Central Texas

Family Support Services

Resource Guide

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# Shelters:

## Texas Baptist Children’s Home

512-246-4232

Programs for single mothers and their children, aftercare and transition services for continued support for moms and children, efficiency apartments and case management for youth aging out of foster care, no-cost trauma informed counseling and education to Williamson County residents.

<https://www.tbch.org/Site/Service/Family-Care-Program/>

## Hays Caldwell Women's Center

512-396-4357

Educational information for internet safety for adults and children, 24-hour confidential crisis and information line for victims of abuse, shelter for women, men, and families who are victims of violence or abuse (accommodates 10-15 families), 24 hour crisis response to Hays and Caldwell County hospitals for survivors of family violence, dating violence, sexual assault, and child abuse, free individual or group counseling services in English and Spanish, free and confidential advocacy for residents.

<https://www.hcwc.org/get-help/#shelter>

## Southside Community Center in San Marcos

512-392-6697

Programs serving San Marcos and Hays County include: transitional shelter and food, emergency assistance with rent or utilities, affordable senior housing community living.

<https://www.southsidecommunitycenter.org/homeless-shelter-sscc>

## Families in Crisis in Killeen

254-634-1184

Services available crisis intervention, shelter, and supportive services for survivors of family violence and sexual assault, 24-hour emergency safe shelter (65 bed facility in Killeen and 15 bed facility in Temple), 24 hour crisis intervention hotline, walk in crisis intervention services, advocacy and accompaniment, transitional housing, tenant based rental assistance, life skill classes and support groups, supportive services for veteran families.

<http://familiesincrisis.net/homeless/>

## SAFE Children’s Shelter

512-267-7233

Housing for children and young adults through, emergency care shelter for youth in child protective system, transitional living and supervised independent living for young adults aging out of foster care, early childhood and teen parent residential program in the foster care system with children. Additional advocacy, counseling and services available on the website.

<https://www.safeaustin.org/our-services/shelter-housing/housing-for-children-and-young-adults/>

## Lifeworks Emergency Shelter

3700 S 1st St., Austin, TX 78704 | 512-735-2400

Emergency shelter to those 17 or younger (or 18 and still in care), cold weather shelter to those 26 or younger when the city activates the shelter in place, five housing support programs for those experiencing homelessness within Travis County 24 or younger (21 or younger for the Young Parents Program).

<https://www.lifeworksaustin.org/housing>

## Austin Shelter for Women and Children (Salvation Army)

4613 Tannehill Ln Bldg 3, Austin, TX | 512-933-0600

81 bed facility serving women and dependent children experiencing homelessness with onsite wrap around services.

## The Rathgeber Center for Families (Salvation Army)

4613 Tannehill Lane, Building 1, Austin, TX | 737-256-6926

Services for families, moms, dads, and children experiencing homelessness. Phase 1 is a case-managed shelter program and Phase 2 provides extended-stay suites to families with higher barriers all with supports for transitional permanent living.

## Foundation for the Homeless

505 Cross Park Dr., Austin, TX 78755 | 512-453-6570

Family rehousing initiative program shelter and case management for families with minor children experiencing homelessness, family stability and transition support through collaborative agency and case management, plus one utility assistance program.

<https://www.foundationhomeless.org/programs>

## Casa Marianella

821 Gunter St., Austin, TX 78702 512-385-5571

Adult House: Emergency shelter for displaced immigrant men and women without children, asylum seekers, and asylees. (35 spaces)

Posada Esperanza (Family Shelter): Full-service family shelter transitional housing program for immigrant mothers and their children escaping domestic or cultural violence.

