



# Society of St. Vincent de Paul

## **St. Gabriel's Conference-Dallas Council**

McKinney, Texas

214-592-0645

A ministry of St. Gabriel the Archangel Catholic Church  
110 St Gabriel Way McKinney, Texas 75071

The mission of the Saint Vincent de Paul Society is to spiritually and materially assist people in need. The words of Jesus Christ as written in Matthew 25:35-36 are our inspiration and challenge, "For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me."

We pray that God may lighten your burden and guide you with his love.

## **Food**

### **Community Food Pantry of McKinney**

307 Smith St. McKinney, TX 75069 (972) 547-4404

**Hours:** M-F 1pm-3pm, Sat 9am-11am

**Services:** 3 ½ days simplistic full menu of food. If eligible for further assistance, family/individual receives full menu twice weekly while complying with program.

**Requirements:** If family/individual does not comply with the program and misses scheduled paperwork deadlines, the full menu is reduced to a daily minimum menu. Minimum menu must be picked up daily at site.

### **St Michael the Archangel Catholic Church Food Pantry**

652 Red Bud McKinney, TX 75069 (972) 547-4667

**Hours:** Tues-Thurs 2-4pm and 2nd Saturday (monthly), 8:30-10:30am or by appointment

**Requirements:** bring picture ID and utility bill

### **Princeton Food Pantry**

Church of Christ

301 E. Princeton Drive Princeton, TX 75407 972-734-3355

**Hours:** Open 2<sup>nd</sup> Tuesday (monthly) from 6 to 7pm or by appointment for extreme emergencies

**Comment:** must be a Princeton resident

### **God's Food Pantry**

3420 E. 14<sup>th</sup> St. Suite 101, Plano, TX 75074 (972) 633-9777

**Hours:** Tues, Thurs, Sat 10am-1pm

**Comment:** Food items include fruits, vegetables, hot dogs, bread, canned goods, staples, and many more. No residency requirement.

### **Community Food Center Inc. Denton**

109 W. Sycamore Denton, TX 76201 (940) 382-0807

**Services:** Provides staple food supplies in emergency situations (ex: lost job, illness, major care expense, just moved) Can use service 4 times per year.

**Hours:** M-F 1-3pm

### **Seven Loaves Community**

5801 W Plano Pkwy, Plano TX 75093

469-385-1813

**Hours:** Open Thursdays, 4:00-6:30 p.m. and Saturdays 9:00-11:30 a.m. (Not open July 4, Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, and New Years Day)

**Services:** Food pantry, Joseph's coat (clothing), Plus One (hygiene products), education services, seasonal assistance, Open to all Collin County. Must bring photo id and proof of residence. Food pantry with fresh vegetables/fruit/meat, clothing distribution

<http://www.7loavescommunity.org/>

### **Food Stamps (Lone Star Card)**

Texas Health and Human Services

901 N. McDonald St., Suite 800 McKinney, TX 75069 (972) 562-5832 or 1-800-448-3927

[www.dhs.state.tx.us](http://www.dhs.state.tx.us)

**Hours:** M-F 8am-5pm

**Requirements:** Must be income eligible and meet program requirements.

### **WIC Clinics**

825 N. McDonald Suite 120, McKinney, TX 75069 (972) 548-5554

**Hours:** M-Th 8am-12pm and 1-7pm; Fri 8am-12pm

**Services:** Special supplemental food program that provides nutrition education and food vouchers for qualifying children, infants and pregnant or breastfeeding women.

