

Coping with Unemployment

RESOURCE GUIDE

For Persons Seeking Employment in Tarrant and Surrounding Counties



LIVE UNITED.



United Way
of Tarrant County

TABLE OF CONTENTS

Where to Start	3
Counseling	4
Emergency Assistance	6
Employment Resources	10
Family Finance	12
Health and Medical Care	14
Crisis Priorities	18

Where to Start

Whenever you are faced with a problem and don't know who can help, an information and referral service is a good starting point.

United Way's 2-1-1 is a comprehensive information and referral service providing free, confidential, professional assistance to find help in Tarrant and surrounding counties.

Certified information specialists put callers in touch with agencies and organizations that provide services such as day care, housing, employment, transportation and much more.

So when you are faced with a problem and are unsure who can help, dial 2-1-1.

Hours: 24/7

To locate the help you need:

2-1-1 Texas at United Way of Tarrant County

Dial 2-1-1 Alternate: 877-541-7905

www.tarrantcounty211.org

Serving Erath, Hood, Johnson, Palo Pinto, Parker, Somervell, Tarrant and Wise counties.

Community Council of Greater Dallas

Dial 2-1-1 Alternate: 214-379-4636/INFO

www.ccgd.org

Serving Collin, Dallas, Denton, Hunt, Ellis, Kaufman, Navarro and Rockwall counties.

Counseling

Losing a job puts stress on individuals and families. It's important to know that feelings of anger, frustration, panic, loneliness and depression are common. It's okay to have feelings. It's important to face them and share them.

Various counseling services are located throughout Tarrant County to help you sort out your feelings. The following agencies provide services free or at fees based on household income:

Baptist Marriage and Family Counseling Center **817-921-8790**
4540 Frazier, Fort Worth 76115 • www.swbts.edu
Hours: 8 a.m. - 9 p.m. Tuesday; 8 a.m. - 5 p.m. Monday, Wednesday and Friday; 8 a.m. - 8 p.m. Thursday

Catholic Charities **817-534-0814**
249 West Thornhill Drive, Fort Worth 76115 • www.ccdofw.org
Hours: 8 a.m. - 5 p.m. Monday - Friday; evenings by appointment

Jewish Family Services **817-569-0898**
4049 Kingsridge Road, Fort Worth 76109
Hours: Call for information
Website: www.tarrantfederation.org

Lena Pope Home Family Matters Program (three locations)
Counseling intake for all locations: **817-255-2652**
Hours: 8 a.m. - 5 p.m. Monday - Friday, evening appointments available
Website: www.lenapopehome.org

Arlington Office

401 W. Sanford, Ste. 1600, Arlington 76011

Fort Worth Office

3800 Hulen Street, Fort Worth 76107

Hurst Office

625 Grapevine Hwy, Hurst 76054

Mental Health Association

817-335-5405

3136 West 4th St., Fort Worth 76107 • www.mhatc.org

Services: Referrals to counseling.

Hours: 8:30 a.m. - 5 p.m. Monday - Friday

The Parenting Center

817-332-6348

2928 W. 5th St., Fort Worth 76107

Hours: 8:30 a.m. - 9 p.m. Monday - Thursday;

8:30 a.m. - 5 p.m. Friday; Saturday mornings by appt

PAL (Parenting Advice Line)

817-332-6399

Hours: Noon - 3 p.m. Monday - Friday

Website: www.theparentingcenter.org

Emergency Assistance

Many organizations and churches throughout Tarrant County provide temporary assistance with basic human needs such as rent/mortgage, utilities and food.

The evaluation of needs is done on a case-by-case basis by the church/organization, with the assistance varying between \$25-\$200. Since many agencies serve only certain ZIP codes, call United Way's 2-1-1 to find out which resources are in your area. Providers of emergency financial assistance in Tarrant County:

Catholic Charities (three locations)

Services: Provides financial and material assistance as well as case management to eligible families in crisis depending on availability of funds.

Eligibility: Residence within ZIP code area served by respective office. Priority is given to families with young children and the elderly or disabled.

Intake: Call financial assistance central intake number at 817-534-0814 for application information.

Hours: 8 a.m. - 5 p.m. Monday - Friday

Website: www.ccdofw.org

Arlington Office

1721 W. Pioneer Pkwy., Arlington 76013

Bedford Office

3713 Harwood Road, Bedford 76021

Fort Worth Office

249 W. Thornhill, Fort Worth 76115

Community Action Partners (CAP)

Services: Utility assistance through the Energy Crisis Program to eligible households in an energy crisis, information and referral and case management.

