

MENTAL HEALTH RESOURCES LIST

Provided by: Gulf Bend Center MHDD
6502 Nursery Dr, Suite 100
Victoria, TX 77904
(361)-575-0611

NOTE: This is by no means a comprehensive list of resources in our community. The number to call 24 hours a day/7days a week for additional resources in your area is 211. For more, please visit the following website: www.211texas.org

24-Hour Crisis Hotline:
(877)-SAFEGBGC or (877)-723-3422

No Cost Services Provided by Gulf Bend Center

Support Group on Relationships

Wednesdays at noon
Gulf Bend Wellness Community
1009 N Nimitz. St.
Victoria, TX 77901
(Meets in the Community room with Lane Johnson, LPC-S and Stanley Schweke)

Substance Use Group Counseling

Gulf Bend Center Group Counseling Room
6502 Nursery Dr, Ste. 100
Victoria, TX 77904
Every Monday from 1:30-2:30 pm
*For more information, please text or call Ashley Surber, Substance Use Counselor, at 361-433-7478

Community Support Group

Christ's Kitchen
611 E Warren Ave
Victoria, TX 77901
Every Thursday from 1:30-2:30 pm
*A support group for any topic of interest. Community members are encouraged to join and share what's on their mind.

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PSYCHIATRISTS

Victoria Psychiatric Associates

Dr. R. Lyman

2710 Hospital Drive, Suite 202, Victoria, TX 77901
(361) 579-1388

*Accepting private pay only. Accepting new patients (only over 18). The first visit is \$270, and all follow up appointments are a minimum of \$90.

Victoria VA clinic Outpatient

311 Spring Green Blvd., Victoria, TX 77904
Hours: Monday-Friday 8 am to 4:30 pm

Phone: 361-582-7700

Phone (mental health care): (210)-617-5300

<https://www.va.gov/south-texas-health-care/locations/victoria-v-a-clinic/#health-care-offered-here>

****Veteran's Crisis Hotline – 800-273-8255****

*Services include laboratory & pathology testing, mental health care, nutrition & dietary care, podiatry, primary care, social work, and telehealth. Must be enrolled in VA health care and registered as a patient at South Texas Veterans Health Care System before making an appointment.

Claudia Amador, PMHNP (Psychiatric Nurse Practitioner)

101 W Goodwin Ave STE 901, Victoria, TX 77901

(361) 576-9700

*Ages 21 and up. Accepts most major medical insurance, Medicare, and cash pay. Does not accept Medicaid. (Does not see Dementia or Alzheimer).

Psychiatric Specialists of Texas-Victoria

1402 Village Dr., Victoria, TX 77901

(361) 452-1151

*Provides services for children (3+) and adults. Clients can enroll on the portal using this link: <https://psychspecialistsoftx.com/new-patient-form-online/>. Accepts Medicaid, most major insurances, and self-pay; does not accept Humana. Does not provide counseling services.

Psychiatrists Outside of Victoria

Dr. John Hopper

2726 Highway 35, Rockport, TX 78382

(361) 729-5357

*Sees adults and children (3 years and up). Accepts most private insurance, private pay, Medicare+Medicaid plans. No sliding scale.

Psychiatric Consulting Services

Dr. N. Praderio

1315 Santa Fe St, Corpus Christi, TX 78404

(361) 887-9600

*Accepts most major insurance, Medicare, Medicaid, and self-pay. Services are in-person. Requires a referral from primary care physician. Geriatric psychiatry specialty but sees ages 18 and up.

Crossroads Psychiatry

Kourtne Roberts, MD

3833 S. Staples St., STE N 215, Corpus Christi, TX 78411

(361)-703-5026

Email: crossroadspsychiatry@outlook.com

*Accepting new patients (only over 18). Cash pay only. Telemedicine services only.

COUNSELORS & PSYCHOTHERAPISTS

Laurel Graham, LPC

1501 E. Mockingbird Ln. #238
Victoria, TX 77904
Phone: (361) 575-4351

New Beginnings Counseling Services

Rick Torres, LPC (Bilingual)

Gail Spurgeon, LPC

Cheryl Green, LMSW-ACP

Ginger Corn, M. Ed., LPC

Danna Harrison, LPC

Laura J Wright, LCSW

1501 E. Mockingbird, Suite 262
Victoria, TX 77904
(361) 570-8900

*Accepts ages 8 and up (varies by provider). Accepts Medicaid, Medicare, and most major medical insurance. Bilingual Counseling available.

*Currently accepting new clients.

Victoria Counseling Services LLP

David Hensley, Ph.D.

Vidal Guevara, LPC-S, LPA, LSSP

Sara Serrano, LPC

Daniel Rodriguez, LPC

Megan Moore, LPC

2002 Commerce St., Suite C
Victoria, TX 77901
(361) 570-1444

*Accepts Medicaid, Medicare, and most major medical insurances. Bilingual Counseling available. Accepts Ages 4 and up.

*Accepting new clients.

New Directions Counseling

Kim Stanfield, LPC

Michelle Chavez, LPC

Samantha Perez, LPC

Samantha Garza, LPC

Heritage Mark Building
5606 Navarro, Suite 202, Victoria, TX 77904
Phone: (361) 485-0755

*Accepts Medicaid and some private insurance (varies by counselor). No Medicare (will accept Medicare in 2024). Accepts ages 12 and up.

*Accepting new clients

New Life Professional Counseling

Janie Odem M. ED. LPC, RPT (Bilingual)

Sonia Cantu-Gonzales, MAFP, LPC

3904 John Stockbauer, Suite 111

Victoria, TX 77904

Phone: (361) 894-6830

<https://newlifeprofessionalcounseling.com/>

*Accepts Aetna-Aetna Coventry, Ambetter, Blue Cross Blue Shield, CHIP/Children's Program, Cigna, Coventry, Deer Oaks, Humana, Medicaid, Optum, Superior HealthPlan, UMR, UnitedHealthcare UHC/UBH and self-pay (\$150 for intake session and \$120 for regular session). Sliding scale is available. Bilingual counseling available. Accepts ages 4 and up.

Reclamation Counseling Center

506 Glasgow St., Victoria, TX 77904

Phone: (361) 576-3385

*Accepts Medicaid and most major medical insurance. Anger management classes available. Accepts ages 3 and up.

*Accepting new clients.

Gonik & Associates, Clinical Psychology and Behavioral Services

Uri Gonik, Ph.D.

Cleva Schoener, LPC

1001 E Airline Rd., Victoria, TX 77901

(361) 575-5021

*Ages 18 & above only/Accepts Medicaid, Medicare & Private Insurance.

*Accepting new clients.

Heritage Program GERO (Depression, Anxiety, Aging, and Loss of Independence) Groups

Refugio Memorial Hospital--107 Swift, Refugio TX 78337

Phone for Refugio: (361) 526-2321, Ext 203

Jackson County Hospital--1013 South Wells St, Edna, TX 77957

Phone for Edna: (361)-782-7813

*For Seniors, Age 65 and above, but will also see younger patients (18+), accepts Medicare and most private insurance.

*Accepting new clients

Next Step Counseling and Education Center

Delores White, MA, LPC

Jacob Weishuhn, LPC

4702 N. Laurent, Suite D, Victoria, TX 77904

(361) 572-0202

*Accepts Medicaid, Blue Cross Blue Shield, and has an income based sliding scale—will not turn people away for ability to pay.

*Accepting new clients

Jill O'Neill Therapy

Jill O'Neill, LPC

1501 E Red River St, STE C-2, Victoria, TX 77901

Phone: (361)-485-0925

<https://jilloneilltherapy.com/>

*Accepts Medicaid and most insurances. Self-pay is \$125 for the first session and \$105 per session after intake. Sliding scale fees are available.

*Accepting new clients.

Marsha L. Baumann, PLLC

Marsha L. Baumann, LPC

1501 E Red River St, STE C-2, Victoria, TX 77901

Phone: (361)-485-0925

*Accepts Medicaid and most insurances. Self-pay is \$125 for the first session and \$105 per session after intake. Sliding scale fees are available.

*Accepting new clients.

Speak Freely Counseling Services, LLC

Brandie McCray, MA, LPC, LCDC

5606 N. Navarro St. Ste 300H, Victoria TX 77904

Office: 361-485-6645, Mobile: 361-465-2000

brandiemccray@speakefreelycounseling.com or www.speakefreelycounseling.com

*Accepts Aetna, Aetna Boon-Chapman, Cigna, BCBS of TX, United HealthCare, Oscar Healthcare, Oxford, and self-pay (\$120 for intake session, \$100 for individual session, and \$110 for a couple's session). No Medicaid or Medicare.

*Accepting new clients.

Stable Life Counseling Center, LLC

Shirley Johnson, LBSW, LPC

32 Bailey Dr., Victoria, TX 77901

Phone: (361) 485-0899

<https://mysite.vagaro.com/stablelifecounselingcenterllc>

*Private pay only (\$75 per session). Specializes in individual (18+), military, and couples counseling.

*Accepting new clients

New Horizons Counseling Center

Yoakum Community Hospital

1200 Carl Ramer, Yoakum, Tx 77995

Phone: 361-293-2321, Ext. 464

*Must have a referral and call ahead to verify insurance. Accepts ages 19+. Accepts Medicaid, Medicare, supplementary insurance, and most private insurance. A financial assistance program is available for those who qualify.

*Accepting new clients.

Barbara Bohman, MAC LPC NCC

712 Terrell St, Cuero, Tx 77954

Phone: 361-243-0287

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

*Therapy services include traditional counseling, video (telehealth) counseling, and journal therapy.

Planted Roots Counseling Center

Allison Besio, MA, LPC-S

Phone: 361-302-2219

Email: plantedrootscounseling@gmail.com

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

*Modalities of therapy include CBT, Trauma-Focused Cognitive Behavioral Therapy, Person-Centered Therapy, Solution-Focused Therapy, but specializes in trauma survival and healing. Telehealth appointments available

*Payment options: BCBS of Texas, Aetna, Cigna, Oxford, United Healthcare, Oscar Health, OR Private pay (\$120 per session), with sliding scale options available upon discussion with clinician.

*Accepting new clients.

Counseling4Life, LLC

303 E. Airline Rd. Ste 2, Victoria, TX 77901

Phone: 210-209-0642

Therapy | San Antonio, San Angelo, and Victoria, Texas | Counseling4Life, LLC |

<https://www.counseling4lifellc.com/>

*Offers individual (ages 2 years through adult), couple/relationship, family, and group counseling services with daytime, evening, and weekend availability. Our clinicians utilize a variety of treatment modalities including CBT, Trauma-Focused CBT, EMDR, play therapy, solution-focused, Emotion Focused Therapy, etc.

* Insurances accepted: Ambetter, BlueCross Blue Shield, Cigna, Humana, Optum, Aetna, Oscar Health, UMR, United Healthcare, Gilsbar, and Medicare (starting 2024). Private Pay Rates: \$140 (intake session)/\$130 (regular session) for fully licensed, \$80 (intake session)/\$70 (regular session) for associates, \$50 (intake session)/ \$40 (regular session) for students.

*Accepting new clients.

Evergreen Connections Counseling

Sandra Miller, M.A., LPC

Joesph Smullen, LCSW-S

5606 N. Navarro St., Ste 302A & 302B

Victoria, TX 77904

www.evergreenconnectionsounseling.com

info@evergreenconnectionsounseling.com

Office: 361-210-6898

*Accepts ages 13 and up.

