
















The Magdalen House
A RECOVERY COMMUNITY
FOR ALCOHOLISM

Key	
	Low Cost
	No Cost
	Women Only
	Men Only

DETOX & TREATMENT	Contact	Location	Services	
Carrollton Regional Medical Center	972-492-1010	Carrollton	<ul style="list-style-type: none"> Medical detox admitted through ER Accepts Medicare, Medicaid, & most major insurances 	
Cenikor	1-888-CENIKOR (236-4567)	Irving & multiple other locations	<ul style="list-style-type: none"> Detox & residential treatment Accepts insurance & offers financial assistance if uninsured 	
Center for Discovery	888-909-1409	Addison	<ul style="list-style-type: none"> Eating disorder treatment IOP & PHP All ages Residential for ages 8-19 in Plano Accepts most insurances 	
Hickory Trail Hospital	972-299-3548	DeSoto	<ul style="list-style-type: none"> Detox, inpatient, IOP, PHP, & counseling Accepts most insurances 	
Homeward Bound	214-941-3500	Dallas	<ul style="list-style-type: none"> Detox admissions are Monday-Friday 8 am-4 pm on a first-come, first-serve basis Residential treatment, outpatient, & crisis services Accepts those with or without insurance 	
La Hacienda Treatment Center	844-941-0466	Hunt	<ul style="list-style-type: none"> Detox, residential, co-occurring disorders, & trauma therapy Women & men Private insurance 	
Men of Nehemiah	214-421-6705	Dallas	<ul style="list-style-type: none"> No cost long-term treatment for alcohol & substance abuse Faith-based, military style, & 12-step focused Men ONLY 18+ 	
Nexus Recovery Center	214-321-0156 ext. 3118	Dallas	<ul style="list-style-type: none"> Medical detox, residential & outpatient services Child development center Programs tailored to pregnant & parenting mothers Accepts those with or without insurance 	
Origins Recovery Center	844-276-3076	South Padre Island	<ul style="list-style-type: none"> Detox & residential treatment Men ONLY Private insurance 	
OSAR Texas Health & Human Services	OSAR Line: 844.275.0600 Crisis Hotline: 866-260-8000	Texas	<ul style="list-style-type: none"> Will provide referrals to detox, treatment, & other mental health resources OSAR line is for North Texas screenings; crisis hotline is available 24/7 	
Park Cities Medical Detox	214-647-5353	Dallas	<ul style="list-style-type: none"> Medical detox admissions via phone screening Accepts Medicare, most major insurances, & private pay options Will provide transportation 	
Stonegate Center	817-398-3998	Azle	<ul style="list-style-type: none"> Detox & residential treatment Women & men (gender-specific facilities) Private insurance 	
Texas Eating Disorder Solutions	855-578-5100	Weatherford	<ul style="list-style-type: none"> Eating disorder treatment Residential, PHP, IOP, & therapy support Accepts most insurance 	
Texas Health Huguley Hospital	817-568-5950	Burleson	<ul style="list-style-type: none"> Medical detox admitted through ER or by appointment Walk-ins Monday-Friday 8 am-4 pm 	






DETOX & TREATMENT				
Contact	Location	Services		
The Fullbrook Center	855-924-3579	Fort Worth	<ul style="list-style-type: none"> Addiction & trauma treatment Detox, residential, PHP, & IOP Women ONLY Private insurance 	
The Haven Texas	903-609-0544	Farmers Branch	<ul style="list-style-type: none"> Medical detox facility Accepts all insurance including Medicaid & Medicare Will provide transportation 	
The Retreat	866-928-3434	Wayzata, MN	<ul style="list-style-type: none"> Residential 12-step-based treatment Women & men (gender-specific facilities) Private insurance 	
Valley Hope	817-424-1305	Grapevine	<ul style="list-style-type: none"> Detox, residential, IOP, & family care Accepts insurance, private pay, & payment plans 	
SOBER LIVING				
Contact	Location	Services		
24 Hour Club	214-823-3200	Dallas	<ul style="list-style-type: none"> Structured transitional recovery housing Women & men Initial no-cost admission until employment Phase 1: \$84/week, Phase 2: \$119/week 	
Cardinal House	214-897-3092	Dallas, Frisco, Plano, Richardson	<ul style="list-style-type: none"> Structured sober living Men ONLY \$850- \$1100/month 	
CLEAN Cause	hello@cleancause.com		<ul style="list-style-type: none"> Grants 30-day recovery housing scholarships 	
Elements Swiss Avenue	405-686-8854	Dallas	<ul style="list-style-type: none"> Multiple options for structured sober living Participation in therapy required Women & men \$3500-\$5000/month 	
