

**Allen Independent School District Counseling
Department
Community Resource List 2020-2021**



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Emergency Numbers

The intent of this resource list is to provide information regarding services and agencies within the Allen Community and Metroplex. Allen Independent School District's Counseling Program does not endorse any specific resource indicated on this list. The individual/family is responsible for researching and making choices based upon the information they receive.

ALLEN POLICE DEPARTMENT	Emergency # 911 Non-Emergency (214) 509-4200, text-a-tip program http://www.cityofallen.org/index.aspx?NID=1467
CHILD ABUSE HOTLINE	1-800-252-5400 on-line reporting - https://www.txabusehotline.org
COLLIN COUNTY CARES	Directory of services in Collin County - http://www.collincares.org
HOPE'S DOOR (Collin Co. Domestic Violence Shelter)	(972) 276-0057
Human Trafficking Hotline	1-888-3737-888 or text "Help" or "Info" to 233733
LIFEPATH – 24 Hour Mental Health Crisis Line & Crisis Team	1-877-422-5939
NATIONAL TEEN DATING ABUSE HOTLINE	1-866-331-9474 or www.loveisrespect.org or text "loveis" to 22522
NORTH TEXAS POISON CONTROL	1-800-222-1222
RUNAWAY HOTLINE (24-HOUR HOTLINE)	1-800-RUNAWAY or 1-800-786-2929
SUICIDE AND CRISIS CENTER OF NORTH TEXAS	24 Hour Hotline (214) 828-1000
SUICIDE & CRISIS TEXT LINE	Text "HELLO" to 741741
TEXAS YOUTH HOTLINE	(Phone Counseling) Texas Dept. of Protective & Regulatory Serv. (24-Hour Hotline) 1-800-989-6884 or text (512) 872-5777
THE TURNING POINT (formerly Rape Crisis Center of Collin County)	24-Hour Hotline – 1-800-886-7273

Community Agencies and Programs

The intent of this resource list is to provide information regarding services and agencies within the Allen Community and Metroplex. Allen Independent School District's Counseling Program does not endorse any specific resource indicated on this list. The individual/family is responsible for researching and making choices based upon the information they receive.

Organization	Description
<p>Allen Community Outreach https://www.acocares.org/</p> <p>(972) 727-9131 801 E Main St, Allen, TX 75002</p>	<p>Provides food, clothing, utility bill, and rent assistance for residents of Allen, Fairview, and Lucas. Screening process required. Families may apply for school supply assistance if the child is on free or reduced lunch program.</p>
<p>Allen Food Pantry https://www.acocares.org/get-involved/food-pantry/</p> <p>(214) 644-2090 1515 N. Greenville Avenue Allen (behind St. Jude Church)</p>	<p>Supported by the Allen Ministerial Alliance, this pantry provides food assistance to individuals and families who live in Allen, Lucas, and Fairview. New clients must complete an application (found on their website) and provide proof of residence (a picture ID such as a driver's license, a utility bill, a report card, or school identification card. Hours of operation are: Mon & Thurs: 6:30 – 8 pm, Tues & Friday: 9:30-11:30 am, Saturday 9:30 am – 12 pm (closed on all major holidays).</p>
<p>American Red Cross https://www.redcross.org/</p> <p>(972) 562-0601 1450 N. Redbud Blvd. McKinney</p>	<p>Provides immediate assistance in disaster situations. Also provides financial and support services for military personnel and their families.</p>
<p>BedStart https://bedstart.org/</p> <p>P.O. Box 866322 Plano, TX 75086-6322 director@bedstart.org</p>	<p>The goal of Bed Start to provide beds, dressers, tables, living room furniture, and other home essentials to all our neighbors in need.</p>
<p>Big Brothers/Big Sisters of Collin Co. https://www.bbbstx.org/</p> <p>(972) 573-2330 450 E. John Carpenter Freeway Irving, Texas 75077</p>	<p>Volunteers serve as friends/role models for children ages 6-15 from single-parent families.</p>

<p>Boys & Girls Club of Collin County https://www.bgccc.org/</p> <p>(972) 424-6301 (Plano Office) 1111 Avenue H. Plano, TX 214-544-8924 (McKinney Office) 701 S. Church McKinney, TX (214) 387-8405 (Frisco Office) 8750 McKinney Street, Frisco, TX</p>	<p>Offers athletic, educational, social and recreational activities for youth ages 6-18.</p>
<p>CASA of Collin County http://casaofcollincounty.org/</p> <p>(972) 529-2272 101 E Davis St, McKinney, TX 75069</p>	<p>Designated by the judge for CASA (Court Appointed Special Advocates) to become the child/adolescent’s guardian ad litem. Volunteers are assigned to the child to advocate for what is in the best interest of the child.</p>
<p>Collin County Children’s Advocacy Center https://www.caccollincounty.org/who-we-are/</p> <p>(972) 633-6600 2205 Los Rios Blvd, Plano, TX 75074</p>	<p>Services for children and women affected by abuse include: 1) speaker’s bureau regarding abuse prevention; 2) programs for care givers 3) individual counseling; 4) referral services. Works closely with Child Protective Services.</p>
<p>Child Care Services of North Central Texas (CCMS) https://dfwjobs.com/child-care/child-care-parents</p> <p>817-695-9184 P.O. Box 5888 Arlington, TX 76005-5888</p>	<p>Provides State-funded child care, primarily to help low income families and teen parents.</p>
<p>Child Support Office – Div. of the Attorney General’s Office https://dfwjobs.com/child-care/child-care-parents</p> <p>(469) 241-6500 2020 G Ave #1004, Plano, TX 75074</p>	<p>Enforces Child Support Order; Establishes paternity; Enforces Medial Support; Withholds wages for non-payment of Child Support; Reports delinquent parent to the Credit Bureau. Open Monday-Friday from 8:00 am to 5:00 pm except holidays.</p>
<p>Collin County Veterans Services</p> <p>(972) 881-3060 900 E Park Blvd # 150, Plano, TX 75074</p>	<p>Assists and aids all veterans and dependents with benefits that they may be entitled to by the Federal Government or by the State of Texas. https://www.collincountytx.gov/veterans/Pages/default.aspx</p>

