

Resources for Our Community Our Kids Network

Provided through Survey Data Collection: Resource System Committee

Please dial 211 for more information.

This list was created in January 2015.

Crisis Line:

OCOK expects Network Providers to utilize the **mobile crisis service** of the Turning Point program. The mobile crisis service can be accessed by calling (817) 909-1171.

In Network Resources:

- Art lessons and summer art workshops: Michelle Long – mickidlong@sbcglobal.net
- ESL trainer, linguist: Cynthia Kilpatrick
- Behavioral Specialist: Tricia Demaree – 817-319-2749
- Teaching Financial Literacy for Kids (FDIC Curriculum): Patrick.loc@gmail.com
- Tax Preparation: Oscar Hunter – Oscar.hunter@sbcglobal.net
- Nurse: Donna Bowers – nursegoodshot15@yahoo.com
- Science Subjects and Lower Level Math Tutor: Kristen Saunders – 979-758-4107
- Counseling: Lena Pope – 817-255-2500; www.lenapope.org

Training Resources

- **Dealing with Change**
Carla Johnson, 817-674-7070
- **Foster Parent Trainings**
www.fosterparents.com
- **Burnout and Stress**
Carla Johnson, 817-674-7070
- **Team Building**
Carla Johnson, 817-674-7070
- **Financial Fitness**
Wanda and Harry Brewer – 817-723-5687
- **PRIDE Training**
Carla Johnson – 817-674-7070
- **Understanding the CPS Process Training**
Kurt Pafford, Kurt.Pafford@dfps.state.tx.us
- **Couponing and Saving at Stores**
Kristi Cates, KCates@crossroadsink.com
- **Making Meals Easy for Working Moms**
Kimberly Tuggle; skmtuggle@aol.com
- **How to Navigate and Organize Paperwork for PMN Babies**
Kimberly Tuggle; skmtuggle@aol.com
- **Identifying Disabilities and Advocacy**
Kimberly Tuggle; skmtuggle@aol.com
- **Hood County Heartsaver CPR/First Aid:** Sharon Ransom – 817-688-0528
- **CPR/First Aid:** Life Quest (they come to you if over 5 people)
817 222-9440
- **CPR/First Aid:** Heart2Heart, weekly courses,
<http://www.hearts2heartscpr.com/>
- **Low cost parenting classes and support for children:**
The Learning Center and Parenting Center in Fort Worth

Community Resources:

- **Tarrant County 4-H Clubs and Classes** – Jordan.Pelyak@ag.tamu.edu; 817-884-1945
- **DFW Child** - Events updated regularly
<http://www.dfwchild.com/special-needs.asp>
- **American Baby Sign Language Classes** - Brian Fisher, brian@bestchoiceeducation.com; 817-929-5322
- **Art lessons and summer art workshops:**
5821 Holloway St, Westworth Village, TX 76114
mickidlong@sbcglobal.net; 682-552-4567
- **Homework Help for Teens in Parker County**
Crossroads Youth Program – John Enright – 817-304-3645
- **Drug Rehab for Teens**
<https://www.drugrehab.com/teens/treatment/>
- **Kids in a New Groove** - Free instruments and free music lessons for kids in foster care
www.KidsInANewGroove.org
- **Kiddie Commute** – door-to-door transports throughout all of Region 3b for a fee –
thekiddiecommute@gmail.com; 817-986-2443
- **PGLAF Fort Worth Chapter** - PFLAG promotes the health and well-being of lesbian, gay, bisexual and transgender persons. Information and Referral Hotline – 817-428-2329; pflagfortworth.org
- **Rise Adaptive Sports** – recreation options for children with disabilities.
<http://www.riseadaptivesports.org/wp/>
Irving, Texas, P.O. Box 141122, Irving, TX 75014-1122 Phone: (469) 762-5075.
- **Splash Kingdom** - contact Rebecca Haug for foster care discount
<http://www.splashkingdomwaterpark.com/ HUDSON-OAKS/>
1000 Cinema Drive, Weatherford, TX 76087; (817) 598-0777;
info@splashkingdomwaterpark.com
- **Tax Preparation:** H&C Tax Services
4200 South Freeway Suite #2410, Fort Worth, TX 76115
Oscar Hunter, Oscar.hunter@sbcglobal.net
- **Travel Agency:** Hunter Travel
Oscar Hunter, Oscar.hunter@sbcglobal.net
- **YMCA** - Offers adaptive swimming lessons at select locations
www.ymca.org
- **YMCA** - provides a discount on registration and youth activities
www.ymca.org

