

# *Informational Resource Guide*

## *It's a New Season So, Let's Live Again Conference*

March 26 – 27, 2021



BEN WASHINGTON BAPTIST CHURCH  
W.O.V.E.N MINISTRY  
(**W**omen of **V**irtue **E**mbracing **N**ewness)

This Resource Guide was prepared especially for YOU and those in need of support. Use it as a guide or as a source of reflection on the nuggets of truth received at the BWBC... "It's a New Season, So Let's **LIVE AGAIN** Conference.

Please note that many links and websites were provided from outside sources. Ben Washington Baptist Church is unable to restore or update any links or webpages deleted or revised by the original owner.

Thank you.  
The BWBC WOVEN Ministries



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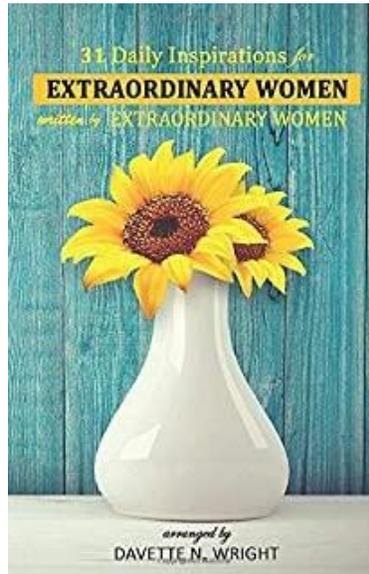
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# BOOKS

## 31 Daily Inspirations for ExtraOrdinary Women



Available on Amazon [31 Daily Inspirations for Extraordinary Women: Written by Extraordinary Women: Wright, Davette N: 9781948167093: Amazon.com: Books](#)

**31 Days of Inspiration** is a book full of stories that, as you read, you realize it cost the writers something as they encourage you by sharing their real-life experiences. Women often wonder if they are enough, what's wrong with them, along with a myriad of other plaguing questions that rotate in their minds daily. This book lets you know that you are enough, things will get better—but most importantly—it lets you know that you are not alone. We may not be going through the same thing, but it doesn't mean that what we are going through is not important enough to address. There is hope for each of us if we just hold on! I think that it's important for us to hear from women of different backgrounds and various ages. **We can learn from one another when we first take time to listen.**

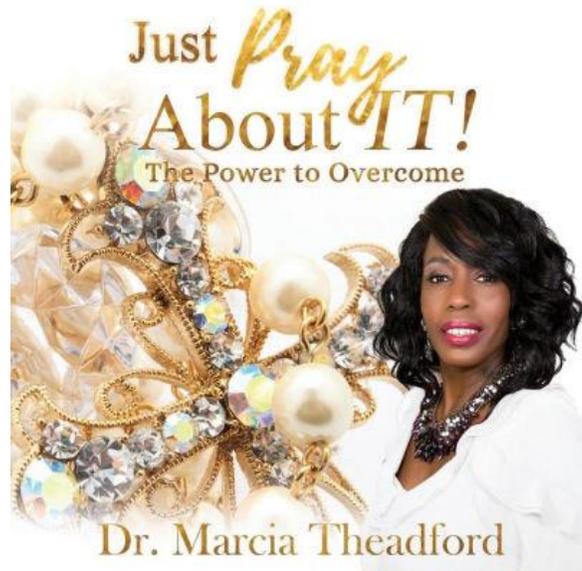
Author/Creator: Davette "Nikki" Wright

[www.davettewright.com](http://www.davettewright.com)

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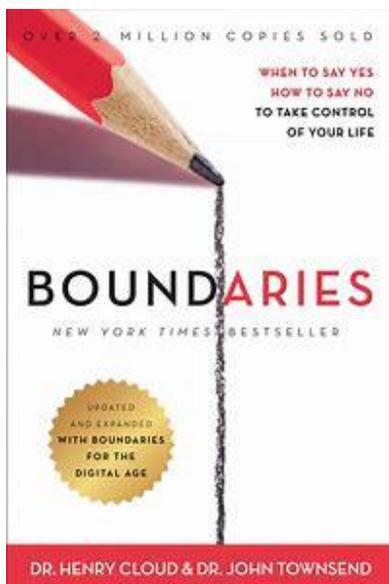


[Amazon.com: Just Pray About It! The Power to Overcome \(9780692851296\): Theadford, Dr Marcia E: Books](https://www.amazon.com/Just-Pray-About-It-The-Power-to-Overcome/dp/09780692851296)

## Overview – Just Pray About It

Just Pray About It! The Power to Overcome, signifies the importance of passionately pursuing a partnership with God through prayer and intercession. Partnering in prayer with God on behalf of others takes you to a place in the spiritual realm that brings forth deliverance through Christ Jesus. Just Pray About It, shares with you the power of prayer and proclamation. Prayer is the vehicle of our faith and our lifeline to God. In order to experience God's promises in Revelation 12:11, "And they overcame by him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death," we must not only pray, but also testify of God's amazing grace. Just Pray About It, encourages you to study scripture, and boldly declare the promises of God over your life and the lives of others. It is through prayer and studying God's Word that you will begin to know His voice and the voice of a stranger you will not follow. **Every page offers prayer and promise through scripture and testimonies of those who lives were challenged by life's problems but changed by prayer!** Just Pray About It also provides you with journal entries to seize the moments in which God captures your heart in prayer.

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## Boundaries

*Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves. Plus check out *Boundaries* family collection of books dedicated to key areas of life - dating, marriage, raising kids, parenting teens, and leadership. Workbooks and Spanish editions are also available.*

[Boundaries: When to Say Yes, How to Say No to Take Control of Your Life: Dr. Henry Cloud, Dr. John Townsend: 9780310351801 - Christianbook.com](https://www.christianbook.com/9780310351801/boundaries-when-to-say-yes-how-to-say-no-to-take-control-of-your-life-by-dr-henry-cloud-dr-john-townsend)

***Boundaries* is the book that's helped over 4 million people learn when to say yes and know how to say no to take control of their lives.**

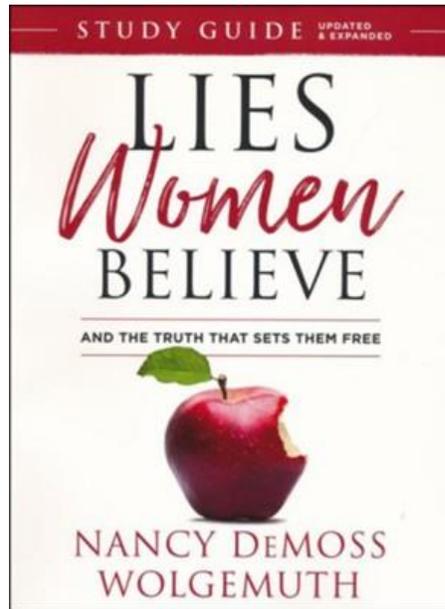
**Does your life feel like it's out of control?** Perhaps you feel like you have to say yes to everyone's requests. Maybe you find yourself readily taking responsibility for others' feelings and problems. Or perhaps you focus so much on being loving and unselfish that you've forgotten your own limits and limitations. Or maybe it's all the above.

In the *New York Times* bestseller, *Boundaries*, Drs. Henry Cloud and John Townsend help you learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself.

Now updated and expanded for the digital age, this book continues to help millions of people around the world answer these tough questions:

- Can I set limits and still be a loving person?
- What are legitimate boundaries?
- How do I effectively manage my digital life so that it doesn't control me?
- What if someone is upset or hurt by my boundaries?
- How do I answer someone who wants my time, love, energy, or money?
- Why do I feel guilty or afraid when I consider setting boundaries?
- How do boundaries relate to mutual submission within marriage?
- Aren't boundaries selfish?

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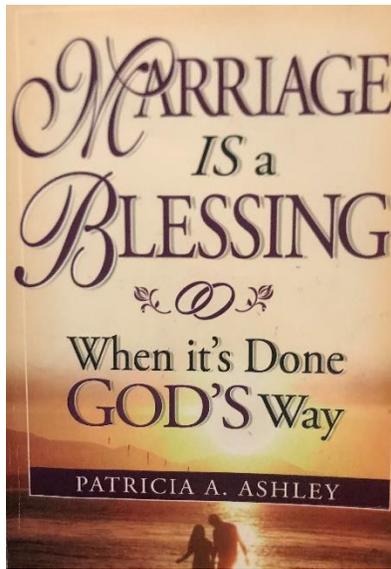


## Lies Women Believe

[Lies Women Believe: And the Truth that Sets Them Free: Nancy Leigh DeMoss: 9780802472960: Amazon.com: Books](https://www.amazon.com/dp/9780802472960)

In her book, *Lies Women Believe*, Nancy exposes areas of deception commonly believed by Christian women - lies about God, sin, priorities, marriage and family, emotions, and more. She then sheds light on how we can be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life. Nancy offers the most effective weapon to counter and overcome Satan's deceptions: God's truth!

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## Marriage is a Blessing ~ When It's Done GOD's Way

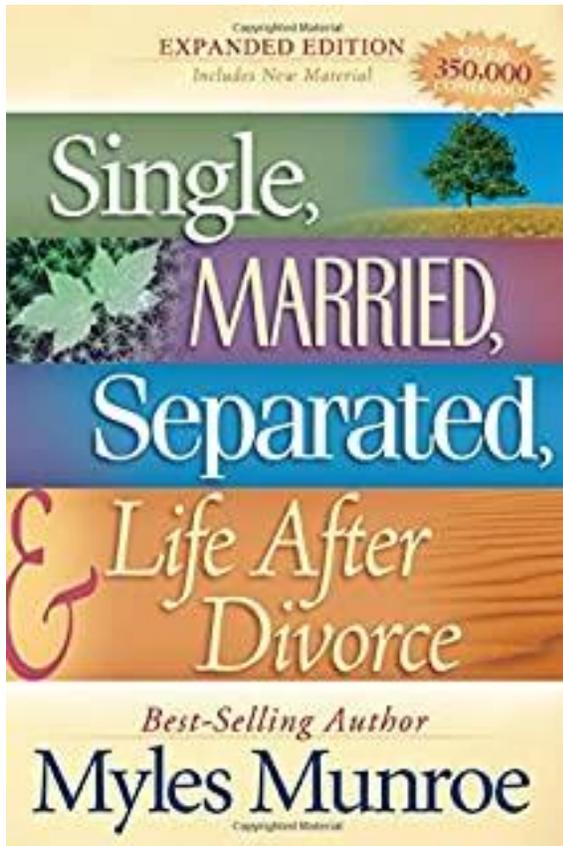
Patricia A. Ashley

2<sup>nd</sup> Edition Coming Soon... currently in the reprinting process.

Speaker and author, Patricia Ashley assures us that the solutions to building a strong and lasting marriage can be found in her book, *Marriage Is A Blessing*. Using the principles spelled out in the Word of God, Pat adds her personal journey of marriage and how it miraculously survived the pitfalls that lead to divorce. She tells the colorful story of how she and her husband Vernon were about to give up and go their separate ways when God stepped in and saved them both. In addition, the Lord supernaturally healed and restored their dead marriage.

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# Single, Married, Separated, & Life After Divorce



## About the Author

**Myles Munroe** is the Founder, President, and Senior Pastor of Bahamas Faith Ministries International, an all-encompassing network of ministries headquartered in Nassau, Bahamas. He is a multi-gifted international motivational speaker, author of more than 20 books and business consultant addressing critical issues affecting every aspect of human, social and spiritual development.

The spiritual impact being made by him is evidenced by the demand for his books to be distributed in over 80 countries. Myles' message is that all men are equal and every human being has a purpose and the potential to fulfill his God-given purpose in life.

**Singleness** is a myth. To be single means to be all one (alone), separate, unique and whole.

**MARRIAGE** is when two separate, unique and whole persons (one male, one female) make a covenant to exchange vows, committing their lives to remain together until death.

**Separation** is an unofficial divorce with the exact same effect as divorce. It is the most tragic state of limbo.

**Divorce** means to desert. The armed forces prosecute deserters. God has made no provision for divorce in the Bible. If you are invited to a wedding, you are a covenant witness, and if this couple later divorces, you should be invited to the divorce just as you were to the wedding.

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# SELF CARE

## What Is Self-Care?

Self-care describes a conscious act one takes in order to promote their own physical, mental, and emotional health. There are many forms self-care may take. It could be ensuring you get enough sleep every night or stepping outside for a few minutes for some fresh air.

Self-care has been defined as, "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."<sup>1</sup> Self-care is vital for building resilience toward those [stressors](#) in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life. Unfortunately, however, many people view self-care as a luxury, rather than a priority. Consequently, they're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.

It's important to assess how you're caring for yourself in several different domains so you can ensure you're caring for your mind, body, and spirit.

## Balanced Self-Care



All the [stress relief activities](#) in the world won't help if you aren't taking care of yourself. [Meditation](#) won't do you any good if you aren't getting adequate sleep. In fact, when you try to meditate, you might doze off because you aren't taking care of your body's need for sleep.

Similarly, hitting the gym once in a while won't relieve much stress if you're only fueling your body with high-processed junk food. You need to take care of your basic needs first if you want your stress relief activities to be effective.

## 5 Self-Care Practices for Every Area of Your Life

Emotional...Mental...Physical...Social...Spiritual

### Emotional Self-Care



It's important to have healthy coping skills to deal with [uncomfortable emotions](#), like anger, anxiety, and sadness. Emotional self-care may include activities that help you acknowledge and express your feelings on a regular basis. Whether you talk to a partner or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions, it's important to incorporate emotional self-care into your life.<sup>6</sup>

When assessing your emotional self-care strategies, consider these questions:

- Do you have healthy ways to process your emotions?
- Do you incorporate activities into your life that help you feel recharged?

## Mental Self-Care



The way you think and the things that you're filling your mind with greatly influence your psychological well-being.

Mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books or watching movies that inspire you fuels your mind.<sup>4</sup>

Mental self-care also involves doing things that help you stay mentally healthy. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue.

Here are a few questions to consider when you think about your mental self-care:

- Are you making enough time for activities that mentally stimulate you?
- Are you doing proactive things to help you stay mentally healthy?

## Physical Self-Care



You need to take care of your body if you want it to run efficiently. Keep in mind that there's a strong connection between [your body and your mind](#). When you're caring for your body, you'll think and feel better too.

Physical self-care includes how you're fueling your body, how much sleep you're getting, how much [physical activity](#) you are doing, and how well you're caring for your physical needs. Attending appointments, taking medication as prescribed, and managing your health are all part of good physical self-care.<sup>2</sup>

When it comes to physical self-care, ask yourself the following questions to assess whether there might be some areas you need to improve:

- Are you getting adequate sleep?
- Is your diet fueling your body well?
- Are you taking charge of your health?
- Are you getting enough exercise?

## Spiritual Self-Care



Research shows that a lifestyle including [religion or spirituality](#) is generally a healthier lifestyle.

Nurturing your spirit, however, doesn't have to involve religion. It can involve anything that helps you develop a deeper sense of meaning, understanding, or connection with the universe.<sup>5</sup>

Whether you enjoy meditation, attending a religious service, or praying, [spiritual self-care](#) is important.

As you consider your spiritual life, ask yourself:

- What questions do you ask yourself about your life and experience?
- Are you engaging in spiritual practices that you find fulfilling?

## Social Self-Care



Socialization is key to self-care. But, often, it's hard to make time for friends and it's easy to neglect your relationships when life gets busy.

Close connections are important to your well-being. The best way to cultivate and maintain close relationships is to put time and energy into [building your relationships](#) with others.<sup>3</sup>

There isn't a certain number of hours you should devote to your friends or work on your relationships. Everyone has slightly different social needs. The key is to figure out what your social needs are and to build enough time in your schedule to create an optimal social life.

To assess your social self-care, consider:

- Are you getting enough face-to-face time with your friends?
- What are you doing to nurture your relationships with friends and family?

# Develop Your Self-Care Plan



Self-care isn't a one-size-fits-all strategy. Your self-care plan will need to be customized to your needs.

A self-care plan for a busy college student who feels mentally stimulated all the time and has a bustling social life might need to emphasize physical self-care.

On the other hand, a retired person may need to incorporate more social self-care into their schedule to make sure that their social needs are

being met.

Assess which areas of your life need some more attention and self-care. And reassess your life often. As your situation changes, your self-care needs are likely to shift too.

When you discover that you're neglecting a certain aspect of your life, create a plan for change.

You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.

Then, schedule time to focus on your needs. Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently.

If you or a loved one are struggling with a mental health condition, contact the [Substance Abuse and Mental Health Services Administration \(SAMHSA\) National Helpline](#) at **1-800-662-4357** for information on support and treatment facilities in your area.

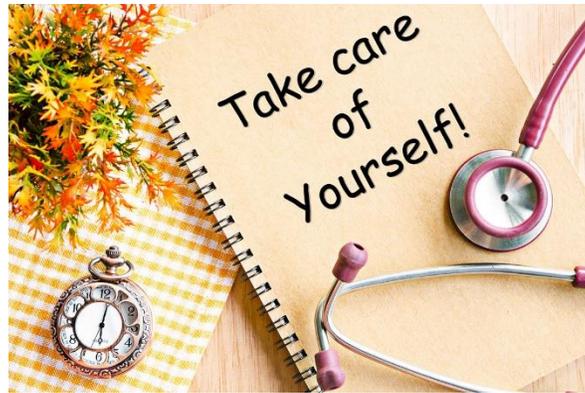
**Self-care** means taking time to love yourself and appreciating that there's only one you and you're the expert on that.

By  
Elizabeth Scott, MS



Medically reviewed by  
Steven Gans, MD  
Updated on August 03, 2020

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## 250+ Categorized Self-Care Activities

### Mental Self-Care Ideas and Activities

- Give your mind a break so you are clear-headed.
- Learn more about your local history.
- Challenge your negative thinking.
- Take another route to work or do a routine differently. Develop new neural pathways and keep your brain healthy by mixing up your routine in small ways.
- Learn how to make a budget and keep track of your money. **These money-saving apps can help.**
- Sew, quilt, or crochet something. Engage your hands.
- Try something new in your living space. Rearrange all of your furniture in a way that makes you more comfortable. When your home “looks” new, you receive constant new stimulus until your mind is completely settled with the new look.
- Write a limerick or a haiku.
- Develop an energizing morning ritual including **this healthy drink**.
- Read fiction for an hour.
- Find a new hobby, or revisit an old one.
- Intentionally schedule “me time” on your calendar or planner.
- Learn a new board game you’ve never played, such as chess, Carcassonne, Settlers of Caatan, or even Game of Thrones.
- Get some inspiration by reading stories of people who overcame adversity.
- Buy a coloring book and crayons. Adult coloring is actually good therapy.
- Goof or play around for five minutes several times throughout your day.
- Catch up on your favorite blog.
- Establish and stick to a routine. Your personal routine can be grounding in times when life seems chaotic.
- Use online tutorials to learn something new (i.e., Photoshop or Excel).
- Discover your stress indicators, such as mood swings, shortening temper, or feeling drained, overwhelmed, or angry. Use these “warning signs” to let you know you need “me time” and some self-care.
- Listen to a podcast about a topic that interests you, but you have yet to explore.
- Declutter your wardrobe. Every month, pick three clothes that you don’t love (or love least) and give them away.
- Do something spontaneous.
- If you are going through something, be it an illness or major life change, educate yourself by learning about what you’re facing, what to expect, and where you can get support.

- Clean up just one small corner of a room in your house. Tidying up can help calm our minds.
- Learn the basics of a new language.
- Learn something new. This could be a topic you've been interested in but have never taken the time to learn or it could reviewing news/articles related to your career. (**This free daily newsletter can help if you'd like to stay on top of the business world.**)
- If you're feeling overwhelmed, create a plan by listing out your three most important tasks and tackling them first. (See what qualifies as important according to the Eisenhower Matrix.)
- Unplug from email and social media for an hour.
- Read a magazine.
- If you're feeling overwhelmed with too much social interaction, go home. Don't be afraid to cancel plans or say "no."
- Unplug from email and social media for an hour.
- Read an article from the best self-care blogs.
- If you're feeling overwhelmed with too much social interaction, go home. Don't be afraid to cancel plans or say "no."
- If you play an instrument, try learning a song from a genre or artist you don't usually listen to.
- Take a mental health day.
- Do some hardcore nesting and make your home or bedroom as cozy, beautiful, and comforting as possible.
- Put the dishes away.
- Fix a small annoyance that's been bothering you at home.
- Visit the library or a bookstore. Browse or read at your pleasure. (**Check out Blinkist for **10-minute book synopses.****)
- Check your to-do list for something that's been there for ages, and get it done.
- Declutter a room or a small space and **use an app like Decluttr to sell your unwanted electronics.**
- Write a review of a business (restaurant, shop, or even Amazon sales page) you like. Spread some good will and positivity.
- Develop a relaxing evening ritual.
- Pick and read a book that's easy and fun, then give it away, perhaps to a younger person in your life.
- Make your bed. (See what Navy Seal Admiral McRaven has to say about the importance of making a bed to both your day and your life here.)
- On days when you lack self-confidence, try on expensive suits and dresses at a local boutique and see how good you look.
- Work on a jigsaw puzzle.
- Attend a 12-step or group meeting where support is offered.
- Listen to a chapter or two from an audiobook.
- Make a Spotify playlist based on your current mood.
- Start a journal to record your thoughts and experiences. (Here are 59 journaling ideas.)
- Forgive others who have hurt you in the past. You could even write them a forgiveness letter.

## Emotional Self-Care Ideas and Activities

- Allow yourself to feel and express all of your feelings (in a safe and appropriate environment). For example, if you are angry, go into a private closet and scream, rather than taking it out on your secretary.
- Ask three good friends to give your positive feedback. What do they love about you?
- Dedicate a week to saying only positive things on your favorite social media channel.
- Learn 4-8-7 breathing.

