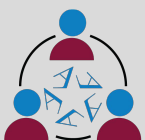




Community

# Resource Fair



**THE *Care* CLINIC**  
WELLNESS SUPPORT FOR *all.*

**Arlington**  
INDEPENDENT SCHOOL DISTRICT  
Guidance  Counseling



### Big Thought

1409 Botham Jean Blvd. Suite 1015 Dallas, TX 75215

Big Thought equips youth in marginalized communities to imagine and create their best lives and world. The secret sauce that makes our work uniquely effective is the powerful combination of our social and emotional focus, experiential learning, community-centered partnerships, equity lens and future focus.

Throughout our 30+ year history of innovation, Big Thought has become a national model in arts education, out of school time systems, summer learning and juvenile justice intervention. Now we're one of six community partnerships in the U.S. helping scale national best practices in Social and Emotional Learning (SEL).

We offer outside of school time programming for youth up to age 24.

Programs include:

(A) Live - After school spoken word programming/showcases (9-18 years old)

Artivism - Year round programming combining art + activism (14-18 years old)



Creative Solutions - Summer programming for youth involved in the Juvenile Justice System in both Dallas and Tarrant Counties (14-18 years old)

Community Action Team - Two year cohort for youth to get more civically involved in their communities, participate in community service, and build workforce development skills. (15-24 years old)

The Fellowship Initiative - Three year cohort for young men of color with college aspirations. (10th-12th graders)

TMAS - after school SEL program for elementary and middle school aged learners(5-13) years old graders)



 *Dae'Quan Brown (Partner Navigator)*  [daequan.brown@bigthought.org](mailto:daequan.brown@bigthought.org)



 469-621-8909  [www.bigthought.org](http://www.bigthought.org)

### Connections Wellness Group

U k " U uE

*With numerous locations throughout the Dallas-Fort Worth area, outpatient programs, and telehealth options, we offer comprehensive mental health services accessible to everyone.*

 Amy Boelkens LMSW  [amy.boelkens@connectionswellnessgroup.com](mailto:amy.boelkens@connectionswellnessgroup.com)

 (817) 500-5984  <https://connectionswellnessgroup.com/>





## Carrus Behavioral Hospital

2440 Timber Ridge Dr #105 Frisco, TX 75034

Carrus Behavioral Hospital is a new, state-of-the-art, 28-bed child and adolescent behavioral facility. We provide 24-hour inpatient behavioral care for ages 5 through 17 to those who require a safe and therapeutic environment. Our multidisciplinary team, led by a board-certified psychiatrist, provides evidence-based therapies tailored to the needs of each child, adolescent, and family. Our experienced specialists provide personalized and effective treatment plans.

Our programs utilize contemporary, evidence-based therapeutic practices, including the Recovery Model of Care and Trauma-Informed Model of Care. Carrus clinicians will engage patients and families in cognitive behavioral psychotherapeutic interventions, psycho-education interventions, along with the importance of health leisure and wellness activities. Those with addiction issues will be introduced to the 12-Step model of recovery. Each patient and family will be met where they are – it may be the beginning of healing along their road to recovery.



Chelsea Jordan



[crogers@carrushospital.com](mailto:crogers@carrushospital.com)



903-870-1222



<https://behavioral.carrushealth.com/>

## Lone Star Autism Solutions

At our clinic, we work 1:1 with children diagnosed with autism to teach skills under Applied Behavior Analysis guidelines. The children can be ages 2 to 10. Some come part time to us and part time to their school. We have flexible times within the 9:00 to 4:30 day at the clinic.

Parents are also trained on how to bring progress into home and community, and we make clinicians (Board Certified Behavior Analysts) available to consult with schools on children we are also serving. We are expanding into additional space at our location and are open to new referrals.



Kathleen Lively



[lively-kathleen@rvbh.com](mailto:lively-kathleen@rvbh.com)



817-265-2344



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

## Arlington ISD Engagement, Equity & Access, Family & Community Engagement FACE

1141 W. Pioneer Pkwy. Arlington, TX 76013

The Family and Community Engagement Department serves the Arlington ISD learning community by fostering relationships, engaging, and empowering the community to support student success. It provides various workshops for parents and caregivers that offer ideas, tips, and support in raising children. Our parent facilitators and instructors provide resources and meaningful information to support family life and build a strong connection with the school.



(682) 867-7715



[Pacedepartment@aisd.net](mailto:Pacedepartment@aisd.net)



[www.aisd.net/pace](http://www.aisd.net/pace)





## Alliance For Children

3609 Marquita Dr. Fort Worth, TX 76116

Alliance For Children is committed to providing high quality prevention education and awareness programs in our community. All of our educational and community outreach is designed to empower adults and children to prevent child abuse. Our team of educators believe that, through prevention, we can raise awareness of the issue of child abuse and lessen the number of victims in Tarrant County.



Pera Claros



[education@allianceforchildren.org](mailto:education@allianceforchildren.org)



(817) 335-7172



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



## Arlington Police Department | Victim Services

620 W. Division St. Arlington, TX 76011

The Victim Services unit of the Arlington Police Department provides assistance to crime victims and their families. Services include crisis counseling, criminal justice support, information and referrals to local social service providers, notification and assistance with filing for Crime Victims' Compensation benefits, and personal advocacy.



Carnesha Collins



[carnesha.collins@arlingtontx.gov](mailto:carnesha.collins@arlingtontx.gov)



817-459-5711



[www.arlingtontx.gov/city\\_hall/departments/police/crime\\_victim\\_services](http://www.arlingtontx.gov/city_hall/departments/police/crime_victim_services)



## Pathlight Mood & Anxiety Center

4200 S. Hulen St. Ste. 436 Fort Worth, TX 76109

Pathlight Mood & Anxiety Center offers comprehensive services and programming for adolescents (12+) and adults (18+). Our highly experienced clinicians and staff (including therapists, a psychiatrist, a nurse and an education specialist) are committed to providing an integrated treatment approach and personalized plan for healing to address common behavioral health conditions. Our services utilize neuropsychiatric treatments for those who require more focused and intensive treatment for depression, mood disorders, and anxiety, as well as we offer specialty tracks for trauma and OCD. Our Fort Worth office offers Partial Hospitalization (PHP) and Intensive Outpatient (IOP) levels of care as well as Residential treatment programs across the nation.

