

Lubbock Regional Community Outreach Services

COUNSELING SERVICES

CATHOLIC CHARITIES, DIOCESE OF LUBBOCK Main (806) 765-8475 102 Avenue J, Lubbock, TX 79401 evening/runaway (806) 765-8629 Visit website: www.cclubbock.org *Call Main office to schedule an intake Services to at-risk Youth (STAR) & Runaway Homeless Youth (RHY): Ages 0-17 (Free) Family Counseling (individual, couples, marriage)

COMMUNITY HEALTH CENTER OF LUBBOCK (CHCL) 2401 – B Fulton Avenue, Lubbock, TX 79407 (806) 776-4943 AND 1610 5th Street, Lubbock, TX 79401 (806) 765-2611 *Call for appointment Child, family, marriage, and individual counseling; Sliding scale fees

COVENANT COUNSELING CENTER (806) 725-5443 1302 Broadway, Lubbock, TX 79401 *Call for eligibility screening Individual, family, couples counseling; Sliding scale fee is \$5 - \$40

FAMILY COUNSELING SERVICES (806) 747-3488 5701 Avenue P, Lubbock, TX 79412 (access by Citibus route) *Call for appointment Individual, family, child, couples counseling, and group sessions; Sliding scale is Free - \$75

LUBBOCK VETERAN'S SERVICES (806) 792-9782 3106 50th Street, Suite 400, Lubbock, TX 79413 Services for Veterans who served in actual Combat Theaters: Counseling and Referral Services;• Counseling for families of Veterans;• Bereavement counseling for family members whose Veteran died on active duty;• Specialties dealing with Post Traumatic Stress from Combat and /or Military Sexual Trauma. • Notes: 1. A Full range of services is available in Amarillo through the VA Medical Center and the Homeless Shelter and Service Center in Amarillo. For more information, call toll free (800) 687-8262. 2. For medical services and assistance in obtaining VA Benefits, see VETERAN'S OUTPATIENT MEDICAL CLINIC under the MEDICAL RESOURCES Category below.

REFUGE SERVICES (806) 748-7202 8405 MLK Blvd., Lubbock, TX 79404 Director's Direct Line (806) 790-6664 Visit website: www.refugeservices.org Contact: Patti Mandrell, M.Ed., LPC, Director of Therapy Services E-mail address: information@refugeservices.org *Call for information and appointment: Monday thru Friday, 8:00 am – 5:00pm Counseling: Individual, child, family, marital Group counseling: Using horses (Equine-assisted Psychotherapy) at no cost to Operation Iraqi Freedom (OIF)• & Operation Enduring Freedom (OEF) veterans• & Active military•

TEXAS TECH FAMILY THERAPY CLINIC (806) 742-3074 Human Sciences Building –Open to the Public 15th Street and Akron, Lubbock, TX 79409 http://www.depts.ttu.edu/hs/mft/clinical_services.php *Call for appointment (messages will be returned); Sliding Scale is \$10 - \$70 Monday thru Thursday, 9:00 am – 8 pm; Friday, 9:00 am – 5:00 pm Specializing in child, family, marriage, and individual counseling. Supervised graduate students working on Master and PhD degrees

TEXAS TECH PSYCHOLOGY CLINIC - Open to the Public (806) 742-3737 Psychology Building –2810 18th Street (18th Street& Boston), Lubbock, TX 79409 <http://www.depts.ttu.edu/psychologyclinic/index.php>

*Call for appointment; Sliding Scale fee is \$7 to \$50; Monday & Friday, 8:30 am – 5:00 pm; Tuesday, Wednesday, Thursday, 8:30 am – 8:00 pm; Individual, adult, children/adolescents, couples;• Parent/child (ages 2-7) Interaction Therapy;• Weight Management for children. • Supervised graduate students working on PhD Evaluation for Learning Disabilities and ADHD – separate flat fee

EDUCATION / EMPLOYMENT RESOURCES

ADULT EDUCATION CENTER (806) 281-5750 1601 24th Street, Lubbock, TX 79411 *Call for class schedule and to enroll: Monday thru Friday, 8:30 am – 4:30 pm GED Preparation; English as a Second Language (ESL)

BUCKNER CHILDREN & FAMILY SERVICES - (MY FATHER'S HOUSE) (806) 799-0990 1510 South Loop 289, Lubbock, TX 79412 Visit website: www.myfathershouselubbock.org *Call for information: Monday thru Friday, 8:00 am – Noon & 1:00 – 5:00 pm Education facility for single mothers with children enrolled in school . This is not a shelter and there is a waiting list.

CATHOLIC CHARITIES, DIOCESE OF LUBBOCK (806) 765-8475 102 Avenue J, Lubbock, TX 79401 Visit website: www.cclubbock.org The **Parent Empowerment Program**, also known as **Self Sufficiency Program**, will help single parents in obtaining job training and an education. The goal is to eventually get them into a full time position that provides them enough income to pay for their bills and their basic needs. Catholic Charities will offer this through the payment of their tuition and emergency needs. The program will help with expenses while the participant is a full time college student. What can be paid for includes tuition, rent, utilities, books, mileage reimbursement, and uniforms. It is only for Lubbock County residents who have a child at home.

