

# COMMUNITY RESOURCE LIST



## Table of Contents

(Click each category to see resources)

1. **Food Assistance**
2. **Financial Assistance**
3. **Mental Health Services**
4. **Domestic Violence and Sexual Assault**
5. **Technology and Education Resources**
6. **Transportation Assistance**
7. **General Health & Wellness**
8. **Legal Assistance**
9. **Refugee & Immigration Assistance**
10. **Housing & Shelter Information**
11. **Senior Resources**
12. **Maternal Health & Child Services**
13. **Job Assistance/Training**
14. **Pet Resources**
15. **COVID-19**
16. **Seasonal Resources**

\*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.

# COMMUNITY RESOURCE LIST



## Food Assistance

### **Houston Food Bank**

**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**

**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/>

**Service(s) 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**

**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**

**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)

# COMMUNITY RESOURCE LIST



**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**

**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**

**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**

**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

## **Southeast Area Ministries**

**Location:** 2102 Houston Blvd, South Houston, TX 77587

# COMMUNITY RESOURCE LIST



**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**

**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](mailto: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**

**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.

**Service Area:** Greater Houston Area

## **Gano Mission Center**

**Location:** 1815 Gano St. Houston, TX 77009

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

# COMMUNITY RESOURCE LIST



**Helpline:** (713) 227-0304

**Website:** [www.missioncenters.org](http://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**

**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 2<sup>nd</sup> 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 individual's 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 and 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/>

**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

# COMMUNITY RESOURCE LIST



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 needy households. 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.

**Service Area:** Southwest Houston

### **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](mailto: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:

# COMMUNITY RESOURCE LIST



- 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

## **Target Hunger**

**Location:** 1260 Shotwell St, Houston, TX 77020

**Availability:** Times varies based on location

**Helpline:** (832) 767 - 1677

**Website:** <https://www.targethunger.org/>

**Service(s) Provided:** Food Fairs are open to anyone; you do not have to be a client to attend. However, you must complete a registration form before receiving food. Please complete [this](#) form, or plan to complete at the food fair. If you do not have transportation, we encourage you to carpool or find a neighbor – the food fair is a drive through distribution. Please note that all events are subject to cancellation based on weather. Food availability and quantity subject to change. It is our priority to serve a balanced grocery basket, but food availability and quantity may vary. Click [here](#) for a list of scheduled food fairs and special events.

**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 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month and 9:00 AM – 12:00 PM every 2<sup>nd</sup> and 4<sup>th</sup> 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 for carrying food, last client accepted 15 minutes before closing. Must provide own bags/boxes. Clients needing assistance 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 2<sup>nd</sup> 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.

# COMMUNITY RESOURCE LIST



## Documents Required:

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

**Service Area:** Southwest Houston, Brazoria, and Fort Bend

### **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**

**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**

**Location:** 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,

# COMMUNITY RESOURCE LIST



77009, 77018, 77022, 77024, 77037, 77039, 77040, 77041, 77043, 77055, 77076, 77079, 77080, 77088, 77091, 77092).

