

COMMUNITY RESOURCE LIST



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*This is for informational purposes only. Harris County and Harris County Public Health are not affiliated with any of these organizations and cannot guarantee the level of service provided or eligibility for services/assistance.

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Food Assistance

Houston Food Bank (Northeast Harris County)

Location: ([Multiple Locations](#)) 535 Portwall St, Houston, TX 77029

Availability: Monday – Friday 7:00 AM – 9:00 PM; Saturday 7:00 AM – 4:00 PM;
Sunday 9:00 AM – 12:00 PM

Helpline: (832) 369-9390

Website: <https://www.houstonfoodbank.org/find-help/>

Find a Food Pantry Tool: <https://www.houstonfoodbank.org/find-help/agency-locator/>

Houston Food Bank Programs: <https://www.houstonfoodbank.org/our-programs/>

Service(s) Provided: Food Pantry, Community Resource Center, SNAP Benefit Assistance, Disaster Relief Resource

Service Area: Greater Houston Area

Urban Harvest: Double up Houston SNAP Incentive (Central Harris County)

Location: 2752 Buffalo Speedway, Houston, TX 77027

Availability: Saturday only 8:00 AM -12:00 PM

Helpline: (713) 880-5540

Website: <https://www.urbanharvest.org/farmers-market/snap/>

Services Provided: Mobile Farmer's Market, when you use your Lone Star Card at a participating market, you will receive a \$1 for \$1 match (up to \$40 per day) to purchase additional fruits and vegetables. Spend \$1 SNAP/EBT, get \$1 of fresh produce for free.

Service Area: Greater Houston Area

Braes Interfaith Ministries (Southwest Harris County)

Location: 4300 West Bellfort Ave Building 3, Houston, TX 77035

Availability: Monday, Wednesday, and Friday 10:00 AM – 2:00 PM (Please arrive by 1:30 PM)

Helpline: (713) 723-2671

Website: <https://braesinterfaithministries.org/>

Service(s) Provided: Food Pantry, Clothing, and only offering utility assistance now. (Program services are restricted to zip codes 77025, 77035, 77045, 77051, 77053, 77054, 77071, 77085, 77096)

Christian Community Service Center (Central Harris County)

Location: Administrative Office 3434 Branard St, Houston, TX 77027

Availability: Monday – Friday 10:00 AM – 2:00 PM; Saturday 9:00 AM – 12:00 PM
(Saturdays are for food pantries only)

Helpline: (713) 871-9741 (Call to schedule an appointment for Financial Assistance)

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Website: <https://ccschouston.org/>

Service(s) Provided: Food Pantry, Rental Assistance, Utilities, Limited Medical (Emergency Vision & Dental, Prescriptions)

Service Area:

77002,77003,77004,77005,77006,77007,77010,77011,77012,77019,77020,77021,77023,77025,77026,77027,77028,77030,77031,77036,77046,77056,77057,77072,77074,77081,77096, 77098, 77401

Kingwood United Methodist Church – Society of St. Stephen (Northeast Harris County)

Location: 2307 Crystal Springs Drive, Kingwood, TX 77339

Availability: Monday, Wednesdays, Fridays 9:00 AM -11:30 AM

Helpline: (281) 358-7722

Website: <https://kingwoodumc.org/missions/>

Service(s) Provided: Food Pantry, clothing, and limited financial assistance with utilities and prescriptions.

Service Area: 77327, 77336, 77339, 77345, 77346, 77357, 77365, 77372

L.I.F.E. Houston (Central Harris County)

Location: 2002 S. Wayside Dr, Houston TX 77023

Availability: Monday – Friday 9:30 AM – 3:30 PM. Phone Appointments Only, No Face-to-Face Various Pick-up locations

Helpline: (713) 528-6044; (713) 428-2065 for formula appointments

Website: <https://www.lifehouston.org/>

Service(s) Provided: Emergency formula for babies between 0-12 months.

Service Area: No Zip Code Restrictions. Pick up locations 77090, 77074, 77007, 77023, 77503

St. Mary Magdalene Social Services (Northeast Harris County)

Location: 527 S Houston Ave, Humble, TX 77338

Availability: Mondays, Wednesdays, Fridays 9:30 AM-12:30 PM

Helpline: (281) 540-1907

Website: <https://st-mm.com/social-ministry>

Service(s) Provided: Food Pantry (no zip code restriction for food). Residents living in the following zip codes may call and schedule an appointment for Eviction and Utility Pledge assistance: 77044, 77338, 77346, 77347, and 77396. Please call ahead for an appointment. Important: Magdalene House does not provide Rental Assistance.

Service Area: Greater Houston Area

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Southeast Area Ministries (Southeast Harris County)

Location: 2102 Houston Blvd, South Houston, TX 77587

Availability: Call Monday - Thursday for an appointment to pick up food. No walk-ins

Helpline: (713) 944-0093

Website: <https://southeastareaministries.com/houston-assistance-ministries/>

Services Provided: Food Pantry, limited financial assistance (rent & utilities, household, hygiene, and infant care), clothing and household assistance, and community referral.

Service Area: 77017, 77034, 77061, 77075, 77087, 77089, 77587, 77598

India House (Southwest Harris County)

Location: 8888 W Bellfort Ave, Houston, TX 77031

Availability: Monday- Friday 10:00 AM – 6:00 PM; Food Distribution 10:30 AM – 11:30 AM

Email: info@indiahouseinc.org

Helpline: (713) 929-1900

Website: <https://www.indiahouseinc.org/>

Service(s) Provided: Wednesday Bi-Monthly Food Distributions, Community Support (Charity Clinic, Family & Immigration Law consultation, Relationship coaching, Sareen Harris Health), Wellness & Fitness, Children's Activities, Senior Activities, and Sports

Service Area: Greater Houston Area

WHAM: West Houston Assistance Ministries (Southwest Harris County)

Location: 10501 Meadowglen Ln, Houston, Texas 77042

Availability: Monday, Wednesday, and Friday 8:00 AM – 10:00 AM

Helpline: (713) 780-2727, En Español (713) 780-2727 ext. 506

Website: <https://www.whamministries.org/>

Service(s) Provided: Registration is required to receive food from WHAM, complete the application online here: <https://www.whamministries.org/registrationD>. Drive-through distribution: Clients with cars receive a box with an assortment of fresh produce, protein, and other groceries on Wednesdays and Fridays starting at 8 am until about 10 am (or until supplies run out). Personal care items and baby essentials, including diapers, wipes, and formula are provided when requested and available. Homeless/walk-up distribution: Thursdays from 8 am-10 am. Drive-thru Food Fair: every 2nd Saturday of the month from 9 am-11 am. Free food is given to the first 200 cars that arrive. UT Physicians and Houston Food Bank Diabetes program will provide onsite medical screening and information.

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Gano Mission Center (Central Harris County)

Location: 1815 Gano St. Houston, TX 77009

Availability: Monday -Friday 9:00 AM - 5:00 PM

Helpline: (713) 227-0304

Website: www.missioncenters.org

Service(s) Provided: Homeless meals-Mondays, Pantry-Tuesday w/appointment, Kids Club-Wednesday, Youth club-Thursday, Senior's Program-Thursday, and Women's bible studies-twice a month on Fridays. Pick-ups are also available on Tuesdays and Wednesdays from 9:00 AM-11:30 AM at Joy Mission Centers located at 7629 Avenue F, Houston, TX 77012

Service Area: Near Northside – Zip codes serviced 77008,77009,77022,77026,77028 and 77012 in the Greater East End

Hearts and Hands of Baytown (East Harris County)

Location: 307 Cedar Bayou Rd, Baytown, TX 77520

Availability: By appointment only. Client Choice Fresh Market (Tuesday & Friday 10:00 AM – 2:00 PM and Wednesdays 10:00 AM-12:00 PM); Food for Change Fresh Market (Tuesday & Friday 10:00 AM – 2:00 PM, Wednesdays 10:00 AM – 12:00 PM, and 2nd Saturday of each month 10:00 AM – 12:00 PM).

Helpline: Client Choice Fresh Market (832) 597-8908; Food for Change Fresh Market (346) 715-2209

Website: <https://heartsandhandsofbaytown.com/>

Service(s) Provided: Client Choice Fresh Market provides one-on-one shopping with a specialist for food selection and is open to those with appointments and on an emergency basis. Food Fairs are open to the community and not restricted by zip code. Food for Change Fresh Market, provided by Houston Food Bank provides both healthcare and education alongside the food market (ID is required). Food delivery program for qualifying individuals pairs volunteers with at-risk populations who face barriers to attending regular food programs. Lastly, they offer a senior box to eligible seniors that includes shelf-stable food and fresh produce among other health-related items.

Service Area: Baytown, Harris County

Pasadena Community Ministries

Location: 2301 South Houston Pasadena, TX 77502

Availability: Tuesday and Thursday 9:00 AM-12:00 PM and the first Saturday of every month 9:00 AM-11:00 AM

Helpline: Pasadena Community Ministries (713) 477-4336; Faith Presbyterian Church (713) 473-3663

Website: <https://www.pcm-texas.org/>

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Service(s) Provided: Located in Faith Presbyterian Church. To serve all those in need in our community, clients may receive services once per month. Services are provided for the household, rather than each family unit. Personal shopping is currently allowed in the pantry. A limited number of clients are allowed in the pantry at one time. You will be allowed to select your items from the pantry shelves, and a volunteer will load them into your car.

Service Area: Southeast Houston

Sunset United Methodist Church

Location: 709 Allendale Rd, Pasadena, TX 77502

Availability: Monday - Wednesday 9:00 AM-12:00 PM

Helpline: (713) 473-7657

Website: <http://www.sunsetumc.org/>

Service(s) Provided: Due to the Health and Safety of our Volunteers, the Food Bank will operate in a Drive-Through method until further notice. If you are in need of food, please be aware of the following guidelines - Please stay in your car, our volunteers will bring the food to you. You may come and receive food once a week. No ID or Proof of Citizenship is Required to Receive Assistance

Service Area: Southeast Houston

Buddhist Tzu Chi Foundation

Location: 6200 Corporate Dr, Houston, TX 77036

Availability: Varies

Helpline: (713) 270 – 9988

Website: <https://tzuchi.us/>

Service(s) Provided: Tzu Chi's Southern Regional Office is hosting regular grocery distributions to help feed up households in need. Foods are completely free of charge and are provided in partnership with the Houston Food Bank. Low-income households or anyone in need is welcome to attend. Foods include a variety of fresh produce, dry goods, pantry staples, and more. Food distribution dates:

- October 5, 2024 · 09:00 AM CT
- October 26, 2024 · 09:00 AM CT
- November 2, 2024 · 09:00 AM CT
- November 16, 2024 · 11:00 AM CT
- December 7, 2024 · 11:00 AM CT

Service Area: Southwest Houston

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Heights Interfaith Ministries Food Pantry

Location: 3523 Beauchamp, Houston, TX, 77009

Availability: Thursdays 4:00 PM – 6:00 PM or Sell Out and Saturdays 4:00 PM – 6:00 PM or Sell Out

Helpline: (713) 861 - 6155

Website: <https://himfoodpantry.org/receive-food/>

Email: himpantry@gmail.com

Service(s) Provided: Individuals living in all Houston area ZIP codes are eligible to receive food at the Pantry once every 30 days. Unhoused clients may visit the Pantry once a week. The Pantry is an equal opportunity provider. In addition to pantry staples, fresh produce, eggs, bread, and frozen meat, we:

- Provide diapers, baby formula, and toddler food to families with young children.
- Help clients address dietary or health restrictions by tailoring the foods they receive.
- Support unhoused individuals and those without cooking facilities with shelf-stable foods and other ready-to-eat items.

Requested Documents for Food Pantry:

- A photo ID and
- A bill or document with your Houston area address

Service Area: Greater Houston Area

Almeda Plaza Missionary Baptist Church

Location: 13924 Question Dr, Houston, TX 77045

Availability: 4:00 PM – 6:00 PM every 1st and 3rd Tuesday of the month and 9:00 AM – 12:00 PM every 2nd and 4th Saturday of the month

Helpline: (713) 497-7616

Website: <https://www.almedaplaza.org/community-outreach>

Service(s) Provided: Arrive early with a bag or box of food, the last client accepted 15 minutes before closing. Must provide own bags/boxes. Clients who need assistance in carrying food pantry items are encouraged to bring someone to help. Food pantries may not be able to assist in carrying food. Provides an appointment-only food pantry for those using METROLift services. For those using METROLift services and those with disabilities, the food pantry is open on the 2nd Saturday of the month from 1:30 PM – 3:00 PM.

Call to register and be assigned a preferred day to access the food pantry. Arrive early as will need to stand in line for a turn in the food pantry.

Documents Required:

- Photo ID (valid Driver's License, ID, or passport from any county)

Service Area: Southwest Houston, Brazoria, and Fort Bend

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North Pasadena Community Outreach

Location: 705 Williams St, Pasadena, TX 77506

Availability: Fridays 9:00 AM - until supplies last

Helpline: (713) 473-6300

Service(s) Provided: Located in St. Peter's Episcopal Church, North Pasadena Community Outreach offers a drive-thru food pantry to provide quality food items to households experiencing food insecurity. This program provides food to meet basic nutritional needs, please do NOT step out of your car, volunteers will place food products in your trunk. If the trunk of your car does not work, the volunteer will set the product by your vehicle. Once the Volunteer has stepped away, you can place your product in your vehicle. 2 families per car maximum.

Service Area: Southeast Houston

Financial Assistance

United Way of Greater Houston (Central Harris County)

Location: 50 Waugh Dr, Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter.

