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
Facebook.com/4MyKid

YOUTH AND TEEN HELP
Texas Youth Hotline: 800-98-YOUTH (800-989-6884) or TexasYouth.org
Texas Runaway Hotline: 888-580-HELP (888-580-4357) or TexasRunaway.org

CHILD AND FAMILY SAFETY
Texas Abuse/Neglect Hotline: 800-252-5400 or TxAbuseHotline.org
Childhelp® National Child Abuse Hotline: 800-4-A-Child (800-422-4453)
Texas Infant Safe Sleep: BabyRoomToBreathe.org
National Domestic Violence Hotline: 800-799-SAFE (800-799-7233) or TheHotline.org
Texas Baby Moses Hotline: 877-904-SAVE (877-904-7283)
Texas Water Safety: WatchKidsAroundWater.org

CHILD DEVELOPMENT INFORMATION
Born Learning: BornLearning.org
Texas Early Childhood Intervention: 800-628-5115
Infant, Toddler, and 3-Year-Old Learning: LittleTexans.org

DRUG AND ALCOHOL ASSISTANCE
Texas Substance Abuse Hotline: 877-9-NO-DRUG (877-966-3784) or dshs.state.tx.us/mhssa-help
Alanon and Alateen: 888-4AL-ANON (888-425-2666) or al-anon.ateen.org
Alcoholics Anonymous: 212-870-3400 or aa.org
Narcotics Anonymous: 818-773-9999 or na.org

LEGAL ASSISTANCE
Texas Attorney General Child Support Division: oag.state.tx.us/cs/ or 800-252-8014
Texas Law Help: TexasLawHelp.org
Texas Legal Services Center: tlc.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
Texas Department of Housing and Community Affairs: Find rent help, emergency and homeless services, and utility bill help.
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

JOBS AND CHILD CARE
Texas Child Care: Find and learn about regulated child care.
DontBeInTheDark.org TXChildCareSearch.org
Texas Workforce Commission: Find career development information, job search resources, training programs, and as appropriate unemployment benefits.
twc.state.tx.us

EMERGENCIES: Dial 911.