### **High Pointe Church of Christ**

3201 North Central Expwy McKinney, TX 75071

214.544.6565

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

**Services: Clothes Closet**

1st and 3rd Wednesday of the month 1-2 pm, West Church parking lot, 3rd portable building

**Food Pantry** 1st and 3rd Thursday of each month 1-2 pm

### **Frisco Family Service Food Pantry**

9085 Dogwood St Frisco, TX 75033 Phone (972) 335-9495

Hours: M,T,R,F: 9 AM - 5 PM Wed: 9 AM - 6 PM

Services: food pantry, help paying your utility bills, rent/mortgage assistance, assistance with pursuing your education

Requirements: Must live in Frisco or within the Frisco ISD limits and have a documented crisis. In order to determine if you are eligible, come into our office located at 8780 Third Street in Frisco to complete an application and set up an appointment to meet with a Case Manager

## **Shelter**

### **The Samaritan Inn**

1710 N. McDonald St. McKinney, TX 75071 (972) 542-5302

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

**Hours:** 11am-2pm to meet with case worker/counselor

**Services:** A homeless shelter. Will admit clients overnight but clients must meet with the counselors the next day. The Inn does a criminal background check on all applicants.

**Requirements:** All applicants must submit to a criminal background check. Domestic violence situation, cases involving CPS (Child Protection Agency), and cases under investigation are not accepted. Other requirements include showing a picture ID, being a Collin County resident for the past 6 months, being clean and sober for the past 90 days, and ability to work and hold a job.

### **Grayson County Homeless Shelter**

331 W Morton St. Dennison, TX 75020 (903) 465-6041

**Services:** Provides shelter for up to 21 days for single women 18 and over, single men 45 and over, and families.

**Requirements:** Must have picture id, social security card, be able and willing to work, and be seeking perm housing

### **McKinney Housing Authority**

1200 N. Tennessee St. McKinney, TX 75069 (972) 542-5641

**Contact:** [www.mckinneyha.org](http://www.mckinneyha.org)

**Services:** Administers housing programs for elderly people, disabled people, and people with low incomes (Section 8 housing and Public Housing)

### **Hope's Door**

Administrative Offices (972) 422-2911

24 Hour Hotline (972) 422-7233

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

860 Ave. F, Suite 100 Plano, TX 75074

**Hours:** Opened 24 hrs a day

**Services:** A full service shelter and counseling center helping families and individuals affected by domestic abuse. All adults are welcomed but children must accompany their mothers.

Requirements: Victims must place call themselves

**Fee:** Victim's services are free; others (like batterer's programs) may be free or fee based with sliding scale.

### **Housing Crisis Center**

4210 Junius Dallas, TX 75246 (214) 828-4244 ext. 100

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

**Hours:** M-F 9am-5pm

**Services:** Housing Crisis Center provides legal and educational information to tenants and landlords. It also offers a variety of programs to homeless families, individuals, or families and individuals in danger of losing their homes.

Through skills training, counseling, and referral, the Center stabilizes the lives of client's by enabling them to obtain and maintain permanent housing via short and long term transitional housing.

### **C.I.T.Y. House (Collin Intervention To Youth)**

902 E. 16<sup>th</sup> St. Plano, TX 75074 (972) 423-7057 or (972) 424-4626

**Services:** Shelter for displaced youth.

### **North Collin County Habitat for Humanity**

2060 Couch Drive McKinney, TX 75069 (972) 542-5300

**Hours:** M-F 9-5

**Services:** Offers low cost housing for low income families who qualify and are willing to contribute sweat equity in return for a new home

**Family Promise of Collin County**

972-442-6966

[supportservice@familypromiseofcollincounty.org](mailto:supportservice@familypromiseofcollincounty.org)

Our mission is to provide food, shelter and support services to Collin County families with children as they regain sustainable independence.

**Requirements:** Must be a family with 18 or under children. Preferred Collin county resident. No felony or rehab in the past year.

**Services:** Not an emergency shelter but a bridge to independence

**Social Service Agencies – General Assistance**

**Community Lifeline Center Inc.**

1601 N. Waddill, Suite 102 (1 story red brick bldg.) McKinney, 75069 (972) 542-0020

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

**Hours:** M-Th 8:30am-2:30pm

**Comments:** Clients may complete applications for assistance online

**Community Services Inc.**

808 S. College Suite 203 McKinney, TX (214) 585-0885 or (800) 831-9929

Services: Program to assist low-income persons with energy related crises.

