

COMMUNITY RESOURCES PACKET

Community Resources

COUNSELING RESOURCES

The Counseling Center

26515 Oak Ridge Drive
The Woodlands, TX 77380
(281) 552-8532

Counseling for individual, couples and group psychotherapy with adults and adolescents. Also work with clients who have addictions and codependency.

The Counseling Clinic (Jack Staggs)

Counselor Education Center at Sam Houston
State Houston University
1932 Bobby K Marks Drive
Huntsville, TX 77341
(936) 294-1121

3380 College Park Dr

Conroe, TX 77384

(936) 202-5012

FREE: No cost but sometimes there is a wait list and counselors change more frequently.

Re:MIND

(713) 600-1131

Free support groups open to the public.

Christ Church United Methodist

Rooms 105/107/108

6363 Research Forest Dr

The Woodlands, TX 77381

re:MIND (formerly known as Depression and Bipolar Support Alliance Greater Houston) provides free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders

FamilyTime Crisis and Counseling Center

1203 South Houston Ave

Humble, TX 77338

(281) 446-2615

Free individual counseling for victims of domestic violence and assault; low cost counseling for non-victimization issues; parenting and co-parenting; 24 hours crisis hotline and emergency shelter

FamilyTime Liberty County Outreach Office

1110 W. Clayton

Dayton, TX 77535

(936) 257-9744

Case management, legal advocacy, counseling, referrals to other resources

Montgomery County Women's Center

1600 Lake Front Circle, #100

The Woodlands, TX 77380

(936) 441-4044 ext 23

1401 Airport Road

Conroe, TX 77301

(936) 441-4044

Crisis hotline: (936) 441-7273;

<https://mcwctx.org>

Rape crisis services, domestic violence services, counseling for women and children

National Alliance on Mental Illness (NAMI)

Greater Houston Area

(713) 970-4419

www.namigreaterhouston.org/about-nami-greater-houston

Provides free classes and support groups for people with mental illness, their families, and friends.

The Psychological Services Center

1528 Avenue J

Sam Houston State University (Main Campus)

Huntsville, TX 77340

(936) 294-1210

Sliding scale. Provides psychotherapy for children, adolescents, adults, and families.

Northwest Rehab – Outpatient Services for Anger Management

2611 FM 1960 West, Building H, Ste 120

Houston, TX 77068

(281) 537-2800

Anger management classes.

Adults: \$250 for 15 hours.

Adolescents: \$50 for 6 hours.

Also provides individual counseling.

Community Resources

The Woodlands United Methodist Church

2200 Lake Woodlands Drive

The Woodlands, TX 77380

(281) 291-5953

www.thewoodlandsumc.org/help

Individual counseling and support groups including divorce, combat trauma, grief, Alzheimer's and dementia, Alanon, AA, NarNon, cancer support, Parkinson's parenting classes, abortion recovery, and suicide survivors.

Family Services of Greater Houston

Central Location: 4626 Lillian St, Houston, TX 77007; (713) 861-4849

Bay Area: 1300 Bay Area Blvd. Bldg A, Ste 240, Houston, TX 77058

Fort Bend: 12300 Parc Crest Dr., Stafford, TX 77477

Waller: 531 FM 359 South, Brookshire, TX 77423

Montgomery County: 1600 Lake Front Circle, Ste 200, The Woodlands, TX 77380

Individual, family, group counseling; parenting and life skills classes; marriage education; case management; financial counseling; family reintegration; substance abuse prevention; veteran's benefits assistance; crisis assistance.

- *National Domestic Violence Hotline*: (800) 799-7233
- *Covenant House Nine Line* (Youth Crisis Services): (800) 999-9999
- *Crisis Intervention of Houston English*: (713) HOT-LINE – 468-5453
- *Crisis Intervention of Houston Spanish*: (713) 526-8088
- *RAINN (Rape, Abuse & Incest National Network)*: (800) 656-4673
- *SAMHSA*: (800) 662-HELP – 4351 (Substance Abuse & Mental Help Services Administration) 800-487-4889 (TTY)
- *Disaster Distress Helpline*: 800-985-5990 800-846-8517 (TTY)
Text **TalkWithUS** to 66746
- *Veteran Crisis Line*: 800-273-8255

DENTAL SERVICES

UT Health School of Dentistry

7500 Cambridge St

Houston, TX 77054

(713) 486-7000

www.dentistry.uth.edu/patients

CRISIS HOTLINES

- *Tri-County 24 Hour Crisis Line*: (800) 659-6994
- *National Suicide Prevention Lifeline* – English: (800) 273-TALK (8355)
- *National Suicide Prevention Lifeline* – Spanish: (888) 628-9454
- *Suicide Prevention Hotline*: (800) SUICIDE – 800-784-2433
- *Safe Alternatives (Self-Injury)*: (800) DON'T CUT – 800-366-7288
- *National AIDS Hotline*: (800) CDC-INFO – 800-232-4636
- *LGBT Youth Hotline*: (800) 850-8078
- *LGBT National Hotline*: (888) THE-GLNH – 888-843-4564

EDUCATIONAL / VOCATIONAL

Workforce Solutions – Conroe

2018 I-45 N

Conroe, TX 77301

(936) 441-0037

Career/resume counseling, job search, computer access for job search.