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- Do one thing today just because it makes you happy.
- Finish this sentence every day after you wake up: "I love myself because I \_\_\_\_\_."
- Have a good, long, cathartic cry.
- Try some [mindful exercises](#) to help bring you into the present moment (**[And here is a course that can teach you a simple 7-minute mindfulness practice.](#)**)
- If you need a good, body-shaking cry, watch sad movies or listen to sad songs. ([Here are some really good philosophical movies to consider.](#))
- Keep a running list of great things people say about you. Read it when you feel down.
- Try some [adult coloring](#) as a form of anxiety and/or stress release. This can also serve to help you focus, be more mindful and perhaps spark some creativity.
- Look at yourself in the mirror and imagine that you're your best friend. What would you tell you right now?
- Define only three daily goals. This makes goals achievable, while also allowing for normal "emergencies" at work that might take up your time.
- Recite some [self-love affirmations](#).
- Need help coming up with new ideas? Create an inspirational collage and hang it in your workspace.
- Read some feel-good poetry.
- [The Essential Rumi](#) by Jalal al-Din Rumi
- [Letters to a Young Poet](#) by Rainer Maria Rilke
- [Dream Work](#) by Mary Oliver
- Remind yourself of the good stuff in life by writing a list of things you're grateful to have. Then post it somewhere you can see it often to help refocus your emotions when you feel down.
- Revisit happier times by reading old emails, letters, or postcards from friends and family.
- Give. Do it unconditionally, and with no strings attached. See how good it feels to help others without expecting reciprocation.
- Set photos of your loved ones as the wallpaper of your phone or laptop so you can look at them when you need inspiration.
- Take a moment to name your emotions without judging them.
- Stop being your harshest critic. Allow yourself to make mistakes. No one is perfect. Realize this means you too!
- Tell your pet all of your darkest secrets. Your pet's nonchalance will remind you that you're going to be okay.
- Unfollow or mute toxic "friends" in your social media feeds.
- Tap into your creative side. Use painting or another creative art to release your fear, anxiety, anger, and frustration on paper.

- Use 15 minutes to write out your thoughts about anything bothering you. Then burn or throw away the paper.
- Remove any equipment or appliances that make you feel bad about yourself, such as the bathroom scale.
- Clean up your work area. (Many people find a clean and neat work area to be cathartic.)
- Write encouraging affirmations or inspirational quotes on Post-its and place them where you will see them every day.

## Physical Self-Care Ideas and Activities

- Commit to attending a free martial arts class.
- Get up out of your chair and dance to your favorite upbeat song.
- Do some stretching exercises.
- Do some Pilates.
- Do some quick, deep breathing exercises.
- Do the two-minute walking exercise.
- Do yoga. (**We like this course.**)
- Drink more water.
- Exhaust yourself physically. Do whatever helps you feel fatigued.
- Get a massage.
- Go out and spend 10 minutes under the sun.
- Go for a bike ride to nowhere in particular.
- Go hiking, camping, or backpacking and spend some time in nature.
- Go kayaking or canoeing with a friend.
- Go swim for fun.
- Go to bed early. (See tips for improved sleep.)
- Go up and down the stairs three times.
- Join a walking group in the neighborhood.
- Know and use your self-soothing activities, like stroking your arm or leg, petting a dog, or sipping hot tea.
- Know your body intimately. Use a mirror and get to know your naked self. Remember: no judgment.
- Play some basketball (even if you don't know how).
- Scream, pound pillows, tear up paper, or shake your body to move the energy out.
- Sleep in. Life can be hectic. Sometimes you need to just dump your schedule and go ahead and rest.
- Slow dance for 30 minutes.
- Roll it out. The benefits of foam rollers on the body are big. They stretch your muscles and give myofascial release to your body, which allows contracted muscles to relax, improving blood and nutrient flow to the area. This speeds healing and muscle regrowth, and just makes you feel awesome.
- Take a long shower, dry your hair, and put on clothes that make you feel good.
- Take a quick nap. Limit it to 10 to 20 minutes.
- Walk the dog.
- Walk on the beach.

## Pleasurable and Pampering Self-Care Ideas and Activities

Relaxing activities also help lower blood pressure, reduce muscle tension and pain, and improve concentration and mood.

Let's get to it and check out some favorite indulgent and enjoyable methods of mental and physical self-care.

- Go on a two-day holiday for the weekend.
- Attend a local high school sporting event.
- Bake something just for fun.
- Book a night in a fancy hotel. Take a bubble bath. Get room service. Relax.
- Build something with Legos.
- Buy a fun treat when grocery shopping.
- Buy some flowers that delight you.
- Cook a fancy French meal or **have fun cooking delicious pre-made meals at home**.
- Create a piece of art. It could be a poem, song, or painting.
- Eat your favorite comfort foods.
- Get a massage.
- Give yourself a long bubble bath.
- Give yourself a manicure.
- Give yourself a pedicure.
- Go out to see a movie at your favorite theater, all by yourself.
- Call an old friend on Facebook and discuss old times.
- Go to a comedy club.
- Go to an antique shop or a museum.
- Go to the farmer's market.
- Splurge on expensive skin care products.
- Walk someplace with a nice view of the sunset.
- Have fun with nail art.
- Order in dinner.
- Plan out an extravagant vacation for fun. (You don't need to follow through. Planning is where the fun is.)
- Put on a homemade face mask.
- Read comic strips that you enjoy.
- Hire someone to clean your house.
- Read some inspirational quotes.
- Revisit your favorite books from childhood, such as:
  - Where the Wild Things Are by Maurice Sendak
  - Little Bear by Else Minarik and Maurice Sendak
  - Goodnight Moon by Margaret Brown and Clement Hurd
  - Blueberries for Sal by Robert McCloskey
  - The Snowy Day by Ezra Jack Keats
- Sing at the top of your lungs.
- Sit in a coffee shop or on a park bench and people watch.
- Sleep in a couple of extra hours over the weekend.
- Start a blog and write absolutely anything.
- Style your hair differently.
- Swing on a swing set.
- Light candles around the house.
- Use aromatherapy.
- Enjoy a home spa. Take a long, hot bath, light a candle, and pamper yourself.
- Take a leisurely walk at the park or around your neighborhood.

- Take a taxi (versus the bus).
- Treat yourself. Spend a little money and buy a small luxury.
- Visit a hot spring.
- Watch a chick flick.
- Watch a couple episodes of your favorite sitcom.
- Watch funny Youtube videos.
- Allow yourself a “Netflix day”.
- Get a foot massage.
- Get a head massage.
- Get a back massage.
- Get a facial.
- Exfoliate your skin with a good body scrub
- Watch or listen to your favorite comedy podcasts.
- Watch your favorite classic films.
- Wear a dress that makes you feel great.
- Wrap yourself up in a cozy blanket and sip a cup of hot tea while reading a book.

## Sensory Self-Care Ideas and Activities

Sights, sounds, tastes, smells, touch: For those of us who are HSP, these can be big distractions, and even cause our self-care to derail.

Sensory self-care for highly sensitive people may actually look like a list of “avoids”:

- Avoid bright sunlight.
- Avoid crowds
- Avoid loud noises

But even those without HSP tendencies may be either soothed or enraged depending on sensory input.

Sensory self-care activities help you focus on the present moment. Focusing on sensations of sight, smell, taste, touch, and sound gives you a break from worrying.

- Color some adult coloring books.
- Create a playlist of songs that soothe and calm you.
- Do some gardening. Dig your hands into the dirt and enjoy the feeling.
- Find a shop with tea, coffee, or spices and enjoy the free smells for a while.
- Go to an art museum.
- Lie down on the ground for a few minutes.
- Light a candle in a dark room and sit in silence.
- Listen to meditative sounds, such as monks chanting or nature sounds.
- Listen to songs that remind you of happier times.
- Look at the stars.
- Make yourself a fancy coffee drink.
- Put up some Christmas lights in your bedroom.
- Take pictures of anything that catches your eye outside your home or in a public space.
- Buy an essential oil diffuser and try aromatherapy using essential oils.
- Turn down the lights, sit down, stare into space, and do absolutely nothing.
- Watch the clouds.
- Watch the sun rise or set.

## Social Self-Care Ideas and Activities

- Accompany a friend or family member while they run errands or attend events.
- Ask for help. Let people know you need some help.
- Ask friends and family to remind you that things will be OK, and that what you're feeling is temporary.
- Call a friend or family member you care about, just to say hi.
- Call a trusted friend or family member and talk things out. (If you need professional help, [learn about text therapy can improve your mental health.](#))
- Choose who you spend your time with today. Spend time with people who are enthusiastic and positive.
- Converse positively with someone in customer service.
- Dress your pet in a silly costume and show them around to make others smile.
- Go out in public and be around other people. Engaging is optional.
- Tell someone near you what you appreciate or like about them.
- Have a picnic with family or friends.
- Host a family movie night over the weekend.
- Intentionally reconnect with someone you've lost touch with or have unresolved conflict with.
- Join a support group for people who are going through what you're going through.
- Join and attend a support group meeting. Share and listen.
- Leave a funny voicemail for someone you care about.
- Make cookies or brownies and give them away to a neighbor, family member, friend, or even strangers.
- Post some dorky #ThrowbackThursday pictures of you from childhood and ask friends to do the same.
- Schedule a regular date night with your significant other.
- Seek out models of inspiration and read their stories.
- Send a surprise care package to someone you love.
- Send a letter or a postcard to someone far away.
- Share a kind smile with strangers on your way to and from work.
- Sit down and start a genuine conversation with a trusted friend or family member about things that are going well, things you're having a hard time with, or things you are grateful for.
- Take a family member out to lunch.
- Take a road trip with your siblings.
- [Take your dog or a friend's dog for a walk.](#)
- Talk to a stranger at the bus stop.

## Spiritual Self-Care Ideas and Activities

- Attend a church or a spiritual community service.
- Make time for meditation in your day.
- Do something nice for someone in secret.
- Donate money to a charity of your choosing. You can use a site like Charity Navigator that ranks charities according to how much money *actually* goes to the people you're trying to help.
- Help someone in some way. Open a door, carry a bag, or feed someone's parking meter.
- Intentionally find five unexpected beautiful things on your way to work.
- Pay mindful attention to the things you do during your morning and evening routine.
- Practice relaxation techniques.
- Pray
- Read some spiritual literature.
- Share with someone less fortunate, be it some extra lunch or clothes you no longer want.
- Memorize passages from the Bible.
- Pray with someone regarding their needs.
- Sit somewhere green and be still and quiet for a few minutes.
- Soften your expectations of you and others.
- Take a break from social media by deleting or deactivating it.
- “Turn the other cheek” and be the better person when you disagree with someone.
- Vent by freewriting in a journal or a Google doc. ([Here are some self-care journal ideas and templates for inspiration.](#))
- Empathize. Try to understand why others think, feel, and react differently. Put yourself in their shoes and see how you would feel about their actions.
- Visit or volunteer at your local animal rescue.
- Try random acts of kindness.
- Volunteer at a local shelter, hospital, or nursing home. Be of service to others.
- What are you good at? Find an opportunity to use that strength today.
- Ask God to reveal your Spiritual Gifts and find areas where you can minister.

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# MINISTRIES



## Grief Share

**Have you lost a spouse, child, parent, sibling, or a close friend?** Losses like these can seem devastating to a person. It can be one of the loneliest experiences. There is hope. The leaders of *Grief Share* have experienced the loss of someone close and understand your deep pain. *Grief Share* is a support ministry for people grieving the death of a family member or friend. This group will focus on various aspects of grief and the steps to recovery during each of the 13 *Grief Share* sessions.

For more information or to register, [Pastoral Care & Counseling | Cornerstone Baptist Church | Arlington \(cbcarlington.org\)](http://Pastoral Care & Counseling | Cornerstone Baptist Church | Arlington (cbcarlington.org))

This is a *Community Ministry* (You do not have to be a member to participate.)

**Cornerstone Baptist Church**

**Pastor Wm. Dwight McKissic, Sr & Lady Vera McKissic**

# Grief, Loss and Disappointment

A critical conversation that sheds light on the grieving process for loss and disappointment.

**Dr. Tanya Cunningham**  
**Social Worker; Grief Counselor; Hospice Care Counselor**

Sponsored by the True Vine Missionary Baptist Church  
Pastor Jack Crane and Lady Regenia

<https://zoom.us/rec/share/O9g9VEONNIAzYXVUdwAell1J-R8H4ONjwnDVT6zbZR6oK2VpQwgtX2rkJHfiGcZj.m1zK9BiohaSyM67m>

Passcode: %zDK2dS@

## Death Is Not the End, But A Beginning

### SCRIPTURES

|   |   |
|---|---|
| <b>GEN 3:19; HEB 9:27</b>                                   | Man shall die   |
| <b>JOHN 3:16; ROM 5:8</b>                                   | God so loved us, Christ died for our sins                           |
| <b>JOHN 10:27-29</b>  | Anyone who accepts Christ shall never perish but have eternal life. |
| <b>JOHN 5:24-25</b>   | Death of the flesh gives away to Birth of Spirit                    |
| <b>JOHN 14:1-6</b>  | Jesus prepares a place for us in God's kingdom                      |
| <b>JOHN 11:25-26</b>  | The ASSURANCE of a RESURRECTED LIFE through DEATH                   |
| <b>I CORN 15:34-58</b><br><b>II CORN 4:7-11; 5:1-8</b>      | Eternal Life in Flesh and Spirit                                    |
| <b>REVELATIONS 21:9-27</b>                                  | Our Heavenly Home   |
| <b>MATT 5:4; ISAIAH 61:2-3</b><br><b>ECCLESIASTES 3:1-8</b> | COMFORT FOR THOSE LEFT BEHIND                                       |

**(Allow God to Minister to Your Soul as you Meditate on God's Word)**

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## Sisterhood Gone Live

**Regenia Crane Ministries, Inc** invites you to a platform of encouraging women who are learning the truth through the Word of God. This class is for women who want to be self-reflective and deep dive into issues that often keep us from our full potential and being effective in the kingdom.

### Sisterhood Gone Live

Time: Every Thursday 6:00 PM - 7:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/7545966086>

Meeting ID: 754 596 6086

One tap mobile

+13462487799,,7545966086# US (Houston)

+12532158782,,7545966086# US (Tacoma)

Dial by your location

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 669 900 6833 US (San Jose)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 754 596 6086

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# The WOVEN Sister SPEAKS

## (Women of Virtue Embracing Newness)

***“A platform for ladies interested in traveling through this journey to read and explore various topics for discussion”***

The Ben Washington Baptist Church WOVEN Ministries hosts its monthly **Book Club** for Women. Join us at the link below to share your reflections and thoughts regarding the book selection of the month.

### Ministry Contact

Rosalind Yates

[rozyates@att.net](mailto:rozyates@att.net)



Ben Washington is inviting you to a scheduled Zoom meeting.

### Topic: The Woven Sister Speak's Book Club

Time: Apr 3, 2021 01:00 PM Central Time (US and Canada)

Every month on the First Sat, until Dec 4, 2021, 9 occurrence(s)

Apr 3, 2021 01:00 PM

May 1, 2021 01:00 PM

Jun 5, 2021 01:00 PM

Jul 3, 2021 01:00 PM

Aug 7, 2021 01:00 PM

Sep 4, 2021 01:00 PM

Oct 2, 2021 01:00 PM

Nov 6, 2021 01:00 PM

Dec 4, 2021 01:00 PM



Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly: [https://us02web.zoom.us/meeting/tZctc-](https://us02web.zoom.us/meeting/tZctc-irrTopGdXrzGSfZWplv2wcreOhOli0/ics?icsToken=98tyKuGrrj8rGdeUsxqGRpqAo-gd-nztn5ejadljgXCMCZpVRP6ILBVMaB6P9D)

[irrTopGdXrzGSfZWplv2wcreOhOli0/ics?icsToken=98tyKuGrrj8rGdeUsxqGRpqAo-gd-nztn5ejadljgXCMCZpVRP6ILBVMaB6P9D](https://us02web.zoom.us/meeting/tZctc-irrTopGdXrzGSfZWplv2wcreOhOli0/ics?icsToken=98tyKuGrrj8rGdeUsxqGRpqAo-gd-nztn5ejadljgXCMCZpVRP6ILBVMaB6P9D)

### Join Zoom Meeting

<https://us02web.zoom.us/j/83041331331>

**Meeting ID: 830 4133 1331**

One tap mobile

+13462487799,,83041331331# US (Houston)

+16699006833,,83041331331# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 830 4133 1331

Find your local number: <https://us02web.zoom.us/u/kvZFn3APt>

## GLAM SQUAD

### **Gifted Ladies Aspiring and Anointed 4 More**

An intergenerational Women's Mentoring Ministry that helps women leap toward their destiny through an exchange of positive voices of wisdom, encouragement, and strategic planning. It is our prayer as we "sharpen each other's irons" that the destiny of each woman's purpose will inevitably come to pass.

Dr. Marcia Theadford

Author, CEO of GLAM, Entrepreneur  
Empowerment Workshop Facilitator  
International Speaker

[International Speaker | Dr Marcia Theadford](#)

For more information:

[dr.marciaetheadford@gmail.com](mailto:dr.marciaetheadford@gmail.com)

[www.drmarciaglamsquad.com](http://www.drmarciaglamsquad.com)



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# THE SCHOLARSHIP LADY

My name is Valerie Gill, affectionately known as “The Scholarship Lady”.

I have worked with students since 2011 assisting them with Creating their Educational Resume/Setting up their College Board Account and College Grid/Working on Scholarships/Essay Editing/FAFSA Assistance and Applying to college before they walk through the door as a senior in high school, etc. I have a successful track record of assisting dedicated students gain *acceptance letters* and applying for as much *scholarship funding* for college as possible.

I have continued to assist more than 5000 students through the transition from middle school to high school and high school to college. With students receiving acceptance letters as early as August & September of their Senior Year. In terms of scholarship funding, I start working with students as young as 13 years of age.

While the cost of education is skyrocketing, my services are welcomed by parents and they see my passion and concern for assisting their students. I take great concern with each student's journey towards their future and it is very important to me that they receive as much financial funding as they possibly can.

I now have several options available to students throughout the United States and Internationally. I have Private One on One Face to Face Sessions / Online Sessions / Zoom Session / Goggle Classroom / Small Groups Sessions and for large groups of students and a DIY-Do it yourself product that they can purchase online and play over and over again, great product for Home School students. I have a team of 40 to assist in this program. The team is diversified young and seasoned, male and female as well as some are even bilingual. The team resides in Texas DFW area, New York Tri-State Area and North Carolina. Students will never have to look for scholarships. I have more for them to apply to then they have time.

Sincerely,

Valerie Gill  
The Scholarship Lady

Contact # 817-823-4679  
Email: [valerie@scholarshipladyusa.com](mailto:valerie@scholarshipladyusa.com)  
Website: [www.scholarshipladyusa.com](http://www.scholarshipladyusa.com)

**SEE SERVICE CHART BELOW**

# The Scholarship Lady & Team

## Google Classroom

- Weekly College Prep Assignment
- Weekly Scholarship
- Anywhere & Anytime

**\$100/monthly**

## Private Sessions

- Online or Face-to-Face
- 2 Hours
- Includes All Services

**Online: \$75**

**Face-to-Face: \$150**

## Small/Large Sessions

- Small: 5-10
- Larger: 10+
- 3 Hours
- Includes All Services

**Small: \$50/student**

**Large: TBD**

## Services Included:

- Educational Resume
- College Grid
- Applying to College
- College Board
- Applying for Scholarships
- Essay Editing
- Applying for FASFA
- & much more!

**Website:**

**[www.scholarshipladyusa.com](http://www.scholarshipladyusa.com)**

**Phone Number:**

**(817)-823-4679**



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# It's a New Season Conference Resources

## Worship Videos

|   |                                    |
|---|------------------------------------|
| CONFERENCE VIDEOS PART 1_converted.mp4              | Worship Songs PT. 1                |
| CONFERENCE VIDEOS PART 2_converted.mp4              | Worship Songs PT. 2                |
| 2021 PRAISE DANCERS W LIGHTNING CLIPS_converted.mp4 | Praise Dancers / This is My Exodus |
| What a Beautiful Name it is (Trio)                  | Keisha Gipson                      |
| My Help   | Marie Pierce                       |

## BWBC Women's Conference Recording for 03/27/21

Copy of the Conference Recording, To view click link below and enter Passcode:

<https://us02web.zoom.us/rec/share/N1fsQpfn6Q8NOIBQa4RQ0ZsCmxBEjtFpnDE1zqyVq84f6aujrSaO8ub1fb2dr-aK.EdKmhlc9ORcX8mqv>

Passcode: KviYgc!3

**Please find below the Power Point Presentations from our 3/27 Conference Speakers.**

|                     |                                      |
|---------------------|--------------------------------------|
| Let's Pray Again    | Presented by: Dr. Marcia Theadford   |
| Let's Forgive Again | Presented by: Dr. Pat Ashley         |
| Let's Live Again    | Presented by: Minister Vera McKissic |

# Let's Pray Again



## Prayer:

Prayer, in its simplest term, means having a conversation with God. Building upon our relationship with God Almighty.

MARCIA  
Theadford



- Do You Have Faith In God?
  - Do You Believe That There Is Power In the Name of Jesus Christ?
  - Were There Times When You Doubted God?
- Where Would You Rank Yourself?  
Why or Why Not?

MARCIA  
Theadford





## Reason:

Along the way  
we lost  
ourselves to  
worry, fear,  
anxiety, grief,  
and to the  
business of a  
fast paced life.

