

Dallas Adult Resource Guide



FOOD BANK/FOOD PANTRIES

Supplemental Nutritional Assistance Program (SNAP)

Services: Food Assistance

Website: <https://www.yourtexasbenefits.com/Learn/Home>

Number: 936-598-2451

Note: The SNAP food benefits helps people with low incomes and resources buy the food they need.

Food Pantries of Texas

Services: Food Pantry

Website: <https://www.foodpantries.org/st/texas>

Note: Provides a search engine to locate multiple food pantries in your area

North Texas Food Bank

Services: Food Bank

Website: <https://ntfb.org/>

Note: NTFB collects and distributes donations of surplus food and grocery products through a network of charitable organizations covering 13 counties: Dallas, Denton, Collin, Fannin, Rockwall, Hunt, Grayson, Kaufman, Ellis, Navarro, Lamar, Delta, and Hopkins.

South Dallas Community Food Center

Services: Food Pantry

Website: <https://www.smwright.org/our-programs/south-dallas-community-food-center/>

Address: 3119 Pine Street, Building I
Dallas, Texas 75215

Number: 214-565-9136

Jewish Family Service of Greater Dallas

Days of Operations: Tues., Thu., and Fri.

Services: Food Pantry

Website: <https://jfsdallas.org/services/emergency-food-pantry/>

Address: 5402 Arapaho Road, Dallas, TX 75248

Number: 972-437-9950

Note: Clients may make an appointment once a month and come into the food pantry to pick the products. They always carry a core list of items, like canned fruits, vegetables, and proteins, beans, grains, meat, and eggs, along with various donated items such as bread, frozen meals, and produce.

North Dallas Shared Ministries

Days of Operations: Food pantry is open at NDSM 5 days each week. Food is distributed in the East parking lot, Mon.-Thu.

Services: Food Pantry

Address: 2875 Merrell Rd. Dallas, Texas 75229

Number: 214-358-8700

Inspired Vision Compassion Center

Days of Operations: Mon. - Fri.,
9:30 AM - 5:00 PM

Services: Food Pantry

Website: <https://www.ivcompassion.org/>

Address: 2019 N Masters Drive, Dallas, Texas 75217

Last Updated: April 2024

Dallas Adult Resource Guide



FOOD BANK/FOOD PANTRIES

Brother Bill's Grocery Store

Days of Operation: Wed./Thu. 9:30 AM - 11:30 AM; 4th Thu. 5:00 PM - 6:30 PM; 2nd Sat. 9:00 AM - 11:30 AM; Produce Days - 1st and 3rd Fri. 9:30 AM - 11:00 AM

Services: Food Pantry

Website: <https://bbhh.org/grocery-store1>

Address: 3906 N. Westmoreland Rd. Dallas, TX 75212

Number: 214-638-2196

TRANSPORTATION

Dallas Area Rapid Transit (DART)

Services: Transportation

Website: <https://www.dart.org/>

Number: 214-979-1111

Note: DART provides local rail, bus, paratransit, and ride share services to 13 North Texas cities. DART offers reduced fares for riders who qualify.

HOUSING

Housing Crisis Center

Services: Housing

Website: <https://hccdallas.org/>

Address: 4210 Junius Street, Dallas, TX 75246

Number: 214-828-4244

Note: Provides Homeless Assistance and Homelessness Prevention services.

Dallas Housing Authority (DHA)

Hours of Operation: Mon. - Thu. 8:00 AM-5:30 PM; Fri.: 8:00 AM-12:00 PM

Services: Housing

Website: <https://dhantx.com/>

Number: 469-249-9012

Note: DHA has two main housing options, DHA-owned and managed housing properties and Housing Choice Voucher Program (Section 8) which offers rental assistance for private market housing of your choice.

Parkland - The Bridge

Services: Housing

Website: <https://www.bridgehrc.org/>

Address: 1818 Corsicana St, Dallas, TX 75201

Number: 214-670-1145

Note: Emergency night shelter, available to all adults experiencing homelessness.

