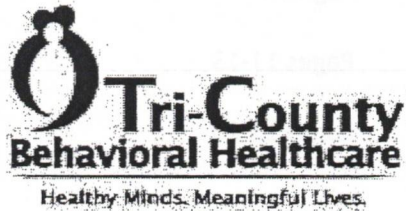


COMMUNITY RESOURCES DIRECTORY



COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

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COMMUNITY RESOURCES

*NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.

CRISIS HOTLINES

- **Tri County 24-Hour Crisis Line:**
1-800-659-6994
Veterans Hotline 936-446-9195
- **National Maternal Mental Health Hotline** 1-833-852-6262 (TLC-MAMA)
- **Crisis Intervention of Houston:**
1-832-416-1177
Teens 1-832-416-1199
- **Domestic and Sexual Abuse Hotline**
1-800-799-7233 National Hotline
TTY 1-800-787-3224
Text "START" to 88788
Native Americans 1-844-762-8483
- **The Jed Foundation** – Emotional support for young adults/college students to prevent suicide.
214-647-7544
www.jedfoundation.org
- **LBGTQY National Hotline:**
1-888-843-4564
- **LBGTQY Youth Hotline:** 1-800-850-8078
- **National AIDS Hotline:**
1-800-232-4636
Spanish: 1-800-232-4636
Deaf: 800-243-7889
- **National Human Trafficking Hotline:**
1-888-373-7888
Text "INFO" to 233733
- **National Runaway Safeline:**
1-800-786-2929
<https://800runaway.org>
- **National Suicide Prevention Lifeline:**
English: Dial or Text 988 Spanish: 988
Deaf: 800-799-4TTY
Chat @988lifeline.org – suicide and crisis lifeline.
- **Poison Control** 1-800-222-1222

- **RAINN (Rape, Abuse & Incest National Network):** 1-800-656-4673
- **SAMHSA-Substance Abuse & Mental Health Services Admin:**
1-800-662-4357 TTY: 800-487-2889
- **Trans Lifeline** – 877-565-8860
Run by trans for trans
- **Youth Hotline** - 1-800-989-6884
- **2-1-1 Local Disaster Assistance & Benefits**

ANIMAL SHELTERS

Houston SPCA - PetSafe Program
900 Portway Dr - Houston, TX 77024
713-869-SPCA (7722)
Services: Provides confidential, temporary emergency boarding, vet care, vaccinations, spaying & neutering for animals for persons residing in domestic abuse shelters. Call for qualifications.

Abandoned Animal Rescue
A no-kill animal shelter
32632 Wright Rd. - Magnolia, TX 77355
281-789-4142
www.aartexas.org

Conroe Animal Shelter
407 Sgt Ed Holcomb Blvd South
Conroe, TX 77304 - 936-522-3550
www.conroeanimalshelter.com

Montgomery County Animal Shelter
8535 SH 242 - Conroe, TX 77385
936-442-7738
<https://www.mcaspets.org/>

Rita B. Huff Adoption Center
A no-kill animal shelter
580 Bear Kat Boulevard - Huntsville, Tx 77340
936-295-4666

Veterans & Active Duty Military – see Veterans Services

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Domestic Violence/Sexual Assault Victims – see
www.safehavenforpets.org

COMMUNITY ASSISTANCE

An-Nisa

832-324-9111

<https://www.Annisa.org>

Serves the Muslim community by providing short-term financial assistance with a plan to become self-sufficient, case management, legal services, tutoring, counseling and a helpline. Also assists in emergency domestic violence needs. English, Spanish, Arabic and Urdu languages spoken and accessible.

Community Assistance Center (formerly Montgomery County Emergency Assistance)

1022 McCall Street

Conroe, TX 77035

936-539-9211

www.cac-mctx.org

Provides basic needs and crisis intervention for persons in Montgomery County. Services include, prescription assistance, child care, vouchers for transportation, utility, rent, & mortgage assistance, Client Choice food pantry. Must fill out forms for services & bring ID/SS for all household members.

Creative Outreach Ministries / Angelic Resale

727 West Davis

Conroe, TX 77301

936-441-5433

Food, clothing, career clothing, financial assistance, disaster relief, life skills, support groups, counseling. Walk-ins welcome. Need proof of emergency and adequate identification for you and household.

Good Shepherd Mission

1005 MLK Dr.

Huntsville, TX 77320

936-291-8156

www.goodshepherdmission.org

A 501 (c)(3) non-profit providing emergency assistance to those in crisis. Food pantry open M-F 9-Noon. Hot meals provided daily. Clothing, emergency shelter and counseling available. Also Bargains & Blessing Thrift Store.

HAAM Ministries

1302 First Street

Humble, TX

281-446-3663

<https://haaministries.org>

Provides services including food, gas, clothing, veteran services, senior meals, employment assistance, housing and rental assistance.

Interfaith of the Woodlands

4242 Interfaith Way

The Woodlands, TX

281-367-1230

Financial assistance – rent & utilities, emergency shelter, food pantry, gas, holiday giving, school supply assistance, senior services (senior transportation & home visits) services zip codes 77380, 77382, 77384, 77385, 77386, 77389, 77375, 77354

Sleep in Heavenly Peace

844-432-2337, ext. 5724

<https://shpbeds.org/chapter/tx-montgomery-co/>

A national non-profit comprised 100% of volunteers whose mission is to ensure the “No kid sleeps on the floor in our town!” They assemble and deliver top-notch bunk beds with bedding to children and families in need. Visit the website to apply.

Society of Samaritans (SOS)

31355 Friendship Dr.

Magnolia, TX 77355

281-259-8452

www.societyofsamaritanstx.org

Offers a self-service food pantry (listed separately), financial assistance, medical/pharmacy, utilities, rent, gas and car repairs as resources allow.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

St. Anthony of Padua Catholic Church

7801 Bay Branch Dr.
The Woodlands, TX 77382
281-419-8700

Offers financial aid, legal assistance and employment help. Also has St. Anthony's Bread food pantry (listed separately).

St. Vincent DePaul

109 North Frazier
Conroe, TX 77301
www.shconroe.org/st-vincent-depaul
936-539-1188

Provides emergency financial assistance, food and clothing every 14 days; limited gas vouchers; utility assistance 1 time every two years; prescription assistance 1 time every 6 month (must have original Rx).

Serves zip codes: 77301, 77302, 77303, 77304, 77306, 77316, 77356, 77318, 77378

Texas Department of Public Safety (DPS)

2 Hilbig Street
Conroe, TX 77301
936-442-2810
M-F 8am – 5 pm
<https://www.dps.texas.gov>

DPS stranded motorist hotline: 800-525-5555

United Way of Montgomery County (211)

1600 Lake Front Cir.
Spring, TX 77380
281-292-4155

Provide community and individual assistance

Volunteers of America

731 West Davis
Conroe, TX 77301
<http://www.voatx.org>
936-209-3009

Assists with affordable housing for seniors & individuals with disabilities; re-entry programs for those transitioning from prison; employment & disabilities programs.

COUNSELING RESOURCES

Archway Counseling Services

25511 Budde Rd, Ste. 1502
The Woodlands, TX 77380
936-828-4080

www.archway-counseling.com

Licensed therapists and counselors dedicated to helping individuals, couples, and families work through issues. Also address behavioral challenges including Anxiety and Depression.

Medicare accepted.

Brand New You Counseling

945 Sgt. Ed Holcomb Blvd. S
Conroe, TX 77304
936-520-9124

www.brandnewyou1.com/services

Individual therapy, eye movement desensitization and reprocessing, couples counseling, grief counseling, pastoral counseling. Specializing in Depression, Trauma-informed therapy & PTSD. Telehealth available.

Medicaid accepted.

The Bridge Counseling Center

420 W. Lewis St
Conroe, TX
936-441-8255

www.thebridgecounselingcenter.com

Counseling for individuals, families, couples, & groups; marriage counseling; teletherapy.

Capstone Connect Counseling & Trauma Services

3500 W. Davis St, Ste. 250
Conroe, TX 77304
832-401-9701

www.capstoneconnect.net

Multiple counselors & therapists available. See website for more information. **Medicaid &**

Medicare accepted.

Compassion United Ministries

350 Foster Dr.
Conroe, TX 77301
936-274-3799

www.compassionunited.us/ministries

Counseling & life skills group. Mon & Thurs.
8:30 a.m.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

The Counseling Center of Montgomery County

212 Conroe Dr.

Conroe, TX 77301

936-760-1880

<https://counselingcentermc.com/>

Counseling for individual, couples, families and group psychotherapy with adults and adolescents. Also work with clients who have addictions and codependency. DWI & Drug Court.

Ellie Mental Health

128 Vision Park Blvd, #230

Shenandoah, TX 77384

832-303-7175

Marriage counseling, child, family and individual counseling. **Medicare accepted.**

Family Promise of Montgomery County

109 Commercial Circle

Conroe, TX 77301

936-441-8778

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

Faith-based, family friendly shelter for families with children either homeless or facing homelessness. Providing assistance with rent and utilities, gas cards, bus passes, job search assistance, GED program & more. See website for qualifications & information. Bring photo ID. Call for intake appointment.

Good Shepherd Mission

1005 Martin Luther King Dr.

Huntsville, TX 77320

936-291-8156

<https://www.goodshepherdmission.org>

Individual, group and substance use counseling by Master's level clinicians working toward counseling licensure. Supervised by fully licensed professional counselors.

