

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: 535 Portwall St, Houston, TX 77029

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

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 8:00AM -12:00PM

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 10:00AM – 2:00PM (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 at this time. (Program services are restricted to zip codes 77025,77035, 77045, 77051, 77053, 77054, 77071, 77085, 77096)

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Christian Community Service Center (Central Harris County)

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

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

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

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,
77021,77023,77025,77026,77027,77028,77030,77031,77036,77046,77056,77057,7707
2,77074,77081,77096, 77098, 77401

Epiphany Community Health Outreach Services (Southwest Harris County)

Location: 9600 S Gessner Rd, Building E, Houston, TX 77071

Availability: drive-through distribution every Tuesday at 7:30 AM.

Helpline: (713) 270-0369

Website: https://echos-houston.org/client-services/financial_assistance/

Service(s) Provided: Application Assistance, Financial Assistance (Rent & Utilities zip
restricted), Food Pantry, Healthcare Mobile Clinics, Health Care Screening

Service Area: 77031,77035,77036,77071,77072,77074,77081,77096,77099

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

Location: 2307 Crystal Springs Drive, Kingwood, TX 77339

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

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

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Availability: Monday – Friday 9:30AM – 3:30PM. 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 9:30AM-12:30PM

Helpline: (281) 540-1907

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

Service(s) Provided: Food Pantry, Eviction & Utility Pledge assistance for zip codes (77044, 77338, 77346, 77347, and 77396)

Service Area: Greater Houston Area

Southeast Area Ministries (Southeast Harris County)

Location: 2102 Houston Blvd, South Houston, TX 77587

Availability: Call Monday - Thursday for 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 10:00AM – 6:00PM; Food Distribution 10:30AM – 11:30AM

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

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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 8:00AM – 10:00AM

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

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

Service(s) Provided: Food Pantry, Financial assistance appointments only take place **Mon-Tues** at 10am **over the phone at 713.780.2727, option #3** for zip codes 77036, 77042, 77057, 77063, 77072, 77077, 77082, 77083 and 77099, employment services available for all zip codes, seasonal programs.

Gano Mission Center (Central Harris County)

Location: 1815 Gano St. Houston, TX 77009

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

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.

Service Area: Near Northside – Zip codes serviced 77008,77009,77022,77026,77028

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 – 2:00PM and Wednesdays 10:00AM-12:00PM); 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 10:00AM – 12:00PM.)

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 selection of food and open to those with appointments and emergency basis. Food Fairs 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 food market (ID is required). Food delivery program for qualifying

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individual's pairs volunteers with at-risk populations who face barriers to attend regular food programs. Lastly, they offer a senior box to eligible seniors that include shelf-stable food and fresh produce among other health-related items.

Service Area: Baytown, Harris County

Financial Assistance

United Way of Greater Houston (Central Harris County)

Location: 500 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)

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>

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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 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 to apply for state benefits (SNAP, WIC, Medicaid, Medicare, etc.) and connect community members to additional resources based on their needs

Service Area: Houston

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Mental Health Services

Family Houston (Central Harris County)

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

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

Email: family@familyhouston.org

Helpline: (832) 927-7350

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

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-General, Developmental Disability, Youth, Substance Abuse

Service Area: Harris County

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: Mental Health Services Resources, Public Benefits Assistance, Reentry Resources for Former Prisoners

Service Area: Nationwide

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

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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 prior to close)

Helpline: (713) 338-6422

Website: <http://www.memorialhermann.org/locations/northeast-mental-health-crisis-clinic/>

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

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

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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)

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) 995-0909

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

Service(s) Provided: Offers 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

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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; 8:00AM – 5:00PM

Email: contact@hopeandhealingcenter.org

Helpline: (713) 871-1004;

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

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 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 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) 219-5070

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 8:00AM – 6:00PM; Friday 8:00 AM – 5:00 PM

Email: family@familyhouston.org

Helpline: (832) 927-7350

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, 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 9:00AM – 5:00PM

Helpline: (281) 446-2615

Website: <https://familytimeccc.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 9:00AM – 5:00PM

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 program, 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 8:00AM - 5:00PM

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

Website: <https://Avda.org>

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

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homeless shelters and nursing homes. Residents with temporary addresses are also eligible. Social Security Number required.

Service Area: Statewide

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 required. New tablets available for 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 current service provider.

