



Healthcare Resource Guide

Dallas County

This guide is intended to be a free resource for residents of Dallas County seeking healthcare resources based on publicly available information. MPACT For Mankind is not an affiliate of any group, company or organization listed in this guide. Information is subject to change, so please contact the resource to confirm services are available and the requirements to receive services.

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Dental Clinics

Community Dental Care

P: 1 (844) 898-6684

Address:

Calling this number will put you in place with the location closest to you.

Medicaid & CHIP: Reduced rates for low-income adults, seniors & children

8:30 am-5:00 pm (M-F)

Community Dental Care – East Dallas Health Center
3910 Gaston Avenue #175, Dallas, TX 75246
(Located down the street from Baylor)

Community Dental Care – Vickery Meadow Dental Center
8224 Park Lane #125, Dallas, TX 75231

Community Dental Care – Carrollton/Farmers Branch
13551 Dennis Lane, Farmers Branch, TX 75234
(Located inside Family Health Center)

Website: <http://communitydentalcare.org/our-locations/>

Irving Interfaith Clinic

P: 972-254-2700

Address:

1711 W. Irving Boulevard
Suite 115
Irving, TX 75061

Monday, Wednesday, Friday 9:00am – 2:00pm

Thursdays 4:00pm to 8:00pm

Provides low-income Irving residents with primary care, primary dental care, and specialized clinics.

Patients must be at or below 200% FPL. Patients must provide proof of Irving residence (utility bill or lease) and proof of income (check stubs, income tax return, letter from employer).

<https://www.bswhealth.com/locations/community-clinic-irving/Pages/default.aspx>

Grand Prairie Wellness Center

P: (972)266-9123

Address:

1710 Small Street
Grand Prairie, Texas 75050

Monday – Friday 9:00am – 2:00pm

Must complete new patient registration for appointment

Provides primary care, optometry, chiropractic, dental, and hygienic services to Grand Prairie low-income residents

Must be at or below 125% FPL for medical services and at or below 185% FPL for dental services.

Must provide valid photo ID, SSN if applicable, utility or lease payments, and proof of income with employer's name and address.

Must reside in Grand Prairie.

North Dallas Shared Ministries

P: (214)358-8729

Address:

2875 Merrell Road
Dallas, TX 75229

North Dallas Shared Ministries provides a variety of dental services on a walk-in basis in cooperation with Texas A&M Baylor College of dentistry. Patients must be uninsured and live within the service area. Patients must present photo ID and proof of address.

Dental Services:

Oral screening
Exam
Sealants

<https://www.ndsm.org>

Texas A&M University College of Dentistry

P: (214) 828-8100

Address:

3302 Gaston Avenue
Dallas, TX 75246

Offices at Texas A&M College of Dentistry are open Monday through Friday from 8 a.m. to 5 p.m.

Patients visiting the college for screenings or emergency care are typically seen Monday through Friday, by appointment only. The college can only accommodate a limited number of patients each day.

<https://dentistry.tamhsc.edu/about/hoursclosings.html>

Los Barrios Unidos Dental Community Clinic

P: (214) 571-6132

Address:

809 Singleton Boulevard
Dallas, TX 75212

The Los Barrios Unidos Community Clinic Dental program provides comprehensive dental care for children up to age 17.

The following services are provided for children: Cleanings/Fluoride, Dental Exams, X-rays, Sealants, Resin restorations or tooth-colored fillings, Extractions, The First Dental Home Visit

Appointments are made by telephone. Please call [\(214\) 540-0300](tel:2145400300).

