



# UT TEEN HEALTH RESOURCE LIST

[utteenhealth.org](http://utteenhealth.org)

UT Health San Antonio



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# UT TEEN HEALTH RESOURCE LIST

The UT Health San Antonio-UT Teen Health Resource List provides local clinic information regarding youth-friendly resources in the areas of Primary Care; Reproductive Health; Mental Health; Substance Abuse; and Community Based Services. The UT Teen Health Resource List is divided into four categories and highlights establishments within five geographical areas of Greater San Antonio and Bexar County. The five areas are Downtown, Eastside, Northside, Southside and Westside. A list of numbers of local law enforcement offices and crisis hotlines is also provided.

**If there is an immediate crisis that involves a life or death situation call: 911**

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**SAPD Emergency Number:** 911

**SAPD Non-Emergency Number:**

210-207-7273

**SAPD Administrative Number:**

210-207-7405

**SAPD Substations and Patrol:**

**Central Substation:** 210-207-7410

**East Substation:** 210-207-7781

**South Substation:** 210-207-8191

**West Substation:** 210-207-7420

**Prue Road (NW) Substation:**

210-207-7245

**North Substation:** 210-207-8126

**Downtown Foot/Bike Patrol:**

210-207-7764

**San Antonio Information line:** 2-1-1

**City Service Request:** 3-1-1

**Bexar County Sheriff Department Number:**

210-335-6000

**San Antonio Crisis Unit:** 210-223-7233 or

1-800-316-9241

**Rape Crisis Center:** 210-349-7273

**RAINN National Sexual Assault Hotline:**

1-800-656-4673

**National Suicide Hotline:**

1-800-273-8255

**National Sexual Assault Hotline:**

1-800-652-4673

**LGBTQ Youth Hotline:** 1-866-488-7386

**Women and Children's Emergency Shelter,**

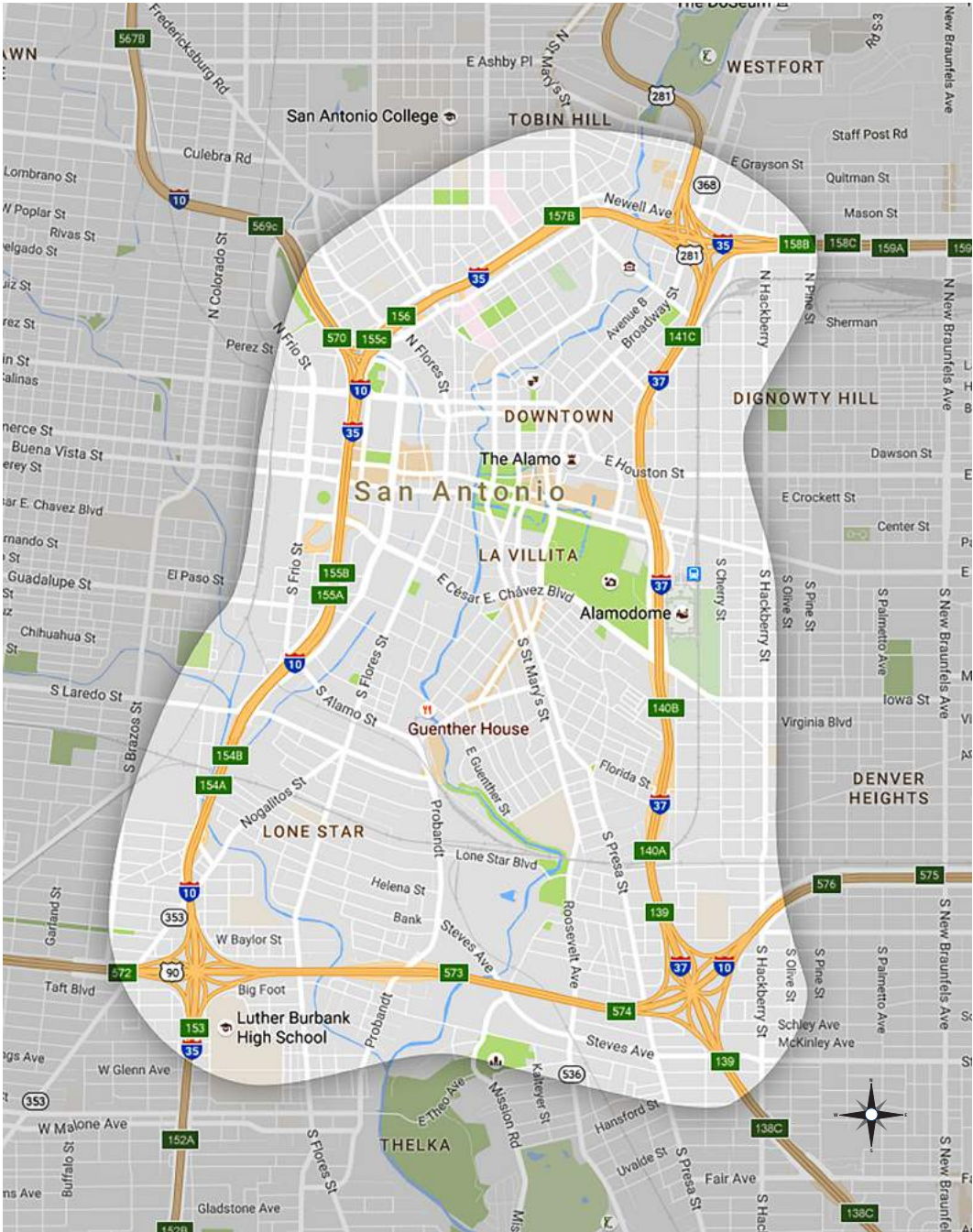
**24-hour number:**

210-733-8810



**DOWNTOWN**  
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# DOWNTOWN



# DOWNTOWN - PRIMARY CARE AND REPRODUCTIVE HEALTH

## Teen Health Clinic

**UT Health San Antonio  
University Health System**  
Clinical Pavilion, 4th Floor  
Robert B. Green Campus  
903 W. Martin  
210-358-TALK (8255)  
[universityhealthsystem.com/  
teen-health-clinic](http://universityhealthsystem.com/teen-health-clinic)

### Hours

Monday - Friday  
7:30 AM to 5:30 PM  
Walk-ins welcomed

### Services Available

Comprehensive health care  
for pre-teens, teens and  
young adults ages 10-24

- Vaccines
- School/sports physicals
- Reproductive health
- Counseling
- Referrals to social services,  
Nurse-Family Partnership,  
