



**Greater  
Sunnyside / South Park  
Community  
Resource Directory  
2010**

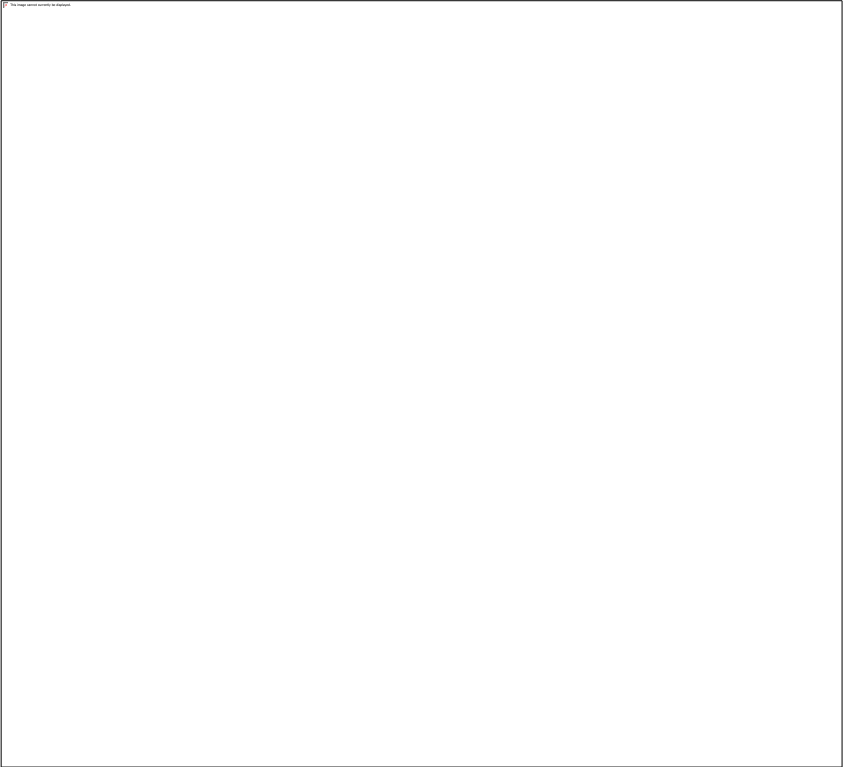
Provided to the Community by:  
College Bound from Birth  
Collaborative for Children

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# **GREATER SUNNYSIDE/SOUTH PARK COMMUNITY**

Sunnyside and South Park are located outside of the 610 Loop and inside Beltway 8 off State Highway 288 south of downtown Houston and is the oldest African American community in south central Houston. It was originally developed to provide homes outside the city, but close enough for residents to commute. It now includes a number of tract home subdivisions on typical suburban streets, as well as the original frame homes interspersed with small churches of the original neighborhood.



## IMPORTANT NUMBERS

**Station 55 of the Houston Fire Department** (713) 247-5000  
11212 Cullen Boulevard, 77047  
[www.houstontx.gov/fire/firestations/station55.html](http://www.houstontx.gov/fire/firestations/station55.html)

**Wanda Adams, City Council** (832) 393-3001  
900 Bagby, 77002  
[www.houstontx.gov/council/d/index.html](http://www.houstontx.gov/council/d/index.html)

**Sunnyside Multi-Service Center** (713) 732-5030  
4605 Wilmington St., 77051  
[www.houstontx.gov/health/MS/sunnysidemsc.htm](http://www.houstontx.gov/health/MS/sunnysidemsc.htm)  
Sunnyside Multi-Service Center provides child care, programs for the elderly residents and rental space.

**Houston Police Department** (713) 731-5000  
8300 Mykawa Road  
Hours: 24 Hours

**Sunnyside Police Store Front** (713) 732-5133  
3511 Reed Road  
Hours: 7 am – 8 pm, Mon - Fri

**Constable's Office (May Walker)** (713) 643-6118  
5300 Griggs Road

**Texas Runaway Hotline** (888) 580-HELP  
Available to provide peer counseling to runaways and family members.

**Texas Abuse/Neglect Hotline** (800) 252-5400  
Available for reporting abuse, neglect, or exploitation of children, the elderly, or people with disabilities

**Texas Youth Hotline** (800) 210-2278  
Available to provide peer counseling to youth and family members for family conflicts, delinquency, truancy, abuse and neglect, and running away

**Rape Hotline** (713) 528-RAPE  
Teen sexual assault survivor group for females 13-17 years old. The group provides education and peer support.

**RAINN** (800) 656-HOPE  
The Rape, Abuse & Incest National Network (RAINN), a non-profit organization based in Washington, N.C., operates America's only national hotline for victims of sexual assault. The hotline offers free confidential counseling and support 24 hours a day, from anywhere in the country.

## ADULT EDUCATION

### **Houston Community College**

*Willie Lee Gay Hall Campus*  
1990 Airport Blvd.  
[www.hccs.edu](http://www.hccs.edu)

(713) 718-6634  
(713) 718-2000

Offers a School of Continuing Education, GEB & Adult Basic Education, English as a Second Language, Distance Education, college Connection, College & Career Planner, Class Schedule, Catalog, Career and Technical Education Programs, Adult High School, Academic Policies.

### **Texas Southern University**

3100 Cleburne Street  
[www.tsu.edu](http://www.tsu.edu)

(713) 313-7011

Texas Southern University is a comprehensive, historically Black institution of higher education dedicated to providing quality instruction, scholarly research, and socially responsible public service. Consistent with its statutory designations as both a statewide general purpose and a special purpose institution for urban programming, the University offers bachelor's, master's, doctoral, and professional degrees.

### **University of Houston**

4800 Calhoun Rd., 77004  
[www.uh.edu](http://www.uh.edu)

(713) 743-CALL

Offers undergraduate, graduate and doctoral programs. Also offers distance education and continuing education programs.

## BANKS/CREDIT UNIONS

### **Bank of America**

3704 Old Spanish Trail, 77021

Lobby Hours: 9 am-4 pm, Mon - Thu  
9 am-6 pm, Fri  
9 am-2 pm, Sat

Drive-up Hours: 7:30 am-6 pm, Mon - Fri  
9 am-2 pm, Sat

(713) 746-3300

### **Chase (Sunnyside)**

9406 Cullen Blvd, Ste M9B, 77051

Lobby Hours: 9 am-6 pm, Mon - Fri  
9 am-3 pm, Sat

Drive-up Hours: 7 am-6 pm, Mon - Fri  
9 am-3 pm, Sat

(713) 731-9062

### **First Convenience Bank (inside HEB)**

6102 Scott St., 77021

Lobby Hours: 9 am- 7 pm, Mon - Sat  
11 am-4 pm, Sun

(713) 440-7968

**Wells Fargo (Sunnyside)**

(713) 738-7681

4645 Reed Rd, 77051

Lobby Hours: 9 am-6 pm, Mon - Fri  
8 am-2 pm, Sat  
Drive-up Hours: 7 am-6 pm, Mon - Fri  
8 am-2 pm, Sat

**BASIC NEEDS**

**Braes Interfaith Ministries**

(713) 723-2671

(Willow Meadows Baptist Church)

4300 W. Belfort

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

Hours: 10 am-2 pm, Mon, Wed, Fri  
Provide food pantry, clothing, resume writing/printing assistance, and occasional financial assistance. (English/Spanish), Serves Zip Code 77051.

**Emergency Aid Coalition**

(713) 528-3663

5401 Fannin St., 77004

(Metro-Museum district stop)

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

Sack Lunch Program Hours:  
11 am-1 pm, Mon - Fri  
12:15 pm-1 pm, Sun

Food Pantry and Clothing Center Hours:  
9:30 am-12 pm, Mon - Fri

Apply once every 90 days. No financial assistance for rent or utilities. Grocery delivery to homebound: 1st Sunday and 3rd Saturday of each month. Must bring picture ID for adults, birth certificates for children, social security cards, and proof of address (current lease, mortgage bill or if you live with friend, a legal document addressed to you at their address).