# Mental Health Resources

## Lifeworks

Affordable/free mental health counseling for individuals and families who are struggling with issues such as family conflict, abuse, trauma, anxiety, depression, and the stress of everyday life. <https://www.lifeworksaustin.org/>

## Austin Child Guidance Center

Clinical services, including individual/family/group therapy for children, adolescents, and their family members/caregivers, psychological services, psychiatric services, and walk-in clinic are offered in person and via tele-therapy. Serving the greater Austin and central Texas communities including Cedar Park, Round Rock, Hutto, Kyle, and Buda. Teletherapy serves anyone residing in Texas. <https://www.austinchildguidance.org/>

## Capital Area Counseling

Counseling at Capital Area Counseling (CAC) is available for adults, adolescents, children, couples, and families in English and Spanish. Group therapy is also available. Provides low cost, effective and accessible psychotherapy to Central Texans. <https://cacaustin.org/>

## Catholic Charities Central Texas

In-person or virtual Counseling services for individuals/group/family, disaster response, financial stability, services to help people give children a healthy life start, immigration services, and veterans services (helping people of all ages, faiths, ethnic backgrounds and economic circumstances). <https://ccctx.org/counseling-services/>

## New Life Institute

Non-profit counseling and training organization, dedicated to changing lives by providing professional services to those in emotional or spiritual need regardless of ability to pay.

<https://www.newlifetexas.org/>

##

## Psychology Today

Database of therapists that you can filter by location and insurance type.

<https://www.psychologytoday.com/us/therapists>

## Samaritan Center for Counseling

Professional counseling, integrative medicine, and psychiatric services that are accessible and affordable for all, especially vulnerable populations such as uninsured or underinsured low-income families, and veterans struggling with the emotional wounds of war.

<https://samaritan-center.org/>

## YWCA Greater Austin

Quality and affordable trauma informed counseling and support services for individuals, couples, families and groups in English and Spanish. Serving areas of Webberville and San Leanna and all unincorporated areas of Travis County.

<https://ywcaaustin.org/counseling-and-referral-center/>

## Texas Suicide Prevention Collaborative

Helping Texas communities become suicide safer. Informational website to help locate coalitions, training, or resources.

* Texas Suicide Prevention Lifeline 24/7 1-800-273-TALK (8255) <https://texassuicideprevention.org/>
* The Trevor Project LBGTQ support- 1-866-488-7386

## Bluebonnet Trails Community Services

Services include autism program support, behavioral health individual and group counseling, crisis services, and veteran services. Various locations & services.

Contact for details Williamson, Burnet, Lee, Bastrop, Fayette, Caldwell, Gonzales, & Guadalupe counties. 1-800-841-1255 (Hotline) 1-844-309-6385 (appointments and information)

<https://bbtrails.org/>

##

## Integral Care (formerly ATCIC)

Mental & behavioral healthcare provider for Travis County residents, offering various counseling and crisis services for adults/family/children/groups. Support Group for family members 2nd Monday 2-4pm. 512-472-4357 (HELP) <https://integralcare.org/en/home/>

## Lone Star Circle of Care

Mental healthcare provider with various locations & services. Youth and Young Adult Health counseling and support groups, behavioral health for seniors/adults/adolescents/children.

Contact for details Austin, Cedar Park, Georgetown, Harker Heights, Hutto, Killeen, Marble Falls, Round Rock, & Taylor. 1-877-800-5722 <https://lonestarcares.org/contact/contact-us/>

## Survivors of Suicide

Free peer-led group 1st & 3rd Tuesdays virtual meetings until further notice.

<https://sos-austin.org/>

## Eating Recovery Center Austin

Adult, Child and Adolescent intensive outpatient and partial hospitalization programs including virtual treatment. Educational events and support groups for families and caregivers. Two Austin locations, call to schedule a free assessment. 1-866-481-3550

12221 Renfer Way Ste 250 512-814-8255

## University of Texas Student Services Building

100 W Dean Keeton 512-767-6023

<https://www.eatingrecoverycenter.com/recovery-centers/texas>

## Communities for Recovery

Dual disorders recovery support group, behavioral education programs, volunteer peer support services, peer recovery coaching. Multiple support groups available via zoom.  Visit the website for scheduled dates/times and links. 512-758-7686 info@cfrr.org

<https://communitiesforrecovery.org/>

## Psychiatric Emergency Services

Walk-in psychiatric emergency services clinic serving adults, children and families.