Support Groups:

- **Chosen Ones Gateway Church**, www.chosenones.org
- **Embrace** – <http://embracetexas.org/parent-support/>
- **Interchange** – Avenue Church, Waxachachie
- **Johnson County Foster/Adoption Family Association:** contact Sharon 817-992-9763
- **Johnson County - The Heights Church** – Contact Patti Rooks at prooks@windsteam.net
- **COAC DFW** – contact Patti Rooks at prooks@windsteam.net
- **LakePointe Church Adoption Ministries**
- **One Less** - Pantego Bible Church
- **Parent Café-** Hood County, Put on by Cook Children's-(Free) contact Marsha (682.885.3069-Office),
<http://www.cookchildrens.org/SiteCollectionDocuments/PR/2013/CookChildrens-ParentCafe-October23,2013.pdf>
- **Tapestry** - Irving Bible Church - <http://tapestryministry.org/>
- **Tarrant County Foster Parent Association**
- **Palo Pinto Support Group** - contact ppcfosterfamilies@gmail.com

Working with Autistic Children:

- **Autism Speaks** – resources and information about autism
<https://www.autismspeaks.org/resource-guide/state/TX> –
- **Behavior Frontiers** – ABA treatment and training services in Plano
<http://www.behaviorfrontiers.com/>
- **Butterfly Effects** –Provides services and ABA therapy
<http://butterflyeffects.com/about-us/mission/>
- **Giggles** - Autism Treatment Center and Licensed Childcare Facility,
<http://www.gigglestherapy.com/>, 905 Roberts Cut Off River Oaks, TX 76114.
- **Lake Pointe Academy** - For Families of Children and Youth with Neurodevelopmental Differences
1921 Acton Hwy, Granbury, TX 76049, (682) 936-4112, <http://www.lakepointegrnabury.org/>
- **Merit Academy** –serves kids with Autism, developmental delays and chromosomal conditions.
2825 Valley View Lane #100, Farmers Branch, 214-736-8375, www.meritacademytx.org
- **Mustard Seeds** – therapy and services for autism, PDD
Denton, Flower Mound, Roanoke & Frisco Texas , www.mustard-seeds.org
- **Rainbow Kidz** – programs and language support for children with autism
<http://languageworksllc.com/> (972) 306-3189,2413 Hebron Parkway, Carrollton, TX 75010,
- **UNT Kristin Farmer Autism Center** – Research, Training, and Direct Services Center
<http://autism.unt.edu/>, (940)-369-5373, 490 South I-35E, Denton, Texas,
- [Sesame Street Autism Resources for Parents](#)
- [Reduce the Noise: Help Loved Ones with Sensory Overload Enjoy Shopping](#)
- [Resources for Military Families](#)
- [Moving with Special Needs Kids](#)
- [Home Modifications for Special Needs Kids](#)
- [Academic Accommodation Resources](#)
- [Estate Planning for Parents of Special Needs Kids](#)

Kids Eat Free:

- <http://www.metroplexbaby.com/ParentGuides/Kids-Eat-Free-Dallas-Fort-Worth.htm>
- www.dfwchild.com/features/220/Kids-Eat-Free-Dallas-Fort-Worth
- [Pasado's: Kids eat free on Monday nights](#)
- [Applebee's: Kids eat free with an adult meal purchase, Tuesday nightsd](#)