school aged parenting and  
GED programs

### Cost

Medicaid; CHIP; Carelink;  
Private insurance; Self pay;  
Low cost

## CentroMed

**Santa Rosa Clinic**  
315 San Saba, #103  
210-922-7000  
[centromedsa.com](http://centromedsa.com)

### Hours

Mon/Tue/Thurs/Fri 8:00 AM to 5:00 PM  
Wednesday 8:00 AM to 7:00 PM

### Services Available

Medical care; Behavioral health; Family  
practice; HIV and Lab services

### Cost

Medicaid; Sliding scale; Private insurance;  
Self pay; Co-pay

## Communicare

**Downtown**  
311 Camden, #601  
210-233-7000  
[communicaresa.org](http://communicaresa.org)

### Hours

Monday - Friday 9:00 AM to 8:00 PM

### Services Available

Family health; Pediatrics; Free pregnancy  
testing; Senior care; Lab services

### Cost

No cost for pregnancy testing; Medicaid;  
Co-pay; Sliding scale; Private insurance;  
Self pay

## Communicare

### Metropolitan Campus

1200 Brooklyn Ave., #300  
210-233-7230  
communicaresa.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Women's health; Family planning; OB/GYN; Pre-pregnancy counseling; Free pregnancy testing; STD counseling and treatment

#### Cost

No cost for pregnancy testing; Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## UHS - Family Health Center

### Robert B. Green Campus

903 W. Martin  
210-358-8255  
universityhealthsystem.com

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Family planning; OB/GYN; Primary care; Internal medicine; Family medicine; Teen camp, school & sport physicals; Mental and behavioral health; Women's health

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Health Equity Clinic (AARC)

### LGBT Clinic

303 N. Frio St. #102  
210-688-5792  
aarcsa.com

#### Hours

Monday - Friday 8:00 AM to 4:30 PM

#### Services Available

LGBT primary care; HIV care; Pre and post-exposure prophylaxis; Hepatitis C care; On-site pharmacy; On-site lab services

#### Cost

Most insurances; Ryan White funding; Sliding scale

## University Health Systems

### Healthy U Express

701 S. Zarzamora  
210-358-7020  
healthyuexpress.com

#### Hours

Monday - Friday 8:00 AM to 5:00 PM  
Call to schedule mobile clinic

#### Services Available

Primary care; Well child checkup; Texas Healthy Steps; Sick visits; Physicals; Immunizations

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay





## DOWNTOWN - MENTAL HEALTH

### Teen Health Clinic

**UT Health San Antonio  
University Health System**  
Clinical Pavilion, 4th Floor  
Robert B. Green Campus  
903 W. Martin  
210-358-TALK (8255)  
universityhealthsystem.com/  
teen-health-clinic