EARLY LEARNING CENTERS OF LUBBOCK (806) 765-9981 1639 Main Street, Lubbock, TX 79401 Visit website: www.elclubbock.org Hours of operation: Monday thru Friday, 6:30 am to 6:00 pm Description: Provides quality, educational childcare at an affordable price Services: Provides quality childcare at an affordable price. Breakfast lunch and snack, baby food and formula are provided at no additional cost. Application process: An appointment is required to apply Eligibility: Children ages birth to school age Documents required: Proof of income, shot records, well check Fees: Sliding Scale based on income Five Lubbock Early Learning Centers: Carver ELC Guadalupe ELC Vanda ELC Talkington ELC New Directions ELC (LISD Teen Moms only) 2509 Elm 101 Avenue K 1301 Vanda 2714 Erskine 417 Akron 806-744-6726 806-763-3777 806-765-0110 806-763-0535 806-765-9126

FAMILY GUIDANCE & OUTREACH CENTER OF LUBBOCK (806) 747-5577 #5 Briercroft Office Park, Lubbock, TX 79412 Visit website for complete list of services: www.familyguidancecenterlubbock.org *Call to register: Monday thru Friday, 8:30 am – 4:30 pm All classes focus on parenting issues. Free parenting classes & anger management classes are open to the public

GOODWILL INDUSTRIES OF NORTHWEST TEXAS (806) 744-8419 715 28th Street, Lubbock, TX 79404 Monday thru Friday, 8:00 am – 5:00 pm To qualify for employment training services: Individuals must

be seeking employment, • Utilize the services to maintain current employment, or • Learn how to earn job promote within their company • (continue on next page) 6 Services available: Computer training • Job readiness preparation, i.e. develop resume, construct cover letter, develop interview skills • Computer and phone banks are available for training •

GROWING RECRUITS FOR URBAN BUSINESS (GRUB), SPFB affiliate (806) 763-3003 4612 Locust Street, Lubbock, TX 79404 *Call for more information Any teen is welcome, but the focus is on low-income and at-risk teens: learn life skills and job skills; • meet at farm during school year; • paid summer program for students who participated during school year. •

HOPE COMMUNITY OF SHALOM (806) 762-0829 2005 Avenue T, Lubbock, TX 79411 Visit website for information and many other programs/ministries: www.hopeshalom.org LITERACY LUBBOCK provides English as A Second Language (ESL) at this location. Tuesday & Thursday, 10:00 am - Noon To Register call Literacy Lubbock Monday-Thursday, 9:00 am – 5:00 pm; Friday 9:00 am - Noon (806) 775-3636 Fee is \$25.00

INSTITUTE FOR CREATIVE LEARNERS (806) 559-1259 Physical Address: 3302 67th Street, Lubbock, TX 79401 Mailing Address: PO Box 2507, Lubbock, TX 79408 Visit website for more information: <http://www.instituteforcreativelearners.org/> Monday thru Friday, 8:30 am - 6:00 pm; Afterschool program, 3:45 pm - 6:00 pm

Mission is to help all students, especially those with learning disabilities including dyslexia, reach their full potential. Through direct instruction, students develop a confidence and realize they can LEARN. Programs offer a unique opportunity for students with learning differences. Call or Check website for sliding scale fee chart.

Afterschool Program:

Monday – Thursday 3:45- 6:00 o 30 minute Enrichment (Art or Hands on Science)

Homework help o Pre-Flight reading program

Dyslexia Therapy: Take Flight o Pay on a Sliding Scale: call for pricing One Day a Week Program: call for pricing

Beginning Reading Program: Students who are 4 to 5 years old o Monday – Thursday, 2:30-3:30.

Tutoring: After school tutoring program is for all ages

One-on-one tutoring: call for pricing

Dyslexia Testing: Free screening to determine if a full assessment is needed.

Full Assessment determines identification. \$350 per assessment and \$95 if child is Medicaid eligible

Imagination Station: Rockets Check website for date and time Summer Camps: Call or Check website for cost, date and time

Monday – Friday, 9:00 am - 12:00 pm

LEARN Educational Opportunity Center (806) 763-4256 2161 50th Street, Suite 105, Lubbock, TX 79412
Contact person for questions: Lee Ann Clark Monday thru Friday, 8:00 am – 5:00 pm; Free educational services to apply for GED or college and training programs, including assistance with admissions, testing, financial aid, career searches, financial and economic literacy, and referrals to additional community resources such as child care and transportation.

LITERACY LUBBOCK, A United Way Partner (806) 775-3636 1306 9th Street, Lubbock, TX 79401 *Call for appointment: Monday thru Thursday, 9:00 am – 5:00 pm; Friday, 9:00 am – Noon FREE Adult Literacy, Basic Education, Adult Dyslexia 1 to 1 tutoring, GED & ESL classes or 1-to-1 tutoring for various entry college exams, LVN entrance exams, military entrance, etc.

LUBBOCK DREAM CENTER (806) 793-3336 1111 30th Street (30th Street & Avenue L), Lubbock, TX 79411 GED Test Preparation Classes & GED Test Site *Call for more information and class Schedules

SOUTH PLAINS COMMUNITY ACTION ASSOCIATION, INC. (SPCAA) (806) 762-8815 411 Austin; PO Box 610, Levelland, TX 79336 (800) 658-9632 Early Head Start and Head Start Programs (806) 894-2207
Services are available to families at no cost! Eligibility is based on need.

Early Head Start Program is available to pregnant women and children birth to 3 years old.

Early Head Start Program is available in Terry County (Home Based Program), Garza County (Home Based Program), and Hale County- Plainview (Center Based). YWCA Child Care Partnership is available to children 6 weeks old to 30 months old at the YWCA Legacy and Child Development Center.