Mileage Reimbursement:

- **Logisticcare** - reimburses mileage to and from medical appointments.
877-564-9837

Camps:

- **Camp El Tesoro de la Vida** - www.campfirefw.org ; 817.831.2111
- **Camp Hope** - www.centerofhopetx.com ; Weatherford- 817.594.0266; East Parker County 817.441.2442
- **Our Father's Children** - a free weekend for teens, 12-15, contact Melinda 817-788-2360
- **Royal Family Camp** - a free week of camp for 6-11 year olds, contact Melinda, 817-788-2360
- **YMCA Camp Carter**, Fort Worth
- **YMCA provides a discount on registration and youth activities**
- **TCU Early Childhood Program**

Horse Therapy:

- **Ability Bridge** - DFW Area- www.abilitybridge.com/listing/guide/pediatric.../equine-assisted-therapy
- **All Star Equestrian** (Horse Therapy for children & adults with disabilities) Mansfield 817 477-1437
- **Mustard Seeds**-Flower Mound-Roanoke, Frisco, Denton- 817-541-7770 www.mustard-seeds.org
- **Spirit Horse** (Horse Therapy for Children with Disabilities) Corinth, Texas, 940-497-2946
- **TREAT**- Stephenville, Texas, Equine assisted activities provide many benefits to many different kinds of people; not just to the physically and mentally handicapped, but to the emotionally and socially handicapped as well.

Music Therapy:

- Heart & Harmony: www.heartandharmony.com ; 817.458.8813, *not currently covered by Medicaid

Healthcare:

- **Cook Children's Fostering Health Program** - receive timely and thorough medical care. Caregivers, CPS representatives and providers can call 682-303-6800 and ask for the fostering health care coordinator or email fosteringhealth@cookchildrens.org.
- CPS has up to \$600 they can apply for through CPS for medical. This resource might also be able to be used for other necessities the family may have to expedite reunification or prevent removal of children from their home. Examples are payments towards rent on rent deposit, utilities, car repairs, purchases (i.e., clothing, personal items, small appliances i.e. space heaters).
- **Cranial Technologies**- Ft Worth, Texas, (817) 810-9223 FREE evaluation <http://www.cranialtech.com/schedule-evaluation/>
- **First Hand** – can apply for medical assistance \$\$ up to \$1,200.
- **Green Apple Therapy** - Speech, Occupational, and Physical Therapy, LeeAnna Mendoza, lmendoza@greenappletherapy.com; Megan Williams mwilliams@greenappletherapy.com
- **The Excel Center Willow Park** – free mental health assessments for children 5 and over – 817-678-8808
- **National Federation of the Blind**
- **North Texas Area Community Health Centers-**
 - Northside Clinic 2106 N. Main St. Fort Worth 76164, PH: 817-625-4254
 - SouthEast Clinic 2909 Mitchell Blvd. Fort Worth 76105, PH: 817-916-4333
 - Campbell Clinic- 1517 Texas Drive Weatherford, 76086, PH 817-458-3300
 - Ruth's Place- Granbury, Texas
- **Prevent Blindness** – download application for free pair of glasses (1 per person), send in with prescription and you will get a voucher for free pair and where to take voucher.
- **National Federation of the Blind**
- Rees-Jones Center for Foster Care provides integrated health care for children in foster or kinship care:
 - For appointment at the Dallas campus, call 214-456-6500
 - For appointment at the Plano campus, call 469-303-4300
- **Tritrax** –Speech, OT & PT; 972-239-3633
- **URS Medical** –Medical supplies, formula (RX kind) diapers, etc. 888-877-6334; www.ursmedical.com

Online Healthcare Resources:

- <http://www.healthychildren.org/English/Pages/default.aspx> - resource for parents and foster parents with questions about children's health

