

## Resources for Our Community Our Kids Network

### Provided through Survey Data Collection: Resource System Committee

#### Crisis Line:

OCOK expects Network Providers to utilize the **mobile crisis service** of the Turning Point program. The mobile crisis service can be accessed by calling (817) 909-1171.

#### Training Resources:

- Understanding the CPS process training: Kurt Pafford, [kurt.pafford@dfps.state.tx.us](mailto:kurt.pafford@dfps.state.tx.us)
- Couponing and Saving at Stores: Kristi Cates, [kcates@crossroadsink.com](mailto:kcates@crossroadsink.com)
- Making Meals Easy for Working Moms: Kimberly Tuggle; [skmtuggle@aol.com](mailto:skmtuggle@aol.com)
- How to Navigate and Organize Paperwork for PMN babies: Kimberly Tuggle; [skmtuggle@aol.com](mailto:skmtuggle@aol.com)
- Identifying Disabilities and Advocacy: Kimberly Tuggle; [skmtuggle@aol.com](mailto:skmtuggle@aol.com)
- Web-based training, [www.Qpiflorida.org/justintime/index.html](http://www.Qpiflorida.org/justintime/index.html) (also a link on ocok web page)  
If they don't have the training you are looking for ask and they will try and get for you.
- CPR/First Aid: Life Quest (they come to you if over 5 people) 817 222-9440
- CPR/First Aid: Heart2Heart, weekly courses, <http://www.hearts2heartscpr.com/>
- Low cost parenting classes and support for children: The Learning Center and Parenting Center in Fort Worth

#### Community Resources:

- DFW Child- Events updated regularly <http://www.dfwchild.com/special-needs.asp>
- Art lessons and summer art workshops: 5821 Holloway St, Westworth Village, TX 76114  
[mickidlong@sbcglobal.net](mailto:mickidlong@sbcglobal.net), 682-552-4567
- Kids in a New Groove: [www.KidsInANewGroove.org](http://www.KidsInANewGroove.org) : Free instruments and free music lessons for kids in foster care
- Rise Adaptive Sports – <http://www.riseadaptivesports.org/wp/> , Irving, Texas, P.O. Box 141122 Irving, TX 75014-1122, recreation options for children with disabilities. Phone: (469) 762-5075.
- Splash Kingdom-contact -Rebecca Haug for foster care discount, 1000 Cinema Drive, Weatherford, TX 76087, <http://www.splashkingdomwaterpark.com/hudson-oaks/> , (817) 598-0777 email: [info@splashkingdomwaterpark.com](mailto:info@splashkingdomwaterpark.com)
- Tax Preparation: H&C Tax Services, 4200 South Freeway Suite #2410, Fort Worth, TX 76115, Oscar Hunter, [Oscar.hunter@sbcglobal.net](mailto:Oscar.hunter@sbcglobal.net)
- Travel Agency: Hunter Travel, contact Oscar Hunter, [Oscar.hunter@sbcglobal.net](mailto:Oscar.hunter@sbcglobal.net)
- YMCA- Offer Adaptive Swimming Lessons at select locations- [www.ymca.org](http://www.ymca.org)
- YMCA provides a discount on registration and youth activities: [www.ymca.org](http://www.ymca.org)

#### Community Events:

- Granbury Teen Health Fair (Granbury ISD), (Spring)
- Family Day, Fort Worth Police Department FREE (April 25, 2015)
- Fort Worth Boys and Girls Club/Family Wellness Fair, Health Screenings (May)
- Springtown May Festival, usually (May)

- Hispanic Wellness Fair, Will Rogers Memorial Center (August)
- Benbrook Heritage Fest (October)
- Disability Expo, Colleyville (October)
- Special Kids Rodeo-TREAT Stephenville, Texas (October)
- The Way Church, Thanksgiving meal to Families in need, Granbury, Texas (November)
- CASA Breakfast with Santa, Parker Co and Palo Pinto County (December)

#### **Support Groups:**

- Chosen Ones Gateway Church, [www.mychosenones.org](http://www.mychosenones.org)
- Embrace – <http://embracetexas.org/parent-support/>
- Interchange – Avenue Church, Waxachachie
- Johnson County Foster/Adoption Family Association: contact Sharon 817-992-9763
- LakePointe Church Adoption Ministries
- One Less-Pantego Bible Church, Arlington-
- Parent Café's- Hood County, Put on by Cook Children-(Free) contact Marsha (682.885.3069-Office), <http://www.cookchildrens.org/SiteCollectionDocuments/PR/2013/CookChildrens-ParentCafe-October23,2013.pdf>
- Tapestry- Irving Bible Church - <http://tapestryministry.org/>
- Tarrant County Foster Parent Association