Mon - Fri 8:00-10:00pm Sat - Sun and holidays 10:00am-8:00pm. Located at the Richard E Hopkins Behavioral Health Building 1165 Airport Blvd., Austin 78702. 512-472-4357 (HELP)

<https://integralcare.org/en/airport-boulevard/>

## Clarity Child Guidance Center

Nonprofit mental health treatment center for kids ages 3 to 17 in South Texas. We also provide prevention and education tools and resources for parents, professionals, and the community.  <https://www.claritycgc.org/> 8535 Tom Slick San Antonio, TX 78229 210-616-0300

## Effective Child Therapy

Is an initiative of the Society of Clinical Child and Adolescent Psychology (SCCAP). The site aims to provide parents and other caregivers with easy-to-access, comprehensive information on the symptoms and treatments of behavioral and mental health problems in children and adolescents. This is intended for educational purposes only, but links on the website connect to providers. <https://effectivechildtherapy.org/>

## National Alliance of Mental Illness (NAMI) Queens/Nassau Programs

Provides free mental health support, in person and online - groups, resources, education and opportunities to make your voice heard.

Call: 516-326-0797 or 718-347-7284 (not a crisis line),

<https://namiqn.org/> Email: office@namiqn.org

## What Families Can Do Fact Sheet-National Alliance of Mental Illness

A fact sheet for parents to use if they suspect a mental health condition in their child

<http://namicentraltx.org/wp-content/uploads/2019/05/WhatFamiliesCanDo_factsheet.pdf>

## Navigate Life Texas (NLT)

A website project supported by the Texas Health and Human Services (HHS), was created to inform and empower parents of children with disabilities or special health care needs Resources and services for families of kids with disabilities and special healthcare needs developed by parents, for parents. <https://www.navigatelifetexas.org/en>

## Child Mind Institute: Parenting Guides

Family resource center with educational guides for parents of children with mental illness about when to know a child needs help, what to look for in a diagnosis, what do ask before beginning treatment, and more. <https://childmind.org/guides/>

## Parent to Parent

Texas Parent to Parent provides support, information, and education for families of children and adults with disabilities, chronic and mental health conditions and other health care needs. Parent to parent support, resource referral, and education. <https://txp2p.org/>

## PATH Project (Partners Resource Network)

Is a non-profit agency that operates the Texas statewide network of Parent Training and Information (PTIs) Centers serving parents of children and youth with disabilities ages of 0-26 as well as youth self-advocates ages 14-26. We serve families living in ESC regions 2-6. All services are provided at no cost to parents of infants, toddlers, children and youth with all types of disabilities. <https://prntexas.org/>

2825 Wilcrest Drive, Suite 205 Houston, TX 77042-3396

Phone 409.898.4684 | Toll Free 1.800.866.4726

## American Academy of Child and Adolescent Psychiatry-Family/Youth

Website with educational guides for families and youth including a resource center to empower consumers through patient education. Each AACAP Resource Center contains consumer-friendly definitions, answers to frequently asked questions, clinical resources, expert videos, and abstracts from the JAACAP, Scientific Proceedings and Facts for Families relevant to each disorder. <https://www.aacap.org/>

#

# Financial Assistance

## Austin Texas and Travis County Salvation Army

The Austin Texas and Travis County Salvation Army runs several emergency, financial assistance programs for local residents. Call the agency at (512) 476-1111. They run an employment services program, provide holiday help including free Christmas toys or meals, and more. Students, including immigrants and Spanish speaking, can also get free back to school supplies or clothes for the school year.

## All Saints Episcopal Church

Limited financial assistance for paying electric, water, gas, telephone, and utility/telephone hookup fees, gasoline vouchers, funds for medical and dental bills, eye care, and bus tickets. (512) 476-3589

## Additional Churches

Limited assistance for mortgage and rent, utility bills, water, gas, prescriptions, and other expenses.

* Baptist Community Center (512) 478-7243)
* Greater Mt. Zion Church Community Assistance Center ((512) 469-9020)
* Lake Travis Crisis Ministries ((512) 266-9810)
* Society of St. Vincent DePaul ((512) 836-0020)

## St. Matthews Episcopal Church

Provides limited financial assistance with paying rent, water, electric bills and gas bills. Rent needs to be past due in order to receive help. The church will not help with closed utility accounts. Phone (512) 345-8314.

## Master's Hand

A small operation that can provide money in an emergency. It is a church that may offer rent or electric bill help and other aid. Call (512) 832-7811

## University Avenue Church of Christ

Help with bills, medications, and other expenses may be available. Dial (512) 476-9584.