#### Hours

Monday - Friday  
7:30 AM to 5:30 PM  
Walk-ins welcomed

#### Services Available

Comprehensive health care for pre-teens, teens and young adults ages 10-24

- Vaccines
- School/sports physicals
- Reproductive health
- Counseling
- Referrals to social services, Nurse-Family Partnership, school aged parenting and GED programs

#### Cost

Medicaid; CHIP; Carelink;  
Private insurance; Self pay;  
Low cost

### Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Mental Health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

### Family Service Association

702 San Pedro  
210-299-2400  
family-service.org

#### Hours

Monday - Thursday 8:00 AM to 8:30 PM  
Friday 8:00 AM to 5:00 PM  
Saturday 8:00 AM to 2:30 PM

#### Services Available

Parenting education; Youth education; Counseling; Behavioral health; Family strengthening

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

**Nix Behavioral Health Center**

1975 Babcock  
210-579-3800  
nixhealth.com

**Hours**

24 hour help line

**Services Available**

Crisis stabilization services for ages 5-17;  
Psychiatric services; 24-hour assessment  
available; In-patient care

**Cost**

Medicaid; Private insurance; Self pay

**PEACE Initiative**

1443 S. St. Mary's St.  
210-533-2729  
thepeaceinitiative.net

**Hours**

Monday - Friday 9:00 AM to 5:00 PM

**Services Available**

Education on domestic violence;  
Collaboration with community-based  
organizations

**Cost**

No cost

**Roy Maas Youth Alternatives**

**Family Counseling and Resource Center**  
3103 West Ave.  
210-340-7971  
rmya.org

**Hours**

Monday - Wednesday 11:00 AM to 8:00 PM  
Thursday 8:00 AM to 5:00 PM  
Friday 9:00 AM to 6:00 PM

**Services Available**

Family and individual counseling; Anger  
management; Parenting classes; Child  
and adolescent psychiatric services;  
Emergency shelter for youth ages 5-17

**Cost**

Medicaid; CHIP; Community First; Superior  
Health; Sliding scale; Co-pay

**UHS - Family Health Center**

**Robert B. Green Campus**  
903 W. Martin  
210-358-8255  
universityhealthsystem.com

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Family planning; Obstetrics/Gynecology;  
Primary care; Internal medicine; Family  
medicine; Teen, camp, school & sport  
physicals; Mental and behavioral health;  
Women's health

**Cost**

Medicaid; Co-pay; Sliding scale; Private  
insurance; Self pay



# DOWNTOWN - SUBSTANCE ABUSE

## Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale;  
Private insurance; Self pay

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## Rise Recovery

### Palmer Drug Abuse Program

PO BOX 15322  
210-227-2634  
riserecovery.org

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Substance abuse treatment; Life skills; Insight & recovery groups; Group activities; Individual and family counseling; Youth recovery center

### Cost

No cost; Low cost

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# DOWNTOWN - COMMUNITY BASED SERVICES

## Alamo Area Resource Center

303 N. Frio  
210-625-7200  
aarca.com

### Hours

Monday - Friday 8:00 AM to 4:30 PM

### Services Available

For HIV positive patients; Medical & non-medical case management; Mental health & substance abuse counseling; HIV prevention & testing

### Cost

Some insurance; Sliding scale

## Christian Assistance Ministry

110 McCullough Ave.  
210-223-6648  
christianassistanceministry.org

### Hours

Mon/Wed/Thur 9:00 AM to 2:00 PM

### Services Available

Provides food, clothing, financial assistance, and miscellaneous items; Spiritual support; Bus passes

### Cost

No cost

## Bexar County Health Collaborative

1002 N. Flores  
210-481-2573  
healthcollaborative.net

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Enhances positive health outcomes by leveraging appropriate community resources

### Cost

No cost

## Compadre Y Compadre

### The Children's Shelter

133 Cedar  
210-212-2515  
childrensshelter.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Programs to build nurturing fathers (Daddy Boot Camp); Mentoring for fathers; Fathers of all ages eligible

### Cost

No cost

**Girls Inc. of San Antonio**

118 N. Medina  
210-298-5860  
girlsincsa.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Girls only 6-18; Year round program focusing on healthy relationships, sound body image and college and career readiness

**Cost**

Cost varies by program; Scholarships available

**Metro Health STD/HIV Clinic**

512 E. Highlands  
210-207-8830  
sanantonio.gov/health/healthservices/stdservices

**Hours**

Mon/Tues/Thur 7:45 AM to 4:30 PM  
Wednesday 7:45 AM to 7:45 PM  
Friday 7:45 AM to 12:00 PM

**Services Available**

Evaluation, treatment and counseling of STD infections; Ongoing medical care will be referred to a primary care provider