<p>Community Lifeline Center https://communitylifeline.org/</p> <p>(972) 542-0020 1601 N Waddill St #102, McKinney, TX 75069</p>	<p>The Community Lifeline Center provides a range of crisis support services to Collin County residents. Services include: housing & utility assistance, medical and dental, prescriptions, transportation, free counseling, job development/training, legal assistance, auto care, and bereavement.</p>
<p>Texas Workforce Commission https://www.twc.state.tx.us/</p> <p>(214) 365-2800 520 Central Pkwy E #200, Plano, TX 75074</p>	<p>Texas Workforce Commission (TWC) is the state agency charged with overseeing and providing workforce development services to employers and job seekers of Texas. TWC provides support services including child care for targeted populations participating in workforce training and adult education and literacy services, provides services for people with disabilities to obtain training and employment, and administers the unemployment benefits and tax programs.</p>
<p>Early Childhood Intervention of Lifepath Systems (ECI) https://www.lifepathsystems.org/eci-introduction</p> <p>(972) 562-0331 105 North Cedar Street Allen, TX 75002</p>	<p>Early Childhood Intervention (ECI) helps babies and toddlers, ages birth to 3, with disabilities or delays in their development. ECI supports families through education and family services to help their children reach their potential.</p>
<p>North Texas Food Bank (SNAP) https://ntfb.org/snap-information/</p> <p>3677 Mapleshade Lane Plano Texas, 75075 Phone: 214.330.1396 Email: info@ntfb.org</p>	<p>The Supplemental Nutrition Assistance Program (SNAP) addresses the nutritional needs of low-income families and is one of the nation's most important defenses against hunger.</p>
<p>Immigration Legal Services https://ccdallas.org/need-help/immigration-legal-services/</p> <p>214-634-7182 1421 W Mockingbird Ln Dallas, TX 75247</p>	<p>Services include, Family Visa petitions, Adjustment of status applications, Consular Visa Processing, Representation of survivors of domestic violence/victims of violent crimes, Naturalization/Citizenship applications, Applications for Deferred, Action for Childhood Arrivals, Permanent resident applications for refugees and asylees, Document renewals and replacements, Education and outreach about immigration law, Legal orientations for custodians of unaccompanied children, Representation of certain unaccompanied minors in removal proceedings. Hours of operation: Monday thru Friday from 8:00 am to 5:30 pm</p>

<p>Legal Aid of NorthWest Texas https://internet.lanwt.org/en-us</p> <p>888-529-5277 901 N McDonald St, McKinney, TX 75069</p>	<p>FREE Legal Phone Assistance. Legal clinics meet in Allen at 1st UMC 601. S. Greenville Ave. on the 2nd Thursday of each month at 6:00 PM. No assistance for criminal cases, traffic tickets, medical malpractice, or personal injury. Must be a legal US resident unless a victim of domestic violence.</p>
<p>Meals on Wheels Collin County https://mowcc.com/</p> <p>(972) 562-6996 600 N Tennessee St, McKinney, TX 75069</p>	<p>Provides weekly meals to homebound adults aged 60+ with no provider in the home to assist with meal preparation.</p>
<p>Plano Housing Authority https://www.planoha.org/</p> <p>(972) 423-4928 1740 G Ave, Plano, TX 75074</p>	<p>Owns and manages 24 public housing units in the city of Plano for low income families. Public housing residents pay about 30% of their adjusted monthly income in rent. The Section 8 Housing Choice Voucher Program gives elderly persons, disabled persons, and low income working families vouchers for rental subsidies and allows them to rent homes from private property owners.</p>
<p>Salvation Army (Plano) https://satruck.org/</p> <p>(972) 881-4795 5900 K Ave, Plano, TX 75074</p>	<p>For assistance and qualifying guidelines, call (972) 542-6694. Must meet with a caseworker and have a state issued ID and social security card. Assistance with utilities, food, and clothing</p>
<p>The Storehouse of Collin County Seven Loaves Food Pantry https://www.thestorehousecc.org/seven-loaves-food-pantry</p> <p>(469) 385-1813 1401 Mira Vista Blvd, Plano, TX 75093</p>	<p>Open to any Collin County resident with a current picture ID for all adults in the family, ID for anyone under 18 years old (birth certificate, Medicaid card or school record) and proof of residency in zip codes served (such as a utility bill). One person may obtain food for the entire family once documentation is provided on other family members. The pantry hours are Thursdays from 4-6:00 PM and Saturday mornings from 9 – 11:00 AM. Residents may visit the pantry once a month.</p>
<p>US Social Security Administration https://www.ssa.gov/</p> <p>(866) 931-2731 3250 Craig Dr, McKinney, TX 75070</p>	<p>Social Security Information; please refer to website for additional information.</p>
<p>Strengthening Families of North Texas http://www.sfntx.org/</p> <p>(972) 867-9470 3415 Custer Rd, Plano, TX 75023</p>	<p>Working to strengthen families and keep them together. All services are FREE – no income guidelines. Services in Spanish available. Services: Parenting Classes, Resume Assistance and Job Find Assistance, Individual, Couples, & Family Counseling, Play Therapy, Respite Care (emergency child care--need 24 hour notice), & Home Visits for those without transportation.</p>

