



Community Resources

Table of Contents:

1. Behavioral Health Services
2. Dental Assistance
3. Family Services
4. Food Assistance
5. Hearing and Eye Care Services
6. Legal Assistance
7. Programs/Assistance in Montgomery County
8. Shelters
9. State and Federal Agencies
10. Transportation
11. Utility and Financial Assistance
12. Vehicle Assistance
13. Veterans Assistance
14. Women's Health Services
15. Youth Services

Behavioral Health Services		
Tri-County Behavioral Healthcare	Provides services for individuals with mental illness, substance use disorders, and intellectual/developmental disabilities. Crisis intervention hotlines trained, and skilled crises services staff provide 24-hour telephone crisis intervention.	Intake for Montgomery County: 936-521-6200 Intake for Walker County: 936-291-5875 https://tcbhcc.org 24-hour crisis: 1-800-659-6994
Family Houston	Family Houston counselors are ready to listen and help individuals facing family or marital conflict, parenting issues, depression, anxiety, grief, substance abuse or work-related stress. (bilingual)	713-861-4849 www.familyhouston.org
Mosaics of Mercy	Helping families navigate health and addiction recovery. Serves our community as a hub for mental health resources, education, and hope.	Phone: 346-703-0051 https://mosaicsofmercy.com
Bo's Place	Offers free online grief support groups for adults that meet via Zoom once a week for 9 weeks. The group participants are all adults who have experienced the death of someone significant to them. There is a daytime and evening group option and there is a separate group for Youth Adults (ages 18-30) when enrollment allows.	713-942-8339 www.bosplace.org
Montgomery County Women's Center	Emergency shelter, transitional housing, education and outreach, counseling, and support groups. Provides a 24-hour hotline, safe shelter, crises intervention, counseling, advocacy, and legal services to survivors of family violence, sexual assault, and stalking. Eligibility: Victims of domestic violence and their children.	24-hour hotline: 936-441-7273 www.mcwc.tx.org
National Suicide Prevention Lifeline/#988	988 is now the three-digit dialing code that routes callers to the 988 Suicide & Crisis Lifeline. When people call, text, or chat with the 988 Lifeline, they are connected to trained counselors that are part of the existing 988 Lifeline network, made up of over 200 local crisis centers.	#988 1-800-273-8255

Dental Assistance		
HCS Program	Provides individualized services for people with intellectual and developmental disabilities, provides maintenance repairs, dental care, counseling, specialized therapy, residential care, supported employment. Hours: 8 am – 5 pm	Phone: 512-438-3234 https://www.hhs.texas.gov
St Hope Foundation	The dentistry program provides a broad spectrum of services, from routine dental care to complex restorations. This program provides oral cancer screenings, adult deep cleaning, dental care, checkup, prevent and treat. Hours: 8 am – 6 pm	713-778-1300 https://www.offeringhope.org/hedlthcare-services/dentist-houston
Tomagwa Healthcare Ministries	Healthcare ministries offer high quality services to protect your family's dental health and promote good oral health habits, which are essential to generate health quality. Hours: Friday 8:30 am – 5 pm	Phone: 281-357-0747 Fax: 281-357-4147 https://tomagwa.org/services-and-programs/
Smiles That Change Lives	Orthodontic treatment through a partnership and network of orthodontists; serves families that cannot afford the full cost of braces. Apply online.	816-421-4949 www.smileschangelives.org
Lone Star College -Kingwood Dental Hygiene Program	Dental screenings, cleanings, oral cancer screenings, periodontal scaling and root debridement, complete dental and periodontal exams, x rays, fluoride treatments, sealants. Call for intake and eligibility.	281-312-1721
Family Services		
M.E.I Head Start Program	Child Care Centers, Early Head Start Programs, Child development program for ages 3-5 years. Provides a comprehensive array of family focused services including education, health nutrition, disability.	Conroe: 936-588-0003 Grangerland: 936-231-2595 Willis: 936-856-4810 www.metinc.org
M.E.I. Texas Home Visiting Program	Parenting classes that include home visits twice a month for both families and individual parents	281-689-5544 www.metinc.org