**Gulf Coast Community Services Association**

(713) 734-6553

4605 Wilmington, Suite 184

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

Hours: 8am - 5pm, M - F  
Provides support services, community workshops and leadership development. Provides assistance with food, mortgage, rent and clothing to low income families.

**Salvation Army**

(713) 658-9205

2208 Main St., 77002

(Downtown across from Greyhound Bus Station and 1 block south)

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

Hours, by appt ONLY:

8:30 am-2:15 pm, Mon-Thu

NO CHILDREN ALLOWED

Food vouchers-require referral from Food Stamp Office. Bring proof of income for all in household, social security cards for all, receipts for unusual expenses for month, proof of job search and proof of layoff or unemployment.

Rent/Mortgage assistance-bring proof of lease/mortgage, default, lockout foreclosure. Water bill assistance-bring disconnect notice

**Texas Health & Human Services Commission Office of Eligibility**

(713) 767-2095

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

English/Spanish

**TANF (Temporary Assistance for Needy Families)**

(713) 748-8450

6118 Scott St., 77021

Serves: 77033 and 77051

Hours: 8 am - 5 pm, Mon - Fri

Hotline for established TANF families:

1 (800) 448-3927

Customer service for last names beginning with A-J call:

(713) 679-5700

Customer service for last names beginning with K-Z call:

(713) 266-5535

**United Way Greater Houston**

(713) 957-4357

(800) 833-5948

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

Hours: 24 hours a day, 7 days a week

General information and referrals for community resources. Federal assistance for emergency rent or mortgage. Legal eviction notice, foreclosure statement, or letter from landlord required. Food assistance for emergencies (lost food stamps/waiting for food stamps, etc.)

**CHILD ABUSE/NEGLECT**

**Texas Department of Family and Protective Services (DFPS) Child Abuse Hotline**

[www.dfps.state.tx.us](http://www.dfps.state.tx.us)

For non-emergency calls-that do not require an immediate response time:

(800) 252-5400

FOR EMERGENCY CALLS:

DIAL 911

An emergency is a situation where a child, adult with disabilities, or person who is elderly faces an immediate risk of abuse or neglect that could result in death or serious harm.

**Child Pornography Enforcement Program Bureau of Immigration and Customs Enforcement**

Tip Line: (800) 232-5378  
Special Agents in Charge: (281) 985-0500

Consumers of child pornography are often child molesters. US Treasury/Customs investigates suspicious activities related to child pornography including internet pornography. Cash rewards paid for evidence/information leading to arrest. Works closely with the National Center for Missing and Exploited Children. Literature on missing children and victims of sexual abuse available.

**Children's Assessment Center (CAC) (800) 252-5400**

For non-emergency calls-that do not require an immediate response time:  
FOR EMERGENCY CALLS: DIAL 911

An emergency is a situation where a child, adult with disabilities, or person who is elderly faces an immediate risk of abuse or neglect that could result in death or serious harm.

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

CAC provides services designed to meet the physical and emotional needs of sexually abused children, their siblings and non-offending caregivers. Children are referred by Texas Department of Family and Protective Services (TDFPS).

**CHILDCARE CENTERS/EARLY CHILDHOOD EDUCATION**

Programs Participating in College Bound from Birth

**Kandy Stripe Academy (713) 734-4909**

8701 Delilah, 77033  
Contact: Cassandra Anderson  
Open: Mon- Fri, 6:00 am – 6:00 pm  
Available for children ages 6 weeks – 12 years.

**Kids "R" People "2" Inc. (713) 264-7575**

2725 Reed Road, 77051  
Contact: Evelyn Lewis  
Open: Mon-Fri, 6:00 am – 6:30 pm  
Available for children ages 6 weeks – 12 years.

**Sharp Child Development Center (713) 733-3565**

4202 Reed Rd, 77051  
Contact: Tracy Joseph  
Open: Mon – Fri, 6:30 am – 6:00 pm  
Available for children ages 6 weeks through 5 years old.  
Fee is a sliding scale.

**South Park CDC (713) 734-2858**

5874 Bellfort, 77033  
Contact: Rhonda Lacy  
Open: Mon-Thurs, 6:30 am – 6:00 pm  
Fri, 6:30 am – 5:00 pm

**Teeter Totter Village (713) 734-7989**

9133 Scott, 77051



**Walker's Day Care Center**

(713) 734-3583

8432 Livingston St., 77051

Contact: Loretta Walker

Open: Mon-Fri, 6:00 am – 6:30 pm

Available for children ages 1 month – 12 years. Transportation and after school program available.

**GCCSA Head Start Program at Bastian Elementary**

(713) 732-5830

5051 Bellfort, 77033

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

Contact: Debra Stevens – Center Director

Hours: Mon-Fri 7:30 am-3:00 pm

**GCCSA Head Start Program at Sunnyside Multi-Service Center**

4605 Wilmington, 77051

(713) 734-6918

Open: Mon-Fri, 7:30 am – 5:30 pm

**Martin Luther King Early Childhood Center**

(713) 797-7900

3930 W Fuqua, 77045

South of Reliant Stadium between Hwy 288 and Beltway 8

<http://es.houstonisd.org/mlkjrecc>

Offers 4-year-olds an opportunity for learning through a multisensory curriculum that includes a Bilingual/ESL Program, collaborates with Neighborhood Centers Inc. Head Start Program, and special population programs for speech therapy and social services.

Eligibility requirements:

1. Child must be at least four years of age on or before Sept 1 of year wishing to enter
2. Must be unable to speak/comprehend the English language
3. Homeless (primary nighttime residence is a public or private place not designed for, or ordinarily used as a regular sleeping accommodation for human beings)
4. Economically disadvantaged-based on income eligibility

**CHILDCARE CENTERS/REGISTERED FAMILY HOMES**

College Bound from Birth Participating Centers

**Personal Home Child Care**

(713) 731-9019

Contact: Bessie Williams

Open: Mon – Fri, 7:00 am – 6:00 pm

Member of TPHCCA and Neighborhood Centers. Been in caring for children for 15 years. CDA and Directors Certification.

**Happy Time Day Care**

(713) 733-3806

5943 Belarbor, 77033

Contact: Wynette Curvey

Open: Mon – Fri, 6:00 am – 5:00 pm

Before and after school pre-school education available.

**Sugar Pies** (713) 738-0113

Contact: Loretta Davis  
Open: Mon – Fri, 6:00 am – 6:00 pm

**Altha’s Love N Care** (713) 733-7311

5310 Lyndhurst, 77033 (832) 893-3408  
Open: Mon – Fri, 6:00 am – 6:00 pm  
NCI is welcome

**Loyalty Love & Learning Daycare** (713) 738-4311

5723 Bellfort, 77033  
Open: Mon – Fri, 6:00 am – 6:30 pm  
Drop in and NCI welcome.

**Maudy’s Magical Childcare** (713) 731-1844

5018 Longmeadow, 77033  
Contact: Maudesta Hollins  
Open: Mon – Fri, 6:00 am – 6:00 pm  
NCI welcome.

**Hester Loving Child Care** (713) 733-1783

Serving Sunnyside Community  
Contact: Hester Anderson  
Open: Mon – Fri, 6:00 am – 6:00 pm  
NCI welcome.

