

# Student-Parent Resource Guide



UNTHSC

Center for Academic Performance

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## Children on Campus policies:

Please visit

<https://app.unthsc.edu/policies/PoliciesPDF/Children%20on%20HSC%20Property.pdf> for additional information about policies regarding children on campus. For the safety of everyone involved, children are not allowed to be left unattended or unsupervised on campus for any length of time.

Should you ever have any questions regarding policies on children on HSC property, please contact the CAP office at 817-735-2531.

Lactation space

Rooms located on 2<sup>nd</sup> and 4<sup>th</sup> floors of the library. Each room has a locking door; please see the front desk of the library for the key.



Family Programming Information

UNTHSC hosts several family-friendly events each year! Please visit <https://www.unthsc.edu/students/family-programming/> or contact the Office of Student Development at 817-735-5006 for questions about upcoming events and how to get involved!

## Childcare:

Full Time, close to campus:

Montessori School on Camp Bowie  
1801 Ashland Ave, Fort Worth TX 76107  
817-731-8373

Children's Lighthouse  
Many locations around Fort Worth

Primrose Schools  
Many locations around Fort Worth

Playhouse Academy  
2925 Riverglen Dr, Fort Worth TX 76109  
817-923-2500

Clayton Childcare Center  
2000 Park Place Ave, Fort Worth TX 76110  
817-924-9431  
(Additional locations around Fort Worth)

## Childcare continued:

Lil Goldman School (Jewish faith preschool and childcare)  
4050 South Hulen St, Fort Worth TX 76109  
817-737-9898



Drop In:

Adventure Kids Playcare  
3 locations- Southlake, Highland Village, Lewisville

Kiddin' Around Playcare  
4 locations- Coppell, Frisco, Plano, Highland Village

NorthPark Baptist Church  
7025 Mid-Cities Blvd, North Richland Hills, TX 76182  
817-498-8399

Emergency Care:

Mom's Best Friend of Dallas  
800-204-2681

Nanny Poppinz  
1170 Preston Road, Ste 660, Dallas, Tx 75230  
817-717-1801  
(Service includes the Fort Worth area)

## Special Needs Services:

Child Study Center  
[www.cscfw.org](http://www.cscfw.org)  
1300 W. Lancaster, Fort Worth, TX 76102  
817-336-8611

Diagnostic and treatment services for children who have or are at risk for developmental disabilities and related behavioral and emotional problems. Dental services and special education for children with disabilities.

## Tarrant County Assistance Programs:

Fort Worth Housing Authority  
1201 East 13<sup>th</sup> St, Fort Worth TX 76102  
817-333-3400

Tarrant County Legal Aid  
800-955-3959

Tarrant County Department of Human Services  
100 E. Weatherford, Fort Worth TX 76196  
817-531-5620

Salvation Army of Tarrant County  
1855 East Lancaster, Fort Worth TX 76103  
817-344-1800

Martin Luther King Center of Fort Worth  
5565 Truman Dr, Fort Worth TX 76112  
817-871-5962



## 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-WISH (9474)  
Early On Michigan (800) EARLY-ON (327-5966)  
Focus on the Family (800) 232-6459  
Michigan Children's Ombudsman (800) MICH-FAM (642-4326)  
National Literacy Hotline (800) 228-8813  
Parent Empowerment Project (800) 262-0650  
Parent Helpline (24 hours a day) (800) 942-4357  
Parents without Partners (800) 637-7974  
Poison Control (800) 222-1222

## Counseling/Support Services:

### Student Assistance Program (SAP)

#### Well Connect

24/7, provides mental health services as well as assistance with housing, finances and legal issues. Available to all students and their families.

800-326-6142

### Tarrant County MHMR

#### MHMR Tarrant County 24-Hour Crisis Line

817-335-3022



### Depression Connection Team

[www.depressionconnection.org](http://www.depressionconnection.org)

3212 Collinsworth, Fort Worth, TX 76107

817-810-9599

Provides practical, accurate, and caring access to mental health resources in the community. Gives group presentations on depression, bipolar disorder and related conditions. Offers consulting on development of ongoing mental health programs. Support groups, private telephone consultations and office visits are available.

### Depression and Bipolar Support Alliance

[www.freewebs.com/dbsafortworthtx](http://www.freewebs.com/dbsafortworthtx)

1400 8th Avenue, Fort Worth 76104

817-654-7100

Meets the first and third Friday of each month in the Fixel Room, Building A, at Baylor All Saints from 7:30 to 9 p.m. Offers education programs, guest speakers and peer support groups.

