



SUMMER RESOURCE LIST 2023- 2024

Food Resources

- [Tarrant Area Food Bank](#) 817-857-7100
- [Community Storehouse](#) 817-431-4330
- [Keller UMC Resource Center](#) 817-431-1332
- [Cindy Ramsey Resource Center MET Church](#) 817-379-4638 x401
- [USDA Summer Meals for Kids](#) 1-866-348-6479

Shelters/Housing Assistance

- [Presbyterian Night Shelter](#) 817-632-7429 (families welcome)
- [Underground Youth Drop In](#) 817-885-7735 (24/7 Hotline)
- [ACH Emergency Youth Shelter](#) 817-335-4673 (ages 10-17)
- [Safehaven Shelter for Fleeing Violence](#) 1-800-701-7233

Rent/Utility Assistance

- [NEED West](#) 817-759-1506 (Rent and TXU Energy Assistance)
- [GRACE](#) 817-488-7009
- [Housing Channel](#) 817-924-5091
- [Texas Comprehensive Energy Assistance Program](#) 1-877-399-8939

Crisis Services

- [MHMR I CARE](#) 1-800-866-2465 (Mental health & Substance use disorder 24/7)
- [988 Suicide & Crisis Lifeline](#) Call or Text 988
- [National Sexual Assault Hotline](#) 1-800-656-4673
- [Crisis Text Line](#) TEXT 741741 (Crisis text line to text trained Crisis Counselors)
- [Trauma Support Services](#) 972-709-4904 (for those experiencing trauma from crime)

Counseling Services

- [Lena Pope](#) 817-255-2652
- [The Warm Place](#) 817-870-2272 (grief support for children)
- [The Parenting Center](#) 817-332-6348
- [Center for Counseling and Family Relationships](#) 817-232-9400
- [Empathy HQ](#) 817-851-2042



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Safe Place Locations

- Fort Worth Fire Station #09 817-838-5908
2575 Polaris Fort Worth, TX 76137
- Fort Worth Fire Station #31 817-232-2753
4209 Longstraw Fort Worth, TX 76137
- Summerglen Library 817-232-0478
4205 Basswood Blvd Fort Worth, TX 76137
- #862 Quick Trip 817-745-8747
700 South Main Keller, TX 76248
- Keller Fire Station #101 817-743-4440
455 Keller-Smithfield South Keller, TX 76248
- Keller Fire Station #02 817-742-4420
737 Keller-Smithfield N. Keller, TX 76248
- Keller Fire Station #03 817-743-4430
1500 Rufe Snow Dr. Keller, TX 76248
- Keller Public Library 817-743-4822
640 Johnson Rd. Keller, TX 76248



SUMMER RESOURCE LIST 2023- 2024

Group Therapy Services



North Texas Counseling Associates

8805 N Tarrant Pkwy, Suite 100
North Richland Hills, TX 76182
817-281-6822
admin@ntxcounseling.com
www.ntxcounseling.com

GROUP THERAPY SERVICES

Lego-Based Social Skills Group

- AGES: 8 - 11 years old
- 8 - 1 Hour, weekly sessions

Cooperative problem-solving
Peer communication
Identifying and talking about emotions
Spoken and unspoken rules



Peer Role-Playing Group

- AGES: 12 - 14 years old
- 8 - 2 Hour, weekly sessions

Communication Skills
Empathetic Understanding
Frustration Tolerance
Problem Solving Skills
Relationship Skills



Teen Processing Group

- GRADES: 9th - 12th
- 8 - 1 Hour, weekly sessions

Strengthen self-esteem
Learn coping mechanisms
Find connection and support
Communicate more efficiently
Learn how to reduce stress and navigate peer conflict





SUMMER GROUP THERAPY

AGES 4-7

GROUP PLAY THERAPY

Child centered play therapy to enhance social and emotional awareness and skills.

AGES 7-11 & 12-16

CREATIVE EXPRESSION GROUP

Building confidence through creative techniques such as art, crafts, music, and sand tray to cope with stress, fears, and worries.

AGES 7-11

BRICK BUILDERS

LEGO®-based counseling using art, games, and play therapy for creative ways to learn emotional regulation, mindfulness, and social navigation.

SUPPORT GROUP FOR PARENTS OF NEURODIVERGENT KIDS AND TEENS

A supportive environment for parents to find connection and encouragement while gaining tools to support your child in an affirming way.

- Starting on Mondays June 3rd
- 8 sessions - once per week
- Free parent intake & consultation
- \$25 per session

Virtual Group will meet for 6 weeks. Call our office if you are interested in joining.

For more info:
reachcounselingtx.com
(682) 593-1402