

315 W. McLain
Sherman, TX 75092
903.957.4803

Tobacco Facts

A person must be at least 18 years old to buy tobacco products and it is illegal to give them to a minor.

Smoking leads to disease and disability and harms nearly every organ of the body.

More than 16 million Americans are living with a disease caused by smoking.

For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

Smoking is a known cause of erectile dysfunction in males.

Smoking increases chances of Miscarriages, premature births, and low birthweight babies.

Smoking is the leading cause of preventable death.

Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.

Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including nearly 42,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every day.

On average, smokers die 10 years earlier than nonsmokers.

If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger who are alive today.

Smoking costs the United States billions of dollars each year.

Total economic cost of smoking is more than \$300 billion a year, including

Nearly \$170 billion in direct medical care for adults.

More than \$156 billion in lost productivity due to premature death and exposure to secondhand smoke.

Facts provided by the Centers for Disease Control and Prevention

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Resources to Help Your Tobacco Recovery

1-800-QUIT-NOW (1-800-784-8669)

A free, phone-based service with educational materials, coaches, a quit plan, and referrals to local resources to help you quit tobacco use.

1-855-DÉJELO-YA (1-855-335-3569)

A free, phone-based services help Spanish speaking persons quit tobacco use.

BeTobaccoFree.gov

This HHS Web site provides one-stop access to tobacco-related information, including information on quitting tobacco use, from its various agencies.

Smokefree.gov

A Web site that provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.

Smokefree.gov (en Español)

A Spanish-language Web site that provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.

Smokefree Smartphone Apps

<http://smokefree.gov/apps-quitstart>

Smokefree smartphone applications that help you track your quit smoking progress, receive motivational reminders, and more.

Quit Tobacco-Make Everyone Proud

<http://www.ucanquit2.org/>

YesQuit.org

1-877-YESQUIT

Quit Coach® - Counseling sessions tailored to you, with a focus on your preparation for the quit attempt and long-term success. Access to self-help booklets designed to keep you motivated and prepared for life without smoking or tobacco; Advice about support programs available in your community. Quit by phone or online!

Region 3 OSAR strives to provide all clients with as much prevention education as possible. This is brief listing of information and services that you or a family member may be interested in.

HIV information:

<https://www.dshs.state.tx.us/hivstd/>

<https://www.dshs.state.tx.us/hivstd/contractor/hivprevention.shtm>

Overdose / Naloxone information

<http://evzio.com/resources/index.php>

<http://kut.org/post/walgreens-provide-opioid-overdose-reversal-drug-without-prescription-texas>

<https://www.facebook.com/txodinitiative/>

<http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2014/SMA14-4742>

<http://www.austinharmreduction.org/>

https://www.networkforphl.org/_asset/8860sk/TX-Overdose-Prevention-

Hepatitis C information:

https://www.dshs.texas.gov/idcu/disease/hepatitis/hepatitis_c/

<http://www.dshs.texas.gov/hivstd/info/hcv/>

Tobacco Cessation information.

<https://www.dshs.texas.gov/tobacco/>

<http://tobaccocontrolnetwork.org/state/texas/>

PPI and PADRE Information.

<https://www.dshs.texas.gov/sa/Prevention/PPI/>

<https://www.dshs.texas.gov/mhsa/PPIPADRENewsletter/PPI-PADRE-Newsletter.aspx>

[Residents in Cooke, Fannin, and Grayson counties may contact the Callie Clinic for HIV/STD testing @ 903.891.1972 or WWW.CALLIECLINIC.ORG](#)

ARE YOU SAFE?

1 in every 333 Texans are infected with HIV.

KNOW YOUR STATUS

GET TESTED TODAY

Callie Clinic offers HIV, Hepatitis C, and STD Testing.

Results in 20 minutes.

All Services are strictly confidential.

1521 Baker Road
Sherman, TX 75092
903-891-1972

* A \$25.00 fee may apply. Call the clinic for details and to Schedule an appointment.

SUPPORT GUIDE FOR FAMILY MEMBERS OF ADDICTS

It's no secret that having a loved one in addiction can affect the entire family.

When a member of our family suffers, we all suffer. Statistics show that the children of people who suffer from addiction are more likely to suffer from issues that will lead them into addiction as well. Families also suffer when their loved ones begin to exhibit alternate behaviors that cause them to lie, steal or otherwise manipulate family members in order to continue their drug or alcohol use and abuse.

Over time, the destructive influences of drug use within a family can cause some individuals to feel helpless. but truth be known, families are not helpless when it comes to protecting themselves, and their family member afflicted with the disease of addiction.



Education

One of the first steps or responsibilities a family has is to educate themselves about the disease of addiction. Find a resource in your community and learn about addictions it relates to human behavior and control. Only then will you may be in a better position to understand what your family member is going through. Certainly, the information will not excuse your loved one's behavior, and you should refrain from using your education as a tool to enable their drug addiction; however, you may find that you can harbor more compassion and less resentment toward your family members when you know more about addiction.

Plan an Intervention

In the past, families and friends of people suffering from addiction were often told that their loved ones had to make the decision to get help for themselves. They would, in essence, be forced to sit back and throw their hands in the air, praying that their son, daughter or parent would "hit rock bottom" before it was too late. In more recent years, the process of the intervention has proven beneficial for some families.

An intervention is a process through which the family and friends of an addict will deliberately confront an addict about the damage they are doing to themselves and the people they love. With the help of a professional interventionist, the addict may begin to see what their disease is costing them in terms of relationships, finances and their health — on both a psychological and physical level.

This, in effect, raises "rock bottom" to meet the addict. Rather than risking serious injury or death as the addict continues to spiral out of control, the family takes control by offering a solution to the addict. If successful, the intervention could prompt the addict to immediately enter a detox facility, followed by a drug and alcohol treatment program. In case this happens, it is important to have a facility ready to accept them immediately. this is huge.

The family's involvement in the drug treatment process does not end once the addict has agreed to seek treatment, however.

What Is the Family's Role in Rehab?

There are two major types of rehab for the treatment of drug and alcohol addiction. The first is performed on an outpatient basis, and the other is usually conducted in a residential or medical facility where the recovering addict is treated as an inpatient.

If the recovering addict is enrolled in an outpatient program, they may need a safe place to stay — away from the influences of drug or alcohol use and abuse — while they complete the program. Families can play a superior role in this endeavor by supplying a safe harbor.

If the recovering addict already lives at home, the family must be willing to make changes to their lifestyle. If the family members are not addicted to alcohol, but consume alcohol responsibly, they can help their loved one by refraining from the consumption of alcohol completely. At the very least, family members should refrain from drinking in front of the recovering addict.

If members of the household also suffer from alcohol or drug addiction but have not yet made the effort to seek recovery and treatment, it is best that the addict reside elsewhere during treatment.

