

## COVID-19 RESOURCES

**Coping with Covid** Baylor College of Medicine and Harris Health System. 832-206-4034  
6 free weekly one-on-one sessions over zoom.  
Teaches parents how to help their children cope with stress or anxiety related to COVID-19  
Eligibility 5-13 years old/parent-focused.  
[projectreach@bcm.com](mailto:projectreach@bcm.com)

**Mental health support line** 833-986-1919  
Statewide COVID-19 Mental Health Support Line is open 24 hours a day, 7 days a week.

**SouthernSmoke.org**  
Free mental healthcare to all Texas-based food and beverage employees and their children.

**Texas Recovering Together** 936-521-6331  
Social service referrals, transportation referrals, mental health referrals, individual counseling, group counseling, Substance abuse referrals etc.

## FOOD/UTILITIES/RENT/MORTGAGE ASSISTANCE RESOURCES

**Fort Bend Social Services** (281)403-8050  
Missouri City/(281)342-7300 Richmond  
Provide assistance for utilities, rent/mortgage, food, some medication assistance. Also will provide assistance for emergency shelter and unmet emergency needs.  
<https://www.fbchhs.org/social-services/general-assistance>

**East Fort Bend Human Needs Ministry**  
(281)261-1006 [www.humanneeds.org](http://www.humanneeds.org)  
Emergency financial assistance for rent/mortgage and/or utilities. Also offers medication assistance.

**Second Mile Ministry** (281) 261-9199  
[www.secondmile.org](http://www.secondmile.org)  
Food pantry, free health clinic.

**Galveston Community Action Fort Bend Branch** Utility assistance  
Richmond, TX 77469 (281) 342-3012

**Olive Branch Muslim Family Services**  
(832) 617-8160 Rent, utilities and food

## RESOURCES FOR STUDENTS ON THE AUTISM SPECTRUM

**Hope for Three** (281) 245-0640  
<https://www.hopeforthree.org/>  
Provides advocacy, resources, and support for families living with autism spectrum disorder.

**Texana** (281) 239-1300  
<https://www.texanacenter.com/>

**Texas A&M University~Coach to Communicate Project** [autism.tamu.edu](http://autism.tamu.edu)  
Up to age 22; Face-to-face and/or Web-based parent trainings at no cost for parents, caregivers, teachers, and service providers

**Anxiety and Autism Research Study** through Baylor College of Medicine. Provides free parent-led cognitive behavioral teletherapy. Children ages 7-13. (713) 798-8563  
[anxietyandASD@bcm.edu](mailto:anxietyandASD@bcm.edu)

## SOCIAL SKILLS

**Got Advocacy** (832) 509-2230 [gotadvocacy.org](http://gotadvocacy.org)  
Social Skills group in Pearland. Ages 5-10

**Spectrum Social Skills Yoga** (844) 272-7223  
[aparaautism.com](http://aparaautism.com) Apara Autism Center

**Autism and Adulthood Social Skills Group**  
[autismandadulthood.com](http://autismandadulthood.com) Katy; Ages 13-17

## GUARDIANSHIP RESOURCES

**Brazos Bend Guardianship Services**  
(281) 232-7701  
<https://brazosbendguardianship.org/>  
Provides seminars locally on guardianship and alternatives. Also provides reduced rate guardianship legal services and financial assistance to those who qualify (250% of poverty level).

**Disability Rights Texas** (512) 454-4816  
<https://www.disabilityrightstx.org>

**The Arc of Fort Bend** (281) 494-5959  
<https://arcoffortbend.org/>

\*\*Please check with each organization. Delivery of services may be impacted due to COVID-19\*\*

## TRANSITION SERVICES

**gottransition.org** ~Medical Transition  
Transitioning from Pediatric to Adult Healthcare

**18 and Beyond** (832) 781-4810  
10200 West Airport Blvd, Stafford, TX 77477

**Center for Pursuit** (713) 525-8416  
810 Marston St., Houston, TX 77019

**Workforce Solutions** (281) 344-0279  
28000 Southwest Fwy, Rosenberg, TX 77471

## RESPIRE SERVICES, CAMPS, AFTER SCHOOL CARE

### RESPIRE RESOURCES

**Be an Angel** <https://beanangel.org/respire-care/>  
(281) 219-3313  
Provides financial assistance for in-home respire care.