Service Area: Greater Houston Area

Memorial Assistance Ministries (Northwest Harris County)

Location: Main Office 1625 Blalock Rd, Houston, TX 77080

Availability: Monday – Friday 10:00 AM – 5:00 PM

Helpline: (713) 468-4516

Website: <https://www.mamhouston.org/home>

Service(s) Provided: Basic Needs (Rent & Utility assistance, emergency help), Benefits Enrollment, disaster assistance, employment services, financial empowerment, immigration legal services, literary advance services, physical & mental health. For Rent Assistance, they support a more general audience, and the following zip codes (77008, 77009, 77018, 77022, 77024, 77037, 77039, 77040, 77041, 77043, 77055, 77076, 77079, 77080, 77088, 77091, 77092).

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Harris County Community Services Department (Northeast Harris County)

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 AM – 5:00 PM

Helpline: (832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after-school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services.

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins are available for the Jensen Drive office.

Northwest Assistance Ministries (Northwest Harris County)

Location: 15555 Kuykendahl Rd, Houston TX 77090

Availability: Food Assistance - Monday – Thursday, 8:00 AM – 5:00 PM; Friday, 8:00 AM – 4:00 AM

Financial Assistance – Monday – Friday, 8:00 AM – 2:00 PM – online application only (no walk-ins)

Helpline: (281) 885-4555 or Crisis Hotline: (281) 885-4673 - 24/7

Website: <https://www.namonline.org/>

Service(s) Provided: Counseling (Adults), Financial (Rent, Mortgage, Utilities), and Food for victims of Domestic violence.

Service Area: 77014, 77032, 77038, 77050, 77060, 77064, 77066, 77067, 77068, 77069, 77070, 77073, 77086, 77090, 77373, 77379, 77388, and 77389

HCPH Connect: Resource Navigation Program (Countywide)

Location: Houston, TX

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline (832) 927-7946 or HCPHConnect@phs.hctx.net

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/All-Services/HCPH-Connect>

Service(s) Provided: Help Harris County residents apply for state benefits (SNAP, WIC, Medicaid, Medicare, etc.), provide FEMA application assistance, and connect community members to additional resources based on their needs.

Service Area: Houston

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Houston Financial Empowerment Center (City Wide)

Location: (Multiple Locations) Acres Home Multi-Service: 6719 W. Montgomery Rd. Houston, TX 77091.

Magnolia Park-Manchester Multi-Service Center: 7037 Capitol St. Houston, TX 77011.

Sunnyside Multi-Service Center: 9314 Cullen Blvd. Houston, TX 77051

Availability: 7:00 AM – 5:00 PM

Helpline: Acres Home Center: (832)-393-4245, Magnolia Center: (832)-395-3380, Sunnyside Center: (832)-395-7586

Website: <https://www.houstoncc.org/newsresources/>

Services Provided: Free financial counseling regardless of income. Counseling assistance in Spanish and English. Various services are offered, including managing money, paying down debt, increasing savings, building credit, accessing safe and affordable banking products, and assisting other community members as needed.

Mental Health Services

Family Houston (Central Harris County)

Location: ([Multiple Locations](#)) Harris County: 4950 Memorial Dr, Houston, TX 77007

Availability: Tuesday – Thursday 8:00 AM – 6:00 PM; Friday 8:00 AM – 5:00 PM

Email: family@familyhouston.org

Helpline: (713) 861-4849

Website: <https://familyhouston.org/>

Service(s) Provided: Provides mental health counseling for children, adults, and families while accepting all major insurance and offering a sliding scale fee. In addition, provide case management services such as application assistance for state benefits, financial stability assistance, and veteran support services.

Service Area: Harris County, Montgomery, Fort Bend, and Waller

The Harris Center (Central, Northwest, Northeast, and Southwest Harris County)

Location: 9401 Southwest Freeway, Houston TX 77074

Availability: Monday-Friday 7:30 AM – 3:00 PM (Walk-in Clinic); 24/7 (Helpline)

Helpline: (713) 970-7000, press 1, or simply dial 988

Website: <https://www.theharriscenter.org/>

Service(S) Provided: Mental Health Counseling, Developmental Disability, Youth, and Substance Use.

Service Area: Harris County

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NAMI: National Alliance on Mental Illness (National)

Availability: Monday – Friday 10:00 AM – 6:00 PM

Helpline: 1-800-950-6264 or text “TX” to 741741 (Crisis Line, available 24/7)

Website: <https://nami.org/Home>

Service(s) Provided: Services Resources, Public Benefits Assistance, Reentry Resources for Former Prisoners, Teen/Young Adults Mental Health Services.

Service Area: Nationwide

Memorial Hermann-Mental Health Crisis Clinics (Northeast, Southwest, and Northwest Harris County)

Location: (Northeast) 18838 S Memorial Dr, Suite 106, Humble, TX 77338, (Meyerland) 4850 W. Belfort St, Houston, TX 77035 (Spring Branch) 10780 Westview Ste C, Houston, TX 77043

Availability:

Northeast & Meyerland

Monday – Friday 8:00 AM – 4:00 PM

Spring Branch

Monday – Friday 12:00 PM – 8:00 PM, Every 1st and 3rd Saturday 8:00 AM – 4:00 PM
(Walk-Ins only, arrive no later than two hours before close)

Helpline: (713) 338-6422

Website: <http://www.memorialhermann.org/locations/>

Service(s) Provided: Mental Health Services. Financial assistance is available for those who do not have insurance

Service Area: Greater Houston Area

Texas Health and Human Services (HHS) COVID Support Line (Statewide)

Availability: 24/7

Helpline: (833) 986-1919

Website: <https://hhs.texas.gov/services/mental-health-substance-use>

Service(s) Provided: Mental Health Services

Service Area: Texas

The Disaster Distress Helpline (National)

Availability: 24/7

Helpline: 1-800-985-5990 or text “TalkWithUs” to 66746

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Service(s) Provided: Emotional distress and mental health counseling during or after a natural or man-made disaster

Service Area: Nationwide

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The National Suicide Prevention Lifeline (National)

Availability: 24/7

Helpline: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/>

Service(s) Provided: Mental Health Services. For individuals dealing with suicidal thoughts, Veteran's support

Service Area: Nationwide

The Trevor Project (National)

Availability: 24/7

Helpline: 1-866-488-7386 or text "START" to 6786780 (English only at this time)

Website: <https://www.thetrevorproject.org/>

Service(s) Provided: Mental Health Services for LGBTQ youth Ages 13-24+, Suicide and Crisis Intervention

Service Area: Nationwide

Veterans Crisis Line (National)

Availability: 24/7

Helpline: 1-800-273-8255, option 1, or text 838255

Website: <https://www.veteranscrisisline.net/>

Service(s) Provided: Mental Health Services, Financial Resources, Housing Resources, Employment Resources, Domestic Violence Resources, Addiction Recovery Resources, Housing Resources, LGBTQ Resources

Service Area: Nationwide

DePelchin Children's Center- Houston (Central Harris County)

Location: 4950 Memorial Dr, Houston, TX 77077 (Main Campus),

Availability: Monday- Friday 8:00 AM – 5:00 PM

Helpline: 713-730-2335

Website: <https://www.depelchin.org/>

Service(s) Provided: Mental Health Services (Family Counseling), Foster Care and Adoption assistance, Birth Mother program, Parenting Programs, and School-based programs. Services are grant-funded and may have an approximate waiting list of 6 months. English and Spanish.

Service Area: Harris County, Fort Bend, and Waller County.

West Oaks Hospital (Southwest Harris County)

Location: 6500 Hornwood Dr, Houston, TX 77074

Availability: 24/7

Helpline: (713) 589-7874

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Website: <https://westoakshospital.com/>

Service(s) Provided: Offers a broad continuum of treatment programs to children, adolescents, and adults who suffer from a mental health disorder, chemical dependency issues, or dual diagnosis. Levels of programming include inpatient, partial hospitalization, intensive outpatient, and a residential treatment center for chemical dependency rehab.

Service Area: Greater Houston Area

Hope and Healing Center & Institute (Southwest Harris County)

Location: 717 Sage Rd, Houston, TX 77056

Availability: Monday – Friday; 8:00 AM – 5:00 PM

Email: contact@hopeandhealingcenter.org

Helpline: (713) 871-1004;

Houston Hope Line (for emotional support, free): 832-831-7337; Daily; 5:00 PM–8:00 PM

Website: <https://hopeandhealingcenter.org/>

Service(s) Provided: Offers mental health coaching/consulting, telepsychiatry, support groups, dialectical behavioral therapy, case management, and Houston Hope Line.

Service Area: Greater Houston Area

UT Health HEARTS (Central Harris County)

Location: 1941 East Road, Houston, TX 77054

Availability: Monday - Friday 8:00 AM – 4:00 PM (Appointment only)

Helpline: 713-486-2736 (call to schedule appt); send a direct message via **Twitter:** @hearts_ut, **Facebook:** UT-Hearts, and/or **Instagram:** hearts. UTHealth **Email:** hearts@uth.tmc.edu

Website: <https://med.uth.edu/psychiatry/heartsuthealth/>

Service(s) Provided: Free virtual/in-person professional counseling for clients currently using substances or with a history of problematic substance abuse (up to 12 free sessions). Also offer free HIV/HCV testing, Hepatitis A & B vaccinations, and case management. English and Spanish.

Service Area: Greater Houston, Harris County

Charlie Health (National)

Availability: 24/7

Helpline: 1 (866) 540-1622

Website: <https://www.charliehealth.com/>

Service(s) Provided: Charlie Health provides personalized treatment programs for teens, young adults, and families struggling with mental health and substance use disorders.

Service Area: Nationwide

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Family Houston (Central Harris County)

Location: (Multiple locations) Central Harris County: 4950 Memorial Dr, Houston, TX 77007

Availability: Tuesday – Thursday 8:00 AM – 6:00 PM; Friday 8:00 AM – 5:00 PM

Email: family@familyhouston.org

Helpline: (832) 861-4849

Website: <https://familyhouston.org/>

Service(s) Provided: Provides mental health counseling for children, adults, and families while accepting all major insurance and offering a sliding scale fee. In addition, provides case management services such as application assistance for state benefits, financial stability assistance, and veteran support services.

Service Area: Harris County, Montgomery, Fort Bend, and Waller

Domestic Violence and Sexual Assault

Houston Area Women’s Center (Citywide)

Location: 1010 Waugh Dr, Houston, TX 77019

Availability: 24/7

Helpline: (713) 528-2121 and (713) 528-7273 (Call for assistance, the main office is currently closed)

Website: <https://hawc.org/>

Service(s) Provided: Counseling (over the phone), Shelter (women and children only), Limited Legal Services, and Children’s Court Services and Housing

Service Area: Greater Houston Area

Family Time Crisis and Counseling Center (Northeast Harris County)

Location: 1203 S Houston Ave, Humble, TX 77338

Availability: Monday - Friday 9:00 AM – 5:00 PM

Helpline: (281) 446-2615

Website: <https://familytimeecc.org/>

Service(s) Provided: Counseling, Shelter (Domestic Violence, Human Trafficking and Sexual Assault), Limited Legal Services (Women and children only). Anger Management and Parenting Classes

Service Area: Greater Houston Area and Dayton, Texas

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The Bridge Over Troubled Waters (East and Southeast Harris County)

Location: Baytown Office (1300 Rollingbrook Dr., Baytown, TX 77521); Pasadena Office (3811 Allen Genoa Rd. Pasadena, TX 77504)

Availability: Monday - Friday 9:00 AM – 5:00 PM

Helpline: 24-Hour Hotline (713) 473-2801; Baytown Office (281) 420-5600; Pasadena Office (713) 472-0753

Website: <https://tbotw.org/>

Service(s) Provided: Services and programs focused on domestic violence, sexual assault, emergency shelter programs, housing, children’s services, education and prevention, advocacy, and therapy.

Service Area: Greater Houston Area

AVDA: Aid to Victims of Domestic Abuse (Central Harris County)

Location: 1001 Texas Ave, Suite 600, Houston, Texas 77002

Availability: Monday – Friday 8:00 AM - 5:00 PM

Helpline: Non-emergency (713) 224-9911; 24/7 Hotline [1-800-799-SAFE \(7233\)](tel:1-800-799-SAFE)

Website: <https://Avda.org>

Service(s) Provided: Domestic violence victim support groups, counseling services, referrals for legal aid, financial assistance for emergency shelter, and funds for education and training.

Service Area: Harris County, Fort Bend, Austin, Grimes Waller.

Technology Resources

Assurance Wireless (Statewide)

Location: Apply online or via phone

Availability: 7:00 AM – 10:00 PM CST

Helpline: (888) 321-5880

Website: assurancewireless.com

Services Provided: A federal assistance program to obtain a free phone device and/or cell phone service. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP), and based on household income. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible. Social Security Number is required.

Service Area: Statewide

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Q-Link Wireless (Statewide)

Location: Apply online or via calling

Availability: Monday –Friday, 7:00 AM-11:00 PM; Sat-Sun 7:00 AM-7:00 PM CST

Helpline: (855) 754-6543

Website: <http://qlinkwireless.com/>

Services Provided: A telephone service subsidized by the federal Lifeline Assistance program; a government benefit program supported by the federal Universal Service Fund. Assurance Wireless is a federal Lifeline Assistance program. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP), and based on household income. Social Security Number is required. New tablets are available for a nominal cost.

Service Area: Statewide

CaptionCall Phone Service (National)

Location: Apply online or via calling

Availability: Monday-Friday 7:00 AM-7:00 PM CST

Helpline: (833)-691-1600

Website: https://sorenson.com/solutions-2_trashed/captioning-2/captioncall/

Services Provided: Captioning cell phone and service that allows for reading of phone conversations in large text. Must have hearing loss that necessitates the use of captioned telephone service to qualify. CaptionCall phones are provided for free and work seamlessly with services from the current service provider.

