

The University of North Texas Health Science
Center Office of Care and Civility

Student-Parent
Resource Guide



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Please note that the community and national resources listed are not meant to be comprehensive in nature and are not affiliated with UNTHSC.

If you have any questions regarding resources, please don't hesitate to contact the Office of Care and Civility OCC@unthsc.edu

Childcare

Please Check Out **Ft. Worth Moms** For Childcare Information and Guides.

<https://fwmoms.com/2020/01/22/2019-guide-to-preschools-and-parents-day-out/>

Early Learning Center-Lena Pope

<https://www.unthsc.edu/values/best-place-for-all/early-learning-center/>

Special Needs Services

Navigate Life Texas | <https://www.navigatelifetexas.org/en> | For Families Raising Children with Disabilities

Texas Parent to Parent | <https://www.txp2p.org/resources/resources> | 866.896.6011

Texas Parent Companion | <http://www.parentcompanion.org/> |

Cook Children's Child Study Center | <https://cookchildrens.org/child-study-center/Pages/default.aspx> | 817.336.8611

Tarrant County Assistance Programs

Tarrant County Child Care Management Services | <https://tarrantcountycms.org/> | 817.831.0374

Tarrant County COVID-19 Information |

<https://www.tarrantcounty.com/content/main/en/county/tarrant-county-covid-19-information.html>

ACH Child & Family Services | <https://achservices.org/>

DFW Child | <https://dfwchild.com/>

211 Texas | <https://www.211texas.org/> | Dial 211

FWISD Family Resource Center | <https://www.fwisd.org/Page/5357> | 817.825.2830

The Parenting Center | <http://theparentingcenter.org/> | 817.332.6348

MHMR Tarrant | <https://www.mhmrtarrant.org/Services/Early-Childhood-Services/Families> | 844.689.5347

Child/Family Oriented Toll Free Numbers

American Red Cross | 800.482.2411

Association for Children's Mental Health | 800.226.4543

Child Help USA | 800.422.4453

Children's Wish Foundation | 800.323.9474

Focus on the Family | 800.232.6459

National Literacy Hotline | 800.228.8813

Parent Empowerment Project | 800.262.0650

National Parent Helpline | 800.942.4357

Parents without Partners | 800.637.7974

Poison Control | 800.222.1222

Counseling/Support Services

Student Support Program (SSP) | 866.743.7732 | us.myissp.com

Cook Children's Medical Center | 682.885.4000 | www.cookchildrens.org

The Parenting Center | 817.332.6348 | www.theparentingcenter.org

Alliance for Children | 817.335.7172 | www.allianceforchildren.org

SafeHaven of Tarrant County | 1.877.701.7233 | www.safehavenc.org

Sundance Behavioral Healthcare | 817.222.9191 | www.sundancehealthcare.com

Food Assistance

UNTHSC Student Food Pantry | Student Services Center Rm. 232 | 8am-5pm Mon-Fri.

UNTHSC Student Food Pantry | Library Rm. 450A | 7am-10pm Mon-Fri., 10am-10pm Sat.-

Sun

Tarrant Area Food Bank | 2600 Cullen St, Ft. Worth, TX 76107 | 817.857.7100 | 8:30am-5pm

Mon-Thurs., Fri. 8:30am-3:30pm, Closed Sat.&Sun.

Tarrant County Resource Connection | 1100 Circle Dr., Ft. Worth, TX 76119 | 817.531.7600 |

8am-5pm Mon-Fri, Closed Sat.&Sun.

Community Food Bank | 3000 Galvez Ave., Ft. Worth, TX 76111 | 9am-1pm Mon-Thurs,

Closed Fri-Sun.

Miscellaneous

MOPS International (MOPS)

Mothers of preschoolers (MOPS) International exists to meet the needs of every mom – who all share a similar desire to be the very best moms they can be! MOPS groups help nurture moms through discussion groups, creative activities, mentoring and fellowship. <https://www.mops.org/>

Lactation Spaces on Campus

Please click on the hyperlink to view map of lactation spaces on campus.

For additional options or if you would like to talk through options in more detail, please feel free to email CareTeam@unthsc.edu.

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