## **Harris County Community Services Department**

**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**

**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**

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

**Helpline** (832) 927-7946 or [HCPHConnect@phs.hctx.net](mailto:HCPHConnect@phs.hctx.net)

**Website:** <https://publichealth.harriscountytexas.gov/>

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

**Service Area:** Houston

# COMMUNITY RESOURCE LIST



## **Houston Financial Empowerment Center**

**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.

**Service Area:** Houston

## Mental Health Services

### **Family Houston**

**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](mailto: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**

**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

# COMMUNITY RESOURCE LIST



## **NAMI: National Alliance on Mental Illness**

**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**

**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)**

**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**

**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

# COMMUNITY RESOURCE LIST



## **The National Suicide Prevention Lifeline**

**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**

**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**

**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**

**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**

**Location:** 6500 Hornwood Dr, Houston, TX 77074

**Availability:** 24/7

**Helpline:** (713) 589-7874

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

# COMMUNITY RESOURCE LIST



**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**

**Location:** 717 Sage Rd, Houston, TX 77056

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

**Email:** [contact@hopeandhealingcenter.org](mailto: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**

**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](mailto: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**

**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

# COMMUNITY RESOURCE LIST



## **Family Houston**

**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](mailto: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**

**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**

**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

# COMMUNITY RESOURCE LIST



## **The Bridge Over Troubled Waters**

**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**

**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 and Education Resources

### **Assurance Wireless**

**Location:** Apply online or via phone

**Availability:** 7:00 AM – 10:00 PM CST

**Helpline:** (888) 321-5880

**Website:** [assurancewireless.com](http://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

# COMMUNITY RESOURCE LIST



## **Q-Link Wireless**

**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**

**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/](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

## **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](mailto:sunrisecenters@houstonisd.org)

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

**Services:** Welcome to Sunrise Centers, a new initiative of 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

# COMMUNITY RESOURCE LIST



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

[irosado@houstonisd.org](mailto:irosado@houstonisd.org)

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

**Services:** Welcome to Sunrise Centers, a new initiative of 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 HISD Brock**

**Location:** 1417 Houston Ave, Houston, TX 77007

**Availability:** Varies by availability

**Helpline:** (713) 556-7237

**Email:** Ilka Rosado

[irosado@houstonisd.org](mailto:irosado@houstonisd.org)

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

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

- Mental health
- Case Management

# COMMUNITY RESOURCE LIST



- 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 Mission Milby Community Development Corp.**

**Location:** 2220 Broadway St, Houston, TX 77012

**Availability:** Varies by viability

**Helpline:** (713) 556-2629

**Email:** Elizabeth Mireles Angel

Elizabeth.MirelesAngel@houstonisd.org

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

**Services:** Welcome to Sunrise Centers, a new initiative of 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 Morefield Boys & Girls Club**

**Location:** 5950 Selinsky Rd, Houston, TX 77048

**Availability:** Varies by availability

**Helpline:** (713) 556-2619

**Email:** Angel Smith

Angel.smith2@houstonisd.org

# COMMUNITY RESOURCE LIST



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

**Services:** Welcome to Sunrise Centers, a new initiative of 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 Youth Development Center**

**Location:** 6050 Bretshire Dr, Houston, TX 77016

**Availability:** Varies by availability

**Helpline:** (713) 556-2649

**Email:** Francisco Rivera

Francisco.Rivera@houstonisd.org

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

**Services:** Welcome to Sunrise Centers, a new initiative of 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

# COMMUNITY RESOURCE LIST



## **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>

**Services:** Welcome to Sunrise Centers, a new initiative of 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 BakerRipley Gulfton Sharpstown**

**Location:** 6500 Rookin St, Houston, TX 77074

**Availability:** Varies by availability

**Helpline:** (713) 556-2639

**Email:** Monica Garcia Jacquett

Monica.garcia.Jacquett@houstonisd.org

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

**Services:** Welcome to Sunrise Centers, a new initiative of 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

# COMMUNITY RESOURCE LIST



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

## **Houston ISD Gifted and Talented Education**

**Location:** 4400 West 18th Street Houston, TX 77092

**Helpline:** (713) 556-6954

**Email:** GiftedandTalented@houstonisd.org

**Website:** [https://houstonisd.qualtrics.com/jfe/form/SV\\_cBI356YifQTzcYm](https://houstonisd.qualtrics.com/jfe/form/SV_cBI356YifQTzcYm)

**Service(s) Provided:** Some HISD schools require gifted and talented testing in addition to report cards and teacher recommendations as part of the admissions process. If you are interested in attending a school that requires Gifted and Talented testing for admissions, or if you simply want to request testing for your child, you may do so by filling out this form.