Service Area: Nationwide

Transportation Assistance

Harris County Rides Program (Southwest Harris County)

Location: 8410 Lantern Point Drive, Houston TX 77504

Availability: Monday-Friday 8:30 AM – 4:30 PM; Appointment Only

Helpline: (713)-368- RIDE (7433) or Register ([RIDES](#)) in English/Spanish

Website: <https://rides.harriscountytexas.gov/pages/default.aspx>

Eligibility: 65+ of age or people with disabilities (proof of age or disability required)

Service(s) Provided: RIDES is a curb-to-curb subsidized program that allows eligible customers and participating agencies to purchase transportation services at a significant discount. The customer/agency pays 50% of the total trip cost. During the

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COVID-19 Pandemic, the RIDES program New Client registration will only be conducted through the RIDES b registration or US Postal Service.

Service Area: Harris County

Harris County Community Services Department (Northeast Harris County)

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 AM – 5:00 PM

Helpline: (832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after-school programs, and meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins are available for the Jensen Drive office.

Harris County Transit: Non-Emergency Medical Transportation Program (Unincorporated Harris County)

Location: N/A

Availability: By Phone: Monday-Friday 8:00 AM-5:00 PM

Helpline: To Obtain Application Call 713-696-1991 or 832-927-4952

Website: <https://transit.harriscountytexas.gov/Pages/NonEmergency.aspx>

Eligibility: Age 62+ years or older or have a disability. Must be a Harris County resident and reside in service areas, must provide a valid ID, proof of residency, or disability status, and must complete an intake packet and provide supporting documentation.

Service(s) Provided: No Cost non-emergency medical appointment within the service area transportation. Examples of non-emergency medical appointments are dialysis, chemotherapy, radiation treatments, and other medical appointments.

Service Area: Harris County & unincorporated areas: Atascocita*, Barret Station*, Baytown (North of I-10) *, Blackhawk & Scarsdale*, Channelview, Cloverleaf*, Crosby*, Deer Park, Galena Park, Highlands, Huffman*, Humble*, Jacinto City*, La Porte, McNair*, North Forest & Sheldon*, Shore Acres*, Seabrook*, South Houston, Tomball, Webster*. *Does not cover the entire area.

ADA Paratransit Services (Southeast Harris County)

Availability: Monday-Friday 8:00 AM– 6:00 PM; Saturday 8:00 AM – 5:00 PM by Phone

Helpline: (832)-927-4953

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Website: <https://transit.harriscountytexas.gov/pages/adaparatransit.aspx>

Eligibility: For seniors or individuals with disabilities who cannot board, ride, or disembark from a fixed-route bus, even if the bus is equipped with a wheelchair lift or ramp. Only eligible for qualified individuals and a personal care attendant. Additional companions can ride based on availability and pay full fare.

Service(s) Provided: Services are provided within $\frac{3}{4}$ of one mile from a fixed route. Drivers will assist eligible individuals to and from the curb of their driveway or sidewalk however door to door service is available upon request. One-way fare for these services is \$2.00 per person. For riders who need a Personal Care Assistance (PCA) to assist them in making the trip, the PCA will ride for free.

Service Area: Fixed Routes along La Porte, Baytown, Channelview, Crosby, Sheldon, and Cloverleaf

Medicaid Medical Transportation Program

Helpline Availability: Monday – Friday; 8:00 AM – 5:00 PM

Helpline: Call (877) 633-8747 if you do not have a health plan, otherwise call your health plan's medical transportation line to schedule a ride (contact information found on the website below)

Website: <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/medical-transportation-program>

Service(s) Provided: Non-emergency medical transportation is available for people covered by Medicaid or their child. Services include rides to the doctor's office, dentist's office, hospital, drug store, or any place that provides covered healthcare services. Services also include money for gas, payments for out-of-state travel, as well as meals and lodging for children and youth under 20 staying overnight to receive healthcare services.

Service Area: Houston

Houston METRO – Discounted & Free Programs

Availability: Customer service is available every day; 8:00 AM – 5:00 PM

Customer Service Line: (713) 635-4000

Website: <https://www.ridemetro.org/fares/discounted-and-free-programs#METROLiftCustomers>

Service(s) Provided: Discounted fare cards are available for students K-12, college students at participating universities, seniors aged 65-69, and people with disabilities. The discounted fare price is 60 cents for all METRO services except for Park & Ride services, which are half of the original fare. Transfers are free with the discounted card. Applications for students and seniors can be filled out online or in person, but people with disabilities must apply in person at one of the METRO offices. Free fares are available to seniors over the age of 70, qualified veterans, and METROLift customers.

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Service Area: Houston

METROLift – Curb-to-Curb and Ride Share Transportation

Location: Transit centers located throughout Houston

Customer Service Line: (713) 225-0119; Open 8:00 AM - 5:00 PM

Scheduling Line: (713) 225-6716; Open 8:00 AM and 5:00 PM

Website: <https://www.ridemetro.org/riding-metro/transit-services/metrolift-paratransit>

Service(s) Provided: METROLift is an ADA-accessible, shared paratransit service available for qualified customers. METROLift services are available to people with disabilities who meet one of the following criteria: your disability prevents you from getting to a bus stop without assistance, you require assistance to board, navigate, ride, or disembark from METRO services or physical barriers are preventing you from using METRO services. METROLift customers and an assistant can use any of the fixed-route services for free, but a feeder service is also available if the nearest transit facility is too far.

Service Area: Harris County and portions of Kingwood, Humble, and Clear Lake

Project Access - Healthcare for the ha

Availability: Monday – Friday; schedules and routes may vary

Helpline: N/A

Website: <https://www.homeless-healthcare.org/project-access>

Service(s) Provided: Project Access is a 40-passenger, all-ability bus offered at no cost to individuals experiencing homelessness. Tickets are required to ride and can be found on the Project Access website. Full schedules and routes are also available on the Project Access website.

Service Area: Harris County

Senior Rides and More (Southwest and Northwest Houston)

Location: 9600 S. Gessner Road, Houston, TX 77071

Availability: Monday – Friday; 8:00 AM – 5:00 PM

Email: info@seniorridesandmore.org

Helpline: (713) 772-8181

Website: <https://seniorridesandmore.org/>

Service(s) Provided: This organization offers seniors above 65 free, volunteer-based transportation so that they remain connected to their larger community. Services offered include door-to-door transportation to doctor's visits, grocery runs, prescription pickups, and other transportation-dependent errands. Care assistants stay with care receivers through appointments and offer assistance as needed.

Service Area: Southwest and Northwest Houston

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Tow and Go – City of Houston’s Free/Low-Cost Emergency Wrecker Service (Central Harris County)

Date & Location: Via phone only

Availability: 24 Hrs.

Helpline: (713)-881-3333

Website: <https://www.houstontx.gov/towandgo/>

Service(s) Provided: Stalled vehicles (not involved in an accident) on Houston’s freeways are towed to a nearby safe location off the freeway at no cost to the motorist. If your vehicle has a good spare and a jack, the wrecker driver will change your flat tire at no cost. HOV lanes are NOT included.

Service Area: Houston Area

Lyft (National)

Availability: Via text and link only

Helpline: Text your zip code to 438829

Website: <https://www.lyft.com/vaccine-access>

Service(s) Provided: Offers free transportation for some people who need a ride to and from a COVID-19 Vaccine appointment only

Service Area: Houston Area

General Health & Wellness

Harris County Public Health Free or Low-Cost Health Clinics (Northeast, Northwest, and Southeast Harris County)

Location: 1730 Humble Place Dr. Humble, TX 77338; 3737 Red Bluff Rd. Pasadena, TX 77503; 5815 Antoine Dr. Houston, TX 77091; 7340 Spencer Hwy Pasadena, TX 77505; 10918 1/2 Bentley Street Houston, TX 77093

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline: (832) 927-7350

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Health-Services>

Service(s) Provided: Provides annual wellness screenings/exams, family planning services, STI screenings and treatment, and immunizations. Call for eligibility and to schedule an appointment.

Service Area: Harris County

COMMUNITY RESOURCE LIST



Memorial Hermann Nurse Health Line (Statewide)

Availability: 24/7

Helpline: (713) 338-7979 or (855) 577-7979 for out of state

Website: <https://memorialhermann.org/giving-back/community-benefit/programs/nurse-health-line>

Service(s) Provided: Experienced nurses are available to help answer your questions (no insurance needed). Can also help answer COVID-related questions

Service Area: Greater Houston Area

Harris Health “Ask My Nurse” (Statewide)

Availability: 24/7

Helpline: (713) 634-1110

Website: <https://www.harrishealth.org/services-hh/outreach/Pages/ask-a-nurse.aspx>

Service(s) Provided: Experienced nurses available to help answer your symptom questions (no insurance needed)

Service Area: Harris County

Harris County Lead Abatement Program (Central Harris County)

Location: 2223 West Loop South, Houston, Texas 77027

Availability: Monday – Friday, 8:00 AM – 5:00 PM; Saturday 9:00 AM – 3:00 PM

Helpline: (713) 274-6374

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Environmental-Public-Health/Lead-Hazard-Control-Program>

Service Area: Identify and test homes built before 1978 in Harris County for lead-based paint hazards. Provides remediation of lead hazards when necessary

Baylor College of Medicine Teen: Lawn Clinic (Northwest Harris County)

Location: 8111 Lawn St, Houston, TX 77088

Availability: Monday – Friday 8:30 AM – 4:30 PM

Helpline: Appointments (713) 999 6980; Clinic Phone (281) 847-9970

Website: <https://www.bcm.edu/community/healthcare-outreach/teen-health-clinic/teen-health-clinic-locations>

Service(s) Provided: For ages (13-24 years old) they provide mental & behavioral services, birth control, Gynecological Services, Immunizations, STI Screening & Treatment, Teen Primary Care Services

Service Area: Greater Houston Area

Clinica Hispana RubyMed (Northwest Harris County)

Location: 5181 Farm to Market 1960 Rd W, Houston TX 77069

Availability: Monday – Friday, 9:00 AM – 6:00 PM; Saturday, 9:00 AM – 4:00 PM

COMMUNITY RESOURCE LIST



Helpline: (832) 843-1226

Website: <https://www.clinicahispanarubymed.com/locations/clinica-hispana-houston-tx-77069/>

Service(s) Provided: General Primary Care, COVID-19 Testing (Rapid, PCR), Women's Clinic, Children's Clinic, Family Planning, Weight Management.

Service Area: Greater Houston Area

Bee Busy Wellness Center (Southwest Harris County)

Location: 8785 W Belfort, Houston TX 77031

Availability: Monday – Friday, 8:30 AM– 6:00 PM; Saturday, 8:30 AM – 2:00 PM

Helpline: (713) 771-2292

Website: <https://mybbwc.org/>

Service(s) Provided: (Financial Assistance Program available) Family Planning, Women's Health, Men's Health, Pediatric Services, Dental, Behavioral Health (including Domestic Violence and IPV), Telemedicine.

Service Area: Greater Houston Area

IBN Sina Community Medical (Northwest Harris County)

Location: 5012 N Shepherd Dr, Houston, TX 77018

Availability: Monday – Friday, 8:30 AM – 5:00 PM

Helpline: (713) 695-7462

Website: <https://www.ibnsinafoundation.org/>

Service(s) Provided: (Financial Assistance Program available) Adult and pediatric medical, Dental, Behavioral care, Immunization, Dermatology, and Cardiac Health.

Service Area: Greater Houston Area (Multiple locations).

CHRISTUS St. Mary's Clinic (Central Harris County)

Location: 2002 S. Wayside Drive, Houston, TX 77023

Availability: Monday – Friday, 7:30 AM – 4:30 PM; Saturday, 8:00 AM – 11:00 AM

Helpline (713) 803-1840

Website: <https://christusfoundation.org/programs/christus-st-marys-clinic>

Service(s) Provided: Provides vital healthcare and mental health services to uninsured and underserved patients, no insurance required. No Citizenship Required.

VCare Clinics (Southeast Harris County)

Location: Multiple Locations (Houston & Pasadena Locations)

Availability: Monday – Friday, 9:00 AM – 3:00 PM; Saturday, 9:00 AM – 1:00 PM; Walk-ins accepted; Languages (Spanish/English)

Helpline: Main Office (Broadway St): (713) 640-2273

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Website: <https://www.vcareclinics.org/>; Find a Clinic Near you:

<https://www.vcareclinics.org/clinic-locations/>

Service(s) Provided: Comprehensive Dental and Primary Care for adults and children, preventive programs and screenings (Diabetes, STD, Heart Disease, Annual Exams), and Referrals (Diagnostic & Specialty). Office Visits are just 40 Dollars. With eligibility, free women's health services or medical and dental services for children. Healthy Texas Women clients accepted.

Service Area: Houston, Harris County

Harris County Public Health Low-Cost Dental Services (Northeast, Northwest, and Southeast Harris County)

Location: Clinics: 1730 Humble Place Dr., Humble, TX 77338 / 3737 Red Bluff Rd, Pasadena, TX 77503

Mobile: 7122 Gessner Road, Houston, TX 77040 (Monday)/ 10918 ½ Bentley St., Houston TX 77093 (Tuesday)/ 7340 Spencer Highway, Pasadena, TX 77505 (Wednesday)/ 1503 South Houston Avenue, Humble, TX 77338 (Friday)

Availability: Humble and Pasadena: Monday – Friday, 8:00 AM – 5:00 PM;
Mobile: Varies by location

Helpline (832) 927-1330 Humble / (713) 274-9440 Pasadena / (832) 927-7373 Mobile

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Dental-Health-Prevention/Dental-Clinics>

Service(s) Provided: Clinics provide dental exams, x-rays, cleaning, fluoride treatments, extractions, fillings, crowns, sealants, and referrals to more specialized care to 6 months to 21-year-old residents with Medicaid or CHIP. Prenatal dental services for pregnant women. NO ELIGIBILITY REQUIREMENTS

Mobile dental units provide an initial screening, with no appointment necessary, and one free service per lifetime for adults 18 and older.