<p>Texas Law Help https://texaslawhelp.org/</p>	<p>FREE, low cost legal assistance in Texas. Assistance with housing, health, disability, civil rights, family law, domestic violence, immigration, naturalization, citizenship, and income tax.</p>
<p>Warren Center https://thewarrencenter.org/ (972) 490-9055 320 Custer Rd, Richardson, TX 75080</p>	<p>Offer early childhood intervention (ECI), clinical therapy services, family education and support, and recess. Medicaid accepted and the center also offers a sliding fee scale</p>
<p>WIC (Women, Infant and Children) https://www.collincountytx.gov/healthcare_services/Pages/wic.aspx 972-633-3350 900 E. Park, Suite 165 Plano, TX 75074</p>	<p>Eligibility Requirements: Pregnant women, women who are breastfeeding a baby under 1 year of age, women who have had a baby in the past six months, parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children, meet the household income guidelines at or below 185% of the federal poverty level</p>

Counseling Resources

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Organization	Description
<p>Boot Camp (Get Motivated) http://www.getmotivatedbootcamp.com/</p> <p>(940) 365-1818 3650 New Hope Rd, Aubrey, TX 76227</p>	<p>The boot camp is available to teens aged 13-17 (18 year olds allowed if currently in HS) and their parents on Sundays from 7 AM – 3:30 PM. The 16 week camp combines group therapy and physical training.</p>
<p>Child & Family Guidance Center of Collin Co. https://www.childrenandfamilies.org/</p> <p>(214) 351-3490 4031 W Plano Pkwy #211, Plano, TX 75093</p>	<p>Services: 1) Specialist in psychological treatment of children, adolescents, and families; 2) Family Therapy, Step-Family, and Single Parent issues; 3) psychological testing including ADD/ADHD; 4) insurance filed by Clinic. Fees based on income and family size</p> <p>Children’s Solutions – Provides in home counseling services and case management for families who qualify</p>
<p>CITY House http://www.cityhouse.org/</p> <p>(972) 424-4626 830 Central Pkwy E #350, Plano, TX 75074</p>	<p>Offers community counseling services with a licensed therapist for family problems such as at-risk behaviors, running away, family and relationship conflict, school based concerns and self-image. Families and/or individuals participate in eight free sessions. The majority of youth services are for youth going through transition housing 13-18 yrs.</p>
<p>Community Lifeline Center https://communitylifeline.org/</p> <p>(972) 542-0020 1601 N Waddill St #102, McKinney, TX 75069</p>	<p>Free crisis counseling services for children (5+), adolescents, and adults who reside in Collin County. All services provided by master’s level students and LPC interns.</p>
<p>Crime Victim’s Compensation https://www.texasattorneygeneral.gov/crime-victims/crime-victims-compensation-program</p> <p>1-800-983-9933</p>	<p>Free counseling services for individuals who have been the victim of a reported crime. Applications available at the local police department and must include the report number.</p>

<p>Jewish Family Services https://jfsdallas.org/</p> <p>(972) 437-9950 5402 Arapaho Rd, Dallas, TX 75248</p>	<p>Services are available to anyone in the Dallas area and include: counseling (individual, couples, family, child/adolescent), parenting support, support groups, emergency assistance, services for individuals with disabilities or special needs, career & employment assistance, family violence intervention, services for the elderly & disabled, and volunteer opportunities. Insurance, Medicaid, Medicare, and sliding fee scale available.</p>
<p>LifePath Systems https://www.lifepathsystems.org/</p> <p>(844) 544-5939 7308 Alma Dr., Plano, TX 75025</p> <p>(972) 562-0190 1515 Heritage Dr., McKinney, TX 75069</p>	<p>Crisis Hotline 877-422-5939 Child/Adolescent Services provides crisis support for children through age 17, who are exhibiting signs of major depression/suicidal tendencies, etc., Also available – Psychiatrists on staff for diagnosis and medication management.</p>
<p>Mosaic Family Services https://mosaicervices.org/</p> <p>(214) 821-5393 12225 Greenville Ave #800, Dallas, TX 75243</p>	<p>A nonprofit community-based organization that provides services free of charge to refugees and immigrants who are victims of human trafficking and domestic violence. Staff is fluent in 25 languages.</p>
<p>National Alliance on Mental Illness (NAMI) – Collin County group https://www.naminorthtexas.org/</p> <p>(214) 908-6264, Crisis Line: 1-800-950-NAMI (6264)</p>	<p>NAMI Collin County has a recovery support group for adults living with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. All are led by trained individuals who are also in recovery.</p>
<p>PFLAG (Parents, Families and Friends of Lesbians and Gays) https://pflag.org/about</p> <p>(972) 77-PFLAG (73524)</p>	<p>Advocacy and support group for lesbians and gays, their families, and friends.</p>
<p>STARRY Counseling Program https://www.starry.org/Site/Services/Counseling-Program/</p> <p>(469) 617-7476 2150 S Central Expy Suite 160, McKinney, TX 75072</p>	<p>STARRY Counseling services are available at no cost to families with children 6- 17 years old. Children under 6 years old may still qualify for services on a case-by-case basis. Counseling services include individual, group, and family counseling as well as parenting classes.</p>

<p>Trauma Support Services of North Texas https://www.tsnt.org/</p> <p>(972) 709 – 4904 210 S Cedar Ridge Dr suite C-100, Duncanville, TX 75116</p>	<p>Provides counseling to trauma survivors and those who witness traumatic events such as homicide, abuse, robbery/burglary/sexual assault, assaults free of charge.</p>
<p>The Turning Point https://www.theturningpoint.org/</p> <p>(972) 985-0951 3325 Silverstone Dr, Plano, TX 75023</p>	<p>Provides assistance to survivors of sexual assault through individual and group counseling for victims, friends, and family members, hospital accompaniment, and community education. Phones answered 24 hours/day.</p>
<p>Youth Advocate Programs-North Texas Behavioral Health http://www.yapinc.org/who</p> <p>(214) 821-9554 1545 W Mockingbird Ln, Dallas, TX 75235</p>	<p>Provides in home counseling for families with youth aged 4-17 that qualify for Medicaid or CHIP. Intakes are conducted at the Dallas office. Psychiatrist on staff for evaluation and medications.</p>

Treatment Centers

A list of all U.S. Treatment Centers can be found on SAMHSA's website:
<http://findtreatment.samhsa.gov> or by calling 1-800-662-HELP.