Community Dental Care

P: (972)241-2259

Address:

13551 Dennis Lane
Farmers Branch, TX 75234

Wednesday - Friday 8:00am - 5:00pm

Located inside Vivian Field Middle School

Website: <http://communitydentalcare.org/our-locations/>

Agape Clinic

P: (972) 707-7782

Address:

4101 Junius
Dallas, TX 75246

NO ID or proof of income/address required. \$30 for initial visit

HOURS: Tuesday - Friday 7:30am-2:00pm *Appointment Required*

Adult & Pediatric

Cleanings, screenings, fillings, and extractions

Healing Hands Ministries

Address:
HHM - Greenville:
8515 Greenville Avenue
STE N-108, Dallas, TX 75243
Phone: 214-221-0855

HHM - Vickery:
5750 Pineland Dr., STE 150
Dallas, TX 75231
Phone: 214-379-4393

Fri 9:00am – 4:00 pm/Closed from 12:00pm – 1:00pm for lunch
**Must enroll first (by appointment only)

Provides medical services to those without insurance, Medicaid, Medicare, or a Parkland product. Patients must be at or below 200% FPL.

Services: Primary Care, Chronic Care, Women's Health, GI, Nephrology, Neurology, Orthopedics, Rheumatology, Behavioral Health, Labs

Dental Services (M-F 7a-6p)

Must provide proof of residency (utility bill or lease), valid photo ID, and a pay stub.

Only serves zip codes 75231, 75238, 75243, 75080, 75081

Foremost Family Health Centers

P: (214) 426-3645

Address:
2922-B Martin Luther King
Blvd.
Dallas, TX 75215

HOURS: Mon-Fri 8:30 am – 11 am; 1 pm – 4 pm

Appointment Required

Dallas County adults and children

Must have photo ID, proof of residency, and proof of income to enroll.

<https://foremostfhc.org>

Concorde Career College

P: (469) 221-3454

Address:
12606 Greenville Avenue,
Suite 130
Dallas, TX 75243

Hours: Tuesday, Wednesday, and Thursday by appointment only

Dental hygiene services provided at low cost

Oral exams, sealants, and x-rays \$10

Adults and pediatrics (starting at age 3)

Medical Clinics

Agape Clinic

P: (972) 707-7782

Address:

4104 Junius

Dallas, TX 75246

NO ID or proof of income/address required. \$30 for primary care, \$35 for specialty visit theagapeclinic.org

• HOURS: Mon-Fri 7:30am-3:30pm *Appointment Required*

URGENT CARE: Saturday 7:30 until last patient seen. WALK-IN First come first served.

Primary and Chronic Care, Dermatology, Neurology, Ophthalmology, Orthopedics, Women's Health, Counseling, Dental, & allergy and asthma

www.theagapeclinic.org

Watermark Urgent Care

P: 469-317-0028

Address:

9780 LBJ Freeway Suite 124

Dallas, TX 75243

Hours: Monday-Saturday 9am-Capacity

Watermark Urgent Care services are offered to all who are uninsured or under-insured.

\$15 donation requested to cover the costs of services.

Types of issues seen: coughs, colds, sore throats, fever, earaches, asthma, infections, minor trauma and injuries, lacerations, rashes, sports physicals, pregnancy tests

www.watermarkurgentcare.com

North Dallas Shared Ministries

P: (972)620-8696

Address:

2875 Merrell Rd

Dallas, TX 75229

Tuesday & Thursday 5:00pm (start)

Immunization Clinic Tuesday 10:30am

Women's Clinic- Breast and Pelvic Exams

Wednesday (1st& 3rd) 5:30pm (start)

Bring a valid photo ID for all adults in household, birth certificates &/or SSNs for all members of household, and proof of zip code residency. NDSM serves the following zip codes: 75001, 75204, 75205, 75209, 75219, 75220, 75225, and 75229. 75230, 75231, 75234, 75235, 75240, 75244, 75247, 75248, 75251, 75252, 75254, 75287

<https://www.ndsm.org>

Mission East Dallas

P: (972)682-8917

Address:

2914 Oates Drive
Dallas, Texas 75228

Medical Clinic Mon-Thurs 8:30am-4:30pm. Dental Clinic Mon, Tues, Thurs 8:00am-2:00pm

Healthcare accepting private insurance, Medicaid, Medicare, and sliding scale fees for uninsured. Income must be at or below 200% FPL.

Dental clinic only serves zip codes 75032,75040,75041,75042,75043,75044, 75087,75149,75150,75180,75181,75182, 75217, 75218, 75227, 75228, 75231, 75243, and 75253.

