

HEY, SIS!

A Resource Guide for Galveston County Mothers

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This directory is a comprehensive resource highlighting essential nonprofits, churches, and government services readily available to the residents of Galveston County. It is designed to connect individuals and families with vital community support. In instances where nonprofit organizations are limited, we may also include select for-profit businesses that contribute meaningfully through free services or special community programs. Our goal is to provide Sisters in Social Work, Inc. with an organized and accessible guide to assist Black mothers in navigating available resources effectively. It is important to clarify that inclusion in this directory does not imply endorsement or recommendation of any specific organization or service but rather a dedication to sharing valuable support options within the community.

<http://www.pinnacleofpurposecounseling.com/sisters-in-social-work>

Sisters in Social Work, Inc. (SIS)

Sisters in Social Work, Inc. is a passionate nonprofit organization dedicated to uplifting and empowering Black mothers through a comprehensive approach that includes advocacy, education, and robust support programs. Our vision is to cultivate a society where Black mothers have seamless access to equitable healthcare, enriching educational opportunities, and essential resources that enable them to thrive and prosper within their communities. By providing an easily accessible resource guide specifically tailored for Black mothers, Sisters in Social Work, Inc. aims to realize this transformative mission.

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Background

Founded in April 2024, Sisters in Social Work, Inc. was brought to life by two sisters who are deeply committed to their community and hold master's degrees in social work, with a combined experience of over 22 years in the social services field. The inception of this nonprofit arose from a keen awareness of the unique and multifaceted challenges Black mothers face. We understand that systemic inequalities in healthcare, education, and social support disproportionately affect these mothers, leading to adverse outcomes that impact their well-being and the future of their children. Our organization is dedicated to addressing these significant disparities and advocating for equitable and just policies that foster change and enhance the lives of Black mothers and their families.



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Caregiver Services

Anchored Personal Assistance Services, LLC	Provides services such as post-surgical assistance, assistance with daily living, and respite care for all ages	1138 Chase Park Drive Bacliff, TX 77518 anchord.pas@icloud.com
MommyTime	A secure and supportive space that provides respite for caregivers of individuals with special needs;	mommytime@safehaven4specialneeds.com

Domestic Violence Help

CASA of Galveston County	Education & Legislative Advocacy Team (LAT)	600 Gulf Freeway Suite 228 Texas City, TX 77591 409-572-2553
National Domestic Violence Hotline	Provides essential tools and support to help survivors of domestic violence.	1-800-799-7233
Resource & Crisis Center of Galveston County	Help with safety services for victims of domestic violence, sexual assault, child abuse, and human trafficking.	1204 45th Street Galveston, TX 77550 409-763-1441 409-765-7233(24h hotline)

Financial Assistance

<u>Organization</u>	<u>About</u>	<u>Contact</u>
Catholic Charities	Offers programs that provide basic needs food, clothing, emergency assistance, financial assistance, counseling, parenting education, services for seniors, women veterans and much more!	4700 Broadway #F103 Galveston Tx 77550 409-762-2064 712 5th Ave North Texas City Tx 77590 409-948-0405
Galveston County Community Action Council	Rental and Utility (electricity, gas, and water) Assistance	2627 Ave L Galveston, TX 77551 409-762-8418

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Salvation Army	Offers several services including Mortgage and Rent Payment Assistance, Water and Utility Bill Payment Assistance, and free food.	601 51st St Galveston, TX 77551 409-763-1691 4210 Texas Ave Texas City, TX 77591 409-395-1190
St. Vincent De Paul	Several services including Rent Payment Assistance, Water and Utility Bill Payment Assistance, and free food.	2817 Post office St Galveston, TX 77550 409-765-2213 2000 Texas Ave Suite 500 Texas City, TX 77591 409-948-8448 300 FM 517 Dickinson, TX 77539 832-820-8325
The Children's Center Inc	Rent assistance and family shelter	4428 Ave N, Galveston TX 77550 409-765-5212
Mainland Partnership	Provides rent and utility payments	2000 Texas Ave, #601 Texas City, TX 77590 409-643-8240
M. I. Lewis	Aids with rent, utilities, and food	215 FM. 517 Rd E Dickinson, TX 77539 281-534-2043
Hitchcock Family Welfare (Thurs. Fri., & Sat.)	Helps with rent and utilities	6915 2nd St. Hitchcock, TX. 77563 409-986-5632
Lighthouse Ministries	Helps with rent and utilities	800 Grande Ave Bacliff, TX 77518 218-339-3033
Family Promises	Aids with rent and utilities	1101 S. Egret Bay Blvd (Bldg. B) League City, TX 77573 832-932-3963
Interface Caring Ministries	Offers several services including Mortgage and Rent Payment Assistance, Water and Utility Bill Payment Assistance, and free food.	151 Park Ave League City, TX 77573 281-332-3881
Santa Fe Family Services	Aids with rent and utilities	4205 Jackson St. Santa Fe, TX 77517 409-927-4133