Elevated Sober Living	214-354-4598 elevatedsoberliving@gmail.com elevatedsoberliving.com	Plano (Women's House) & McKinney (Men's House)	<ul style="list-style-type: none"> Women & men Apply online or by email for application \$260/week 	
Free Man House	Women's: 469-740-1043 Men's: 214-676-2693	Dallas	<ul style="list-style-type: none"> Faith-based, structured sober living Women's & Men's Houses \$715/month 	
Janie's Place	469-822-3167	Carrollton & Dallas	<ul style="list-style-type: none"> Women ONLY Therapist & recovery support specialist onsite Carrollton: \$950/month Dallas: \$1050/month 	
Oxford House	800-689-6411 oxfordvacancies.com	National	<ul style="list-style-type: none"> Women, women & children, & men's houses Applicants must call first to set up an interview Check openings on website Prices vary, usually \$125-150/week 	
Patton Sober Living	972-656-9662	Dallas & Richardson	<ul style="list-style-type: none"> Structured sober living Men ONLY \$4500/month 	
Real Deal Sober Living	469-599-2162 rdsoberliving.com	Dallas & Richardson	<ul style="list-style-type: none"> Women & men Scholarships available on the website \$900-1,700/month 	
Simply Grace	214-774-9808	Dallas, Plano, Richardson, & Fort Worth	<ul style="list-style-type: none"> Structured sober living with optional IOP Women ONLY; also have a Mommy & Me house Volunteer & job skills opportunities are available at Simply Grace thrift store located in Richardson \$200-220/week 	 



SOBER LIVING				
	Contact	Location	Services	
Sober Living America	877-430-0086	Dallas, Fort Worth, & Houston	<ul style="list-style-type: none"> • Apartment-style sober living with roommates • Women & men • Career support & transportation services • \$800/month 	
Solutions of North Texas	940-898-6202 sontx.org	Denton	<ul style="list-style-type: none"> • Highly structured sober living with clinical, case management, & legal support • Women & men • \$250/week • Food & transportation expenses included • Scholarships available on the website 	
Suzy's Place	972-965-8148	Little Elm	<ul style="list-style-type: none"> • Women ONLY • Ages 17-60 • Transportation provided within a five-mile radius for the first three months • \$880/month (food included) 	 
The Esperanza	214-995-8255	Dallas	<ul style="list-style-type: none"> • Structured sober living apartment community • 21+ • Pet friendly • \$1610-1810/month 	
Windhaven House	972-948-2612	Dallas	<ul style="list-style-type: none"> • Structured transitional sober living • Women ONLY • In-house IOP required • \$6500/month 	
HOUSING & SHELTER				
	Contact	Location	Services	
Austin Street Center	214-428-4242	Dallas	<ul style="list-style-type: none"> • Women: 18+, Men: 45+ • Walk-up intake: availability on a lottery system • Valid ID required, maximum of two bags no more than 25 lbs each • Provide many wrap-around services and programs 	
CitySquare	469-904-7060	Dallas	<ul style="list-style-type: none"> • Housing assistance & case management, including homeless outreach & crisis line • Food pantry is by appointment only 	
Dallas Life	214-421-1380	Dallas	<ul style="list-style-type: none"> • Valid ID & SSN required at intake • First three nights offered for free, then \$15/night; children stay for free • 10-month program with GED assistance, resume prep, job search assistance, & more 	
Family Gateway	214-823-4500 familygateway.org	Dallas (Dallas & Collin County residents ONLY)	<ul style="list-style-type: none"> • Accepts all types of families • Emergency shelter, supportive/rapid housing, general & vocational case management • Online application, must have proof of residency (prior is acceptable) 	
From Ordinary to Extraordinary	214-272-7733	Dallas	<ul style="list-style-type: none"> • Maternity home & resource center for pregnant women/teens experiencing domestic violence • Cosmetology school/apprenticeship & medical field training programs 	
Genesis Center North Texas	972-932-4351	Kaufman	<ul style="list-style-type: none"> • Women & children in crisis (substance abuse, domestic violence, homelessness) • Long-term facility, up to one year • Job & GED training, medical & mental health resources, spiritual mentoring 	 
Genesis Women's Shelter	214-946-4357	Dallas	<ul style="list-style-type: none"> • Women & children fleeing domestic violence • Emergency shelter & transitional housing • Counseling & legal services 	 

HOUSING & SHELTER	Contact	Location	Services	
Giving Grace	940-382-0609	Denton	<ul style="list-style-type: none"> • Emergency shelter, permanent supportive housing with intensive case management, & rapid re-housing program • Takes families • Fill out a request for service form online 	