#### **Working with Autistic Children:**

- Autism Speaks – <https://www.autismspeaks.org/resource-guide/state/TX> - resources and information about autism.
- Behavior Frontiers – ABA treatment and training services in Plano. <http://www.behaviorfrontiers.com/>
- Butterfly Effects – HH. Provides services , ABA therapy in our region and 21 states <http://butterflyeffects.com/about-us/mission/>
- Giggles, <http://www.giggles-therapy.com/> , Bringing Laughter to the hearts of children with special needs." Autism Treatment Center and Licensed Childcare Facility, 905 Roberts Cut Off River Oaks , TX 76114.
- Lake Pointe Academy, families with children affected by autism and related neuro-developmental conditions to lead the way in bridging a network of support and evidence -based educational and therapeutic services within our own community. 1921 Acton Hwy, Granbury, TX 76049, (682) 936-4112, <http://www.lakepointegrnburry.org/>
- Merit Academy – 214-736-8375, serves kids with Autism, developmental delays and chromosomal conditions. 2825 Valley View Lane #100, Farmers Branch, [www.meritacademytx.org](http://www.meritacademytx.org)
- Mustard Seeds – therapy and services for autism, PDD, Denton, Flower Mound, Roanoke & Frisco Texas , [www.mustard-seeds.org](http://www.mustard-seeds.org)
- Rainbow Kidz – programs and language support for children with autism, (972) 306-3189,2413 Hebron Parkway, Carrollton, TX 75010, <http://languageworksllc.com/>
- UNT Kristin Farmer Autism Center – (940)-369-5373, 490 South I-35E, Denton, Texas. Research, Training, and Direct Services Center, <http://autism.unt.edu/>

**Kids Eat Free:**

<http://www.metroplexbaby.com/ParentGuides/Kids-Eat-Free-Dallas-Fort-Worth.htm>  
[www.dfwchild.com/features/220/Kids-Eat-Free-Dallas-Fort-Worth](http://www.dfwchild.com/features/220/Kids-Eat-Free-Dallas-Fort-Worth)

**Mileage Reimbursement:**

- Logisticcare, 877-564-9837, reimburses mileage to and from medical appointments.

**Camps:**

- Camp El Tesoro de la Vida: [www.campfirefw.org](http://www.campfirefw.org) ; 817.831.2111
- Camp Hope: [www.centerofhopetx.com](http://www.centerofhopetx.com) ; Weatherford- 817.594.0266; East Parker County 817.441.2442
- Our Father's Children, a free weekend for teens, 12-15, contact Melinda 817-788-2360
- Royal Family Camp, a free week of camp for 6-11 year olds, contact Melinda, 817-788-2360
- YMCA Camp Carter, Fort Worth

**Horse Therapy:**

- Ability Bridge- DFW Area- [www.abilitybridge.com/listing/guide/pediatric.../equine-assisted-therapy](http://www.abilitybridge.com/listing/guide/pediatric.../equine-assisted-therapy)
- All Star Equestrian (Horse Therapy for children & adults with disabilities) Mansfield 817 477-1437
- Mustard Seeds-Flower Mound-Roanoke, Frisco, Denton- 817-541-7770 [www.mustard-seeds.org](http://www.mustard-seeds.org)
- Spirit Horse (Horse Therapy for Children with Disabilities) Corinth, Texas, 940-497-2946
- TREAT- Stephenville, Texas, Equine assisted activities provide many benefits to many different kinds of people; not just to the physically and mentally handicapped, but to the emotionally and socially handicapped as well.

**Music Therapy:**

- Heart & Harmony: [www.heartandharmony.com](http://www.heartandharmony.com) ; 817.458.8813, \*not currently covered by Medicaid

**Financial Aid for Kinship:**

- Email Andrea Moseley for more information: [almoseley1965@gmail.com](mailto:almoseley1965@gmail.com)

**Enrichments Supports:**

- Friends of Wednesday's Child (FWC)-The FWC Enrichment Supports program can help pay for a variety of things that youth need to stay engaged. Below are some examples of the types of things that they support.
- Sports: FWC helps pay for team sports fees and uniforms, necessary equipment, and individual sports like swimming, karate and gymnastics – in school or after school.