Eligibility: Clients must meet income criteria based on state and/or federal poverty guidelines, as well as live within specified area.

Intake: Call appointment line at 817-392-5790

Hours: 8 a.m. - 5 p.m. Monday - Friday

Website: www.fortworthgov.org

Administrative Office 817-392-5780

4200 S. Freeway, Ste. 2310,
Fort Worth 76115

Andrew “Doc” Session 817-871-6585

201 S. Sylvania, Fort Worth 76111

Como 817-871-5032

4900 Horne, Fort Worth 76107

Far Northwest 817-624-3139

920 Roberts Cutoff Road,
Fort Worth 76114

Far Southeast 817-299-9003

1601 E Lamar Blvd, Ste 201
Arlington 76011

Martin L. King/Eastside 817-871-5962

5565 Truman Drive, Fort Worth 76112

North Tri-Ethnic 817-871-5853

2950 Roosevelt, Fort Worth 76106

Northside 817-871-5822

1100 NW 18th St., Fort Worth 76106

Southside 817-871-6605

959 E. Rosedale, Fort Worth 76104

Worth Heights 817-871-8724

3551 New York Ave., Fort Worth 76110

Tarrant County Department of Human Services (TCDHS)

(three locations)

Services: Temporary financial assistance for food, mortgage, rent and utilities.

Eligibility: Individuals with household incomes less than \$100 a month. Other circumstances such as crisis events, health conditions, and/or employment status may allow for higher income levels. Call for intake information through our “pre-screening” process.

Intake: Call 817-531-5620 (for all three locations) to request assistance and provide contact information. A caseworker will return call and conduct eligibility phone interview. If potentially eligible, an application will be made available by mail, fax or pick up.

Hours: 8 a.m. - 4 p.m. Monday - Friday

Website: www.tarrantcounty.com

Arlington

983 N. Cooper, Arlington 76011

817-548-3920

Fort Worth Office

1200 Circle Drive, Suite 200,
Fort Worth 76119

817-531-5620

Northeast Office

813 Brown Trail #3, Bedford 76022

817-285-4141

Texas Health and Human Services Commission (HHSC)

(six locations)

Central intake number

877-236-6500

Services: Administers certain health and human services programs for Texans including Medicaid, food stamps, Temporary Assistance for Needy Families (TANF) and CHIP (Children’s Health Insurance Program).

Hours: 8 a.m. - 5 p.m. Monday - Friday

Intake: Visit or call office to request an application.

Also may complete an application online at

www.yourtexasbenefits.com

Website: www.hhsc.state.tx.us

Arlington Office

1540 New York, Arlington 76010

817-461-8273

Eastside Office

4733 E. Lancaster, Ste. 101

Fort Worth 76103

817-536-3353

Jacksboro Office

2526 Jacksboro Highway

Fort Worth 76114

817-625-2161

John T. White Office

7450 John T. White Road

Fort Worth 76120

817-563-3800

Resource Connection Office

1501 Circle Drive, Suite 110

Fort Worth 76119

817-321-8000

South Freeway Office

4200 S. Freeway, Suite 16

Fort Worth 76115

817-927-2834

Employment Resources

When seeking a job, start by looking at your present skills and talents. Assess the kinds of activities you enjoy and do well. Submit resumes to the personnel department of companies that interest you; don't wait for a company to advertise an opening.

See the locations below for more information on services available to anyone – employed or unemployed – who is seeking to change employment status.

Goodwill Industries

817-332-7866

4005 Campus Drive, Fort Worth 76119

Services: Vocational rehabilitation services for persons with physical and mental disabilities and for economically disadvantaged. Provides vocational evaluations; psychological evaluations; Texas Workforce Commission approved computer skills training; work adjustment training; employment preparation classes; adult basic education and GED tutoring. Job Club, sheltered employment, placement services for full time competitive employment, temporary employment services; job coaching, and supported employment.

Website: www.goodwillfortworth.org

Workforce Solutions for Tarrant County

Services: Workforce Solutions is a network of one-stop career centers serving Fort Worth, Arlington and surrounding communities. These centers provide services to help you find a job or help you enhance your marketable skills. Services

provided include job search help, training, resumé help and online job search assistance. Visit the location nearest you.

