

Tutoring and Continued Education

Dallas Public Library

Offers free ESL (English as a Second Language) classes at various branch locations to help learners improve their language skills. These classes are a great resource for individuals looking to strengthen their English for work, school, or everyday life. Check out more free educational events and programs that could benefit you and your scholar at: <https://dallaslibrary.librarymarket.com/>

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

Family and Individual Counseling

The Center for Integrative Counseling and Psychology

Discover mental health resources, support, and tools to help individuals and families at BBHH.org
Contact: 214-638-2194 ext. 109

Jubilee Park

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

Healing Hands Health

Services offer compassionate, comprehensive care for mental wellness. Their team provides counseling, psychiatric services, and support tailored to each individual's needs—helping patients lead healthier, more balanced lives. Please call 214-221-0855.
4550 Gus Thomasson Rd. Ste. 40 Mesquite, TX 75150

Parenting

The Parent Plug

The Parent Plug meets every other Thursday at 6:30pm—offering in-person and Zoom roundtables on parenting, wellness, and resources for low-income caregivers. Families with children ages 0-17.
<https://www.cartershouse.org/our-programs>

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

HEIGHTS, LUNA, ATLAS, WRH

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. (emergency Shelter)
1421 W. Mockingbird Ln, Ste C
1-888-411-6802 (Option 3)
familygateway.org

Housing Forward

Housing Forward connects individuals and families to emergency housing, rental assistance, and other essential services across North Texas. Their resource hub helps those experiencing or at risk of homelessness find support quickly. Learn more at housingforwardntx.org/help-resources.

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

Uplift Food Pantry

Uplift Food Pantry provides in shopping experience in their food pantry located at Uplift Infinity in Irving. Food pantry goes by appointment only.
Pantry@uplifteducation.org

Sharing Life

Sharing Life offers groceries, diapers, and hygiene items to families in need. Services are available by appointment and may be limited to certain zip codes. Learn more at sharing.life/pantry.

Lakepoint Food Pantry

Lakepoint Church's Food Pantry provides essential groceries and support to individuals and families in need. Every Thursday from 9-11 AM
Rockwall campus 701 E. Interstate 30

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

Interfaith Dallas offers financial assistance to help individuals and families cover rent and utility bills during times of crisis. Support is based on eligibility and available funding. Learn more at interfaithdallas.org. (214) 827-7220

Sharing Life

Explore a variety of financial assistance programs and resources at Sharing.life designed to help individuals and families navigate financial challenges with support and guidance. Please go to the link below to for further information:
<https://sharing.life/financialassistance/>

Clothing and Uniform Support

White Rock Center of Hope

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

Brother Bill's

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

Carters House

Carter's House Clothing Bank offers appointment-based, low-cost clothing (including uniforms, shoes, coats) for hardworking, low-income North Texas families.
Call or Text 214-450-9150
2922 Martin Luther King Jr. Blvd Dallas, TX 75215

Healthcare

Garland Health Center

Parkland Garland Health Center offers affordable care through an income-based program, providing medical, dental, mental health, and women's services.
214-266-0700
802 Hopkins St. Garland, TX 75040

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

Community Health Clinic

Brother Bill's Helping Hand Clinic offers free adult primary care, immunizations, chronic-disease management, women's health, and vaccine services. Make an appointment at 214-638-2194

Pregnancy Resources

The Lullaby House

Lullaby House offers free residential maternity care and community programs—parenting classes, diapers, support—for teen moms and families.
Phone: (469) 779-7076

Delighted to Doula

Offers free postpartum care and education. Along with Motherhood Huddle Club who meets monthly to support moms. Please contact (469) 828-1833 Location: 469-828-1899

Owenwood Farm and Neighbor Space

Owenwood provides free monthly diapers and essentials to support East Dallas families in need. Please refer to <https://www.owenwood.org/family-services> for the next distribution date.
1451 John West Rd. Dallas, TX 75228