Another aspect of family involvement in outpatient treatment might be providing constant encouragement to the recovering individual. Offering a shoulder to cry on, for instance, can go a long way to helping the addict overcome the cravings associated with withdrawal and recovery. Many times, a recovering addict who feels alone will succumb to the cravings and defeat their own desires to get well. This is due to the changes that occur in the brain. Addiction will lead an individual to continue their use of drugs or alcohol no matter how bad the consequences may be. It is important that they have the physical support of caring family members to help them overcome the disease.

If the recovering addict has decided on inpatient treatment after consulting with their health care professional, the family can still maintain an active role in the recovery process. A few suggestions for helping in this situation might be:

- Writing letters of encouragement to the recovering member of their family
- Making themselves available for family counseling sessions
- Refraining from judgment or condemnation of the individual's disease
- Visiting their family member when it is allowed and encouraged by counselors and staff

As the recovering addict regains their ability to think clearly, they may be humiliated and embarrassed by their behavior. By showing support throughout the process, families can help to restore the self-confidence the recovering addict has been without for some time.

Tips and Tricks for Helping your Family Through the Rehab Process

During the first stage of the recovery process, known as detox, the recovering addict may experience many unpleasant symptoms, including physical illness, insomnia, excessive lethargy or increased appetite.

A few tips to getting through these initial hours can be helpful.

Play games. Keeping the recovering addict's mind off of what their body is going through can help the time pass more quickly.

Read aloud. Find a favorite childhood book or a new bestseller and pass the time by escaping into a healthy fantasy.

Try not to rehash old hurts. This is not the time to discuss why an individual may have chosen to use drugs for the first time. Conversations surrounding the addiction can lead to blame and undermine the recovery process in its earliest stages. Instead, keep the conversation on a more pleasant note. Talk about the future possibilities that will be available once your family member has successfully completed treatment.

Try to stay awake. If your loved one is suffering from insomnia, try to remain awake with them. This will not only help them through the long hours, but it will also remove the temptation they may have to sneak away and satisfy their cravings for drugs or alcohol.

After the detox phase has ended, the most important tip to help your family make it through the recovery process is to keep a positive attitude. This will not always be easy, as the recovery process is a difficult one. If needed, have each of the family members visit with a counselor or therapist to relieve some of the stress they may be feeling. In cases where the recovering addict is a teen, sessions of multidimensional family therapy have proven to be beneficial to all members of the family as they help to develop increased parenting skills, relationship skills and family management.

Frequently Asked Questions About Addiction

What, exactly, is addiction?

According to the National Institute on Drug Abuse, addiction is a chronic disease. It is a relapsing brain disease with specific characteristics, including a compulsion to continue using drugs no matter how bad the addict's life becomes. The addict may suffer from physical illness or mental depression, incur legal problems, lose their job or begin failing in school. None of these consequences matter to the addict while they are in the throes of the disease, however. Families can play an important role in helping the addict understand the power of the addiction over their minds and bodies.

My family member can stop using drugs if they really want to, right?

This is a tricky question. One of the first requirements for a successful recovery treatment program for drug addiction is the desire of the individual to get their life back. However, the desire to stop using drugs is not always enough. When an individual is addicted to drugs, their brain goes through physical, emotional and psychological changes. These changes disturb their ability to make good decisions, interrupt critical thinking, and can even prevent them from controlling their own behavior. In addition to the changes in the brain, the body can experience terrible physical effects from the withdrawal of some kinds of drugs. The addict may experience extreme physical pain in his joints and muscle tissue from the lack of illicit substances in their system. As much as they may want to stop using drugs, they may find themselves unable to stop using on their own simply to relieve the withdrawal symptoms "one last time."

Is there a cure for drug addiction?

Unfortunately because drug addiction is a chronic disease much like diabetes, there is no cure. It is possible, however, to manage the symptoms through treatment so that the effects of the disease are not permitted to control one's life on a daily basis. This process takes time. Some recovering addicts report that after a while, the cravings lessen and they don't notice them anymore. Others say that they continue to fight cravings on a daily basis even years after they stopped using drugs.

Each individual is different and each recovery process is unique. There is hope for recovery from drug addiction, and with proper support in place, the situation can improve.

Continued Familial Support

Once your family member has completed the treatment program for drug and alcohol addiction, they will need continued support to remain successful. One important aspect to remember, especially in the early days of recovery, is that relapse is a part of the disease. Not every recovering addict will relapse, but many will. This does not mean that the treatment program was unsuccessful.

It does mean that you and your family will need to pick up and move on from the relapse. Keeping an encouraging state of mind and understanding that a relapse does not mean failure will help to keep spirits high.

Be sure to help your recovering addict stay away from harmful influences by keeping drugs and alcohol out of the home as much as possible — including prescription medications that have been legally obtained for other members of the family. Should these medications be required, keep them locked in a safe, away from the recovering addict who may be tempted to use them.

Remember to love one another. Remember that, no matter how bad things may have become, you each have a bright future full of possibilities ahead of you.

SAFETY ADVICE FOR PATIENTS & FAMILY MEMBERS

WHAT ARE OPIOIDS?

Opioids include illicit drugs such as heroin and prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, hydromorphone, and buprenorphine.

Opioids work by binding to specific receptors in the brain, spinal cord, and gastrointestinal tract. In doing so, they minimize the body's perception of pain. However, stimulating the opioid receptors or "reward centers" in the brain can also trigger other systems of the body, such as those responsible for regulating mood, breathing, and blood pressure.

A variety of effects can occur after a person takes opioids, ranging from pleasure to nausea and vomiting, from severe allergic reactions (anaphylaxis) to overdose, in which breathing and heartbeat slow or even stop.

Opioid overdose can occur when a patient misunderstands the directions for use, accidentally takes an extra dose, or deliberately misuses a prescription opioid or an illicit drug such as heroin.

Also at risk is the person who takes opioid medications pre-scribed for someone else, as is the individual who combines opioids—prescribed or illicit—with alcohol, certain other medications, and even some over-the-counter products that depress breathing, heart rate, and other functions of the central nervous system⁵.

PREVENTING OVERDOSE

If you are concerned about your own use of opioids, don't wait! Talk with the health care professional(s) who prescribed the medications for you. If you are concerned about a family member or friend, urge him or her to talk to whoever prescribed the medication.

Effective treatment of opioid use disorder can reduce the risk of overdose and help a person who is misusing or addicted to opioid medications attain a healthier life. An evidence-based practice

for treating opioid addiction is the use of United States Food and Drug Administration (FDA)-approved medications, along with counseling and other supportive services. These services are available at SAMHSA-certified and DEA-registered opioid treatment programs (OTPs).^{28,29} In addition, physicians who are trained to provide treatment for opioid addiction in office-based and other settings with medications such as buprenorphine/naloxone and naltrexone may be available in your community.³⁰

IF YOU SUSPECT AN OVERDOSE

An opioid overdose requires immediate medical attention. An essential first step is to get help from someone with medical expertise as soon as possible. Call 911 immediately if you or someone you know exhibits any of the symptoms listed below. All you have to say: "Someone is unresponsive and not breathing." Give a clear address and/or description of your location.