Caritas of Austin

512)472-4135, may be able to provide a Refugee Resettlement Program. There is also Permanent Supportive Housing for the disabled who are facing long term homelessness. Other support administered includes hot meals, food, and take home groceries are also provided. Veterans in Travis County may be able to get help from the Supportive Services for Veteran Families program (SSVF).

## Austin Health and Human Services Department (HHSD)

(512) 972-5011) runs the homeless prevention and rapid rehousing program. This program provides emergency funding to help people pay their rent, housing, and other expenses.

This location also serves as the cities and Travis County community action agency. They partner with Neighborhood Centers and non-profits to provide basic needs such as food, clothing, applications for food stamps and other aid. Medical care is available too, along with shelters and the WIC program. <https://www.needhelppayingbills.com/html/city_of_austin__health_and_hum.html>

## Society Of St. Vincent De Paul

Includes several church locations around Travis County and Austin as noted below. The programs offered include emergency financial assistance and grants for paying utilities (gas, water, electricity), mortgage, security deposits and rent. Prescriptions and limited health care are offered. They also provides vouchers for free or low cost clothing, food, and furniture, and the vouchers are used at the St. Vincent de Paul Thrift Store.

* **Holy Cross Catholic Church** ,1610 E. 11th St., Austin, Texas 78702. (512) 472-7210
* **Sacred Heart Catholic Church**. 5909 Reicher Dr., Austin, Texas 78723. Call (512) 926-1171
* **St. Austin Catholic Church**, 2026 Guadalupe, Austin, Texas 78705. Phone (512) 477-1589
* **Slouis Catholic Church**, 7601 Burnet Rd., Austin, TX 78757. Call the church at (512) 419-1667
* **St. Paul Catholic Church**, 10000 David Moore Rd. Austin, Texas 78748. Dial (512) 280-4460
* **St. Theresa Catholic Church**, 4311 Small Dr., Austin, TX 78731. (512) 451-5121
* Find more locations of Travis County Saint Paul churches: <https://www.needhelppayingbills.com/html/austin_st__vincent_de_paul_ass.html>

## Texas National Guard Family Support Foundation

Offers financial assistance for National Guard members and their immediate families. Get help with bills and basic living needs such as rent, food, mortgage payments, utilities, car expense, auto loans, medical needs, and/or transportation for medical emergencies. 3706 Crawford Ave., Austin, Texas 78731. Phone (512) 782-6953

## Travis County Health and Human Services & Veterans Service

Several offices around the region. They are located in the towns and cities in Travis County below. Resources offered includes emergency financial assistance and grants for paying rent (including rent for low-income transitional housing), gas (includes propane and firewood), mortgages and home loans, electricity bills, prescription expense, medical supply expense, grocery store vouchers, and diapers.

The County offices also provide limited case management, out-of-town bus tickets for medical appointments, and senior support services. Last, the government office may assist with motel vouchers for families as well.

* 100 N. I-35 Suite 1000, Austin, Texas 78701. Phone (512) 854-4120
* 18649 FM 1431 Suite 6A, Jonestown, TX 78645. Number (512) 267-3245
* 3518 FM 973, Del Valle, TX 78617. Number (512) 247-4407
* 600 W. Carrie Manor St., Manor, Texas 78653, call (512) 272-5561
* 15822 Foothill Farms Loop, Pflugerville, Texas 78660, Phone number (512) 251-4168

## St. Mary, Our Lady Of The Lake Catholic Church

Provides financial assistance with rent, utilities (electricity, gas, water and propane), food vouchers and gasoline.  Holiday gifts may also be provided too. 6100 Lohman Crossing Rd., Lago Vista, Texas 78645. Phone (512) 267-0091

## Loaves and Fishes Outreach Ministry

Charity that works to help with basic needs in Travis County. Funds may be offered for paying utility bills, including water and electric. Or look into assistance for housing expenses, which may be rent, storage fees or security deposits.

