

GIVING PEOPLE HOPE



Lubbock Area
UNITED WAY

80 YEARS OF
IMPACT

THE NUMBER TO CALL WHEN YOU DON'T KNOW WHO TO CALL



United Way Community Partners exist to support everyone on the South Plains. Every year, these agencies help thousands of people and households. Support is available for anyone who could use a little extra help, from making your budget stretch a little farther, to going back to school, to getting assistance during a crisis.

If you don't find the support you're looking for in this guide, we encourage you to contact 2-1-1 Texas. 2-1-1 Texas is a free, confidential information and referral service that helps connect people with local health and human services resources. Available 24 hours a day, 7 days a week, trained specialists listen to your needs and help identify programs and services that may be able to assist you. Whether you need help with food, housing, utilities, healthcare, mental health services, childcare, employment, transportation, disaster assistance, or other community resources, 2-1-1 Texas can guide you to organizations that provide support. The service is available to anyone and is designed to make it easier to find help during difficult times or when navigating available resources.

Simply dial 2-1-1 or visit 211texas.org to search for services and get connected to assistance in your community.

Not all programs available through our partner agencies are funded by United Way. Throughout this guide, a * indicates that the program is funded by Lubbock Area United Way.

211Texas.org





SUPPORT FOR FAMILIES

Child care
Housing, utilities, emergency services
Legal services
Marriage and family counseling
Parenting support

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SUPPORT FOR CHILDREN & YOUTH

Counseling
Education Beyond the Classroom
Healthcare
Mentorship and life skills
Victim support services

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SUPPORT FOR ADULTS

Adult Education
Counseling
Healthcare
Housing, utilities, emergency services
Legal services
Senior adult services
Victim support services

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COMMUNITY INVOLVEMENT

Community education
Volunteer opportunities

9

SUPPORT FOR FAMILIES

> CHILD CARE

+ Infant and Preschool

Early Learning Centers of Lubbock*

- Income-based, sliding-scale fee
 - Discounts for more than one child
 - Scholarships
 - Meals, bottles, and formula included
 - 5 locations
 - Full-time and part-time
- elclubbock.org | 806.765.9981

YWCA of Lubbock*

- Private pay
 - Subsidized care through Workforce Solutions
 - Head Start & Early Head Start through SPCAA
 - Scholarships
- ywcalubbock.org | 806.776.9700

+ After-School & Summer

Boys and Girls Clubs of Lubbock*

- \$25 monthly fee; \$40 monthly fee for 2 or more students
 - 5 locations
 - Pick up from some area schools
 - Summer camp
- lubbockbgc.org | 806.792.2880

Guadalupe-Parkway Neighborhood Centers*

- \$65 monthly fee
 - Pick up from some area schools
 - Summer Camp
- guadalupe-parkway.org | 806.763.3963



YWCA of Lubbock*

- YW-CARE
 - Full-time and Part-time rates
 - Various sites on school campuses
 - Mini-camps offered on school holidays at main location
 - Summer Camp
- ywcalubbock.org | 806.776.9700

> HOUSING, UTILITIES, EMERGENCY SERVICES

American Red Cross*

- Assistance after a home fire or other disaster
- Emergency communications with military service members and their families

redcross.org/local/texas/north-texas/about-us/locations/panhandle | 806.765.8534

Catholic Charities, Diocese of Lubbock

- Rent/mortgage assistance
 - Utility assistance
 - Food pantry
 - Clothing vouchers
 - Hygiene
- cclubbock.org | 806.765.8475

Lubbock Children's Health Clinic*

- Food pantry
- lchclubbock.org | 806.749.3800

Salvation Army*

- Overnight emergency shelter • Rapid re-housing
- Transitional housing
- Rent and utility assistance
- Food vouchers
- Clothing vouchers



Lubbock Area
UNITED WAY

- Hygiene kits
 - Cooling and warming stations
 - Public showers
- southernusa.salvationarmy.org/lubbock | 806.765.9434