Head Start Program is available for children who are 3 or 4 years old by September 1st and is available in Brownfield, Crosbyton, Denver City, Floydada, Levelland, Littlefield, Lorenzo, **Lubbock**, Morton, Muleshoe, O'Donnell, Olton, Plainview, Post, Ropesville, Slaton, Smyer and Sudan. (Some school districts only take 4 year olds.) Head Start and Early Head Start not only provides pregnant women and children with a quality educational setting, but also provides Multiple services for

THE FAMILY including: Physical Exams and follow up services

Age appropriate learning experiences• Dental Exams and follow up services• Attractive classrooms with all learning• Free meals and snacks• School supplies provided at no cost

Complete Child Assessments• Assistance with referrals for needed services• Opportunities to develop social skills• School readiness for children and parents• Supervised outdoor play• Fun with friends and special events

TO APPLY, you will need: Child's birth certificate, insurance/Medicaid (if available), and immunization (shot) record

Documentation from ECI or Local ISD regarding Individual Education Plans• Proof of income (previous year or previous 12 months):

Tax return, W2's, Child Support, SSI, TANF (ongoing), and Grants and scholarships documentation (if available).

TEXAS TECH UNIVERSITY EARLY HEAD START (806) 765-2737 3315 East Broadway, Lubbock, TX 79403 Monday thru Friday, 7:30 am – 5:30 pm Application form is available at location or call for more information. “We give infants and toddlers a great beginning!” For those families who qualify, TTU Early Head Start provides free, high-quality childcare for children ages 6 weeks to 3 years, or a home visiting program for pregnant women and children birth to 3 years.

WORKFORCE SOLUTIONS of the South Plains (806) 765-5038 1218 14th Street(14th Street& Avenue L), Lubbock, TX 79401 Monday, Tuesday, Wednesday, Friday, 8:00 am – 5:00 pm; Thursday, 8:00 am – 6:00pm Job Search is available during opening hours. Job Readiness Workshop is available Tuesday thru Friday, 8:00 – 11:30 am. However, the job readiness workshop sessions may change, so always call to confirm schedule: Joyce Wallace, 806-765-5038

YWCA EARLY HEAD START (806) 792-2723 x 3241 YWCA Child Development Center(CDC) 3101 35th Street, Lubbock, TX Contact Person: Early Childhood Director, Regina Culver, call or email,regina.culver@ywcalubbock.org There are no fees or tuition for students enrolled for the Early Head Start program.

EARLY HEAD START PROGRAM: All YWCA Early Head Start teachers have a Child Development Associates and significant training in the special needs of early childhood and the impact of high-risk factors in the home and family. There is frequent interaction with parents and an emphasis on helping parents develop strategies to support each child’s specific needs. At the YWCA Child Development Center (CDC), infants and toddlers learn through creative and responsive instruction in a nurturing environment designed to maximize their potential and prepare them for success. Through the focused development of literacy and school readiness, we believe all children of Lubbock deserve the finest care and highest quality education.

The YWCA, in collaboration with South Plains Community Action Association, offers early learning classrooms with the primary focus of stimulating a child’s imagination and fostering their academic, social and emotional development. Our classrooms utilize the Infant and Toddler Frog Street Curriculum, a comprehensive, research-based curriculum designed to integrate instruction across developmental domains and early learning disciplines. In conjunction with this, the classroom learning framework in the five essential domains is: Social and Emotional Development, Language Development and Literacy Approaches Toward Learning, Cognition and General Knowledge, and Physical Development and Health

YWCA HEAD START PRE-SCHOOL (806) 792-2723 x 3241 YWCA Legacy Child Development Center (CDC) 5100 14th Street, Lubbock, TX 79401 Contact Person: Legacy Director, Regina Culver, call or email regina.culver@ywcalubbock.org Tuition for preschool students is \$125 weekly, which includes care in

our after-school program from 2:30-5:30pm. Upon enrollment, a \$40 annual membership fee is due. Each following year, the annual membership fee will be charged on September 1.

HEAD START PRE-SCHOOL PROGRAM: All YWCA Head Start Pre-School lead teachers have at least a Bachelor's degree in Early Education and significant training in the special needs of early childhood and the impact of high-risk factors in the home and family. There is frequent interaction with parents and an emphasis on helping parents develop strategies to support each child's specific needs.

YWCA Legacy Child Development Center (CDC), young children learn through creative and responsive instruction in a nurturing environment designed to maximize their potential and prepare them for success. Through the focused development of literacy and school readiness, we believe all children of Lubbock deserve the finest care and highest quality education. The YWCA, in collaboration with South Plains Community Action Association, offers eight early learning classrooms with the primary focus of preparing children for kindergarten and school readiness. Our curriculum is the Texas OWL (Opening the World of Learning) a Comprehensive Pre- Kindergarten Curriculum. In conjunction with this, the classroom learning framework matches up with the Pre-K guidelines for the State of Texas. This includes: Physical Development and Health• Social and Emotional Development• Approaches to Learning• Language Development• Literacy Knowledge and Skills• Mathematics Knowledge and Skills• English Language Development• Social Studies• Logic and Reasoning• Creative Arts Expression• Science Knowledge and Skills•

MEDICAL RESOURCES

CHCL - ARNETT BENSON MEDICAL CLINIC (for DENTAL see DENTAL RESOURCES) (806) 763-5557 3301 Clovis Road, Lubbock, TX 79415 *Call for an appointment; \$25 minimum fee based on a sliding scale. Monday thru Friday, 8:00 am – Noon & 1:00 – 5:00 pm