**Service Area:** Houston ISD

## **UHD Bilingual E-Library**

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

**Helpline:** (713) 237-5420

**Email:** [info@bilingualelibrary.org](mailto:info@bilingualelibrary.org)

**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:** Statewide

## Transportation Assistance

### **Harris County Rides Program**

**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

# COMMUNITY RESOURCE LIST



**Website:** <https://rides.harriscountytx.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**

**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>

**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.

## **Harris County Transit: Non-Emergency Medical Transportation Program**

**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.harriscountytx.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**

# COMMUNITY RESOURCE LIST



**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 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**

**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.

# COMMUNITY RESOURCE LIST



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 8:00 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 Homeless**

**Availability:** Monday – Friday; schedules and routes may vary

**Helpline:** (713) 286-6000

**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**

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

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

**Email:** [info@seniorridesandmore.org](mailto: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,

# COMMUNITY RESOURCE LIST



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**

**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

## General Health & Wellness

### **Harris County Public Health Free or Low-Cost Health Clinics**

**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

### **Memorial Hermann Nurse Health Line**

**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, bilingual nurses are available to help answer your questions (no insurance needed). Can also help answer COVID-related questions

**Service Area:** Statewide

# COMMUNITY RESOURCE LIST



## **Harris Health “Ask My Nurse”**

**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**

**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**

**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**

**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**

**Location:** 8785 W Belfort, Houston TX 77031

# COMMUNITY RESOURCE LIST



**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**

**Location:** 5012 N Shepherd Dr, Houston, TX 77018, multiple locations

**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

## **CHRISTUS St. Mary’s Clinic**

**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.

**Service Area:** Houston

## **VCare Clinics**

**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:** (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), 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:** Harris County

# COMMUNITY RESOURCE LIST



## **Harris County Public Health HIV Prevention Clinic and FREE HIV/STI Mobile Testing**

**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->

**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**

**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**

**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->

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

**Service Area:** Houston

## **Harris County Public Health – Environmental Public**

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

**Helpline** (713) 274-6300

**Website:** <https://publichealth.harriscountytexas.gov/Divisions-Offices/>

**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**

# COMMUNITY RESOURCE LIST



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

**Helpline** (713) 440-4800

**Website:** <https://publichealth.harriscountytx.gov/Divisions->

**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**

**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](mailto:nutritionPHS@phs.hctx.net)

**Helpline:** (713) 274-5711

**Website:** <https://publichealth.harriscountytx.gov/Divisions-Offices>

**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**

**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](mailto:Paola.Uranga@phs.hctx.net))

**Helpline:** Paola Uranga (713) 274-8501

**Website:** <https://publichealth.harriscountytx.gov/Divisions-Offices/>

# COMMUNITY RESOURCE LIST



**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: Diabetes Prevention Program**

**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](mailto:dpp@phs.hctx.net)

**Helpline:** (713) 274-7167

**Website:** <https://publichealth.harriscountytexas.gov/Divisions->

**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 - Education & Outreach**

**Location:** Houston, TX

**Availability:** Monday – Friday, 8:00 AM – 5:00 PM / [COVIDoutreach@phs.hctx.net](mailto:COVIDoutreach@phs.hctx.net)

**Website:** <https://publichealth.harriscountytexas.gov/Divisions-Offices>

**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

# COMMUNITY RESOURCE LIST



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

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

**Email:** [access@phs.hctx.net](mailto: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

## **Harris County Public Health – Substance Use Prevention Program**

**Website:** <https://publichealth.harriscountytx.gov/Divisions-Offices/>

**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**

**Website:** <https://publichealth.harriscountytx.gov/Divisions-Offices/>

**Email:** [violenceprevention@phs.hctx.net](mailto: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 RESOURCE LIST



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:** North and Southwest Harris County

## **Harris County Public Health Low-Cost Dental Services**

**Location:** Clinics: 1730 Humble Place Dr., Humble, TX 77338 / 3737 Red Bluff Rd, Pasadena, TX 77503 / 1000 Lee Dr., Baytown TX 77520

Mobile: 7122 Gessner Road, Houston, TX 77040 (Monday)/ 10918 ½ Bentley St., Houston TX 77093 (Tuesday)/ 7340 Spencer Highway, Pasadena, TX 77505 (Wednesday)/ 6400 Bissonnet St., Houston 777074 (Thursday)

**Availability:** Baytown, Humble and Southeast: Monday – Friday, 8:00 AM – 5:00 PM; Mobile: Monday-Thursday, 8:00 AM – 3:00 PM

**Helpline** (832) 927-1330 Humble / (713) 274-9430 Southeast / (713) 274-7155 Baytown / (832) 927-7373 Mobile

**Website:** <https://publichealth.harriscountytexas.gov/>

**Service(s) Provided:** Humble and Southeast Clinical Dental Services: diagnostic, preventive, restorative and basic surgical dental services provided to children and adolescents who qualify for the Title V Grant or have public insurance (CHIP, Medicaid) Contact the clinic for eligibility requirements, appointments and questions.