**Hope For Three (Teen Huddle)**  
[contact@hopeforthree.org](mailto:contact@hopeforthree.org)  
Parents Time Out-Three hours of respire;  
Siblings Sessions

**Easter Seals** Kristie Carlisle (713) 838-9050  
ext 307 [kcarlisle@eastersealshouston.org](mailto:kcarlisle@eastersealshouston.org)

**ARC of Ft. Bend**  
Parent Night Out & Teen/Tween Social is an early evening social event for families with children with disabilities who are 11-18 years of age. First Fridays Jan-June & Sept-Dec 6-9p

**Grace Fellowship Katy**  
Respire nights for members and regular attendees

**Kingsland Baptist Church-Katy**  
Provides respire one Saturday a month

**Sugar Creek Baptist Church~The Open Door**  
Barbara Waldhuber 281-274-7431  
email: [bwaldhuber@sugarcreek.net](mailto:bwaldhuber@sugarcreek.net)  
Parent Night Out Ages 4-14; 3rd Friday every month, must reserve slot. Vacation bible school for students with special needs.

**Easter Seals – Katy Teen Club** Contact Kelly Knight at [KKnight@eastersealshouston.org](mailto:KKnight@eastersealshouston.org)  
Every Friday night 6:00 – 9:00 pm

Age 12 to 21 years old with Autism Spectrum Disorders and similar disorders; siblings ages 12-16. St. Peter's United Methodist Church  
20775 Kingsland Blvd Katy, Texas 77450

**St. Peter's United Methodist Church, Special Kids Ministry / Friday Night Friends**  
<https://www.stpkaty.org/special-needs-ministry/>  
Last Friday of the month from 6-9 p.m.  
Registration is required; Download registration form and submit it to the Children's Ministries Office by the Wednesday prior to the Friday of the event.  
Also every Friday adult respire 9 am- 2 pm

### CAMPS

#### Financial Assistance

**Inspiring HANDS**~ Provides scholarships to offset tuition costs for individuals of all ages to attend special needs summer camps, equestrian therapy, or to acquire service dogs.  
Apply online November 1- March 15  
[www.InspiringHANDS.awardspring.com](http://www.InspiringHANDS.awardspring.com)  
Must be accepted by the individual pre-approved camp/center prior to applying for the scholarship

**Camp Marcel** (713) 298-7679  
Elementary-High School. Week-long social skills and recreation day camps in the summer. Offers weekend respire as well.  
4112 Tilson, Houston, TX 77043

**Camp Journey**~Bellville, pickup location in Katy; All ages  
Spring Break and Summer Camps  
Variety of overnight respire and day camps  
[Journeyadventures.org](http://Journeyadventures.org) (832) 913-6286

**Life Prep at Camp Journey**  
[AutismandAdulting.com](http://AutismandAdulting.com)  
Student's ages 13-17 with high-functioning autism

**True Knight Academy**~Sugarland Ages 5-22  
Spring Break and Summer Camps  
[www.TrueKnight.org](http://www.TrueKnight.org) (281) 978-6056

**Sharper Mind Academy**~Sugarland; Ages 3-8  
Spring Break and Summer Camps  
[Sharpmindsacademy.com](http://Sharpmindsacademy.com) (832) 242-2477

**Camp Blessing** Brenham, Texas  
[campblessing.org](http://campblessing.org) (281) 259-5789  
Ages 7-22 \*also accepts siblings  
Overnight, weeklong

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**Camp Ability** (713) 682-7237 ext 201  
Summer day camp for children with Down Syndrome ages 5-12 and their sibling's ages 3-10. There is a cost for each child.

**Charis Hills Camp** Sunset, Texas  
charishills.org (940) 964-2145

**Easter Seals Camps (applications January-March)**

**Camp Smiles**

Overnight, weeklong camp for kids ages 6-14 with Cerebral Palsy

**Camp Buckaroo**

Weeklong inclusive day camp for children ages 6-14 with disabilities and their siblings.

