

Tutoring and Continued Education

Dallas Public Library

Free Online Homework Help

Students of all ages can get free help with math, reading, writing, science, and more. Live tutoring is available daily from 2 p.m. to midnight, including Spanish support. Test prep and writing feedback are also offered. <https://dallaslibrary2.org/childrensCenter/kids/homework.php>

Learn To Be

Free 1-on-1 online tutoring (math & reading) for K-9 students across Dallas. Volunteer tutors support underserved students, and sessions are conducted online. <https://www.learntobe.org/>

For Oak Cliff

Provide educational, economic, and cultural enrichment programs, including GED courses, workforce development, and cultural initiatives, to empower residents 907 E Ledbetter Dr, Dallas, (214) 257-8570 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

STAR Transit

Affordable, ADA-accessible public transportation serving Southern Dallas and nearby areas. Offers fixed routes and on-demand rides via the STARNow app. (877) 631-5278 startransit.org

C. LEE Transportation

Offers safe, affordable, and accessible rides across Southern Dallas (469) 818-7209 cleetransportation.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

Metrocare

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

Family Studies Center UT-Southwestern

Offers therapy to individuals, couples, and families. Family Studies Center has a flat fee of \$20 per session. No insurance accepted. Evening hours are available. (214) 648-6945

Parenting

Thrive Women's Clinic

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



uplifteducation
Counseling & Prevention Services

Uplift Families Resource Guide

HAMPTON, GRADUS, WISDOM, AND PINNACLE

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.



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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/>

After8 to Educate

35 beds for emergency youth shelter and transitional living program
4212 E. Grand Ave., Dallas, TX
(469)-914-1700
after8toeducate.com

Food Pantries and Support Services

The Stewpot

Offer three hot meals daily, a food pantry and grocery distribution, and assist with ID recovery and housing services.
1610 S Malcolm X Blvd, Dallas, TX 75226
(214) 746-2785
<https://www.thestewpot.org/>

Crossroads

Crossroads Community Services provides groceries and nutritional support to low-income individuals and families
4500 S Cockrell Hill Rd, Dallas
(469) 860-6090
ccsdallas.org

The M.I.N.T. Foundation

THE MINT Food Pantry is open on Tuesday, Wednesday and Thursday from 9:00 a.m until 12:00 p.m and is By Appointment Only.
1604 Falcon Drive, DeSoto, TX 75115
(972) 224-7200
<https://www.mintcares.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

Interfaith Family Services

Provide up to six months of rent and utility assistance to eligible families, coupled with career coaching, financial education, and access to free childcare.
1651 Matilda Street, Dallas, TX 75206
(214) 827-7220
interfaithdallas.org/get-help/rent-utility-assistance/

Under 1 Roof

Offers financial assistance, housing support, and case management to low-income individuals and families in Dallas County.
5787 S Hampton Rd Suite 390, Dallas, TX 75232
(214) 343-4000
www.under1roofdallas.org/

Clothing and Uniform Support

Inspired Vision Compassion Center

Provides free clothing, groceries, baby items, and household essentials to families in need. Open Monday through Friday 9:30 am - 5:00 pm
2019 N Masters Drive, Dallas, Texas 75217

Brother Bill's

Offers clothing, food, and essential services to families in West Dallas.
3906 N Westmoreland Rd, Dallas
(214) 638-2196
bbhh.org

Mission Oak Cliff

Provides clothing, food, and supportive services to individuals and families in Oak Cliff.
111 S. Beckley Ave. Dallas, TX 75203
(214) 942-6407
missionoakcliff.org

Healthcare

Martin Luther King Jr. Family Clinic

Offers medical, dental, and behavioral health services for the whole family. Medicaid, Private Insurance, Medicare, and Uninsured accepted.
2922B Martin Luther King Jr Blvd Dallas, TX 75215
(214) 426-3645
foremostfhc.org/about/martin-luther-king-location/

Los Barrios Unidos

Provides affordable, high-quality healthcare services including medical, dental, and mental health care for low-income families.
Multiple Locations
(214) 540-0300
lbucommunityclinic.org/

Now Forward

Preventative, acute, and chronic care for uninsured adults and children.
2875 Merrell Road
Dallas, TX 75229
(214) 358-8700
now-forward.org/our-services/medical/

Pregnancy Resources

Viola's House

Provides housing and support services to homeless pregnant teens and young women in crisis
3647 Holmes St. Dallas, Texas 75215
(972) 685-0745
violashouse.org

In My Shoes

A residential program offering housing and support services for homeless pregnant women.
2602 N Stemmons Fwy, Dallas,
(945)239-3496
liveinmyshoes.org

CeCe's Place

Offers free pregnancy testing, prenatal & postnatal care, on-site Medicaid enrollment, ultrasounds, STI screening, and parenting education.
(214) 970-3335
609 Texas Street Dallas, Texas 75204
<https://cecesclinic.org/>