Service Area: Nationwide

Affordable Connectivity Program (National)

Location: Apply Online or via mail.

Availability: 24 hrs.

Helpline: (877) 384-2575

Website: affordableconnectivity.gov

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Services Provided: The affordable connectivity program is an FCC program that helps connect families and households struggling to afford internet service.

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 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, 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 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

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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 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

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 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; 8:00AM – 5:00PM

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 website below)

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

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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 available every day; 8:00AM – 5:00PM

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-off 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.

Service Area: Houston

METROLift – Curb-to-Curb and Ride Share Transportation

Location: Transit centers located throughout Houston

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

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

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 there are physical barriers 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

COMMUNITY RESOURCE LIST



Project Access - Healthcare for the Homeless

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; 8:00AM – 5:00PM

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

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>

COMMUNITY RESOURCE LIST



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, 8:00AM – 5:00PM

Helpline: (832) 927-7350

Website: <https://publichealth.harriscountytexas.gov/services-programs/services/hwc/health-and-wellness-clinic-locations>

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

Service Area: Harris County

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 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)

COMMUNITY RESOURCE LIST



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/Services-Programs/Programs/Lead-Hazard-Control>

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

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

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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 Pediatrics 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

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), Referrals (Diagnostic & Specialty). Office Visits 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

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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/Services-Programs/All-Services/Dental-Services/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 old 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/Services-Programs/All-Programs/HIV-STD-Prevention-Program/FREE-HIV-STI-Testing>

Service(s) Provided: Testing123 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 STDs testing)

Service Area: Houston Area

COMMUNITY RESOURCE LIST



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.harriscountytx.gov/Services-Programs/Programs/TBElimination>

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.harriscountytx.gov/About/Organization-Offices/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

Website: <https://publichealth.harriscountytx.gov/Services-Programs/All-Services/Mosquito-Control-Services>

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

Service Area: Houston

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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/healthyharris>

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 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)

Helpline: Paola Uranga (713) 274-8501

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/Services/TobaccoCessation>

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

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decrease the use of tobacco/vaping in the community. Classes 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/Services-Programs/All-Programs/One-Breath-At-A-Time>

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/Services-Programs/All-Programs/Diabetes-Prevention-Program-DPP>

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.

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 - COVID-19 Education & Outreach (Southwest Harris County)

Location: Houston, TX

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

Helpline (832) 927-4450

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Service(s) Provided: Community Health Workers provide educational materials and resources on COVID-19 updates and vaccine information, answer community questions, and help community members register for free COVID testing/vaccines. Reach the community by partnering with businesses, places of worship, clinics, non-profit organizations, etc. to share information through community events, phone calls, visiting apartments and businesses, and virtual or in-person presentations.

Service Area: Houston

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

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 foster care system

Service Area: Harris County

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

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

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

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, Community Violence Interruption program (CVIP) and 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

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; 8:00AM – 5:00PM

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 (Southwest Harris County)

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

Availability: Call to schedule appointment

COMMUNITY RESOURCE LIST



Helpline: (713) 758-9280

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

Service(s) Provided: Career advancement, Immigration legal services, refugee services

Service Area: Houston

Houston Volunteer Lawyers (Central Harris County)

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

Availability: Call to schedule appointment

Helpline: (713) 228-0735

Email: info@hvlp.org

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

Service(s) Provided: Pro Bono legal aid; Family, Housing, Taxes, Legal Guardianship, Veterans, Employment and more.

Service Area: Houston

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

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

Availability: Call to schedule appointment

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 services; DACA, Visas, TPS, U Visas. Legal orientation with completing USCIS forms

Service Area: Houston

Lone Star Legal (Central Harris County)

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: (713) 652-0077 or 1-800-733-8394

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

Service(s) Provided: Legal Help, COVID-19 Evictions, and Other Resources (No criminal cases)

Service Area: Texas

COMMUNITY RESOURCE LIST



Boat People SOS (Southwest Harris County)

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

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

Phone: (281) 530-6888

Email: info@bpsos.org

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

Tahirih Justice Center (Southwest Harris County)

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

Availability: Monday - Friday 9:00AM – 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. 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 8:00AM – 5:00PM

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

COMMUNITY RESOURCE LIST



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

Location: 2900 Louisiana St, Houston, TX 77006

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

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

Boat People SOS (Southwest Harris County)