Eating Recovery Center offers comprehensive, medically-supervised treatments for a wide spectrum of eating disorder care options for children (8+) and adults (18+). Eating Recovery Center in Dallas offers the full continuum of care including Inpatient, Residential, Partial Hospitalization, and Intensive Outpatient services across our Legacy Plano and Baylor campus locations. We have a well renowned multidisciplinary leadership team (including psychiatrists, MDs, dieticians, therapists, nurses and an education specialist) to help individuals struggling with anorexia nervosa, bulimia nervosa, ARFID, binge eating and other disordered eating patterns.

Both Eating Recovery Center and Pathlight Mood & Anxiety Center offer assessments free of charge conducted by a Master's level clinician and work with a variety of insurance providers. Programs are also available virtually for individuals who require remote support in their recovery.



Jolene Norton



[jolene.norton@ercpathlight.com](mailto:jolene.norton@ercpathlight.com)



303-548-9911



<https://www.pathlightbh.com/>



## Alliance Child & Family Solutions

6043 W. Interstate 20; Arlington, TX 76017

**ABOUT US:** Alliance Child & Family Solutions (“ACFS”) is a 501(c)(3) nonprofit with the mission of providing life-changing counseling services to all Texans, with a high focus on access to underserved areas, vulnerable populations, and communities impacted by trauma.

**GENERAL COUNSELING SERVICES:** At ACFS, we serve ALL ages of individuals across ALL of Texas. To remove barriers of time and travel, we offer most services via telehealth. Visit [www.acfstexas.com](http://www.acfstexas.com) to learn more or to sign up for services. We accept most major insurances, Medicares, and Medicaid, including Aetna, Ambetter, Baylor Scott & White, Beacon Value Options, Blue Cross Blue Shield, Children’s Medical Center, Cenpatico Superior, Cigna Evernorth, ComPsych, CookChildrens, Partners Direct Health, Driscoll Medicaid/CHIP, First Health by Aetna, Friday Health Plan, Humana (Lifesync), Magellan, Molina Health Plan, Superior Health Plan, Tricare / Triwest, United Healthcare, and more (NO Amerigroup unfortunately). Cash Pay Clients can choose from a variety of providers to receive care at an affordable rate within your budget. Our Cash Pay Rates are \$150/\$135 - Fully Licensed Therapist, \$100/\$85 - Midlevel Therapist, or \$50/\$35 - Graduate Student Intern. We also offer Sliding Scale rates that can reduce as low as \$15/session based on proof of income & Federal Poverty Guidelines.

**ALLIANCE AFTERSCHOOL PROGRAM:** This program offers 12 weeks of FREE COUNSELING SERVICES to Tarrant County children (ages 0 - 17) who meet at least one qualification of need. Participants can receive BOTH 12 weeks of Individual Counseling AND 12 weeks of Group Counseling if desired. Visit [www.allianceafterschool.org](http://www.allianceafterschool.org) to learn more or to sign up for services. Qualification of Need includes receiving at least one of the following Title I School Student, Free & Reduced-Price Lunch or School Breakfast, Temporary Assistance for Needy Families (TANF), Food Stamps / SNAP Recipient, Supplemental Security Income (SSI), Women, Infants, and Children (WIC), Section 8 Vouchers, Low-Income Home Energy Assistance Program (LIHEAP), Pell Grants, HUD Qualified Census Tract Resident, Moderate to High Social Vulnerability on the CDC/ ATSDR SVI, or Proof of Income for Federal Poverty Guideline. \*Families with Medicaid are still encouraged to apply so ACFS can check eligibility.

**INDIVIDUAL COUNSELING:** All individual counseling services, whether grant-funded, insurance, or sliding scale, are tailored to the needs of the Client. Counseling is trauma-informed and may utilize CBT, Family Therapy, Play Therapy, or other approaches.

**GROUP COUNSELING:** Infant to Kindergarten Age Group Therapy: 1:2 Group Play Therapy to process trauma & explore appropriate ways to express feelings. Elementary-Age Group Therapy: Games + Fun with a CBT, Trauma-Informed Approach to empower children to identify their feelings, handle stressful situations using healthy coping skills, and learn how to discern safe adults to approach for help. Middle School to High School Age Group Therapy: Includes the above elementary-age groups, but with a higher emphasis on conflict resolution, healthy peer relationships, bullying, and reacting to peer pressure.



Anastasia Taylor



[Scheduling@acfstexas.com](mailto:Scheduling@acfstexas.com)



(817) 851-2042



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

## Bikers Against Child Abuse (B.A.C.A.)

Fort Worth Chapter P.O. Box 123362 Fort Worth, TX 76111

Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.



(877) 893-7434



[AgencyLiaison@fw-tx.bacaworld.org](mailto:AgencyLiaison@fw-tx.bacaworld.org)



<https://bacaworld.org>





## Base Point Academy

3900 Arlington Highlands Suite 237, Arlington, TX 75126

BasePoint Academy provides day treatment specifically designed to address the unique mental health challenges teens face today. It serves adolescents ages 11 to 18 years old, offering group therapy with individual and family therapy components, as well as medication management.


BasePoint keeps students enrolled in Arlington ISD and has an Education Counselor on site to help coordinate academic assignments with your district. They provide complimentary transportation to and from BasePoint and are in network with all major commercial insurances.


Signs to look for: Anxiety, depression, impulsive behaviors, isolation, academic decline, substance use, anger issues, self-harming behavior, unhealthy relationships.

BasePoint offers complimentary assessments and is open 7 days a week, 7:00am to 7:00pm at 972-325-2633.

 Whitney Dixon

 whitney.dixon@basepointacademy.com

 (972) 325-2633

 www.basepointacademy.com



## Starfish Counseling

801 Road to Six Flags Dr. W. Suite #145 Arlington, TX 76012

Starfish Counseling is committed to providing quality, evidence based counseling services to children (age 3-12), adolescents (age 13-17) and adults (age 18+) either in-person or via telehealth. We work with all major insurance companies and most Medicaid's. We provide play therapy, individual therapy, couples/family therapy, EMDR, and Art Therapy. We would love to meet you and walk along life's journey towards a more happy and healthy life.

