encarnita Gomez-Blay, LMFT	Impulse disorders, stress, parenting	810 S Highway 6	77079	832-409-0170	Amerigroup	English/Spanish
Beverly Newman, LPC	Behavioral, mood, thought and impulse disorders	738 Highway 6 S	77079	713-338-9133	Amerigroup, CHC	English
James Rorie Jr., MA	Anxiety, fears, loss, mood disorders	11999 Katy Freeway	77079	281-408-4230	Amerigroup	English
Cecelia Johnson, PhD, LPC	Thought disorders, coping, grief and loss	16151 Cairway Dr.	77084	281-724-5035	Amerigroup, CHC	English
Richard Yohr, LPC	Addiction, depression, mood disorders	16350 Park Ten Place	77084	281-317-7721	Amerigroup	English
Jimmy Sethna, PsyD	Depression, mood disorders, coping skills	17115 Red Oak	77090	281-305-0402	Amerigroup	English
Isela Saripella, LPC	Depression, mood disorders, coping skills	2855 Mangum Rd	77092	832-305-5988	Amerigroup	English
Joseph Anenberg, LPC	Mood and personality disorders, impulse control disorders	3000 Richmond	77098	281-668-7803	CHC	English
Sylvia Greenbaum, LPC, LCDC	Depression, trauma, DV, sexual abuse, substance abuse	3701 Kirby	77098	281-542-3296	Amerigroup, Molina, CHC	English/Spanish
Toby Howell, LCSW	Loss, grief, trauma, PTSD, sexual abuse	3131 Eastside	77098	832-380-9941	Amerigroup	English/Spanish
Tamika Burns-Shepard, LPC	Mood disorders, depression, family issues	1906 Treble	77338	713-987-3669	Amerigroup	English
Sinead Lancaster, LCSW	Anxiety, fears, loss, mood disorders	1016 N Houston	77338	713-338-9080	CHC	English
Mary Beth George, LPC	Depression, mood disorders, coping skills	1420 Stone Hollow	77339	281-645-9713	Amerigroup	English
Nadine Grizzle, LPC	Depression, anxiety, fear, coping skills	800 Rockmead	77339	281-397-3235	Amerigroup	English
Gina Gheller, LCSW	Relationship therapy	5909 W Loop S	77401	281-813-8330	Amerigroup/CHC	English/Spanish
Shana Lewis, LPC	Women's issues, depression, parenting, trauma	5909 W Loop S	77401	713-892-5483	Amerigroup/CHC	English
William Schmidt, PhD	Depression, substance abuse	6565 W Loop S	77401	713-592-9098	CHC	Eng/Spanish/ASL
LaToya Martin-Jackson, LPC	Mood and sexual disorders, individual and family	17510 Huffmeister	77429	281-886-3681	Star-Plus	English/Spanish
Harvey Newman, LPC	Behavioral health	2489 Hempstead	77445	713-869-8552	All Medicaid	English
William Freeman, LCSW	Mood, personality, impulse disorders	2116 Thompson	77469	281-241-1555	Amerigroup	English
Vanessa Traylor, LCSW	Mood disorders, depression	4721 Garth	77521	832-735-7150	Amerigroup	English
Kathy Molinaro, LPC	Adjustment disorders, depression, stress management, couples, anxiety, PTSD	150 West Shadow Bend	77546	713-650-0860	All except Amerigroup	English
Lauri Cusick, LPC	Addiction, mood disorders, family violence	1008 Elm Pointe	77573	713-824-0474	Amerigroup	English
Steve Sutherland, LPC	Grief and loss, anger management	1421 Stone Rd	77581	281-394-0427	Amerigroup	English
Guy Moore, LPC	Counseling, substance abuse	2925 Palmer Hwy	77590	409-935-7900	All Medicaid	English
Carolyn Clansy Miller, PhD	Women's issues, depression, relationship issues	4501 Cartwright	77429 & 77074	713-338-9209	Amerigroup	English