<https://missioneastdallas.org>

Healing Hands Ministries

Address:

HMM - Greenville:
8515 Greenville Avenue
STE N-108, Dallas, TX 75243
Phone: 214-221-0855

HMM - Vickery:

5750 Pineland Dr., STE 150
Dallas, TX 75231
Phone: 214-379-4393

Fri 9:00am – 4:00 pm/Closed from 12:00pm – 1:00pm for lunch

**Must enroll first (by appointment only)

Provides medical services to those without insurance, Medicaid, Medicare, or a Parkland product. Patients must be at or below 200% FPL.

Services: Primary Care, Chronic Care, Women’s Health, GI, Nephrology, Neurology, Orthopedics, Rheumatology, Behavioral Health, Labs

Dental Services (M-F 7a-6p)

Must provide proof of residency (utility bill or lease), valid photo ID, and a pay stub. Only serves zip codes 75231, 75238, 75243, 75080, 75081

<http://healinghandsdallas.org>

Foremost Family Health Centers

P: (214) 426-3645

Address:

2922-B Martin Luther King
Blvd.
Dallas, TX 75215

HOURS: Mon-Thurs 8:30 am – 5 pm; Wed 10am – 7pm; Fri 8a – 1p

Appointment Required

Dallas County adults and children

Must have photo ID, proof of residency, and proof of income to enroll. Sliding scale fees available. Accepts most insurances.

Primary and chronic care, Women’s health, mammography, family planning, prenatal / postpartum care, STD testing and treatment, WIC, counseling services, dental services

<https://foremostfhc.org>

Los Barrios Unidos Community Clinic

P: (214) 540-0300

Address:

809 Singleton Boulevard
Dallas, TX 75212

Address:

4732 W. Illinois Ave.
Dallas, TX 75211

LBUCC offers comprehensive quality care and services that include pediatric care, adult health care, well women/obstetrics services, dentistry for children, WIC services and pharmacy services. Also offered are podiatry, optometry and behavioral health care for patients by referral from an LBUCC physician.

Accepted:

- Uninsured patients
- Patients with Medicaid
- Patients with CHIP
- Medicare patients
- Patients with private insurance

Singleton Ave:

Monday-Thursday 7:00 am – 6:00 pm

Friday 7:00 am – 5:00 pm

Saturday 8:00 am – 12:00 pm (including Adult Clinic services)

Sunday Closed

South Oak Cliff:

Monday-Friday 7:00 am – 6:00 pm

Saturday-Closed

Sunday-Closed

www.losbarriosunidos.org

Parkland Community Oriented Primary Care Clinics

P: (214)584-0100

(214)266-2100

Address:

5201 Harry Hines Bld.
Dallas, TX 75235

Monday- Friday 8:00am- 5:00pm

Locations and times vary around Dallas County

Acute, general, short-term, and specialized care, including extensive emergency, surgical, medical, maternity, psychiatric and pediatric services. Comprehensive social work available.

For locations go to:

<https://www.parklandhospital.com/locations?taxonomy=Community-Oriented-Primary-Care-Clinics>

City Square

P: (972) 817-6000

Address:

2835 Al Lipscomb Way
Dallas, TX 75215

Hours of Operation:
Monday – Friday
8 am – 5 pm and Thursday evenings

Zip Codes Served:
CitySquare Community Clinic accepts new patients who live in the following zip codes:
75203 | 75208 | 75210 | 75211 | 75215 | 75216 | 75217 | 75223 | 75226 | 75227 | 75241

Cost:
Medical visits are \$10 per appointment. There is no fee for the enrollment visit.

New patients must provide:
Proof of Income | Proof of Residency | Identification (Valid Picture ID)
Please call the CitySquare Clinic if you have questions about these documents.

Services: Primary care, behavioral health, chronic disease care, medication management, specialist referrals.