**McKinney Salvation Army**

600 Wilson Creek Parkway McKinney, TX 75070 (972) 542-6694 or (972) 562-6022

**Services:** Emergency assistance to include clothing and food. When available, financial assistance with rent, prescriptions and utilities.

**Red Cross of North Texas**

1450 Redbud Blvd McKinney, TX 75069

(972) 562-0601

**Assistance Center of Collin County**

900 18<sup>th</sup> St. Plano, TX 75074 (972) 422-1850

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

**Services:** Information, health and human care services and referrals.

**Assistance with Cell and landline phone service:**

Lifeline program has provided a discount on phone service for qualifying low-income consumers to ensure that all Americans have the opportunities and security that phone service brings, including being able to connect to jobs, family and emergency services.

(866) 454-8387.

Website to apply: <http://www.usac.org/li/getting-service/applying.aspx#TX>

**Texas Health and Human Services**

901 N. McDonald St., Suite 800 McKinney, TX 75269 (972) 562-5832

Assistance Hotline: 1-800-448-3927 for immediate information and service requests

[www.dhs.state.tx.us](http://www.dhs.state.tx.us) or [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

**Hours:** M-F 8am-5pm

**Services:** SNAP, TANF, Medicaid

**Collin County WIC-McKinney**

825 N. McDonald St. McKinney, TX 75069 972-548-5554

**Hours:** M-Th 8am-12pm and 1-7pm, Fri 8am-12pm, 1<sup>st</sup> S at 8am-12pm

**Frisco Family Service Center**

8780 3<sup>rd</sup> St. Frisco, TX 75034 (972) 335-9495

**Hours:** M-F 9am-3pm; W 9am-6pm

**Comments:** Must be served by Frisco ISD

**Allen Community Outreach**

801 E Main St Allen, TX 75002 (972) 727-9131

**Hours:** M-F 8:30-4:30

**Comments:** Must be served by Allen ISD. Assisting families in times of emergency, rent and utilities crisis

**Plano Community Charity**

2436 K Ave. Plano, TX 75074 (972) 578-0399

**Hours:** M-W 10am-6pm; Th-Sat 10am-7pm

**Services:** Financial assistance for people in crisis. Thrift Store available.

**Catholic Charities of Dallas**

Central Administrative Offices:

9461 LBJ Freeway S-128 P.O. Box 190507 Dallas, TX 75243 214-520-6590

**Services:** A family of human service agencies working together to strengthen families. Programs and member agencies.

Catholic Counseling Services 3725 Blackburn St. Dallas, TX 75219 214-526-2772

**Services:** To provide professional counseling and assistance to families and individuals through these programs

St. Joseph Adolescent and Family Counseling Center

5415 Maple Ave., Suite 320 Dallas, TX 75235 214-631-TEEN (8336)

**Services:** To provide an outpatient substance abuse treatment program for adolescents. Additional locations in Coppell, Plano and McKinney. Licensed by the Texas Commission on Alcohol and Drug Abuse. Sliding fee scale for all programs.

Charities Home Center

Store #1 -640 James Dr. Richardson, TX 75080 972-644-5506

Store#2 -9850 Kingsley Rd. Suite 228 Dallas, TX 75238 (in the Lakeridge Village Shopping Center at Kingsley and Audelia) 214-342-8231

**Services:** To make donations of furniture, clothing and household items available at low cost to individuals and families in need

**Hours:** T-F 11am-7pm, Sat 10am-6pm

Immigration Counseling Services

9461 LBJ Freeway Suite 100 Dallas, TX 75235 214-634-7182

**Services:** To assist and counsel persons in the process of seeking US citizenship or legal immigration status and to represent persons in the Immigration Court. Program is accredited by the US Department of Justice.

