

Tutoring and Continued Education

IISD Adult Education and Literacy Classes

Free ESL classes, GED, and job training.

Address: 820 North O'Connor Road.
Phone number: 972-600-6130

Heart House

Non-profit that provides afterschool programs and mental health support for refugee and underprivileged children
8515 Park Ln #112, Dallas
(214) 750-7637
hearthousedallas.org

For Oak Cliff

Provide educational, economic, and cultural enrichment programs, including GED courses, workforce development, and cultural initiatives, to empower residents
906 E Ledbetter Dr, Dallas,
(972) 707-0324
foroakcliff.org

Transportation and Gas Assistance

DART GoPass

A mobile ticketing and trip-planning app for Dallas Area Rapid Transit (DART) services, making public transit easier to access.
(214) 979-1111
gopass.org

Cricket

A shuttle service in Dallas offering rides to various locations, including cricket grounds.
4980 Belt Line Rd, Dallas
(214) 770-3668
ridecircuit.com

My Ride Dallas

A free information and referral service that helps older adults and people with disabilities find affordable transportation
(972) 855-8084
mytransportation.org

Family and Individual Counseling

Children First

Provides affordable counseling, sliding scale, Grants, and bilingual English and Spanish sections. In-person, virtual, and Saturday are available. Address: 621 NW 6th Street, Grand Prairie, TX 75050. Phone number 972-264-9604. Website:
<https://www.childrenfirstinc.org/>

Metrocare

Provides affordable mental health care, crisis intervention, substance use recovery, integrated healthcare, and community-based support
1345 River Bend Dr., Dalla
(214)-743-1215
metrocareservices.org

Parkland Behavioral Health Center

Comprehensive mental health services, including crisis intervention, counseling, psychiatric care, and substance use treatment
6300 Harry Hines Blvd, Dallas, TX 75235
(214) 590-5536
parklandhealth.org/behavioral-health

Parenting

Annie's Place

A child care center at Parkland Hospital that provides free short-term care for children while their parents attend medical appointments.
Location: 5200 Harry Hines Blvd, Dallas
(214) 266-8263
anniesplacecares.org

Hope's Cottage

Offers support and resources to build healthy family relationships and a positive, loving home environment for your children.
609 Texas St, Dallas
(214) 526-8721
www.hopescottage.org

Uplift Families Resource Guide

INFINITY, WILLIAMS, NORTH HILL AND TRIUMPH

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.



uplifteducation
Counseling & Prevention Services



uplifteducation
Counseling & Prevention Services

Housing/ Shelter

Family Gateway

Supportive services to families with children affected by homelessness
1421 W. Mockingbird Ln, Ste C
1-888-411-6802 (Option 3)
familygateway.org

Dallas LIFE

Emergency shelter and recovery programs offering up to 500 beds.
1100 Cadiz Street Dallas
(214)-421-1380
<https://dallaslife.org/place-to-stay/>

Family Promise of Irving

Family Promise of Irving is a nonprofit organization that assists children and their families who have lost or are at risk of losing their housing, helping them regain self-sufficiency.
Address: 315 W 3rd St
Phone: 972-313-1500
Email: info@familypromiseirvig.org

Financial Assistance

United Way

Provides financial assistance, education, and resources to help low-income families achieve financial stability.
1800 N Lamar St, Dallas,
(214) 978-0000
unitedwaydallas.org

Metrocrest Services

Offers emergency financial assistance, food, and other support services for families and individuals in crisis.
13801 Hutton Dr, Farmers Branch
(972) 446-2100
metrocrestservices.org

Catholic Charities

Provides financial assistance, housing support, and a variety of other social services to low-income individuals and families.
1421 W Mockingbird Ln, Dallas
(866) 223-7500
ccdallas.org

Healthcare

Irving Community Clinic

Provides medical, dental, and mental health services for uninsured and underinsured individuals and families in the Irving community.
2021 N MacArthur Blvd, Suite 225, Irving
(214) 379-4397
irvinghealth.org

Los Barrios Unidos

Provides affordable, high-quality healthcare services including medical, dental, and mental health care for low-income families.
809 Singleton Blvd, Dallas
(214) 571-6132
losbarriosunidos.org

Mission East Dallas

Provides medical, dental, and mental health services to uninsured and underinsured individuals and families in East Dallas.
4550 Gus Thomasson Rd, Mesquite,
(972) 682-8917
missioneastdallas.org

Food Pantries and Support Services

Minnie's Food Pantry

Provides emergency food assistance to individuals and families in South Dallas
3155 S Lancaster Rd, Suite 200, Dallas
(214) 709-8077
minniesfoodpantry.org

Crossroads

Crossroads Community Services provides groceries and nutritional support to low-income individuals and families
4500 S Cockrell Hill Rd, Dallas
(214) 560-2511
ccsdallas.org

Tarrant Area Food Bank

Tarrant Area Food Bank distributes food to pantries and other nonprofits across North Texas who are ready to serve those in need. If you or your loved ones need food, use the search box below to find a local food pantry. <https://tafb.org/find-food/>

Clothing and Uniform Support

Assistance League of Dallas

Provides school uniforms, clothing, and other essentials to students and families in need.
7989 Belt Line Rd #154, Dallas
(972) 437-1239
assistanceleague.org/dallas

Carter's House

The organization provide clothing and uniform support for families They also provide parents work-shop. Please make an appointment.2922 Martin Luther King, Jr. Blvd Dallas, TX 75215, Suite 131. Phone number you can call or text to make appointment at 214-450-9150. Website www.cartershouse.org

Mission Oak Cliff

Provides clothing, food, and supportive services to individuals and families in Oak Cliff.
1111 W Ledbetter Dr, Dallas
(214) 946-5576
missionoakcliff.org

Pregnancy Resources

Viola's House

Provides housing and support services to homeless pregnant teens and young women in crisis
4742 W. Illinois Ave, Dallas,
(972) 515-3909
violashouse.org

In My Shoes

A residential program offering housing and support services for homeless pregnant women.
2602 N Stemmons Fwy, Dallas,
(214) 905-5096
liveinmyshoes.org

Thrive Women's Clinic

Offers free pregnancy tests, counseling, and material assistance to women facing unplanned pregnancies.
4313 N Central Expy, Dallas
(214) 821-6292
stjosephshelpers.org