



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.
**CAMPUS ALLIANCE FOR
 TELEHEALTH RESOURCES**
Supported by TCHAT

ESC 16 Counseling and Therapy Resources

National/Regional Resources

Name of Resource	Phone Number	Notes
National Suicide Prevention Hotline	1-800-273-8255	Available 24/7
National Suicide Prevention Hotline	988	Call, text, or chat Available 24/7 (Available July 16, 2022)
Spanish Suicide Prevention Hotline	1-888-628-9454	Callers will be connected to a skilled trained counselor
National Suicide Prevention Hotline (For Deaf and Hard of Hearing)	Dial 711 then 1-800-273-8255	For TTY Users; Available 24/7
LoveLine	888-550-1588	Hotline (call, text, or email) especially for single parents and pregnant women. Can provide financial assistance and case management. https://loveline.com/
National Text Line	741741	Free and confidential; Available 24/7
RAINN: National Sexual Assault Hotline	800-656-HOPE 800-656-4673	https://www.rainn.org/about-national-sexual-assault-online-hotline
Trevor Lifeline for LGBTQ youth	866-488-7386	https://www.thetrevorproject.org/
Teen Text Crisis Line	855-449-1212 Text Only	Operates from 3:00pm to midnight daily
24-Hour Runaway Hotline	1-800-778-7673	Available 24/7
24-Hour Youth Crisis Hotline	1-800-530-4740	Available 24/7
National Domestic Violence Hotline	1-800-799-7233	https://www.thehotline.org/
Cyber Bullying Hotline	1-800-420-1479	Available 24/7
Substance Abuse and Mental Health Services Administration Hotline	1-800-662-4357	https://www.samhsa.gov/find-help/national-helpline
NAMI Help Line –Information Only	800-950-6264	Toll free number
Texas Substance Abuse Hotline	877-966-3784	Toll free number
Texas Youth Hotline	1-800-989-6884	Free and confidential; Available 24/7
Texas Abuse Hotline	1-800-252-5400	Available 24/7

Local Mental Health Authority (LMHA)

Name of Resource	Phone Number	Address	Notes
Texas Panhandle Centers	Main Phone: (806) 354-2191 Crisis line: 1-800-692-4039 Or (806) 359-6699	1500 S. Taylor St. Amarillo, TX 79101 (Serves Armstrong, Carson, Collingsworth, Dallam, Deaf Smith, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Potter, Randall, Roberts, Sherman, and Wheeler)	Accepts most insurance and Medicaid; Without insurance, sliding fee scale
Texas Panhandle Centers: Borger Center	Main Phone: (806) 274-2237 Crisis line: 1-800-692-4039	412 N. Main Borger, TX 79007	Accepts most insurance and Medicaid; Without insurance, sliding fee scale
Texas Panhandle Centers: Dumas Center	Main Phone: (806) 935-5691 Crisis line: 1-800-692-4039	500 East 1 st St. Ste 203 Dumas, TX 79029	Accepts most insurance and Medicaid; Without insurance, sliding fee scale
Texas Panhandle Centers: Hereford Center	Main Phone: (806) 364-6111 Crisis line: 1-800-692-4039	426 Main, Ste. D. Hereford, TX 79045	Accepts most insurance and Medicaid; Without insurance, sliding fee scale
Texas Panhandle Centers: Pampa Center	Main Phone: (806) 669-3371 Crisis line: 1-800-692-4039	615 Buckler Ave. Pampa, TX 79065	Accepts most insurance and Medicaid; Without insurance, sliding fee scale
Central Plains Center	Main Phone: (806) 291-4470 Crisis line: 800-687-1300	2700 Yonkers St., Plainview, TX, 79072 (Serves Bailey, Briscoe, Castro, Floyd, Hale, Lamb, Motley, Parmer, and Swisher Counties)	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$0 to \$500 per month) http://centralplains.org

Local Resources

Name of Resource	Phone Number	Address	Notes
Amarillo Counseling Associates	(806) 372-1092	Building 6 Suite 3, 3419 S Coulter St., Amarillo, TX 79109	Accepts most insurance and some Medicaid; Without insurance, sliding fee scale (ranging from \$75 to \$135 per session)

