

# Southeast Dallas Resource Directory 2015

## EMPOWERING THE LEADER IN ALL OF US



"Everyone has the **POWER** for **GREATNESS**,  
not for fame but greatness,  
because greatness is determined by **SERVICE.**"

- Dr. Martin Luther King Jr.



Thank you to all the agencies and organizations  
who service the community.

All the assistance you provide to everyone in need  
is very much appreciated.



# The Pleasant Grove Resource Directory

## Alphabetical Listing:

Readers are able to use this resource by locating services alphabetically and by subject listing. Resources are first listed alphabetically, followed by the subject listing.

## Subject Listing:

The subject listing allows the user to look for services by subject. This listing is helpful if you want to find a particular service and the agencies that provide that service.

**Disclaimer:** Information verified May 2015. Information is subject to change by the time directory has printed.

# Table of Contents

## Alphabetical Listing

A+ Charter Schools, Inc. ....	1
Aberg Center for Literacy.....	1
Aids Interfaith Network, Inc.....	1
Alcoholics Anonymous (A.A.) .....	1
Al-Non & Alateen .....	2
Alzheimer’s Association .....	2
American Association of Retired People.....	2
American Cancer Society of Dallas.....	2
American Diabetes Association .....	3
American Heart Association.....	3
Arthritis Foundation North Texas Chapter.....	3
Association for Independent Living .....	3
Berean International School of Ministry.....	4
Buckner Center for Humanitarian Aid .....	4
Buckner International .....	4
CareCenter Ministries .....	5
ChildCareGroup.....	5
Circle Ten, Boy Scouts of America.....	5
Community Council of Greater Dallas/2-1-1.....	6
Community Outreach Support Services, Inc. ....	6
Contact Counseling Line.....	6
Dallas Association For Parent Education, Inc.....	6
Dallas Children’s Advocacy Center.....	6
Dallas Christian Women’s Job Corp .....	7
Dallas City Attorney’s Office – Community Prosecutor (SE) .....	7
Dallas County Health & Human Services .....	7

# Table of Contents

## Alphabetical Listing

Dallas Police Athletic League (Dallas PAL).....	8
Dallas Services.....	8
Dallas Transitional Center .....	8
DART .....	8
Disability Rights Texas.....	9
Easter Seals North Texas.....	9
Eastfield College – Pleasant Grove Campus (Admissions) .....	9
Eastfield College – Pleasant Grove Campus (Talent Search).....	9
Equest Hooves for Heroes .....	10
Father’s for Equal Rights .....	10
Fireside Recreation Center .....	10
Girl Scouts of Northeast Texas.....	11
Greater Bethlehem Plaza Apartments .....	11
Griswold Home Care .....	11
Head Start of Greater Dallas .....	11
HOMES – Homeless Outreach Medical Services.....	12
Hope Cottage Pregnancy and Adoption Center .....	12
Hopeful Solutions.....	12
Hospice Select.....	12
IAVA Iraq and Afghanistan Veterans of America .....	13
Janie C. Turner Recreation Center .....	13
John Franklin Sprague VFW Post #6796.....	13
Kiwanis Club of Pleasant Grove .....	13
La Voz Del Anciano.....	14
Lake June Head Start.....	14
Lions Sight and Tissue Foundation.....	14

# Table of Contents

## Alphabetical Listing

Little Creations Learning Center .....	14
Los Barrios Unidos Community Clinic .....	15
March of Dimes – Dallas Division.....	15
Martin Luther King, Jr. Community Center .....	15
Mental Health America of Greater Dallas.....	15
Methodism’s Breadbasket .....	15
Metrocare Services .....	16
Mission East Dallas.....	16
My Children’s .....	16
NAMI (National Alliance on Mental Illness).....	16
National Kidney Foundation .....	17
Newman Park Christian Center Food Pantry .....	17
Our Children’s House at Irving.....	17
Parents Step Ahead.....	17
Park South Family YMCA.....	18
Pathway of Life Church .....	18
Phoenix House .....	18
Pleasant Grove Branch Library.....	18
Pleasant Grove Christian Church .....	19
Pleasant Grove Community Service Center (Urban League) .....	19
Pleasant Grove Food Pantry, Inc.....	19
Pleasant Grove Ministerial Alliance .....	20
Pleasant Mound-Urban Park United Methodist Church .....	20
Pleasant Oaks Recreation Center.....	20
Prairie Creek Library.....	21
Project Still I Rise, Inc.....	21

# Table of Contents

## Alphabetical Listing

Red Cloud Neighborhood Crime Watch .....	21
Resource Center.....	21
Services of Hope Entities, Inc.....	22
Sharing Life Community Outreach .....	22
Society of St. Vincent de Paul-Diocesan Council of Dallas .....	22
Sound Options Pregnancy Center .....	23
South Dallas Community Court.....	23
Southeast Dallas Chamber of Commerce .....	23
Southeast Dallas Health Center (Parkland Community Clinic).....	23
Southeast Dallas Hispanic Chamber of Commerce.....	24
Southeast Operations Division (DPD) .....	24
Southwest Behavioral Systems, Inc. ....	24
Suicide Crisis Center.....	24
Sunshine Senior Center – Salvation Army.....	24
Teen Challenge of North Texas .....	25
Teens Reaching Teens, Inc .....	25
Texas Department of Protective & Regulatory Services .....	25
Texas Health & Human Services .....	25
Texas Health and Human Services Commission, Region 3.....	26
Texas Rehabilitation Commission (Southeast Field Office).....	26
Texas Tenants’ Union.....	26
Texas Workforce Commission.....	26
The Men of Nehemiah .....	26
The Salvation Army .....	27
The Salvation Army DFW Metroplex Command .....	27
Timberlawn Mental Health Systems .....	27



# Table of Contents

## Alphabetical Listing

TOP (Texas Organizing Project) Pleasant Grove.....	27
Umphress Recreation Center.....	28
Umphress Road UMC.....	28
Visiting Nurse Association of Texas .....	28
Vogel Alcove .....	28
White Rock YMCA .....	29
Wilkinson Center.....	29
Women, Infants, Children (WIC).....	29
Youth and Family Health Center (DISD) .....	30
YMCA of Metropolitan Dallas .....	30
YWCA of Metropolitan Dallas .....	30

# Table of Contents

## Subject Listing

### **Adults/Senior Citizens**

Alzheimer's Association

American Association of Retired People

American Cancer Society of Dallas

American Heart Association

Association for Independent Living

Community Council of Greater Dallas/211

Community Outreach Support Services

Dallas Health & Human Services

Easter Seals North Texas

Greater Bethlehem Plaza Apartments

La Voz Del Anciano

Martin Luther King, Jr. Community Center

Mental Health America of Greater Dallas

Methodism's Breadbasket

Pleasant Grove Food Pantry

Sharing Life Community Outreach

Texas Workforce Commission

The Salvation Army

Society of St. Vincent de Paul-Diocesan Council of Dallas

South Dallas Community Court

Sunshine Senior Center (The Salvation Army)

Umpress Road UMC

Visiting Nurse Association of Texas

White Rock YMCA

YMCA of Metropolitan Dallas

# Table of Contents

## Subject Listing

### **Advocacy Services**

Dallas Association For Parent Education, Inc.  
Dallas Children's Advocacy Center  
Dallas Services  
DART  
Disability Rights Texas  
Eastfield College (*Talent Search*)  
Head Start of Greater Dallas  
IAVA Iraq and Afghanistan Veterans of America  
March of Dimes  
Southwest Behavioral Systems, Inc.  
Texas Tenants' Union  
TOP (Texas Organizing Project) Pleasant Grove

### **Children & Adolescent Services**

Aberg Center for Literacy  
Buckner Center for Humanitarian Aid  
ChildCareGroup  
Circle Ten Council, Boy Scouts of America  
Dallas County Health & Human Services  
Dallas PAL  
Easter Seals North Texas  
Girl Scouts of Northeast Texas  
Kiwanis Club of Pleasant Grove  
Lake June Head Start  
Little Creations Learning Center  
Martin Luther King, Jr. Community Center  
Methodism's Breadbasket

# Table of Contents

## Subject Listing

My Children's  
Project Still I Rise, Inc.  
Resource Center  
Services of Hope Entities, Inc.  
Sharing Life Community Outreach  
South Dallas Community Court  
Southeast Dallas Health Center  
Teen Challenge of North Texas  
Teens Reaching Teens, Inc.  
Texas Department of Protective & Regulatory Services  
Texas Health and Human Services  
White Rock YMCA  
Wilkinson Center  
Women, Infants, Children (*WIC*)  
YMCA of Metropolitan Dallas

### **Counseling/Crisis Intervention/Mental Health Services**

Aids Interfaith Network, Inc.  
Contact Counseling Line  
Dallas Association For Parent Education, Inc.  
Dallas Children's Advocacy Center  
Dallas Transitional Center  
Hope Cottage Pregnancy and Adoption Center  
Hopeful Solutions  
Mental Health America of Greater Dallas  
Metrocare Services  
NAMI (National Alliance on Mental Illness)  
Sound Options Pregnancy Center  
Southwest Behavioral Systems, Inc.  
Suicide Crisis Center

# Table of Contents

## Subject Listing

Teen Challenge of North Texas  
Texas Rehabilitation Commission (SE)  
The Men of Nehemiah  
Timberlawn Mental Health Systems  
Youth and Family Health Center (*DISD*)  
Women, Infants, Children (*WIC*)

### **Drug/Alcohol Services**

Al-Non & Alateen  
Alcoholics Anonymous (*A.A.*)  
Phoenix House  
Southwest Behavioral Systems, Inc.  
The Men of Nehemiah

### **Education/Training Services**

A+ Charter Schools, Inc.  
Aberg Center for Literacy  
Alzheimer's Association  
American Association of Retired People  
American Cancer Society of Dallas  
American Heart Association  
Arthritis Foundation North Texas Chapter  
Association for Independent Living  
Buckner International  
Dallas Association For Parent Education. Inc.  
Dallas Services  
Eastfield College – Pleasant Grove Campus (Admissions)  
Eastfield College – Pleasant Grove Campus (Talent Search)  
La Voz Del Anciano  
Lions Sight and Tissue Foundation  
Little Creations Learning Center

# Table of Contents

## Subject Listing

Martin Luther King, Jr. Community Center

Parents Step Ahead

Pleasant Grove Branch Library

Pleasant Grove Community Service Center (Urban League of GD & NCTX, Inc.)