- There is a specific page on the same website that is geared for Adoption & Foster Care and is very helpful: <http://www.healthychildren.org/english/family-life/family-dynamics/adoption-and-foster-care/Pages/default.aspx>
- This link is a guide for foster and adoptive parents and is called *Parenting After Trauma: Understanding Your Child's Needs*: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf>

Clothing:

- **Chosen Ones Closet**, Keller, Texas - gently used clothing options, strollers, bedding, etc. 2619 Gravel Drive FTW 76118, 817-657-3115, www.chosenones.org
- **Community Storehouse** (back to school and Christmas activities and support); www.communitystorehouse.org ; 817.431.3340
- **Just Between Friends**; multiple locations in DFW for sales, offered a few times per year www.jbfsale.com
- **Kids Rethreaded LLC**- New and gently used children's clothing store offering foster families 10% off all purchases. www.kidsrethreaded.com - 817.526.5382
- **Kid to Kid** consignment store - discount for Foster Families (with license) www.kidtokid.com
- **Tarrant County CPS**: quarterly clothing reimbursement for Tarrant County foster children only; contact Teresa Fuentes 817.255.8746
- **Forever 54**, Cleburne, TX – Clothing and supply closet, 1315 Grandview Hwy, Cleburne, TX 76031; 682-231-2638; Open: Tuesday – 5-6:30 pm and Thursday – 9- 10 am
- **Everything A-Z Foster Care Closet (Parker County)** – contact Marlin Whittington at 817-360-0402.
- **Benbrook Foster Closet** – Call 972-584-7609. Facebook - <https://www.facebook.com/BBFamilies/>
- **Palo Pinto Clothing Closet** – Please email ppcfosterfamilies@gmail.com for more information.

Children's Supplies:

- Free suitcase for foster children – contact Charlotte Staples with CC's Carry Ons at CStaples@toase.com
- Free Car seat (Hood County) requirement to go through a class to learn how to properly install it with Brianne Langdon (817)579-3280
- Free car seat (Palo Pinto County) – Center of Life - <https://www.mwcol.org/>
- United Rehab, 254-751-1556: Supplies diapers, wipes, etc. for children age 4 and over who are not toilet trained, free.
- Apples Back to School Fair, For Kiddos who live in Johnson County, free school supplies, eye exam, and hearing checks (Wheat Middle School in August) contact Diane Packwood (dpack2112@yahoo.com)
- Oakridge Back to School Fair (Parker County) in August, free school supplies and free haircuts
- Northside Baptist Church Back to School Fair Weatherford, August
- Operation School Supplies (Hood County) August, located at the Granbury Convention center free school supplies, haircuts, physicals, and much more
- African American Health Expo- March, <http://www.aahexpo.org/>
- Hispanic Wellness Fair-August, <http://www.hispanicwellnesscoalition.org/>
- Wise County Health Fair-March, <http://www.wisecountyunitedway.org/>
- Back to School Fair Tarrant County:
- Back to School Roundup-August, www.backtoschoolroundup.org
- Car Seat Safety: The Injury Prevention Services at Children's Health provides a myriad of safety services to all families in order to lessen the burden of traumatic injuries to children in North Texas. Services include education, access, training and resources to the community regarding injury prevention. Free car seat

inspections are also available at the Dallas and Plano campuses of Children's Medical Center. Call 214-456-2059 for additional information.

Court System:

- Fatherhood Quality Improvement Center Toolkit :
<http://www.americanhumane.org/children/programs/fatherhood-initiative/qic-fatherhood-toolkit/fathers-and-the-courts.html?referrer=http://www.americanhumane.org/children/programs/fatherhood-initiative/qic-fatherhood-toolkit/fathers-and-the-courts.html>
- Supreme Court of Texas Children's Court: <http://texaschildrenscommission.gov/>

Books and Podcasts:

