



315 West McLain, Sherman, TX 75090
PO Box 1087 Sherman, TX 75090
Phone: 903-957-4701 Toll-Free: 877-530-2228
Fax: 903-957-3416

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

Bruce Maniet, DO

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

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

Sherman Medical

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

*Cash and Card Only, Does not accept
Medicaid*

Lions Club

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

Eyeglasses

One Medical Clinic

913 E Cottonwood, Sherman, TX
903-868-9565

Private Pay Only

CAREVIDE

1211 E 6th, Bonham, TX
903-583-6155

Bonham Community Health Center

920 North Center Street, Bonham, TX
903-583-8611

Greater Texoma Health Clinic

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

By Application Only – Please call for an appt

TexomaCare – Bonham

2201 N. Highway 121, Bonham, TX
903-585-3111

Medicaid 2yo-17yo only

TexomaCare – Denison

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

Fannin County Indigent Health Care

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

Primary Care Associates

425 Highland Ave., STE# 225 Sherman, TX
903-892-8112

*Discounted Rate/Private Pay or Uninsured
Only*

WNJ Well Care Medical Group

600 N Highland Ave Sherman, TX
903-957-2100

North Texas Medical Center

1900 Hospital Blvd., Gainesville, TX
940-665-1751

Indigent Health, Medicaid, Sliding Scale

Four Rivers Outreach - Dental

S Rusk Street, Sherman, TX
903-870-4000

Open by Appointment

Grayson County Indigent Health Clinic

809 Gallagher Drive, Sherman, TX
903-771-2851

South Grand Family Medical

302 S Grand Avenue, Gainesville, TX
940-641-3601

Agarwal Virenda, MD

715 E California Street, Gainesville, TX
940-668-1100

Kiowa Medical Clinic

100 Kiowa Drive W #103, Gainesville, TX
940-612-5562

Muenster Memorial Hospital

605 N Maple Street, Muenster, TX
940-759-2271

Sears Medical Associates

836 E California, Gainesville, TX
940-665-5566

McLeroy & Klein

1625 N Grand Avenue, Gainesville, TX
940-665-9863

Family 1st Care

1615 Hospital Blvd, STE A, Gainesville, TX
940-641-3440

Valley View Family Medicine

909 N Frontage Road, Valley View, TX
940-726-5750

MMH Family Health Clinic

509 N Maple Street, Muenster, TX
940-759-2226

These are a few Outpatient Counseling Services in 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.

Counseling

Cooke County

Michael Anne Bryson Counseling

207 S Dixon St, Gainesville TX

940-665-8056

Medicaid, Insurance, Private Pay.

Texoma Community Center

301 N Grand Avenue, Gainesville, TX

940-612-1389

Breakthrough Christian Counseling

1001 E Broadway Street, Gainesville, TX

940-612-0049

Abigail's Arms

P.O. Box 1221, Gainesville, TX 24 Hotline

940-665-2873

Victims of Domestic Violence.

Fannin County

Faye Wedell, LPC, LMFT

112 W. 5th St., Bonham, TX

903-640-3868

Fannin County Family Crisis Center

Address not provided for safety precautions

903-583-7694

Victims of Domestic Violence.

Texoma Community Center

1221 E 6th Street, Bonham, TX

903-583-8583

Erin Holt, LPC

1212 N. Center Street, Bonham, TX

469-964-2297

Grayson County

Robert M. Cross, PhD

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

Stonebridge Family Counseling

903-893-6010
2524 East FM 691, Sherman, TX *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

5625 Texoma Parkway, Sherman, TX
903-892-8901

Dan McCaig and Associates

220 Sunset Blvd #D, Sherman, TX
903-891-3831

Women's Crisis Center

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

Grand Central Station- The Dining Car

619 E Houston St, Sherman, Tx
903-957-0264
Food assistance, education, showers & laundry

Four Rivers Outreach-Men

210 S. Rusk #2 Sherman, TX
903-870-4000

Tidemark Therapy

600 E Taylor, Sherman, TX, 903-892-2874

Center for Psychological Development

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

Applied Psychology Group

555 Republic Dr Ste 325, Plano, TX
903-893-0298

Texoma Community Center

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

Lakes Behavioral Health

809 Gallagher Dr Ste A, Sherman, TX
903-892-8185
Substance Abuse Counseling.

Steps 2 Strides

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

Trinity Counseling

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

Home Hospice

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

Hope for Texoma

402 W. Lamar St. #105, Sherman TX
903-375-0055

Mory Therapy

211 N. Fannin Ave, Denison, TX
903-642-3960

Counseling Cont.

