

RESOURCE GUIDE

GOVERNMENT OFFICES			
Organization	Address	Telephone #	Special Instructions
211 Resource Database		211	
Local Resources			www.auntbertha.com
Rehab services			www.rehab.com
Adult Protective Services		(800) 647-7418	To report abuse
Adult Protective Services		(806) 463-5114	Local office
Child Protective Services		(800) 647-7418	To report abuse
Child Protective Services		(806) 358-6211	Local office
Post Office (Main)		(806) 379-2101	
Social Security Office		(806) 324-2241	Fax #: (806) 324-2244
STATE OFFICES			
Organization	Address	Telephone #	Special Instructions
Adult Probation		(806) 378-3700	
Area Agency on Aging		(806) 331-2227	
Child Care Management Services		(806) 372-2836	
Child Support (Attorney General's Office)		(806) 376-4471	
Texas Department of Motor Vehicles			Plan to buy a used vehicle? Go to Title Check at www.TxDMV.gov . This free online service from the Texas Department of Motor Vehicles can tell you whether the vehicle's Texas title has any value-limiting remarks, such as flood damage or salvage. You will need the Vehicle Identification Number (VIN)
UTILITIES ASSISTANCE			
Organization	Address	Telephone #	Special Instructions

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Atmos (Gas)		(877) 247-7787	Fax #: (877) 247-7188
Bethesda		(806) 381-6631	
Xcel (Electric)		(800) 895-4999	Fax #: (806) 457-6470

Alamo Community Center	1502 S Cleveland	(806) 373-0392	Assistance to low income families requesting help with utilities or needing home weatherization
Bethesda Ministry Center	1101 Fritch Highway	(806) 381-0361	Utilities (Mondays 10:00-11:00 a.m.) (Two forms of ID required, with one being a picture ID)
Hilltop Center (Panhandle Community Services)	1300 N Hughes	(806) 376-5947	Gas and electric bills only - no water. Home weatherization
Panhandle Community Services	1309 W 8th	(806) 372-2531	Gas and electric bills, and weatherization
St. Mary's Church	1200 S Washington	(806) 376-7204	
Salvation Army	400 S Harrison	(806) 373-6631	Christmas Program assistance, shelter
Tyler Street Resource Center (United Way)	200 S Tyler	(806) 373-2662	

RENT ASSISTANCE

Organization	Address	Telephone #	Special Instructions
Community Housing Development Organization CHDO	200 S Tyler	(806) 376-4571	Catholic Family Service has rental property available at or below fair market rents in Amarillo
Cross Timbers @ Grand	2601 N Grand	(806) 383-8222	Low cost apartment rental in Amarillo - Handicap accessible and affordable
Fair Housing (City of Amarillo)	509 E 7th, Room 104	(806) 378-3098	Provides information and referral to persons who may have been discriminated against in the sale or rental of housing under the Federal Fair Housing Act
Families in Training (Panhandle Community Services)	1309 W 8th	(806) 372-2531 ext. 211	Rental assistance to qualified students enrolled in post-secondary education
Family Self-Sufficiency (City of Amarillo)	509 E 7th, Room 104	(806) 378-3098	Helps families on rental assistance (HUD program) to meet their goals to become self-sufficient through a network of available supportive services
Panhandle Community Services (HUD Rental Assistance)	1309 W 8th	(806) 372-2531	HUD housing, rent. If eligible, results could include rental payment for approved housing units with payment amounts determined by size of household
St. Mary's Church	1200 S Washington	(806) 376-7204	

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Salvation Army	400 S Harrison	(806) 373-6631	Housing, rent
Section 8 Rental Assistance (City of Amarillo)	509 E 7th, Room 104	(806) 378-3098	Federally funded program-rental assistance to lower income families. Lease units from existing market-city pays a rent subsidy. Participants pay approx 30% of adjusted gross monthly income towards rent. Waiting list approx two years