Senior Care Scout	Senior Care Scout is a Senior Concierge that provides a variety of services for seniors. We help seniors and their families navigate the process of making the right decision for their care and living arrangements.	832-458-6139 https://seniorcarescout.com/
Food Assistance		
Community Assistance Center	Clothing and household good service: clothing, emergency food, household goods, vouchers, personal grooming needs. Financial assistance: childcare expense assistance, mortgage or rent payment assistance, hotel vouchers for fire victims, utility service payment assistance	936-539-9211 https://cac-mctx.org/
Meals on Wheels Montgomery County	Home delivered meals, senior programs, transportation. Eligibility: 60 years of age or older	936-756-5828 www.mowmc.org/
Montgomery County Food Bank	Food pantries, summer feeding, nutrition education, buddy backpack, Food Fairs, School Pantry, Produce Rescue Center Care & Share Partners with Meals on Wheels, Mobile Pantry. Eligibility: call for further details. The Food Bank will direct clients to food pantries within their perspective zip code. Pantry locations are listed on their website.	www.mcfoodbank.org
Community & Children's Impact Center	Assists with electricity or water bills, and funerals. Food and cleaning supplies, as available. Children's programs. Serves Liberty County*	936-499-2632 https://impactcenter.vpweb.com
Nourishment for the Needy	Ministry, not an agency. As such, our main objective is to bring people to know the Lord Jesus Christ. Provides food and clothing assistance. 27350 Blueberry Hill Dr#4, Conroe , TX 77385 Tuesdays and Thursday 9 am –2 pm	281-292-2695
TLC Food Pantry	110 West Montgomery Street Willis , TX 77378 Hours: Monday – Wednesday 10 am - 1pm	936-856-8317

Tamima Community Center Food Pantry	18965 Main Street Conroe , TX 77385 Monday - Friday 3 pm -6 pm	281-465-4646
Terry's Tables Food Pantry	18856 FM 1484 Conroe , TX. 77303 Hours: 1 st and 3 rd Thursday of the month, 9-11am	936-274-3799
Operation Refuge Pantry	904 E Houston St, Cleveland , TX 77327	281-592-6701
Gateway Baptist Food Pantry	2930 Rayford Road Spring , TX 77386 Hours: Saturday 8 am	281-363-4500
Good Shepherd Mission Clothing and Pantry	1005 MLK Blvd. Huntsville , TX 77320	936-291-8156
Coat of Many Colors Ministries	Drive through pantry 2500 Lone Star Parkway Montgomery , TX 77356	Email: CMCMI.org Phone: 936-597-4179
First Christian Church Conroe Food Pantry	Food Pantry opens on Wednesdays 9 - 11 am 3500 N Loop 336 West Conroe TX 77301	Phone: 936-756-3554 Email: Fccconroe@consolidated.net
Wildwood United Methodist Church Food Pantry	8911 FM 1488 Magnolia , TX 77354 Hours: Thursday 10 am - 12:30 pm	832-934-0100
Over Under Fellowship	Pantry, clothing, showers, laundry, hot lunches. Hours: Monday, Wednesday and Friday 10 am - 5 pm; Tuesday 10 am -12 pm 600 S. Frazier Conroe , TX 77301	936-447-0258
West Conroe Baptist Church	1855 Longmire Rd Conroe , TX 77304 Open Wednesday 10 am -1 pm	936-760-1911
Conroe Church of Christ	Food Pantry 1855 Longmire Rd. Conroe , TX 77304 Hours: Wednesday and Friday 10 am -12 pm *By appointment only.	936-760-1911
New Caney Family Worship Center	Food Pantry 23214 FM 1485 New Caney , TX 77357	281-689-7067

Mission NE	Food pantries, clothing, etc. Hours: Tuesday - Thursday 8 – 11 am 22098 Loop 494 New Caney , TX 77357	281-354-1200
St. John of the Cross Catholic Church	Food Pantry 20000 TX 494 Loop New Caney , TX 77357 Open Monday – Thursday 9 am – 12 pm	281-399-9008
Friendship United Methodist Church	Food Pantry 22388 Ford Rd. Porter , TX 77365	281-354-2326
Interfaith of The Woodlands	4242 Interfaith Way The Woodlands , TX 77381 Hours: Monday – Friday 9 am – 4 pm	281-367-1230
Abundant Harvest Episcopal Kitchen	Mobile Pantry in Tamarac Pines 24803 Oakhurst Dr. Spring , TX 77386	936-689-7177
First Mission of Mercy Church	Food Pantry 25980 FM 2090 Splendora , TX 77372 Hours: 4 th Saturday of the month	832-623-2865
Lone Star College	Information on food distribution listed on their website	www.lonestar.edu/montgomery-food-pantry
Houston Food Bank	Text Food to 855-308-2282 for the nearest food pantry, or call the help line at 832-369-9390	713-223-3700
Junior League of Huntsville	3737 HWY 30 W Huntsville , TX Email for upcoming mobile food truck dates	Email jsl.huntsville@gmail.com
Trinity River Food Bank	1330 Ave N Huntsville , TX 77340 Hours: Tuesday 10 am - 12 pm	
Good Shepherd Mission	1005 MLK Drive Huntsville TX 77340 Hours: Monday - Friday 9 am – 12 pm	936-291-8156
First Baptist Church on New Waverly	Food Pantry Call for details and dates. ID and utility bill are required.	936-344-6632
St. Joseph's Catholic Church	460 Fisher St. New Waverly TX 77358	
Operation Refuge	Food Pantry 101 Elmore St. New Waverly TX 77358 1625 N Blair Ave. Cleveland TX Hours: Monday – Sunday except Wednesday 11 am – 1 pm	936-344-6104 281-592-6701