Oklahoma

Families First, Inc

4216 Commercial Lane, Durant
580-924-9441

Oklahoma Families First

1604 N. Washington Ave, Durant
580-924-9441

Zen Gee Counseling

1524 W. Evergreen St, Durant
580-920-9178

Lighthouse Behavioral Wellness

Mental Health & Substance Services of OK

2425 W University Blvd, Durant, OK
580-924-7330
Income based

Brighter Heights Oklahoma

107 S High St, Antlers, OK
580-298-2830

These are 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*

Local Psychiatrists

Deepika Bhargava, MD

600 E Taylor, Ste 4001, Sherman, TX

903-892-0751

Medicaid, Medicare, & Private Insurance.

Gary Watts, PA

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

940-382-1120

No Medicaid.

Dante Burgos, MD - Psychiatric Group PLLC

4511 Stonewall Street, Greenville, TX

903-454-7200

Medicaid, Medicare, & Private Insurance.

Dept. of Veteran Affairs (VA Clinic)

3811 N. Hwy 75, Sherman

903-487-0477

**Judy Cook, MD - Premier Psychiatric & Sleep
Medicine Associates**

121 W. Lamberth #A, Sherman

903-892-6700

Gayatri Singh, MD

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

972-562-4755

Tri Med Behavioral and Sleep Medical

1601 N. Travis, Sherman, TX

903-328-6556

**Jawad Riaz, MD - Premier Psychiatric &
Sleep Medicine Associates**

121 W. Lamberth, Ste A, Sherman, TX

903-892-6700

Hollner Psychiatric Group

120 S Central Expwy Ste 100, McKinney, TX

469-742-0199

Bryan County Oklahoma Services

Lighthouse Behavioral Wellness Health & Substance Services of OK

2425 W University Blvd, OK 74701

580-924-7330

800-522-1090-Crisis Line

Medicaid, Medicare, Income based

Alcoholics Anonymous- Turning Point Group

St. John's Church 515 W Beech Durant, OK

Mon, Tue, Thu, Sat at 7pm

Brighter Heights Oklahoma

107 S High St, Antlers, OK

580-298-2830

Mental health and substance abuse services.

Narcotics Anonymous- Key To Life

East Side Presbyterian Church

501 NE 4th Avenue
Durant, OK

Tue-Sun at 8pm & Monday at 12pm

These are few shelters in different areas. Their placement on this list does not constitute an endorsement of their services. Inclusion on this list does not guarantee services.

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

ADA House of Hope Pregnancy Center

509 E 12th St. Ada, Ok 74820
580-332-4199

Samaritan Inn

1514 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*

Mama T's B&B

222 E. 12th St. Ada, Ok 74820
580-495-1559
mamatsada.com/home

Abigail's Arms

P.O. Box 1221, Gainesville, TX
24 Hotline 940-665-287

Open Arms Shelter of Fannin County

1205 Albert Broadfoot Drive, Bonham
(903) 449-4451

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
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
(For info) 214-670-1100
(For Intake) 214-670-1507

Union Gospel Women's Center 1321 E.

Lancaster, Ft. Worth, TX
817-332-7531/ 817-332-6908

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
903-771-4339
Transitional living Boys 17.21

Union Gospel Mission Center of Hope

4815 Cass Street, Dallas, TX
214-638-2988

Mary Pat's Sober Living for Women

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

My Brother's House-Sober Living

711 W Division, Muenster, TX
940-759-2449

Sober living home. Males only.