Hands of Justice

100 Commercial Cir., Bldg. B (rear)

Conroe, TX

936-442-1089

<https://handsofjustice.org>

Providing economic empowerment for trauma and human trafficking survivors through awareness, outreach, survivor scholarships, and reduced cost trauma therapy. HOJ pays half the cost of therapy through partnerships at:

Breakthrough Counseling – Conroe

Lori Van Dresas 832-299-4802

AND Shield Bearer – The Woodlands

281-894-7222

Interfaith Community Clinic

101 Pine Manor Dr.

Conroe, TX 77385

281-364-7889

<https://interfaithcommunityclinic.org>

Offers short-term family, couples or individual counseling with a counseling intern. Not a psychiatric emergency center. Call for screening, bring ID, proof of income and residency in Montgomery Co.

Interfaith of the Woodlands

101 Pine Manor

Oak Ridge North, TX

281-364-7889

www.interfaithcommunityclinic.org

Offers family, couples and individual counseling services to the uninsured.

Kingwood Counseling Center

1521 Green Oak Place

Humble, TX 77339

281-608-1346

www.kingwoodcounselingcenter.com

Offers therapy and counseling services to children, adolescents, adults, individuals and couples. **Medicare B accepted.**

Prospering Hope, PLLC

25511 Budde Rd, #1603

The Woodlands, TX 77380

832-415-3293

<https://www.prosperinghopepllc.com/>

Offers individual, , couples, family or group counseling sessions in person or by telehealth. Also grief therapy and adoption/foster counseling. Initial 15-minute session is FREE, conducted by counseling students.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Refuge Counseling Center
(for Vets & First Responders)
3513 N. Frazier St. Conroe, TX 77303
936-648-5379
<https://therefuge.org/>

A veteran-owned company offering individual and family counseling focusing on Trauma Recovery & PTSD for Vets and First Responders. Virtual therapy available.

Repair the Breach Ministries
103 E Crockett, Cleveland
281-593-3767
www.rtbm.org

Provides counseling to low income individuals, families, at-risk students and senior citizens. Clothing closet & food pantry as supplies are available. Serving Dream Chasers (youth 12-17) and Women of Results, empowering women with job training.

Rise Wellness Center Counseling
1305 11th St.
Huntsville, TX 77340
936-642-0061
<https://www.risewellnesscenter.org/>

Sliding scale therapy for individuals, couples, families; Autism, equine-assisted therapy, play therapy. Coming soon to New Waverly and Montgomery.

Serenity Ranch Wellness & Counseling
Monique Mitchell, LPC
902 N. San Jacinto St.
Conroe, TX 77301
936-237-7574
<https://serenityranchwellness.org/monique>
Treats age 5 – adult for Anxiety, Depression, ADHD, behavioral issues, anger management, stress management and communication skills. Experienced with adolescent girls. **Medicaid accepted.**

Sondermind Therapy
Online or in person therapy and psychiatry for all ages, all MH needs. 844-888-9355
www.sondermind.com
Medicare accepted.

South Texas Hope Center Warmline
844-755-HOPE (4673)
<https://www.hopefamilyhealthcenter.org/copy-of-medical-services>

Peer support & warmline. Available Noon – 10 pm Mon – Thur. Focused on Depression, Anxiety, loss, relationship conflicts, coping disorders and domestic violence. Counseling available for individuals (6+ yrs.) and families by licensed social workers and counselors. NO CHARGE, but donations are suggested between \$5-15.

The Woodlands United Methodist Church
2200 Lake Woodlands Drive
The Woodlands, TX 77380
(281) 291-5900
www.thewoodlandsumc.org/help

Individual counseling and support groups including divorce, combat trauma, Alzheimer's and dementia, Al-Anon, AA, Nar-Anon, CODA, COSA, Overeater's Anonymous, Parkinson's support, parenting classes, caregivers support, grief support and more.

COUNSELORS ACCEPTING MEDICAID OR MEDICARE

Ilesha Anderson, LPC
New Beginnings Mind Spa & Therapy, Inc.
The Woodlands, TX 77382
832-905-1366
Therapy for individuals, couples and groups; online only. Specializing in Depression, Borderline Personality Disorder and Life Coaching. **Medicaid accepted.**

Amanda Beeman, LPC, Autism Specialist
Huntsville 77340
936-209-7485
Specializes in Autism, Neurodiversity, complex trauma, family systems, and first responder stress. Counseling is done virtually. **Medicaid accepted.**

Beth Powell's In-Family Services

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

P O Box 2866
Conroe, TX 77305
979-733-3232

www.infamilyservices.com

Specializing in trauma-informed care with foster, adoptive and relative kinship children. Online therapy available. **Medicaid & Medicare accepted.**

Jennifer Lynn Henson, LPC

1325 Windsor St.
Huntsville, TX 77340
936-292-6244

Specializes in marital, premarital counseling, anxiety and behavioral issues. Telehealth available. Free consultation.

Medicaid accepted.

Paula McDonald-Neely, LCSW, PLLC

26411 Oak Ridge Dr.
The Woodland, TX 77380
281-610-8412

www.pmmcdonald-neelytherapy.com

Individual, family, couples and teen counseling. Specializing in mood disorders (Depression, Anxiety, Bipolar I & II), PTSD, Trauma Recovery, LGBTQIA issues & support, domestic violence intervention & recovery, grief counseling, addiction & recovery, anger management, and change of life/transitions. **Medicare & traditional Medicaid accepted.**

April Nefe, LPC

Conroe, TX 77304
936-220-3239

Counsels tots to elders. Free consultation.

Medicare accepted.

Kathleen Petrak, LPC

704 Longmire Rd.
Conroe, TX 77304
832-428-6663

Counsels teens and adults, specializing in trauma-related issues. Free consultation.

Medicaid and Medicare accepted.

DENTAL SERVICES

Lonestar Family Health Center

Conroe: 605 S. Conroe Medical Drive, Conroe TX 77304; (936) 539-4004

<https://www.lonestarfamily.org/dental/>

Comprehensive on-site dental services in Conroe only, offered on a sliding scale fee. Patients from 6 months of age - adulthood. Apply for sliding scale by calling the main number.

St. Hope Healthcare

1414 S. Frazier St., #105 & 106
Conroe, TX 77301

(936) 441-2440

<https://offeringhope.org>

Offering sliding scale services and uninsured dental care. Open M-Th 8-6; Fri 9-1. Call for screening appointment.

TOMAGWA Health Care Ministries

18230 FM 1488, Ste. 203
Magnolia, TX 77354

281-357-0747

<https://tomagwa.org/our-locations/>

A compassionate Christian-based healthcare ministry available to community members with **limited resources**. Provides dental services.

UT Health School of Dentistry

7500 Cambridge St @ East Rd.
Houston, TX 77054

(713) 486-4000

www.dentistry.uth.edu/patients

Must set up initial assessment appointment, including exam & x-rays to determine eligibility/needs. Expect 3 hours to assess. Initial cost is approximately \$90. Acceptance is based on patient's need for comprehensive, special or urgent care. May be seen by dentistry student 1-2 times/monthly at a reduced price, a graduate at a higher cost, or a specialist at full price. Payment is due in advance of appointment. Accepts cash, money order, credit care. Houston Metro Bus 60 & Bus 297 stop near the School of Dentistry.

See Transportation.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

DOMESTIC VIOLENCE/SEXUAL ASSAULT SHELTERS & COUNSELING

Family Time Crisis and Counseling Center

1203 South Houston Ave

Humble, TX 77338

Crisis helpline: (281) 446-2615 TTY 771

www.familytimeecc.org/services

Free individual counseling for victims of domestic violence and assault; low cost counseling for non-victimization issues; parenting and co-parenting; 24-hour crisis hotline and emergency shelter. Offer case management with legal aid services for victims of domestic violence. CPS certified parenting/co-parenting classes offered. Family divorce courses for parenting and court ordered anger management courses offered.

Hosanna House – Transitional Women’s Center

A safe, stable environment for women seeking a positive change in their lives.

Conroe, TX

936-274-3799

<https://compassionunited.us/programs/hosanna-house>

Mercy House

7 Switchbud Place, Ste. 192-254

The Woodlands, TX 77380

AND

17515 Spring Cypress Rd, Ste. C

Cypress, TX 77429

Helpline: 800-403-6120, ext. 100

www.mercyhousesite.org

Offers emergency safe shelter and housing for victims of domestic violence, sexual assault, incest, trafficking and abuse, along with their children and pets. Provides food, blankets and first aid. Open M-F 9-5, Sat 10-1. Closed major holidays. NO CHARGE to recipients of services.

Montgomery County Women’s Center

1600 Lake Front Circle, #100

The Woodlands, TX 77380

(936) 441-4044 ext. 23

AND:

1401 Airport Road

Conroe, TX 77301

(936) 441-4044

Crisis hotline: (936) 441-7273;

<https://mcwctx.org>

Emergency shelter for abused women and children; individual counseling, support groups, advocacy and accompaniment, legal services and transitional housing.

National Domestic Violence Hotline:

800-799-7233

www.thehotline.org

Northwest Assistance Ministries

15555 Kuykendahl Rd.

Houston, TX 77090

Family Violence Hotline: 281-885-HOPE (4673)

<https://www.namonline.org>

SAAFE House

Walker County Office

1426 Sam Houston Ave

Huntsville, TX 77340

24 Hour Hotline: 936-291-3369 / 936-327-2513

www.saafehouse.org

Shelter for victims of domestic violence and their children, 24-hour crisis hotline, sexual assault and domestic violence advocacy, rape crisis intervention, children’s programs, violence intervention programs and legal advocacy.

****NEED TO GET TO SAFETY BUT CANNOT
LEAVE THE FAMILY PET(S)? FIND THE
NEAREST PET SAFEHAVEN AT
www.safehavenforpets.org.**

EDUCATIONAL / VOCATIONAL

Covenant with Christ Int’l Chapel & Office

301 Fenner Ave.

Cleveland, TX 77327

281-592-5001

<https://covenantwithchrist.org>

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Offering adult GED and ESL classes at the Cleveland location.

