

---

## ALZHEIMER'S ASSOCIATION GREATER DALLAS

**800.272.3900**

**<https://www.alz.org/dallasnetexas>**

CBT Connection(s)

Elizabeth Stein | 214.674.0122

*Global research, risk reduction and early detection, and maximizing quality care and support*

---

## AMEICAN CANCER SOCIETY

**<https://www.cancer.org/>**

*Conducts research, shares expert information, supports patients, and spreads the word about prevention.*

---

## AMERICAN HEART ASSOCIATION / AMERICAN STROKE ASSOCIATION

**<https://www.heart.org/en/affiliates/texas/dallas>**

*Improve the long-term health of our city*

---

## CALLIER CENTER

**972.883.3630**

**<https://calliercenter.utdallas.edu/>**

*Speech and hearing support*

---

## CATHOLIC CHARITIES

**866.233.7500**

**[ccdallas.org](http://ccdallas.org)**

*Center offers daily nutritious meals, food boxes, health education, case management, counseling, transportation, exercise programs and social activities +disaster relief for children, family & senior*

## CITY OF DALLAS

<https://communityresources.dallascityhall.com/>

*Search for free or reduced cost services such as food, healthcare, job-seeker and legal assistance, and more*

---

## CLEANING FOR A REASON

[cleaningforareason.org](https://cleaningforareason.org)

*Free home cleaning to patients battling cancer, recovering from cancer surgery, treatment or hospice care*

---

## DALLAS COUNTY HEALTH AND HUMAN SERVICES

**214.819.2000**

[dallascounty.org/departments](https://dallascounty.org/departments)

*Protect the health of Dallas County citizens , assist with housing vouchers, energy assistance, STD screening & home weatherization*

---

## DALLAS HEBREW FREE LOAN ASSOCIATION

**214.696.8008**

[dhfla.org](https://dhfla.org)

*Assist people of the Greater Dallas Jewish Community with interest free loans*

---

## DALLAS HOUSING AUTHORITY

**214.951.8348**

<https://dallascaresactrent.org/>

*Emergency Rent Assistance program, funded by the CARES Act*

---

## DART (RIDER ASSISTANCE PROGRAMS)

**214.828.6717**

**<https://www.dart.org/riding/dartrides.asp>**

*Transportation services for senior citizens age 65+ and/or persons with disabilities. Persons interested in applying for the service should complete an application to determine eligibility.*

---

## FAMILIES ANONYMOUS

**800.736.9805**

**[familiesanonymous.org](http://familiesanonymous.org)**

*Relatives and friends of those who suffer from a current, suspected or former problem of substance abuse or related behavioral problem.*

---

## GENESIS WOMEN'S SHELTER

**214.389.770 (main)      214.946.4357 (hotline)**

**[genesishshelter.org](http://genesishshelter.org)**

*Emergency shelter, long term housing, counseling & legal for women*

---

## HUMAN RIGHTS INITIATIVE

**214.855.0520**

**<https://hrionline.org>**

*Provide services to special populations, including immigrants and refugees, and other City of Dallas residents who are hard-to-reach through traditional outreach strategies. By referral.*

---

## JEWISH FAMILY SERVICE

**972.437.9950 ext 340**

**[jfsdallas.org](http://jfsdallas.org)**

*Children & teens, adults, older adults, emergency & food pantry, family violence, career & financial, covid-19 housing assistance & resale shop*

---

## JOURNEY OF HOPE GRIEF SUPPORT CENTER

**972.964.1600**  
**johgriefsupport.org**

*Provide group grief support to children, adolescents & their parents or adult caregivers who have lost a loved one to death*

---

## NATIONAL COUNCIL OF JEWISH WOMEN NCJW

**214.368.4405**  
**ncjwdallas.org**

*Strives for social justice by improving the quality of life for women, children, and families by safeguarding individual rights & freedom*

---

## NETWORK OF COMMUNITY MINISTRIES

**972.234.8880**  
**thenetwork.org**

CBT Connection(s)