Hope's Door New Beginning Center	972-276-0057	Plano	<ul style="list-style-type: none"> • Adults & children fleeing domestic violence • 90-day stay emergency shelter • Non-shelter services: legal, victim advocacy, advancement training, community resources, & counseling 	 
In My Shoes	945-239-3496	Dallas	<ul style="list-style-type: none"> • 18+ expectant mothers who are homeless or at risk of becoming homeless • Transitional housing, individual & group therapy, food & clothing assistance, parenting & life skills training, work & school support 	
Mosaic Family Services	214-823-4434	Dallas	<ul style="list-style-type: none"> • Safe emergency housing for women & children fleeing domestic violence & human trafficking • Comprehensive case management & assistance with legal, medical, & educational needs 	
Restored Hope Ministries	833-334-0035	Dallas	<ul style="list-style-type: none"> • For women (aged 17- 45) and their children who have been victims of sex trafficking & sexual exploitation • 12 to 24 months of transitional housing with spiritual & physical self-help programs 	
SafeHaven of Tarrant County	1-877-701-7233	Arlington & Fort Worth	<ul style="list-style-type: none"> • Emergency shelter, transitional housing, case management, & legal support • For women & their children fleeing domestic violence 	 
Shared Housing Center	214-821-8510	Dallas (Dallas County residents ONLY)	<ul style="list-style-type: none"> • Housing & supportive services • Group residence options available • 21+ 	 
The Bridge	214-670-1507	Dallas	<ul style="list-style-type: none"> • Daytime resource center & emergency night shelter for adults • Daily 12-step meetings onsite • Provide services that address both basic needs & long-term solutions 	
The Family Place	214-941-1991	Dallas	<ul style="list-style-type: none"> • Families & individuals fleeing domestic/family violence • Emergency shelter & transitional housing • Medical, dental, legal, & counseling services for shelter residents/clients 	
The Salvation Army of North Texas	salvationarmytx.org/north-texas/provide-housing	North Texas	<ul style="list-style-type: none"> • Emergency shelter, family housing case management program, & supportive/transitional housing • Multi-dimensional social services agency located in multiple North Texas cities • Refer to website for the number of location that best fits your needs 	
The Samaritan Inn	972-542-5302	McKinney (Collin County residents ONLY)	<ul style="list-style-type: none"> • Adults (children allowed) • Drug test & background check upon intake (must be 30 days substance-free) • ID & Social Security Card required for intake • Length of stay on a case-by-case basis 	

HEALTHCARE				
	Contact	Location	Services	
Agape Clinic	972-707-7782	Dallas	<ul style="list-style-type: none"> Free medical, dental, & behavioral health services \$50 donation appreciated No income verification required 	
Community Health Clinic: Catholic Charities	972-547-0606	McKinney (Collin County residents ONLY)	<ul style="list-style-type: none"> For low-income residents of Collin County, only Must be uninsured Enrollment appointment required; must provide proof of income & residency 	
Dental Hygiene at El Centro	214-860-2301	Dallas	<ul style="list-style-type: none"> Free dental cleaning, X-rays, dental health/oral cancer screenings, & more Appointment based 	
Golden Cross Clinic	214-947-6700	Dallas (Dallas County residents ONLY)	<ul style="list-style-type: none"> Low-cost health clinic with multiple specialties Prescription assistance Insurance & sliding scale self-pay 	
Healing Hands Ministries	214-221-0855 hhmhealth.org	Dallas	<ul style="list-style-type: none"> Dental, vision, behavioral, pediatric, women's health, & pharmacy Fill out the online form; must provide proof of income Accepts most insurances, sliding scale fee for uninsured/underinsured patients 	
Jewish Family Services Clinic	469-780-4590	Dallas	<ul style="list-style-type: none"> Healthcare & behavioral health Accepts Medicaid, Medicare, & most insurance Income-based discounts are offered 	
Julia's Center for Healthcare	972-535-5099	Plano (Collin County residents ONLY)	<ul style="list-style-type: none"> Basic medical services, women's health, eye clinic, & orthopedic services Clinic is open Tuesday & Thursday; by appointment only Uninsured/underinsured Free services to those who qualify; donations encouraged/may be requested. 	