- Music/Dance/Art- Encouraging passion for music and the art. FWC helps provide support for piano and guitar lessons, dance club, ballet lessons, art lessons and much more.
- Summer Camp- Every summer, FWC awards camp scholarships up to \$200 for youth in foster care to attend the camp of their choice. Summer Camp Applications open at the end of March 2015 – mark your calendars.
- School Activities-FWC helps pay for school activities, like fees to participate in clubs and sports, educational field trips, and more.
- Driver's Education Support-Friends of Wednesday's Child- FWC helps pay for up to \$150 per student for driver's education.

### Healthcare:

- CPS has up to \$600 they can apply for through CPS for medical. This resource might also be able to be used for other necessities the family may have to expedite reunification or prevent removal of children from their home. Examples are payments towards rent on rent deposit, utilities, car repairs, purchases (i.e., clothing, personal items, small appliances i.e. space heaters).
- Cranial Technologies- Ft Worth, Texas, (817) 810-9223 FREE evaluation  
<http://www.cranialtech.com/schedule-evaluation/>
- First Hand – can apply for medical assistance \$\$ up to \$1,200. (I used for cranial helmet)
- Green Apple Therapy : Speech, Occupational, and Physical Therapy, LeeAnna Mendoza, [lmendoza@greenappletherapy.com](mailto:lmendoza@greenappletherapy.com) ; Megan Williams [mwilliams@greenappletherapy.com](mailto:mwilliams@greenappletherapy.com)
- National Federation of the Blind
- North Texas Area Community Health Centers-
  - Northside Clinic 2106 N. Main St. Fort Worth 76164, PH: 817-625-4254
  - SouthEast Clinic 2909 Mitchell Blvd. Fort Worth 76105, PH: 817-916-4333
  - Campbell Clinic- 1517 Texas Drive Weatherford, 76086, PH 817-458-3300
  - Ruth's Place- Granbury, Texas
- Prevent Blindness – download application for free pair of glasses (1 per person), send in with prescription and you will get a voucher for free pair and where to take voucher.
- Rees-Jones Center for Foster Care provides integrated health care for children in foster or kinship care:
  - For appointment at the Dallas campus, call 214-456-6500
  - For appointment at the Plano campus, call 469-303-4300
- Tritrax – 972-239-3633 Speech, OT & PT
- URS Medical – 888-877-6334 [ursmedical.com](http://ursmedical.com) Medical supplies, formula (RX kind) diapers, etc.

### Online Healthcare Resources:

- This website is provided by the American Academy of Pediatrics and is a great resource for parents and foster parents with questions about children's health:  
<http://www.healthychildren.org/English/Pages/default.aspx>
- There is a specific page on the same website that is geared for Adoption & Foster Care and is very helpful:  
<http://www.healthychildren.org/english/family-life/family-dynamics/adoption-and-foster-care/Pages/default.aspx>

- This link is a guide for foster and adoptive parents and is called *Parenting After Trauma: Understanding Your Child's Needs*:  
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf>

#### **Clothing:**

- Chosen Ones Closet, Keller, Texas- gently used clothing options, strollers, bedding, etc. 10381 Alta Vista, 817-657-3115, [www.mychosenones.org](http://www.mychosenones.org)
- Community Storehouse (back to school and Christmas activities and support); [www.communitystorehouse.org](http://www.communitystorehouse.org) ; 817.431.3340
- Just Between Friends: [www.jbfsale.com](http://www.jbfsale.com) ; multiple locations in metroplex for sales, offered a few times per year
- Kids Rethreaded LLC- New and gently used children's clothing store offering foster families 10% off all purchases. [www.kidsrethreaded.com](http://www.kidsrethreaded.com) - 817.526.5382
- Kid to Kid consignment store: [www.kidtokid.com](http://www.kidtokid.com) - discount for Foster Families (with license)
- Tarrant County CPS: quarterly clothing reimbursement for Tarrant County foster children only; contact Teresa Fuentes 817.255.8746

