

Stay Calm...



Breathe...

Take 5 mins.

Bexar County Virtual Resources for Parents/Caregivers

(List is not exhaustive; most Bexar County Family Resources are still providing resources via virtual support. This list is intended to provide quick and direct resource linkage for parents/caregivers to the following resources.)

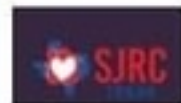


Nonprofit Financial Services: Is delivering Food/Toiletries to the following in **NEED:**

Single Parents, Disabled Individuals, and Seniors. MUST sign-up on website: www.sacrisiscenter.com



Rise Recovery: Is providing Peer to Peer Virtual/Telephonic Support to Individuals experiencing substance abuse in home. Simply Call 210-227-2634



SJRC's PATs: Is providing free virtual parent education to parents w/ children 0-3.

Call 830-629-0659, ext 1318 or email Jacis @ jgonzales@sjrctexas.org



Limited Virtual Free to Sliding Scale Counseling for Parents:

- Nancy Recalde, LPC-Supervisor- 210-668-8030 (Bilingual)
- Miguel Salinas, LPC- 210-593-8815 (Text to schedule. Every other Saturday)
- Loraine Swift, LPC-Intern- 210-802-1287 (Military Families)



Domestic Violence Victims: If unable to call and talk, there is Now a Text Feature by texting 911. Please see image.