

COMMUNITY RESOURCES			
	310. W Oaklawn, Pleasanton, TX 78064 Medical Clinic: (830) 569-2527 Dental: (830) 569-5818 Pharmacy: (830) 569-2567 Administrative Office: 830-569-8940		
Atascosa Health Clinic (Pleasanton)			
Foster Care Resources			
ECHO Program	wknox@sjrc.com (830) 313-6695 https://sjrcbelong.org		<ul style="list-style-type: none"> • Dr. Wendy Knox • Free Resources for Foster Care Families
Human Trafficking / Child Abuse			
Children's Alliance of South Texas	Michelle King Email: Development@castcac.org		Child Abuse/ Human Trafficking Presentations
Ransom Life	Brooke Becker brooke@ransomedlifetexas.org 210.749.2118		Human Trafficking Trainings
Childsafe	Felicia Avalos 726.200.9344 FeliciaA@childsafe-sa.org		Child Abuse/ Human Trafficking Trainings
FOOD			
SA Food Bank	210.431.8326	M-F 8A-8P; SAT 9A-3P	Call in to find nearest resource within 10 mile radius. Fill out online form to get you on list for food at a site. You can call in to get on the list. http://safoodbank.org/ Drive Thru food service, bring your own bags they will fill it up. Check their website www.blessedangelscc@att.net for distribution dates and times.
Blessed Angels	210.284.4391		Priority delivery for seniors w/limited transportation or no transportation. Grandparents caring for school aged children. Persons w/disabilities. Families w/small children with limited or no transportation. You can call to check on next delivery and give your families name. www.circleofarms.org Delivering Food/toiletries to single parents, disable individuals, & seniors. Fill out the form online, www.sacrisiscenter.com
Circle of Arms	210.695-0687		Find food distributions by typing in the zip code. It will locate various pantries, food distribution sites through out San Antonio. You may have to call to verify dates and times.
Non-Profit Financial Services	210.774.3993		Offering Care Boxes of non-perishable food items/hygiene kits to families, wellness visits and transportation services. Please call obtain information so that families can sign up. https://sacornerstone.org
Food Finder App	https://foodfinder.us		Priority delivery for seniors w/limited transportation or no transportation. Grandparents caring for school aged children. Persons w/disabilities. Families w/small children with limited or no transportation. You can call to check on next delivery.
Cornerstone Church	210.962.4040		
Be A Champion	210.600.4175	Mon. & Fri. 11am-1pm	
Atascosa Christian Assistance Ministries(CAM)	500 Ave H Poteet, TX 78065	Tues, Thurs & Fri 9am to 1:30 pm	CAM will assist the communities needs of food and clothing
Atascosa County VFW Post 4853	809 Oak St, Jourdanton TX 78065	Emergency Pantry	Emergency Pantry
Bountiful Blessings Food Pantry	602 N Main St Pleasanton, TX 78064	Mon & Wed 9-12	Food pantry
City of Poteet	491 Ave H Poteet, TX 78065	1st Friday 9-11:30 (Senior Boxes)	Senior Boxes of food
Community Council of South Central Texas	1220 Simmons Ave, Jourdanton Tx 78026	1st Friday of month (Senior Boxes only)	Senior Boxes of food
Iglesia De Dios	21 Barnes Ave, Charlotte TX 78011	Wed or Thurs	Food pantry
Jesse's Snack Pantry	311 Smith St, Pleasanton TX	24/7 Food cabinet	Food pantry
Jourdanton Dornak Auto Parts	1107 Oak St, Jourdanton TX 78026	Food Cabinet	Food Cabinet
Jourdanton First Baptist Church	515 Zanderson Ave, Jourdanton TX 78026	Wed & Thurs 8-12 and 4th Friday	Please call office for questions
Jourdanton United Methodist Church	1004 Campbell, Jourdanton TX 78026	Emergency Pantry	Emergency Pantry
Pleasanton Church of Christ	1003 N Main St, Pleasanton TX 78064	Emergency Pantry	Emergency Pantry
Pleasanton United Methodist Church	420 N Main St, Pleasanton TX 78064	Senior Boxes the 2nd Wed from 8-12	Senior Boxes of food
Poteet Fair Grounds Food Distribution	9199 N State Hwy 16, Poteet TX 78065	3rd Saturday 8-12	San Antonio Food Bank/Poteet Fair Grounds
St Rose Lima	373 Madero Ave, Charlotte TX 78011	24/7 Food cabinet	Food pantry
St Vincent De Paul Society	626 Market St, Pleasanton TX	Tue & Thurs 10-2	Food and personal items
HELP LINE IMPORTANT NUMBERS			
Poteet PD	830.742.8123		
Texas Child Abuse Hotline	800.252.5400		
Poteet ISD PD	830.742.3567		
National Center for Missing and Exploited Children	https://report.cybertip.org/ 1-800-THE-LOST (24 hour hotline)		Reports of Child Sexual Exploitation
Medicaid Support	877-847-8377 (Case Manager Support) 1-877-633-8747 (Medicaid Transportation) 210-646-3036 (Medicaid Presentations For Parents)		
FBI Cyber crimes	ic3.gov		
Camino Real LMHA Crisis Line	1.800.543.5750		24/7 Crisis Hotline
Covid-19 Mental Health Support Line	833.986.1919		Toll Free-24/7 Hotline
National Suicide Prevention/ Self Harm	800.273.8255/ 988 Call/ Text		The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.