Transitional Housing Program (City of Amarillo)	509 E 7th, Room 104	(806) 378-3098	Amarillo receives funds from HUD grant to provide rental assistance, case management and supportive services to families and individuals who are homeless. Referrals come from local emergency shelters after 30 days of shelter and case management. Participants lease units from private landlords and pay approx 30% of their monthly gross income toward rent. City pays the difference to the landlord. Assistance is limited to two years
Transitional Housing (Downtown Women's Center)	409 S Monroe	(806) 372-3625	Financial supportive services and intense case management from the Downtown Women's Center and rental assistance through the City of Amarillo. This is a 2 year program
Tyler Street Resource Center (United Way)	200 S Tyler	(806) 373-2662	

FOOD ASSISTANCE

Organization	Address	Telephone #	Special Instructions
Alamo Community Center	1502 S Cleveland	(806) 373-0392	On-site food pantry and a senior nutrition program for older adults
Alcoholic Recovery Center	412 SE 16th Ave	(806) 376-7993	Halfway house for men with food assistance
American Red Cross Emergency Services	1800 S Harrison	(806) 376-6309	Families & individuals are assisted with food, shelter, and clothing in times of natural disaster or single family fires
AWARE Program	1207 W 8th	(806) 376-4071	Food referrals available Monday - Thursday 9:00 a.m. - 12:00 noon
Beautiful Savior Lutheran Church Services	3500 S Bowie	(806) 359-9483	Food Pantry is available by appointment, Monday - Friday to clients only if accompanied by a case worker/social worker
Bethesda Ministry Center	1101 Fritch Highway	(806) 381-0361	Wednesdays 9:00am-9:45am
Buchanan Food and Clothing Distribution	1515 S Buchanan	(806) 372-3954	Provides food boxes, clothing, and household items (when available) to those in need. This is a crisis ministry
City Church	205 S Polk	(806) 371-0089	
Community Outreach (Central Church of Christ)	1401 S Monroe	(806) 373-4389	Food Pantry monthly on Thursdays at 10:00am

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Cornerstone Outreach Ministries	1111 N Buchanan	(806) 381-2131	Manna Food Boxes \$25 for \$50 worth of food
Faith City Mission	401 SE 2nd	(806) 373-6402	Shelter
Food Pantry (San Jacinto United Methodist)	1731 Avondale St	(806) 374-3711	Food pantry one day monthly. Referral required from Catholic Family Service

Freedom Baptist Church		(806) 354-8499	
Haven House	1308 S Buchanan	(806) 374-5654	Halfway house for women with food assistance
High Plains Food Bank	815 S Ross	(806) 374-8562	
Hilltop Service Center	1300 N Hughes	(806) 376-5947	Food pantry and food stamp application assistance
Inter-Faith Hunger (Elder)		(806) 376-4571	
Manna Food Boxes	Cornerstone Outreach Ministries 1111 N Buchanan	(806) 381-2131	Manna Food Boxes \$25 for \$50 worth of food
React Helping Hands (Elder)		(806) 373-6653	
Snack-Pak-4-Kids	Contact: Stephanie Braddock	(806) 359-5410 Ext 229	PK-12 Free 10-12 Healthy snacks sent home in student's backpack weekly
Southwest Church of Christ	4515 Cornell	(806) 352-5647	Provides food by appointment only
Texas Department of Health and Human Services	2406 W 6th St	(806) 376-7214	Food Stamps/Medicaid/TANF
Washington Street Family Service Center	4002 S Washington	(806) 352-1307	Adults must provide a driver's license or ID card & children must provide a Social Security card or birth certificate

DIAPERS & FORMULA ASSISTANCE

Organization	Address	Telephone #	Special Instructions
CareNet Crisis Pregnancy		(806) 354-2288	
NE CareNet Crisis Pregnancy		(806) 350-7584	
Diapers Amarillo Agency Women		(806) 353-0900	
Diapers Bethesda		(806) 381-0361	

