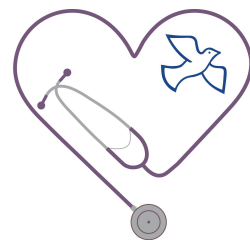


Community Resources



SCHOOL OF
OCCUPATIONAL THERAPY
TEXAS WOMAN'S UNIVERSITY



AGAPE CLINIC

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Food Resources

North Texas Food Bank Mobile Food Pantry

- Visit their website to find a location near you: <https://ntfb.org/mobile-pantry/>
- Phone: 214-330-1396
- Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

The Wilkinson Center- Food and financial assistance

- Serve families living in the following zip codes: 75204, 75206, 75214, 75223, 75226, 75227, 75228, and 75246
- Address: 3402 N. Buckner Boulevard, Suite 302 Dallas, TX 75228
- Phone: Food Pantry 972-284-0377; Financial Assistance 972-284-0377
- Hours: Monday, Wednesday, & Thursday 9:00 a.m. – 12:00 p.m.; Tuesday 1:00 p.m. – 4:00 p.m.

<https://www.thewilkinsoncenter.org/food-and-support-services/>

Oak Cliff Churches for Emergency Aid- Food and financial assistance

- Serve families living in the following zip codes: 75203, 75208, 75211, 75212, 75216, 75224, 75232, 75233, 75236, 75237, 75241, and 75249
- Address: 6000 S Hampton Rd Dallas, TX 75232
- Phone: 214-943-7757
- Hours: Tuesday, Wednesday, & Thursday 10:00 a.m. - 12:00 p.m.

<http://oakcliffchurchesaid.org/>

White Rock Center of Hope- Food pantry, clothing closet, and financial assistance

- Serve families living in the following zip codes: 75214, 75218, 75223, 75228, 75238
- Address: 10021 Garland Rd Dallas, TX 75228
- Call to schedule an appointment: 214-324-8996
- Hours: Monday – Friday 9:00 am – 1:00 pm

<https://whiterockcenterofhope.org/services.html>

Sharing Life- Food pantry, financial assistance, and non-food essentials

- Serve families living in the following zip codes: 75030, 75032, 75043, 75087, 75088, 75089, 75126, 75149, 75150, 75181, 75182, 75218, 75227, 75228
- Address: 3544 E. Emporium Circle Mesquite, TX 75150
- Call to schedule an appointment: 972-285-5819
- Hours: Monday- Friday 9:00 a.m. - 5:00 p.m.

<https://sharing.life/home/>

Texas Food Pantries

- Visit their website to find a list of food pantries near you:
<https://www.foodpantries.org/st/texas>

Resources for Women & Families

Genesis Women's Shelter- Women's shelter and support services

- Call the 24-hour helpline to get help: 214-946-4357
- Address: 4411 Lemmon Avenue, Suite 201 Dallas, TX 75219

<https://www.genesisshelter.org/services/>

Mosaic Family Services- Women's shelter and support services

- Call the 24-Hour helpline to get help: 214-823-4434
- Mosaic also provides resources for human trafficking survivors, domestic violence survivors, refugees, and unaccompanied minors.
- Address: 12225 Greenville Ave #800, Dallas, TX 75243
- Phone: 214-821-5393
- Hours: Monday- Friday 9:00 a.m. - 5:00 p.m.

<https://mosaicervices.org/>

Buckner Children and Family Services

Buckner Family Pathways- Single-parent families are provided support through access to affordable housing, financial assistance, counseling, spiritual growth and case management services

- Call for more information: 214-328-3141

Buckner Family Hope Center- Provides families with critical services, aid, and coaching

- Call for more information: 214-948-5153

Buckner Center for Humanitarian Aid- Domestic aid and client assistance program that serves children and families in poverty

- Call for more information: 214-939-7177

Next Step- Supervised independent living program for young women transitioning out of foster care

- Call for more information: 214-321-4571

Maternity Services- Personalized counseling, family and support system counseling, post-pregnancy support and encouragement along the pregnancy journey

- Call for more information: 1-800-441-2670

<https://www.buckner.org/dallas-fort-worth>

Thrive Women's Clinic- Medical, educational, and emotional support for pregnant women

- Free of charge
- Locations:

Central Dallas Clinic

6500 Greenville Ave Suite 600 Dallas, TX 75206

214-343-9263

West Dallas Clinic

3901 Holystone St. Dallas , TX 75212

214-905-9068

Irving Clinic

1111 W Airport Fwy Suite 229 Irving, TX 75062

469-263-1201

<https://thrivewomensclinic.com/>

Planned Parenthood- Health services

- Visit their website to find a location near you: <https://www.plannedparenthood.org/>

White Rose Women's Center- Pregnancy testing & counseling

- Free of charge
- Address: 4313 N Central Expressway Dallas, TX 75205
- Phone: 214-821-6292
- Hours: Monday-Friday 9 a.m. - 2:30 p.m.; Saturday 9 a.m. - 12:00 p.m.

<https://whiterosewomenscenter.org/>

Los Barrios Unidos Community Clinic- Pediatric, Adult Health Care, Women's Health, Prenatal Care, Dentistry, and more

- Address: 809 Singleton Blvd. Dallas, TX 75212
- Phone: 214-540-0300
- Visit website for more locations: <https://losbarriosunidos.org/locations/>

Mater Filius- Housing for pregnant women who are 18 years or older

- Call for help: 972-836-9378

<https://www.materfiliusdallas.org/our-program/>

Resources for the Homeless

The Bridge- Offers day shelter, night shelter, and recovery services to any adult (18 years and older) experiencing homelessness

- Free of charge
- Day shelter hours: 6:00 a.m. - 5:00 p.m.
- Night shelter: Must be on campus by 6:00 p.m.
- Address: 1818 Corsicana Street Dallas, Texas 75201
- Phone: 214-670-1507

<https://www.bridgehrc.org/>

Our Calling- Christian organization supporting the homeless with life skills training, substance abuse programs, resource distribution, and more

- Address: 1702 S Cesar Chavez Blvd Dallas, TX 75215
- Phone: 214-444-8796
- Hours: Monday- Friday 7:00 a.m. - 3:00 p.m.; Saturday 8:00 a.m. - 12:00 p.m.

<https://www.ourcalling.org/>

Soup Mobile- Provides meals to homeless individuals in Dallas, TX

- Free of charge
- Call to ask about locations where food is offered: 214-655-6396

<https://www.soupmobile.org/>

Homeless Outreach Medical Services (HOMES)- Provides medical, dental, and behavioral health services to children and adults who are homeless

- Free of charge
- Address: 1818 Corsicana Street Dallas, TX 75201
- Phone: 214-590-0153
- Hours: Monday-Friday 8:00 a.m. - 5:00 p.m.

<https://www.parklandhealth.org/homeless-outreach>

Resources for Refugees

The International Rescue Committee- Provides services for refugees, asylees and asylum seekers, victims of trafficking and other vulnerable immigrants

- Address: 6500 Greenville Ave, Suite 500 Dallas, TX 75206
- Phone: 214-461-9781

<https://www.rescue.org/united-states/dallas-tx>

Mosaic Family Services- Provides resources for human trafficking survivors, domestic violence survivors, refugees, and unaccompanied minors

- Address: 12225 Greenville Ave #800, Dallas, TX 75243
- Phone: 214-821-5393
- Hours: Monday- Friday 9:00 a.m. - 5:00 p.m.

<https://mosaicervices.org/>

Heart House Dallas- Provides after school care for refugee children residing in Dallas County

- Free of charge
- Hours: Monday-Friday 3:30 p.m. - 6:00 p.m.
- Address: 8515 Park Lane #303 Dallas, TX 75231
- Phone: 214-750-7637

<https://hearthousedallas.org/>

Human Rights Initiative- Provides legal representation and advice

- Free of charge
- Address: 2801 Swiss Ave Dallas, TX 75204
- Phone: 214-855-0520
- Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.

<https://hrionline.org/>

Refugee Cash Assistance Program- Provides financial, medical, food, and housing assistance for immigrants during their first 8 months in the United States

- Free of charge

- Address: 8204 Elmbrook Drive Suite 128 Dallas, TX 75247
- Phone: 866-223-7500
- Hours: Monday, Wednesday, & Friday 7:30 a.m. - 5:30 p.m.; Tuesday & Thursday 7:30 a.m. - 7:30 p.m.