They may also have loan programs to pay for basic needs, transportation, and medical care too, including prescriptions or medical bill assistance. Educational programs from Loaves and Fishes includes GED testing and referrals to job training. Other assistance is available. Location is 209 W 27th St, Austin, TX 78705. Main phone 512-476-3589, or more on <https://www.needhelppayingbills.com/html/loaves_and_fishes_outreach_mini.html>

## HUD VASH

Low income and rental subsidy for veterans. It is run by the Central Texas Veterans Health Care System. It operates very similar to the section 8 housing choice voucher program and it also offers veterans case management services. Main phone - 512-823-4000

Basic needs, including free furniture and clothing - If you need items or household goods, such as clothing for work or school, furniture, or other items then stop by local churches or charities. Many operate free clothing or furniture banks, or they have low-cost thrift stores. Several locations in Austin provide free or low cost goods to the needy. L <https://www.needhelppayingbills.com/html/austin_clothing_closets.html>

## St. Elizabeth Catholic Church

Programs administered include emergency financial assistance with water bills, electric, gas, and prescription bills. They may provide clothing and household goods vouchers. The church also operates a food pantry onsite providing non-perishable food, over-the-counter medicine, baby formula and hygiene products. 1520 N. Railroad Ave., Pflugerville, Texas 78660. (888) 801-7837

## Low-Income Housing Units

Austin and countywide low-income housing units are available. They range from emergency shelters, transitional housing programs, to government subsidized resources. Families and individuals can receive a place to stay as well as access to case management type services. This can include help in locating a permanent home, job training, counseling, and more. <https://www.needhelppayingbills.com/html/travis_county_transitional_hou.html>

## Family Support Services Division, East Rural Community Center Manor

This Travis County government supported agency has several locations around the region. The addresses are below. Programs can provide emergency grants and financial assistance with basic needs. Get help with items such as rent, security deposits, mortgage, transitional housing, utilities gas bills, electric and water expenses. In addition, apply for grocery store vouchers for food or prescription vouchers.

Locations:

* 600 W. Carrie Manor St., Manor, Texas 78653, dial (512)272-5561
* 5822 Foothill Farms Loop, Pflugerville, TX 78660, telephone number (512)251-4168
* 18649 FM 1431, Jonestown, Texas 78645, (512)267-3245
* 100 N. I-35, Austin, TX 78701, telephone (512)854-4120
* 2201 Post Rd., Austin, Texas 78704, (512)854-9130
* 3518 FM 973, Del Valle, TX 78617, (512)247-4407
* 8656 Hwy. 71, Austin, Texas 78735, dial (512)854-2130

Read more on [Travis County emergency assistance](https://www.needhelppayingbills.com/html/emergency_assistance_travis_co.html) programs, including cash aid, that are provided by the Family Support Division.

<https://www.needhelppayingbills.com/html/emergency_assistance_travis_co.html>

## Immanuel Lutheran Church

Very limited assistance (usually $50) to help pay rent, electric bills, food, utilities gas, electric, water bills too. 500 Immanuel Rd., Pflugerville, Texas 78660, (512) 251-4168

## Texas VFW Foundation, Inc.

Qualifying veterans, spouses, children, dependent parents and surviving spouses may get emergency basic needs assistance. Funds can pay for electric bills, rent, mortgages, or home repairs. Child expenses including clothing, diapers, formula, school supplies, or daycare. Grants can pay for car and vehicle expenses such as car payments, insurance, or repairs. Medical and health care expenses including prescriptions, bills or eyeglasses. Food and clothing may also be provided. Address is 8503 N. I-35, Austin, Texas 78753, (800)-997-7096

## AIDS Services of Austin, Inc.

Only for people with HIV/AIDS and their immediate family members. A number of resources are available for the Travis County region, including housing assistance, food pantry with limited grocery delivery, education training and services, prescription medication payments, emergency rental and utility bill help and more. They also partner to provide legal and dental care with the Capital Area AIDS Legal Project and the Jack Sensing Dental Clinic. Address is 7215 Cameron Rd., Austin, Texas 78752, 512-458-2437.

