Texas Parent to Parent
Rio Grande Valley
Resource Information

Texas Parent to Parent
(512) 458-8600
(866) 896-6001
www.txp2p.org

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

Local Resources

ECI (Early Childhood Intervention)
(877)787-8999
https://hhs.texas.gov/services/disability/early-childhood-intervention-services
Therapies for children, birth to 3-years-old, provided in home evaluation of child’s physical and mental development. Provision of services related to disability (OT, PT, and Speech). Call to locate provider in your area (based on zip code).

Easter Seals RGV ECI Program (956) 631-9171
Region 1 ESC-ECI (855) 651-1960
Camino Real Community Services (830) 216-4326
ECI Project Ninos Laredo (956) 728-1769

Teaching and Mentoring Communities
(Texas Migrant Council, Inc.) Child Find/Head Start
Rio Grande Valley Region
1-888-464-5001 or (956) 464-5000
Provide children with educational, health and nutritional services health and nutritional and link children and families to needed community services. Infants to 5 years old.

Border Region Behavioral Health Center (formerly MHMR Center)
(956) 794-3000
http://www.borderregion.org
Provider of comprehensive and compassionate recovery-oriented services to individuals with behavioral health needs. Also offers linkage to other services and waiting lists, respite, case management
(Counties: Hogg, Starr, Webb y Zapata)
Local Resources (Continued)

**Tropical Texas Behavioral Health**
(956) 289-7000 Providing quality behavioral healthcare with respect, dignity and cultural sensitivity through the efficient delivery of services. Cameron, Hidalgo & Willacy counties.

www.ttbh.org

**VAIL a Center for Independent Living**
(866) 400-8245 toll free Services provided at no cost to persons with disabilities in the Rio Grande Valley and South Texas.
(956) 668-8245 McAllen
(956) 523-1411 Laredo

www.vailrgv.org

**PTI – Parent Training & Information - TEAM Project, Partners Resource Network**
(956) 376-9178

http://prntexas.org/texas-ptis/team-project-2

Federally funded Parent Training & Information serving Texas parents of children and youth with disabilities ages birth to 26. Information and referral, trainings, consulting and webinars.

**Region One (Education Service Center)**
(956) 984-6000

http://www.esc1.net Training and technical assistance for teachers, paraprofessionals, parents and support staff for students with disabilities.

**Area Agency on Aging**
**Lower Rio Grande Valley**
(956) 682-3481 (ext. 116) Part of the CMS Medicare Rx Volunteer Initiative. Provides free case management, assistance to people with Medicare/Medicaid to understand the options for prescription drug plans.

www.lrgvdc.org/aging.html

**Down by the Border**
(956) 541-2085 Public awareness, advocacy and information sharing with a goal to help individuals with Down syndrome.

www.downbytheborder.org
Services

**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](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.

**SSI (Supplemental Security Income)**
Toll Free (800) 772-1213
Monthly payment and Medicaid - dependent on family income

**Very Important!!**

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

- CLASS (Community Living & Support Services) (877) 438-5658
- MDCP (Medically Dependant Children’s Program) (877) 438-5658
- HCS (Home & Community Services) (800) 458-9858
- TxHmL (Texas Home Living Program) Contact local authority

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!

**Local Support Groups:**

Parents for M.A.S.H. (956) 686-8096

Parents Supporting Parents Network, RGV (956) 447-8408
Local Support Groups (continued)

PASS (Parents Advocating for Student Success) (956) 640-9317
RGV Down Syndrome Association – McAllen Parent Group 1st Thurs. (956) 314-0821
NAMI (National Alliance on Mental Illness) (956) 624-4960
South Texas Traumatic Brain Injury Support Group (956) 362-3550
AWARE RGV (Advocates Working to Provide Autism Resources & Education) (956) 277-1776
Autism United – RGV (956) 590-5127

Other Helpful Numbers

Ronald McDonald House Charities of the Rio Grande Valley (956) 412-7200
Moody Clinic (956) 542-8504
Attorney General’s Office – Child Support Enforcement (800) 252-8014
Texas Rio Grande Legal Aid Society, Inc. (800) 369-9270
Food Bank of the Rio Grande (956) 682-8101

For more resources, including resources in other cities/counties of Texas, please visit the Resource Directory on Navigate Life Texas at www.navigatelifetexas.org