 Tiffany Flores, LCSW-S

 tiffany@starfish-counseling.com

 (817) 459-2433

 www.starfish-counseling.com




## Clearfork Academy

7820 Hanger Cutoff Road, Fort Worth, TX 76135

Clearfork Academy is a specialized program focused on 13-17 year old teens where we provide comprehensive services for substance use disorder and mental health treatment. We provide tailored treatment plans for each teens unique needs. We are faith based and use a holistic approach to address physical, emotional, and psychological aspects of recovery.

 Jackie Ringgold

 jringgold@clearforkacademy.com

 (832) 242-4815





 www.clearforkacademy.com



## Acacia Counseling Services PLLC

901 Clinic Dr. Euless TX 76039





We would like to introduce ourselves; we are Acacia Counseling Services PLLC. We offer individual, couples, groups, and family therapy. We currently accept the following health insurances: Blue Cross Blue Shield, Cigna, Tricare East, and United Healthcare Policies. We are in network with multiple EAP Providers such as Lyra Health and Modern Health.

-  Antenice Smith
-  [acaciacounselingservices@gmail.com](mailto:acaciacounselingservices@gmail.com)
-  469-783-8646
-  [acaciacounselingservices.com](http://acaciacounselingservices.com)

## Acacia Empowerment Group LLC

901 Clinic Dr. Euless, TX 76039

We are a life coaching and consulting organization that specializes in helping individuals and businesses create, implement, and execute their goals. We provide services in person and virtually. We want to assist you in creating and achieving the goals you want so you can live the life you desire. We have several Coaching and/or Consulting packages that may meet your needs, as well as a customizable option. If you have questions, do not hesitate to contact us.

-  Antenice Smith
-  [acaciacounselingservices@gmail.com](mailto:acaciacounselingservices@gmail.com)
-  469-783-8646
-  [acaciacounselingservices.com](http://acaciacounselingservices.com)





## ACH Child and Family Services

1025 Jennings Fort Worth, TX 76104

The Kinship Navigator Program (KNP) provides services to kinship caregivers (IE-grandparents raising grandchildren or siblings raising siblings). The KNP also serves fictive kin (kids being cared for at the house of a friend).

- \*In Person Case Management
- \*Parenting and development training
- \*Peer support group connections
- \*Resource referrals
- \*Basic needs support
- \*Connection to state services
- \*Legal aid assistance
- \*And more

\*All services are bi-lingual, free, and available to all- regardless of legal status or documentation

-  Sonja Moore
-  [ACHservices.org/kinship-navigator](http://ACHservices.org/kinship-navigator)
-  817-335-(HOPE)4673
-  [achservices.org](http://achservices.org)





## Dental Health Arlington

501 W. Sanford Suite 11 Arlington, TX 76011

We provide access to dental care for low-income residents of Tarrant County. Our services are very similar to what you would find in a private dental practice at a fraction of the cost. Patients must qualify as low-income by providing proof of residency, proof of income with pay stubs or of government assistance, and a valid photo ID. There is a \$45 fee for the initial appointment.

The patient is given a treatment plan and options for payment arrangement. This is all done in the DHA Dental Clinic located in the Arlington Human Services Center on Sanford Street. The SMILES (Sealing Molars Improves the Lives of Every Student) Program is our secondary program that provides no cost, preventive dental services to AISD students in Title 1 Schools. We provide dental screenings, oral hygiene instruction, nutritional counseling, and give them a toothbrush. If they are healthy, we place decay-preventing sealants and fluoride on their teeth.

We send information home to parents if they are in need of dental services and refer them back to their dental home. If they do not have a dental home and they have no insurance, they can be referred to the DHA Dental Clinic for low-cost treatments. If they are in severe pain or have severe infection impeding their learning, we offer that emergency service for free until they can get to their dentist. This program is currently available for all Title I First through Fourth graders identified through AISD.



Nancy M. Blinn



[info@dentalhealtharlington.org](mailto:info@dentalhealtharlington.org)



(817) 277-1165



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



## Empowering Minds Counseling Services

2045 SE Green Oaks Blvd. Arlington, TX 76018

Empowering Minds Counseling Services provides mental health services for individual and group counseling, ages 15 years and up. Both in-person and virtual services are available for high school students experiencing issues with anxiety, depression, grief, school issues, peer relationships and self-esteem. Insurance plans and discount referral rates for AISD students are welcomed.



Electra Kitchin, M.ED.,



[empoweringmindsservices@gmail.com](mailto:empoweringmindsservices@gmail.com)



LPC-S (214) 307-4070



[www.psychologytoday.com/us/therapists/electra-kitchin-arlington-tx/706749](http://www.psychologytoday.com/us/therapists/electra-kitchin-arlington-tx/706749)





## We Are Her

445 E FM 1382 3-914n Cedar Hill, TX 75104

Mentoring for young ladies ages 8-17, through our Queen's In Training program. We also provide out reach services in our program Through It All, for Domestic Violence Survivors, by providing a New Journey luggage filled with all the essential items they would need to start fresh. Our Why Me? out reach services deals with mothers grieving the loss of a young child/children or young ladies grieving the loss of their parent (guardian) by providing our Comfort Box for each person affected by the loss. We embody and embrace every stage of HER life, by walking with them through their New Journey.



Latasha Cummings  
Founder



[info@weareherla.org](mailto:info@weareherla.org)



1-800-609-6411



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



## Gladney Center for Adoption

6300 John Ryan Forth Worth, TX 76132

We are open and working hard to ensure we are serving the mission of adoption. We continue to provide help to expectant parents, birth parents, adoptive parents and all clients past and present. If you need help call us at 800-452-3639 or email [hello@gladney.org](mailto:hello@gladney.org). We are here to help and get you connected to resources. We can also provide trainings for school staff that work with students in an unplanned pregnancy.