- Get free books for children at: https://usa.imaginationlibrary.com/register_my_child.php#.Vjesf7erTBQ
- Get discounted books at FirstBookMarketplace.org
- ***I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World***
by Marguerite A. Wright
- ***Brain Breaks***
- ***The Whole Brain Child***
- ***The Connected Child: Bring Hope and Healing to Your Adoptive Family*** by Dr. Karyn Purvis, Dr. David Cross and Wendy Sunshine
Information and practical interventions for parents of adopted children who have experienced severe trauma and abuse.
- ***Attachment-Focused Parenting: Effective Strategies to Care for Children*** by Daniel Hughes
Attachment focused interventions and information regarding healthy brain development and neurochemistry for parents of children who have experienced trauma.
- ***Fun to Grow On: Engaging Play Activities for Kids with Teachers, Parents, and Grandparents*** by Virginia K. Morin and David Sokoloff
Activities for children that provide life lessons and encourage connecting and engaging.
- ***The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise as Patient, Respectful, and Cooperative On-to-Four-Year-Old: Revised Edition*** by Dr. Harvey Karp
Provides practical interventions for parents of toddlers that promote attachment.
- ***I Love You Rituals*** by Rebecca Ann Bailey
Activities for parents and children that facilitate attachment.
- ***Nurturing Adoptions: Creating Resilience after Neglect and Trauma*** by Deborah D. Gray
Information regarding attachment, the effects of early trauma, affect regulation, and healthy mental development.
- ***The Out-of-Sync Child*** by Carol Kranowitz
Information and practical interventions for parents, teachers, and mental health care professionals who provide services for children with Sensory Processing Disorder.
- ***The Out-of-Sync Child Has Fun*** by Carol Kranowitz
Fun and practical activities for parents, teachers, and clinicians who provide services for children with Sensory Processing Disorder.
- ***Parenting from the Inside Out*** by Daniel Siegel
Provides parents with a base to explore their personal history and the effects of that history in regards to their parenting and attachment style.
- ***http://www.123magic.com/***
This book may help with simple but effective child discipline.
Foster Family Matters Podcast – provides listeners with discussion around topics children who have experienced trauma. Available on a variety of podcast apps and FosterFamilyMatters.org.

Online Resources:

- **www.child.tcu.edu**
Developed by the Institute of Child Development at Texas Christian University. The site contains articles and resources for parents who are currently involved in fostering or adoption or considering foster or adoption.
- **www.childtrauma.org**
Developed by attachment specialist Dr. Bruce Perry of the Child Trauma Academy. Articles and resources for parents of children who have experienced trauma.
- **<http://www.pbs.org/parents/child-development>**
gives average expected development skills
- **www.drugrehab.com**
Online resource guide for substance abuse and bullying
- **www.Ebates.com**
This site has coupons for your shopping needs.
- **www.empoweredtoconnect.org**
Developed by Tapestry Ministries. Articles, web lectures, and practical advice for parents who currently foster and adopt or who are considering foster or adoption.
- **Learn.kera.org**
educational website for families
- **www.Mychosenones.org**
Our goal is to help families as they pursue the calling God has on their life through foster care and adoption
- **www.out-of-sync-child.com**
Developed by sensory specialist Carol Kranowitz. Resources, articles, and specialist information for parents of children with Sensory Processing Disorder.
- **www.Safekids.org**
This website gives numerous safety tips for parents ranging in many different topics.
- **www.learn.kera.org/startsmart**
Free texting service that sends tips on child development and early learning to parents and caregivers for children from birth – 8 years old.
- **<http://www.weightedblanket.net>**
Information regarding weighted blankets, weight requirements, and ordering resources.
- **<http://www.triplep-parenting.net/glo-en/home/>**
This resource is called the Triple P and it stands for Positive Parenting Program. It has a lot of evidence to back up its efficacy.
- **https://www.aap.org/en-us/Documents/ttb_bring_out_best.pdf**
This link is provided by the American Academy of Pediatrics and is called “Bring Out the Best in Your Children”
- **www.togetherwerise.org**
Together We Rise works with hundreds of foster agencies, social workers, CASA advocates, and other partners to bring our programs to foster youth across the nation
- **www.Taplink.org**
This link provides resources for foster and adoptive parents.