<https://www.citysquare.org/programs/health/>

**Baylor Scott & White
Community Care
Clinics**

Call each clinic for more information

Medical care for children and adults.
Financial assistance available; must apply for eligibility
Primary care, acute care, preventative health, home health, labs, immunizations, social work, prescription assistance

St. Philip’s School	Juanita J. Craft Rec Center	Worth Street Clinic
1600 Pennsylvania Ave	4500 Spring Avenue	4001 Worth Street
Dallas, TX 75215	Dallas, TX 75210	Dallas, TX 75246
972.817.6410	972.817.6410	972.817.7070

<https://www.bswhealth.com/about/community-involvement/community-outreach-programs/Pages/community-care-clinics.aspx>

**Brother Bill's
Helping Hand**

P: (214) 638-2196

Address:
3906 N. Westmoreland
Dallas, TX 75212

Monday: Thursday 8:30 am – 4:00 pm
Friday: 9:00 am – 2:00 pm
Closed Saturday & Sunday

Offers medical services to uninsured adults, but will not turn away people who have insurance.

Asks for a \$10 donation to help continue to provide care.

Services include annual exams, eye exams, dental care, women's wellness, mammograms, prostate screenings, vaccinations, support for managing chronic illnesses such as diabetes and hypertension

www.bbhh.org

Woven Health Clinic

P: (972)484-8444

Address:

1 Medical Parkway, Plaza 1,
Suite 149
Dallas, TX 75234

Monday – Thursday 8:00am – 5:30 pm
Friday 8:30 am – 1:00 pm

Appointment required

\$25 for first visit; \$20 for follow up visits

Services include: primary care, chronic disease management, women's health, mental health, and preventative medicine

<https://www.wovenhealth.org>

**Dallas County Clinic
Sexually Transmitted
Diseases**

P: (214)819-1819

Address:
2377 Stemmons Freeway,
Room 100
Dallas, TX 75207

Clinic hours are:

8 am to 4 pm - Monday, Tuesday, Thursday and Friday
10 am to 6 pm – Wednesday

Dallas County Health and Human Services offers testing for sexually transmitted diseases at the department's central office location and in the mobile medical unit.

Services offered can include testing, some same-day results, an exam and treatment. The fee is \$20.

Medication is offered on-site to treat clients for their infections. Preventable treatment is also provided for clients exposed to STDs.

**Irving Bible Church
2435 Medical Clinic**

P: (972)443-3328

Address:

2435 Kinwest Parkway
Irving, Texas 75065

Check-in is from 2:30 - 3:30 p.m.; patients must check-in during this time to be seen.

Patient visits are from 4 - 8:30 p.m.

Provides basic medical care and health educations.

No residency requirements.

No appointment necessary.

<http://www.irvingbible.org/2435kinwest>

**Irving Interfaith
Clinic**

P: (972)254-2700

Address:

1711 W. Irving Boulevard
Suite 115
Irving, TX 75061

Monday, Wednesday, Friday 9:00am – 2:00pm

Thursdays 4:00pm to 8:00pm

Provides low-income Irving residents with primary care, primary dental care, and specialized clinics.

Patients must be at or below 200% FPL. Patients must provide proof of Irving residence (utility bill or lease) and proof of income (check stubs, income tax return, letter from employer).

<https://www.bswhealth.com/locations/community-clinic-irving/Pages/default.aspx>

**Grand Prairie
Wellness Center**

P: (972)266-9123

Address:

1710 Small Street
Grand Prairie, Texas 75050

Must complete new patient registration for appointment

New Patient Registration / Mon – Fri 9:00am -2:00pm

Provides primary care, optometry, chiropractic, dental, and hygienic services to Grand Prairie low-income residence

Must be at or below 125% FPL for medical services and at or below 185% FPL for dental services.

Must provide valid photo ID, SSN if applicable, utility or lease payments, and proof of income with employers' name and address.

Must reside in Grand Prairie.

**Hope Clinic of
Garland**

P: (469) 800-2500

Address:

800 S. 6th St, Suite 100
Garland, TX 75040

Monday: Thursday 7:30 am – 5:00 pm

Thursday: Urgent Care after 5pm by appointment only

Friday: 7:30 am – 3:00 pm

Closed Saturday & Sunday

Free medical care for the uninsured residents of Garland

Photo ID and proof of residency required

Primary care services, spiritual care, diabetes education, nutrition education, community resources, urgent care services, specialist referrals, prescription assistance

<https://hopeclinic-garland.org>

Pediatric Clinics & Services

*Note: Most medical clinics listed above provide medical services for both adults & children. Please call in advance to confirm.