Texas Department of Assistive & Rehabilitative Services (DARS)

1151 N Loop 336 E, Ste E

Conroe, TX 77307

(936) 523-2250

Community Resources

168 Col Etheridge Blvd
Huntsville, TX 77340

(936) 435-8500

Offers vocational training for the mentally or physically disabled.

Volunteers of America

731 W Davis

Conroe, TX 77301

<http://www.voatx.org>

936-209-3009

Volunteer opportunities for individual

SUPPORT ORGANIZATIONS

Re:MIND

(713) 600-1131

Free support groups open to the public.

re:MIND (formerly known as Depression and

Bipolar Support Alliance Greater Houston)

provides free and confidential support groups

for individuals living with, or family and friends

affected by, depression and bipolar disorders

Mental Health America

www.mentalhealthamerica.net

(800) 969-6642

National Alliance on Mental Illness (NAMI)

www.nami.org

(800) 950-NAMI (6264)

National Institute of Mental Health (NIMH)

www.nimh.nih.gov

(866) 615-NIMH (6464)

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

(800) 273-TALK (8255)

The Jed Foundation

www.jedfoundation.org

212-647-7544

College Student Program

The National Council for Behavioral Health

www.thenationalcouncil.org

202-684-7457

EMERGENCY ASSISTANCE

Community Assistance Center (formerly Mont. County Emergency Assistance)

1022 McCall Street

Conroe, TX 77035

936-539-9211

www.cac-mctx.org

Provides assistance for persons in Montgomery County – services include food, prescriptions, child care, transportation, utility, rent, mortgage assistance, and Section 8 HUD housing.

Client Choice Food pantry.

Must fill out forms for services.

St. Vincent DePaul

109 North Frazier

Conroe, TX 77301

www.shconroe.org/st-vincent-depaul

936-539-1188

Provides emergency financial assistance, food and clothing every 14 days; limited gas

vouchers; utility assistance 1 time every two

years; prescription assistance 1 time every 6

month (must have original Rx). Serves zip codes:

77301, 077302, 077303, 77304, 77306, 077316,

77356, 77318, 77378

Home visit, voucher ministry, advocacy programs and disaster relief.

Creative Outreach Ministries / Angelic Resale

727 West Davis

Conroe, TX 77301

936-441-5433

Food, clothing, career clothing, financial

assistance, disaster relief, life skills, support

groups, counseling. Walk-ins welcome. Need

proof of emergency and adequate identification for you and household.

Community Resources

Volunteers of America

731 West Davis
Conroe, TX 7730
<http://www.voatx.org>
936-209-3009

Texas Department of Public Safety (DPS)

2 Hilbig Street
Conroe, TX 77301
936-442-2810
M-F 8am – 5 pm
www.txdps.state.us
DPS stranded motorist hotline: 800-525-5555

United Way (211)

888-844-6289
Referral line to provide community and individual assistance
Interfaith of the Woodlands
4242 Interfaith Way
The Woodlands, TX
281-367-1230
Financial assistance – rent & utilities, emergency shelter, food pantry, gas, holiday giving, senior services (senior transportation & home visits)

American Counsel for the Blind: 800-424-8666

American Foundation for the Blind: 800-232-5463

The National Eye Care Project

877-887-6327

www.aao.org/eyecare-america

Provides seniors with access to medical eye exams; seniors 65 and older who have not seen an ophthalmologist in the last three years are eligible. Seniors who have a health care (HMO) or receive care through a government agency (Armed Forces, VA) are not eligible. The Project matches eligible seniors with local, volunteer ophthalmologist who provide a comprehensive medical eye examination and treatment for any conditions diagnosed at the initial visits. Treatment will be provided for one full year. National Eye Care ophthalmologists accept Medicare and/or insurance reimbursements as payment in full and patients without insurance will receive care at no charge. Eyeglasses, prescriptions, and hospital fees are not covered. For information and eligibility, call the National Eye Care Project Helpline above.

Sliding Scale Eye Assessment / Treatment and Assistance in Purchasing Glasses

- Center for Sight Enhancement / University Eye Institute 713-743-2020; www.opt.uh.edu/patient-care/uei
- Good Neighbor HealthCare Center (approx. \$40-\$50) 713-527-8480
- Robert Cizik Eye Clinic 713-559-5200
- Houston Eye Associates Foundation 713-688-6828
- The Lion's Eye Bank of Texas 713-798-6100
- Prevent Blindness Texas 713-526-2559
- San Jose Clinic 713-228-9411
- Texas Commission for the Blind 877-787-8999
- University of Houston – 713-743-2020

HEARING IMPAIRED SERVICES

Relay Texas

800-676-3777 (TTY/Voice/ASCII/VCO/HCO)
www.relaytexas.com

Relay Texas provides telephone interpreting service between people who can hear and persons who are deaf, hard of hearing, deaf-blind, or speech disabled.