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Formula Cornerstone		(806) 381-2131	
Formula Faith City		(806) 373-6402	
Formula WIC		(806) 371-1119	

CLOTHING ASSISTANCE

<i>Organization</i>	<i>Address</i>	<i>Telephone #</i>	<i>Special Instructions</i>
Amarillo Agency for Women Services	2514 SW 45th	(806) 353-0900	Help with clothing and other needs. Limited diaper service, not all sizes available
Bethesda Ministry Center	1101 Fritch Highway	(806) 381-0361	1st and 3rd Thursdays 8:30am.-9:00am
Buchanan Food and Clothing Distribution (Perkins Community Services)	1515 S Buchanan St	(806) 372-3954	A crisis ministry that provides clothing, food boxes, and household items (when available) to those in need
Bushland Church of Christ			
Care Net Crisis Pregnancy Center	6709 Woodward	(806) 354-2244	Baby items, maternity clothing, diapers
Choices Program at Workforce Solutions Panhandle	1206 W 7th	(806) 372-5521	For Temporary Assistance for Needy Families (TANF) customers on the Choices Program, or Food Stamps customers
City of Refuge Outreach Ministry	613 S Adams St	(806) 331-2860	Clothing and hygiene products
Cornerstone Outreach Ministries	1111 N Buchanan	(806) 381-2131	
Faith City Mission	401 SE 2nd	(806) 373-6402	Shelter
Family Support Services	1001 S Polk	(806) 342-2511	
Martha's Home, Inc.	1204 W18th	(806) 372-4035	Clothing, transportation, food, community referrals, case management, life skills training, supportive environment & shelter for women & children
Perkins Community Service Center	1515 S Buchanan St	(806) 372-3954	Clothing, food, and household goods assistance to those living at or below poverty level
Eveline Rivers Christmas Project	314 S Jefferson	(806) 372-3985	Children's coats only - can receive coats 1 time every 2 years
Salvation Army	1211 SE 27th	(806) 373-5544	Thrift store
Shoes	Call Stephanie Braddock	(806) 359-5410 Ext 229	

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Southwest Church of Christ Services	4515 Cornell	(806) 352-5647	Used clothing, food, and used furniture by appointment only
Tyler Street Resource Center (United Way)	200 S Tyler	(806) 373-2662	One outfit of emergency clothing weekly to clients of the Day, Children or Families Room. Monthly sock giveaway to homeless clients
Washington Street Family Service Center	4002 S Washington	(806) 352-1307	Adults must provide a driver's license or ID card. Children must provide a Social Security card or birth certificate

HOUSING, TEMPORARY HOUSING, SHELTERS FOR THE HOMELESS, ETC.

<i>Organization</i>	<i>Address</i>	<i>Telephone #</i>	<i>Special Instructions</i>
HUD Housing		(806) 372-2531	
Astoria Park		(806) 373-9695	
Day Shelter City of Refuge Outreach Ministry	613 S Adams St	(806) 331-2860	
Domestic Violence Shelter		(806) 374-5433	
Youth Shelter (CFS)		(806) 376-7731	
Alcoholic Recovery Center	412 SE 16th Ave	(806) 376-7993	Halfway house for men
Another Chance House	209 S Jackson	(806) 372-3344	Men's long term emergency shelter
Buckner Family Place	1613-1615 S Tyler	(806) 373-3422	Safe, affordable housing to single parents while enrolled in an educational or vocational program. Also serves individuals with physical disabilities who are involved in a rehabilitation or vocational program
CFS Housing (Susan Bowers)		(806) 376-4571	
Cross Timbers	2601 N Grand	(806) 383-8222	City of Amarillo Housing Vouchers are accepted
Downtown Women's Center	600 SW 10th	(806) 372-3625	Temporary housing
Faith City Mission	401 SE 2nd	(806) 373-6402	Temporary housing
Green Acres		(806) 376-6013	
Haven House	1308 S Buchanan	(806) 374-5654	Halfway house for women