Oak Street Health	855-563-3674	North Texas	<ul style="list-style-type: none"> Medicare ONLY PCP & insurance navigation Will provide transportation to appointments Multiple locations 	
Parkland Satellite Clinics	214-266-4000	Dallas (Dallas County residents ONLY)	<ul style="list-style-type: none"> Geriatric, primary care, pediatric, & women's health services Multiple clinic locations in Dallas Financial assistance & insurance assistance available Proof of residency required 	
Prism Health	phntx.org/locations	Dallas	<ul style="list-style-type: none"> Healthcare, dental, behavioral health, & pharmacy Multiple locations in Dallas Accepts Medicaid, Medicare, & most major insurance plans Sliding scale & financial assistance program available (proof of income required) 	
Talk About It Dallas	talkaboutitdallas.com	Online	<ul style="list-style-type: none"> Clinic finder by zip code with all listed resources. 	
Watermark Urgent Care	Skillman Clinic: 469-317-0028 Mobile Clinic: 214-613-1622	Mobile	<ul style="list-style-type: none"> Treatment for coughs, colds, flu, infections, earaches, rashes, lacerations, minor traumas, & injuries \$10 contribution recommended 	
MENTAL HEALTH				
	Contact	Location	Services	
Family Tree Program	888-837-0666	Dallas & Denton (Dallas & Denton County residents ONLY)	<ul style="list-style-type: none"> Free counseling for eligible families Short term: family counseling, youth skills classes, & parenting skills classes Online request for services 	
Foundation 45	foundation45.org/i-need-help	Dallas (Texas Residents Only)	<ul style="list-style-type: none"> Free group counseling sessions by LPCs In-person and virtual 18+ TX residents Free art therapy on the last Saturday of each month 	

Here for Texas Navigation Line	972-525-8181	Dallas	<ul style="list-style-type: none"> • Mental health resources navigation line • Monday-Friday 10 am-6 pm • English & Spanish 	
Medical City: Green Oaks	972-991-9504	Dallas	<ul style="list-style-type: none"> • In-patient, IOP mental health, & dual diagnosis care 	
Metrocare	Admin Office: 214-743-1200 Crisis Hotline: 214-743-1215	Dallas	<ul style="list-style-type: none"> • Mental health, chemical dependency, pharmacy, social services for adults, children, homeless, & veterans • Sliding scale and works with government plans (will NOT turn people away based on ability to pay) 	
NTBHA: Crisis Services	866-260-8000 ntbha.org	Dallas	<ul style="list-style-type: none"> • 24/7 crisis hotline • In-person services for people facing a mental health crisis • Check the website for other mental health services & resources 	
Recovery Resource Council	817-332-6329	Fort Worth, Dallas, & Denton	<ul style="list-style-type: none"> • Counseling, screenings, assessments, & addiction treatment • Permanent supportive housing services • Veteran & family support services 	
Richland Oaks Counseling Center	469-619-7622	Richardson, Plano, McKinney, & Prosper	<ul style="list-style-type: none"> • Counseling & psychological assessments • Sliding scale, low cost or free to those eligible • Reduced fee services starting at \$50/session with supervised graduate students 	
COMMUNITY	Contact	Location	Services	
ASPIRE	214-824-2000 aspiretolearn.org	Dallas	<ul style="list-style-type: none"> • ESL, GED prep, adult basic education, workforce training, early childhood education, & family literacy • \$40 for ESL, GED & adult basic education • Register online • Classes in-person & online 	
Annie's Place	anniesplacecares.org	Dallas	<ul style="list-style-type: none"> • Free childcare for parents/families to attend medical appointments (including mental health) • Apply online for approval & scheduling 	
Attitudes & Attire	214-630-1667	Dallas	<ul style="list-style-type: none"> • Workshops to assist with job search, self-esteem, & wardrobe to enter the workforce • Free dental services to those who complete core workshops & volunteer • Low income only 	
Autocare Haven	autocarehaven.org	Plano (Collin, Dallas, Rockwall, Denton & Tarrant Counties ONLY)	<ul style="list-style-type: none"> • Mobile mechanics, free vehicle repairs • Does NOT include Body work, A/C, cruise control, power equipment, radio, transmission, or engine • Apply online & allow 24-48 hours • Must have valid insurance, ID, & proof of residency 	