**Texas Lions Camp** Kerrville, Texas Ages 4-16.  
Various residential camps with specific focuses.  
(830) 896-8500 [www.lionscamp.com](http://www.lionscamp.com)

**The Elks Camp** free camp for ages 7-15 with a variety of diagnosis. (830) 875-2425  
[www.texaselkscamp.com](http://www.texaselkscamp.com)

**Down Home Ranch** Elgin, Texas  
[www.downhomeranch.org](http://www.downhomeranch.org) (512) 856-0128  
**Camp DRIVE** Elgin, Texas [campdrive.org](http://campdrive.org)

**AFTER SCHOOL PROGRAMS**

**Sharper Mind Academy**~Sugarland; Ages 3-8  
Spring Break and Summer Camps  
[sharpmindsacademy.com](http://sharpmindsacademy.com) (832) 242-2477

**True Knight Academy**~Sugarland; All ages  
[www.trueknight.org](http://www.trueknight.org) (281) 978-6056

**SOCIAL/RECREATION**

**SOCIAL ACTIVITIES**

**Chuck E. Cheese Sensory Sundays**  
The first Sunday of every month (participating locations)  
Stores open 2 hours before normal opening time

**AMC Sensory Friendly Films**  
2<sup>nd</sup> and 4<sup>th</sup> Saturday (family friendly)  
Wednesday evenings (mature audiences)  
Families are permitted to bring their own gluten-free, casein-free snacks from home

**Urban Air Adventure Park Sugarland**  
Sensory friendly jump. No flashing lights, no music or whistles  
Every Monday from 4pm-8pm (except holidays and school breaks)

**Children's Museum Houston**  
Sensory Friendly Days. Check with the museum for dates and time.

**SPECIAL NEEDS MINISTRY**

\*River Point Church~Children through Adult  
\*Sugar Creek~The Open Door Ministry for children  
\*Sugarland Methodist  
\*Grace Fellowship Katy~Children through adult  
\*Houston First Baptist Church  
\*Kingsland Baptist Church~Children through Adult  
\*St. Peter's United Methodist Church

**SPORTS AND RECREATION**

**STAR Skaters**~ Sugarland Ice and Sports Center Skating Rink [www.STARskaters.org](http://www.STARskaters.org)

**Buddy Ball**~ A special needs basketball league open to boys and girls 5-21 years old.  
<https://www.buddyball1.com/>

**First Colony Little League~Dream League**  
<https://fcll77479004.sportssignup.com/site/>

**Fort Bend Impact~Tumbling**  
(713) 259-9332 <http://www.fortbendimpact.com/>

**Fort Bend Martial Arts Academy**  
(281) 342-3262  
<http://fortbendmartialartsacademy.com/>  
**Katy American Little League Challenger Baseball** <http://www.katyamerican.org/>

**Lamar Little League**~ League of Champions ages 4-22 (if still enrolled in high school)  
<https://www.lamarlittleleague.com/page/show/3875767-league-of-champions>

**YMCA~ Adaptive Sports**  
Adaptive Swim available at Fort Bend Family YMCA and T.W. Davis YMCA

**Sailing Angels Foundation**~ Provides a sailing excursion (346) 306-9424  
[www.sailingAngels.org](http://www.sailingAngels.org)

\*\*Please check with each organization. Delivery of services may be impacted due to COVID-19\*\*

## OTHER RESOURCES

**Bo's Place** (713) 942-8339 Provides grief support from age 3+. Individuals, families, pregnancy loss. Katy location has Ongoing Family Groups (ONLY) for ages 5-18

**TAG Center**~Texas Children's Hospital  
<https://www.texaschildrens.org/departments/trauma-and-grief-center>

Provides evidence-based assessment and interventions for youth who have experienced traumas and/or losses.

Families can self-refer @ 832-822-3829

**UT Physicians PATH Program** (713) 500-7840  
<https://www.utphysicians.com/clinic/ut-physicians-path-program/>

For children/adolescents experiencing complex medical issue who also have behavioral or emotional challenges.

**UT Trauma and Resilience Center Clinic** 713-486-2630 <https://med.uth.edu/psychiatry/patient-care/child-adolescent-services/>

**You Are Not Alone Program (YANA) Ft. Bend County Sheriff's Office** (281) 341-9262

Daily telephone calls and a visit from a YANA Volunteer for seniors and people with disabilities.