The Emmaus Center Catholic Diocese

1508 E Airline Rd.

Victoria, TX

Phone: 361-212-0830

<https://emmauscounselingcenter.com/>

*Offers: individual therapy, EMDR therapy, couples and marital therapy, family therapy, and play therapy (ages 10+). Bilingual counseling services are available. Each session is \$50, but if you can contribute more, they welcome donations. Sliding scale fees or financial assistance are offered.

*Accepting new clients.

Program Hope

815 North Virginia Street

Port Lavaca, TX 77979

Phone: 361-552-0798

*Must have a referral. Senior Behavioral Health Program-outpatient program that provides individualized treatment for older adults (50+) who suffer from emotional and psychiatric disorders. The program includes group, individual, or family therapy. Medicare and most insurance plans are accepted. Does not accept Medicaid.

*Accepting new clients. No referral needed.

Charlie Health

Virtual Intensive Outpatient Program

Phone: (217)-441-7808

Website: <https://www.charliehealth.com/>

*Virtual Intensive outpatient program-designed for teens and young adults (11 to 33 years old). Offers support groups, family therapy, and individual therapy.

*Accepts most major insurance providers and can work with Medicaid. Also has a financial hardship program available for those who are eligible and tries to work with families on a case-by-case basis.

*Accepting new clients

Mind Connection Behavioral Health

Telepsychiatry services for ages 12 and up

Phone: (888)-575-8046

Email: info@mindconnectionbh.com

www.mindconnectionbh.com

*Services include telepsychiatry, psychotherapy, medication management, and comprehensive psychiatric evaluation (all appointments are via telehealth/video consult).

*Accepted insurances include: Aetna, All Well, Cigna/Evernorth, Superior Health Plan of Texas, Ambetter, Beacon Health, Value Options, United Healthcare, Optum, Humana, Medicare, Magellan Behavioral Health, Blue Cross Blue Shield, and Traditional Medicaid.

*Accepting new clients in 2024. No Referral needed.

Crescent Counseling

Ashley Moulton, M.A., LPC, LCDC, EMDR-Trained

Phone: (361)-208-2894

Email: ashleymoulton@crescentcounseling.net

*Offers individual, EMDR, couples, and ADHD counseling services. All services are telehealth/virtual.

*Accepts Cigna, Blue Cross Blue Shield, Oscar Health, United Health Care, Oxford, & Aetna. Now accepting new clients.

Trail Glass Counseling

Mary Heryford, LPC-Associate

Supervised by Lane Johnson, LPC-S

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

*Offers individual telehealth counseling for adults and adolescents (13+). Charges \$100 per session.

No/Low Charge Counseling Services

The South Texas Children's Home-Family Ministry
Lorraine Turner, MA-LPC (Director)

Multiple Counselors
1905 Salem Rd, Victoria, TX 77904
Phone: 361-575-5151

www.stch.org

*Christian counseling services for ages 4 and up. Provides short-term Individual, Marriage, & Family Therapy—Play therapy available for children.

*Does not accept insurance. Has a suggested donation of \$40 per session, but they will provide services regardless of ability to pay. Must call first to determine eligibility.

*Accepting new clients, but typically has a waitlist of around 2-3 weeks.

Methodist HealthCare Ministries-Counseling Services

Stephanie Espinosa, LCSW (Bilingual)

Phone: 361-739-3891

*Call for local Address: Offices are located in Victoria, Edna, Palacios, and Port Lavaca. Offers no charge counseling services for those without insurance or those with insurance who are unable to pay copays/deductibles.

Behavioral Health Centers

Inpatient hospitals

Corpus Christi

Bayview Behavioral Hospital

6629 Woolridge Rd. Corpus Christi, TX 78414

361-986-8200

Fax: 361-986-8280

Ages: 10-17, 18-54, 55+

Co-Occurring Disorders

Christus Spohn Memorial

2606 Hospital Blvd. Corpus Christi, TX 78505

361-902-4006

Fax: 361-884-1205

Adults 18+ ONLY

(Accepts patients with symptoms secondary to dementia)

Richmond

Westpark Springs

6902 S. Peek Rd. Richmond, TX 77407

832-586-8569

Fax: 832-757-1006

Ages: 12+

GBC CONTRACT HOSPITAL

*Services include substance use and mental health treatment.

San Antonio

San Antonio Behavioral Health

8550 Huebner Rd. San Antonio, TX 78240

Phone: 210-541-5300

Fax: 210-541-5366

Ages 9-17, 18+

(Dementia patients accepted on a case-by-case basis)

Laurel Ridge Hospital

17720 Corporate Woods Dr. San Antonio, TX 78259

Phone: 210-491-9400

Fax: 210-491-3554

Ages 4-12, 13-17, 18+

(No dementia or memory conditions)

Methodist Specialty Hospital

8026 Flord Curl Dr. San Antonio, TX 78229

Phone: 210-575-0500

Fax: 210-575-0523

Ages 18+ (geriatric unit available)

(No dementia patients accepted, no detox)

Audie L. Murphy VA Hospital- Veterans Only

7400 Merton Minter San Antonio, TX 78229

Phone: 210-617-5300 x15617

*Requires voluntary admission, but occasional EDW accepted- call to verify

Austin

Austin Oaks Hospital

1407 W. Stassney Ln. Austin, TX 78745

Phone: 512-440-4800

Fax: 512-440-4840

Ages 12+

Cross Creek Hospital

8402 Cross Park Dr. Austin, TX 78754

Phone: 512-823-0570 or 888-238-1567

Ages: 12+ (geriatric unit available)

(Dementia patients accepted on case-by-case basis)

GBC CONTRACT HOSPITAL

Jodie Jude (Community Liaison): (512)-638-9325

Beaumont

Memorial Herman Behavioral Health

3250 Fannin St. Beaumont, TX 77701

Phone: 409-212-7000
Fax: 409-833-1325
Ages 6+ (geriatric unit available)
(detox & dementia patients accepted)

Cypress

Lonestar Behavioral Health

16303 Grant Rd. Cypress, TX 77429
281-516-6200
Fax: 281-516-6206
(Facility will do their own assessment before acceptance)
Adults 18+
EDW's accepted
(No dementia)

Houston

West Oaks Hospital

6500 Hornwood Houston, TX 77074
Phone: 713-589-7945
Ages 5+
(no geriatric unit, no dementia patients)

Cypress Creek Hospital

17750 Cali Dr. Houston, TX 77090
Phone: 281-586-7600
Fax: 281-586-5903
Ages 13+
EDW's accepted
(Geriatric unit available, but no dementia)

SUN Behavioral Houston

7601 Fannin St. Houston, TX 77054
Phone: 713-766-5918
Fax: 832-323-1030
Ages 6+
Substance use and psychiatric services available

GBC CONTRACT HOSPITAL

Tobey B. (Vice President of Development) (832)-610-9191

Menninger Clinic

12301 Main St. Houston, TX 77035
Phone: 713-589-5860
Fax: 713-275-5107
Ages 12+
(No EDW/PON)
(Dementia case by case basis, no active eating disorders)

Behavioral Hospital of Bellaire

5314 Dashwood STE 300 Houston, TX 77081
713-600-9500
Fax: 713-600-9576
Ages 12+ (geriatric unit available)
EDW's accepted

Bayes Achievement Center

7517 TX-75, Huntsville, TX 77340
Phone: 936-291-3391

Monica Bayes Criswell 936-714-5783

*Residential treatment center and day school program for special needs students with significant behavioral difficulties (ages 6-22 years old).

Fulshear Treatment to Transition Center

10514 Oberrehder Road, Needville, TX 77461
Phone: 979-985-2966

Helaine Sandler (Director of Clinical Partnerships) 818-917-4861

*Treatment to transition program that helps young adult women (ages 18-27) develop life skills. Women with the following are ineligible: psychotic disorders, intellectually low-functioning, pregnancy, history of violence, conduct disorder, and medically unstable.

Kingwood

Kingwood Pines Hospital

2001 Ladbrook Dr., Kingwood, TX 77339
Phone: (281)-402-3341 Fax: (281)-404-1081

*Provides inpatient and outpatient services for ages 8 and up. Open 24/7 and takes walk-ins.

Sugar Land

Pam Voyages Behavioral Health

11931 S. Texas 6, Sugar Land, TX 77498
Phone: (281)-896-0112

<https://voyageshealth.com/>

*Provides inpatient services for mental health and substance use disorders for those aged 18 years and older. Walk-in evaluations are available 24/7.

SUBSTANCE USE TREATMENT

Local Agencies:

Gulf Bend Center

6502 Nursery Dr, Suite 100, Victoria, TX 77904
Phone: (361)-575-0611

*Provides mental health, intellectual and developmental disability, and substance use (outpatient) services to individuals residing in the following counties: Victoria, DeWitt, Calhoun, Lavaca, Jackson, Goliad, and Refugio. Intake screenings are completed on a walk-in basis Mon.-Fri. from 8 am to 4 pm.

Treatment Associates

107 Cozzi Circle, Victoria, TX 77901

Phone: (361) 572-3006

** Parole and probation referrals only.* Substance abuse treatment, half-way house
Residential short-term TX (30 days or less), Residential long-term TX (more than 30
days), outpatient. Private pay only. Spanish speaking available.

Billy T. Cattan Recovery Outreach, Inc. – seen by appointment ONLY

OSAR- (Tammy – 210-627-3066)

802 E. Crestwood, Victoria, TX 77901

Phone: (361) 576-HOPE (4673)

Hours of Operation: Monday-Thursday 9 am to 6 pm

*Outpatient treatment

Best Recovery Health Care, Inc.

1708 N. Laurent, Victoria, 77901

Phone: (361)-572-9122

*Methadone Clinic (Lortab, Heroin, etc.). Private pay only

UTHealth Texas Integrated Community Opioid Network

Community Health liaison: Mikayla Dinkins

Mikayla.Dinkins@uth.tmc.edu

Cell: (361)-281-4126

*Offers education, harm reduction, and prevention services for substance use disorder.

Improves access to treatment providers and modalities and acts as a liaison to local
agencies to address the needs of those with substance use disorder.

Regional Agencies:

La Hacienda Treatment Center (Hill Country Area)

145 La Hacienda Way Southwest, Hunt, TX 78024

Phone: (844)-975-0190

www.lahacienda.com

*Residential facility for alcohol and drug rehabilitation.

Starlite Drug Rehab & Alcohol Rehabilitation (Hill Country Area) – *Detox and Rehab
Service, no referral required, Adults (Male & Female)*

230 Mesa Verde Dr. E

Center Point, TX 78010

Phone: (855)-956-5769

<https://www.starliterecovery.com/admissions/>

*Accepts most major insurance, private pay, and some Medicaid. NO Medicare.

Promises Behavioral Health (Brazos Valley) –

3550 Normand Drive; College Station, TX 77845

Phone: (979)-426-0119

*Offers inpatient and outpatient rehabilitation for those challenged with substance use or
co-occurring mental health disorders. Accepts most major insurances.

Hospitals with SUD Programs:

Cross Creek Hospital

8402 Cross Park Dr. Austin, TX 78754

Phone: 512-823-0570 or 888-238-1567

Ages: 12+ (geriatric unit available)

(Dementia patients accepted on case-by-case basis)

GBC CONTRACT HOSPITAL

Jodie Jude (Community Liaison): (512)-638-9325

SUN Behavioral

7601 Fannin St. Houston, TX 77054

Phone: 713-766-5918

Fax: 832-323-1030

Ages 6+

Substance use and psychiatric services available

GBC CONTRACT HOSPITAL

Tobey B. (Vice President of Development) (832)-610-9191

West Park Springs

6902 S. Peek Rd. Richmond, TX 77407

832-586-8569

Fax: 832-757-1006

Ages: 12+

GBC CONTRACT HOSPITAL

*Services include substance use and mental health treatment.