EYE CARE / GLASSES ASSISTANCE

Information and Referral

The following organizations provide information on eye care, vision screening, and treatment of diseases of the eye.

Community Resources

Medicare and Medicaid for the visually Impaired

Medicare covers the cost of a talking glucose monitor if you are legally blind and have diabetes. Medicare Part B helps pay for one pair of glasses after cataract surgery with an intraocular lens. Medicaid recipients are eligible to receive an eye exam and new eyeglasses every two years. Medicaid recipients on HMO can receive vision care and glasses by contacting their Medicaid HMO. Texas Department of Human Services.

Programs for the Visually Impaired

Lighthouse of Houston – Information and referral 713-527-9561

- *Adult Day Care 713-284-8494
- *Diabetic Education 713-284-8448
- *Home Visitor Program 713-284-8473
- *Housing 713-988-4263
- *Low vision clinic 713-284-8402
- *Home Health Resources Home Sight

Low Vision Program 713-527-9561

Infant SEE 888-369-3937

Sight for Students 888-290-4967

New Eyes 973-376-4903

Insure Kids Now 877-543-7669

Mental Health and IDD Services

Tri-County Behavioral Healthcare

www.tricountyservices.org

Mental health services for adults and children, including medication services, case management, rehabilitation services, limited primary medical care, supportive housing, supportive employment, and crisis services.

24 Hour Crisis Line: 800-659-6994

Psychiatric Emergency Treatment Center:
936-538-1150

Administration: 936-521-6100

Eating Recovery Center of Houston

7515 Main St

Houston, TX 77030

713-750-9607

Eating Recovery Center of The Woodlands

17350 St Luke's Way, Ste 220

The Woodlands, TX 77384

281-223-1388

Menninger Clinic

12301 South Main Street

Houston, TX 77035

713-275-500

www.menningerclinic.com

Touchstone Neurorecovery Center

9297 Wahrenberger Road

Conroe, TX 77304

936-788-7770

Bridgewood Farms

11680 Rose Road

Conroe, TX 77303

936-856-6460

www.bridgewoodfarms.org

Provides day programs, after-school programs, and respite care for individuals with special needs and their families.

Social Security Office

600 Sgt Ed Holcomb Blvd N

Conroe, TX 77304

866-614-0034

800-325-0778 (TTY national)

www.ssa.gov/disabilityssi

Community Resources

Transportation

The District

800-272-0039

Transportation by Brazos Transportation – low cost one way, round trip or multi-ride; must call one week in advance. Monday – Friday, excluding holidays 5am – 7pm; office hours 8am -5pm. Medicaid transportation (MDCD recipients only) 866-849-2062.

Senior Rides

936-756-5855

<https://www.mowmc.org/programs/senior-rides/>

Transportation for senior adults or people with disabilities in Montgomery County.

Medicaid Transportation (Medicaid Recipients Only)

855-684-4786

This is an automated service. Make sure you have your Medicaid ID. Medicaid transportation requires 2 business days' notice for appointments.

Health Care Asst & Medical Facilities

Lone Star Family Health Center

605 South Conroe Medical Drive

936-539-4004

www.lonestarfamily.org

Offers a full spectrum of medical care and comprehensive primary care medicine. Sliding-fee program available; registration required.

Interfaith Community Clinic

101 Pine Manor Drive

Conroe, TX 77385

281-364-7889

<https://interfaithcommunityclinic.org/>

No health insurance, free non-emergency medical services and basic dental care, medications may be included. New patients call

for screening, bring: ID, proof of income and proof of residency in Montgomery County.

Community Wellness Clinic

201 Enterprise Row #12

Conroe, TX 77301

936-760-2784

Private clinic for women and children. Provides well woman exams up to 45 y/o and medical services for children, immunizations, and prenatal care. Accepts Medicaid.

St. Hope Foundation Community Health Center

1414 S. Frazier Ste 105/106

Conroe, TX 77301

936-441-2440

<https://offeringhope.org>

Community Wellness Clinic

201 Enterprise Row, Ste 12

Conroe, TX 77301

936-760-2784

www.cwcllp.com

Offers Well woman exams, family planning, prenatal care, immunizations, and children's services. Age limitations: Female less than 45, Male less than 20 years.

PCP for Life

Splendora

16401 1st St, Ste 200

Splendora, TX 77372

281-399-1170

Open 7 days a week

Montgomery

19380 Hwy 105 W, #531

Montgomery, TX 77356

936-447-6020

Open 7 days a week

Louetta

12015 Louetta #200

Houston, TX 77070

281-370-7272

Open 7 days

Huntsville

179 I45 #300

Huntsville, TX 77370

936-294-0152

Open 7 days

Magnolia

31350 Friendship Dr

Magnolia, TX 77355

281-377-6140

Community Resources

Medical Coverage

Texas Health and Human Services

608 North Loop 336 East

Conroe, TX 77305

936-539-1161

<https://hhs.texas.gov/>

To apply for SNAP, Medicaid, or financial assistance.