Baytown Dental Services- diagnostic, preventive, restorative and basic dental services provided to uninsured adults at no cost.

Mobile Dental Unit Services- diagnostic, preventive, restorative and basic dental services provided to uninsured residents at no cost, no appointment needed for the initial visit.

**Service Area:** Harris County

## **It's Time Texas – Physical Activity and Nutrition**

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

**Helpline:** (512) 533-9555

**Email:** [strongertx@itstimetexas.org](mailto: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

## **RESTORE Laboratory and Substance Use Treatment Clinic**

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

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

**Email:** [uhrestore@gmail.com](mailto:uhrestore@gmail.com)

**Phone Number:** (713) 743-8056

# COMMUNITY RESOURCE LIST



**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:** (713) 462-6565

**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/>

**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

# COMMUNITY RESOURCE LIST



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 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

# COMMUNITY RESOURCE LIST



## **Houston Eye Foundation – Texans in Need Vision Program**

**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](mailto: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**

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

**Helpline:** (713) 558-8740

**Appointment Scheduling Hotline:** (713) 668-6828

**Email:** [heaf@houstoneye.com](mailto: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

## Legal Assistance

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

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

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

# COMMUNITY RESOURCE LIST



**Appointment Scheduling Line:** (713) 595-4100

**Immigrant Rights Hotline:** 1-833-468-4664

**Email:** [citizenship@catholiccharities.com](mailto: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

**Helpline:** (713) 758-9280

**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**

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

**Helpline:** (713) 228-0735

**Email:** [info@hvlp.org](mailto:info@hvlp.org)

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

**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**

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

**Helpline:** (713) 665-1284

**Email:** [carecenhouston@gmail.com](mailto:carecenhouston@gmail.com)

**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)

# COMMUNITY RESOURCE LIST



**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

**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

**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](mailto: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, domestic violence and sexual assault programs, and youth advocacy and senior services programs.

**Service Area:** Greater Houston Area

## Tahirih Justice Center

**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.

# COMMUNITY RESOURCE LIST



**Service Area:** Greater Houston - Galveston Area

## **Houston PAC**

**Helpline:** (281) 779-4409

**Email:** [htxpoliceabuse@civilrightscorps.org](mailto:htxpoliceabuse@civilrightscorps.org)

**Website:** <https://civilrightscorps.org/wp-content/uploads/2023/04/Updated-2023-Houston-PAC-Hotline-One-Pager.pdf>

**Service(s) Provided:** The Houston Police Accountability Collaborative (“Houston PAC”) educates survivors of police abuse about their legal rights, connects them with resources, and shares contact information for lawyers who may represent them in civil litigation against the police. Houston PAC is supported and coordinated by Civil Rights Corps, a civil rights nonprofit, and Pure Justice, a community organizing and civil engagement nonprofit.

**Service Area:** Greater Houston Area

## Refugee & Immigration Assistance

### **Amaanah Refugee Services**

**Location:** 11807 Westheimer Rd, 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](mailto: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**