Refugee and Empowerment Services

9451 LBJ Freeway Suite 100 Dallas, TX 75238 214-553-9909

**Services:** To assist in the resettlement of refugees who came to Dallas by providing for their basic human needs, assimilating them to their new country and culture, and assisting them in their economic development and placement activities. Other assistance includes ESL classes and assimilation workshops. Sponsors and volunteers are developed to help in this process.

**Texas Assistance Program (The Texas Health and Human Services Commission (HHSC))**

1-800-525-0657

[www.needhelpayingbills.com/index.html](http://www.needhelpayingbills.com/index.html)

Help with bills, mortgage, debts

**Texas Department of Aging and Disability Services**

901 n. McDonald st

McKinney tx 75069

972-562-5832

Po box 149030

Austin tx 78714

888-337-6377

Mail@dads.state.tx.us

Www.dads.state.tx.us

**ESL, GED, Budgeting, Legal, Transportation, Thrift Stores, Pets**

**McKinney Memorial Public Library- English as a Second Language/GED**

101 E. Hunt St. McKinney, TX 75069 (972) 547-7323

**Hours:** M-TH 10am-9pm, Fri & Sat 10am-6pm, Sun 1pm-5pm

**Services:** ESLand GED classes

**Green Path Debt Solutions Inc.-**

2770 Virginia Parkway, Suite 101 McKinney, TX 75071 972-542-0257

**Hours:** T, TH, F 8am-5pm, M,W 10am-6pm

**Services:** The consumer Credit Counseling Services is a non-profit organization that helps people solve debt problems and gain financial control. They offer confidential counseling and education services in areas like unsecured debt problems and budgeting. They provide credit report advice and pre-purchase counseling for people wanting to purchase homes in addition to foreclosure prevention counseling services for those behind in paying for their homes. In many cases, Green Path can reduce your payments through current working agreements with creditors

**Requirements:** Bring proof of income and all credit card statements

**Fee:** Some services are offered at no cost whatsoever but not all counseling is free. Some services have set fees. However, payment for these services may be adjusted to fit the client's financial limitations through creative solutions. Those who find themselves in financial stress and difficulty are strongly urged to seek assistance with Green Path

#### **Immigration Counseling Services-**

5415 Maple Ave., Suite 400 Dallas 75235 214-634-7182

**Services:** To assist and counsel persons in the process of seeking U.S. citizenship or legal immigration status and to represent persons in the Immigration Court. Program is accredited by the U.S. Department of Justice

#### **Migration and Refugee Services**

9850 Kingsley Rd., Suite 228 Dallas 75238 214-553-8116 or 214-553-9909 ext. 112

**Services:** To assist in the resettlement of refugees who come to Dallas by providing for their basic human needs, acclimating them to their new country and culture, and assisting in their economic development by providing job development and placement activities. Other assistance includes ESL classes and assimilation workshops. Sponsors and volunteers are developed to help in this process

#### **Legal Aid of NW Texas**

901 N McDonald St McKinney, TX 75069 (972) 542-9405 Lawyer Hotline (888) 529-5277 M-F 9am-noon

#### **Family Violence Legal Line** (800) 374-4673

**Services:** Answers legal questions and makes referrals for consultations

#### **Texas Legal Services Center Hotline** (800) 622-2520

**Services:** Legal help for military members and families, seniors, and the disabled.

#### **TAPS (Texoma Area Paratransit System)**

608 N. Tennessee St. McKinney, TX 75069 (800) 256-0911 www.tapsbus.com

**Services:** Provides bus service within a seven county area. Fares range from \$2-\$6 and seniors/disabled/students are half price. They also offer shuttle service to DART and two standard bus routes.

#### **Medicaid Transportation**

**Services:** No cost transportation for Medicaid participants to and from medical appointments depending on eligibility. If participant is on a bus line then Medicaid will set up transportation with the bus line. Otherwise, transportation will be through Yellow Cab Medicaid Transportation Services

**Requirements:** Medicaid participant must check with their Medicaid program to see if eligible. Once eligible, Medicaid will call the transportation service to authorize and arrange transportation. See "Health" for the Medicaid Hotline number.