Children and Adolescents:**Local Agencies:****Mid-Coast Family Services—Youth Prevention Services**

2010 N Navarro Ste. A

Victoria Tx 77901

Phone: 361-575-7842

*Provides drug and alcohol prevention services in Calhoun, DeWitt, Gonzales, Jackson, Lavaca, and Victoria counties. Education is facilitated through curriculum-based support groups for ages 6-12.

Independent Living**Administration for Community Living**

Eldercare Locator Hotline: 800-677-1116

Disability Information Access Hotline: 888-677-1199

<https://acl.gov/help/getting-started>

*Supports the needs of the aging and disability populations and improves long-term and health care services.

A Better Adult Daycare

1408 Melrose Ave., Victoria, TX 77901

Phone: 361-894-7166

Fax: 281-783-2129

Hours: M-F 6:30 am to 6:45 pm

*Adult daycare facility that provides enrolled individuals with assistance in the following areas: health and social support, employment, education, mental health, driving, youth empowerment, and socialization & life skills.

Eating Disorder Treatment

Eating Recovery Center-Texas Christian University

2820 S University Dr., Fort Worth, TX 76129

Phone: 866-489-5497

*Services include treatment for orthorexia, anorexia nervosa, ARFID, binge eating disorder, bulimia nervosa, diabulimia, OSFED for adults. Level of care is on-site intensive outpatient.

Eating Recovery Center Dallas/Plano

5120 Legacy Dr., Plano Tx 75024

Phone: (469)-613-1722

*Services include treatment for eating disorders, orthorexia, anorexia nervosa, ARFID, atypical anorexia, bulimia nervosa, compulsive overeating, diabulimia, OSFED for adults, children, and adolescents. Levels of care include inpatient, on-site intensive outpatient, partial hospitalization, and residential.

Eating Recovery Center Dallas/Plano-Baylor Campus

4708 Alliance Blvd #300, Plano, TX 75093 & 4716 Alliance Blvd #400, Plano, TX 75093

Phone: (972)476-0800

*Services include treatment for eating disorders, orthorexia, anorexia nervosa, ARFID, atypical anorexia, bulimia nervosa, compulsive overeating, diabulimia, OSFED for adults, children, and adolescents. Levels of care include inpatient, partial hospitalization, and residential.

Center for Discovery Eating Disorder Treatment Addison

14131 Midway Rd. STE. #112, Addison, TX 75001

Phone: 888-491-4738

*Services include treatment for anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia nervosa, ARFID, OSFED, co-occurring disorders, and primary mental health diagnoses for ages 10+. Levels of care include intensive outpatient and partial hospitalization.

Center for Discovery Eating Disorder Treatment Plano

5124 Corinthian Bay Dr., Plano, TX 75093

Phone: 888-491-4738

*Services include treatment for anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia nervosa, ARFID, OSFED, co-occurring disorders, and primary mental health diagnoses for ages 9-18 years old. Level of care is residential treatment.

Eating Recovery Center Austin

12221 Renfert Way #250, Austin, TX 78758

Phone: (512)-814-8255

*Services include treatment for eating disorders, orthorexia, anorexia, nervosa, ARFID, atypical anorexia, bulimia nervosa, compulsive overeating, diabulimia, and OSFED for

adults, children, and adolescents. Levels of care include on-site intensive outpatient and partial hospitalization.

Center for Discovery Eating Disorder Treatment Austin

1717 West 6th St. STE 300, Austin, TX 78703

Phone: 855-967-2788

*Services include treatment for anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia nervosa, ARFID, OSFED, co-occurring disorders, and primary mental health diagnoses for ages 10+. Levels of care include intensive outpatient and partial hospitalization.

Eating Recovery Center Houston

7515 S Main St. #400, Houston, TX 77030

Phone: (713)-750-9607

*Services include treatment for eating disorders, orthorexia, anorexia, nervosa, ARFID, atypical anorexia, bulimia nervosa, compulsive overeating, diabulimia, and OSFED for adults, children, and adolescents. Levels of care include on-site intensive outpatient and partial hospitalization.

Eating Recovery Center The Woodlands

17350 St Lukes Way STE 220, The Woodlands, TX 77384

Phone: (281)-465-9229

*Services include treatment for eating disorders, orthorexia, anorexia, nervosa, ARFID, atypical anorexia, bulimia nervosa, compulsive overeating, diabulimia, and OSFED for adults, children, and adolescents. Levels of care include on-site intensive outpatient and partial hospitalization.

Center for Discovery Eating Disorder Treatment Houston

8588 Katy Freeway STE 440, Houston, TX 77024

Phone: 888-491-4738

*Services include treatment for anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia nervosa, ARFID, OSFED, co-occurring disorders, and primary mental health diagnoses for ages 10+. Levels of care include intensive outpatient and partial hospitalization.

Center for Discovery Eating Disorder Treatment Cypress

17515 Swansbury Dr., Cypress, TX 77429

Phone: 888-491-4738

*Services include treatment for anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia nervosa, ARFID, OSFED, co-occurring disorders, and primary mental health diagnoses for ages 16-23 years old. Level of care is residential treatment.

Eating Recovery Center San Antonio

250 E Basse Rd. #206, San Antonio, TX 78209

Phone: (210)-826-7447

*Services include treatment for eating disorders, orthorexia, anorexia, nervosa, ARFID, atypical anorexia, bulimia nervosa, compulsive overeating, diabulimia, and OSFED for adults, children, and adolescents. Levels of care include on-site intensive outpatient and partial hospitalization.

Esperanza Eating Disorders Center

140 Heimer Rd #400, San Antonio, TX 78232

Phone: (210)-253-9763

*Services include treatment for anorexia, bulimia, binge eating disorder, ARFID, and OSFED for adults and adolescents. Levels of care include partial hospitalization, intensive outpatient, and outpatient.

Eating Recovery Center Texas-Virtual Programs

Virtual Programming

Phone: (866)-489-5497

*Services include treatment for eating disorders and binge eating disorders for adults, children, and adolescents. Level of care is virtual intensive outpatient.

SUPPORT GROUPS (Alcohol)**North Loop Group Alcoholics Anonymous**

Holy Family Catholic Church

704 Mallet Dr., St. Donald Hall-Bldg B

Tuesdays, 7-8 pm

Mainstream Alcoholics Anonymous

St. Francis Episcopal Church

3002 Miori Lane Victoria, TX 77901

Monday-Thursday and Saturday at noon

Cuero Burning Desire

Meets Mondays and Fridays at 7 pm

Cuero Public Library

207 E Main St, Cuero, TX 77954

Phone: (361)-275-2864

SUPPORT GROUPS (Al-anon)

www.texas-al-anon.org

Best site for meetings all over the area – Cuero, Yoakum, Edna, Hallettsville, etc

Al-Anon Group

Meets on Tuesdays at 7 pm

Holy Family Catholic Church Bldg B, RM 103

704 Mallette Drive, Victoria TX 77904

361-573-5304

AA Meeting

Meets on Mondays, Thursdays, and Saturdays at 7 pm

Christ the Victor Lutheran Church, Friendship Room (enter through the side door)

202 Stanley, Victoria TX

Phone: (361) 575-4363

*Zoom is also available. Meeting ID: 6626211099, Passcode: 218223

SUPPORT GROUPS (Substance Use)

Coastal Bend Area Narcotics Anonymous (Victoria Meetings)

Mondays at 7 pm

Spoken Hearts Again

401 S. Moody, Victoria, TX

Tuesdays at 7 pm (Women's meeting)

Sisters Seeking Solutions

401 S. Moody, Victoria, TX

Wednesdays at 7 pm

St. Francis Church

3002 Miori Ln, Victoria, TX

Thursdays at 7 pm

Salvation Army

1302 N Louis St, Victoria, TX

Fridays at 7 pm

St. Francis Church

3002 Miroi Ln, Victoria, TX

Saturdays at 9 pm

Spoken Hearts Again

401 S Moody, Victoria, TX

Sundays at 6 pm

St. Francis Church

3002 Miori Ln, Victoria, TX

*Helpline: 361-992-2113

*Visit www.cbana.org for up-to-date meeting schedules

Substance Use Group Counseling

Meets Monday from 1-2pm

Gulf Bend Center, Group Counseling Room

6502 Nursery Dr, Ste. 100, Victoria, TX

*For more information, please text or call Ashley Surber, Substance Use Counselor, at 361-433-7478

Recovery International Group Counseling

Meets Wednesdays from 1-2:30pm

Gulf Bend Center, Group Counseling Room

6502 Nursery Dr, Ste. 100, Victoria, TX

*For more information, please text or call Ashley Surber, Substance Use Counselor, at 361-433-7478

Seeking Safety Group

Meets Thursdays from 1-2:30pm

Gulf Bend Center, Group Counseling Room

6502 Nursery Dr, Ste. 100, Victoria, TX

*For more information, please text or call Ashley Surber, Substance Use Counselor, at 361-433-7478

SUPPORT GROUPS (other addictions)

Sex Addicts Anonymous

www.sexaa.org

SUPPORT GROUPS (Alzheimer's)

Alzheimer's Support Group (Victoria)

Morada Vicotria

9606 NE Zac Lentz Parkway

Phone: 361-582-2100

*Call if interested in meeting times.

SUPPORT GROUPS (grief)

Widows, Widowers, and Bereavement Support Group (also open to divorcees)

Usually meets on the 1st Tuesday of the month at 3:30 pm (call for exact dates)

Our Lady of Sorrows, Trinity Hall

208 W River St, Victoria, TX

*For more information, contact Naomi at 361-578-4175 or 361-648-3318

Hospice of South Texas Grief Support Group

Please call to register to attend.

Phone: 361-572-4300

605 E Locust, Victoria, TX

*Meetings are open and held on Tuesdays from 10 am-11:15 am. Meetings are free and provided for all who have experienced a loss.

Support Groups (General)

Community Support Group

A support group for any topic of interest. Community members are encouraged to join and share what's on their mind.

Every Thursday from 1:30 pm to 2:30 pm

Christ's Kitchen

611 E Warren Ave, Victoria, TX

Parkway Church—Pathway Groups, Help for Hurting People

Meets on Mondays at 6:30 pm

Parkway Victoria, 4802 N. John Stockbauer Dr, Victoria, TX

Meets on Tuesdays at 6:30 pm
Parkway Port Lavaca, 2400 Highway 35 S, Port Lavaca, TX

Phone: 361-572-8340

CELEBRATE RECOVERY

Faith Family Church

Meetings are on Thursday evenings starting at 7 pm (complimentary meal at 6 pm)
2002 East Mockingbird, Victoria, TX 77901

Phone: 361-573-2484

*Free childcare is available for those who attend classes. There are different celebrate recovery groups including for teens, women's step study, and men's step study.

<https://myffc.com/celebrate-recovery>

Northside Baptist Church

Meets on Tuesdays at 6 pm (dinner at 6 pm, group at 6:30 pm, men/women groups at 7:30 pm)

4100 North Laurent (in building A), Victoria, TX 77901

Phone: 361-578-1568

TEENS SUPPORT GROUPS

Faith Family Church

Meetings are on Thursday evenings starting at 7 pm (complimentary meal at 6 pm)
2002 East Mockingbird, Victoria, TX 77901

Phone: 361-573-2484

*Free childcare is available for those who attend classes. There are different celebrate recovery groups including for teens, women's step study, and men's step study.

