



St Mary of the Expectation

1612 E Walker St
League City, TX 77573
281-332-3031

This Resource Guide was developed to support moms and families in need as part of the United States Conference of Catholic Bishops “Walking with Moms in Need” initiative by the St. Mary Respect Life ministry. Unless specified, the providers listed in the reference guide are not Catholic.

Catholic Pregnancy and Parenting Support

[Gabriel Project - Office of Pro Life Activities](#)

If you or someone you know is experiencing a difficult pregnancy Call **713-225-5826**
Or fill out the online form by clicking [here](#)

The Gabriel Project is a pro-life parish-based apostolate of the Archdiocese of Galveston-Houston offering assistance to women experiencing difficult circumstances during pregnancy. Gabriel Project volunteers act to provide practical advice and help, as well as spiritual support and Christian witness to mothers in need. Locally, St. Paul and Mary Queen Catholic Churches have Gabriel Projects.

The Office of Pro-Life Pregnancy Help webpage has links to multiple additional resources across the Houston area. Access by clicking [here](#)

[Blessed Beginnings Life Center \(Catholic Charities\)](#)

713-874-6760

<https://catholiccharities.org/our-services/nurturing-and-caring-for-children/blessedbeginnings/>

The Blessed Beginnings Pregnancy and Parenting Life Center is committed to the sanctity of human life, especially in its most vulnerable early stages. The program focuses on the critical time period from the woman's pregnancy through the age of five—a child's most formative years. Click [here](#) to fill out the application.

[Loving Choice Pregnancy Help Center](#)

832-559-7239

17835 Kuyhendahl Rd

Suite 103

Spring, TX 77379

<https://loving-choice.org/>

Loving Choice Pregnancy Help Center offers free pregnancy tests and ultrasounds, classes to explore parenting, and referrals to doctors, government assistance, counselors and adoption services. Spanish speaking person on staff.

Additional Pregnancy and Parenting Support

[Anchor Point](#)

103 Davis Road, Suite B

League City, TX 77573

832-632-1221

<https://anchorpoint.us/get-hope/>

Anchor Point champions the future of children by educating and empowering parents because no one is beyond hope. The network offers many services including prenatal care and classes, parenting classes, counseling services, referral services, a medical clinic and a residential home.

The Anchor Point Family Network includes:

Hope Family Center: <https://hopefamilycenter.org/>

Hope Counseling Center: <https://hopefamilycenter.org/counseling-2/>

Obria Medical Clinics: <https://www.obria.org/locations/league-city-tx/>

[Hope House](#)

832-632-1221

League City, TX

<http://hopehousetx.com/>

Part of the Anchor Point network, Hope House is a residential home for young women aged 16 and older who find themselves in an unplanned pregnancy. Hope House is a transformational home for those needing a safe and supportive home for up to 18 months.

Catholic Social Services and Counseling Services

Catholic Charities

Main number: 713-526-4611
Bay Area Blvd: 281-282-6069
Texas City: 409-948-0405
Galveston: 409-762-2064
<https://catholiccharities.org/>

Catholic Charities helps people in southeast Texas by providing caring, compassionate services and advocating for social justice in collaboration with parishes and communities. Call or see website for the numerous services offered.

Catholic Charities Counseling and Behavioral Health Clinic

Speak to a counselor by calling 713-874-6590
Or fill out an online intake form at this website:
<https://catholiccharities.org/our-services/strengthening-families/counseling/>

The Counseling and Behavioral Health Clinic helps families of any income level with everyday problems build healthy relationships and heal from trauma and grief. There are multiple locations in the Houston metro area.

Gratia Plena

832-532-0129
1110 Nasa Pkwy
Houston, 77058
<https://gratiaplenacounseling.org/>

Gratia Plena provides counseling services in a manner that is faithful to the teaching, values and traditions of the Catholic Church.

Adoption

New Life Adoption

281-955-1001
11439 Spring Cypress Road, Bldg C
Tomball, TX 77377
<https://newlifeadopt.com/>

New Life Adoptions is a Christian organization offering information and assistance in working with mothers and families to facilitate open or closed adoptions.

Healthcare

[Christus Foundation for HealthCare](https://christusfoundation.org/)

<https://christusfoundation.org/>

Christus Foundation provides compassionate healthcare services to uninsured and underserved women, men and children.

[Christus Point of Light Clinic](https://christusfoundation.org/programs/christus-point-light-clinic/)

713-803-1830

2402 Termini Street, Suite 100-D

Dickinson, TX 77539

<https://christusfoundation.org/programs/christus-point-light-clinic/>

[Christus St Mary's Clinic](https://christusfoundation.org/programs/christus-st-marys-clinic/)

713-803-1840

2002 S Wayside Dr

Houston, TX 77023

<https://christusfoundation.org/programs/christus-st-marys-clinic/>

[Obria Medical Clinics](https://obria.org/) (part of the Anchor Point network)

24 hr Hotline: 800-712-4357

Main: 832-632-4555

103 Davis Road, Suite K

League City, TX 77573

<https://obria.org/>

Obria seeks a relationship with their patients that focuses on wellness for the whole person — including physical, mental, spiritual, and social needs. When it comes to women's health — before, during, and after pregnancy — their whole person approach is especially important as we are helping to care for two human beings.