Montgomery County Hospital District - Health Care Assistance Program (HCAP)

1400 South Loop 336 West

Conroe, TX 77304

936-523-5000

<https://www.mchd-tx.org/hcap/>

Provides covered healthcare services to eligible, low-income residents of Montgomery County who are currently uninsured.

Liberty Indigent Health Care (Liberty) - Health Care Assistance Program (HCAP)

501 Palmer St

Liberty, TX 77575

936-336-4693

Provides primary and extended healthcare services based on residency, income, and location within hospital district.

Liberty Indigent Health Care (Cleveland) - Health Care Assistance Program (HCAP)

304 Campbell St #147

Cleveland, TX 77327

281-593-8428

Walker County Hospital District Indigent Healthcare

936-291-3411

Texas Department of Human Services:

Medicaid & SNAP food benefits: 800-252-8263

Medicare Information: 800-633-4227

SHIP (health ins. counseling): 800-252-9240

CHIP (Children's health ins): 800-647-6558

Home Health Agency: 800-458-9858

HUD-U.S. Dept of Housing: 800-569-4287

Prescription Assistance

Community Assistance Center: 936-539-9211

St. Vincent DePaul @ Sacred Heart: 936-539-1188

Interfaith of the Woodlands – for those without medical insurance: 281-367-1230

Society of Samaritans: 281-252-9647

Humble Area Assistance Ministries (HAAM): 281-446-3663

Partnership for Prescription Assistance:

www.pparx.org : 888-447-2669

Needy Meds & Patient Assistance for Lab

Services: www.needymeds.org : 844-770-7257

Patient Access Network Foundation:

www.panfoundation.org : 866-316-7263

RX Assist: <http://rxassist.org> : No number

Housing

Montgomery County Housing Authority

1500 N Frazier Ste 101

Conroe, TX 77301

936-539-4984

Housing Authority of Cleveland

801 S Franklin Ave

Cleveland, TX 77327

281-593-1159

Housing Authority of Huntsville

724 Thomason St

Huntsville, TX 77320

936-294-0277

Liberty County Housing Authority

2103 Cos St, Room 103

Liberty, TX 77575

936-336-4558 ext 4

Dayton Housing Authority

2502 North Winfree Street

Dayton, TX 77535

936-258-5372

Community Resources

Navasota Housing Authority
553 Allen White Vlg
Navasota, TX 77868
936-825-7024

Legal Assistance

Lone Star Legal Aid
Central Intake Unit
500 Jefferson St, 17th Fl
Houston, TX 77002
800-733-8394
Conroe Office
412 West Lewis Street
Conroe, TX 77301
936-539-2130
Provides legal services for Montgomery, Polk,
San Jacinto, Trinity, Walker, and Waller
Counties.

Office of Attorney General – Child Support
5452 Highway 105 West, Ste 202
Conroe, TX 77304
800-252-8014
<https://www.texasattorneygeneral.gov/>

Montgomery County Women's Center – Legal Services
1401 Airport Road
Conroe, TX 77301
936-441-4044 x 38
M-F 8am – 5pm
Legal assistance to victims of domestic violence
and their children.

Houston Lawyer Referral Service
1001 Fannin Street, Ste 1370
Houston, TX 77002
713-237-9429
www.hlr.org

VAWA Pro Bono Project, YMCA
6300 Westpark Drive, Ste 600
Houston, TX 77057-7220
Phone: 713-339-9015

Fax: 713-339-1159
Serves individuals who have experienced
domestic violence, immigration issues, low
income or indigence.

Justice for Children
2600 SW Freeway Ste 806
Houston, TX 77098
713-225-4357
<http://justiceforchildren.org>

Houston Volunteer Lawyers
1111 Bagby, Ste FLB300
Houston, TX 77002
Main: 713-228-0735
Intake: 713-228-0732
www.makejusticehappen.org

Pregnancy Alternatives

Planned Parenthood
4747 Louetta Rd
Spring, TX 77388
713-514-1102
Helpline: 800-230-PLAN
<https://www.plannedparenthood.org/health-center/texas/spring/77388/spring-health-center-4097-91650>
Birth control services, emergency
contraception, general health care, HIV testing,
HPS and Hepatitis Vaccines, LGBT services,
men's health services, patient education,
pregnancy testing, options and services, STD
testing and treatment, women's health services.

Community Resources

Pregnancy Assistance

Pregnancy Assistance Center North

Spring/The Woodlands

26464 I-45 North

Spring, TX 77386

281-367-1518

Conroe Office

115 N San Jacinto

Conroe, TX 77301

936-441-6442

<https://www.pacn.org/>

Helping women, teens and men with crisis intervention, unexpected pregnancies, counseling, baby clothes, food, self-improvement classes, and Lamaze classes. Services are free. No birth control.

UTMB Maternal and Child Health Program

701 E Davis St

Conroe, TX 77301

409-266-1888

Offers family planning, child health services, and immunizations, obstetrics and gynecology, dysplasia. Call for appointment.