<https://myffc.com/celebrate-recovery>

Infant Loss & Miscarriages Support Group

Little Bears of Comfort Foundation

Email: littlebearsofcomfort@gmail.com

Facebook Page: Little Bears of Comfort

*Nonprofit that offers support to anyone (women, men, or children) who has experienced a miscarriage or the loss of an infant (does not have to be recent). Offers in-person and virtual support group meetings, guidance, and support surround the grief associated with infant loss and miscarriage.

VICTIMS OF ASSAULT

The Harbor, Children's Alliance & Victim Center

Phone: 361-552-5683

24/7 Crisis Hotline: 361-552-4357

215 W Railroad, Port Lavaca, TX 77979

*Services include children's/family/individual advocacy services, sexual assault crisis services, family violence services, counseling, case management, and legal services.

Mid-Coast Family Services

Phone: 361-575-7842 or 1-800-870-0368

24/7 Hotline- 361-573-4357

2010 N Navarro Suite A, Victoria, TX 77901

*Services include battering intervention & prevention, family violence prevention and services (including a domestic violence shelter), sexual assault services, housing & rental assistance, youth services, and FAYS (family and youth success) services.

Legal Aid for Survivors of Sexual Assault (LASSA)

Phone: (844)303-7233, Option 1

Monday-Friday 9 am-7 pm

<https://lassatexas.org/>

*Free and confidential legal services for survivors of sexual assault. Attorneys answer all calls. Callers can remain anonymous and may reach out if they have not reported to law enforcement.

Victoria Police Department, Victim Services

306 S Bridge St., Victoria, TX

Phone: (361)-485-3700

<https://www.victoriatx.gov/554/Victim-Services>

Hope of South Texas

3805 E Rio Grande, Victoria, Texas 77901

Mon-Fri 8:30 am to 5:30 pm

Phone: 361-573-4673

Email: info@hopecenterstx.org

<https://hopecenterstx.org/what-we-do/>

*Provides a safe, child-friendly environment where law enforcement, child protective services, prosecution, medical, and mental health professionals may share information and develop effective, coordinated strategies sensitive to the needs of each unique case and child.

Military Supports**Veteran Services Office**

Victoria County Public Health building

2805 North Navarro Street, Rm. 501, Victoria, Texas, TX 77901

Phone: (361) 582-5810

Monday-Thursday: 8 am-4 pm

Friday: 8 am-3 pm

Closed: Lunch- 12 pm-1 pm, Weekends, and Holidays

<https://www.vctx.org/page/veterans>

Endeavors

602 North Staples St., STE 190, Corpus Christi, TX 78401 (closest location)

Phone: (361)-356-3649 or (210)-431-6466

<https://endeavors.org/>

*Provides services for Veterans and their families including rental assistance, housing search and placement, temporary financial assistance, referrals to community resources, outreach, and connection to VA benefits and services. Based in San Antonio, but services Victoria and surrounding counties.

Victoria VA clinic Outpatient

311 Spring Green Blvd., Victoria, TX 77904

Hours: Monday-Friday 8 am to 4:30 pm

Phone: 361-582-7700

Phone (mental health care): (210)-617-5300

<https://www.va.gov/south-texas-health-care/locations/victoria-v-a-clinic/#health-care-offered-here>

*****Veteran's Crisis Hotline – 800-273-8255*****

*Services include laboratory & pathology testing, mental health care, nutrition & dietary care, podiatry, primary care, social work, and telehealth. Must be enrolled in VA health care and registered as a patient at South Texas Veterans Health Care System before making an appointment.

Military Veteran Peer Network

Oscar Pulido, Peer Support Specialist (Victoria, Calhoun, Lavaca, Refugio, Jackson, DeWitt, and Goliad counties)

Phone: 361-935-0753

PARENTING

Mid-Coast Family Services—FAYS Services

Phone: 361-575-7842 or 1-800-870-0368

24/7 Hotline- 361-573-4357

2010 N Navarro Suite A, Victoria, TX 77901

*Services include battering intervention & prevention, family violence prevention and services (including a domestic violence shelter), sexual assault services, housing & rental assistance, youth services, and FAYS (family and youth success) services.

VISD Connections

3002 E. North St. Ste. J, Victoria, TX

Phone: 361-788-9909

Monday-Friday 8 am-4:45 pm (closed for VISD holidays/breaks)

*Provides assistance to VISD students, families, and employees with clothing, hygiene items, food, and referrals for other community resources. Assistance is on a case-by-case basis.

Victoria County Public Health Department-WIC of Victoria

2805 N. Navarro St., Victoria, TX

Phone: (361)-578-2884

<https://www.vcpd.org/page/health.wic.home>

*Serves eligible families from the moment they find out they're pregnant to the child's 5th birthday. Provides services such as providing healthy foods, breastfeeding support, nutrition classes, etc. to Calhoun, DeWitt, Jackson, Goliad, Lavaca, and Victoria counties.

Victoria County Public Health Department-Texas Home Visiting

2805 N. Navarro St., Victoria, TX 77901

Phone: (361)-578-6281, Ext. 3808

<https://www.vcphd.org/page/health.home.visiting.home>

*Serves eligible families in Victoria county with parenting education and support including any questions about parenting and local resources. Provides services to anyone (including parents, grandparent, foster parents, or other caregivers) who is expecting a child or who has a child who has not started kindergarten yet.

Victoria County-Family Connects

S.T.A.R.S. Clinic

4208 Retama Cir., Victoria, TX 77901

Phone: (361)-575-0681

Hours: Mon-Thurs 9a to 4p

<https://www.vcphd.org/page/health.home.visiting.family.connects>

*Nurse home visiting program for families with newborns 3-12 weeks old in Victoria County. Nurses can address several of the family's needs such as baby weight checks, mom health checks, postpartum depression screenings, childcare options, financial resources, parent support groups, etc.

Golden Crescent MOMS—Texas A&M College of Nursing

Phone: 979-324-5085

Fax: 361-576-6557

Email: gc-moms@tamu.edu

nursing.tamu.edu/gc-moms

*Provides a free educational home visiting program to women who are pregnant or have given birth within 1 year in DeWitt, Calhoun, Jackson, and Lavaca counties. To be eligible for services, women must meet any of these needs: receive government assistance, be uninsured, be unhoused, have had an adolescent pregnancy, have mental health needs, or had exposure to substance use.

RELATIONSHIPS**Support Group on Relationships**

Wednesdays at noon

Gulf Bend Wellness Community

1009 Nimitz.

Victoria, TX 77904

(Meets in the Community Room with Lane Johnson, M. Div., LCP-S and Stanley Schweke)

No charge

GAY, LESBIAN, BISEXUAL & TRANSGENDER**Montrose Counseling Center**

401 Branard St., Houston, TX 77006

Phone: 713-529-0037

24-hour helpline: 713-529-3211

www.montrosecounselingcenter.org

*Provides counseling and other social services for LGBTQ and HIV+ individuals. Services include case management, counseling, gender-affirming care, housing assistance, and substance use treatment.

The Trevor Project

24-hour helpline: 1-866-488-7386

Text “START” to 678-678

<https://www.thetrevorproject.org/>

*Crisis support for LGBTQ young people.

AUTISM

Victoria Association for Citizens with Disabilities

P.O. Box 7164, Victoria, TX 77903

*Provides social support and events for members. The membership fee is \$12 per member. People can join VACD during the yearly membership drive, which usually occurs during the months of September and October. Letters and notes can be sent to VACD through their PO Box—be sure to include a valid mailing address and/or phone number for VACD personnel to reach you.

Driscoll Children’s Hospital—Developmental Pediatric Medicine

3533 S. Alameda St., Sloan Bldg. 4th floor, Corpus Christi, TX 78411

Phone: 361-694-5650

*Offers testing for: autism, cognitive abilities, academics, language development, and memory functions. Must have referral from primary care physician to schedule an evaluation.

CRISIS HOTLINES

Suicide and Crisis Hotline

988

*Offers 24/7 call and text access to trained crisis counselors.

Gulf Bend Center MHDD

24/7 Crisis Hotline: 1-877-SAFE-GBC (1-877-723-3422)

Mid Coast Family Services

Domestic Violence and Sexual Assault Hotline: (361)-573-HELP(4357) or (800)-870-0368

The Harbor

24-hour Crisis Hotline: (361) 552-5683

*Domestic violence, sexual assault, abuse, etc.

Department of Protective and Regulatory Services Child Protective Services (CPS) Adult Protective Services (APS)

Phone: 1-800-252-5400

VA (Veteran's) Crisis & Suicide Hotline

Call 988 and select 1

Text 838255

If you have hearing loss, call TTY: 800-799-4889

Trans Lifeline

Peer support hotline ran by trans people for trans and questioning people: 877-565-8860

<https://translifeline.org/>

NAMI National Warmline Directory

A Warmline is a peer-run hotline that offers callers emotional support and is staffed by trained peers and volunteers who have been through their own mental health struggles and know what it's like to need help. Warmlines are free and confidential.

<https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf>

Warmlines:

The Crisis Contact Line – (615)-244-7444 (calling) or (615)-502-4373 (24/7, Spanish speakers available)

An Ear to Listen and a Passion to Care: (844) 755-4673 (M-F 12 noon - 10pm-CST, Spanish speakers available)

TX MHA Texas Warm Line - (817) 546-7826 (M-F 8am - 5pm CST)

HEALTH DEPARTMENTS

Dewitt County (361) 275-0920

Victoria County (361) 578-6281

TEXAS HIV/STD**Victoria County Public Health Department—HARP (HIV/AIDS Resource Program)**

2805 N Navarro St., Victoria, TX 77901

Phone: (361)-578-6281, Ext. 3801

Hours of Operation: Mon.-Thurs., 8 am-5:30 pm (closed for lunch 12 noon-1 pm); Friday 7:30 am-1:30 pm

<https://www.vcphd.org/page/health.harp.home>

*Provides resources and services for individuals living with HIV/AIDS.

Victoria County Public Health Department—Public Health Nursing

2805 N Navarro St., Victoria, TX 77901

Phone: (361)-578-6281

Hours of Operation: Mon.-Thurs., 8 am-5:30 pm (closed for lunch 12 noon-1 pm); Friday 7:30 am-1:30 pm

<https://www.vctx.org/page/health.nursing.stds>

*Offers testing and treatment for HIV, Syphilis, Gonorrhea, Chlamydia for \$50 (14 years and older).

TEXAS HIV/STD INFOLINES

CDC: 1-800-CDC-INFO (1-800-232-4636)

Texas HIV/AIDS Hotlines:

737-255-4300

1-800-299-AIDS

1-800-299-2437 (en Espanol)

www.dshs.state.tx.us/hivstd

PREGNANCY

The Gabriel Project of the Crossroads

Phone (24/7 line): (361)-576-1156

*Provides services to pregnant women 18 years and older throughout their pregnancy.

These services can include educational assistance, materials (e.g. car seats), and one-on-one point of contact for the duration of their pregnancy. The Bethlehem Maternity Home is also available for homeless pregnant women until their child is 1 year old. Call phone number listed to begin receiving services.