Rural Shade Baptist Church	Food Pantry 3304 CR 2274 Cleveland 77327	281-592-6331
Liberty Church of Christ	Food Pantry 3201 N. Main Liberty 77575 Hours: 1 st Tue and 3 rd Thursday 9 am - 12 pm	936-336-2213
Spirit of Sharing	Food Pantry 2521 Beaumont Ave. Liberty TX 77575 Hours: Monday, Wednesday and Friday 10 am - 3 pm	936-336-6602
Pantries, food distribution near you		www.FoodPantries.org
Hearing and Eye Care Services		
All Ears Listening & Language Center	Only preschool and therapy center in Montgomery County based on auditory verbal principles where children with hearing loss learn spoken language. Scholarships are available for those who need that assistance.	936-521-3021 www.allearscenter.org
Center for Hearing and Speech	For children. Hearing and vision assistance, education, support services, language therapy, speech, and language pathology. Services also include audiology services, hearing assessments for listening skills. Fees: sliding scale	713-523-3633 https://www.texashearing.org
Conroe Noon Lions Club	Sight program provides eye exams and eyeglasses for adults and children. Intake & eligibility: call for monthly events.	936-760-1666 www.conroenoonlions.org
Infocus Vision Stations	Basic Eye Care, vision screenings, eye exam referrals, low-cost prescription glasses. Visit website for Vision Stations-predominantly in Houston Area. Fees: Minimal fees for glasses - call for details.	866-398-7525
Legal Assistance		
Lone Star Legal Aid	Aid for victims of domestic abuse, disaster related legal line, family support services, homeless support	936-539-2130 or 1-800-733-8394 https://www.lonestarlegal.org/office/conroe-office/

	<p>services, housing counseling, legal clinic, parenting order legal clinic.</p> <p>Provides free civil legal assistance to low- income individuals and families who have immediate needs but cannot afford an attorney.</p>	
Programs/Assistance in Montgomery County		
<p>Montgomery County Hospital District - Health Care Assistance Program (HCAP)</p>	<p>HCAP serves as the Indigent Health Care Program for Montgomery County. As the payor of last resort, HCAP is designated to provide covered healthcare services to eligible, low-income residents who have no other public or private health care benefits. MCHD contracts for services with local physicians, and other providers.</p>	<p>936-523-5100</p> <p>https://www.mchd-tx.org/hcap/</p>
<p>Montgomery County Housing Authority</p>	<p>Assists very low-income families, the elderly and disabled to afford decent, safe, and sanitary housing through Housing Choice Vouchers in a federally funded program U.S. Department of Housing and Urban Development (HUD). Assistance is provided to families and individuals to secure housing from participating landlords in single-family homes, townhouses, and apartments.</p>	<p>936-539-4984 or 610-275-5220</p> <p>www.montgomerycountyha.org</p>
<p>Montgomery County Public Health District</p>	<p>Adult and Childhood immunizations, Tuberculosis (TB) treatment, sexually transmitted disease (STD) screening and treatment. Childhood immunizations are available to uninsured or Medicaid eligible children under 18yrs old. Children with private insurance must provide proof on insurance does not cover vaccines to be eligible as uninsured. Adult vaccinations are offered for uninsured individuals.</p>	<p>936-523-5020</p> <p>https://mcpnd-tx.org/public-health-clinic/</p>
<p>Sleep in Heavenly Peace Montgomery County</p>	<p>Group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need. To apply for a bed, visit the website and fill out the form.</p>	<p>844-432-2337 ext 5724</p> <p>https://shpbeds.org/chapter/tx-montgomery-co/</p>