### Cook Children's Medical Center

[www.cookchildrens.org](http://www.cookchildrens.org)

801 Seventh Avenue, Fort Worth, TX 76104

682-885-4000

Intake: 682-885-3917

Offers inpatient treatment for children 2 through 12, partial hospitalization program for children and adolescents 6 through 17 and outpatient services

### Catholic Charities

[www.ccdofw.org](http://www.ccdofw.org)

2701 Burchill Road North, Fort Worth, TX 76105

817-534-0814

Provides children's services, clinical counseling, emergency financial assistance, and case management

## Counseling/Support Services Continued:

### The Parenting Center

[www.theparentingcenter.org](http://www.theparentingcenter.org)

2928 West Fifth Street, Fort Worth, TX 76107

817-332-6348

Parenting Advice Line: 817-332-6399

Provides counseling (including play therapy for children) parent education, case management, and a telephone Parenting Advice Line (P.A.L.)

### Alliance for Children

[www.allianceforchildren.org](http://www.allianceforchildren.org)

908 Southland Avenue, Fort Worth, TX 76104

817-335-7172

Offers assessments, case management, and group counseling for confirmed victims of child abuse and their protecting parents

### ACH Child and Family Services (formerly All Church Home)

[www.achservices.org](http://www.achservices.org)

1424 Summit Avenue, Fort Worth, TX 76102

817-335-4041 or 888-296-8099

Offers a wide range of services for children and families in crisis, including residential care, respite care, prevention services and emergency shelter

### SafeHaven of Tarrant County

[www.safehavenc.org](http://www.safehavenc.org)

6815 Manhattan Blvd., Suite 105, Fort Worth, Texas 76120

Administrative offices: 817-535-6462

24-hour Hot Line: 1-877-701-SAFE (7233)

Provides shelter and supports for adults and children who are victims of domestic violence

### Sundance Behavioral Healthcare

[www.sundancehealthcare.com](http://www.sundancehealthcare.com)

2707 Airport Freeway, Fort Worth, TX 76111

817-222-9191

Outpatient program for children ages 5 to 18 years and their families. Programs address eating disorders, aggressive behavior, anxiety, depression, Bipolar Disorder, sexual abuse, self-injury, family conflict, grief and loss, suicidal thoughts, school problems, ADHD and dual diagnosis

## Clothing Assistance:

Beautiful Feet Ministries  
1709 E Hattie St  
Fort Worth, TX 76104  
(817) 536-0505

Birchman Baptist Church  
9100 N Normandale Street  
Fort Worth, Texas 76116  
(817) 244-6590

Corners of the Field, Broadway Baptist Center  
305 W Broadway  
Fort Worth, TX 76104  
(817) 336-7464 ext. 8254

Adult clothing is offered on a first come, first serve basis. Can only receive items up to once per month.

Christian Community Assistance  
1903 W Bowie  
Fort Worth, TX 76110  
(817) 921-9622

Eastside Ministries of Fort Worth  
5929 E Lancaster  
Fort Worth, TX 76112  
(817) 446-3278

First H.A.N.D. Ministries Of First  
Presbyterian Church Clothing closet  
1516 Hemphill St.  
Community Crossroads  
Fort Worth, TX 76110  
(817) 335-1231

In addition to clothing items (such as shoes, coats, etc.) the church may offer meals. Several assistance programs are available for the homeless as well.

First Street Methodist Mission  
801 W 1st Street  
Fort Worth, TX 76102  
(817) 335-6080 Main

Offers baby clothing, formula, and programs for women and new families.





## Clothing Assistance Continued:

Fort Worth Hope Center DBA - The Hope Center  
3625 E Loop 820 South  
Fort Worth, TX 76119  
(817) 451-6288

Harvestime Storehouse (Meadowbrook First Baptist Church)  
6600 Ellis Road  
Fort Worth, TX 76112  
(817) 457-4362

Larry Joe Wright Ministries/life Unlimited  
3804 N Grove  
Fort Worth, Texas 76106  
(817) 624-3344

Sells low cost, gently used clothing, furniture, and more at a thrift store.

Olive Place Baptist Church  
3283 Olive Place  
Fort Worth, TX 76116  
(817) 738-4005

Opening Doors for Women in Need  
3507 Horne St.  
Fort Worth, TX 76107  
(817) 920-9326

Resources are focused on helping women become independent and financially stable. It offers transitional housing and a food pantry; clothing for men, women and children; educational classes (GED preparation and computer training); support groups, and referrals.

South Central Alliance of Churches  
2101 Hemphill St  
Fort Worth, TX 76110  
(817) 923-0486

Southside Church of Christ  
2101 Hemphill  
Fort Worth, TX 76110  
(817) 923-8276

Learn about clothing, holiday, and the seasonal support that is available. Christmas items, gifts, and clothing for children may be offered around the holidays.