Golden Crescent MOMS—Texas A&M College of Nursing

Phone: 979-324-5085

Fax: 361-576-6557

Email: gc-moms@tamu.edu

nursing.tamu.edu/gc-moms

*Provides a free educational home visiting program to women who are pregnant or have given birth within 1 year in DeWitt, Calhoun, Jackson, and Lavaca counties. To be eligible for services, women must meet any of these needs: receive government assistance, be uninsured, be unhoused, have had an adolescent pregnancy, have mental health needs, or had exposure to substance use.

Victoria County Public Health Department-WIC of Victoria

2805 N. Navarro St., Victoria, TX

Phone: (361)-578-2884

<https://www.vcphd.org/page/health.wic.home>

*Serves eligible families from the moment they find out they're pregnant to the child's 5th birthday. Provides services such as providing healthy foods, breastfeeding support, nutrition classes, etc. to Calhoun, DeWitt, Jackson, Goliad, Lavaca, and Victoria counties.

Victoria County Public Health Department-Texas Home Visiting

2805 N. Navarro St., Victoria, TX 77901

Phone: (361)-578-6281, Ext. 3808

<https://www.vcphd.org/page/health.home.visiting.home>

*Serves eligible families in Victoria county with parenting education and support including any questions about parenting and local resources. Provides services to anyone (including parents, grandparents, foster parents, or other caregivers) who is expecting a child or who has a child who has not started kindergarten yet.

DNA TESTING

Any Lab Test Now

5309 N Navarro St, Victoria, TX 77904

Phone: 361-252-9581

Hours: M-F 8:30 am to 4:30 pm

*Offers tests for DNA, STDs, general health, and drugs and alcohol. Pricing varies depending on the tests.

Area Primary Care Providers

DeTar Family Medicine Center (Residency Clinic)

501 E Colorado St.

Phone: (361)-579-8300

Hours: M-Th 8a to 5p & Fri 8a to noon

Website: <https://www.mydetardocor.com/doctors-providers>

*Currently accepting new patients. Accepts all major insurances, Medicaid, and Medicare.

Dr. Llybe Lobido, M.D.

Dr. Steve Huffman, M.D.

Dr. Karim Heras, M.D.

Dr. Francesca Gray, D.O.

Dr. Mark Gonzalez, M.D.

Dr. Waleed Chaudhary, M.D.

Dr. Amanda Arauz Tobar, M.D.

Dr. Mark Apopot, M.D.

Dr. Raad Al Awamleh, M.D.

Dr. Victoria Oneill, M.D.

Dr. Kenneth Roca, M.D.

Dr. Angela Rodriguez, M.D.

Dr. Pauline Roxas, M.D.

Dr. Sergio Mejia, M.D.

Dr. Harneet Ranauta, M.D.

DeTar Medical Group Primary Care-South

601 E San Antonio St., Ste. 203 W, Victoria, TX 77901

Phone: (361) 575-8585

Hours: M-Th 8a to 4:30p & Fri 8a to noon

Website: <https://www.mydetardocor.com/doctors-providers>

*Currently accepting new patients. Accepts most major insurances, some Medicaid plans, and Medicare.

Providers:

Dr. Arun Jain, MD

Yvonne Ruiz, NP

DeTar Medical Group Primary Care-North

9006 N. Navarro St., Ste. B, Victoria, TX 77904

Phone: (361)-485-0500

Hours: M-Th 8a to 6p

Website: <https://www.mydetardocor.com/doctors-providers>

*Currently accepting new patients. Accepts most major insurances, some Medicaid plans, and Medicare. Provider is fluent in Spanish.

Provider:

Dr. Brian Contreras, MD

Citizens Medical Center Convenient Care

2603 Hospital Dr., Victoria, TX 77901

Phone: (361)-582-5685

Hours: M-Th 8a to 5p & Fri 8a to noon

Website: <https://www.citizensmedicalcenter.org/page/convenient-care>

*Currently accepting new clients. Accepts most major insurances, Medicaid, and Medicare. Has a provider who is fluent in Spanish.

Provider:

Dr. Julia Mitchell, MD (Spanish speaking)

WellMed at Victoria Station

4502 N Laurent St., Victoria, TX 77901

Phone: 361-580-1111

Hours: M-F 8a to 5p

*Currently only accepting Medicare and Medicare advantage patients. Accepts BCBS, United Healthcare, Aetna, Medicare, and some Medicare Advantage plans.

Providers:

Dr. Kishan Chand, MD

Kurt Killebrew

Dr. Omsesh Verma, MD

Sleep and Family Medicine

202 James Coleman Dr., Victoria, TX 77904

Phone: 361-573-4000

Hours: M-F 8a to 5p

Website: <https://sleepandfamily.com/>

*Currently accepting new patients, but not those with Medicaid or self-pay. Accepts most major insurances and Medicare. Has providers fluent in Spanish.

Providers:

Dr. Gustavo Sandigo (Spanish speaking)

Dr. Grant Henry

Dr. Eliezer Castaneda (Spanish speaking)

Dr. Rasendu Vasavada

Crossroads Health Center

4504 North Laurent Street, Victoria, Texas 77901

Phone: (361) 573-9999

Hours: M-F 8a to 5p

*Currently accepting new patients. Accepts most major insurances, Medicaid, and Medicare.

Providers:

Dr. John Van Metre, M.D.

Dr. Sanjeev Bhatia

Pillar Family Health Care

303 E. Airline Rd., Ste. 1, Victoria, TX

Phone: (361)-649-3451

Hours: M-F 8a to 5p

*Currently one provider is accepting new clients (Beverly Martin). Accepts most major insurance (no WellMed) and Medicare.

Providers:

Kerri Pillar, APRN, FNP-C

Beverly Martin, APRN, FNP-C

American Regional Health Center

102 Springwood Dr., Victoria, TX, 77904

Phone: (361)-576-2222

Hours: M-F 8a to 5p

*Currently accepting new clients. Accepts most major insurances, Medicaid (only for clients under 40 y/o), and Medicare. Has providers who are fluent in Spanish.

Providers:

Dr. Kathleen Steiner, MD

Dr. Veronica Guel-Valdivia, MD (Spanish speaking)

Dr. Anglela Klawitter, MD

Dr. Braden J. Coleman, MD

Dr. W. Jacob Cobb, MD (Spanish Speaking)

Dr. Cindy Jacob, MD

Community Health Centers of South-Victoria Community Health Center

4206 Retama Circle, Victoria, TX 77901

Phone: (361)-576-2110

Hours: M, W, Th, & F 8a to 5p and Tues. 8a to 8p

<https://communityhealthtx.com/clinics/victoria/>

*Services provided include medical (adults only—no pediatrics), behavioral health, and dental (both pediatric and adult). Accepting new patients for all services. Accepts Medicaid & Medicare. Sliding scale available. No one will be turned away due to inability to pay.

Providers:

Dr. Jay Siu, MD

Heather Martelon, FNP

AREA DOCTORS that accept Medicaid

Airline Pediatrics

601 Airline Rd., Victoria, TX 77901

Phone: (361) 575-8500

*Provides care for newborns, children, and adolescents. Accepts Medicaid and most private insurance.

Coastal Skin Care & Wellness Center (Dermatology)

2705 Hospital Dr Ste 100 (across from Citizens Hospital), Victoria, TX 77901

Phone: (361) 579-4700

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

*Accepts Medicaid and Medicare.

American Regional Health Center

102 Springwood Dr., Victoria, TX 77904

Phone: (361) 576-2222

Hours: Monday-Friday 8am-5pm

*Family medicine practice. Accepts Medicaid and most insurance.

Community Health Centers of South-Victoria Community Health Center

4206 Retama Circle, Victoria, TX 77901

Phone: (361)-576-2110

Hours: Mon., Wed., Thur., Fri.—8 am to 5 pm & Tues.—8 am to 8 pm

<https://communityhealthtx.com/clinics/victoria/>

*Services provided include medical (adults only—no pediatrics), behavioral health, and dental (both pediatric and adult). Accepting new patients for all services. Accepts Medicaid & Medicare. Sliding scale available. No one will be turned away due to inability to pay.

DeTar Family Medicine Center (Residency Clinic)

501 E Colorado St.

Phone: (361)-579-8300

Website: <https://www.mydetardocor.com/doctors-providers>

*Currently accepting new patients. Accepts all major insurances, Medicaid, and Medicare.

Sleep and Family Medicine

202 James Coleman Dr., Victoria, TX 77904

Phone: 361-573-4000

Website: <https://sleepandfamily.com/>

*Currently accepting new patients, but not those with Medicaid or self-pay. Accepts most major insurances and Medicare. Has providers fluent in Spanish.

Crossroads Health Center

4504 North Laurent Street, Victoria, Texas 77901

Phone: (361) 573-9999

*Currently accepting new patients. Accepts most major insurances, Medicaid, and Medicare.

Citizens Medical Center Convenient Care

2603 Hospital Dr., Victoria, TX 77901

Phone: (361)-582-5685

Website: <https://www.citizensmedicalcenter.org/page/convenient-care>

*Currently accepting new clients. Accepts most major insurances, Medicaid, and Medicare. Has a provider who is fluent in Spanish.

DeTar Medical Group Primary Care-South

601 E San Antonio St., Ste. 203 W, Victoria, TX 77901

Phone: (361) 575-8585

Website: <https://www.mydetardocor.com/doctors-providers>

*Currently accepting new patients. Accepts most major insurances, some Medicaid plans, and Medicare.

DeTar Medical Group Primary Care-North

9006 N. Navarro St., Ste. B, Victoria, TX 77904

Phone: (361)-485-0500

Website: <https://www.mydetardocor.com/doctors-providers>

*Currently accepting new patients. Accepts most major insurances, some Medicaid plans, and Medicare. Provider is fluent in Spanish.

AREA DENTISTS that accept Medicaid

Community Health Centers of South-Victoria Community Health Center

4206 Retama Circle, Victoria, TX 77901

Phone: (361)-576-2110

Hours: Mon., Wed., Thur., Fri.—8 am to 5 pm & Tues.—8 am to 8 pm

<https://communityhealthtx.com/clinics/victoria/>

*Services provided include medical (adults only—no pediatrics), behavioral health, and dental (both pediatric and adult). Accepting new patients for all services. Accepts Medicaid & Medicare. Sliding scale available. No one will be turned away due to inability to pay.

GENERAL DENTAL ASSISTANCE

Affordable Dentures and Implants

4002 S. Padre Island Dr., STE #104, Corpus Christi, TX 78411

Phone: (361)-761-8717

*Offers affordable dental services including dentures, extractions, and implants. First consultation visit is free and offers financing options. Does not file insurance claims.

AREA HOSPITALS/CLINICS

Victoria County

Citizens Medical Center (361) 573-9181

Detar Hospital (361) 575-7441

Detar North (361)-573-6100

Jackson County

Jackson County Hospital (361) 782-7800

Dewitt County

Cuero Regional Hospital (361) 275-6191

Lavaca County

Yoakum Community Hospital (361) 293-2321

Lavaca Medical Center (361) 798-3671

Calhoun County

Memorial Medical Center (361) 552-6713

Refugio County

Refugio Co. Memorial Hospital (361) 526-2321

Goliad County

Goliad Family Practice

(361) 645-8235

CPR and First Aid Training**Victoria College**

Heartsaver (First Aid, CPR, and AED for non-healthcare providers)-\$70

Basic Life Support for Healthcare Providers-\$90

2200 E. Red River St. Victoria TX 77901

Allied Health Building Room 112

Phone: 361-582-2412

*Pre-registration is required and can be done by stopping by the office or at

<https://www.victoriacollege.edu/Explore/ProgramsCourses/HealthCareers/AlliedHealthCE>.**Citizens Medical Center**

Heartsaver First Aid Class (for non-healthcare providers)-\$40

Heartsaver CPR/AED (for non-healthcare providers)-\$45

Heartsaver Class (for healthcare providers)-\$60

Safe Sitter Babysitting Class

2701 Hospital Dr. Victoria, TX 77901

Phone: (361)-570-7277

*Must call ahead to register and pay.

