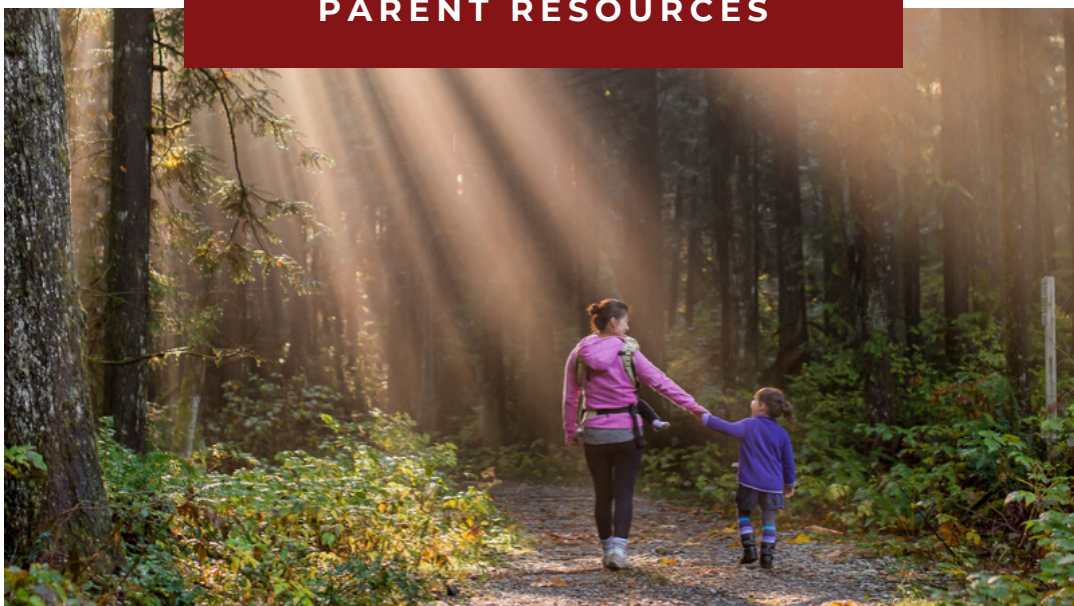


PARENT RESOURCES



WWW.HELPANDHOPE.ORG

This site offers helpful free resources to handle the stress of caring for kids of every age and help parents and caregivers manage stress. Know your not alone!

If you need assistance finding food, paying house bills or other essential services dial **2-1-1, option 6**, to speak to someone locally or visit **211Texas.org** to find services electronically.

If your employment has been affected by the coronavirus, apply for benefits online at the **Texas Workforce Commission** or by calling TWC's Tele-Center at **(800) 939-6631** from 8:00 a.m. to 6:00 p.m. CST, Monday through Friday.

The **Texas Youth Helpline** provides prevention services to youth, parents, siblings and other family members who are in need of a caring voice and sympathetic ear. Trained volunteers are on call to provide guidance on youth-related concerns, referral information or simply listen. **Phone: 800-989-6884 | Text at 512-872-5777**



VISIT WWW.CATHDAL.ORG FOR A LIST OF SPIRITUAL RESOURCES