Shelters		
Family Promise of Montgomery County	Family crises shelters, homeless shelters, transitional housing. Provides services for homeless families with children. Offers participating family's shelter, food and help to find housing and work. The maximum stay is 90 days.	936-441-8778 www.familypromiseofmc.org
Montgomery County Women's Center	Emergency shelter, transitional housing, education and outreach, counseling, and support groups. Provides a 24-hour hotline, safe shelter, crises intervention, counseling, advocacy, and legal services to survivors of family violence, sexual assault, and stalking. Eligibility: Victims of domestic violence and their children.	24-hour hotline: 936-441-7273 Service/Intake: 936-441-4044 https://mcwctx.org
YES to Youth	Provides crisis counseling, shelter programs, and prevention services to strengthen families, keep youth in school and prepare them to be productive citizens.	24-hour crisis hotline service, Intake: 936-756-8682 Toll free: 1-888-756-8682 www.Sayyestoyouth.org
The Salvation Army Conroe Community Center	Family crises shelters, homeless shelter. Offers emergency shelter accommodation for homeless men, and single women with children. Call for fee information. Intake check-in: 4:30 pm - 8 pm daily.	936-760-2440
Mom's Door of Hope	The Tamina Community Center now offers a day program that will provide support for the women and children in our community and surrounding areas. Services provided: temporary shelter, food pantry, clothing, personal care items, computer internet access.	281-465-4646 www.taminacenter.org
State and Federal Agencies		
Social Security Administration	Supplemental Security income (SSI), Medicare, Social Security disability insurance, Social Security retirement benefits.	866-931-8347 www.ssa.gov

Texas Health and Human Services	Provides income and medical assistance, and social services to people meeting federal and state eligibility guidelines. Temporary assistance for needy families. (TANF) Food Stamp certification and medical assistance (Medicaid) services.	936-539-1161 https://www.hhs.texas.gov/services/financial
Texas Workforce Commission	Job search/placement job training formats (for older adults), vocational assessment, employment verification letters. Train and assist in finding employment for senior citizens over the age of 55.	936-441-0037
Transportation		
Brazos Transit District	Low cost one-way, round trip or multi-ride, Fixed route, paratransit, Seniors /disabled, demand and response. Serving Dayton, Liberty and The Woodlands. Hours: Monday - Friday excluding holidays 5 am –7 pm	
Conroe Connection Transit	A service of the City of Conroe. Fixed routes. Low fare costs and monthly bus passes. Park and ride to commuter bus to Houston. Maps and detailed information on website.	City of Conroe 936-522-3532 ADA Dispatch- 844-6242 www.conroecconnection.org www.cityofconroe.org/departments/transit/park-ride
Regional Transit Services	Emergency transport from Walker, Montgomery, and Liberty County. Medical transport to qualified clients. DAV transport network. VA hospital SVCS	855-687-4786 ext. 24457
The Woodlands Township Transport	Waterway Trolley - Free Monday – Sunday 11 am – 8 pm. Commuter Express- Downtown & Greenway Area. Park and Rides, Medical Center Express, Rodeo shuttle service.	281-210-3800 www.thewoodlandstowship-tx.gov
Interfaith of The Woodlands	Senior rides 65+, disabled persons Hours: Monday - Friday 7:30 am - 3 pm	281-367-1230 www.woodlandsinterfaith.org
Meals on Wheels Montgomery County	Home delivered meals, transportation, senior programs. Meal delivery 60 years of age and older.	936-756-5828 www.mowmc.org

Houston Rides	Provides non-emergency transportation services for older adults and people with disabilities in Harris County	713-368-RIDE (7433) www.rides.harriscountytx.org
Utility and Financial Assistance		
Brazos Valley Community Action Agency, Inc.	Nonprofit agencies provide financial assistance for utility bills. No in-person applications must be emailed or faxed to the office. Must meet eligibility requirements. 600 Gerald St. Willis , TX 77378	936-856-7036
Community Assistance Center	Clothing and household good service: clothing, emergency food, household goods, vouchers, personal grooming needs. Financial assistance: childcare expense assistance, mortgage or rent payment assistance, hotel vouchers for fire victims, utility service payment assistance.	936-539-9211 www.cac-mctx.org
Community & Children's Impact Center	Serves all of Liberty County. Assists with electricity, water bills and funerals. Food and cleaning supplies available.	936-499-2632 www.impactcenter.vpweb.com
HAAM Humble Area Assistance Ministries	Rent, utility assistance, resale shop, food pantry Hours: Monday – Friday 8:30 am - 4 pm	Appointments: 281-446-3663 Fax: 281-446-2601 www.haaministries.org
St. Vincent de Paul	Food pantry, clothes closet, provides financial assistance with rent/utilities/prescription medications, utility, housing costs, prepares and serves hot meals, and supports the needy in our area through home visits. Hours: Monday – Thursday 10 am - 2 pm	936-539-1188
Society of Samaritans (SOS)	Family services, food pantries, job services, resale shop and financial assistance. 31355 Friendship Dr. Suite 500 Magnolia, TX 77355	281-529-8452 www.societyofsamaritanstx.org
Vehicle Assistance		
Free Charity Cars	Distributes vehicles to veterans and families as available	www.freecharitycars.org