MARLA  
Theadford



## Reset

Set aside a time  
where you can be  
alone with God in  
a place with few  
distractions.

MARLA  
Theadford





Reset

Meditate on  
Scripture.

MARCA  
Threadford



Resolve:

*God requires us to  
make a decision.*

***Declare:***

*Today is a new day,  
it's a new season, and  
I will pray again!*

MARCA  
Threadford



Yes Praying, Again!



Prayer: Psalm 91

MARCIA Theadford

glam Squad

Thank You & Blessings!



www.drmarciatheadford.com



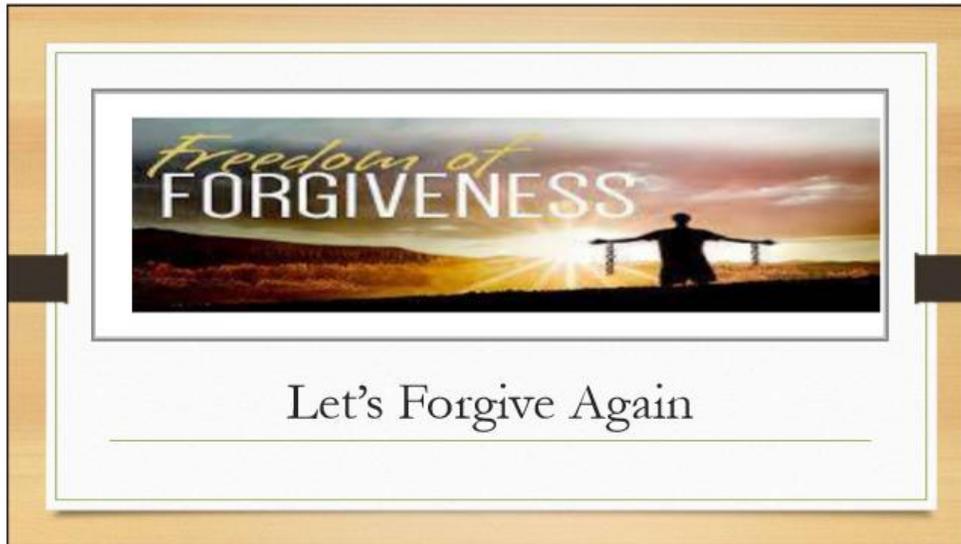
MARCIA Theadford

glam Squad

Dr. Marcia Theadford

Just Pray About 4T!

# Let's Forgive Again



## Forgiveness

- **Forgiveness** is responding to offenders so that the power of God's love through me can heal them.
- **Forgiveness** is clearing the record of an offender and choosing to bear any continuing consequences of the offense.
- **Forgiveness** means to "send away" to send away a debtor with his debt paid.
- The Greek word means "To do something pleasant or agreeably, to do a favor to, to give graciously, to give freely."
- **There are two kinds of forgiveness**
  1. **The mind.** This is only a mental exercise and it does not work.
  2. **The heart.** This is a heartfelt compassion for your offender.
- Put on therefore, as God's elect, holy and beloved, a heart of compassion, kindness, lowliness, meekness, longsuffering; (Colossians 3:12 ASV)
- forbearing one another, and forgiving each other, if any man have a complaint against any; even as the Lord forgave you, so also do ye: (Colossians 3:13 ASV)



## Why is it so important to forgive?

---

\*Jesus Commands us to forgive. Mt.18:21-22 Peter asked how many times should I forgive? Jesus responded to his question.. Seventy times seven.

### The consequences of unforgiveness

---

**Physically** - 2Cor.11:30  
We damage our health

**Emotionally** - **The disease of leprosy of the soul**  
Our emotions are damaged and we lose our sensation of pain.  
We are unaware of how or when we are hurting others with our words, attitude, and actions.

**Mentally** - Mt. 18:32-35  
We will be tormented

**Spiritually** - Mt.6:14-16; Heb.12:14-15  
We will not be forgiven  
We will be defiled and we will defile many



## How To Develop A Spirit Of Forgiveness

- \*Understand forgiveness is a gift that you give yourself
- \*Compare what you have been forgiven of by the Lord Jesus Christ
- \*View the offender as an instrument in God's hand
- \*Be committed to becoming more like Christ
- \*Thank God for the benefits that you will gain as a result of the offense
- \*Be committed to developing a meek and quiet spirit
- \*Accept suffering as a normal part of your Christian walk



## Personal Application

- Is there anyone whom you “just cannot forgive”?
- Is the offense against you greater than your offense against God?
- Explain how you offended God.
- Due to a lack of forgiving others, are you experiencing any “tormentors”?
- Have you forgiven an offender but still feel bitter? Have you considered verbally blessing your offender.

## Affirmation for forgiving offenders

- I will avoid the “prison” of tormentors by choosing to forgive
- I will trust God to give me justice
- I will give a verbal blessing to my offenders
- I will focus on how I have offended God rather than focus on the evil done to me
- I will not hinder the unity in the Body of Christ through and forgiveness
- I will remember that my transgressions caused Christ's death

## Cont.. Affirmations



- I will show mercy to offenders as God has shown mercy to me
- I will rejoice in suffering because of coming rewards

# FORGIVENESS

## What is Forgiveness?

- Forgiveness isn't approving what happened. It's choosing to rise above it. –
- A life lived without forgiveness is a prison
- The 3 most powerful resources you have available to you: love, prayer and forgiveness.
- To forgive is to set a prisoner free and discover that the prisoner was you.
- Forgiveness is a virtue of the brave.
- Forgiveness is not something we do for other people. It's something we do for ourselves to move on.
- Forgive others, not because they deserve forgiveness, but because you deserve peace.
- He who cannot forgive breaks the bridge over which he himself must pass.
- Forgiving you is my gift to you. Moving on is my gift to myself.
- Love people who hate you. Pray for people who have wronged you. It won't just change their life...it'll change yours.
- Forgiveness is not always easy. At times it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness.
- Forgiveness does not change the past, but it does change the future.
- Forgiveness liberates the victim. It's a gift you give yourself.
- Forgiveness is a reflection of loving yourself enough to move on.

# Some Misconceptions

## Understanding

Forgiveness is not dependent on our understanding everything about the person or the situation, nor is greater understanding a guarantee of forgiveness. We are being unrealistic if we expect to understand everything before we forgive. Situations and people are so complex and their depths are so unfathomable that we cannot afford the luxury of waiting until we understand before we forgive. On the other hand, people may understand all about a situation but still remain unforgiving. Greater understanding may facilitate forgiveness and may flow from forgiveness, but forgiveness is not dependent on it.

Forgetting. Similarly, forgiving is not forgetting for three reasons. **First**, if hurts can be easily forgotten, no forgiveness is necessary. The hurts in question are no more than mere annoyances, here today, gone tomorrow. **Second**, forgetting may be no more than avoidance or suppression, a defense mechanism to avoid the demands of real forgiveness. **Third**, where true forgiveness is needed, and even after it has been achieved and experienced, forgetting does not happen automatically. We cannot forget on demand. Forgiving can still be sincere even if we remember. Forgetting must happen naturally as part of the longer forgiving process.

## Avoidance.

Forgiveness is not a way of avoidance. It is an alternative to revenge and retaliation, but it is not a way of opting out. On the contrary, because it gets to the root of the problem and refuses to exacerbate the hostility by multiplying the hurts, it is the only way of truly dealing with all aspects of the conflict situation.

## Toleration.

To forgive is not simply to accept or tolerate. Acceptance can be selective: it can be a way of looking at the good that is in each one of us, no matter how evil many of our actions may be, but it does not deal with the bad. It concentrates on the sober generosity of the drunkard, the family commitment of the terrorist or the conscientiousness of the adulterer. But it is the bad the drunkenness, the murder, the adultery which is unacceptable. That is what forgiveness tackles.

## Getting Away with It.

Finally, to forgive is not the same as saying that it doesn't matter. Those who have wronged will still have to pay and bear the consequences of their actions legally, socially or personally. A wrongdoer can be truly and completely forgiven, yet prosecuted. Forgiveness complements [justice](#); it does not replace it.

# Forgiveness in Scripture

**The Old Testament** deals, in the main, with divine forgiveness. From the very beginning of salvation history God has been active in forgiveness. The [promise](#) of [Genesis 3:15](#), Noah's ark ([Genesis 6:13-9:17](#)), the subsequent covenant ([Genesis 8:21-22](#)) and the story of Abraham ([Genesis 12:1-25:10](#)) are all early examples of God's determination to save and restore people into [fellowship](#). There is no single word for forgiveness in Hebrew, but rather a series of images. There is the image of paying a ransom price (kipper; [Exodus 30:15-16](#); [Numbers 5:8](#); [Isaiah 6:7](#)); taking away (; [Exodus 32:32](#); [Job 7:21](#); [Micah 7:18](#)); pardoning ( [1 Kings 8:30-39](#); [Jeremiah 31:34](#)); and even passing over, overlooking (; [Micah 7:18](#); [Proverbs 19:11](#)). These are powerful and significant images. Initially, through the old covenant provisions of the scapegoat ([Leviticus 16:20-22](#)) and the general sacrificial system, God illustrated his willingness to overlook the sins of his people because they had been paid for, borne away, by someone or something else. God therefore has no call to remember their sins, for they are irrelevant ([Psalm 25:7](#); [Psalm 103:9-12](#); [Micah 7:19](#)). Isaiah uses identical language as he looks forward to the ultimate scapegoat sacrifice who will bear the sins of the people ([Isaiah 53:8-12](#)).

**The New Testament** makes it clear that this was Christ and that his sacrifice was sufficient for all time ([Acts 8:32-33](#); [Hebrews 10:10](#)). It is in the light of Christ's sacrifice and our hope of eternal reconciliation with God that the New Testament writers employed the image of letting go to describe divine and therefore Christian forgiveness. As God has taken leave of our sins in Christ, so too we should let go of the sins committed against us ([Matthew 6:12](#); [Ephes. 4:29-32](#)). This is brought out most powerfully by the parable of the unforgiving servant ([Matthew 18:21-35](#)), where an unforgiving spirit is portrayed starkly as nothing less than blasphemous. One of the reasons we find forgiveness so difficult is that we are offended by God's [love](#), which can forgive those who have so spitefully abused us. We are like the elder brother ([Luke 15:28-32](#)), resenting the grace of God and living unfree lives, bound by our own self-righteousness and prejudice. The key to forgiveness is to understand how much we ourselves have been forgiven by God. Like the woman in [Luke 7:36-50](#), those who truly understand the depth of God's forgiveness are driven to love, not judgment (see also [Matthew 7:1-5](#)).

## Forgiving Oneself

Forgiveness is usually regarded as an interpersonal affair, but there is an interpersonal aspect which is often overlooked. If we need to forgive ourselves and are unwilling to do so, this will hinder our forgiving others. Often the greater the sin, the less we are able to forgive ourselves: Sin and self-forgiveness assume inverse proportions in our minds. This is fundamentally a theological problem. We have not really understood or experienced the forgiveness of God, which is free, unmerited and unconditional. By refusing to forgive ourselves we betray a self-centered obsession that undermines the completeness of Christ's atoning work. We claim we don't forgive ourselves because we are unworthy, yet that is the whole point of the cross. Christ died because we were unworthy. We claim we have disappointed God, yet in reality it is only ourselves we have disappointed. How can God be disappointed when he knows us exactly as we are and yet forgives us?

Sometimes, as an alternative to self-forgiveness, we will engage in self-deprivation or penance in the mistaken belief that we know something bad about our sin that God does not already know. Alternatively, we will become compulsive activists, burying ourselves in good works in order to impress God and thereby for our wrongdoing.

The two main pillars of the early church had to learn what it was to forgive themselves. Peter, because of his denial of Christ, had possibly counted himself no longer a disciple ([Mark 16:7](#); [John 21:15-17](#)), and Paul had to come to terms with atrocities he had personally inflicted on Christians before his conversion ([1 Cor. 15:9-10](#)). Once we have grasped the extent and manner of God's forgiveness, we are without excuse in withholding forgiveness from anyone, and that includes ourselves.

## Interpersonal Forgiveness

While many things may hurt us nature, circumstances, unjust systems we can forgive only people. Forgiveness is intensely relational and personal. So how does forgiveness actually work in the area of interpersonal relationships?

The main problem with forgiveness is that on the surface it appears to ignore or take lightly an incident of gross personal injustice. An injury has been inflicted, physically or emotionally, and someone has been hurt. The automatic human tendency is to hate and desire to get even. Forgiveness demands that we come to terms with such desires and gradually seek to be released from the power that the wound (and therefore the other person) has over us. Forgiveness is not about ignoring the injury. On the contrary, the forgiver acknowledges it and confronts it openly. Nor is the injury treated lightly. Rather, the forgiver treats it differently by freeing himself or herself from the endless consuming cycle of bitterness, hatred and retribution. The divine model is worth remembering here. God did not ignore our sin or treat it lightly. The death of Christ both dealt with the problem and made forgiveness possible.

Another problem with forgiveness is that it may remain forever incomplete. The other party may not accept or experience the forgiveness because of circumstances such as death or the continued hardness of their own heart. However, this does not mean that the forgiveness is any less real. As far as the forgiver is concerned, the act of forgiveness has achieved its purpose in freeing them from the hurt of the incident, even though full mutual reconciliation requires the cooperation of the other party. It is a temptation to shirk the task of forgiveness on the grounds that the other person does not wish to be forgiven. This is to misunderstand the purpose of forgiveness: forgiveness is not an offer and not dependent on another repentance. While reconciliation consummates the act of forgiveness, the self-imposed alienation of the guilty party does not cheapen the release and joy of forgiveness any more than our continued rebellion against God undermines perfect divine forgiveness.

# The Practice of Forgiveness

the five stages of forgiveness: realizing the wrongdoing, reaffirming love, releasing the past, renewing repentance and rediscovering community. approaches the subject from the highlighting the four possible experiences of the forgiver: hurt, hatred, [healing and](#) reconciliation. Hurts must be differentiated from forgettable oversights, insensitivities or mere disappointments. Hurts penetrate deeply and involve betrayal, disloyalty or personal injury. Hatred is a compliment, for we are not treating the perpetrator as robotic or irredeemable but as a free, rational person who has behaved unacceptably. They should have known better. It is on the unacceptability of their actions that our hatred is focused. These, however, are stages we must pass through. We cannot hate forever, or it will consume us and forgiveness will never take place. Alongside these two approaches to the practice of forgiveness, I offer a third that deals with past, present and future.

1. **A new attitude.** This concerns how we deal with the past. We make a choice to deal with festering hurts and to embark on the journey of forgiveness. We decide neither to perpetuate the hostility nor to suppress the hurts and allow them to eat away inside us. A refusal to forgive binds us eternally to the past. Our personality becomes frozen, we cannot move on from the moment of the offense, and we are incapable of living fully in the present. As injured people, we too require soul [surgery](#). In some cases we need to admit our contribution to the breakdown in relationship. In other cases where we have been passive victims, we need to confess that we have allowed the event to hinder our [spiritual growth and](#) that righteous anger has become self-righteous bitterness. By choosing the way of forgiveness we are prepared to change our attitude toward those who have hurt us. We are prepared to forget and to acknowledge that someday we may be able to love them. Loving Christians, if they are to model God, must keep no record of wrongs (1 Cor. [13:5](#); Psalm [103:3-4](#)).

2. **A new perspective.** This concerns how we cope with the present. We begin by viewing people differently. We attempt to get outside the hurts and ragings of our present brokenness and see our enemy as God sees them (2 Cor. [5:16](#)). [The](#) temptation will be to view those who have injured us in a reductionist manner, seeing them totally in terms of their sin, when in reality they are normal people, a mixture of the image of God and sinful humanity. We are blinded to their true identity [because](#) of the sin they have committed against us. Real forgiveness cannot take place unless we are prepared to see them as they truly are, and not as the demons we have perceived them to be in the midst of our hurt and anguish. A test of whether our anger is righteous and directed against the sin, or unrighteous and directed against the sinner, would be to ask ourselves whether we would find greater pleasure in the conversion or restoration of the sinner than in their destruction. Or can we imagine a situation where we would actively wish the person well? This takes time, but a new perspective will enable us to work to that end.

3. **A new determination.** This deals with the possibilities of the future. Forgiveness opens the door to new possibilities in relationship which would have been unthought of at the start of the journey. That is why forgiveness must be unconditional. If we lay down conditions, it means we are choosing the future and seeking to manipulate the other person into satisfying our unrealistic demands. If our demands are truly just, then the God of justice [will](#) see to it that they are met in the context of dialogue, growing trust and reconciliation. Reconciliation is not a return to old ways, a turning of the clock back to the exact moment of the offense. This is a new world. Circumstances have changed: the injured body [may be](#) irreparably damaged, or the marriage [may be](#) irretrievably lost because of new relationships. We make our new beginnings, not where we used to be or where we wish we could be, but only where we are and with what we have at

hand. We can only forgive today with today's circumstances. Forgiveness is letting what was, be gone; what will be, come; what is now, be  
Forgiveness naturally involves risks. We open the door not only to a bright new future but to the possibility of repeated injury. But where there is no risk, there is no need of forgiveness. Forgiveness does not deal with contracts and guarantees but with covenant and trust. That is God's way with us, and it must be our way with each other (Deut.

## The Power of Forgiveness

No one can force us to forgive, and all the pressures of personality and culture are against it. Yet in spite of our culture's preoccupation with strength, machismo and getting even, to choose to forgive is to exhibit the greatest strength of all. Self-deception, avoidance and grudge-bearing are all easier options than loving confrontation, realism and forgiveness. When we forgive we are acting as free persons and treating others as such. The strength of the love that inspires forgiveness derives from respect and commitment. We see the other person as worth the respect and are prepared for the energy, time and disappointment that may come. Hate gives a temporary power for surviving today's brutality and it has a short-term power to move us into tough action for tomorrow. But hate lacks the staying-power to create a fairer future beyond revenge. . . . For long distance, forgiving is stronger than hate

No greater example is needed than that of Christ himself, the embodiment of the kingdom of God, a kingdom of hope, forgiveness and reconciliation. It was he who, as he bore the physical agony of crucifixion, the emotional torture of the taunts and insults of passersby, and the spiritual weight of the sins of the world, found the strength to say: Father, forgive (Luke 23:3)

Church Conflict  
Hatred  
Justice  
Love

## References and Resources

- D. Augsburger, Caring Enough to Forgive
- D. Augsburger, The Freedom of Forgiveness
- L. G. Jones, Embodying Forgiveness:
- J. Patton, Is Human Forgiveness Possible? A Pastoral Care Perspective
- L. B. Smedes, Caring and Commitment: Learning to Live the Love We Promise
- L. B. Smedes, Forgive and Forget: Healing the Hurts We Don't Deserve
- C. Stanley, Forgiveness

## God's Forgiveness

How can we experience God's forgiveness?

BIBLE READING: [Psalm 51:1-19](#)

KEY BIBLE VERSE: For I recognize my shameful deeds they haunt me day and night. ([Psalm 51:3](#))

Experiencing God's forgiveness comes through confession and repentance.

BIBLE READING: [John 20:19-31](#)

KEY BIBLE VERSE: If you forgive anyone's sins, they are forgiven. If you refuse to forgive them, they are unforgiven. ([John 20:23](#))

We can be confident that our sins have been forgiven in Christ. Jesus was giving the disciples their Spirit-powered and Spirit-guided mission to preach the Good News about Jesus so people's sins might be forgiven. The disciples did not have the power to forgive sins (only God can forgive sins), but Jesus gave them the privilege of telling new believers that their sins have been forgiven because they have accepted Jesus' message. All believers have this same privilege. We can announce the forgiveness of sin with certainty when we find repentance and faith.

BIBLE READING: [John 13:31-38](#)

KEY BIBLE VERSE: Now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. ([John 13:34](#))

God consistently forgives us each time we ask in repentance. John describes these few moments in clear detail. We can see that Jesus knew exactly what was going to happen. He knew about Judas and about Peter, but he did not change the course of events, nor did he stop loving them. In the same way, Jesus knows exactly what you will do to hurt him. Yet he still loves you unconditionally and will forgive you whenever you ask for it. Judas couldn't understand this, and his life ended tragically. Peter understood, and despite his shortcomings, his life ended triumphantly because he never let go of his faith in the one who loved him.

BIBLE READING: [1 John 1:1-10](#)

KEY BIBLE VERSE: If we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong. ([1 John 1:9](#))

Forgiveness is complete even when confession isn't. Confession is supposed to free us to enjoy fellowship with Christ. It should ease our consciences and lighten our cares. But some Christians do not understand how it works. They feel so guilty that they confess the same sins over and over; then they wonder if they might have forgotten something. Other Christians believe that God forgives them when they confess, but if they died with unconfessed sins, they would be forever lost. These Christians do not understand that God wants to forgive us. He allowed his beloved Son to die just so he could pardon us. When we come to Christ, he forgives all the sins we have committed or will ever commit. We don't need to confess the sins of the past all over again, and we don't need to fear that God will reject us if we don't keep our slate perfectly clean. Of course we should continue to confess our sins, but not because failure to do so will make us lose our salvation. Our relationship with Christ is secure. Instead, we should confess our sins so that we can enjoy maximum fellowship and joy with him.

Honest confession includes turning away from sin. True confession also involves a commitment not to continue in sin. We wouldn't be genuinely confessing our sins to God if we planned to commit them again and just wanted temporary forgiveness. We should also pray for strength to defeat temptation the next time we face it.

Confession reestablishes relationship with God. If God has forgiven us for our sins because of Christ's death, why must we confess our sins? In admitting our sins and receiving Christ's cleansing, we are: (1) agreeing with God that our sin truly was sin and that we are willing to turn from it, (2) ensuring that we don't conceal our sins from him and consequently, from ourself, and (3) recognizing our tendency to sin and relying on his power to overcome it.