Signs of OVERDOSE, which is a life-threatening emergency, include the following:

- The face is extremely pale and/or clammy to the touch.
- The body is limp.
- Fingernails or lips have a blue or purple cast.
- The person is vomiting or making gurgling noises.
- He or she cannot be awakened from sleep or is unable to speak.
- Breathing is very slow or stopped.
- The heartbeat is very slow or stopped.

Signs of OVERMEDICATION, which may progress to overdose, include:

- Unusual sleepiness or drowsiness.
- Mental confusion, slurred speech, or intoxicated behavior.
- Slow or shallow breathing.
- Extremely small "pinpoint" pupils.
- Slow heartbeat or low blood pressure.
- Difficulty in being awakened from sleep.

SAFETY ADVICE FOR PATIENTS & FAMILY MEMBERS

WHAT IS NALOXONE?

Naloxone is an antidote to opioid overdose. It is an opioid antagonist that is used to reverse the effects of opioids. Naloxone works by blocking opiate receptor sites. It is not effective in treating overdoses of benzodiazepines (such as Valium®, Xanax®, or Klonopin®), barbiturates (Seconal® or Fiorinal®), clonidine, Elavil®, GHB, or ketamine. It is also not effective in treating overdoses of stimulants such as cocaine and amphetamines (including methamphetamine and Ecstasy). However, if opioids are taken in combination with other sedatives or stimulants, naloxone may be helpful.

IMPORTANT SAFETY INFORMATION. Naloxone may cause dizziness, drowsiness, or fainting. These effects may be worse if it is taken with alcohol or certain medicines. For more information, see <http://www.fda.gov/drugs/drugsafety/postmarketdrugsafetyinformationforpatientsandproviders/ucm472923.htm>.

REPORT ANY SIDE EFFECTS

Get emergency medical help if you or someone has any signs of an allergic reaction after taking naloxone, such as hives,

difficulty breathing, or swelling of your face, lips, tongue, or throat.

Call your doctor or 911 at once if you have a serious side effect such as:

- Chest pain, or fast or irregular heartbeats.
- Dry cough, wheezing, or feeling short of breath.
- Sweating, severe nausea, or vomiting.
- Severe headache, agitation, anxiety, confusion, or ringing in your ears.
- Seizures (convulsions).
- Feeling that you might pass out.
- Slow heart rate, weak pulse, fainting, or slowed breathing.

If you are being treated for opioid use disorder (either an illicit drug like heroin or a medication prescribed for pain), you may experience the following symptoms of opioid withdrawal after taking naloxone:

- Feeling nervous, restless, or irritable.
- Body aches.
- Dizziness or weakness.
- Diarrhea, stomach pain, or mild nausea.
- Fever, chills, or goosebumps.
- Sneezing or runny nose in the absence of a cold.

This is not a complete list of side effects, and others may occur. Talk to your doctor about side effects and how to deal with them.

STORE NALOXONE IN A SAFE PLACE

Naloxone is usually handled and stored by a health care provider.

If you are using naloxone at home, store it in a locked cabinet or other space that is out of the reach of children or pets.

SUMMARY: HOW TO AVOID OPIOID OVERDOSE

1. Take medicine only if it has been prescribed to you by your doctor.
2. Do not take more medicine or take it more often than instructed.
3. Call a doctor if your pain gets worse.
4. Never mix pain medicines with alcohol, sleeping pills, or any illicit substance.
5. Store your medicine in a safe place where children or pets can- not reach it.
6. Learn the signs of overdose and how to use naloxone to keep it from becoming fatal.
7. Teach your family and friends how to respond to an overdose.
8. Dispose of unused medication properly.

READ MORE AT <http://www.fda.gov/drugs/drugsafety/postmarketdrugsafetyinformationforpatientsandproviders/ucm472923.htm>.

RECOVERING FROM OPIOID OVERDOSE

RESOURCES FOR OVERDOSE SURVIVORS AND FAMILY MEMBERS

Survivors of opioid overdose have experienced a life-changing and traumatic event. They have had to deal with the emotional consequences of overdosing, which can involve embarrassment, guilt, anger, and gratitude, all accompanied by the discomfort of opioid withdrawal. Most need the support of family and friends to take the next steps toward recovery.

While many factors can contribute to opioid overdose, it is almost always an accident. Moreover, the underlying problem that led to opioid use—most often pain or substance use disorder—still exists and continues to require attention.²

Moreover, the individual who has experienced an overdose is not the only one who has endured a traumatic event. Family members often feel judged or inadequate because they could not prevent the overdose. It is important for family members to work together to help the overdose survivor obtain the help that he or she needs.

FINDING A NETWORK OF SUPPORT

As with any disease, it is not a sign of weakness to admit that a person or a family cannot deal with the trauma of overdose without help. It takes real courage to reach out to others for support and to connect with members of the community to get help.

Health care providers, including those who specialize in treating substance use disorders, can provide structured, therapeutic support and feedback.

If the survivor's underlying problem is pain, referral to a pain specialist may be in order. If it is addiction, the patient should be referred to an addiction specialist for assessment and treatment, either by a physician specializing in the treatment of opioid addiction, in a residential treatment program, or in a federally certified Opioid Treatment Program (OTP). In each case, counseling can help the individual manage his or her problems in a healthier way. Choosing the path to recovery can be a dynamic and challenging process, but there are ways to help.

In addition to receiving support from family and friends, overdose survivors can access a variety of community-based organizations and institutions, such as:

- Health care and behavioral health providers.
- Peer-to-peer recovery support groups such as Narcotics Anonymous.
- Faith-based organizations.
- Educational institutions.
- Neighborhood groups.
- Government agencies.
- Family and community support programs.

RECOVERING FROM OPIOID OVERDOSE

RESOURCES

Information on opioid overdose and helpful advice for overdose survivors and their families can be found at:

Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Helpline 1-800-662-HELP (4357) or 1-800-487-4889 (TDD—for hearing impaired)
- Behavioral Health Treatment Services Locator: <https://findtreatment.samhsa.gov> to search by address, city, or zip code
- Buprenorphine Treatment Physician Locator: <http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>
- State Substance Abuse Agencies: <https://findtreatment.samhsa.gov/TreatmentLocator/faces/about.jspx>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/drugoverdose/epidemic>

National Institutes of Health (NIH), National Center for Biotechnical Information:

<http://www.ncbi.nlm.nih.gov>

Partnership for Drug-Free Kids:

<http://www.drugfree.org/join-together/opioid-overdose-antidote-being-more-widely-distributed-to-those-who-use-drugs>

Project Lazarus:

<http://www.projectlazarus.org>

Harm Reduction Coalition:

<http://www.harmreduction.org>

Overdose Prevention Alliance:

<http://www.overdosepreventionalliance.org>

Toward the Heart:

<http://www.towardtheheart.com/naloxne>



315 West McLain Street, Sherman, TX 75090 • Phone: (903) 957-4701 FAX: (903) 957-3415

Medical Assistance

If you do not have a primary physician, you are free to contact ANY primary care physician of your choice. However, you may wish to contact one of the following resources for help. *Inclusion on this list does not guarantee they will accept you as a patient.*

Grayson County Health Department

515 North Walnut, Sherman, TX
903-893-0131

Well Woman & Family Planning / Immunizations.