The Doctor Spot

P: (972) 834-2473

Address:

Mobile clinic

See website for locations

Providing basic medical services at no cost for uninsured children in Dallas County.

FREE medical care for uninsured; Medicaid accepted

Prescription / medication assistance

Immunizations

Ages: birth to 18 (will treat parents for same symptoms as child)

Los Barrios Unidos Women & Children's Services Clinic

P: WIC (214) 761-0956

Clinic (214) 540-0300

Address:

WIC: 809 Singleton Boulevard

Dallas, TX 75212

Clinic: 3111 Sylvan Avenue

Dallas, TX 75212

WIC: Mon-Thur 7:30 am -6:00 pm

Fri 7:30 am -4:00 pm

3rd Sat of the month 7:30 am -2:00 pm/2nd Tues of the month 10:30 am -6:00 pm

Clinic: Mon-Fri 7:00 -5:00 pm

Saturday 8:00 am – 4:00 pm

Sunday Closed

Appointment required

Services include: immunizations, early childhood development, well-child visits, acute care, physical exams, vision and hearing screening, asthma management, chronic disease management, lab, health education

<http://losbarriosunidos.org/services/pediatrics/>

Women's Health

**Please see the medical clinics list above for resources to meet your well-woman and other women's health needs.

WINGS Dallas

P: (214) 584-2322 or

(214) 325-0110

Address:

4144 N. Central Expy,

Ste 580

Dallas, TX 75204

The Nurse-Family Partnership is a free program that partners first-time moms with experienced nurse home visitors. When you enroll in the program, a specially trained registered nurse will visit you throughout your pregnancy and until your baby turns two years old.

To be eligible you must:

- Be pregnant with your first child
- Meet income guidelines
- Be less than 28 weeks pregnant.
- Live in Dallas County

www.wingsdallas.org

The Bridge Breast Network

P: (214)821-3820

Address:

4000 Junius Street
Dallas, TX 75246

Mon -Thurs 8:30am - 5:00pm

Friday 8:30am-4:00pm

Offers diagnostic mammograms, biopsies, and sonograms. Also offers treatment for breast cancer including surgery, chemotherapy, and radiation to uninsured or underinsured in Collin, Dallas, Denton, Ellis, Erath, Grayson, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Tarrant county.

Must have a breast health concern (lump, pain, discharge)

Must not have breast implants

Must be equal or less than 250% FPL
\$20 application fee

<https://www.bridgebreast.org>

Dallas County Immunizations

Dallas County Health and Human Services

2377 N. Stemmons Freeway, Dallas, TX 75207

Telephone: 214-819-2000

<https://www.dallascounty.org/departments/dchhs/immunizations.php>

Clients eligible to receive (TVFC) immunizations at Dallas County Health and Human Services are:

- Medicaid eligible
- Uninsured: A child who has no health insurance coverage
- American Indian or Alaskan Native
- Enrolled in CHIP
- Underinsured*

*A child who has commercial (private) health insurance, but coverage does not include vaccines; a child whose insurance covers only selected vaccines (TVFC-eligible for non-covered vaccines only).

DCHHS charges \$10 per patient for their first visit and \$5 for subsequent visits. Services are free for individuals with valid Medicaid cards. Parents are asked to bring their child's immunization records. A \$5 fee will be charged for a replacement copy. Immunization records may only be available if the client has been seen at one of DCHHS' clinics before.