Family Promise of Grayson County

901 E. Houston St. Suite 100, Sherman
TX Phone: 903-771-0322

*Rent/utility help to help families with minor
children. Assistance requires minor
children to be in the home.*

Four Rivers Outreach

210 S. Rusk, Sherman, TX

Phone: 903-870-4000

Register for food assistance at 10:00 am

Food assistance: Monday, Wednesday,
and Friday at 10:30 am

Thrift Store Open

Saturday 10:00 am to 5:00 pm

Food, Utility and Medication Assistance

North Texas Food Pantry

903-465-1288

*Food Pantry (2nd Monday each Month)-
Serving Denison.*

Visto Clinic

1305 N. Culberson , Gainesville, TX 76240

940-668-6403

Medication, Food, Utility Assistance.

Lakeway Samaritan

518 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

903-813-3541

*Utility Assistance Serving Cooke, Fannin, and
Grayson Counties.*

Tom Bean Ministerial Alliance

903-546-6231

*Medication/Food Assistance if living within Tom
Bean ISD.*

Denison Helping Hands

418 W Chestnut

903-465-5101

Food Assistance for Denison Residents.

First Baptist Church Tom Bean

903-546-6231

Food pantry-(4th Thursday of Month)

Park Avenue Church of Christ

3000 Park Ave, Denison TX

903-465-1288

Carevide in Bonham

920 N Center St, Bonham, TX

903-583-8611

Medication Assistance.

Fannin County Indigent Health

903-583-2915

Medication Assistance.

Your Neighbor's House

201 S. Union St, Whitesboro, TX

903-564-4400

Food Assistance.

Share Ministries

820 E. Houston St, Sherman, TX

903-893-7097

Food Assistance.

Fannin County Community Ministry

903-583-3663

Food Assistance.

Fannin County Food Pantry

903-583-9150

Muenster Food Bank

940-759-4730

Food Assistance

Barnababas Center

2800 S. Mirick, Denison, TX

903-462-0094

Grayson College Food Pantry

Professor Mary Linder- Student Life ☎

463-8616

St. Luke's Food Pantry

306 N Fannin Ave., Denison, TX

Phone Number:903-465-2630

maloneb@grayson.edu

Barbara Malone: 903-463-8730

Food, Utility, and Medication Assistance Cont.

Grace Bridge Food

Bank 319 W. Walnut, Celina
214-425-9423

United Way of Grayson County

713 E. Brockett St., Sherman
903-893-1920

Victory Life

724 W. Main St, Durant
580-920-2574

New Heritage Baptist Church

(formerly east Sherman Baptist church)
2122 S. Heritage Parkway, Sherman
903-892-6171

Call the church to set up an
appointment for assistance

New Beginnings Fellowship

1201 W. Shepherd, Denison, TX 75020
Phone Number:903-463-4110
Mondays 9:00 am to 11:00 am to
register

Western Heights Church of Christ

800 Baker Park Dr. Sherman, TX
Benevolence Available
Phone Number:903-892-9635

Calvary Baptist Church

418 W. Chestnut, Denison, TX
Phone Number:903-465-5101
MWF- 9:00 am - 12:00 pm- Need to
bring College Student ID, ss card or
driver's license
Contributes to Denison Helping Hands

North Park Baptist Church

2605 Rex Cruse, Sherman, TX
Phone Number:903-892-8429
Food Assistance available Monday -
Thursday : 8:30 am- 4:30 pm/ closed
12:00 -1:00 pm

Sherwood Shores Baptist Church

1044 Hillcrest Circle, Gordonville
Phone Number:903-523-5056
Food pantry and clothing closet 9:00
am to 12:00 pm every 2 nd Saturday of
the month

Trinity Baptist Church

(4His Glory Ministry)
2627 Loy Lake Rd.
Sherman, TX
Phone Number:903-892-1568
Monday and Wednesday 5:30 pm to
7:30 pm
Tuesday 9:00 am to 12:00 pm