Service Area: Humble, Pasadena, Fairbanks, North Harris County

Harris County Public Health HIV Prevention Clinic and FREE HIV/STI Mobile Testing (Northwest Harris County)

Location: 5815 Antoine Dr., Houston, TX 77091

Availability: Monday and Wednesday, 8:00 AM – 5:00 PM

Helpline (713) 368-8123 / Text (281) 962-8378 for FREE Condoms and free/confidential HIV and Syphilis test

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/HIV-STI-Prevention/Free-HIV-STI-Testing>

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Service(s) Provided: Testing 123 staff travel all over Harris County and Montgomery County to provide free HIV testing and syphilis testing. Free condoms and can provide PrEP prescription (Appointment needed). STI Testing/Treatment is also offered in Antoine Clinic.

Service Area: Houston

FLAS: Fundación Latinoamericana De Acción Social (Southwest Houston)

Location: 6666 Harwin Dr, #370, Houston, TX 77036

Availability: Monday – Friday, 9:00 AM – 8:00 PM

Helpline: (713) 772-2366

Website: <http://flasinc.org/main/index.php/contact/>

Service(s) Provided: Behavioral Health Services, Court Mandated Services, Prevention & Testing Services (Free & Confidential STD testing)

Service Area: Houston Area

Harris County Public Health Tuberculosis (TB) Elimination Program (Northwest Harris County)

Location: 5815 Antoine, Suite A, Houston, TX 77091

Availability: Monday-Wednesday, 8:00 AM – 2:00 PM

Helpline (832) 927-7594

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Tuberculosis-Elimination-Program>

Service(s) Provided: Chest X-rays, TB Testing, and medication management

Service Area: Houston

Harris County Public Health – Environmental Public Health (Central Harris County)

Location: Houston, TX

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline (713) 274-6300

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Environmental-Public-Health>

Service(s) Provided: Food Handler/Food Manager Certifications and food/event permits. Food Inspections, Neighborhood nuisance, water safety, removing lead-based paint from homes

Service Area: Houston

Harris County Public Health Mosquito & Vector Control (Central Harris County)

Location: Houston, TX

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline (713) 440-4800

COMMUNITY RESOURCE LIST



Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Mosquito-Vector-Control-Division>

Service(s) Provided: Inspect mosquito breeding sites, dead bird reporting, targeted mosquito treatment, track mosquito-borne diseases, and mosquito education.

Service Area: Houston

Harris County Public Health: Nutrition and Physical Activity Program (Countywide)

Location: Community partner organizations can request classes to be hosted at their facilities if they have enough participants. Classes may be held in schools, community centers, and other local organizations within Harris County.

Email: nutritionPHS@phs.hctx.net

Helpline: (713) 274-5711

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Chronic-Disease-Prevention/Nutrition-Physical-Activity>

Program Qualifications: Community partners must have a minimum of 15 participants to have classes hosted at their organization.

Service(s) Provided: Lessons are free for all ages and can range approximately from 45 minutes to 1 hour. Classes are offered in English and Spanish.

- **Eat Play Grow** - Creative educational approach to teaching children ages 2-5 and their parents how to make healthy nutrition and physical activity choices.
- **CATCH** - The Coordinated Approach to Child Health program is designed to create behavior change by enabling children to identify healthy foods and increase the amount of physical activity that they engage in each day. Ideal for elementary, middle, and Highschool school age.
- **Cooking Matters** - Participants will engage in hands-on activities that will improve their skills in planning and preparing tasty, healthy, low-cost meals. Ideal for everyone ages 7 and up.
- **Chronic Disease Prevention Classes:** Educates participants about the prevention and management of chronic diseases such as diabetes, hypertension, and heart diseases.
- **Senior Classes** - Participants learn about various nutrition topics related to healthy aging.

Service Area: Harris County

Harris County Public Health: Tobacco Cessation Program (Countywide)

Location: Community partner organizations can request classes to be hosted at their facilities if they have enough participants. Classes may be held in schools, community centers, and other local organizations within Harris County.

Email: Paola Uranga (Paola.Uranga@phs.hctx.net)

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Helpline: Paola Uranga (713) 274-8501

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Chronic-Disease-Prevention/Tobacco-Vaping-Prevention-and-Cessation>

Program Qualifications: Community partners must meet the minimum number of participants to have classes hosted at their organization.

Service(s) Provided: The Tobacco Cessation/Youth Vaping Prevention Program provides free educational classes to students, adults, and seniors to prevent the start or decrease of the use of tobacco/vaping in the community. Classes are offered in English and Spanish. Individuals interested in smoking will be referred to a Quit Coach through the Texas Quit Line and/or MD Anderson.

Harris County Public Health: Asthma Control Program (Countywide)

Location: Community partner organizations can request classes to be hosted at their facilities if they have enough participants. Classes may be held in schools, community centers, and other local organizations within Harris County.

Email: asthma@phs.hctx.net

Helpline: (713) 274-5758

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Chronic-Disease-Prevention/Asthma-Control-Program>

Program Qualifications: Community partners must meet the minimum number of 6 participants to have classes hosted at their organization.

Service(s) Provided: The Asthma Control Program helps children, teens, and adults manage and control their asthma through educational classes. Classes are offered in English and Spanish. Also, offer home assessments to help individuals find and remove potential asthma triggers from the home.

Harris County Public Health: Diabetes Prevention Program (Countywide)

Location: Community partner organizations can request classes to be hosted at their facilities if they have enough participants. Classes may be held in schools, community centers, and other local organizations within Harris County.

Email: dpp@phs.hctx.net

Helpline: (713) 274-7167

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Chronic-Disease-Prevention/Diabetes-Prevention-Program>

Program Qualifications: Participants must be over the age of 18 with pre-diabetes. Community partners must meet the minimum number of 20 participants to have classes hosted at their organization.

COMMUNITY RESOURCE LIST



Service(s) Provided: The Diabetes Prevention Program is a lifestyle change program for people with pre-diabetes to reduce their risk of type 2 diabetes and improve their overall health.

Harris County Public Health - Education & Outreach (Countywide)

Location: Houston, TX

Availability: Monday – Friday, 8:00 AM – 5:00 PM / COVIDoutreach@phs.hctx.net

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Offices/Office-of-Communication-Education-Engagement/Outreach>

Helpline (832) 927-4450

Service(s) Provided: Harris County Public Health's (HCPH) Outreach Team plays a crucial role in providing up-to-date information, sharing educational materials and resources, and connecting the community to programs and services available at HCPH or through community partners. Our outreach team actively partners with businesses, places of worship, clinics, non-profit organizations, and more to ensure broad community engagement. Using various channels such as community events, phone calls, visits to apartments and businesses, as well as virtual or in-person presentations, we aim to establish strong connections with internal and external programs. This collaborative approach serves to bring information and resources about all HCPH programs and services, promoting a comprehensive understanding of various health-related topics within the community for overall well-being. Please reach out to the team for any outreach support needed.

Service Area: Harris County

ACCESS Harris County (Accessing Coordinated Care and Empowering Self-Sufficiency) (Countywide)

Website: <https://publichealth.harriscountytexas.gov/Divisions-Offices/Divisions/ACCESS-Harris-County>

Email: access@phs.hctx.net

Service(s) Provided: ACCESS Harris County aims to improve the lives of residents who are experiencing hardship and facing health challenges (physical and/or mental), financial and housing needs, substance abuse, and social inequity. ACCESS will initially focus on the following populations, but will not turn anyone away if they need assistance:

- Violence Prevention
- Homeless individuals with physical or behavioral health conditions
- Black Maternal Health
- Re-entry
- Transitional age youth aging out of the foster care system

Service Area: Harris County

COMMUNITY RESOURCE LIST



Harris County Public Health – Substance Use Prevention Program (Northeast, Southeast, and Central Harris County)

Website: <https://publichealth.harriscountytx.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Substance-Use-Prevention>

Location: Screening: 1730 Humble Place Dr., Humble, TX 77338, 3737 Red Bluff Rd., Pasadena, TX 77503; Medication-assisted treatment (MAT): 6311 Fulton St., Houston, TX 77022

Helpline: (832) 927-8296

Service(s) Provided: Includes medication-assisted treatment, peer recovery coaching, disposal of prescription drugs, and overdose-related emergency response services. Those who benefit from services include people with opioid use disorder, their family members, significant others, and supportive allies who are affected by opioid use. Please call the helpline to schedule an appointment.

Service Area: Harris County

Harris County Public Health – Community Health and Violence Prevention Program (North and Southwest Harris County)

Website: <https://publichealth.harriscountytx.gov/Divisions-Offices/Divisions/ACCESS-Harris-County/Violence-Prevention-Cohort>

Email: violenceprevention@phs.hctx.net

Helpline (713) 274-4877

Service(s) Provided: Public health approach to disrupt violence and provide an alternative to law enforcement for non-violent 911 calls. CHVPS contains two initiatives, the Community Violence Interruption Program (CVIP) and the Holistic Assistance Response Team (HART). CVIP utilizes credible messengers to interrupt violence and defuse immediate tensions to help build long-term peace while creating a safer community for everyone. The CVIP program operates in Cypress Station, Sunnyside, South Park, Greater OST, and South Union. HART is a program created to dispatch 911 directly and other calls to interdisciplinary unarmed, first responder teams, trained in behavioral health and on-scene medical assistance.

Service Area: Harris County

It's Time Texas – Physical Activity and Nutrition (Countywide)

Website: <https://itstimetexas.org/>

Helpline: (512) 533-9555

Email: strongertx@itstimetexas.org

Service(s) Provided: Free virtual physical activity and nutrition classes are offered to everyone. Classes are available in English and Spanish. Class schedules vary and can be found on the website above. Registration required.

Service Area: Greater Houston Area

COMMUNITY RESOURCE LIST



RESTORE Laboratory and Substance Use Treatment Clinic (Central Harris County)

Location: 3695 Cullen Blvd, Suite 104, Houston, TX 77204

Availability: Monday – Friday 9:00 AM – 5:00 PM (appointment only)

Email: uhrestore@gmail.com

Phone Number: (713) 743-8056

Website: <https://www.uh.edu/class/psychology/clinical-psych/research/restore/index>

Service(s) Provided: Smoking cessation, substance use, and negative mood (anxiety and depression) treatment for adults suffering from poor mental health and/or substance use disorders. Services are provided free of cost and with compensation to the client to those who qualify, or on a sliding scale.

Service Area: Greater Houston Area, Nationwide

Spring Branch Community Health Center

Location: Various locations; for a full list of locations visit [List of Locations](#)

Availability: Hours vary by location

Helpline: Call (713) 462-6565 to schedule an appointment

Website: <https://sbchc.net/>

Service(s) Provided: Spring Branch Community Health Center has 8 clinic locations that offer high-quality, affordable healthcare for the whole family. Service includes family medicine, women’s healthcare, pediatrics, dental care, back-to-school vaccines, flu shots, and physicals.

Service Area: Spring Branch, West Houston, Katy, and Cy-Fair area

AIDS Foundation Houston (AFH)

Location: 6260 Westpark Dr., Suite 100, Houston, TX 77057-7304

Availability: Monday – Friday 9:00 AM – 5:00 PM and by appointment

Helpline: (713) 623 - 6796

Website: <https://afhoustonprivate.multiscreensite.com/>

Service(s) Provided: AFH offers free and confidential HIV/STI testing onsite at our Westpark location. Along with free testing, we offer free STI treatment and free consultations on prevention, PrEP, nPEP, and START Now/Rapid Start. To schedule an appointment, visit the website. Please complete the health screening form found [here](#) before your appointment.

Service Area: Greater Houston

The Montrose Center

Location: 401 Branard St, Houston, TX, 77006

Availability: Monday – Thursday 8:00 AM – 6:15 PM; Friday 8:00 AM – 5:00 PM

Helpline: (713) 529 - 0037

Website: <https://montrosecenter.org/services/>

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Service(s) Provided: From housing to health services and more, the Montrose Center is here for you. The Montrose Center envisions a society in which all LGBTQ+ individuals have the opportunity and the resources they need to realize their full potential. Our team of state-licensed clinicians, masters-level therapists, skilled educators, support staff, and dedicated volunteers work together to create healthier futures for our community. We hope you view the Montrose Center as a safe space to grow, learn, and be well. Services include;

- Anti-Violence Program
- Case Management
- Counseling
- Gender Affirming Services
- Youth Programs HIV Services
- Housing Assistance
- Senior services
- Substance Use Recovery

Service Area: Greater Houston

Lambda Center Houston

Location: 1201 W Clay St, Houston, TX 77019

Availability: Monday – Friday 6:00 AM – 11:00 PM; Saturday 8:00 AM – 11:00 PM; Sunday 9:00 AM – 10:00 PM

Helpline: (713) 521 – 1243

Website: <https://lambdahouston.com/>

Service(s) Provided: Lambda Center Houston is an LGBTQ+ 12-step clubhouse hosting meetings of Alcoholics Anonymous, Al-Anon, Crystal Meth Anonymous, and Gamblers Anonymous. There is a coffee and snack bar on site. In-person and virtual meeting schedules can be found online.