Montgomery County Hospital District Public Health Clinic

1300 South Loop 336 West

Conroe, TX 77304

936-523-5020

Immunizations, TB testing, CPR classes, car seat inspections.

Call for appointment.

Birthright of Montgomery County

1300 South Frazier Ste 214

Conroe, TX 77301

936-756-3220 / 800-550-4900

www.birthright.org

Offers anonymous pregnancy testing, education, shelter, maternity clothing, legal advice, medical care, job placement assistance, adoption information, referrals for professional counseling.

DePelchin Children's Center

2940 FM 2920 Ste 150

Spring, TX 77388

281-367-7707

Adoption, counseling, help for pregnant women and teens, parenting classes, foster care home, emergency shelter.

Montgomery County Emergency Assistance

936-539-9211

Salvation Army 936-760-2440

St. Vincent DePaul 936-539-1188

Montgomery County United Way 888-844-6289

Partnership for Prescription Assistance 888-477-2669

www.pparx.org

WIC (Women, Infants, Children) Lone Star Office

605 S Conroe Medical Dr

Conroe, TX 77304

936-788-5301

Conroe Office

703 East Davis

Conroe, TX 77301

936-539-3399

Report Abuse / Neglect

Child Protective Services (CPS) / and Adult

Protective Services (APS): 800-252-5400

Available 24 hours a day, 7 days a week

National Parent Helpline: 855-427-2736

Monday – Friday, 8am – 5 pm

A trained National Parent Helpline advocate is ready to:

- Listen to you
- Offer emotional support
- Help you problem-solve
- Support you in creating your own solutions
- Encourage you to take care of yourself
- Work with you to get connected to local resources
- Explore new resources with your family

Community Resources

- Help you build on your own strengths and continue to be a great parent!

Domestic Violence Shelters

National Domestic Violence Hotline:
800-799-7233
www.thehotline.org

Montgomery County Women's Shelter
1600 Lake Front Circle, #200
The Woodlands, Tx 77380
396-441-4044 x 23
24 Hour Crisis Hotline: 936-441-7273
<http://mcwctx.org>
Provides counseling, legal advocacy, and emergency shelter for survivors of sexual assault and domestic violence.

Women's Center of Brazoria County
Admin office
715 N Valderas
Angleton Tx 77515
24 Hour Crisis Hotline: 800-243-5788
<https://www.womenscenterbc.com/>
Temporary assistance and emergency shelter for women and their children: counseling services.

The Bridge Over Troubled Waters
3811 Allen Genoa Road
Pasadena, TX 77501
713-472-0753
24 Hour Crisis Hotline: 713-473-2801
<https://tbotw.org>
Accompany female sexual assault survivors and battered women to hospitals in Southeast Harris County. Provides shelter, transitional housing, counseling, and support programs for sexual assault survivors.

Family Time Crisis and Counseling Center
1203 S Houston Ave
Humble, TX 77338
281-446-2615
www.familytimecc.org
Services: Individual, family and group counseling available for victims of sexual assault. Shelters for victims of domestic violence. Spanish services are available.

Focusing Families
Crisis Office
910 9th St
Hempstead, TX 77445
979-826-3290
24 Hour Crisis Hotline: 979-826-000 / 877-237-2339
www.focusing-families.org
Services: Shelter for victims of domestic violence in Waller and surrounding counties.

Fort Bend Women's Center
PO Box 183
Richmond, TX 77469
281-344-5750
24 Hour Crisis Hotline: 281-342-4357
<https://fbwc.org/>
Services: Accompany sexual assault survivors. Provides 24 hours hotline service for adult survivors of sexual assault and/or incest. Provides emergency shelter, food, and clothing as well as counseling and other support services to women and children of domestic violence.

Houston Area Women's Center (HAWC)
1010 Waugh Dr
Houston, TX 77098
General: 713-528-6798
Domestic Violence Hotline: 713-528-2121
Sexual Assault Hotline: 713-528-7273
www.hawc.org
Services: Shelter for battered women and their children, counseling services and advocacy for victims of domestic violence and sexual assault support groups for sexual assault survivors and accompaniment to area hospitals, police stations, and court. Spanish services are available.

Community Resources

SAAFE House

Walker County Office
1426 Sam Houston Ave
Huntsville, TX 77340
24 Hour Hotline: 936-291-3369 / 936-327-2513
www.saafehouse.org

Shelter for victims of domestic violence and their children, 24-hour crisis hotline, sexual assault and domestic violence advocacy, rape crisis intervention, children's programs, violence intervention programs and legal advocacy.

Animal Shelters

Houston SPCA - PetSafe Program

900 Portway Dr
Houston, TX 77024
713-869-7722
Services: Provides confidential, temporary emergency boarding for animals at no cost to person residing in domestic abuse shelters, maximum of 3 animals per visit.