Brother Bill's Helping Hand	214-638-2196 bbhh.org	Dallas	<ul style="list-style-type: none"> • Grocery store: appointment needed (online sign-up) • Healthcare clinic: care for uninsured/underinsured adults (donations suggested for services) • Other programming: cooking classes, children's programs, senior classes, & adult education classes 	
Catholic Charities: Dallas	866-223-7500	Dallas	<ul style="list-style-type: none"> • Multi-dimensional organization that provides many services, including fixed/mobile food pantries, educational services, & many other social services 	
Crossroads Community Services	469-860-6090	Dallas (Certain Dallas County zip codes ONLY)	<ul style="list-style-type: none"> • Food pantry, food distribution, & food coaching • By appointment only (call to schedule) 	
Dallas Christian Women's Job Corps	214-324-5665 dallaswcjc.org	Dallas	<ul style="list-style-type: none"> • Tuition-free 8-week signature Workforce Readiness & Life Skills course • Enroll on website 	
Dallas Volunteer Attorney Program	214-243-2236	Dallas	<ul style="list-style-type: none"> • Legal aid for cases including bankruptcy, custody, child support, divorce, tenancy, & more • Four clinic locations in Dallas 	

COMMUNITY	Contact	Location	Services	
Dogs Matter	217-714-8460 info@dogsmatter2.org dogsmatter2.org	Dallas	<ul style="list-style-type: none"> • Pet fostering services while the owner is in treatment • Must fill out temporary surrender application online • Must be actively seeking treatment or in recovery • Prioritizes those going to treatment for 90+ days 	
Dress for Success	972-392-9770	Dallas	<ul style="list-style-type: none"> • Leadership program, employment retention classes, & job training • Boutique for work clothing 	
Guiding Minds Ministries	214-613-6999 guidingmindshed.com	Dallas	<ul style="list-style-type: none"> • Career placement for individuals with criminal backgrounds • Education classes: anger management, substance abuse courses, life skills programs, & more • Intake must be done via an online form 	
Heart of Courage	972-920-6510	Dallas	<ul style="list-style-type: none"> • Education, court advocacy, mentoring, support groups, & job readiness to mother's who have lost custody of their children 	
Hope Cottage	Hope Cottage: 214-526-8721 CeCe's Place: 972-354-8713	Dallas	<ul style="list-style-type: none"> • Pregnancy education, as well as counseling & adoption services • Joined "CeCe's Place" a clinic providing pregnancy confirmations, pre-natal care, & counseling/education 	
Irving Cares	972-721-9181	Irving (Irving residents only)	<ul style="list-style-type: none"> • Food pantry, rent & utility assistance, job search, & certification • For Irving residents only, including former Irving residents moving to another county for sober living 	
Jewish Family Services	972-437-9950 jfsdallas.org	Dallas	<ul style="list-style-type: none"> • Counseling, support group, career & financial services, & food pantry. • Food pantry is restricted to 23 zip codes; check website for locations & to make an appointment 	
Jubilee Park & Community Center	214-887-1364	Dallas	<ul style="list-style-type: none"> • Affordable housing initiative, free meals for children & seniors, ESL classes, early childhood education, computer literacy, & workforce certification • Free mental health services 	
Legal Aid of Northwest Texas	internet.lanwt.org/locations	Northwest Texas (Multiple Locations)	<ul style="list-style-type: none"> • General civil intake, including family law, wills & estates, landlord/tenant cases, public benefits, federal tax, & real property matters • Must be 125% or below the federal poverty guideline • Does NOT cover criminal, business, or immigration • Online application available; check website for your nearest location 	
Literacy Achieves	214-265-5057	Dallas	<ul style="list-style-type: none"> • Adult English literacy program, early childhood education program, & student support services 	