<https://www.ccdallas.org/services/refugee-services/>

The Agape Clinic- Provides medical services for refugees

- Address: 4104 Junius St. Dallas, TX 75246
- Call for more information: 972-707-7782

Resources for Substance Abuse

Cenikor Treatment Center- Provides intensive residential treatment (male only), and adult outpatient services

- Address: 2707 Routh St, Dallas, TX 75201
- Phone: (214) 871-2483

<https://www.cenikor.org/locations/turtle-creek/>

Resource Center- Offers HIV testing, counseling for substance abuse and transgender individuals, LGBTQ+ health services, and more

- Visit website for a list of services and locations:

<https://www.myresourcecenter.org/location/>

Nexus Recovery Center- Specialized substance abuse services for women

- Address: 8733 La Prada Drive, Dallas TX 75228
- Phone: 214-321-0156, Ext. 3118

<https://nexusrecovery.org/>

Phoenix House- Substance abuse support for teens (ages 13-18)

- Address: 2345 Reagan Street, Dallas, TX 75219
- Phone: 214-999-1044

<https://phoenixhousetx.org/locations/dallas/>

Resources for Older Adults

Meals on Wheels- Provides meals 5 days a week delivered to Dallas County residents who can't provide for themselves due to illness, advanced age, or disability eligibility

- Requirements:
 - be over the age of 60 or disabled
 - be unable to drive or leave your home without assistance
 - limited financial resources
 - live in Dallas County
- Complete application by phone: 214-689-2639

www.vnatexas.org

Network of Community Ministries- Senior citizen assistance for rent, utilities, food, and clothes

- Must reside in the following zip codes: 75042, 75044, 75080, 75081, 75082, 75083, 75231, 75238, 75240, 75243, 75248, 75251, 75252, 75254
- Address: 741 S. Sherman St., Richardson, TX 75081
- Call to make an appointment: 972-234-8880
- Hours: Monday-Thursday 9:00 a.m. - 6:00 p.m.; Friday 9:00 a.m. - 12:00 p.m.

www.thenetwork.org

Dallas Area Agency on Aging - Helps seniors aged 60 and older access low-cost transportation services, navigate issues with health insurance and public benefits, and complete complex government forms

- Address: 1341 W Mockingbird Ln Dallas, TX 75247
- Phone: 214-871-5065
- Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.

<https://www.ccadvance.org/older-adults>

The Senior Source- Provides financial assistance, employment services, family caregiver support, volunteer programs, and more

- Address: 3910 Harry Hines Blvd Dallas, TX 75219

- Phone: 214-823-5700
- Hours: Monday-Friday 8:00 a.m. - 5:00 p.m.

<https://theseniorsource.org/what-we-do/>

Dallas County Senior Centers- Program where seniors can mingle, exercise, eat meals, and enjoy fellowship with peers

- Transportation to and from centers is provided
- Call for more information: 214-819-1860
- Visit the website for a list of locations in Dallas County:

<https://www.dallascounty.org/departments/dchhs/senior-centers.php>

DME Exchange of Dallas- Provides free or low-cost medical equipment to seniors in need

- Requirements:
 - must have a physician's prescription
 - be a Dallas County resident
 - demonstrate need as uninsured or under-insured
- Address: 12015 Shiloh Road, Suite 130 Dallas, TX 75228
- Phone: 214-997-3639

<https://www.dfwdmeexchange.org/>

Additional Resources

The Agape Clinic- Provides medical, dental, and behavioral health services for uninsured individuals

- Address: 4104 Junius Street, Dallas, Texas 75246
- Phone: 972-707-7782
- Visit website for more information:
<https://www.theagapeclinic.org/>

Brother Bill's- Offers a holistic set of program options for the Dallas community that include food, healthcare, mental health, spirituality, and more.

- Address: 3906 North Westmoreland Road, Dallas, TX, 75212
- Phone: 214-638-2196
- Visit website for more information about each program:
<https://bbhh.org/>

North Dallas Shared Ministries- Offers food pantry, rent and utility assistance, medical care, dental care, clothes closet, and more

- Address: 2875 Merrell Road Dallas, TX 75229
- Phone: 214-358-8700
- Visit website for more information:
<https://www.ndsm.org/>