Parkland - The Stewpot

Days of Operation: Mon.-Fri.

Services: Housing

Website: <https://www.thestewpot.org/i-need-help>

Address: 1822 Young St, Dallas, TX 75201

Number: 214-746-2785

Note: Help with providing legal ID or copy of birth certificate, mail services, medical care, dental care, mental health care, housing, meals, representative payee, groceries, children and youth program.

Last Updated: April 2024

Dallas Adult Resource Guide



HOUSING

AIDS Arms, Inc.

Services: Housing

Website: <https://www.phntx.org/services/free-world-bound/>

Number: 214-521-5191

Note: The Free World Bound program provides the services listed for those incarcerated, recently released and are living with HIV or at risk for HIV.

The Samaritan Inn

Services: Housing

Website: <https://www.saminn.org/>

Number: 972-542-5302

Email: info@saminn.org

FINANCIAL ASSISTANCE

211 North Texas

Hours of Operations: 24/7

Services: Assistance and Information

Website: <https://www.211northtexas.org/>

Number: 2-1-1

Note: By simply dialing 2-1-1, callers can receive information about community and social services, such as food pantries, emergency shelter, rent assistance, utility bill assistance, child care, and senior services to name a few.

The M.I.N.T. Foundation

Services: Financial Services

Website: <https://www.mintcares.org/emergency-financial-assistance>

Number: 972-224-7200

Brother Bill's Community Health Clinic

Days of Operation: Mon., Wed., & Fri.

In-person 8:00 AM - 4:00 PM; Tue. & Thu.

Telemedicine 8:00 AM - 4:00 PM

Services: Health Clinic

Website: <https://bbhh.org/clinic>

Address: 3906 N. Westmoreland Rd. Dallas, TX 75212

Number: 214-638-2194

Note: We offer medical services to uninsured adults, but will not turn away people who have insurance. We only ask our neighbors for a \$20 donation to help us continue to serve our West Dallas neighbors. Our clinic is designed to serve those who do not have health insurance.

Jewish Family Service of Greater Dallas

Days of Operations: By appointment

Services: Financial Services

Website: <https://jfsdallas.org/services/career/>

Address: 5402 Arapaho Road, Dallas, TX 75248

Number: 972-437-9950

Note: Career guidance, life coaching, financial coaching.

Last Updated: April 2024

Dallas Adult Resource Guide



FINANCIAL ASSISTANCE

Parkland Financial Services

Days of Operations: Mon. - Fri.

9:00 AM - 4:00 PM

Services: Financial Services

Website: <https://www.parklandhealth.org/paying-for-your-services>

Address: 2021 Medical District Drive
Dallas, TX 75235

Number: 214-590-8831

Note: We help patients find financial assistance. We help find programs to help you pay for your medical treatment, depending on your needs, through programs such as the Health Insurance Marketplace (ACA), Medicaid, Medicare and other funding sources, like the crime victims' fund, Parkland Financial Assistance and the Parkland Community Health Plan.

Sharing Life Community Outreach

Days of Operations: Mon.-Fri.,

9:00 AM - 5:00 PM

Services: Emergency Financial Assistance

Website: <https://sharing.life/financialassistance/>

Address: 3795 W. Emporium Circle, Mesquite,
TX 75150

Number: 972-285-5819

Note: Our emergency financial assistance is available for all clients within the zip codes: 75030, 75032, 75043, 75087, 75088, 75089, 75126, 75149, 75150, 75159, 75180, 75181, 75182, 75217, 75218, 75227, 75228, 75253.

Parkland Financial Assistance

Days of Operations: By appointment

Services: Financial Assistance

Website: <https://www.parklandhealth.org/parkland-financial-assistance>

Address: 2021 Medical District Drive
Dallas, TX 75235

Number: 214-590-8831

Note: Parkland Financial Assistance, or PFA, provides financial assistance for healthcare to eligible Dallas County residents. It is not a health insurance program. Parkland Financial Assistance is financial help for medical services received at a Parkland location.

North Dallas Shared Ministries

Days of Operations: Mon. - Fri.