Conroe Animal Shelter

407 Sgt Ed Holcomb Blvd South
Conroe, TX 77304
936-522-3550
www.conroeanimalshelter.com

Montgomery County Animal Shelter

8535 SH 242
Conroe, TX 77385
May arrange to temporarily board for person residing in a domestic abuse shelter.

Shelter – Homeless

Salvation Army

304 Avenue East
Conroe, TX 77301
936-760-2440
www.salvationarmyhouston.org/conroe

Family Promise of Montgomery County

1207 N Thompson
Conroe, TX 77301
936-441-8778
Faith-based program. Assistance for individuals who are homeless with children, must pass background check, no felony convictions, must pass drug test.

Good Shepherd Mission

1005 Avenue F
Huntsville, TX 77340
936-291-8156
This is a night only shelter.
Services: Stay up to 3 nights only. Food and clothing are available. Call for intake.

Coalition for the Homeless

2000 Crawford St #700
Houston, TX 77002
713-739-7514
www.homelesshouston.org

Mission of Yahweh, Houston

10247 Algiers Dr
Houston, TX 77041
713-446-4785
Emergency shelter for women/children. Shelter is open 24 hours a day, 7 days a week.

Turning Point Center

1701 Jacquelyn St
Houston, TX 77055
713-957-0099
Discounted room and board for ages 50+ women/men. No children.

The Bristow Center

2627 Caroline St
Houston, TX 77004
713-970-7413

Community Resources

Doris and Carlos Morris Men's Development Center

1811 Ruiz St
Houston, TX 77002
713-227-8900

Walk-in day shelter and overnight shelter for men. There is also a six month program.

Wellsprings

PO Box 311017
Houston, TX 77231

Transitional residence, apartments, and support services to women who are homeless, abused, and/or are in recovery. Women only.

Transitional Living Centers – Star of Hope

6801 Ardmore St
Houston, TX 77054
713-748-7242

Resident must be homeless, at least 18 years of age, have proof of citizenship, and letter verifying homelessness.

The Women's Home

607 Westheimer
Houston, TX 77006
713-521-3150

Residential rehabilitation targeting women ages 18-62, homeless, who are willing to commit to a 6-18 month program, participate in group/individual counseling, seek vocational and/or educational assistance, have minimum 60 days sobriety from drugs and harmful behaviors to themselves or others, also should be willing to function in a structured program.

Salvation Army Family Residence

1603 McGowan St
Houston, TX 77004
713-650-6530

Women, children, or families with children (must provide marriage license). Residents must follow rules and be self-supporting.

Santa Maria Hostel

2605 Parker Road
Houston, TX 77093
713-691-0900

Transitional housing program for homeless, single women that have undergone at least six months of substance abuse treatment at facility.

SEARCH Homeless Services

2015 Congress Avenue
Houston, TX 77002
713-739-7752

Provides basic services for homeless people in Houston and surrounding areas through day shelter and resource center; includes shower and laundry facilities and information referral.

Star of Hope Shelter for Women and Families

419 Dowling St
Houston, TX 77003
713-222-2220

Provides shelter, meals, and a day center for homeless single women, women with children, men with children, and families; classes and referrals available for personal, career and spiritual development.

The Open Door Mission

5803 Harrisburg Blvd
Houston, TX 77003

This is a 9 month faith-based program, intake walk-ins on Tuesday/Thursday only from 6am-9am. ID requested, also if prescribed meds, client should bring what they have until they can see their doctors. Center provides counseling and case management. Male only. No felony warrants, high risk psychiatric meds, or opioids, violent behavior, or registered sex offenders. No admissions Friday through Sunday.

Roz House

11901 Meadowpass Dr
Houston, TX 77076

Transitional housing for women.

Community Resources

The Love House

PO Box 891153

Houston, TX 77289

832-607-1716

Shelter for women over 50 who are in transition due to homelessness or need of crisis intervention.

GODEL / Livingston

1607 South Washington Ave

Livingston, TX 77351

936-327-8863

Polk County. Men / Women

Interfaith of the Woodlands / Transitional Shelter Program

4242 Interfaith Way

The Woodlands, TX 7730

281-367-1230

Assistance for individuals who are in need of transitional shelter.

Substance Abuse Treatment

Tri-County Behavioral Healthcare

233 Sgt Ed Holcomb Blvd S

Conroe, TX 77304

936-521-6100

www.tricountyservices.org

Intensives outpatient substance abuse treatment program serving adults and youth with substance abuse disorders and Co-Occurring Substance Abuse Disorders (COPSD); participants will be drug and alcohol tested on a regular basis to ensure compliance; flexible group schedule.

New Life Women's Center Residential Drug Rehab Program (Creative Outreach Ministries)

14699 Steede Road

Montgomery, TX 77356

936-449-4357

<https://creativeoutreach.com/>

12+ month residential program.

Riverside General – Detox (inpatient and outpatient services)

4514 Lyons Ave

Houston, TX 77020

713-331-2500

Ages served – Adults 21-65, Children/Adolescents 17 and under. Detox assistance – first come, first served.

The Council on Recovery

303 Jackson Hill St

Houston, TX 77007

713-942-4100

<https://www.councilonrecovery.org/>

Inpatient and outpatient substance abuse treatment, one-time payment of \$100 for assessment fee, must have ID and proof of unemployment, once evaluated eligibility will be determined.