**Cost**

Fees vary according to services

**iParent, SA****The Children's Shelter**

1209 S. St. Mary's  
210-212-2597  
childrensshelter.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Teen HOPES (an in-home parenting education and child development screening service); Parenting Support (an in-home education and support program for young parents); In-home support for military and veteran families; 24 hour/7 day a week crisis line for parents

**Cost**

No Cost

**Nurse Family Partnership****Catholic Charities**

Guadalupe Community Center  
1801 W. Cesar Chavez  
210-226-3030  
ccaosa.org/family-children-services

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Partners first-time moms with nurses who will make home visits providing parenting education and health screenings until child reaches two years of age

**Cost**

No cost



## Nurse Family Partnership

### The Children's Shelter

1209 S. St. Mary's St.  
210-212-2534  
childrensshelter.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Partners first-time moms with nurses who will make home visits providing parenting education and health screenings until child reaches two years of age

#### Cost

No cost

## Presa Community Center

3721 S. Presa  
210-532-5295  
Presa.org

#### Hours

Monday - Friday 8:30 AM to 4:30 PM  
Hours may vary with program

#### Services Available

Youth services; Family self-sufficiency; Counseling; Family school community partnership; Senior services

#### Cost

No cost

## Nurse Family Partnership

### University Health System

903 W. Martin  
210-358-5894  
universityhealthsystem.com

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Partners first-time moms with nurses who will make home visits providing parenting education and health screenings until child reaches two years of age

#### Cost

No cost

## Roy Maas Youth Alternatives

### Family Counseling and Resource Center

3103 West Ave.  
210-340-7971  
rmya.org

#### Hours

Monday - Wednesday 11:00 AM to 8:00 PM  
Thursday 8:00 AM to 5:00 PM  
Friday 9:00 AM to 6:00 PM

#### Services Available

Family and individual counseling; Anger management; Parenting classes; Child and adolescent psychiatric services; Emergency shelter for youth ages 5-17

#### Cost

Medicaid; CHIP; Community First; Superior Health; Sliding scale; Co-pay

**SA AIDS Foundation**

333 S. Hackberry  
210-225-4715  
sanantonioaids.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Preventive education for HIV/AIDS and STIs; Social services; Case management; Hosts the **teentalksa.org** website

**Cost**

No cost

**SAMM Ministries**

5922 Blanco Road  
210-979-6188  
samm.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Transitional living and learning center; Homeless prevention services; Rent and utility assistance; Support services

**Cost**

No cost

**SA Youth**

3031 IH-10 West  
210-223-3131  
sanantonioyouth.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Youth programs designed to improve educational achievement, develop healthy lifestyles, and foster values and character

**Cost**

No cost

**YoungLives SA Central**

**Young Life Administrative Offices**  
1150 N. Loop 1604 W., #108-615  
210-349-9602  
sanantoniyounglives.younglife.org

**Hours**

Call for club times/locations

**Services Available**

Clubs for teen moms to build their support system and provide guidance on faith, parenting and building self-worth

**Cost**

No cost

## **UNIFY: The Center for Health**

### **Care Services**

722-1 Isom Road  
210-261-3616  
210-261-3600  
chcsbc.org

### **Hours**

Tuesday - Friday 10:00 AM to 9:00 PM by appointment

### **Services Available**

HIV case management; Rapid HIV and hepatitis C testing; Sexual Health Counseling and Education; Parent/Caring Adults Training

### **Cost**

No cost

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## **Online Based Service**

### **Lucha**

Linking and Uniting Communities for Healthy Actions  
4502 Medical Drive, MS 82-2  
210-358-6837  
www.thatluchalife.com

### **Hours**

Chat Monday – Friday 8:00 AM to 5:00 PM

### **Services Available**

Website-based preventive education for HIV, Hepatitis C and substance abuse; Online chat for sexual health and substance abuse questions and resources. For people 13 to 24 years old.

### **Cost**

No cost

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**EASTSIDE**  
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# EASTSIDE - PRIMARY CARE AND REPRODUCTIVE HEALTH

## CentroMed

### City Base Clinic

3127 SE Military Drive #101  
210-922-7000  
centromedsa.com

### Hours

Monday - Friday 9:00 AM to 6:00 PM

### Services Available

Medical care; Family practice; Lab services; Pediatrics; Triage/walk-in

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Communicare

### East Campus

3066 E. Commerce  
210-233-7000  
communicaresa.org

### Hours

Monday - Friday 8:00 AM to 7:00 PM

### Services Available

Family care; Free pregnancy testing; OB/GYN; Pediatrics; Senior care; Dental; Behavioral health; Lab services

### Cost

No cost for pregnancy testing; Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Dixon Clinic