Also, 228 Hwy 75 N
Huntsville, TX 77320

936-439-4490

Free basic computer skills classes (3 wk. sessions)

Easter Seals Greater Houston

4888 Loop Central Dr, #200

Houston, TX 77081

713-838-9050

www.eastersealshouston.org

Offers several technology programs, including:

Assistive Technology Lab Services for the disabled; Digital Navigation Program, providing no/low cost internet solutions, device donations, and training for low income individuals; Bridging Apps program, providing guidance on finding the right apps to help empower & improve lives.

HAAM Ministries

281-446-3663

Offers assistance with job searches, resume preparation, etc.

Lone Star College

www.LoneStar.edu

There are several local campuses for your convenience, offering ESL classes, GED prep classes (free to eligible students), certification courses, continuing adult education classes, and many degreed classes.

www.udemy.com

Computer courses and business courses

https://www.youtube.com/results?search_query=microsoft+tutorials

Free Microsoft training, self-paced.

www.ed2go.com

Complete your non-college credit education online and receive a certificate to show employers. Great for medical coding & billing.

Mission NE

22098 Loop 494

New Caney, TX 77357

www.missionne.org

Offers GED classes & ESL classes onsite.

Tamina Community Center

18965 Main St.

Conroe, TX 77385

281-465-4646

www.taminacommunitycenter.com

A community focal point, bringing people together in positive ways so they can become a force for change in their community. Offers a computer lab Tues & Thur 9-Noon.

Texas Workforce Solutions Vocational Rehabilitation Services (formerly DARS)

855-937-2372

Assists eligible people with disabilities in preparing for, retaining or advancing in integrated employment.

<https://www.wrksolutions.com/for-individuals/vocational-rehabilitation>

Texas Workforce Commission

Offers regular classes to better educate applicants on modern practices, techniques and sources for job searches. Ask about TPEG funded Fast-Track Workforce Programs through Lone Star College.

www.workintexas.com

Volunteers of America

731 W Davis

Conroe, TX 77301

<http://www.voatx.org>

936-209-3009

Volunteer opportunities for individual

EYE CARE/ASSISTANCE

The following organizations provide information on eye care, vision screening, and treatment of diseases of the eye.

American Academy of Ophthalmology -

National Eye Care Project

877-887-6327

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

www.aao.org/eyecare-america

Provides qualified seniors with access to medical eye exams. National Eye Care ophthalmologists accept **Medicare** and/or insurance reimbursements; uninsured patients will receive care at no charge. Eyeglasses, prescriptions, and hospital fees are not covered.

American Counsel of the Blind:

800-424-8666

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

Advocates for equality of people who are blind and low vision, connects them with resources, braille & technology training, employment search assistance, supports independence and inspires community. Strives to educate those in authority toward change.

American Foundation for the Blind:

800-232-5463

<https://www.afb.org/blindness-and-low-vision>

Striving to create a world without limits for the blind and low vision through advocacy and education.

American Printing House (APH) for the Blind

800-232-5463

www.aphconnectcenter.org

Offers support and (braille) resources for families of blind or low vision children.

Conroe Noon Lions Club

<https://conroenoonlions.org/>

Provides low cost or no cost monthly eye exams and eye glasses for adults and children, often in conjunction with the Community Assistance Center. For intake & eligibility information call 936-760-1666.

Guide Dogs of Texas, Inc.

1503 Allena Dr.

San Antonio, TX 78213

800-831-9231

www.guidedogsoftexas.org

Provides guide dogs to visually impaired Texans, offers unique client services like specialized matching, training and follow-up.

HAAM Ministries

281-446-3663

Offers eyeglass assistance to qualified applicants. Call for info.

Lighthouse of Houston

3602 W. Dallas, St.

Houston, TX

713-527-9561

<https://www.houstonlighthouse.org/contact>

Boasting over 80 years of service to the blind and visually impaired, they offer an extensive source of programs and services focusing on vision & health, education & employment, community & recreation, and resources & housing.

Prevent Blindness Texas

2180 North Loop W, #435

Houston, TX 77018

888-98-SIGHT (74448)

<https://texas.preventblindness.org/>

A 501(c)(3), this is the state's leading voluntary eye health and safety organization dedicated to preventing blindness and preserving sight. Focusing on early detection, patient support, systems enhancement, public policy, public awareness and health education. LOTS of resources listed on website.

Texas School for the Blind & Visually Impaired

1100 W. 45th Street

Austin, TX 78756

800-872-5273

www.tsbvi.edu

A leading center of educational expertise and resources for all Texas students who are blind, visually impaired or deafblind.

TOMAGWA Health Care Ministries

18230 FM 1488, Ste. 203

Magnolia, TX 77354

281-357-0747

<https://tomagwa.org/our-locations/>

A compassionate Christian-based healthcare ministry available to community members with **limited resources**. Provides vision services.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

TIPS:

Medicare and Medicaid for the visually Impaired

Medicare covers the cost of a talking glucose monitor if you are legally blind and have diabetes. Medicare Part B helps pay for one pair of glasses after cataract surgery with an intraocular lens. Medicaid recipients are eligible to receive an eye exam and new eyeglasses every two years. Medicaid recipients on HMO can receive vision care and glasses by contacting their Medicaid HMO.

FAMILY SERVICES

City of Conroe CK Ray Recreation Center
1203 Candy Cane Lane
Conroe, TX
936-522-3900

<https://cityofconroe.org/departments/parks-recreation/facilities-centers/c-k-ray-recreation-center>

This family-oriented park offers recreation and enrichment, sports games, dance aerobics, weight room, gymnasium, racquetball, cardio fitness center, aquatic exercise and more. Also Kidzone Childwatch for up to 2 hours.

M.E.T. Head Start Program

281-689-5544

<https://metinc.org>

Federally funded early childhood development program for ages 3-5 years. Provides a comprehensive array of family focused services, including education, health nutrition and disability for low-income families. Call or visit website for location nearest you.

M.E.T. Texas Home Visiting Program

Parent classes that include home visits twice a month for both families and individual parents.

Also available: Fatherhood programs & Youth Empowerment programs.

281-689-5544

<https://metinc.org>

FOOD BANKS/PANTRIES

***Call ahead for requirements & info.**

Texas Department of Human Services
Dial 2-1-1 or 877-541-7905 to learn more

about SNAP food stamp benefits.

<https://yourtexasbenefits.com>

>MONTGOMERY COUNTY:

The Abundant Harvest Kitchen - Saint Isidore Episcopal Church

24803 Oakhurst Drive

Spring, TX 77386 Ph./text 781-474-3673

www.harvestkitchen.org

Serving these zip codes: 77373, 77380, 77381, 77382, 77384, 77385, 77386, 77388, 77389

Client Choice option Tue & Wed 3 – 7 pm or

Drive thru Thursdays 5-7 pm BY APPOINTMENT.

Without appointment Thurs 6-7 pm.

MUST REGISTER ON MONDAYS.

Coat of Many Colors Food Bank

Serves western Montgomery Co.

2500 Lone Star Pkwy

Montgomery, TX 77316

936-672-7808

www.cmcmi.org for scheduled events

Drive thru only.

Conroe House of Prayer (CHOP)

350 Foster Dr.

Conroe, TX 77301

936-274-3799

<https://compassionunited.us/programs/conroe-house-of-prayer>

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Coffee & breakfast served to the homeless & indigent, following 8 a.m. morning devotional. Open at 7 am M-F.

Compassion United - Terry's Table Food Pantry

18856 FM 1484 Rd.

Conroe, TX 77303

936-274-3799

www.compassionunited.us/ministries

Terry's Table food pantry open 1st & 3rd

Thursdays from 9-11 a.m.

Breakfast in the Park food service Saturdays

9:15 – 11 am, Lewis Park, 501 Park Place,

Conroe.

Gateway Church Food Pantry

2930 Rayford Rd.

Spring, TX

281-363-4500

www.discovergateway.com/food-pantry

Serving zip codes 77373, 77379, 77380, 77381,

77382, 77384, 77385, 77386, 77388, 77389,

77391 & 77393. Drive thru pantry open

Saturdays 7:30 am – 9 am. Closed for

Thanksgiving & Christmas.

HAAM Ministries

1302 First Street

Humble, TX

281-446-3663

<https://haaministries.org>

Offers assistance with food and other items

(listed separately), including senior meals on wheels.

Montgomery County Food Bank

One Food for Life Way

Conroe, TX 77385

For mapping/GPS purposes, use address:

825 South Trade Center Parkway, Conroe 77385

936-539-6686

<http://mcfoodbank.org>

(South County) Nourishment for the Needy

27350 Blueberry Hill, #4 (Oak Ridge North)

Conroe, TX

281-292-2695

<http://nourishmentfortheneedy.org>

Providing food and clothing for those in need.

Open Tues. & Thurs. 9 am – 2 pm

New Horizon Church of the Nazarene

1201 N. FM 3083 E

Conroe, TX 77303

936-756-3507

www.conroenaz.org

Drive thru food pantry open 1st & 3rd Thursdays, 11:30 am – 1 pm or while supplies last.

Bring ID.

Sacred Heart Catholic Church

St. Vincent de Paul

109 N. Frazier St.

Conroe, TX 77301

936-539-1188

www.shconroe.org

Drive thru food distribution on Wednesdays, 9 am – Noon. MUST CALL 936-539-1188 during this time slot to pick up food.

Society of Samaritans (SOS)

31355 Friendship Dr.

Magnolia, TX 77355

281-259-8452

www.societyofsamaritanstx.org

Self-service food pantry open Mon-Fri 10 am – 2 pm. Also after-hours Tuesdays 4 – 6 pm and Meals on Wheels.

St. Anthony's Bread Food Pantry

7985 Bay Branch Drive

Spring, TX 77382

832-482-4210

www.ap.church/serve/outreach/food-pantry

Catholic Church food pantry open Tues. & Thurs. 8 am – 10 am (or while supplies last).