# Human Forgiveness

Why should we forgive one another and how can we do it?

BIBLE READING: [Genesis 45:1-28](#)

KEY BIBLE VERSE: Don't be angry with yourselves that you did this to me, for God did it. He sent me here ahead of you to preserve your lives. ([Genesis 45:5](#))

Joseph is a model of genuine forgiveness. Joseph was rejected, kidnapped, enslaved, and imprisoned. Although his brothers had been unfaithful to him, he graciously forgave them and shared his prosperity. Joseph demonstrated how God forgives us and showers us with goodness even though we have sinned against him. The same forgiveness and blessings are ours if we ask for them.

BIBLE READING: [Romans 12:1-21](#)

KEY BIBLE VERSE: Don't let evil get the best of you, but conquer evil by doing good. ([Romans 12:21](#))

Forgiveness is a mark of the Christian life. [Verses 17-21](#) summarize the real core of Christian living. If we love someone the way Christ loves us, we will be willing to forgive. If we have experienced God's grace, we will want to pass it on to others. And remember, grace is undeserved favor. By giving an enemy a drink, we're not excusing his misdeeds. We're recognizing him, forgiving him, and loving him in spite of his sins just as Christ did for us.

Forgiveness is contrary to the pattern of the world. In this day of constant lawsuits and incessant demands for legal rights, Paul's command sounds almost impossible. When someone hurts you deeply, instead of giving him what he deserves, Paul says to befriend him. Why does Paul tell us to forgive our enemies? (1) Forgiveness may break a cycle of retaliation and lead to mutual reconciliation. (2) It may make the enemy feel ashamed and change his or her ways. (3) By contrast, returning evil for evil hurts you just as much as it hurts your enemy. Even if your enemy never repents, forgiving him or her will free you of a heavy load of bitterness.

Forgiveness is an act of the will. Forgiveness involves both attitudes and actions. If you find it difficult to feel forgiving of those who have hurt you, try responding with kind actions. If appropriate, tell such people that you would like to heal your relationships. Give them a helping hand. Send them a gift. Smile at them. Many times you will discover that right actions lead to right feelings.

BIBLE READING: [Matthew 6:5-15](#)

KEY BIBLE VERSE: If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins. ([Matthew 6:14-15](#))

If we expect to be forgiven, we need to practice forgiveness. Jesus gives a startling warning about forgiveness: if we refuse to forgive others, God will also refuse to forgive us. Why? Because when we don't forgive others, we are denying our common ground as sinners in need of God's forgiveness. God's forgiveness of sin is not the direct result of our forgiving others, but it is based on our realizing what forgiveness means (see [Ephes. 4:32](#)). It is easy to ask God for forgiveness, but difficult to grant it to others. Whenever we ask God to forgive us for sin, we should ask ourselves, Have I forgiven the people who have wronged me?

BIBLE READING: [Matthew 18:21-35](#)

KEY BIBLE VERSE: Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" ([Matthew 18:21](#))

Real forgiveness does not keep track of offenses. The rabbis taught that people should forgive those who offend them but only three times. Peter, trying to be especially generous, asked Jesus if seven (the "perfect" number) was enough times to forgive someone. But Jesus answered, "Seventy times seven," meaning that we shouldn't even keep track of how many times we forgive someone. We should always forgive those who are truly repentant, no matter how many times they ask.

Real forgiveness follows God's pattern. Because God has forgiven all our sins, we should not withhold forgiveness from others. Realizing how completely Christ has forgiven us should produce a free and generous attitude of forgiveness toward others. When we don't forgive others, we are setting ourselves outside and above Christ's law of love.

# Forgiveness

## 1. Etymology:

Of the seven words, three Hebrew and four Greek, which are used to express the idea of forgiveness, the last two occur in this sense only once each. (Luke 6:37) is used because of the analogy of sin to debt, and denotes the release from it. It has the meaning "forgiveness." In Romans 3:25 Paul uses paretis instead of the usual aphasis. The former means "putting aside," "disregarding," "pretermission"; the latter, "putting away" completely and unreservedly.

## 2. Christ taught that forgiveness is a duty.

No limit can be set to the extent of forgiveness (Luke 17:4) and it must be granted without reserve. Jesus will not admit that there is any wrong so gross nor so often repeated that it is beyond forgiveness. To Him an unforgiving spirit is one of the most heinous of sins. This is the offense which God will not forgive (Matthew 18:34-35). It is the very essence of the unpardonable sin (Mark 3:22-30). It was the one blemish of the elder son which marred an otherwise irreproachable life (Luke 15:28-30). This natural, pagan spirit of implacability Jesus sought to displace by a generous, forgiving spirit. It is so far the essence of His teaching that in popular language "a Christian spirit" is not inappropriately understood to be synonymous with a forgiving disposition. His answer to Peter that one should forgive not merely seven times in a day, but seventy times seven (Matthew 18:21-22), not only shows that He thought of no limit to one's forgiveness, but that the principle could not be reduced to a definite formula.

## 3. Conditions of Forgiveness:

Jesus recognized that there are conditions to be fulfilled before forgiveness can be granted. Forgiveness is part of a mutual relationship; the other part is the repentance of the offender. God does not forgive without repentance, nor is it required of man. The effect of forgiveness is to restore to its former state the relationship which was broken by sin. Such a restoration requires the cooperation of both parties. There must be both a granting and an acceptance of the forgiveness. Sincere, deep-felt sorrow for the wrong which works repentance (2 Cor. 7:10) is the condition of mind which insures the acceptance of the forgiveness. Hence, Jesus commands forgiveness when the offender turns again, saying, "I repent" (Luke 17:3-4). It was this state of mind which led the father joyfully to welcome the Prodigal before he even gave utterance to his newly formed purpose (Luke 15:21).

## 4. The Offended Party:

It is not to be supposed, however, that failure to repent upon the part of the offender releases the offended from all obligation to extend forgiveness. Without the repentance of the one who has wronged him he can have a forgiving state of mind. This Jesus requires, as is implied by, "if ye forgive not every one his brother from your hearts" (Matthew 18:35). It is also implied by the past tense in the Lord's Prayer: "as we also have forgiven our debtors" (Matthew 6:12). It is this forgiving spirit which conditions God's forgiveness of our sins (Mark 11:25; Matthew 6:14-15). In such a case the unforgiving spirit is essentially unrepentant (Matthew 18:23-35). "Of all acts, is not, for a man, repentance the most Divine?"

The offended is to go even farther and is to seek to bring the wrongdoer to repentance. This is the purpose of the rebuking commanded in Luke 17:3. More explicitly Jesus says, "If thy brother sin against thee, go, show him his fault between thee and him alone" (Matthew 18:15-17). He is to carry his pursuit to the point of making every reasonable effort to win the wrongdoer, and only

when he has exhausted every effort may he abandon it. The object is the gaining of his brother. Only when this is evidently unattainable is all effort to cease.

The power of binding and loosing, which means forbidding and allowing, was granted to Peter (Matthew 16:19) and to the Christian community (Matthew 18:18; John 20:23). It clearly implies the possession of the power to forgive sins. In the case of Peter's power it was exercised when he used the keys of the kingdom of heaven (Matthew 16:19). This consisted in the proclamation of the gospel and especially of the conditions upon which men might enter into relationship with God (Acts 2:38). It was not limited to Peter only, but was shared by the other apostles (Matthew 16:19; Matthew 18:18). Christ left no fixed rules the observance or non-observance of which would determine whether one is or is not in the kingdom of God. He gave to His disciples principles, and in the application of these principles to the problems of life there had to be the exercise of discriminating judgment. The exercise of this judgment was left to the Christian community (2 Cor. 2:10). It is limited by the principles which are the basis of the kingdom, but within these principles the voice of the community is supreme. The forgiveness here implied is not the pronouncing of absolution for the sins of individuals, but the determination of courses of conduct and worship which will be acceptable. In doing this its decisions will be ratified in heaven.

That there is a close analogy between human and Divine forgiveness is clearly implied (Matthew 5:23-24; Matthew 6:12; Mark 11:25; Luke 6:37; Col. 1:14; Col. 3:13). God's forgiveness is conditional upon man's forgiveness of the wrongs done him, not because God forgives grudgingly but because forgiveness alone indicates that disposition of mind which will humbly accept the Divine pardon.

## 5. Divine and Human Forgiveness:

Repentance is a necessary ingredient of the fully developed forgiveness. There is no essential difference between the human and the Divine pardon, though the latter is necessarily more complete. It results in the complete removal of all estrangement and alienation between God and man. It restores completely the relationship which existed prior to the sin. The total removal of the sin as a result of the Divine forgiveness is variously expressed in the Scriptures: "Thou hast cast all my sins behind thy back" (Isaiah 38:17); "Thou wilt cast all their sins into the depths of the sea" (Micah 7:19); "I will forgive their iniquity, and their sin will I remember no more" (Jeremiah 31:34); "I, even I, am he that blotteth out thy transgressions" (Isaiah 43:25); "As far as the east is from the west, so far hath he removed our transgressions from us" (Psalm 103:12). Ideally this same result is attained in human forgiveness, but actually the memory of the sin remains with both parties as a barrier between them, and even when there is a complete restoration of amity the former state of alienation cannot entirely be removed from memory. When God forgives, however, He restores man to the condition of former favor. Release from punishment is involved, though Divine forgiveness is more than this. In most cases the consequences, which in some instances are spoken of as punishment, are not removed, but they lose all penal character and become disciplinary. Nor does the forgiveness remove from human mind the consciousness of sin and the guilt which that involved, but it does remove the mistrust which was the ground of the alienation. Mistrust is changed into trust, and this produces peace of mind (Psalm 32:5-7; Romans 5:1); consciousness of the Divine love and mercy (Psalm 103:2ff); removes fear of punishment (2 Samuel 12:13); and awakens love to God.

## 6. Forgiveness and Justification:

Paul rarely uses the term "forgiveness," but in its place prefers justification. They are to his understanding practically synonymous (Stevens, *Theology of the New Testament*, 418). He preferred the latter, however, because it was better fitted to express the idea of secure, present and permanent acceptance in the sight of God. It connoted both a complete and a permanent state of grace. In popular thought forgiveness is not so comprehensive, but in the Biblical sense it means no less than this. It removes all of the guilt and cause of alienation from the past; it assures a state of grace for the present; and promises Divine mercy and aid for the future. Its fullness cannot adequately be conveyed by any one term or formula.

Divine, like human, forgiveness is always contingent upon the fulfillment of conditions. It must be preceded by repentance and a firmly fixed intention not to repeat the offense. In addition to this, one was required to conform to certain legal or formal acts before the assurance of pardon was his. These acts were expressive of the sinner's state of mind. They consisted of certain acts of sacrifice in the pre-Christian times and of baptism during the ministry of John the Baptist (Mark 1:4; Luke [3:3](#)) and [under Christ](#) (Acts 2:38; Acts [22:16](#)). [These acts](#) are never regarded as in any sense a quid pro quo in return for which the benefit of forgiveness is granted. It is an act of pure grace on God's part, and these acts are required as expressions of the man's attitude toward God. The state of mind required in order to obtain the gift of forgiveness is that to which the Prodigal Son came (Luke 15:17-19), [and that of](#) the sinner who went to his house justified rather than the Pharisee (Luke 18:9-14), [because he](#) realized that forgiveness was to him an act of pure favor.

There was real and actual forgiveness of sins in the Old Testament times as well as since Christ. Certain passages have been construed to teach that the Law provided only for a passing over or rolling back of sins, and that there was not then an actual forgiveness.

## 7. Limitations of Forgiveness:

Two passages seem to limit God's forgiveness. They are Christ's discussion of the unpardonable sin (Matthew 12:31-[32](#); Mark [3:28-30](#); Luke [12:10](#)), [and the one](#) which mentions the sin unto death (1 John 5:16; [compare Hebrews 6:4-6](#)). [In the former](#) passage there is mentioned a sin which has no forgiveness, and in the latter, one on behalf of which the apostle cannot enjoin prayer that it be forgiven, though he does not prohibit it. In both cases the sin is excluded from the customary forgiveness which is extended to sins of all other classes.

The act of the Pharisees which led Jesus to speak of the unpardonable sin was the attributing of a good deed wrought by Him through the Spirit of God (Matthew 12:28) [to Beelzebub](#). No one could do such a thing unless his moral nature was completely warped. To such a person the fundamental distinctions between good and evil were obliterated. No ordinary appeal could reach him, for to him good seemed evil and evil seemed good. The possibility of winning him back is practically gone; hence, he is beyond the hope of forgiveness, not because God has set an arbitrary line of sinfulness, beyond which His grace of forgiveness will not reach, but because the man has put himself beyond the possibility of attaining to that state of mind which is the essential condition of Divine forgiveness. It is practically certain that John did not have any particular sinful act in mind when he spoke of the sin which is unto death.

## 8. Christ's Power to Forgive Sins:

It is not surprising, therefore, that we find Jesus laying claim to the power to forgive sins. This provoked a bitter controversy with the Jews, for it was axiomatic with them that no one could forgive sins but God only (Mark 2:7; Luke [5:21](#); [Luke 7:49](#)). [This Jesus](#) did not question, but He would have them infer from His power to forgive sins that He was the possessor of Divine power. Jesus asserted His possession of this power on two occasions only, though it has been insufficiently inferred from John 5:14; [John 8:11](#) that [He was accustomed](#) to pronounce absolution upon all of those He healed. On one of these occasions He not merely asserted that He possessed the power, but demonstrated it by showing Himself to be the possessor of the Divine gift of healing. The impostor might claim some such intangible power as the authority to forgive sins, but he would never assert the possession of such easily disproved power as the ability to heal the sick. But Jesus claimed both, and based His claim to be the possessor of the former on the demonstration that He possessed the latter. God would not support an impostor, hence, his aid in healing the paralytic proved that Jesus could forgive sins. The multitude accepted this logic and "glorified God, who had given such authority unto men" (Matthew 9:2-9; [compare Mark 2:3-12](#); [Luke 5:18-26](#)).

[On the other](#) occasion when His possession of this power was under discussion (Luke 7:36-50), [He offered](#) no other proof than the forgiven woman's deep gratitude and love. One expression that He uses, however, has raised some discussion as to the relative order in time of her love and forgiveness (Luke 7:47). [Did she love](#) because she was forgiven, or vice versa? Manifestly the forgiveness precedes the love, in spite of the fact that Luke 7:47 seems [to assert](#) the opposite, for this is the bearing of the parable of the Two Debtors (Luke 7:41-43), [and the latter](#) part of Luke 7:47 has [the same](#) implication. It is clear that she had previously repented and had been accepted, and the anointing of Jesus was an outpouring of her gratitude. The phrase of Luke 7:47, "[for she loved much](#)," is proof of the greatness of her sin rather than a reason why she was forgiven. In both cases where Jesus forgave sins, He did so because the state of mind of the person forgiven showed worthiness of the blessing. To this as a condition of forgiveness there is no exception. Christ's prayer on the cross (Luke 23:34) [would not avail](#) to secure the pardon of His murderers without their repentance.

## 9. The Need of an Atonement:

Though forgiveness is on God's part an act of pure grace prompted by His love and mercy, and though He forgives freely all those who comply with the condition of repentance and abandonment of sin, yet this does not dispense with the necessity of an atonement. The parable of the Prodigal Son was spoken to teach the freedom of God's forgiveness and acceptance of returning sinners, and the duty of men to assume the same attitude toward them. This much it teaches, but it fails to set forth entirely God's attitude toward sin. With reference to the sinner God is love and mercy, but with reference to sin He is righteous, and this element of God's nature is no less essential to Him than His love, and must be considered in any effort to set forth completely the doctrine of God's forgiveness of sinners. The atonement of Christ and the many atonements of the Law were manifestations of this phase of God's nature.

# Forgiveness Worksheet

## FORGIVENESS WORKSHEET

| 1  | 2  | 3   | 4  | 5   | 6   | 7  |
|--|--|---|--|---|---|--|
| <p>What things are causing my bitterness?</p> <p>Offender:</p> <p>Offense:</p> <p>Temporal loss:</p> | <p>How does my bitterness reveal ungratefulness?</p> <p>What have I lost that is causing me to be bitter?</p> <p>Offense:</p> <p>Temporal loss:</p> <p>Offender:</p> <p>Offense:</p> <p>Temporal loss:</p> | <p>How are my offenders God's agents?</p> <p>How will this fact change my attitude toward my offenders?</p> | <p>What are God's purposes for my suffering?</p> <p>What specific benefits is God trying to bring into my life through my offenders?</p> | <p>Have I considered my debt to God?</p> <p>Specific ways in which I am "killing" my offender:</p> <p>My prayer to fully forgive my offender:</p> | <p>Have I separated forgiveness from pardon?</p> <p>My offender must make reconciliation with the following people:</p> | <p>What "treasures" can I invest in my offender?</p> <p><input type="checkbox"/> Pray for him.</p> <p><input type="checkbox"/> Greet him with a smile.</p> <p><input type="checkbox"/> Praise his positive qualities.</p> <p><input type="checkbox"/> Defend him to others.</p> <p><input type="checkbox"/> Express appreciation to him.</p> <p><input type="checkbox"/> Meet a basic need he has.</p> <p><input type="checkbox"/> Others:</p> |
| <p>Have I carried out the steps of Matthew 18:15-18?</p> <p>Date prayed: _____</p>                   |  |   |  |   |   |  |

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# Let's Live Again



## How To Develop A Spirit Of Forgiveness

- \*Understand forgiveness is a gift that you give yourself
- \*Compare what you have been forgiven of by the Lord Jesus Christ
- \*View the offender as an instrument in God's hand
- \*Be committed to becoming more like Christ
- \*Thank God for the benefits that you will gain as a result of the offense
- \*Be committed to developing a meek and quiet spirit
- \*Accept suffering as a normal part of your Christian walk



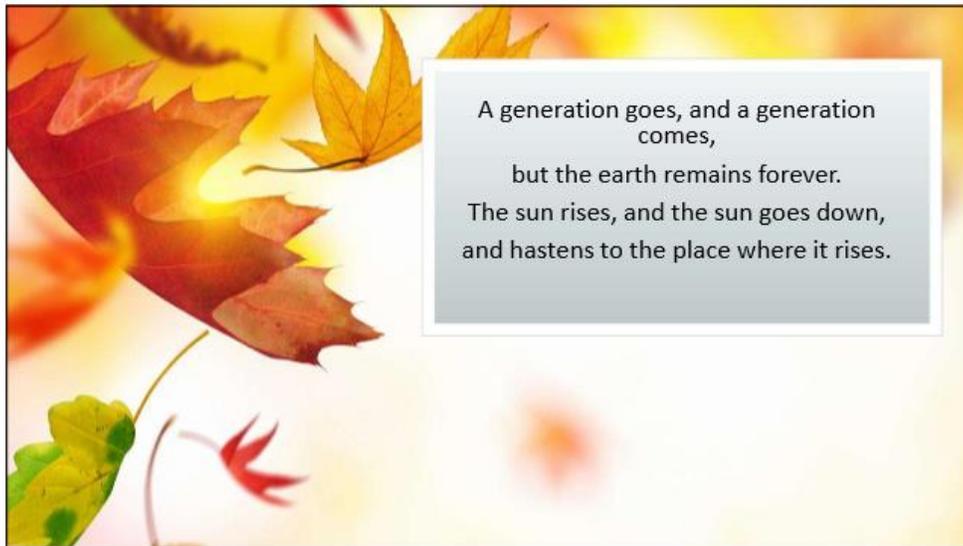
## Personal Application

- Is there anyone whom you “just cannot forgive”?
- Is the offense against you greater than your offense against God?
- Explain how you offended God.
- Due to a lack of forgiving others, are you experiencing any “tormentors”?
- Have you forgiven an offender but still feel bitter? Have you considered verbally blessing your offender.

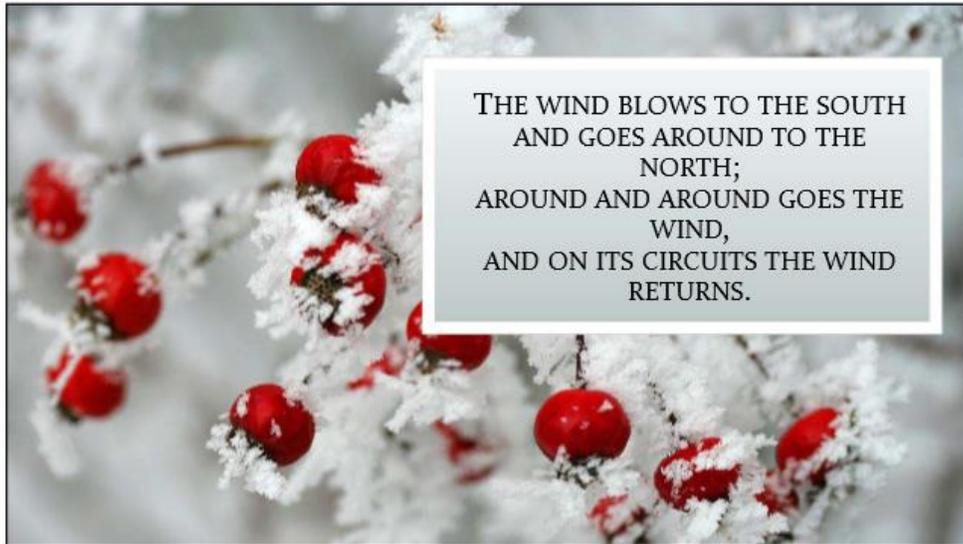


## WHAT IS NEW?.

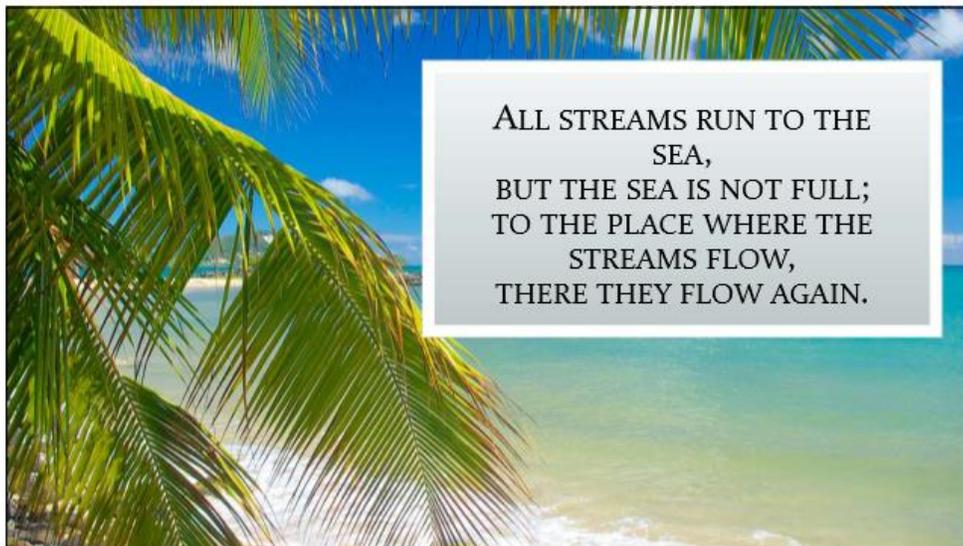
According to Solomon, there is nothing new under the sun.