Good Shepherd Mission – Hope House

1005 Ave F

Huntsville, TX 77340

936-291-8156

Substance abuse rehab – will not take dual diagnosed clients, 6-9 months residential, has to be a resident or have a family member who are residents of Walker County. No current legal problems. Both men and women.

DAPA – Psychiatric and Substance Abuse Programs

5500 Guhn Road

Houston, TX 77040

713-783-8889

www.DAPAhelp.com

The Cheyenne Center

10525 Eastex Fwy

Houston, TX 77093

713-691-4898

www.cheyennecenter.com

Transitional and intensive residential and outpatient treatment for chemical dependence.

AA/NA Alcoholics Anonymous/Narcotics Anonymous Groups

Community Resources

www.aa.org

www.na.org

Serenity Group	405 Sawdust Road	Spring	281-292-8334
1502 Group	2030 FM 2854	Conroe	936-756-3171
Champions Club	14340 West Sylvanfield Dr	Houston	281-444-7238

Veteran and Senior Services

Montgomery County Veterans Service Office

2247 North 1st St, Ste 219

Conroe, TX 77301

936-225-8282

Helps veterans and their widows file pensions.

Conroe VA Outpatient Clinic

690 S Loop 336 W

Conroe, TX 77304

936-552-4000

Houston VA

2002 Holcombe Blvd

Houston, TX 77030

713-791-1414

www.va.gov

Veteran's Treatment Court

300 North Main, Room 304

Conroe, TX 77301

936-538-8170

https://www.mctx.org/departments/departments_q-z/veterans_treatment_court/index.php

Assists veterans with legal troubles in becoming an integral and productive member of the community. Qualifications: charged with a criminal offense in Montgomery County, U.S. veteran/active duty/reserves, honorable discharge/discharge under honorable conditions, served in combat zone or hazardous duty. Applications are reviewed on a case-by-case basis.

NAMI's Veteran Resource Center 800-950-6264

National Call Center for Homeless Veterans 877-424-3838

National Coalition for Homeless Veterans 800-VET-HELP

Veteran Crisis Line: 800-273-8255

InTransition: 800-424-7877

Meals on Wheels & Senior Rides

1202 Candy Cane Lane

Conroe, TX 77301

936-756-5828

www.mowmc.org

Provides home delivered nutritious meals and transportation services for individuals age 65+ years or those with a documented disability.

South Montgomery County Community Center – Seniors

2235 Lake Robbins Dr

The Woodlands, TX

281-363-9410

Meals on Wheels, light housekeeping, transportation, legal and benefits counseling, bingo, bridge, day trips.

Texas Aging and Disability Resource Center

1111 Collins Road

Richmond, TX 77429

832-681-2635

Serves: Liberty, Montgomery and Walker Counties

Cleveland Senior Citizens Org

220 Peach Ave

Community Resources

Cleveland, TX 77327
281-592-1174

Senior Center of Walker County
340 F Highway 75 North
Huntsville, TX 77340
936-295-6151

Interfaith of the Woodlands
4242 Interfaith Way
The Woodlands, TX 77381
281-367-1230
Transportation to medical appointments, Senior activities, worship services, caregiver conferences, food delivery services.

Utility Assistance

Programs for Human Services (PHS)
3423 Martin St
Orange, TX 77630
M – F 8am – 3pm
Serving Liberty, Chamber, Galveston, Hardin, Jefferson, & Orange Counties

Brazos Valley Community Action Agency (BVCAA)
600 Gerald St #301
Willis, TX 77373
Montgomery County – 936-856-7036
Walker County – 979-595-1199

Greater East Texas Community Action Program
Nacogdoches, TX
800-621-5746
Serving Trinity, San Jacinto and & Polk Counties

Youth Services

Montgomery County Youth Services
105 West Lewis St
Conroe, TX 77301
936-756-8682
<https://www.sayyestoyouth.org/>
Huntsville: 936-293-1003
Magnolia: 281-259-0440
Splendora: 281-689-5104
The Woodlands: 281-292-6471
CRISIS HOTLINE: 888-756-8682

Bridgeway Youth Shelter
4501 North Frazier St
Conroe, TX 77303
936-890-1132
Coed Shelter for youth ages 10-17. Length of stay cannot exceed 90 days.
CRISIS HOTLINE: 888-756-8682.
Street outreach: Provides basic needs such as clothing; supplies, food, shelter options, and transportation to medical and dental care.