#### **Children's Supplies:**

- Free Car seat (Hood County) requirement to go through a class to learn how to properly install it with Brianne Langdon (817)579-3280
- United Rehab, 254-751-1556: Supplies diapers, wipes, etc. for children age 4 and over who are not toilet trained, free.
- Apples Back to School Fair, For Kiddos who live in Johnson County, free school supplies, eye exam, and hearing checks (Wheat Middle School in August) contact Diane Packwood ([dpack2112@yahoo.com](mailto:dpack2112@yahoo.com))
- Oakridge Back to School Fair (Parker County) in August, free school supplies and free haircuts
- Northside Baptist Church Back to School Fair Weatherford, August
- Operation School Supplies (Hood County) August, located at the Granbury Convention center free school supplies, haircuts, physicals, and much more
- African American Health Expo- March, <http://www.aahexpo.org/>
- Hispanic Wellness Fair-August, <http://www.hispanicwellnesscoalition.org/>
- Wise County Health Fair-March, <http://www.wisecountyunitedway.org/>
- Back to School Fair Tarrant County:
- Back to School Roundup-August, [www.backtoschoolroundup.org](http://www.backtoschoolroundup.org)
- Car Seat Safety: The Injury Prevention Services at Children's Health provides a myriad of safety services to all families in order to lessen the burden of traumatic injuries to children in North Texas. Services include education, access, training and resources to the community regarding injury prevention. Free car seat inspections are also available at the Dallas and Plano campuses of Children's Medical Center. Call 214-456-2059 for additional information.

## **Books:**

- Get discounted books at [FirstBookMarketplace.org](http://FirstBookMarketplace.org) – If before August 14, 2015 enter promo code **FBMP15\*** to receive 15% off all books and educational materials.

***I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World***  
**by Marguerite A. Wright**

### **Brain Breaks**

***The Connected Child: Bring Hope and Healing to Your Adoptive Family*** by Dr. Karyn Purvis, Dr. David Cross and Wendy Sunshine

Information and practical interventions for parents of adopted children who have experienced severe trauma and abuse.

***Attachment-Focused Parenting: Effective Strategies to Care for Children*** by Daniel Hughes

Attachment focused interventions and information regarding healthy brain development and neurochemistry for parents of children who have experienced trauma.

***Fun to Grow On: Engaging Play Activities for Kids with Teachers, Parents, and Grandparents*** by Virginia K. Morin and David Sokoloff

Activities for children that provide life lessons and encourage connecting and engaging.

***The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise as Patient, Respectful, and Cooperative On-to-Four-Year-Old: Revised Edition*** by Dr. Harvey Karp

Provides practical interventions for parents of toddlers that promote attachment.

***I Love You Rituals*** by Rebecca Ann Bailey

Activities for parents and children that facilitate attachment.

***Nurturing Adoptions: Creating Resilience after Neglect and Trauma*** by Deborah D. Gray

Information regarding attachment, the effects of early trauma, affect regulation, and healthy mental development.

***The Out-of-Sync Child*** by Carol Kranowitz

Information and practical interventions for parents, teachers, and mental health care professionals who provide services for children with Sensory Processing Disorder.

***The Out-of-Sync Child Has Fun*** by Carol Kranowitz

Fun and practical activities for parents, teachers, and clinicians who provide services for children with Sensory Processing Disorder.

***Parenting from the Inside Out*** by Daniel Siegel

Provides parents with a base to explore their personal history and the effects of that history in regards to their parenting and attachment style.

**<http://www.123magic.com/>**

This book may help with simple but effective child discipline.

**Website Materials:**

**[www.child.tcu.edu](http://www.child.tcu.edu)**

Developed by the Institute of Child Development at Texas Christian University. Articles and resources for parents who are currently involved in fostering or adoption or considering foster or adoption.

**[www.childtrauma.org](http://www.childtrauma.org)**

Developed by attachment specialist Dr. Bruce Perry of the Child Trauma Academy. Articles and resources for parents of children who have experienced trauma.

**[www.Ebates.com](http://www.Ebates.com)**

Coupons for your shopping needs.

**[www.empoweredtoconnect.org](http://www.empoweredtoconnect.org)**

Developed by Tapestry Ministries. Articles, web lectures, and practical advice for parents who currently foster and adopt or who are considering foster or adoption.

**[www.MyChosenones.org](http://www.MyChosenones.org)**

Our goal is to help families as they pursue the calling God has on their life through foster care and adoption

**[www.out-of-sync-child.com](http://www.out-of-sync-child.com)**

Developed by sensory specialist Carol Kranowitz. Resources, articles, and specialist information for parents of children with Sensory Processing Disorder.

**<http://www.weightedblanket.net>**

Information regarding weighted blankets, weight requirements, and ordering resources.

**<http://www.triplep-parenting.net/glo-en/home/>**

This resource is called the Triple P and it stands for Positive Parenting Program. It has a lot of evidence to back up its efficacy.

**[https://www.aap.org/en-us/Documents/ttb\\_bring\\_out\\_best.pdf](https://www.aap.org/en-us/Documents/ttb_bring_out_best.pdf)**

This link is provided by the American Academy of Pediatrics and is called "Bring Out the Best in Your Children"