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		Santafe.familyservices@yahoo.com
Baker Ripley Hotline	Aids with utilities	713-590-2327

Food Assistance

Galveston County Food Bank	Provides food county	624 4th Ave N Texas City, TX 77590 409-945-4232
Living Faith Outreach	Food Pantry (Tue. 5PM-7PM)	3700 Deats Rd Dickinson, TX 77539 281-309-0799
Moody Methodist	Meals on wheels, Food bank, & Moody Menders (home repair)	2803 53rd St Galveston, TX 77551

Housing

Galveston Housing Authority	Staff from Galveston Housing Authority helps to find low cost, safe rental housing to live in.	4700 Broadway Galveston, TX 77551 409-765-1900
Samaritan Woman at the Well	Transitional housing and Supportive services for women	2600 Gulf Freeway Suite A La Marque, TX 77568 409-948-2288 samaritanwomenatthewell@gmail.com
Woman - INC (Galveston)	Rehousing for domestic violent survivors	(713) 417-4864

Medical Assistance

Community Health Services	Public Health, Health & Wellness, and EMS services	9850-B Emmett F. Lowry Expy. Texas City, TX 77591 409-938-2456
iCare Pediatrics	Medical care for children	9 Professional Park Drive Webster, TX 77598 832-284-7083 icarepediatrics@yahoo.com



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Every Ribbon Tells a Story	Aiding with uninsured and under insured people, to meet their medical needs.	P.O Box 165 La Marque, TX 77590 409-256-0216 info@everyribbontellsastory.org
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Mental Health Resources (Apps)

