

Tutoring and Continued Education

Community Enrichment Center

- Provide classes to obtain GED
- 817-281-1164 ext. 126 (ask for Karla)
 - 6250 NE Loop 820 North Richland Hills, Texas 76180

Homework Hotline

- K-12 and first-year college/vocational students in DFW get tutoring in core subjects online for free.
- <https://www.hw hotline.org/>

Tarrant Community College

- Free GED/ high school equivalency offered.
- 817-515-2568
 - <https://www.tccd.edu/community/adult-education-literacy/ael-enrollment/high-school-equivalency/>

Parenting

The Parenting Center

- Provide family members with tools, resources, and services to build successful families. Services include educational classes, coaching, support groups, counseling, teen support & empowerment groups.
- 2928 West 5th Street, Fort Worth, TX 76107
 - 817-332-6348
 - www.theparentingcenter.org

ACH Child and Family Services

- Kinship Navigator program assists with clothing, legal aid, training, food, counseling/support groups, and one-on-one support
- 817-335-4673
 - 1025 S. Jennings, Fort Worth TX 76104
 - Achservices.org/kinship-navigator

Seasons of Change Incorporation

- Programs and alternative activities are provided to adolescents and families with the skills to make healthy choices.
- 817-277-9601
 - 1017A N. Commercial Blvd. Arlington, TX 76105
 - www.seasonsofchangeinc.com

Family and Individual Counseling

Here for Texas

- Mental Health Navigation Line
Volunteers are available to connect you with services from 10 AM to 6 PM.
- (972)-525-8181
 - herefortexas.com

My Health My Resources

- Provides community-based services for youth and adults with mental health conditions, intellectual and developmental disabilities (IDD), and substance use disorders, as well as babies and young children with developmental delays.
- <https://mhmrarrant.org/>
 - 817-335-3022

ACH Child and Family Services

- Brings needed resources and skills to children and families struggling with life's challenges. Provides counseling for youth ages 6 to 17.
- 817-335-4673
 - 3712 Wichita Street Fort Worth, Texas 76119
 - <https://achservices.org/>

Transportation and Gas Assistance

Trinity Metro - ON Demand

- A ridesharing program where you can schedule a ride on your mobile phone to take you to your needed destination at a discounted rate. (\$2 per passenger per ride or FREE with the purchase of any multi-ride Trinity Metro ticket.
- <https://ridetrinitymetro.org/rider-services/ondemand/>

Catholic Charities

- Provide rides to medical appointments, shopping and work (income-based eligibility)
- 817-336-8714



upliftededucation
Counseling & Prevention Services

Uplift Families Resource Guide

MIGHTY, MERIDIAN, AND ASCEND

The local resources listed in this pamphlet are both relevant and operational. Please keep in mind that some of these organizations offer free or low-cost services, and a few may only be available during certain seasons.



<https://shorturl.at/egmyC>

Scan the QR code to access the Master Resource Library.



upliftededucation
Counseling & Prevention Services

Housing/ Shelter

Day Resources Center

DRC provides case management services, critical outreach support, and housing solutions for families and individuals.

- 1813 E. Lancaster Ave. Fort Worth, TX 76103
- 817-810-9797
- help@drc-solutions.org
- <https://drc-solutions.org/get-help/>

Fort Worth Housing Solutions

Assist with affordable housing, vouchers and connection to shelters.

- 817-333-3400
- 1407 Texas St. Fort Worth, TX 76102
- <https://fwhs.org/housing-programs/>

Center for Transforming Lives

Provide emergency shelter, family housing, and long-term leasing support to women and their children.

- 3001 S. Riverside Drive Fort Worth, Texas 76119
- (817) 332-6191
- housing@transforminglives.org
- <https://transforminglives.org/housing-services>

Food Pantries and Support Services

Tarrant Area Food Bank

Host various food drives and donations throughout Fort Worth. Visit the website to find a location near you and hours of availability.

- <https://tafb.org/find-food/>

Town Talk Foods

Town Talk Foods has focused on selling groceries at extremely discounted prices in Fort Worth, Arlington, & Weatherford. To find a location in your area, please use the link below:

- <https://towntalkfoods.com/#locations>

Eastside Community Assistance Ministries

Eastside Community Assistance focuses on assisting families with clothing and food needs.

- (817) 446-3278
- 5929 E Lancaster Ave Fort Worth, TX 76112
- <https://eastsidecommunityassistance.com/>

Financial Assistance

Partnership Home

Partnership Home serves as a connector to support systems that can assist if they cannot themselves.

- 300 S. Beach Street Fort Worth, TX 76105
- 817-996-8800
- <https://partnershiphome.org/help/rent/>

Community Action Partners

CAPS provides comprehensive financial assistance including energy, housing, financial assistance, and employment. They conduct in-person and online intakes bi-weekly.

- <https://www.fortworthtexas.gov/departments/neighborhoods/cap>

2-1-1 Tarrant County

Free helpline for connections to local financial & social services

- 2-1-1

Clothing and Uniform Support

Fort Worth Community Collaborative

FWCC is the ONLY no-cost community closet in Fort Worth. Doors are open to all. Carrying a wide selection of new and gently used clothing, shoes, and accessories in sizes ranging from preemie all the way to adult 5X.

- 1st and 3rd Saturday of each month from 9am-1pm
- 8700 Chapin Road, Fort Worth, TX 76116
- 817-382-2877
- <https://www.fwcollab.org/general-4>

Trusted World

Trusted World provides the best resources, at no cost, to organizations and individuals working on someone else's behalf.

- Reach out to your WSC for assistance

Unbound The Underground

The Underground is a drop-in center that provides a place for rest, meals, shower facilities, clothing, counseling resources, and referral services for youth through age 22.

- 1100 Hemphill Street Fort Worth, TX 76104
- 817-885-7735
- <https://unboundnow.org/the-underground/>

Healthcare

Baylor Community Clinic

Offer quality health services with options of discounted rates for those uninsured and financial aid for those who qualify

- 1650 W Magnolia Ave. #207, Fort Worth, TX 76104
- 817-912-8000

Northside Community Health Center

Strive to improve health and wellness through accessible, compassionate, and quality healthcare services for all.

- 2332 Beverly Hills Drive Fort Worth, TX 76114
- 817-625-4254
- <https://ntachc.org/>

JPS Connection

Offers several assistance programs to connect you and your family with medical care that is affordable

- 817-702-1001
- <https://jpshealthnet.org/financial-resources/jps-connection>

Pregnancy Resources

Cook's Children

Build-a-Bridge Program strengthens connections between children and families to health care professionals and community resources

- 682-885-4162
- <https://www.cookchildrenscommunity.org/abuse/build-a-bridge/>

Fort Worth Pregnancy Center

Provide no-cost services centered on you, including pregnancy testing, ultrasounds, check-ups, and more.

- 3221 Cleburne Rd. Fort Worth, TX 76110
- (817) 697-7525
- <https://fwpc.org/>

Pregnancy Help 4 U

Non-profit organization aimed at providing free care to those who are pregnant, need sonograms, or need testing/ treatment. All services are free and confidential.

- <https://www.pregnancyhelp4u.org/>
- 5407 Basswood Blvd. Suite 107, Fort Worth, TX 76137
- 817-753-6222