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

**Medical Assistance**

**Grayson County Health Department**  
515 North Walnut, Sherman, TX  
903-893-0131  
*Well Woman & Family Planning / Immunizations.*

**Grayson County Health Department**  
205 North Houston, Denison, TX  
903-465-2878  
*Immunizations.*

**Bruce Maniet, DO**  
101 South Broadway, Bells, TX  
903-965-7700  
319 South Highway 69, Whitewright, TX  
903-364-2022  
*Medicare.*

**Sherman Medical**  
2500 North Travis Street, Sherman, TX  
903-868-8900  
*Cash Only, Does not accept Medicaid.*

**Lions Club**  
2105 Jason Circle, Sherman, TX  
903-868-2537 (leave message)  
*Eyeglasses.*

**Muenster Memorial Hospital**  
605 North Maple, Muenster, TX  
940-759-2271

**WNJ WellCare Medical Group**  
600 N. Highland Ave, Ste 10, Sherman, TX 75092  
903-957-2100  
*Medicaid, Medicare, Private Pay, Insurance.*

**Bonham Community Health Center**  
920 North Center Street, Bonham, TX  
903-583-6155

**Callie Clinic**  
1521 Baker Road, Sherman TX  
903-891-1972

**Family Care Clinic**  
308 Charlie Drive, Whitesboro, TX  
903-564-9090

**Greater Texoma Health Clinic**  
900 North Armstrong Ave, Denison, TX  
903-465-2440  
*By application only- Please call for appointment.*

**TexomaCare- Bonham**  
2201 North Highway 121, Bonham, TX  
903-583-3111  
*Medicaid 2yrs-17years old only.*

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

**Fannin County Indigent Health Care**  
1203 E. Sam Rayburn, Bonham, TX  
903-583-2915

**Primary Care Associates**  
600 North Highland Ave, Sherman, TX  
903-892-8112  
*Discounted Rate/Private Pay or uninsured only.*

**North Texas Medical Center**  
1900 Hospital BLVD, Gainesville, TX  
940-665-1751  
*Indigent Health, Medicaid, Sliding Scale.*

**Four Rivers Outreach- Dental**  
333 West Jones Street, Sherman, TX  
Open by Appointment  
903-870-4000

**Grayson County Indigent Health**  
1111 Gallagher Drive, Sherman, TX  
903-771-2851  
*Sliding Scale/Application.*
These are a few Outpatient Counseling Services in the Cooke, Fannin and Grayson County areas. Their placement on this list does not constitute an endorsement of their services. *Inclusion on this list does not guarantee services.*

## Counseling

### Cooke County
**Michael Anne Bryson Counseling**
207 S. Dixon, Gainesville, TX
940-665-8056
*Medicaid, Insurance, Private Pay.*

**Breakthrough Christian Counseling**
1001 E Broadway Street, Gainesville, TX
940-612-0049

**Abigail’s Arms**
P.O. Box 1221, Gainesville, TX
24 hour Hotline 940-665-2873
*Victims of Domestic Violence.*

**Avery Behavioral Health**
202 S. Dixon Street, Gainesville, TX
940-612-2445
*Medicaid, Medicare.*

### Fannin County
**Faye Wedell, LPC, LMFT**
112 W. 5th St., Bonham, TX
903-640-3868

**Texoma Community Center**
1221 E 6th Street, Bonham, TX
903-583-8583

**Jan D Snow, LPC**
112 West 5th Street, Bonham, TX
903-815-6791

**Michelle Griffith**
112 W. 5th St., Bonham, TX
903-436-2406

**Fannin County Family Crisis Center**
Address not provided for safety precautions
903-583-7694
*Victims of Domestic Violence.*

**Erin Holt, LPC**
1212 N. Center Street, Bonham, TX
469-964-2297
Grayson County
Robert M. Cross, PhD
200 N. Travis Street, Ste. 303, Sherman, TX
903-819-8888

Tanya Brown-Davis, LPC
100 N. Travis Street, Ste. 406, Sherman, TX
903-893-4884

Stonebridge Family Counseling
3400 East FM 691, Sherman, TX
903-337-0343
Marriage, Family & Relationship Counseling.
Anger & Stress Management
Trauma, Grief, Illness, Abuse, Adolescent Issues.
Eating & Mood Disorders.
Assertiveness & Self-Esteem issues.