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

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

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, 8:30AM - 5:00PM

Helpline: (713) 533-4900

Website: <https://www.imggh.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 9:00AM – 5:00PM

Helpline: (713) 454-6470

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

Helpline: (713)-646-2990

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

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, 9:00AM – 4:00PM

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

Sisters of Charity of the Incarnate Word (Southeast Harris County)

Location: 6510 Lawndale St, Houston, TX 77023

Availability: Monday – Friday, & 7:00AM - 7:00PM

Helpline: For clinics: (713)-803-1840, For domestic services: (713) 928-6053

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

COMMUNITY RESOURCE LIST



Alliance of Multicultural Services (Southwest Harris County)

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

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

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

The YMCA International Services Refugee Program

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

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

Website: <http://www.ymcahouston.org/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 refugee, Special Immigrant Visa holder, asylee, or Victim of Trafficking.

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, computer literacy program, and drug/alcohol rehabilitation. No walk –in accepted, appointments only.

Service Area: Texas

Star of Hope (Southwest Harris County)

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

Helpline: (713) 748-0700

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

COMMUNITY RESOURCE LIST



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

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 – Thursday, 9:00AM – 5:00PM and Friday 9:00AM – 2:00PM. 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, 9:00AM – 3:00PM

Helpline: (832)-324-9111

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

COMMUNITY RESOURCE LIST



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

Service Area: Greater Houston Area

YMCA International Services (Southwest Harris County)-

Location: 6300 Westpark Dr #600, Houston, TX 77057

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

Helpline: (713) 339-9015

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

Service(s) Provided: Career advancement, education, immigration legal services, post-release services, refugee employment, refugee resettlement, social adjustment services, and trafficked person assistance.

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

United Way of Greater Houston (Southwest Harris County)

Location: 500 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: 8:00AM – 8:00PM CST

Disaster Assistance Helpline: (800) 621-3362

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

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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 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.

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 – 5PM

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.harriscountytx.gov/Pages/default.aspx>

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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 available for the Jensen Drive office.

Care Partners (Southeast Harris County)

Location: 3838 Aberdeen Way, Houston, TX 77025

Helpline: (713)-682-5995

Website: <https://carepartnerstexas.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

Jim & JoAnn Fonteno Senior Center (Central Harris County)

Location: 6600 Bissonnet St, Houston, TX 77074

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

Helpline: (713)-274-3305

Website: <https://www.pct3.com/Senior-Centers/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, 9:00AM – 5:00PM

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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, 7:30AM – 4:00PM

Helpline: (713)-274-3250

Website: <https://www.pct3.com/Senior-Centers/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

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

Helpline: (713) 626-7114

Website: <https://haps.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, 9:00AM – 5:30PM

Email: info@bpsos.org

Phone: (281) 530-6888

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

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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://wesleyhousehoustong.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.

Maternal & Child Services

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

Location: Countywide (Home-Visiting)

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

Email: maternalchildhealth@phs.hctx.net

Helpline: 832-927-7387

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/Maternal-and-Child-Health-Program>

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 past year, or have experienced pregnancy loss within past year to qualify.

Service Area: Harris County

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

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

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

Service(s) Provided: Provides nutrition education, breastfeeding promotion and support, healthy foods, referrals to health and social services to pregnant, breastfeeding women, women who recently had a baby, 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: Tuesday–Friday, 10:00AM – 4:00PM

Email: akua@alifeofpeace.org

Phone: (713) 459-5208

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, 8:30AM – 5:00PM

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)

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Location: Multiple Locations

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

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

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 Texas Workforce Commission to assist locating care for children. 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

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

Helpline: (281)540-1123, 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, 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, 8:00AM – 5:00PM

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,

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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

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, 9:30AM – 5:00PM and Friday 9:30AM – 3:00PM. 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 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 Center

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

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: Pregnancy Tests, Confirmation of Pregnancy in writing, Abortion Pill, On-Site Medical Pregnancy Consultations, Referrals, Case Management, Adoption Education, Ultrasound Exams, Abstinence Education and Support, Counseling and Crisis Intervention, Ongoing Pregnancy Support, Post-abortion Support, Fatherhood Support, Childbirth Classes, Housing Referrals, Lifestyle Education, Limited emergency Assistance, does not provide Prenatal care but will refer. Free services, for pregnant women and/or women who just had a baby.

