

RESOURCE GUIDE FOR PARENTS 2009-2010

***FIRST CALL FOR HELP**

CALL 2-1-1

Main information & referral resource in Travis County: food, clothing, shelter, health education, support groups, special transportation and **more. 24 hrs a day.** (Eng & Span)
www.unitedwaycapitalarea.org/gethelp (dial 211)

ALCOHOL/DRUG:

Alcoholic's Anonymous 837-9362
Support for anyone having an alcohol related problem.

AL-ANON & ALA-TEEN 441-8591
Support groups for families of alcoholics.

Austin Recover Center 821-1739
Drug and Alcohol assessments, intensive outpatient services, education programs **for adults..**

Narcotics Anonymous 480-0004
Support group for anyone having drug related problems.

Phoenix House 440-0613 x 4745
Crisis intervention, drug & alcohol abuse (ages 13-17)

Youth Advocacy 444-9505
Counseling, and drug court assistance.

ATCMHMR....OSAR 703-1358
(Free Outreach, Screening, and Assessment, Referral)

ABUSE:

ATCMHMR Family Children Services 472-4357
Family counseling, consultations, home-visits.

CPS Hotline 1-800-252-5400
24 hr. Hotline to report abuse/neglect.

Center for Child Protection 472-1164
For abused children & families.

Austin Police (Child Abuse) 974-6800
Reporting child abuse.

Victim Services 974-5037
Crisis intervention for crime victims.

COUNSELING:

Austin Child Guidance Center 451-2242
Child and family therapy, testing & evaluation, counseling, abuse services, parenting skills training and divorce groups

Travis County Mental Health/Mental Retardation MHMR 447-4141 Hotline 472-HELP (4357)
Consultation, education, counseling.

New Life Institute 469-9447
Child and family counseling offering play & art therapy. Ongoing divorce support groups.

Lifeworks 735-2400
24 hr hotline, individual, & group counseling for youth and Runaway shelter for youth.

SafePlace 356-1600
Counseling for survivors of domestic violence/sexual assault.

CRISIS SERVICE:

ATCMHMR SERVICES: 454-3521
.PES Psychiatric Emergency Service
.MCOT Mobile Crisis Outreach Team

CRISIS LINE 454-3521

Texas Runaway Hotline 888-580-4357

CHILD CARE:

Child Inc. 451-7361
Day care for low-income families. Provides Head Start

Information Hotline (800) 862-5252

YMCA After School 236-9622

COUNSELING- FOR GRIEF,

LOSS:

Hospice 342-4700

For The Love of Christi 467-2600

Wonders and Worries 329-5757

EMPLOYMENT:

Austin Area Urban League 478-7176
Job training, on-the-job training, and placement.

Gary Job Corps 1-800-733-5627
Vocational training for boys and girls ages 16-24.

Texas Workforce Commission 463-2222
Job search and placement for ages 16 and up

EDUCATION:

ACC - Adult Education 223-7528

ACC - GEDInfo/Testing 223-7715

The Austin Academy 326-8655

GED Prep, job training and placement

American Youth Works 236-6100

High School diploma services, job readiness training.

El Buen Samaritano 439-0700

Provides education on legal rights, citizenship and health, and ESL classes. Provides emergency food/clothing, health services for Hispanic families.

Family Connections 478-5725

Excellent for parent information. Parenting classes seminars, lending library.

Child Incorporated (CHILD INC) 451-7361

Provides Head Start (early childhood development for Children age 0-5. Services to low income children.

FINANCIAL ASSISTANCE:

Caritas of Austin 472-4135

Emergency assistance, counseling, transient services, and transportation to low-income families.

Christian Service Center 476-9584

Assistance with utilities and rent for low income families

Tx. Dept. of Human Services (78702) 929-7330

(78754) 339-8868

(78745) 445-0022

Food stamps, AFDC, Medicaid, Job skills.

LEGAL AID SERVICES:

Advocacy Inc. 454-4816

Legal advocacy for persons with a disability.

Legal Aid of Central Texas 374-2700

Free legal assistance for low-income families in civil cases.

Women's Advocacy 854-9696

Free legal advises for divorce, custody and family violence.

Dispute Resolution Center 371-0033

Conflict management and mediation.

Family Violence Legal Aid 1-800-374-4673

YOUTH SERVICES:

Out Youth Austin 419-1233

Support groups and referral services for gay youth.

Big Brother, Big Sister 472-5437

Provides mentoring for kids ages 6-16.

MEDICAL SERVICES:

Insure A Kid 324-2447

Low cost health insurance.

People's Community Clinic 478-8924

Family planning, special counseling, teen clinic & HIV testing.

Planned Parenthood 477-5846

Family planning, pregnancy tests and birth control education

Austin Dental Clinic 972-4278

Low cost dental service. **972-5300**

Skippy Express Mobile Health Clinic

Mobile clinic visits schools.

Call nurse at your child's school. **Free Immunizations.**

FAMILY SUPPORT-CHILDREN

SPECIAL NEEDS:

Communities in Schools 462-1771

Provides services on 39 public school campuses to students and families.

CHADD 292-1518

Children & Adults with Attention Deficit Disorder.

NAMI (Nat's Alliance for the Mentally Ill) 693-2000

Information / referrals, support groups for those families affected by mental health issues.

ARC Of the Capital Area 476-7044

Offers basic needs/crisis assistance, family caregiver support, case management. Provide free services to adults and children with a developmental disability and their families.

Family Support Cooperative 414-2049

Informs and supports families with children of all ages and all disabilities.

Any Baby Can 454-3743

Help for low-income families with high-risk children age birth to 12. Support services, respite care and crisis assistance for children with chronic illness or disabilities. Parent resource library, toy lending library, clothes closet. Ongoing parent education programs. Pre-natal programs for teen mothers and fathers.