There is a required 14 day minimum between visits for each family.

Tamina Community Center Food Pantry

18965 Main St.

Conroe, TX 77385

281-465-4646

<https://www.taminacommunitycenter.com/>

Food pantry open the 4th Wednesday each month from 9 am – Noon.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

The Local Church (TLC) Food Pantry

110 W. Montgomery St.

Willis, TX

936-856-8317

www.Facebook.com/TLCFoodPantry

Open Mon – Thurs 10 am – 1 pm providing food and emergency supplies to Willis residents.

Bring proof of ID & SS.

Under Over Fellowship

936-447-0258

600 S. Frazier

Conroe, Tx 77301

www.underoverfellowship.com

They offer a food pantry to those in need Fridays 3 – 7 pm, as well as the Gospel Grocery Wagon Saturdays at 8 am (except 1st Saturdays).

YMCA Food Pantry

25469 Borough Park Dr.

Spring, TX 77380

979-534-6683

Mon. & Wed. 9-Noon, Fri. 10 am – 1 pm

Thurs. produce distribution 10 am

YMCA Mobile Food Distribution –

The Pines

3451 Tangle Brush Dr.

The Woodlands, TX 77381

979-534-6683

Last Wed. each month 5 pm – 7 pm

www.operationrefuge.com

Provides groceries and food vouchers to those needing assistance in Northern Liberty County & Cleveland. Bring a valid phot ID, utility bill & proof of income.

Repair the Breach Ministries Food Pantry

103 E. Crockett

Cleveland, TX

281-593-3737

www.rbtm.org

Open for food pickup BY APPOINTMENT

T-Th 10 am – 3 pm

Trinity River Food Bank

@ First United Methodist Church

100 N. William Barnett Ave.

Cleveland, TX

Call for appointment. 281-592-5007

Open Mon – Thur 9 am – 2 pm

>WALKER COUNTY:

Good Shepherd Mission Food Bank

1005 Martin Luther King Dr

Huntsville, TX 77320

936-291-8156

www.goodshepherdmission.org

Food & clothing pantry open M-F 9 am – Noon

Hot meals daily: Mon-Sat lunch @ noon, dinner

@ 6 pm. Sun. lunch @ 1, dinner @ 6 pm.

>LIBERTY COUNTY:

The Liberty Church of Christ Food Bank

3201 North Main Street

Liberty, TX 77575

1st Tuesdays, 3rd Thursdays 9 am

936-336-2213

www.libertycofc.org

Must be a Liberty resident. Bring photo ID.

Operation Refuge Food Pantry

1625 N. Blair

Cleveland, TX

281-592-6701

HEALTHCARE ASSISTANCE

& MEDICAL FACILITIES

(see also Women & Infants Health)

PRE-DIABETIC? FIND OUT WITH THIS PRE-DIABETIC RISK QUIZ FROM CDC.

https://www.cdc.gov/prediabetes/risktest/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdiabetes%2Frisktest%2Findex.html

Aspire Behavioral Health Hospital

2600 S. Loop 336 W, #500

Conroe, TX 77304

936-647-3500

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

<https://www.aspirehealthcorp.com>
Offers medical and behavioral healthcare.
Accepts **Medicare, Medicaid**, Tricare and private insurances.

Magnolia
31350 Friendship Dr
Magnolia, TX 77355
281-377-6140

Interfaith Community Clinic
101 Pine Manor Drive
Conroe, TX 77385
281-364-7889
<https://interfaithcommunityclinic.org/>
Provides non-emergency medical services to **uninsured** residents of Montgomery Co. New patients call for screening, bring: ID, proof of income and proof of residency in Montgomery County.

Montgomery County Hospital District - Health Care Assistance Program (HCAP)
1400 South Loop 336 West
Conroe, TX 77304
936-523-5000
<https://www.mchd-tx.org/hcap/>
HCAP serves as the Indigent Health Care Program for Montgomery County. As the payor of last resort, HCAP is designed to provide covered healthcare services to eligible, low income residents who have no other public or private health care benefits.

Lone Star Family Health Center
All locations: 936-539-4004
Conroe - 605 S. Conroe Medical Drive
Spring – 440 Rayford Rd, Ste. 150
Willis – 9516 W. FM 1097, Ste. 140
Grangerland – 13905 Grangerland Rd.
Huntsville – 227 SH 75 N, Ste. 130
www.lonestarfamily.org
Offers a full spectrum of medical care and comprehensive primary care medicine, behavioral care, OB/GYN, dental, lab, pharmacy, imaging, immunizations, etc. Registration required. Sliding-fee program available;
Medicare, Medicaid & CHIP accepted;
uninsured may qualify for discounted rates.

Liberty Indigent Health Care (Liberty) - Health Care Assistance Program (HCAP)
501 Palmer St
Liberty, TX 77575
936-336-4693
<https://www.co.liberty.tx.us/page/liberty.Indigent>
This is an eligibility program only, not a healthcare clinic.

PCP for Life – www.pcpforlife.com
Medicare & Medicaid options, insurance accepted.

St. Hope Healthcare
1414 S. Frazier St., #105 & 106
Conroe, TX 77301
713-778-1300
<https://www.offeringhope.org/healthcare-services>
Full service healthcare organization accepting, self-pay, insured, possible sliding fee scale and uninsured patients. Offering primary medical care, Pediatrics, Well Woman Care, Specialty Care, Vision & Dentistry. Bring ID & Proof of income. Call for intake appointment.

<u>Splendora</u> 16401 1 st St, Ste 200 Splendora, TX 77372 281-399-1170 Open 7 days a week	<u>Montgomery</u> 19380 Hwy 105 W, #531 Montgomery, TX 77356 936-447-6020 Open 7 days a week
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Texas Health and Human Services
608 North Loop 336 East
Conroe, TX 77301
936-293-4464
<https://hhs.texas.gov/>
To apply for SNAP, Medicaid, or financial assistance.

<u>Louetta</u> 12015 Louetta #200 Houston, TX 77070 281-370-7272 Open 7 days	<u>Huntsville</u> 179 I45 #300 Huntsville, TX 77370 936-294-0152 Open 7 days
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COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Walker County Indigent Care – Huntsville Memorial Hospital
110 Memorial Hospital Dr.

Huntsville, TX 77340

936-291-3411

<https://www.huntsvillememorial.com/patients-and-visitors/walker-county-indigent-care/>

Walker Co. residents may apply for this program after receiving healthcare services at the Hospital or Clinic. For Financial Assistance questions, call 936-293-4464 in advance.

Texas Department of Human Services

Dial 2-1-1 or 877-541-7905 to learn more about your Texas benefits. Or visit

<https://yourtexasbenefits.com>

TOMAGWA Health Care Ministries

18230 FM 1488, Ste. 203

Magnolia, TX 77354

281-357-0747

<https://tomagwa.org/our-locations/>

A compassionate Christian-based healthcare ministry available to community members with **limited resources**. Provides medical, dental, vision, lab, pharmacy & case management services.

PRESCRIPTION ASSISTANCE

- St. Hope Healthcare – 936-441-2440
- Community Assistance Center:
936-539-9211
- St. Vincent DePaul @ Sacred Heart:
936-539-1188 Must have original Rx.
- Interfaith of the Woodlands – for uninsured 281-367-1230
- Society of Samaritans: 281-252-9647
- Humble Area Assistance Ministries (HAAM): 281-446-3663
- Partnership for Prescription Assistance:
www.pparx.org : 888-447-2669
- Needy Meds & Patient Assistance for Lab Services: www.needymeds.org :
844-770-7257
- Patient Access Network Foundation:
www.panfoundation.org :

866-316-7263

- RX Assist: <http://rxassist.org>

HEARING IMPAIRED SERVICES

Relay Texas

800-676-3777 (TTY/Voice/ASCII/VCO/HCO)

www.relaytexas.com

Relay Texas provides telephone interpreting service between people who can hear and persons who are deaf, hard of hearing, deaf-blind, or speech disabled.

Specialized Telecommunications Assistance Program (STAP)

13831 Northwest Fwy, #300

Houston, TX 77040

832-940-2020

<https://assistivetechu.com>

Free phones & tablets for Texas residents with a limited condition or disability which interferes with using the telephone (i.e. Hearing, seeing, speaking, mobility or remembering). Real-time GPS tracker for seniors & disabled. No income requirements! Monthly bill covered; available for adults and children.

HOMELESS SERVICES

Shelters/Food/Clothing

Campus of Hope (for MEN only)

350 Foster Dr.

Conroe, TX 77301

936-521-6000

<https://campusofhopeonline.org/>

A Christian faith-based safe shelter and transitional housing program for men.

Compassion United

350 Foster Dr.

Conroe, TX 77301

936-274-3799 Call to check service schedules

www.compassionunited.us/ministries

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Daily church services & community breakfast; limited schedule for showers, laundry services and clothing closet, counseling/life skills group, computer availability, assistance with community resources, employment & ID restoration. Bus pick-up & drop-off at specific locations.

Community Assistance Center (formerly Montgomery County Emergency Assistance)

1022 McCall Street
Conroe, TX 77035
936-539-9211

www.cac-mctx.org

Provides basic needs and crisis intervention for persons in Montgomery County. Services include emergency shelter, vouchers for transportation, utility, rent, & mortgage assistance, ID restoration & Client Choice food pantry. Must fill out forms for services & bring ID/SS for all household members.

Conroe House of Prayer (CHOP)

350 Foster Dr.
Conroe, TX 77301

Wednesday breakfast served to the homeless, following 8 am devotional.