Service Area: Greater Houston

Lesbian Health Initiative (LHI)

Location: 401 Branard St, Houston, TX, 77006 inside the Montrose Center

Availability: Monday – Thursday 8:00 AM – 6:15 PM; Friday 8:00 AM – 5:00 PM

Helpline: (713) 529 - 0037

Website: <https://montrosecenter.org/services/gender-services/lhi/>

Service(s) Provided: LHI's Access Program provides funding and support for direct access to healthcare for its LGBTQ+ clients. This program delivers health insurance information, education, and enrollment assistance, as well as access to a diverse array of no-cost health screenings targeting high-risk health issues, navigation from abnormal screening results to diagnostics and treatment (if needed), and introduction and

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navigation into a patient-centered and LGBTQ+ culturally competent medical home. LHI's Education Program consists of a range of monthly workshops that are hosted at the Montrose Center, which include workshops for queer and trans people of color, sexual health education, and more.

Service Area: Greater Houston

Houston Eye Foundation – Texans in Need Vision Program (Statewide)

Location: 7155 Old Katy Road, Suite S110, Houston, TX 77024

Foundation Office: (713) 558-8740

Appointment Scheduling Hotline: (713) 668-6828

Email: heaf@houstoneye.com

Website: <https://foundation.houstoneye.com/texans-in-need/>

Service(s) Provided: This program offers needed vision surgeries and treatment for cataracts, retina care, glaucoma, and more. There is no cost to qualified patients or their families. The application can be found on the website.

Eligibility Requirements:

- Are Texas residents of any age
- Meet income requirements and provide necessary documentation
- Are uninsured or underinsured
- Have been denied treatment from Medicaid/Medicare and county healthcare programs

Service Area: Statewide

Houston Eye Foundation – Eye Care for Kids Vision Program (Greater Houston Area)

Location: 7155 Old Katy Road, Suite S110, Houston, TX 77024

Foundation Office: (713) 558-8740

Appointment Scheduling Hotline: (713) 668-6828

Email: heaf@houstoneye.com

Website: <https://foundation.houstoneye.com/texans-in-need/program-information/>

Service(s) Provided: Optometrists provide qualified students with eye exams and glasses. There is no cost to the patient or their families. The application can be found on the website.

Eligibility Requirements:

- Are Texas residents between the ages of 5 and 21
- Meet income requirements and provide necessary documentation
- Do not have vision insurance

Service Area: Greater Houston Area

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Legal Assistance

Catholic Charities - St. Frances Cabrini Center for Immigrant Legal Assistance

Location: 5599 San Felipe St, Suite 300, Houston, TX, 77056

Appointment Scheduling Line: (713) 595-4100

Immigrant Rights Hotline: 1-833-468-4664

Availability: Monday – Friday; 8:00 AM – 5:00 PM

For citizenship inquiries: citizenship@catholiccharities.com

Website: <https://catholiccharities.org/cabrini/>

Service(s) Provided: This center offers low-cost and pro bono services to immigrants and refugees. Services include outreach, legal assessment and counseling, citizen application assistance, and legal representation and advocacy. Free information sessions are held three times a month that teach attendees about immigration laws and provide free consultation as well. Appointments are required and can be made by calling the number above.

Service Area: Houston

YMCA International Services - Immigration Legal Assistance

Location: 6671 Southwest Freeway, Suite 250, Houston, TX 77074

Availability: Call to schedule an appointment

Helpline: Call (713) 758-9280 to schedule an appointment

Website: <https://ymcahouston.org/locations/ymca-international-services/programs>

Service(s) Provided: The YMCA provides counseling or legal representation to individuals seeking immigration assistance. Assistance is available for adults in area detention centers, asylum seekers, victims of domestic violence, crime victims, or victims of human trafficking. Services also include family reunification visas, adjustment of status, and naturalization applications.

Service Area: Greater Houston Area

Houston Volunteer Lawyers (Central Harris County)

Location: 1111 Bagby Street, FLB300, Houston, TX 77002

Helpline: Call (713) 228-0735 to schedule an appointment

Email: info@hvlp.org

Website: <https://www.makejusticehappen.org/>

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Service(s) Provided: This organization offers free legal help to eligible low-income residents of the Greater Houston area. Specialties include housing, family, taxes, wills, veterans' issues, and other non-criminal matters.

Service Area: Houston

CARECEN: Central American Resource Center's (Southwest Harris County)

Location: 6006 Bellaire Blvd, Suite 100, Houston, TX 77081

Helpline: Call (713) 665-1284 to schedule an appointment

Email: carecenhouston@gmail.com

Website: https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central_american_Resource_Center_Houston_Office

Service(s) Provided: CARECEN provides legal immigration assistance as well as community education, and advocacy. Services include adjustment of status, DACA, employment authorizations, family petitions, TPS, and assistance with USCIS forms. They represent individuals at asylum interviews and before immigration courts.

Service Area: Houston

Lone Star Legal (Central Harris County)

Location: 1415 Fannin St, Houston, TX 77002

Location: 500 Jefferson St, 17th Fl, Houston, TX 77002

Availability: Monday – Friday, 8:00 AM– 5:00 PM (No walk-ins), over the phone or website assistance only

Helpline: Call 1-800-733-8394 to apply for help

Website: <https://www.lonestarlegal.org/>

Service(s) Provided: Provides legal assistance to eligible individuals. Legal assistance is available for eviction defense, family law, employment, disaster relief, environmental justice, and more. To apply for help, complete an application online or call the toll-free number listed above.

Service Area: Texas

Boat People SOS (Southwest Harris County)

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: 9:00 AM – 5:30 PM Monday–Friday

Phone: (281) 530-6888

Email: info@bpsos.org

Website: <https://bpsos.org/texas>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime,

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domestic violence and sexual assault programs, and youth advocacy and senior services programs.

Service Area: Greater Houston Area

Tahirih Justice Center (Southwest Harris County)

Location: 1717 St. James Place | Suite 450 | Houston, TX 77056

Availability: Monday - Friday 9:00 AM – 5:00 PM; Walk-ins are not accepted.

Helpline: (713) 496-0100

Website: <https://www.tahirih.org/locations/houston/>

Service(s) Provided: Serves immigrant women, girls, and other survivors fleeing violence. The Center provides legal services in immigration law, social services such as community referrals, training and education, and local policy and advocacy work.

Service Area: Greater Houston - Galveston Area

Refugee & Immigration Assistance

Amaanah Refugee Services (Southwest Harris County)

Location: 11807 Westheimer Road, Ste 550 PMB 1009 Houston, TX 77077 (Mailing address only; not an office location)

Availability: Monday – Friday 8:00 AM – 5:00 PM

Email: info@amaanahservices.org

Helpline: (713) 370-3063

Website: <https://amaanahservices.org/>

Service(s) Provided: ESL classes, youth programs, scholarships, women's empowerment, and non-medical emergency relief.

Service Area: Greater Houston Area

Catholic Charities of the Archdiocese of Galveston-Houston (Central Harris County)

Location: 2900 Louisiana St, Houston, TX 77006

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline: (713) 526-4611

Website: <https://catholiccharities.org/supporting-refugees-immigrants/refugee-services/>

Service(s) Provided: immigrant legal assistance, basic needs (food, clothing, emergency assistance, etc.), counseling, parenting education, and services for seniors and women veterans.

Service Area: Statewide

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Boat People SOS (Southwest Harris County)

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: Monday–Friday, 9:00 AM – 5:30 PM

Email: info@bpsos.org

Helpline: (281) 530-6888

Website: <https://www.bpsos.org/bpsos-houston>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime, domestic violence and sexual assault programs, and youth advocacy and senior services programs.

Service Area: Greater Houston Area

Interfaith Ministries for Greater Houston (Central Harris County)

Location: 3303 Main St. Houston TX 77002

Availability: Monday – Friday, 8:30 AM - 5:00 PM

Helpline: (713) 533-4900

Website: <https://www.imgh.org>

Service(s) Provided: Refugee Services (Housing Assistance, English Classes, Cultural Orientation, School Enrollment, Job Placement), Meals on Wheels, and Interfaith Relations. Ser

Service Area: Greater Houston

Justice for Our Neighbors Houston (Southeast Harris County)

Location: 2220 Broadway Street, Houston, TX 77012

Availability: Monday – Friday 9:00 AM – 5:00 PM

Helpline: (713) 454-6470

Website: <https://www.justiceforallimmigrants.org/>

Service(s) Provided: Assistance with asylum applications and withholding of removal. Know-Your-Rights training available. Free and low-cost legal services are available.

Service Area: Houston Area

The Immigration Clinic at South Texas College of Law Houston (Central Harris County)

Location: 1303 San Jacinto St, 10th floor of South Texas College of Law, Houston TX 77002

Availability: Monday – Friday 9:00 AM – 5:30 PM; Student-Attorney Run Clinic

Helpline: (713)-646-2990

Website: <https://www.stcl.edu/academics/legal-clinics/>

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Service(s) Provided: Free or Low-cost Legal Services for Immigrants and application assistance.

Service Area: Harris County

Casa Juan Diego (Central Harris County)

Location: Shelter location undisclosed

Availability: Monday – Friday, 9:00 AM – 4:00 PM

Helpline: (713) 869-7376

Application Website: <https://cjd.org/>

Service(s) Provided: Hospitality and services for immigrant women, men, and children. Assistance to paralyzed or seriously ill immigrants living in the community. Clinic for the undocumented. Provides services **ONLY** to newly arrived immigrants.

Service Area: Harris County

St. Austin Center (Southeast Harris County)

Location: 2002 S Wayside Dr., Houston, TX 77023

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline: For clinic information call (713)-803-1840; For Center information call (713) 580-6585

Website: <https://sistersofcharity.org/>

Service(s) Provided: Healthcare services for uninsured adults, mental health counseling, food, and emergency basic needs, services for survivors of domestic violence and/or human trafficking, immigration assistance, ESL classes, and infant care resources.

Service Area: Greater Houston Area

Alliance of Multicultural Services (Southwest Harris County)

Location: Richmond Multi-Service Center- 11011 Richmond Avenue Houston, TX 77042

Availability: Monday – Friday, 9:00 AM to 3:00 PM

Helpline: (713) 438-7122

Application Website: <http://thealliancetxt.org/>

Service(s) Provided: Hospitality and services for immigrant women, men, and children. Provides services for Refugees, Asylees, Cuban and Haitian Parolees, Special Immigrant Visa (SIV) holders from Afghanistan and Iraq, and Survivors of Trafficking with ORR certification or T-Visa. Nonprofit organization.

Service Area: Harris County

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The YMCA International Services - Refugee Program

Location: 6300 Westpark, Suite 600, Houston, TX 77057, Suite #250

Helpline: Call (713) 339-9015 for questions or to schedule an appointment.

Website: <http://www.ymcahouston.orgymca/ymca-international>

Service(s) Provided: Provides families and individuals with resources for career advancement, refugee employment, refugee resettlement, social adjustment services, and trafficked persons assistance. Provides scholarships for full-time students who have a status as a refugee, special immigrant visa holder, asylee, or victim of trafficking. YMCA International Services also provides counseling or legal representation to individuals seeking immigration assistance. Assistance is available for adults in area detention centers, asylum seekers, victims of domestic violence, crime victims, or victims of human trafficking. Services also include family reunification visas, adjustment of status, and naturalization applications.

Housing & Shelter Information

The Life Center for the Homeless (Northwest Harris County)

Location: 4516 Old Yale St. Houston, TX 77018

Helpline: (832) 413-1746

Website: <http://www.lifecenterhouston.com/>

Service(s) Provided: For Men only they offer a place to stay, food, clothing, counseling, a computer literacy program, and drug/alcohol rehabilitation. No walk-ins are accepted, appointments only.

Service Area: Texas

Star of Hope (Southwest Harris County)

Location: Women's Shelter - 2575 Reed Rd. Houston, TX. 77051
Men Shelter- 1811 Ruiz St. Houston, TX. 77002

Helpline: (713) 748-0700

Website: <https://www.sohmission.org/>

Service(s) Provided: They offer a place to stay, food, clothing, a development center, and a workforce center. Intakes for Women Monday – Friday, 8:00 AM-3:30 PM. Men Intake 8:00 AM-1 PM. Tuesday & Thursday

Service Area: Texas

Covenant House (Central Harris County)

Location: 1111 Lovett Blvd, Houston, TX 77006- Business Office
Shelter Address 3412 Beulah St. Houston TX. 77004

Helpline: (713) 523-2231

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Website: <https://www.covenanthousetx.org/>

Service(s) Provided: YOUTH SHELTER (18-24) Meals, laundry, activities, parenting program, and transitional housing program.

Service Area: Texas

SEARCH (Central Harris County)

Location: 2015 Congress Avenue, Houston, TX 77002

Helpline: (713) 739-7752

Website: <https://www.searchhomeless.org/>

Service(s) Provided: Housing, family counseling, interventions, crisis center for the homeless, mentoring, job, life and skills training. Population- Preschool and 21mos-5yrs.

Service Area: Texas

American Refugee Center (Southwest Harris County)

Location: 6006 Bellaire Blvd., Houston, TX 77081

Availability: Monday – Friday, 9:00 AM – 5:00 PM, and Saturday 9:00 AM – 2:00 PM.

Ask to speak with Mr. Nelson Reyes.

Helpline: (713) 665-1284

Website: [https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central american Resource Center Houston Office](https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central%20american%20Resource%20Center%20Houston%20Office)

Service(s) Provided: Immigration processing only.

Service Area: Greater Houston Area

An-Nisa Hope Center (Southwest Harris County)

Location: 7100 Regency Square Blvd Suite 290, Houston TX 77036

Availability: Monday – Thursday, 9:00 AM – 3:00 PM

Helpline: (832)-324-9111

Website: <https://annisa.org/>

Service(s) Provided: Case management, financial assistance, counseling, helpline, tutoring academy for K-12, education, outreach, and client services.