Child Guidance Clinic of Texoma
804 E. Pecan Grove, Sherman, TX
903-893-7768
Individual & Family Counseling, Parenting.

Grayson County Counseling Service
2009 Texoma Parkway, Ste. 3, Sherman, TX
903-892-2874

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

Dan McCaig and Associates
402 West Lamar, Sherman, TX
903-891-3831

Women’s Crisis Center
Address not provided for safety precautions
903-893-3909
Victims of Domestic Violence.

Center for Psychological Development
1105 Memorial Drive, Ste. 202, Denison, TX
903-337-0343

Applied Psychology Group
600 E. Taylor, Ste. 4011, Sherman, TX
903-893-0298

Texoma Community Center
315 W. McLain, Sherman, TX
903-957-4700

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

Steps 2 Strides
2300 West Morton Street, Ste. 114, Sherman, TX
903-462-4085
Outpatient Pediatric Rehabilitation, Birth to 21 years.
Speech, Physical, & Occupational Therapy.
Dietician, Behavioral Counseling, Social Services.
Crime victims & crisis intervention.

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

Compassion and Support
505 W Center, Sherman, TX
903-868-9315
Grief Counseling.
These are few psychiatrists in the Cooke, Fannin and Grayson County areas. Their placement on this list does not constitute an endorsement of their services. *Inclusion on this list does not guarantee services.*

### Local Psychiatrists

**Deepika Bhargava, MD**  
600 E Taylor, Ste 4001, Sherman, TX  
903-892-0751  
*Medicaid, Medicare, & Private Insurance.*

**Gary Watts, PA**  
2925 Country Club Rd, Ste. 102, Denton, TX  
940-382-1120  
*No Medicaid.*

**Dante Burgos, MD**  
2704 Washington St, Greenville, TX  
903-454-7200  
*Medicaid, Medicare, & Private Insurance.*

**Jawad Riaz, MD**  
115 W. Lamberth, Suite A, Sherman, TX  
903-892-6700

**Vernon Johnson, MD**  
302 E. Brockett, Sherman, TX  
903-893-1400  
*Children only, 6yo-12th grade.*

**Gayatri Singh, MD**  
2300 W. White Ave, Ste 106, McKinney, TX  
972-562-4755

**Tri Med Behavioral and Sleep Medical**  
Oluymei Aina, MD and Aaron A. Brown, DO  
1601 N. Travis, Sherman, TX  
903-328-6556

### Bryan County Oklahoma Services

**Mental Health & Substance Services of OK**  
1001 W. Main Street  
Durant, OK 74701  
580-924-7330  
800-522-1090  
*Medicaid, Medicare, Income based.*

**Mental Health Services of Southern Oklahoma**  
1001 W Main Street  
Durant, OK  
580-924-7330  
*Medicare & Private Insurance.*

**Sequel Care of Oklahoma**  
103 N. 3rd Street  
Durant, OK  
580-298-2830  
*Mental health and substance abuse services.*

**Alcoholics Anonymous- Turning Point Group**  
St. John’s Church  
515 W Beech  
Durant, OK  
*Mon, Tue, Thu, Sat at 7pm*

**Narcotics Anonymous- Key To Life**  
East Side Presbyterian Church  
501 NE 4th Avenue  
Durant, OK  
*Tue-Sun at 8pm & Monday at 12pm*

**New Vision**  
1600 W University  
Durant, OK  
1-800-939-2273  
*Detox, Inpatient, Medicaid/Medicare*
Texoma Community Center
315 West McLain Street, Sherman, TX 75090
P.O. Box 1087, Sherman, TX 75091-1087
Phone: (903) 957-4701
FAX: (903) 957-3415

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

### Shelters

**Grayson County Shelter**
331 W. Morton, Denison, TX
903-465-6041
*Women 23 and older, Men 45 and older, Families.*

**Surrender House for Men**
521 W. Morgan St., Denison, TX
903-463-4840
*$80/Week For men*

**Salvation Army**
5700 Texoma Pkwy, Sherman, TX
903-868-9602

**Dallas Life Foundation**
1100 Cadiz, Dallas, TX
214-421-1380
*Men, Women, & Children*

**New Bridge Family Shelter**
79 Gillis St, San Angelo, TX
325-655-5774

**Samaritan Inn**
1710 N. McDonald, McKinney, TX
972-542-5302

**Presbyterian Night Shelter**
2400 Cypress Ft. Worth, TX
817-632-7400
*Single men and women & women and children*

**Union Gospel-Men’s Center**
1321 E. Lancaster Ft. Worth, TX
817-332-3019
*Men Only.*

**Abigail’s Arms**
P.O. Box 1221, Gainesville, TX
24 Hotline 940-665-2873
*Victims of domestic violence. Women and Children.*