# TOBACCO CESSATION PROGRAMS



AMERICAN CANCER SOCIETY QUIT LINE: 1-877-YES-QUIT  
AMERICAN LUNG ASSOCIATION CALL CENTER: 1-800-548-8252  
THE SMOKING QUIT LINE OF THE NATIONAL CANCER INSTITUTE: 1-877-44U-QUIT

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**Smoking at any point in your life is extremely hazardous to your health. According to the CDC:**

- Smoking affects nearly every organ of the body
- Smokers are more likely than nonsmokers to develop heart disease (**2-4x more**), stroke (**2-4x**), and lung cancer (**25x**)
- The risk for developing diabetes is 30-40% higher for active smokers than nonsmokers.
- Smoking can cause cancer almost **anywhere** in your body.

**IF NOBODY SMOKED, ONE OF EVERY THREE CANCER DEATHS IN THE US WOULD NOT HAPPEN!**

**Smoking Can Make It Harder for a Woman to Become Pregnant and Can Affect her Baby's Health Before and After Birth**

**SMOKING DURING PREGNANCY INCREASES RISKS FOR:**

- Preterm delivery
- Stillbirth
- Ectopic pregnancy (egg fertilized in fallopian tube)
- Low birth weight
- SIDS
- Orofacial clefts in infants

**BABIES EXPOSED TO SECONDHAND SMOKE:**

- Are more likely to die from SIDS
- Are at greater risk for asthma, bronchitis, pneumonia, ear infections and respiratory symptoms
- May experience slow lung growth

**AFTER LEARNING ALL THIS INFORMATION, PLEASE ASK YOURSELF:**

**IS IT REALLY WORTH THE RISK?!**

# IF YOU ARE READY TO MAKE THIS VERY HEALTHY LIFE CHANGE, THERE IS HELP!

**THERE ARE NUMEROUS PROGRAMS FOR THOSE WITH THE GOLD CARD THROUGH HARRIS HEALTH (HARRIS COUNTY HOSPITAL DISTRICT).**

- If you would like more info on eligibility for the Gold Card, please contact social worker

**FOR THOSE WITH PRIVATE INSURANCE, THERE ARE PROGRAMS AVAILABLE THROUGH YOUR INSURANCE PROVIDER. JUST CALL THEM FOR MORE INFO.**

## **AMERICAN CANCER SOCIETY**

**713-266-2877**

- Fresh Start Program: A four-hour program to help adult smokers quit

## **AMERICAN HEART ASSOCIATION**

**713-610-5000**

- Offers various tobacco cessation brochures and video education programs for use at home

## **FREEDOM FROM SMOKING ONLINE**

[www.lungusa.org](http://www.lungusa.org)

**713-629-LUNG ext 207**

- Free online program

## **NICOTINE ANONYMOUS**

**713-827-5989**

- Teaches the 12-step program for breaking the tobacco addiction. Free sessions across the city.

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# TRANSPORTATION

## **HOW TO GET A RIDE TO THE DOCTOR, DENTIST OR DRUG STORE**

**★ Note: Medicaid will not transport your child, unless he/she also has a ★  
doctor's appointment**

If you need a ride to the doctor or dentist's office, hospital, drug store or any place you get Medicaid services, call us toll-free at:

**1-855-687-4786 (TTY: 1-800-735-2989)**

**1-877-MED-TRIP**

**Monday through Friday, 8 AM to 5 PM**

To get a free ride, you or your child must be on Medicaid or be in the Children with Special Health Care Needs program. You also must not have any other way to get to the doctor or drug store.

**Before you call for a free ride you must have already set up a time to see the doctor. To get a ride:**

1. Call us at least **two** work days or more before you need a ride. If you will need to travel a long way out of town to see your doctor, call us at least **five** work days before you need a ride. If you need a ride the same day you call us, we will do everything we can to help, but we can't promise we will be able to get you a ride.
2. Tell us your Medicaid ID, Children with Special Health Care Needs program number or your Social Security number.
3. Tell us the address where we will pick you up. If there is a phone number at the place we are picking you up, we need that too.
4. Tell us the name, address and phone number of the doctor or drug store where you need to go.
5. Tell us the date and time of your doctor's visit.
6. Tell us if you or your children have any special needs so we can send the right type of vehicle. For example, for people who use a wheelchair, we can send a van with a wheelchair ramp.