Stephanie A. Dawdy LPC (LSSP)	(806) 654-5454	7105 Southwest 34th Ave., Suite H, Amarillo, TX 79109	Accepts most insurance and Medicaid; Without insurance, \$90 for intake and \$80 per session
Flynt Counseling: Jacqueline Flynt, MA, LPC	(806) 340-7704	2801 Wolflin Ave., Amarillo, TX 79109	Accepts Superior Healthplan; Without insurance, \$120 per session
Tide Falls Professional Counseling, LLC: Matt Davis, LPC, & Katy Klaehn, LPC	(806) 803-5013	4231 Ridgecrest Cir., Suite B, Amarillo, TX 79109	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$60 to \$125 per session)
Amarillo Professional Counseling and Consultation	(806) 443-5362	4200 Ridgecrest Cir., Suite D-11, Amarillo, TX 79109	Accepts BCBS & Aetna; Without insurance, \$130 per session
Amarillo Family Institute	(806) 374-5950	4211 I-40 Frontage Rd., # 101, Amarillo, TX 79106	Insurances accepted varies by provider; If you see an associate, sliding fee scale (ranging from \$50 to \$75 per session). LPCs range from \$130 to \$150 per session.
Kory Samples, LPC	(806) 236-4495	719 S Austin St., Amarillo, TX 79106	Accepts Aetna, BCBS, Ceridian, Maxor, and UTEAP; Without insurance, a sliding fee scale (ranging from \$85 - \$140)
Monica Bellar, Med, LPC	(806) 731-4615	719 S Austin St., Amarillo, TX 79106	Accepts BCBS, Cigna, and IMS; Without insurance, sliding fee scale (ranging from \$60-\$130)
Tracy Striley, LPC	(806) 576-1910	719 S Austin St., Amarillo, TX 79106	Accepts most insurances but does not take Medicaid; Without insurance, sliding fee scale (ranging from \$50 - \$110 per session); If you see an intern, \$40 per session
Aimee Catherine Campbell, MA, LPC	(806) 602-2823	3014 Southwest 26th Ave., 4000, Amarillo, TX 79109	Accepts most insurance and Medicaid; Without insurance, \$130 - \$150 per session; *Offers anxiety and coping skills groups for teens
Professional Counseling and Biofeedback Center	(806) 356-0404	12 Medical Dr., Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, price varies with types of sessions and provider
Jennifer Fanelli M.A., LPC-S	(806) 433-7945	521 SW 8th Ave., Amarillo, TX 79101	Accepts most insurances but does not take Medicaid; Without insurance, \$135 per session

Nina Moreno, MEd, LPC	(806) 690-6305	521 SW 8th Ave., Amarillo, TX 79101	Accepts Aetna, BCBS, IMS, and First Care but does not take Medicaid; Without insurance, \$125 for intake and \$100 per session; *age 12+
Ken Haney Counseling	(806) 236-1832	4037 SW 50th Ave., Suite 115, Amarillo, TX 79109	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$50-\$130 per session); *age 11+
Dierk Timothy Milum, LPC	(806) 672-7938	112 W 8th Ave., Suite 604, Amarillo, TX 79101	Cost per Session ranges from \$60 - \$80; Call to inquire about insurance coverage; *age 14+
Family Support Services of Amarillo	(806) 342-2500	7136 I-40 Frontage Rd., Park West, Building B, Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging \$0 and up); *Spanish services offered
Steve Nelson, MA, LPC	(806) 626-4542	7120 I-40 West, Suite 408, Amarillo, TX 79106	Does not accept insurance or Medicaid; He has a sliding fee scale (ranging from \$45 - \$125 per session); *age 11+
Jenning Counseling Services	(806) 356-9047	7450 Golden Pond Pl., Suite 500, Amarillo, TX 79121	Accepts most insurance and Medicaid; Without insurance, \$125 for intake and \$100 per session
Jana Bartholomew, MA, LPC	(806) 853-5939	1616 South Kentucky St., Suite A-127, Amarillo, TX 79102	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$60-\$120 per session); *age 11+
A Safe Place Counseling	(806) 676-7199	6900 I-40 West, Suite 306, Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$65-\$130 per session)
Ashley Wade, LPC, RPT	(405) 443-7303	1901 Medi Park Dr., Suite 130, Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$85-\$130 per session)
Amarillo Child and Family Counseling	(806) 373-3898	2109 SW 7th Ave., Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$75-\$90 per session)
Bekki McQuay, LPC	(806) 373-9966	1503 SW 10th Ave., Amarillo, TX 79101	Accepts most insurance and Medicaid; Without insurance, \$125 per session; *LBGTQ+ Youth only
Cherie Watkins, LCSW	(806) 676-1179	2920 Duniven Cir., Suite 12, Amarillo, TX 79109	\$120 per session; Call to inquire about insurance coverage *age 14+