CHCL - CHATMAN COMMUNITY HEALTH CENTER (806) 749-0024 2301 Cedar Avenue, Lubbock, TX 79404 *Call for appointment; \$25 minimum fee based on a sliding scale. Monday thru Friday, 8:00 am – 5:00 pm CHCL –

COMMUNITY HEALTH CENTER OF LUBBOCK, Main Site Call Center (806) 765-2611 1610 5th Street, Lubbock, TX 79401 fax (806) 765-2604 *Call for appointments; \$25 minimum fee based on a sliding scale. ADULT & WOMEN'S CLINIC: Monday thru Friday, 8:00 am – 5:00 pm DENTAL CLINIC: See DENTAL RESOURCES Category EYE CLINIC: Monday thru Friday, 8:00 am – Noon & 1:00 pm - 5:00 pm PEDIATRIC CLINIC: Monday, Wednesday, Friday, 8:00 am – 5:00 pm; Tuesday, Thursday, 8:00 am – 6:00 pm

CHCL – MOBILE MEDICAL UNIT (806) 765-2611 *Call for an appointment; \$25 minimum fee based on a sliding scale. Unit Locations and Hours of service vary

CHCL – PARKWAY CLINIC (806) 765-2611 406 MLK Boulevard, Lubbock, TX 79403 After 5:00 pm and Weekends (806) 767-9744 *Call for appointment; \$25 minimum fee based on a sliding scale. Monday

thru Wednesday, 8:00 am – Noon & 1:00 – 10:00 pm Thursday & Friday, 8:00 am – Noon & 1:00 – 5:00 pm Saturday, 9:00 am – 5:00 pm; Sunday, Noon – 5:00 pm

CHCL – WEST MEDICAL CLINIC (for DENTAL see DENTAL RESOURCES) (806) 765-2611 5424 19th Street, Lubbock, TX 79407 *Call for appointment; \$25 minimum fee based on a sliding scale. Monday thru Friday, 9:00 am – Noon & 1:00 – 6:00 pm Saturday, 9:00 am – 2:00 pm

COVENANT COMMUNITY OUTREACH DIABETES EDUCATION SERVICES (806) 725-5218 3506 21st Street, Suite 105, Lubbock, TX 79410 *Call for schedules FREE diabetes information and classes: Participate in Health Fairs to disseminate diabetes information;• Individual appointments for education on diabetes, cholesterol, hypertension;• Provide health education for elementary school classrooms on diet and exercise for disease prevention;• Provide health presentations for community, faith-bases and school groups.•

LUBBOCK IMPACT, INC (806) 799-4329 2707 34th Street(34th Street & Boston), Lubbock, TX 79410 Medical Clinic each Wednesday at 6:00 pm; Registration begins at 4:00 pm No appointments accepted; Insurance disqualifies applicant

SICK CHILDREN'S CLINIC (806) 762-1805 1002 Avenue A, Lubbock, TX 79401-3507 Totally free medical services (including medicine) for children ages Newborn to 16 years of age;• Walk-In patients ONLY, no appointments needed;• Must call for available hours (hours of service change daily because doctors are volunteers);• Medicaid, CHIP or any other insurance is NOT required;• Children MUST be sick to receive medical services, so well baby checks,• immunizations and/or school physicals are NOT available.

TEXAS DEPARTMENT of STATE HEALTH SERVICES (DSHS) (806) 744-3577 6302 Iola Avenue, Lubbock, TX 79424 *Call for information and appointment Monday thru Friday 8:00 am – Noon & 1:00 – 5:00 pm; Services: Children with special health care needs;• Family health services;• Immunizations;• Texas health steps;• STD• & HIV testing; Vision• & Hearing screening

TTUHSC LARRY COMBEST COMMUNITY HEALTH & WELLNESS CENTER Two Clinic Locations, not free clinics 301 40th Street, Lubbock, Texas (806) 743-9355 *Call for appointments and information! Monday & Tuesday, 8:00 am – Noon & 1:00 – 5:00 pm; AND EXTENDED HOURS Wednesday, Thursday & Friday, 8:00 am – 12:00 & 1:00 pm to 10:00 pm and Sunday 1:00 – 6:00 pm

COMBEST AT SUNRISE CANYON 1950 Aspen Avenue, Lubbock, Texas (806) 740-1400 *Call for appointments and information! Monday thru Friday, 8:00 am – Noon & 1:00 – 5:00 pm Services: Primary Healthcare Services for all ages• Behavioral Health• Prenatal/Midwifery Services• Diabetes Education• Prescription Assistance• Patient-Centered Care, Complete Healthcare for All Ages Medicaid, Medicare, Commercial Insurance, Self-Pay, Sliding Scale Fee- Based on Income Now accepting new patients; Transportation services available. SE HABLA ESPANOL Need to bring: 1) Proof of income for all persons in house, 2) Social Security information 3) Unemployment form, if applicable

UNIVERSITY MEDICAL CENTER (806) 775-8200 602 Indiana Avenue, Lubbock, TX 79408

VETERAN'S OUTPATIENT MEDICAL CLINIC (806) 472-3400 6104 Avenue Q, South Drive, Lubbock, TX 79412 *Call for information Monday thru Friday, 8:30 am – 4:30 pm Requirement: MUST have DD 214 to register Medical services for Lubbock Veterans and assistance in obtaining VA Benefit Benefits through Texas Veterans Commission, call (806) 472-3490 A Full range of services is available in Amarillo through the VA Medical Center and the Homeless Shelter and Service Center in Amarillo, call toll free (800) 687-8262 Note: For counseling services, see LUBBOCK VETERAN'S SERVICES under COUNSELING SERVICES Category above.