Prairie Creek Branch Library

Resource Center

Sharing Life Community Outreach

Sunshine Senior Center (*Salvation Army*)

Teens Reaching Teens, Inc.

Texas Workforce Commission

The Salvation Army

TOP (Texas Organizing Project) Pleasant Grove

Umphress Road UMC

Visiting Nurse Association of Texas

Wilkinson Center

### **Employment/Economic Development**

Pleasant Grove Community Service Center (Urban League of GD & NCTX, Inc.)

Southeast Dallas Chamber of Commerce

Southeast Dallas Hispanic Chamber of Commerce

Texas Health and Human Services Commission, Region 3

Texas Department of Protective & Regulatory Services

Texas Rehabilitation Commission (*Southeast Field Office*)

Texas Workforce Commission

### **Faith Based Programs**

Berean International School of Ministry

CareCenter Ministries

Dallas Christian Women's Job Corp

Newman Park Christian Center Food Pantry

Park South Family YMCA

# Table of Contents

## Subject Listing

Pathway of Life Church

Pleasant Grove Christian Church

Pleasant Grove Ministerial Alliance

Pleasant Mound-Urban Park UMC

The Salvation Army

The Salvation Army DFW Metroplex Command

Vogel Alcove

White Rock YMCA

YMCA of Metropolitan Dallas

YWCA of Metropolitan Dallas

### **Housing/Crime Watch Programs/Security Services**

Buckner Center for Humanitarian Aid

Care Center Ministries

Dallas Transitional Center

Red Cloud Neighborhood Crime Watch

Southeast Operations Division (*DPD*)

The Men of Nehemiah

The Salvation Army DFW Metroplex Command

### **Legal Services**

Dallas City Attorney's Office – Community Prosecutor (*Southeast*)

Disability Rights Texas

Father's for Equal Rights

### **Medical/Health Services**

Alzheimer's Association

American Cancer Society of Dallas

American Diabetes Association

American Heart Association

Arthritis Foundation North Texas Chapter

# Table of Contents

## Subject Listing

Dallas County Health & Human Services  
Dallas Services Easter Seals North Texas  
Griswold Home Care  
HOMES (*Homeless Outreach Medical Services*)  
Hope Cottage Pregnancy and Adoption Center  
Hospice Select  
Los Barrios Unidos Community Clinic  
March of Dimes – Dallas Division  
Metrocare Services  
Mission East Dallas  
My Children’s  
NAMI (*National Alliance on Mental Illness*)  
National Kidney Foundation  
Our Children’s House at Irving  
Resource Center  
Sound Options Pregnancy Center  
Southeast Dallas Health Center (Parkland Community Clinic)  
Youth and Family Health Center (DISD)

### **Recreational Services**

Fireside Recreation Center  
Janie C. Turner Recreation Center  
Park South Family YMCA  
Pleasant Oaks Recreation Center  
Umphress Recreation Center  
YWCA of Metropolitan Dallas

### **Transportation Services**

DART



# Table of Contents

## Subject Listing

### **Veteran Services**

Equest Hooves for Heroes

IAVA Iraq and Afghanistan Veterans of America

John Franklin Sprague VFW Post 6796

NAMI (National Alliance on Mental Illness)

Pleasant Grove Community Service Center (Urban League of GD & NCTX, Inc.)

The Salvation Army

The Salvation Army DFW Metroplex Command

**A+ Charter Schools, Inc.**

8225 Bruton Rd.  
Dallas, TX 75217

(214) 381-3226  
Fax: (214) 381-8259

**Contact:** Ezra Hernandez

**Email:** [Ezra.Hernandez@aplus-cs.org](mailto:Ezra.Hernandez@aplus-cs.org)

**Hours:** 8 a.m. – 4 p.m. (Mon.-Fri)

**Services:** A+ Charter Schools, Inc. is the home of premiere transformational schools in Southeast Dallas: A+ Academy, Inspired Vision Elementary, and Inspired Vision Secondary. We serve over 2,000 children in the Pleasant Grove area, and are committed to developing responsible, self-sufficient citizens through inspiration, self-empowerment, and individualized educational programs.

**Aberg Center for Literacy**

5100 Ross Ave.  
Dallas, TX 75206

(214) 826-6501  
Fax: (214) 296-9402

**Contact:** Shana Harrison

**Hours:** 9 a.m. – 12 p.m.

**Services:** Classes in English as a second language, GED Preparation, GED tutoring, free educationally childcare provided to the preschool aged children of students. Also, available are enrichment classes of pre-GED math, pre-GED science, computers, exercise, and individual tutoring.

**Aids Interfaith Network, Inc.**

2707 N. Stemmons Fwy., Ste. 150  
Dallas, TX 75207

(214) 943-4444  
Fax: (214) 941-7739

**Contact:** Steven Pace

**Hours:** 8:30 a.m. – 5 p.m.

**Services:** Multicultural organization dedicated to meeting the spiritual, emotional, and practical needs of people living with HIV by providing personalized support and advocacy to clients and their families, relevant education and volunteer opportunities to local faith communities and the public at large.

**Alcoholics Anonymous (A.A.)**

*Dallas Interactive Association – Central Service Office*

6162 E. Mockingbird Ln., Ste. 213  
Dallas, TX 75214

(214) 887-6699  
Fax: (214)887-0443

**Website:** [www.aa.org](http://www.aa.org)

**Email:** [aa@dallas-aa.org](mailto:aa@dallas-aa.org)

**Hours:** 10 a.m. – 5 p.m.

**Services:** Program provides information on AA program of recovery and AA group locations in the Dallas area, initial contact with alcoholics and public information speakers are available.

**Al-Non & Alateen**

6162 E. Mockingbird Ln., Ste. 209  
Dallas, TX 75214

(214) 363-0461  
Fax: (214) 363-1550

**Website:** [www.dallasal-anon.org](http://www.dallasal-anon.org)

**Hours:** 9 a.m. – 3 p.m. (M-F), 10 a.m. – 12 p.m. (every 4<sup>th</sup> Saturday)

**Services:** Self-help family groups for relatives and friends of problem drinkers, Alateen or Preteen groups for children 6-19. Al-Anon Adult Children of Alcoholics program for adults who grew up in alcoholic home. More than 80 groups meet in the Metroplex. Membership is free and anonymous, offers comfort, hope and friendship to families through group meetings. Literature and speakers available.

**Alzheimer’s Association**

4144 N. Central Expwy., Ste. 750  
Dallas, TX 75204

(214) 540-2400  
Fax: (214) 827-2064

**Contact:** Frances Vasquez

**Hours:** 8 a.m. – 5 p.m.

**Services:** Classes in care giving and coping for caregivers and other providers. Support groups throughout the community. Video print, library, programs of needs of each family from referral to diagnosis throughout duration of disease.

**American Association of Retired People**

8140 Walnut Hill Ln., Ste. 108  
Dallas, TX 75231

1-866-227-7443  
Fax: (214) 265-4061

**Hours:** 8:30 a.m. – 5:00 p.m.

**Client Population Served:** ages 50+

**Services:** Provides members with free consumer publications on health, housing, crime prevention, and information for older workers. Volunteer opportunities available through tax assistance for older persons as well as advocacy. Also, available through 55 Alive Mature Driving Courses, Widowed Persons Service. Positions on issue which are of special concerns to older people.

**American Cancer Society of Dallas**

8900 Carpenter Frwy.  
Dallas, TX 75247

(214) 819-1200  
Fax: (214) 631-3869

**Contact:** Amy Schisler

**Website:** [www.cancer.org](http://www.cancer.org)

**Hours:** 8 a.m. – 4:30 p.m.

**Services:** Information and referral to community resources; visitation and support programs; rehabilitation for mastectomy, laryngectomy and ostomy patients, transportation of ambulatory patients to and from treatment; and provision of sick room equipment, ostomy supplies and dressings. Public education to cancer prevention and detection such as tobacco control, nutrition and breast health and prostate health awareness. Speaker bureau, videos, curriculum guides for teachers and literature available upon request.

**American Diabetes Association**

4100 Alpha Rd., Ste. 100  
Dallas, TX 75244

(214) 392-1181  
Fax: (214) 392-1366

**Website:** [www.diabetes.org](http://www.diabetes.org)

**Email:** [northtexas@diabetes.org](mailto:northtexas@diabetes.org)

**Hours:** 8:30 a.m. – 5 p.m.

**Services:** Implements a three-point program for diabetes research. Literature available upon request.

**American Heart Association**

105 Decker Ct., Ste. 200  
Dallas, TX 75062

(214)748-7212  
Fax: (214)748-1307

**Contact:** Susan Holmes

**Website:** [www.americanheart.org/tx/dallas](http://www.americanheart.org/tx/dallas)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Conducts public education with emphasis on youth, the workplace, women minorities, health care sites, professional education, CPR and CPR instructor training preschool youth education, work site wellness and heart health for the family. Supports cardiovascular research.

**Arthritis Foundation North Texas Chapter**

4300 MacArthur Ave., Ste. 245  
Dallas, TX 75209

(214) 826-4361  
Fax: (214) 824-5842

**Contact:** Shelley Tim

**Website:** [www.arthritis.org](http://www.arthritis.org)

**Hours:** 8:30 a.m. – 5 p.m.

**Services:** The only national voluntary health organization that works for people affected by more than 100 forms of arthritis. North Texas Chapter offers self-help courses; aquatic and land exercise programs; support groups, public, patient and professional education; free educational literature in both English and Spanish; informational and referral, audiovisual loans, exhibits and speakers. Counseling and a limited medical equipment resource program available for people with arthritis. Supports local and national research.

