

YOUTH RISE TEXAS
RESOURCE &
ASSISTANCE ZINE



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ABOUT THE ZINE

About Youth Rise Texas

Youth Rise Texas is an Austin-based nonprofit working to create the conditions for young people to rise from systems of oppression. Our leadership pipeline works to put youth at the forefront of healing our communities and winning demands that safeguard or realize rights. That work includes programs that aim to end the systems that criminalize people of color and those who are undocumented.

About the Zine

This zine is the product of our Healing Justice branch as part of their efforts to make resources accessible to those in our communities. This zine was published in September 2022, meaning that the information within comes from that time.

If any information is incorrect please contact tania@youthrisetx.org

How to Use the Zine

The majority of the resources found in this zine are linked through the use of QR codes (to make them accessible for both print and online readers). QR codes can be read by using either (a) the camera on your phone or (b) a QR code reader app. If the QR codes do not work, you should be able to search up the titles to find the same resources available here.

TAKES APPROX.
90 MINS

FOOD ASSISTANCE

APPLYING FOR SNAP FOOD BENEFITS

TIPS TO KEEP IN MIND:

Be ready with the following
information & paperwork

- ✧ Social Security number & birth date
- ✧ Proof of citizenship or immigration status
- ✧ Income sources & Amounts earned
- ✧ Values of car(s) & Property
- ✧ Costs of bills



Scan here to apply



Scan here to learn
about other food
programs

FAMILY SIZE	MONTHLY INCOME (USD)
1	1,775
2	2,396
3	3,020
4	3,644
5	4,268
6+	ADD 625/PERSON

"Family Size" refers to the amount of people in the household, and the monthly income is the maximum income allowed for the entire household. Family Size also limits the maximum amount of SNAP benefits that can be received.

NORTH

- ✧ **Principe De Paz (Wed. ONLY)**
1204 Peyton Gin Rd,
Austin, TX 78758
- ✧ **Austin Restoration Ministries**
(2nd & 4th Thurs of Month)
10206 N I-35,
Austin, TX 78753

SOUTH

- ✧ **South Austin Church of the Nazarene (Mon. ONLY)**
6711 Manchaca Rd,
Austin, TX 78745
- ✧ **Palm Square Community Center (Mon. to Fri.)**
100 N I-35 Frontage Rd,
Austin, TX 78701

LOCAL FOOD BANKS

**CENTRAL TEXAS FOOD BANK HAS
OVER 280+ LOCATIONS
THROUGHOUT THE AUSTIN AREA
THAT OFFER GROCERIES, HOT
MEALS, OR KIDS MEALS.**



EAST

- ✧ **St. Ignatius Martyr Food Pantry (Mon. to Thurs.)**
2303 Euclid Ave.
Austin, TX 78704
- ✧ **Rosewood-Zaragosa NBHD Center (Mon. to Fri.)**
100 N I-35 Frontage Rd,
Austin, TX 78701
512-972-6740 (Appt. ONLY)

WIC

WHO CAN BENEFIT FROM WIC?

- ✧ Pregnant People
- ✧ Breastfeeding People
- ✧ Infants & Children (Up to Age 5)

WHAT ARE THE BENEFITS OF WIC?

- ✧ Healthy Foods
- ✧ Breastfeeding Support
- ✧ 1-on-1 Nutrition Counseling & Classes
- ✧ Recipes & Cooking Demonstrations

COMMON WIC LOCATIONS

- ✧ County Health Departments
- ✧ Hospitals
- ✧ Mobile Clinics
- ✧ Schools
- ✧ Public Housing Sites
- ✧ Migrant Health Centers & Camps

START AN APP ON THEIR WEBSITE



FIND A LOCATION NEAR YOU



CONTACT THEM



HOUSING ASSISTANCE

01.

FOUNDATION COMMUNITIES

Texas-based nonprofit providing affordable housing and other aid services since 1990.

- ✧ Have 23 locations throughout Austin. You must contact them to get more information about specific properties, and add yourself to the waitlists.
- ✧ Apart from housing, also offer free and affordable services in child and adult education, childcare, financial stability, and healthy living.
- ✧ Locations are close to schools, public transportation, and are wheel chair accessible.
- ✧ Visit their website to access information about locations, the nonprofit's history, and services.




02.

PEDCOR LIVING

A national developer with a branch providing affordable and high quality multifamily housing.

