



Texas Parent to Parent

# Texas Parent to Parent San Antonio 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

### Texas Health & Human Services (HHS)

#### 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).

Brighton School

(210) 826-4492

Easter Seals Rehabilitation Center

(210) 614-3911

Center for Health Care Services

(210) 261-3350

### **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.



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## Local Resources (Continued)

### **Alamo Area Council of Governments**

#### **Alamo Local Authority for Intellectual and Development Disabilities (ALA for IDD)**

(210) 832-5020

Provides community services and supports for eligible adults and children with intellectual and developmental disabilities and their families in Bexar County.

[www.aacog.com](http://www.aacog.com)

### **The Center for Health Care Services**

(210) 261-1000

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

Providing mental health, developmental disability and substance abuse services.

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

### **Partners Resource Network, TEAM Project**

(281) 969-5944 or

Parent Training and Information Center

(877) 832-8945

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

### **Any Baby Can – San Antonio**

(210) 227-0170

Provides case management, crisis assistance, sibling support, information and referrals to access community resources for children 0-17.

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

### **Any Baby Can – Kerrville**

(830) 792-4222

### **Region 20 Education Service Center**

(210) 370-5200

Provides resources and training opportunities for parents and professionals.

[www.esc20.net](http://www.esc20.net)

### **School District Parent Liaisons**

Assists with special education and parent support.

Alamo Heights ISD

Michelle Harrison (210) 442-3700 x 3715

[mharrison@ahisd.net](mailto:mharrison@ahisd.net)

Judson ISD

Susan Wright (210) 945-5368

[swright@judsonisd.org](mailto:swright@judsonisd.org)

Northside ISD

Rhonda George (210) 397-5482

[rhonda.george@nisd.net](mailto:rhonda.george@nisd.net)

Southwest ISD

Peggy Estrada (210) 622-4330 x 3721

If you do not find your school district listed, please call your school district's special education office or your region service center.



## **Local Resources (Continued)**

### **SAILS (San Antonio Independent Living Services)**

**(210) 281-1878**

Advocacy and referrals for all ages, independent living skills and transition assistance for teens 14 and up.

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

### **Arc of San Antonio**

**(210) 490-4300**

Provides case management, respite, pantry services and ARD support.

[www.arc-sa.org](http://www.arc-sa.org)

### **Texas Federation of Families for Children's Mental Health**

**(210) 944-9972**

Supporting children & youth with emotional, behavioral or mental disabilities.

<http://cpfamilynetwork.org/resources/texas-federation-of-families-for-childrens-mental-health>

### **CSD (Communication Services for the Deaf ) of Texas**

**(800) 642-6410**

Improving the lines of communication and a more accessible world for the deaf and hard of hearing.

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

### **Respite Care of San Antonio, Inc.**

**(210) 737-1212**

Respite developmental daycare for children 6 wks – 6 years; day/night out services as well.

<http://www.respitecaresa.com>

## **Local Support Groups:**

Down Syndrome Association of South Texas	(210) 349-4372
Division for Blind Services	(210) 785-2750
Brain Injury Association of Texas	(800) 444-6443
Cystic Fibrosis Foundation – Lone Star Chapter	(210) 829-7267
Alamo Head Injury	(210) 614-4323
Any Baby Can Sibling Support Group	(210) 227-0170
CHADD (Children and Adults with Attention Deficit Disorder)	(800) 233-4050
Clarity Child Guidance Center	(210) 616-0300



## **Local Support Groups (Continued)**

NAMI National Alliance for Mental Illness, S.A.	(210) 734-3349
Epilepsy Foundation of Central and South Texas	(210) 653-5353
Muscular Dystrophy Association – San Antonio	(210) 650-3181
T.A.A.I.D. (Texas Adults with Autism and Intellectual Disabilities)	(210) 262-6740

## **Very Important!!**

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

<b>CLASS (Community Living &amp; Support Services)</b>	<b>(877) 438-5658</b>
<b>MDCP (Medically Dependant Children’s Program)</b>	<b>(877) 438-5658</b>
<b>HCS (Home &amp; 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!**

## **Other Helpful Numbers**

**2-1-1 Texas**                      United Way’s 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

**Department of State Health Services (DSHS)**  
**Children with Special Health Care Needs Services Program (CSHCN)**  
**(800) 252-8023**  
<https://www.dshs.texas.gov/cshcn>                      Children with Special Health Care Needs



## **Other Helpful Numbers (continued)**

### **Department of Aging and Disability Services (DADS)**

**Moved to Texas Health and Human Services**

**(855) 937-2372**

Long-term care programs

<https://hhs.texas.gov/services/disability/consumer-directed-services>

### **Texas Health & Human Services (HHS)**

**The Blind Children's Vocational and Discovery Program**

**(877) 787-8999**

<https://hhs.texas.gov/services/disability/blind-and-visually-impaired/blind-childrens-vocational-discovery-and-development-program>

For service centers in your region of the state please visit their website.

### **San Antonio Parks & Recreation – Adaptive Sports & Recreation Program**

**(210) 207-7275**

Wheelchair sports, summer day camps, aquatics

[www.sanantonio.gov/parksandrec/sports.aspx](http://www.sanantonio.gov/parksandrec/sports.aspx)

### **Family Service Association**

**(210) 299-2400**

Head start, parenting education, counseling, behavioral health, education and workforce.

[www.family-service.org](http://www.family-service.org)

### **A Caring Choice (through the ARC of San Antonio)**

**(210) 490-4300**

After school and summer recreational programs

[www.arc-sa.org](http://www.arc-sa.org)

**For more resources, including resources in other cities/counties of Texas please visit the Resource Directory on [www.navigatelifetexas.org](http://www.navigatelifetexas.org)**