**Association for Independent Living**

2826 Story Ln., Apt. 100  
Dallas, TX 75220

(214) 351-0798  
Fax: (214) 351-3412

**Contact:** LuAnn Golden

**Hours:** 8 a.m. – 5 p.m.

**Services:** Program offering structured living for young adults with developmental disabilities. Over a period of time residents learn basic skills for independent living, along with personal and social growth. Residents must be employed and are required to pay rent and personal expenses.

- B -

**Berean International School of Ministry**

210 N. Prairie Creek Rd.  
Dallas, TX 75217

(972) 216-2100  
Fax: (972) 692-8721

**Website:** [www.bereanisom.org](http://www.bereanisom.org)

**Services:** Berean International School of Ministry (BISOM) is a comprehensive 2 year program for training and equipping men and women for the work of the ministry (Ephesians 4:12-13). This very practical program is designed to help men and women become more effective in the ministry in which they have been called to serve. Participants may receive an Associates or Bachelor level degree upon successful completion of the programs.

**Buckner Center for Humanitarian Aid**

5405 Shoe Dr.  
Mesquite, TX 75149

(214) 367-8080  
Fax: (214) 367-8093

**Website:** [www.shoesfororphansouls.org](http://www.shoesfororphansouls.org)

**Hours:** 9 a.m. – 4 p.m.

**Services:** The Buckner Center for Humanitarian Aid is the international receiving and shipping center for all international needs, including diapers, clothing, medicine and Shoes for Orphan Souls<sup>®</sup>. It also houses the domestic aid and client assistance program, which services children and families in poverty. Basic needs such as food, clothing and other emergency needs are provided at this location. Empowerment classes in English as a Second Language, life skills and job readiness are provided to adult clients.

**Buckner International**

5200 S. Buckner Blvd.  
Dallas, TX 75227

(214) 328-3141  
Fax: (214) 319-3459

**Website:** [www.buckner.org](http://www.buckner.org)

**Hours:** 8:30 a.m. – 5 p.m.

**Services:** Buckner provides the North Texas community with training and resources needed to become a family to a child living in the state's custody or to a child available for adoption in Texas or internationally. Visit [www.beafamily.org](http://www.beafamily.org) or call 1-855-264-8783 to learn more about ways you can be a family.

**CareCenter Ministries**

7912 Antoinette St.  
Dallas, TX 75217

(214) 325-9583  
Fax: (214) 824-3499

**Contact:** Melvin Gipson

**Email:** [mgipson@carecenterministries.org](mailto:mgipson@carecenterministries.org)

**Website:** [www.carecenterministries.org](http://www.carecenterministries.org)

**Hours:** 9 a.m. – 5 p.m. (Mon.-Fri.)

**Services:** CareCenter Ministries offers a variety of programs to assist families in need. Food program that will feed a family 3 to 5 days a week (The Basket), residential program for men with life controlling problems such as alcohol and substance abuse (RACE), residential program for battered and addicted women (Tree of Life), two year study program that prepares and equip graduates for hands-on missionary work (The Academy), ACTS and CareCenter Community Center. Food Pantry open on Wednesdays, 9:30 a.m. - 3:00 p.m. for residents in Zip Codes 75217 & 75227. After-School Program available Monday-Friday, 3:00 p.m. - 6:00 p.m.

**ChildCareGroup**

1420 W. Mockingbird Ln., Ste. 300  
Dallas, TX 75247

(214) 630-5949  
Fax: (214) 688-4436

**Website:** [www.childcaregroup.org](http://www.childcaregroup.org)

**Hours:** 7:30 a.m. – 5 p.m. (Mon. – Fri.)

**Services:** We provide our nationally recognized model of care—Relationship-Centered Child Care® or RC3®—at our seven Head Start and/or Early Head Start centers for little or no cost to low-income families. Among our other services, we administer a subsidized voucher program—Child Care Assistance; offer teacher and parent training; manage a Food and Nutrition Program; and, provide child care Resource and Referral services to parents and employers.

**Circle Ten Council, Boy Scouts of America**

8605 Harry Hines  
Dallas, TX 75235

(214) 972-6700

**Website:** [www.circleten.org/](http://www.circleten.org/)

**Hours:** 9 a.m. – 5 p.m.

**Services:** In Circle Ten Council, our Unit, District and Council level volunteers are committed to delivering your child a high-quality, safe and fun-filled program that challenges your youth, both intellectually and physically. Scouts today learn lessons about life and the value of being a person of character and integrity. When you stop and think about it, Scouting is unlike any other youth program. Scouting fosters the development of the whole person and offers youth the opportunity to participate in activities that will help launch them on a successful course for life.

**Community Council of Greater Dallas/2-1-1**

1341 W. Mockingbird Ln., Ste. 1000W

Dallas, TX 75247

**Email:** [swells@ccgd.org](mailto:swells@ccgd.org)**Website:** [www.ccgd.org](http://www.ccgd.org)**Hours:** 8:30 a.m. – 5 p.m. (Mon. – Fri.)

(214) 871-5065

Fax: (214) 879-0742

24 Hr. Hotline: 2-1-1

**Services:** Since its founding as the Council of Social Agencies in 1940, the Community Council has led collaboration and communications to improve the quality of life for people and access to the services they need. To find answers on food & shelter, employment, counseling, utility assistance, child care, Veterans assistance and more. Get the help you need, call 2-1-1.

**Community Outreach Support Services**

381 Casa Linda Plaza, #294

Dallas, TX 75218

**Hours:** Call for Appointment

**Services:** Community Outreach Support Services INC. will provide personal care items to the needy, food, and clothing, especially targeting the elderly.

(214) 395-6589

Fax: (214) 381-1742

**Contact Counseling Line**

P.O. Box 800742

Dallas, TX 75380

**Hours:** 9 a.m. – 5 p.m.

**Services:** 24 hour immediate confidential, one on one telephone counseling, crisis prevention and intervention, information and referral, emergency aid, and community education.

(972) 233-0866

Fax: (214) 233-2427

- D -

**Dallas Association For Parent Education, Inc.**

777 S. Central Exwy., Ste. 1-T

Dallas, TX 75080

**Contact:** Judy Dillon**Email:** [dallasparents@hotmail.com](mailto:dallasparents@hotmail.com)**Hours:** 10 a.m. – 3 p.m.

**Services:** Parenting organizations, prepared child birth and refresher classes, programs for baby basics, breast feeding, infant, child and adult CPR, Emergency aid. Rental station for electric breast pumps. Also offers parent education workshops; support groups for mothers over 35 and moms with postpartum depression. Speakers to parent groups.

(972) 699-7742

Fax: (972) 699-0438

**Dallas Children’s Advocacy Center**

5351 Samuell Blvd.

Dallas, TX 75228

**Website:** [www.dcac.org](http://www.dcac.org)

(214) 818-2600

Fax: (214)823-4819

**Hours:** 8 a.m. – 5 p.m.

**Services:** An innovated approach to improve the treatment of child victims of sexual and physical abuse in Dallas County. The program offers a coordinated, multi-disciplinary intervention system involving agencies-policing, prosecutors, child protective workers, therapists and medical personnel working together as a team in a single location to minimize each child's trauma. The center seeks to provide immediate treatment and services to ensure proper investigation of cases.

**Dallas Christian Women's Job Corp**

2918 Oats Dr.  
Dallas, TX 75228

(214) 324-5665  
Fax: (214) 324-5638

**Contact:** Flo Campbell, Site Coordinator

**Email:** [dcwjc@dallascwjc.org](mailto:dcwjc@dallascwjc.org)

**Website:** [www.dallascwig.org](http://www.dallascwig.org)

**Hours:** 9 a.m. – 4 p.m. (Monday – Thursday)

**Services:** Faith based ministry equipping women for life and employment and helping them move to self-sufficiency. Program offers training, mentoring and networking for women ages 18 and up. GED Online, Family Literacy – Women helping women

**Dallas City Attorney's Office – Community Prosecutor (Southeast)**

1500 Marilla St., Rm. 7DN  
Dallas, TX 75201

214-789-6804  
Fax: (214) 670-0622

**Contact:** LaShonne R. Watts

**Email:** [lashonne.watts@dallascityhall.com](mailto:lashonne.watts@dallascityhall.com)

**Services:** Work to creatively and proactively address code violations and quality of life issues in target areas with assistance of various city departments.

**Dallas County Health & Human Services**

***Pleasant Grove Senior Center***

7224 Umphress Rd.  
Dallas, TX 75217

(214) 398-5215

**Services:** Older Adult Services Program serving residents 60 years and older.

***Well Child Clinics***

John West  
3312 N. Buckner  
Dallas, TX 75228

(972) 721-2311

Website: [www.dallascounty.org](http://www.dallascounty.org)

**Services:** Individual health checks and examinations for children who range in age from birth to 5 years old.



**Dallas Police Athletic League (Dallas PAL)**

1400 S. Lamar  
Dallas, TX 75215

(214) 671-4993  
Fax: (214) 670-6453

**Website:** [www.dpdpal.com](http://www.dpdpal.com)

Visit website or call for calendar of events.

**Services:** PAL is a recreational oriented youth crime prevention program that emphasizes athletics and other recreational activities with the intention to encourage youth to stay away from negative lifestyle choices such as gangs, drugs, and criminal activities by offering positive, healthy experiences with law enforcement. PAL brings youth under the constructive influence of police officers and other responsible adults from the community who volunteer their time to be positive role models.

**Dallas Services**

4242 Office Parkway  
Dallas, TX 75204

(214) 828-9900  
Fax: (214) 828-9901

**Contact:** Dr. Stephanie Fleming

**Website:** [www.dallasservices.org](http://www.dallasservices.org)

**Hours:** 8:30 a.m. – 4:00 p.m.

**Services:** Early education program, Low Vision Clinic, Physical Therapy and Speech Therapy. Dallas Services also has Special Needs Awareness and Advocacy Programs.