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Martha's Home, Inc.	1204 SW 18th Ave	(806) 372-4035	Homeless shelter for women, mothers and children, providing: room, board and supervised living
Meridian (Waiting List)		(806) 373-7142	
Northwest Village LTD	6101 I-40 West	(806) 355-0481	HUD assisted housing for seniors (62 and older) and/or disabled
Panhandle Community Services	1309 W 8th	(806) 372-2531	HUD housing, rent

Renaissance Apartments	8200 W Amarillo Blvd	(806) 463-5633	Low income 2 bedroom apartments in Bushland School District
Salvation Army	400 S Harrison	(806) 373-6631	Fax #: (806) 373-5659
Spring Terrace Apartments	2600 S Spring	(806) 374-7522	Housing for low-income people. Mainly families with children, some handicapped and older adults. No single units available
Tyler Street Resource Center (United Way)	200 S Tyler	(806) 373-2662	Homeless services
Day Room Tyler Street		(806) 345-7936	
Westminster		(806) 359-5578	
Win Lin Village Apartments	5700 Wabash	(806)353-0354	Provides housing for low-income families. Must meet HUD and Hunt Building requirements. Offered on a first come-first serve basis. Applications are taken at 2600 South Spring on the 15th of each month between 8:30am-11:30am & 1:30pm-4:30pm
Winwood Village	4421 Ridgecrest	(806)353-1441	The program is a low-rent housing project for "Program 236 Senior Citizens" and Senior Citizens. The program provides handicrafts, bingo, nutrition program (noon meal), close to shopping, and a beauty shop

HEALTH SERVICES

Organization	Address	Telephone #	Special Instructions
Amarillo College Dental Program			No Income requirements. Cleaning & x-rays for \$30. They refer you if you have a cavity or other concerns.
Catholic Charities	200 S Tyler	(806) 376-4571	Adult Eye Care
JO Wyatt District Clinic		(806) 354-1020	Fax #: (806) 351-7200
Kool Smiles Dental Assistance	2210 Bell St	(806) 477-8803 (806) 553-5079	Contact Julia Yanek jyanek@dpsco.com

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Familia Dental	206 NE 7th Ave	(806) 318-3908	Medicaid accepted
Family Planning		(806) 372-8731	
Potter/Randall Med Soc.		(806) 355-6854	
DARS - Division for Blind Vocational Rehabilitation	7120 I-40 W # 100	(806) 351-3870	Eye medical care can be provided for adults who have employment potential

Homeless Clinic (Regence Health Net, Inc)	200 S Tyler	(806) 345-7917	Full-service medical care to homeless individuals only. In-house pharmacy and lab. Clinic Office is closed on Fridays to provide outreach to shelters, alleys and parks
Northwest Texas Healthcare System - Financial Needs Assessment Center	814 N Martin Rd	(806) 468-4660	Provides eligibility determination for the Wyatt Uncompensated Care Plan. If eligible, clients will have access to medical services through Northwest Texas Healthcare System. Medical care will be coordinated through the J.O. Wyatt Clinic or Women and Children's Clinic depending on the need
Pedi Providers	1600 S Coulter F-600	(806) 468-4300	Medical care for children with special healthcare needs. Information about Child Passenger Safety Seats is available on request
MOM Mobile		(806) 468-4390	Women/Child Clinic
Regence Health Network, Inc - Martin Road	824 N Martin Rd	(806) 374-7341	Primary medical care including: diabetes management; obstetrics, well-child checkups and immunizations; geriatrics; family planning; dental services include: checkups, x-rays, dentures, root canals and cleaning; prescription services for prescriptions issued by clinic
Southwest Church of Christ	4515 Cornell St	(806) 352-5647	Prescriptions
Uniting Parents Coalition of Health Services)	301 S Polk, Ste 740	(806) 337-1700 x212	Support Organization for Parents of Children with Disabilities and/or Chronic Illnesses
VA Hospital (VA Healthcare)	6010 Amarillo Blvd W	(806) 355-9703	Assists veterans with primary, specialty, acute, and extended care hospitalization; pharmacy; outpatient medical treatment including specialty clinics, ambulatory surgery, inpatient medical care, general surgery, psychiatric care, social services, and nursing home care.