PRESCRIPTION ASSISTANCE**Many local hospitals have indigent programs and/or patient assistance programs available throughout the county.****Pharmaceutical companies can also be contacted directly for assistance.****First United Methodist Church**

407 N. Bridge, Victoria, TX 77901

Phone: 361-578-2701 or 361-576-5553

*Call either of the phone numbers above to request prescription assistance. There is also a free clinic through DeTar and FUMC every month. People must call ahead to schedule an appointment with the clinic.

Calhoun County Indigent Health Care Program

Memorial Medical Center

815 N. Virginia St., Port Lavaca, TX 77979

Phone: (361) 552-6713

Prescription Assistance Program – Dewitt Co/Cuero

106 W Reuss Blvd, Ste C, Cuero, TX

361-275-3103

First and Third Wednesday 8:30-12

St Vincent de Paul – Ganado/Jackson Co
361-771-3435

First United Methodist Church –Edna

216 W Main, Edna, TX

Phone: 361-333-5516

*Provides prescription assistance for the uninsured and underinsured. Does not assist with narcotics.

Healthy South Texas—Medication Assistance Program

Phone: 1-866-524-1408

<https://healthytexas.tamu.edu/medication-assistance-2/>

*Helps people without insurance or limited prescription coverage. Call to schedule an appointment. Must have a state ID, social security card, proof of income, and a prescribing physician.

Pfizer RxPathways Assistance Program

1-844-989-PATH (7284)

www.pfizerRxpathways.com

*Provides free Pfizer medicines to eligible patients. To be eligible, must have valid prescription, be uninsured or government insured and unable to afford copay, meet income guidelines (varies per medicine), and be treated by a healthcare provider licensed in the US.

Healthwell Foundation

Phone: 800-675-8416

Hours: Mon.-Fri. 9 am to 5 pm EST

<https://www.healthwellfoundation.org/about/what-we-do/>

*Provides financial assistance for prescription copays, premiums, deductibles, coinsurance, pediatric treatment cost, travel costs, and behavioral health services for those who are underinsured with chronic or life-altering diseases. Must apply online or on the phone system.

Novartis Patient Assistance

Phone: 800-277-2254

<https://www.novartis.com/us-en/patients-and-caregivers/patient-assistance/patient-assistance-foundation-enrollment>

*Provides Novartis medications to eligible patients at no cost. To be eligible, patient must live in the US, be treated by a provider on an out-patient basis, and meet income guidelines. Must complete an enrollment application, which can be found on Novartis website.

El Roi Community Outreach

Contact Stephania Cadengo: 361-582-9509

<https://elroioutreach.org/>

Medicare Part D Extra Help Program

Phone: 1-800-772-1213

<https://www.ssa.gov/medicare/part-d-extra-help>

*Helps eligible Medicare Part D recipients with the cost of prescription drugs (deductibles and copays). Must provide income and resource information when applying to determine eligibility.

PAN Foundation

Phone: 866-316-7263

<https://www.panfoundation.org/>

*Provides financial assistance for treatment costs and education on specific diseases that are listed in their current disease fund. To be eligible, people must fall below the federal poverty level listed in their specific disease fund, treatment/medication must be covered by disease fund, and have health insurance that covers treatment.

Patient Advocate Foundation

Phone: 1-866-512-3861

<https://copays.org/patients-family/>

*Provides financial assistance for copays, coinsurance, and deductibles to eligible people with diseases in the current disease fund. Must complete application for assistance via online or phone. Once complete, the person will know immediately if they are approved or denied.

FOOD

Victoria

Texas Health and Human Services (food stamps office)

Hours: Mon – Fri from 8:00 am – 5:00 pm

2306 Leary Ln, Victoria, TX

Phone: 361-578-3523

WIC Clinic-Victoria

Hours: Mon. – Thurs. from 8:00 a.m. – 5:30 ~~a.m.~~ p.m (Closed for lunch 12- 12:30 pm)

Friday from 8:00 a.m. – 12:00 noon

Extended Hours: 2nd & 4th Monday of the month-5:30 pm to 7 pm and 2nd & 4th Saturday of the month-8 am to 12 noon.

2805 N. Navarro, Victoria, TX

Phone: 361-578-2884

*Provides services for families from the time they find out the mother is pregnant to the child's 5th birthday. Some services include providing healthy foods, breastfeeding support, and nutrition classes. To schedule an appointment at the Victoria location or any of the satellite clinics, call the main line (361-578-2884)

VCAM (Victoria Christian Assistance Ministries)

Hours: Mon. – Fri. from 9:00 a.m. – 12:00 noon

108 N. Liberty, Victoria, TX

Phone: 361-572-0048

*Provides food and clothing assistance. When funds are available, helps with gas cards (for medical appointments only), utilities (water and electric), and prescriptions (not currently providing utility, prescription, or gas assistance as of 2/1/24).

Christ's Kitchen

Hours: Mon. – Fri. from 11:00 a.m. – 1:00 p.m.

611 E. Warren, Victoria, TX

Phone: 361-578-4233

*Provides one hot meal daily (Monday-Friday).

Food Bank of the Golden Crescent

801 S Laurent St., Victoria, TX

Hours: Mon.-Friday 8 am to 12 pm & 1 pm-4:30 pm

<https://www.tfbgc.org/>

*Provides assistance with social services such as filling out SNAP, Medicaid, TANF, etc. Distributes food products to partner agencies—does not directly distribute food to individuals from site.

Meals On Wheels South Texas

603 E Murray, Victoria TX 77901

Phone: 361-576-2189

Hours: 8 am-2 pm (phone) & 9:30 am-11:30 am (Café)

*Serves seniors in Victoria County, Cuero, and Thomaston. Provides mobile meals, the Connection Café (meals and activities onsite daily from 9:30-11:30 am. Reservation required), pet food and basic veterinary assistance, volunteers who check on clients' well-being, library 2 go (partnership with Victoria Public Library to bring clients library materials), and other programs and events.

Gulf Bend Center—Wellness Community

1009 N Nimitz St., Victoria, Tx 77901

Phone: 361-703-5161

Hours: Mon-Friday 8 am-noon

*GBC Staff must complete an application with the client. Must schedule food bag/box pickup at least 24 hours in advance.

St. Mary's Church—St. Vincent de Paul Society Food Pantry

101 W. Convent St., Victoria, TX (Please line up along Convent St, beginning at the intersection of Main and Convent)

Phone: 361-572-8723

Food Distribution: Every Tuesday (except the 1st Tuesday of the month) from 2:30 pm to 4 pm.

St. Vincent de Paul Society

Phone: (361)-648-1867

*Provides assistance (food, rent, utilities, etc.) when funds are available. People must leave a voice message with their name and call back number between 10 am and 3 pm on Tuesdays & Thursdays. Volunteer staff will return the call once they are available.

C3 Victory Church

1604 E Crestwood, Victoria, TX

Phone: 361-573-5930

*Offers a food pantry on the 1st and 3rd Tuesdays of each month from 1-3 pm. Also offers free showers on Tuesdays and Thursdays from 8:30 am to 11:30 am.

JP's Market

University of Houston-Victoria and Victoria College
3007 N Ben Wilson St, Jaguar Hall, Ste. 1135, Victoria, TX 77901
Hours: Wed & Thurs from 12:30 pm to 3 pm

*For currently enrolled UHV and VC students only. Free and anonymous resource to give students access to food and hygiene products at least once per week. Students can also place orders online through the JP's Market Pick-Up Order Form on JagSync. Please contact Molly Duke at 361-485-4457 for more information.

El Roi Community Outreach

Contact Stephanie Cadengo: 361-582-9509
<https://elroioutreach.org/>

Victoria Farmer's Market

2805 N. Navarro St, Victoria, TX
Phone: (361)-218-9246

Hours: Wednesdays & Saturdays from 9 am to 12 pm

*Local vendors sell produce, meats, and other food & homemade products. SNAP/EBT funds are now accepted.

Telferner United Methodist Church

127 East St. Victoria, TX 77905

*Provides a food pantry on the 3rd Friday of each month from 3 pm to 5:30 pm. People must reside in Telferner or in the surrounding area to enroll in the food pantry.

Our Savior's Lutheran Church

4102 N. Ben Jordan, Victoria, TX
Phone: (361)-575-4305

Hours: 2nd and 4th Tuesday 4:00pm-5:00pm

Faith Family Church

2002 E. Mockingbird Lane, Victoria, TX
Phone: 361-573-2484

Hours: Sunday 8:30am–12:30pm

Monday, Tuesday, Thursday 12:00pm - 3:00pm

Wednesday 12:00pm - 7:00pm

For His Glory Outreach Ministry

Pastor Mary Price

Phones: (361)-655-6266 & (361)-703-3417

Email: 4HzGloryORM@gmail.com

*Nonprofit organization that helps homeless people in Victoria. Provides food, hygiene products, clothes, blankets, and any other items that are donated.

Calhoun

Calhoun County Community Ministries

331 Alcoa Dr., Port Lavaca, TX 77979

Phone: 361-552-1722

*Provides food pantry and emergency assistance services.

WIC Satellite Clinic-Port Lavaca

17 N. Ash St., Port Lavaca, TX 77979

Hours: 1st, 2nd, and 3rd Monday & 1st and 3rd Wednesday of each month-9 am to 4 pm
(closed 12 pm to 12:30 pm for lunch)

Phone: 361-578-2884

Goliad

Goliad County Outreach Food Pantry

611 E End St, Goliad, TX

Phone: (361)-484-1562

Food distribution: 1st & 3rd Thursdays of the month from 8 am to 10 am

*People do not need to register beforehand, but they must be residents of Goliad County.

WIC Satellite Clinic-Goliad

360 N. Fort, Goliad, TX 77963 (inside Goliad Housing Authority Office Building)

Hours: 2nd Wednesday of the month-9:30 am to 1 pm

Phone: 361-578-2884

Hallettsville

Lavaca Assistance Ministry Body-Manna Food Pantry

1429 E Fourth St., Hallettsville, TX

Hours: Tuesdays 9 am to noon (Closed on the 5th Tuesday of the month)

Seadrift

First United Methodist Church Seadrift Food Pantry

601 S 2nd St, Seadrift, TX

Phone: (361)-433-5778

Food distribution: 3rd Tuesday of each month from 9am to 10:30 am

DeWitt

Cuero Area Ministerial Alliance (CAMAL) House

209 W. Main St., Cuero, TX

Phone: (361)-275-5022

Food Distribution: 2nd Thursday of each month from 9 am to 10:30 am for seniors 60+ &
2 pm to 6 pm for all ages

4th Thursday of each month from 9 am to 1 pm for all ages

WIC Satellite Clinic-Cuero

201 Leonard Roy Harmon Dr., Cuero, TX 77954 (inside Cuero Park Clubhouse)

Hours: 1st and 3rd Wednesday of each month-9 am to 4 pm (closed 12 pm to 12:30 pm for lunch)

Phone: 361-578-2884

WIC Satellite Clinic-Yoakum

206 W. Hugo St., Yoakum, TX 77995 (inside the Yoakum Community Hospital Annex)

Hours: 3rd Tuesday of each month-9 am to 4 pm (closed 12 pm to 12:30 pm for lunch)

Phone: 361-578-2884

WIC Satellite Clinic-Yorktown

7th St (at Eckhardt), Yorktown, TX 78164 (inside the Yorktown Housing Authority Community Room)

Hours: 1st Tuesday of each month-9:30 am to 12:30 pm
Phone: 361-578-2884

HOUSING/SHELTER

Victoria Co.