[St. Hope Foundation](https://www.offeringhope.org/)

713-955-4821

3750 Medical Park Dr, Suite 150

Dickinson, TX 77537 (5 other locations in Houston area)

<https://www.offeringhope.org/>

Click [here](#) for New Patient Registration and information.

St. Hope offers innovative, effective healthcare designed to reduce health disparities in the Houston area. St. Hope provides a range of care including primary care, well women care and serves patients with various diseases that include, but are not limited to, heart disease, diabetes, HIV/AIDS, Hepatitis C, obesity, high blood pressure, skin disorders, cancer and mental health.

Government Assistance and Additional Social Services

[Your Texas Benefits](#)

<https://yourtexasbenefits.com/Learn/Home>

Your Texas Benefits is the where to learn about and apply for benefits such as SNAP Food Benefits, Medicaid and Children's Health Insurance Program (CHIP) and WIC. Pregnant women are eligible for Medicaid coverage if they fall below certain income levels, as are their children.

[Texas WIC \(Women, Infants and Children\)](#)

Call **1-800-942-3678** to locate the nearest office and make an appointment to start your application.

Or start your application online [here](#)

<https://texaswic.org/>

WIC provides nutrition education, access to nutritious foods and breastfeeding support and (at some locations) vouchers for fruits and vegetables at farmers' markets. WIC is for pregnant, postpartum and breastfeeding women and families with children up to age 5. Income level for qualification is based on number of household members.

[Baker Ripley Utility Assistance Program](#)

Call 713-590-2327 to request an application be mail

Or go to their webstie and download an application

<https://www.bakerripley.org/services/utility-assistance-program>

This utility assistance program for individuals in Galveston, Brazoria and Harris counties. The website has information on eligibility and income requirements.

[Interfaith Caring Ministries](#)

281-332-3881

151 Park Avenue

League City, TX 77573

<https://icmtx.org/>

ICM seeks to provide financial and food assistance to those in need, specifically in Clear Creek and Friendswood ISDs. ICM has a Food Pantry, Resale Shop Voucher Program, Rent and Utility Assistance Program. Click [here](#) for the Client Intake Form and list of documents required at an appointment.

Employment Assistance

Texas Workforce Commission

1-800-628-5115

<https://www.twc.texas.gov/>

TWC has resources, tips and tools to build a stronger Texas workforce for job seekers and employers.

Workforce Solutions

409-949-9055

3459 Palmer Highway

Texas City, TX 77590

<https://www.wrksolutions.com/>

346-230-7018

1300-A Bay Area Blvd

Houston, TX 77058 (Clear Lake Area)

Workforce solutions helps with job searches, training and practical skills.

Child Care Assistance

Texas Child Care Availability Portal

<https://find.childcare.texas.gov/welcome>

This website helps locate child care in Texas including full time, part time, overnight care and weekend care. The website indicates if financial aid is accepted.

Workforce Solutions

409-949-9055

3459 Palmer Highway

Texas City, TX 77590

346-230-7018

1300-A Bay Area Blvd

Houston, TX 77058 (Clear Lake Area)

<https://www.wrksolutions.com/for-individuals/financial-aid/financial-assistance-for-child-care>

Workforce Solutions is interested in helping families by providing child care financial aid for those who qualify. There may be a waiting list. A pre-qualification form can be filled out online to join the waiting list.

Food Assistance

St Mary of the Expectation

1612 E Walker St
League City, TX 77573

Food Pantry Open for walk-ins on Wednesdays from 10 am – 12 pm.

St Bernadette Catholic Church Christian Action

Phone numbers for the food pantry: 832-915-5677, 832-915-5678
15500 El Camino Real
Houston TX 770962
<https://stbchurch.org/christian-action>

St Bernadette assists with clothing and food donations to neighbors in need. Call Mon, Wed from 9:30 – 11:30 am to make appointment for pickup on Tues, Thurs 9:30 am – 11:30 am. No walk-ins. Utility assistance is provided to those living in zip codes 77062, 77058, 77059, 77598.

Galveston County Food Bank

409-945-4232
<https://www.galvestoncountyfoodbank.org/>

The Galveston County Food Bank provides easy access to nutritional food to the economically disadvantaged populations of Galveston County through a network of participating charitable organizations. GCFB can assist with other resources besides food and can connect with other agencies.