YWCA OF LUBBOCK - Women's Health Initiative Main Number for Women's Health Initiative(806) 687-8858 Legacy Event Center, 1500 14th Street, Lubbock, TX 79401 Visit the website: www.ywcalubbock.org Services: Coverage for breast and cervical procedures Registration packets are available on the YWCA website: www.ywcalubbock.org For the many OTHER YWCA Services, Call Main Number for ALL OTHER YWCA Services (806) 792-2723

MENTAL HEALTH

MENTAL HEALTH: STARCARE SPECIALTY HEALTH SYSTEM (formerly Lubbock Regional MHMR Center)
MAIN NUMBER (806) 766-0310 SERVICES AT: 3804 I-27, Lubbock, TX 79412: ADMINISTRATION/HUMAN RESOURCES (806) 766-0212

STAR ABILITIES (806) 766-0310 Intellectual and Developmental Disabilities: Day Habilitation, Host Home Providers, and Nursing Services

VETSTAR --- Coordinated by Veterans Resource Coordination Group (VRCG) (806) 470-9317 Services for Veterans: offer one-time financial assistance with rent and utilities;• acquire mental health assistance;• bus passes;• provide assistance to apply for GI educational benefits•

SERVICES AT: 4010 22nd Street, Lubbock, TX 79410 (formerly La Paloma): SILVER STAR (806) 740-1500 Program of All inclusive Care for the Elderly (PACE)

SERVICES AT: 3313 East Broadway, Lubbock, TX 79403: ADMINISTRATIVE AGENCY for HIV SERVICES, Ryan White Part B (medical, medication, etc.) (806) 766-0308 ADULT MENTAL HEALTH OUTPATIENT CLINIC, REHABILITATION and ACT (806) 766-0268 CHILDREN & ADOLESCENT MENTAL HEALTH SERVICES (806) 740-1416

SERVICES AT: 1950 Aspen, Lubbock, TX 79408: SUNRISE CANYON PSYCHIATRIC HOSPITAL (806) 740-1420 TRIAGE/ASSESSMENT SERVICES (806) 741-1421 24/7

CRISIS SERVICES (806) 740-1414

CRISIS STABILIZATION UNITY (806) 740-1595

METHADONE SERVICES (806) 740-1571

SERVICES AT: 1615 28th Street, Lubbock, TX 79411:

COMMUNITY LIVING CENTER (806) 747-7348

HIV OUTREACH (806) 786-5246

Free and Confidential HIV and Syphilis testing, education and risk reduction Contact Freddie Harris for more information

POST-PARTIUM PREGNANCY INTERVENTION (806) 239-7753

MENTAL HEALTH SUPPORT GROUPS

FAMILY-TO-FAMILY (806) 783-9268 Meets weekly for individuals who have a loved one that has a mental illness Tuesdays 6:30 – 8:00 pm Contact person: Brandi Ivey Location: Oakwood Baptist Church 6002 Avenue U (60th & Ave. U), Lubbock, TX 79412 17

NAMI CONNECTON (806) 783-9268 A weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. Tuesdays 6:30 – 8:00 pm Contact person: Brandi Ivey Location: Oakwood Baptist Church 6002 Avenue U (60th & Ave. U), Lubbock, TX 79412

NAMI MONTHLY PROGRAMS (806) 783-9268 Open to the public Every 4th Tuesday of the month 7:00 – 8:00 pm Contact person: Brandi Ivey Location: Oakwood Baptist Church 6002 Avenue U (60th & Ave. U), Lubbock, TX 79412

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) (806) 783-9268 Lubbock Chapter, *Call for more information (806) 239-0159

REFUGEE SERVICES Office (806) 748-7202 8404 MLK Boulevard, Lubbock, TX 79404 Director's Direct Line (806) 790-6664 Visit website: www.refugeservices.org E-mail: information@refugeservices.org *Call for information and appointment: Monday thru Friday, 8:00 am – 5:00pm Group counseling at no cost to **Operation Iraqi Freedom (OIF) & Operation Enduring Freedom (OEF) veterans & active military** using horses (Equine-assisted Psychotherapy) Group format available for individual, child, family, marital Contact Person: Patti Mandrell, M.Ed., LPC, EAP III, Director of Therapy Services

TEXAS TECH PSYCHOLOGY CLINIC - Open to the Public (806) 742-3737 Psychology Building –2810 18th Street (18th Street & Boston), Lubbock, TX 79409 <http://www.depts.ttu.edu/psychologyclinic/index.php> *Call for appointment; Sliding Scale fee is \$7 to \$50; Monday & Friday, 8:30 am – 5:00 pm; Tuesday, Wednesday, Thursday, 8:30 am – 8:00 pm; Individual, adult, children/adolescents, couples;• Parent/child (ages 2-7) Interaction Therapy;• Weight Management for children. • Supervised graduate students working on PhD Evaluation for Learning Disabilities and ADHD – separate flat fee

MISCELLANEOUS SERVICES

CHILD SUPPORT - Texas Attorney General's Office (806) 767-0521 4630 50th Street, Suite 200, Lubbock, TX 79414 (no local phone number) Visit website: www.oag.state.tx.us