4212 E. Southcross  
210-527-1505  
mhm.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Adult medical services; Mental health services; Substance abuse treatment; Case management; Adult behavioral health; Adult counseling

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay; Uninsured seen

## Family First

9135 Schaefer Road, #4  
210-281-5507  
familyfirstcareclinic.com

### Hours

Mon/Tue/Thur 8:00 AM to 8:00 PM  
Wed/Fri 8:00 AM to 5:00 PM

### Services Available

Family care clinic; Well child visits; Immunizations; Physicals (Appointments required)

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay; No one turned away

**Methodist Family Health Center**

2338 E. Southcross  
210-233-7022  
safreepregnancytest.com

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Free pregnancy testing; Medicaid and CHIP application assistance

**Cost**

No cost for pregnancy testing; Medicaid; CHIP; Private insurance

**South Texas Center for Pediatric Care**

**Mission Trail Medical Plaza**  
3327 Research Plaza, #307  
210-337-2100  
stcpc.com

**Hours**

Monday - Friday 8:00 AM to 5:30 PM  
Saturday 8:30 AM to 12:00 PM

**Services Available**

Well child visits; Sick visits; Newborn care; Adolescent care; Physicals; Immunization; Treatment for ADHD/ADD

**Cost**

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

**Methodist Family Health Center**

507 St. James  
210-354-3911  
safreepregnancytest.com

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Free pregnancy testing; Medicaid and CHIP application assistance

**Cost**

No cost for pregnancy testing; Medicaid; CHIP; Private insurance

**UHS-Family Health System**

**Southeast**  
1055 Ada  
210-358-5515  
universityhealthsystem.com

**Hours**

Monday - Thursday 7:00 AM to 8:00 PM  
Friday 9:00 AM to 8:00 PM  
Saturday 8:00 AM to 4:00 PM

**Services Available**

Pediatrics; Family practice; Express Med Services

**Cost**

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay



## University Health System

### Eastside Clinic

210 N. Rio Grande  
210-358-8255  
universityhealthsystem.com

### Hours

Monday - Thursday 7:30 AM to 5:00 PM  
Friday 9:30 AM to 4:00 PM

### Services Available

Primary care; Family planning;  
Free pregnancy testing; OB/GYN;  
Immunizations; Pediatrics; Well child  
checkups

### Cost

No cost for pregnancy testing; Medicaid;  
Co-pay; Sliding scale; Private insurance;  
Self pay

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## University Health System

### Healthy U Express

701 S. Zarzamora  
210-358-7020  
healthyuexpress.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM  
Call to schedule mobile clinic

### Services Available

Primary care; Well child checkup; Texas  
Healthy Steps; Sick visits; Physicals;  
Immunizations

### Cost

Medicaid; Co-pay; Sliding scale; Private  
insurance; Self pay

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# EASTSIDE - MENTAL HEALTH

## Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Family Service Association

2805 E. Commerce  
210-226-4156  
family-service.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Parenting education; Youth education; Counseling; Behavioral health; Family strengthening

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Dixon Clinic

4212 E. Southcross  
210-527-1505  
mhm.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Adult medical services; Mental health services; Substance abuse treatment; Case management; Adult behavioral health; Adult counseling

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay; Uninsured seen

## SA Fighting Back, Inc.

2803 E. Commerce  
210-271-7232  
mysafb.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Education on violence prevention and substance abuse; Help for those formerly incarcerated or victimized; Mentoring

### Cost

No cost



# EASTSIDE - SUBSTANCE ABUSE

## Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

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## Sage Social Services

101 Peaceful Lane  
Converse, Texas  
210-248-9077  
sagesocialservices.com

### Hours

Monday - Friday 8:00 AM to 6:00 PM

### Services Available

Individual and family counseling; Substance abuse and addictions services; Mental Health services; Therapy for learning disabilities and ADD/ADHD; Animal assisted therapy; In-home visits

### Cost

Medicaid; Most insurances; Flexible payments

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## SA Fighting Back, Inc.