**Dragonfly House**
Van Alstyne, TX
903-213-2218
dragonflyhousetx@gmail.com
*Sober living – females only*

**Women’s Crisis Center**
Address not provided for safety reasons
903-892-8595
*Domestic Violence.*

**Fannin County Family Crisis Center**
Address not provided for safety reasons
903-583-7694 or 903-583-7000-Hotline
*Domestic Violence.*

**North Texas Youth Connection**
1602 E. Lamar St., Sherman, TX
903-893-4717
*Shelter for Young Teens.*

**The Bridge**
1818 Corsicana, Dallas, TX
214-670-1100
*Men, women, & children.*

**Union Gospel Women’s Center**
1321 E. Lancaster, Ft. Worth, TX
817-332-7531 or 817-332-6908
*Men, women, & children*

**Austin Street Shelter**
2929 Hickory St, Dallas, TX
214-428-4242
*Men 45+ & women 18+, no children.*

**House of Eli**
123 S. Ricketts, Sherman, TX
903-815-9792
*Transitional living Boys 17-21*

**My Brother’s House-Sober Living**
711 W Division, Muenster, TX
940-634-3996
*Sober living home. Males only.*

**Mary Pat’s**
3818 Hwy 82 West, Gainesville, TX
940-736-6787
*Cost $80 per week*
*Sober living – females only*
Food, Utility, and Medical Assistance

Please call ahead to make sure locations are open and times that they are available.

Cooke County

Visto Clinic
1401 Southland Dr, Gainesville, TX 76240
940-668-6403
Medication, food, utility assistance. -serving Cook Co.

Living Word Food Pantry
302 S Dixon St, Gainesville, TX
940-665-1191
Food assistance

TCOG Energy Assistance
903-813-3541
Utility assistance serving Cooke, Fannin, and Grayson Counties.

Sacred Heart Food Pantry and Outreach
120 N Mesquite St, Muenster
940-759-4730 or 940-759-3074
Food assistance

LITE-UP Texas
888-782-8477 or 866-454-8387
www.liteuptexas.org
Phone and utility assistance – Texas residents

Fannin County

TCOG Energy Assistance
903-813-3541
Utility assistance serving Cooke, Fannin, and Grayson Counties.

LITE-UP Texas
888-782-8477 or 866-454-8387
www.liteuptexas.org
phone and utility assistance – Texas residents

Leap Thrift Store
116 Collins St, Leonard TX
903-587-2288

Basic Food Pantry
1100 W 5th Street, Bonham TX
903-583-9150
Food assistance.
Fannin County Residents who meet TEXCAP income guidelines

Bonham Community Health Services
920 N Center St, Bonham, TX
903-583-8611
Medication assistance.

Fannin County Indigent Health
1203 E Sam Rayburn Dr, Bonham TX
903-583-2915
Medication assistance.

Fannin County Community Ministry
1022 FM 273, Bonham, TX
903-583-3663
Food assistance.

Manna House
914 S 5th Street, Bonham TX
903-449-0466
Food assistance
Food, Utility, and Medical Assistance (Continued)
*Please call ahead to make sure locations are open and times that they are available.*

**Grayson County**

*Park Avenue Church of Christ*
3000 Park Ave, Denison TX
903-465-1288
Medication/food pantry serving Denison.

*Lakeway Samaritan*
512 E. FM 120, Pottsboro, TX
903-786-4331
*Medication, food, and utility assistance.*

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

*TCOG Energy Assistance*
903-813-3541
*Utility assistance serving Cooke, Fannin, and Grayson Counties.*

*Tom Bean Ministerial Alliance*
903-546-6231
Medication/food assistance if living within Tom Bean ISD.