Upbring, Neighborhood House

- Utility assistance
 - Food vouchers
 - Hygiene
- upbring.org/neighborhood-house | 806.589.1907

LEGAL SERVICES

Family Legal Services of the South Plains*

- Protective orders
 - Divorces
 - Child custody and support
 - Adoptions
 - Simple wills
 - Legal advice and brief referrals
- flssouthplains.org | 806.762.2325

MARRIAGE AND FAMILY COUNSELING

Catholic Charities

- Family and youth success - short-term services to youth ages 0-17 and their families.
 - Mental health voucher program - 6 free sessions with a mental health professional for qualifying adults.
- cclubbock.org | 806.765.8475

Family Counseling Services*

- Individual counseling
 - Couple's counseling
 - Family counseling
 - Anger management groups
 - Domestic violence groups
 - Substance abuse groups
 - Income-based, sliding-scale fee
- fcslubbock.org | 806.747.3488

Voice of Hope*

- Individual counseling and groups for survivors of sexual assault/sex trafficking and their non-offending family members
- voiceofhopetexas.org | 806.763.7273

PARENTING SUPPORT

Catholic Charities

- Parent Empowerment Program* - assists low-income parents in furthering their education
 - Kinship family support (Families where children are being raised by relatives)
 - Parenting skills classes
- cclubbock.org | 806.765.8475

The Parenting Cottage

- Parents as Teachers Program*
 - Parenting Classes
 - Car seat education and install
 - Pregnancy and prenatal classes
- parentingcottage.org | 806.795.7552



Support for Children and Youth

> COUNSELING

Catholic Charities

- Family and youth success - short-term services to youth ages 0-17 and their families
cclubbock.org | 806.765.8475

Children's Advocacy Center*

- Individual counseling and groups for child survivors of abuse and sexual assault and their non-offending family members
- All services are free
safeplace4kids.org | 806.740.0251

Family Counseling Services*

- Individual counseling
- Family counseling
- Income-based, sliding-scale fee
fcslubbock.org | 806.747.3488

Voice of Hope*

- Individual and group counseling to survivors of sexual assault and their loved ones
- All services are free
voiceofhopetexas.org | 806.763.7273

> EDUCATION BEYOND THE CLASSROOM

Boys and Girls Club of Lubbock

- Programs focus on education and career development, character and leadership development, health and life skills, the arts, and sports, fitness, and recreation.
- \$25 monthly fee; \$40 monthly fee for 2 or more students
- 5 locations
- Pick up from some area schools
lubbockbgc.org | 806.792.2880

Communities in School of the South Plains*

- In-school prevention and intervention programs
- Available on various local school campuses
- No cost
cissouthplains.org | 806.368.8090

Guadalupe-Parkway Neighborhood Centers*

- Activities include academic homework assistance and enrichment, sports and recreation, character development, dance and fine arts, computer skills, Kids' Café, community events and scouting.
 - \$65 monthly fee
 - Pick up from some area schools
- guadalupe-parkway.org | 806.763.3963

YWCA of Lubbock*

- Educational and recreational activities for pre-K through 5th grade through after-school and summer programs.
 - Full-time and part-time rates
 - Various sites on school campuses
- ywcalubbock.org | 806.776.9700

HEALTHCARE

Lubbock Children's Health Clinic*

- Care for all children birth through 18, regardless of ability to pay
- Medicaid accepted
- Acute illnesses such as sore throats and stomach aches
- Follow-up care for chronic illnesses such as asthma Well-checks
- Well-checks and physicals
- Immunizations
- 2 locations

lchclubbock.org | 806.749.3800

MENTORSHIP AND LIFE SKILLS

Big Brothers Big Sisters*

- Helps children reach their full potential through professionally supported, one-to-one matches with adult mentors

- Children ages 6-18 years
 - Community-based and school-based program
 - No cost
- bbbclubbock.org | 806.763.6131