- ✧ Visit their website to find available Austin area properties.
- ✧ You must contact them to get more information about specific properties and learn about the application.
- ✧ Apartments range from 1 to 3 bedrooms.
- ✧ Locations are close to ACC Campuses, near bus stops, and are wheel chair accessible.



YOUTH RISE TEXAS EMERGENCY MATERIAL ASSISTANCE PROGRAM

THE YRTX EMERGENCY MATERIAL ASSISTANCE PROGRAM (EMAP) IS A FUND CREATED BY OUR ORGANIZATION IN 2020. IT IS CURRENTLY AVAILABLE TO ACTIVE YRTX MEMBERS AND ACTIVE ALUMNI (ASSISTED/ PARTICIPATED IN A PROGRAM LESS THAN 6 MONTHS AGO).



TO RECEIVE MORE INFORMATION & LEARN ABOUT APPLYING TEXT 512-975-7422

MENTAL HEALTH RESOURCES

LATINX THERAPISTS ACTION NETWORK

- ✧ An online platform & network of Latinx mental health professionals created to heal migrant communities through access to different resources.
- ✧ Offers a sliding scale pricing system between \$25 and \$75.
- ✧ Visit their directory to find a professional:



MENTAL HEALTH
IS IMPORTANT!
HERE ARE SOME
LOW-COST
OPTIONS
AVAILABLE IN
OUR AREA!

BETTERHELP

- ✧ An online service dedicated to offering affordable access to therapists, counselors, psychologists and social workers.
- ✧ Pricing ranges between \$60 and \$90 per week.
- ✧ Download the app or visit their website for more info!

HEADSPACE

- ✧ App offering science-backed mindfulness lessons and tools to help improve mental health practices.
- ✧ Access requires a subscription, but you can try it for free for 7 to 14 days.
- ✧ Their YouTube channel also offers free, short and long content.

COVID-19 RESOURCES

WHAT IS COVID-19?

- ✧ COVID-19 is an infectious respiratory virus. It spreads mainly through close contact (within about 6 feet) by the respiratory droplets produced when an infected person speaks, sings, coughs or sneezes.

COVID-19 TESTING

- ✧ COVID-19 testing is available at local urgent care centers, clinics, and pharmacies often at no-cost. Please call to verify availability and costs.



- ✧ Or call 512-972-5560 to schedule an at-home mobile test.

COVID-19 SYMPTOMS

- ✧ Cough
- ✧ Headache
- ✧ Runny nose
- ✧ Loss of smell/taste
- ✧ Sore throat
- ✧ Diarrhea
- ✧ If you experience 2+ of the above, visit a testing center. If symptoms are severe, call 911 or go to the ER.

COVID-19 VACCINES

- ✧ Scan below to find local, low cost vaccination availability.



- ✧ Or text your zip code to 438829 (822862 for Spanish).

Workforce Solutions Capital Area Child Care Services provide subsidized childcare assistance to eligible low to moderate income families in Travis County.

WAITLIST GUIDE

- ✧ Complete the pre-assessment to determine eligibility. If eligible, you will end up on an automated waitlist and receive a confirmation e-mail.
- ✧ Waitlist is on a first come, first serve basis.
- ✧ In order to stay on the waitlist, you must call 512-597-7191 (select Option 3) every 4 months.
- ✧ You must also inform them of any changes to: work and/or school hours, salary, and address.
- ✧ A mailed letter and e-mail will be sent once you are off the waitlist and approved.

AFTER APPROVAL:

- ✧ Choose a childcare provider.
- ✧ All required paperwork will be provided by Workforce Solutions—complete and submit it.
- ✧ Workforce Solutions will then contact your chosen childcare provider and set up your services.



**APPLY TO THE
WAITLIST**



**MORE INFO
ABOUT
CHILDCARE**

Workforce Solutions also offers services to help adults and youth find jobs in their communities.

JOB SEEKERS

- ✧ Meet with a Career Counselor.
- ✧ Create and register a free profile on the Workforce Solutions portal.
- ✧ Explore and register for free training opportunities (such as interview prep & clothing, occupational training, transportation assistance, and tools needed) to boost your profile and resume.
- ✧ Also, learn more about Unemployment Insurance Benefits.

YOUTH-SPECIFIC RESOURCES

- ✧ Meant to assist young adults ages 14-24, who have barriers and challenges to workforce success.
- Provide support for participants to complete their General Educational Development (GED), post-secondary education, and/or vocational training.