**Carolyn F. Alexander** (713) 733-4327

4346 Larkspur, 77051  
Contact: Carolyn Alexander  
Open: Mon – Fri, 6:30 am – 6:00 pm

**Challenging Young Minds Learning** (713) 734-8582

4130 Kewanee St., 77051  
Contact: Cynthia Holmes  
Open: Mon – Fri, 6:00 am – 6:30 pm  
Worksource and NCI accepted.

## COMMUNITY CENTERS

**Boys and Girls Club** (713) 991-5083

5950 Selinsky, 77048  
(Near Sterling High School)  
[www.bgclubs-houston.org](http://www.bgclubs-houston.org)

Hours: 3 pm-7:45 pm, Mon - Fri  
Offer tutoring, library, computer lab, Teen center, sports, arts & crafts, and game room. Ages 7 - 17. Membership fee \$3 per child per year. Provides transportation from Codwell and Frost Elementary Schools. Application must be filled out on site. Bring birth certificates for all children.

**Harbach-Ripley Neighborhood Center**

(713) 641-6321

6225 Northdale, 77087

Palm Center:

(713) 640-7103

Sunny Futures Healthy Start Program:

(713) 640-7113

Serves Sunnyside zip codes 77021, 33, 47, 48, 51 and 87. Services include information and resources on parenting, breastfeeding, nutrition and classes for sexual health (HIV/AIDS and other STDs), substance abuse (smoking, drugs and alcohol), parenting classes (effective parenting and anger management), physical health (asthma, sickle cell disease, hypertension, and postpartum care), mental health (postpartum depression, stress, and self-esteem), relationships (parent-child), and child restraint safety.

Adventures After-School youth program is offered from: 3-6 pm.

Free Hours: 8 am - 5 pm, Mon - Fri

**YMCA***Houston Texans YMCA*

(713) 748-5405

5220 Scott Street, Ste 105, 77004

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

Office Hours: 10:30 am-3 pm, Mon - Fri  
(After school program only)

*TMC Child Care YMCA*

(713) 747-2173

5614 H. Mark Crosswell, Jr. St. 77021

Hours: 6 am-6:30 pm, Mon - Fri

Offers child care and after school programs

Offer community-based programs and services regardless of age, background or income with an OPEN DOOR program, a sliding fee scale.

YMCA Enrichment Programs: No fees

*Scott St. location* offers Girls in Real Life Situations (mentoring of girls), soon to offer Gent's in Real Life Situations (mentoring of boys) achiever's programs for Teens and young adults after high school.

*Crosswell location* offers early childhood education, prenatal and parenting classes

*Financial assistance is available for all programs for those who qualify.*

YMCA After School Program

Hours: after school until-5:50 pm.

Program includes homework assistance, physical fitness, Theater Under The Stars (TUTS), karate, various sports, arts and photography

Law Elementary: 12401 South Coast Dr., Houston, TX 77047

M-F after school until 6 pm

Rhoads Elementary: 4103 Brisbane, Houston, TX77047-1797

M-F after school until 6 pm

YMCA Summer Programs:

No additional registration fee for those already in After School Program

Offered at Scott St. and Crosswell locations.

Call location for specific programs offered.

Law Elementary- offer field trips, games, speakers, physical fitness, health and wellness. Arts/photography

YMCA Sports Program: call location for specific sports offered.

\* See also Youth/Family Programs

## CONVENIENCE STORES

- Time Rise** (713) 734-3612  
4811 Belfort  
Hours: 24 hours
- First Stop Food Store** (713) 733-2070  
6908 Martin Luther King Jr. Blvd
- Greenlight Convenience Store** (713) 731-0575  
9635 Scott Street  
Hours: 1-9 pm
- Valero Gas/Food Store** (713) 733-2353  
8118 Martin Luther King Jr. Blvd  
Hours: 24 hours
- Reed Food Store** (713) 738-1650  
5202 Reed Road
- South Park Food Store** (713) 644-1444  
7603 Martin Luther King Jr. Blvd  
Hours: 24 hours
- Southcrest Drive In** (713) 733-6964  
6304 Mykawa Road  
Hours: 6 am - 8 pm
- St. Paul's Food Store** (713) 734-2840  
5046 Belfort Street  
Hours: 7:30 am - 10 pm

## COUNSELING/SUPPORT GROUPS

- Baylor Teen Health Clinic** (713) 440-7313  
*Cullen Clinic*  
5737 Cullen, Ste. 200, 77021  
Hours: 8 am – 6:30 pm, Mon-Thu  
Services include HIV & STD screening, family planning, individual counseling, prenatal care, treatment/test of cure, crisis intervention, complete medical exams, sports physicals, and self-esteem coaching. All items are free if eligibility requirements are met.
- Bo's Place** (713) 942-8339  
10050 Buffalo Speedway, 77054  
[www.bosplace.org](http://www.bosplace.org)

Bo's Place offers several grief support groups. All groups are offered free of charge to families.

**DePelchin Children's Center**

(713) 730-2335

4950 Memorial Drive, 77007

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

Provides counseling and psychiatric services, including individual, family and group therapy, parenting skills, psychological assessment, Autism Spectrum Disorder assessment and services, alcohol and drug abuse counseling, home-based counseling, and trauma focused treatment.

**Family Services of Greater Houston**

(713) 861-4849

4625 Lillian Street, 77007.

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

Offer counseling, case management, marriage and parent education, family reintegration, substance abuse prevention, financial education and car loan programs.

English/Spanish.

**Suicide Crisis Intervention of Houston**

Hotline

(713) 468-5463

Spanish Hotline

(713) 526-8088

Teen Hotline

(713) 529-8336

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

Serve adults and teens in crisis.

Support groups are offered by appointment at (713) 527-9864.

**UT Harris County Psychiatric Center**

2800 South McGreagor Way

(713) 741-5000

<http://hcpc.uth.tmc.edu>

Eligibility: Child must be referred by HISD school nurse, social worker or teacher. Provide mental health assessments, medication management, and individual and family therapy for children throughout the South Region at clinics at Grimes Elementary and MLK Early Childhood Center. Accept CHIP/Medicaid.

**DENTAL****Crown Dental**

(713) 264-7333

12805 Cullen Blvd., 77047

[www.crowndental.us](http://www.crowndental.us)

Provides fillings, wisdom tooth extraction, whitening, braces, and more.

Spanish speaking.

Accepts Medicaid and CHIP.

**Belfort Dental**

(713) 641-0857

6962 Belfort Street., 77047

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

Provides full service family dental care, cosmetic and restorative dentistry, pediatric dentistry, preventive, interceptive, and comprehensive orthodontic treatment.

Treats insurance, Medicaid, private, and contract home outpatient facilities for the handicapped and disabled.

**Poindexter Dental**

(713) 734-7611

7703 Cullen Blvd., 77051

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

Provide general, cosmetic and restorative dentistry. Accept Medicaid/CHIP, Medicare and most PPO dental insurance.

**Sunnyside Health and Dental Center Clinic**

9314 Cullen

(713) 732-5000

Clinic Appts:

(713) 794-9999

Dental Appts:

(713) 732-5065

[www.houstontx.gov/health/HealthCenters/Sunnyside.htm](http://www.houstontx.gov/health/HealthCenters/Sunnyside.htm)

Clinic Hours: 11 am - 5 pm, Monday  
7:30 am - 4:30 pm, Tues - Fri

Dental Hours: 8:30 am - 5:30 pm, Mon  
7:30 am - 4:30 pm, Tue - Fri

Services provided include family planning, maternity, immunization, TB control, STD services and dental care. Accept Medicaid. Must be Harris County resident. Must first pickup application packet. Bring picture ID, proof of residence (utility bill or current lease), 1 month proof of income within last 60 days, birth certificates for parents and children, WIC/Medicaid cards. Spanish/Vietnamese/Chinese spoken.