Family Promise of Montgomery County

109 Commercial Circle
Conroe, TX 77301
936-441-8778

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

Faith-based, family friendly shelter for families with children either homeless or facing homelessness. Temporary hotel/motel stays. NO INDIVIDUALS. Providing midday meals, laundry services, case management, job search assistance, GED program, transportation assistance, & more. See website for qualifications & information. Bring photo ID. Call for intake appointment.

Good Shepherd Mission

1005 Avenue F
Huntsville, TX 77340
936-291-8156

www.goodshepherdmission.org

Overnight lodging up to 3 nights. Extended lodging possible for families. Provides hot meals daily, showers, linens, toiletries, food and clothing to indigent locals and transients. Call for intake.

Salvation Army

304 Avenue East
Conroe, TX 77301
936-760-2440

www.salvationarmyhouston.org/conroe

Under Over Fellowship

600 S. Frazier
Conroe, TX 77301

936-447-0258

<https://underoverfellowship.com/>

Open M & F 10 am – 2 pm; Wed 10 am – 5 pm. Provide showers, free laundry services, food pantry, clothing closet and a hot meal to those in need @ 12:30, following Bible study M-W-F. Also offer a men's residential program for 6-12 months in Bible training, plus on the job training.

Public Showers (*small fee possible)

Compassion United (Roll-out shower services)

350 Foster Dr.
Conroe, TX 77301
936-274-3799 M-F 8:30 (except Wednesdays)
www.compassionunited.us/ministries

Quiktrip Conroe

1224 Wilson Rd.
Conroe, TX 77301
936-703-1063
Located just north of Candy Cane Park

Love's Truck Stop #293

Hwy 50, Exit FM 2025
Cleveland, TX 77328
281-593-0239

Roady's

9499 Hwy 90
Dayton, TX
936-258-2048

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Roady's Bar T
601 Tx Hwy 75
Huntsville, TX
936-291-0744

Hitching Post Truck Terminal
500 I-45
Huntsville, TX 77320
936-295-2488

Pilot Travel Center
639 State Hwy 75
Huntsville, TX 77320
936-291-1125

Under Over Fellowship (see above)

Suggested shower options:

- Some shelters - - ask!
- Beach showers (no nudity)
- Some campgrounds, state parks & rest areas
- Gyms, YMCA (with paid membership)
- Public facilities to wash your face (gas stations, fast food restaurants, bog box stores, libraries, etc. Single person restrooms preferable)

Personal hygiene tips

- Stay as clean as possible (wash hands often; use hand sanitizer)
- Men shave regularly if trying to work
- Women dispose of feminine hygiene waste properly; change often
- Avoid public drinking fountains & hoses
- Brush teeth daily in public restroom using bottled water

Remember the 211 Hotline. No matter where you live in Texas, you can dial 2-1-1, or (877) 541-7905, and find information about resources in your local community. Whether you need help finding food or housing, child care, crisis counseling or substance use treatment, one number is all you need to know.

Laundry Services

A-1 Coin Laundry
28016 Heidi Ln.
Tomball, TX 77375
225-347-4350 Contact Sheri Percell

Provides laundry services for low/no income families and individuals with love and dignity. First Thurs. each month from 6 pm – 8:30 pm

Compassion United
350 Foster Dr.
Conroe, TX 77301
936-274-3799
www.compassionunited.us/ministries
Rollout laundry services available M @ 8:30.
Wed. a.m. following CHOP breakfast services.

Under Over Fellowship
600 S. Frazier
Conroe, Tx 77301
936-447-0258
<https://underoverfellowship.com/>
Open M & F 10 am – 2 pm; Wed 10 am – 5 pm.
Provide free laundry services
Laundry vouchers are available through many churches, charities, non-profits serving the homeless and low-income population. Other options include community action agencies, government agencies (HHSC, Workforce Services), United Way & 211 Helpline.

HOUSING AUTHORITIES & ASSISTANCE

Provide assistance to very low-income families, the elderly and disabled to afford a decent, safe and sanitary housing.

Montgomery County Housing Authority
1500 N Frazier Ste 101
Conroe, TX 77301
936-441-5816
<https://montgomerycountyha.org>

Housing Authority of Cleveland
801 S Franklin Ave
Cleveland, TX 77327
281-593-1159

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Housing Authority of Huntsville
724 Thomason St
Huntsville, TX 77320
936-294-0277

Liberty County Housing Authority
2103 Cos St, Room 103
Liberty, TX 77575
936-336-4558 ext. 5
<https://www.co.liberty.tx.us/page/liberty.housing>

Dayton Housing Authority
2502 North Winfree Street
Dayton, TX 77535
936-258-5372

Walker County Housing Authority
340 TX-75, Apt. E
Huntsville, TX 77320
936-291-3306

Easter Seals Greater Houston
4888 Loop Central Dr, #200
Houston, TX 77081
713-838-9050
www.eastersealshouston.org
Housing Initiative Program help families afford a home. They offer financial coaching toward home ownership, along with down payment assistance. Buyers must qualify for a home loan.

Habitat for Humanity – Montgomery Co.
936-441-4663 ext. 213
<https://habitatmctx.org>
Based on the belief that everyone deserves a decent place to call home, they partner with caring, talented people to build homes, offer affordable mortgage payments, as well as home repairs and weatherization for low income homeowners. Supported in part by sales of donated items at their ReStore.

LEGAL ASSISTANCE

Lone Star Legal Aid
412 West Lewis Street

Conroe, TX 77301
936-539-2130
<https://www.lonestarlegal.org/office/conroe-office/>
Provides FREE legal aid for Montgomery, Polk, San Jacinto, Trinity, Walker, and Waller Counties.

Montgomery County Women’s Center – Legal Services
1401 Airport Road
Conroe, TX 77301
936-441-4044 x 38
M-F 8am – 5pm
Legal assistance to victims of domestic violence and their children.

Office of Attorney General – Child Support
5452 Highway 105 West, Ste 202
Conroe, TX 77304
800-252-8014
<https://www.texasattorneygeneral.gov/>

Houston Lawyer Referral Service
1001 Fannin Street, Ste 1370
Houston, TX 77002
713-237-9429
www.hlrs.org

Texas Legal Services Center
1920 E. Riverside Dr.
Ste. A-120, #501
Austin, TX 78741
512-477-6000
www.tlsc.org
A 501 (c) (3) group formed to advocate for and assist military and their families, survivors of domestic violence, sexual abuse, exploitation, stalking and trafficking in legal matters. Also provides legal assistance regarding senior care, retirement and estate planning.

MENTAL DISABILITY/PHYSICALLY LIMITED

Bridgewood Farms
11680 Rose Road

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Conroe, TX 77303
936-856-6460
www.bridgewoodfarms.org
Provides day programs, after-school programs, and respite care for individuals with intellectual and developmental disabilities and their families.

Easter Seals Greater Houston
4888 Loop Central Dr, #200
Houston, TX 77081
713-838-9050
www.eastersealshouston.org
Offering help, hope and answers to people of all ages with autism, developmental disabilities, physical disabilities, and other special needs.

Eating Recovery Center of The Woodlands
17350 St Luke's Way, Ste 220
The Woodlands, TX 77384
866-477-1915
<https://www.eatingrecoverycenter.com/recovery-centers/the-woodlands>
They treat insured children, adolescents & adults for Eating Disorders, Anorexia Nervosa, ARFID, Atypical Anorexia, Bulimia Nervosa, Compulsive Overeating, Diabulimia, & OSFED.

Inspiration Ranch
33029 Wright Rd.
Magnolia, TX 77355
281-719-9322
<https://inspirationranch.org>
A Christian non-profit providing hope and improving the lives of those with physical, mental, and emotional challenges through equine-assisted services. Teen groups available.

Menninger Clinic
12301 South Main Street
Houston, TX 77035
713-275-500
www.menningerclinic.com

New Caney Horizons
18642 US Hwy 59
New Caney, TX 77357
281-689-8500

<https://newhorizons-nc.org>
Enriching the lives of people with developmental disabilities through pre-vocational training, life skills and community interaction. Transportation available for clients.

New Danville
10951 Shepard Hill Rd.
Willis, TX 77318
936-344-6200
www.newdanville.org
A 501 (c)(3) non-profit helping adults with intellectual and developmental disabilities live, learn, work and grow in communities of their choice. Programs include Day Habitation, residential at affordable rental rates, summer programs, American Sign Language & job training.

Social Security Office
600 Sgt Ed Holcomb Blvd N
Conroe, TX 77304
866-614-0034
800-325-0778 (TTY national)
www.ssa.gov/disabilityssi

Touchstone Neurorecovery Center
9297 Wahrenberger Road
Conroe, TX 77304
936-788-7770

REPORT ABUSE OR NEGLECT

Child Protective Services (CPS) / and Adult Protective Services (APS): 800-252-5400
Available 24 hours a day, 7 days a week .
Call to report suspected abuse or start an investigation within 24 hours. No anonymous calls accepted. DIAL 9-1-1 FOR EMERGENCIES.
www.dfps.texas.gov

Children's Safe Harbor from Trauma & Sexual Abuse
1519 Oddfellow St.
Conroe, TX 77301
936-756-4644
www.childrendefeharbor.org

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Advocacy for child victim of abuse or trauma.

National Parent Helpline: 855-427-2736

Monday – Friday, 8am – 5 pm

A trained National Parent Helpline advocate is ready to:

- Listen to you
- Offer emotional support
- Help with problem-solving
- Support you in creating your own solutions
- Encourage you to take care of yourself
- Work with you to get connected to local resources
- Explore new resources with your family
- Help you build on your own strengths and continue to be a great parent!

Texas Abuse Hotline 1-800-252-5400

Call when situation is urgent or life-threatening.

SENIOR SERVICES

Your Texas Benefits

Texas residents, dial 2-1-1 to get the help and services you need.

www.yourtexasbenefits.com

Texas Aging and Disability Resource Center

1111 Collins Road

Richmond, TX 77429

832-681-2635

Serves: Liberty, Montgomery and Walker Counties

Texas Department on Aging (60+)

A wealth of information for seniors in English or Spanish.