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Organization	Description
<p>Access Counseling Group https://accesscounselinggroup.com/ (972) 905-6574 4280 Main St Suite 300, Frisco, TX 75033</p>	<p>Provides individual, group, and family counseling, intensive outpatient counseling (IOP), education classes, and drug and alcohol testing. Parents may purchase drug/alcohol tests to administer at home. Prices range from \$10-\$18. The agency also welcomes adolescents to attend a sober activity (bowling, movie, etc.) on Friday nights.</p>
<p>Carrollton Springs Changes https://carrolltonsprings.com/child-adolescent/ (972) 212-5487 5920 K Ave, Plano, TX 75074 (469) 850-2040 6870 Lebanon Rd #300, Frisco, TX 75034</p>	<p>Provides partial hospitalization program (PHP) and intensive outpatient program (IOP) for youth aged 5-18 who struggle with emotional and/or behavioral issues.</p>
<p>Children's Health Eating Disorders (469) 303-5900 7609 Preston Rd Suite P4100, Plano, TX 75024</p>	<p>Provides treatment of eating disorders for children and adolescents.</p>
<p>Eating Recovery Center (972) 833-2828 4708 Alliance Blvd Suite 300, Plano, TX 75093</p>	<p>Provides comprehensive, integrated eating disorder treatment for female and male adults, adolescents and children aged 10+. Treatment programs include Partial Hospitalization (PHP) and Intensive Outpatient (IOP) levels of care.</p>
<p>Excel Center of Lewisville https://excelcenterlewisville.com/ (972) 906-5522 190 Civic Cir #170, Lewisville, TX 75067</p>	<p>Provides partial hospitalization program (PHP) and intensive outpatient program (IOP) for youth aged 5-18 who struggle with emotional and/or behavioral issues.</p>

<p>Grace to Change https://gracetochange.org/</p> <p>(972) 542-2900 1216 N Central Expy #104, McKinney, TX 75070</p>	<p>Drug and alcohol needs through Tailored Treatment, Intensive Outpatient Treatment, Supportive Outpatient Treatment, Individual Counseling, Group Sessions and After Care Support. We also offer recurring drug testing and hair follicle analysis.</p>
<p>Texas Eating Disorders Association (Elisa Project) https://texaseatingdisordersassociation.org/</p> <p>866-837-1999 2904 Floyd Street, Suite B Dallas, TX 75204</p>	<p>Dedicated to the prevention and effective treatment of eating disorders through support, awareness, education, and advocacy. Provides workshops with students and supplemental workshops with counselors, teachers, nurses, and coaches. All programs are offered free of charge.</p>
<p>Texas Health Seay Behavioral Health Hospital Plano https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults</p> <p>(682) 236-6023 6110 W Parker Rd, Plano, TX 75093</p>	<p>Texas Health Behavioral Health offers a variety of counseling and support services to teens, or adolescents, struggling with mental or behavioral health issues including Intensive Outpatient (IOP), Partial Hospitalization Program (PHP), and Inpatient.</p>
<p>University Behavioral Health of Denton https://ubhdenton.com/</p> <p>(940) 320-8100 2026 W University Dr, Denton, TX 76201</p>	<p>Wide range of programs treating mental health illnesses and substance abuse; including inpatient and outpatient psychiatric services for adolescents and adults.</p>

Drug and Alcohol Abuse Resources

A list of all U.S. Substance Abuse Treatment Centers can be found on SAMHSA's website: <http://findtreatment.samhsa.gov> or by calling 1-800-662-HELP.

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Organization	Description
<p>Al-Anon (Allen Serenity AFG) https://www.dallasal-anon.org/group_page.php?id=126</p> <p>First United Methodist Church of Allen 601 South Greenville Avenue Allen, TX 75002-3011</p>	<p>Allen Support group to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Meetings are held on Tuesdays and Thursdays at 7 PM in the Ministry Center at the First United Methodist Church</p>
<p>Alateen https://dallasal-anon.org/meeting_list.php?type=L</p>	<p>Support group for teens affected by the drug and/or alcohol use of a loved one. Please refer to the website listed for more information on date, location and times.</p> <p>https://dallasal-anon.org/meeting_list.php?type=L</p>
<p>Allen Group Alcoholics Anonymous www.aadallas.org</p> <p>(972) 727-8261 First United Methodist Church of Allen 601 South Greenville Avenue Allen, TX 75002-3011</p>	<p>This is a safe place for somebody wanting to get sober to come in and ask for help. These Alcoholics Anonymous Meetings in Allen, TX will help them build a support network to live a sober life.</p> <p>For More Information on Meetings and Times Call (972) 727-8261</p>
<p>Collin County Substance Abuse Program</p> <p>972-548-5570 900 E. Park Blvd, Suite 130 Plano, TX 75074</p>	<p>Free substance abuse evaluations and referrals for adolescents. For general questions, please email ccsubabpc@collincountytexas.gov.</p>