**DISCOUNT STORES****Dollar General Stores**

(281) 835-8048

16445 S Post Oak St

Hours: 8 am - 9 pm, 7 days

**Family Dollar**

(713) 738-3260

9430 Cullen

Hours: 9 am - 8 pm, Mon - Sat  
10 am - 7 pm, Sun**Family Dollar**

(713) 733-4471

5784 Belfort

Hours: 9 am - 8 pm, Mon - Sat  
10 am - 7 pm, Sun

**Family Dollar**

(713) 264-6888

8303 Calhoun

Hours:

9 am - 8 pm, Mon – Sat

10 am - 7 pm, Sun

**DOMESTIC VIOLENCE/ABUSE**

**Aid to Victims of Domestic Abuse (AVDA)**

(713) 224-9911

1001 Texas Avenue, Suite 600, 77024

[www.avda-tx.org/v2/](http://www.avda-tx.org/v2/)

AVDA offers battering intervention and prevention program for men. Groups in English and Spanish and offered at various times and locations. The program operates on a sliding fee.

**Houston Area Women’s Center**

1010 Waugh Drive, 77019

Domestic Violence Hotline

(713) 528-2121

(800) 256-0551

Sexual Assault Hotline

(713) 528-7273

(800) 256-0661

Main Switchboard

(713) 528-6798

HAWC offers crisis intervention, shelter and support services, counseling and advocacy, children and youth services, community education, and volunteer and professional training. All services are confidential and free of charge.

**Mayor’s Anti-Gang Office**

(713) 393-0931

P.O. Box 1562, 77251

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

The City of Houston Mayor’s Anti-Gang Office provides assistance to youth and families experiencing issues associated with gang involvement, involvement in the juvenile justice system, general delinquency and/or behavior issues. Services include gang intervention, case management, group counseling, educational workshops, and information and referrals. Services are free of charge. Eligibility is determined through assessment.

**FOOD PANTRIES**

**Blue Ridge United Methodist Church**

(713) 733-5174

2929 Reed Road, 77051

Contact: John Foster

(713) 433-7455

Provide emergency lunch bags and once a month

**Greater St. Matthew Baptist Church**

(713) 734-5736

7701 Jutland Rd, 77033

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

**Houston Food Bank Distribution Center**

(713) 734-5736

7701 Jutland, 77033

(located behind the church in the gym)

Hours: 9 - 11:30 am, Friday ONLY

Serve only zip code 77033 (call for appointment)

Require social security card, proof of address (utility bill), and picture ID. No fees.

**Greater Morning Star Baptist Church**

(713) 733-1201

4308 Rosemont, 77051

Hours: 10 am-12 noon, 2nd Saturday of the month

Call for appointment (leave message if no answer)

Service senior citizens ONLY (must be at least 55 years old) in zip code 77051

Require picture ID with address. No Fees.

**Houston Food Bank**

(713) 223-3700

3811 Eastex Fwy, 77026

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

Hours: 8 am - 5 pm., M-F

8 am - 12 pm, Sat

Does not distribute food to individuals. Call for information on pantry locations.

**South Park Baptist Church**

(713) 644-1666

5830 Van Fleet, 77033

Hours: 11 am - 12:30 pm, Wed Only

(call for appointment)

Houston Food Bank distribution center

No paperwork required for 1 time visit. For regular monthly assistance, application must be filled out on site. Bring picture ID and proof of residence (utility bill). No fees.

**St. Francis Xavier**

(713) 731-2716

4600 Reed Road, 77051

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

Houston Food Bank Distribution Center

St. Vincent de Paul Society

Serves only zip codes 77051 and 77033

Hours: 8 am - 9:50 am, M & F Only

call for appointment

Service provided for ONLY one person per address. Address must be on picture ID. Must bring gov't issued ID with picture, proof of income, and residence (utility or phone bill). Only 6 pantry visits with at least 60 days apart.



## GAS STATIONS

- Alice Food Mart** (713) 734-6777  
3902 Belfort St.  
Intersection of Belfort & Scott St.  
Hours: 7 am - Midnight
- AM Mini Mart** (713) 731-9122  
9202 Rosehaven Dr.  
Intersection of Rosehaven Dr. & Reed Road  
Hours: 6 am-midnight
- MLK Shell** (713) 733-9697  
8601 Martin Luther King Jr. Blvd  
Hours: 24 hours
- Nick's Texaco** (713) 733-0088  
8037 Martin Luther King Jr. Blvd  
Intersection of MLK & Belfort  
Hours: 24 hours
- Valero Gas/Food Store** (713) 733-2353  
8118 Martin Luther King Jr. Blvd  
Intersection of MLK & Belfort  
Hours: 24 hours

## GROCERY STORES

- Fiesta Mart, Inc.** (713) 731-2100  
9420 Cullen (Cullen & Wilmington)  
Store Hours: 7 am - 10 pm, Mon-Sun  
No Pharmacy at this location.
- Fiesta Mart Inc. #5** (713) 644-1611  
5600 Mykawa Rd., 77033  
Mykawa & Griggs  
Store Hours: 7 am-10 pm, Sun-Thurs  
7 am-10:30 pm, Fri & Sat
- Medicine Shoppe Hours: (713) 641-3414  
10 am-7 pm, Mon-Fri  
10 am-3 pm, Sat
- HEB Grocery Store/Gas** (713) 747-7383  
6102 Scott St.  
Scott & OST/Alt 90  
Store Hours: 6 am-midnight  
Gas Hours: 7 am to 10 pm  
No pharmacy at this location.

**Kroger Grocery** (713) 791-1464  
1990 Old Spanish Trail, 77054  
OST at Cambridge  
Store Hours: 24 hours  
Pharmacy Hours: (713) 791-1306  
9 am-9 pm, Mon-Fri  
9 am-7 pm, Sat  
10am-5 pm, Sun

**Pay Less Super Markets** (713) 641-4217  
6901 Martin Luther King Jr. Blvd.  
Intersection of MLK Jr. & 610 E  
Hours: 8 am - midnight, Mon-Sun

**Save-A-Lot Store #710** (713) 731-7335  
5800 Bellfort Blvd, 77033  
2 blocks from MLK  
Hours: 8 am-9 pm, Mon-Sun

**Sheffield Grocery** (713) 733-2300  
7006 Martin Luther King Jr. Blvd., 77033  
intersection of MLK and Dolittle  
Hours: 8 am-10 pm, Mon - Sat  
9 am-7 pm, Sun

**Superlands Grocery** (713) 734-1117  
9206 Martin Luther King Jr. Blvd, 77033  
Intersection of MLK and Rue  
Store Hours: 8 am-midnight, Mon-Sun

## HEALTH RELATED SERVICES

**AIDS Foundation Houston** (713) 623-6796  
3202 Wesleyan, 77027  
[www.aidshelp.org](http://www.aidshelp.org)

Offers client services, education, pediatric/teen programs, and a prison initiative. Client services include permanent and transitional housing, financial assistance, food pantry assistance, information and referral and legal aid.

**Baylor International Pediatric AIDS Initiative** (832) 824-1038  
6621 Fannin, CC1210, 77030  
[www.bayloraids.org](http://www.bayloraids.org)

**Baylor Teen Health Clinic** (713) 440-7313  
*Cullen Clinic*  
5737 Cullen, Ste. 200, 77021  
Hours: 8 am – 6:30 pm, Mon-Thu  
Services include HIV & STD screening, family planning, individual counseling, prenatal care, treatment/test of cure, crisis intervention, complete medical exams, sports physicals, and self-esteem coaching. All items are free if eligibility requirements are met.

**Central Care Community Health Center**

(713) 734-0199

8610 Martin Luther King Jr. Blvd., 77033  
Metro-MLK and Reed Road Stop  
[www.tachc.org](http://www.tachc.org)

Texas Association of Community Health Centers (TACHC)

Hours: 8 am-5 pm, Mon & Wed  
8 am-7 pm, Tue & Thur  
8 am- 12 noon, Fri

Walk-ins accepted

Federally Qualified Clinic, eligibility based on income. Bring photo ID and proof of income. Accept Medicare/Medicaid/CHIP, private insurance and uninsured. Offer nutrition classes monthly. Serve all ages.

