



brighter**bites**®

# HEALTH RESOURCES FOR YOU AND YOUR FAMILY

AS OUR DAILY LIVES CONTINUE TO ADAPT TO THE CHANGES HAPPENING IN OUR COMMUNITY DUE TO COVID-19 (CORONAVIRUS), WE WANT TO PROVIDE A LIST OF RESOURCES FOR YOU AND YOUR FAMILY TO HELP YOU STAY HEALTHY AND WELL.



## FINANCIAL:

- Community Assistance Program (HFB)  
<https://www.houstonfoodbank.org/our-programs/communityassistanceprogram/>



## EMPLOYMENT:

- Texas Workforce Commission (unemployment benefit services)  
<https://www.twc.texas.gov/jobseekers/unemployment-benefits-services>
- SER – Jobs for Progress - <https://serhouston.org/application/>



## FOOD:

- The Houston Food Bank - <https://www.houstonfoodbank.org/covid19/>



## HOUSING:

- Catholic Charities - <https://catholiccharities.org/our-services/>
- Harris County Community Services Dept. - <https://csd.harriscountytexas.gov/Pages/Rental-Assistance.aspx>



## TRANSPORTATION:

- Metro COVID-19 response  
<https://content.govdelivery.com/accounts/TXMETRO/bulletins/281ea49>



## CHILD CARE:

- YMCA of Greater Houston - <https://www.ymcahouston.org/essential-personnel-child-care>
- Resources for parents  
[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

## CLINICS/DOCTORS:

- Access Health Clinic - <http://www.accesshealthclinetexas.com/>
- Greater Houston Low Cost Clinics  
<https://www.texaschildrens.org/sites/default/files/uploads/documents/Low%20Cost%20Clinic%2>

*Our number one priority is the health and well-being of our employees and the families and communities we serve. We hope that these resources will help ensure that you are able to continue to stay healthy and well during these tough circumstances.*

*-The Brighter Bites Houston Team*

# ADDITIONAL RESOURCES

## FINANCIAL:

<https://www.houstonfoodbank.org/our-programs/communityassistanceprogram/>

## EMPLOYMENT:

- <https://www.twc.texas.gov/jobseekers/unemployment-benefits-services>
- <https://serhouston.org/application/>

## FOOD:

- [https://secondservingshouston.org/dinneronus?fbclid=IwARo\\_318pNBtUXzm6ulA3x-COAzEbYIkdJRLgVvWj5-wUuzIo16CbrVJmfzU](https://secondservingshouston.org/dinneronus?fbclid=IwARo_318pNBtUXzm6ulA3x-COAzEbYIkdJRLgVvWj5-wUuzIo16CbrVJmfzU)
- <https://www.targethunger.org/events?year=2020>
- <https://www.foodpantries.org/li/anderson-food-pantry>
- <http://www.whamministries.org>
- <http://himfoodpantry.org>
- <http://www.firstmet.org>

## HOUSING:

- <https://catholiccharities.org/our-services/>
- <https://csd.harriscountytexas.gov/Pages/Rental-Assistance.aspx>

## TRANSPORTATION:

- <https://content.govdelivery.com/accounts/TXMETRO/bulletins/281ea49>
- <https://rides.harriscountytexas.gov/Pages/default.aspx>

## CLINICS/DOCTORS:

- <http://www.accesshealthclinetexas.com/>
- <https://www.texaschildrens.org/sites/default/files/uploads/documents/Low%20Cost%20Clinic%20List.pdf>

## FREE/REDUCED INTERNET ACCESS:

- <https://www.spectrum.net/support/internet/covid-19-internet-offer-students/>
- <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