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## VISION RESOURCES

### HOUSTON DEPARTMENT OF HEALTH AND HUMAN SERVICES

1809 North Main Street, Houston, TX 77009

**713-547-8000**

- Provides complete eye exams and corrective lenses at low or no cost

### INFANTSEE

**1-888-396-3937**

- "InfantSEE® is developed by the American Optometric Association and The Vision Care Institute of Johnson & Johnson Vision Care Inc. We feel so strongly about the importance of healthy vision that participating member optometrists will provide a no-cost comprehensive infant eye and vision assessment within the first year of life."

### LORD OF THE STREETS EPISCOPAL CHURCH COMMUNITY OUTREACH

3401 Fannin, Houston, TX 77004

[www.lordofthestreets.org](http://www.lordofthestreets.org)

**713-526-0311**

- **Days/Hours:** Thursdays 1:00 pm - 3:00 pm
- Provides assistance to adults who cannot afford eye exams or glasses.

### NEIGHBORHOOD CLINICS THROUGH UH OPTOMETRY SCHOOL

3 locations:

- Good Neighbor Eye Clinic, 190 Heights, Houston, TX 77007 **713-527-8480**
- La Nueva Casa de Amigos Eye Clinic, 1809 N. Main, Houston, TX 77009 **713-547-8085**
- San Jose Eye Clinic, 301 Hamilton, Houston, TX 77002 **713-228-9411**
- UH provides eye and vision care at reduced cost to thousands. Each clinic provides a range of services, including comprehensive eye exams as well as treatment of eye diseases. Eligibility for reduced rate is determined based on a sliding scale.

### PREVENT BLINDNESS TEXAS

2202 Waugh Drive, Houston, TX 77006

[www.preventblindness.org/TX](http://www.preventblindness.org/TX)

**713-526-2559**

- Provides free eye exam and eyeglass vouchers for adults and children with low income. Also provides eye health and safety information to the public and professionals.

## TEXAS DEPARTMENT OF ASSISTIVE AND REHABILITATIVE SERVICES (DARS)

10060 Fuqua, Houston, TX 77089 E-mail: [DARS.Inquiries@dars.state.tx.us](mailto:DARS.Inquiries@dars.state.tx.us)

1-800-628-5115

- Provides services to blind and visually impaired individuals such as the Blind and Visually Impaired Children's Program, vocational and independent living training, and the Blindness Education, Screening, and Treatment BEST Program
- **Eligibility:** Legal Texas resident, 20/70 vision or less in both eyes, visual fields restricted to 30 degrees or less

## VISION USA

[www.aoa.org/x5607.xml](http://www.aoa.org/x5607.xml)

800-766-4466

- Provides free eye care services to uninsured low-income people who do not qualify for government aid or private health insurance assistance
- If an individual or family is eligible, they will be matched with a volunteer doctor of optometry who will provide a comprehensive eye exam at no charge. The doctors are donating their services and may be limited in some areas. Eyewear may also be provided at no cost or for a small fee/donation in some states.
- **Eligibility:** Must have a job or live in a household where there is one working member, have no vision insurance, have income below an established level based on household size, and not have had an eye exam within 2 years



# TEXAS WIC PROGRAM A GUIDE FOR PARTNER PROGRAMS & AGENCIES

## PURPOSE OF WIC

Give children the best possible start by providing optimal nutrition during the critical stages of development.