**Location:** 2900 Louisiana St, Houston, TX 77006

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

**Helpline:** (713) 526-4611

**Website:** <https://catholiccharities.org/refugee/>

**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

# COMMUNITY RESOURCE LIST



## **Boat People SOS**

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

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

**Email:** [info@bpsos.org](mailto: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**

**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**

**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**

**Location:** 1303 San Jacinto St, 10<sup>th</sup> floor of South Texas College of Law, Houston TX 77002

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

**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.

# COMMUNITY RESOURCE LIST



**Service Area:** Harris County

## **Casa Juan Diego**

**Location:** Shelter location undisclosed

**Availability:** Monday – Friday; 9:00 AM – 4:00 PM

**Email:** [info@cjd.org](mailto:info@cjd.org)

**Helpline:** (713) 869-7376

**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**

**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**

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

**Availability:** Monday – Friday; 9:00 AM - 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

## **The YMCA International Services - Refugee Program**

**Location:** 3110 Hayes Rd #300, Houston, TX 77082

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

# COMMUNITY RESOURCE LIST



**Helpline:** (713) 339-9015

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

**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.

**Service Area:** Harris County

## **American Refugee Center**

**Location:** 6006 Bellaire Blvd., Houston, TX 77081

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

**Helpline:** (713) 665-1284, Ask to speak with Mr. Nelson Reyes.

**Website:**

[https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central\\_american\\_Resource\\_Center\\_Houston\\_Office](https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central_american_Resource_Center_Houston_Office)

**Service(s) Provided:** Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Employment-based immigrant and non-immigrant petitions, Family-based petitions, NACARA, Naturalization/Citizenship, Removal hearings, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions

**Service Area:** Greater Houston Area

## Housing & Shelter Information

### **The Life Center for the Homeless**

**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:** Statewide

# COMMUNITY RESOURCE LIST



## **Star of Hope**

**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:** Statewide

## **Covenant House**

**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:** Statewide

## **SEARCH**

**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:** Statewide

## **An-Nisa Hope Center**

**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**

**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/>

# COMMUNITY RESOURCE LIST



**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**

**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**

**Availability:** 8:00 AM – 8:00 PM CST

**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**

**Location:** 1212 Prairie St. Houston, TX 77002

**Mailing Address:** 1117 Texas Ave, Houston TX 77002

**Helpline:** (713) 220-9737

**Email:** [info@beaconhomeless.org](mailto:info@beaconhomeless.org)

**Website:** [www.beaconhomeless.org](http://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.

**Service Area:** Houston

## **Montrose Grace Place**

**Location:** 2515 Waugh Dr, Houston, TX 77006

**Availability:** Monday and Thursday 4:00 PM – 6:00 PM; and every 3<sup>rd</sup> 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,

# COMMUNITY RESOURCE LIST



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
- Partner Resources

**Service Area:** Greater Houston

## Senior Resources

### **Harris County Area Agency on Aging**

**Location:** 8000 North Stadium Dr, Third Floor Houston, TX 77504

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

**Email:** [aging@houstontx.gov](mailto: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**

**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**

**Location:** 3838 Aberdeen Way, Houston, TX 77025

**Helpline:** (713) 682-5995

**Website:** <https://carepartnerstexas.org/>

# COMMUNITY RESOURCE LIST



**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:** Statewide

## **Jim & JoAnn Fonteno Senior Center**

**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**

**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**

**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**

**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.

# COMMUNITY RESOURCE LIST



**Service Area:** Greater Harris County

## **Houston Area Parkinson Society-HAPS**

**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://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**

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

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

**Email:** [info@bpsos.org](mailto: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**

**Location:** 1410 Lee Street Houston, Texas 77009

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

**Email:** [seniors@wesleyhousehoustong.org](mailto: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.

# COMMUNITY RESOURCE LIST



**Service Area:** Harris County

## Maternal Health & Child Services

### **Harris County Public Health Maternal and Child Health Program**

**Location:** Countywide (Home-Visiting)

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

**Email:** [maternalchildhealth@phs.hctx.net](mailto:maternalchildhealth@phs.hctx.net)

**Helpline:** 713-368-MOMS (6667)

**Website:** <https://publichealth.harriscountytexas.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](mailto:maternalchildhealth@phs.hctx.net)

**Website:** <https://mhbor.harriscountytexas.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)**

**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.harriscountytexas.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,

# COMMUNITY RESOURCE LIST



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**

**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](mailto: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**

**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](mailto: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**

**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

## **Texas Child Care Availability Portal**

**Location:** Online Website Tool

**Email:** [frontline.childcare@soc.texas.gov](mailto:frontline.childcare@soc.texas.gov)

# COMMUNITY RESOURCE LIST



**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**

**Location:** 1200 Blalock Rd. Ste 104, Houston, TX 77055, 1502 1<sup>st</sup> 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**