Caprock Family Counseling	(806) 515-7853	Verdant Professional Building 6141 West Amarillo Blvd., Amarillo, TX 79106	Does not accept insurance or Medicaid; They offer a sliding fee scale ranging from \$50 - \$150 per session
John Schell, MS, LPC, BCPC	(806) 654-5600	801 Tascosa Rd., Amarillo, TX 79124	Cost per session is on a sliding fee scale ranging from \$50 - \$90; Call for more information about insurance coverage
Lois 'Nadelle' Caddell, MEd, LPC, CTC	(806) 679-3064	719 S Austin St., Amarillo, TX 79106	Accepts BCBS, CapStar, Cigna, Magellan, and United insurance but does not take Medicaid; Without insurance, \$75 for intake and \$60 per session
LeAnn Sorrels MEd, LPC	(806) 690-4545	6141 Amarillo Blvd. W, Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, \$95 per session
Marc Gregg, MA, LPC	(806) 674-5026	3611 Soncy Rd., Suite 4A, Amarillo, TX 79119	Accepts most insurance and Medicaid; Without insurance, \$110 per session
Denise Pounds Counseling and Associates	(806) 331-7974	7420 Golden Pond Pl., Suite 300, Amarillo, TX 79121	Accepts Aetna, IMS, Caprock, RH Administrators, BAS, and Multi-plan; Without insurance, \$200 for intake and \$175 per session; *age 13+
Paige Jones, MA, LPC	(806) 316-5131	2801 Wolflin Ave., Amarillo, TX 79109	Accepts Superior insurance and does not accept Medicaid; Without insurance, \$100 per session; *age 11+, LGBTQ friendly
Terry Westler, LPC	(806) 410-6431	4037 SW 50 th Ave., Suite 115, Amarillo, TX 79109	Does not accept insurance or Medicaid; \$100 per session
Michelle Baumgardner, MS, MA, LPC	(806) 676-0212	2801 Wolflin Ave., Amarillo, TX 79109	Does not accept insurance or Medicaid; \$150 per session (but can be flexible based on client need)
Shelley J. White, MEd, LPC	(806) 670-3755	5410 S Bell St., Bldg B, Suite 414, Amarillo, TX 79109	Accepts most insurance and Medicaid; Without insurance, \$75 per session
Meadowbrook Counseling Center	(806) 433-0257	3418 Olsen Blvd., Suite E, Amarillo, TX 79109	Accepts BCBS and United; Without insurance, sliding fee scale (ranging from \$85 - \$150 per session)
Cross Harbor Counseling	(210) 232-2275	3012 SW 26 th Ave., #200, Amarillo, TX 79109	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$90 - \$120 per session)

Timmons and Associates	(806) 379-8282	7460 Golden Pond Pl., Suite 200, Amarillo, TX 79121	Accepts most insurance and Medicaid; Without insurance, \$125 per session
My Next Steps	(806) 452-8006	4515 Cornell St., Amarillo, TX 79109	Accepts most insurance and Superior Medicaid; Self pay \$5500 for 12 week program, payment plans offered. *Intensive Outpatient Substance Abuse Program for adolescents (ages 13-17)
Klein, Peter, and Associates Counseling	(806) 352- 5542	3611 South Soncy Rd., Suite 7B, Amarillo, TX 79119	Accepts most insurances but not Medicaid at this time; Without insurance, pay is flexible based on client needs but is typically \$125 per session
Tillarie Sisneros LPC Associate	(806) 203-5796	100 N McGee St., Suite 42 Borger, TX 79007	Does not accept insurance; \$60-70 per session; Sliding fee scale
Lee Ann Nuckols, LPC	(806) 676-5588	1800 West State Highway 217 Canyon, TX 79015	Accepts BCBS; Cigna, and Magellan; Call for more information on cost
Vida Canyon Counseling	(806) 370-1950	2300 10th Ave., Canyon, TX 79015	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$0 to \$200 per session)
Lyndy Nelson, LPC	(806) 647-7777	714 S US-385 Dimmitt, TX 79027	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (\$0 to \$75 per session)
Dumas Counseling Center	(806) 930-0548	611 E 1 st St. Dumas, TX 79029	Accepts most insurance and Medicaid; Without insurance, \$60 per session
Marc Gregg, MA, LPC	(806) 316-5347	500 S Dumas Ave. Dumas, TX 79029 3611 Soncy Rd., Suite 4A Amarillo, TX 79119	Accepts most insurance and Medicaid; Without insurance, \$110 per session
Pace Lawson, LCDC, LPC	(806) 513-3879	235 E 3 rd St. Hereford, TX 79045	No insurance or Medicaid currently, but no plans to accept soon; Cost per session is \$55 *Ages 15+
Thriveworks Amarillo	(806) 223-4819	7120 I-40, Ste. 422 Amarillo, TX 79106	Accepts most insurance
Alternatives Youth Diversion Education Program	(806) 468-5711	9300 S. Georgia St. Amarillo, TX 79118	Offers free five-hour education courses to parents and youths specially related to addictions and substance abuse.