Fire Inspections

Fort Worth Fire Department is regretfully unable to assist with these fire safety inspections currently.

Community Events

- **Granbury Teen Health Fair** (Granbury ISD), (Spring)
- **Family Day, Fort Worth Police Department FREE** (Spring)

- **Fort Worth Boys and Girls Club/Family Wellness Fair, Health Screenings** (May)
- **Springtown May Festival**, (May) [Type equation here.](#)
- **Hispanic Wellness Fair**, Will Rogers Memorial Center (August)
- **Benbrook Heritage Fest** (October)
- **Disability Expo**, Colleyville (October)
- **Special Kids Rodeo-TREAT** Stephenville, Texas (October)
- **The Way Church**, Thanksgiving meal to families in need, Granbury, Texas (November)
- **CASA Breakfast with Santa**, Parker and Palo Pinto County (December)
- **Fort Worth Main Street Arts Festival** – (April)

Wish List for Additional Resources

Water Parks – Rebecca Haug – Splash Kingdom

Six Flags Tickets

Sea World Tickets

Casa Manana Tickets

Mavericks Tickets

Dallas Stars

Texas Rangers Game Tickets

Fiesta Texas Tickets

Stocks Show/Rodeo Tickets

ITZ Eules

Zoo Tickets

DIY Classes – Home Depot and Others

Foster Family Night Out

Photography

Summer Camps and lessons/classes for children and teens

Respite Providers

Play Groups by age

Dallas and rural area medical and psychiatrists who accept Medicaid

Car Seats, Cribs, Booster Seats

- Free car seat (Hood County) they just have to go through a class to learn how to properly install it with Brianne Langdon (817) 579-3280

Weighted blankets, sensory items

Monthly information on FREE community activities

- Family Day, Fort Worth Police Department
- The Way Church, Thanksgiving meal to families in need, Granbury, TX
- Weatherford Library Kickoff Carnival
- Springtown May Festival, usually in May
- Fort Worth Boys and Girls Club/Family Wellness Fair, health Screenings in May
- SME Music – sheila.sme@gmail.com
- Granbury Teen Health Fair (Granbury ISD), spring
- Disability Expo, Colleyville, Spring
- CASA Breakfast with Santa, Parker and Palo Pinto Co
- DFW Child – Events updated regularly <http://www.dfwchild.com/special-needs.asp>

Vetted babysitters

Discounted services for African American hairstyling

Training Needs:

Training for biological children of foster families – what to expect

Free continuing education trainings

Social skills groups for children with special needs

Grief Counseling

Working with Autistic Children

Giggles

Lake Pointe Academy (Granbury)

Butterfly Effects – HH. Provides Services for 21 states

Mustard Seeds – Roanoke

Behavior Frontiers – Plano

Austism Speaks – Austin

UNT Kristin Farmer Austism Center – Denton

Rainbow Kidz – Carrollton

Merit Academy – serves children with Autism, developmental delays and chromosomal conditions – Farmers Branch

Educational Advocacy

How to Apply for CCMS assistance: Checklist fir families when a child enters care for applying for daycare services

Possible Development Resources:

Texas Rangers Foundation

Community Foundations of Dallas

Carter's expanding discount for foster families

KC Installation in Grandview, TX

JP Morgan Chase

Kroger

Albertsons

Rotary Clubs

Events: Special Kids Rodeo – TREAT Stephenville, TX (October)

Non-profits Tarrant County

United Way Tarrant County

Catholic Charities – Catholic Charities Fort Worth, it is our mission to provide services to those in needs, to advocate compassion and justice in structures of society, and to call all people of goodwill to do the same

Northside Inter Church Agency – To provide a means through which persons, churches and agencies on the north side of Fort Worth can join together to share ministries, program personnel and facilities in order to be of service to the community.