Grayson County Health Department

205 North Houston, Denison, TX
903-465-2878

Immunizations. Medicaid just for children.

Bruce Maniet, DO

101 South Broadway, Bells, TX
903-965-7700

319 South Highway 69, Whitewright, TX
903-364-2022

Medicare. All insurance, but Medicaid.

Sherman Medical

2500 North Travis Street, Sherman, TX
903-868-8900

Cash Only, \$70 a visit. Does not accept Medicaid.

Lions Club

2105 Jason Circle, Sherman, TX
903-868-2537 (leave message)

Eyeglasses.

Muenster Memorial Hospital

605 North Maple, Muenster, TX
940-759-2271

Medicaid. Medicare. Discounted Rate/Private Pay or uninsured.

WNJ WellCare Medical Group

600 N. Highland Ave, Ste 10, Sherman, TX 75092
903-957-2100

Medicaid, Medicare, Private Pay, Insurance.

Bonham Community Health Center

920 North Center Street, Bonham, TX
903-583-6155 *Medicaid, Medicare, & Sliding Scale.*

Callie Clinic

1521 Baker Road, Sherman TX
903-891-1972 *Cash only.*

Greater Texoma Health Clinic

900 North Armstrong Ave, Denison, TX
903-465-2440

By application only- Please call for appointment. Medicaid, Medicare, & Sliding Scale.

TexomaCare- Bonham

2201 North Highway 121, Bonham, TX
903-583-3111

Medicaid. Medicare.

TexomaCare- Denison

5012 S US Hwy 75, Ste 225, Denison, TX
903-416-6025

Sliding Scale. Private discounted rate.

Fannin County Indigent Health Care

1203 E. Sam Rayburn, Bonham, TX
903-583-2915

Primary Care Associates

600 North Highland Ave, Sherman, TX
903-892-8112

Discounted Rate, Uninsured, & Old Medicaid and Medicare.

North Texas Medical Center

1900 Hospital BLVD, Gainesville, TX
940-665-1751

Indigent Health, Medicaid, Sliding Scale.

Four Rivers Outreach- Dental

333 West Jones Street, Sherman, TX
Open by Appointment
903-870-4000

Grayson County Indigent Health

1111 Gallagher Drive, Sherman, TX
903-771-2851 *Sliding Scale/Application*



315 West McLain Street, Sherman, TX 75090 • Phone: (903) 957-4701 FAX: (903) 957-3415

Counseling

These are a few Outpatient Counseling Services in the Cooke, Fannin and Grayson County areas. Their placement on this list does not constitute an endorsement of their services. *Inclusion on this list does not guarantee services.*

Cooke County

Michael Anne Bryson Counseling

207 S. Dixon, Gainesville, TX

940-665-8056

Medicaid, Medicare, Private Pay.

Breakthrough Christian Counseling

Judy Daugett

1001 E Broadway Street, Gainesville, TX

940-612-0049

Robert E. Hanson, PH

209 W. California, Gainesville, TX

972-345-1789

Medicaid, Medicare, Insurance.

C Robert E. Hanson, PH

209 W. California, Gainesville, TX

972-345-1789

Medicaid, Medicare, Insurance.

Abigail's Arms

1600 N. Aspen Rd. Gainesville, TX

24-Hour Hotline 940-665-2873

Victims of Domestic Violence.

Texoma Community Center

319 N. Dixon, Gainesville, TX

940-665-3962

Fannin County

Texoma Community Center

1221 E 6th Street, Bonham, TX

903-583-8583

Fannin County Family Crisis Center

Address not provided for safety precautions

903-583-7694

Victims of Domestic Violence.

Erin Holt, LPC

1212 N. Center Street, Bonham, TX

469-964-2297

Counseling (Continued)

Grayson County

Robert M. Cross, PhD

200 N. Travis Street, Ste. 303, Sherman, TX
903-819-8888

Stonebridge Family Counseling

3400 East FM 691, Sherman, TX
903-337-0343

*Marriage, Family & Relationship Counseling.
Anger & Stress Management
Trauma, Grief, Illness, Abuse, Adolescent Issues.
Eating & Mood Disorders.
Assertiveness & Self-Esteem issues.*

Child Guidance Clinic of Texoma

804 E. Pecan Grove, Sherman, TX
903-893-7768

Individual & Family Counseling, Parenting.

Grayson County Counseling Service

2009 Texoma Parkway, Ste. 3, Sherman, TX
903-892-2874

John Kasper, LPC

2007 Texoma Parkway, Ste. 195, Sherman, TX
903-892-8901

Dan McCaig and Associates

402 West Lamar, Sherman, TX
903-891-3831
Medicaid, Medicare

Women's Crisis Center

Address not provided for safety precautions
903-893-3909
Victims of Domestic Violence.

Amanda Johnson

8370 HWY 82 Sherman TX
817-944-0221

Center for Psychological Development

1105 Memorial Drive, Ste. 202, Denison, TX
903-337-0343

Applied Psychology Group

600 E. Taylor, Ste. 4011, Sherman, TX
903-893-0298
Psych/Neuro Evaluations
Medicaid, Medicare

Texoma Community Center

315 W. McLain, Sherman, TX
903-957-4700

Lakes Behavioral Health

421 North Sam Rayburn Drive, Sherman, TX
903-892-8185
Substance Abuse Counseling.

Steps 2 Strides

2300 West Morton Street, Ste. 114, Sherman, TX
903-462-4085
*Outpatient Pediatric Rehabilitation, Birth to 21 years.
Speech, Physical, & Occupational Therapy.
Dietician, Behavioral Counseling, Social Services.
Crime victims & crisis intervention.*

Trinity Counseling

416 E Main, Denison, TX
903-465-6344
Sliding Scale.

Compassion and Support

505 W Center, Sherman, TX
903-868-9315
Grief Counseling.



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Local Psychiatrists

These are a few psychiatrists in the Cooke, Fannin, and Grayson County areas. Their placement on this list does not constitute an endorsement of their services. *Inclusion on this list does not guarantee services.*

Deepika Bhargava, MD

600 E Taylor, Ste 4001, Sherman, TX

903-892-0751

Medicare, & Private Insurance.

Gary Watts, PA

2925 Country Club Rd, Ste. 102, Denton, TX

940-382-1120

Medicaid, Medicare, Private Insurances.

Dante Burgos, MD

4511 Stonewall, Greenville, TX

903-454-7200

Medicaid, Medicare, & Private Insurance.

