



# Family Center Resources

- Counseling
  - Individual, Group and Family Counseling
  - 6 sessions- FREE
  - By appointment only – Not for emergencies
- Navigating and Connecting to Mental Health and Social Services in the community
  - Basic needs
    - Food, Housing (Shelter, Transitional...)
    - Emergency Assistance
  - Resources for low cost community
    - Medical, Dental ...
    - Community counseling
    - Substance Abuse support



In addition to calling for information and support,  
Resource appointments are available for families  
with multiple needs.

Family Center will assist with connection to and  
navigation of community mental health and social  
services.

**\*Assistance is at the discretion of the community  
agency/provider.**

Monya Crow – CHOICES Coordinator  
[CrowM@lisd.net](mailto:CrowM@lisd.net)  
Lynn Charles – CHOICES Counselor  
[CharlesL@lisd.net](mailto:CharlesL@lisd.net)

**469-948-8680**