## WHO IS ELIGIBLE?

- Pregnant Women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children younger than 5

## ELIGIBILITY REQUIREMENTS

- Meet income guidelines (see chart)  
*Households with incomes up to 185% of the federal poverty level are eligible.*
- Meet with WIC staff to discuss family's nutrition interests and concerns
- Be a resident of Texas  
*WIC clients usually receive services in the county where they reside.*  
*US citizenship is not a requirement for eligibility.*

## HOW TO BECOME A WIC CLIENT

1. Call 1-800-942-3678 or visit [www.texaswic.org](http://www.texaswic.org) to get the phone number of the WIC clinic in your area.
2. Call that clinic to make an appointment to see if household members can become WIC clients.
3. Each woman, infant and child who wants WIC benefits must come to the appointment.
4. Bring proof of identification for each person who wants WIC benefits. Bring one of these items:
  - Driver's license
  - Birth certificate
  - School ID or work ID or
  - Other proof (check with clinic)
5. Bring proof of where household members live. Bring one of these items with name, street address, city, state and zip code:
  - Rent receipt
  - Utility bill
  - Other proof (check with clinic)
6. Bring proof of income.  
Anyone on Medicaid, TANF, or SNAP already meets the income eligibility for WIC. Bring the "Your Texas Benefits" card for household members on Medicaid. Bring the form/letter for household members on TANF, or SNAP. For each person in the household, bring all sources of income, which may include:
  - Pay stub that shows "gross income"
  - Current tax records
  - Letter from employer
  - Proof of Social Security benefits
  - Alimony or child support payments
  - Other proof (check with clinic)
7. Each person applying will meet with WIC staff to discuss health and nutrition interests and concerns.

## SERVICES WIC OFFERS

### NUTRITION EDUCATION

- Nutrition counseling, information and classes related to each family's interests and concerns.

### BREASTFEEDING SUPPORT AND EDUCATION

- Clients receive prenatal breastfeeding and education classes and postpartum breastfeeding support.
- Clients may be eligible for a breast pump from WIC.

### WIC FOODS

- Whole grains • Milk • Cheese • Cereal
- Juice • Eggs • Beans • Peanut butter
- Fruits and vegetables • Canned tuna or salmon (*for exclusively breastfeeding women*) • Baby foods and baby cereal
- Formula

### CHILDHOOD IMMUNIZATIONS

- Some WIC clinics give shots. Others will refer to a nearby shot clinic.

### REFERRALS

- WIC refers to a variety of health and social services, including:
- Medicaid and Texas Health Steps
  - Family Planning
  - Head Start
  - TANF and SNAP
  - Early Childhood Intervention
  - Children's Health Insurance Program (CHIP)

## INCOME ELIGIBILITY GUIDELINES

Effective May 1, 2013

Number of Household Members*	Gross Monthly Household Income	Gross Yearly Household Income
1	\$0 up to \$1,772	\$0 up to \$21,257
2	\$0 up to \$2,392	\$0 up to \$28,694
3	\$0 up to \$3,011	\$0 up to \$36,131
4	\$0 up to \$3,631	\$0 up to \$43,568
5	\$0 up to \$4,251	\$0 up to \$51,005
6	\$0 up to \$4,871	\$0 up to \$58,442

For more than 6 household members, or if you have any income questions, call 1-800-942-3678.

Individuals with proof of Medicaid, TANF, or SNAP automatically meet income eligibility

\* A pregnant woman's household is increased by the number of infants she is expecting



Call **1-800-942-3678** to locate a WIC clinic or visit [www.texaswic.org](http://www.texaswic.org)



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C., 20250-9410 or call toll free 866-632-9992 (Voice). Individuals who are hearing impaired or who have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339; or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# WIC CENTERS IN HOUSTON