#### **INN Style Resale Store** (formerly the Friends of the Inn Thrift Store)

103 E University Dr McKinney TX 75069 (972) 547-5567

**Services:** Provides affordable clothing, shoes and household goods.

#### **Frisco Resale Store**

9125 Dogwood Frisco, TX 75034 (972) 712-7833

**Services:** Provides affordable clothing, shoes and household goods for those in the Frisco ISD.

#### **Plano Clothes Closet**

First Presbyterian Church 1500 Jupiter Road Plano, TX 75074 (972) 432-4292

#### **North Texas Pet Food Pantry**

1300 N Waddill St McKinney, TX 75069 (214) 250-4973

**Services:** Provides emergency pet food.

#### **SPCA of TX**

8411 Stacy Road McKinney, TX 75070 (214) 742-SPCA (7722)

**Services:** Provides low-cost spay and neuter services as well as wellness visits for people who cannot afford them.

### **Employment Related**

**City of McKinney Chamber of Commerce** [www.mckinneytx.org](http://www.mckinneytx.org)

**Services:** The website, sponsored by the McKinney Chamber of Commerce, offers job opportunities under the business resource section. Click on the related site of interest to investigate job opportunities from employers in the area.

### **Job Information Line**

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

**Services:** Lists job opportunities that are available within the city of McKinney.

### **North Texas Job Corps Center-**

1701 N. Church Street McKinney TX 75069 (972) 542-2623 [www.jobcorps.org](http://www.jobcorps.org)

**Services:** To provide free career development services focused on career preparedness, social development and transitional services in a training and living environment

**Requirements:** Age range 16-24

### **Texas Workforce Commission**

[www.twc.state.tx.us](http://www.twc.state.tx.us)

**Services:** Helps people in need find and keep jobs. The Commission has many locations but each office covers all Texas Counties. All locations provide "one-stop" employment services for employers and potential employees such as computerized job bank coordinating listed jobs with applicants and counseling. The Commission also operates the Unemployment Insurance Program

### **Quality Personnel Service**

2730 Virginia Pkwy McKinney, TX 75071 (972) 562-1234

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

**Services:** Temporary and permanent placement services. Online application

## **Child Services**

### **Child Care Aware**

1-(800) 424-2246

**Hours:** M-F, 8am-7pm

**Services:** Parents are referred to other agencies in their area who dispense information about child care services

**Fee:** None

### **Child Care Search and Licensing**

Texas Department of Protective and Regulatory Service (214) 583-4122

[www.tdprs.state.tx.us](http://www.tdprs.state.tx.us)

**Hours:** M-F 8am-5pm

**Services:** Maintains lists of current State of Texas licensed Day Care Homes Group Day Homes and registered family homes providing childcare.

**Requirements:** Have name, address, and phone number ready upon call. Also be ready to specify home or center base care and limit your search to three zip codes

**Fee:** None

### **Texas Workforce Solutions:**

(972) 542-3381

1701 W ELDORADO PKY STE 250

MCKINNEY, TX 75069

Business Hours: M-F 8A-5P

Parents who work, attend school or participate in job training may be eligible for financial assistance with child care. Workforce Development Boards administer child care assistance through the Workforce Solutions offices.

To determine if you are eligible for child care assistance, contact your Workforce Solutions office.

