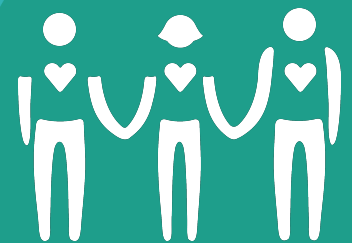


# YMCA Parent Resources



**YMCA OF CENTRAL TEXAS**  
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# Community Resources

## Connect ATX:

Up-to-date information on food, housing, transportation, child care, parenting classes, job training, and more.



## 2- 1- 1 Texas:

Connecting people and resources.



## Your Texas Benefits:

Directory of state benefit programs that help people who are in need.



## Partner Resource Network:

Support for Texas Families and individuals impacted by disabilities or special health care needs.



## Family Resources:

Providing support and resources for expectant and new mothers, parents, and their children.



## Caring Place:

Where monetary and food donations directly benefit neighbors needing food, utility, rent, transportation or medical assistance.



## Mission Waco:

Addressing poverty by empowering the poor, equipping and mobilizing the middle-class, and engaging systemic issues.



## OWBC:

Administers a wide range of social service and economic opportunity programs.



## Round Rock Serving Center:

Where monetary and food donations directly benefit neighbors needing food, utility, rent, transportation or medical assistance.



## Childcare Assistance

### Workforce Solutions:

Provides eligible families with child care scholarships to help cover child care costs while working, attending school, or participating in job training.



### Texas Rising Star:



### Workforce Childcare.gov



## Food & Nutrition

### Caritas

Fighting poverty and food insecurity by providing access to vital resources to those who are most vulnerable.



### Central Texas Food Bank:

Boxed groceries distributed through no-touch drive-thru process (okay to walk-up).



### Fresh Food For All:

Fresh produce, eggs, nuts, bread & more.



### Salvation Army USA Food Pantry

Provides food to families in need whether the cause is a natural disaster, financial strain, or a pandemic.



### The Shepherd's Heart

Targets "food desert" areas, with 18 mobile food pantry distributions each month in the Waco area.



### Texas WIC:

A nutrition program for pregnant, breastfeeding women and families with children younger than 5.



## Legal

### Legal Advice Clinic at ACC Highland:



### American Gateways:

Immigration legal services  
at no or low cost.



### Austin Tenants Council:

Free counseling to assist with  
rental housing concerns and  
disputes.



## Medical

### Children's Health Insurance Program (CHIP):

Up-to-date information on  
food, housing, transportation,  
child care, parenting classes,  
job training, and more.



### Navigate Life Texas:

Health care, education,  
insurance, and other resources  
for families of children with  
disabilities or special health  
care needs.



### Texas Parent to Parent:

Directory of state benefit  
programs that help people  
who are in need.



## Mental Health

### Bluebonnet Trails:

Services addressing serious  
mental illness, emotional  
disorders, autism,  
developmental disabilities or  
delays, and/or health care  
needs.



### Integral Care Adult Services:

Helps adults living with mental  
illness and substance use  
disorder rebuild and maintain  
their mental and physical  
health.



English



Espanol

### SAFE Alliance:

Community-based peer support,  
counseling, shelter/housing,  
forensic nursing exams, and legal  
services, for those fleeing abuse  
and domestic/partner/family  
violence.



English



Espanol

## Transportation

### CapMetro Vanpool:

Vanpool to work to save time and money.



### CARTS:

Public regional transportation from the non-urbanized areas



### Ride United:

United Way - If you need support from the Ride United program, dial 211 or visit 211.org



## Tax Help

### Get Your Refund:

Tax filing help and stimulus check assistance.



English



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### Texas Utility Help:

Financial assistance to qualified Texas homeowners and renters with low income. Eligible expenses include electricity, gas, propane, water and wastewater.



## Utilities/Rent

### Comprehensive Energy Assistance Program:

Utility assistance program in the Waco, Texas Area.