2803 E. Commerce  
210-271-7232  
mysafb.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Education on violence prevention and substance abuse; Help for those formerly incarcerated or victimized; Mentoring

### Cost

No cost

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## Step by Step

9793 Culebra Road, #102  
210-775-1470  
stepbystepcounselingcenter.com

### Hours

Monday - Friday 10:00 AM to 8:00 PM  
Saturday 9:00 AM to 6:00 PM  
Sunday 9:00 AM to 2:00 PM

### Services Available

Individual, family, couples and marital counseling; Substance abuse counseling; Anger management; Mental health evaluation

### Cost

No cost

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# EASTSIDE - COMMUNITY BASED SERVICES

## Dixon Clinic

4212 E. Southcross  
210-527-1505  
mhm.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Adult medical services; Mental health services; Substance abuse treatment; Case management; Adult behavioral health; Adult counseling

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay; Uninsured seen

## Metro Health STD/HIV Clinic

512 E. Highlands  
210-207-8830  
sanantonio.gov/health/healthservices/stdservices

### Hours

Mon/Tues/Thur 7:45 AM to 4:30 PM  
Wednesday 7:45 AM to 7:45 PM  
Friday 7:45 AM to 12:00 PM

### Services Available

Evaluation, treatment and counseling of STD infections; Ongoing medical care will be referred to a primary care provider

### Cost

Fees vary according to services

## Martinez St. Women's Center

801 N. Olive  
210-908-9772  
mswomenscenter.org

### Hours

Monday - Friday 9:00 AM to 6:00 PM

### Services Available

Programs for girls ages 9-14; Community health programs; Educational programs, Out-of-school programs; Advocates for women

### Cost

No cost

## SA AIDS Foundation

333 S. Hackberry  
210-225-4715  
sanantonioaids.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Preventive education for HIV/AIDS and STIs; Social services available; Case management; Hosts the [teentalksa.org](http://teentalksa.org) website