Kerry Tobar



[kerry.tobar@gladney.org](mailto:kerry.tobar@gladney.org)



817-922-6000



[adoptionsbygladney.org](http://adoptionsbygladney.org)



## 211 Texas United Way Helpline - Houston

50 Waugh Drive Houston, TX 77007

Trained and Certified Specialists are available 24/7 365 days a year to assess caller's needs, provide referrals, follow-up and advocate as needed. We maintain the most comprehensive database of not-for-profit, local and state government community resources accessible on-line at [www.211texas.org](http://www.211texas.org)



Amy Callaway



[ACallaway@unitedwayhouston.org](mailto:ACallaway@unitedwayhouston.org)



211



[211texas.org](http://211texas.org)



## C5 Texas

P. O. Box 191129, Dallas, Texas 75219

C5 Texas is a five-year leadership development program providing college and career exploration, community action, social awareness and personal development for youth grades 7th-12th. Services include mentoring, college preparation and access, community service, social and emotional activities, summer experiences, college trips and weekend educational sessions.



Daneshe Bethune



[contactus@c5texas.org](mailto:contactus@c5texas.org)



(817) 332-7866



[www.c5texas.org](http://www.c5texas.org)

## Hope Tutoring Center

2020 S Collins St, Arlington, TX 76010

Our aim is to empower 2nd-8th graders to reach their full academic potential through free, individualized tutoring.



Meredith Freeman



[meredith.freeman@hopetutoring.org](mailto:meredith.freeman@hopetutoring.org)



(817) 860-7757



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

## Mesa Springs Hospital

5560 Mesa Springs Dr. Fort Worth, TX 76123

**Mesa Springs Hospital:** Newly constructed 72-bed behavioral health hospital offering inpatient and outpatient programming. We provide evidence-based, transformational care for a broad range of mental health and addiction concerns in a compassionate, comfortable environment. The Mesa Springs multidisciplinary team of psychiatrists, therapists, and clinicians work together to accurately diagnose mental health conditions and provide a customized plan of care to individuals. Open 24-7 for walk-in and no-cost assessments for ages 12+.



4935 S. Collins St., Suite 101 Arlington, TX 76018

**Innovations:** Provides both a Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) for children in elementary, middle, and high school. Four hours of group therapy per day, family therapy for education and support, dual diagnosis groups, medication management, and transportation is included in programming. Innovations offers academic instruction for grades K-8, as well as an accredited high school program. Ages 8-18 (18, if still enrolled in high school).



Karly Taylor



[karly.taylor@lifepointhealth.net](mailto:karly.taylor@lifepointhealth.net)



817-372-4422



Karly Taylor






## Reflections Lifestyle Center

4901 Windhaven Pkwy, Unit 200

Reflections is a Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) that provides meaningful treatment to adolescents in middle and high school (ages 11-17) suffering with mental health, substance use and co-occurring disorders. It is the first Behavioral Health Lifestyle Medicine adolescent treatment facility in North Texas. Our specialized treatment provides a safe and therapeutic environment focused on restoring tween/teen lifestyle balance and harmony. The mindfulness program is uniquely tailored through didactics and movement to improve the health and wellness of each patient.

 Jana Jansson

 [janajansson@reflectionsstyle.com](mailto:janajansson@reflectionsstyle.com)

 469-921-3392

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




## Millwood Hospital & The Excel Center

1011 N Cooper Street, Arlington, TX 76011

The Excel Centers provide short-term outpatient treatment for all ages — children, adolescents, and adults. The programs offer intensive therapy that may include Trauma Informed Cognitive Behavioral Therapy, solution-focused therapy and motivational interviewing. The program's goal is to provide structure and support so patients can return to their daily lives as quickly as possible. Millwood Hospital offers a comprehensive continuum of care for children, adolescents, adults, and senior adults with psychiatric or substance use problems. A multidisciplinary team of mental health professionals provides 24-hour mental health treatment and supervision in a structured environment for patients who need intensive chemical dependency or behavioral therapy. Ongoing care is provided through discharge planning to facilitate a successful adjustment back to daily activities. Therapy groups are offered to identify, discuss and explore new ways of addressing problems and specialized groups are designed to meet the specific needs of each patient type. Additionally, Millwood Hospital offers a TEA-accredited school for children who are currently enrolled in elementary through high school.

 Celia Brannon

 [Celia.brannon@uhsinc.com](mailto:Celia.brannon@uhsinc.com)

 (817) 261-3121

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


## Mission Arlington/ Mission Metroplex

210 W. South Street, Arlington, TX 76010

Mission Arlington®/Mission Metroplex® is a faith-based, non-profit 501-(c) (3) organization which utilizes hundreds of volunteers and a multitude of services to assist people with their physical, intellectual, emotional, and spiritual needs.

 Tillie Burgin, Executive Director

 [mission@missionarlington.org](mailto:mission@missionarlington.org)

 (817) 277-6620

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





## Mind Above Matter

1215 W. Randol Mill Rd. Arlington, TX 76012


**Mental Health Assessments:** Our clinicians conduct a comprehensive initial assessment to understand our clients at a deeper level and direct them to services that most appropriately suit their needs.

**Partial Hospitalization Programs (PHP):** This extra mental health support offers a minimally restrictive environment that encompasses group, individual, family therapy and medication management. Programming involves group therapy 5 hours/day, 5 days per week, and can serve as a midground option for clients stepping down from inpatient care.


**Intensive Outpatient Programming (IOP):** A step-down level of care for clients to transition back to work or school, this program provides structure and support while clients practice enhanced coping skills. It includes 3 hours per day/5 days per week.

In addition, it includes individual therapy and family/couples therapy, as needed. When in IOP, clients see the psychiatrist a minimum of once per week.

**Medication Management:** Clients are evaluated and monitored by a psychiatrist for medications, adverse reactions, and side effects to reduce their current mental health symptoms. This service is available as a maintenance option or in conjunction with outpatient therapy appointments.

 Alycia Watkins

 [thehub@mabovem.com](mailto:thehub@mabovem.com)

 (682) 465-4251

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


## Gill Children's Services

555 Hemphill Street, Suite 200, Fort Worth, TX 76104

Gill Children's Services provides last resort financial assistance for Tarrant County children. Gill may assist with funding for medical, dental, physical, social, psychological, or educational needs.