Service Area: Greater Houston Area

PAIR Houston (Southwest Harris County)

Location: 3300 Chimney Rock Rd., Ste 104 Houston, Texas 77056

Availability: Monday – Friday; 10:00 AM - 6:00 PM

Helpline: (713)-771-1111

Website: <https://www.pairhouston.org/>

Service(s) Provided: PAIR programs include educational programs such as global learners, leaders, scholars, and summer camps.

Service Area: Greater Houston Area

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United Way of Greater Houston (Southwest Harris County)

Location: 50 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINES open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage and Housing or Shelter Assistance.

Service Area: Greater Houston Area

FEMA (National)

Availability: 8:00 AM – 8:00 PM CST

Disaster Assistance Helpline: (800) 621-3362

Website: <http://www.disasterassistance.gov>

Service(s) Provided: Assistance can include grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses, and other programs to help individuals and business owners recover from the effects of the disaster.

Service Area: Brazoria, Fort Bend, Harris, Montgomery Counties.

The Beacon (Centrally located in Harris County)

Location: 1212 Prairie St. Houston, TX 77002

Mailing Address: 1117 Texas Ave, Houston TX 77002

Helpline: (713) 220-9737

Email: info@beaconhomeless.org

Website: www.beaconhomeless.org

Services Provided: breakfast and hot homemade lunches, private showers, full-service laundry, mailbox privileges, device charging, access to phones and computers, resource & referral, transitional housing, case management, supportive services, housing assessments, housing navigation services.

Montrose Grace Place

Location: 2515 Waugh Dr, Houston, TX 77006

Availability: Monday and Thursday 4:00 PM – 6:00 PM; and every 3rd Saturday 10:00 am – 12:00 PM

Helpline: (832) 239 – 0824

Website: <https://www.montrosegraceplace.org/>

Service(s) Provided: Grace Place provides a twice-weekly drop-in program every Monday and Thursday at 6:00 pm to youth ages 13-24 experiencing homelessness and housing insecurity of all sexualities and genders. Grace Place provides a safe, welcoming environment for vulnerable homeless youth of all sexualities and genders, providing nourishment, healthy relationships, and hope for the future. Services include;

- Meals and Mentorship
- Case Management
- Financial Aid for Transgender Youth

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- Partner Resources
Service Area: Greater Houston

Senior Resources

Harris County Area Agency on Aging (Southwest Harris County)

Location: 8000 North Stadium Drive, Third Floor Houston, TX 77504

Availability: Monday – Friday, 8 AM – 5 PM

Email: aging@houstontx.gov

Helpline: (832)-393-4301

Website: <https://www.houstontx.gov/health/Aging/>

Service(s) Provided: Access and assistance services, care coordination, in-home services, caregiver support coordination, evidence-based classes, and nutrition programs.

Service Area: Harris County

Harris County Community Services Department (Southeast Harris County)

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline: (832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after-school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, and bereavement services.

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins are available for the Jensen Drive office.

Care Partners (Southeast Harris County)

Location: 3838 Aberdeen Way, Houston, TX 77025

Helpline: (713)-682-5995

Website: <https://carepartnertexas.org/>

Service(s) Provided: Gathering Place Program: Activities for memory loss patients and caregivers, Second Family Program: Home-based support for senior citizens, Common Ground: Support Group for caregivers, Caregivers Conferences and Workshops: Education and other resources for caregivers, Employee Education and Support, and Assistance for caregivers.

Service Area: Texas

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Jim & JoAnn Fonteno Senior Center (Central Harris County)

Location: 6600 Bissonnet St, Houston, TX 77074

Availability: Monday – Friday, 7:30 AM – 4:00 PM

Helpline: (713)-274-3305

Website: <https://cp4.harriscountytexas.gov/Community-Centers/Community-Center/jim-joann-fonteno-senior-education-center>

Service(s) Provided: Activity Center and Education Center.

Service Area: Greater Harris County

Alzheimer’s Association- Houston and Southeast Texas (Southeast Harris County)

Location: 6055 S Loop E, Houston, TX 77087

Availability: 24/7

Helpline: (800)-272-3900

Website: <https://www.alz.org/texas>

Service(s) Provided: Alzheimer’s Care and Support, The Alzheimer’s Research Initiation and Advancement, Alzheimer’s Disease Advocacy, and 24-hour hotline.

Service Area: Greater Harris County

National Council on Aging (National)

Availability: Monday – Friday, 9:00 AM – 5:00 PM

Helpline: 1 (800) 794-6559

Website: <http://www.ncoa.org>

Service(s) Provided: Food Assistance, Medication, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing, and Transportation.

Service Area: Nationwide

Thomas A. Glazier Senior Education Center (Northwest Harris County)

Location: 16600 Pine Forest Lane, Houston, Texas 77084

Availability: Monday – Friday, 7:30 AM – 4:00 PM

Helpline: (713)-274-3250

Website: <https://cp4.harriscountytexas.gov/Community-Centers/Community-Center/thomas-a-glazier-senior-education-center>

Service(s) Provided: Activity and Education Center.

Service Area: Greater Harris County

Houston Area Parkinson Society-HAPS (All 8 counties of the greater Houston Area)

Location: Main office 2700 Southwest Freeway, Houston, TX 77098. Programs take place in various locations throughout our service area

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Availability: Monday-Friday 8:00 AM-4:00 PM, weekends availability varies based on programming

Helpline: (713) 626-7114

Website: <https://hapmaternals.org/>

Service(s) provided: HAPS is the only Parkinson's organization in the greater Houston region offering **free** therapeutic exercise classes, support groups, comprehensive social services, enrichment activities, education, transportation, respite, and emergency financial aid. Staffed by caring experts, our services are supported by trained professionals such as licensed physical, occupational, and speech therapists as well as licensed social workers.

Service Area: Harris, Brazoria, Chambers, Fort Bend, Liberty, Montgomery, and Waller County

Boat People SOS (Southwest Harris County)

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: Monday–Friday, 9:00 AM – 5:30 PM

Email: info@bpsos.org

Phone: (281) 530-6888

Website: <https://bpsos.org/texas>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime, domestic violence and sexual assault programs, and youth advocacy and senior services programs.

Service Area: Greater Houston Area

Wesley Community Center (Northside)

Location: 1410 Lee Street Houston, Texas 77009

Availability: Monday-Friday, 8:00 AM – 1:00 PM

Email: seniors@wesleyhousehoustong.org

Phone: 713-223-8131, Senior Center: 346-327-8573

Website: <https://wesleyhousehouston.org/senior-services/>

Services Provided: Helps seniors stay active with daily programs such as recreation, field trips, crafts, daily hot meals (breakfast and lunch), health education, and physical fitness classes. Provides limited transportation to seniors within five miles of Wesley.

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Maternal & Child Services

Harris County Public Health Maternal and Child Health Program (Countywide)

Location: Countywide (Home-Visiting)

Availability: Monday–Friday, 8:00 AM – 5:00 PM

Email: maternalchildhealth@phs.hctx.net

Helpline: 713-368-MOMS (6667)

Website: <https://publichealth.harriscountytx.gov/Divisions-Offices/Divisions/Community-Health-Wellness-Division/Maternal-Child-Health>

Service(s) Provided: Home visiting support, parent-child relationship building, transportation vouchers, counseling and mental health services, substance use disorder services, job placement support, prenatal care, food assistance, and education advancement assistance. Must be pregnant, have given birth within the past year, or have experienced pregnancy loss within the past year to qualify.

Service Area: Harris County

Maternal Health Bill of Rights:

Email: maternalchildhealth@phs.hctx.net

Website: <https://mhbor.harriscountytx.gov/>

Service(s) Provided: The Harris County Maternal Health Bill of Rights (MHBoR) is a tool that outlines the rights of all mothers, birthing persons, and families in Harris County guaranteeing them dignified, fair, and respectful care when before, during, and after pregnancy. The MHBoR empowers you to make informed decisions about your care. Visit our website to explore resources about your rights and find easy-to-understand information on pregnancy and childbirth. Additionally, join us in our countywide events to connect with others and be a champion for better maternal health in Harris County.

Harris County Public Health WIC (Women, Infants, Children) (Countywide)

Location: (9) Nine Locations in Harris County: Antoine, Baytown, Bear Creek, Cypress Station, Emerald Plaza, Fallbrook, Humble, Scarsdale, and Tomball

Availability: Monday – Wednesday, 8:00 AM – 6:00 PM, Thursday 8:00 AM – 3:00 PM, and Friday 8:00 AM – 2:00 PM

Helpline (713) 407-5800 / Breastfeeding Support Line: (713) 407-5898

Website: <https://publichealth.harriscountytx.gov/Services-Programs/Services/WIC>

Service(s) Provided: Provides nutrition education, breastfeeding promotion and support, healthy foods, and referrals to health and social services to pregnant,

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breastfeeding women, women who recently had a baby, and women with an infant or child up to the age of 5 who meet the income guidelines.

Service Area: **Harris County**

A Life Of Peace Wellness Education Institute: The Doula House Houston (National)

Location: 1902 Texas Pkwy, Missouri City, TX 77489 (for mailing only); Virtual services available

Availability: Monday–Friday, 10:00 AM – 4:00 PM

Email: akua@alifeofpeace.org

Phone: (713)893-8447

Website: <https://www.alifeofpeace.org/>

Service(s) Provided: (All available in-person and virtually) Holistic wellness training/certifications, doula training/certifications, and affordable/free doula support.

Service Area: Greater Houston Area

North Houston Birth Center (Northwest Harris County)

Location: 3910 N Shepherd Dr, Houston, TX 77018

Availability: Monday–Friday, 8:30 AM – 5:00 PM

Phone: (713) 699-4211

Email: bsolano@northhoustonbirthcenter.com

Website: <https://www.nhbirth.com/>

Service(s) Provided: Midwifery, doula support, and holistic birth classes. Medicaid accepted.

Service Area: Greater Houston Area

Collaborative for Children: Collab-Lab Mobile Classroom (Northwest and Southeast Harris County)

Location: Multiple Locations

Availability: Monday–Friday, 8:00 AM – 5:00 PM

Helpline: 713-600-1100

Website: <https://collabforchildren.org/resources-for-families/collab-lab/> ; Registration Form <https://form.123formbuilder.com>

Service(s) Provided: Mobile Education program that corresponds to the five general attributes that Collab Kids demonstrate: a global learner, an innovative creator, a leader, a digital learner, and a problem-solver. For children Ages 3 to 5 years old, no cost to families.

Service Area: Galena Park, Greenspoint, and Acres Homes

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Texas Child Care Availability Portal (Statewide)

Location: Online Website Tool

Email: frontline.childcare@soc.texas.gov

Website: <https://childcare.twc.texas.gov/find/welcome>

Service(s) Provided: Online Tool funded by the Texas Workforce Commission to assist in locating care for children. The tool assists with locating full-time care, part-time care, before and after-school programs, overnight care, and weekend care.

Service Area: Texas

Birthright International (Northwest Harris County)

Location: 1200 Blalock Rd. Ste 104, Houston, TX 77055, 1502 1st St Suite F, Humble, TX 77338

Availability: Monday – Saturday, 10:00 AM – 1:00 PM

Helpline: (281)540-1123, (713)465-4058 24/7 Free Helpline: 1 (800) 550-4900

Website: <https://birthright.org/houston> (has live chat)

Service(s) Provided: Friendship, love, and hope. Free Resources, Information about Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting skills, and Child Care. Referrals for: Medical Support, Resources, Housing, Legal, Social Assistance, Professional Counseling, Pregnancy Tests, Maternity and Baby Items.

Service Area: Greater Houston Area

Houston Health Department - Healthy Families Program (Citywide)

Location: Citywide

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline: (832)393-4220

Website: <https://www.houstonhealth.org/services/family-child-health/healthy-families-houston>

Service(s) Provided: Strengthens family bonds, improves child growth and development, encourages healthy birth spacing, decreases child abuse and neglect, and links clients to needed resources and services. For first-time parents ages 14-19 who are pregnant or have a child less than 2 weeks old, current or former foster (mothers and/or fathers) youth who are pregnant or parenting a child of ages 0-2, and mothers and/or fathers who have been involved with Child Protective Services and are parenting a child aged 0-2. Free services.

Service Area: Greater Houston Area

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The Source of Houston (Northwest and Southwest Harris County)

Location: 8312 Long Point, Houston, TX 77055 / Texas Medical Center 10023 S. Main C-8, Houston, TX 77025

Availability: Monday – Thursday, 9:30 AM – 5:00 PM and Friday 9:30 AM – 3:00 PM. Appointments preferred.

Helpline: (713) 637-4141 / (713) 780-0030

Website: <https://www.thesource.org/regions/houston>

Service(s) Provided: Pregnancy Tests, STI/STD Testing and Treatment, Parenting classes, Material Assistance, Ultrasounds, Counseling and Mentoring, Medicaid Assistance, Referrals, Well-woman exams, Baby Formula, Baby Diapers, and Abortion Information. For pregnant women and/or women who recently delivered a baby. Free services. Assistance available in all language

Service Area: Greater Houston Area

Fifth Ward Pregnancy Help Center & Downtown Pregnancy Help Center (Northeast Harris County)

Location: 743 Shotwell St., Houston, TX 77020 / 3636 San Jacinto, Houston, TX 77004

Availability: Shotwell: Monday – Thursday, 10:00 AM – 6:00 PM

San Jacinto: Monday – Thursday 8:00 AM – 3:30 PM; Friday 8:00 AM – 1:00 PM; Saturday 8:30 AM – 12 PM

Helpline: (713) 675-2800; (713) 942-2100; for After Hour Assistance 1 (800) 712-4357. Appointment preferred.