COUNSELING

Organization	Address	Telephone #	Special Instructions
Amarillo Council on Alcohol and Drug Abuse	803 S Rusk	(806) 374-6688	Education, Evaluation, Referrals, and Counseling on Alcohol and Drug Abuse
Care Net Crisis Pregnancy Center	6709 Woodward	(806) 354-2244	Baby Items, Car Safety and Childbirth Classes, Counseling, Diapers, Maternity Clothing, Mentoring Program

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Consumer Credit Counseling Service of Amarillo	6300 I-40 West #106	(806) 358-2221	This agency offers programs that provide personal financial management and budgeting counseling
Cornerstone Outreach Ministries	1111 N Buchanan	(806) 381-2131	Marriage and family counseling. Manna Food boxes \$25 monthly
Faith City Mission	401 SE 2nd	(806) 373-6402	Substance abuse counseling

FINANCIAL ASSISTANCE - NON-EDUCATIONAL			
<i>Organization</i>	<i>Address</i>	<i>Telephone #</i>	<i>Special Instructions</i>

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Specific Aid (United Way of Amarillo & Canyon)	200 S Tyler St	(806) 373-2662	Anger Management, Battered Women's Shelter, Battery Intervention and Prevention Program, Crisis Services (24 hr hotline for sexual assault and family violence victims), information and referral for financial assistance is available weekdays
Family Support Services	1001 S Polk	(806) 342-2511	Group/Individual Counseling, Public Educational Programs, Rapid Response Services, Trans-Parenting for Divorce and Separation rollercoasters for children of divorce
Panhandle AIDS Support Organization, Inc.	1523 S Taylor	(806) 372-1050	Provides services to the HIV infected and affected residents of the Texas Panhandle, including community education programs regarding HIV prevention and counseling for individuals and groups
Panhandle Independent Living Center	1309 W 8th	(806) 372-2531	Peer Counseling
Samaritans Pastoral Counseling Center of Amarillo	112 W 8th, Ste 800	(806) 353-1668 x107	Teen, Family, and Marriage Counseling and Therapy
Social Services Department - Texas Tech University Health Sciences Center	1400 S Coulter St	(806) 354-5619	Licensed social workers assist with case management/counseling and guidance, grief counseling, information and referral and familial, personal and financial concerns
STAR Program (Texas Panhandle Mental Health Mental Retardation)	1501 S Taylor	(806) 359-2005	Family-based program that provides short term counseling to youth and their families-training to focus on communication, problem solving, conflict resolution, anger management, crisis intervention, parent education, and case management.
Texas Panhandle Mental Health Mental Retardation	901 Wallace Blvd	(806) 358-1681	Facility for persons with mental retardation; off-campus for children with special needs under the age of 3 & some in-home training. Full professional staff provides individual counseling, physical and occupational therapy, nursing care, diagnostic services, and certified teachers
Tyler Street Resource Center (United Way)	200 S Tyler	(806) 373-2662	Counseling and mental health services
VA Readjustment Counseling Service (VA Healthcare)	3414 Olsen Blvd # E	(806) 354-9779	Provides counseling for veterans with personal or family problems, as well as help with problems in readjustment to post-war civilian life. Separation papers or discharge certificate are required for proof of military service
Vocational Rehabilitation (Department of Assistive and Rehabilitative Services)	5809 S Western #255	(806) 351-3830	Provides services needed to prepare for, find or keep employment. Services are based on each individual's needs and can include counseling and guidance, medical treatment, assistive devices, rehabilitation technology, training to learn job skills, and job placement
Washington Street Family Service Center	4002 S Washington	(806) 352-1307	Professional Counseling (by appointment only - hours are Mon 6:00-7:30 p.m., Tue & Thu 5:00-6:30 p.m.) To receive services, adults must provide a DL or ID card and children must provide a SS card or birth certificate