**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

## **The Source of Houston**

**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>

# COMMUNITY RESOURCE LIST



**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**

**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**

**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

## **Shades of Blue Project**

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

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

Every 2<sup>nd</sup> Saturday; 9:00 AM – 12:00 PM

**Email:** [info@shadesofblueproject.org](mailto: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.

# COMMUNITY RESOURCE LIST



**Service Area:** Greater Houston Area

## **CareNet Pregnancy Center**

**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**

**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**

**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 who just had a baby. Mobile site locations available.

**Service Area:** Greater Houston Area

## **My Brothers Keeper Outreach Center – Houston**

**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>

# COMMUNITY RESOURCE LIST



**Services Provided:** Provide free uniforms, school supplies, and hygiene items to students from Pre-K–12<sup>th</sup> 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**

**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**

**Website:** [earlyreach.org](http://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 County

## **Help Us Grow Gulf Coast**

**Helpline:** 713-802-7700

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

**Website:** [depelchin.org](http://depelchin.org)

**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

## Job Assistance/Training

### **Career and Recovery Resources, Inc.**

**Location:** 2525 San Jacinto St., Houston TX 77002

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

# COMMUNITY RESOURCE LIST



**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

**Location:** PlazAmericas (formerly Sharpstown Mall, 2<sup>nd</sup> 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.

**Service Area:** Greater Houston

## Capital IDEA Houston

**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/infoession](http://www.capitaideahouston.org/infoession)

**Helpline:** (832) 280-5343 Ext. 113

**Website:** [www.capitaideahouston.org](http://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

**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

# COMMUNITY RESOURCE LIST



## **Houston Area Urban League (WFD): Workforce Development and Training Program**

**Location:** 5260 Griggs Rd., Houston 77021

**Availability:** 8:00 AM – 5:00 PM

**Helpline:** (281) 220-6012

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

**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**

**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**

**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**

**Location:** Texas

**Availability:** Business hours are based on office location

**Helpline:** 1(888) 469-5627

# COMMUNITY RESOURCE LIST



**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

**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

**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

**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](http://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 9<sup>th</sup>-12<sup>th</sup> 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](http://gcaflcio.org)

**Contact Person:** Anisha Thornabar 832-582-0378 or [anisha@gcaflcio.org](mailto: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**

**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**

**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](mailto: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**

**Location:** 14700 Almeda Rd, Houston, TX 77053

# COMMUNITY RESOURCE LIST



**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](mailto: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**

**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](mailto: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**

**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](mailto: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

### **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](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/>

**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

# COMMUNITY RESOURCE LIST



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:** Tuesday-Thursday; 9 AM-5 PM, Wednesday, Friday, Saturday, 8 AM-4 PM

**Helpline:** (832) 393-4220

**Website:** [www.houstonhealth.org](http://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

## **Harris County Public Health COVID Vaccines**

**Location:** Multiple Locations

**Availability:** Varies by location

**Helpline:** (832) 927-8787

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

**Service(s) Provided:** HCPH is now providing the updated bivalent COVID-19 vaccine, with both Moderna and Pfizer options available for all ages. This updated vaccine is offered to individuals of any age who completed their primary series with a monovalent COVID-19 vaccine more than 2 months ago. Harris County Public Health's COVID-19 vaccination sites serve walk-ups without appointments; however, appointments are encouraged for quicker service.

**Service Area:** Harris County

## **FREE At-Home COVID-19 Testing**

**Helpline:** 1-800-232-0233

**Website:** <https://covidtests.gov/>

**Service(s) Provided:** Order your 4 free At-home COVID-19 Tests. Every U.S. household is eligible to order 4 free at-home tests.

**Service Area:** National

# COMMUNITY RESOURCE LIST



## Seasonal Resources

### Flu Season Resources

#### CVS

**Location:** Various locations

**Helpline:** Varies by location, call to schedule an appointment

**Website:** [https://www.cvs.com/immunizations/flu?cid=ps\\_coreflu](https://www.cvs.com/immunizations/flu?cid=ps_coreflu)

**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

#### 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 subject to availability. State-, age- and health-related restrictions may apply.