Website: www.workforcesolutions.net

Alliance Opportunity Center 817-548-5270
13825 Aviator Way, Fort Worth 76177

Arlington Workforce Center 817-804-4200
140 W. Mitchell
Arlington 76010

Arlington Youth Opportunity Center 817-804-4210
140 W. Mitchell, Room B100J
Arlington 76010

Eastside Workforce Center 817-531-7800
4701 E. Lancaster, Fort Worth 76103

Eastside Youth Center 817-536-8559
4709 E. Lancaster
Fort Worth 76103

Mid-Cities Workforce Center 817-548-5200
7001 Boulevard 26, North Richland Hills 76180

Northside Workforce Center 817-626-5262
2100 N. Main, Fort Worth 76164

Resource Connection Workforce Center 817-531-5670
1400 Circle Drive, Fort Worth 76119
Southeast Youth Center 817-804-2634

Westside Workforce Center 817-737-0311
6000 Western Place, East Tower #700,
Fort Worth 76107

Women's Center Tarrant County 817-927-4050
1723 Hemphill, Fort Worth 76110

Services: Employment counseling, job referral, resumé writing, job research techniques, career planning.

Website: www.womenscentertc.org

Family Finance

It is difficult to tell your family that you're out of a job. Children know when something is wrong, and it's good to explain your unemployment situation so they can understand why holidays, birthdays and other daily choices may have to be different.

Following are listings for mortgage and budget counselors who can suggest ways to survive financially while out of work.

Budget/Credit Counseling

The agencies listed below provide services to aid and rehabilitate financially distressed families and individuals by providing confidential and professional counseling:

Consumer Credit Counseling

Service of Arlington

817-461-2227

1600 E. Pioneer Pkwy., Suite 345, Arlington 76010

Hours: 8:30 a.m. - 4:30 p.m. Monday - Friday

Website: www.cccs.net

Money Management International (MMI) 866-336-0624

Hours: Assistance available by telephone 24/7

Services: Money Management International is a full-service credit counseling organization providing professional financial guidance, credit counseling, community-wide educational programs, debt management assistance and bankruptcy counseling/education services. MMI is also a HUD approved housing counseling agency that provides prepurchase and default counseling.

Intake: Counseling is available in person or by telephone; call toll free number 24 hours 7 days per week to speak with a counselor or schedule appointment.

Website: www.moneymanagement.org

Burleson Office

Huguley Professional Building
1161 SW Wilshire Boulevard, Suite 116, Burleson 76028

Fort Worth Office

1320 S. University Drive, Ste. 200, Fort Worth 76107

Mansfield Office

1275 N. Main St, Ste 101-2, Mansfield 76063

Bedford Office

4001 Airport Freeway, Ste 520, Bedford 76021

North Fort Worth Office

2100 N. Main Street, Ste 224, Fort Worth 76106

Mortgage Counseling

Housing Opportunities of Fort Worth **817-923-9192**

1065 W. Magnolia, Ste. B, Fort Worth 76104

Hours: 8:30 a.m. - 5 p.m. Monday - Friday.

Services: In-depth counseling with families who are delinquent in mortgage payments and at risk of foreclosure on their homes.

Eligibility: No restrictions, serves primarily Tarrant County residents.

Health and Medical Care

If you have lost your health coverage, speak to your physician/hospital about payment arrangements. You may be able to negotiate a payment plan. If not, low-cost health clinics are available to the general public.

North Texas Area Community Health Centers

Services: Federally qualified community health center, providing comprehensive primary and preventive health services for children and adults, including immunizations; acute, chronic and routine examinations; management of chronic illnesses such as diabetes, hypertension and more. OB/GYN services and STD screening also available. Referrals to discounted dental services are provided to patients of clinic.

Eligibility: No restrictions — no one is refused treatment regardless of citizenship or ability to pay.

Intake: Appointments preferred; walk-ins accepted.

Northside Community Health Center **817-625-4254**

2106 N. Main, Fort Worth 76164

Hours: Mon Tues Wed Fri 8 a.m. - Noon and 1 p.m. - 5 p.m.;
Thurs 8 a.m. - Noon and 1 p.m. - 8 p.m.

Southeast Community Health Center **817-916-4333**

3212 Miller Avenue, Fort Worth 76119

Hours: Mon - Fri 8 a.m. - 1 p.m. and 2 p.m. - 5 p.m.

JPS Health Network **817-921-3431**

1500 S. Main, Fort Worth 76104

Services: Community resource that provides and coordinates quality health care services.

Eligibility: Available to any Tarrant County resident; fees based on family income and number of dependents.