<p>Drug Test Your Teen https://drugtestyourteen.com/home</p> <p>940 W. FM 544 #755 Wylie, TX 75098 214-797-8378 (call or text) Kim@DrugTestYourTeen.com</p>	<p>Company sells drug tests to screen for alcohol, tobacco, and drugs such as methamphetamine, cocaine, marijuana, and prescription drugs. Contact name: Kim Hildreth</p>
<p>Families Anonymous 972-839-0969 Group 1391: First United Methodist Church 315 N. Church Street McKinney TX 75071</p>	<p>Support for those affected by the destructive behavior of a family member caused by drugs/alcohol/emotional problems. Meets on Tuesday's @7:00 pm, Room C210 https://www.familiesanonymous.org/meetings/meeting-directories/</p>
<p>Imagine Program http://www.imagineprograms.net/</p> <p>(972) 423-6007 1947 K Ave a100, Plano, TX 75074</p>	<p>Adolescent Services: An intensive outpatient substance abuse treatment program for youth aged 13-18. Meets Mondays, Tuesdays, and Thursdays from 5:30-8:30 PM. Free assessments available. Designed for teens with a primary substance abuse diagnosis</p>
<p>Narcotics Anonymous</p>	<p>Narcotics Anonymous also known as NA is a program based on the 12-step program and designed to help recovering drug addicts beat their addiction and face their problems. Please use website for location, date, and meeting times.</p> <p>https://www.steptorehab.com/NaMeeting?city=Allen&stateName=Texas</p>
<p>NEXUS Recovery https://www.nexusrecovery.org/</p> <p>(214) 321-0156 8733 La Prada Dr, Dallas, TX 75228</p>	<p>Nonprofit agency that offers specialized substance abuse treatment services for adult women and adolescent girls, ages 13-17, as well as therapeutic treatment and care for their accompanying children in order to break the cycle of addiction.</p>
<p>SAMHSA's National Helpline https://www.samhsa.gov/find-help/national-helpline</p> <p>1-800-662-4357</p>	<p>SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.</p>

<p>Greater Dallas Council https://dallascouncil.org/</p> <p>(214) 522-8600 1349 Empire Central Dr #800, Dallas, TX 75247</p>	<p>Non-residential non-profit organization dedicated to the prevention, intervention and treatment of alcohol, substance use disorder and behavioral health issues. Programs include Community Service, Conferences & Workshops, Information Helpline, Prevention Resources, etc.</p>
<p>Tobacco Free North Texas/American Cancer Society https://www.yesquit.org/about.htm</p> <p>Call the toll-free Quitline: 1-877-YES-QUIT (937-7848)</p>	<p>Provides free counseling and nicotine replacement therapies to assist individuals who want to stop smoking.</p>

Support Groups for Children and Adults

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Organization	Description
<p>AI-Anon (Allen Serenity AFG) https://www.dallasal-anon.org/group_page.php?id=126</p> <p>First United Methodist Church of Allen 601 South Greenville Avenue Allen, TX 75002-3011</p>	<p>Allen Support group to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Meetings are held on Tuesdays and Thursdays at 7 PM in the Ministry Center at the First United Methodist Church</p>
<p>Cancer Support Community North Texas https://cancersupporttexas.org/</p> <p>Texas Health Presbyterian Hospital Plano 972-981-7020 6300 W. Parker Rd, MOB 2, Suite 129A Plano, TX 75093</p>	<p>Support groups for children and adults impacted by a cancer diagnosis</p>
<p>Camp SOL https://campsol.org/</p> <p>214-456-8119</p>	<p>Non-profit organization that provides support to families who have experienced the death of a child. Services benefit families who have children eighteen years old or younger remaining in the home. All services are free to families and their children.</p>
<p>Families Anonymous 972-839-0969 Group 1391: First United Methodist Church 315 N. Church Street McKinney TX 75071</p>	<p>Support for those affected by the destructive behavior of a family member caused by drugs/alcohol/emotional problems. Meets on Tuesday's @7:00 pm, Room C210 https://www.familiesanonymous.org/meetings/meeting-directories/</p>

<p>Youth First Collin County (YFT) http://www.youthfirsttexas.org/collincounty/</p>	<p>Mission is to provide a safe place for LGBTQ youth to strengthen opportunities for life skills, leadership development, peer support and educational advancement. For Group information please email collincounty@youthfirsttexas.org</p>
<p>Grief Share https://www.griefshare.org/</p>	<p>Please refer to this website for grief recovery support groups. https://www.griefshare.org/groups/search</p>
<p>Grief Support Group (Allen) https://stjudeparish.com/grief-support</p> <p>St. Jude Catholic Church 1515 N Greenville Ave, Allen, TX 75002 (972) 727-1177 x2255</p>	<p>Grief Support Group provides fellowship for the journey through loss, and through the book study, Seasons of Hope, which is aimed at understanding our grief. Meets on the 2nd and 4th Thursday of the month in the Parish Life Center, Room 309. All who have suffered a loss are welcome</p>
<p>Healing Matters I https://johgriefsupport.org/community-resources/other-grief-support-groups/</p> <p>Medical Center of Plano 3901 W. 15th St. Plano, TX 75075</p>	<p>Pregnancy Loss Support Group</p> <p>Contact Ginny Robinson at 972-519-1588</p>
<p>Healing Matters II https://johgriefsupport.org/community-resources/other-grief-support-groups/</p> <p>Medical Center of Plano 3901 W. 15th St. Plano, TX 75075</p>	<p>Widows/Widowers Social Group</p> <p>Contact Ginny Robinson at 972-519-1588</p>
<p>Journey of Hope https://johgriefsupport.org/</p> <p>(972) 964-1600 3900 W 15th St #306, Plano, TX 75075</p>	<p>A non-profit organization dedicated to providing group grief support to children, adolescents, and their parents or adult caregivers who have lost a loved one to death.</p>
<p>Suicide and Crisis Center of North Texas (Survivors of Suicide) http://www.sccenter.org/programs-and-services/survivors-of-suicide/</p> <p>214-824-7020</p>	<p>A unique program for those who have experienced the loss of a loved one to suicide. All services are free to the community. Groups are designed for recent survivors (two years or less). The groups are structured. There are no “drop-ins.” Please email SOS@sccenter.org for more info.</p>