Grand Central Station Soup Kitchen

619 Houston Street, Sherman TX
Phone Number:903-957-0264
Open Monday through Friday 9:00 am,
to 1:00 pm
Breakfast Monday through Friday 9:00
am to 10:00 am
Lunch Monday through Friday 10:45
am to 12:45 pm

Grayson County Health Department

Sherman - 515 N.Walnut, Sherman, TX
Sherman Phone Number:903-893-0131
Denison - 205 N.Houston, Denison, TX
Denison Phone Number:903-465-2878

Women's Crisis Center

4200 N.Travis, Sherman, TX
Phone Number:903-893-5615
Food for shelter residence only.

Masterkey Ministries

Harvest Time Church
Friday drive-through distribution
222 S Heritage Parkway
Sherman, TX
8:00 am to 11:00 am

Food, Utility, and Medication Assistance Cont.

Four Rivers Outreach

210 S. Rusk, Sherman, TX

Phone Number: 903-870-4000

Register for food assistance at 10:00 am

Food assistance: Monday, Wednesday, and Friday at 10:30 am

Thrift Store Open

Saturday 10:00 am to 5:00 pm

United Way Of Grayson County

713 E. Brocket st, Sherman, TX

Phone Number: 903-893-1920

Your Neighbors House

201 s Union st, Whitesboro, TX 76273

903-564-4400

Living Word Family Church

302 South Dixon Street

Gainesville, TX - 76240

Phone: (940) 665-1191

VISTO Food Pantry

1305 N. Culberson

Gainesville, TX - 76241

Phone: (940) 668-6403

Fax Number: (940) 668-7026

Sacred Heart Food Pantry

120 Mesquite Street

Muenster, TX - 76252

Phone: (940) 759-3074

Fannin County Community Ministries (Food Pantry)

1022 Fm 273 Bonham, TX 75418

903-583-3663

Manna House Food Pantry

913 South 5th St, Bonham TX 75418

Fannin County Family Crisis Center

118 East Sam Rayburn Dr, Bonham, TX

75418

Open Arms Shelter

1205 Albert Broadfoot st, Bonham, tx

75418

Feeding Fannin: Fannin County Mobile Food Pantry

Updates on Facebook (City Hall and Fannin County Multipurpose Complex)

Financial Assistance

Mental Drive

Phone: (817) 585-4111

Email: ryder@mentaldrive.org

www.mentaldrive.org

Substance Abuse 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

214 W Brockett Street, 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 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 Abuse

Texoma Community Center

315 W. McLain, Sherman, TX
903-957-4803
No Cost. Outpatient, Drug Offender Education.

Four Rivers Outreach

210 S. Rusk, Sherman, TX
903-870-4000
*Drug and alcohol classes, Life Skills, GED
program.*

Homeward Bound

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

Lena Pope Home Inc

3131 Sanguinet Street, Fort Worth, TX
817-255-2652
Tarrant County residents only.

Medmark Treatment Centers of Texas Inc.
5201 McCart Ave, Fort Worth, TX
817-207-8700

Lakes Behavioral Health Center- Sherman
809 Gallagher Dr Suite A, 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.
972-524-4159

North Texas Addiction Counseling and Education Inc.
124 Pioneer Parkway, Ste 120
Arlington, TX
817-765-8278

Lakes Behavioral Health Center-Terrell
400 Airport Rd., Terrel TX
972-524-4259

Lakes Behavioral Health Center- Greenville
4200 Stuart, Greenville, TX
903-455-3987 x1312
Low or no-cost.

Outpatient Treatment for Substance Abuse (Continued)

MHMR of Tarrant County

1300 Circle Dr #104, Fort Worth, TX

817-335-3022 or 1-800-866-2465

Adult & Adolescent Outpatient, Detoxification, Residential Treatment, Spanish Speaking Outpatient, Smoking Cessation, HIV Services, Veterans Services.

Volunteers of America Texas Inc.

2710 Ave J, Fort Worth, TX

817-529-7300 or 817-535-0853

Outpatient & Inpatient treatment.