### Cost

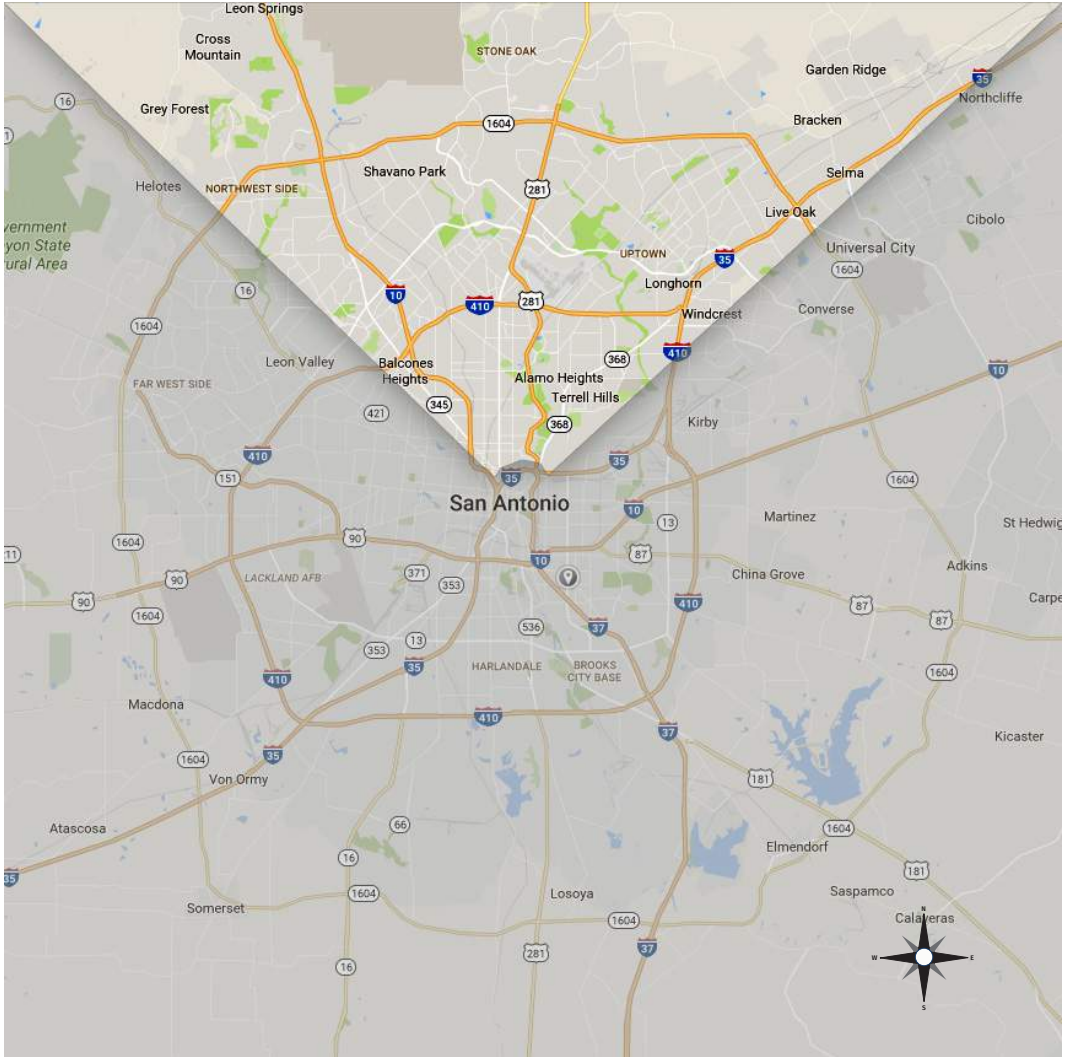
No cost





**NORTHSIDE**  
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# NORTHSIDE



# NORTHSIDE - PRIMARY CARE AND REPRODUCTIVE HEALTH

## Any Woman Can

109 Gallery Circle, #115  
210-370-3939  
anywomancansa.org

### Hours

Monday - Thursday 9:00 AM to 5:00 PM  
Friday 9:00 AM to 1:00 PM

### Services Available

Free pregnancy testing, ultrasounds, counseling, and STI screening (Appointment only)

### Cost

No cost

## Communicare

**Northwest Campus**  
8210 Callaghan Rd.  
210-233-7000  
communicaresa.org

### Hours

Monday - Friday 8:00 AM to 7:00 PM

### Services Available

Family care; Pediatrics; Behavioral health; Senior care; WIC; OB/GYN; Liver care; Lab services

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## CentroMed

### Eling Clinic

5542 Walzem Rd.  
210-651-1050/922-7000  
centromedsa.com

### Hours

Monday - Thursday 8:00 AM to 8:00 PM  
Friday 8:00 AM to 5:00 PM  
Saturday 8:00 AM to 5:00 PM

### Services Available

Medical care; Women's health; Dental services; Behavioral health; Family practice; Lab services

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Life Choices Medical Clinic

3234 Northwestern Dr.  
210-543-7200  
lifechoices-sa.com

### Hours

Monday - Wednesday 10:00 AM to 6:00 PM  
Thursday 12:00 PM to 8:00 PM  
Friday 10:00 AM to 2:00 PM

### Services Available

Free pregnancy testing, ultrasounds, counseling and well woman exams; STI screening and treatment; Fatherhood classes; (Appointments preferred)

### Cost

No cost; Low cost STI screening

**Methodist Family Health Center**

1533 Austin Highway #105  
210-233-7023  
safreepregnancytest.com

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Free pregnancy testing; Medicaid and CHIP application assistance

**Cost**

No cost for pregnancy testing; Medicaid; CHIP; Private insurance

**University Health System**

**Women's Clinic**  
8210 Callaghan Rd.  
210-358-8255  
universityhealthsystem.com

**Hours**

Monday - Thursday 8:00 AM to 4:30 PM  
Friday 9:00 AM to 4:00 PM

**Services Available**

Primary care; Family planning;  
Free pregnancy testing; OB/GYN;  
Immunizations; Pediatrics; Well child  
checkup

**Cost**

No cost for pregnancy testing; Medicaid;  
Co-pay; Sliding scale; Private insurance;  
Self pay

**South Texas Center  
for Pediatric Care**

13750 San Pedro Ave. #307  
210-561-3100  
stcpc.com

**Hours**

Monday - Friday 8:00 AM to 5:30 PM  
Saturday 8:30 AM to 12:00 PM

**Services Available**

Well child visits; Sick visits; Newborn  
care; Adolescent care; Immunizations;  
Treatment of ADHD/ADD

**Cost**

Medicaid; Co-pay; Sliding scale; Private  
insurance; Self pay

**University Health System**

Kenwood Clinic  
302 Dora  
210-358-8255  
universityhealthsystem.com

**Hours**

Monday - Thursday 7:00 AM to 6:00 PM  
Friday 9:30 AM to 4:00 PM

**Services Available**

Primary care; Family planning;  
Free pregnancy testing; OB/GYN;  
Immunizations; Pediatrics; Well Child  
Checkup

**Cost**

No cost for pregnancy testing; Medicaid;  
Co-pay; Sliding scale; Private insurance;  
Self pay

## University Health System

### Naco-Perrin Clinic

4020 Naco-Perrin  
210-358-8255  
universityhealthsystem.com

### Hours

Monday - Thursday 7:00 AM to 6:00 PM  
Friday 9:30 AM to 4:00 PM

### Services Available

Primary care; Family planning;  
Free pregnancy testing; OB/GYN;  
Immunizations; Pediatrics; Well child  
checkup

### Cost

No cost for pregnancy testing; Medicaid;  
Co-pay; Sliding scale; Private insurance;  
Self pay

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## University Health System

### Healthy U Express

701 S. Zarzamora  
210-358-7020  
healthyuexpress.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM  
Call to schedule mobile clinic

### Services Available

Primary care; Well child checkup; Texas  
Healthy Steps; Sick visit; Physicals;  
Immunizations