<b>ACRES HOMES WIC CENTER</b> 6719 West Montgomery Houston, TX 77091 832-393-4150 M-Th 8-6; F 8-12	<b>AIRLINE WIC CENTER</b> 5990 Airline Dr., Suite 200 Houston, TX 77076 832-393-5427 M 9-6; T-F 8-5; 1 <sup>st</sup> & 3 <sup>rd</sup> Sat 7-4 Closed Mon after 3 <sup>rd</sup> Sat	<b>ALDINE WIC CENTER</b> 5198 Aldine Mail Route Houston, TX 77039 832-393-5427 M 9-6; T-F 8-5; 2 <sup>nd</sup> & 4 <sup>th</sup> Sat 7-4 Closed Mon after 3 <sup>rd</sup> Sat	<b>ALIEF WIC CENTER</b> 12660 Beechnut, Suite 180 Houston, TX 77072 832-393-5427 • M 9-6; T-Th 8-5; F & Sat 8-12
<b>ANTOINE HEALTH CENTER</b> 5815 Antoine, Suite A Houston, TX 77091 713-407-5800 M&W 8-7; T 10-7; Th-F 8-2; 3 <sup>rd</sup> Sat 8-5; Closed Fri after 3 <sup>rd</sup> Sat	<b>BEAR CREEK WIC CENTER</b> 16233 Clay Rd, Suite 318 Houston, TX 77084 713-407-5800 M-Th 8-7; F 8-2; 3 <sup>rd</sup> Sat 8-5 Closed Fri after 3 <sup>rd</sup> Sat	<b>BRAESNER WIC CENTER</b> 8632 S Braeswood Houston, TX 77031 832-393-5427 M 9-6; T-F 8-5; 1 <sup>st</sup> & 3 <sup>rd</sup> Sat 8-5 Closed Mon after 3 <sup>rd</sup> Sat	<b>DENVER HARBOR WIC CENTER</b> 6402 Market St. Houston, TX 77020 832-393-5427 M 9-6; T-F 7-5; 3 <sup>rd</sup> Sa 7-4 Closed Mon after 3 <sup>rd</sup> Sat
<b>EMERALD PLAZA WIC CENTER</b> 11509 Veterans Memorial Dr. #400 Houston, TX 77067 713-407-5800 M-Th 8-7; Fri 8-2; 3 <sup>rd</sup> Sat 8-5 Closed Fri after 3 <sup>rd</sup> Sat Wed after 3 <sup>rd</sup> Sat 10-7	<b>FALLBROOK WIC CENTER</b> 14901 SH 249 Tomball Pkwy, Suite 107 Houston, TX 77086 713-407-5800 M&W 8-7; T 10-7; Th-F 8-2; 3 <sup>rd</sup> Sat 8-5; Th after 3 <sup>rd</sup> Sat 8-2 Closed Fri after 3 <sup>rd</sup> Sat	<b>HOBBY AREA WIC CLINIC</b> 8221 Gulf Freeway Suite 200 Houston, TX 77017 713-641-2878 Call for hours	<b>HUMBLE WIC CLINIC</b> 8950 Will Clayton Pkwy, Suite 107 Humble, TX 77338 713-407-5800 M&W 8-7; T 10-7; Th-F 8-2; 3 <sup>rd</sup> Sat 8-5; Wed after 3 <sup>rd</sup> Sat 10-7 Closed Fri after 3 <sup>rd</sup> Sat
<b>LA NUEVA CASA DE AMIGOS</b> 1809 North Main Houston, TX 77009 832-393-5425 M 9-6; T-F 8-5; 1 <sup>st</sup> & 3 <sup>rd</sup> Sat 7-4; Closed Fri after 1 <sup>st</sup> Sat Closed Mon after 3 <sup>rd</sup> Sat	<b>MAGNOLIA WIC CENTER</b> 7037 Capitol, #201 Houston, TX 77011 832-393-5427 M 8-6; T-Th 8-5; F 8-12; Sat 8-12	<b>NORTH CHANNEL WIC</b> 13457 East Freeway Houston, TX 77015 713-451-8125 Call for hours	<b>NORTHEAST WIC CENTER</b> 9720 Spaulding Houston, TX 77016 713-633-7985 M 9-6; T-Fr 8-5; 2 <sup>nd</sup> Sat 7-4 Closed Mon after 3 <sup>rd</sup> Sat