<p>VNA SafeHaven https://www.vnatexas.org/i-need-help/hospice-care/safehaven/about-safehaven</p> <p>(940) 349-5900 1204 West University Suite 150 Denton, TX 76201</p>	<p>free, comprehensive six-week grief support program offering emotional support to families with children and teens who have experienced loss through the death of someone significant in their lives. VNA SafeHaven is open to any child age 5 through 18 and their family who have experienced the death of a loved one.</p>
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Domestic Violence Resources and Shelters

The intent of this resource list is to provide information regarding services and agencies within the Allen Community and Metroplex. Allen Independent School District's Counseling Program does not endorse any specific resource indicated on this list. The individual/family is responsible for researching and making choices based upon the information they receive.

Organization	Description
<p>Austin Street Center https://www.austinstreet.org/</p> <p>(214) 428-4242 2929 Hickory St, Dallas, TX 75226</p>	<p>An emergency, overnight shelter for men, ages 45 and older, and women, ages 18 and older, experiencing homelessness. Nightly availability is determined on a first-come, first-served basis from the beginning of intake until 6 p.m.</p>
<p>The Bridge Homeless Recovery Center https://www.bridgehrc.org/</p> <p>(214) 670-1100 1818 Corsicana St, Dallas, TX 75201</p>	<p>Homeless Recovery Center for individuals without a home in Dallas County. Open twenty-four hours per day, seven days a week, and is the only shelter in Dallas providing day shelter services to all adults experiencing homelessness, The Bridge offers basic needs services including hot showers, nutritious meals, and haircuts, as well as intensive services such as physical and mental health evaluations and care management services.</p>
<p>Buckner's Children's Home https://www.buckner.org/</p> <p>(214) 319-3426 5200 S Buckner Blvd, Dallas, TX 75227</p>	<p>Faith-based ministry dedicated to transforming the lives of orphans, vulnerable children, families and elders.</p>
<p>Chetna</p> <p>For Domestic Violence situations, contact CHETNA on our Helpline: 1-888-9CHETNA (24-3862)</p>	<p>CHETNA recognizes the unique challenges that South Asian victims of domestic violence face, and provides culture-specific services to empower and support the journey from victim to survivor. CHETNA aims to prevent violence through advocacy, education, outreach. Email: chetna@chetna-dfw.org</p>
<p>C.I.T.Y HOUSE (Collin Intervention to Youth) https://www.cityhouse.org/</p> <p>(972) 424-4626 830 Central Pkwy E #350, Plano, TX 75074</p>	<p>Emergency shelter for children (newborn to 17 years), Transitional Living Program comprised of several residential homes (18-21 years), Youth Resource & Community Outreach Center (16-21 years), and Free Individual & Family Crisis Counseling Services.</p>

<p>City Square Housing https://www.citysquare.org/citysquarehousing</p> <p>214.823.8710 1610 S. Malcolm X Blvd. Dallas, TX 75226</p>	<p>Provides immediate permanent housing solutions for the chronically homeless in the city of Dallas.</p>
<p>Dallas Life Foundation https://www.dallaslife.org/</p> <p>214-421-1380 1100 Cadiz Street Dallas, Texas 75215</p>	<p>Provides meals, shelter, and clothing for homeless in the city of Dallas.</p>
<p>Emily's Place https://emilysplacetx.org/</p> <p>(972) 424-7775 P. O. Box 860911 Plano, TX 75074</p>	<p>Provides long-term housing that is critical for helping domestic violence survivors permanently escape abuse. It is the “bridge” from a shelter, which typically allows women a safe place for 30 to 90 days, to independent living, free of the barriers preventing them from achieving self-sufficiency away from their abusers.</p>
<p>Family Promise of Collin County http://www.familypromiseofcollincounty.org/home.aspx</p> <p>972-442-6966 P.O. Box 1601, Allen, TX 75013</p>	<p>The Family Promise of Collin County Community Network brings shelter, meals, and support services to Collin County families without homes.</p>
<p>Hope's Door New Beginning Center https://hdnbc.org/</p> <p>24-HOUR HOTLINE: 972-276-0057 972-422-2911 860 F Ave, Plano, TX 75074</p>	<p>Helps individuals and families escape and heal from domestic abuse, dating abuse and family violence through free trauma-informed services.</p>
<p>Housing Crisis Center https://hccdallas.org/</p> <p>214-828-4244 4210 Junius Street, Dallas, TX 75246</p>	<p>The mission of Housing Crisis Center is to prevent homelessness and to stabilize those at risk in decent, affordable, and permanent housing</p>
<p>Interfaith Housing (Home & Hope) https://interfaithdallas.org/</p> <p>(214) 827-7220 5600 Ross Ave, Dallas, TX 75206</p>	<p>Home & Hope Program provides housing for homeless families in one of our 23 lovingly decorated, furnished apartments for up to one year. The apartments are rent-free for clients who enter the program unemployed.</p>