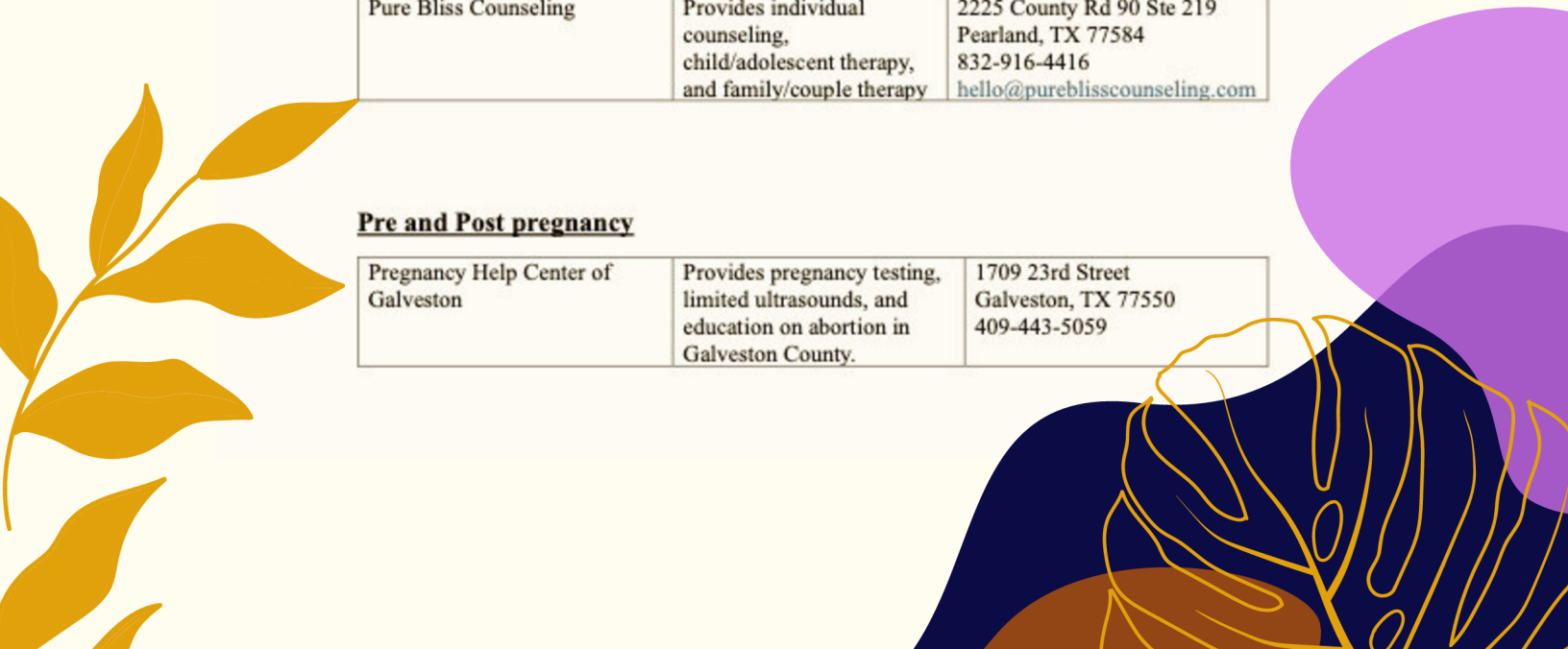
Calm	Provides meditation, sleep stories, and relaxation techniques
Headspace	Offers guided meditation and mindfulness exercises
Mood fit	A comprehensive app for tracking mood, setting goals, and accessing mental health resources

Mental Health Services

Family Services of Galveston	Promotes the mental health and well-being of people, through counseling, education, and prevention	2200 Market St #600 Galveston, TX 77550 409-762-8636
Pinnacle of Purpose Counseling+ Consulting, PLLC	Provides services that include family therapy, group therapy, and individual therapy	11200 Broadway St Suite 2734 Pearland, TX 77584 832-307-3008
Pure Bliss Counseling	Provides individual counseling, child/adolescent therapy, and family/couple therapy	2225 County Rd 90 Ste 219 Pearland, TX 77584 832-916-4416 hello@pureblisscounseling.com

Pre and Post pregnancy

Pregnancy Help Center of Galveston	Provides pregnancy testing, limited ultrasounds, and education on abortion in Galveston County.	1709 23rd Street Galveston, TX 77550 409-443-5059
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Texas Pregnancy Care Network	Pregnancy Resource Center	877-345-7734
The Baby Stewart Foundation	Provides baby items for expectant mothers, bereaved parent support groups and parenting & safety classes	P.O. Box 1613 La Marque, TX 77568 info@babystewart.org
Women, Infants, and Children (WIC)	Women and Child wellness	9850-B Emmett F. Lowry Expy. Suite B101 Texas City, TX 77591 409-949-3471

Youth Services

Big Brother Big Sister Gulf Coast	Mentoring the youth of Galveston County	1021 61st St # 600A Galveston, TX 77551 409-763-4638
Craving For a Change Foundation	Community outreach (education, support, and scholarships)	2501 Palmer Highway #260 Texas City, TX 77591 832-735-0077 kenshara.cravens@cravingforachange.com
Next Step Academics	Preparing students for the next step in their life after school	832-225-6035 info@nextstepacademics.org
The Future is Us	Fight for Galveston youth through community voice, so future generations can meet their full potential.	jwarren@fscga.org sblair@fscga.org

Our resource guide is more than just a directory—it's an ongoing, interactive workbook designed to grow and adapt to the needs of our community. If you know of a social service agency in Galveston that should be included, we'd love to hear from you! Please email us at heysis@sistersinsocialwork.com with your recommendations, and together, we can continue building a comprehensive tool to support those who need it most.