**Dallas Transitional Center**

899 N. Stemmons Frwy.  
Dallas, TX 75207

(214) 742-1971  
Fax: (214) 742-2668

**Contact:** John Kelley

**Email:** [jkelly@avaloncorrections.net](mailto:jkelly@avaloncorrections.net)

**Hours:** 8 a.m. – 6 p.m.

**Services:** 24 hour Halfway House residential services for ex-offenders, living skills, GED, Twelve Step Group and Employment assistance.

**DART (Dallas Area Rapid Transit)**

1401 Pacific Ave.  
Dallas, TX 75202

(214) 979-1111

**Contact:** Gary C. Thomas

**Website:** [www.dart.org](http://www.dart.org)

**Services:** Dallas Area Rapid Transit (DART) gets you around Dallas and 12 surrounding cities with modern public transit services and customer facilities tailored to make your trip fast, comfortable and economical. Services are provided through DART Buses, DART Rail, Trinity Railway Express (TRE), DART On-Call, FLEX Service, Paratransit Services, M-Line Trolley, Fair Share Parking, HOV Lanes, Bike Information and Vanpool/Carpool.

**Disability Rights Texas**

1420 W. Mockingbird Ln., Ste. 450  
 Dallas, TX 75247

(214) 630-0916  
 Fax: (214) 630-3472  
 1-800-252-9108

**Contact:** State Wide Intake**Website:** [www.disabilityrightstx.org](http://www.disabilityrightstx.org)**Hours:** 8 a.m. – 5 p.m., 9 a.m. – 4 p.m. (State Wide Intake)**Services:** A non-profit corporation funded by the U.S. Congress to advocate for the legal rights of persons with disabilities in Texas, offices state wide. No fees are charged.

- E -

**Easter Seals North Texas**

4201 Brook Spring  
 Dallas, TX 75224

(972) 394-8900  
 Fax: (972) 394-6266

**Contact:** MaryLou Hooten**Website:** [www.ntx.eaterseals.com](http://www.ntx.eaterseals.com)**Services:** Several options of treatment for children diagnosed with and Autism Spectrum Disorder, Pediatric Rehabilitation Therapy, Texas Star Academy, CLASS Case Management and Make the First Five Count. Services for Adults include Employment Services, Home Care Services, Outpatient Rehabilitation, CLASS Case Management and Veteran Services.**Eastfield College Pleasant Grove Campus - Admissions**

802 S. Buckner Blvd.  
 Dallas, TX 75217

(972) 860-5300  
 Fax:(972) 860-7287

**Contact:** Dora Pacheco**Hours:** 8:00 a.m. – 7:00 p.m. (Mon. – Thurs.), 9:00 a.m. – 5:00 p.m. (Fri.)**Email:** [dora.pacheco@dcccd.edu](mailto:dora.pacheco@dcccd.edu)**Website:** <http://www.eastfieldcollege.edu/pleasantgrove/index.asp>**Vision & Purpose:** To foster a college-going culture in the Pleasant Grove Neighborhood by providing quality instruction and programs in academic, technical, occupational, and continuing education. The campus features state of the art technology and student-centered classrooms enabling an environment conducive to educational success. The Pleasant Grove Campus is designed as a satellite campus connecting the neighborhood to the Eastfield College main campus and other sister colleges within the DCCCD. Offerings include **CREDIT CLASSES, COLLEGE READINESS, GED, ESL, TEACHER ASSISTANT AND NURSING ASSISTANT PROGRAMS.****Eastfield College – Pleasant Grove Campus (Talent Search)**

802 S. Buckner Blvd.  
 Dallas, TX 75217

(972) 860-5373  
 Fax:(972) 860-5320

**Contact:** Tricia Thomas-Anderson

**Hours:** 8 a.m. – 5 p.m.

**Client Population Served:** Students (6<sup>th</sup> – 12<sup>th</sup> grade), Adults (19-27)

**Services:** Access to tutoring, Academic Advisement, Information about going to college, Career Exploration Activities, SAT and ACT Waiver & Preparation, college application fee waivers, Advance placement & dual credit assistance, college tours and field trips, assistance applying for college admissions, assistance with scholarship applications, assistance applying for federal financial aid, and financial literacy and workshops for families.

**Equest Hooves for Heroes**

811 Pemberton Hill Rd.

(972) 412-1099

Dallas, TX 75217

Fax: (972) 412-5040

**Email:** [jhensley@equest.org](mailto:jhensley@equest.org)

**Website:** [www.equest.org](http://www.equest.org)

**Hours:** 9:00 a.m.-9:00 p.m.

**Services:** Equest Hooves for Heroes is building a stronger DFW community by assisting veterans and military families with their civilian transitions. By leveraging the power of equine-assisted activities and therapies, we help warriors improve overall wellness and find new roles as community leaders and productive, civic assets.

- F -

**Father's for Equal Rights**

701 Commerce St., Ste. 302

(214) 953-2233

Dallas, TX 75202

Fax: (214) 749-4622

**Contact:** Doug Clark

**Website:** [www.fathers4kids.org](http://www.fathers4kids.org)

**Hours:** 8 a.m. – 5 p.m. (Mon. – Fri.), 10 a.m. – 1 p.m. (Sat.)

**Services:** Education and information regarding child custody, divorce, child support, modifications and other related family law matters. Lawyer referral program, networking and support groups available. Sliding scale fees.

**Fireside Recreation Center**

8601 Fireside Dr.

(214) 670-0959

Dallas, TX 75217

**Contact:** Delia Cedillo

**Hours:** 9 a.m. – 8 p.m. (M/W), 9 a.m. – 9 p.m. (T/Th), 2:30 p.m. – 6:30 p.m. (Fri), 9 a.m. – 2 p.m. (Sat)

**Services:** Fireside Recreation Center offers a variety of activities for participants of all ages including Zumba®, karate, dance, fitness and after school programs. Our fitness center is equipped with the most up to date equipment at a low monthly rate and no contracts. Contact recreation center for calendar of events.

- G -

**Girl Scouts of Northeast Texas**

6001 Summerside Dr.  
Dallas, TX 75252

(972) 349-2400  
Fax: (972) 349-2499

**Website:** [www.gsnetx.org](http://www.gsnetx.org)

**Hours:** 9 a.m. - 5 p.m.

**Services:** Girl Scouting builds girls of courage, confidence and character, who make the world a better place. At Girl Scouts, we know that when given the opportunity, girls change the world, and we have the reach and experience to help girls everywhere lead. Girl Scouts enables girls to discover what's important to them, connect with their community, and take action to make the world a better place.

**Greater Bethlehem Plaza Apartments**

7835 Military Pkwy.  
Dallas, TX 75227

(214) 275-4722  
Fax: (214) 275-4733

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

**Hours:** 8 a.m. – 4 p.m. (Monday - Friday)

**Services:** Greater Bethlehem Plaza Apartments is an apartment complex for Seniors 62 and older or with a disability. We also allow a 10% under 62 with a disability for housing.

**Griswold Home Care**

3330 N. Galloway Ave., Ste. 304-119  
Mesquite, TX 75150

(972) 580-9945  
Fax: (866) 496-5016

**Website:** [www.griswoldhomecare.com](http://www.griswoldhomecare.com)

**Hours:** 8 a.m. – 5 p.m. (Mon.-Sun.)

**Services:** Griswold Home Care is a non-medical home care provider. We provide caregivers into the home or facility to assist individuals, elderly and disabled with home care and ADL (Active Daily Living) assistance. We offer services such as Personal Care, Companion care, and domestic home care assistance. We work with local qualified and loving caregivers to help you or your loved ones stay in their homes with safety and support.

- H -

**Head Start of Greater Dallas**

9030 Lake June Rd.  
Dallas, TX 75217

(214) 398-9696  
Fax: (214) 398-8510

**Contact:** Natalie Shands

**Hours:** 7 a.m. – 5:30 p.m.

**Client Population Served:** 180 pre-schoolers 3 ½ - 5 yrs.

**Services:** provides a rich learning environment designed to address the child's nutritional and health needs while stimulating rapid growth in physical

coordination, self-esteem, pre-reading skills and math and science. Children have access to computers and become adept at utilizing them as learning tools.

**HOMES – Homeless Outreach Medical Services**

**Contact:** Susan Spalding, M.D. (214) 590-0153

**Hours:** 8 a.m. – 4:30 p.m.

**Services:** Mobile medical units with health care professionals delivering basic health care and patient education and Mental Health Care at homeless shelters throughout Dallas County. Please call for clinic locations and time.

**Hope Cottage Pregnancy and Adoption Center**

4209 McKinney Ave.

24 Hr. (214) 526-8721

Dallas, TX 75205

Fax: (214) 528-7168

**Contact:** Sonyia Hartwell

**Email:** adoption@hopecottage.org

**Website:** www.hopcottage.org

**Hours:** 8:30 a.m. – 5 p.m. (Mon. – Thur.), 8:30 a.m. – 2 p.m. (Fri.)

**Services:** Hope Cottage nurtures and builds families through education, counseling and adoption services. A short-term financial assistance program is available for qualifying pregnancy counseling clients.

**Hopeful Solutions**

9666 Scyene Dr., #403

(972) 285-6848

Dallas, TX 75227

**Website:** [www.hopefulsolutionsdallas.org](http://www.hopefulsolutionsdallas.org)

**Hours:** 10 a.m. – 1 p.m. & 5 p.m. – 8 p.m. (Tues. - Fri.)

**Services:** Hopeful Solutions empowers homeless single mothers overcoming substance abuse to achieve self-sufficiency. Our program and the environment are designed to create an atmosphere of emotional, social and economic empowerment. Through our efforts we intend to satisfy the basic needs of our Mothers and their children, while reducing the anxiety and emotional disturbance caused by the stress of substance abuse and homelessness.