Glen Oaks Hospital

301 Division St. Greenville, TX

903-454-6000

University of Behavioral Health of Denton

2026 W. University Dr. Denton, TX

940-320-8100

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.

The Recovery Center

2501 Taylor St. Wichita Falls, TX

940-761-3034

Millwood Hospital

1011 N. Cooper St, Arlington, TX

817-261-3121

Inpatient/Residential Treatment for Substance Abuse

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.

3200 Sanguinet 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

4513 Gaston Avenue, Dallas, TX

214-324-9261

Women only, non-medical alcohol detox, no cost.

Serenity House Drug & Alcohol Rehab

1546 N 2nd Street, Abilene, TX
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

Salvation Army Rehab Center

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

Men Only

Solutions of North Texas in Denton

1516 N Ruddell Street, Denton, TX
940-898-6202

90 day Residential and Outpatient. Financial assistance

Medication Assisted Treatment Providers for Substance Use Disorders

**Dr. Sullivan Bryant - Axcel
Treatment & Recovery Clinic**
1105 Memorial Dr, Denison
903-337-0208

Dr. Dante Burgos
1105 Memorial Dr, Denison
903-464-0727

**Dr. Olyenmi Aina - Tri-MED
Behavioral & Sleep Medicine**
1601 N. Travis, Sherman
903-328-6556

**Dr. Jawad Riaz - Premier Psychiatric
& Sleep Medicine Associates**
115 W. Lamberth Suite A, Sherman
903-892-6700

Narcotics Anonymous

Cooke County

Narcotics Anonymous

1608 N Commerce, Gainesville, TX
*Mon, Tue, Wed, Fri, Sat, & Sun at 8pm. Thu
at 12pm & 7pm*

Fannin County

Primary Purpose

1308 E Sam Rayburn Dr, Bonham, TX
Nightly at 7pm

Grayson County

Full Circle 1st United Methodist Church

301 W Maple St, Whitewright, TX
Mon, Wed, Sat at 7:30pm

Refinishing at Saint Episcopal Church

401 S. Crockett St, Sherman, TX
Mon & Thu at 7pm

Crystal Meth Anonymous-Crossroads Group

212 C.N. Crockett, Sherman TX
903-893-3910
Opens at 6:00 pm

Celebrate Recovery

3000 Park Ave, Denison, TX 903-465-1288
800 Baker Park Drive, Sherman, TX 903-892-
9635

Keep it Simple at Trinity Lighthouse

2915 Spur 503, Denison, TX
Fri & Sat at 8pm

Something Different at Covenant Presbyterian Church

322 W. Pecan St, Sherman, TX
Mon-Fri at Noon

Alcoholics Anonymous

Cooke

AI Anon

606 N. Taylor St,
Gainesville, TX
940-665-1647

Anchor Group

1608 N. Commerce, Gainesville TX
940-612-2016
*Mon-Sat at 12pm. Mon, Wed-Fri at 6pm. Wed
& Thu at 7:30. Sun at 10am and 8pm*