Mid Coast Family Services

2010 N Navarro STE. A, Victoria, TX 77901

Phone: (361) 575-7842

<http://midcoastfamily.org/>

*Provides housing and rental assistance for people who are homeless or at risk. Also has services for youth, sexual assault survivors, domestic violence survivors, and a community resource hub. Serves Victoria, Calhoun, DeWitt, Goliad, Gonzalez, Jackson, and Lavaca counties.

Victoria Housing Authority

4001 Halsey, Victoria, TX

Phone: (361) 575-3682

Hours: Mon-Thurs from 8 am to 4 pm, Fri. by appointment only

*Must submit a pre-application in person on Tuesdays and Thursdays (except the first 7 days of each month) between 9 am and 3 pm. Must bring valid ID, birth certificate, and social security card with pre-application. Once people turn in their pre-application, they are placed on a waitlist until it is their turn to complete the full application.

Salvation Army (Men only)

1302 N. Louis, Victoria, TX

Phone: (361) 576-1297

*Emergency homeless shelter for men. Call for availability. Requires ID at intake.

Promise Pointe

8550 US -59

Victoria, TX 77905

Phone: (361)- 571-2589

<https://promisepointe.org/>

*Long term homeless housing/ Permanent affordable tiny homes. For the chronically homeless only. Single occupancy, no families.

Mid-Coast Family Services Women's Crisis Shelter (abused/domestic violence)

Phone: (361) 573-4357 or 1-800-870-0368

Perpetual Help Home (homeless women only)

705 E Santa Rosa, Victoria, TX

Phone: (361) 575-5335

Hours: Mon-Fri 8a-4p

<https://www.perpetualhelphome.org/>

*Accepts families (women with children). However, does not allow boys over the age of 12. Call for more information and availability.

La Dominion Apts.

3605 E. Forrest, Victoria, TX

Phone: (361) 572-4566

Hours: M-F 9 am to 5 pm

<https://ladominionapts.com/>

*Accepts Section 8 vouchers. 3 bedroom/1 bath apartment homes for \$875/mo. \$350 deposit and \$40 non-refundable application fee.

Bretton Village Apartments

1503 Victoria Station Dr, Victoria, TX

Phone: 361-572-8213

*Low Income housing for elderly and disabled adults who require features of an accessible apartment (e.g. wheelchair accessible). 1-bedroom apartments only.

Briarfield West Apartments

1707 Beauvoir Lane, Victoria, TX 77901

Phone: (361)-573-9801

Fox Run Apts.

2008 Sam Houston, Victoria, TX

Phone: (361) 578-2954

<https://prosperahcs.org/portfolio-posts/fox-run-apartments/>

*Apartments for limited income individuals and families. 1-, 2-, and 3- bedrooms available. Apply on Tuesdays 9:30am-11:00am & 1:00 pm-3:00pm to get on the waitlist.

Caney Run Estate Apts.

101 S Ben Jordan, Victoria, TX 77901

Phone: 361-579-0324

*Income based, 2- and 3-bedroom apartments. \$25 application fee.

Victoria Trails Apartments

5609 John Stockbauer, Victoria, TX 77904

Phone: 361-580-2901

<https://www.greystonerents.com/communities/victoria-trails/>

*Income based. 2-, 3-, & 4-bedroom apartments. \$22 application fee.

The Brownson Home

1616 Lone Tree Rd, Victoria, TX

Phone: 361-573-7161

<http://brownsonhome.org/>

*Voluntary housing placement for children 2-18 (boys and girls) that for whatever reason cannot be cared for by their parents. The mission of The Brownson Home is to provide a nurturing family home for children in need so that they may have hope and stability and develop values and skills for life.

Colonial Greens Apartments

305 E Brazos & 1507 N Wheeler, Victoria, TX

Phone: 361-578-1258

*Accepts section 8 vouchers and Mid-Coast funds. 1-bedroom apartments.

Juan Linn Apartments

601 E Juan Linn, Victoria, TX

Phone: 361-572-4566

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

The Landing

1202 Mallette Dr, Victoria, TX

Phone: 361-576-4915

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

Houston House Apartments

103 Cornwall Dr, Victoria, TX

Phone: 361-578-2914

*Apartments for limited income individuals and families. 1-, 2-, and 3-bedroom apartments. Apply on Tuesdays from 9 am to 3 pm to be placed on the waitlist.

Mockingbird Plaza Apartments

2501 Mockingbird Ln., Victoria, TX

Phone: 877-373-1291

*Apartments for limited income individuals and families. 1-, 2-, 3-, and 4-bedroom apartments.

North Street Apartments

1109 E North St, Victoria, TX

Phone: 361-573-2224

Pinnacle Pointe Apartments

702 Salem Rd, Victoria, TX

Phone: 361-578-9613

*Apartments for limited income individuals and families. 2- and 3-bedroom apartments.

Sage Creek Apartments

607 Fillmore Ave, Victoria, TX

Phone: 361-573-1666

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

Salem Village Apartments

5201 John Stockbauer, Victoria, TX

Phone: 361-576-6170

*Accepts section 8 vouchers. 1-, 2-, 3-, and 4-bedroom apartments.

Thomas Ninke Senior Village

1907 Lova Dr, Victoria, TX

Phone: 361-573-2224

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

*Accepts section 8 vouchers. 1- and 2-bedroom apartments. Applications can be submitted online.

Victoria Place Apartments

701 E Airline, Victoria, TX

Phone: 361-576-5852

*May accept section 8 vouchers. 1- and 2-bedroom apartments.

Victorian Village Apartments

1903 Lawndale St, Victoria, TX

Phone: 361-485-1260

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

Vista Del Sol Apartments

212 Sam Houston, Victoria, TX

Phone: 361-578-6822

<https://vistadelsolvictoria.com/>

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

Calhoun Co.

Port Lavaca Housing Authority

672 George St. #147, Port Lavaca, TX

Phone: 361-552-8831

Hours: Mon-Thurs from 7 am to 3 pm

Sea Breeze Village Apartments

233 Alcoa Dr., Port Lavaca, TX

Phone: 361-553-8553

*2- and 3-bedroom apartments.

Sea Greens Apartments

202 Seashell Dr., Port Lavaca, TX

Phone: 361-552-6457

*3-bedroom apartments

DeWitt Co.

Cuero Housing Authority

203 W Church St., Cuero, TX

Phone: 361-275-6127

Hours: Mon-Thurs from 7 am to 4:30 pm

Yorktown Housing Authority

406 Eckhardt St., Yorktown, TX

Phone: 361-564-3132

Hours: Mon, Wed, and Fri 10 am-4 pm.

Bailey Square Apartments

1501 N Valley St., Cuero, TX

Phone: 361-524-5410

<https://dmabaileysquare.com/>

*1-, 2-, and 3-bedroom apartments

Kate's Place Apartments

2305 N McLeod St., Cuero, TX

Phone: 361-275-8865

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

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

The Oaks Apartments

501 N Terry St., Cuero, TX

Phone: 361-275-8865

*Accepts section 8 vouchers. 1-, 2-, and 3-bedroom apartments.

Lavaca Co.

Yoakum Housing Authority

712 Forrest St., Yoakum, TX

Phone: 361-293-5241

<https://kenedyhousing.info/>

Hours: Mon-Thurs from 7 am to 5 pm.

*Must submit application online at <https://kenedyhousing.info/>.

Hallettsville Housing Authority

103 Village Dr., Hallettsville, TX

Phone: 361-798-5845

<https://hallettsvillehousingauthority.info/>

Hours: Monday-Thursday from 8:30 am to 3:30 pm (closed for lunch 11:30-12:30)

Leatherwood Terrace Apts.

105 Ellen May Rd., Yoakum, TX 77995

Phone: 361-293-5122

Colonial Manor

705 Lavaca St, Yoakum, TX

Phone: 361-293-5500

Hours: Mon-Fri from 10 am to 5 pm

*Accepts section 8 vouchers. 1-, 2-, and 3-bedroom apartments.

Lavaca Landing Apartments

1134 Donna Dr., Hallettsville, TX

Phone: 361-798-4228

*Apartments for limited income individuals and families. 1-, 2-, 3-bedroom apartments.

Pecan Chase Apartments

106 Walnut Dr., Hallettsville, TX

Phone: 361-798-3165

*Apartments for limited income individuals and families. 1- and 2-bedroom apartments.

Goliad Co.

Goliad Housing Authority

360 N. Fort, Goliad, TX

Phone: 361-645-2774

Hours: Tues., Wed., & Thurs. from 9 am to 4 pm

*Applications can be dropped off when the office is open or in the drop box (must have all required documents).

Fenner Square Apts.

555 S. Burke St., Goliad, TX 77963
Phone: (361) 645-3393
*1-, 2-, & 3- bedroom apartments.

Refugio Co.

Refugio Elderly Housing

602 W. Commons St., Refugio, TX 78377
Phone: (361) 526-4014

Hours: Mon., Wed., & Fri. from 8:30 am to 1:30 pm

*Apartment complex for those 62 yrs or older, handicapped/disabled regardless of age with very low to moderate income

Jackson Co.

Edna Housing Authority, Mauritz Village Apartments

600 N Kleas St, Edna, TX
Phone: 361-782-3842

Hours: Mon-Fri from 8 am to 4:30 pm

*Applications can be picked up at any time the office is open, but are only accepted on Tuesdays and Thursdays

Texana Apartments

307 S Bryan St., Edna, TX
Phone: 361-782-2929

Hours: Mon-Fri 8 am to 3 pm

*Accepts section 8 vouchers. 1- and 2-bedroom apartments.

Vanderbilt Apartments

704 W Division St., Edna, TX
Phone: 361-782-2929

Hours: Mon-Fri 8 am to 3 pm

*Accepts section 8 vouchers. 2-bedroom apartments.

Miracle Manor

1207 Miracle Dr., Edna, TX
Phone: 361-782-2019

<https://rhf.org/miracle-manor/>

*Subsidized housing for seniors over 62 years old and those with mobility or visual impairments. Rent is approximately 30% of residents' income. Call the office if interested in applying.

Rose Villa Apartments

306 Mary Rose, Ganado, TX
Phone: 361-782-2929

Hours: Mon-Fri 8 am to 3 pm

*Accepts Section 8 vouchers. 2-bedroom apartments.

Home Repair/Modification Assistance

Community Action Committee

4007 Halsey St, Victoria, TX
Phone: 361-578-2989

Hours: Mon-Thurs 8am to 3pm & Fri. 8am-noon

<https://www.cacv.us/>

*Services include utility assistance, weatherization (might include insulating attics, walls, or floors and minor repairs to floors, walls, and some appliances) housing assistance, medication assistance, and tax assistance. Serves Victoria, Refugio, Lavaca, Jackson, Gonzales, Goliad, DeWitt, Calhoun, and Aransas counties.