**Hospice Select**

12068 Forestgate Dr.

(214) 221-9216

Dallas, TX 75243

Fax: (214) 221-9262

**Website:** [www.hospiceselect.com](http://www.hospiceselect.com)

**Services:** Hospice Select is with you for the journey, providing the highest quality services possible at no cost to the patient. Hospice Select is locally owned and operated with a Spanish speaking team available.

**IAVA Iraq and Afghanistan Veterans of America**

No local office in Dallas

(469) 237-8464

**Contact:** Jeff Hensley (SW Region Platoon Leader)

**Email:** [jeff.hensley@iava.org](mailto:jeff.hensley@iava.org)

**Website:** [www.iava.org](http://www.iava.org)

**Services:** IAVA is the first and largest non-profit, non-partisan organization dedicated to supporting veterans of Iraq and Afghanistan and their families in the critical areas of education, employment, mental health, and peer support. We offer innovative programs, engage in veterans advocacy, promote awareness of veterans issues, and provide our members with a supportive community of their peers. Membership is free.

**Janie C. Turner Recreation Center**

6424 Elam Rd.

(214) 670-8277

Dallas, TX 75217

**Contact:** Ramon Perez

**Hours:** 9 a.m. – 8 p.m. (M/W), 9 a.m. – 9 p.m. (T/Th), 2:30 p.m. – 6:30 p.m. (Fri), 9 a.m. – 2 p.m. (Sat)

**Services:** This recreation center offers a wide variety of activities for all ages including cheerleading, youth dance instruction, after school program, boxing, adult fitness classes and senior activities to name a few. Contact recreation center for calendar of events.

**John Franklin Sprague VFW Post 6796**

9179 Garland Rd.

(214) 327-9565

Dallas, TX 75218

**Website:** [www.vfw6796.com](http://www.vfw6796.com)

**Hours:** 11 a.m. – 10 p.m. (Mon, Wed, Thur, Fri), 11 a.m. – 12 a.m. (Tue, Sat, Sun)

**Services:** We need all qualified veterans to help us keep a tradition of fellowship, camaraderie and speaking up for veterans rights in Washington. We need veterans of all ages, but especially we need you younger vets who can take up the cause and keep the organization moving forward. Women veterans are especially encouraged to join.

**Kiwanis Club of Pleasant Grove**

1515 S. Buckner Blvd.

(214) 391-4509

Dallas, TX 75217

**Contact:** Lance Prothro

**Services:** Sponsor youth clubs in Elementary, Jr. High and Sr. High Schools, financial support in annual contributions in support of community activities.

- L -

**La Voz Del Anciano**

3316 Sylvan Ave.  
Dallas, TX 75212

(214) 741-5700  
Fax: (214) 741-5702

**Hours:** 9 a.m. – 4 p.m.

**Services:** Bilingual supportive services include outreach, advocacy, benefits counseling, telephone reassurance, friendly visiting. Other services include seminars and training sessions to disseminate information relevant to elderly Hispanics, caregivers, and family members.

**Lake June Head Start (*Head Start of Greater Dallas*)**

9030 Lake June Rd.  
Dallas, TX 75217

(214) 398-9696  
Fax: (214) 398-8510

**Contact:** Natalie Shands

**Hours:** 7 a.m. – 5:30 p.m.

**Client Population Served:** 180 pre-schoolers 3 ½ - 5 yrs.

**Services:** provides a rich learning environment designed to address the child's nutritional and health needs while stimulating rapid growth in physical coordination, self-esteem, pre-reading skills and math and science. Children have access to computers and become adept at utilizing them as learning tools.

**Lions Sight and Tissue Foundation**

5323 Harry Hines Blvd.  
Dallas, TX 75390

(972) 239- 3937  
Fax: (214) 648-2086

**Website:** [www.lstf.org](http://www.lstf.org)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Operates eyeglasses program for needy persons unable to get help through other agencies.

**Little Creations Learning Center**

210 N. Prairie Creek Rd.  
Dallas, TX 75217

(972) 216-2100  
Fax: (972) 692-8721

**Website:** [www.littlecreationslearningcenter.com](http://www.littlecreationslearningcenter.com)

**Hours:** 7 a.m. – 6 p.m. (Mon.-Fri.)

**Services:** We offer a developmentally appropriate curriculum for children ages 12 months to 12 years. Children receive a nutritious breakfast, lunch and afternoon snack. We accept Childcare Assistance (CCA) and provide transportation to and from school.

**Los Barrios Unidos Community Clinic**

809 Singleton Blvd.

(214) 540-0300

Dallas, TX 75212

**Contact:** Leonor Marquez

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

**Hours:** 7 a.m. – 5 p.m. (Mon. – Fri.), 8 a.m. – 4 p.m. (Sat.)

**Services:** Adult Health Care, Dentistry, Pediatrics, Pharmacy, WIC, and Women’s Health.

**- M -**

**March of Dimes – Dallas Division**

12660 Coit Rd., Ste. 200

(972) 669-3463

Dallas, TX 75251

Fax: (972) 669-1117

**Website:** [www.marchofdimes.com](http://www.marchofdimes.com)

**Services:** The March of Dimes supports research aimed at preventing birth defects, premature birth and infant mortality. March of Dimes also helps moms have full-term pregnancies and healthy babies.

**Martin Luther King, Jr. Community Center**

2922 Martin Luther King, Jr. Blvd.

(214) 670-8367

Dallas, TX 75215

Fax: (214) 670-8501

**Website:** [www.dallascityhall.com/housing/CommunityCenters/MLK](http://www.dallascityhall.com/housing/CommunityCenters/MLK)

**Hours:** 8 a.m. – 5 p.m. (Mon. – Fri.)

**Services:** Food assistance and referrals, rental/mortgage assistance, utility payment assistance, Housing Opportunities for Persons with Aids, Counseling, GED preparation, Adult Basic Education, ESL classes, introduction to computers and a Utility Pay Station. For a complete listing of all the services provided please visit the website or call the center.

**Mental Health America of Greater Dallas**

624 N. Good Latimer, Ste. 200

(214) 871-2420

Dallas, TX 75204

Fax: (214) 954-0611

**Website:** [www.mhadallas.org](http://www.mhadallas.org)

**Hours:** 8:30 a.m. – 5 p.m.

**Services:** Appropriate care for individuals with mental illness, promote mental health in the community, and give individuals skills and information about mental health and mental illness that will prevent future problems.

**Methodism’s Breadbasket**

1451 John West Rd.

(214) 324-3440

Dallas, TX 75228

Fax: (214) 821-3791

**Website:** [www.methodismbreadbasket.org](http://www.methodismbreadbasket.org)

**Hours:** 10 a.m. – 12 p.m. & 1 p.m. – 3 p.m. (Tues. & Thur.) 9 a.m. – 1 p.m. (4<sup>th</sup> Saturday)



**Services:** To get food/clothing for yourself, your legal spouse, and/or minor children who are in your legal custody *and* live in your household (minors must be 17 years or younger).

**Metrocare Services**

1380 River Bend Dr.  
Dallas, TX 75247

(214) 743-1200  
Fax: (214) 630-3469

**Contact:** John Luna

**Email:** [metrocare@metrocareservices.org](mailto:metrocare@metrocareservices.org)

**Website:** [www.metrocareservices.org](http://www.metrocareservices.org)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Mental Health Services for Adults, Intellectual Developmental Disabilities Services, services for children with Autism Spectrum Disorder, Early Childhood Intervention, Child/Adolescent Mental Health Programs and Mental Retardation Authority.

**Mission East Dallas**

2914 Oats Dr.  
Dallas, TX 75228

(972) 682-8917  
Fax: (972) 682-0798

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

**Hours:** 8:30 a.m. – 4:30 p.m. (Medical Clinic), 8 a.m. – 2 p.m. (Dental Clinic)

**Services:** Comprehensive, low-cost medical and dental care to the uninsured population in East Dallas. MED also provides referrals and resource information for financial, emotional and physical needs. This includes necessities such as rent, utility assistance, counseling, food, clothing and emergency shelter.

**My Children’s**

1401 S. Buckner Blvd., # 139  
Dallas, TX 75217

(469) 488-4400  
Fax: (469) 488-4401

**Hours:** 8 a.m. – 5 p.m. (Mon.-Fri.)

**Services:** Pediatric Primary Care Practice – To improve the lives of children in our community by providing them with a high quality, affordable patient centered medical home.

**- N -**

**NAMI (National Alliance on Mental Illness)**

2812 Swiss Ave.  
Dallas, TX 75204

(214) 341-7133  
Fax: (214) 341-7144

**Contact:** Marsha Rodgers

**Email:** [namidallas@namidallas.org](mailto:namidallas@namidallas.org)

**Website:** [www.namidallas.org](http://www.namidallas.org)

**Hours:** 9 a.m. – 5 p.m.

**Services:** NAMI Helpline, Education, Training and Peer Support Center, State and Local NAMIs, Discussion Groups, Social Networks, NAMI on Campus, Veterans & Military Resource Center, Multicultural Action Center, NAMI FaithNet, Missing Persons Support and NAMI Legal Support.

