



# Texas Parent to Parent Dallas, Ft. Worth and Vicinity Resource Information

## Texas Parent to Parent

**(512) 458-8600**

**(866) 896-6001**

[www.txp2p.org](http://www.txp2p.org)

A statewide non-profit developed for parents by parents: provides parent to parent matches, support, information, website, resource, newsletter, etc.

### **Mission:**

Texas Parent to Parent supports children with disabilities, chronic illness, and other special healthcare needs by empowering their parents to be advocates for them through peer support, resource referral and public awareness.

## Local Resources

Please note that there are too many resources in the metropolitan area to list all of them. The Arc of Dallas, Texas Scottish Rite Hospital's Family Resource Center, UCP, United Way and many others have information and referral services. You may also visit the Resource Directory on our website.

### **ECI (Early Childhood Intervention)**

<https://hhs.texas.gov/services/disability/early-childhood-intervention-services>

Early childhood intervention services to families with children 0-3 years that have developmental delays. Provider based on zip-code, or County.

ECI of North Central Texas  
The Warren Center, Inc. ECI  
[www.thewarrentcenter.org](http://www.thewarrentcenter.org)

**(817) 446-8000 or (888) 754-0524**  
**(972) 490-9055**

ECI of Metrocare Services  
Dallas Center ECI  
Life Path Systems

**(214) 743-1200 & (877) 283-2121**  
**(214) 328-4309**  
**(844) 544-5939**

### **Parent Companion**

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

A guide for Texas parents and caregivers of children with diagnosed or suspected disabilities from birth through 5 years of age.

### **Navigate Life Texas**

<https://www.navigatelifetexas.org>

Statewide website created for parents of children with disabilities or special health care needs. Designed to offer support, inspiration, resources and links to services available.



## **Local Resources (Continued)**

### **Metrocare Services**

**(214) 743-1200**

**(877) 283-2121**

**[www.metrocareservices.org](http://www.metrocareservices.org)**

Linkages to other services and waiting lists, respite, case management; dedicated to helping people with developmental disabilities and mental health challenges.

### **MHMR Tarrant**

**(817) 569-4300**

**[www.mhmrtc.org](http://www.mhmrtc.org)**

Linkages to other services and waiting lists, respite, case management.

### **The Arc of North Texas**

**(469) 782-0600**

**<http://www.arcnorthtexas.org>**

Provides information and referral, continuing education, social & leadership activities, parent & professional education and more!

### **The Arc of Northeast Tarrant County**

**(817) 834-7700**

**[www.arcnetc.org](http://www.arcnetc.org)**

Arc Greater Mid Cities empowers individuals with intellectual and developmental disabilities and their families to live life as they define it through advocacy, awareness, training and support.

### **The Arc of Texas**

**(512) 454-6694**

**(800) 252-9729**

**[www.thearcoftexas.org](http://www.thearcoftexas.org)**

The Arc of Texas is affiliated with the Arc of the United States and has 48 chapters in Texas working to provide additional supports and services to families throughout the State.

### **Texas Scottish Rite Hospital**

**(214) 559-5000**

**<https://scottishritehospital.org>**

Provides in-patient and out-patient orthopedic and neurological services for children up to 18 years old. Also provides services for specific learning disabilities, as well as dental and vision clinics. No fee for treatment. Comprehensive social services are available and they have a Resource Library for families.

### **Ability Connection**

**(800) 999-1898**

**(214) 351-2500**

**[www.abilityconnection.org](http://www.abilityconnection.org)**

Provides services for individuals with disabilities and special needs throughout Texas.



## **Local Support Groups**

<b>ADD Association</b>	<b>(800) 939-1019</b>
<b>CHADD (Children and Adults with ADHD)</b>	<b>(301) 306-7070</b>
<b>Gluten Intolerance Group of North Texas</b>	<b>(817) 319-3282</b>
<b>Spina Bifida Association of Dallas</b>	<b>(972) 238-8755</b>
<b>North Texas Tourette Syndrome Group</b>	<b>(214) 808-6626</b>
<b>Tourette Association – Texas Chapter</b>	<b>(281) 238-8096</b>

## **Other Helpful Numbers**

### **Down Syndrome Guild of Dallas**

**(214) 267-1374**

Providing information, resources and support for people with Down syndrome, their families, and the community.

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

### **NAMI-Dallas (National Alliance on Mental Illness)**

**(214) 341-7133**

A self-help, support and advocacy organization of consumers, families, professionals, and friends of people with mental illness.

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

### **2-1-1 Texas**

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

United Ways comprehensive, confidential information and community referral program with a computerized database of services that serves Texas residents.

### **SSI (Supplemental Security Income)**

**(800) 772-1213**

Monthly payment and/or Medicaid - dependent on family income

**(800) 325-0778 TTY**

[www.ssa.gov](http://www.ssa.gov)



### **Other Helpful Numbers continued:**

**Deaf Action Center**                      A non-profit agency in North Texas for the Deaf and Hard of hearing,  
**(214) 521-0407**                              run by the Deaf and Hard of hearing.  
Video phone **(214) 377-1898**

**Texas Workforce Commission**  
**(800) 628-5115**                              Rehabilitation programs for children and adults over 16 and up; to help  
<https://twc.texas.gov>                              Texans with disabilities lead more independent and productive lives. For  
service centers in your area of the state please visit their website.

**Division of Blind Services (through HHSC)**  
**(817) 759-3500**                              For services and training to live independently, find a job, help with school.  
[www.texas.gov/services/disability/blind-visually-impaired](http://www.texas.gov/services/disability/blind-visually-impaired)

### **Very important!!**

**There are waiting lists you should get on now for services that will make a big difference later:**

<b>CLASS (Community Living Assistance Support Services)</b>	<b>(877) 438-5658</b>
<b>MDCP (Medically Dependant Children's Program)</b>	<b>(877) 438-5658</b>
<b>MRLA (Mental Retardation Local Authority) or</b>	
<b>HCS (Home and Community Services)</b>	<b>(800) 458-9858</b>
<b>TxHmL (Texas Home Living Program)</b>	<b>(800) 458-9858</b>
<b>(YES) Waiver (Youth Empowerment Services)</b>	<b>(210) 731-1300</b>

**These programs provide funding, based on the income of the individual with disabilities (not the family), for therapies, assisted/supported living, home and vehicle modifications, nursing, adaptive aids and more. Waiting lists are years long, so sign up now!**

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