Panhandle Mental Health Guide		https://panhandle.tx.networkofcare.org/mh	Free mental health resource guide for the Panhandle region.
Panhandle Community Services Hilltop Center	(806) 376-5947	1300 N. Hughes Amarillo, TX 79107	Food pantry 2 nd and 4 th Wednesday of the month from 8am – 11am. Bring SS cards for each person and proof of all income for 30 days and proof of address.
Central Church of Christ	(806) 373-4389	1401 S. Monroe St. Amarillo, TX 79101	Food and clothing resource. Call church office for details.
Amarillo Food Bank	(806) 374-8562	815 Ross St. Amarillo, TX 79102	Food bank
Freedom Baptist Church	(806) 354-8499	900 Alta Vista St. Amarillo, TX 79106	Food and clothing resource. Call church office for details.
Inter-Faith Hunger Project	(806) 376-4571	200 S. Tyler Amarillo, TX 79101	Offers those 55yrs and older or disabled at any age the opportunity to shop in a small grocery store using a food voucher system.
Perkins Community Center	(806) 372-3954	1515 S. Buchanan St. Amarillo, TX 79101	Emergency food resource
Salvation Army – Amarillo	(806) 373-6631	400 S. Harrison Amarillo, TX 79101	Food, clothing, and housing resource. Thrift store available.
Southwest Church of Christ	(806) 352-5647	4515 Cornell Amarillo, TX 79109	Food/clothing resource. Call and make an appointment. No resources will be given out without an appointment.
Catholic Family Services	(806) 376-4571	200 S. Tyler Amarillo, TX 79101	Food and clothing resource.
Freedom House	(806) 655-4581	55 Hunsley Rd. Canyon, TX 79015	Families or individuals who live in Canyon and are in need can request the following: Household items, furniture, appliances, baby needs, or toys; Clothing for adults, children, and babies; Limited, emergency supplies of canned or dried food.
Washington Street Family Service Center	(806) 352-1307	4002 S. Washington Amarillo, TX 79110	Clothing resource.
Canyon Cares	(806) 655-1032	1719 5 th Ave Canyon, TX 79015	Will work with families to meet a variety of basic need food, clothing, including assistance with utilities. Some programs have eligibility requirements.

Canyon WIC Clinic	(806) 371-1119	1818 4 th St. Canyon, TX 79015	WIC (Women, Infants, and Children) offers additional nutritious foods, information on nutrition and breastfeeding, and referrals to other health and nutrition services.
Northwest Texas Healthcare System	Jennifer Wall, RN, BSN, BC: (806) 351-7412	1501 S. Coulter Amarillo, TX 79106	Behavioral health hospital wing. Programs available for mental, addiction, and sleep-wake disorders. Most insurance accepted.
Yellow Canyon	(806) 418-7670	4655 S. FM Rd 1258 Amarillo, TX 79118	Residential treatment center for youth 10-17 impulsive behavior, substance abuse, and/or trauma. 24/hr emergency admission. Call for details.
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients. Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.

Substance Abuse Resources

Name of Resource	Phone Number	Address	Notes
Randall County Juvenile Probation	(806) 468-5711	9300 S. Georgia Amarillo, TX 79118	Free services; Ages 10-17, both juvenile justice and community referrals
Pace Lawson, LCDC, LPC	(806) 513-3879	235 E 3 rd St. Hereford, TX 79045	No insurance or Medicaid currently, but no plans to accept soon; Cost per session is \$55

			*Ages 15+
My Next Steps	(806) 452-8006	4515 Cornell St., Amarillo, TX 79109	Accepts most insurance and Superior Medicaid; Self pay \$5500 for 12 week program, payment plans offered. *Intensive Outpatient Substance Abuse Program for adolescents (ages 13-17)
Thriveworks Amarillo	(806) 223-4819	7120 I-40, Ste. 422 Amarillo, TX 79106	Accepts most insurance
Alternatives Youth Diversion Education Program	(806) 468-5711	9300 S. Georgia St. Amarillo, TX 79118	Offers free five-hour education courses to parents and youths specially related to addictions and substance abuse.
Northwest Texas Healthcare System	Jennifer Wall, RN, BSN, BC: (806) 351-7412	1501 S. Coulter Amarillo, TX 79106	Behavioral health hospital wing. Programs available for mental, addiction, and sleep-wake disorders. Most insurance accepted.
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients. Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.