*Denison Helping Hands*
418 W Chestnut, Denison, TX
903-465-5101
*Food assistance for Denison residents.*

*St. Luke’s Food Pantry and Soup Kitchen*
306 N Fannin St, Denison TX
903-465-2630
*Food assistance.*

*Harmony Baptist Church Food Pantry*
2111 E Tuck St, Sherman TX
903-892-2044
*Food assistance, Sherman Residents only*

*The Callie Clinic*
1521 Baker Road, Sherman, TX
903-891-1972
*Medication & medical assistance, food pantry, transportation, mental health, dental, and STD testing.*

*Your Neighbor’s House*
201 S. Union St, Whitesboro, TX
903-564-4400
*Food assistance.*

*Share Ministries Food Bank*
820 E. Houston St, Sherman, TX
903-893-7097
*Food assistance.*

*Grand Central Station – The Dining Car*
110 Throckmorton, Sherman, TX
903-957-0264
*Food assistance, education, community service opportunities, showers & laundry.*

*LITE-UP Texas*
888-782-8477 or 866-454-8387
www.liteuptexas.org
*Phone and utility assistance – Texas residents*

*Bells – Savoy Community Care Center Food Pantry*
210 S Broadway St, Bells TX
903-965-4861 – Tues 9am-5pm only
*Food assistance*

*Karekeys Food Assistance*
209 S Heritage Pkwy, Sherman TX
903-771-2816
*Food assistance*

*Key Care Mission*
921 E Houston St, Sherman TX
903-868-2604
*Food assistance.*
Income-Based Apartments

Hilltop Village Apartments
4919 Timberview, Sherman TX
903-892-3171

Norwegian Woods Apartments
220 Archer Dr., Sherman TX
903-893-1594

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

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

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

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

Diamond Place Apartments
1600 LaSalle Dr., Sherman, TX
903-892-2999

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

Section 8 Housing / TCOG
1117 Gallagher Rd, Sherman TX
903-813-3558
www.texashousingcounselor.org

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

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

Affordable Apartments

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

Sherman Oaks
415 Archer Dr, Sherman TX
903-893-0344

Easton Parc Apartments
1600 La Salle Drive, Sherman TX
903-892-2999

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

Highland Park Village
1925 W Taylor St, Sherman, TX
903-892-0188

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

St. James Apartment Homes
1225 Park Place, Sherman, TX
903-892-8358
**Texoma Community Center**  
315 West McLain Street, Sherman, TX 75090  
P.O. Box 1087, Sherman, TX 75091-1087  
Phone: (903) 957-4701  
FAX: (903) 957-3415

**Substance Use Disorder Resources**

**Outreach Screening Assessment & Referral**  
Texoma Community Center  
315 W. McLain Street, Sherman, TX  
903-957-4803

**Narcotics Anonymous Hotline**  
888-851-1246  
*NA meeting & events search in southern OK and northern TX*

**Alcoholics Anonymous Hotline**  
214-887-6699

**Marijuana Anonymous Hotline**  
1-800-766-6779  
*Support group search and information services.*

**DSHS Offender Education**  
Certified Locations Search & Information  
[www.dshs.state.tx.us/offendered/](http://www.dshs.state.tx.us/offendered/)

**Substance Abuse Helpline Toll-Free**  
1-800-246-HOPE (4673)  
*M-F 8am-5pm.*

**Substance Abuse Council**  
201 S. Travis St, Sherman, TX  
903-892-9911 or 940-668-7463  
*Prevention and education programs.*

**Greater Dallas Council on Drug & Alcohol Abuse**  
1349 Empire Central Drive, Ste 800, Dallas, TX  
214-522-8600  
*Call for additional resources and information.*

**Department of State Health Services**  
1-800-963-7111  
[http://www.dshs.state.tx.us/](http://www.dshs.state.tx.us/)

**Alcoholic Services of Texoma**  
2415 Texoma Pkwy, Sherman, TX  
903-868-2123

**Recovery Resource Council**  
2700 Airport Freeway, Ft. Worth, TX  
817-332-6329  
*Substance abuse screening, Education, Outpatient, Counseling.*