 Alice Espinoza

 [Aespinoza@gillchildrens.org](mailto:Aespinoza@gillchildrens.org)

 (817) 332-5070

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


## Arlington Charities

811 Secretary Dr. Arlington, TX 76015

*Drive Thru Food Pantry, Delivery for homebound and seniors, homeless meals MWF, Mobile Market Truck, Educational Classes*

 Casey McCollum, Program Director

 [info@arlingtoncharities.org](mailto:info@arlingtoncharities.org)

 (817) 275-1511

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





## Girls Inc. of Tarrant County

304 E. Vickery Boulevard Fort Worth, Texas 76104

Girls Inc. of Tarrant County serves girls in kindergarten through their freshman year of college. Many of our interactions are through comprehensive impact programs. We also see participants in outreach activities such as summer camps and short-term workshops.



Jennifer Limas- CEO



[girlsinc@girlsinctarrant.org](mailto:girlsinc@girlsinctarrant.org)



( 817) 259-1049



[girlsinctarrant.org](http://girlsinctarrant.org)

## Tarrant County Kids (a part of Girls Inc. )

2820 Matlock Rd Arlington TX 76015

Before and after-school programs providing safe, affordable, and convenient licensed care for children ages 4-12 in the Arlington ISD elementary schools we serve. Tarrant County Kids also provides all-day care during most school holidays and breaks.

During the time spent in our program, your children will be engaged in educational and enriching activities that will allow them to have fun after a long day at school. A good after-school program choice can build a positive foundation that will last a lifetime for your child and give you peace of mind while you work! Children are served a nutritious snack (provided by Arlington ISD at no charge to the parents), allowed time to complete homework and offered a wide variety of activities to choose from to make their afternoons enjoyable.



Lisa Dia, MSW Tarrant  
County Kids Director



[receptionist@girlsinctarrant.org](mailto:receptionist@girlsinctarrant.org)



(817) 468-0306



[TCKids.org](http://TCKids.org)

## Perimeter Behavioral Hospital of Arlington

7000 U.S. 287 Frontage Rd, Arlington, TX 76001

Advocating the pursuit of happiness, growth, and success for children 5-17 years of age who are struggling with behavioral or mental health and trauma obstacles. Our team includes experienced practitioners committed to getting your loved one back on the road to health and wellness. Also providing presentations and education for youth, professionals, and the community.



Kelsha Hamilton



[khamilton@perimeterhealthcare.com](mailto:khamilton@perimeterhealthcare.com)



(682) 701-7925



[www.perimeterhealthcare.com/facilities/  
perimeter-behavioral-hospital-of-arlington](http://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington)





## Play it Safe!® A Program of The Women's Center of Tarrant County

1723 Hemphill, Fort Worth, TX 76110

Play it Safe!® is a child abuse prevention and awareness program offered at no charge for Pre-K through high school students, classroom by classroom. Each grade level presentation is age-appropriate and helps students to recognize, react and report abusive situations. The middle/high school programs address topics such as harassment and respect, sexting/cyberbullying, healthy relationships, imbalance of power and sexual abuse, dating violence, and non-stranger rape. Free workshops are also available for professionals and parents/caregivers.



Amelia Reinwald



[areinwald@womenscentertc.org](mailto:areinwald@womenscentertc.org)



(817) 927-4039



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

## Real Help For Real Life By ACH Child and Family Services

1025 S. Jennings Ave., Fort Worth, TX 76104

Whether it's a conflict at home or school, depression or anxiety, anger management issues, school attendance or behavior problems, reckless and criminal behavior, or thoughts of running away - we are here to help youth ages 6 -17 and their families with FREE Youth and Family Counseling and FREE Skill Building classes



Greta Hallgren



[info@achservices.org](mailto:info@achservices.org)



(817) 335-HOPE (4673)



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

## Reilly Counseling PLLC

3901 W. Green Oaks Blvd, Suite B, Arlington, TX 76016

Reilly Counseling PLLC provides individual therapy to adolescents and adults whose life is being impacted by anxiety, burnout, self harm or trauma. In person or telehealth options are available. Cigna and BCBS accepted.



Reilly Counseling



[melissa@reillycounseling.com](mailto:melissa@reillycounseling.com)



(682)777-3079



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

REAL HELP  
FOR REAL LIFE.





## The Parenting Center

228 West 5th Street Fort Worth, TX 76107

Empowering Families is part of a research project, which means we ask you to complete some surveys along the way (at intake, at 6 weeks, 6 months and at 12 months). This helps us better understand the effectiveness of our program. It also means that you will randomly assigned to one of three groups: no services, 6-week group, or 8-week group.

 Nohemi Ollarzabal  [nollarzabal@theparentingcenter.org](mailto:nollarzabal@theparentingcenter.org)

 (817) 487-5836  [theparentingcenter.org](http://theparentingcenter.org)





## New Day

*P.O. Box 171722 Arlington, Texas 76003*

New Day Arlington provides weekend meal bags for food insufficient students in Arlington ISD.

 Earlene Pike, Jack Boger  [Newdayarlington@gmail.com](mailto:Newdayarlington@gmail.com)

 (582) 238-0338  [www.newdayarlington.org](http://www.newdayarlington.org)

## Cancer Care Services

*623 S. Henderson, Fort Worth, TX 76104*

Cancer Care Services provides financial, social, and emotional support to all individuals impacted by cancer in Tarrant County.

 Carlene King  [info@cancercareservices.org](mailto:info@cancercareservices.org)

 (817) 921-0653  [www.cancercareservices.org](http://www.cancercareservices.org)





The WARM Place®  
Grief Support Center for Children  
www.thewarmplace.org

## The WARM Place

809 Lipscomb St, Fort Worth, TX 76104

Provide free year-round grief support services to children ages 3 ½ to 18 and their families, as well as young adults ages 19 to 25 who have experienced the death of a loved one.