**Children’s Medicaid/CHIP**

(713) 738-3941

Children’s Health Insurance Program

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

Eligibility and/or enrollment fees are based on family income. English/Spanish.

**El Centro de Corazón**

(832) 494-1760

9314 Cullen

[http://www.tachc.org/About/Membership/Member\\_Directory/ECDC.asp](http://www.tachc.org/About/Membership/Member_Directory/ECDC.asp)

The clinic provides primary care, pediatrics, dental services, lab services, pharmacy, mental health services, HIV/AIDS screening and counseling, immunizations, prenatal and mental healthcare.

**Houston Hospice**

(713) 468-2441

Intake/Admissions/Eligibility

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

Phones answered 24 hours a day/7 days a week. Provide general hospice care including medical/psychological/spiritual care for terminally ill patients, their families and loved ones. Accept indigent patients, Medicaid, Medicare and private insurance. Home based care or inpatient facility.

**Martin Luther King Community Health Center**

(713) 873-4700

Harris County Hospital  
3550 Swingle Rd, 77047  
[www.hchdonline.com](http://www.hchdonline.com)

Hours: 7:30 am - 5:00 pm, M - F  
7 am - 3 pm, Sat

Call 713-566-6509 for eligibility.

Call 713-526-4243 for doctor’s appointment after checking eligibility.

Accept Gold cards, Medicare, Medicaid/CHIP. Sliding scale fee is based on Gold card. Bring picture ID, proof of residence (2 bills from past 2 months or 1 bill and current lease), birth certificates, insurance information, immigration documents, and total household income for past 30 days. Provide regular clinic services and radiology, podiatry, ophthalmology, mammography, lab, pharmacy, psychiatry, counseling and a variety of nutrition, health education and social services. English/Spanish.

**Planned Parenthood of Houston and SE Texas**

(713) 535-2400

3601 Fannin, 77004

(800) 831-6538

[www.plannedparenthood.org/pphset](http://www.plannedparenthood.org/pphset)

Hours: 8 am-7:45 pm, Mon  
8 am-4:45 pm, Tue & Wed  
7:30 am-5:45 pm, Thur  
7:30 am-4:15 pm, Fri  
10 am-4:15 pm, every other Fri  
8 am-12:45 pm, Sat

Accept Medicaid only for women between 18-44 that are approved on Women’s Health Program (well woman’s exam and birth control services only)

Other services offered on a self pay basis are birth control, obstetrics/gynecology, pregnancy testing, abortion, Teen clinic, mammography, HIV testing, and information for AIDS. Methods of payment: cash, check, Visa/MasterCard. English/Spanish/Vietnamese.

**Sunnyside Dental/Health Center Clinic**

(713) 732-5000

9314 Cullen

[www.houstontx.gov/health/HealthCenters/Sunnyside.htm](http://www.houstontx.gov/health/HealthCenters/Sunnyside.htm)

Clinic Appts:  
(713) 794-9999

Hours: 11 am-5 pm, Mon  
7:30 am-4:30 pm, Tue-Fri

Dental Appts:  
(713) 732-5065

Hours: 8:30 am-5:30 pm, Mon  
7:30 am -4:30 pm, Tue-Fri

Call 713-732-5006 for eligibility requirements by service. Services provided include family planning, maternity, immunization, Teen services, TB control, STD services and dental care. Accept Medicaid. Must be Harris County resident. Must apply for eligibility at location. Bring picture ID, proof of residence (utility bill or current lease), 1 month proof of income within last 60 days, birth certificates for parents and children, WIC/Medicaid cards. Spanish/Vietnamese/Chinese spoken.

**Texas Children’s Pediatric Associates**

(713) 741-4078

5751 Blythewood St, Suite 500, 77021

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

Hours: 9 am-9 pm, M-TH  
9 am-5 pm, F  
9 am-2 pm, Sat  
CLOSED from 12-2 pm AND holidays.

Accept Medicaid, CHIP, private insurance. Call for appointment. Provide medical services to children from birth to age 21. English/Spanish.

**UT Women's Health Center**

(832) 325-7131

6410 Fannin, Suite 250  
UT Professional Building  
[www.utphysicians.com/AdultClinic/Womens-HealthCtr](http://www.utphysicians.com/AdultClinic/Womens-HealthCtr)

University of Texas Physicians

Hours: 8 am-5 pm, Mon - Fri

By appointment only. Serve the health care needs of entire family from newborns to seniors.

Accept Medicare, traditional Medicaid, CHIP-United HC, Molina CHIP but fees may apply. CALL TO VERIFY. English/Spanish.

**HOSPITALS**

**Ben Taub General Hospital**

(713) 873-2000

Harris County Hospital  
1504 Taub Loop, 77030  
Accept Medicaid/CHIP/Gold Card

Offers an elite Level 1 Trauma Center providing patients a comprehensive program of care with subspecialties for major areas such as endocrinology, cardiology, oncology, pulmonary, renal and gastroenterology.

**Lyndon Baines Johnson General Hospital**

(713) 566-5000

Harris County Hospital  
6431 Fannin St., 77030  
A Level 3 Trauma Center offering a full range of medical services. Accept Medicaid/CHIP/Gold Card.

**Quentin Mease Community Hospital**

(713) 873-3700

Harris County Hospital  
3601 North MacGregor Way, 77004

Provides physical medicine and rehabilitation program for the HCHD.

**Texas Children's Hospital**

(800) 364-5437

6621 Fannin, Suite FC-330.01, 77030 (832) 824-1000  
[www.texaschildrens.org](http://www.texaschildrens.org)

Texas Children's Hospital is an internationally recognized full-care pediatric hospital located in the Texas Medical Center in Houston. Accept Medicaid(STAR)/CHIP.

**U.T.M.D. Anderson Cancer Center**

(713) 792-2121

1515 Holcombe Blvd, 77030

## JOB TRAINING

**Houston Area Urban League (HAUL)** (713) 393-8700  
1301 Texas Ave., 77002  
*Greater Houston Area Community Outreach and Resource Center*  
5320 Griggs Road, 77021 (281) 220-6012  
*Education and Youth Development Center*  
5340 Griggs Road, 77021 (281) 220-6023  
Offers Housing and Social Services, Education Support Services, Facility  
Services, Health Initiatives, Workforce Development Services, and Workforce  
Training Services

## LEGAL SERVICES

**Lone Star Legal Aid** (713) 652-0077  
1415 Fannin Street, 77002 (800) 733-8394  
Call for an appointment  
Located on the corner of Fannin and Bell Street. Metro Rail Services: get off on  
the Bell Street Station and travel south for one block. Metro Bus Services  
Routes: 11, 15, 30, 52, 66, and 77 stop right in front of the building on Fannin  
Street.  
Lone Star Legal Aid provides free legal advice and representation to eligible  
clients in non-criminal cases. To apply, simply contact the office nearest you or  
call the Houston main number.

## LIBRARY

### **Houston Public Library**

[www.hpl.lib.tx.us](http://www.hpl.lib.tx.us)

Library Card: no fees for Texas residents

### **Central Branch Library**

(832) 393-1313

500 McKinney, 77002

Hours: 9 am-9 pm, Mon-Thu  
9 am-6 pm, Fri-Sat  
1-5 pm, Sun

Wi-Fi Hot Spot

Laptop checkout for in-house use

*Ask-A-Tutor/Tutor.com* - Connect to an online tutor and get your homework  
done with Live Homework Help!, an online tutoring service powered by  
Tutor.com. This free service (using Library Power Card) connects students from  
Kindergarten through adult learners to expert tutors in math, science, social  
studies and English. You can get help with everything from writing a term paper  
to getting your GED to basic multiplication. English/Spanish. Must be accessed  
through HPL website to get free service

*Computer Classes* - Computer Basics, Internet Basics, Windows Basics,  
Introduction to Microsoft Word, Introduction to Power Point and Introduction to  
Excel. Updated monthly.