**Outpatient Treatment for Substance Use Disorder**

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

**Homeward Bound**  
315 Sunset Ave, Dallas, TX  
214-941-3500  
*First Come, First serve Mon-Fri. 7:30am-1pm*

**Lena Pope Home Inc**  
3200 Sanguinet Street  
817-255-2652  
*Tarrant County residents only.*

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

**House of Hope**  
2415 Texoma Parkway, Sherman, TX  
903-868-2123  
*DWI & Drug Offender education/intervention.*

**Lakes Behavioral Health Center- Sherman**  
421 Sam Rayburn Fwy, Sherman, TX  
903-892-8185  
*Low or no-cost.*

**Lakes Behavioral Health Center- Bonham**  
410 W. Sam Rayburn, Bonham, TX  
903-583-0060  
*Low or no-cost.*

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

**Lakes Behavioral Health Center- Terrell**  
400 Airport Rd, Terrell, TX  
972-524-4159

**Volunteers of America Texas Inc.**  
4700 S. Riverside Dr, Fort Worth, TX  
817-529-7300  
*Outpatient & Inpatient treatment.*
Outpatient Treatment for Substance Use Disorder (Continued)

MHMR of Tarrant County
1518 E. Lancaster Avenue, Fort Worth, TX
817-335-3022 or 1-800-866-2465
Adult & Adolescent Outpatient, Detoxification, Residential Treatment, Spanish Speaking Outpatient, Smoking Cessation, HIV Services, Veterans Services.

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

Inpatient/Residential Treatment for Substance Use Disorder

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

Nexus Recovery Center Inc.
8733 La Prada Dr, Dallas, TX
214-321-0156
Inpatient for adolescence, women & children

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

Christian Farms-Treehouse Inc.
3804 Riverside Trail, Temple, TX
254-933-9400
30-90 day program, no detox, Medicaid, $4500/month

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

Serenity House Drug & Alcohol Rehab
1546 N 2nd Street, Abilene, TX
325-673-6489
Scholarships available. Residential and Outpatient.

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

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

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

Salvation Army Rehab Center
2901 Northeast 28th St, Fort Worth, TX
817-834-6271
Men Only

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

Solutions of North Texas in Denton
2216 Bolivar, Denton, TX
940-898-6202
90 day Residential and Outpatient. Financial assistance.

Medication Assisted Treatment Providers for Substance Use Disorder

Dr. Robert Hernandez, MD
Primary Medicine of North Texas
140 W. Lamberth Road, Sherman TX
903-868-0808

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

Dr. Dante Burgos
BHG Denison Treatment Center
1105 Memorial Dr, Suite A, Denison, TX
903-464-0727

Dr. John E. Galewaler, DO
Whitesboro Family Clinic
304 Charlie Drive, Whitesboro, TX
903-564-3506

Dr. Olyuenmi Aina, MD
1601 N. Travis, Sherman, TX
903-328-6556

Dr. Randal Unsell, MD
177 Angel Ridge Lane, Sherman,
214-735-8259

Dr. Jawad Riaz, MD
115 W Lamberth, Suite A, Sherman, TX
903-892-6700
Narcotics Anonymous

Cooke County
Narcotics Anonymous
216 S. Commerce St, Gainesville, TX
Mon, Tue, Wed, Fri, Sat, & Sun at 8pm. Thu at 12pm & 7pm

Grayson County
Full Circle 1st United Methodist Church
301 W Maple St, Whitewright, TX
Mon, Wed, Sat at 7:30pm

Refinishing at Saint Episcopal Church
314A North Walnut, Sherman, TX
Sun, Mon, Tues, Thurs and Sat at 7pm. Wed at Noon.

Surrender Group at Price United Methodist Church
410 N. York Ave, Denison, TX
Sun-Thu at 7:30pm

Something Different at Covenant Presbyterian Church
322 W. Pecan St, Sherman, TX
Mon-Fri at Noon

Fannin County
Primary Purpose
1308 E Sam Rayburn Dr, Bonham, TX
Nightly at 7pm. Women’s Monday at 8:15pm

Celebrate Recovery
3000 Park Ave, Denison, TX
903-465-1288
800 Baker Park Drive, Sherman, TX
903-892-9635
Joshua’s Crossing, 7201 FM 691, Denison, TX
903-870-8048
Friday Night from 6pm to 9pm

Crystal Meth Anonymous - Crossroads Group
212 C N. Crockett, Sherman, TX
903-893-3910
6pm (open)