## Clothing Assistance Continued:

St. Peter the Apostle Catholic Church  
1201 S Cherry Lane  
Fort Worth, TX 76108  
(817) 246-3622

United Community Centers Inc, Bethlehem Center  
970 E Humbolt St  
Fort Worth, TX 76104  
(817) 332-7911

United Community Centers Inc, Polytechnic Community Center  
3100 Avenue  
Fort Worth, TX 76105  
(817) 531-2803



United Community Centers Inc, Wesley Community Center  
3600 N Crump St  
Fort Worth, TX 76106  
(817) 625-8205

University Baptist Church  
2709 Wabash Ave  
Fort Worth, Texas 76109  
(817) 921-2480

The agency runs a clothing closet and food pantry. Other support includes household items (no furniture) when available. Some classes, such as ESL, are offered.

West Freeway Church of Christ  
8000 Western Hills Boulevard  
Fort Worth, TX 76108  
(817) 246-0418

## Food Assistance:

UNTHSC Student Affairs Food Pantry  
1051 Haskell St  
SSC 224  
[Emily.mire@unthsc.edu](mailto:Emily.mire@unthsc.edu)

Community Food Bank  
3000 Galvez Avenue  
Fort Worth, TX - 76111  
(817) 924-333



Arborlawn United Methodist Church Food Pantry  
5001 Briarhaven Road  
Fort Worth, Texas 76109  
817-731-0701

Hours of the church: Mon-Thurs 8:00am-12:30pm

This location is a free food pantry that offers assistance and can provide nonperishable food only.

Bethlehem Center  
970 E Humbolt St  
Fort Worth, Texas 76104  
817-332-7911

Hours: Mon-Fri 9:00am-6:00pm office, 2:30pm-6:00pm during school, 7:30am-6:00pm summer and holidays,

9:00am-1:00pm/Polytechnic and Bethlehem Centers, 9:00am-Noon

Call them for referrals to other local charities and agencies and services provided to increase support, resources and opportunities to increase self-sufficiency.

Bread Basket Ministries  
2809 Mansfield Hwy  
Fort Worth, TX 76119  
817-535-2323

Hours of the center: Tues-Thur 9:00am-4:00pm office

Supplemental food and clothing is available, as well as emergency food to persons age 55+ and/or disabled by appointment.

## Food Assistance Continued:

### Broadway Baptist Center

305 W Broadway

Fort Worth, TX 76104

817-336-7464 x-8254

Hours: Mon-Fri 9:00am-Noon

An on-site food pantry provides groceries and free foodstuffs for residents in the designated service area. Families can get assistance every 30 days at most, so use wisely.

### Christian Center of Forth Worth

4301 NE 28th Street

Haltom City, TX 76117

817-834-5595

The center is open the following hours: Mon-Fri 9:00am-Noon, 1:00pm-5:00pm office, Tues Thurs 9:00am-11:00am service hours

The center serves holiday meals on Christmas Day and Thanksgiving Day, and it also provides free food Tuesdays and clothing Thursdays.

### Christian Community Assistance

1903 W Bowie

Fort Worth, Texas 76110

817-921-9622

Hours: Mon-Fri 10:00am-Noon, 1:00pm-5:00pm

A partnership of local churches formed this group, and they provide help to individuals who are facing a hardship.

### Community Action Partners-Far Northwest Center

920 Roberts Cut-off Road

Fort Worth, TX 76114

817-624-3139

Hours: Mon-Fri 8:00am-5:00pm

Another office for the same program is located in Mansfield, TX 76063, and can be reached at 817-473-0253

The Tarrant County community action agency operates FIT Families in Transition Program, which is a resource that was designed to help families overcome barriers and ultimately become financially independent over the long term.

## Food Assistance Continued:

Birchman Baptist Church  
9100 N Normandale Street  
Fort Worth, TX 76116  
817-244-6590

Hours of the site: Thurs 1:00pm-3:30pm service hrs, Mon-Fri 8:30am-5:00pm office  
Clothing assistance and food is provided through an assistance program called Corners of the Field-primarily canned goods are given, clothing available in all sizes to the low income and needy.

Cornerstone Community Center  
915 East Peach Street  
Fort Worth, TX 76102  
817-336-1922

Hours: Mon Wed Fri 9:00am-2:00pm food, Tues Thur 10:00am-2:00pm clothing,  
Medical Services by appointment.

Offers health care, advice, and emergency assistance that includes food and clothing.  
In regards to health care, the center provides medical services which include mammograms, pap smears, health care classes, and pelvic exams.

