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A RECOVERY COMMUNITY
FOR ALCOHOLISM

| Key | |
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| | Low Cost |
| | No Cost |
| | Women Only |
| | Men Only |

| DETOX & TREATMENT | Contact | Location | Services | |
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| 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 | |
| Carrollton & Collin Springs | Carrollton: 972-242-4114 Collin: 469-885-8901 | Carrollton and McKinney | <ul style="list-style-type: none"> • Medical detox, PHP, & IOP • Accept most insurances & has private pay options | |
| 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 | 844-387-1829 | 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 • Women ONLY • Programs tailored to pregnant & parenting mothers • Accepts those with or without 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 | |
| Stonegate Center | 817-442-6183 | Azle | <ul style="list-style-type: none"> • Detox & residential treatment • Women & men (gender-specific facilities) • Private insurance | |
| The Fullbrook Center | 817-717-7898 | 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 | |
| Valley Hope | 817-442-2212 | 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 | |
| Advantage Sober Living | 940-395-4472 | Richland Hills | <ul style="list-style-type: none"> • 12 step based, structured & high-accountability • Men ONLY • \$900/month | |

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| Cardinal House | 214-897-3092 | Dallas, Frisco, Plano, & Richardson | <ul style="list-style-type: none"> • Structured sober living • Men ONLY • \$1000/month • Scholarships offered through "Living Amends" |  |
| CLEAN Cause | hello@cleancause.com | | <ul style="list-style-type: none"> • Grants 30-day recovery housing scholarships | |
| Elevated Sober Living | 214-354-4598 elevatedsoberliving@gmail.com elevatedsoberliving.com | Plano (Women) & McKinney (Men) | <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 |  |
| Hope is Alive | 844-3-HOPE-NOW hopeisalive.net | Dallas | <ul style="list-style-type: none"> • Faith-based, structured sober living • Men ONLY • \$750/month |  |
| Janie's Place | 469-822-3167 | Carrollton, Dallas, & Plano | <ul style="list-style-type: none"> • Women ONLY • Therapist & recovery support specialist onsite • \$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 \$150-200/week |  |
| Real Deal Sober Living | 469-599-2162 rdsobberliving.com | Dallas, Richardson, Plano, & Farmers Branch | <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 • \$225-\$250/week • Scholarships offered through "Living Amends" |  |
| 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 (scholarships available on 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+ Women & men • Pet friendly • \$1610-1810/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, max of two bags no more than 25 lbs each • Provide many wrap-around services and programs |  |

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| 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) |  |
| 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 |  |
| 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 |  |
| 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 services available to women, men, & children |  |
| SafeHaven of Tarrant County | 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 |  |
| 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 |  |
| 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) Valid ID & SSN 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 |  |

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| Healing Hands Ministries | 214-221-0855 hmhhealth.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. |  |
| 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) |  |
| 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 | info@foundation45.org | 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 | |
| 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 (North Texas Behavioral Health Authority) | Crisis Hotline: 866-260-8000 Information: 214-366-9407 | Dallas | <ul style="list-style-type: none"> Referrals to mental health/substance abuse resources Offer assistance with ID/ critical documents, transportation, recovery support services Bilingual services available |  |
| 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 Most services are provided free of charge, some are low cost |  |
| 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 Family Tree Program offered |  |
| Texas Eating Disorder Solutions | 844-764-0765 | Weatherford | <ul style="list-style-type: none"> Eating disorder treatment Residential, PHP, IOP, & therapy support Accepts most insurance | |

| COMMUNITY | Contact | Location | Services | |
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| 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 | |
| Dallas Christian Women's Job Corps | 214-324-5665 dallascwjc.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 | |
| 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 guidingmindsed.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: 214-970-3335 | 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 groups, 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 | |

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| Legal Aid of Northwest Texas | leaglaidtx.org/locations | Northwest Texas (Multiple Locations) | <ul style="list-style-type: none"> • Does NOT cover criminal, business, or immigration • Online application available; check website for your nearest location |  |
| 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 |  |
| 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) |  |
| On the Road Lending | ontheroadlending.org 214-226-2542 | 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): provides laundry, showers, clothing resources, food, free WiFi, & more • Specialized services: medical & mental health, SNAP, ID, intake for rehabs, & housing assistance |  |
| 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 |  |
| The Senior Source | 469-557-5213 | Dallas | <ul style="list-style-type: none"> • Financial assistance & money management, employment services, medicare counseling, computer literacy classes, utility assistance (60+ Dallas/Collin County residents) & more |  |
| The Stewpot | 214-746-2785 | Dallas | <ul style="list-style-type: none"> • Services for those experiencing homelessness • Grocery distribution, food pantry, & ID services • Parkland & Metrocare medical, mental health, & dental clinics • Housing services are on a referral basis ONLY |  |
| Unlocking Doors | 214-296-9258 | Dallas & Fort Worth | <ul style="list-style-type: none"> • Women & men's re-entry service with case management, navigation, & monitoring • Application, intake, & \$10 processing fee required |  |
| White Rock Center of Hope | 214-324-8996 whiterockcenterofhope.org | Dallas (specific zip codes 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 |  |

For more information or additional resources, please contact:

outreach@magdalenhouse.org