## Human Services from local churches

There are many already listed on this page, but struggling families as well as people living in poverty have more options available to them as well. A faith-based charity may help the homeless, immigrants, and single parents among others. Whether it is free food, clothes, baby supplies, or rent help, assistance is offered. <https://www.needhelppayingbills.com/html/austin_church_assistance_programs.html>

## Housing Authority of Travis County

Administers the section 8 Housing Choice Voucher program. Qualified very low income households can get a portion of their rent paid, even for private housing facilities or apartments. 512-480-8245

## Christian Service Center

They operate a wide range of financial assistance programs. Rent, mortgage, or utility bills may be partially paid. Other expenses covered can be orthopedic shoes, medical bills, prescription glasses, prescriptions, and even birth certificates or Texas ID cards. The homebound or seniors can get help as well. A free food pantry is also at the main office of 1903 University Ave., Austin, Texas 78705, 512-476-9584. <https://www.needhelppayingbills.com/html/christian_service_center_austin_assistance_prog.html>

## St. Thomas serves the northwest Austin area

Emergency assistance for rent, prescription drugs, utilities, and gas bills. 512-258-1161.

## Green Doors

The charity provides free food, grants for rental expenses to prevent evictions, and a clothing closet for the working poor and low income. They also can refer resident to rent subsidized housing in Travis County as well as ongoing supportive services. <https://www.needhelppayingbills.com/html/green_doors_assistance_program.html>

##

## Round Rock region center

Local churches and other groups of volunteers work together to help the less fortunate. The organization may have vouchers for use at a clothing closet. Free groceries are offered in the Travis County region from a pantry. They also run the Treasures Charity Resale Shop, distribute computers to children, and offer referrals for financial aid. <https://www.needhelppayingbills.com/html/round_rock_serving_center_assi.html>

## St. Julia Catholic Church

Charity that provides clothing and furniture/household item vouchers. Money may also be available, though very limited, for paying rent and energy bills. Other social services are offered too. 512-928-8629.

## Travis County eviction and homeless prevention assistance

Financial help and legal aid can stop homelessness. Charities, using HUD and state grants, help families living in poverty and the underemployed with housing needs. Everything from rent to utility or water bills can be paid along with placement into a new home.

Other eviction assistance in the county will support the vulnerable. Non-profit homeless prevention programs can assist single mothers as well as veterans and immigrants in the community as well. <https://www.needhelppayingbills.com/html/travis_county_homeless_preventio.html>

## Advocacy Outreach of Elgin Texas

Limited funding for people facing homelessness. This can include financial aid for paying utilities (water, natural gas, and electric), rent, and security deposit for qualified low-income clients. A free clothing and furniture closet has diapers, baby items, work clothing, beds, furniture, kitchenware, and living room furniture and more. They also offer programs in all of Texas, and may have fans for the summer heat and Christmas assistance too. 512-281-4180.

<https://www.needhelppayingbills.com/html/advocacy_outreach_emergency_as.html>

## Free back to school supply giveaways

This giveaway takes place each year across Travis County. Students can get clothes, haircuts, backpacks, gift cards uniforms and other items. Charities or organizations give away all types of free school supplies (or even gift cards). Charities and even the school ISD may pass out items. <https://www.needhelppayingbills.com/html/austin_free_school_supplies.html>

## Free Thanksgiving and Christmas assistance

Churches, charities, and programs such as Blue and Brown Santa provide free toys, meals, or food to qualified families. Be sure to apply early, as resources are limited. Other holiday support is available for seniors, the homeless in Austin or the homebound. <https://www.needhelppayingbills.com/html/austin_christmas_and_free_holi.html>

## St. John Neumann Catholic Church

May have food vouchers, prescriptions, rent help, utilities such as water and electricity. The Travis County church also provides vouchers for furniture, clothing, and basic household items. 512-328-3220.

## Travis County Catholic Charities

Has a number of churches and other groups that participate in the services they offer. Thousands of low-income and working poor families from the community receive some form of basic needs, referrals, and/or emergency assistance from the organization. This can include medical bill assistance, funds for energy costs, rent help, funeral expenses and much more. <https://www.needhelppayingbills.com/html/austin_catholic_charities_assi.html>

## Travis County financial assistance programs and agencies

Below are details on non-profit agencies and programs that provide rent, food, housing aid, foreclosure counseling, and other assistance to Austin and Travis County.

