

Dallas Perinatal 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 Rd, Dallas, TX 75248

Number: 972-437-9950

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

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

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

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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

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

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.

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.

Center of Hope (COH)

Hours of Operation: 8:00 AM to 5:00 PM, Mon.-Sun., by appointment. Please call for initial phone screening.

Services: Housing

Website: <https://ugmdallas.org/shelter-and-housing-for-women-and-children/>

Address: 4815 Cass St.
Dallas, TX 75235

Number: 214-638-2988

Note: A shelter and Discipleship Program site where single women with children find hope and the support needed to take the first steps toward getting their families back on their feet.

Interfaith Family Services

Services: Housing

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

Address: 1651 Matilda Street, Dallas, TX 75206

Number: 214-827-7220

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HOUSING

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.

Temporary Assistance for Needy Families (TANF), Texas Health and Human Services Commission (HHSC)

Services: Financial Assistance for eligible needy families

Website: <https://www.hhs.texas.gov/services/financial/cash/tanf-cash-help>

Note: The TANF program provides cash aid and services to eligible needy families and is designed to help needy families achieve self-sufficiency. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food and other necessary expenses.

The M.I.N.T. Foundation

Services: Financial Services

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

Number: 972-224-7200

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.

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.

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FINANCIAL ASSISTANCE

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.

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.

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

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: Pediatric and Adult Dentistry

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

Address: 3515 Shepherd Lane
Dallas, TX 75215

Number: 214-426-3645

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: Pediatric and 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

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DENTAL CARE

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

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

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 -1 PM

Services: Dental Care

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

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

Number: 214-987-1131

LBU West Dallas

Days of Operations: Mon. - Fri. 7 AM - 6 PM

Services: Pediatric Dentistry

Website: <https://lbucommunityclinic.org/dentistry/>

Address: 809 Singleton Blvd., Dallas, TX 75212

Number: 214-540-0300

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DENTAL CARE

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.

Texas WIC

WIC SUPPORT

Services: WIC Support

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

WIC Office - City of Dallas

Services: WIC Support

Number: 214-670-7200

Email: Askwic@Dallascityhall.Com

Text Line: 1-855-957-5424

WIC Office - Tribal Center

Days of Operation: 3rd Wed. - 1:00 - 4:00 PM

Services: WIC Support

Address: 1283 Record Crossing Rd

Dallas, TX 75235

Number: 214-941-1050

Note: Mobile services offered

WIC Office - Medical District Clinic - Lactation Center

Days of Operation: Mon. - Fri.

8:00 AM - 4:30 PM

Services: WIC Support

Address: 2600 North Stemmons Frwy, Suite 190 Dallas, TX 75207

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WIC SUPPORT

WIC Office - Abrams Road Clinic

Days of Operation: Mon. - Fri.

8:00 AM - 5:00 PM

Services: WIC Support

Address: 6012 Abrams Rd Ste 150
Dallas, TX 75231

WIC Office - Lake June Clinic

Days of Operation: Mon. - Fri.

7:30 AM - 6:00 PM; Sat. 7:30 AM - 1:30 PM

Services: WIC Support

Address: 6925 Lake June Road
Dallas, TX 75217

WIC Office - Westmoreland Clinic

Days of Operation: Mon. - Fri.

8:00 AM - 5:00 PM

Services: WIC Support

Address: 1050 North Westmoreland Ste. 316
Dallas, TX 75211

WIC Office - Ledbetter Clinic

Days of Operation: Mon. - Fri.

7:30 AM - 6:00 PM; Sat. 7:30 AM - 1:30 PM

Services: WIC Support

Address: 1111 W Ledbetter St Suite 600
Dallas, TX 75224

WIC Office - Martin Luther King Jr Clinic

Days of Operation: Mon. -Thu.

7:30 AM - 6:00 PM

Services: WIC Support

Address: 2922-B MLK Jr Blvd
Dallas, TX 75215

WIC Office - North West Dallas Clinic

Days of Operation: Mon. - Fri.

7:30 AM - 4:30 PM

Services: WIC Support

Address: 1111 W Ledbetter St Suite 600
Dallas, TX 75224

WIC Office - Fruitdale WIC Clinic

Days of Operation: Mon. -Thu.

7:30 AM -6:00 PM; Fri. 7:30 AM - 4:00 PM

Services: WIC Support

Address: 4408 Vandervort Dr
Dallas, TX 75216

WIC Office - LBU WIC Services

Days of Operation: Wed. and Thu.

8:00 AM - 4:30 PM

Services: WIC Support

Address: 809 Singleton Blvd
Dallas, TX 75212

Number: 214-761-0956

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WIC SUPPORT

Parkland Hospital - Women's Health Centers

Services: Women's Health

Website: <https://www.parklandhealth.org/womens-health-locations>

Address: Multiple

Note: Family planning, pregnancy, basic gynecology check-ups, routine prenatal care, high-risk pregnancy care, complex surgeries, childbirth, after delivery, Women's Support Services.

Healing Hands Ministries Inc.

Services: Women's Health

Website: <https://www.hhmhealth.org/womens-health/>

Address: Multiple

LBU Oak Cliff

Days of Operation:

Mon. - Fri. 7:00 AM -6:00 PM;

Sat. & Sun: Closed

Services: Prenatal Care

Website: <https://www.hhmhealth.org/womens-health/>

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

Number: 214-540-0300 for appointments

Note: Prenatal care: pregnancy testing, prenatal orientation/education, routine prenatal care, sonograms, postpartum care

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