<p>Walk-in Immunization Clinic Hours and Locations We serve children 18 years and younger. Cost: \$10 first visit, \$5 subsequent visits No "Texas Vaccine for Children eligible" child will be denied services. For more information, call 214-819-2163</p>	<p>Horario y ubicaciones de clínicas de vacunación sin cita previa Atendemos a niños de 18 años y menores. Costos: \$10 primeravista, \$5 visitasposteriores A ningúnniño “elegible del ProgramaVacunas para Niños de Texas” se le negarán los servicios. Para másinformación, llame al 214-819-2163.</p>
<p>DCHHS Stemmons Immunization Clinic 2377 N. Stemmons Freeway, #159 (first floor) Dallas, TX 75207 8 a.m. - 4 p.m. Monday through Friday 214-819-2163 or 214-819-1903</p>	<p>Clínica de Vacunación DCHHS Stemmons 2377 N. Stemmons Freeway, #159 (first floor) Dallas, TX 75207 8:00 a. m. a 4:00 p. m., de lunes a viernes 214-819-2163 o 214-819-1903</p>
<p>Carrollton Farmers Branch Immunization Clinic 2774 Valwood Pkwy, Farmers Branch, TX 75234 8 a.m. – 4 p.m. Monday through Friday 972-241-2684</p>	<p>Clínica de Vacunación Carrollton Farmers Branch 2774 Valwood Pkwy, Farmers Branch, TX 75234 8:00 a. m. a 4:00 p. m., de lunes a viernes 972-241-2684</p>
<p>John West Branch Immunization Clinic 3312 N. Buckner Blvd. Suite 200, Dallas, TX 75228 8 a.m. – 4 p.m. Monday through Friday 214-321-5747</p>	<p>Clínica de Vacunación John West Branch 3312 N. Buckner Blvd. Suite 200, Dallas, TX 75228 8:00 a. m. a 4:00 p. m., de lunes a viernes 214-321-5747</p>
<p>Irving Branch Immunization Clinic 440 S. Nursery Rd., Irving, TX 75060 8 a.m. – 4 p.m. Monday through Friday 972-721-3661</p>	<p>Clínica de Vacunación Irving Branch 440 S. Nursery Rd., Irving, TX 75060 8:00 a. m. a 4:00 p. m., de lunes a viernes 972-721-3661</p>
<p>North Dallas Branch Immunization Clinic 8202 Spring Valley Rd. #200, Dallas, TX 75240 This clinic location is located at the corner of Waterfall Way and Spring Valley behind the laundromat. 8 a.m. - 4 p.m. Monday through Friday 214-358-0926</p>	<p>Clínica de Vacunación North Dallas Branch 8202 Spring Valley Rd. #200, Dallas, TX 75240 La ubicación de estaclínica se encuentraen la esquina de Waterfall Way y Spring Valley detrás de la lavandería. 8:00 a. m. a 4:00 p. m., de lunes a viernes 214-358-0926</p>
<p>Oak Cliff Branch Immunization Clinic 1113 E. Jefferson Boulevard, Suite 200, Dallas, TX 75203 8 a.m. - 4 p.m. Monday through Friday 214-948-0425</p>	<p>Clínica de Vacunación Oak Cliff Branch 1113 E. Jefferson Boulevard, Suite 200, Dallas, TX 75203 8:00 a. m. a 4:00 p. m., de lunes a viernes 214-948-0425</p>
<p>Grand Prairie Branch Immunization Clinic 1413 Densman St., Grand Prairie, TX 75051 8:00 a.m. - 4:00 p.m. Every 1st, 2nd, 3rd and 4th Wednesday 972-642-5962</p>	<p>Clínica de Vacunación Grand Prairie Branch 1413 Densman St., Grand Prairie, TX 75051 8:00 a. m. a 4:00 p. m., cada primer, segundo, tercer y cuartomiércoles 972-642-5962</p>

Vision

Agape Clinic

P: (972) 707-7782

Address:

4104 Junius

Dallas, TX 75246

NO ID or proof of income/address required. \$30 for primary care, \$35 for specialty visit theagapeclinic.org

- HOURS: Mon-Fri 7:30am-3:30pm *Appointment Required*

URGENT CARE: Saturday 7:30 until last patient seen. WALK-IN First come first served.