CHILDREN'S CONNECTIONS, INC. (806) 745-7995 2514 82nd Street, Suite G, Lubbock, TX 79423 Visit website for more program information: www.childrensconnections.org Serving Texas Families since 1987 by connecting hearts through adoption, caring for those who care for children, improving access to quality child care and strengthening families. Population Served: Pregnant women• Parents• Adoptive families• Children with special needs• Pregnancy Support Services: Crisis case management• Help to obtain services: Medicaid, Food Stamps, TANF• Help to obtain crime victimservices• Counseling• & referral services Crisis intervention• & advocacy Preparation for childbirth• Help with high risk health needs• Assistance with legal• & medical appointments Financial assistance• Infant adoption services, if desired• Follow-up support• Parenting Services: Case management for parents of infants, toddlers• & special needs children Parenting classes• Infant care assistance• Child adoption services, if desired• Advocacy if you are at risk of child removal• Counseling• & referral services

COMMUNITY HEALTH CENTER OF LUBBOCK (806) 765-2611 Diabetes Self Management and Nutrition Classes 8 week course, including clinical data such as A1C, Blood Pressure, Cholesterol, BMI is gathered at every Class. Live cooking demonstrations and we will help connect the participants with our Medical, Dental, Vision, Mental Health, Women's Health Providers. *Call for a location nearest to you.

FAMILY COUNSELING SERVICES – Showers (806) 747-3488 5701 Avenue P, Lubbock, TX 79412 (access by Citibus route) SHOWERS available Monday thru Friday, from Noon to 7:00 pm; Call for availability

FOOD STAMPS, TANF & MEDICAID - Texas Health and Human Services Commission (806) 744-7632 1716 Parkway, Lubbock, TX 79403

LEGAL AID OF NORTHWEST TEXAS (806) 763-4557 ext. 6012 1711 Avenue J, Lubbock, TX 79401 Toll free (800) 933-4557 ext. 6012 *Call for information and appointment Services are free civil legal services (no criminal) at our office and during after-hours clinics Require: Must call Legal Aid of Northwest Texas for prescreening and an appointment day and time; Please bring any paperwork or materials that are relevant to your legal issues. After-hours clinic locations:

MAE SIMMONS, 2004 Oak Avenue (23rd Street & Oak Avenue); 1 st Thursday of February, March, April, May, September, October, November

ST. JOHN'S UMC, 1501 University Avenue (15th Street & University); 2 nd & 4th Tuesday of each month
LEGAL AID SOCIETY, INC. – Family Law Cases only (806) 762-2325 916 Main Street, Suite 103, Lubbock, TX 79401 *Call for information and appointment For application: Monday thru Thursday, 8:30 am – 4:00 pm; Friday, 8:30 – 11:00 am

LIFE/RUN CENTER FOR INDEPENDENT LIVING (806) 795-5433 8240 Boston Avenue, Lubbock, TX 79423 Visit website or call for more program details: www.liferun.org Offers many services to support individuals and groups desiring to live a full and productive life with a disability: Information and Referral Services to provide comprehensive information about community resources• Advocacy to navigate service delivery systems• Peer Support to mentor those dealing with life's many issues• Independent Living Skills Training to acquire needed skills for independent living

Job Readiness Training to encourage maximum employment opportunity

Home By Choice Nursing Home Relocation Services to assist transition into community-based location•
Personal Assistance Services to assist with activities of daily living in the home

Payee Services to manage SS benefits (LIFE/RUN is an approved Representative Payee of Social Security benefits)

Gettin' Fit• & Lovin' It! Health & Fitness Program to attain a healthy lifestyle Dignity U Wear partners with LIVE/RUN to provide new clothing to increase employability and self-esteem

ASL Interpreting to offer qualified Sign Language Interpreters for communication in the community

Social & Recreational opportunities to avoid isolation, depression and encourages inclusion in the community Braille Services to provide transcription of printed materials into an accessible format for individuals who are blind

Services for people who are Deaf or Hard of Hearing, including advocacy, assistive devices, assessments and• referrals.

For Deaf services, 806-686-0067; o For Hard of Hearing services, 806-796-3910 and o For Specialized **Telecommunication Assistance Services Program (STAP)**, 806-795-5433.

LUBBOCK DREAM CENTER (806) 793-3336 1111 30th Street (30th Street & Avenue L), Lubbock, TX 79411 *Call the Lubbock Dream Center for more information on the following programs/services. Weekend Church Services: each service includes praise and worship, a• Bible-based word of encouragement, and prayer. Sunday, 9:30 am & 11:15 am; Saturday, 9:30 am Children's Classes are available for our Sunday services Bloom Women's Ministry: offers discipleship and mentoring classes specifically designed• for women. Childcare is provided. Mondays, 6:00 pm Ignite Men's Ministry: an opportunity for men of all ages to come together for prayer,• Bible study and accountability. Childcare is provided. Mondays, 6:00 pm• Celebrate Recovery: a weekly biblically based program that helps overcome the hurts, hang-ups, and• habits that are holding us back from walking in total freedom. Fridays, 6:30 pm A Cut from Above: Free haircuts to those in need. To schedule a haircut or styling appointment, call the• Lubbock Dream Center. Appointments on Mondays only. Parenting Classes: by MCH Family Outreach (CPS approved classes) Mondays, 12:30 - 1:30 pm.•

LUBBOCK RAPE CRISIS CENTER (LRCC), dba VOICE OF HOPE (806) 763-3232 Visit website for more information: www.voiceofhopelubbock.org All services provided for victims are free of cost. Assistance is also available for victims, family and friends (ANYONE effected by sexual assault and/or sex trafficking) 24-Hour Services:• 24-Hour Crisis Hotline: Staff and Volunteers work the hotline and are trained extensively in handling immediate outcry and delayed outcry calls. Calls fielded on the hotline are also from law enforcement and the hospitals dispatching an advocate to assist sexual assault survivors.