## **Medical, Dental, and Vision**

### **Children & Adult County Health Clinic**

North Central Medical Center, Wysong Campus 120 S. Central Expressway, Suite 102 McKinney, TX 75070

(972) 547-0606

**Hours:** Tuesdays (children) and Wednesday (adults) 5:50-7pm

Accepted both documented and non-documented people

**Requirements:** To be eligible, the parent or guardian if patient is a child, or adult must supply a picture ID and a copy of utility bill or rent statement with name and address. At least one of the following is also required with application: proof of current source of income, copy of statements or checks showing other income received, copy of denial letter from Medicaid or other assistance program, copy of previous year's Federal Income Tax Return, or a letter stating how you are able to meet daily living expenses of there is no verifiable income

### **Collin County Adult Clinic**

2520 Avenue K, Suite #100 Plano, TX 75074

Information: (972) 423-4941 Appointment: (972) 423-4891

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

Bring a bill with your name and address on it

**Hours:** By appointment M-F 8am-12 and 1-4pm

**Services:** Provides limited healthcare to adult residents of Collin County who do not have access to medical services through insurance or government assistance

**Requirements:** A \$10.00 donation to cover expenses of the visit. Translators Available

**Collin County Health Care Department**

825 N. McDonald Suite #130 McKinney, TX 75069  
(972) 548-5500

**Hours:**

-Immunizations: M-F 7:30-11am & 1pm-4pm

-TB: M-F 8am-11am & 1pm-2:30pm

-STD: M-F 8am-11am & 1pm-2:30pm

-WIC: M-TH 8am-12pm & 1pm-7pm, F 8am-12pm

**Services:** Low income services; indigent health care program, pediatrics, prenatal clinics, WIC (Women, Infant & Children) services. Also offers STD and TB clinics. Immunization offered on a sliding scale based on monthly income for all Collin County Residents.

**Plano Children's Medical Clinic**

1407 14<sup>th</sup> Street Plano, TX 75074 (972) 801-9689

**Hours:** M-F 8:30-12 and 1-4:30 by appointment

**Services:** Medical services for children in Collin County who have no insurance or who are on Medicaid or CHIP

**Texas Scottish Rite Hospital**

2222 Welborn St. Dallas, TX 75219 (972) 559-5000 or 1-(800)-421-1121

24 Hr. Hotline: (214) 559-5000

**Services:** Provides treatment for orthopedic and related neurological disabilities. Bilingual plus American Sign Language

**Fee:** No charge for services and no financial eligibility requirement

**Collin County Indigent Services**

825 N. McDonald St. Suite #110 McKinney, TX 75069 (972) 548-4702

**Hours:** M-TH 8am-4pm

**Services:** Healthcare services for indigent citizens who have a household income of 50% of federal poverty level

**Primary Care Clinic of North Texas**

3801 W. 15<sup>th</sup> St. Suite #280 Plano, TX (972) 596-6005

**Hours:** M-F 8:30am-5:30pm

**Services:** Provides low cost medical care for the uninsured in Collin County

**Baylor Dental Clinic- Texas A&M Baylor College of Dentistry**

3302 Gatson Ave. Dallas, TX 75246 (214) 828-8441

[www.tambcd.edu/resources/patientsvisitors.html](http://www.tambcd.edu/resources/patientsvisitors.html)

**Hours:** M-F 8am-5pm

**Services:** Call for appointment. Provides dental care after a screening process. Initial dental screening costs \$78

**Collin College Dental Hygiene Department**

2200 W. University Dr. McKinney, TX 972-548-6537

**Services:** Call for appointments and information. Offers low cost cleanings and X-rays to adults and children over 5.

**Community Dental Care**

825 McDonald Suite #103 McKinney, TX 75069 (972) 548-5580

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

**Hours:** M-F 8-4:30 12-1245 lunch

**Fees:** Accepts Medicaid, no fees for homeless helped at the Stew Pot

**Services:** Routine dental care for children up to age 18 from low-income families. Limited care also available for seniors over age 50 and for low-income adults

**Medicaid Hotline** (800) 252-8263

**Medicare Hotline** (800) 633-4227

**Morning Pride Lion's Club Child Vision Assistance**

**Services:** Obtain referral to this program through your local elementary school nurse. Assists with eye exams and glasses.