Fannin**Al-Anon**

1310 E Sam Rayburn Drive, Bonham, TX
940-640-8916
Mon at 7pm

Twinkle Group

1308 E Sam Rayburn Drive, Bonham, TX
940-449-6372
Mon-Sun at 8pm

Grayson**Sherman Serenity**

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

Van Alstyne Al-Anon

521 Rigsby Street, Van Alstyne, TX
866-641-9190
Tue, Thu, Fri, & Sun 6pm

New Beginnings Group

1308 N. Sam Rayburn Fwy, Bonham, TX
903-640-8916
Mon-Sat at 12pm. Sun at 1pm & 6pm

Texoma #1 Group

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

Faith Based Services Local Churches

Joshua's Crossing

7201 FM 691, Denison
903-870-8048

Legacy Bible Church

4818 FM 691, Denison
903-892-1476

Georgetown Baptist Church

207 Georgetown Rd, Pottsboro
903-786-2233

St. Mary's Catholic Church

727 S. Travis St, Sherman
903-893-5148

Lakeway United Methodist Church

15015 TX-289, Pottsboro
903-786-2138

Grace Bible Fellowship

101 W. Pecan St, Gunter
Thegbf.com

First United Methodist Church

401 N. Elm, Sherman
903-893-6514

First Christian Church

800 W. Woodard, Denison
903-465-1327

First Pentacostal Church

177 W Cooper St, Van Alstyne
903-482-6646

Park Avenue Church of Christ

3000 Park Ave, Denison
903-465-1288

Heritage Nazarene Church

601 FM 1417, Sherman
903-893-2643

St. Stephen's Episcopal Church

401 S. Crockett, Sherman
903-892-6610

Church of Jesus Christ of Latter Day Saints

1900 W. Lamberth Rd, Sherman
903-742-0789

Covenant Presbyterian Church

322 W. Pecan, Sherman
903-892-1502

Jehovah's Witnesses Kingdom Hall

3210 E Lamar, Sherman, TX
903-892-2742

Seventh Day Adventist Church

3409 S. Eisenhower Pkwy, Denison
903-463-3652

**Home Health Services Grayson County &
Fannin County**

Caring Bridge Home Health Care
903-870-1000

Interim HealthCare of Sherman
903-357-5704

AdvanTX Home Care, Inc.
903-813-8681

Inhabit Home Health
903-813-3238

Cooke County

NTMC Home Health
940-668-2094

Active Home Care Services
940-686-4663

DME

Miracle DME:
903-892-1525

TMC:
903-416-5555

Advanced Care:
580-924-2626

Bryan County, OK

Aspire Home Care
855-527-7473

Home Health Services of SE OK
580-920-1700

Meals on Wheels Texas

Bells: 903-965-4517
Bonham: 903-583-8573
Denison: 903-463-1711
Gainesville: 940-665-3493
Pottsboro: 903-327-3725
Sherman: 903-892-3733
Van Alstyne: 903-482-6341
Whitesboro: 903-564-6021

Oklahoma

Tulsa: 918-627-4103
OKC: 405-607-2314: 580-230-9142

Hospice Services Grayson County

Home Hospice of Grayson County
903-868-9315

Sliding Scale Dentists that offer services other than extractions

Mission East Dallas MED Mesquite

Address: 4550 Gus Thomasson Road, Mesquite, Suite 40, TX 75150

Phone: 972-682-8917

Services Provided:

Routine check-ups and cleanings

Restorative fillings Extractions and root canals

Dentures and partial dentures

Emergency and comprehensive exams

Foremost Family Health Centers

Address: 4550 Gus Thomasson Road, Mesquite, Suite 40, TX 75150

Phone: (214) 426-3645

Services Provided:

Cleaning Dental Fillings

Tooth Extractions

Dental Crowns

Partial Dentures

Prism Health

Address: 8224 Park Ln, #125, Dallas, TX 75231

Phone: 214-987-1131

Services Provided:

Dental exams,

x-rays, & cleanings

Gum treatments

Sealants

Fillings (all types)

Extractions*

Crowns

Bridges

Full & partial dentures

Root canals*

Pediatric dental services*

Oral cancer screening

Health fairs

Patient oral health & preventive education

Law Enforcement

Sheriff's Department – Emergency order detention; involuntary admission & transport