Golden Crescent Habitat for Humanity

4103 N Navarro, Victoria, TX 77901

Phone: (361)-570-4700

Hours: Mon-Fri 8:30am to 4:30pm

<https://goldencrescenthabitat.org/>

*Offers home repair services (weatherization, minor repairs, painting, landscaping, and services to preserve home exteriors) to eligible homeowners. Serves DeWitt, Goliad, Jackson, Lavaca, and Victoria counties. Currently only accepting applications for Veterans until around January 2025 (10/14/24).

Victoria Fire Department-Smoke Alarms

Phone: 361-485-3460

<https://www.victoriatx.gov/421/Smoke-Alarms>

*Provides free smoke alarms and installation. To request a smoke alarm either call the Fire Marshal's Office or submit a request online at

<https://www.victoriatx.gov/FormCenter/Fire-Department-10/Request-A-Smoke-Alarm-56>.

UTILITIES

Community Action Committee

4007 Halsey, Victoria, TX 77901

Phone: 361-578-2989

*Provides utility assistance, rental assistance, and weatherization services. Applicants for rental assistance must call to schedule an appointment for services. Applications for utility assistance and weatherization can be found/completed online.

St. Vincent de Paul Society

Phone: (361)-648-1867

*Provides assistance (food, rent, utilities, etc.) when funds are available. People must leave a voice message with their name and call back number between 10 am and 3 pm on Tuesdays & Thursdays. Volunteer staff will return the call once they are available.

El Roi Community Outreach

Contact Stephanie Cadengo: 361-582-9509

CLOTHING ASSISTANCE

Mid-Coast Family Treasures Thrift Stores

2101 N Navarro St., Victoria, TX 77901

Phone: 361-894-8926

3406 Sam Houston Dr., Victoria, TX 77901
Phone: 361-572-3820

709 Hwy 35 S Ste. C, Port Lavaca, TX 77979
Hours for all stores: Mon.-Fri. from 10 am to 6 pm & Sat. from 10 am to 5 pm

Outpost Resale Shop by Calhoun County Senior Citizens Association, Inc.
2110 W. Austin St., Port Lavaca, TX 77979
Phone: 361-553-6276
Hours: Mon.-Fri. from 9 am to 5 pm, last donations accepted at 4 pm.

VCAM Victoria Christian Assistance Ministries

108 N Liberty St., Victoria, TX 77901

Phone: 361-572-0048

Hours: Mon.-Fri. from 9 am to 12 pm (noon)

*Provides food, clothing, and hygiene (when available) assistance. When funds are available, provides assistance with gas cards (for medical appointments), utilities, and prescriptions (not currently providing utility, prescription, or gas assistance as of 4/30/24).

UHV & VC Career Closet

University of Houston Victoria & Victoria College

3007 N Ben Wilson St, Jaguar Hall, Ste 1135, Victoria, TX 77901

Hours: Wed & Thurs from 12:30 pm to 3 pm

*Provides professional and non-professional clothes to UHV and VC students at no cost. Located inside JP's Market. Please contact Molly Duke at 361-485-4457 for more information.

Restoration House Ministries Gleanings Resale Shop

1204 N Moody St, Victoria, TX 77901

Phone: (361)-485-0123

Hours: Mon.-Thurs 8:30 am to 5:30 pm & Fri. 8:30 am to 4:30 pm

*Provides clothing, household goods, furniture, and appliances for a discounted rate. People who are experiencing homelessness can shop for clothes and shoes at no cost and shower at the "Showers of Grace" Tuesday through Saturday from 10 am to 2 pm.

For His Glory Outreach Ministry

Pastor Mary Price

Phones: (361)-655-6266 & (361)-703-3417

Email: 4HzGloryORM@gmail.com

*Nonprofit organization that helps homeless people in Victoria. Provides food, hygiene products, clothes, blankets, and any other items that are donated.

HYGIENE ASSISTANCE

Community Action Committee of Victoria & Superior HealthPlan Hygiene Closet

4007 Halsey St., Victoria, TX 77901

Phone: 361-578-2989

*Free service for anyone who needs it. Offered monthly on the 2nd Wednesday of each month from 10 am to 12 noon. Some items available at the closet include soap, shampoo/conditioner, toilet paper, dental products, and deodorant.

VCAM Victoria Christian Assistance Ministries

108 N Liberty St., Victoria, TX 77901

Phone: 361-572-0048

Hours: Mon.-Fri. from 9 am to 12 pm (noon)

*Provides food, clothing, and hygiene (when available) assistance. When funds are available, provides assistance with gas cards (for medical appointments), utilities, and prescriptions (not currently providing utility, prescription, or gas assistance as of Sept. 2024).

For His Glory Outreach Ministry

Pastor Mary Price

Phones: (361)-655-6266 & (361)-703-3417

Email: 4HzGloryORM@gmail.com

*Nonprofit organization that helps homeless people in Victoria. Provides food, hygiene products, clothes, blankets, and any other items that are donated.

Mid-Coast Family Services Resource Hub

2103 Depot, Victoria, TX 77901

Phone: (361)-575-7842

*Offers showers, laundry, locker storage, community mail hub, free WiFi, community agency workers, and access to MCFS services.

TRANSPORTATION

Medicaid Van

1-877-633-8747 (877-MED-TRIP)

*Transportation to medical appointments for Medicaid members. Must call 48 hours in advance. Have your Medicaid number available when you call.

Golden Crescent Regional Planning Commission—Victoria Transit

1908 N Laurent St., Victoria, TX 77901

Phone: 361-578-8775

RTransit- Calhoun County.....	361-552-3350
RTransit- DeWitt County.....	361-578-8775
RTransit- Goliad County.....	361-645-2144
RTransit- Gonzales County	830-672-7014
RTransit- Jackson County.....	361-782-5543
RTransit- Lavaca County.....	361-798-4198
RTransit- Victoria/DeWitt.....	361-578-8775

Travel Training by GCRPC

Contact Rachel Salas, Safety, Training, and Compliance Specialist

Office: (361)-578-1587 Ext. 504

Cell: (361)-894-2195

*Travel training is free, one-on-one training for people who want to learn to use the Victoria bus system.

Most local Senior Citizens Centers also provide transportation to local seniors.

SOCIAL SECURITY ASSISTANCE

Social security Office

8208 Zac Lentz Pkwy, Victoria, TX 77904

877-229-3536

www.ssa.gov

*Order social security cards and apply for benefits.

Education/GED/ESL

English as a Second Language & GED classes

Victoria College

Adult Education

2200 E Red River, Victoria, TX 77901

Phone: (361) 573-7323

<https://victoriacollege.edu/Explore/ProgramsCourses/AdultEducation>

Free Books

Free books in the copier room on the first floor of GBC (near the docking stations)

Employment Assistance

Texas Workforce Solutions-Golden Crescent

120 S Main, Suite 110 1st and 2nd Floors, Victoria, TX 77901

Phone: (361) 578-0341

<https://www.gcworkforce.org/Home%20Page>

*Serves Victoria, DeWitt, Goliad, Jackson, Calhoun, Lavaca, and Gonzales counties.

Provides one-on-one services for employment search, training programs, and specialty programs for older workers, disabled persons (physical, mental, or emotional), veterans, and youth (ages 14-12 years old). Also hosts job fairs and has a mobile workforce center that travels to different locations regularly. For the most up-to-date information, check the Workforce Solutions Golden Crescent Facebook page.

Texas Workforce Solutions in Surrounding Areas

Cuero—1137 N Esplanade, Cuero, TX 77954

Phone: (361)-277-8870

Hours: Mon.-Fri. 8 am to 5 pm

Port Lavaca—1800 S. Highway 35, STE H, Port Lavaca, TX 77979

Phone: (361)-552-1563

Hours: Mon.-Fri 8 am to 5 pm

Goliad—329 W Franklin, Goliad, TX 77963

Phone: (361)-645-2703

Hours: Open on a limited basis—call ahead

Hallettsville—727 S. Promenade, Hallettsville, TX 77964

Phone: (361)-798-1046

Hours: Open on a limited basis—call ahead

Yoakum—307 Crittenden, Yoakum TX, 77995

Phone: (361)-741-5100

Hours: Open on a limited basis—call ahead

Staffing Companies.

LaborMax Staffing

4905 N Navarro St, Victoria, TX 77904

Phone: 361-894-6440

<https://www.labormax.net/Offices/OfficeDetail/feb47ea2-f8f6-4a70-a738-03eb0ca78321>

APS Personnel Service

5605 N Navarro St. STE 300A, Victoria, TX 77904

Phone: 361-572-0022

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

Goodwin Personnel Consultants

2306 N Navarro St, Victoria, TX 777901

Phone: 361-578-3636

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

Childcare Assistance

Workforce Solutions of the Golden Crescent-Childcare Services

120 S. Main, STE. 110, Victoria, TX 77901

Phone: 361-578-0341

<https://www.gcworkforce.org/>

*To qualify for this program, people must: live in Goliad, DeWitt, Lavaca, Gonzales, Calhoun, Jackson, or Victoria County; be employed, in school, or in training; meet the income guidelines for your family size; have children under the age of 13 years (or children with special needs under the age of 19 years).

Birth Certificate/ID

Birth Certificate

<https://www.dshs.texas.gov/vital-statistics>

*Official Birth Certificates for Texans, processed in 4-6 weeks \$22.00 by mail. Must have valid ID.

Victoria City Hall

105 W Juan Linn St, Victoria, TX

Phone: (361)-485-3000

*Must have valid ID. Must be born in Texas. Certified copies of birth certificates are \$23.

Identification Cards

Texas Department of Public Safety

8802 N Navarro St, Victoria, TX

Phone: 361-578-3450

*Bring birth certificate, proof of address, social security card, etc.

www.dps.texas.gov/driverLicense

Sleep Disorder Clinics

Premier Sleep Disorders Center

111 North Park Victoria, TX 77901

124 E Walters St. Shiner, TX 77984

1811-A Broadway Rockport, TX 78382

Phone: (361) 572-9654

Fax: (361) 485-2233

*Accepts almost all insurance, Medicaid, Medicare, Private Pay

Walk-In Clinics

NextCare Urgent Care

3002 Sam Houston Drive, Victoria, TX 77904

Phone: (361)-578-5730

Hours: Mon.-Fri. 8 am to 8 pm and Sat. & Sun. 8 am to 4 pm

*Offers services for illnesses, injuries, immunizations, physicals, pediatrics, STD & lab testing, and X-rays. Accepts most private insurance, Medicaid, and Medicare.

NextCare Urgent Care

108 Twin Fountains Dr, Victoria, TX 77904

Phone: (361) 578-3363

<https://nextcare.com/locations/tx/victoria-tx-twin-fountains-dr-urgent-care-2/>

Hours: Open 7 days a week-9 am to 9 pm

*Offers services for illnesses, injuries, immunizations, physicals, pediatrics, STD & lab testing, and X-rays. Accepts most private insurance, Medicaid, and Medicare.

Texas Health Center

4804 N. Navarro St., Victoria, TX

Phone: (361)-576-0330

Hours: Mon.-Fri. 7:30 am to 5 pm

Does not accept assigned Medicare, however, will file with Medicare. Patients with Medicare must pay upfront.

Vision and Hearing Impaired

Computers for the Blind

Phone:(214) 340-6328

<https://computersfortheblind.org/>

*Low-Cost Computing for People Who Are Blind or Visually Impaired

Digital Resources

<https://www.safespace.vibrant.org/en/>

*Website containing information on coping skills, calming exercises, distraction activities such as digital coloring pages and music.