Metrocrest Services	972-446-2100 metrocrestservices.org	Carrollton (specific zip codes ONLY)	<ul style="list-style-type: none"> • Food pantry, housing (rent/utility assistance), employment coaching, financial education, & senior services • Pre-screening application online for services 	
Miles of Freedom	214-290-2337	Dallas	<ul style="list-style-type: none"> • Re-entry Assistance Program: case management, job readiness workshops, & employment assistance • Transition to Employment Program: paid work ethics training while utilizing resources provided by MOF to secure permanent employment 	
New Friends New Life	214-965-0935	Dallas	<ul style="list-style-type: none"> • Access to education, job training, interim financial assistance, mental health, & spiritual support for trafficked, & exploited women/children • Offers free legal services to members of the program 	
North Texas Food Bank	214-330-1396 ntfb.org	Plano (Distribution all over North Texas)	<ul style="list-style-type: none"> • Food assistance & disaster relief • Has both mobile & fixed location food distribution (schedule & locations on website) 	

COMMUNITY	Contact	Location	Services	
On the Road Lending	ontheroadlending.org	Irving	<ul style="list-style-type: none"> Affordable loans for low-income individuals to purchase fuel-efficient vehicles Application & phone screening required 	
Operation Hope	888-388-4673	Dallas	<ul style="list-style-type: none"> Coaching for credit & money management, homeownership, small business development, financial disaster recovery, & more 	
Opportunity Resource Services	817-241-4141	Cleburne (Dallas, Johnson & Tarrant Counties ONLY)	<ul style="list-style-type: none"> Assistance with higher & continuing education, including application, & transcript costs 	
OurCalling	214-444-8796	Dallas	<ul style="list-style-type: none"> Homeless outreach center (daytime only) Center provides laundry, showers, clothing resources, food, free WiFi, & more Specialized services: medical & mental health, SNAP, ID, intake for rehabs, & housing assistance 	
Sharing Life Community Outreach	972-285-5819	Mesquite (specific zip codes ONLY)	<ul style="list-style-type: none"> Food pantry, clothing closet, rent & utilities assistance Food pantry is appointment based & NOT zip code restricted Financial assistance is only available for certain Mesquite, Garland, Sunnyvale, Balch Springs, Seagoville, Rowlett, Rockwall, & Forney zip codes 	
Society of St. Vincent de Paul	469-607-0909	Dallas	<ul style="list-style-type: none"> Utility and rent assistance, microloans, free/low cost pharmacy, food assistance, & more Medical clinic open to those uninsured/underinsured 	
South Dallas Employment Project	214-432-3436	Dallas (South Dallas)	<ul style="list-style-type: none"> Provides programs/services for employment, housing, transportation, community reintegration, & digital literacy 	
The Senior Source	214-823-5700	Dallas	<ul style="list-style-type: none"> Financial assistance & money management, employment services, utility assistance, medicare counseling, computer literacy classes, & more Utility services only available for 60+ Dallas or Collin County residents 	
The Stewpot	214-746-2785	Dallas	<ul style="list-style-type: none"> Services for those experiencing homelessness Grocery distribution, food pantry, ID services, & housing services Parkland & Metrocare medical, mental health, & dental clinics Housing services are on a referral basis ONLY 	
Unlocking Doors	214-296-9258	Dallas	<ul style="list-style-type: none"> Women & men's re-entry service with case management, navigation, & monitoring Application, intake, & \$10 processing fee required 	
Well Grounded Community Coffee	214-918-3538	Dallas	<ul style="list-style-type: none"> Employs formerly incarcerated women or women in need of second chances 	
White Rock Center of Hope	214-324-8996 whiterockcenterofhope.org	Dallas (75214, 75218, 75223, 75228, 75238 ONLY)	<ul style="list-style-type: none"> Food pantry, clothing closet, financial assistance, financial education, & career services Online application for financial assistance 	
Women's Center of Tarrant County	817-927-4040	Fort Worth	<ul style="list-style-type: none"> Rape crisis & victim services, violence prevention & education, employment solutions, legal clinics, & general counseling 	