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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, 10:00AM – 2:00PM

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 how just had a baby. Assistance available in all languages.

Service Area: Greater Houston Area

Shades of Blue Project (Northwest Harris County)

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

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

Every 2nd Saturday; 9:00AM – 12:00PM

Email: info@shadesofblueproject.org

Helpline: (281) 444-1178

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

Service(s) Provided: Mental health journal group, pre-natal 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, 10:00AM – 5:00PM, Tuesday/ Thursday 10:00AM – 8:00PM

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 how just had a baby. Assistance available in all languages.

Service Area: Greater Houston Area

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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, 8:30AM – 4:30PM. 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 how 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/>

Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, post abortion healing, referrals, and parenting education. Free services, for pregnant women and/or women how 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, 10:00AM –2:00PM CST

Helpline: (281) 498-9933

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

Services Provided: Provides 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, 10:00AM–2:00PM CST

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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, with the goal of supporting 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 Count

Job Assistance/Training/Continuing Education

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

Location: 2525 San Jacinto St., Houston TX 77002

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

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

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.

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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 held monthly, register here: www.capitaideahouston.org/infoession

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 Statistical Area

GRADcafé (Countywide)

Location(s): Gradcafé East Aldine- High Meadows Branch Library (4500 Aldine Mail Rte Rd, Houston, TX 77039); Gradcafé Galena Park- Galena Park Library (1500 Keene St, Galena Park, TX 77547); Gradcafé Baytown- Center for Workforce and Community Development (909 Decker Drive, Baytown, TX 77520); Gradcafé Parkplace (3100 Broadway St, Houston TX 77017); Gradcafé Pasadena- Pasadena Public Library (1201 Jeff Ginn Memorial Dr, Pasadena TX 77506); Gradcafé Scarsdale- Parker Williams Library (10851 Scarsdale Blvd Suite 510, Houston, TX 77089)

Availability: Availability varies by location. To see available times, please visit (<https://www.gradcafe.org/locations/>) for each individuals center hours.

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/>

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Service(s) Provided: Program offers employment orientation (basic skills training), Core skills training, 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 10AM- 12PM, 1-2PM

Helpline: (713) 957-3779

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

Service(s) Provided: Program offers suiting up program, first impression interview preparation, job search, 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 Online Job Bank (Central Harris County)

Location: Online

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

Service(s) Provided: 501(c)3 Non-profit approved job postings

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.

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

Texas Workforce Commission (Statewide)

Location: Various

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

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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 and associates or undergraduate degree. We assist with selecting a major, completing applications, finding funding sources and career coaching. Our Response Center staff is available Monday through Saturday 7am to 7pm at no cost to families. 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. You may learn more about our program here.

Service Area: Harris and surrounding counties

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 M; 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)

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>

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

Houston Humane Society (Southwest Harris County)

Location: 14700 Almeda Rd, Houston, TX 77053

Availability: Pet Adoptions: Monday – Friday, 11:00AM – 6:00PM; Saturday – Sunday, 11:00AM – 5:30PM; Low- Cost Vaccinations: 9:00AM - 2:30PM; 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 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, 11:00AM – 4:00PM

Helpline: (713) 863-9835

Email: info@friends4life.org

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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 public.

Service Area: Greater Houston Area

Houston Pets Alive (Northwest Harris County)

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

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

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



Seasonal Resources

Center for Disease Control (Nationwide)

Location: N/A

Availability: Monday – Sunday; 24/7

Helpline: 800-232-4636

Website: <https://www.cdc.gov/respiratory-viruses/tools-resources/index.html>

Service(s) Provided: Free online toolkits and resources available to help prepare your family for winter virus season. Information about preventing the flu, COVID, and RSV during the colder months.

Service Area: Nationwide

Flu Vaccines: Harris County Public Health (Countywide)

Helpline: (832) 927-7575

Website: <https://vacstrac.hctx.net/home>

<https://hccpublichealth.maps.arcgis.com/apps/dashboards/aac3a43f84ff4884bc1136f5954335d6>

Service(s) Provided: Call today to schedule your Flu and COVID-19 Vaccines! For people with health insurance, most plans will cover COVID-19 and flu vaccines at no cost to you. People who don't have health insurance or with health plans that do not cover the cost qualify for free vaccines from Harris County Public Health.

Service Area: Harris County