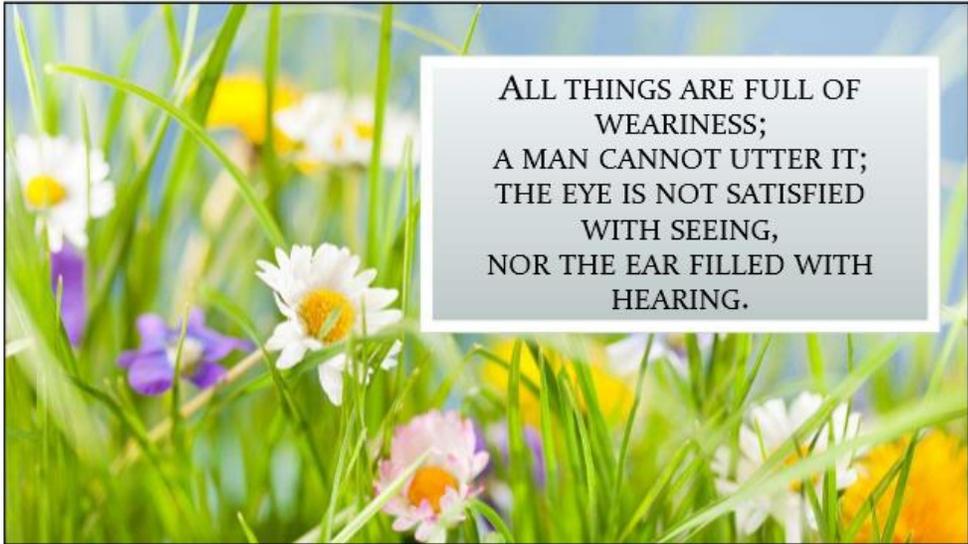
A generation goes, and a generation comes,  
but the earth remains forever.  
The sun rises, and the sun goes down,  
and hastens to the place where it rises.



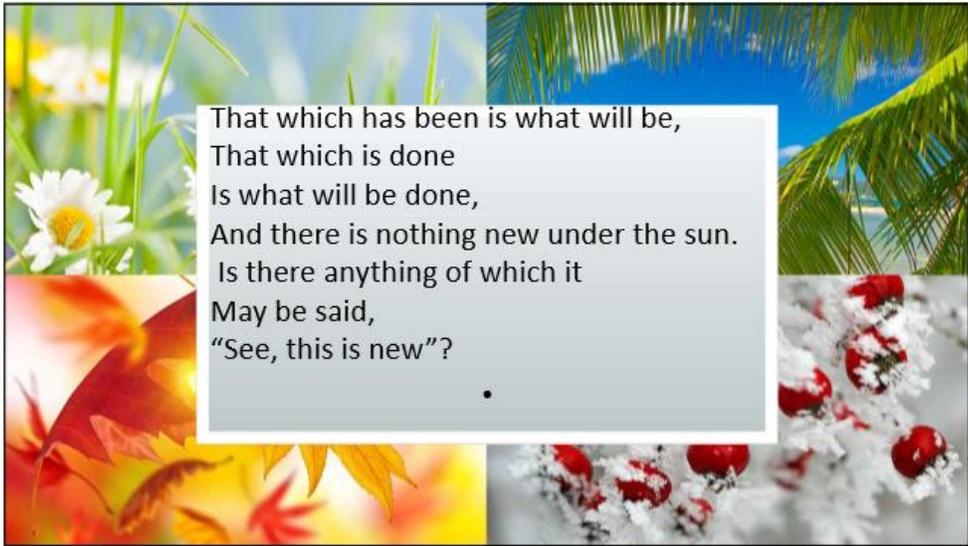
THE WIND BLOWS TO THE SOUTH  
AND GOES AROUND TO THE  
NORTH;  
AROUND AND AROUND GOES THE  
WIND,  
AND ON ITS CIRCUITS THE WIND  
RETURNS.



ALL STREAMS RUN TO THE  
SEA,  
BUT THE SEA IS NOT FULL;  
TO THE PLACE WHERE THE  
STREAMS FLOW,  
THERE THEY FLOW AGAIN.



ALL THINGS ARE FULL OF  
WEARINESS;  
A MAN CANNOT UTTER IT;  
THE EYE IS NOT SATISFIED  
WITH SEEING,  
NOR THE EAR FILLED WITH  
HEARING.



That which has been is what will be,  
That which is done  
Is what will be done,  
And there is nothing new under the sun.  
Is there anything of which it  
May be said,  
“See, this is new”?

•

## Affirmation for forgiving offenders

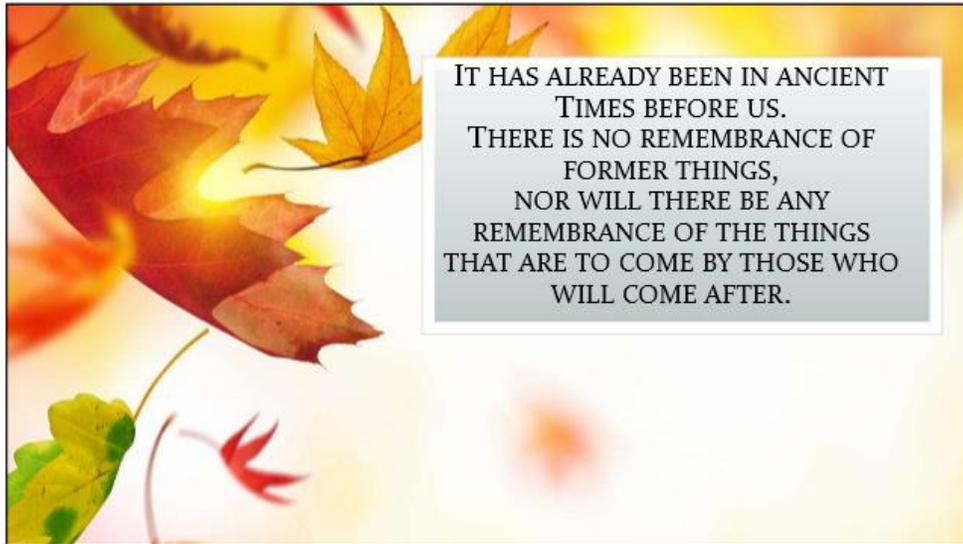
- I will avoid the “prison” of tormentors by choosing to forgive
- I will trust God to give me justice
- I will give a verbal blessing to my offenders
- I will focus on how I have offended God rather than focus on the evil done to me
- I will not hinder the unity in the Body of Christ through and forgiveness
- I will remember that my transgressions caused Christ's death

## Cont.. Affirmations



The person who forgives is  
always first to be blessed.

- I will show mercy to offenders as God has shown mercy to me
- I will rejoice in suffering because of coming rewards



### HOW DO WE LIVE AGAIN?

When Solomon wrote the statement, and there is nothing new under the sun;  
He was emphasizing the cyclic nature of human life on earth and the emptiness of living only for the “rat race.”



IF WE ARE GOING TO LIVE AGAIN WE MUST STOP DOING SOME THINGS!

It is essential that we start doing some things, and do some old things differently.





## IT'S TIME TO LEARN, LOVE, LAUGH AND LIVE!

Learn what pleases God

Love Him with all your heart

Lean on His precious promises

▪ Deuteronomy 30:15

“See, I have set before you today life and good, death and evil, in that I command you today to love the Lord your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply



## IT'S TIME TO LEARN, LOVE, LAUGH AND LIVE!

▪ Deut. 6:4-7 Hear, O Israel: The Lord our God is one! 5 You shall love the Lord your God with all your heart, with all your soul, and with all your strength. 6 And these words which I command you today shall be in your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.



## INVESTIGATE THOROUGHLY, ANY ISSUE OF CONCERN

- Avoid the R.A.T.T. sisters (Run and tell that!)
- Deuteronomy 13:12 " If you hear someone in one of your cities, which the Lord your God gives you to dwell in, saying, (13) Corrupt men have gone out from among you and enticed the inhabitants of their city, saying, Let us go and serve other gods—which you have not known—(14) then you shall inquire, search out, and ask diligently. And if it is indeed true and certain that such an abomination was committed among you, you shall surely strike the inhabitants of that city with the edge of the sword, utterly destroying it,
- Investigate, Evaluate and Get rid of evil!



## VALUE, VIEW, AND VISIT WHAT GOD VALUES

- Matthew 6:25-26
  - 25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?"
- James 1:27
- Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

ENDURE THE RACE THAT IS SET BEFORE YOU.

- 12 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

Let's Live Again,



**Choose life!**

YOU MUST FIRST BE BORN AGAIN

LOVE THE LORD WITH ALL OF YOUR HEART

INVESTIGATE THE TRUTH/WALK IN HIS WAYS

VALUE WHAT GOD VALUES

EMBRACE YOUR RACE!



# FOOD BANK



## **Ben Washington Baptist Church Food Pantry**

3901 Frisco, Irving, TX  
1st & 3rd Saturday  
From 11-1 or as long as the food last

### **Pastor Darrell Sneed and Lady V"**

3901 Frisco Avenue  
Irving, Texas 75061  
Phone: (972) 790-8421  
Fax: (972) 986-6590  
E-mail: bwbcoffice@yahoo.com

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# COMMUNITY RESOURCES

## BWBC Live Again Scripture Resource

| Scripture                   | Text   |
|-----------------------------|--|
| <b>Psalms 113:3</b>         | From the rising of the sun to the place where it sets, the name of the Lord is to be praised.  |
| <b>Lamentations 3:22</b>    | Because of the Lord's great love we are not consumed, for his compassions never fail.  |
| <b>Psalms 91:1</b>          | Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.  |
| <b>Mark 4:39-41-39</b>      | He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" 41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"  |
| <b>Philippians 4:6-7- 6</b> | Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.  |
| <b>Isaiah 1:18-20 18</b>    | Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. 19 If you are willing and obedient, you will eat the good things of the land; 20 but if you resist and rebel, you will be devoured by the sword." For the mouth of the Lord has spoken. |
| <b>Genesis 27:28</b>        | May God give you heaven's dew and earth's richness an abundance of grain and new wine.   |
| <b>2 Corinthians 5:7</b>    | For we live by faith, not by sight.  |
| <b>Psalms 23:4</b>          | Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.   |

| Scripture                 | Text   |
|---------------------------|--|
| <b>Matthew 7:13-14</b>    | Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. 14 But small is the gate and narrow the road that leads to life, and only a few find it.   |
| <b>Psalms 119:11</b>      | I have hidden your word in my heart that I might not sin against you.  |
| <b>Psalms 119:34-35</b>   | Give me understanding, so that I may keep your law and obey it with all my heart. Direct me in the path of your commands, for there I find delight.  |
| <b>2 Corinthians 5:17</b> | Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!   |
| <b>Mark 9:24</b>          | “I do believe; help me overcome my unbelief!”  |
| <b>John 8:11</b>          | Jesus said unto her, “Neither do I condemn thee: go, and sin no more.”   |
| <b>John 3:17</b>          | For God sent not his Son into the world to condemn the world; but that the world through him might be saved.   |
| <b>Romans 8:1</b>         | There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.  |
| <b>Jeremiah 29:11</b>     | For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.   |
| <b>Psalms 1:1-3</b>       | Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither whatever they do prospers. |
| <b>John 15:13</b>         | Greater love has no one than this: to lay down one’s life for one’s friends.   |
| <b>Romans 8:28</b>        | And we know that in all things God works for the good of those who love him, who have been called according to his purpose.  |

| Scripture                 | Text  |
|---------------------------|---|
| <b>Proverbs 27:17</b>     | As iron sharpens iron, so one person sharpens another.  |
| <b>Ecclesiastes 4:9</b>   | Two are better than one, because they have a good return for their labor.   |
| <b>John 10:10</b>         | The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.   |
| <b>Isaiah 55:6-9</b>      | Seek the Lord while he may be found; call on him while he is near. 7 Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon. 8 "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. 9 "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. |
| <b>Isaiah 43: 2-3</b>     | When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.<br>When you walk through the fire, you will not be burned; the flames will not set you ablaze. 3 For I am the Lord your God, the Holy One of Israel, your Savior  |
| <b>John 10:10</b>         | The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.   |
| <b>2 Corinthians 3:17</b> | Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.  |

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# Parent Resources



The below resources, along with others, can be found at the

## **Texas Attorney General Website:**

<https://www.texasattorneygeneral.gov/child-support/familiesand-parenting/helpful-parenting-resources>

## **Help and Hope**

<http://helpandhope.org>

*This state program offers a variety of support services for parents—including parenting skills, food, clothing, housing, and health care.*

## **Navigate Life Texas**

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

*This website is a complete guide to living in Texas with children with disabilities. Get all of your questions answered and discover resources.*

## **Parenting Tips**

[http://helpandhope.org/Parenting\\_Tips/default.asp](http://helpandhope.org/Parenting_Tips/default.asp)

*This site provides a near comprehensive guide to parents to assist in the everyday needs of raising a child from birth to teenage years.*

## **Youth Empowerment Services**

<https://www.navigatelifetexas.org/en/insurance-financial-help/youth-empowerment-services-yes>

*Medicaid program that helps children and youth with serious mental, emotional and behavioral difficulties. The YES waiver provides intensive services delivered within a strengths-based team planning process called wraparound.*

## **Understood**

<https://www.understood.org>

A comprehensive guide for children, youth, or adults to assist with navigating disabilities, mental illness, and behavior disorders. Written in an easy to understand language to meet diverse needs.

## **Parent and Family Resources: Texas Education Agency**

<https://tea.texas.gov/academics/special-student-populations/special-education/parent-and-family-resources>

## **Partners Resource Network**

Parent Training Resources

<https://prntexas.org/>

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## **Licensed Professional Counselor**

Antoinette "Toni" Kincaid, MA  
Licensed Professional Counselor  
[2304 Bardin Road, Suite 202](#)  
[Grand Prairie, Texas 75052](#)  
[Transitions316@gmail.com](mailto:Transitions316@gmail.com)  
(214) 668-7051

### **Places to get Free Counseling Services**

1. Mental Health Mental Retardation (MHMR)
2. Health & Human Services
3. 211 - We help you find services
4. Local charities (Mission Arlington, Catholic Charities)
5. Charity Hospital (Parkland, John Peters Smith)

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# How to Get Out of an Abusive Relationship

Getting out of an abusive relationship isn't easy, but you deserve to live free of fear. Here's how to find help for abused and battered women.



## If you're in an abusive relationship

*Why doesn't she just leave?* It's the question many people ask when they learn that a woman is suffering battery and abuse. But if you are in an abusive relationship, you know that it's not that simple. Ending a significant relationship is never easy. It's even harder when you've been isolated from your family and friends, psychologically beaten down, financially controlled, and physically threatened.

If you're trying to decide whether to stay or leave, you may be feeling confused, uncertain, frightened, and torn. Maybe you're still hoping that your situation will change or you're afraid of how your partner will react if he discovers that you're trying to leave. One moment, you may desperately want to get away, and the next, you may want to hang on to the relationship. Maybe you even blame yourself for the abuse or feel weak and embarrassed because you've stuck around in spite of it. Don't be trapped by confusion, guilt, or self-blame. The only thing that matters is your safety.

If you are being abused, remember:

- You are not to blame for being battered or mistreated.
- You are not the cause of your partner's abusive behavior.
- You deserve to be treated with respect.
- You deserve a safe and happy life.
- Your children deserve a safe and happy life.
- You are not alone. There are people waiting to help.

There are many resources available for abused and battered women, including crisis hotlines, shelters—even job training, legal services, and childcare. Start by reaching out today.

**If you need immediate assistance, call your country's emergency services number (911 in the U.S.)**

For domestic violence helplines and shelters, click [here](#).

If you're a man in an abusive relationship, read [Help for Men Who are Being Abused](#).

## Making the decision to leave an abusive relationship

As you [face the decision](#) to either end the abusive relationship or try to save it, keep the following things in mind:

**If you're hoping your abusive partner will change...** The abuse will probably keep happening. Abusers have deep emotional and psychological problems. While change is not impossible, it isn't quick or easy. And change can only happen once your abuser takes full responsibility for his behavior, seeks professional treatment, and stops blaming you, his unhappy childhood, stress, work, his drinking, or his temper.

**If you believe you can help your abuser...** It's only natural that you want to help your partner. You may think you're the only one who understands him or that it's your responsibility to fix his problems. But the truth is that by staying and accepting repeated abuse, you're reinforcing and enabling the behavior. Instead of helping your abuser, you're perpetuating the problem.

**If your partner has promised to stop the abuse...** When facing consequences, abusers often plead for another chance, beg for forgiveness, and promise to change. They may even mean what they say in the moment, but their true goal is to stay in control and keep you from leaving. Most of the time, they quickly return to their abusive behavior once you've forgiven them and they're no longer worried that you'll leave.

**If your partner is in counseling or a program for batterers...** Even if your partner is in counseling, there is no guarantee that he'll change. Many abusers who go through counseling continue to be violent, abusive, and controlling. If your partner has stopped minimizing the problem or making excuses, that's a good sign. But you still need to make your decision based on who he is now, not the man you hope he will become.

**If you're worried about what will happen if you leave...** You may be afraid of what your abusive partner will do, where you'll go, or how you'll support yourself or your children. But don't let fear of the unknown keep you in a dangerous, unhealthy situation.

### Signs that your abuser is NOT changing:

- He minimizes the abuse or denies how serious it really was.
- He continues to blame others for his behavior.
- He claims that you're the one who is abusive.
- He pressures you to go to couple's counseling.
- He tells you that you owe him another chance.
- You have to push him to stay in treatment.
- He says that he can't change unless you stay with him and support him.
- He tries to get sympathy from you, your children, or your family and friends.
- He expects something from you in exchange for getting help.
- He pressures you to make decisions about the relationship.

## Safety planning for abused women

Whether or not you're ready to leave your abuser, there are steps you can take to protect yourself. These safety tips may make the difference between being severely injured or killed and escaping with your life.

**Know your abuser's red flags.** Stay alert for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several believable reasons you can use to leave the house (both during the day and at night) if you sense trouble brewing.

**Identify safe areas of the house.** Know where to go if your abuser attacks or an argument starts. Avoid small, enclosed spaces without exits (such as closets or bathrooms) or rooms with weapons (such as the kitchen). If possible, head for a room with a phone and an outside door or window.

**Come up with a code word.** Establish a word, phrase, or signal you can use to let your children, friends, neighbors, or co-workers know that you're in danger and they should call the police.

## Make an escape plan

**Be ready to leave at a moment's notice.** Keep the car fueled up and facing the driveway exit, with the driver's door unlocked. Hide a spare car key where you can get to it quickly. Have emergency cash, clothing, and important phone numbers and documents stashed in a safe place (at a friend's house, for example).

**Practice escaping quickly and safely.** Rehearse your escape plan so you know exactly what to do if under attack from your abuser. If you have children, make sure they practice the escape plan also.

**Make and memorize a list of emergency contacts.** Ask several trusted individuals if you can contact them if you need a ride, a place to stay, or help contacting the police. Memorize the numbers of your emergency contacts, local shelter, and domestic violence hotline.

### If you stay

If you decide at this time to stay with your abusive partner, here are some coping mechanisms to improve your situation and to protect yourself and your children.

- **Contact a domestic violence or sexual assault program in your area.** They can provide emotional support, peer counseling, safe emergency housing, information, and other services whether you decide to stay or leave the relationship.
- **Build as strong a support system as your partner will allow.** Whenever possible, get involved with people and activities outside your home and encourage your children to do so.
- **Be kind to yourself!** Develop a positive way of looking at and talking to yourself. Use affirmations to counter the negative comments you get from the abuser. Carve out time for activities you enjoy.

Source: *Breaking the Silence Handbook*

## Protecting your privacy

Abusers often monitor their partner's activities, including their phone, computer, and Internet use. You may be afraid to leave or ask for help out of fear that your partner will retaliate if he finds out. However, there are precautions you can take to stay safe and keep your abuser from discovering what you're planning.

When seeking help for domestic violence and abuse, it's important to cover your tracks, especially when you're using the home phone, a smartphone, or a computer.