**National Kidney Foundation**

5429 Lyndon B. Johnson Fwy., Ste. 250  
Dallas, TX 75240

(214) 351-2393  
Fax: (214) 351-3797

**Email:** [texasinfo@kidney.org](mailto:texasinfo@kidney.org)

**Website:** [www.nkft.org](http://www.nkft.org)

**Services:** The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk.

**Newman Park Christian Center Food Pantry**

7922 Fairport Rd.  
Dallas, TX 75217

(214) 398-1591  
Fax: (214) 391-5330

**Hours:** 11:30 a.m. – 1:30 p.m. (Mon. & Thurs.)

**Services:** We operate a Community Pantry and Clothes Closet. We also provide info for other pantries as well as government assistance. Our pantry provides access to food, toiletries and clothes

- O -

**Our Children’s House at Irving**

3337 Stovall St.  
Irving, TX 75061

(972) 790-8505  
Fax: (972) 790-9368

**Contact:** Linda Laws

**Website:** [www.baylorhealth.com](http://www.baylorhealth.com)

**Hours:** 8 a.m. – 6 p.m. (Office), 7 a.m. – 6 p.m. (Center Hours)

**Services:** Care coordination, Developmental screenings and equipment assessments, Occupational therapy, Parent education and support, Parent groups, Physical therapy, Social services and Speech/language therapy. The Child Development Program is licensed by the state of Texas children with special needs and their siblings ages six weeks to five years receive safe care from highly-trained teachers to foster healthy social, emotional, intellectual, physical and creative development to prepare them for school and independent living.

- P -

**Parents Step Ahead**

2102 Empire Central  
Dallas, TX 75235

(214) 357-2186  
Fax: (214) 357-2195

**Contact:** Lupita Colmenero or Tuccoa Polk

**Hours:** 9 a.m. – 5 p.m.

**Website:** [www.parentssteпаhead.org](http://www.parentssteпаhead.org)

**Services:** We partner with the Dallas, Irving, Fort Worth and Garland Independent School District to bring seminars in which experts educate parents about the importance of having knowledge on topics such as immigration, education, testing, drug and gang awareness, domestic violence, and the pathway to college.

**Park South Family YMCA**

2500 Romine Ave.

(214) 421-5301

Dallas, TX 75215

Fax: (214) 426-3756

**Contact:** Rodrigua Ross

**Website:** [www.ymcadallas.org](http://www.ymcadallas.org)

**Hours:** 6 a.m. – 7:30 p.m. (Mon. – Thur.), 6 a.m. – 5 p.m. (Fri.), 7 a.m. – 12 p.m. (Sat.)

**Services:** Based on Christian principles for youth and adults the YMCA offers programs for children and families that help build strong kids, strong families and strong communities. This program is also designed to help prepare for citizenship responsibilities, social adjustment and physical development. General services include health and physical education, informal education, group work, camping and recreational activities.

**Pathway of Life Church**

8510 Military Pkwy.

(214) 275-7284

Dallas, TX 75227

Fax: (214) 275-8835

**Website:** [www.polc.cc](http://www.polc.cc)

**Hours:** Call for hours

**Services:** Pathway of Life Church has many ministries among them are ACTZ Street Ministry which provides food, necessities and hope to our most vulnerable citizens, Overcomers Recovery Support Program, Bread of Life Food Pantry and Bound By Love Prison Ministry.

**Phoenix House**

2345 Reagan St.

(214) 920-1628

Dallas, TX 75219

Fax: (214) 920-9395

**Website:** [www.phoenixhouse.org](http://www.phoenixhouse.org)

**Hours:** 8 a.m. – 5 p.m. (Admin. Office) 5:30 p.m. – 9 p.m. (Out Patient)

**Services:** Provide prevention education, assessment screening, referrals, and brief intervention.

**Pleasant Grove Branch Library**

7310 Lake June Rd.

(214) 670-0965

Dallas, TX 75217

**Contact:** Nelo Moa

**Email:** [pleasantgrove@dallaslibrary.org](mailto:pleasantgrove@dallaslibrary.org)

**Hours:** 10 a.m. – 6 p.m. (Tue., Fri., Sat.) 12 p.m. – 8 p.m. (Wed. & Thur.)

**Services:** Most requested services include - Free Tax Help (Feb. – April), Interlibrary loans (books, DVDs), classes on computer, ESL, GED, Childhood Literacy and many more. Also you have access to the Community Information Database which gives you contact information and descriptions for 5,000+ local nonprofits, agencies and hobby groups. For other services contact library.

**Pleasant Grove Christian Church**

1324 Pleasant Dr.  
Dallas, TX 75217

(214) 391-3159

**Contact:** Michele Pineda (Administrative Assistant)

**Email:** [pgcc1324@sbcglobal.net](mailto:pgcc1324@sbcglobal.net)

**Hours:** 8:30 a.m. – 1:30 p.m. (Mon.-Thur.), Sunday School at 9:40 a.m., Sunday Worship at 10:50 a.m.

**Services:** PGCC is a congregation established in 1875. We continue, in our 140<sup>th</sup> year, to serve this community, with the servant-leadership of Christ, in an attempt to reach those who are open to receive God’s gracious love located in and through Jesus Christ. We serve alongside our ministry partners: Bethel Iglesia (Spanish), Christian Community Church (African), and Principe de Paz (Spanish) in an attempt to disciple “all nations.” The Pleasant Grove Food Pantry, another partner in ministry, is located on our campus.

**Pleasant Grove Community Service Center (Urban League)**

3312 N. Buckner Blvd., Ste. 234  
Dallas, TX 75217

(214) 413-1730

**Website:** [www.ulgdntx.org](http://www.ulgdntx.org)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Education Services, including Adult Basic Education, Computer Training, Youth-academic and life skills enhancements. Employment Services, including job readiness and job placement assistance. Veteran housing and case management services. Health education and promotion services. Housing services, including first time homebuyer workshops, financial assistance and foreclosure prevention counseling. As the Dallas County Community Action Agency, it also provides emergency financial assistance and case management for family stability and maintenance to persons who are at or below 125% of poverty. Call for an appointment, some programs may have eligibility requirement.

**Pleasant Grove Food Pantry, Inc.**

1331 Baywood St.  
Dallas, TX 75217

(214) 505-1928

**Website:** [www.pleasantgrovefoodpantry.org](http://www.pleasantgrovefoodpantry.org)

**Hours:** 10 a.m. – 12 p.m. & 12:30 p.m. – 3 p.m. (Tuesdays ONLY)

**Services:** We provide food for those in need in the zip codes of 75217, 75227, and 75253. Identification for each household member and a proof of address (other than i.d. or driver's license) required.

**Pleasant Grove Ministerial Alliance**

**President:** Bishop J. Lee Slater

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

**Secretary:** Reverend Sterling Davis

**Email:** [sterlingdavis25@gmail.com](mailto:sterlingdavis25@gmail.com)

**Purpose:** The PGMA is organized for exclusively religious, charitable, educational and scientific purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code of 1986 or the corresponding provision of any future United States Internal Revenue Law, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under said Section 501(c) (3) of the Internal Revenue Code of 1986. Specifically, when able, the Corporation will provide assistance, when or if able too.

**Pleasant Mound-Urban Park United Methodist Church**

8301 Bruton Rd.

(214) 381-2131

Dallas, TX 75217

Fax: (214) 381-2132

**Contact:** Rev. Annelda Crawford, Pastor

**Email:** [pastor@pmupumc.org](mailto:pastor@pmupumc.org)

**Website:** [www.pmupumc.org](http://www.pmupumc.org)

**Hours:** 10 a.m.–3 p.m. (Mon.-Thur.), Sunday School: 9:15 a.m., Worship: 10:30 a.m.

**Services:** After school tutoring during school year held Monday – Thursday from 4:00 p.m.–6:00 p.m. Summer Enrichment Program (8 weeks) held Monday – Thursday beginning June 9 - July 29 from 9:00 a.m.-3:00 p.m. 1st - 9th grade. Primary focus is reading enhancement. ESL Bible Study on Friday's beginning at 9:00 am – Noon.

**Pleasant Oaks Recreation Center**

8701 Green Mound Ave.

(214) 670-0945

Dallas, TX 75227

**Contact:** Brenda Sanders

**Hours:** 9:00 a.m.-10:00 p.m. (Mon.-Thur.), 2:00 p.m.-7:00 p.m. (Fri.), 9:00 a.m.-5:00 p.m. (Sat.), Closed (Sun.)

**Services:** Pleasant Oaks is the only recreation center with an official indoor soccer gymnasium. In addition to the indoor soccer gym we also have a full basketball gym and large and small program rooms. We also have a low monthly rate/no contract fitness center with the newest cardio equipment, weight machines, and fitness classes to help you on your journey to become or stay physically fit. Pleasant Oaks Park is complete with multiple athletic

fields, tennis court, a newly renovated playground, large picnic area with shade trees, walking trail, and a large pool open during the summer. Contact recreation center for calendar of events.

**Prairie Creek Branch Library**

9609 Lake June Rd.

(214) 671-0410

Dallas, TX 75217

**Contact:** Janelle Valera

**Email:** [priarietreeek@dallaslibrary.org](mailto:priarietreeek@dallaslibrary.org)

**Hours:** 10 a.m. – 6 p.m. (Tue., Fri., Sat.) 12 p.m. – 8 p.m. (Wed. & Thur.)

**Services:** Most requested services include - Free Tax Help (Feb. – April), Interlibrary loans (books, DVDs), classes on computer, ESL, Childhood Literacy and many more. Also you have access to the Community Information Database which gives you contact information and descriptions for 5,000+ local nonprofits, agencies and hobby groups. For other services contact library.

**Project Still I Rise, Inc.**

P.O. Box 153272

(972) 546-0977

Dallas, TX 75315

Fax: (972) 421-4149

**Contact:** Kevin C. Mondy

**Email:** [kmondypsir.org](mailto:kmondypsir.org)

**Hours:** 10 a.m. – 7 p.m.

**Client Area Served:** South Dallas, Pleasant Grove, Southern Dallas County

**Services:** Leadership Development, Project Manhood, Leadership Institute, Academic Enrichment

**- R -**

**Red Cloud Neighborhood Crime Watch**

725 N. Jim Miller Rd.

(214) 670-8345

Dallas, TX 75217

Fax: (214) 670-8616

**Contact:** Sgt. Zimmerman

**Resource Center**

2701 Reagan St.

(214) 528-0144

Dallas, TX 75219

Fax: (214) 522-4604

**Contact:** Cece Cox, J.D.

**Website:** [www.rcdallas.org](http://www.rcdallas.org)

**Hours:** 9 a.m. – 9 p.m.

**Services:** Services for people with HIV and AIDS, food programs, clothing bank, financial assistance, dental, early intervention, clinical trials research, anonymous HIV testing, prevention education for at risk population, volunteer activities, speaker bureau, and AIDS update newspaper.