24-Hour SANE Services: Trained Certified Sexual Assault Nurse Examiners (SANE) are available to perform forensic medical examinations to victims of sexual assault and offer testimony when cases go to court.

24-Hour Medical Accompaniment: Advocates are dispatched to hospitals to meet with the survivor, family members, law enforcement and the SANE nurse. Advocacy is provided throughout the sexual assault forensic exam.

Counseling Services: LRCC offers individual counseling, support and therapeutic groups to Survivors, Family and/or Significant Others affected. All counseling services are provided by a licensed counselor and services are free of charge.

Law Enforcement Accompaniment: An Advocate is present at the hospital when the victim gives their statement to a police officer as well as when the formal statement is given to the detective assigned to investigate the case.

Case Follow Up and Referral: Three (3) to five (5) working days after the initial intake, LRCC follows up with survivors to make sure they are doing alright, and to schedule an appointment, if necessary to assist with Crime Victim's Compensation paperwork.

Judicial Accompaniment: When notified that a case is going to trial, LRCC is available to the survivor during the entire process.

Community Education/Prevention: LRCC endeavors to educate Lubbock and surrounding rural communities on the issues of sexual assault in addition to methods for Sexual Assault prevention for all ages.

MISSION LUBBOCK (806) 687-8452 1711 Upland, Lubbock, TX 79416 Tuesday, Wednesday, 10:00 am – 2:00 pm Household items, furniture, personal hygiene, medical equipment, household cleaning supplies

PARENT LIFE LUBBOCK (806) 283-8030 2621 34th Street, Lubbock, TX 79410 www.yfclubbock.org "Impacting lives two generations at a time." Contact person: Devin Vergara. Serving pregnant and parenting teens, moms and dads up to age 19. ID is required.

Providing a holistic ministry type support group Tuesdays from 6:00 pm – 8:00 pm • Class attendance is required to receive dinner and diapers. • Points program is available to earn items from the baby boutique.

SOCIAL SECURITY OFFICES (806) 799-2520 5825 16th Street, Lubbock, TX 79416 (800) 772-1213 www.socialsecurity.gov

SOUTH PLAINS COMMUNITY ACTION ASSOCIATION, INC. (SPCAA) (806) 894-6104 411 Austin Street, Levelland, TX 79336 (800) 782-5028 www.spcaa.org *Call or check the website for the many programs available. Monday thru Thursday, 7:30 am – 5:30 pm; Friday, 8:00 am - 1:00 pm Programs:

SPCAA administers federal, state, and local contracts for social service - and health• and human service-based programs to clients in a 47-county rural West Texas area surrounding Lubbock to promote self sufficiency and improved quality of life;

Consumer Directed Services Agency (CDSA) serving as a Fiscal payroll agent for Medicaid• Waiver recipients enrolled in CBA, PHC, CLASS, TXHML, HCS, MDCP, and PCS; and

Other available programs include Head Start, SPARTAN Public Transportation, WIC,• Section 8 Voucher Program, and Workforce Solutions South Plains.

SOUTH PLAINS COMMUNITY ACTION ASSOCIATION, INC. (SPCAA - WIC) (866) 907-0080

www.spscaa.org

Women, Infants and Children (WIC) Program for Women, Infants, Children

Monday thru Thursday 7:30 am – 5:30 pm; Friday, 8:00 am - 1:00 pm

Call: For appointments, To start services, To transfer your WIC from one location to another clinic, or For any other questions or concerns.

Serving: Alpine, Andrews, Big Lake, Big Spring, Brady, Brownfield, Denver City, Eldorado, Fort Stockton, Freedom, Junction, Kermit, Lamesa, Levelland, Marfa, McCamey, Midland, Monhans, Morton, Odessa, Ozona, Pecos, Post, Presido, Seminole, Slaton, Sonora, Spur, Stanton, Tahoka and Van Horn. In **Lubbock**: CELIA ANN, FREEDOM, CENTRAL AND

PARKWAY THE GENIE FARLEY HARRIMAN CENTER for WOMEN and CHILDREN (CWC) (800) 657-7124

Located approximately 45 miles West of Lubbock in Cochran County CWC provides: Housing and utilities to adult single mothers and their dependent children at no cost. • A low-cost, on-site state licensed day care center which mothers may utilize• while completing their education, working or looking for employment. Support for clients through mentoring, coaching and resource referrals aimed at empowering• them to become independent and achieve self-sufficiency.

VOICE OF HOPE, see LUBBOCK RAPE CRISIS CENTER (LRCC)

PRESCRIPTION ASSISTANCE RESOURCES

BROADWAY CHURCH OF CHRIST (806) 763-0464 1924 Broadway, Lubbock, TX 79401 *Call for information prior to arriving Monday thru Thursday, 9:00 am - 5:00 pm; Friday, 9:00 am - 3:00 pm \$30 per individual every 90 days

CATHOLIC CHARITIES, DIOCESE OF LUBBOCK (806) 765-8475 102 Avenue J, Lubbock, TX 79401 Visit website: www.cclubbock.org *Offered on a walk-in basis every day EXCEPT Thursday from 10:00 am to 3 pm. Require: Proof of income (SSI/Disability, Child Support Letter, Food Stamp letter, last two (2) paycheck stubs, or Texas Workforce letter)

LUBBOCK IMPACT, INC. (806) 799-4329 2707 34th Street(34th Street and Boston), Lubbock, TX 79410
Can provide assistance ONLY if individual is seen by Lubbock Impact's physicians.