# ADDITIONAL RESOURCES

## CHILDCARE:

[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

## DOMESTIC VIOLENCE:

- <https://NoCOVIDabuse.org>
- <http://nocovidabuse.wpengine.com/wp-content/uploads/2020/04/COVID-19-Message-to-Survivors-6-1.pdf>
- <http://nocovidabuse.wpengine.com/wp-content/uploads/2020/04/COVID-19-Message-to-Survivors-in-Spanish.pdf>
- <https://nocovidabuse.org/wp-content/uploads/2020/05/COVID-19-Message-to-Survivors-12.pdf>
- Houston Area Women's Center Domestic Violence Hotline: 713-528-2121

## UTILITY ORDERS:

- <http://www.puc.texas.gov/images/facts/PUCTX-COVID19-FAQ-FAQ.pdf>
- <http://www.puc.texas.gov/images/facts/PUCTX-COVID19-FAQ-FAQ.pdf>

## EVICCTIONS:

- <https://www.pillsburylaw.com/images/content/1/3/130251/TX-Sup-Court-Order-9-20200415214424.pdf>
- [https://texaslawhelp.org/sites/default/files/covid-19\\_response\\_to\\_attempted\\_eviction\\_-\\_texas.pdf](https://texaslawhelp.org/sites/default/files/covid-19_response_to_attempted_eviction_-_texas.pdf)
- [https://texaslawhelp.org/sites/default/files/covid-19\\_response\\_to\\_attempted\\_eviction\\_-\\_national\\_gov\\_t\\_housing.pdf](https://texaslawhelp.org/sites/default/files/covid-19_response_to_attempted_eviction_-_national_gov_t_housing.pdf)

## PHONE/CELL SERVICE:

<https://www.entouchwireless.com/states/texas-lifeline-free-phone-service>

## GOLD CARD/SNAP APPLICATION ASSISTANCE:

<http://echos-houston.org>



**Brighter Bites, the YMCA, and the Houston Food Bank  
are hosting Produce Distributions.**

**Mondays - Fridays 9:00AM - while supplies last**

**Aldine-Greenspoint Family YMCA**  
(Hosted by North Houston Skate Park)  
12351 Kuykendahl Road  
Houston, TX 77067

Tuesdays- 6/2, 6/9,  
6/16, 6/23, 6/30

**Church Without Walls**  
5725 Queenston Blvd  
Houston, TX 77084

Fridays- 6/5, 6/12, 6/19, 6/26  
\*distribution time: 11:00AM

**Connect YMCA**  
6700 Bellaire Boulevard  
Houston, TX 77074

Mondays- 6/1, 6/8,  
6/15, 6/22, 6/29

**East End YMCA (with AAMA)**  
6001 Gulf Freeway  
Houston, TX 77023

Tuesdays- 6/2, 6/9,  
6/16, 6/23, 6/30

**Edgar A. Smith YMCA**  
14650 TX-3  
Webster, TX 77598

Mondays- 6/1, 6/8,  
6/15, 6/22, 6/29

**Greater Grace Outreach Church**  
10800 Scott St  
Houston, TX 77047

Thursdays - 6/4, 6/11, 6/18, 6/25  
\*distribution time: 11:00AM

**Houston Texans YMCA**  
5202 Griggs Road  
Houston, TX 77021

Tuesdays- 6/2, 6/9,  
6/16, 6/23, 6/30

**MD Anderson Family YMCA**  
(Hosted by Holy Name Catholic Church)  
1920 Marion St, Houston, TX 77009

Mondays- 6/1, 6/8,  
6/15, 6/22, 6/29

**TW Davis YMCA**  
(Hosted by Wharton County Junior College)  
5333 FM 1640  
Richmond, TX 77469

Mondays- 6/8, 6/15, 6/22, 6/29

**Wendel D. Ley Family YMCA**  
(Hosted by North Shore Sr High School)  
353 Castlegory Dr.  
Houston, TX 77049

Wednesdays- 6/3, 6/10, 6/17, 6/24

**DRIVE THRU  
DISTRIBUTIONS**

No need to get out of  
your car, we will load  
your vehicle for you.



*Entre mejor nos alimentemos, mejor nos desarrollaremos.*

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