Student-Parent Resource Guide

Welcome!

Life as a medical student is challenging. When adding a family and children (or considering adding a family and children) to the medical student experience, there is an added responsibility. It is our hope that we support parents and care-givers while successfully negotiating medical school. Specific questions may be answered by visiting the Office of Student Affairs or e-mailing MDWellness@tcu.edu.

Connecting with student parents and student caregivers is a helpful support system. It may be beneficial to utilize group chat forums, such as GroupMe, to attend SOM Medical Student Well-Being events for families, and to schedule playdates with one another’s kids. Student parents and caregivers are likely open to discuss general parenting issues.

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Please note that the community and national resources listed are not meant to be comprehensive in nature and are not affiliated with the TCU and UNTHSC School of Medicine.

If you have any questions regarding resources, please don’t hesitate to contact the Office of Student Affairs at MDWellness@tcu.edu
**Policies:**

*Children on the UNTHSC Campus*
Please visit [https://app.unthsc.edu/policies/PoliciesPDF/Children%20on%20HSC%20Property.pdf](https://app.unthsc.edu/policies/PoliciesPDF/Children%20on%20HSC%20Property.pdf) for additional information about policies regarding children on campus. For the safety of everyone involved, children are not allowed to be left unattended or unsupervised on campus for any length of time. Should you ever have any questions regarding policies on children on HSC property, please contact the Office of Student Affairs or e-mailing [MDWellness@tcu.edu](mailto:MDWellness@tcu.edu).

**Lactation and Nursing Mothers Room Location:**

Located on the third floor of the IREB, between the elevators and the student lounge there is a designated lactation room, with sink and chair. Also located on the third floor is a communal fridge/freezer combo, sink, and microwave located in the student lounge for your convenience.

**Tarrant County Assistance Programs**

*Child Care Management Services*
**Overview:** Tarrant County Child Care Management Services (CCMS) is a program managed by Child Care Associates through a contract with the Workforce Development Board. CCMS provides subsidized child care to families in Tarrant County, Texas.
**Phone:** 817-831-0374
**Address:** 305 NE Loop 820, Tower 1, Suite 600, Hurst, Texas 76053
**Website:** [https://tarrantcountyccms.org/](https://tarrantcountyccms.org/)

*Fort Worth Housing Authority*
**Overview:** Fort Worth Housing Authority provides housing assistance to low income residents through the management of programs such as Low Rent Public Housing and the Housing Choice Voucher Program - Section 8. These programs are income based and the eligibility guidelines are set by HUD.
**Address:** 1201 East 13th St, Fort Worth TX 76102
**Phone:** 817-333-3400
**Website:** [https://www.fwhs.org/](https://www.fwhs.org/)

*Legal Aid of NorthWest Texas (LANWT)*
**Overview:** Legal Aid of NorthWest Texas (LANWT) offers free civil legal assistance to low-income Texans who wouldn't otherwise be able to secure such legal representation. Originally incorporated in 1951 as Fort Worth Legal Foundation, LANWT is a nonprofit legal aid organization based in Fort Worth, Texas. One of three LSC-funded legal aid programs in Texas (along with Texas RioGrande Legal Aid and Lone Star Legal Aid), we are the fifth-largest legal aid program in the United States. We serve low-income residents in 114 counties in North and West Texas with offices located in Abilene, Amarillo, Brownwood, Dallas, Denton, Fort Worth, Lubbock, McKinney, Midland, Odessa, Plainview, San Angelo, Waxahachie, Weatherford, and Wichita Falls.
**Address:** 600 E Weatherford Street, Fort Worth TX 76102
**Phone:** 800-955-3959
**Website:** [https://internet.lanwt.org/en-us](https://internet.lanwt.org/en-us)
**Tarrant County Department of Human Services**
Overview: Tarrant County Department of Human Services (TCDHS) is the County's temporary financial assistance program. The mission of TCDHS is to provide social services and economic assistance to individuals and families.
Address: 100 E. Weatherford, Fort Worth TX 76196
Phone: 817-531-5620

**Salvation Army of Tarrant County**
Overview: The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the Gospel of Jesus Christ and to meet human needs in His name without discrimination.
Address: 1855 East Lancaster, Fort Worth TX 76103
Phones: 817-344-1800
Website: [https://www.salvationarmydfw.org/](https://www.salvationarmydfw.org/)

**Martin Luther King Center of Fort Worth**
Overview: MLK Jr. Community Center is a Community Action Partners site, and offers assistance with employability services, emergency solutions, and much more.
Address: 5565 Truman Dr, Fort Worth TX 76112
Phone: 817-871-5962
Website: [http://fortworthtexas.gov/mlkjrc/](http://fortworthtexas.gov/mlkjrc/)

**ACH Child & Family Services**
Overview: With over a century of experience, ACH brings needed resources and skills to children and families struggling with life’s challenges. Some of our programs keep children and families together, while others provide a healing home for children who can’t live with their families.
Address: 3712 Wichita Street, Fort Worth, Texas 76119
Phone: 817-335-4673
Website: [https://achservices.org/](https://achservices.org/)

