



AMOS ADVOCATES
COMMUNITY FOUNDATION

Community Assistance Directory

A starting point for benefits, legal help, parenting support, kinship care, and safety resources.

Start with the category that matches your most urgent need. Many programs have eligibility rules, documentation requirements, service areas, and limited funding, so contact the organization directly for current information.

Food, healthcare & cash assistance

Your Texas Benefits - Texas Health and Human Services

Official Texas portal for benefits such as SNAP food benefits, TANF cash assistance, Medicaid, and CHIP.

[Visit resource](#)

Legal help

TexasLawHelp.org

Free legal information and self-help resources for Texas residents, including family law topics.

[Visit resource](#)

Lone Star Legal Aid

Civil legal aid organization serving eligible low-income Texans in its service area.

[Visit resource](#)

Houston Volunteer Lawyers

Provides pro bono civil legal services to eligible low-income residents in the Houston area.

[Visit resource](#)

Parenting & co-parenting support

Harris County Domestic Relations Office - Parent Workshops

Offers family-court-related parenting education, including Making a Fresh Start and Building New Beginnings.

[Visit resource](#)

Kinship caregivers

Texas DFPS - Kinship Care

Information for relatives and fictive kin caring for children. Permanency Care Assistance has specific DFPS and foster-care eligibility requirements; contact DFPS for case-specific eligibility information.

[Visit resource](#)

Domestic violence

Houston Area Women's Center

Crisis response, shelter, counseling, advocacy, safety planning, and survivor support.

[Visit resource](#)

Aid to Victims of Domestic Abuse (AVDA)

Domestic-violence survivor support and legal advocacy.

[Visit resource](#)

Resource tracking sheet

Organization:

Contact / website:

What I requested:

Documents needed:

Follow-up date:

Organization:

Contact / website:

What I requested:

Documents needed:

Follow-up date:

Important: This resource is for educational and informational purposes only. It is not legal, medical, mental-health, or financial advice. Services, eligibility requirements, and program availability can change. Contact the listed organization directly for current information.