**Partnership for Prescription Assistance** (888) 477-2669 [www.pparx.org](http://www.pparx.org)

**Pfizer Helpful Answers** (866) 706-2400 [www.phahelps.com](http://www.phahelps.com)

**Services:** Free referral service to assist the uninsured in locating prescription assistance programs for all brands of medications

**Drug Discount Card**

Collin County Health Care Services Dept. 825 N. McDonald St. McKinney, TX 75069 (972) 548-5532



**Hours:** M-F 8-11:30am and 12:30-5pm

### **Wal-Mart and Target Pharmacies**

Provides generic prescriptions at \$4.00 each for approved list of drugs

### **RxAssist** [www.rxassist.org](http://www.rxassist.org)

RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles.

### **Access2Wellness** [www.access2wellness.com](http://www.access2wellness.com)

Access2wellness provides access to one of the broadest selections of assistance programs that offer more than 1,000 prescription medications for free or at a discount to those who qualify. This site contains information about these programs and can help determine who might be eligible to receive assistance

### **Needy Meds** [www.needymeds.com](http://www.needymeds.com)

NeedyMeds is a 501(3) (c) non-profit with the mission of helping people who cannot afford medicine or healthcare costs. The information at NeedyMeds is available anonymously and free of charge

### **Benefits Check Up** [www.benefitscheckup.org](http://www.benefitscheckup.org)

Developed and maintained by the National Council on Aging (NCOA), BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. BenefitsCheckUp includes more than 1,650 public and private benefits programs from all 50 states and the District of Columbia

## **Counseling**

### **White Rose Woman Center**

4313 North Central Hwy Dallas, TX (214) 821-6292

**Services:** A crisis pregnancy center that offers free medical, housing, financial, and educational assistance

### **Avenues Counseling Center**

201 W. Louisiana St. McKinney, TX 75069 (972) 562-9647

**Hours:** M-F 8:30am-5pm

**Services:** Avenues provides services concerning mental illness and attempted suicide. They offer licensed professional counselors, extensive referral services, and residential programs for those needing guidance and support from addictions like NA and AA. Financial assistance through North Star (below) also given. Walk-ins accepted.

**Fee:** Free, fee based, or sliding scale depending on individual circumstances

### **Lifepath Systems**

201 W. Louisiana St. McKinney, TX 75069 (972) 562-9647

**Hours:** M-F 8:30-5pm

**Services:** Offers diagnosis and evaluation, family support, counseling, medication-related services, and child and adolescent services.

### **Alcoholics Anonymous, Alateen, and Al-Anon**

802 E. University (US 380 at Throckmorton) ¼ mile east of 75 (972) 548-9161

### **Christian Works for Children**

6320 LBJ Freeway, #126 Dallas, TX 75240 (972) 960-9981

**Services:** Provides Counseling services for families in crisis (sliding scale fees). Offers grief counseling for children as well as adoptive services.

### **North Star Mobile Crisis System** 1-(866) 260-8000

**Services:** 24 hour mobile crisis support for those who are suffering from mental illness and attempted suicide. North Star will arrive at the caller's residence usually within the hour of being called. They will assess the needs of the caller (not just health care) and will provide assistance and intervention, if needed, by trained professionals. If hospitalization is required, the patient will be transported to a healthcare facility. They offer extensive referral services as well. Financial assistance is available.

### **Contact Counseling and Crisis Line (24 hour)** (972) 233-2233 Español: 972-223-2428

**Services:** Phone counseling, crisis intervention, emergency transportation and referrals.

### **Suicide and Crisis Center** (214) 828-1000

## **Disabled and Senior Services**

### **Prevent Blindness America** (800)-331-2020

### **Texas Commission for the Blind** [www.dars.state.tx.us](http://www.dars.state.tx.us)

**Texas Society to Prevent Blindness**

3610 Fairmount St. Dallas, TX 75219 (214) 528-5521

**Services:** Provides community service programs, public and professional education, and research.

**American Speech-Language-Hearing Association**

2200 Research Boulevard Rockville, Maryland 20852 (800) 638-8255

**Services:** Provides help with any speech, language, or hearing problems.

**Relay Texas** (800) 735-2989

**Services:** Provides telephone interpreting service between people who can hear and those who are deaf, hard of hearing, deaf-blind and speech disabled.