**Services of Hope Entities, Inc.**

6540 Victoria Ave.

(214) 276-0235

Dallas, TX 75209

Fax: (214)358-6832

**Contact:** Doris Prescott

**Email:** [dorisprescott@servicesofhope.com](mailto:dorisprescott@servicesofhope.com)

**Hours:** 9 a.m. – 5 p.m.

**Website:** [www.servicesofhope.org](http://www.servicesofhope.org)

**Services:** After school and weekend youth services, Social Responsibility Training (SRT), Life Skills, Literacy, Gang and Drug Intervention, Community Service, Truancy and Outreach Services.

**Sharing Life Community Outreach**

3544 E. Emporium Circle

(972) 285-5819

Mesquite, TX 75150

Fax: (972) 285-0329

**Email:** [beth@sharinglifeoutreach.org](mailto:beth@sharinglifeoutreach.org)

**Website:** [www.sharinglifeoutreach.org](http://www.sharinglifeoutreach.org)

**Hours:** 9:00 a.m.-3:00 p.m. (Tue-Fri), 5:00 p.m.-7:00 p.m. (Thur.), 9:00 a.m.-12:00 p.m. (Sat.) - **Fridays are only for Seniors (60+)**

**Services:** Sharing Life demonstrates compassion by providing basic needs services and educational programs to families in need. These services include: food, toiletries, clothing, shoes, furniture, household goods, school supplies, durable medical equipment, Thanksgiving baskets, Christmas Fair, Back to School Fair, onsite casework for SNAP, Medicaid, CHIP, Dallas County Health & Human Services, financial assistance for utilities, Certified Nurse's Aide training classes, parenting classes, CPR/First Aid classes, Bridge to College, computer lab, financial education/coaching, ESL classes.

**Society of St. Vincent de Paul – Diocesan Council of Dallas**

3826 Gilbert Ave.

(214) 520-0650 ext.114

Dallas, TX 75219

**Website:** [www.svdpdallas.org](http://www.svdpdallas.org)

**Hours:** 9 a.m. – 5 p.m. (Mon-Fri)

**Services: REFERRALS ONLY** - Our conferences provide financial assistance for those suffering from situational poverty. We do not offer long term financial support. We also provide spiritual support to anyone who calls. Usual types of needs received are utilities, rent, and food assistance. NO NEED is foreign to the Society, we will consider almost any need as long as the need is "real" and the conference has funding available. We also provide information and referrals to other organizations to supplement whatever assistance our conferences are able to provide. Any financial assistance provided is paid by check directly to the entity (to electric company, to home lessor if for rent, etc.). Money is never given directly to those requesting assistance.

**Sound Options Pregnancy Center**

658 Big Stone Gap  
Duncanville, TX 75137

(972) 298-1900  
Fax: (972) 298-7155

**Contact:** Niya Wyche

**Hours:** 10 a.m. – 4:30 p.m. (Mon. & Tues.), 10 a.m. – 1 p.m. (Wed.), 5 p.m. – 8:30 p.m. Thur.)

**Services:** Pregnancy tests, Medicaid proof of pregnancy, counseling, adoption, STD, and referrals for housing. All services are free and confidential.

**South Dallas Community Court**

2922 Martin Luther King, Jr. Blvd  
Dallas, TX 75215

(214) 670-8501  
Fax: (214) 670-8501

**Contact:** Dianne Gibson

**Website:** [www.dallascityattorney.com/Community\\_Courts](http://www.dallascityattorney.com/Community_Courts)

**Services:** The focus of the Community Court is to rehabilitate the defendant and restore the community. The Social Services & Community Services programs provide rehabilitative and educational programs to prevent future quality-of-life crimes.

**Southeast Dallas Chamber of Commerce**

802 S. Buckner Blvd., Ste. 104  
Dallas, TX 75217

(214) 398-9590  
Fax: (214) 398-9591

**Contact:** Bettie Garrett

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

**Website:** [www.sedallaschamber.org](http://www.sedallaschamber.org)

**Hours:** 9 a.m. – 4 p.m. (Monday – Thursday)

**Mission Statement:** The Southeast Dallas Chamber of Commerce is a business organization that promotes, through its membership growth, business development, civic responsibility, community involvement and support.

**Southeast Dallas Health Center (Parkland Community Clinic)**

9202 Elam Rd.  
Dallas, TX 75217

(214) 266-4000  
Fax: (214)266-1790

**Website:** [www.parklandhospital.com](http://www.parklandhospital.com)

**Hours:** 7:30 a.m. – 6 p.m. (Mon.-Thurs.), 8 a.m. – 5 p.m. (Fri.)

**Services:** The Southeast Dallas Health Center is designated by the National Committee for Quality Assurance as a Physician Practice Connections-Patient Centered Medical Home. The health center offers primary care for children, adolescents, men, women and seniors. This includes health check-ups, sick visits and acute care in addition to the following services: Immunizations, Well-child checks, vision and hearing, Newborn follow-up care, Treatment of chronic health problems such as diabetes, high blood pressure or heart disease, Geriatrics specialty care (age 60 and older), Behavioral health, Social



services, Nutrition counseling, HIV/AIDS testing and counseling, On-site Pharmacy, laboratory and X-ray services.

**Southeast Dallas Hispanic Chamber of Commerce**

802 S. Buckner Blvd.  
Dallas, TX 75217

(214) 398-4500  
Fax: (214) 860-5310

**Contact:** Jim Rodriguez

**Email:** [info@sedhcc.com](mailto:info@sedhcc.com)

**Website:** [www.sedhcc.com](http://www.sedhcc.com)

**Mission Statement:** To develop, promote and protect businesses in the Southeast Dallas area and to support the advancement of education and economic growth in the southern sector of Dallas. The Chamber shall serve as an advocate and business resource creating forums for discussing the issues and finding solutions for the challenges facing Hispanic businesses.

**Southeast Operations Division (DPD)**

725 N. Jim Miller Rd.  
Dallas, TX 75217

(214) 670-8345  
Fax: (214) 670-8616

**Contact:** Deputy Chief Michael Coleman

**Website:** [www.dallaspolice.net](http://www.dallaspolice.net)

**Services:** 911 service, volunteer opportunity programs, Community Engagement Unit, Convenience Store Trainings, Crime Watch, Police Explorers and many more.

**Southwest Behavioral Systems, Inc.**

3827 S. Buckner Blvd.  
Dallas, TX 75227

(214) 489-9300  
Fax: (214) 489-9301

**Contact:** Dr. Shirley Wesley King

**Hours:** 10 a.m. – 5 p.m.

**Services:** Individual, group, family and substance abuse counseling. Anger management and employee assistance services.

**Suicide Crisis Center**

2808 Swiss Ave.  
Dallas, TX 75204

(214) 824-7020  
Fax: (214) 828-1627

**Contact:** Margie Wright

24 Hr.: (214) 828-1000

**Website:** [www.sccenter.org](http://www.sccenter.org)

**Hours:** 9 a.m. – 5 p.m.

**Services:** Provides confidential telephone counseling, information and referral services 24 hours a day. Services are offered to schools, corporations and businesses to deal with the aftermath of suicide.

**Sunshine Senior Center – Salvation Army**

8341 Elam Rd.  
Dallas, TX 75217

(214) 398-6619  
Fax: (214) 819-1850

**Services:** Multipurpose neighborhood centers provide senior citizens daily programs; noon meals, recreation, education, social services, medication and welfare counseling, information and referrals.

- T -

**Teen Challenge of North Texas**

1106 Graham, Ste. 308  
Dallas, TX 75223

(214) 824-6181  
Fax: (214) 826-0671

**Hours:** 8 a.m. – 5:30 p.m.

**Services:** Crisis counseling and referral center. Help in rehabilitation of alcohol and drug abusers, limited personal assistance, juvenile referral and speaker available for group meetings.

**Teens Reaching Teens, Inc.**

P.O. Box 452721  
Garland, TX 75045

(972) 496-9457  
Fax: (972) 530-6706

**Contact:** Sharon Jones-Scaife

**Website:** [www.teenreachingteens.org](http://www.teenreachingteens.org)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Provide quality community based programs and services that motivate and empower youth to develop and enhance their educational, social, leadership and professional development skills. The organization’s programs are to provide safe, structured and productive programs and services that meet the needs of its community in the areas of youth development, program development, community development, conferences and training/workshops.

**Texas Department of Protective & Regulatory Services**

8700 N. Stemmons Fwy.  
Dallas, TX 75247

(214) 951-7902

**Website:** [www.dfps.state.tx.us](http://www.dfps.state.tx.us)

**Services:** Provides protective services to children and vulnerable adults without regards to income. Licensing of child care and child placement agencies and institutions, including child care centers.

**Texas Health and Human Services**

2020 N. Masters Dr.  
Dallas, TX 75217

(972) 216-0087  
Fax: (972) 882-8333

**Website:** [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

**Hours:** 8 a.m. – 5 p.m.

**Services:** SNAP food benefits, Cash Help for Families (TANF) and Medicaid for families and children.

**Texas Health and Human Services Commission, Region 3**

801 W. Freeway, Ste. 600

(972) 337-6219

Grand Prairie, TX 75051

Fax: (972) 337-6155

**Contact:** Martha Rodriguez

**Website:** [www.hhsc.state.tx.us](http://www.hhsc.state.tx.us)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Regional headquarters for financial services to families with independent children, food stamps provided for individuals meeting eligibility requirements.