10:00 AM - 3:00 PM

Services: Rent and Utility Assistance

Address: 2875 Merrell Rd. Dallas, Texas 75229

Number: 214-358-8700

DENTAL CARE

North Dallas Shared Ministries

Days of Operations: Mon. - Fri.

8:30 AM - 5:00 PM

Services: Dental Care

Website: <https://ndsm.org/dental-care/>

Address: 2875 Merrell Road
Dallas, TX 75229

Number: 214-358-8729

Last Updated: April 2024

Dallas Adult Resource Guide



DENTAL CARE

Foremost Family Health Centers - MLK Jr. Family Clinic

Days of Operations: Mon. 8:00 AM - 6:00 PM; Tues. & Thu. 8:00 AM - 5:00 PM; Wed. 8:00 AM - 7:00 PM; Fri. 8:00 AM - 1:00 PM

Services: Adult Dentistry

Website: <https://foremostfhc.org/about/martin-luther-king-location/>

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

Number: 214-426-3645

Foremost Family Health Centers - Balch Springs

Days of Operations: Mon. 8:00 AM - 6:00 PM; Tues. & Thu. 8:00 AM - 5:00 PM; Wed. 8:00 AM - 7:00 PM; Fri. 8:00 AM - 1:00 PM

Services: Adult Dentistry

Website: <https://foremostfhc.org/about/balch-springs/>

Address: 3515 Shepherd Lane
Dallas, TX 75215

Number: 214-426-3645

TAMU Dr. M.C. Cooper Dental Clinic

Days of Operations: Mon. - Fri.
8:30 AM - 5:00 PM

Services: Dental Care

Address: 4542 Scyene Road Dallas, TX 75210

Number: 214-370-7260

TAMU School of Dentistry

Services: Dental Care

Website: <https://dentistry.tamu.edu/patient-care/screening-clinic.html>

Address: 3000 Gaston Avenue
Dallas, TX 75226

Number: 214-828-8981

Parkland Health - HOMES

Services: Dental Care

Website: <https://www.parklandhealth.org/our-clinics/homeless-outreach-medical-services--203>

Address: 5151 Maple Avenue 4th Floor
Dallas, TX 75235

Number: 214-590-0153

Note: HOMES mobile units operate 5 days per week, 8 a.m.- 8 p.m. at varying locations throughout Dallas County on our mobile medical unit, mobile dental clinic and 3 fixed site locations. Please contact the Administrative Office for clinic locations, days and hours of operation.

Healing Hands Ministries Inc. - Greenville Family Practice

Days of Operations: Mon.-Fri.
7:00 AM - 5:00 PM

Services: Dental Care

Website: <https://www.hhmhealth.org/dental/>

Address: 8515 Greenville Ave, Ste N-108,
Dallas, Texas 75243

Number: 214-221-0855

Last Updated: April 2024

Dallas Adult Resource Guide



DENTAL CARE

Prism Health (PHNTX) - Dental Care - Farmers Branch

Days of Operations: Mon - Fri.

8:30 AM - 5:00 PM; closed daily 12 -1 PM

Services: Dental Care

Website: <https://www.phntx.org/services/dental-care/>

Address: 13551 Dennis Ln, Farmers Branch,
TX 75234

Number: 972-241-2259

Prism Health (PHNTX) - Dental Care - East Dallas

Days of Operations: Mon - Fri.

8:00 AM - 5:00 PM; closed daily 12 -1 PM

Services: Dental Care

Website: <https://www.phntx.org/services/dental-care/>

Address: 3910 Gaston Ave, #175, Dallas, TX
75246

Number: 214-257-1082

Prism Health (PHNTX) - Dental Care - Vickery Meadow

Days of Operations: Mon - Fri.

8:30 AM - 5:00 PM; closed daily 12 :00-1:00 PM

Services: Dental Care

Website: <https://www.phntx.org/services/dental-care/>

Address: 8224 Park Ln, #125, Dallas, TX
75231

Number: 214-987-1131

Last Updated: April 2024