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

Texas Parent to Parent
(512) 458-8600
(866) 896-6001
www.texp2p.org

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
(817) 446-8000 or (888) 754-0524
(972) 490-9055
www.thewarrentcenter.org

ECI of Metrocare Services
Dallas Center ECI
(214) 743-1200 & (877) 283-2121
(214) 328-4309
Life Path Systems
(844) 544-5939

Parent Companion
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  Linkages to other services and waiting lists, respite, case management;
(877) 283-2121 dedicated to helping people with developmental disabilities and mental
www.metrocareservices.org health challenges.

MHMR Tarrant
(817) 569-4300  Linkages to other services and waiting lists, respite, case management.
www.mhmrtc.org

The Arc of North Texas
(469) 782-0600  Provides information and referral, continuing education, social &
http://www.arcnorthtexas.org leadership activities, parent & professional education and more!

The Arc of Northeast Tarrant County
(817) 834-7700  Arc Greater Mid Cities empowers individuals with intellectual and
developmental disabilities and their families to live life as they define it
www.arcnetc.org through advocacy, awareness, training and support.

The Arc of Texas
(512) 454-6694  The Arc of Texas is affiliated with the Arc of the United States and has
(800) 252-9729 48 chapters in Texas working to provide additional supports and services
www.thearcoftexas.org to families throughout the State.

Texas Scottish Rite Hospital
(214) 559-5000  Provides in-patient and out-patient orthopedic and neurological
https://scottishritehospital.org 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  Provides services for individuals with disabilities and special needs
(214) 351-2500 throughout Texas.
www.abilityconnection.org
Local Support Groups

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

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

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

2-1-1 Texas
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
Other Helpful Numbers continued:

Deaf Action Center  
(214) 521-0407  
Video phone (214) 377-1898

A non-profit agency in North Texas for the Deaf and Hard of hearing, run by the Deaf and Hard of hearing.

Texas Workforce Commission  
(800) 628-5115  
https://twc.texas.gov

Rehabilitation programs for children and adults over 16 and up; to help 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  
www.texas.gov/services/disability/blind-visually-impaired

For services and training to live independently, find a job, help with school.

Very important!!

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

CLASS (Community Living Assistance Support Services)  
(877) 438-5658

MDCP (Medically Dependant Children’s Program)  
(877) 438-5658

MRLA (Mental Retardation Local Authority) or  
HCS (Home and Community Services)  
(800) 458-9858

TxHmL (Texas Home Living Program)  
(800) 458-9858

(YES) Waiver (Youth Empowerment Services)  
(210) 731-1300

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!

11/2/2018