<b>NORTHWEST WIC CENTER</b> 8536 Hammerly Houston, TX 77055 832-393-5427 M 9-6; T-F 8-5; 1 <sup>st</sup> & 3 <sup>rd</sup> Sat 7-4; Closed Fri after 1 <sup>st</sup> Sat; Closed Mon after 3 <sup>rd</sup> Sat	<b>PASADENA WIC CENTER</b> 908 E Southmore, Suite 300 Pasadena, TX 77502 713-407-5800 Call for hours	<b>PEARLAND WIC CLINIC</b> 2825 Miller Ranch Rd Suite 233 Pearland, TX 77584 281-756-1576 Call for hours	<b>POWER CENTER WIC</b> 12401 ½ S Post Oak #128 Houston, TX 77045 713-728-8582 Call for hours
<b>RED OAK WIC CENTER</b> 830 FM 1960 West, Suite 17 Houston, TX 77090 713-407-5800 M-Th 8-7; F 8-2; 3 <sup>rd</sup> Sat 8-5 Th after 3 <sup>rd</sup> Sat 8-2 Closed F after 3 <sup>rd</sup> Sat	<b>SCARSDALE WIC CENTER</b> 10851 Scarsdale, Suite 116 Houston, TX 77089 713-407-5800 M&W 8-7; T 10-7; Th-F 8-2; 3 <sup>rd</sup> Sat 8-5; W after 3 <sup>rd</sup> Sat 10-7 Closed F after 3 <sup>rd</sup> Sat	<b>SHARPSTOWN WIC CENTER</b> 6201 Bonhomme #300 South Houston, TX 77036 713-780-5650 M 9-6; T-F 8-5; 2 <sup>nd</sup> & 4 <sup>th</sup> Sat 8-12 Closed Fri after 3 <sup>rd</sup> Sat	<b>SHAVER WIC CENTER</b> 152 Fairmont Parkway Houston, TX 77504 713-407-5800 M&W 8-7; T 10-7; Th-F 8-2; 3 <sup>rd</sup> Sat 8-5; W after 3 <sup>rd</sup> Sat 10-7 Closed Fri after 3 <sup>rd</sup> Sat
<b>SOUTHEAST WIC CENTER</b> 3737 Red Bluff Pasadena, TX 77504 832-393-5427 M&W 8-7; T 10-7; Th-F 8-2; 3 <sup>rd</sup> Sat 8-5; Wed after 3 <sup>rd</sup> Sat 10-7 Closed Fri after 3 <sup>rd</sup> Sat	<b>SOUTHWEST WIC CENTER</b> 6400 High Star Houston, TX 77074 832-393-5427 M 9-6; T 8-8; W-Th 8-5; F 8-12; Sat 8-12	<b>SPRING BRANCH WIC CENTER</b> 8575 Pitner Houston, TX 77080 713-690-3312 Call for hours	<b>SUNNYSIDE WIC CENTER</b> 4605 Wilmington #178 Houston, TX 77051 832-393-5427 M 9-6; T 8-5; W 8-7; Th 8-5; F 8-3; 3 <sup>rd</sup> Sat 7-4; Closed Mon after 3 <sup>rd</sup> Sat
<b>UNIVERSITY WIC CENTER</b> 6015 Hillcroft Suite 2000 Houston, TX 77081 713-779-5846 Call for hours	<b>UT GREENSPPOINT CENTER</b> 11120 North Freeway Suite B Houston, TX 77037 281-590-6281 Call for hours	<b>UTMB LEAGUE CITY</b> 1100 Gulf Freeway Suite 108 League City, TX 77573 281-557-9400 Call for hours	<b>UTMB PEARLAND</b> 2750 East Broadway Pearland, TX 77581 281-485-0865 M 8-7; T&Th 8-5; W 8-6; Fri 8-3; 2 <sup>nd</sup> Sat 7-1:30; 4 <sup>th</sup> Sat 8-12

**DON'T FORGET TO BRING THE CORRECT DOCUMENTS!**