Scouting America, Prairie Sky Council

- Educational programs for boys, girls, and young adults
 - Promotes leadership skills through youth-led activities, community service, and outdoor adventure
 - Ages 5-20
 - Scholarships available
- southplainscouncil.org | 806.747.2631

Communities in School of the South Plains*

- Mentorship through various in-school activities
 - Available on various local school campuses
 - No cost
- cissouthplains.org | 806.368.8090

Girl Scouts of the Texas Oklahoma Plains*

- Leadership development through access to girl led experiences, skills, and connections
 - Girls ages 5-17
 - Scholarships available
- gs-top.org | 800.582.7272

Volunteer Center of Lubbock*

- Youth led volunteer and leadership programs
 - Open to all high school students
- volunteerlubbock.org | 806.747.0551

YWCA of Lubbock

- AMEND Together - life and relationship skills classes for young men from 5th grade to high school
- Community Youth Development Program (CYD) - leadership, tutoring, post-high

- school readiness for youth ages 11-18
- STRIVE life skills development - empowerment series for young women ages 13-20 aimed at developing self-confidence, digital literacy and workforce skills

ywcalubbock.org | 806.776.9700

VICTIM SUPPORT SERVICES

CASA of the South Plains*

- Support for children and families involved in the child welfare system
- casaoftthesouthplains.org | 806.763.2272

Children's Advocacy Center

- Support for child survivors of abuse and sexual assault and their non-offending family members

safeplace4kids.org | 806.740.0251

Voice of Hope*

- Provides victims of sexual assault and/or sex trafficking with free confidential crisis assistance, advocacy, and support
- Judicial accompaniment
- Individual and group follow-up
- Case management and
- 24-hour crisis hotline
- All services are free

voiceofhopetexas.org | 806.763.7273



Support for Adults

> ADULT EDUCATION

Catholic Charities*

- Parent Empowerment Program assists low-income parents in furthering their education

cclubbock.org | 806.765.8475

Goodwill Industries of Northwest Texas*

- Computer Classes
- Resume Writing

- Interview Prep
 - Job Search Assistance
 - Individualized Job Coaching
 - On-site Computer and Career Enhancement Training
 - All services available at no charge
- goodwillnwtexas.org | 806.744.8419

> COUNSELING

Catholic Charities

- Mental health voucher program - 6 free sessions with a mental health professional for qualifying adults

cclubbock.org | 806.765.8475

Family Counseling Services*

- Individual counseling
- Couple's counseling
- Family counseling
- Anger management groups • Domestic violence groups
- Substance abuse groups
- Income-based, sliding-scale fee

fcslubbock.org | 806.747.3488

Voice of Hope*

- Individual counseling and groups for survivors of sexual assault/sex trafficking and their non-offending family members

voiceofhopetexas.org | 806.763.7273

> HEALTHCARE

Catholic Charities

- Eye exams and glasses
- Dietitian consultations, including diabetes education, weight loss, and nutrition

- Prescription assistance
- cclubbock.org | 806.765.8475

Upbring, Health for Friends Clinic*

- Education, screening and referrals to identify persons with undiagnosed chronic health conditions including diabetes, hypertension and chronic obesity
- In-depth education and nutritional counseling
- Personalized meal plans
- Medication management

upbring.org/health-for-friends-clinic | 806.589.1907

YWCA of Lubbock*

- Women's Health Initiative - access to breast and cervical cancer education, screening, treatment and post-diagnosis support

ywcalubbock.org | 806.776.9700



➤ HOUSING, UTILITIES, EMERGENCY SERVICES

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- Assistance after a home fire or other disaster
- Emergency communications with military service members and their families
redcross.org/local/texas/north-texas/about-us/locations/panhandle | 806.765.8534

Catholic Charities, Diocese of Lubbock

- Rent/mortgage assistance
- Utility assistance
- Food pantry
- Clothing vouchers
- Hygiene
cclubbock.org | 806.765.8475