**Call from a friend's or neighbor's phone** when seeking help for domestic violence, or use a public pay phone or a "burner phone."

**Check your smartphone settings.** There are smartphone apps your abuser can use to listen in on your calls, read your text messages, monitor your Internet usage, or track your location. Consider turning it off when not in use or leaving it behind when fleeing your abuser.

**Get a second cell phone.** To keep your communication and movements private, consider purchasing a prepaid cell phone ("burner" phone) or another smartphone that your abuser doesn't know about. Some domestic violence shelters offer free cell phones to battered women. Call your local hotline to find out more.

**Call collect or use your second cell phone.** Remember that if you use your own home phone, the phone numbers that you call will be listed on the monthly bill that is sent to your home. Even if you've already left by the time the bill arrives, your abuser may be able to track you down by the phone numbers you've called for help.

**Use a safe computer.** If you seek help online, you are safest if you use a computer outside of your home. While there are ways to delete your Internet history on a computer, tablet, or smartphone that your abuser has access to, this can be a red flag that you're trying to hide something. Besides, unless you're very technical, it can be almost impossible to clear all evidence of the websites that you've visited. Use a computer at work, the library, your local community center, a domestic violence shelter or agency, or borrow a smartphone from a friend.

**Change your user names and passwords.** In case your abuser knows how to access your accounts, create new usernames and passwords for your email, IM, online banking, and other sensitive accounts. Even if you don't think your abuser has your passwords, he may have guessed or used a spyware or keylogging program to get them. Choose passwords that your abuser can't guess (avoid birthdays, nicknames, and other personal information).

## Protecting yourself from surveillance and recording devices

Your abuser doesn't need to be tech savvy in order to use surveillance technology to monitor your movements and listen in on your conversations. Your abuser could be using:

**Hidden cameras**, such as a "Nanny Cam," covert security cameras, or even a baby monitor to check in on you.

**Smartphone apps** that can enable your abuser to monitor your phone usage or track your movements.

**Global Positioning System (GPS) devices** hidden in your car, purse, on your phone, or other objects you carry with you. Your abuser can also use your car's GPS system to see where you've been.

**If you discover any tracking or recording devices or apps, leave them be until you're ready to leave.** While it may be tempting to remove them or shut them off, this will alert your abuser that you're on to him.

## Domestic violence shelters

A domestic violence shelter or *women's shelter* is a building or set of apartments where abused and battered women can go to seek refuge from their abusers. The location of the shelter is kept confidential in order to keep your abuser from finding you.

Domestic violence shelters generally have room for both mothers and their children. The shelter will provide for all your basic living needs, including food and childcare. The length of time you can stay at the shelter is limited, but most shelters will also help you find a permanent home, job, and other things you need to start a new life. The shelter should also be able to refer you to other services for abused and battered women in your community, including:

- Legal help
- Counseling
- Support groups
- Services for your children
- Employment programs
- Health-related services
- Educational opportunities
- Financial assistance

If you go to a domestic violence shelter or women's refuge, you do not have to give identifying information about yourself, even if asked. While shelters take many measures to protect the women they house, giving a false name may help keep your abuser from finding you, particularly if you live in a small town.

## Protecting yourself after you've left

Keeping yourself safe from your abuser is just as important after you've left as before. To protect yourself, you may need to relocate so your former partner can't find you. If you have children, they may need to switch schools.

---

To keep your new location a secret:

- Get a prepaid mobile ("burner") phone or an unlisted landline.
- Use a post office box rather than your home address.
- In the U.S., apply to your state's address confidentiality program, a service that confidentially forwards your mail to your home.
- Cancel your old bank accounts and credit cards, especially if you shared them with your abuser. When you open new accounts, be sure to use a different bank.

**If you're remaining in the same area, change up your routine.** Take a new route to work, avoid places where your abuser might think to locate you, change any appointments he knows about, and find new places to shop and run errands. You should also keep a cell phone on you at all times and be ready to call your country's emergency services number (911 in the U.S.) if you spot your former abuser.

**Consider getting a restraining order or protective order** against your abusive partner. However, do not feel falsely secure with a restraining order. Your stalker or abuser may ignore it and the police may do nothing to enforce it.

**If you are the victim of stalking or abuse,** you need to carefully research how restraining orders are enforced in your neighborhood. Find out if the abuser will just be given a citation or if he will actually be taken to jail. If the police simply talk to the violator or give a citation, your abuser may reason that the police will do nothing and feel empowered to pursue you further. Or your abuser may become angry and retaliate.

## Taking steps to heal and move on

The scars of domestic violence and abuse run deep. [The trauma of what you've been through](#) can stay with you long after you've escaped the abusive situation. You may struggle with upsetting emotions, frightening memories, or a sense of constant danger that you just can't kick. Or you may feel numb, disconnected, and unable to trust other people. But counseling, [therapy](#), and support groups for domestic abuse survivors can help you process what you've been through and learn how to build new and healthy relationships.

### Building healthy new relationships

After getting out of an abusive situation, you may be eager to jump into a new relationship and finally get the intimacy and support you've been missing. But it's wise to go slow. Take the time to get to know yourself and to understand how you got into your previous abusive relationship. Without taking the time to heal and learn from the experience, you're at risk of falling back into abuse.

*Authors: Melinda Smith, M.A. and Jeanne Segal, Ph.D.*

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# Counseling Resources

## **Metrocare**

1345 River Bend Dr. Ste. 200  
Dallas, TX 75247  
(214) 743-1200 tollfree (877) 283-2121  
<https://www.metrocareservices.org/>

*Behavioral healthcare for children and adults  
primary care centers for adults and children, services for veterans and their  
families, accessible pharmacies, housing and supportive social services.*

## **National Alliance for mental illness (NAMI)**

3136 W. 4<sup>th</sup> St.  
Fort Worth, TX 76107  
(817) 332-6677  
<https://namitarrant.org>

*Offers classes and trainings for people living with mental illnesses, their families, community  
members, and professionals*

## **Parkland Behavioral Health Clinic**

6300 Harry Hines Blvd. 7<sup>th</sup> Floor  
Dallas, TX 75235  
(214) 590-5536  
[www.parklandhospital.com](http://www.parklandhospital.com)

*Offers a range of mental health services provided by psychiatrists, behavioral health providers,  
clinical social workers, psychiatric nurses and psychologists.*

## **Sex Trafficking Hotline**

(888) 373-7888  
<https://humantraffickinghotline.org>

## **National Domestic Violence Hotline**

(800) 799-7233  
<http://thehotline.org>

## **Grief Share Programs**

*Various location, search based on your zip code  
Support group for those suffering the loss of a family member or friend.*

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## IRVING RESOURCE GUIDE

### Counseling Centers

| Organization Name  | Services Provided/Notes  |
|--|--|
| <b>NTBHA</b><br>833-251-7544, support line<br>866-260-8000, 24/7 Crisis Line<br><a href="http://www.ntbha.org">www.ntbha.org</a>   | North Texas Behavioral Health Authority <ul style="list-style-type: none"> <li>• Dedicated line for mental health support during COVID-19</li> </ul>   |
| <b>Here For Texas</b><br><b>Mental Health Navigation Line</b><br><b>972-525-8181</b><br><a href="http://www.herefortexas.com/index.html">http://www.herefortexas.com/index.html</a>                          | If you need assistance, call 972-525-8181 <ul style="list-style-type: none"> <li>• Open Monday-Friday 10am-6pm</li> <li>• You'll be connected to a trained mental health navigator who can offer support and information about mental health services and resources in your area.</li> </ul>   |
| <b>Counseling Institute of Irving</b><br>1300 Walnut Hill Lane Ste. 200<br>Irving, TX 75038<br>972-550-8369<br><a href="http://www.drspillman.com">www.drspillman.com</a>                                    | <ul style="list-style-type: none"> <li>• Play therapy &amp; individual counseling</li> <li>• Medicaid accepted, discounted rates for interns</li> <li>• Drug testing, pre-marital testing &amp; psychoeducational testing</li> </ul> <p><b>Services are in-person, telephone, or virtual</b></p>   |
| <b>Irving Family Advocacy Center</b><br>600 W. Pioneer Dr.<br>Irving, TX 75061<br>972-721-6555<br><a href="http://www.irvingfac.com">www.irvingfac.com</a> - complete application online for services        | <ul style="list-style-type: none"> <li>• Free counseling for children, teens, &amp; adults</li> <li>• Group counseling &amp; educational classes are on hold at this time</li> <li>• Spanish-speaking counselors available</li> </ul> <p><b>Only telehealth counseling offered at this time. Available to both new and existing clients. Call 972-721-6540 to speak with intake specialist or apply online at <a href="http://www.irvingfac.com">www.irvingfac.com</a></b></p>   |
| <b>Multicultural Recovery Center</b><br>101 N. MacArthur Blvd.<br>Irving TX 75061<br>214-609-3300<br><a href="https://www.multiculturalrecoverycenter.com/">https://www.multiculturalrecoverycenter.com/</a> | They are a bilingual behavioral health clinic offering an array of counseling services. The clinic is open Monday-Saturday from 9am-6pm. Saturdays are by appointment only.<br>Accept Medicaid, Medicare & uninsured<br><u>Counseling services include:</u> <ul style="list-style-type: none"> <li>• Psychiatry Evaluation</li> <li>• Individual, Couples, and Family counseling</li> <li>• Addiction Counseling (Alcohol/Drugs)</li> </ul> <u>Additional services include:</u> <ul style="list-style-type: none"> <li>• Skills Training for Children/Teens with problems following rules and staying on task in school</li> <li>• Counseling for young adults preparing for a College or University</li> <li>• Counseling for individuals who have newly arrived to this country and have difficulties adapting to their new environment (Culture)</li> </ul> |

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| <p><b>Children First Counseling Center</b><br/>         202 College St.<br/>         Grand Prairie, TX 75050<br/>         972-264-0604 main number<br/>         682.615.2070 Google number<br/> <a href="http://www.childrenfirstinc.org">www.childrenfirstinc.org</a></p>  | <ul style="list-style-type: none"> <li>● Bilingual Counseling for children, teens and adults,</li> <li>● Positive parenting classes &amp; groups <i>not available</i> at this time</li> <li>● Evenings &amp; Saturdays available</li> <li>● Sliding scale only</li> </ul> <p><b>*****Telehealth Counseling Services Now Available*****</b></p>  |
| <p><b>Holman Family Services</b><br/>         3636 N. MacArthur Blvd. Ste. 160<br/>         Irving, TX 75062<br/>         972-375-1200<br/> <a href="http://www.holmanfamilyservices.com">www.holmanfamilyservices.com</a></p>  | <ul style="list-style-type: none"> <li>● Bilingual Counseling for children and families, ages 5 and up</li> <li>● Parenting classes</li> <li>● Medicaid accepted &amp; sliding scale available</li> <li>● Saturday availability</li> </ul> <p><b>All services provided remotely, 3 FREE sessions for new clients if uninsured</b></p>   |
| <p><b>Child &amp; Family Guidance Center</b><br/>         8915 Harry Hines Blvd<br/>         Dallas, TX 75235<br/>         214-351-3490<br/> <a href="http://www.childrenandfamilies.org">www.childrenandfamilies.org</a></p>   | <ul style="list-style-type: none"> <li>● Spanish-speaking counselors available</li> <li>● Accept Medicaid and private insurance</li> <li>● Provide rehabilitation services, medicine management, family and individual counseling, and parenting classes</li> </ul> <p><b>New clients are being accepted, will need to go in person to local center and then get virtual counseling on-site, some remote counseling is available depending on provider</b></p>                              |
| <p><b>Victim Intervention Program /Rape Crisis Center- Parkland</b><br/>         5201 Harry Hines Blvd.<br/>         Dallas, TX 75390<br/>         214-590-2926<br/>         Hotline: 214-590-0430<br/> <a href="https://www.parklandhospital.com/vip-rape-crisis-center">https://www.parklandhospital.com/vip-rape-crisis-center</a></p> | <p>FREE Counseling offered to women, men, teens and children 4 years and older who live in Dallas County</p> <ul style="list-style-type: none"> <li>● Evenings &amp; Saturdays available</li> <li>● Spanish-speaking counselors available</li> <li>● Victim services/case management only offered to current clients</li> </ul> <p><b>New clients may be placed on waitlist. All clients will receive counseling virtually.</b></p>   |
| <p><b>Rapha Christian Counseling</b><br/>         6300 N. Belt Line Rd.<br/>         Irving, TX 75063<br/>         972-257-0449<br/> <a href="http://www.rapha.info">www.rapha.info</a></p>   | <ul style="list-style-type: none"> <li>● Counseling w/ a Christian perspective</li> <li>● Child &amp; adolescent therapy, ages 10 and up</li> <li>● Addiction therapy</li> </ul> <p><b>In person or remote counseling available, new clients will be accepted.</b></p>  |
| <p><b>Journey of Hope Grief Support Center</b><br/>         3900 W. 15th Ste 306<br/>         Plano TX 75075<br/>         972-964-1600<br/> <a href="https://johgriefsupport.org/">https://johgriefsupport.org/</a></p>   | <p>Journey of Hope Grief Support Center is a non-profit organization dedicated to providing group grief support to children, adolescents, and their parents or adult caregivers who have lost a loved one to Death.</p> <ul style="list-style-type: none"> <li>● Journey provides peer grief support groups free of charge to children ages 4-18 and their adult caregivers twice a month</li> <li>● All services are being provided virtually through the Hope at Home program.</li> </ul> |

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| <p><b>The Momentous Institute</b><br/> <u>Oak Cliff Campus</u><br/>         106 E 10th Street<br/>         Dallas, TX 75203<br/>         214-915-4700</p> <p><u>Harry Hines Campus</u><br/>         9705 Harry Hines Blvd.<br/>         Dallas, TX 75220<br/>         214-916-4000</p> <p><a href="http://momentousinstitute.org/">http://momentousinstitute.org/</a></p> | <ul style="list-style-type: none"> <li>● Counseling for Children and Families, parenting classes</li> <li>● Assessments can be done on ages 0-6 to better understand their potential cognitive, social or emotional challenges</li> <li>● No insurance needed, sliding scale only</li> </ul> <p><b>****Physical campus is closed at this time; no groups or camps.</b></p> <p><b>*****Counseling is being provided via telehealth only at this time with case by case exceptions for in person. Open to new and existing clients</b></p>   |
| <p><b>Mobile Counseling PLLC</b><br/>         1412 Main St Suite 613<br/>         Dallas, TX 75202<br/>         214-542-5642<br/> <a href="https://mobile-counseling.net/">https://mobile-counseling.net/</a></p>   | <ul style="list-style-type: none"> <li>● Counseling sessions for adults, adolescents and children</li> <li>● In-Home counseling &amp; online counseling</li> <li>● Specialized Counseling Services</li> <li>● Accepts Aetna, Blue Cross, HSA, Cigna</li> <li>● Star Grant allows 10 free family sessions</li> </ul> <p><b>****Telehealth only, open to new clients</b></p>   |
| <p><b>Family Tree Program</b><br/>         Denton and Dallas County<br/>         888-837-0666<br/>         Denton ext 2<br/>         Dallas ext 7<br/> <a href="http://www.familytreeprogram.org">www.familytreeprogram.org</a><br/> <b>Crisis Text Line:</b> Can be reached 24/7 from your cell by texting HOME to 741741</p>  | <ul style="list-style-type: none"> <li>● Free Family Counseling (5-10 free counseling sessions)</li> <li>● New one-on-one parenting support via telehealth</li> <li>● <b>Eligibility Requirements</b> <ul style="list-style-type: none"> <li>○ Youth is under 18 &amp; one of the following criteria applies               <ul style="list-style-type: none"> <li>■ Family conflict (arguing, yelling, tension)</li> <li>■ Youth runaway &amp; delinquency</li> <li>■ School attendance issues</li> </ul> </li> </ul> </li> </ul> <p><b>Online/Telephonic counseling offered. Limited in person counseling is available. New clients are accepted.</b></p> |
| <p><b>Mosaic Family Services</b><br/>         12225 Greenville Ave #800<br/>         Dallas, TX 75243<br/>         214-821-5393<br/> <a href="http://mosaicervices.org/">http://mosaicervices.org/</a></p>  | <p>FREE Counseling for all ages</p> <ul style="list-style-type: none"> <li>● Substance abuse prevention programs</li> <li>● Domestic violence shelters</li> <li>● Classes on life skills, problem solving</li> <li>● Services available in different languages (call to check)</li> </ul>  |
| <p><b>24-hour CRISIS HOTLINE:</b> 214-823-4434</p>  | <p><b>No in-person counseling. All services provided via email, phone or telehealth. Accepting new referrals</b></p>   |

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| <p><b>Brighter Tomorrows</b><br/>                 928 Bluebird Dr.<br/>                 Irving, TX 75061<br/>                 972-254-4003<br/> <a href="http://www.brightertomorrows.net">www.brightertomorrows.net</a></p> | <ul style="list-style-type: none"> <li>● Counseling services for children &amp; adults                         <ul style="list-style-type: none"> <li>○ Play therapy for children</li> </ul> </li> <li>● Offer parenting classes- <i>on hold at this time</i></li> </ul> <p><b>No in-person, all services provided remotely. New clients are accepted</b></p> |
| <p><b>The Family Place</b><br/>                 (214) 948-5175 (9am-5pm)<br/> <a href="http://www.familyplace.org/">http://www.familyplace.org/</a></p> <p><b><u>24 HOUR CRISIS HOTLINE: 214-941-1991</u></b></p>            | <p>FREE counseling services for children, teens, and adults that are victims of abuse:</p> <ul style="list-style-type: none"> <li>● Play therapy for children</li> <li>● Individual and group counseling are available</li> </ul> <p><b>Currently accepting new clients. Services are now provided in person, or via telehealth.</b></p>                      |
| <p><b>Aunt Bertha -<br/>                 The Social Care Network</b><br/> <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></p>  | <p>Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more.</p> <ul style="list-style-type: none"> <li>● Go to their website and enter your zip code to be provided with resources for your specific area.</li> </ul>   |

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**More Resources**



**Shelters/Residential Placements**

| Organization Name   | Services Provided/Notes  |
|---|--|
| <p><b>Brighter Tomorrows</b><br/>           928 Bluebird Dr.<br/>           Irving, TX 75061<br/>           Admin #: 972-254-4003</p>   | <p>Emergency safe shelters located in Grand Prairie &amp; Irving</p> <ul style="list-style-type: none"> <li>● <b>24-hour SHELTER hotline:</b> 972-262-8383</li> <li>● Pets allowed</li> </ul> <p><b>Accepting new people, however, they currently do not have space.</b></p>   |
| <p><b>Promise House</b><br/>           224 W. Page Ave.<br/>           Dallas, Texas 75208<br/>           214-941-8578<br/> <a href="https://promisehouse.org/">https://promisehouse.org/</a></p> | <ul style="list-style-type: none"> <li>● Emergency Youth Shelter, ages 6 to 18</li> <li>● Basic necessities: shelter, food, clothing</li> <li>● Mental Health Care: Group and Individual</li> <li>● Life and Job Skills Training</li> </ul> <p><b>Intake is being done via phone only. There is currently a waitlist for the emergency youth shelter. Some counselors are on-site, but call first to verify if in-person counseling sessions are taking place.</b></p>   |
| <p><b>The Family Place</b><br/>           214-941-1991<br/> <b>(24-Hour Crisis Hotline)</b><br/> <a href="http://www.familyplace.org/">http://www.familyplace.org/</a></p>                        | <p>Emergency Shelter for Family Violence Victims</p> <ul style="list-style-type: none"> <li>● Provides On-Site Attorneys</li> <li>● Animal shelter provided for clients with pets</li> </ul> <p><b>The Family Place Shelter remains open and operating as usual.</b></p>   |
| <p><b>Family Promise</b><br/>           972-313-1500<br/>           Info@familypromiseirving.org</p>  | <p>Faith-Based Non-Profit Emergency Shelter for Families:</p> <ul style="list-style-type: none"> <li>● Single-Parent, Dual-Parent, Multi-Generational Families Accepted</li> <li>● Meals &amp; Transportation Provided</li> <li>● Employment Assistance and Permanent Housing Assistance</li> </ul> <p><b>Currently not offering shelter services due to COVID-19</b></p> <p><b><u>C-Model 2020 Program:</u></b><br/> <b>In response to COVID-19, they are providing limited financial assistance for rent and utilities. Potential families must be prescreened via a referral form. The referral form can be completed by a school counselor, student advocate or other relevant Irving ISD staff.</b></p> |