**Fort Worth ISD Family Resource Center**
Overview: The Fort Worth ISD Family Resource Centers (FRC) and Family Action Center provide helpful behavioral health services and mental health care to Fort Worth ISD students and their families. We work in partnership with the mental health community of Tarrant County to provide friendly and knowledgeable care that addresses the special needs of each student.
Address: 5565 Truman Dr, Fort Worth TX 76112
Phone: 817-825-2830
Website: [https://www.fwisd.org/Page/5357](https://www.fwisd.org/Page/5357)

**MHMR Tarrant**
Overview: With over a century of experience, ACH brings needed resources and skills to children and families struggling with life’s challenges. Some of our programs keep children and families together, while others provide a healing home for children who can’t live with their families.
Address: 3712 Wichita Street, Fort Worth, Texas 76119
Phone: 844-689-5347  
Website: https://www.mhmrtarrant.org/

**Childcare***:  
*Lena Pope: UNTHSC Early Learning Centers*  
**Address:** 3620 Modlin Ave, Fort Worth, TX 76107  
**Phone:** 817-569-6255  
**Website:** www.unthsc.edu/values/best-place-for-all/early-learning-center/

*Bright Horizons at Baylor All Saints*  
**Address:** 1709 N Enderly Place, Fort Worth, TX 76107  
**Phone:** 817-984-2320  
**Website:** www.brighthorizons.com/baylor

*Please Check Out Ft. Worth Moms For Other Childcare Information and Guides.*  
**Website:** https://fwmoms.com/2020/01/22/2019-guide-to-preschools-and-parents-day-out/

*Disclaimer: We have no affiliation with these groups and this is not an endorsement.*

**Kid Friendly Activities/Excursions:**

*Fort Worth***:  
Bass Performance Hall - https://www.basshall.com/childrens-education-program/student-matinees/  
Benbrook YMCA Sports Programs - https://ymcafw.org/programs  
Burger’s Lake - http://www.burgerslake.com/  
Children’s Theater at Casa Mana - http://www.casamanana.org/2020-21-childrens-theatre-season-tickets/  
Fort Worth Botanic Garden - https://www.fwbg.org/  
Fort Worth Crimson Tide Youth Football Organization - https://fwcrimson tide.org/  
Fort Worth Junior Golf Association - http://www.fwjga.net/  
Fort Worth Museum of Science and History - https://www.fwmuseum.org/  
Fort Worth Stock Yards Museum - http://www.stockyardsmuseum.org/  
Empire Gymnastics - https://empiregym.online/  
Fort Worth Youth Soccer Association - https://www.fwyouthsoccer.org/  
Fort Worth Zoo - https://www.fortworthzoo.org/  
Greater Fort Worth Youth Tennis - http://www.gfwtennis.com/youth-tennis-programs/  
Kimbell Art Museum - https://www.kimbellart.org/  
Lone Star Gymnastics - http://www.lonestargym.org/  
Modern Art Museum - https://www.themodern.org/  
SeaQuest Fort Worth - https://fortworth.visitseaquest.com/  
PlaySpace Fort Worth - https://theplayspacefw.com/  
Play Street Museum - https://ftworth.playstreetmuseum.com/  
Tarrant County Youth Sports Association - https://www.tcusports.org/  
University Little League - https://university-little-league.website.sportssignup.com/
Van Grow - https://www.vangrowstudio.com/
Westside Little League - https://www.fwwestside.com/

**Surrounding Areas***:
Crayola Experience – https://www.crayolaexperience.com/plano
Dallas Aquarium - https://dwazoo.com/
Dallas Arboretum and Botanical Garden - https://www.dallasarboretum.org/
Dallas Children’s Theater - https://www.dct.org/
Dallas Museum of Art - https://dma.org/
Dallas Summer Musicals - https://dallassummermusicals.org/
Dallas Zoo - https://www.dallaszoo.com/
Dinosaur Valley State Park – https://www.glenrosetexas.org/visit/attractions/dinosaur-valley-state-park/
Hawaiian Falls Waterpark – https://hfalls.com/
Klyde Warren Park - https://www.klydewarrenpark.org/
Legoland Discovery Center – https://dallasfw.legolanddiscoverycenter.com/
NRH2O Family Water Park – https://www.nrh2o.com/
Six Flags Over Texas – https://www.sixflags.com/overtexas

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**Shared Tips for Parenting + Schooling:**

Student-Mothers - Rhode Island Medical Society:

Student Food Resource Guide

Food Assistance

**UNTHSC Student Food Pantry**
Student Services Center Rm. 232
8am-5pm Mon-Fri.

**UNTHSC Student Food Pantry**
Library Rm. 450A
7am-10pm Mon-Fri., 10am-10pm Sat.-Sun

**Tarrant Area Food Bank**
2600 Cullen St, Ft. Worth, TX 76107
817.857.7100
8:30am-5pm Mon-Thurs., Fri. 8:30am-3:30pm, Close.

**Tarrant County Resource Connection**
1100 Circle Dr., Ft. Worth, TX 76119
817.531.7600
8am-5pm Mon-Fri, Closed Sat.&Sun.

**Community Food Bank**
3000 Galvez Ave., Ft. Worth, TX 76111
9am-1pm Mon-Thurs., Closed Fri-Sun.