<p>Mosaic Family Services https://mosaicervices.org/</p> <p>(214) 821-5393 12225 Greenville Ave #800, Dallas, TX 75243</p>	<p>A nonprofit community-based organization that provides services free of charge to refugees and immigrants who are victims of human trafficking and domestic violence. Staff is fluent in 25 languages.</p>
<p>North Texas Youth Connection http://ntxyouthconnection.org/</p> <p>(903) 893-4717 1602 E Lamar St, Sherman, TX 75090</p>	<p>North Texas Youth Connection serves runaway, homeless, and street youth and their families to stabilize their living situation so that they are safe and well and have the opportunity to develop a safe and healthy lifestyle.</p>
<p>Our Friends Place https://ourfriendsplace.org/</p> <p>(214) 520-6268 6500 Greenville Ave #620, Dallas, TX 75206</p>	<p>Nonprofit in Dallas, Texas, helping young women break generational cycles of abuse, neglect, poverty and homelessness through our Transitional Living Center (TLC) program and our SOAR to Success prevention program.</p>
<p>Samaritan Inn (Blake’s House) https://saminn.org/</p> <p>972-542-5302 1514 N McDonald St, McKinney, TX 75071</p>	<p>Homeless shelter of Collin Co. for individuals and families.</p>
<p>Shiloh Place https://shilohplacemckinney.com/</p> <p>469-534-9407 P.O. Box 2731, McKinney TX 75070</p>	<p>Provides transitional housing, childcare, and tuition assistance for single moms aged 20 and older with children in their custody that are no older than 10 years old. Support is provided for up to 2 years and the admission process takes 3-4 weeks. Moms must have a HS diploma/GED, a car, and pass a criminal background check.</p>
<p>The Stewpot- Dallas https://thestewpot.org/</p> <p>(214) 746-2785 1835 Young St, Dallas, TX 75201</p>	<p>Provides services to individuals and families experiencing homelessness, as well as to children and families who are at-risk.</p>
<p>Promise House https://promisehouse.org/</p> <p>(214) 941-8578 224 W Page Ave, Dallas, TX 75208</p>	<p>Emergency youth shelter program, Transitional Living Program, Wesley Inn Program to youth ages 0-24 who are experiencing homelessness.</p>
<p>Union Gospel Mission https://ugmdallas.org/</p> <p>214-637-6117 3211 Irving Blvd., Dallas, Texas 75247</p>	<p>Provide homeless people in Dallas with hot food, safe shelter.</p>

Educational Resources

The intent of this resource list is to provide information regarding services and agencies within the Allen Community and Metroplex. Allen Independent School District’s Counseling Program does not endorse any specific resource indicated on this list. The individual/family is responsible for researching and making choices based upon the information they receive.

Organization	Description
<p>Collin College – Spring Creek Campus https://www.collin.edu/campuses/springcreek/ (972) 881-5790 2800 E Spring Creek Pkwy, Plano, TX 75074</p>	<p>Career Services: 1) career planning/placement; 2) career assessment; 3) job search/skill building; 4) resource library/computerized career information.</p>
<p>Denton County Sheriff’s Office – Juvenile Impact Program 940-349-1651 127 N. Woodrow Ln. Suite 300 Denton, TX 76205</p>	<p>A free, 3-4 hour program in which teens listen to the life stories of people who have been convicted of crimes and are currently incarcerated. Youth aged 10-17 may attend with a parent or guardian.</p>
<p>Evolution Academy Charter School http://www.evolutionacademy.org/ (972) 907-3755 1101 S Sherman St, Richardson, TX 75081</p>	<p>1) Collin Co. youth earn TEA approved high school diploma; 2) FREE – No tuition; 3) Targets youth 14-21 years who are at risk of dropping out; 4) Free transportation; 5) Serves breakfast and lunch; 6) AM or PM sessions</p>
<p>GED Classes @ Allen Community Outreach https://www.acocares.org/need-help/g-e-d-classes/ (972) 727-9131 801 East Main Street, Allen</p>	<p>General Education Diploma classes – please refer to website for more info.</p>
<p>Home-School Information / Texas Home School Coalition https://thsc.org/ (806) 744-4441 3410 Knoxville Ave, Lubbock, TX 79413</p>	<p>T.E.A. rules provided to those choosing to Home-School their children. However, Texas does not award a diploma to “Home-Schoolers” or to students enrolled in unaccredited private schools. A General Equivalency Diploma or GED is awarded to those passing the GED exam.</p>
<p>North Texas Job Corps Center https://northtexas.jobcorps.gov/ 1701 N Church St, McKinney, TX 75069 (972) 542-2623</p>	<p>A federally funded residential training program for youth which includes both vocational and academic instruction. Self paced high school program to receive a GED or high school diploma.</p>