Keep it Simple at Trinity Lighthouse
2915 Spur 503, Denison, TX
Fri & Sat at 8pm

Alcoholics Anonymous

Cooke County
Al Anon
606 N. Taylor St, Gainesville, TX
903-429-6673

Fannin County
Al-Anon
818 N. Main St, Bonham, TX
Mon at 7pm

Twinkle Group
112 Kennedy Dr., Bonham, TX
Mon-Sun at 8pm

Grayson County
Sherman Serenity
106 S. Elm St, Sherman, TX
903-868-2734
Mon-Sun 8am, 12pm, and 8pm. Sun 10am
www.dallasintergroupassociation.com

Van Alstyne Al-Anon
301 S. Preston St, Van Alstyne, TX
Tue, Thu, Fri, & Sun 6pm

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

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

Texoma #1 Group
300 W. Morgan, Denison, TX
903-465-4430
Mon-Sun 12pm & 8pm. Mon-Friday 7am & 6pm.
Sat & Sun 8am & 10am. Fri & Sat 10pm
Social Service Organizations
And Other Helpful Numbers

National Alliance on Mental Illness; Grayson, Fannin, and Cooke County (NAMI GFC) Meeting
815 S. Dewey Hwy 11, Sherman, TX 903-814-7121
Mental illness support group. 3rd Thursday monthly 6-8pm.

Community Services Network
320 King Avenue, Denison, TX 903-786-5899

Grand Central Station Dining Car
110 S. Throckmorton, Sherman, TX 903-957-3910
M-F open 9 a.m.-1 p.m./Sat open 10 a.m.-12 p.m. They provide free lunches, showers, washers/dryers, limited health care and dental services, clothing available.

Four Rivers Outreach
210 South Rusk Street, Sherman, TX 903-870-4000
Job & life skills, GED & literacy.

Pregnancy Care Center
105 West Pecan Street, Sherman, TX 903-893-9099

Sherman SNAP Center
1500 Broughton Street, Sherman, TX 903-892-3733
Senior nutrition.

SNAP of Whitesboro
105 Mineral Street, Whitesboro, TX 903-564-6021
Senior nutrition.

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

You’re Not Alone Support Group
St. Luke’s - 427 W Woodard, Denison
Tuesdays - Refs 5:30-6p, Group 6-7pm
Support for all genders who have experienced any traumatic event including abuse as well as substance abuse. 903-465-2630