Jawad Riaz, MD

121 W. Lamberth, Suite A, Sherman, TX

903-892-6700

Medicare, Private Insurance

Gayatri Singh, MD

2300 W. White Ave, Ste 106, McKinney, TX

972-562-4755

Tri Med Behavioral and Sleep Medical

Oluyemi Aina, MD and Aaron A. Brown, DO

1601 N. Travis, Sherman, TX

903-328-6556

Medicare, Private Insurance.

Bryan County Oklahoma Services

Mental Health & Substance Services of OK

1001 W. Main Street
Durant, OK 74701
580-924-7330
800-522-1090

Medicaid, Medicare, Income based.

Mental Health Services of Southern Oklahoma

1001 W Main Street
Durant, OK
580-924-7330

Medicare & Private Insurance.

Sequel Care of Oklahoma

103 N. 3rd Street
Durant, OK
580-298-2830

Mental health and substance abuse services.

Alcoholics Anonymous- Turning Point Group

St. John's Church
515 W Beech
Durant, OK
Mon, Tue, Thu, Sat at 7pm

Narcotics Anonymous- Key To Life

East Side Presbyterian Church
501 NE 4th Avenue
Durant, OK
Tue-Sun at 8pm & Monday at 12pm

New Vision

1600 W University
Durant, OK
1-800-939-2273
Detox, Inpatient, Medicaid/Medicare



315 West McLain Street, Sherman, TX 75090 • Phone: (903) 957-4701 FAX: (903) 957-3415

Shelters

Grayson County Shelter

331 W. Morton, Denison, TX
903-465-6041

Women 23 and older, Men 45 and older, Families.

Surrender House for Men

521 W. Morgan St., Denison, TX
903-463-4840

\$80/Week For men

Salvation Army

5700 Texoma Pkwy, Sherman, TX
903-868-9602

Dallas Life Foundation

1100 Cadiz, Dallas, TX
214-421-1380

Men, Women, & Children

New Bridge Family Shelter

79 Gillis St, San Angelo, TX
325-655-5774

Samaritan Inn

1710 N. McDonald, McKinney, TX
972-542-5302

Presbyterian Night Shelter

2400 Cypress Ft. Worth, TX
817-632-7400

Single men and women & women and children

Union Gospel-Men's Center

1321 E. Lancaster Ft. Worth, TX
817-332-3019

Men Only.

Abigail's Arms

P.O. Box 1221, Gainesville, TX
24 Hotline 940-665-2873

Victims of domestic violence. Women and Children.

Oxford House

514 Stewart Ln, Sherman, TX
903-771-0847

Sober living, Females only

Oxford House

3608 W. Houston St, Sherman, TX
214-448-6929

Sober living, Men only

Women's Crisis Center

Address not provided for safety reasons
903-892-8595

Domestic Violence.

Fannin County Family Crisis Center

Address not provided for safety reasons
903-583-7694 or 903-583-7000-Hotline

Domestic Violence.

North Texas Youth Connection

1602 E. Lamar St., Sherman, TX
903-893-4717

Shelter for Young Teens.

The Bridge

1818 Corsicana, Dallas, TX
214-670-1100

Men, women, & children.

Union Gospel Women's Center

1321 E. Lancaster, Ft. Worth, TX
817-332-7531 or 817-332-6908

Men, women, & children

Austin Street Shelter

2929 Hickory St, Dallas, TX
214-428-4242

Men 45+ & women 18+, no children.

House of Eli

123 S. Ricketts, Sherman, TX
903-815-9792 or 214-656-8281

Transitional living Boys 18-24

My Brother's House-Sober Living

711 W Division, Muenster, TX
940-634-3996

Sober living home. Males only.

Mary Pat's

3818 Hwy 82 West, Gainesville, TX
940-736-6787

Cost \$80 per week

Sober living – females only

In Triumph

300 E. Main St, Denison, TX
903-462-0624

Young men 18-24



315 West McLain Street, Sherman, TX 75090 • Phone: (903) 957-4701 FAX: (903) 957-3415

Food, Utilities, and Medical Assistance

Cooke County

Visto Clinic

1401 Southland Dr, Gainesville, TX 76240
940-668-6403

*Medication, food, utility assistance. -serving Cook Co.
Job interviews, parenting classes. M-F 8am-12pm*

Living Word Food Pantry

302 S Dixon St, Gainesville, TX
940-665-1191

Food assistance

TCOG Energy Assistance

903-813-3541

Utility assistance serving Cooke, Fannin, and Grayson Counties.

Sacred Heart Food Pantry and Outreach

120 N Mesquite St, Muenster
940-759-4730 or 940-759-3074

Food assistance

LITE-UP Texas

888-782-8477 or 866-454-8387

www.liteuptexas.org

Phone and utility assistance – Texas residents

Cooke County Ministerial Alliance

201 Santa Fe St., Gainesville, TX
940-668-7777

Gas Money, Motel Bill Payment Assistance

Fannin County

TCOG Energy Assistance

903-813-3541

Utility assistance serving Cooke, Fannin, and Grayson Counties.

LITE-UP Texas

888-782-8477 or 866-454-8387

www.liteuptexas.org

phone and utility assistance – Texas residents

Leap Thrift Store

116 Collins St, Leonard TX
903-587-2288

Clothing, food assistance.

Basic Food Pantry

1100 W 5th Street, Bonham TX
903-583-9150

Food assistance.

Fannin County Residents who meet TEXCAP income guidelines

Four Corners Food Pantry

15642 State Hwy. 160 Blue Ridge, TX
972-752-5320

Food assistance.

Shepherd's Supper

701 N. 7th St. Honey Grove, TX
903-378-2315

Soup Kitchen

Bonham Community Health Services

920 N Center St, Bonham, TX
903-583-8611

Medication assistance.

Fannin County Indigent Health

1203 E Sam Rayburn Dr, Bonham TX
903-583-2915

Medication assistance.

Fannin County Community Ministry

1022 FM 273, Bonham, TX
903-583-3663

Food assistance.

Manna House

914 S 5th Street, Bonham TX
903-449-0466

Food assistance

Northside Church of Christ Clothing Room

2020 N. Center St. Bonham, TX
903-583-3484

Clothing.

Storehouse

14732 FM 273 Telephone, TX
903-664-2377

Clothing, food assistance.

Food, Utilities, and Medical Assistance (Continued)

Grayson County

Park Avenue Church of Christ

3000 Park Ave, Denison TX
903-465-1288

Medication/food pantry- serving Denison.

Lakeway Samaritan

512 E. FM 120, Pottsboro, TX
903-786-4331

Medication, food, and utility assistance.

Salvation Army

All applicants must be employed or employable
5700 Texoma Parkway, Sherman, TX
903-868-9602

TCOG Energy Assistance

1117 Gallagher Dr, Ste 240, Sherman, TX
903-813-3541

Utility assistance serving Cooke, Fannin, and Grayson Counties.

Tom Bean Ministerial Alliance

307 E Highway 11, Tom Bean, TX
903-546-6231

Medication/food assistance if living within Tom Bean ISD.

Denison Helping Hands

418 W Chestnut, Denison, TX
903-465-5101

Food assistance for Denison residents, clothing vouchers.