*Early literacy program* - Born to Read teaches parents the importance of reading and sharing books with their babies. Contributes to healthy brain development and lays the foundation for learning to read. No Fees

*Playgroups-Hours:* Fri Only 11-12

Free weekly multi-sensory program helps parents teach early literacy skills to their babies and toddlers. The program is offered year round at select Houston Public Library Branches and no reservations are required. Playgroups are currently offered at the following locations: Henington-Alief, Carnegie, Collier, Johnson, Stanaker and Walter.

*Story Time* - Free

*Babytime* (stories, songs, playtime) 6-17 mos. Monday only 10:30-11:30 am

*Toddler* (stories, songs, arts and crafts) 18-36 mos. Monday only 11:30 am-12:30 pm

*Preschool* (stories, songs, arts and crafts) 3-5 yr/o. Monday only 10:30-11:30 am

*Bedtime Story* (any age)-Thursday only 7-8 pm

Bring your teddy bears and pajamas to a Bedtime Storytime of snuggly stories and songs

7-8 pm

*Family story time* (story and a craft) any age Saturday 11 am-12pm

**Johnson Neighborhood Library**

(832) 393-2550

3517 Reed Road, 77051

Hours: 10 am-8 pm, Mon  
10 am-6 pm, Tues, Wed & Sat  
12 pm-8 pm, Thu  
12 pm-6 pm, Fri  
Sun Closed

The library offers wireless access to the internet along with laptop check out for in-house use. Classes are offered in the following categories

- 50 Plus Computer Club Wed 11 am-12 pm
- AARP Tax Help Seasonal
- Computer Basics Mon 6:30-7:30
- Story Time Tue 10:30-11:30 am

**Mancuso Neighborhood Library**

(832) 393-1920

6767 Bellfort, 77087

Hours: 10 am-8 pm, Mon  
10 am-6 pm, Tue  
10 am-6 pm, Wed  
12-6 pm, Thu-Fri  
10 am-6 pm, Sat  
Sun Closed

Wireless access offered at this location. Classes offered in the following categories

- Basic computer classes Fri 12:15 pm  
Wi-Fi access.
- Story Time Wed 11 am-12 pm  
all age groups

## PARKS

### Sunnyside Park & Community Center

3502 Bellfort

[www.houstontx.gov/parks/cc-sunnyside.html](http://www.houstontx.gov/parks/cc-sunnyside.html)

(713) 734-5061

## PHARMACY

### Cullen Pharmacy

9406 Cullen Blvd, Ste C

Pharmacy Hours: 9 am-7 pm, M-TH  
9 am-6 pm, F  
10 am-2 pm, Sat

(713) 264-0699

### Jack's Apothecary

8109 Cullen Blvd.

Pharmacy Hours: 9:30 am-6:30 PM, M-F  
9:30 am-2 pm, Sat

(713) 733-7424

### Kroger Pharmacy

1990 Old Spanish Trail, 77054

OST at Cambridge

Pharmacy Hours: 9 am-9 pm, Mon-Fri  
9 am-7 pm, Sat  
10am-5 pm, Sun

(713) 791-1306

### Maximum Care #3

4115 Reed Road

Pharmacy Hours: 10 am-6 pm, M-F  
10 am-2 pm, Sat

(713) 731-1919

### Power Center Pharmacy #2

8803 Scott St.

Pharmacy Hours: 10 am-6 pm, T-TH

(713) 731-8999

### The Medicine Shoppe

5600 Mykawa (inside Fiesta)

Pharmacy Hours: 10 am-7pm, M-F  
10am-3pm, Sat

(713) 641-3414

### Walgreens

8106 Martin Luther King, Jr. Blvd.

Pharmacy Hours: 8 am-10 pm, M-F  
9 am-6 pm, Sat  
10 am-6 pm, Sun

(713) 738-8078

### Walgreens

9200 Cullen Blvd.

(Cullen & Reed Rd)

Pharmacy Hours: 8 am-10 pm, M-F  
9 am-6 pm, Sat  
10 am-6 pm, Sun

(713) 733-2406



## REHABILITATIVE SERVICES

### Texas Department of Assistive & Rehabilitative Services

[www.dars.state.tx.us](http://www.dars.state.tx.us)

#### *South Office*

2636 S Loop West, 77051

(713) 349-1360

610 S between Kirby and Buffalo Speedway

Hours: 8 am-5 pm, Mon-Fri

Located in the Community Health Choice Bldg. Call for appointment and eligibility determination.

#### *Hobby Office*

8866 Gulf Freeway, Suite 225, 77033

(713) 866-7750

Call for appointment and eligibility determination.

Hours: 8 am-5 pm, Mon-Fri

Provide vocational rehabilitative services for individuals with mental or physical disabilities that keep them from working. Includes early childhood intervention, depression, substance abuse, disabilities requiring prosthetic devices, epilepsy, deaf/hearing impaired, blind/visually impaired, speech and language/learning disabilities. Medical, psychological and vocation assessments are required to determine job skills and capabilities. Work skills training and assistance in finding a job after training also provided for individuals with disabilities. Bring State of Texas picture ID (driver's license) and social security card.

#### **The Council of Alcohol and Drugs Houston**

(713) 942-4200

303 Jackson Hill Street, 77007

The council can help anyone at any time with any issue related to alcohol or drugs. This is done through prevention, intervention, outpatient treatment and aftercare, education and outreach. They reach people at home, school, work, in the community, and also meet individuals, families and business where they are in the cycle of addiction, from non-use, to addiction, to recovery.

### **SCHOOLS (by High School Feeder Pattern)**

#### *Houston ISD Information Center*

(713) 556-6005

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

#### **Jones High School Feeder Pattern**

##### *Alcott Elementary*

(713) 732-3540

5859 Bellfort

##### *Brookline Elementary*

(713) 845-7400

6301 S. Loop East

##### *Cornelius Elementary*

(713) 845-7405

7475 Westover

##### *Garden Villas Elementary*

(713) 845-7484

7185 Santa Fe

<i>Golfcrest Elementary</i> 7414 Fairway	(713) 845-7425
<i>Gregg Elementary</i> 6701 Roxbury	(713) 845-7432
<i>Kelso Elementary</i> 5800 Southmund	(713) 845-7451
<i>Seguin Elementary</i> 5905 Waltrip	(713) 845-5600
<i>Hartman Middle School</i> 7111 Westover	(713) 845-7435
<i>Jones High School</i> 7414 Saint Lo Rd	(713) 733-1111

**Sterling High School Feeder Pattern**

<i>Codwell Elementary</i> 5225 Tavenor	(713) 732-3580
<i>Frost Elementary</i> 5650 Selinsky	(713) 732-3491
<i>Grimes Elementary</i> 9220 Jutland	(713) 732-3460
<i>Mading Elementary</i> 8511 Crestmont	(713) 732-3560
<i>Mitchell Elementary</i> 10900 Gulfdale	(713) 991-8190
<i>Thomas Middle School</i> 5655 Selinsky	(713) 732-3500
<i>Sterling High School</i> 11625 Martindale	(713) 991-0510

**Worthing High School Feeder Pattern**

<i>Bastian Elementary</i> 5051 Bellfort	(713) 732-5830
<i>Law Elementary</i> 12401 South Coast	(713) 732-3630
<i>Reynolds Elementary</i> 9601 Rosehaven	(713) 731-5590

<i>Rhoads Elementary</i> 4103 Brisbane	(713) 732-3650
<i>Woodson Elementary</i> 10720 Southview	(713) 732-3600
<i>Young Elementary</i> 3555 Bellfort	(713) 732-3590
<i>Attucks Middle School</i> 4330 Bellfort	(713) 732-3670
<i>Woodson Middle School</i> 10720 Southview	(713) 732-3600
<i>Worthing High School</i> 9215 Scott	(713) 733-3433