**Service Area:** Nationwide

# COMMUNITY RESOURCE LIST



## **Harris County Public Health Free or Low-Cost Health Clinics**

**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

## **Tax Preparations Resources**

**List of Documents Needed to Bring for Free Tax Preparation at Sites Below:**

<https://www.irs.gov/individuals/checklist-for-free-tax-return-preparation>

### **Fairbanks Branch Library**

**Location:** 7122 Gessner Rd, Houston, TX 77040

**Availability:** Monday 11:00AM – 4:00 PM and Saturday 10:00AM – 3:00PM February 3rd – April 13th

**Helpline:** (832) 927-7890

**Email:** fb@hcpl.net

**Website:** <https://hcpl.net/locations/FB/>

**Service(s) Provided:** AARP Tax Aide offers free tax preparation assistance at these select Harris County Public Library locations. Sign-up sheet will be posted outside the library in the morning for time slots. First come, first served. No appointment necessary.

**Service Area:** Northwest Houston

### **Kingwood Branch Library**

**Location:** 4400 Bens View Ln, Kingwood, TX 77339

**Availability:** Thursdays 9:00AM – 1:00PM February 6th – April 10th

**Helpline:** (281) 360-6804

**Email:** kw@hcpl.net

**Website:** <https://hcpl.net/locations/KW/>

**Service(s) Provided:** Need help filing your taxes? AARP has expert and trained volunteers at the Kingwood Branch Library to help you file them for free! The service is first come, first serve and only available on Thursdays. No registration or appointments required. Please be sure to bring the necessary documents.

**Service Area:** Northeast Houston

# COMMUNITY RESOURCE LIST



## **Maud Smith Marks Branch Library**

**Location:** 1815 Westgreen Blvd, Katy, TX 77450

**Availability:** Mondays and Fridays 9:30AM – 1:30PM

**Helpline:** (832) 927-7860

**Email:** mm@hcpl.net

**Website:** <https://hcpl.net/locations/mm/>

**Service(s) Provided:** Beginning in February, AARP will be offering free tax assistance to elderly and low-income individuals. AARP assistance will be available on Mondays and Fridays, beginning on February 3, from 9:30 AM-1:30 PM through Monday, April 14.

**Service Area:** West Houston

## **VN TeamWork / TRUNG TÂM HIỆP LỰC (VNTW)**

**Location:** 11210 Bellaire Blvd, Suite 118, Houston, TX 77072

**Availability:** Monday – Saturday; 10:00AM – 2:00PM (February 8 – April 15, 2025)

**Helpline:** (281) 495-8936 (after April 16th please call to make an appointment)

**Email:** hiepluc@vn teamwork.org

**Website:** <https://vn teamwork.org/>

**Service(s) Provided:** VNTW collaborates with the IRS to participate in the VITA Program to assist low-income, elderly, people with disabilities, and non-English speaking taxpayers in filing their federal income tax returns free of charge. Certified volunteers will assist taxpayers in eFiling at the following site. Please allow ample time (1 hour or more) for tax preparation.

**Service Area:** Southwest Houston

## **Golden Bamboo Village II / LÀNG TRE II**

**Location:** 8125 Mills Rd, Houston, TX 77064

**Availability:** Saturday and Sunday, 10:00 AM – 2:00 PM, February 8th - April 12th

**Helpline:** (844) 915-4694

**Website:** <https://www.goldenbambooapts.com/>

**Service(s) Provided:** Assist low-income, elderly, people with disabilities, and non-English speaking taxpayers in filing their federal income tax returns free of charge. Please allow ample time (1 hour or more) for tax preparation. Assistance available in Vietnamese and English.

**Service Area:** Northwest Houston

## **Golden Bamboo Village III / LÀNG TRE III**

**Location:** 6628 Synott Rd, Houston, TX 77083

**Availability:** Saturday and Sunday 10:00 AM – 2:00 PM, February 8th - April 12th

**Helpline:** (832) 934-3267

**Website:** <https://www.goldenbamboovillage3.com/>

# COMMUNITY RESOURCE LIST



**Service(s) Provided:** Certified volunteers will assist taxpayers in eFiling at the following site. Program to assist low-income, elderly, people with disabilities, and non-English speaking taxpayers in filing their federal income tax returns free of charge. No appointment necessary. Assistance available in Vietnamese and English.