St. Luke's Food Pantry and Soup Kitchen

306 N Fannin St, Denison TX
903-465-2630

Food assistance

Harmony Baptist Church Food Pantry

2111 E Tuck St, Sherman, TX
903-892-2044

Food assistance, Sherman Residents only

Joshua's Closet

7201 FM 691 Denison, TX
903-870-8048

Clothing.

Parkview Church of Christ Clothing Closet

815 S. Dewey Ave. Sherman, TX
903-892-8229

Clothing.

The Callie Clinic

1521 Baker Road, Sherman, TX
903-891-1972

Medication & medical assistance, and STD testing.

Your Neighbor's House

201 S. Union St, Whitesboro, TX
903-564-4400

Food assistance.

Share Ministries Food Bank

820 E. Houston St, Sherman, TX
903-893-7097

Food assistance.

Grand Central Station – The Dining Car

110 Throckmorton, Sherman, TX
903-957-0264

Food assistance, education, community service opportunities, showers & laundry.

LITE-UP Texas

888-782-8477 or 866-454-8387
www.liteuptexas.org

phone and utility assistance – Texas residents

Bells – Savoy Community Care Center Food Pantry

210 S Broadway St, Bells TX
903-965-4861 – Tues 9am-5pm only

Food assistance

Karekeys Food Assistance/Masterkey Ministries

209 S Heritage Pkwy, Sherman TX
903-771-2816

Food assistance, dental, education, life skills training

Key Care Mission, The Green House

921 E Houston St, Sherman TX
903-868-2604

Food assistance, clothing

Howe Food Pantry

810 N. Denny St. Howe, TX
903-532-6717

Food assistance.

Lakeway Christian Resale Barn

518 W. FM 120 Pottsboro, TX
903-786-4331

Utilities.

Food, Utilities, and Medical Assistance (Continued)

New Beginning Fellowship

1201 W Shephard ST, Denison TX
903-465-1686
Food assistance

Parkside Baptist Church

301 N Lillis Ln Denison, Tx
903-465-1686
Utilities and rent

Forest Avenue Baptist Church

106 W Forest Ave Sherman, TX
903-892-3506
Food assistance

Waples Methodist Church

830 W Main St, Denison, TX
903-465-3350
Showers and laundry assistance

Barnabas Center

118 W. Chestnut, Denison TX
903-465-0191 call for details
Food and clothing assistance

Center Cross Ministries – Denison Soup Kitchen

Owens St and Chandler St, Denison TX
903-814-4578
Soup kitchen

Heart of the Matter Ministries

Sherman TX
903-914-0732
Clothing, household goods, food, employment support

Trinity Lutheran

1515 N Travis St Sherman, Tx
903-893-3906
Utility Assistance

Share – Taking it to the Streets

2800 Canyon Creek Dr, Sherman, TX
903-915-2395
Food assistance for the homeless of Sherman and Denison, TX

903 Mindful

309 Utah St, Sherman TX
469-474-3498
Food, clothes, tents, and campground for the homeless

Legal Clinics

Allen Legal Clinic

The First United Methodist Church
601 S Greenville Ave, Allen TX
2nd Tues of each month at 6:00pm

Fannin Legal Clinic

St. Elizabeth Catholic Church
303 W 10th St, Bonham, TX
Quarterly at 6:00pm

Plano Legal Clinic

The Salvation Army
3528 East 14th St, Plano, TX
3rd Thursday of each month at 4:00pm

Free Legal Help by phone

Call a Lawyer
Monday – Friday, 9am – Noon
Toll-Free: 888-529-5277

Grayson Legal Clinic

The Grace United Methodist Church
2800 Canyon Creek, Sherman, TX
1st Thursday of each month at 6:00pm

Hunt Legal Clinic

The Wesley United Methodist Church
5302 State Hwy 69 Business South, Greenville, TX
Quarterly at 5:00pm

Rockwall Legal Clinic

Helping Hands
950 Williams St, Building A, Rockwall, TX
3rd Tuesday of each month at 4:00pm

Additional information & other pro bono projects

Legal Aid of North West Texas
114 W. Louisiana St, McKinney, TX
972-542-9405 or 800-906-3045