Texas Pregnancy Care Network	877-345-7734 www.texaspregnancy.org		The program provides free resources to women facing unplanned pregnancies as well as families that have young children up to 36 months. Counseling, mentoring, education and material assistance to clients.
Domestic Violence/Healthy Relationships			

National Domestic Violence Hotline Safer Path Family Violence Shelter	800.799.SAFE(7233)	24/7	Confidential and over 200 language translations to assist with domestic violence concerns
Teen Relationship and Violence Prevention	Dalia Rivas, COSA Metro Health Department Central Crisis Response Team (210) 207-6821 / (210) 207-2862 / City Cell Phone: (210) 284-5078 Dalia.Rivas@sanantonio.gov		Dating Violence Presentations
Erin Rios Castro Foundation	erinrioscastrofoundation@gmail.com Contact: Rena Castro		Dating Violence Presentations
The Rape Crisis Center	Sydney Kuehne Outreach Coordinator skuehne@rapecrisis.com 210-995-6482		Dating Violence Presentations
UTILITIES/RENT/WATER			
United Way.org or 211.org	211	24/7	Confidential and 180 languages translation. Helps with food, utilities, rental assistance, water, childcare & essential needs
MILITARY RESOURCES			
TMD Counseling Team	512.782.5069		Free confidential counseling
Tutor.com Military Kids Connect	https://military.tutor.com/home https://militarykidsconnect.health.mil	24/7	Online tutoring & homework help for US Military and their families 24/7 at no cost by US Dept. of Defense Free online resources with videos, health & wellness Telehealth-Mental Health Counseling Services for veterans, active duty members and their families.
Endeavors-Cohen Military Family Clinic	210.399.4838 SAclinic@endeavors.org		
APPS FOR IOS/ANDROID			
Virtual Hope Box			Simple tools to help w/coping, relaxation, distraction, positive thinking using videos, audio, pictures, games, mindfulness exercises and inspirational quotes.
Breath2Relax			Trains on belly breathing techniques that have benefits for overall mental health.
Moving Forward			Provides on-the-go tools that teach problem solving skills to overcome obstacles/deal with stress. Designed for veterans and service members, but can be used for anyone with stressful problems.
Mental Health Resources			
Mental Health of America	https://screening.mhanational.org/ www.grievingstudents.org info@grievingstudents.org		Online screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.
Coalition to Support Grieving Students			Resources for parents and teachers on how to talk to a student that is experiencing grief.
Erika's Lighthouse/ Suicide Prevention	www.erikaslighthouse.org Shantal Saldana: shantal@erikaslighthouse.org		Depression Education for grades 4-12 Family engagement resources for families and their teens Staff Development Training
COUNSELING			
Camino Real LMHA	210-261-3350 enrollment number for Children		
Ecumenical Center	210.616.0885		15-20 minute telehealth sessions (free). They can schedule an appointment with a counselor if there is a continuous need for support.
Deer Oaks EAP Program	888.993.7650		Free for Poteet ISD Employees/ Short Term Counseling Services. Parent Stress Class Online-RSVP by phone & receive a link. Check website for these monthly parenting sessions.
Any Baby Can	210.547.3007		
Love & Logic	https://www.loveandlogic.com/collections/classes-and-conferences/products/love-and-logic-parenting-online		Free online parenting classes for the month of April 2020 Free Counseling for Victims of Trafficking in Texas/ Telehealth Services.
Ransomed Life	www.ransomedlifetexas.org 210.514.4384		Go online to complete online counseling referral form Heather Lyons, LPC
Atascosa Health Center	830.569.2527		Free Counseling Services for Poteet ISD Students
Poteet Mental Health Center	830.742.3567 (Ask For Michele Lozano)		Texas Child Health Access through Telemedicine (Family Counseling, Individual Counseling, Psychiatric visits)
TCHAT	Contact Campus Counselor For Referral		Center for Eating Disorders and Sever Malnutiriton
Eating Recovery Center	1-866-382-0074		Mood, Anxiety and Trauma Disorder Treatment for Children and Teens ages 12-17
Pathlight Mood & Anxiety Center	1-866-545-0743		
Mental Health Hospitals			
Clarity Child Guidance	210.616.0300		Children and Adolescents. Only hospital that will take children under the age of 12.
San Antonio Behavioral Health	210.541.5300		
Laurel Ridge	210.491.9400		
Substance Use Resources			
Camino Real LCDC Program	210-227-2634 10226 Ironside Dr San Antonio, Texas 78230		
Rise Recovery	866-913-4181 3850 S Loop W San Antonio, Texas 78264		
Adult and Teen Challenge of Texas	866-514-0275		
San Antonio Recovery Center	5806 Culebra Rd San Antonio, Texas 78228		