<p>Richland Collegiate High School https://www.richlandcollege.edu/aboutrlc/rchs/pages/default.aspx</p> <p>(972) 761-6888 RLC Crockett, Richland College, 12800 Abrams Rd, Dallas, TX 75243</p>	<p>Students can complete their last two years of high school at Richland College by taking college courses and earning college credits with a focus on mathematics, science, and engineering or visual, performing, and digital arts. Potentially, these students can graduate with both their high school diploma and an associate degree, ready to transfer to a four-year university. Tuition and books are free.</p>
<p>Serenity High School (9th – 12th Grades) http://serenity.mckinneyisd.net/</p> <p>(469) 302-7830 2100 W White Ave, McKinney, TX 75069</p>	<p>Established in Collin Co. under the auspices of McKinney ISD solely for students coming out of drug treatment where recovering teens can live out their commitment to staying clean and sober.</p>
<p>Texas Challenge Academy https://tmd.texas.gov/texas-challenge-academy</p> <p>(979) 232-1594 1775 California Crossing Rd, Dallas, TX 75220</p>	<p>FREE 5 ½ month residential co-ed training, career development, and service program is for high school drop-outs or students at risk of dropping out (16-18 yrs) with a 12-month post residential mentoring phase. Students may work toward credit recovery, a GED, or their high school diploma. This program is affiliated with the Texas National Guard.</p>
<p>Texas Connections Academy @ Houston https://www.connectionsacademy.com/texas-virtual-school</p> <p>(281) 661-8293 10550 Richmond Ave #140, Houston, TX 77042</p>	<p>A tuition-free Texas virtual school for students in grades 3–12.</p>
<p>Texas Virtual Academy at Hallsville https://tvah.k12.com/content/schools/tvah/en</p> <p>(844) 401-0680 1825 Lakeway Drive, Suite 400</p>	<p>Free online public school courses for students grades 3-12</p>
<p>Winfree Academy/Courage Center http://www.winfreeacademy.com/</p> <p>(972) 234-9855 1661 Gateway Blvd, Richardson, TX 75080</p>	<p>Alternative school program focusing on at-risk students grades 9-12. Sessions held from 7:50 AM - 12 PM and 12:30 PM - 4:40 PM. 5 PM - 9:10 PM session available for youth 17+. Courage Center – Held from 7:50-1:00 for youth who have recently been released from a substance abuse treatment facility. These students and parents attend a counseling group once a week and students are drug tested to help maintain sobriety.</p>

Health Care Services

The intent of this resource list is to provide information regarding services and agencies within the Allen Community and Metroplex. Allen Independent School District’s Counseling Program does not endorse any specific resource indicated on this list. The individual/family is responsible for researching and making choices based upon the information they receive.

Organization	Description
<p>Children’s Medical Clinic of Plano https://www.planochildrensmedicalclinic.org/</p> <p>(972) 801-9689 1407 14th St, Plano, TX 75074</p>	<p>Services available for children on Medicaid, CHIP or those who have no insurance by volunteer doctors, nurses and staff. Clinic is not intended for those who can afford medical care.</p>
<p>Collin County Adult Clinic https://www.freeclinics.com/det/tx-collin_county_adult_clinic</p> <p>(940) 381-1501 2540 K Ave #500, Plano, TX 75074</p>	<p>Collin County Adult Clinic (CCAC) in Plano focuses on providing primary care services to the underserved and indigent population in North Texas.</p>
<p>Collin County PrimaCare Program https://www.collincountytx.gov/public_information/features/Pages/primacare.aspx</p> <p>825 N. McDonald Street, Suite 110 McKinney, Texas 75069 Map</p> <p>972-548-4702 (McKinney)</p>	<p>The PrimaCare Program is a partnership between Collin County Health Care Services and Prima Care Medical Centers, and an option for families who earn less than 100% of the federal poverty guidelines and who are in need of primary care or urgent care services in our community.</p>
<p>Eye Exams/Glasses</p>	<p>Contact School Nurse for referral to VSP program. Any child who qualifies for a free or reduced school lunch qualifies for the eyeglass program.</p>
<p>Gladney Center For Adoption https://adoptionsbygladney.com/i-want-to-adopt/international</p> <p>(214) 887-1292 1920 McKinney Ave, Dallas, TX 75201</p>	<p>Services for pregnant teens and women – provide housing, prenatal care, and ability to choose the adoptive parents of the child. Can stay up to 6 weeks after the adoption. Post-adoption counseling available in person or by phone. For those who stay in the community, funds for housing, clothing, etc. provided.</p>

<p>Health Care Services of Collin County https://www.collincountytx.gov/healthcare_services/Pages/default.aspx</p> <p>(972) 548-5500 825 N McDonald St #145, McKinney, TX 75069</p>	<p>McKinney Clinic provides: 1) Immunization Clinic Shots 2) Tuberculosis Clinic and 3) Sexually Transmitted Disease Clinic 4) Indigent Care</p>
<p>Health and Human Services Commission and Child Welfare of Texas https://www.yourtexasbenefits.com/Learn/Home</p> <p>(972) 562-5832 901 N McDonald St STE 800, McKinney, TX 75069</p>	<p>Administers and provides qualifying information for the Food Stamp Program and Medicaid Benefits.</p>
<p>Julia's Center for Healthcare https://juliascenter.com/</p> <p>(972) 535-5099 1947 K Ave suite a 400, Plano, TX 75074</p>	<p>Serves the uninsured residents of Collin County by providing basic medical care for people with medical problems. Note: photo ID is required for medical services.</p>
<p>Medicaid Office - Human Services Department https://www.yourtexasbenefits.com/Learn/Home</p> <p>(972) 562-5832 901 N McDonald St STE 800, McKinney, TX 75069</p>	<p>Applications processed and qualifying residents placed on Medicaid, AFDC, and Food Stamps.</p>
<p>Primary Care Clinic of North Texas https://www.primarycareclinic.org/</p> <p>(972) 596-6005 3900 American Dr #201, Plano, TX 75075</p>	<p>Nonprofit healthcare facility that provides medical care to uninsured adolescents aged 12+ and adults.</p>
<p>Real Options for Women https://realoptionstx.com/</p> <p>(972) 424-5144 1776 W McDermott Dr Suite 100, Allen, TX 75013</p>	<p>Pregnancy tests, limited STD screenings, and peer counseling for unplanned pregnancy. All services are free of charge.</p>
<p>TexCare Partnership, Children's Health Insurance Program (CHIP) https://www.dshs.texas.gov/region4-5/chips.shtm</p> <p>1-800-647-6558 1-877-543-7669 (1-877-KIDS-NOW).</p>	<p>Developed for children from birth to 18 years. Benefits include: regular checkups, shots, eye exams, glasses, prescription drugs, specialist care, dental care, mental health care, ex-rays, lab tests, hospital care and services. Covers Pre-existing conditions and offers a choice of doctors.</p>