315 West McLain Street, Sherman, TX 75090 • Phone: (903) 957-4701 FAX: (903) 957-3415

Income-Based Apartments

Hilltop Village Apartments

4919 Timberview, Sherman TX
903-892-3171

Norwegian Woods Apartments

220 Archer Dr., Sherman TX
903-892-8380

David Catching Apartments

311 N. Collins Freeway, Howe, TX
903-532-6538

Glenbrook Apartments

420 W. Young St., Howe TX
903-532-6538

Steeplechase Apartments

3621 Steeplechase Dr. (Hwy 1417)
903-771-1410
www.rentourspace.com

Williamsburg Apartments

100 W. Williams St., Pottsboro, TX
903-786-3093

Leonard Housing Authority

104 Connett St., #17 Leonard, TX
903-587-3385

Lexington Square Apartments

2008 N Interstate 35, Gainesville, TX
940-612-1944

Easton Parc Apartments

1600 LaSalle Dr., Sherman, TX
903-892-2999

Hunnington Apartments

2300 W. Taylor St., Sherman TX
903-868-2000

Section 8 Housing / TCOG

1117 Gallagher Rd, Sherman TX
903-813-3558
www.texashousingcounselor.org

Sherman Housing Authority

2001 N. Hoard, Sherman, TX
903-893-3139

Denison Housing Authority

330 N. 8th Avenue, Denison, TX
903-465-2650

Bonham Housing Authority

810 W. 15th St, Bonham TX
903-583-3336

Gainesville Housing Authority

715 E. California St. Gainesville, TX
940-665-1747

Whitesboro Housing Authority

301 Beauty Ln. Whitesboro, TX
903-564-3700

Affordable Apartments

Parkview Apartments

1200 W. Taylor St, Sherman TX
903-813-4050

Sherman Oaks

415 Archer Dr, Sherman TX
903-893-0344

Easton Parc Apartments

1600 La Salle Drive, Sherman TX
903-892-2999

Camelot Apartments

2700 S. Travis St, Sherman TX
903-893-6102

Lancet Court Apartments

411 Hwy. 69 N.W. Leonard, TX

Pine Run Apartments

700 N. Piner St. Honey Grove, TX
903-378-7146

Whitesboro Park Apartments

500 4th St. Whitesboro, TX
903-564-6670

Brookhollow Apartments

2000 US Hwy. 82 W Whitesboro, TX
903-564-6670

Glenbrook Apartments 1

420 W. Young St. Howe, TX
903-532-6538

Windscape Apartments

633 Blassingame Ave. Van Alstyne, TX
903-482-6714

Highland Park Village

1925 W Taylor St, Sherman, TX
903-892-0188

Lakewood Apartments

303 S. FM 1417, Sherman TX
903-893-9551

St. James Apartment Homes

1225 Park Place, Sherman, TX
903-892-8358

Bonham Apartments

1100 E. 6th St. Bonham, TX
903-583-1952

Park Ridge Apartments

2415 E. US Hwy. 82 Gainesville, TX
940-668-7931

Valley View Apartments

513 N. Pecan Creek Trl. Valley View, TX
940-726-3798

Glenbrook Apartments 2

311 N. Collins Frwy. Howe, TX
903-532-6538

Gainesville Garden Apartments

2301 Alabama Dr. Gainesville, TX
940-665-9817

Willowick Apartments

1501 Newland Dr. Gainesville, TX
903-416-4180

Woodglen Apartments

2609 US Hwy. 82 E. Gainesville, TX
940-668-7931



315 West McLain Street, Sherman, TX 75090 • Phone: (903) 957-4701 FAX: (903) 957-3415

Substance Use Disorder Resources

Outreach Screening Assessment & Referral

Texoma Community Center

315 W. McLain Street, Sherman, TX
903-957-4803

Narcotics Anonymous Hotline

888-851-1246

NA meeting & events search in southern OK and northern TX

Alcoholics Anonymous Hotline

214-887-6699

Marijuana Anonymous Hotline

1-800-766-6779

Support group search and information services.

DSHS Offender Education

Certified Locations Search & Information

www.dshs.state.tx.us/offendered/

Substance Abuse Helpline Toll-Free

1-800-246-HOPE (4673)

M-F 8am-5pm.

Substance Abuse Council

201 S. Travis St, Sherman, TX
903-892-9911 or 940-668-7463

Prevention and education programs.

Greater Dallas Council on Drug & Alcohol Abuse

1349 Empire Central Drive, Ste 800, Dallas, TX

214-522-8600

Call for additional resources and information.

Department of State Health Services

1-800-963-7111

<http://www.dshs.state.tx.us/>

Alcoholic Services of Texoma (House of Hope)

2415 Texoma Pkwy, Sherman, TX

903-868-2123

Recovery Resource Council

2700 Airport Freeway, Ft. Worth, TX

817-332-6329

Substance abuse screening, Education, Outpatient, Counseling.

Outpatient Treatment for Substance Use Disorder

Texoma Community Center

315 W. McLain, Sherman, TX
903-957-4803

No Cost. Outpatient, Drug Offender Education.

Homeward Bound

315 Sunset Ave, Dallas, TX
214-941-3500

First Come, First serve Mon-Fri. 7:30am-1pm

Lena Pope Home Inc

3200 Sanguinet Street
817-255-2652

Tarrant County residents only.

Medmark Treatment Centers of Texas Inc.

5201 McCart Ave, Fort Worth, TX
817-207-8700

House of Hope

2415 Texoma Parkway, Sherman, TX
903-868-2123

DWI & Drug Offender education/intervention.

Lakes Behavioral Health Center- Sherman

421 Sam Rayburn Freeway, Sherman, TX
903-892-8185

Low or no-cost.

Lakes Behavioral Health Center- Bonham

410 W Sam Rayburn, Bonham, TX
903-583-0060

Low or no-cost.

Lakes Behavioral Health Center- Greenville

4200 Stuart, Greenville, TX
903-455--5770 x1312

Low or no-cost.

Lakes Behavioral Health Center- Terrell

400 Airport Rd, Terrell, TX
972-524-4259

Volunteers of America Texas Inc.

4700 S. Riverside Dr, Fort Worth, TX
817-534-3432

Outpatient & Inpatient treatment.

MHMR of Tarrant County

1518 E. Lancaster Avenue, Fort Worth, TX
817-569-4300 or 1-800-866-2465
Adult & Adolescent Outpatient, Detoxification, Residential Treatment, Spanish Speaking Outpatient, Smoking Cessation, HIV Services, Veterans Services.

North Texas Addiction Counseling and Education Inc.

124 W Pioneer Parkway, Ste. 120, Arlington, TX
817-795-8278

Inpatient/Residential Treatment for Substance Use Disorder**Billy Gregory Detox**

1501 E. El Paso St, Fort Worth, TX
817-569-4600
Accepts unfunded. Inpatient and chemical detox.

Nexus Recovery Center Inc.

8733 La Prada Dr, Dallas, TX
214-321-0156
Inpatient for adolescence, women & children

Lena Pope Home Inc.

3800 Hullen St, Fort Worth, TX
817-255-2652
Tarrant County residents only.

Christian Farms-Treehouse Inc.

3804 Riverside Trail, Temple, TX
254-933-9400
30-90 day program, no detox, Medicaid, \$4500/month

Magdallen House

1302 Redwood Circle, Dallas, TX
214-324-9261
Women only, non-medical alcohol detox, no cost.

Serenity House Drug & Alcohol Rehab

1546 N 2nd Street, Abilene, TX
866-795-4673 or 325-673-6489
Scholarships available. Residential and Outpatient.

Homeward Bound

5300 University Hills Blvd., Dallas, TX
214-941-3500
Accepts unfunded. First Come, First serve Mon-Fri. 7:30am-1pm

The Recovery Center

2501 Taylor St, Wichita Falls, TX
940-761-3034 or 866-937-7772
\$9,800 for 28 days, Private Insurance

Cenikor-North TX Residential Facility

2209 S. Main St., Ft. Worth, TX
817-921-2771
18-24mo program

Salvation Army Rehab Center

2901 Northeast 28th St, Fort Worth, TX
817-834-6271
Men Only

New Vision

1600 W University, Durant, OK
1-800-939-2273
Detox, Inpatient, Medicaid/Medicare

Solutions of North Texas in Denton

2216 Bolivar, Denton, TX
940-898-6202
90 day Residential and Outpatient. Financial assistance.

Medication Assisted Treatment Providers for Substance Use Disorder**Dr. Robert Hernandez, MD**

Primary Medicine of North Texas
140 W. Lamberth Road, Sherman TX
903-868-0808
Medicare, Most Commercial Insurance, and Cash.

Dr. Sullivan Bryant, MD

Axcel Treatment and Recovery Clinic
1105 Memorial Dr, Denison
903-337-0208
Medicaid, Discount for disability.