God's Garage	A nonprofit garage for widows, single moms, wives of deployed military and daughters before driving. Also donate cars to qualifying recipients.	www.godsgarage.org
Online Car Donation	Donates vehicles to battered women, those with physical challenges, families living in homeless shelters, those making the move from public assistance, military families and supports private nonprofits.	www.onlinecardonation.org
Working Cars for Working Families	Helps working families finance and own vehicles with consumer protection against fraud and abuse against the buyer.	www.workingcarsforworkingfamilies.org
Veterans Assistance		
Montgomery County Veterans Service	Medical appointment transportation to VA, veterans benefit assistance, reintegration counseling. Transportation to VA 1st and 3rd Wednesday of each month. Assistance to veterans, their dependents and or survivors in corresponding to Veterans Administration, counseling with client or benefits and explaining eligibility requirements.	936-539-7842 www.mctx.org
VFW Post 4709 Conroe	Unmet needs program, transportation to VA, benefit claims assistance. Programs assist with basic life needs such as: Mortgage and rent, home and auto repairs, insurance, utilities, food and clothing.	936-756-7614
Women's Health Services		
Pregnancy Assistance Center North	Pregnancy Testing, STD/HIV education, Well Women Exams, Pregnancy Verification, and consultations. Nonprofit pregnancy medical clinic that offers confidential services for women and men.	Spring/ The Woodlands: 281-367-1518 Conroe: 936-441-6442 www.pacn.org
Youth Services		
Children's Safe Harbor	Children's Safe Harbor aims to reduce the trauma of child victims and their non-offending caregivers by facilitating a comprehensive, multi-disciplinary team approach to intervention, investigation, prosecution,	936-756-4644 www.childreussafeharbor.org

	and treatment of child sexual and severe physical abuse. 1519 Odd Fellow St. Conroe , TX 77301	
Angel Reach	Angel reach provides coordinated services aimed at meeting the special needs of current or former foster youth. Angel Reach also assists when children are moving from foster care into kinship families by providing necessary support and services.	936-262-0186 www.angelreach.org
Big Brothers, Big Sisters Lone Star	Big Brothers, Big Sisters makes meaningful, monitored matches between adult volunteers (big) and children (littles), ages 7 through 14, developing positive relationships that have a direct and lasting effect on the children's lives.	936-856-6460 https://bbbstx.org/greater-houston/
Gulf Coast Trades Center	Gulf Coast Trades Center works to increase the social and economic independence of disadvantaged youth.	936-344-6677 https://gctc.us
Bridgewood Farms	Bridgewood Farms provides programs and services for individuals with intellectual and developmental disabilities.	936-856-6460 https://bridgewoodfarms.org
Inspiration Ranch	Inspiration Ranch provides equine assisted activities and therapy for special needs individuals to achieve emotional, behavioral, and physical milestones.	281-719-9322 www.inspirationranch.org
Easter Seals of Greater Houston	Easter Seals Greater Houston offers help, hope and answers to people of all ages with autism, developmental disabilities, physical disabilities, other special needs, and for disabled veterans.	281-292-4155 ext. 210 www.Eastersealshouston.org
New Caney Horizons	Committed to enriching the lives of people with developmental disabilities through training and life experiences that build self-esteem and promote personal independence at home, at work, and within the community they call home.	281-689-8500 www.Newhorizons-nc.org
New Danville	Provides adults with intellectual and developmental disabilities the opportunity to live enriched and purposeful lives.	936-344-6200 www.newdanville.org

CK Ray Recreation Center	Recreation & enrichment, sports games, aerobics, after school meal program, physical fitness, camps, aquatic exercise. Please contact the office for more information.	936-522-3900
YES to Youth	Provides crisis counseling, shelter programs, and prevention services to strengthen families, keep youth in school and prepare them to be productive citizens.	281-292-6471 www.Sayyestoyouth.org
YMCA	Provides programs that promote youth development, healthy living, and social responsibility. Programming includes after school programs, health and wellness, swimming lessons, youth sports, teen leadership, summer day camps, and activities for older adults.	281-367-9622 www.ymcathouston.org
Girl Scouts of San Jacinto Council	Provides leadership development for girls in grades K-12.	713-292-0300 www.gssj.org

Information subject to change without notice.
August 2023