**SCHOOLS (Charter/Alternative)**

<i>Carnegie Vanguard High School</i> 10401 Scott Street	(713) 732-3690
<i>Empowerment High School</i> 5655 Selinsky Road	(713) 732-9231
<i>Kandy Stripe Academy</i> 8701 Delilah, 77033 Contact: Cassandra Anderson Open: Mon- Fri, 7:00 am – 3:30 pm Available for children in grades Pre-Kindergarten through 8 <sup>th</sup> grade 21 <sup>st</sup> century after school program available Monday – Friday from 3:30 pm to 6:00 pm.	(713) 734-4909
<i>South District Alternative</i> 3555 Bellfort	(713) 732-9224

**SUNNYSIDE MULTI-SERVICE CENTER**

**American Red Cross** (713) 526-8300  
[www.houstonredcross.org](http://www.houstonredcross.org)

All intakes are through office at 2700 SW Freeway, 77098  
 4605 Wilmington, Suite 113 Service zip codes 77004, 77021, 45, 53, 85, 33,  
 47, 48, 51, 61, 75 Hours: 8 am-5:00 pm Mon-Fri (Do not accept walk-ins)  
 (713) 738-3941  
 Provide assistance to family of military personnel and victims of single-family  
 disaster (fires) or other natural disasters (tornado, flood, hurricane). Also  
 provides courses including CPR, first aid, and other health related courses  
 (subject to fees).

**Community-Based Programming**

(713) 732-5071

4605 Wilmington, Suite 209

[www.houstontx.gov/health/MS/sunnysidemsc.htm](http://www.houstontx.gov/health/MS/sunnysidemsc.htm)

Community-based human services programs and projects that are implemented by the center's administrative staff in conjunction with area residents, agencies, schools and other institutions. Call for further information.

**El Centro de Corazón**

(832) 494-1760

9314 Cullen

[http://www.tachc.org/About/Membership/Member\\_Directory/ECDC.asp](http://www.tachc.org/About/Membership/Member_Directory/ECDC.asp)

The clinic provides primary care, pediatrics, dental services, lab services, pharmacy, mental health services, HIV/AIDS screening and counseling, immunizations, prenatal and mental healthcare.

**Gulf Coast Community Services Association**

(713) 734-6553

4605 Wilmington, Suite 184

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

Hours: 8am - 5pm, M - F

Provides support services, community workshops and leadership development. Provides assistance with food, mortgage, rent and clothing to low income families.

**Harris County Department of Social Services**

(713) 696-7900

4605 Wilmington, Suite 164, Rm. 147

[www.csd.hctx.net](http://www.csd.hctx.net)

Hours: 8am - 5pm, M - F

Provides financial assistance to individuals with limited resources. Provides food, shelter, utilities, transportation and special needs services to qualified individuals. Call for appointments and specify which Harris County office is most convenient.

**Harris County Juvenile Probation**

(713) 738-0002

4605 Wilmington, Suite 164

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

Provides services and supervision for adolescents between the ages of 10 - 17, who have been adjudicated by one of the three district courts. Provides counseling, psychological evaluation, tutoring, educational workshops, family counseling, field trips and incentive programs.

Hours: 8 am - 7pm, Mon - Wed  
8 am - 5 pm, Thurs & Fri

**Head Start Program**

(713) 734-6918

4605 Wilmington, Suite 112

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

Overall goals are to bring about a greater degree of social competence in disadvantaged children. Helps children with the development of their cognitive, intellectual, physical and mental skills. Provides children with nutritional support and other factors that enable a child to function optimally.

Hours: 7:30 am - 5:30 pm, Mon – Fri

Serves ages 3-4.

**Houston Department of Health and Human Services**

(713) 732-5030

4605 Wilmington # 178, 77051

[www.houstontx.gov/health](http://www.houstontx.gov/health)

Food Pantry at Sunnyside Multi-Service Center-8 am-5 pm M-F by appointment only. Picture ID with address, SS cards for adults and children, proof of residency and income required. English/Spanish

**Mayor's Citizens Assistance Office**

(713) 732-5048

4605 Wilmington, Suite 164

Rooms 144 &amp; 145

[www.houstontx.gov/health/MSC/sunnysidemsc.htm](http://www.houstontx.gov/health/MSC/sunnysidemsc.htm)

Provides information and assistance to residents regarding City of Houston services. Handles residents' concerns and makes referrals to appropriate city departments. Hours: Mon - Fri 8am-5pm

**WIC Program (Women, Infants, and Children)**

(713) 732-5032

4605 Wilmington, Suite 178 &amp; 149

[www.houstontx.gov/health/WIC/index.html](http://www.houstontx.gov/health/WIC/index.html)

Recertification:

(713) 732-5050

Card pick-up:

(713) 732-5053, 54, 55

By appointment only.

Hours of service Mon, Thu and Fri 8 am-5 pm, Tue-Wed 10 am-7 pm

First, third and fifth Saturday 7 am-3 pm.

Provides supplemental dietary aide to pregnant women, breastfeeding mothers and infants/children with nutritional risk conditions.

**YWCA Senior Citizens Center**

(713) 738-0988

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

(713) 868-9922

4605 Wilmington, Suite 138

Hours: 8 am - 4:30 pm, Mon - Fri

Provides daily transportation to the center, meals, group field trips, guest speakers, community service programs and legal advice from the Houston Bar Association. Also provides special programs such as home repair, art classes and walking and exercise classes. Call for program scheduling.

**Sunnyside Dental/Health Center Clinic** (713) 732-5000  
9314 Cullen  
[www.houstontx.gov/health/HealthCenters/Sunnyside.htm](http://www.houstontx.gov/health/HealthCenters/Sunnyside.htm)

Clinic Appts: (713) 794-9999  
Hours: 11 am-5 pm, Mon  
7:30 am-4:30 pm, Tue-Fri

Dental Appts: (713) 732-5065  
Hours: 8:30 am-5:30 pm, Mon  
7:30 am -4:30 pm, Tue-Fri

Call 713-732-5006 for eligibility requirements by service. Services provided include family planning, maternity, immunization, Teen services, TB control, STD services and dental care. Accept Medicaid. Must be Harris County resident. Must apply for eligibility at location. Bring picture ID, proof of residence (utility bill or current lease), 1 month proof of income within last 60 days, birth certificates for parents and children, WIC/Medicaid cards. Spanish/Vietnamese/Chinese spoken.

### **S.T.D. CLINICS**

**Sunnyside Health Center Clinic** (713) 732-5000  
9314 Cullen  
[www.houstontx.gov/health/HealthCenters/Sunnyside.htm](http://www.houstontx.gov/health/HealthCenters/Sunnyside.htm)

Clinic Appts: (713) 794-9999  
Hours: 11 am-5 pm, Mon  
7:30 am-4:30 pm, Tues-Fri

Dental Appts: (713) 732-5065  
Hours: 8:30 am-5:30 pm, Mon  
7:30 am -4:30 pm, Tue-Fri

Call 713-732-5006 for eligibility requirements by service. Services provided include family planning, maternity, immunization, Teen services, TB control, STD services and dental care. Accept Medicaid. Must be Harris County resident. Must apply for eligibility at location. Bring picture ID, proof of residence (utility bill or current lease), 1 month proof of income within last 60 days, birth certificates for parents and children, WIC/Medicaid cards. Spanish/Vietnamese/Chinese spoken.

### **SUBSTANCE ABUSE PROGRAMS**

**Alcoholics Anonymous** (713) 686-6300  
24 hour phone number:  
[www.aahouston.org](http://www.aahouston.org)

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength, and hope with each other so that they may solve their common problem and help others recover from alcoholism. Only requirement is to stop drinking, no fees.