Salvation Army*

- Overnight emergency shelter
- Rapid re-housing
- Transitional housing
- Rent and utility assistance
- Food vouchers
- Clothing vouchers
- Hygiene kits
- Cooling and warming stations • Public showers
southernusa.salvationarmy.org/lubbock | 806.765.9434

Upbring, Neighborhood House

- Utility assistance
- Food vouchers
- Hygiene
upbring.org/neighborhood-house | 806.589.1907

➤ LEGAL SERVICES

Family Legal Services of the South Plains*

- Protective orders
- Divorces
- Child custody and support

- Adoptions
- Simple wills
- Legal advice and brief referrals

flssouthplains.org | 806.762.2325

➤ SENIOR ADULT SERVICES

Catholic Charities*

- Individuals 60 years and older
- Dental
- Prescriptions
- Hearing aids
- Eyeglasses

cclubbock.org | 806.765.8475

➤ VICTIM SUPPORT SERVICES

Family Legal Services of the South Plains*

- Protective orders
- Divorces
- Child custody and support
- Legal advice and brief referrals

flssouthplains.org | 806.762.2325

Voice of Hope*

- Provides victims of sexual assault and/or sex trafficking with free confidential crisis assistance, advocacy, and support
- Case management and follow-up
- Judicial accompaniment • Individual and group counseling to survivors and their loved ones
- 24-hour crisis hotline
- All services are free

voiceofhopetexas.org | 806.763.7273

Women's Protective Services*

- Domestic Violence Victims Shelter: Serves victims of family violence and their dependent children who have experienced physical, emotional and/or sexual abuse

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HOPE

- Residential program includes 24-hour crisis hotline, food, clothing, personal hygiene items, social referral (housing, job, income assistance, day care), counseling, legal advocacy and medical and transportation assistance

- Non-Residential Program provides services to those who do not need emergency shelter in 12-county area

wpslubbock.org | Office: 806.747.6491, Hotline: 800.736.6491

Community Involvement



> COMMUNITY EDUCATION

American Red Cross

- CPR, first aid, life guarding classes
- Disaster preparedness*
- Water safety
redcross.org/local/texas/north-texas/about-us/locations/panhandle | 806.765.8534

Children's Advocacy Center*

- Play It Safe - awareness and prevention programs for children of all ages
- Darkness to Light - in-depth training for adults on how to recognize and report abuse and how to listen and support children
safeplace4kids.org | 806.740.0251

Lubbock Area United Way*

- Education awareness on a broad number of local issues, including financial stability, education, violence against persons, mental health, and nonprofit management
lubbockunitedway.org | 806.747.2711

Voice of Hope*

- Public awareness of the realities of sexual victimization
voiceofhopetexas.org | 806.763.7273

Volunteer Center of Lubbock*

- Nonprofit management
- Leadership development
volunteerlubbock.org | 806.747.0551

Women's Protective Services*

- Presentations to civic groups and community organizations on the prevention and/or reduction of family violence.
wpslubbock.org | 806.747.6491

YCWA of Lubbock

- Inspire - free monthly seminars for women
ywcalubbock.org | 806.776.9700

> VOLUNTEER OPPORTUNITIES

Many of the organizations listed in this guide have volunteer opportunities. Please visit their websites for additional information or find them on the Volunteer Center of Lubbock's website (information below).

Lubbock Area United Way*

- Various opportunities throughout the year
- Short-term and long-term opportunities
lubbockunitedway.org | 806.747.2711

Volunteer Center of Lubbock*

- Volunteer opportunities with more than 100 local nonprofits
- Youth and family volunteer programs
- Youth and adult leadership programs
volunteerlubbock.org | 806.747.0551

Need additional help?
Call 2-1-1 for local resources and support.



OUR MISSION: Giving • People • Hope

lubbockunitedway.org



1655 Main Street, Ste 101
Lubbock, TX 79401
806.747.2711