



Family & Community Resource Guide

A quick-reference guide to local and statewide support for children and families.

Not sure where to start? Dial 2-1-1 or 877-541-7905 for free help locating food, housing, health care, benefits, counseling, child care, and other community services. Visit 211texas.org.

Child Care & Family Benefits

Tarrant County CCMS / Child Care Scholarships

What it helps with: Child care tuition assistance for eligible families who are working, in school, job training, or job search.

Phone: 817-831-0374

Address: 500 Grapevine Hwy., Suite 400, Hurst, TX 76054

Website: tarrantcountyccms.org

Your Texas Benefits

What it helps with: SNAP food benefits, Medicaid, CHIP, TANF, and other Texas benefit programs.

Help by phone: Dial 2-1-1 and choose the state benefits option.

Website: yourtexasbenefits.com

Child Development, Early Intervention & Special Education

Help Me Grow North Texas

What it helps with: Free family navigation, developmental questions, screenings, child-development resources, and connections to community services.

Phone: 844-NTX-KIDS (844-689-5437)

Website: helpmegrownorthtexas.org

MHMR Early Childhood Intervention (ECI)

Who it serves: Children birth to 36 months with developmental delays or disabilities.

Services may include: Speech, occupational and physical therapy, family education, case management, behavioral support, nutrition/feeding support, and more.

MHMR: 817-335-3022

Website: mhmrarrant.org/eci

HEB ISD Child Find

What it helps with: Free referral and evaluation for children with suspected disabilities who may need special education or related services. Especially important for children age 3 and older living within HEB ISD boundaries.

Phone: 817-399-2264

Email: EarlyChildhoodTeam@hebisd.edu

Developmental Concerns - Ask Us for Help

If you have concerns about your child's speech, movement, behavior, learning, hearing, social skills, or other developmental milestones, please talk with your child's teacher or the director. We can help identify an appropriate referral resource and support communication with outside providers.



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Health, nutrition, benefits, and basic-needs support for families.

Health, Nutrition & Food Support

Tarrant County WIC

What it helps with: Nutrition support, healthy foods, breastfeeding support, nutrition education, and referrals for eligible pregnant/postpartum families, infants, and children under age 5.

Appointment line: 817-321-5400

Nearby clinic: 417 W. Euless Blvd., Euless, TX 76040

Tarrant County Public Health

What it helps with: Immunizations and other public-health services. Vaccines are available for children on Medicaid/CHIP and some uninsured or underinsured children.

Call Center: 817-248-6299

Website: tarrantcountytx.gov/public-health

Tarrant Area Food Bank

What it helps with: Find nearby food pantries and food-distribution partners; assistance may also be available for SNAP applications.

Phone: 817-857-7100

Find food: tafb.org/find-food-main

Pediatric, Dental & Health Coverage Referrals

Dial **2-1-1** for help locating low-cost pediatric or dental care, Medicaid/CHIP resources, community clinics, and health services near your home.

Housing, Utilities, Employment & Family Stability

Center for Transforming Lives

What it helps with: Tarrant County's current community partner for short-term rental and/or utility assistance for eligible households when funding is available.

Phone: 817-607-8137

Website: transforminglives.org/get-help

Workforce Solutions for Tarrant County

What it helps with: Job search support, career planning, training, workforce programs, and connections to employment resources.

Phone: 817-413-4000

Website: workforcesolutions.net

2-1-1 Texas - Basic Needs Navigation

What it helps with: Referrals for rent, utilities, emergency shelter, food, transportation, legal help, health services, benefits, counseling, and many other needs.

Dial: 2-1-1 or 877-541-7905

Website: 211texas.org

Need Help Understanding a Referral?

Families are welcome to speak with the director if they are unsure which agency may be the best starting point. We can help identify resources and provide child care documentation when appropriate, including documentation related to CCS.



Family & Community Resource Guide

Mental health, family safety, parenting support, and community activities.

Mental Health, Counseling & Parenting Support

MHMR Child & Family Services

What it helps with: Parenting support, child and family mental-health services, behavioral concerns, trauma support, developmental groups, ADHD/autism parenting support, Parent Cafes, and community referrals.

Services: 817-335-3022

Mental health crisis call/text: 800-866-2465

Website: mhmtarrant.org/child-and-family-services

SafeHaven of Tarrant County

What it helps with: Domestic-violence safety planning, emergency shelter, counseling, support, and resources for adults and children experiencing abuse.

24/7 hotline: 877-701-7233

Website: safehaventc.org

One Safe Place

What it helps with: Free, confidential support for families experiencing abuse or unsafe situations, with multiple services available in one location.

Phone: 817-916-4323

Address: 1100 Hemphill St., Fort Worth, TX 76104

Website: onesafeplace.org

For an Immediate Emergency

Call **911** for an immediate medical or safety emergency. For a mental-health crisis, call or text **800-866-2465**. Families may also dial **988** for the Suicide & Crisis Lifeline.

Free & Low-Cost Family Activities

Hurst Public Library

Family opportunities: Storytime, bilingual storytime, children's programs, books, learning resources, events, and other free community activities.

Phone: 817-788-7300

Address: 901 Precinct Line Rd., Hurst, TX 76053

Website: hursttx.gov/library

Hurst Parks & Recreation

Family opportunities: Parks, playgrounds, recreation classes, youth programs, seasonal events, sports, aquatics, and community activities.

Phone: 817-788-7325

Address: 700 Mary Dr., Hurst, TX 76053

Website: hursttx.gov/parks

Excellence Early Learning Center is here to support your family.

Please let us know if you need help locating a community resource, understanding where to begin, or obtaining child care documentation related to CCS. We are happy to help connect you with the appropriate agency. Community agencies determine their own eligibility, availability, fees, and services.

Resource information verified September 2026 from official agency websites. Programs, eligibility, funding, hours, and contact information may change. Please contact the organization directly for current details.