**Service Area:** Southwest Houston

## **BakerRipley Ripley House**

**Location:** 4414 Navigation Blvd., Houston, TX 77011

**Availability:** Monday – Friday; 9:00AM – 7:00PM and Saturday 9:00AM – 3:00PM  
January 27th – April 15th

**Helpline:** (713) 315-6400

**Website:** <https://bakerripley.org/locations/ripley-house/>

**Service(s) Provided:** BakerRipley's Neighborhood Tax Centers operate the largest local IRS Volunteer Income Tax Assistance (VITA) program that helps taxpayers maximize their refunds by offering FREE, quality tax preparation services for individuals and families who make less than \$58,000 per year. Walk-in only, no appointment necessary. Please bring all necessary documents such as I.D., W-2, Social Security card(s) for dependents, etc.

**Service Area:** East End Houston

## **BakerRipley Gulfton Sharpstown Campus**

**Location:** 6500 Rookin St, Houston, TX 77074

**Availability:** Monday – Friday; 9:00AM – 7:00PM; Saturday 9:00AM – 3:00PM; Sunday 12:00PM – 5:00PM 12:00 – 4:00 January 15th – April 15th

**Helpline:** (713) 273-3755

**Website:** <https://bakerripley.org/locations/gulfton-sharpstown-campus/>

**Service(s) Provided:** BakerRipley's Neighborhood Tax Centers operate the largest local IRS Volunteer Income Tax Assistance (VITA) program that helps taxpayers maximize their refunds by offering FREE, quality tax preparation services for individuals and families who make less than \$58,000 per year. The tax center at the Gulfton Sharpstown campus is open for Neighbors every day. Walk-in only, no appointment necessary. Please bring either a physical copy or a photo of your Social Security card.

**Service Area:** Southwest Houston

## **BakerRipley East Aldine Campus**

**Location:** 3000 Aldine Mail Rte Rd, Houston, TX 77039

**Availability:** Monday – Saturday; 10:00AM - 7:00PM January 23rd - April 19th

**Helpline:** (346) 570-4463

**Email:** [eastaldinecc@bakerripley.org](mailto:eastaldinecc@bakerripley.org)

**Website:** <https://bakerripley.org/locations/east-aldine-campus/>

# COMMUNITY RESOURCE LIST



**Service(s) Provided:** Get free tax prep help. The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify at BakerRipley East Aldine. Offers ALL tax preparation, including applications for Individual Taxpayer Identification Number (ITIN). Walk-ins only, no appointments necessary.

**Service Area:** North and Northeast Houston

## **BakerRipley Pasadena Campus**

**Location:** 720 Fairmont Pkwy, Pasadena, TX 77504

**Availability:** Monday – Friday; 9:00AM – 7:00PM January 23rd – April 15th

**Helpline:** (713) 944-9186

**Website:** <https://bakerripley.org/locations/pasadena-campus/>

**Service(s) Provided:** BakerRipley's Neighborhood Tax Centers operate the largest local IRS Volunteer Income Tax Assistance (VITA) program that helps taxpayers maximize their refunds by offering FREE, quality tax preparation services for individuals and families who make less than \$58,000 per year. Available at the Pasadena location, no appointment required. ITIN application provided at this site.

**Service Area:** Southeast Houston

## **Memorial Assistance Ministries (MAM)**

**Location:** 1625 Blalock Rd, Houston, TX 77080

**Availability:** Monday – Friday; 1:00PM – 7:00PM; Saturday 9:00AM – 3:00PM; Sunday 12:00PM – 5:00PM January 25th – April 15th

**Helpline:** (713) 273-3755

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

**Service(s) Provided:** Offered at MAM by Baker Ripley Community Developers. No appointment necessary, walk-ins are welcome. Families/individuals earning up to \$58,000 are eligible for free tax preparation services.

**Service Area:** Northwest Houston