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| <p><b>Salvation Army Dallas Shelter And Services</b><br/>         5302 Harry Hines Blvd.<br/>         Dallas, TX 75247<br/>         214-424-7000<br/> <a href="https://www.salvationarmydfw.org/">https://www.salvationarmydfw.org/</a></p> | <p>Offering food assistance via food pantries, individual &amp; family shelters, counseling, employment assistance, life-skills classes and a domestic violence program.</p> <p>Financial Assistance is being offered to help pay for rent, mortgage, and utilities. To apply click here: <a href="https://ntx.sahelp.org/">https://ntx.sahelp.org/</a></p> <p><b>Drive-through food pantries at 13 locations:</b></p> <ul style="list-style-type: none"> <li>● <b>Check their website for location addresses &amp; hours of operation</b><br/> <a href="https://www.salvationarmydfw.org/p/services/covid-19-update/covid-19-location-updates">https://www.salvationarmydfw.org/p/services/covid-19-update/covid-19-location-updates</a></li> <li>● <b>NOT OPEN SATURDAYS OR SUNDAYS</b></li> </ul> |
| <p><b>Boys Ranch:</b><br/> <b>Founded by Cal Farley</b><br/>         P.O. Box 1890<br/>         Amarillo, TX 79174<br/>         800-657-7124</p>  | <p>A residential educational community for boys and girls, ages 5 to 16.5, where families can voluntarily place a child, and maintain parental rights.</p> <ul style="list-style-type: none"> <li>● Children must be willing to participate in the program.</li> <li>● Boys Ranch Independent School District is located on Boys Ranch Campus.</li> </ul>  |
| <p><a href="https://www.calfarley.org/boysranch/">https://www.calfarley.org/boysranch/</a></p>  | <p><b>When you call their direct line they are instructing those seeking help and/or for information to go to their website and click on the “get help” tab to complete an online form and get assistance that way.</b></p> <p><b>No new scheduled campus visits until further notice.</b></p>   |
| <p><b>Jonathan’s Place</b><br/>         6065 Duck Creek Dr<br/>         Garland, TX 75043<br/>         972-303-5303<br/> <a href="http://www.jpkids.org">www.jpkids.org</a><br/>         RESET hotline (469) 929-8252</p>                   | <p>Provides residential care and specialized services to children through a variety of programs such as RESET (Restoring and Educating Survivors to Empowerment and Transformation)</p> <p>Emergency Shelter and/or therapeutic foster care.</p> <p>RESET is a free 90 day residential program for girls ages 5-7 who are or at risk of being trafficking victims.</p>   |

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| <p><b>Christ's Haven</b><br/>                 4200 Keller Haslet Rd.<br/>                 Keller, TX 76244<br/>                 817-431-1544<br/> <a href="https://www.christshaven.org/">https://www.christshaven.org/</a></p> | <p>A non-emergency VOLUNTARY residential placement for children from birth until 17 yrs. old, where guardians maintain full custody of their child, but allow Christ's Haven to care for their child's needs while they are placed in our care.</p> <ul style="list-style-type: none"> <li>● Application &amp; Interview process required</li> <li>● Must be a U.S./Legal Resident</li> </ul> <p><b><u>Current Programs</u></b></p> <ul style="list-style-type: none"> <li>● Life Path (Transition) Program</li> <li>● Teen Mom Program</li> <li>● Counseling</li> </ul> <p><b>Still operating as usual; however, their administrative offices will continue to be closed until further notice.</b></p> <p><b>Still accepting applications, please reach out to Erica Salinas at <a href="mailto:erica@christshaven.org">erica@christshaven.org</a></b></p> |
| <p><b>Aunt Bertha -<br/>                 The Social Care Network</b><br/> <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></p>   | <p>Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more.</p> <ul style="list-style-type: none"> <li>● Go to their website and enter your zip code to be provided with resources for your specific area.</li> </ul>   |

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**Food Pantry/Social Services**

| Organization Name   | Services Provided/Notes  |
|---|--|
| <p><b>The Main Place</b><br/>           2236 W. Fifth Street<br/>           Irving, TX 75060<br/>           972-252-4082<br/> <a href="https://www.themainplaceirving.org/">https://www.themainplaceirving.org/</a></p> | <p>Providing new clothing and personal items to homeless teens and individuals or families in needs</p> <ul style="list-style-type: none"> <li>• Online referral form required from counselor/social worker and student/family schedules their appointment online with referral code provided by counselor/social worker</li> </ul> <p><b>Services are operating as usual with modifications due to COVID-19.</b></p>  |
| <p><b>Crisis Ministries</b><br/>           114 E. Second St.<br/>           Irving, TX 75060<br/>           972-891-8783<br/> <a href="http://www.crisis-ministries.org">www.crisis-ministries.org</a></p>              | <ul style="list-style-type: none"> <li>• Families receive free groceries 5x a year               <ul style="list-style-type: none"> <li>◦ Bread &amp; pastries available every 2 weeks</li> </ul> </li> <li>• Hygiene products available (including diapers)</li> <li>• Financial Assistance, Job Assistance and Emergency Shelter</li> </ul> <p><b>Operating as usual.</b></p>  |
| <p><b>Blazer Student Store at Northlake Community College</b><br/>           Central Campus, A223<br/>           5001 N. MacArthur Blvd.<br/>           Irving, TX 75038<br/>           972-860-3912</p>                | <p>Dual Credit students can shop for clothing, food and toiletries for free with blazer bucks. Students can request blazer bucks from Student Life or Counseling Services.</p> <p><b>Services are suspended for the time being.</b></p>  |
| <p><b>Irving Cares</b><br/>           440 S. Nursery Rd. Ste. 101<br/>           Irving, TX 75060<br/>           972-721-9181<br/> <a href="http://www.irvingcares.org">www.irvingcares.org</a></p>                     | <p>Offering food assistance, limited financial assistance (utilities, rent, prescriptions, transportation) and employment assistance (GED testing, computer lab for job search).</p> <p><b><u>Food Pantry</u></b><br/> <b>Open with the following modified hours:</b></p> <ul style="list-style-type: none"> <li>• <b>Mondays, Tuesdays &amp; Fridays 9am-12pm &amp; 1pm-3:30pm</b><br/>             (only 40 spots available, so first come first served)</li> <li>• <b>Thursdays 1pm-3:30pm</b><br/>             (only 20 spots available, so first come first served)</li> </ul> <p><b><u>Electric and Gas Utility Assistance</u></b><br/> <b>Must be done ONLY over the phone by calling (972) 721-9181</b></p> <p><b><u>Rent Assistance</u></b><br/> <b>Applications are only taken over the phone on specific dates starting at 9am. They cannot be made in-person or via email.</b></p> |

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| <p><b>Northgate United Methodist Church</b><br/>         3700 W. Northgate Dr.<br/>         Irving, TX 75062<br/>         972-252-8519<br/> <a href="http://www.northgateumc.org">www.northgateumc.org</a></p>  | <p>Northgate’s Food Pantry is open on Saturdays from 8:30am-10:30am for a limited distribution of food essentials.</p> <ul style="list-style-type: none"> <li>● Contact church to verify dates when open or check website</li> <li>● Make sure to bring photo ID</li> </ul>   |
| <p><b>Salvation Army/Boys &amp; Girls Club</b><br/>         250 E. Grauwlyer Rd.<br/>         Irving, TX 75061<br/>         972-438-6553<br/> <a href="http://www.salvationarmydfw.org/p/locations/irving">www.salvationarmydfw.org/p/locations/irving</a></p>                      | <p><b><u>Christmas Assistance - Angel Tree Program</u></b><br/>         The Angel Tree program helps families in need by providing Christmas gifts to children ages 14 and under.</p> <ul style="list-style-type: none"> <li>● To apply for assistance, please call The Salvation Army location in your county of residence for more information.             <ul style="list-style-type: none"> <li>○ For IRVING: 214-637-8241</li> </ul> </li> </ul> <p><b><u>Emergency Financial Assistance for Rent, Mortgage or Utilities</u></b></p> <ul style="list-style-type: none"> <li>● Please call 214-424-7050</li> <li>● You can also apply online here: <a href="https://ntx.sahelp.org/">https://ntx.sahelp.org/</a></li> </ul> <p><b><u>Food Pantry</u></b></p> <ul style="list-style-type: none"> <li>● <b>Drive-through food pantry open only on Wed. from 1pm-4pm</b></li> </ul> |
| <p><b>Catholic Charities COVID Financial Assistance</b><br/>         1421 W Mockingbird Ln, Dallas, TX 75247<br/>         (866) 223-7500<br/> <a href="https://www.ccdallas.org/covid-19-assistance-application/">https://www.ccdallas.org/covid-19-assistance-application/</a></p> | <p>Emergency rental, mortgage and utilities assistance for Irving residents if their income or expenses have been affected by COVID-19.</p> <ul style="list-style-type: none"> <li>● Must show proof via proof of job loss or reduction in hours, child care or school closures, bank statements or medical bills.</li> <li>● Recipients can receive up to \$2,000 per month for a max. of three months to cover housing expenses dating back to March 1. Money paid directly to landlords, lenders or utility providers.</li> <li>● Must have a household income between 80% and 120% of the area’s median income. Visit the website for application and full requirements or click <a href="#">here</a>.</li> </ul>   |
| <p><b>Aunt Bertha - The Social Care Network</b><br/> <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></p>  | <p>Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more.</p> <ul style="list-style-type: none"> <li>● Go to their website and enter your zip code to be provided with resources for your specific area.</li> </ul>   |

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**Psychiatric & Chemical Dependency**

| Organization Name  | Services Provided/Notes  |
|--|--|
| <p><b>Youth 180</b><br/>           201 S. Tyler Street<br/>           Dallas, Texas 75208<br/>           972-566-4680</p>  | <p><u>Counseling Services</u></p> <ul style="list-style-type: none"> <li>● Free counseling for children (and their families) 9-18 years old</li> <li>● Does not have to be drug related</li> <li>● Will provide bus passes</li> </ul>  |
| <p>info@dallaschallenge.org</p>  | <ul style="list-style-type: none"> <li>● Parenting classes in Spanish and English</li> </ul> <p><u>Educational Programs</u></p> <ul style="list-style-type: none"> <li>● 6-18 years old</li> <li>● Classes for teens on driving and drinking, truancy issues, smart decision making, and anger/conflict management</li> </ul> <p><u>Substance Abuse Program</u></p> <ul style="list-style-type: none"> <li>● Substance abuse and recovery support for ages 13-17</li> <li>● 14 sessions regardless of drug of choice</li> <li>● \$925 total treatment cost, but no one is turned away for inability to pay</li> </ul> <p><b>Telehealth and in-person</b></p> |
| <p><b>Medical City<br/>           Green Oaks Hospital</b><br/>           7808 Clodus Fields Dr.<br/>           Dallas, Texas 75251<br/>           972-770-0818</p> | <ul style="list-style-type: none"> <li>● Mental Health and Chemical Dependency Treatment for Adolescents and Adults</li> <li>● Psychiatric Crisis Stabilization Emergency Services</li> <li>● Inpatient Care and Outpatient Treatment with Scheduling Options               <ul style="list-style-type: none"> <li>○ Including Day, Evening, and Weekend Programs</li> </ul> </li> </ul> <p><b>Currently accepting new patients.</b></p>   |
| <p><b>ADAPT Crisis Line<br/>           Metrocare</b><br/>           888-905-0595</p>   | <ul style="list-style-type: none"> <li>● Phone crisis support</li> <li>● Mobile Crisis Team. Home Visit available for Crisis Assessment</li> <li>● No Cost for Assessment and Treatment Referral</li> </ul> <p><b>Adapt remains open and operating as usual.</b></p>   |

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| <p><b>Hickory Trails Hospital</b><br/>         2000 N. Old Hickory Trail<br/>         Desoto TX 75115<br/>         972-298-7323</p> <p><a href="http://www.hickorytrail.com">www.hickorytrail.com</a></p>   | <ul style="list-style-type: none"> <li>● Free mental health assessment appointments available 24/7</li> <li>● Care for Children, adolescents, adults and seniors             <ul style="list-style-type: none"> <li>○ Inpatient Hospitalization</li> <li>○ Partial Hospitalization (PHP)</li> <li>○ Intensive Outpatient Program (IOP)</li> </ul> </li> </ul> <p><b>Currently accepting new patients. No visitors allowed.<br/>         Children under 13 years old not allowed at intake</b></p>  |
| <p><b>Child &amp; Family Guidance Center</b><br/> <u>Dallas- HQ</u><br/>         8915 Harry Hines Blvd<br/>         Dallas, TX 75235<br/>         214-351-3490</p> <p><u>Oak Cliff</u><br/>         210 W. 10<sup>th</sup> St<br/>         Dallas, TX 75208<br/>         214-351-3490 Hours<br/> <a href="http://www.childrenandfamilies.org">www.childrenandfamilies.org</a></p> <p>Hours: Monday-Friday 8am-5pm</p> <p><b>Telehealth Covid-19 hotline: 469-591-1520</b><br/> <a href="mailto:telehealth@childandfamilies.org">telehealth@childandfamilies.org</a></p> | <p><b><u>Mental health services for adults and children</u></b></p> <ul style="list-style-type: none"> <li>● Clinical assessment &amp; Psychiatric evaluation</li> <li>● Medication management &amp; Case management</li> <li>● Individualized counseling</li> <li>● Community based rehabilitative &amp; skills training</li> </ul> <p><b><u>Youth Empowerment Services (YES) Waiver Program (866) 501-6535</u></b></p> <ul style="list-style-type: none"> <li>● Community-based services to children and adolescents with severe emotional disturbances, disruptive/aggressive, risk of harm, limited resources, poor school behavior, or a current mental health diagnosis</li> <li>● Children ages 3-18</li> <li>● Must be eligible for Medicaid</li> </ul> <p><b>Currently accepting clients. Telehealth and in-person services</b></p> |
| <p><b>DFW Child Psychiatry</b><br/>         1304 W. Walnut Hill Ln Ste. 100<br/>         Irving, TX 75038<br/>         469-941-0444 ext 1<br/> <a href="http://www.dfwchildpsychiatry.com">www.dfwchildpsychiatry.com</a><br/>         Hours: M-F 8am-3pm</p>   | <ul style="list-style-type: none"> <li>● Accepts insurance &amp; private pay (check website)             <ul style="list-style-type: none"> <li>○ Does not take Medicaid</li> </ul> </li> <li>● Treat multiple behavioral, emotional &amp; developmental diagnosis</li> <li>● Spanish-speaking psychiatrists available</li> </ul> <p><b>Telemedicine appointments only</b></p>   |
| <p><b>Teen Recovery Program for Mental Health &amp; Substance Abuse - Children's Health</b><br/>         2350 N. Stemmons Freeway<br/>         Dallas, TX 75207<br/>         214-456-7200<br/> <a href="https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program">https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program</a></p>  | <p><b><u>Intensive Outpatient Program (Serves ages 13-17)</u></b></p> <ul style="list-style-type: none"> <li>● Includes individual and family sessions</li> <li>● Services include:             <ul style="list-style-type: none"> <li>○ Medicine management</li> <li>○ Group and individual therapy</li> <li>○ Family therapy</li> </ul> </li> <li>● Accept several insurances including Medicaid</li> </ul> <p><b>Currently accepting new clients.<br/>         Offering in-person and telehealth services.</b></p>  |

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| <p><b>Excel Center - Affiliate of Millwood Hospital</b><br/> <u>Lewisville Location</u><br/>                 190 Civic Circle Suite 170<br/>                 Lewisville, TX 75067<br/>                 972-906-5522</p> <p><u>Fort Worth Location</u><br/>                 1220 W. Presidio St.<br/>                 Fort Worth, TX 76102<br/>                 817-335-6429</p> <p><u>Arlington Location</u><br/>                 1111 N. Cooper St.<br/>                 Arlington, TX 76011<br/>                 817-404-2207</p> | <ul style="list-style-type: none"> <li>● Free confidential assessment (Serves ages 5-18)</li> <li>● Offer in-house psychiatric services and medicine management</li> <li>● Accepts several insurances                         <ul style="list-style-type: none"> <li>○ Does not accept Amerigroup &amp; Molina</li> </ul> </li> <li>● Parenting Education (coming soon)</li> </ul> <p><b>Current Programs:</b></p> <ul style="list-style-type: none"> <li>● <b>Partial Hospitalization Program (PHP)</b> <ul style="list-style-type: none"> <li>○ Includes four hours of daily group therapy through process groups and coping skills education groups.</li> <li>○ Offers in-house school by enrolling in their TEA Accredited Charter School, <b>Brazos River Charter School</b>, while the student is receiving services.</li> </ul> </li> <li>● <b>Intensive Outpatient Program (IOP)</b> <ul style="list-style-type: none"> <li>○ Includes three hours of daily group therapy through process groups and coping skills education groups.</li> </ul> </li> </ul> <p><b>Currently accepting patients in-person. Telehealth is available.</b></p> |
| <p><b>Phoenix House Drug/Alcohol Rehab for Teens</b><br/>                 2345 Reagan St<br/>                 Dallas, TX 75219<br/>                 214-999-1044</p>  | <p>Offering individual, group, and family counseling</p> <ul style="list-style-type: none"> <li>● All insurances accepted!</li> <li>● Insurance and/or citizenship not required for treatment</li> </ul> <p><b>Current Programs:</b></p> <ul style="list-style-type: none"> <li>● <b>Intensive Outpatient Program (IOP):</b> <ul style="list-style-type: none"> <li>○ Mon., Wed., Fri. (6pm-9pm)</li> <li>○ Bilingual groups available</li> </ul> </li> <li>● <b>Inpatient:</b> <ul style="list-style-type: none"> <li>○ Counseling and Psychiatric support</li> <li>○ Residents stay in school through DISD</li> </ul> </li> </ul> <p><b>Currently accepting new clients. Individual sessions are in person and groups are conducted via zoom.</b></p>  |
| <p><b>Millwood Hospital</b><br/>                 1011 N. Cooper St.<br/>                 Arlington, TX 76011<br/>                 817-261-3121<br/> <a href="https://millwoodhospital.com/">https://millwoodhospital.com/</a></p>   | <ul style="list-style-type: none"> <li>● Free confidential assessments</li> <li>● Accepts private insurance and some Medicaid</li> <li>● Mental Health Treatment Programs                         <ul style="list-style-type: none"> <li>○ Short-Term, Outpatient Treatment</li> <li>○ Inpatient Acute Mental Health Care</li> <li>○ Inpatient Substance Abuse Treatment Services</li> </ul> </li> </ul> <p><b>Currently accepting new patients</b></p>  |

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| <p><b>Texas Health Springwood Behavioral Health Hospital HEB</b><br/>                 2717 Tibbets Drive<br/>                 Bedford, Texas 76022<br/>                 682-236-6023</p> | <ul style="list-style-type: none"> <li>● Crisis assessment</li> <li>● Mobile Crisis assessment</li> <li>● Chemical dependency treatment/generic psychiatric services</li> <li>● Inpatient treatment for ages 12 and up</li> <li>● Outpatient program for ages 12 and up (5 days a week)</li> </ul> <p>Offers services regardless of insurance</p> <p><b>Currently accepting new patients.</b></p> |
| <p><b>Aunt Bertha - The Social Care Network</b><br/> <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></p>   | <p>Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more.</p> <ul style="list-style-type: none"> <li>● Go to their website and enter your zip code to be provided with resources for your specific area.</li> </ul>   |

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**More Resources**



**Health Clinics**

| Organization Name   | Services Provided/Notes   |
|---|---|
| <p><b>Clinica Tu Salud</b><br/>           245 E. Grauwlyer Rd Ste. 122<br/>           Irving, TX 75061<br/>           972-887-3235<br/> <a href="https://www.clinicatusalud.com/">https://www.clinicatusalud.com/</a></p> | <p>Accepting new patients</p> <ul style="list-style-type: none"> <li>● Spanish-speaking doctor available</li> <li>● Insurances accepted:               <ul style="list-style-type: none"> <li>○ Aetna, Blue Cross, Amerigroup, Molina, Medicare</li> <li>○ Does not accept Parkland</li> </ul> </li> </ul> <p><b>Services by appointment only- not accepting walk-ins at this time. Please call ahead if you believe you are experiencing COVID-19 symptoms.</b></p> <p><b>Updated hours: Monday-Thursday 9am-5pm, and Friday 9am-3pm.</b></p>                                    |
| <p><b>Irving Health Center</b><br/>           1800 N. Britain Rd.<br/>           Irving, TX 75061<br/>           214-266-3000</p>   | <ul style="list-style-type: none"> <li>● Assistance with completing Medicaid application</li> <li>● Affiliated with Parkland</li> <li>● <b>Services offered:</b> <ul style="list-style-type: none"> <li>○ Behavioral Health Services</li> <li>○ Optometry Services</li> <li>○ Ancillary Services (ex. mammogram, labs)</li> <li>○ Nutrition, Community health &amp; wellness programs</li> </ul> </li> </ul> <p><b>Offering telehealth or in person visits depending on doctor's recommendation. Please call ahead if you believe you are experiencing COVID-19 symptoms.</b></p> |
| <p><b>Aunt Bertha -</b></p>   | <p>Search for free or reduced cost services like mental health care, housing,</p>   |
| <p><b>The Social Care Network</b><br/> <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></p>  | <p>medical care, food, job training, and more.</p> <ul style="list-style-type: none"> <li>● Go to their website and enter your zip code to be provided with resources for your specific area.</li> </ul>  |