800-252-9240

www.h-gac.com/area-agency-on-aging

Empower Community Development Corp.

346-209-2905

<https://empowercdc.org>

Their mission is to work with ALICE households to provide access to quality housing and tools to help them sustainably thrive. Also senior home

repairs, food pantry, transportation, health & wellness. Located at:

The Heritage Seniors – Montgomery

936-557-4184

AND Providence @ Kuykendahl Ct., Conroe

936-273-3000

Friendship Center - Senior Food Service

The Woodlands 281-259-6665

Magnolia 281-252-3852

New Caney 281-354-1223

Willis 936-856-3200

HAAM Ministries

281-446-3663

Provides meals on wheels senior services to Humble area seniors & disabled.

Interfaith of the Woodlands

4242 Interfaith Way

The Woodlands, TX 77381

281-367-1230

<https://woodlandsinterfaith.org>

Senior activities, monthly food delivery service, volunteer home maintenance, medical equipment loaner program, assistance with rent, mortgage payments, utilities & gas cards. ESL classes, citizenship test prep offered.

Meals on Wheels

111 S. 2nd St.

Conroe, TX 77301

936-271-2183 register; delivery 936-756-5824

www.mowmc.org

Provides meal on wheels to homebound elderly 60+ or those with a documented disability in Montgomery Co.

Mission NE

22098 Loop 494

New Caney, TX 77357

281-354-1200

www.missionone.org

Assists with food, clothing, housewares & utilities for those 65+ or disabled. Safe Haven ministry offers home repairs, wheelchair ramps, etc.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Salvation Army Senior Housing

Booth Garden Apartments
713-692-4186

Affordable living for low-income seniors 61+ in a 64-unit complex.

Senior Care Scout

832-458-6139
<https://seniorcarescout.com/services/>

A senior concierge that provides a variety of services for senior, including helping senior and their families navigate the process of making the right decision for their care and living arrangements.

Workforce Solutions

2018 I-45 N
Conroe, TX 77301
936- 441-0037
55+ vocational assessment, career & resume counseling, job search training, computer access for job search.

Trinity River Food Bank

@ First United Methodist Church
100 N. William Barnett Ave.
Cleveland, TX
Call for appointment. 281-592-5007
Open Mon – Thur 9 am – 2 pm
Food distribution to those 55+ with low income, or 62+ on SS in the Cleveland area. Also, every 6 months offers assistance with electric bills through the Entergy Power to Care Program.

Voyages Behavioral Health of Conroe

1317 S. Loop 336 W
Conroe, TX 77304
936-242-0409

www.voyagesconroe.com

An in-patient behavioral hospital for seniors and those with complex medical conditions and co-occurring medical diagnoses. Includes emotional, behavioral, psychiatric disorders or substance use challenges.

Senior Citizen Centers

Cleveland Senior Citizens Org

220 Peach Ave
Cleveland, TX 77327
281-592-1174

Conroe Senior Center

1202 Candy Cane Lane
Conroe, TX 77301
936-756-5828

South County Community Center

2235 Lake Robbins Dr
The Woodlands, TX
281-363-9410

Senior Center of Walker County

340 F TX-75 North
Huntsville, TX 77340
936-295-6151

Legal Services for Seniors

Legal Hotline for Texans 60+

800-622-2520, Option 3
Free advice by phone. Free forms, resources & referrals.

Texas Legal Services Center

Offering support, education and guidance for legal matters that affect us later in life.
512-477-6000

www.tlsc.org-seniors

Elder Justice Project

800-252-5400

www.txabusehotline.org

Report neglect, abuse or exploitation of the elderly or disabled.

Transportation Services

Go Go Grandparent

Register at 855-464-6812, ext. 2.

www.gogograndparent.com

A modern driver service which includes Uber, Doordash, Instacart & more! Drivers are carefully screened and rides are monitored. Available 24/7 to anyone over 18 with or

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

without a Smartphone. Services include transportation*, grocery delivery, prescription medication delivery, and meal delivery directly to you. *Transportation within 100 miles anywhere you need to go. Up to 4 people at a time can ride. All arrangements are paid in advance via credit card; tips appreciated.

Interfaith of the Woodlands

4242 Interfaith Way
The Woodlands, TX 77381
281-367-1230

Ride service to the doctor for those 62+ with no means of transportation. Care and wellness programs, referrals, monthly grocery delivery, volunteer home maintenance, medical equipment loan program and more.

281-267-1230

<https://woodlandsinterfaith.org/programs/services/senior-services>

Meals on Wheels – Montgomery Co.

936-756-5855 registration & reservations
www.mowmc.org/services/senior-rides/
Providing FREE curb-to-curb transportation for 60+ and disabled citizens. Call to make reservations 2 days in advance, request modifications in advance.

Society of Samaritans (SOS)

281-259-8452

The Woodlands Township Transport

281-210-3800

www.thewoodlandstownship-tx.gov

Offers several transportation options including:

- Waterway Trolley & complimentary ADA paratransit service. FREE 7 days
- Commuter express from Park-N-Ride locations. Route options include Texas Medical Center, Downtown, Greenway area, or the Energy Corridor.
- Rodeo Shuttle Service available during Houston Livestock Show & Rodeo season

SUBSTANCE USE TREATMENT & SUPPORT

ADAPT Programs

Cleveland, TX
936-253-1077

www.adaptprograms.com

Drug and alcohol detox, group and individual counseling, intensive & supportive outpatient programs, relapse prevention and education. Accepts most major insurances.

Good Shepherd Mission

1005 MLK Dr.
Huntsville, TX 77320

936-291-8156

Substance use rehab & counseling. Must be a resident or have a family member who are residents of Walker County. No current legal problems.

AA/NA Alcoholics Anonymous/Narcotics

Anonymous Groups

AA – 713-686-6300 www.aahouston.org

NA – 713-661-4200 www.nascona.org

Cocaine Anonymous – www.ca-online.org

Serenity Group	405 Sawdust Road	Spring	281-292-8334
1502 Group	2030 FM 2854	Conroe	936-756-3171
Champions Club	14340 West Sylvanfield Dr	Houston	281-444-7238

Become an EX – The modern way to quit tobacco or vaping via a customized, interactive program.

www.becomeanex.org

Innerfaith Disciple House

Faith-based residential recovery program for men wishing to overcome substance and/or alcohol addiction. Commitment to a 9-month discipleship & recovery program required.

Kingwood Pines Hospital

2001 Ladbrook Dr.
Kingwood, TX 77339

281-407-3841

<https://kingwoodpines.com>

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Offers a continuum of care and mental health services for kids, teens and adults. Intensive outpatient program for chemical dependency. Accepts most insurances and **Medicare PPO**.

936-449-4357

<https://creativeoutreach.com/new-life-womens-center/>

12+ month residential program for women.

Legacy Center

Willis, Texas

936-649-5197

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

A faith-based discipleship and recovery home for women 21-45, helping women overcome alcohol and substance addictions to move forward in life. After completion of 90-day program, students will qualify to apply for the Connect Program.

SMART Recovery (Self-Management & Recovery Training)

Take charge of your recovery!

www.smartrecovery.org

SoberGrid

An online or mobile platform to help anyone get sober and stay sober. For people in addiction recovery by people in addiction recovery.

www.sobergrid.com

LifeRing Secular Recovery

Abstinence-based & anonymous, a safe meeting space for non-judgmental recovery conversation with peers. 3-S philosophy of Sobriety, Secularity & Self-help.

<https://Lifering.org/lifering-recovery-menu>

Symetria – Spring Outpatient Rehab

635 Rayford Rd, Ste. E

Spring, TX 77386

866-440-7429

<https://symetriarecovery.com>

Accepts private insurance and **Medicare**

Never Alone Recovery Support

866-788-8335

<https://neveralonerecovery.com>

Created by addicts for addicts, a **free resource** that aims to provide treatment program matching, drug rehab placement, intervention assistance, and recovery-related education to those struggling with active addiction as well as their loved ones who suffer with them.

The Woodlands United Methodist Church

2200 Lake Woodlands Drive

The Woodlands, TX 77380

(281) 291-5900

www.thewoodlandsumc.org/help

Individual counseling and support groups including, Al-Anon, AA, Nar-Anon, CODA, COSA, Overeater's Anonymous, and more.

Never Use Alone

1-800-484-3731

www.NeverUseAlone.com

No judgement. No shaming. No preaching. Just love! Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of an "Unresponsive Person" at your location.

Texas Recovery Advocates - Regus

20333 TX-249 Chasewood, Ste. 200

Houston, TX 77070

(Tomball area)

713-999-3366

www.txrecoveryadvocates.com

Compassionate care for individuals with opioid and/or alcohol use disorders. They strive to help each patient achieve their own recovery through education, medical optimization and accountability. Substance recovery includes synthetic drugs, prescription stimulants, sedatives and opioids, alcohol, Suboxone, and club drugs. Accepts private insurance, financing available.

New Life Women's Center Residential Drug Rehab Program (Creative Outreach Ministries)

14699 Steede Road

Montgomery, TX 77356

COMMUNITY RESOURCES

*NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.

SUPPORT GROUPS & ORGANIZATIONS

Compassion United – Freedom House

Conroe, TX
936-274-3799

www.compassionunited.us/ministries

A safe, stable place for men seeking to change from homelessness, addiction or imprisonment.

Drugs.com

Find current information on drugs, side effects of drugs, dosage guidelines, pill identifier, managing your medications, FDA alerts & more.

<https://drugs.com>

Drugwatch

A trusted consumer advocacy organization that works side by side with award-winning certified medical and legal experts to educate the public on dangerous drugs and medical devices and to empower consumers to assert their legal rights.