**MORE INFO
FOR ADULTS**



**MORE INFO
FOR YOUTH**

NAVEGANDO AUSTIN

Online resource/directory created to compile resources and information for immigrants (documented and undocumented) in Austin. These resources are collected by the community, for the community. This website is also available and useful to individuals, teachers, service providers, etx. working with immigrants in Texas.

Here are the types of resources you can find on the website:

- ✧ Financial Assistance
- ✧ Food Resources
- ✧ Housing
- ✧ Employment
- ✧ Child Care
- ✧ Education
- ✧ Community Organizing
- ✧ Mental Health And Therapy



Navegando Austin



TEXAS BAIL FUNDS

A bail fund is an organization, usually community-driven, that collects money to post monetary bail for those incarcerated or detained.

National Directories:

✧ Community Justice Exchange – National directory with specific resources for both pre-trial detention and immigrants.

Texas Specific:

✧ Fronterizx Fianza Fund – Fund created by the Detained Migrant Solidarity Committee. Only post bonds for those granted a bond or with community ties in Southern NM or El Paso, Texas.

✧ RAICES Bail Fund & Legal Aid – Texas-based fund created to help immigrants. Applications open the first of every month.

✧ Grassroots Leadership's Hutto Fund – Fund created specifically to help detained women in the Hutto Detention Center.



***Community
Justice
Exchange***



***Fronterizx
Fianza
Fund***



***RAICES
Bail Bond
Program***



***Grassroots
Leadership
Hutto Fund***

OTHER RESOURCES

Low Cost Dentist – Manos De Cristo

- ✧ Help with low cost dental work from cleaning to tooth extractions
- ✧ 4911 Harmon Ave, Austin, TX 78751
- ✧ 512-477-7454

Education – Goodwill Excel

- ✧ Helps with obtaining a highschool diploma
- ✧ Free childcare and transportation vouchers
- ✧ Life coaches and support services
- ✧ Personalised graduation plans
- ✧ Eight week sessions in small classes
- ✧ Extended hours
- ✧ Tuition assistance



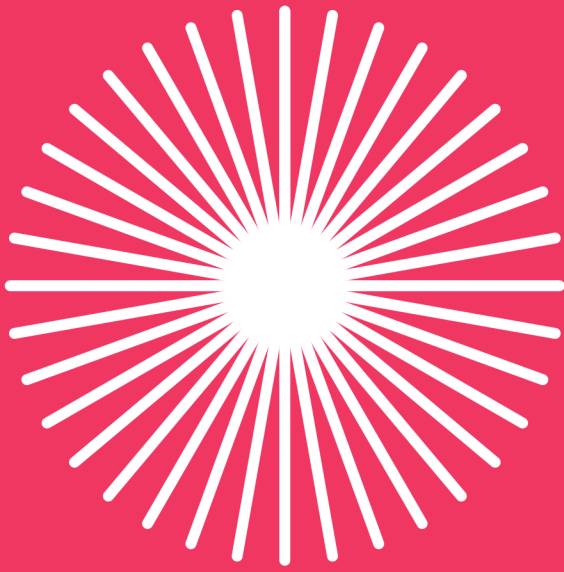
All Other – FindHelp.Org

- ✧ Searchable online directory of local support. The following categories are available:
 - ✧ Food, Housing, Goods, Transit, Health, Money, Care, Education, Work, and Legal Aid



HOTLINES

- ✧ ***loveisrespect*** – 1-866-331-9474 focuses on young adult relationships and hopes to end dating abuse. loveisrespect offers 24/7 help.
- ✧ ***National Suicide Prevention Lifeline*** – 1-800-273-8255 (Available 24/7)
- ✧ ***The Trevor Project*** – 1-866-488-7386 (Available 24/7)
The Trevor Project offers support to the LGBTQ+ young adult community.
- ✧ ***National Alliance on Mental Illness*** – 1-800-950-6264 (1-800-950-NAMI) provides treatment options and programs. They wish to "raise awareness and provide support and education that was not previously available to those in need." The NAMI hotline is available every Monday through Friday, from 10 a.m. – 6 p.m.
- ✧ ***Crisis Text Line*** – Text SUPPORT to 741-741 (Available 24/7)
The Crisis Text Line extends to everyone. They aim to help "people move from a hot moment to a cool calm, guiding [them] to create a plan to stay safe and healthy. YOU = our priority."



YOUTH RISE

TEXAS



*For any questions and/or concerns
please contact Tania Lara
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