Primary and Chronic Care, Dermatology, Neurology, Ophthalmology, Orthopedics, Women's Health, Counseling, Dental, & allergy and asthma

www.theagapeclinic.org

Brother Bill's Helping Hand

P: (214) 638-2196

Address:

3906 N. Westmoreland

Dallas, TX 75212

Monday: Thursday 8:30 am – 4:00 pm

Friday: 9:00 am – 2:00 pm

Closed Saturday & Sunday

Offers medical services to uninsured adults, but will not turn away people who have insurance.

Asks for a \$10 donation to help continue to provide care.

Services include annual exams, eye exams, dental care, women's wellness, mammograms, prostate screenings, vaccinations, support for managing chronic illnesses such as diabetes and hypertension

www.bbhh.org

Hope Clinic of Garland

P: (469) 800-2500

Address:

800 S. 6th St, Suite 100

Garland, TX 75040

Monday: Thursday 7:30 am – 5:00 pm

Thursday: Urgent Care after 5pm by appointment only

Friday: 7:30 am – 3:00 pm

Closed Saturday & Sunday

Free medical care for the uninsured residents of Garland

Photo ID and proof of residency required

Primary care services, spiritual care, diabetes education, nutrition education, community resources, urgent care services, specialist referrals, prescription assistance

<https://hopeclinic-garland.org>

**Los Barrios Unidos
Community Clinic**

P: (214) 540-0300

Address:
809 Singleton Boulevard
Dallas, TX 75212

Address:
4732 W. Illinois Ave.
Dallas, TX 75211

LBUCC offers comprehensive quality care and services that include pediatric care, adult health care, well women/obstetrics services, dentistry for children, WIC services and pharmacy services. Also offered are podiatry, optometry and behavioral health care for patients by referral from an LBUCC physician.

Accepted:

- Uninsured patients
- Patients with Medicaid
- Patients with CHIP
- Medicare patients
- Patients with private insurance

Singleton Ave:

Monday-Thursday 7:00 am – 6:00 pm
Friday 7:00 am – 5:00 pm
Saturday 8:00 am – 12:00 pm (including Adult Clinic services)
Sunday Closed

South Oak Cliff:

Monday-Friday 7:00 am – 6:00 pm
Saturday-Closed
Sunday-Closed

www.losbarriosunidos.org

Counseling

**ADAPT Mobile
Crisis Team**

P: 1-866-260-8000

Free mental health mobile team available 24/7 for residents in the Dallas and surrounding counties. Will come on site to assess clients and can make referrals for counseling, mental health and substance abuse providers.

**Child & Family
Guidance Center**

P: (214)351-3490

Address:
8915 Harry Hines Blvd
Dallas, TX 75235

Office Hours Monday- Friday 8:00am - 5:00pm/Closed Saturday and Sunday
Call for specific locations and to schedule appointments.

Provides child, adolescent, and adult therapy; including play therapy, psychiatric therapy, and substance abuse counseling.

Services are at a sliding scale fee, reduced cost, or free depending on financial situation.

www.childrenandfamilies.org

Dallas Children's Advocacy Center

P: (214)818-2600

Address:
5351 Samuell Blvd
Dallas, TX 75228

Monday- Friday 9:00am - 5:00pm

Provides therapy to child victims of abuse or trauma. Therapy can be individual or family therapy.

www.dcac.org

Harmony Counseling Center

P: (214)751-3932

Address:
6969 Pastor Bailey Dr.
Suite 250
Dallas, Texas 75237

Harmony Counseling Center has been providing community-based counseling services to individuals, couples, families, and groups since the 1980's. We have now partnered with CCD Counseling (CCD) which now allows us to offer FREE Family Counseling via The "Family Tree" Program! The Family Tree Program (funded by the State of Texas TDFPS) provides Free Family Counseling for Denton and Dallas County youth and their families.

<http://harmonycdc.org/services/counseling-center/>

Parkland Victim's Intervention Program

P: (214)590-2926

24-Hour Hotline
(214)590-0430

Address:
5201 Harry Hines Blvd
Dallas, TX 75235

Monday- Thursday 8:00am - 8:00pm

Friday-Saturday 8:00am- 4:30pm

Provides crisis counseling and victim support to women, men, and teens who have experienced family violence, intimate partner violence, or sexual assault. Client privacy and safety are ensured through strict confidentiality measures.