Food Banks:

Montgomery County:
Montgomery County Food Bank
One Food For Life Way
Conroe, TX 77385
For mapping/GPS purposes, use address:
825 South Trade Center Parkway, Conroe, TX 77385
936-539-6686
<http://mcfoodbank.org>

Liberty County:
The Liberty Church of Christ Food Bank
3201 North Main Street
Liberty, TX 77575
Tuesday, 9 – 11 am
936-336-2213
www.libertycofc.org

Walker County:
Good Shepherd Mission Food Bank

Community Resources

1005 Martin Luther King Dr
Huntsville, TX 77320
936-291-8156
MWF, 9am – 12pm
<http://thegsmission.org>

Community Resources

Pantry Name	Address	City	Phone	Hours of Operations
First Christian Church Conroe	3500 N Loop 336 W	Conroe	936-756-3554	Wednesday 9am – 1145 am
Coat of Many Colors	2500 Lone Star Parkway	Montgomery	936-672-7808	2 nd & 4 th Wednesday each month; 1000 am – 300 pm
Community Assistance Center	1022 McCall Ave	Conroe	936-539-1096	Tuesday – Friday 830am – 1130am & 1:00pm – 400pm
Compassion United – Terry's Table	18856 FM 1484	Conroe	936-274-3799 X 716	1 st & 3 rd Thursdays 900am – 1130 am
Conroe Church of Christ	1860 Longmire Road	Conroe	936-756-8988	Wed & Fri – appt only 1000am – 1200 pm
Creative Outreach	727 West Davis St	Conroe	936-441-5433	Tuesday – Friday 1100am – 500pm
First Mission of Mercy Church	19256 FM 1484	Conroe	936-264-1868	2 nd & 4 th Thursday 900am – 1130 am & 600pm – 800pm
Friendship United Methodist	22388 Ford Road	Porter	281-354-2326	1 st Fri & Sat, 2 nd Fri and Sat Fri: 1000am – 1200pm; Sat: 1000am – 230pm
Gateway Church	2930 Rayford Road	Spring	281-263-4500	Saturday 800am – 1000am
Good Shepherd Mission	1005 Martin Luther King	Huntsville	936-291-8156	Mon, Wed, Fri 900am – 1200pm
Interfaith of the Woodlands	4245 Interfaith Way	The Woodlands	281-367-1230	Mon – Fri 800am – 500pm
Lone Star College – Conroe	777 Conroe Park North Drive	Conroe	936-521-4549	Wednesday 800am – 400pm; appt only
Lone Star College – Montgomery	3200 College Park Drive	Conroe	936-273-7327	Tues & Wed 315pm – 500pm
Mission NE	22098 Loop 494	New Caney	281-354-1200	Tue, Wed, Thurs 800am – 1100am
Montgomery United Methodist Church	22548 Hwy 105 W	Montgomery	936-597-6162	Visit website for distribution hours: www.mumctex.org/food-pantry
New Caney Family Worship	23214 FM 1485	New Caney	281-689-7067	1 st & 3 rd Thursdays 800am – 1100am
New Horizon Church of the Nazarene	1201 N FM 3083 East	Conroe	936-756-3507	1 st and 3 rd Thursdays 200pm – 400pm
Nourishment for the Needy	27350 Blueberry Hill St. #4	Conroe	281-292-2695	Tues & Thurs 900am – 200pm
Operation Refuge	904 E Houston	Cleveland	281-592-6701	Mon, Tue, Thurs, Fri 1100am – 100pm
Refuge Foundation	285 Sawdust Road A	The Woodlands	281-419-1521	Saturday 8am – 1100am
Sacred Heart Catholic Church	145 Madeley	Conroe	936-539-1188	Drive thru: Wed 1000am – 100pm; All other services remain the same on Mon, Tues & Thurs - 10:00 am to 2 pm.
Salvation Army	304 Ave E	Conroe	936-760-2440	Mon, Wed, Fri 830am – 100pm
Salvation Army Soup Kitchen	305 Ave E	Conroe	936-760-2441	Mon, Wed, Fri 0830am – 100pm
Society of Samaritans	31355 Friendship Dr	Magnolia	281-259-8452	Mon, Wed, Fri 1000 am – 200pm Tues & Thurs 1000am – 400pm
St Anthony's of Padua	7801 Bay Branch Dr	The Woodlands	832-482-4210	Tue – 900am – 1200pm Thurs – 900am – 1200pm Sat – 1000am – 1200pm
St. John of the Cross	20000 Loop 494	New Caney	281-399-9008	Thurs 830am – 1100am
St. Joseph's Church	101 Elmore St	New Waverly	936-344-6104	Call for distribution hours
St Matthias Catholic Church	302 Magnolia Blvd	Magnolia	281-259-7300	Friday 900am – 130pm
Tamina Community Center	18963 Main St	Conroe	281-465-4646	Mon – Fri 300pm – 600pm
The Abundant Harvest	24803 Oakhurst Dr	Spring	936-689-7177	Appt only: Tues & Thursday 1000am – 300pm; no appt between 200pm – 300pm
The Local Church	110 West Montgomery St	Willis	936-8556-8317	Mon – Thurs 1000am – 100pm
The Under Over Fellowship	600 S Frazier	Conroe	936-447-0258	Mon, Wed, Fri 1000am – 500pm Tues 1000am – 1200pm
West Conroe Baptist	1855 Longmire Road	Conroe	936-760-1911	Wednesday 1000am – 100pm
Wildwood	8911 FM 1488	Magnolia	832-934-0100	Thurs 1000am – 1230pm
YMCA After School Care	25469 Borough Park Dr	Spring	936-494-5107	Open only to resident children