The Salvation Army of Tarrant County  
1855 East Lancaster  
Fort Worth, TX 76103  
817-344-1800

Salvation Army Hours: Mon-Fri 8:30am-4:30pm ofc, Wed 9:00am-11:00am and 2:00pm-4:00pm food boxes

Provides food and emergency financial assistance for rent, bills, medications and other aid and case management to eligible families in crisis depending on availability of funding. Apply early.

First Missionary Baptist Church Community and Family Enrichment  
4928 Miller Avenue  
Fort Worth, TX 76119  
817-534-8700

Hours: Call church for office hours, Third Sat 9:00am-Noon food distribution

In addition to the food assistance that is available once a month to those in need, both family and individual counseling, as well as parenting education classes, are also offered to the needy.

## Food Assistance Continued:

Fort Worth First Presbyterian church  
1000 Penn Street  
Fort Worth, Texas 76102  
817-335-1231

Hours: Mon-Fri 8:30am-5:00pm ofc hrs, Wed-Thurs Noon-4:00pm service hrs  
A food pantry, a clothing closet, and other minimal staples are offered by this center. All assistance and resources are provided at the First H.A.N.D. Ministry.

Fort Worth Hope Center  
3625 E Loop 820 South  
Fort Worth, Texas 76119  
817-451-6288

Hours: Mon-Fri 9:00am-5:00pm ofc, Tues 8:30am-9:30am food/clothing  
Both perishable and nonperishable food and clothing to families in need are offered in the form of a relief program.

Grace Temple Seventh Day Adventist Church  
Address - 4200 E Berry  
Fort Worth, TX 76119  
817-535-3800

Church hours: 5:00-7:00pm Monday service hours  
The food pantry run by this church will offer nonperishable as well as perishable food to those in need. Food pantry consists of canned food, dairy items, frozen food, and fresh produce.

Larry Joe Wright Ministries/Life Unlimited  
321 E Central Avenue  
Fort Worth, TX 76106  
817-624-3344

Hours: Wed 10:00am first come first serve  
The non-profit charity organization provides free food and clothing for the low income, poor and homeless. In addition, a holiday program is run and the agency. It will distribute free food and toys on both Christmas and Thanksgiving.  
Warehouse located at 3804 N Grove St but food distributed from Central Avenue location.

Greater St. Paul Baptist Church  
4628 Avenue J  
Fort Worth, Texas 76105  
817-534-6364

Hours: Mon-Thurs 9:00am-Noon office, Wed 10:00am-1:00pm food distribution  
The food pantry offers surplus government commodities and food assistance that includes perishable items, such as breads and vegetables, as well as canned goods.



## Food Assistance Continued:

Helping Hands Ministry  
1515 Long Avenue  
Fort Worth, TX 76114  
817-624-3918

Hours: 1st and 3rd Wed of month 1:00pm-3:00pm

This center provides clothing distribution and nonperishable emergency food for people of all ages and incomes on the first and third Wednesday of each month. Can only use the center at most once per month.

McMillan United Methodist Church  
3401 Mountcastle Drive  
Fort Worth, Texas 76119  
817-534-0268

Hours of center: Mon 9:00am-Noon and Wed 9:00am-2:00pm

This church runs both a food pantry and clothing outlet. Call them or stop by for canned goods and staples only.



## Transportation:

Fort Worth Bus Service

<http://www.the-t.com/>

Visit for more information  
regarding routes, fares, and maps

Fort Worth Bike Sharing

<https://fortworth.bcycle.com/>

Visit for more information  
regarding stations, fees and memberships

## 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. They usually meet once or twice a month. See website for program locations.

<http://www.mops.org/>



Legal Aid:

Legal Aid of NorthWest Texas  
(817) 336-3943  
600 E. Weatherford St  
Fort Worth, TX 76102  
Civil Rights, Consumer, Divorce and Domestic Violence

Legal Aid of Northwest Texas Bankruptcy and Employment Law Clinics  
(817) 336-3943  
600 East Weatherford St.  
Fort Worth, TX 76102  
Bankruptcy and Employment

Texas Wesleyan Law Clinic  
(800) 733-9529  
1515 Commerce Street  
Fort Worth, TX 76102

Advocacy, Inc.  
(817) 336-0075  
1300 W. Lancaster  
Fort Worth, TX 76102  
Civil Rights, Education, Employment and Health Care



Family Shelters:

SafeHaven of Tarrant County  
Main Number:  
(877) 701-SAFE (toll free, 24 hour hotline)

The Salvation Army  
Main Number:  
(817)-344-1801  
1855 E. Lancaster, Fort Worth, 76103

Union Gospel Mission of Tarrant County  
Main Number:  
Men (817)-332-3019  
Women (817)-338-8418  
Families (817)-332-6908  
1321 E. Lancaster, Fort Worth, 76102