The WARM Place is a nonprofit 501(c)(3) agency. There is never a fee for services, no geographical limitations on service area, and no time limits—families are welcome to participate as long as they feel they are benefiting from the program.

 Dana Minor, M.S., LPC      [dana@thewarmplace.org](mailto:dana@thewarmplace.org)  
 (817) 870-2272      [www.thewarmplace.org](http://www.thewarmplace.org)



## The Women's Center of Tarrant County

1723 Hemphill, Fort Worth, TX 76110

The Women's Center provides services to women, men, and children. There are 3 departments – Rape Crisis and Victim Services, Employment Solutions, and General Counseling. Most services are FREE or available for a nominal fee. The RCVS department offers accompaniment services, individual and group counseling, and community education, as well as a 24-hour Crisis Hotline: (817) 927-2737.

 Katharine Collier-Esser      [kesser@womenscentertc.org](mailto:kesser@womenscentertc.org)  
 (817) 927-4040      [www.womenscentertc.org](http://www.womenscentertc.org)

## Centro de Consejeria Familiar

5840 W. Interstate 20 Suite 140 Arlington, TX 76017

Counseling and Play Therapy

 Norma Garcia, LCSW      [norma@centrodeconsejeriafamiliar.com](mailto:norma@centrodeconsejeriafamiliar.com)  
 817-914-0266      [www.centrodeconsejeriafamiliar.com/es/](http://www.centrodeconsejeriafamiliar.com/es/)



Centro de  
Consejeria Familiar





### Lógos Counseling

3910 W. Interstate 20; Suite 100, Arlington, TX 76017

At Logos Counseling, we are experienced in helping a wide range of clients- from older children (4 & up) to adults in any stage of life. Our approach to mental health counseling focuses on helping you let you go of past emotional baggage that is preventing you from moving forward and achieving your goals.

-  Diana Ham - Site Director/  
Counselor (Arlington)
-  [dianaham@logoscounseling.com](mailto:dianaham@logoscounseling.com)
-  (817) 812-2880
-  [www.logoscounseling.com](http://www.logoscounseling.com)



### UTA TRiO Talent Search 1 and 2

503 W 3rd Street, Carlisle Hall, Arlington, TX 76019

Pre-College resources - College Tours, Career Investigation, Workshops and Community Service.





-  Luis Garcia
-  [luis.garcia@uta.edu](mailto:luis.garcia@uta.edu)
-  (817) 272 - 0399
-  [www.uta.edu/ts](http://www.uta.edu/ts)



### UTA TRiO Upward Bound

P.O Box 19356, Carlisle Hall, Room 706 Arlington, TX 76019

We serve Sam Houston, Bowie, Arlington HS, Lamar, and Juan Seguin 9th-12th first gen and SES students by providing services with the goal of attending a four year university/college. Some of these services include tutoring, college trips, and SAT/ACT prep.

-  Melissa Martinez  
Dominguez
-  [upwardbound@uta.edu](mailto:upwardbound@uta.edu)
-  (817) 272-2610
-  <https://www.uta.edu/enrollment-management/trio/upward-bound>



## Youth Advocate Programs, Inc. Tarrant County

7524 Mosier View Ct, Ste. 200 Ft Worth, Texas 76118

YAP is a nationally recognized, nonprofit organization exclusively committed to the provision of community-based alternatives to out-of-home care through direct service, advocacy and policy change.

Since our founding in 1975, our expertise and passion have been in serving deep-end, multi-need and cross-system youth and families, though we have success across a continuum of needs and challenges. We provide safe, cost-effective services to youth and families involved in numerous systems, including the Child Welfare, Juvenile Justice, Behavioral Health, Developmental Disabilities, Education and Adult Systems. YAP has offered families and referring entities a community-based program of care that demonstrates a unique ability to adhere to government regulation while providing family-friendly services.

YAP has offered school-based services in response to the increased needs of children in school setting. Changes in the kinds of needs children bring to school have placed additional burdens on teachers and other school staff – burdens they may be unable to bear alone. The stresses of poverty, hunger, family violence and the powerful influences of gangs or drugs in the community exact a terrible toll on children. YAP offers a wide range of School-Based Programming to meet all types of needs.

YAP brings the experience, capability and willingness to work with students at the highest risk of school failure and those with the most complex needs. Court-involved juveniles, special-needs youth, and students residing in low-income housing are included in the population served. These students may be:

- At high risk of expulsion or suspension
- Failing in school due to problems at home
- Presenting behavioral problems
- Returning from Juvenile Detention
- Truant
- Experiencing school phobia/bullying issues
- Involved in substance abuse
- Emotionally or developmentally challenged

Since 1992, the Youth Advocate Program of Tarrant County often referred to as (TCAP) has proven that high-risk youth involved in the juvenile justice system can safely and effectively be served in home and community-based settings at a fraction of the cost of out-of-home placements. YAP offers alternatives to detention and state incarceration, supports youth post-adjudication to help with compliance and other needs, and also provides reintegration support for youth transitioning out of these placements. YAP continually evolves services to meet new needs that emerge for youth involved within the juvenile justice system. As a part of our efforts to provide solutions to at-risk youth and their families, our program employs local advocates who work to empower youth and families to lead healthy, safe and productive lives in our community.

YAP contracts with county mental health systems, Managed Care Organizations (MCO's), and private insurers to provide both fee for service and case rate Medicaid services. In addition to providing quality services to children and youth with various mental health challenges, YAP specializes in working with individuals with autism spectrum disorders, cross-system youth, and youth who have experienced trauma.

The programs follow YAP's guiding principles, which include a "no reject, no eject" policy and an optimistic "never give up approach" and infuse person-centered planning, wraparound and family empowerment with other evidence-based interventions tailored to the youth and family's specific needs.

We serve over 20,000 families a year in more than 100 programs across 29 states and the District of Columbia in rural, suburban and urban areas including 25 major metro areas. Since our beginning in 1975, 100% of our programming occurs in the home communities of the people we serve.



Kimberly Brandon, Southwest Regional Director



kbrandon@yapinc.org



817-801-1612 (Advocate)  
817-459-2401 (Behavioral Health)



www.yapinc.org




## Reflections Lifestyle Center

3204 Long Prairie Road Ste. A Flower Mound, TX 75022

PHP/IOP services for teens and adolescents ages 7-18 (if still in high school).