**Texas Rehabilitation Commission (*Southeast Field Office*)**

3650 N. Buckner Blvd., Ste. 102

(214) 467-5530

Dallas, TX 75228

**Hours:** 8 a.m. – 5 p.m.

**Services:** Provides services to persons with disabilities enabling them to enter or return to employment. Includes evaluation, counseling and guidance, job training, interpreter services for the deaf, physical restoration to reduce or remove disabilities, devices to improve functioning, job placement and follow-up services.

**Texas Tenants' Union**

4228 Main St.

(214) 823-2733

Dallas, TX 75226

Fax: (214) 823-2999

**Website:** [www.txtenants.org](http://www.txtenants.org)

**Hours:** 8:30 a.m. – 5 p.m.

**Services:** Free weekly tenants' rights workshop, written material, organizing assistance, counseling, training and referrals.

**Texas Workforce Commission**

3402 N. Buckner Blvd., Bldg. A #104

(972) 288-2703

Dallas, TX 75217

Fax: (214) 426-2924

**Contact:** Wayne Helms

**Website:** [www.texasworkforce.org](http://www.texasworkforce.org)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Provides unemployment insurance work registration, employment services, training, WIA, Welfare to Work, Food Stamps, Resource Room, CCMs, and Summer Youth programs.

**The Men of Nehemiah**

2010 Grand Ave.

(214) 421-6705

Dallas, TX 75215

Fax: (214) 421-0484

**Website:** [www.themenofnehemiah.org](http://www.themenofnehemiah.org)

**Services:** The Men of Nehemiah (MON) serves homeless and incarcerated men with addictive disorders by providing: Residential accommodations,

Substance abuse treatment through individual, group, and family counseling, Life-skills and job placement training, Case management, and an array of other recovery support services. MON is a highly structured recovery program based upon 15 Biblical Principles which embrace the 12-step recovery model. Additionally, MON contains a robust military-style component which provides healthy disciplinary training.

**The Salvation Army**

8341 Elam Rd.  
Dallas, TX 75217

(214) 398-6619  
Fax (214) 398-9850

**Contact:** Lt. Paul Ryerson

**Hours:** 9 a.m. – 4 p.m.

**Services:** After-School Programs, Summer Day Camp, Christmas Assistance, Project Tomorrow - Youth Scholarship, Youth Sports, Senior Adult Activities, School of Performing Art, Worship Programs, Veteran programs, Emergency Financial Assistance and much more.

**The Salvation Army DFW Metroplex Command**

P.O. Box 36006  
Dallas, TX 75235

214-637-8100

**Website:** [www.uss.salvationarmy.org](http://www.uss.salvationarmy.org)

**Services:** The Salvation Army DFW Metroplex Command serves five counties: Dallas, Tarrant, Collin, Denton, and Ellis. We care for the poor, feed the hungry, shelter the homeless, clothe the naked, love the unlovable, and befriend the friendless. We have 4 Homeless shelters, 2 Voluntary substance abuse programs, 1 Court ordered substance abuse program, 13 Community centers, 2 Senior Adult Apartment Communities, 1 Domestic Violence shelter, 2 Christmas Centers, and 9 Canteens (mobile feeding kitchens)

**Timberlawn Mental Health Systems**

4600 Samuell Blvd.  
Dallas, TX 75228

(214) 381-7181  
Fax: (214) 388-6453

**Website:** [www.timberlawn.com](http://www.timberlawn.com)

**Hours:** 24/7

**Services:** Timberlawn Mental Health System offers comprehensive psychiatric and substance abuse services for seniors, adults, adolescents and children. Timberlawn offers services ranging from outpatient counseling and medication management to inpatient care and partial hospitalization. If you or a loved one is struggling with substance abuse or emotional issues, please give us a call. A caring staff member is available to discuss your concerns and answer your questions 24 hours a day, 7 days a week.

**TOP (Texas Organizing Project) Pleasant Grove**

1029 N. Zang Blvd.  
Dallas, TX 75208

Office (214) 586-0867  
Cell (214) 533-9032

**Contact:** Bonnie Mathias (Co-Chair)

**Email:** [bmat57@swbell.net](mailto:bmat57@swbell.net)

**Website:** [www.organizetexas.org](http://www.organizetexas.org)

**Services:** This community membership based organization meets the second Tuesday at 6:30 PM at Eastfield College Pleasant Grove Campus, 802 S. Buckner, Room 109. Code Compliance and Dallas Police Department are represented each month. We are working to improve the lives of low-income and working class families through community organizing, civic and electoral organizing.

- U -

**Umphress Recreation Center**

7616 Umphress Rd.  
Dallas, TX 75217

(214) 670-0956

**Contact:** Cecilia Mendoza

**Hours:** 9 a.m. – 7 p.m. (M/W), 9:30 a.m. – 8 p.m. (T/Th), 2:30 p.m. – 6:30 p.m. (Fri)

**Services:** Contact recreation center for calendar of events.

**Umphress Road UMC**

7224 Umphress Rd.  
Dallas, TX 75217

(214) 398-9502

**Website:** [www.northtexasumc.org](http://www.northtexasumc.org)

**Hours:** 8 a.m. – 1 p.m.

**Services:** Multipurpose neighborhood center provides senior citizens daily programs including noon meal, recreation, education, social services, nutrition and welfare counseling, information and referral. Transportation and outreach provided in targeted areas.

- V -

**Visiting Nurse Association of Texas**

1600 Viceroy, Ste. 400  
Dallas, TX 75235

(214) 689-2308

Fax: (214) 689-2300

**Contact:** Katherine Krause

**Website:** [www.vnatexas.org](http://www.vnatexas.org)

**Hours:** 8 a.m. – 5 p.m.

**Services:** Provides home health care, home hospice for the terminally ill, and long term care including support services for older persons, Meal on Wheels, primary home care, and elderly care.

**Vogel Alcove**

1738 Gano St.  
Dallas, TX 75215

(214) 368-8686

Fax: (214) 368-0414

**Contact:** Karen Hughes, President

**Website:** [www.vogelalcove.org](http://www.vogelalcove.org)

**Hours:** 7 a.m. – 6 p.m.

**Services:** Provides professional child care and social services for families residing in affiliated shelters or transitional housing programs for the homeless. Children from infancy (6 weeks – 5 yrs. old) are cared for at the Vogel Alcove. Social Services provided include developmental screening, speech therapy, play therapy, self-esteem, parent/infant bonding and support groups offered to enhance parenting skills.

- W -

### **White Rock YMCA**

7324 Gaston Ave., Ste. 300

(214) 328-3849

Dallas, TX 75214

Fax: (214) 328-6349

**Website:** [www.ymcadallas.org](http://www.ymcadallas.org)

**Hours:** 5:30 a.m. – 10 p.m. (Mon.-Thurs.), 5:30 a.m. – 7:30 p.m. (Fri.), 8 a.m. – 5 p.m. (Sat.), 1 p.m. – 5 p.m. (Sun.)

**Services:** Fully trained staff who are always ready to assist you in your health and wellness goals, Access to 10 outdoor pools and 8 indoor pools, Free health and wellness programs, Hundreds of group exercise classes offered weekly including: Zumba, yoga, pilates, and more, Specialty fitness classes and services like CrossFit, Pilates Reformer and Personal Training, Opportunities to participate in group runs, bike rides and open swims, Child Watch while you work out, Member benefits around town, 20 branches and 2 camps to serve you. Financial assistance available.

### **Wilkinson Center**

3402 N. Buckner, Ste. 302

(214) 821-6380

Dallas, TX 75228

Fax: (214) 827-1972

**Website:** [www.wilkinsoncenter.org](http://www.wilkinsoncenter.org)

**Hours of Operation:** 9 a.m. – 12 p.m. (Mon.-Thurs.)

**Services:** We provide Emergency Services which includes a Food Pantry, Financial Assistance and Case Management. Adult Education classes which includes GED, ESL, Computer Classes and Career Works. CLIMB - An After School Children Tutoring Program. Classes and Workshops are offered at the Family Education Center.

### **Women, Infants, Children (WIC)**

6925 Lake June Rd.

(214) 670-7200

Dallas, TX 75217

Fax: (214) 670-7165

**Hours:** 7:30 a.m. – 4:30 p.m.

**Services:** Provides nutritious food, nutrition education, breast feeding programs, and support to pregnant women. Services are available to children 5 years and younger.

### **Youth and Family Health Center (DISD)**

*Balch Springs High School (portable at rear side of campus)*

710 Cheyenne Rd.

(972) 286-0043

Dallas, TX 75217

Fax: (972) 502-4099

**Contact:** Karen Staton

**Hours:** 8 a.m. – 8 p.m. (M-W), 8 a.m. – 5 p.m. (Thurs.), 8 a.m. – 12 p.m. (Fri.)

**Services:** The Dallas Public Schools in partnership with Parkland Health and Hospital System and Dallas County MHMR Center provide preventive/primary, physical and mental health care to school-age children in a school based acute setting. Physical health care includes immunizations, health exams and acute care. This program includes family members and school staff as participants in the multi-disciplinary team that provides evaluation and treatment intervention across context of school, home and community.

### **YMCA of Metropolitan Dallas**

601 N. Akard St.

(214) 880-9622

Dallas, TX 75201

Fax: (214) 871-3014

**Website:** [www.ymcadallas.org](http://www.ymcadallas.org)

**Hours:** 8 a.m. – 5 p.m. (Mon-Fri)

**Services:** At the Y, we make accessible the support and opportunities that empower people and communities. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth & teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

### **YWCA of Metropolitan Dallas**

4144 N. Central Expressway, Ste. 580

(214) 826-9922

Dallas, TX 75204

Fax: (214) 823-5323

**Contact:** Catherine Z. Manning

**Website:** [www.ywcadallas.org](http://www.ywcadallas.org)

**Services:** A membership association, community service agency and advocacy group. Skills workshops, physical skills development, recreation and health education, volunteer opportunities and programs that educate and sensitize communities are offered. Licensed, year round after-school and full day summer child care programs for elementary school students offered at all branches.



Courtesy of:  
Council Member Rickey D. Callahan  
District 5  
214-670-4055