Website: www.jpshealthnet.org

JPSH also has general health care available at the following sites:

- | | |
|---|---------------------|
| JPS Family Health Center | 817-927-1451 |
| 1500 S. Main, Fort Worth 76104
Family-centered health care provided by a JPS doctor or nurse practitioner who will direct all needed medical care. | |
| JPS Family Medicine Clinic-Alliance | 817-852-8400 |
| 2400 Westport Parkway, Ste 1300
Fort Worth 76177 | |
| JPS Health Center-Central Arlington | 817-852-8190 |
| 501 W. Main, Arlington 76010 | |
| JPS Health Center-Riverside | 817-831-6253 |
| 201 S. Sylvania, Fort Worth 76111 | |
| JPS Health Center-Arlington | 817-920-6300 |
| 601 W. Sanford, Arlington 76011 | |
| JPS Health Center-Diamond Hill | 817-920-7000 |
| 3308 Deen Rd., Fort Worth 76106 | |
| JPS Health Center-Northeast | 817-920-6400 |
| 837 Brown Trail, Bedford 76022 | |
| JPS Health Center-Northwest | 817-927-4100 |
| 401 Stribling, Azle 76020 | |
| JPS Health Center-Polytechnic | 817-702-6100 |
| 1650 S. Beach, Fort Worth 76105 | |
| JPS Health Center-South Campus | 817-920-7340 |
| 2500 Circle Drive, Fort Worth 76119 | |
| JPS Health Center-Stop Six | 817-920-7150 |
| 3301 Stalcup, Fort Worth 76105 | |
| JPS Health Center-Viola Pitts | 817-920-7400 |
| 4701 Bryant Irvin Road N.
Fort Worth 76107 | |

JPS Health Network *(Continued)*

JPS Health Center-Watauga 817-702-6600

6601 Watauga Rd., Ste. 124
Watauga 76148

JPS Health Center for Women 817-920-6500

1201 S. Main, Fort Worth 76104
Full service care for women including
prenatal care and gynecological services.

JPS Health Center for Women-Arlington 817-852-8250

979 N. Cooper St., Arlington 76011

JPS Health Center for Women-Northwest 817-702-8650

2200 Ephriham Ave., Fort Worth 76164

Public Health Department, 817-321-4700
Tarrant County

1101 S. Main St., Fort Worth 76104

Services: Physical assessments, health screening,
immunizations, WIC, nutrition and health education, family
planning, case management and social services.

Eligibility: Tarrant County resident

Website: www.tarrantcounty.com

Tarrant County Medical Society 817-732-2825

555 Hemphill St., Fort Worth 76104

Services: Assistance for residents of Tarrant and
surrounding counties in locating a physician.

Website: www.tcms.org

**University of North Texas
Health Science Center**

817-735-2000

3500 Camp Bowie, Fort Worth 76107

Services: General health care including preventive medicine, immunizations, family planning, specialty consultations and treatment. Clinics available at sites listed below.

Website: www.hsc.unt.edu

Central Clinic

817-735-2228

855 Montgomery, Fort Worth 76107

Eagle Ranch Clinic

817-232-9877

7235 Boat Club Road, Saginaw 76179

Seminary Clinic

817-735-5800

1305 E. Seminary Drive, Fort Worth 76115

FOUR PRIORITIES

During a Financial Crisis

1.

Prioritize your bills.

If your income does not cover all your expenses, pay bills in the following order: rent/mortgage, utilities, food, transportation expenses. Use your own judgment based on your situation.

2.

Reduce food costs.

Plan all meals and watch for coupons and other specials at grocery stores. Set up a food budget and stick to it. The following agency provides information on low cost, nutritious meals:

Texas AgriLife Extension Service

817-884-1945

200 Taylor Street, Ste. 500,
Fort Worth 76102

Hours: 8 a.m. - 5 p.m.

Monday - Friday

3.

Feed your children with school assistance.

For households with school-age children, school programs provide free and reduced-price breakfast and school lunches. Contact your student's school for more information.

4.

Notify all creditors

(bank, mortgage holder, landlord) of your situation as soon as possible.

Try to negotiate reduced payments where appropriate and keep full records of these transactions. Also contact each utility company to show good faith and try to work out arrangements. Most companies are willing to work with you if you let them know your situation. Once a termination notice is sent out, it is difficult to get an extension.

For information
not covered in this guide,
call 2-1-1.



LIVE UNITED



United Way
of Tarrant County

1500 N. Main St., Ste. 200 • P.O. Box 4448 • Fort Worth, TX 76164-0448
Phone 817-258-8000 • Fax 817-258-8025

www.unitedwaytarrant.org