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ADULT EDUCATION			
Organization	Address	Telephone #	Special Instructions
Adult Learning Lab (Region 16)	1601 S Cleveland	(806) 677-5284	Basic skills for the GED. The program also offers assistance with post secondary preparation for adult education. English as a second language classes are offered beginning with literacy levels through advanced ESL skills
Care Net Crisis Pregnancy Center	6709 Woodward	(806) 354-2244	Car Safety and Childbirth Classes
Cornerstone Outreach Ministries	1111 N Buchanan	(806) 381-2131	GED (Monday and Thursday evenings) & Computer Classes (Tuesday and Thursday 9-12 pm)
Family Support Services	1001 S Polk	(806) 342-2511	Public Educational Programs
Goodwill Industries of Amarillo			Computer Classes (basic and advanced)
CHILDREN'S SCHOOL SUPPLIES			
Organization	Address	Telephone #	Special Instructions
Bethesda Ministry Center	1101 Fritch Highway	(806) 381-0361	School Supplies (contact your child's elementary school)
Homeless Liaison (BISD)		(806) 359-5410 ext.229	Provides school supplies & backpacks to students who may reside in the city's homeless shelters, transitional housing or whose families are doubled-up with other families
TRANSPORTATION / CAR REPAIR			
Organization	Address	Telephone #	Special Instructions
Department Motor Vehicle		(806) 467-8902	
DPS		(806) 468-1300	
Driver's License		(806) 468-1400	
Central Church of Christ	1401 S Monroe	(806) 373-4389	Automobile Repair (minor)
Jan Werner Transportation	3108 S Fillmore	(806) 373-8433	Provides transportation for medical and nonmedical appointments
Mom-Mobile (NWTMS)	1501 Coulter Dr	(806) 351-7259	Provides transportation for low-income pregnant women and their children to doctors appointments. Rides must be booked 24-hours in advance
Panhandle Community Services	1309 W 8th	(806) 372-2531	Transportation Assistance (must give 24-hour notice)

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Spec-Trans (Amarillo City Transit)	800 SE 23rd	(806) 378-3095	The Spec-Trans curb-to-curb transportation bus is equipped with a lift and a stop announcing system, both audible and visual, provided for individuals with disability(ies) that prevents them from riding an accessible fixed route bus
St. Mary's Church	1200 S Washington	(806) 376-7204	Transportation Assistance
Salvation Army	400 S Harrison	(806) 373-6631	Transportation (to training at AC East Campus)
Travelers' Assistance (United Way of Amarillo & Canyon)	200 S Tyler	(806) 373-2662	Provides assistance for stranded travelers and individuals in Amarillo and Canyon who need emergency transportation. Stranded travelers must have verifiable support at their destination and reason for travel

HAIR CUTS

Organization	Address	Telephone #	Special Instructions
Exposito	3710 Mockingbird	(806) 355-9111	Kids \$6 -- Women \$6 -- Men \$6
JC Penney Salon	Westgate Mall	(806) 355-9352	Offers free cuts on occasion. Call ahead to find out.
Milan	27th & Ross/Osage	(806) 371-7600	Kids \$5 -- Women \$7 -- Men \$7
Wade Gordon Exterior of Westgate Mall	7701 W I-40	(806) 331-9233	Kids \$12 -- Women \$17 -- Men \$15