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**More Resources**



**After-School Programs**

| Organization Name  | Services Provided/Notes   |
|--|---|
| <p><b>All Things Made New</b><br/>                     2232 W. 5th Street<br/>                     Irving, TX 75060<br/>                     214-460-7644<br/> <a href="https://www.allthingsmadenew.net/">https://www.allthingsmadenew.net/</a></p>   | <p>Free mentoring groups for boys and girls (free meal &amp; snacks provided)<br/>                     All groups meet Tuesdays at 6:00 PM.</p> <ul style="list-style-type: none"> <li>● More than Gold - Girls Group (6th-12th grade)                             <ul style="list-style-type: none"> <li>○ Divided into middle school and high school groups</li> </ul> </li> <li>● Iron Roots - Boys Group (5th-9th grade)</li> <li>● G.R.A.C.E. - Empower pregnant teens/teen moms</li> <li>● Youth Advisory Council - students advocate for current community issues and create opportunities for action</li> <li>● Individual mentoring, case management, and college/career readiness are also available</li> </ul> <p><b>ATMN can deliver food packs for students in need. Please call to request.</b></p> |
| <p><b>Salvation Army/<br/>Boys &amp; Girls Club</b><br/>                     250 E. Grauwylar Rd.<br/>                     Irving, TX 75061<br/>                     972-438-6553<br/> <a href="https://www.salvationarmydfw.org/p/locations/irving">https://www.salvationarmydfw.org/p/locations/irving</a></p> | <p>After-school program for students ages 5-15 years old. Program meets Monday-Friday 3:30pm-6:30pm during the school year.</p> <ul style="list-style-type: none"> <li>● Activities include drama, play, &amp; art.<br/> <b>Cost is \$35/month</b></li> <li>● Summer program is available Monday-Friday 7:00am-5:00pm.<br/> <b>Cost is \$45/week</b></li> </ul>   |
| <p><b>Irving Police Athletic League</b><br/>                     1550 Rock Island Road<br/>                     Irving, TX. 75060<br/>                     972-254-4659<br/> <a href="https://www.irvingpal.org/">https://www.irvingpal.org/</a></p>   | <p>Free after-school programs for students ages 7-18</p> <ul style="list-style-type: none"> <li>● Fitness and Boxing programs</li> <li>● Urban outdoors program</li> <li>● Free summer sports programs (wrestling, basketball &amp; soccer)</li> </ul>  |
| <p><b>YMCA After School Program</b><br/>                     2200 W. Irving Blvd.<br/>                     Irving, TX 75061<br/>                     972-986-8898<br/> <a href="http://www.ymcadallas.org/locations/irving_family_ymca">http://www.ymcadallas.org/locations/irving_family_ymca</a></p>           | <p>After school program for K-5th hosted at each elementary school campus in partnership with IISD (as long as minimum enrollment is reached).</p> <ul style="list-style-type: none"> <li>● Monday- Friday until 6:30 PM</li> <li>● Follows the IISD calendar for holidays</li> <li>● \$25 per week for each child, plus a \$50 registration fee</li> <li>● Contact: Erin Yacho, Irving ISD Coordinator of Parent &amp; Family Engagement at <a href="mailto:eyacho@irvingisd.net">eyacho@irvingisd.net</a></li> </ul>  |
| <p><b>Aunt Bertha -<br/>The Social Care Network</b><br/> <a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></p>   | <p>Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more.</p> <ul style="list-style-type: none"> <li>● Go to their website and enter your zip code to be provided with resources for your specific area.</li> </ul>   |

More Resources Below



## COVID Testing Locations

| Organization Name   | Services Provided/Notes  |
|---|--|
| <b>Parkland Irving Health Center</b><br>1800 N. Britain Road<br>Irving, TX. 75061<br>(214) 590-8060 | Parkland Hospital offers drive-thru testing by appointment only at its main campus and community-based clinics for current Parkland patients who meet the medically necessary criteria <b>with a Parkland physician's order</b> .<br><br>Parkland patients can contact the COVID-19 Patient Line at <b>(214) 590-8060</b> .  |
| <b>Walgreens Pharmacy</b><br>1330 N. Belt Line Rd<br>Irving, TX. 75061<br>(972) 594-1648            | Free drive-thru testing from 9 a.m. to 5 p.m. daily. Testing is available to those 18 and older who meet the criteria of the <u>Centers for Disease Control and Prevention (CDC)</u> , along with state and federal guidelines.<br><br>Patients are asked to schedule an appointment online prior to visiting the testing location. Test results will be communicated to patients within two to three days. For more information, including scheduling an appointment, visit <a href="https://www.walgreens.com/Covid19Testing">Walgreens.com/Covid19Testing</a> . |

**\*Please visit**  
**<https://www.cityofirving.org/3647/Testing-Locations>** for more COVID-19 testing locations  
in the DFW area.

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# TARRANT COUNTY RESOURCE GUIDE

## COMMUNITY HEALTH, BEHAVIORAL, SOCIAL SERVICES RESOURCE GUIDE

### Behavioral/Mental Health Assistance

| ORGANIZATION NAME   | ABOUT  | CONTACT INFORMATION   |
|---|--|---|
| My Health My Resources- Tarrant County<br><br>*Multiple locations, multiple treatments options, see website for more information. | Provides 24/7 community-based services for youth and adults with developmental disabilities, mental health conditions, and substance use disorders. Through a variety of outpatient, residential, and crisis support services people of all ages can get the help they need. | 3840<br>Hulen<br>Street Fort<br>Worth, TX<br>76107<br>(817) 569-4300<br>Crisis line: (817) 335- 3022<br><a href="http://www.mhmrarrant.org/">http://www.mhmrarrant.org/</a>   |
| JPS Health Network<br><br>*Multiple locations, multiple treatments options, see website for more information                      | Provides inpatient, outpatient, and peer and family services for adults and adolescents. Accepts most insurance plans and offers multiple payment assistance programs for services.  | Viola Pitts/Como<br>Health Center 4701<br>Bryant Irvin Road N.<br>Fort<br>Worth, TX<br>76107<br>(817) 702-1100<br><a href="https://www.jpshealthnet.org/location/viola-pittscomo-health-center">https://www.jpshealthnet.org/location/viola-pittscomo-health-center</a> |
| Millwood Hospital   | Inpatient and outpatient mental health and chemical dependency care for children, adolescents, adults, and seniors.  | 1011 N.<br>Cooper<br>Street<br>Arlington,<br>TX 76011<br>(817) 261-3121<br><a href="https://millwoodhospital.com/">https://millwoodhospital.com/</a>  |

### Child/Youth Services

| ORGANIZATION NAME                                       | ABOUT  | CONTACT INFORMATION   |
|---|--|---|
| Texas Youth Hotline                                     | Provides 24/7 preventive support to youth free of charge. Trained volunteers provide guidance on youth-related concerns, referral information, and simply listen.                        | Phone: (800)-989-6884<br>Text: (512)-872- 5777<br><a href="http://www.dfps.statetx.us/Youth_Hotline/">http://www.dfps.statetx.us/Youth_Hotline/</a>     |
| LightHouse for New Hope: Grief & Loss Center            | Provides grief support for children & adults who have experienced loss (death, divorce, separation, etc). Offering group and individual counseling as well as play therapy for children. | 2717 Mesquite, TX<br>(972)- 226-3110<br><a href="http://lighthousefornewhope.org/home">http://lighthousefornewhope.org/home</a>                         |
| MHMR Tarrant County: Early Childhood Intervention (ECI) | ECI of North Central TX provides evaluation services for children and families to help young children who may be behind schedule for developmental milestones.                           | (888)-754-0524<br><a href="http://www.mhmrarrant.org/Services/Early-Childhood-Services">http://www.mhmrarrant.org/Services/Early-Childhood-Services</a> |



## Crisis Assistance

| ORGANIZATION NAME  | ABOUT   | CONTACT INFORMATION   |
|--|---|---|
| ACH Child and Family Services  | Crisis intervention and counseling, short-term counseling for at-risk youth and their families, emergency youth shelter, youth life skills, and parenting classes.                  | Hotline: (817)-355-4673<br><a href="https://achservices.org/">https://achservices.org/</a>  |
| MHMR ICare Crisis Hotline  | 24/7 hotline that provides emergency mental health support, information, and referrals for all people.  | Phone: (817) 335-3022<br>Text: (817) 355-3022<br><a href="https://www.mhmrarrant.org/About-Us/Community-Resources">https://www.mhmrarrant.org/About-Us/Community-Resources</a>                            |
| Psychiatric Emergency Center- JPS HealthNetwork<br><br>*Multiple locations, multiple treatment options, see website for more information | Provides inpatient, outpatient, and peer and family services for adults and adolescents. Accepts most insurance plans and offers multiple payment assistance programs for services. | 1500 S. Main Street<br>Fort Worth, TX (817) 702-4151<br><a href="http://www.jpshealthnet.org/location/psychiatric-emergency-center">http://www.jpshealthnet.org/location/psychiatric-emergency-center</a> |

## Dental Assistance

| ORGANIZATION NAME  | ABOUT   | CONTACT INFORMATION  |
|--|---|--|
| Dental Health Arlington  | Non-profit that provides low-cost preventive and pain relieving services to low income residents in Tarrant County.   | 501 W. Sanford Street, Stw. 11<br>Arlington, TX 76011<br>(817) 277-1165<br><a href="https://www.dentalhealtharlington.org/patients">https://www.dentalhealtharlington.org/patients</a>   |
| Dental – JPS Health Network<br><br>*Multiple locations, multiple treatment options, see website for more information | Provides dental care for patients experiencing problems that need immediate treatment, such as severe pain, broken, cracked, or chipped tooth.                                    | Stop Six/Walter B. Barbour<br>3301 Stalcup Road<br>Fort Worth, TX 76119<br>(817) 702-3567<br><a href="https://www.jpshealthnet.org/health_care_services/dental/locations">https://www.jpshealthnet.org/health_care_services/dental/locations</a>                   |
| Dental Care- Cook Children’s   | Serves patients between 0 to 16 years old for preventive, restorative, and sedation dental care services. Accepts Medicaid & CHIP and can treat children with medical conditions. | Renaissance<br>2600 E. Berry Street<br>Fort Worth, TX 76105<br>(817) 347-4600<br><a href="https://cookchildrens.org/neighborhood-clinics/renaissance/Pages/dental-care.aspx">https://cookchildrens.org/neighborhood-clinics/renaissance/Pages/dental-care.aspx</a> |



## Emergency Shelters

| ORGANIZATION NAME                       | ABOUT   | CONTACT INFORMATION   |
|---|---|---|
| J.E. & L.E. Mabee Social Service Center | Mabee Center serves individuals and families 24/7 for 365 days per year. Provides emergency family homeless shelters, daily meals, a transitional program, support services for homeless veterans, and a long-term residential treatment program for those with substance use issues. | 1855 E. Lancaster Avenue<br>Fort Worth, TX 76103<br>(817) 344-1800<br><a href="https://www.salvationarmydfw.org/p/locations/fort_worth/mabee_center">https://www.salvationarmydfw.org/p/locations/fort_worth/mabee_center</a>         |
| Arlington Life Shelter                  | Provides free emergency shelter, employment program, educational & lifeskill services, job readiness and coaching, social work services, and health services for men, women, and children of all ages.  | 325 West Division Street<br>Arlington, Texas 76011<br>(817) 548-9885<br><a href="https://arlingtonlifeshelter.org/How-We-Help/Entrance-Requirements.html">https://arlingtonlifeshelter.org/How-We-Help/Entrance-Requirements.html</a> |
| Presbyterian Night Shelter              | Free shelter for homeless adults operating 24/7, 365 days per year. Provide meals and additional support services for single women and singlemen without length-of-stay restrictions.   | 2400 Cypress<br>Fort Worth, Texas 76103<br>(817) 632-7400<br><a href="https://www.journeyhome.org/who-we-help">https://www.journeyhome.org/who-we-help</a>  |

## Financial Assistance

| ORGANIZATION NAME                           | ABOUT  | CONTACT INFORMATION   |
|---|--|---|
| Community Action Partners                   | Provides comprehensive services to economically disadvantaged individuals, families, and the elderly. Through the CAP program residents learn to become financially independent, reducing and eliminating their reliance on social services. | 4200 S. Freeway, Suite 2300<br>Fort Worth, TX 76115<br>(817) 392- 5720<br><a href="http://fortworthtexas.gov/cap/">http://fortworthtexas.gov/cap/</a>   |
| St. John the Apostle Parish                 | Only for zip codes: 76053, 76054, 76117, 76118, 76180, 76182, 76111.<br>By appointment only. Offers financial aid for rent, utilities, and other bills after screening by intake volunteer.  | (817) 284-5912<br><a href="https://sitanrh.com/social-ministry">https://sitanrh.com/social-ministry</a>   |
| Tarrant County Department of Human Services | A variety of programs available to help disabled, unemployed, or people in crisis. Including a Special Utility Assistance Program for those receiving social security benefits or those with limited income.                                 | 1200 Circle Drive, Ste. 200<br>Fort Worth, 76119<br>817-531-5620<br><a href="http://access.tarrantcounty.com/en/human-services/categories.html?linklocation=lwantto&amp;linkname=Categories%20of%20Assistance">http://access.tarrantcounty.com/en/human-services/categories.html?linklocation=lwantto&amp;linkname=Categories%20of%20Assistance</a> |



## Food Assistance

| ORGANIZATION NAME   | ABOUT   | CONTACT INFORMATION   |
|---|---|---|
| Arborlawn United Methodist Church FoodPanty   | Food pantry and clothing closet that offers assistance and can provide nonperishable food. Open Tuesday—Thursday, 9am to 12pm.  | 5001 Briarhaven Road Fort Worth, TX 76109 (817) 731-0701<br><a href="https://www.arborlawnmc.org/care-about">https://www.arborlawnmc.org/care-about</a>   |
| WIC Program- Tarrant County<br><br>*Multiple locations, multiple treatments options, see website for more information | Offers free services to those who qualify to receive nutrition information, breastfeeding education and assistance, nutritious food, referrals to health and medical services, and immunizations as some WIC clinics. | (817) 321-5400<br><a href="https://access.tarrantcounty.com/en/public-health/family-health-services/wic-program/wic-locations.html?linklocation=lwantto&amp;linkname=Clinic%20Locations">https://access.tarrantcounty.com/en/public-health/family-health-services/wic-program/wic-locations.html?linklocation=lwantto&amp;linkname=Clinic%20Locations</a> |
| Salvation Army of Tarrant County  | Provides food & emergency financial assistance for rent, bills, medications and case management for eligible families, depending on availability.   | 1855 East Lancaster Fort Worth, TX 76103(817) 344-1800<br><a href="http://fortworth.satruck.org/">http://fortworth.satruck.org/</a>   |

## Housing and Rent Assistance

| ORGANIZATION NAME                           | ABOUT  | CONTACT INFORMATION   |
|---|--|---|
| Tarrant County Department of Human Services | A variety of programs available to help disabled, unemployed, or people in crisis. Including a Special Utility Assistance Program for those receiving social security benefits or those with limited income.   | 1200 Circle Drive, Ste. 200 Fort Worth, 76119 817-531-5620<br><a href="http://access.tarrantcounty.com/en/human-services/categories.html?linklocation=lwantto&amp;linkname=Categories%20of%20Assistance">http://access.tarrantcounty.com/en/human-services/categories.html?linklocation=lwantto&amp;linkname=Categories%20of%20Assistance</a> |
| Tarrant County Housing Partnership          | Works in collaboration with local and federal government to deliver a variety of programs and services that address housing issues for special populations. Including free counseling and workshops for first-time homebuyers, homeowners in crisis, down payment and closing cost assistance, and affordable housing options. | 4200 South Freeway, Ste. 307 (817) 924-5091 Toll-free: (877)-924-5095 Email: <a href="mailto:counseling@tchp.net">counseling@tchp.net</a><br><a href="https://www.tchp.net/programs_services/">https://www.tchp.net/programs_services/</a>  |
| Housing Assistance Office- Tarrant County   | Provides safe, decent, and affordable housing for low income families. TCHAO promotes personal, economic, and social upward mobility while assisting families with the transition from subsidized to non-subsidized housing.   | 2100 Circle Drive Fort Worth, TX 76119(817) 531-7640<br><a href="https://www.tarrantcounty.com/en/housing-assistance-office.html">https://www.tarrantcounty.com/en/housing-assistance-office.html</a>   |



## Legal Assistance

| ORGANIZATION NAME   | ABOUT  | CONTACT INFORMATION  |
|---|--|--|
| Free/Low Cost Legal Assistance- TarrantCounty                                     | List of resources provided by Tarrant County of organizations that provide free or low-cost legal assistance.  | <a href="https://www.tarrantcounty.com/en/law-library/free-low-cost-legal-assistance.html">https://www.tarrantcounty.com/en/law-library/free-low-cost-legal-assistance.html</a>  |
| Legal Aide of NorthWest Texas   | Non-profit organization that provides high quality, legal aid through a combined effort of legal services staff and volunteer attorneys. Assists individuals and families with civil matters including: family law and domestic violence, access to benefits, housing issues, employment, wills and much more. | 600 E. Weatherford Street<br>Fort Worth, TX 76102<br>(817) 336-3943<br><a href="https://internet.lanwt.org/locations/fortworth">https://internet.lanwt.org/locations/fortworth</a>   |
| Family and Veteran Advocacy Clinic- TexasA&M University School of Law, Law Clinic | Free legal assistance for low income individuals and families. Handles civil cases such as: protective orders, domestic violence issues, divorces and child custody, adoptions, etc. Must make an appointment by calling first.  | Star-Telegram Building<br>307 W. 7 <sup>th</sup> Street, Ste.<br>LL50<br>(817) 212-4123<br><a href="https://law.tamu.edu/prospective/academics/centers-clinics-programs/family-and-veterans-advocacy-clinic/for-potential-clients">https://law.tamu.edu/prospective/academics/centers-clinics-programs/family-and-veterans-advocacy-clinic/for-potential-clients</a> |

## Medical Assistance

| ORGANIZATION NAME  | ABOUT   | CONTACT INFORMATION  |
|--|---|--|
| Cook Children’s Neighborhood Clinics<br><br>*Multiple locations, multiple treatments options, see website for more information     | Community-based neighborhood clinics provide well-child, sick visits, vaccines, and other supportive resources. Accepts Medicaid, CHIP and most insurance plans.  | Miller Clinic<br>2755 Miller Avenue<br>Fort Worth, TX 76105<br>(817) 534-7110<br><a href="https://cookchildrens.org/neighborhood-clinics/Pages/default.aspx">https://cookchildrens.org/neighborhood-clinics/Pages/default.aspx</a> |
| JPS Health Network<br><br>*Multiple locations, multiple treatments options, see website for more information                       | Provides inpatient, outpatient, and peer and family services for adults and adolescents. Accepts most insurance plans and offers multiple payment assistance programs for services.   | True<br>Worth<br>Clinic 513<br>E Presidio Street<br>Fort Worth, TX 76102<br>(817) 702-1100<br><br><a href="http://www.jpshhealthnet.org/location/true-worth-clinic">http://www.jpshhealthnet.org/location/true-worth-clinic</a>    |
| North Texas Area Community HealthCenters<br><br>*Multiple locations, multiple treatments options, see website for more information | Offers a full range of quality, family-oriented comprehensive primary and preventive services, including Family Medicine, Pediatrics, OB-GYN, family planning, prenatal care, behavioral care services, and health education. | Southeast Community Health Center<br>2909 Mitchell Blvd.<br>Fort Worth, TX 76105<br>(817) 625-4254<br><a href="https://ntachc.org/locations/">https://ntachc.org/locations/</a>  |
| HealthWell Foundation  | Provides financial assistance for those who qualify for medical treatments if out of pocket costs are too high for the individual.  | (800) 675-8416<br><a href="https://www.healthwellfoundation.org/">https://www.healthwellfoundation.org/</a>  |



## Misc. Basic Needs Assistance

| ORGANIZATION NAME | ABOUT  | CONTACT INFORMATION   |
|-------------------|--|---|
| Help and Hope     | Wealth of community resources, contact information, and servicedirectory for families in Tarrant County. | <a href="http://www.helpandhope.org/">http://www.helpandhope.org/</a> |

## Substance Use Disorder Assistance

| ORGANIZATION NAME   | ABOUT   | CONTACT INFORMATION  |
|---|---|--|
| My Health My Resources- Tarrant County<br><br>*Multiple locations, multiple treatments options, see website for more information. | Provides comprehensive treatment for recovery through addiction services. MHMR offers a continuum of care for adults and adolescents including prevention, education, and testing services. | MHMR Recovery Center<br>1501 E. El Paso Street Fort Worth, TX 76102<br>(817) 569-4600<br><a href="https://www.mhmrtarrant.org/Services/Addiction-Services">https://www.mhmrtarrant.org/Services/Addiction-Services</a> |

## Transportation Assistance

| ORGANIZATION NAME  | ABOUT   | CONTACT INFORMATION  |
|--|---|--|
| My Ride- MHMR of Tarrant County<br><br>*Multiple locations, multiple treatments options, see website for more information. | Provides transportation options & counseling for people experiencing difficulty getting to the doctor, grocery store, work, social activities, etc. due to a disability.                                  | Disability Services Office<br>1300 Circle Dr.<br>Fort Worth, TX 76119<br>(817) 587-7099<br><a href="http://www.mhmrtarrant.org/Services/Intellectual-and-Developmental-Disabilities/Transportation">http://www.mhmrtarrant.org/Services/Intellectual-and-Developmental-Disabilities/Transportation</a> |
| Trinity Metro  | Public transportation organization serving citizens of Tarrant County. This included a fixed bus service, vanpools, paratransit service including (Trinity Railway Express, TEXRail, North Texas Xpress). | 801 Cherry St.<br>Ste. 850 Fort Worth, TX 76102<br>(817) 215-8600<br><a href="https://ridetrinitymetro.org/">https://ridetrinitymetro.org/</a>   |

## Volunteer and Faith-Based Services

| ORGANIZATION NAME                 | ABOUT  | CONTACT INFORMATION   |
|-----------------------------------|--|---|
| Catholic Charities of Fort Worth  | Non-profit organization providing dental services, pregnancy support, immigration services, services for those experiencing homelessness, tax preparation assistance, transportation assistance, and veteran services. | (817) 534-0814<br><a href="https://www.catholiccharitiesfortworth.org/help/">https://www.catholiccharitiesfortworth.org/help/</a>                                   |
| Eastside Ministries of Fort Worth | Non-profit dedicated to providing food, clothing, and other essential items to those in need. First-come, first-serve. New clients must be signed in by 11:15am.   | 5929 E. Lancaster Avenue<br>Fort Worth, TX 76112<br>(817) 446-3278<br><a href="http://eastsidecommunityassistance.org/">http://eastsidecommunityassistance.org/</a> |

## **MHMR AGENCIES LINKS**

[TaCo-Community-Resource-guide-2019-20.pdf \(ideapublicschools.org\)](#)

[Mental Health Services for Adults | MHMR Tarrant County, Fort Worth TX](#)

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