 Kenzie Brewer

 [kbrewer@bricolagebehavioral.com](mailto:kbrewer@bricolagebehavioral.com)

 469-968-5700

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

## Grant Halliburton Foundation

3000 Pegasus Park Drive, Suite 750, Dallas, TX 75247

Grant Halliburton Foundation was established in 2006 in memory of Grant Halliburton, a Dallas teen who battled depression and bipolar disorder for several years before his suicide death at the age of 19. The Foundation that bears his name works to help families and young people recognize the signs of mental illness through a variety of avenues including mental health education, collaboration, encouragement, and information.

### Mental Health Education

Grant Halliburton Foundation offers educational presentations for students, educators, parents, and professionals on mental wellness, suicide prevention, bullying, resilience, and other issues that impact youth mental health.

Our programs for children and teens include #SAFE: Join the Conversation, Bounce Back: Building Resilience for When Life Gets Tough, and Rise: Change Your World. Our adult programs are SAFE! Issues Affecting Today's Teens and How We Can Help, and Bounce Back: Building Resilience in Children and Teens. The Foundation also created Thrive, a comprehensive strategy for mental, social, and emotional health curriculum in schools.

### Peer Support

The Foundation offers Coffee Days peer support groups for women and the Dad2Dad Breakfast Speaker Series for men. Both groups offer an opportunity to share experiences, resources, and information for teen and young adult mental health. There's no cost to attend either group.

### Mental Health Resources

The Foundation also developed Here For Texas, which includes HereForTexas.com, an online searchable database of mental health resources in Texas, and the Here For Texas Mental Health Navigation Line, a free helpline. Callers will be connected to a trained mental health navigator who can offer support and information about services and resources in their area. These are trained volunteers who will gather pertinent information from the caller regarding their needs. Then, they will forward the information to an experienced mental health professional who will help to identify specific resources tailored to the caller's needs.

If you're seeking resources for yourself or for someone else, call 972-525-8181. Our mental health navigators can help. Se habla Español. Our hours are Monday–Friday 10 a.m. to 6

 Connie Chin

 [connie@granthalliburton.org](mailto:connie@granthalliburton.org)

 (972)744-9790

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





## ChristianWorks for Children

2214 Hemphill St. Ft. Worth, TX 76110

Individual and family mental health, including counseling and free support groups



Natalya Rutherford



[jnrutherford@christian-works.org](mailto:jnrutherford@christian-works.org)



(817) 502-7789



[www.christian-works.org](http://www.christian-works.org)

## Mariposa Counseling Center

5005 Thompson Terr. Colleyville, TX 76034

At Mariposa, we work with families that are going through divorce process. We offer reunification and final therapy to help rebuild family relationships. Our counselors work with parents and schools, as well to help children. We specialize in ADHD, under or behavioral issues, emotional disturbance, anxiety, depression, divorce, bullying, and problems in school. As a free service, we also offer support by advocating for your child at their school 504 or ARD meetings. Let us help along your journey to metamorphosis.



Valerie Reyna M.ED LPC-S RPT-S



[valerie@mariposa-counseling.com](mailto:valerie@mariposa-counseling.com)



(817) 789-4960



[www.mariposa-counseling.com](http://www.mariposa-counseling.com)

## CK Family Services Behavioral Health

320 Westway Place, Suite 530, Arlington, TX 76018

Our professional staff use nationally recognized, evidence-based interventions and practices to create hope for families and opportunities for children, adolescents, and young adults cope with mental illness and heal from the impact of trauma. Typically, we work with our clients in a home or a community setting that works best for the family. The cost of services is covered 100% for those insured by STAR Health Medicaid and most STAR Medicaid Health Plans. CKBH Services are FREE of charge for children and youth 3-17 years of age.

CKBH utilizes the following Nationally Recognized and Evidence-Based Interventions: Skill Streaming Aggression Replacement; The Nurturing Program; Preparing Adolescents for Young Adulthood; Illness Management and Recovery, Seeking Safety, Wraparound Services, and Your Defiant Child & Your Defiant Team.



Diane Partin



[referrals@ckbh.org](mailto:referrals@ckbh.org) / [dpartin@ckbh.org](mailto:dpartin@ckbh.org)



817-516-9100



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





## The Kindness Campaign

512 W. MLK Jr. Blvd. #326, Austin TX, 78701

The Kindness Campaign (TKC) is a nonprofit that creates positive, accessible tools to build emotional health at home and in the classroom. All TKC curriculum and programming is based on a core message: I am enough. A Kind Campus is a school that implements Kind Tools created by The Kindness Campaign to promote emotional health wellbeing for our children – built on a foundation of four skills: self-image, emotional awareness, empathy and community. More than ever, we need kindness in our schools. We believe that children, teens, and adults need to feel good about themselves to flourish and survive in this post-pandemic era, where suicide is on the rise at an alarming rate, particularly among adolescents. TKC offers several Kind Campus Packages, beginning as low as \$1,000, where students will participate in activities and programs with certified Kind Facilitators leading the way. Becoming a Kind Campus is sure to be a powerful way to promote self-worth amongst all students.

-  Lindsay Whittenberg -  
Kind Facilitator Program Director
-  [jlindsay@tkckindness.org](mailto:jlindsay@tkckindness.org)
-  (817) 253-3408
-  [www.tkckindness.org](http://www.tkckindness.org)



## LiveBeyond Counseling & Coaching LLC

3901 Arlington Highlands Blvd, Suite 246, Arlington, TX 76018

LiveBeyond Counseling serves Adults, Teens, and Couples in Arlington, Mansfield, and the surrounding areas with professional counseling services.

