



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

Texas Parent to Parent

(512) 458-8600

(866) 896-6001

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)

Early childhood intervention services to families with children 0-3 years that have developmental delays. Provider based on zip-code; call 1-800-628-5115 or one of the agencies listed to locate provider for your area.

**ECI of North Central Texas
The Warren Center, Inc. ECI**
www.thewarrentcenter.org

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

ECI of Metrocare Services

(214) 743-1200

(877) 283-2121

**Dallas Center ECI
Life Path Systems (Allen)**

(214) 328-4309

(972) 562-0331

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)

Dallas Metrocare

(214) 743-1200

(877) 283-2121

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

www.metrocareservices.org

MHMR of Tarrant County

(817) 569-4300

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

www.mhmrtc.org

The Arc of Collin, Dallas and Rockwall Counties

(214) 634-9810

Provides information and referral, continuing education, social & leadership activities, parent & professional education and more! Also publishes a resource guide for Dallas & vicinity.

www.arcdallas.org

The Arc of Greater Tarrant County

(817) 877-1474

Provides advocacy assistance, special education assistance, parent support groups, information and referral, and more.

www.arcgtc.org

The Arc of Northeast Tarrant County

(817) 834-7700

www.arcnetc.org

The Arc of Texas

(800) 252-9729

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.

www.thearcoftexas.org

Texas Scottish Rite Hospital

(214) 559-5000

www.tsrhc.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 Texas (formerly UCP of North Texas/Greater DFW Center)

(800) 999-1898

Provides services for children, adults and the families of people with severe disabilities; includes case management, information & referral, advocacy, day services and more.

www.abilityconnectiontexas.org



Local Support Groups

ADD Association - DFW	(972) 458-9226
ADD Association – Mesquite	(972) 467-9299
CHADD (Children and Adults with AD/HD) Tarrant County	(817) 707-6264
Gluten Intolerance Group of Greater Dallas	(214) 328-7286
Gluten Intolerance Group of North Texas	(817) 929-9227
Our Children’s Circle	(972) 529-3843
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

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

www.211.org

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 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

Department of Assistive and Rehabilitative Services (DARS)
(800) 628-5115 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.

www.dars.state.tx.us

Division of Blind Services (through DARS)
Dallas DBS Field HQ: (800) 687-7017
Ft. Worth DBS Field HQ: (800) 687-7023
(800) 628-5115 For services and training to live independently, find a job, help with school.

www.dars.state.tx.us/dbs/

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!

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