CGFB Food Pantry Location and Hours:
624 4th Ave N, Texas City, TX 77590
9 am – 3 pm (Tues – Thurs), 9 am – 12 pm (Friday)

In addition to the Texas City location, there are additional food pantry locations and mobile food distribution sites in Galveston County. The list of locations and monthly mobile calendar are available here:

<https://www.galvestoncountyfoodbank.org/find-help/>

Interfaith Caring Ministries

281-332-3881
151 Park Avenue, League City, TX 77573
<https://icmtx.org/>

ICM seeks to provide financial and food assistance to those in need, specifically in Clear Creek and Friendswood ISDs. ICM has a Food Pantry, Resale Shop Voucher Program, Rent and Utility Assistance Program. Click [here](#) for the Client Intake Form and list of documents required at an appointment.

Grieving and Healing Resources

Mount Olivet Cemetery

281-337-1641
7801 Gulf Freeway
Dickinson, TX 77539

Mount Olivet Cemetery provides free burial to Catholic mothers who lost a baby in utero or during birth.

Jerome's Hope

713-741-8782 (Archdiocese of Galveston-Houston Office of Pro-Life)
<https://www.archgh.org/offices-ministries/pastoral-educational-ministries/office-of-pro-life-activities/miscarriage-early-infant-death-prenatal-diagnosis-or-infertility/>

Jerome's Hope is a support ministry for miscarriage, early infant death, prenatal diagnosis or infertility.

Project Rachel (Office of Pro-Life local Website)

Rachel's Vineyard (National website)

713-741-8782 (Archdiocese of Galveston-Houston Office of Pro-Life)
877-467-3463 (Rachel's Vineyard hotline)
866-482-5433 (National hotline for abortion recovery)

<https://www.archgh.org/projectrachel>

<https://www.rachelsvineyard.org/>

The Archdiocese of Galveston-Houston offers a network of services to support those seeking healing from abortion. Rachel's Vineyard is a weekend retreat that is a safe place to renew, rebuild and redeem hearts broken by abortion. Multi-week support groups and referrals for individual counseling are also available.

Resale Shops

[Interfaith Caring Ministries Resale Shop](#)

803 E Nasa Parkway, Webster TX 77598

(281) 332-2025

Store Hours: Monday-Friday 10 am to 6 pm and Saturday 10 am to 5 pm

[Goodwill Houston Resale Stores](#)

<https://www.goodwillhouston.org/shop/>

There are over 60 Goodwill Stores in the Houston area. Visit the website for additional locations. Local locations are:

Victory Lakes Store

2840 Gulf Frwy South, League City TX 77573

281-614-0941

NASA Store

20810-A Gulf Fwy, Webster TX 77598

281-332-0190

Clear Lake Store

2411 Bay Area Blvd, Houston TX 77058

281-738-3844

[The Nearly New Thrift Shop](#)

18028 Nassau Bay Drive, Nassau Bay, TX 77058

281-333-4497

Wednesday, Friday & Saturday - 11 am to 3 pm, Thursday - 1pm to 5 pm

[Assistance League of Bay Area Resale Shop](#)

100 East Nasa Parkway, Suite 80

Webster, TX 77598

281-554-2594

Wednesday, Friday & Saturday - 11 am to 3 pm

[The Hope Village Resale Shop](#)

5403 Hope Village Road, Friendswood, Texas 77546

281-996-7045

Wednesday - Friday 10am to 4:00pm, Saturday 10am to 3pm

[The Shepherd's Nook](#)

201 N Friendswood Dr, Friendswood, TX 77546

281-482-8603

Tuesday, Thursday and Saturday: 10 am to 3 pm

Domestic Violence Support

Bay Area Turning Point

24 hour Hotline: **281-286-2525**

Non-emergency: 281-338-7600

BATP Crisis Intervention Walk In location:

201 South Walnut Street, Webster TX 77598

Mon – Wed: 8 am – 7:30 pm, Thurs: 8 am – 7 pm, Fri: 8:30 am – 3 pm

<https://www.bayareaturningpoint.org/>

<https://www.bayareaturningpoint.org/services/>

Bay Area Turning Point provides local, comprehensive services to anyone victimized by domestic and sexual violence. BATP has a 24 Hour Crisis Hotline, shelter services, children’s services, case management services, counseling, advocacy and more.

Resource and Crisis Center of Galveston County

24 hour Hotline: 888-919-7233

1204 45th Street

Galveston, TX 77550

<https://www.rccgc.org/>

RCC provide services to victims of domestic or sexual violence including a 24-hour hotline, residential services, non-residential services, therapy and legal services.

See additional resources on the Office of Pro-Life Activities website by clicking [here](#)

Legal Services

See resources on the Office of Pro-Life Activities website by clicking [here](#)

Substance Abuse Resources

See resources on the Office of Pro-Life Activities website by clicking [here](#)

Housing Resources

See additional housing resources in the Houston area on the Office of Pro-Life Activities website by clicking [here](#)

The housing resources include emergency shelters, residential facilities for women and children, refuge housing, and transitional living programs for homeless, abused, or previously incarcerated women.