* [Texas free HUD foreclosure and housing counseling](https://www.needhelppayingbills.com/html/texas_hud_foreclosure_counseli.html)
* [Texas Section 8 housing](https://www.needhelppayingbills.com/html/section_8_housing_texas.html)
* [Texas mortgage and foreclosure assistance](https://www.needhelppayingbills.com/html/texas_mortgage_help_and_assist.html).
* [Texas cooling and utility bill programs](https://www.needhelppayingbills.com/html/texas_utility_and_cooling_assi.html)
* [Texas free legal advice](https://www.needhelppayingbills.com/html/texas_free_legal_assistance.html).
* [Texas food pantries/banks](https://www.needhelppayingbills.com/html/texas_food_banks.html)
* [Texas community health care clinics](https://www.needhelppayingbills.com/html/texas_free_community_clinics.html)
* [Texas dental centers](https://www.needhelppayingbills.com/html/texas_free_dental_clinics.html)

There are also national programs available in Austin Texas. These including everything from job programs to emergency low-cost loans, HUD housing, senior homecare, and more. <https://www.needhelppayingbills.com/html/emergency_loans.html>

# Food Pantries in Travis County

* **Abiding Love Lutheran Church** 512-892-4040 provides a food pantry with up to 3 days of food.
* **Bethany Faith Food Pantry**, which is based in Austin, provides qualified residents with a food pantry. The pantry also offers hygiene products, perishables, baby food, formula, and diapers, when available. 512-926-4146.
* **Capital Area Food Bank** runs a program known as fresh food for families. 512-836-3282. They offer food, SNAP applications, cash aid, Meals for the elderly or immigrants and more. <https://www.needhelppayingbills.com/html/capital_area_food_bank_of_texas_assistance_programs.html>
* **Dolores Catholic Church** 512-385-4333 provides a food pantry that serves Montopolis and Del Valle Texas families.
* **River Road Baptist Church** 512-276-3824
* **North Austin Christian Church** 512-836-3282
* **Hope Lutheran Church** 512-926-8574
* **Westover Hills Church Of Christ** operates a free food pantry only. Groceries and other items (such as household supplies) may be offered based on what was donated. The church is at 8332 Mesa Dr., Austin, Texas 78759, phone (512) 345-6386

Many other food programs and pantries operate in the county. Volunteers and social workers offer free groceries, Christmas or Thanksgiving meals. There may also be personal hygiene items and applications to food stamps. Find information on about 50 additional free <https://www.needhelppayingbills.com/html/austin_food_banks_and_pantries.html>

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# Medical and Dental Care, Free and Low-Cost

Manos de Cristo Dental Clinic

helps low income, unemployed, and those patients with limited resources. The organization provides low cost (or free) high quality dental care to individuals and families with limited resources and financial means. The dental clinic aims to restore the oral health of low income and other individuals who are at risk of or who are currently suffering from poor oral hygiene and dental crises (512) 477-2319

## Any Baby Can-Family Health & Resources

Any Baby Can offers services for family health and stability that address the physical, developmental and emotional well-being of everyone in the home. Programs help support first time moms, auditory services, medical case management, family education, respite to families with children who have special healthcare needs or coping with cancer. Contact the center at (512) 454-3743 to learn more or make an appointment.

## Volunteer Healthcare Clinic (VHC)

Over 400 volunteers that provide medical care to Austin families who would otherwise go without attention to health care services. 512-459-6002.

## Additional Travis County Clinics

<https://www.needhelppayingbills.com/html/travis_county_clinics.html>

# Career development and job finding skills

## Goodwill Industries of Central Texas

512-637-7100 runs the The Ready to Work Program, which was created to assist individuals with finding a job, and it will help them deal with barriers to employment with finding and retaining employment in Travis County and the Central Texas community. The program offers the development of job readiness skills, job placement, resume review, networking, and retention support.

# Debt and Foreclosure Help

## Austin Consumer Credit Counseling Services

They offer numerous forms of financial advice to Austin area families. Call them at (512) 447-0711. Gain access to debt and mortgage counseling, foreclosure prevention, and other forms of free advice.

Travis County homeowners have several other non-profit organizations that they can contact for information on mortgage and foreclosure programs. Many of the agencies have staff that can work directly with the homeowner and their lender to find a solution.

<https://www.needhelppayingbills.com/html/austin_foreclosure_help.html>