**Lift-Aids, Inc.**

1500 Westpark Way Euless, TX 76040 (800) 351-5438 [www.lift-aids.com](http://www.lift-aids.com)

**Services:** Vehicle modifications, residential elevators and dumbwaiters, stairway lifts, and inclined wheelchair lifts

**Collin County Committee on Aging- Senior Services Division**

600 N. Tennessee St. McKinney, TX 75069 (972) 562-6996 ext. 112 for Care Giver Support [www.cccoaweb.org](http://www.cccoaweb.org)

**Services:** Meals on Wheels (food), Silver Threads Community Store (clothing), and TAPS (transportation). Other services include free Medical Equipment Loan Program for those people not covered by Medicaid or Medicare, incontinence products, and educational programs to enhance the quality of life for seniors and their family caregivers. The Committee additionally provides a list of "Personal Care Providers" or "Homemaker Services" for caregivers who are seeking "light" help with their loved ones.

**Requirements:** 60 years of age or over

**McKinney Seniors Helping Seniors** (469) 396-7042

**Services:** Provides handyman type work for the elderly like hanging curtains, changing light bulbs, etc. Call to inquire and make arrangements.

**McKinney Senior Center**

1400 S. College St. McKinney, TX 75069 (972) 547-7491

**Services:** Along with social and recreational opportunities, the Center offers Support Services (classes and workshops) on subjects like Caregiver Support, Alzheimer's Caregiver, and Stroke Recovery. The Center also offers a variety of free health care screenings and wellness checks (diabetes, mammograms, blood pressure, cholesterol, etc.). Collin County Committee on Aging offers the Meals on Wheels lunch at the Senior Center via the Lunch Program at the Center. Lunches are served M-F, from 11:30am-12:20pm in the dining room. \$3 is the suggested donation for those 60 and over; \$4.50 is charged for those 50-59 years of age. CCART will transport seniors for free to and from the Center for the Lunch Program if 48 hours notice is given.

**Requirements:** There is free membership to adults 50 years of age and over. Members fill out a liability waiver, have a small picture taken, and obtain a membership ID.

**REACH, Inc.**

8625 King George St., Suite 210 Dallas, TX 75235 (214) 630-4796 [www.reachcils.org](http://www.reachcils.org)

**Services:** Works with Texas Rehabilitation Commission and offers technical assistance with the Americans with Disability Act. Provides free training, workshops, and classes in independent living skills which would include job training and possible placement. For example, computer labs and computer equipment for special needs are available. Also provides Professional Clothing Closet for work attire and Medical Equipment Loan Program which provides scooters, wheelchairs, walkers, canes, crutches, etc, their Home by Choice Project (where they help the disable live at home)

**Texas Department of Human Services**

901 N. McDonald St., Suite 800 McKinney, TX 75069 (972) 562-5832 [www.dhs.state.tx.us](http://www.dhs.state.tx.us)

Assistance Hotline: 1-800-448-3927 for immediate information and service requests

**Services:** Provides Homemaker Services to the elderly or disabled depending on income and the diagnosis of the patient.

**Maurice Barnett Geriatric Wellness Center**

401 W. 16<sup>th</sup> St. Plano, TX 75075 (972) 941-7335

**Services:** Health Services to 55+ living in Collin and Dallas County area. Counseling for children of aging parents and older adults with emotional concerns and resource referral. Volunteer Friendly Visitor program for seniors. Free lending of canes, walkers, wheel chairs, and other medical equipment. Benefits counseling.