**Supplemental Special Education Services (SSES)** New grant program by TEA for eligible parents/caregivers of students with significant and complex disabilities that have been impacted by COVID-19 school closures. Visit [SSES.tea.texas.gov](https://www.sses.tea.texas.gov) to learn more and see if your child qualifies.

## ADVOCACY

**The ARC Fort Bend County** (281) 494-5959  
<https://arcoffortbend.org/>

**Disability Rights Texas**  
<https://www.disabilityrightstx.org/en/home/>

**Navigate Life Texas**  
<https://www.navigatelifetexas.org/en>

**Family to Family Network** (713) 466-6304  
<https://www.familytofamilynetwork.org/>

**Families Can** (713) 743-5491  
<https://uh.edu/education/pep/families-can/>

## SUPPORT GROUPS

**M.O.K.A.**~for Moms of Kids with Autism  
Second Tuesday of every month. 7pm at the Arc of Fort Bend County.  
Ashley Bennett (832) 660-5931

**Parent Education & Support Group**  
Second Thursday of every month. 10:30 am at The Arc of Fort Bend County

**ADDA (Attention Deficit Disorders Association)** Last Tuesday of month 6:30-8:30pm; Sugarland Baptist Church Contact Allison Schaberg (281) 690-1177

**NAMI (National Alliance of Mental Illness)**

**English:** 2nd and 4th Thursday, 7:00– 8:30 pm  
United Way of Fort Bend, 12300 Parc Crest Dr., Rm. B, Stafford, TX 77477  
Contact person: Pat Sumner (281) 384-3156

**Spanish:** 3rd Tuesday, 7:00 pm – 8:30 pm  
United Way of Fort Bend, 12300 Parc Crest Dr., Rm. B, Stafford, TX 77477  
Contact person: Bertha Martin (713) 550-4128

**Chinese (Mandarin)**  
Last Sunday of the month, 6:30 pm – 8:00 pm  
Contact number below for location.  
Contact: Melody Lin (832) 273-3117

## MENTAL HEALTH RESOURCES

**Access Health** (281) 969-1800  
Health and Behavioral Health resources  
Services for children, teens, and adults  
Services in English and Spanish  
Accepts Medicaid, Medicare, private insurance, sliding scale  
<http://www.myaccesshealth.org/behavioral-care.html>

**DePelchin Children's Center** (281) 261-1341  
FAYS program-provides FREE counseling and parent support. Services in Spanish & English.  
<https://www.depelchin.org/services-to-at-risk-youths/>

**Family Houston** (713) 861-4849  
Provides play therapy and family counseling  
Accepts Medicaid and most insurance.  
<https://www.familyhouston.org/counseling4kids/>

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**Olive Branch Muslim Family Services**

(832) 617-8160 Offers counseling and case management for families and individuals.

**Texana Center** (281) 239-1300/(281) 342-6384  
<https://www.texanacenter.com/>

**UT Physicians**

Sienna (713) 486-1200  
Rosenberg (713) 486-1950  
Cinco Ranch (713) 486-5300  
Accepts Medicaid, Medicare, private insurance

**Marvelous Counseling & Therapy**

(281) 508-4466  
<http://www.marvelouscounseling.com/>

**Journey through Life** (832) 431-4246

<https://www.journeythroughlifellc.com/>

**Circle of Hope** (832) 962-8891

<https://www.houstoncircleofhope.com/>

**Evolve Texas** (832) 930-4898

Evolveoftexas.com

**HEALTH CLINICS****Access Health** (281) 969-1800

Health and Behavioral Health resources  
Services for children, teens, and adults  
Services in English and Spanish  
Accepts Medicaid, Medicare, private insurance, sliding scale  
<http://www.myaccesshealth.org/behavioral-care.html>

**Bee Busy Wellness Center** (713)771-2292

Federally Qualified Health Center which offers Medical, Dental, Mental Health. Currently offering Telehealth Services regardless of ability to pay.

**IBN Sina Foundation** (281) 495-7462 Provides low-cost preventative & primary medical, dental, diagnostic, specialty and children's health services.

**MEDICAID WAIVERS****Texana**

Mary Sotello (281) 239-1363 or  
Karen Escobar (Spanish) (281) 239-1368  
Waivers: HCS, TxHmL

**Texas Health and Human Services**

Interest List Phone Line  
1-877-438-5658  
Waivers: CLASS, MDCP, DBMD

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