Dr. Dante Burgos

BHG Denison Treatment Center
1105 Memorial Dr, Suite A, Denison, TX
903-464-0727
Medicaid, Medicare, and Private Insurance

Dr. John E. Galewaler, DO

Whitesboro Family Clinic
304 Charlie Drive, Whitesboro, TX
903-564-3503

Dr. Olyuenmi Aina, MD

1601 N. Travis, Sherman, TX
903-328-6556
Medicare, Private Insurance.

Dr. Jawad Riaz, MD

121 W Lamberth, Suite A, Sherman, TX
903-892-6700
Medicare, Private Insurance.

Narcotics Anonymous

Websites: www.redriverna.org, www.na.org

Cooke County

New Freedom Group at My Brothers House

15336 W. Hwy 83, Muenster, TX

Tuesday at 7:30pm

Fannin County

Primary Purpose

1308 E Sam Rayburn Dr, Bonham, TX

Nightly at 7:00pm

Grayson County

Full Circle at 1st United Methodist Church

301 W Maple St, Whitewright, TX

Mon, Wed, Sat at 7:00pm

Refinishing at Saint Episcopal Church

314A North Walnut, Sherman, TX

Sun-Fri at 7:00pm. Wed at Noon

Van Alstyne NA at First United Methodist Church

301 S Preston St, Van Alstyne, TX

Sunday at 7:30pm

Surrender Group at Refuge Church

2300 W Morton, Denison, TX

Sun, Tues, Thu at 7:00pm

Surrender Group at Refuge of Hope

301 W Morton, Denison, TX

Other Counties

Key To Life at Eastside Presbyterian Church

501 NE 4th (West door), Durant, OK

Sun-Sat at 7:00 pm, Wed at Noon

Whole New Deal at St. Andrews Presbyterian Church

300 W Oak, Denton, TX

Mon-Tues, Thur-Sat at 7:30pm, 1st Sat at 9:00pm

Alcoholics Anonymous

Website: www.aadistrict24.com

Cooke County

AA Group

602 N. Grand, Gainesville, TX
214-529-7941
Thursdays at 7:00pm

Anchor Group

1608 N. Commerce, Gainesville, TX
940-612-2016 (Call for specifics)
*Mon-Sat at 12pm. Mon-Sun at 6pm. Mon, Wed-Sat at 7:30pm.
Sun at 10am, Tues at 5:45pm, Women's on Tues at 7:00pm*

Fannin County

New Beginnings Group

1308 N. Sam Rayburn Freeway, Bonham, TX
903-640-8916
Sun-Fri at 6:00pm. Mon-Sat at 12:00pm, Mon-Fri at 7:00am Sun at 1pm

Grayson County

Sherman Serenity

106 S. Elm St, Sherman, TX
903-868-2734
Mon-Sun 8am, 12pm, and 8pm. Sun 10am

Sunbeam Group – Church of Christ

521 Rigsby St, Van Alstyne, TX
214-755-9729
Tue-Fri & Sun 6pm, Sat 10am, Last Sun 5:30 to 7pm.

Sunlight of the Spirit Group

106 Elm St, Sherman, TX
903-868-2734
Tues & Sat 6pm

Texoma Fox Hall Group

1515 N Travis St, Sherman, TX
903-821-2281
Tue & Thur 7pm

Texoma 1 Group

300 W. Morgan, Denison, TX
903-465-4430
Mon-Fri 7am, 12pm, 6pm. Mon-Sun 8pm, Sun 10am, Sat 8am

Keep It Simple

306 N Fannin, Denison, TX
903-816-0680
Wed & Sun 7pm

Sherwood Shores Group

230 Will Stutley, Gordonville, TX
903-815-1029
Mon-Sat 7pm, Sun 3pm

Tioga Group

404 Gene Autry Dr, Tioga, TX
903-821-7319
Wed 7pm

Social Service Organizations

And Other Helpful Numbers

Websites for other resources www.thecommunityresource.org or www.211.org

National Alliance on Mental Illness; Grayson, Fannin, and Cooke County (NAMI GFC) Meeting

815 S. Dewey Hwy 11, Sherman, TX
903-814-7121

*Mental illness support group.
3rd Thursday monthly 6-8pm.*

Community Services Network

320 King Avenue, Denison, TX
903-786-5899

Grand Central Station Dining Car

110 S. Throckmorton, Sherman, TX
903-957-3910

*M-F open 9 a.m.-1 p.m./Sat open 10 a.m.-12
p.m. They provide free lunches, showers,
washers/dryers, limited health care and
dental services, clothing available.*

Four Rivers Outreach

210 South Rusk Street, Sherman, TX
903-870-4000

Job & life skills, GED & literacy.

Pregnancy Care Center

105 West Pecan Street, Sherman, TX
903-893-9099

Sherman SNAP Center

1500 Broughton Street, Sherman, TX
903-892-3733

Senior nutrition.

SNAP of Whitesboro

105 Mineral Street, Whitesboro, TX
903-564-6021

Senior nutrition.

Compassion and Support

First United Methodist Church
401 N. Elm Street, RM 110, Sherman, TX
903-868-9315

Grief Support Counseling/Group

You're Not Alone Support Group

St. Luke's - 427 W Woodard, Denison
Tuesdays - Refs 5:30-6p, Group 6-7pm
*Support for all genders who have experienced
any traumatic event including abuse as well
as substance abuse. 903-465-2630*

Assure Wireless

1-888-898-4888

Free wireless phone and 200 minutes.

Adult Probation-Cooke County: 940-668-5540

Adult Probation-Fannin County: 903-583-7446

Adult Probation-Grayson County: 903-813-4207

Adult Protective Services: 1-800-252-5400

Child and Family Guidance Center: 903-893-7768

Child Protective Services: 1-800-252-5400

Clinical Pathology Laboratories: 903-891-8797

Crisis Center: 903-893-5615

Department of Assistive and Rehabilitative Services: 903-813-8200

District Parole Office: 903-868-2616

Health Department-Denison: 903-465-2878

Health Department-Fannin County: 903-583-7495

Health Department-Sherman: 903-893-0131

Housing Authority of Cooke County-Gainesville: 940-665-1747

Housing Authority of Grayson County: 903-892-8717

Housing Authority-Bonham: 903-583-3336

Housing Authority-Denison: 903-465-2650

Housing Authority-Sherman: 903-893-3139

Jail-Fannin County: 903-640-4171

Jail-Grayson County: 903-892-8443

Juvenile Probation-Fannin County: 903-378-7890

Juvenile Probation-Grayson County: 903-786-6326

Medicaid/Food Stamps-Cooke County: 940-665-9315

Medicaid/Food Stamps-Fannin County: 903-583-5535

Medicaid/Food Stamps-Grayson County: 903-892-0581

North Texas State Hospital: 940-552-9901

North Texas Youth Connection: 903-893-4717

Police Department-Bonham: 903-583-2141

Police Department-Denison: 903-465-2422

Police Department-Gainesville: 940-668-7777

Police Department-Sherman: 903-892-7281

Sheriff-Cooke County: 940-665-3471

Sheriff-Fannin County: 903-583-2143

Sheriff-Grayson County: 903-813-4408

Social Security Office: 903-893-4654

Go TAPS Bus: 903-813-3505 or 800-667-8263

Texas Highway Patrol: 903-813-3400

Texoma Council of Governments 903-893-2161

Texoma Council on Alcoholism & Drug Abuse: 903-892-9911

Texoma Medical Center Hospital: 903-416-4000

TMC Behavioral Health Center: 903-416-3000

VA North Texas-Bonham: 903-583-2111

Wilson N. Jones Regional Medical Center: 903-870-4611

WNJ Behavioral Health Services: 903-870-7322

Workforce Solutions Texoma-Bonham: 903-640-0222

Workforce Solutions Texoma-Denison: 903-463-9997

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