<https://drugwatch.com>

Easter Seals Greater Houston

4888 Loop Central Dr, #200
Houston, TX 77081
713-838-9050

www.eastersealshouston.org

Offers respite services for caregivers of a disabled family member.

Griefshare

Find a grief and loss support group near you.

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

Local groups include:

- Conroe Church of Christ
1860 Longmire Rd.
Conroe, TX 77304
936-756-89898
www.conroechurch.org/griefshare
- New Caney Family Worship Center
23214 FM 1485 E
New Caney, TX 77357
281-761-4145
<https://www.newcaneyfwc.org/griefshare>

Mental Health America - 800-969-6642

www.mentalhealthamerica.net

National Alliance on Mental Illness (NAMI)

Greater Houston Area

(713) 970-4419 or 800-950-6264

Text "Helpline" to 62640

www.namigreaterhouston.org

Provides free classes and online support groups for people with mental illness, their families and friends. Referral information, education programs, mental illness advocacy, support and awareness.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov

(866) 615-NIMH (6464)

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

NEW! Dial or text 988 for help

(800) 273-TALK (8255)

The Jed Foundation

212-647-7544

www.jedfoundation.org

College Student Program aimed at suicide prevention.

The National Council for Behavioral Health

www.thenationalcouncil.org

202-684-7457

The Trevor Project

24 Hour LIFELINE: 866-488-7386

Texas "START" to 678678

Or Chat online at www.thetrevorproject.com

Focused on ending suicide among LGBTQ youth.

The Woodlands United Methodist Church

2200 Lake Woodlands Drive

The Woodlands, TX 77380

(281) 291-5900

www.thewoodlandsumc.org/help

Individual counseling and support groups including divorce, combat trauma, Alzheimer's and dementia, Al-Anon, AA, Nar-Anon, CODA, COSA, Overeater's Anonymous, Parkinson's

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

support, parenting classes, caregivers support, grief support and more.

Re:MIND

Free support groups open to the public.
Online, in-person and youth groups available.
Christ Church United Methodist
6363 Research Forest Dr
The Woodlands, TX 77381
(713) 600-1131
Formerly known as Depression and Bipolar Support Alliance Greater Houston, provides free and confidential support groups for individuals living with, or family and friends affected by ~~depression and bipolar disorders~~.
Locations vary; see all locations at <https://www.remindsupport.org/>

Volunteers of America

731 West Davis
Conroe, TX 77301
<http://www.voatx.org>
936-209-3009
Provides faith-based addiction treatment, prevention and recovery programs.

TRANSPORTATION

DPS stranded motorist hotline: 800-525-5555

Brazos Valley Transit
800-272-0039

- Demand & Response Service. Curb-to-curb shared ride service within the county. One-way, round trip or multi-ride; must call 7 days in advance. Monday – Friday, excluding holidays 7am – 7pm; Buses run 6am – 6 pm.
- Medicaid Transportation (Medicaid recipients only with Medicaid as billable insurance provider). FREE transit service; routes are at the discretion of the Medicaid transport provider listed on Medicaid card. Make sure you have your Medicaid ID and SS# when calling them. Requires 2 business days' notice for appointments. May call

Brazos Valley directly at 800-272-0039 with ID & SS#.

- Paratransit service for seniors & disabled individuals available in Cleveland and Liberty. \$3.50 each way or 0.50 each way with disability card.
- Town Center Trolley Cars, the Woodlands

City of Conroe/Conroe Connect

936-522-3532

<https://www.cityofconroe.org/departments/transit>

- Limited service area. Delivery & pickup at Tri-County Behavioral Healthcare available. Provides local transportation on a fixed route. One dollar a ride and .50 for registered disabled customers.
- Downtown Conroe Circulator – FREE weekend shuttle rides every 10 minutes. Air conditioned, comfortable. Runs Fri & Sat 6 pm – 12:30 am. For more information call 844-299-6242 or visit the website above.
- Conroe Metro Bus Park & Ride located at Metcalf & I-45 N. Travels downtown Houston & to VA Hospital, Houston. Full fare (one way) \$8. Discounted fare \$4. www.flixbus.com

Flixbus (formerly Greyhound Bus Lines)

1-way or round trip, 1-2 county transport. Huntsville to Conroe Shell \$11 each way or \$20.50 round trip.

Houston Metro

713-635-4000

www.ridemetro.org

Houston Metro offers multiple types of transportation in and around Houston, including:

- Park & Ride – we have one @ Metcalfe & I-45 under the bridge!
- Metrorail rail lines in & around downtown
- Metro life – paratransit services
- Local bus services – 80+ routes

The Woodlands Township Transport

281-210-3800

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

www.thewoodlandtownship-tx.gov

Offers several transportation options including:

- Waterway Trolley & complimentary ADA paratransit service. FREE 7 days
- Commuter express from Park-N-Ride locations. Route options include Texas Medical Center, Downtown, Greenway area, or the Energy Corridor.
- Rodeo Shuttle Service available during Houston Livestock Show & Rodeo season

UTILITY ASSISTANCE

Brazos Valley Community Action Agency (BVCAA)

Offers assistance with utilities and home weatherization for qualified applicants.

600 Gerald St #301

Willis, TX 77373 Main# 979-595-2800

Montgomery County – 936-856-7036

Walker County – 979-595-1199

<https://capbv.org>

Community Assistance Center

936-539-9211

www.cac-mctx.org

Humble Area Assistance Ministries (HAAM)

281-446-3663 for appointments

www.haaministries.org

Programs for Human Services (PHS)

3423 Martin St

Orange, TX 77630

M – F 8am – 3pm

Serving Liberty, Chamber, Galveston, Hardin, Jefferson, & Orange Counties

Society of Samaritans (SOS)

281-529-8452

www.societyofsamaritanstx.org

St. Vincent de Paul

936-539-1188

Trinity River Food Bank

@ First United Methodist Church

100 N. William Barnett Ave.

Cleveland, TX

Call for appointment. 281-592-5007

Offers assistance with electric bills through the Energy Power to Care Program.

VEHICLE ASSISTANCE – [Vehicle Donations Accepted!]

<http://freecharitycars.org>

Distributes donated vehicles to struggling families as available. Apply online.

www.godsgarage.org

A non-profit garage/Christian ministry for widows, wives, single moms and daughters of deployed military. Repairs donated cars for only labor charges. Waiting list for free vehicle to qualifying individuals. Apply online.

<https://onlinecardonation.org>

Repairs and donates vehicles to battered women, those with physical challenges, families living in homeless shelters, those making the move from public assistance and military families. Supports private non-profits as well. Apply online.

DPS stranded motorist hotline: 800-525-5555

VETERAN SERVICES

- InTransition: 800-424-7877
Staffed by Vets 355 days/year. Mental health assistance for Vets, active duty, retirees & reservists.
- NAMI's Veteran Resource Center
800-950-6264
- Nat'l Call Center for Homeless Veterans:
877-424-3838
- Nat'l Coalition for Homeless Veterans:
800-VET-HELP
- Natl Veteran's Foundation Lifeline
888-777-4443
- PTSD Foundation of America

COMMUNITY RESOURCES

*NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.

- www.ptsdusa.org
- Veteran Crisis Line: Dial 988, then 1 Texas 838255
- Women Vets
855-VA-WOMEN (829-6636)

Conroe VA Outpatient Clinic
690 S Loop 336 W
Conroe, TX 77304
936-552-4000 Appts. 713-794-8985
Offers primary care for veterans, individual/group counseling, prescriptions, lab work and flu shots.

Easter Seals Greater Houston
4888 Loop Central Dr, #200
Houston, TX 77081
713-838-9050, ext. 371
www.eastersealshouston.org
Veterans Program offers clinical mental health, case management, service dog training, as well as financial coaching and education services to vets.

HAAM Ministries
1302 First Street
Humble, TX
800-639-5137 Appointment line
<https://haaministries.org>
Humble area VA Outpatient Clinic provides Veteran medical care, mental health services, women's health services, virtual care, prosthetics, prescriptions and lab services, as well as other community services. Cancer screening by appointment only.

Houston VA Medical Center
2002 Holcombe Blvd
Houston, TX 77030
713-791-1414 MH 713-794-7561
www.va.gov
Provides healthcare for veterans with at least 24 months of active duty. Must provide income verification, honorable discharge.

M.E.T. Head Start - STEP Program
281-689-5544
<https://metinc.org>

A parenting program for military, veterans and their family to support positive parental involvement in their children's lives, maximize their ability to give children emotional, physical & financial support, as well as building supportive community coalitions. A 7-session planned training curriculum.

Mighty Oaks Foundation
33134 Magnolia Circle, Unit 10
Magnolia, TX 77354
832-521-7323
mightyoaksprograms.org
NO COST TO WARRIORS. Extensive peer-based programs of long-term care for PTSD and suicide prevention for military warriors. Offers legacy programs for men and women, relaxing lodging facilities, resiliency programs, after and marriage strengthening sessions.

Military Veteran Peer Network – Conroe Chapter - @ Tri-County Behavioral Healthcare
233 Sgt. Ed Holcomb Blvd. S, Conroe 77304
936-521-6132
<https://veteransmentalhealth.texas.gov/military-veteran-peer-network/>

Montgomery County Veterans Service Office
2247 North 1st St, Ste 219
Conroe, TX 77301
936-225-8282
Helps veterans and their widows file pensions, disability claims. Must be a resident of Montgomery Co.

PAVE – Paws Assisting Veterans
www.paveusa.org
This organization assists veterans in regaining their independence by providing custom-trained service dogs to veterans FREE OF CHARGE.