Texas

Grayson County

Sheriff Tom Watt
Chief Deputy Tony Bennie
903-813-4408

Collin County

Sheriff Jim Skinner
972-547-5100

Fannin County

Sheriff Mark Johnson
903-583-2143

Cooke County

Sheriff Ray Sappington
940-665-3471

Oklahoma

Bryan County

Sheriff Jimmy Christian
580-924-3000

Tribal Services

Choctaw Nation
580-889-6147 – Atoka

Chickasaw Nation

580-371-3278 – Tishomingo

Speech Pathologist

Developmental edge

903-482-0032 – Van Alstyne

Alison Nelson

4917 Golden Triangle Blvd,
Suite 411 & 421, Fort Worth, TX
817-754-4940

Red River Management

580-677-9949 – Madill OK

Language Interpreter

Innerlingua Translations

866-664-4182

Clothes Closets

Resale Barn

518 FM 120, Pottsboro
903-786-2402

Crisis Center

4200 N Travis Street, Sherman
903-893-5615

Salvation Army Family Store

426 W. Houston, Sherman
903-813-4848

St. Catherine's

1015 N. 1st Ave, Durant
580-920-4655

Barnabas Center – Park Avenue Church of Christ

118 W. Chestnut, Denison
903-462-0094

For His Glory Ministry

2627 Loy Lake Rd, Sherman
903-892-1568

Texoma Family Shelter

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

Hygiene Items

Grayson County Infant/Toddler Diapers Bank with TCOG

<https://tcog.com/wp-content/uploads/2020/06/Grayson-County-Diaper-Bank-Referral-Form.pdf>

Grayson County Adult Briefs or Incontinence Care

Call for appointment with TCOG for supplies
903-893-2161

<https://tcog.com/wp-content/uploads/2020/07/Grayson-County-Diaper-Bank-Adult-Brief-Incontinence-Care-Referral-Form.pdf>

Income-Based Apartments

Hilltop Village Apartments

4919 Timberview, Sherman
903-892-3171

Norwegian Woods Apartments

220 Archer Dr, Sherman
903-893-1594

David Catching Apartment

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

Glenbrook Apartments

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

Steeplechase Apartments

3621 Steeplechase Dr (Hwy 1471) Sherman
903-771-1410 www.rentourspace.com

Williamsburg Apartments

100 E. Williams St, Pottsboro
903-786-3093

Diamond Place Apartments

1600 LaSalle Dr, Sherman
903-892-2999

Hunnington Apartments

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

Section 8 Housing Authority

2001 N. Hoard, Sherman
903-893-3139

Affordable Apartments

Highland Park Village

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

Lakewood Apartments

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

The Parks on Taylor

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

Archer Village Apartments

415 Archer Dr., Sherman
903-893-0344

Easton Parc Apartments

1600 LaSalle Dr,
Sherman 903-892-2999

Denison Housing Authority

330 N. 8th Ave., Denison
903-465-2650

Social Service Organizations and other helpful numbers

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
CASA: 903-813-5400
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
District Attorney Grayson County: 903-813-4361
District Attorney Bryan County: 580-924-4032
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-Calera 280-434-7000
Police Department-Colbert 580-296-2000
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
TAPS Bus: 1-800-256-0911
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
Carrus Behavioral Health: 903-870-2600
Workforce Solutions Texoma-Bonham: 903-640-0222
Workforce Solutions Texoma-Denison: 903-463-9997
Workforce Solutions Texoma-Gainesville: 940-665-1121
Workforce Solutions Texoma-Sherman: 903-957-7408
DHS Grayson County: 903-893-6553
DHS Oklahoma: 405-521-3646

Community Services Network

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

Four Rivers Outreach

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

Pregnancy Care Center

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

Sherman SNAP Center

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

SNAP of Whitesboro

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

Compassion and Support

First United Methodist Church
401 N. Elm Street, RM 110, Sherman, TX
903-868-9315
Grief Support Counseling/Group

Assure Wireless

1-888-898-4888
Free wireless phone and 200 minutes.

National Alliance on Mental Illness; Grayson, Fannin, & Cooke County (NAMIGFC) Meeting

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

Mental Illness Support Group
3rd Thursday monthly 6p-8p

Community Services Network

320 King Ave, Denison
903-786-5899

Disaster Distress Helpline 1-800-985-5990

(SAMHSA's Disaster Distress Helpline, 24/7, 365-day-a-year crisis counseling and support for emotional distress related to natural or human-caused disasters.) Or text "TalkWithUs" to 66746

Behavioral Health Disaster App <https://www.store.samhsa.gov/apps/disaster> Responders can utilize the SAMHSA Go2AID—The Field Resources for Aiding Disaster Survivors APP too!