<https://www.parklandhospital.com/vip-rape-crisis-center>

Victims Outreach

P: (214)358-5173

Address:
10300 N Central Expy
Dallas, TX 75231

24-hour crisis hotline for children, adolescent, and adults that have been victims of rape, kidnapping, physical abuse, sexual abuse, stalking, and domestic abuse. Clients will have the opportunity to establish on-going counseling.

Center For Survivors of Torture

P: (214) 827-2314

Address:
4108 Swiss Ave,
Dallas, TX 75204

Monday through Saturday, 9:00am – 5:00pm

Center for Survivors of Torture (CST) exists to facilitate healing, ease transition into new beginnings, and foster hope in survivors of trauma, by providing specialized services addressing their comprehensive psychological, medical, and social needs; generating legal referrals; providing training opportunities for state-of-the-art professional service delivery; and collecting outcome measurements.

<https://cstnet.org/>

Food Pantries

Baptist Benevolent Food Ministry

P: (972)254-0973

Address:

114 E. Second Street
Irving, TX 75060

Monday, Tuesday, Wednesday, Friday 10:00am-1:15pm/closed Thursday, Saturday, Sunday

New clients must arrive before 1:00 p.m.

Provides emergency food assistance for Irving residents and close family members.

Must provide proof of Irving residence and legal documentation (SSN, birth certificate, or Medicaid/Medicare card) for all family members.

Cedar Hill Food Pantry

P: (972) 293-2822

Address:

403 Houston St
Cedar Hill, TX 75104

Monday-Friday 1:00pm-4:00pm and Saturday 9:00am-12:00pm

Closed Sunday

May need to provide current pay stub, rent/mortgage agreement, current gas/electricity bill, Social Security card for all household members, copies of drivers license for all household drivers, proof of children attending Cedar Hill ISD, entitlement certificate (SNAP, TANF, etc), & proof of other unearned income.

City Square

P: (214)823-8710

Address:

1610 S Malcolm X Blvd,
Bldg 350
Dallas, Texas 75226

Tuesday - Friday 9 am - Noon & 1 pm – 4 pm

Provides food assistance once a month to families. Please bring Texas ID, Social Security Card, and proof of residency. For all children under 18 years of age please provide Social Security card and birth certificate.

<https://www.citysquare.org/>

Crossroads Community Services

P: (214)560-2511

Address:

4500 S Cockrell Hill Rd,
Dallas, TX 75236

Monday 1:00 – 3:00 PM

Tuesday 9:00 – 11:00 AM & 1:00 – 3:00 PM

Wednesday 9:00 – 11:00 AM & 1:00 – 3:00 PM

Thursday 9:00 – 11:00 AM & 1:00 – 3:00 PM

First come, first serve basis.

Provides food assistance once a month for qualifying individuals.

<https://ccsdallas.org/>

**Duncanville Outreach
Ministry**

P: (972)296-4986

Address:
202 Cherry Street
Duncanville, TX 75138

Monday – Friday 9:30am-12:30 pm

Provides emergency food assistance to residents of 75116 & 75137.

Meet TEFAP/TDA income guidelines

Please bring drivers license, social security card, and current utility bill.

<https://duncanvilleoutreachministry.com/>

**Soul for Christ
Ministry's Food Pantry**

P: (214) 641-4577

Address:
2402 S Beckley Ave,
Dallas, TX 75224

Every Wednesday 12:00pm-3:00pm

Applicants must present 2 of the followings: Picture ID; Proof of Residence and/or Income.

<https://www.soulforchristministry.org/>

**Pleasant Grove
Food Pantry**

P: (214) 505-1928

Address:
1331 Baywood St,
Dallas, TX 75217

Open Tuesdays: 10:00 a.m. – 12:00 noon and 12:30 p.m. – 3:00 p.m.

If you and your family live in zip codes 75217, 75227, or 75253 AND your income is at or below TEXCAP guidelines you are eligible to receive support from our food pantry.

<https://www.pleasantgrovefoodpantry.org/>