Website: <https://www.freepregnancytest.com/>

Service(s) Provided: Free pregnancy testing, confirmation of pregnancy, peer counseling, pregnancy case management, crisis intervention, childbirth, and parenting classes.

Service Area: Greater Houston Area

Lifeline Pregnancy Care Center (Northwest Harris County)

Location: 112 Bammel Westfield Rd., Suite 105, Houston, TX 77090

Availability: Tuesday – Thursday, 10:00 AM – 2:00 PM

Helpline: (832) 286-1339, appointments preferred.

Website: <http://www.lifelinepcc.net>

Service(s) Provided: Pregnancy Tests, ultrasounds, peer counseling, self-enrichment classes, material assistance, information about adoption, information about abortion, and post-abortion support. Free services, for pregnant women and/or women who just had a baby. Assistance is available in all languages.

Service Area: Greater Houston Area

COMMUNITY RESOURCE LIST



Shades of Blue Project (Northwest Harris County)

Location: 3303 FM 1960 Rd W, Ste. 130, Houston, TX, 77068

Availability: Tuesday – Thursday; 10:00 AM – 2:00 PM

Every 2nd Saturday; 9:00 AM – 12:00 PM

Email: info@shadesofblueproject.org

Helpline: (281) 444-1178

Website: <https://www.shadesofblueproject.org/>

Service(s) Provided: Mental health journal group, prenatal classes, pregnancy test, STI testing, online support groups, free diapers, wipes, household items, and clothing.

Service Area: Greater Houston Area

CareNet Pregnancy Center (Northwest Harris County)

Location: Champions- 14530 Wunderlich Dr, Houston, TX 77069; **Cypress** – 12311 Queenston Blvd., Houston, TX 77095

Availability: Monday/Wednesday, 10:00 AM – 5:00 PM, Tuesday/ Thursday 10:00 AM – 8:00 PM

Website: <https://houstonpregnancy.com/>

Helpline: Call or text - Champions (281) 444-8554; Cypress (832)-653-6494. Appointments preferred.

Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, men at care/services for men, after-abortion care, referrals. Free services for pregnant women and/or women who just had a baby. Assistance is available in all languages.

Service Area: Greater Houston Area

Blue Blossom Pregnancy Center (Northwest and Southeast Harris County)

Location: 4650 Gulfcrest St. Houston, TX 77023 / 2925 W T C Jester Blvd #5. Houston, TX 77018 / 5825 San Jacinto Houston, Tx 77004 / 4000 North Shepard Houston, TX 77018

Availability: Monday- Thursday, 8:30 AM – 4:30 PM. Appointments preferred.

Helpline: 713-395-1330

Website: <https://www.houstoncoalition.com/blue-blossom>

Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, men at care/services for men, after-abortion care, and referrals. Free services for pregnant women and/or women who just had a baby.

Service Area: Greater Houston Area

Women's Pregnancy Center (Southwest Harris County)

Location: 10103 Fondren Ste 230, Houston, TX 77096

Availability: Call for an appointment.

Helpline: 713-774-0126 or 1 (800) 712-4357

Website: <https://wpchouston.com/contact-us/>

COMMUNITY RESOURCE LIST



Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, post-abortion healing, referrals, and parenting education. Free services, for pregnant women and/or women who just had a baby. Mobile site locations available.

Service Area: Greater Houston Area

My Brothers Keeper Outreach Center – Houston (Southwest Harris County)

Location: 12621 Bissonnet St, Houston, TX 77099

Availability: Monday/Wednesday/Friday, 10:00 AM –1:30 PM CST

Helpline: (281) 498-9933

Website: <https://www.mybkoutreach.org>

Services Provided: Provide free uniforms, school supplies, and hygiene items to students from Pre-K–12th grade. They include supplies such as erasers, lunch boxes, index cards, pencil sharpeners, and referrals for tablets or computer programs.

Service Area: Harris County

Christian Community Service Center (Southwest Harris County)

Location: 3434 Branard St. Houston, TX 77027

Availability: Monday – Friday, 10:00 AM–2:00 PM CST

Helpline: (713) 961-3993

Website: <https://ccschouston.org>

Services Provided: Free supplies and 30-dollar vouchers. The free school supplies are only for students in the area, including the district. They also give other age-appropriate supplies such as clothing, books, tablets, and more.

Service Area: Harris County

Raising Educational Access for Children in Harris County (Countywide)

Website: earlyreach.org

Helpline: 713-547-8280

Service(s) Provided: Free childcare program for families across Harris County, to support primary caretakers' ability to go to school or work. Children aged 0 to 4 are eligible to receive care from one of several selected childcare centers. Families and centers interested in participating are encouraged to apply online.

Service Area: Harris County

Help Us Grow Gulf Coast (Greater Houston Area)

Helpline: 713-802-7700

Availability: Monday – Friday; 8:00 AM – 5:00 PM

Website: depelchin.org

COMMUNITY RESOURCE LIST



Services Provided: Referrals to child development services for families and professionals. Referrals for developmental screenings, speech and language therapy, early literacy programs, and support groups.

Service Area: Harris, Fort Bend, Brazoria, Waller, Galveston, and Chambers Counties

Sunrise Center Houston HISD Main Office

Location: 4400 W. 18th St, Houston, Texas 77092

Availability: Varies by availability

Helpline: 713-556-8484

Email: sunrisecenters@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

Services: Welcome to Sunrise Centers, a new initiative of the Houston Independent School District. Core programming services include:

- Mental health
- Case Management
- Clothes/Uniform Shop
- Food Pantry & Markets
- Student and Parent Enrichment

To access a Sunrise Center, feel free to walk into any Sunrise Center in your community. Our welcoming staff is ready to assist you with any questions or support you may need. Please fill out the [intake form](#), and a member of our Sunrise Center team will reach out to you promptly. Connect with School Personnel by reaching out to your campus Wraparound Specialist, counselor, teacher, or nurse. They are well-equipped to guide you to the appropriate Sunrise Center resources tailored to your specific needs.

Service Area: Houston ISD

Sunrise Center Cornerstone Campus Star of Hope/Buckner

Location: 2575 Reed Rd, Houston, TX 77051

Availability: Varies by availability

Helpline: 713-556-2669

Email: [Ilka Rosado](mailto:Ilka.Rosado@houstonisd.org)
irosado@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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COMMUNITY RESOURCE LIST



- **Student and Parent Enrichment**

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Service Area: Houston ISD

Sunrise Center HISD Brock

Location: 1417 Houston Ave, Houston, TX 77007

Availability: Varies by availability

Helpline: 713-556-7237

Email: [Ilka Rosado](mailto:Ilka.Rosado@houstonisd.org)

irosado@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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Service Area: Houston ISD

Sunrise Center Mission Milby Community Development Corp.

Location: 2220 Broadway St, Houston, TX 77012

Availability: Varies by viability

Helpline: 713-556-2629

Email: [Elizabeth Mireles Angel](mailto:Elizabeth.MirelesAngel@houstonisd.org)

Elizabeth.MirelesAngel@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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COMMUNITY RESOURCE LIST



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Service Area: Houston ISD

Sunrise Center Morefield Boys & Girls Club

Location: 5950 Selinsky Rd, Houston, TX 77048

Availability: Varies by availability

Helpline: 713-556-2619

Email: [Angel Smith](mailto:Angel.Smith)

Angel.smith2@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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Service Area: Houston ISD

Sunrise Center Youth Development Center

Location: 6050 Berkshire Dr, Houston, TX 77016

Availability: Varies by availability

Helpline: 713-556-2649

COMMUNITY RESOURCE LIST



Email: Francisco Rivera
Francisco.Rivera@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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Service Area: Houston ISD

Sunrise Center West Orem Family YMCA

Location: 5801 W. Orem Dr, Houston, TX 77085

Availability: Varies by availability

Helpline: 713-556-2659

Email: Barbara Roberts
Barbara.ShelbyRoberts@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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Service Area: Houston ISD

COMMUNITY RESOURCE LIST



Sunrise Center BakerRipley Gulfton Sharpstown

Location: 6500 Rookin St, Houston, TX 77074

Availability: Varies by availability

Helpline: 713-556-2639

Email: [Monica Garcia Jacquett](mailto:Monica.Garcia.Jacquett@houstonisd.org)

Monica.garcia.Jacquett@houstonisd.org

Website: <https://www.houstonisd.org/domain/56662#calendar390271/20240823/month>

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Service Area: Houston ISD

Job Assistance/Training/Continuing Education

Career and Recovery Resources, Inc. (Central Harris County)

Location: 2525 San Jacinto St., Houston TX 77002

Availability: Monday - Friday, 8:00 AM-4:30 PM

Helpline: (713) 754-7000 [Ask for Ms. Cheryl](#)

Website: <https://www.careerandrecovery.org/>

Service(s) Provided: Assist clients in employment

Service Area: Greater Houston and surrounding counties. Including, but not limited to, Harris, Ft. Bend, Waller, Brazos, Galveston, Liberty, and Montgomery counties.

Career Gear (Southwest Harris County)

Location: PlazAmericas (formerly Sharpstown Mall, 2nd floor) 7500 Bellaire Blvd Ste BB20, Houston, TX 77036

COMMUNITY RESOURCE LIST



Availability: Monday-Friday, 10:00 AM – 2:00 PM

Helpline: (713) 778-9959

Website: <https://www.careergearhouston.org/index.html>

Service(s) Provided: Clothing donations for employment seekers, veteran employment support & networking, work reentry workshops for ex-offenders, Hiring events, and Skill up incubator classes in information technology.

Service Area: Greater Houston

Capital IDEA Houston (Central Harris County)

Location: Scattered Sites: Administrative Office 2101 Crawford, Suite 211, Houston, TX 77002, HCC Office – 6815 Rustic, Suites 109 & 318, Houston, TX 77087

Availability: By Appointment Only, Virtual Information Sessions are held monthly, register here: www.capitaideahouston.org/infosession

Helpline: (832) 280-5343 Ext. 113

Website: www.capitaideahouston.org

Service(s) Provided: Educational Sponsorship to train in high growth/high demand career, full list here: <https://www.capitalideahouston.org/programs>

Service Area: Greater Houston Area

GRADcafé (Countywide)

Location(s): Multiple locations

Availability: Availability varies by location

Helpline: (832) 325-0325

Website: <https://www.gradcafe.org/>

Service(s) Provided: Gradcafé offers **free** intergenerational college and career services that include college enrollment, financial aid, career planning, college transition, and goal setting. They also offer two separate mentorship programs, such as Aspiring Young Adults for Harris County residents and Grad Scholars for high school students. In-person locations do not require appointments, but virtual appointments are offered for individuals who can't visit an in-person location.

Service Area: Greater Houston

Houston Area Urban League (WFD): Workforce Development and Training Program (Central Harris County)

Location: 5260 Griggs Rd., Houston 77021

Availability: 8:00 AM – 5:00 PM

Helpline: (281) 220-6012

Website: <https://www.haul.org/programs/workforce/>

COMMUNITY RESOURCE LIST



Service(s) Provided: The program offers employment orientation (basic skills training), Core skills training, and Workforce occupational skills, and hosts upcoming skills and certification classes.

Service Area: Greater Houston

Dress For Success (Central Harris County)

Location: 3310 Eastside Street, Houston TX 77098

Availability: 9:00 AM – 4:30 PM

Appointment: Scheduled for 10 AM- 12 PM, 1-2 PM

Helpline: (713) 957-3779

Website: <https://www.dfshouston.org/programs>

Service(s) Provided: The program offers a suiting up program, first impression interview preparation, job search, and professional development. Works with over 150 non-profit agencies, community groups, colleges, and universities to refer job-ready women.

Service Area: Greater Houston

United Way of Greater Houston Integrated Client Journey (ICJ) with Navigation (Harris County)

Availability: Navigators are available to meet by phone, virtually, or in person

Website: <https://unitedwayhouston.org/icj/>

Service(s) Provided: Provides navigation assistance to connect individuals directly to resources from our network of over 100 nonprofit partners, across a range of services. Some of these services may include training to help you get skills to get a job or better job, food pantries, counseling services, health care services, or quality early childhood and out-of-school time programs. These are just examples of services. A Navigator will work with the individual to understand what immediate and long-term goals are, build a unique, personalized integrated journey plan, connecting to the right services at the right time. They will provide 1:1 support along the way.

Service Area: Greater Houston

Workforce Solutions (Statewide)

Location: Texas

Availability: Business hours are based on office location

Helpline: 1(888) 469-5627

Website: <https://www.wrksolutions.com/about-us/contact-information>

Service(s) Provided: Helps people find jobs and job matching assistance, career counseling, and financial aid for education/training or work support. The Board also funds adult education and literacy services through seven major providers.

COMMUNITY RESOURCE LIST



Service Area: Walker, Montgomery, Liberty, Waller, Austin, Harris, Chambers, Colorado, Ft. Bend, Galveston, Wharton, Brazoria, and Matagorda County

Texas Workforce Commission (Statewide)

Location: Various locations

Availability: Varies on location

Helpline: 1 (800) 939-6631

Website: <https://www.twc.texas.gov/news/covid-19-resources-job-seekers>

Service(s) Provided: Unemployment Benefits, Job Matching, Recruiting, and Training

Family Scholar House – Houston (Central Harris County)

Location: Texas

Availability: Response Center staff is available Monday – Saturday, 7:00 AM - 7:00 PM

Helpline: (281) 549-8681

Website: <https://familyscholarhouse.org/service/supportive-services/>

Service(s) Provided: Assists single parents seeking to obtain an associate's or undergraduate degree. We assist with selecting a major, completing applications, finding funding sources, and career coaching. We also connect our participants to community resources to eliminate barriers to their education. These services are available to the community by phone or video.