Refuge Counseling Center
(for Vets & First Responders)
3513 N. Frazier St.
Conroe, TX 77303
936-648-5379
<https://therefuge.org/>

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

A veteran-owned company offering individual and family counseling focusing on Trauma Recovery & PTSD for Vets and First Responders. Virtual therapy available.

Senior Care Scout

In addition to assisting senior and their families navigate the maze of senior housing options, they assist veterans and surviving spouses with the VA Aid & Attendance program. This program helps find funding for the cost of care and regular continual assistance with basic daily activities.

832-458-6139

<https://seniorcarescout.com/veterans/>

Texas Veterans Portal

800-273-8255

<https://veterans.portal.texas.gov>

A clearinghouse of resources and information for veterans and their families.

Veteran's Treatment Court

300 North Main, Room 304

Conroe, TX 77301

936-538-8170

<https://www.mctx.org/departments/departments-q-z/veterans-treatment-court/index.php>

Assists veterans with legal troubles in becoming an integral and productive member of the community. Qualifications: charged with a criminal offense in Montgomery County, U.S. veteran/active duty/reserves, honorable discharge/discharge under honorable conditions, served in combat zone or hazardous duty. Reviewed on a case-by-case basis.

Texas Legal Services Center – Veterans

800-622-2520, Option 2

Free advice by phone. Free forms, resources & referrals.

www.tlsc.org

NEED TO FIND A LOVING HOME FOR YOUR PET WHILE DEPLOYED OR HOSPITALIZED? CONSIDER THESE OPTIONS:

- Dogs on Deployment

www.dogsondeployment.org

- Guardian Angels for Soldier's Pet
<http://gafsp.org>
- PACT for Animals – finds foster families
www.pactforanimals.org

WOMEN & INFANTS HEALTH

Birthright of Humble

1502 1st St, #F

Humble, TX 77338

281-540-1123

<https://birthrightofhumble.com/>

Offers FREE anonymous pregnancy testing, education, shelter, maternity clothing, legal advice, medical care, job placement assistance, adoption information, referrals for professional counseling

Community Wellness Center

201 Enterprise Row, Ste. 12

Conroe, TX 77301

936-760-2784

www.cwcllp.com/services-we-offer

Providing blood pressure screening, Cancer, Diabetes & STD screening, OB/GYN services, obesity work-up and counseling, contraceptive services, pre-natal & children services and pregnancy education. **Medicaid** accepted.

Compassion United –Joy House

Conroe, TX

936-274-3799

www.compassionunited.us/ministries

A safe, nurturing, supportive environment for mothers-to-be who are coming from difficult situations including domestic violence, human trafficking and rape. Loving support is given to mother and baby.

DePelchin Children's Center

2940 FM 2920, Ste 150

Spring, TX 77388

281-367-7707

Adoption, counseling, help for pregnant women and teens, parenting classes, foster care home, emergency shelter.

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

HHSC - Healthy Texas Women

A State of Texas program for low-income women, offering an abundance of services to women. Includes breast & cervical cancer screening and diagnostic services, family planning, healthcare and more. Dial 2-1-1 to apply by phone or visit <https://YourTexasBenefits.com> to apply online and learn more about participating clinics in your area [click on "Find a Doctor" tab].

La Leche League

806-680-6455 www.llusa.org

Non-profit organization providing FREE in-person support meetings and online/phone assistance for mothers desiring to feed human milk to their baby. Offers breastfeed support, education and assistance. See website for a location near you.

Local Infant Formula for Emergencies (LIFE)

Houston

Call or text 713-428-2065

<https://lifehouston.org>

Free emergency baby formula for Houston area babies.

Memorial Hermann NE Hospital

Project Mammogram - The Rose

281-540-6443 after 1 pm

[www.northeasthospitalfoundation.org/project-](http://www.northeasthospitalfoundation.org/project-mammogram)

mammogram

FREE mammograms & diagnostic breast services to uninsured women residing in service areas within Montgomery & Liberty Counties. Patient transportation assistance to qualifying candidates. Mobile visits to Mission NE, Society of St. Stephens & HAAM as well.

FREE mammograms and diagnostic services for the uninsured residing in service areas within Montgomery & Liberty Counties.

Montgomery County Youth Services

Splendora 281-689-5104

Healthy support for pregnant and parenting teens.

Planned Parenthood

4747 Louetta Rd

Spring, TX 77388

713-514-1102

Helpline: 800-230-PLAN (7526)

<https://www.plannedparenthood.org/health-center/texas/spring/77388/spring-health-center-4097-91650>

Birth control services, general health care, HIV testing, HPS and Hepatitis Vaccines, LGBT services, men's health services, patient education, pregnancy testing, options and services, STD testing and treatment, women's health services.

Pregnancy Assistance Center North

Spring/The Woodlands

26464 I-45 North

Spring, TX 77386

281-367-1518

24/7 Hotline: 800-712-4357

Conroe Office

115 N San Jacinto

Conroe, TX 77301

936-441-6442

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

Helping women, teens and men with crisis intervention, unexpected pregnancies, counseling, baby clothes, food, self-improvement classes, and Lamaze classes. Services are free. No birth control provided.

Texas Health & Human Services Commission

512-438-3234

<https://www.hhs.texas.gov/services/health/women-children>

HHS provides services to Texas women such as aiding in preventing unintended pregnancies, nurturing healthier pregnancies, addressing domestic violence and taking care of children. Texans also can apply for insurance for their children through Children's Health Insurance Program and Medicaid.

UTMB Health Regional Women's Services & Pediatrics

701 E Davis St - Conroe, TX 77301

409-266-1888

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

Also 21134 US Hwy 59 – New Caney
281-577-8966

Clinics offer a variety of medical, referral and counseling services for women. These services include pregnancy testing, family planning, prenatal care, dysplasia and breast and cervical cancer screening. Eligible women may receive services at no fee, or at a reduced fee, based on family income and size.

WIC (Women, Infants, Children) Services

800-942-3678

www.utmbhealth.com/services/regional-women-pedi/wic

FREE Special Supplemental Nutritional Program (aka WIC) provides low-income women, infants & children nutrition education and counseling, nutritious foods, and help accessing health care. See website for qualifications & contact information of 6 local offices in Conroe, Cleveland, Liberty, Magnolia, New Caney and Huntsville.

YOUTH SERVICES

Youth Hotlines

- **The Jed Foundation** – Emotional support for young adults/college students to prevent suicide.
214-647-7544
www.jedfoundation.org
- **LBGTQY National Hotline:**
1-888-843-4564
- **LBGTQY Youth Hotline:** 1-800-850-8078
- **National AIDS Hotline:**
1-800-232-4636
Spanish: 1-800-232-4636
Deaf: 800-243-7889
- **National Human Trafficking Hotline:**
1-888-373-7888
Text “INFO” to 233733
- **National Runaway Safeline:**
1-800-786-2929
<https://800runaway.org>

Ask about the Home Free Program which orders a free ride home to kids 12-21 who are homeless, runaway or victims of human trafficking.

- **National Suicide Prevention Hotline**
Dial 988
- **Youth Hotline - 1-800-989-6884**

Angel Reach Community Youth Outreach

900 W. Dallas

Conroe, TX 77304

936-202-8498

www.angelreach.org

Provides temporary shelter for homeless youth **16-24 yrs.** of age; daily meals, laundry, mail and computer access.

Angel Reach Transitional Living Services

900 W. Dallas

Conroe, TX 77304

936-202-8498

Provides temporary shelter for youth **18 – 24 yrs.**, aged out of foster care or at risk for homelessness; counseling; help with ID & SS, birth certificate; guidance in school enrollment, life skills coaching, transportation, financial coaching, advising & mentorship.

Big Brothers, Big Sisters Lone Star

936-856-6460

<https://bbbstx.org/greater-houston/>

Makes meaningful, monitored matches between adult volunteers and children ages 7-14, developing positive relationships that have a direct and lasting effect on the children's lives.

Bridgeway Youth Shelter

4501 North Frazier St

Conroe, TX 77303

936-890-1132 CRISIS HOTLINE: 888-756-8682

Coed short-term shelter for abused, homeless, neglected & sex trafficked youth ages 10-17.

Street outreach: Provides basic needs such as clothing; supplies, food, shelter options, and transportation to medical and dental care. Their

COMMUNITY RESOURCES

***NOTE: ALWAYS CALL AHEAD TO VERIFY HOURS AND SERVICES.**

newly expanded facility also provides skills development and counseling.

Splendora: 281-689-5104
The Woodlands: 281-292-6471
CRISIS HOTLINE: 888-756-8682

DFPS Youth Helpline

Call, text or chat 1-55-434-7186

<https://www.dfps.texas.gov/youth-helpline>

Not associated with law enforcement or CPS. Free and confidential services to youth, their parents and other family members. Offer low or no cost referrals, peer counseling, safe shuttle, legal information, local referrals, free message service for runaway youth, free rides home for runaway youth, as well as unplanned pregnancy counseling, adoption plan, assistance with medical care & living expenses, and after birth adoption services.

Gulf Coast Trades Center

143 Forest Service Rd. 233

New Waverly, TX 77358

936-344-6677

<https://bbbstx.org/greater-houston/>

Gulf Coast Trades Center (GCTC) is a private, non-profit educational institution dedicated to improving the economic independence and social well-being of disadvantaged and adjudicated youth. GCTC provides male youth ages 15 to 18 with a comprehensive program of education, counseling, job referrals, residential and community services.

Montgomery County Youth Services -

Yes to Youth

105 West Lewis St

Conroe, TX 77301

936-756-8682

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

Provides counseling, youth shelter programs, prevention services to strengthen families, keep youth in school & prepare them to become productive citizens. Serves youth to 17 yrs.

Conroe also offers a Hispanic Mothers Group.

Splendora offers healthy support for pregnant & parenting teens.

Huntsville: 936-293-1003

Magnolia: 281-259-0440