-  Jennifer Alsup
-  [Start@livebeyondcounseling.com](mailto:Start@livebeyondcounseling.com)
-  (817) 754-8886
-  [www.livebeyondcounseling.com](http://www.livebeyondcounseling.com)







## AISD Care Clinic

600 New York Ave. Arlington, TX 76010

Arlington ISD’s Care Clinic provides brief counseling services for its students in grades PreK-12 to support their social and emotional well-being. Through Six FREE 45-minute Brief Counseling sessions, the goal is to help clients identify symptoms, understand, cope and make changes through self-awareness, self-management, relationship skills, and responsible decision-making skills. Our state-licensed therapists empower students to grow and learn from the counseling experience in a safe and confidential environment. Students are referred to the Care Clinic through a referral submission by their campus counselor with parental consent. Clinic Operations are Tuesday – Thursday from 4:00pm - 8:00pm and select Saturdays from 9:00am - 12:00pm, September through June.

“A simple act of caring is heroic.” -Edward Albert

-  See School Counselor
- 
-  [careclinic@aisd.net](mailto:careclinic@aisd.net)
- 





## Helping Hands (HHCSS)

4200 S. Fwy Suite 630 Fort Worth, TX 76115

Helping Hands is a mental and behavioral health agency. Our agency provides wrap around services which include: Skills Training (anger management, social skills, coping with anxiety/ depression, and more), targeted case management, counseling, and medication management.

 Lindsay Whittenberg - Kind Facilitator Program Director [jlindsay@tkckindness.org](mailto:jlindsay@tkckindness.org)


 (817) 253-3408  [www.tkckindness.org](http://www.tkckindness.org)

## Alzheimer's Association

2630 West Freeway, Suite 100, Fort Worth, 76102

Care and support for people living with dementia and their families.

 Shelly Young  [www.alz.org/northcentraltexas](http://www.alz.org/northcentraltexas)

 (800) 272-3900

## Amerigroup

2505 N State Hwy 360, Suite 300, Grand Prairie, TX 75054

Amerigroup offers low-cost healthcare coverage for children, adults, and families who qualify for state-sponsored programs.

 Lydia Bell  [Lydia.bell@amerigroup.com](mailto:Lydia.bell@amerigroup.com)



 (800) 600-4441  [www.alz.org/northcentraltexas](http://www.alz.org/northcentraltexas)

## Compassion Counseling

2214 Michigan Ave Suite F Arlington, TX 76013

Individual, children, play therapy, couple's and family counseling.

 Shaye - Administrative Assistant  [compassionfamilycounselinginfo@gmail.com](mailto:compassionfamilycounselinginfo@gmail.com)

 (817) 723-1210  [www.compassioncounseling.us](http://www.compassioncounseling.us)





## Family 1st Counseling Center

1910 Pacific Ave. Suite 15300 Dallas, TX 75201

We provide targeted case management, social and emotional skills development, CANS assessment, Behavior skills, and anger management.

-  Clarence Young
-  [intakes@family1stcounseling.com](mailto:intakes@family1stcounseling.com)
-  (972) 859-0772
-  [www.family1stcounseling.com](http://www.family1stcounseling.com)

## Goodwill North Central Texas

4200 Airport Freeway Fort Worth, Texas 76117



Since 1949, Goodwill North Central Texas has established itself as one of the North Central Texas' premier nonprofits while at the same time contributing to the local economy and creating job opportunities for those living dependent lives. People with disabilities, at-risk youth, individuals experiencing homelessness, veterans and those who have been formerly incarcerated all benefit from the services Goodwill provides. Our Job Resource Centers along with our credentialing programs and career schools allow anyone to access our free programs and opportunities virtually or in person.

-  Bobbie Hodges
-  [bhodes@goodwillnct.org](mailto:bhodes@goodwillnct.org)
-  (817) 332-7866
-  [www.goodwillnorthcentraltexas.org](http://www.goodwillnorthcentraltexas.org)

## Guided Journey Outreach Services

521 S Good-Latimer Expwy E Dallas, TX 75201

Community based and In Home Mental Health Services

-  Lee Shelton, Director
-  [LShelton@gjos.org](mailto:LShelton@gjos.org)
-  (804) 543-5903
-  [www.gjos.org](http://www.gjos.org)









### Hickory Trail Hospital

2000 Old Hickory Trail, Desoto, TX 75115

Inpatient and Outpatient mental health treatment for adolescents age 13+. Has Partial Hospitalization and Intensive Outpatient Programming and has virtual outpatient options. In network with all commercial insurances, Medicaid, VA, Tricare, and Medicare.

-  Landy Blackmore, Director of Business Development
-  [landrea.blackmore@uhsinc.com](mailto:landrea.blackmore@uhsinc.com)
-  (972) 298-7323
-  [www.hickorytrail.com](http://www.hickorytrail.com)



### Volunteers of America

300 E Midway Dr. Euless, TX 76039

Volunteers of America Texas is a ministry of service dedicated to helping people in need rebuild their lives and reach their full potential. Through human service programs, including housing and healthcare, we help more than 11,000 people in more than 30 urban and rural communities statewide. For more than a century, we support and empower America’s most vulnerable groups, including veterans, at-risk youth, homeless individuals and families as well as seniors and their caregivers.

-  Wanda Conner
-  [weconner@voatx.org](mailto:weconner@voatx.org)
-  (817) 529-7309
-  [voatx.org](http://voatx.org)



### Optimist Club of Arlington

PO Box 1005, Arlington, TX 76004

We benefit the youth of Arlington Texas via several programs we have. These programs include:

- Communication Contests for Deaf and Hard of Hearing
- Essay and Oratorical Scholarship Contests
- Youth Football, Baseball, and Cheer
- Youth Appreciation Banquet recognizing AISD Junior and High School Students
- Respect for Law
- Christmas Family

-  Cindy King
-  [cindyocatx@gmail.com](mailto:cindyocatx@gmail.com)
-  (817) 296-2452
-  [www.ocasports.org](http://www.ocasports.org)



### Therapy Central

700 Highlander Blvd., Suite 500, Arlington, TX 76015

Individual therapy, Couples, Group therapy, play therapy, Ketamine Assisted Psychotherapy, Virtual Reality enabled therapy.

-  Evelyn Jackson/Sedrick Jackson
-  [hello@therapycentral.com](mailto:hello@therapycentral.com)
-  (817) 583-6116
-  [www.therapycentral.us](http://www.therapycentral.us)