NEIGHBORHOOD HOUSE for LUTHERAN SOCIAL SERVICES (806) 741-0459 1212 13th Street, Lubbock, TX 79401 Monday thru Thursday, 10:00 am – 3:00 pm \$20 for medication one time per year; Prescription must be purchased from United Coalition Pharmacy; Require: Picture ID, Social Security Cards &a bill showing address within last 30 days.

RAINTREE CHRISTIAN CHURCH (806) 797-3097 3601 82nd Street, Lubbock, TX 79423 United Gift cards issued 1st Thursday of each month, 8:30 – 10:00 am Cards can be used for food, prescription, gasoline ONLY Limit is one gift card per household, every other month up to 3 times a year Require: Two forms of ID, Social Security Cards for each person in household & Proof of current address with a piece of mail within the last 30 days

TTUHSC LARRY COMBEST COMMUNITY HEALTH & WELLNESS CENTER Two Clinic Locations, not free clinics 301 40th Street, Lubbock, Texas (806) 743-9355 *Call for appointments and information! Monday & Tuesday, 8:00 am – Noon & 1:00 – 5:00 pm; AND Extend Hours Wednesday, Thursday & Friday, 8:00 am – 12:00 & 1:00 pm to 10:00 pm and Sunday 1:00 – 6:00 pm

COMBEST AT SUNRISE CANYON 1950 Aspen Avenue, Lubbock, Texas (806) 740-1400 *Call for appointments and information! Monday thru Friday, 8:00 am – Noon & 1:00 – 5:00 pm Services: Primary Healthcare Services for all ages• Behavioral Health• Prenatal/Midwifery Services• Diabetes Education• Prescription Assistance• Patient-Centered Care, Complete Healthcare for All Ages Medicaid, Medicare, Commercial Insurance, Self-Pay, Sliding Scale Fee- Based on Income Now accepting new patients; Transportation services available. SE HABLA ESPANOL Need to bring: 1) Proof of income for all persons in house, 2) Social Security information 3) Unemployment form, if applicable

RENT AND / OR UTILITIES ASSISTANCE

CATHOLIC CHARITIES, DIOCESE OF LUBBOCK (806) 765-8475 102 Avenue J, Lubbock, TX 79401 Visit website for other programs: www.cclubbock.org *Call Thursday at 8:00 am to schedule appointment NOTES: NO RENT MONEY AVAILABLE / UTILITIES ASSISTANCE ONLY: Cannot help once services have been disconnected, Cannot pay for startup LP&L deposit, or reconnect fees.

LUBBOCK COUNTY GENERAL ASSISTANCE (806) 775-1605 916 Main Street, Suite 104, Lubbock, TX 79401 FAX (806) 775-7982 * Call to schedule appointment Require: Photo ID & Social Security Card of all members in household

NEIGHBORHOOD HOUSE for LUTHERAN SOCIAL SERVICES (806) 741-0459 1212 13th Street, Lubbock, TX 79401 *Call to schedule appointment; Serving Lubbock County residents Mondays, 8:00 am – Noon UTILITIES ONLY & Cannot help with deposits, old bills, reconnects, etc. RRAINTREE CHRISTIAN CHURCH (806) 797-3097 3601 82nd Street, Lubbock, TX 79423 Limited assistance on first come basis: 1st Thursday of each month, 8:30 – 10:00 am Limit is one assistance per household, every other month up to 3 times a year Require: Picture ID (Driver's License or ID), Social Security Cards for each person in

household, proof of current address & utility bill or rental agreement for assistance (may serve as proof of current address)

SOUTH PLAINS COMMUNITY ACTION ASSOCIATION, INC. (SPCAA – Rural Utilities) (800) 782-5028 411 Austin Street, Levelland, TX 79336 Visit website: www.spcaa.org Call or check the website for the many programs available. Monday thru Friday, 8:00 am - Noon & 1:00 - 5:00 pm Assists with utilities for the 14 rural counties outside of **Lubbock County** which include Bailey, Cochran, Crosby, Dickens, Floyd, Garza, Hale, Hockley, King, Lamb, Lynn, Motley, Terry, and Yoakum.

THE SALVATION ARMY (806) 765-9434 1614 Avenue J, Lubbock, TX 79401 *Call to schedule appointment; Social Service Hours: Monday thru Friday, 9:00 – 11:30 am

MANAGED CARE CENTER Residential Facility (806) 797-8003 Offices in Lubbock, Amarillo, Plainview and Crosbyton Administrative and Outpatient Office (806) 780-8300 Visit website: www.mccaod.com Programs available with Managed Care Center: Intensive and Supportive Residential substance abuse treatment for adult males and females• Outpatient treatment for adult and adolescent males and females• Co-Occurring Substance Abuse and Mental Health Services• Youth Prevention Programs; Prevention Resource Center• Employee Assistance Program• Community Coalition Program – In Hockley County, V.O.I.C.E.S.• HIV Early Intervention Program•

RENT AND / OR UTILITIES ASSISTANCE

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