Autism/ABA Resources

Name of Resource	Phone Number	Address	Notes
Amarillo ABA LLC	(806) 367-9358	6031 Bell St., Amarillo, TX 79109	Accepts most insurance
Texas Panhandle Centers	(806) 337-1000	901 Wallace Blvd. Amarillo, TX 79106	Accepts most insurance or private pay on sliding scale

Eating Disorder Resources

Name of Resource	Phone Number	Address	Notes
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Amarillo Professional Counseling and Consultation	(806)443-5362	4200 Ridgecrest Cir., Suite D-11, Amarillo, TX 79109	Accepts BCBS & Aetna; Without insurance, \$130 per session
Thriveworks Amarillo	(806)223-4819	7120 I-40, Ste. 422 Amarillo, TX 79106	Accepts most insurance

Foster and Adoption Services

Name of Resource	Phone Number	Address	Notes
Family Support Services of Amarillo	(806) 342-2500	7136 I-40 Frontage Rd., Park West, Building B, Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging \$0 and up); *Spanish services offered
Cherie Watkins, LCSW	(806) 676-1179	2920 Duniven Cir., Suite 12, Amarillo, TX 79109	\$120 per session; Call to inquire about insurance coverage *age 14+

Trauma Resources

Name of Resource	Phone Number	Address	Notes
Amarillo Professional Counseling and Consultation	(806) 443-5362	4200 Ridgecrest Cir., Suite D-11, Amarillo, TX 79109	Accepts BCBS & Aetna; Without insurance, \$130 per session
Lois 'Nadelle' Caddell, MEd, LPC, CTC	(806) 679-3064	719 S Austin St., Amarillo, TX 79106	Accepts BCBS, CapStar, Cigna, Magellan, and United insurance but does not take Medicaid; Without insurance, \$75 for intake and \$60 per session
Denise Pounds Counseling and Associates	(806) 331-7974	7420 Golden Pond Pl., Suite 300, Amarillo, TX 79121	Accepts Aetna, IMS, Caprock, RH Administrators, BAS, and Multi-plan; Without insurance, \$200 for intake and \$175 per session; *age 13+
Thriveworks Amarillo	(806) 223-4819	7120 I-40, Ste. 422 Amarillo, TX 79106	Accepts most insurance

Food, Clothing, and Housing Resources

Panhandle Community Services Hilltop Center	(806) 376-5947	1300 N. Hughes Amarillo, TX 79107	Food pantry 2 nd and 4 th Wednesday of the month from 8am – 11am. Bring SS cards for each person and proof of all income for 30 days and proof of address.
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Central Church of Christ	(806) 373-4389	1401 S. Monroe St. Amarillo, TX 79101	Food and clothing resource. Call church office for details.
Amarillo Food Bank	(806) 374-8562	815 Ross St. Amarillo, TX 79102	Food bank
Freedom Baptist Church	(806) 354-8499	900 Alta Vista St. Amarillo, TX 79106	Food and clothing resource. Call church office for details.
Inter-Faith Hunger Project	(806) 376-4571	200 S. Tyler Amarillo, TX 79101	Offers those 55yrs and older or disabled at any age the opportunity to shop in a small grocery store using a food voucher system.
Perkins Community Center	(806) 372-3954	1515 S. Buchanan St. Amarillo, TX 79101	Emergency food resource
Salvation Army – Amarillo	(806) 373-6631	400 S. Harrison Amarillo, TX 79101	Food, clothing, and housing resource. Thrift store available.
Southwest Church of Christ	(806) 352-5647	4515 Cornell Amarillo, TX 79109	Food/clothing resource. Call and make an appointment. No resources will be given out without an appointment.
Catholic Family Services	(806) 376-4571	200 S. Tyler Amarillo, TX 79101	Food and clothing resource.
Freedom House	(806) 655-4581	55 Hunsley Rd. Canyon, TX 79015	Families or individuals who live in Canyon and are in need can request the following: Household items, furniture, appliances, baby needs, or toys; Clothing for adults, children, and babies; Limited, emergency supplies of canned or dried food.
Washington Street Family Service Center	(806) 352-1307	4002 S. Washington Amarillo, TX 79110	Clothing resource.
Canyon Cares	(806) 655-1032	1719 5 th Ave Canyon, TX 79015	Will work with families to meet a variety of basic need food, clothing, including assistance with utilities. Some programs have eligibility requirements.
Canyon WIC Clinic	(806) 371-1119	1818 4 th St. Canyon, TX 79015	WIC (Women, Infants, and Children) offers additional nutritious foods, information on nutrition and breastfeeding, and referrals to other health and nutrition services.

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