AMCMS

COUNSELING CONNECTION

MAY

Concrete Supports for Families

Texas has multiple resources to help support families in areas of need such as food, clothing, housing, transportation, child care, health care, and mental health services. Find local support in your area.

It's not easy coming up with healthy breakfast, lunch, and dinner ideas for kids, day in and day out. Don't worry, we've got you! Learn how to take the stress out of mealtime for all ages.

Need help affording child care? Contact your local Workforce Solutions to see if you're eligible and to apply.

If you need answers to parenting questions or even something more, The Texas Parent Helpline is available 24/7 to help you with any parenting challenge. Call or text 833-680-0611

The Texas Youth Helpline provides free and confidential services to youth, their parents, and other family members of youth in crisis who need help finding a counselor, safe shelter, legal information, other local referral information, or just someone to talk to.

Texas 2-1-1 can help Texans connect with the services they need, available in English and Spanish.

Trouble paying rent? Visit the Texas Department of Housing and Community Affairs to understand your legal rights, the eviction process, and steps you can take to protect yourself.

Contact Us:

(979) 764-5575

Alex Cockrell
acockrell@csisd.org

Jessica Wilkerson
jwilkerson@csisd.org

AMCMS Counseling

Resources:
https://www.dfps.texas.gov/Prevention_and_Early_Intervention/Grantees/social_media_toolkits/strengthening_families.asp

Check out the AMCMS website for announcements, tutorial schedule, upcoming events, and more! There is also a section for community resources under Administration, Counselors, Community Resources.