Ruben Granado | 214.793.2966

Merilyn Robbins | 214.766.9494

*Emergency services: food, clothing, utilities, rent & income support, Medical & Dental vouchers  
Seniors' Net: supplemental food, handyman service, companion calls, information & referrals,  
Stabilization Programs: Pathways case management & stability planning, Job Resource Center,  
Financial Empowerment Classes*

---

## PARKINSON'S VOICE PROJECT

**469.375.6500**  
**Parkinsonvoiceproject.org**

*Provide speech therapy, follow-up support, research education & community awareness free of charge.*

---

## PLAIN-O HELPERS

**469.366.4286**

**<http://www.plain-o-helpers.org/>**

*Seniors, age 60+, and handicapped clients with a Plano address or residing in the PISD. Program provides maintenance and repair services for the home, with a key focus on safety issues. There is no charge for the help we provide.*

---

## PLANO LIBRARY

**<http://polaris.plano.gov/polaris/>**

*free online classes, books, dvds & digital resources*

---

## SAMHSA

**1.800.662.HELP (4357)**

**[samhsa.gov](http://samhsa.gov)**

*24/7 Treatment referral for individuals and families facing mental health and/or substance use disorders*

---

## SENIOR SOURCE

**214.823.5700**

**[www.theseniorsource.org](http://www.theseniorsource.org)**

*Financial Assistance, Frauds & Scams Help, Employment services, Family Caregiver Support, Nursing Home Resources, Senior Volunteer Programs*

---

## SILVER SNEEKERS

**[www.silversneakers.com](http://www.silversneakers.com)**

*Fitness classes adults 65+ included in your Medicare Advantage Plan*

---

## TEXAS DEPARTMENT OF FAMILY & PROTECTIVE SERVICES

**800.252.5400**                      **817.989.3000**  
**[https://www.dfps.state.tx.us/About\\_DFPS](https://www.dfps.state.tx.us/About_DFPS)**

*Protects children and vulnerable adults from abuse, neglect, and exploitation.*

---

## TEXAS RAMP PROJECT

**[texasramps.org](http://texasramps.org)**

*Provides free wheelchair ramps to low-income older adults & people with disabilities; Referrals form a third-party health care provider via the TRP website*

---

## VETERAN'S CRISIS HOTLINE

**800.273.8255 press 1**                      **text to 838255**  
**[www.veteranscrisisline.net](http://www.veteranscrisisline.net)**

*Free, confidential support for Veterans in crisis and their families and friends.*

---

## THE WARREN CENTER

**972.490.9055**  
**[thewarrencenter.org](http://thewarrencenter.org)**

*Resources and care to children with disabilities and their families*

---

## THE FOLLOWING PEOPLE HAVE VOLUNTEERED TO HELP NAVIGATE THESE RESOURCES...

|                  |  |              |   |
|------------------|--|--------------|---|
| David Adler      | <a href="mailto:maridav1@swbell.net">maridav1@swbell.net</a>             | 214.215.0753 | Attorney                                    |
| Nat Cohen        | <a href="mailto:nat.cohen@tx.rr.com">nat.cohen@tx.rr.com</a>             | 972.841.8330 | Business                                    |
| Cyd Friedman     | <a href="mailto:cyd.friedman@gmail.com">cyd.friedman@gmail.com</a>       | 214.868.9800 | Community                                   |
| Laura Halper     | <a href="mailto:laurahalper@gmail.com">laurahalper@gmail.com</a>         | 214.986.0214 | Community                                   |
| Larry Strauss    | <a href="mailto:pow343@aol.com">pow343@aol.com</a>                       | 214.543.7789 | Community                                   |
| Ira Korman       | <a href="mailto:ibkorman@gmail.com">ibkorman@gmail.com</a>               | 972.931.0310 | Health Care (physician & hospital referral) |
| Adrian Fleishman | <a href="mailto:adrianfleishman@gmail.com">adrianfleishman@gmail.com</a> | 972.867.2565 | Licensed Professional Counselor             |