Service Area: Greater Houston Areas

The Women's Resource of Greater Houston (Central Harris County)

Location: 730 N. Post Oak Rd., Suite 204, Houston, Texas 77024

Availability: Monday – Thursday, 9:00 AM – 5:00 PM; Friday, 9:00 AM- 4:00 PM; Class schedules are posted on the website.

Helpline: We recommend individuals utilize the 211 Texas/United Way HELPLINE.

Website: www.thewomensresource.org

Service(s) Provided:

- Women & Men: Financial Education Classes
- Women Only: One-on-One Financial Coaching, Group Financial Coaching, One-on-One Career Coaching
- High Schools: RISE! Program for 9th-12th grade girls

Service Area: Greater Houston Area (Harris, Waller, Montgomery, Fort Bend)

COMMUNITY RESOURCE LIST



Texas Gulf Coast Area Labor Federation

Location: 2506 Sutherland St Houston TX 77023

Availability: Monday -Friday 9:00 AM-5:00 PM

Phone: (713) 923 9473

Website: gcaflcio.org

Contact Person: Anisha Thornabar 832-582-0378 or anisha@gcaflcio.org

Service(s) Provided: Apprenticeships in the construction and building trades, live entertainment, and transportation industries.

Service Area: Harris County

Pet Resources

Harris County Pets (Countywide)

Location: 612 Canino Rd., Houston, TX 77076

Availability: Pet Adoptions: Monday – Friday, 1:00 PM – 5:30 PM; Saturday – Sunday, 11:00 AM – 3:30 PM. Low-Cost Clinic: Monday – Friday, 8:00 AM – 5:00 PM

Helpline (281) 999-3191

Website: <https://www.countypets.com>

Service(s) Provided: Low-cost pet care services such as microchipping, medications, testing, and vaccines. Pet adoptions and animal shelters. Must be a resident of Harris County and live outside the City of Houston's jurisdiction.

Service Area: Harris County

BARC (City Wide)

Location: 3300 Carr St, Houston, TX 77026

Availability: (Adoptions) Tuesday-Sunday, 12:00 PM-5:00 PM

Helpline: (832) 395-9084

E-mail: BARCadoptions@houstontx.gov

Website: <https://www.houstontx.gov/barc/>

Service(s) Provided: Dog and cat adoptions, microchips, low-cost vaccinations, deworming treatments, flea/tick/heartworm prevention. Walk-ins for adoptions only. Appointment required for wellness services- register online.

Service Area: Greater Houston Area (does not require City of Houston residency)

COMMUNITY RESOURCE LIST



Houston Humane Society (Southwest Harris County)

Location: 14700 Almeda Rd, Houston, TX 77053

Availability: Pet Adoptions: Monday – Friday, 11:00 AM – 6:00 PM; Saturday – Sunday, 11:00 AM – 5:30 PM; Low-Cost Vaccinations: 9:00 AM - 2:30 PM;

Exams/Spay/Neuter: by appointment only

Helpline: (713) 433-6421

Email: info@houstonhumane.org

Website: <https://www.houstonhumane.org/>

Service(s) Provided: The Houston Humane Society is an animal shelter and veterinary clinic. The Wellness Clinic offers a range of low-cost services that include general care, emergency care, orthopedic surgery, dentistry, vaccinations, diagnostic testing, prevention, and other surgeries. Appointments can be scheduled online or by phone. Walk-ins are welcome for vaccinations only. The Pet Resources program hosts public Pet Pantry events across the Greater Houston area and an application-based Monthly Assistance Program based on income.

Service Area: Greater Houston Area

Friends For Life Animal Shelter (Northwest Harris County)

Location: 107 E 22nd Street, Houston, TX 77008

Availability: Friday – Monday, 11:00 AM – 4:00 PM

Helpline: (713) 863-9835

Email: info@friends4life.org

Website: <https://friends4life.org/>

Service(s) Provided: Animal shelter, pet adoption, free pet food bank, low-cost vaccinations, and prevention services, pet behavior support and training, free spay/neuter, and returns of free-roaming cats. Limited ability to accept animals from the public.

Service Area: Greater Houston Area

Houston Pets Alive (Northwest Harris County)

Location: 2800 Antoine Drive, Suite 2854, Houston, TX 77092

Availability: Saturdays, 10:00 AM – 6:00 PM

Helpline: 713-492-2541

Email: info@houstonpetsalive.org

Website: <https://www.houstonpetsalive.org/>

Service(s) Provided: Pet adoptions, low-cost public pet clinic, pet supply thrift store. Houston Pets Alive only takes animals directly from local euthanasia lists.

Service Area: Greater Houston Area

COMMUNITY RESOURCE LIST



Covid-19 Testing

CVS Pharmacy

Location: Multiple Locations

Availability: Varies by location

Helpline: 401-765-1500

Website: <https://www.cvs.com/>

Service(s) Provided: COVID-19 testing is available at all MinuteClinic® and select pharmacy locations. All tests must be scheduled. Every individual who wants a test must make an appointment online. The fee for the test is \$69.99. A limited number of MinuteClinic® locations offer no-cost testing. To schedule an appointment and to see if there's a no-cost testing site near you, please click the link below:

https://www.cvs.com/minuteclinic/covid-19-testing/?icid=clinic_locator_banner_testing_button_main

Service Area: Greater Houston Area

Quest Diagnostics

Location: Multiple locations

Availability: By appointment, availability varies by location

Helpline: Please select the link below to contact the right team for assistance:

<https://www.questdiagnostics.com/contact-us>

Website: <https://www.questdiagnostics.com/>

Service(s) Provided: You may qualify for \$0 out-of-pocket testing. Patients without insurance who are symptomatic or exposed are eligible for \$0 out-of-pocket COVID-19 testing at select Quest locations.

- Same-day appointments often available
- For ages 2+, regardless of symptoms
- Our test can detect COVID-19 regardless of variant
- Those experiencing symptoms may request a COVID-19 test

Get started online: <https://patient.questdiagnostics.com/>

Service Area: Greater Houston Area

True North

Location: Various locations

Availability: Varies on the clinic and appointment

Helpline: 1-800-635-8611

Website: <https://www.doineedacovid19test.com/>

COMMUNITY RESOURCE LIST



Service(s) Provided: Symptomatic, exposed, or at high risk can receive free COVID-19 and Flu testing. The eligibility requirements are based on the current regulations. To determine eligibility, individuals must register and complete a short survey. Make sure that you select the test that you need and use the zip code search.

Service Area: Greater Houston Area

Houston Health Department

Location: 7037 Capital St. Houston, TX 77011,

Availability: Tues., Thur.: 9 a.m.-5 p.m. Wed., Fri., Sat.: 8 a.m.-4 p.m.

Helpline: 832-393-4220

Website: www.houstonhealth.org

Services: Houston Health Department provides COVID testing at no cost to the public. Individuals do not need to provide insurance. Results are received by phone within 3 days.

Service Area: Greater Houston Area

COMMUNITY RESOURCE LIST



Seasonal Resources

ReadyHarris (Greater Houston Area)

Email: ask@oem.hctx.net

Website: readyharris.org

Service(s) Provided: Provides real-time updates regarding natural disasters and emergency events in your area. Registration is required to receive alerts and can be done on the website. Updates are sent via text, email, and phone calls. Also provides information about how to prepare your family and home for disaster as well as post-disaster resources for recovery.

Service Area: Greater Houston Area

City of Houston's ReadyHouston (Greater Houston Area)

Website: <https://www.houstonoem.org/pages/alert-houston>

Service(s) Provided: City of Houston's official emergency notification system. Provides information and timely updates about potential safety hazards, their expected impacts, and how to stay safe. Updates are sent via email, text, phone call, and mobile app. Registration is required to receive alerts and can be completed on the website.

Service Area: Greater Houston Area.

Harris County Flood Warning System (Greater Houston Area)

Website: harriscountyfws.org

Service(s) Provided: Provides real-time updates on water levels, rainfall, and possible flooding in your area. Alerts are provided via text and email. Registration is required to receive alerts and can be done on the website. Registration is open to everyone.

Service Area: Greater Houston Area

Harris County Long-Term Recovery Committee

Helpline: 713-685-2400

Email: HarrisCountyLTRC@unitedwayhouston.org

Website: hcltrc.org

Service(s) Provided: Provides disaster recovery resources including evacuation assistance, shelter-in-place assistance, and guides to recovery after natural disasters. Also provides guides on how to prepare your family and home for emergencies.

Service Area: Greater Houston Area

COMMUNITY RESOURCE LIST



UHD Bilingual E-Library

Helpline: 713-237-5420

Email: info@bilingualelibrary.org

Location: University of Houston Downtown, Northwest 20515 TX-249, Houston, TX 77070, Office B12.332

Availability: 24/7

Website: <https://bilingualelibrary.org/en/>

Service(s) Provided: The UHD Bilingual E-Library is committed to unlocking literacy skills with our comprehensive collection of free bilingual e-books. These books, thoughtfully crafted by UHD students, children, and families, are designed to guide readers on a captivating journey into language and imagination. Our mission is to transform lives, one page at a time, by providing accessible and enriching reading resources that celebrate cultural diversity and foster a lifelong love for learning.

Service Area: State-wide

Spooktacular at the Depot at Tomball Depot Plaza

Location: Tomball Depot Plaza, 201 S. Elm St. Tomball, TX 77375

Helpline: (281) 351-5484

Email: marketing@tomballtx.gov

Website: <https://tomballtx.gov/Calendar.aspx?EID=6880>

Availability: Saturday, October 12, 2024, 4:00 PM - 9:00 PM

Service(s) Provided: Grab the family and your Halloween costumes and join us to kick off Halloween fun for Spooktacular on Saturday, October 12th at Tomball Depot Plaza! There will be Harry Potter-inspired games, bounce houses, face painters, food, crafts, vendors, fun surprises, and photo ops. Bringing chairs, blankets, and snacks are encouraged as they will show the movie Harry Potter. Admission and parking are free!

Service Area: Tomball

Spooktacular at the Depot at Tomball Depot Plaza

Location: Discovery Green, 1500 McKinney St, Houston, TX 77010

Website: <https://www.discoverygreen.com/signature-experiences/scream-on-the-green/>

Availability: Friday, October 12, 2024, 7 PM - 10 PM

Service(s) Provided: Scream on the Green® returns with a costume contest, living sculptures, palm readers and psychics, games, music, and more. Plus, enjoy a screening of Ghostbusters: Frozen Empire.

Service Area: Houston

COMMUNITY RESOURCE LIST



Island Oktoberfest

Location: 2415 Winnie St, Galveston, TX 77550

Helpline: 409-762-8477

Website: <https://galvestonoktoberfest.com/>

Availability: Friday, October 25, 2024, 5 PM - 9 pm & Saturday, October 26, 2024, 11 AM – 7 PM

Service(s) Provided: Island Oktoberfest takes place every year toward the end of October. It features live entertainment, shopping, a live auction, and assorted children’s activities. Come dressed in your finest German attire, witness the historic tapping of the keg, and delight in some authentic German food and drink!

Service Area: Galveston, Greater Houston Area

MECA’s 24th Annual Día de Muertos Festival!

Location: Historic Dow School in Houston's Old Sixth Ward, 1900 Kane St. Houston, TX 77007

Helpline: 832-865-6157

Email: info@meca-houston.org

Website: <https://www.meca-houston.org/dia-de-muertos.html>

Availability: Saturday, November 2, 2024, 11 AM - 8 PM & Sunday, November 3, 2024, 11 AM - 8 PM

Service(s) Provided: In its 24th iteration, MECA's Día de Muertos Festival is a FREE community celebration of Latin American folk-art traditions that honor family and ancestry. Día de Muertos combines pre-Colombian heritage with Catholic influence, creating a vibrant and joyful tribute to the departed. This year's Día de Muertos two-day celebration will offer children's art activities, an ofrendas/altar exhibition, artist and artisan vendors, delectable festival foods, and three captivating performance stages.

Service Area: Houston

CVS

Location: Various locations

Helpline: Varies by location, call to schedule an appointment

Website: <https://www.cvs.com/immunizations/flu>

Availability: Varies on the clinic and appointment

Service(s) Provided: The flu vaccine is available at no cost through most insurance plans, including Medicare Part B. CVS Pharmacy® and MinuteClinic® can directly bill many national and regional health plans that cover all or part of the cost of a flu shot. Check with your health insurance provider to confirm coverage. Flu shots are available to those with and without health insurance at our current out-of-pocket prices.

Service Area: Nationwide

COMMUNITY RESOURCE LIST



H-E-B

Location: Various locations

Helpline: Varies by location

Website: <https://www.heb.com/pharmacy/vaccinations>

Availability: Varies on the clinic and appointment

Service(s) Provided: H-E-B Pharmacy helps Texans stay healthy by offering a variety of vaccines, online scheduling, and downloadable immunization records. Set up your immunization appointment online to save time and make sure you get the vaccines you need—when you need them. Walk-ins are always welcome

Service Area: Nationwide

Walgreens

Location: Various locations

Helpline: Varies by location

Website: <https://www.walgreens.com/topic/pharmacy/seasonal-flu.jsp>

Availability: Varies on the clinic and appointment

Service(s) Provided: Get *ahead* of flu season. Schedule a FREE flu shot with your neighborhood pharmacy team.* *No cost to you with most insurance. Vaccines are subject to availability. State-, age- and health-related restrictions may apply.

Service Area: Nationwide