FEMA Coping with Disaster <https://www.FEMA.gov/coping-disaster>

Access to Disaster Help and Resources

<https://www.disasterassistance.gov/>

Ready or Not? Have a plan <https://texaspreoares.org>

Make Ready.gov a part of your information toolkit on all thing's disaster related
<https://www.ready.gov/be-informed> Fire/EMS Helpline 1-888-731-FIRE (3473)

Emergency Medical Technician? <http://www.safecallnow.org> /1-206-459-3020 or contact the First Responder Support Network <http://www.frsn.org>. or Code Green Campaign <http://codeareencamDaian.org/resources>.

Find more information at <https://www.naemt.org/initiatives/ems-mental-health> Lots. More info-for EMS and Fire <https://www.nvac.org/oroarams/share-the-load-proaram/>

Law Enforcement? <http://www.copline.org> **or call 1-800-267-5463 Veteran? VA**

Disaster Mental Health Treatment

[https://www.Dtsd.va.gov/Dubiic/treatment/theraDV-med/disaster mental health treatment, asp](https://www.Dtsd.va.gov/Dubiic/treatment/theraDV-med/disaster%20mental%20health%20treatment.asp)

VA Coaching into Care 1-888-823-7458 Vets Prevail <http://www.vetsprevail.org>

(personalized, confidential, online, where you earn rewards for helping yourself and others)

headstrong (for post-9/11 vets) Free, confidential treatment for post-9/11 veterans
<http://Getheadstronga.org/aet-help/>

Traumatic Brain Injury (TBI) Defense & Veterans Brain Injury Center Info and Referral 1-866-966-1020

Veterans Crisis Line 1-800-273-8255; press 1

Need more great resources? <https://www.samhsa.gov> and

<https://www.samhsa.gov/disaster-DreDaredness>

Sign up for a free account, take classes, earn CE's, meet other responders, get involved, and more...<https://train.org/Texas/> and <https://preparingtexas.org>

Emergencies – Stressed? Need to Talk?

1-800-273-8255 (*Talk*)

National Suicide Prevention Lifeline (24/7, Free. Confidential support for people in distress).

National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

National Domestic Violence Hotline

1-800-799-SAFE (7233)
787-3224 (*hearing impaired line*)

RAINN www.rainn.org

(Rape, Abuse, & Incest National Network) 1-800-
1-800-656-HOPE (4673)

Abuse Hotline

1-800-252-5400

Crime Victims

1-800-799-7233

Outreach, Screening, Assessment, and Referral (OSAR)

A point of contact for those seeking substance use disorder treatment services. Regardless of ability to pay, Texas residents who are seeking substance use disorder services and information may qualify for services based on need. OSAR's are located at Local Mental Health Authorities (LMHAs) in 11 Health and Human Services regions.

MENTAL HEALTH

<http://hhs.texas.gov/services/mental-health-substance-use>

Local Mental Health Authorities

Community Mental Health Centers <http://txcouncil.com>

Substance Use Disorder?

**Alcoholic
Anonymous**

**Narcotics
Anonymous**

<http://aa.org>

<http://www.na.org>

Crisis Text Line

Text HOME to 741741 in the U.S.,
a trained Crisis Counselor will text back.

TX Stalking Resource Center

<https://victimsofcrime.org/our-programs/past-programs/stalking-resource-center>

Elder Abuse: Report it, get help, and applicable state laws

Contact the Administration for Community Living, National Center on Elder Abuse <https://ncea.acl.gov>
or call: Eldercare Locator (weekdays) 1-800-677-1116

Most states require doctors and lawyers to report elder mistreatment. But, family, friends, and Others can report too. Don't walk. Help is available. In an emergency call 911.

Want more information? Elder Options of Texas <https://www.elderoptionsoftexas.com> and <https://www.texasattorneygeneral.gov/consumer-protect/seniors-and-elderly/how-spot-and-report-elder-abuse-and-neglect>

Veterinarian? Assn. of Shelter Veterinarians <https://www.sheltervet.org/crisis-intervention>

Resource directory's:

<https://www.navigatelifetexas.org/en/>

<https://helpingfannin.org/>