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

Adult Probation-Cooke County: 940-668-5540
Adult Probation-Fannin County: 903-583-7446
Adult Probation-Grayson County: 903-813-4207
Adult Protective Services: 1-800-252-5400
Child and Family Guidance Center: 903-893-7768
Child Protective Services: 1-800-252-5400
Clinical Pathology Laboratories: 903-891-8797
Crisis Center: 903-893-5615
Department of Assistive and Rehabilitative Services: 903-813-8200
District Parole Office: 903-868-2616
Health Department-Denison: 903-465-2878
Health Department-Fannin County: 903-583-7495
Health Department-Sherman: 903-893-0131
Housing Authority of Cooke County-Gainesville: 940-665-1747
Housing Authority of Grayson County: 903-892-8717
Housing Authority-Bonham: 903-583-3336
Housing Authority-Denison: 903-465-2650
Housing Authority-Sherman: 903-893-3139
Jail-Fannin County: 903-640-4171
Jail-Grayson County: 903-892-8443
Juvenile Probation-Fannin County: 903-378-7890
Juvenile Probation-Grayson County: 903-786-6326
Medicaid/Food Stamps-Cooke County: 940-665-9315
Medicaid/Food Stamps-Fannin County: 903-583-5535
Medicaid/Food Stamps-Grayson County: 903-892-0581
North Texas State Hospital: 940-552-9901
North Texas Youth Connection: 903-893-4717
Police Department-Bonham: 903-583-2141
Police Department-Department: 903-465-2422
Police Department-Gainesville: 940-668-7777
Police Department-Sherman: 903-892-7281
Sheriff-Cooke County: 940-665-3471
Sheriff-Fannin County: 903-583-2143
Sheriff-Grayson County: 903-813-4408
Social Security Office: 903-893-4654
TAPS Bus: 1-800-256-0911
Texas Highway Patrol: 903-813-3400
Texoma Council of Governments 903-893-2161
Texoma Council on Alcoholism & Drug Abuse: 903-892-9911
Texoma Medical Center Hospital: 903-416-4000
TMC Behavioral Health Center: 903-416-3000
VA North Texas-Bonham: 903-583-2111
Wilson N. Jones Regional Medical Center: 903-870-4611
WNJ Behavioral Health Services: 903-870-7322
Workforce Solutions Texoma-Bonham: 903-640-0222
Workforce Solutions Texoma-Denison: 903-463-9997
Workforce Solutions Texoma-Gainesville: 940-665-1121
Workforce Solutions Texoma-Sherman: 903-957-7408
<table>
<thead>
<tr>
<th>Name</th>
<th>Information</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>2-1-1 Texas Area Information Center (TCOG)</td>
<td>Gathering, maintaining, and referring information for social services, community-based organizations and state agencies</td>
<td>1117 Gallagher Drive, Ste.210 211</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://www.tcog.com/client-services/2-1-1/">https://www.tcog.com/client-services/2-1-1/</a></td>
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<tr>
<td>American Red Cross</td>
<td>Provides assistance with immediate emergency needs to persons affected by disasters</td>
<td>2527 Hwy. 691 Denison 903-465-1330</td>
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<td><a href="http://www.texoma.redcross.org">www.texoma.redcross.org</a></td>
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<tr>
<td>CASA of Grayson County</td>
<td>Provides advocates for children going through judicial cases</td>
<td>100 N. Travis, Ste. 302 903-813-5400</td>
</tr>
<tr>
<td>Child Advocacy Center of Grayson County</td>
<td>Advocates for children in abuse situations</td>
<td>910 Cottonwood 903-957-0440</td>
</tr>
<tr>
<td>City of Sherman Social Services</td>
<td>Helps with Toys for Tots; Help with utilities for single mothers</td>
<td>903-892-7251 <a href="http://www.cityofsherman.org">www.cityofsherman.org</a></td>
</tr>
<tr>
<td>Energy Assistance Program (TCOG)</td>
<td>Provides help with utility bills</td>
<td>1117 Gallagher Drive, Ste.300 903-813-3541</td>
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<tr>
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<td></td>
<td><a href="http://www.texoma.cog.tx.us">www.texoma.cog.tx.us</a></td>
</tr>
<tr>
<td>Family Promise of Grayson County</td>
<td>Help with temporary housing for families</td>
<td>903-271-1088 <a href="mailto:director@familypromisegrayson.org">director@familypromisegrayson.org</a></td>
</tr>
<tr>
<td>Grandparents as Parents Group</td>
<td>Support group for grandparents raising grandchildren; offers other programs as well</td>
<td>1117 Gallagher Drive, Ste.200 903-893-2161</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.texoma.cog.tx.us">www.texoma.cog.tx.us</a></td>
</tr>
<tr>
<td>Home Hospice of Grayson, Cooke, and Fannin Counties</td>
<td>Operates Camp Dragonfly, a children’s grief camp for ages 8-12</td>
<td>505 W. Center Street 903-868-9315</td>
</tr>
<tr>
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<td><a href="http://www.homehospice.org">www.homehospice.org</a></td>
</tr>
<tr>
<td>Dr. Mark Venable</td>
<td>Accepts most insurance</td>
<td>1800 Teague Drive. Ste. 4004 903-892-4466</td>
</tr>
<tr>
<td>The Institute for Healthy Families of North Texas</td>
<td>Private counseling</td>
<td>3301 Gillespie Rd. McKinney 972-569-8843</td>
</tr>
<tr>
<td>Tidemark Therapy - Brittainy Wagner</td>
<td>Private therapy</td>
<td>600 E. Taylor Suite 4004 903-267-4023</td>
</tr>
<tr>
<td>Texoma Counseling Associates</td>
<td>Provides academic, career/college counseling</td>
<td>903-462-4600 <a href="http://www.denisontca.com">www.denisontca.com</a></td>
</tr>
<tr>
<td>Provider</td>
<td>Services</td>
<td>Address</td>
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<tr>
<td>Bill Mory</td>
<td>Mental health counseling, substance abuse</td>
<td>219 S. Travis</td>
</tr>
<tr>
<td>TMC Behavioral Health Center (on TCC list but more info included here)</td>
<td>Ages 13-17 12 beds; Medicaid, insurance</td>
<td>2601 Cornerstone Drive</td>
</tr>
</tbody>
</table>