MISCELLANEOUS ASSISTANCE

Organization	Address	Telephone #	Special Instructions
High Plains Food Bank	815 S Ross	(806) 374-8562	Application assistance (Food Stamps, Temporary Assistance for Needy Families (TANF), CHIP, Medicaid, and Long Term Care)
Coalition of Health (MEDICAID/FS)		(806) 337-1700	
Emergency Repair Grants City of Amarillo-James Allen		(806) 378-3005	
Day Labor City of Ref		(806) 331-2860	
Amarillo Public Libraries	Southwest Branch 6801 W 45th St Amarillo, TX 79109	(806) 359-2094	MON - THU: 9am-9pm, FRI - SAT: 9am-6pm & SUN: 2pm-6pm
Amarillo Public Libraries	Northwest Branch 6100 W 9th Ave Amarillo, TX 79106	(806) 359-2035	MON-TUE: 12pm-9pm, WED-SAT: 9am-6pm & SUN: 2pm-6pm
Facebook Bushland Community Resource			Join the Bushland Community Resource page on Facebook
Jan Werner (Adult Day Care)		(806) 373-8433	

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Greyhound Bus		(806) 374-5371	
Furniture SW C of C		(806) 352-5647	
Legal Aid of NWTX	203 W 8th, Ste 600	(806) 373-6808	Dana Phelps
Poison Control		(800) 222-1222	
PASO (AIDS)		(806) 372-1050	
VA Van		(806) 433-5354	
Wesley Community Center		(806) 372-7960	
Texas Youth Runaway Hotline		1-800-210-2278	Answered 24 hours a day. Provides prevention services to callers who are in need of a caring voice and listening ear. Hotline counselors talk with callers who face a variety of issuers, including family conflicts, delinquency, truancy, abuse and neglect, and running away
Covenant House Hotline		1-800-999-9999	Feel alone? Troubled, scared? Covenant House can help. Every call is FREE
Texas Homeless Education Network	2901 N IH-35, Room 2200, Austin, Tx 78722	1-800-446-3142	Provides support to ensure that students enroll and succeed in school
Free Cell phones		1-888-898-4888	www.assurancewireless.com Must be low income or receiving government assistance. Free phone & 250 free minutes a month. If you run out of the 250 minutes you can buy more minutes on a prepaid minutes. It's free. No contract
Cell Phone Do Not Call List		1-888-382-1222	www.donotcall.gov Block calls for 5 years. You must call from the cell phone you want blocked
www.ehealthinsurance.com	You can find affordable health insurance. Check out this website after applying for Medicaid and chips insurance. In case you don't get approved for them you can find the next best policy. You can find out if a plan covers basics such as preventive care, prescription drugs and treatment for chronic conditions (don't just pick the cheapest plan)		
www.annualcreditreport.com	Get 3 free credit reports a year		
www.moneymindedmoms.com	Everything from coupons to 5 simple way to save \$500. Great site! :)		
Bushland Community Resource	Like page on Facebook		

HEALTHY LIVING TIPS

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HEALTH:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince & dinner like a beggar.
3. Eat more foods that grow on trees and plants & eat less food that is manufactured.
4. Live with the 3 E's-Energy, Enthusiasm, & Empathy.
5. Make time to practice meditation, yoga, & prayer.
6. Play more games.
7. Read more books.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk every day and while you walk, SMILE.

PERSONALITY:

11. Don't compare your life to others', you have no idea what their journey is all about.
12. Don't have negative thoughts for things you cannot control; instead, invest your energy in the positive present moment
13. Don't over do, keep your limits.
14. Don't take yourself so seriously, no one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time, you already have all you need.
18. Forget issues of the past. Don't remind your partner with his/her mistakes of the past, it will ruin your present.
19. Life is too short to waste time hating anyone-Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school & you are here to learn. Problems are simply part of the curriculum that appear & fade but the lessons learned will last a lifetime.
23. Smile & laugh more.
24. You don't have to win every argument, agree to disagree.

SOCIETY:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time with people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick, your friends will, Stay in touch! LIFE:
32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. However good or bad a situation is, it will change.
35. No matter how you feel, get up, dress up & show up.
36. The best is yet to come!