

# COMMUNITY RESOURCES

FOR YOU AND YOUR FAMILY

Parenting is a tough job! Find resources and support in your community.



## JOIN US ON AN ADVENTURE

Spending time with your child makes a difference! Each month features an activity you can do with your child.



### PARENTING SUPPORT

Tips, resources, and support  
[HelpandHope.org](http://HelpandHope.org)  
[Facebook.com/4MyKid](https://www.facebook.com/4MyKid)

### YOUTH AND TEEN HELP

Texas Youth Hotline:  
800-98-YOUTH (800-989-6884)  
or [TexasYouth.org](http://TexasYouth.org)

Texas Runaway Hotline:  
888-580-HELP (888-580-4357)  
or [TexasRunaway.org](http://TexasRunaway.org)

### 2-1-1

Dial 211. No matter where you live in Texas, you can dial 211 and find information about resources in your local community. 211 is the number to call when you don't know who to call.

### Texas Poison Control Center Network:

Call 800-222-1222 in a poison emergency. Do not wait for the victim to look or feel sick. If victim is collapsed or not breathing, call 911. More information:  
[PoisonControl.org](http://PoisonControl.org)

### CHILD AND FAMILY SAFETY

Texas Abuse/Neglect Hotline:  
800-252-5400  
or [TxAbuseHotline.org](http://TxAbuseHotline.org)

Childhelp@ National Child Abuse Hotline:  
800-4-A-Child (800-422-4453)

Texas Infant Safe Sleep:  
[BabyRoomToBreathe.org](http://BabyRoomToBreathe.org)

National Domestic Violence Hotline:  
800-799-SAFE (800-799-7233)  
or [TheHotline.org](http://TheHotline.org)

Texas Baby Moses Hotline:  
877-904-SAVE (877-904-7283)

Texas Water Safety:  
[WatchKidsAroundWater.org](http://WatchKidsAroundWater.org)

### CHILD DEVELOPMENT INFORMATION

Born Learning:  
[BornLearning.org](http://BornLearning.org)

Texas Early Childhood Intervention:  
800-628-5115

Infant, Toddler, and 3-Year-Old Learning:  
[LittleTexans.org](http://LittleTexans.org)

### DRUG AND ALCOHOL ASSISTANCE

Texas Substance Abuse Hotline:  
877-9-NO-DRUG (877-966-3784)  
or [dshs.state.tx.us/mhsa-sa-help](http://dshs.state.tx.us/mhsa-sa-help)

Alcoholics Anonymous:  
212-870-3400 or [aa.org](http://aa.org)

Alanon and Alateen:  
888-4AL-ANON (888-425-2666)  
or [al-anon.alateen.org](http://al-anon.alateen.org)

Narcotics Anonymous:  
818-773-9999 or [na.org](http://na.org)

### LEGAL ASSISTANCE

Texas Attorney General Child Support Division:  
[oag.state.tx.us/cs/](http://oag.state.tx.us/cs/)  
or 800-252-8014

Texas Law Help:  
[TexasLawHelp.org](http://TexasLawHelp.org)

Texas Legal Services Center: [tlsc.org](http://tlsc.org)

### FOOD, HOUSING, HEALTHCARE

#### Texas WIC:

Women, Infants and Children (WIC) nutrition program helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy. WIC provides services to pregnant, postpartum and breastfeeding women, as well as children under the age of 5. All WIC services are free to those who qualify.

800-WIC-FOR-U (800-942-3678)  
[TexasWIC.org](http://TexasWIC.org)

#### Texas Department of Housing and Community Affairs:

Find rent help, emergency and homeless services, and utility bill help.

[tdhca.state.tx.us/Texans](http://tdhca.state.tx.us/Texans)

Texas Health and Human Services Commission:  
Find out if you might be able to get benefits (food, health care) and apply.

[YourTexasBenefits.com](http://YourTexasBenefits.com)

### JOBS AND CHILD CARE

#### Texas Child Care:

Find and learn about regulated child care.

[DontBelInTheDark.org](http://DontBelInTheDark.org) [TXChildCareSearch.org](http://TXChildCareSearch.org)

#### Texas Workforce Commission:

Find career development information, job search resources, training programs, and as appropriate unemployment benefits. [twc.state.tx.us](http://twc.state.tx.us)

**EMERGENCIES: Dial 911.**