*Third Tradition Group*  
5802 Belfort, 77033  
Call (713) 731-1720 for meeting times.

*Gloryland Missionary Baptist Church*  
7442 Coffee Street, 77033  
Call (713) 686-6300 for meeting times.

**Al-Anon**

(888) 425-2666

Phone number available Mon – Fri, 7am – 5pm:  
[www.houstonalanon.org](http://www.houstonalanon.org)

South Region Meeting Locations:  
5656 Belarbor St., 77033  
Spanish speaking:

(713) 731-1720

(713) 681-1296

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. No fees for membership. Call for meeting times.

**The Council of Alcohol and Drugs Houston**

(713) 942-4200

303 Jackson Hill Street, 77007

The council can help anyone at any time with any issue related to alcohol or drugs. This is done through prevention, intervention, outpatient treatment and aftercare, education and outreach. They reach people at home, school, work, in the community, and also meet individuals, families and business where they are in the cycle of addition, from non-use, to addition, to recovery.

**Narcotics Anonymous**

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

Helpline Phone Number:  
Office Phone Number:  
Meeting Locations:  
*Edgebrook Unity*  
2217 Theta, 77034

(713) 661-4200

(713) 943-1111

*Just A Meeting*  
14540 Minetta, 77035

(713) 729-3415

*Remember the Pain*  
3511 Linkwood Dr., 77025

(281) 785-4380

Narcotics Anonymous is an international, community-based association of recovering drug addicts.

**WASHATERIA**

**Big-2-Wash Tier and Dry Cleaner**

9323 Cullen, 77051

**EZ Wash**

(713) 733-0355

8703 Martin Luther King Jr. Blvd., 77033

Hours: Last wash 9 pm

Offer soap/change machine on site, fluff and fold service

**MLK Washateria**

(713) 734-0413

8510 Martin Luther King Jr. Blvd. 77033  
between Thrush and Reed on MLK  
Soap/change machine on site

**Scott Washateria**

(713) 747-2280

6202 Scott St, 77021  
intersection of Scott & OST  
Hours: 7:30 am - 8:30 pm  
Soap/change machine on site

**Silver Star Washateria**

(713) 264-6000

7423 Cullen Blvd, 77051  
intersection of Cullen & 610  
Hours: 10 am-8 pm  
Change machine on site

**Washateria**

7439 Cullen  
Hours: M-F 7 am-10 pm, Sun 7  
Soap/change machine on site

**Washateria**

(832) 618-0989

8936 Cullen  
Hours: 8:30 am-8 pm, last wash 7 pm  
Closed Wednesday

**YOUTH/FAMILY PROGRAMS**

**Big Brothers Big Sisters of Greater Houston**

(713) 271-5683

6437 High Star Dr., 77074  
[www.gobighouston.org](http://www.gobighouston.org)

Big Brothers Big Sisters matches children between the age of 6-15 with a reliable adult mentor ("Big") who helps the child set and meet goals, stand up to peer pressure, make good choices and gain confidence. Parents must attend the Parent/Guardian Training Session. Bring current photo of your child (for their file), child's social security number, name of your child's school and if your child is seeing a counselor for any reason, bring the counselor's name and contact information.

Also offer special programs for at risk children who have parents or relatives incarcerated or involved with the judicial system. Amachi Texas & Mentoring Children of Prisoners (MCOP) programs are designed to stop the cycle of incarceration through one-to-one mentoring. No membership fees.



**Boys and Girls Club**

(713) 991-5083

5950 Selinsky, 77048  
(Near Sterling High School)  
[www.bqclubs-houston.org](http://www.bqclubs-houston.org)

Hours: 3 pm-7:45 pm, Mon - Fri  
Offer tutoring, library, computer lab, Teen center, sports, arts & crafts, and game room. Ages 7 - 17. Membership fee \$3 per child per year. Provides transportation from Codwell and Frost Elementary Schools. Application must be filled out on site. Bring birth certificates for all children.

**Children's Museum**

(713) 522-1138

1500 Binz, 77004  
[www.cmhouston.org](http://www.cmhouston.org)

Hours: 10 am – 6 pm, Tue – Sat  
10 am – 8 pm, Thur  
12 pm – 6 pm, Sun  
FREE Thursdays from 5 - 8 pm

Exhibits include Invention Convention, Kidtropolis, Cyberchase, Matter Factory, FlowWorks, Power Play, Cool Moves, Dragons & Fairies, McGovern Kid's Hall, TotSpot, Building Zone, How Does It Work?, Inventors Workshop, and Think Tank.  
Accepts Lone Start Card.

**Children's Defense Fund Freedom Schools**

(713) 738-2888

<http://www.houstonfreedomschools.com/>

*Pisidia Missionary Baptist Church*

4610 Aledo St., 77051

At *CDF Freedom Schools* programs children are valued, celebrated, and given opportunities to learn the pleasure of reading and improve their ability to read, while connecting to their culture, developing self-discipline, having fun and participating in community service and social action.

**Houston Zoo**

(713) 533-6500

6200 Golf Course Dr., 77030  
<http://www.houstonzoo.org>

Hours: 9 am – 6 pm, Nov. 1 – Mar. 13  
9 am – 7 pm, Mar 13 – Oct 31

Lone Star Card Admission:

Admission to the Houston Zoo is free (limit 5 person – 2 adults/3 children of the same household per visit, effective July 1, 2009) for residents presenting a valid Lone Star Card and proof of residency. A valid photo ID (Texas Drivers License of Texas Department of Public Safety photo ID card) must be shown to confirm card holder status. The Lone Star Card holder of record must accompany their party. Tickets issued day of visit only; no advance tickets will be issued. Offer not valid for ticketed special events.

**Houston Area Urban League Read & Rise**

(281) 220-6023

*Education and Youth Development Center*  
5340 Griggs Road, 77021

**YMCA**

*Houston Texans YMCA*  
5220 Scott Street, Ste 105, 77004  
[www.ymcahouston.org](http://www.ymcahouston.org)

(713) 748-5405

Office Hours: 10:30 am-3 pm, Mon - Fri  
(after school program only)

*TMC Child Care YMCA*  
5614 H. Mark Crosswell, Jr. St. 77021

(713) 747-2173

Hours: 6 am-6:30 pm, Mon - Fri  
Offers child care and after school programs  
Offer community-based programs and services regardless of age, background or income with an OPEN DOOR program, a sliding fee scale.

YMCA Enrichment Programs: No fees

*Scott St. location* offers Girls in Real Life Situations (mentoring of girls), soon to offer Gent's in Real Life Situations (mentoring of boys) achiever's programs for Teens and young adults after high school.  
*Crosswell location* offers early childhood education, prenatal and parenting classes

*Financial assistance is available for all programs for those who qualify.*

YMCA After School Program

Hours: after school until-5:50 pm.  
Program includes homework assistance, physical fitness, Theater Under The Stars (TUTS), karate, various sports, arts and photography  
Law Elementary: 12401 South Coast Dr., Houston, TX 77047  
M-F after school until 6 pm  
Rhoads Elementary: 4103 Brisbane, Houston, TX77047-1797  
M-F after school until 6 pm

YMCA Summer Programs:

No additional registration fee for those already in After School Program  
Offered at Scott St. and Crosswell locations.  
Call location for specific programs offered.  
Law Elementary- offer field trips, games, speakers, physical fitness, health and wellness. Arts/photography

YMCA Sports Program: call location for specific sports offered.

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**Resource and Referrals, including  
Quality Child Care:**

**DIAL: 211 or  
(713) 600-1234**

**College Bound from Birth**

**(713) 600-1123**

Collaborative for Children  
3800 Buffalo Speedway, Suite 300  
Houston, TX 77098  
Phone: (713) 600-1100  
[www.CollabForChildren.org](http://www.CollabForChildren.org)