### Cost

Medicaid; Co-pay; Sliding scale;  
Private insurance; Self pay

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# NORTHSIDE - MENTAL HEALTH

## BCFS Health & Human Services

4346 NW Loop 410  
210-733-7932  
discoverbcfs.net/sanantonio

### Hours

Monday - Friday 8:30 AM to 5:30 PM

### Services Available

A full spectrum of services for children and families; Life skills programs; STAR counseling program; Parenting training; PAL program

### Cost

No Cost

## Clarity Child Guidance Center

8535 Tom Slick  
210-616-0300  
claritycgc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

In-patient and out-patient mental health for children; Day treatment programs; Acute care; On campus 24 hour treatment

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Family Service Association

702 San Pedro Ave.  
210-299-2400  
family-service.org

### Hours

Monday - Thursday 8:30 AM to 8:00 PM  
Friday 8:30 AM to 5:00 PM  
Saturday 9:00 AM to 2:00 PM

### Services Available

Parenting education; Youth education; Counseling; Behavioral health; Family strengthening

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Family Violence Prevention Services

**Battered Women's & Children Shelter**  
7911 Broadway  
210-733-8810  
fvps.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

24 hour crisis intervention; Individual and group counseling; Violence intervention; Legal assistance; Youth substance abuse program; Case management; Court liaison

### Cost

No Cost

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## Pathways Youth & Family Services

4243 Piedras Dr. East, #100  
210-733-7117  
pathway.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Behavioral health; Social services including counseling, therapy, adoption, foster care and in-home support services

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

---

## Jewish Family Services

12500 NW Military Highway  
210-302-6920  
jfs-sa.org

### Hours

Varying hours of operation

### Services Available

Comprehensive mental health services; Individual counseling; Marriage and family counseling; Psychiatric assessment; Medication management

### Cost

Call for fee structure

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# NORTHSIDE - SUBSTANCE ABUSE

## Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Rise Recovery

**Palmer Drug Abuse Program**  
PO BOX 15322  
210-227-2634  
riserecovery.org

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Substance abuse treatment; Life skills; Insight and recovery groups; Group activities; Individual and family counseling; Youth recovery center

### Cost

No cost; Low cost

## Creekview

4115 Medical Dr. #105  
210-280-0262  
creekviewcounseling.com

### Hours

Monday - Friday 8:00 AM to 6:00 PM

### Services Available

Individual and group substance abuse treatment for children, adolescents and adults; Conduct disorders

### Cost

Private insurance; Self pay



# NORTHSIDE - COMMUNITY BASED SERVICES

## Christian Assistance Ministry

5084 De Zavala  
210-697-5771  
christianassistanceministry.org

### Hours

Monday - Thursday 9:00 AM to 2:00 PM

### Services Available

Food, clothing, financial assistance, and miscellaneous items; Spiritual support; Bus passes

### Cost

No cost

## MCH Family Outreach

6800 Park Ten Blvd, #135 East  
210-733-3904  
mch.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Intensive in-home crisis case management (homeless, parenting education, unemployment, etc); Grandparents as parents program; Foster care case management

### Cost

No Cost

## Jewish Family Services

12500 NW Military Highway  
210-302-6920  
jfs-sa.org

### Hours

Varying hours of operation

### Services Available

Comprehensive mental health services; Individual counseling; Marriage and family counseling; Psychiatric assessment; Medication management

### Cost

Call for fee structure

## San Antonio Youth for Christ

5730 Kenwick  
210-697-7052  
sayfc.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Parent life program for expectant and parenting teens; Ministries to high school and middle school youth on campus; City life program; Money management; Faith-based perspective

### Cost

No cost

## Victory Learning Center

3219 Wurzbach Rd.  
210-680-5055  
victorylearningcenter.org

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Adult high school program; Home school program for youth aged 15-17; Self-paced, accredited programs; Tutoring assistance

### Cost

Cost varies by age and program

## Online Based Service

### Lucha

Linking and Uniting Communities for Healthy Actions  
4502 Medical Drive, MS 82-2  
210-358-6837  
www.thatluchalife.com

### Hours

Chat Monday – Friday 8:00 AM to 5:00 PM

### Services Available

Website-based preventive education for HIV, Hepatitis C and substance abuse; Online chat for sexual health and substance abuse questions and resources. For people 13 to 24 years old.

### Cost

No cost

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## YoungLives SA Central

### Young Life Administrative Offices

1150 N. Loop 1604 W., #108-615  
210-349-9602  
sanantoniouyounglives.younglife.org

### Hours

Call for club times/locations

### Services Available

Clubs for teen moms to build their support system and provide guidance on faith, parenting and building self-worth

### Cost

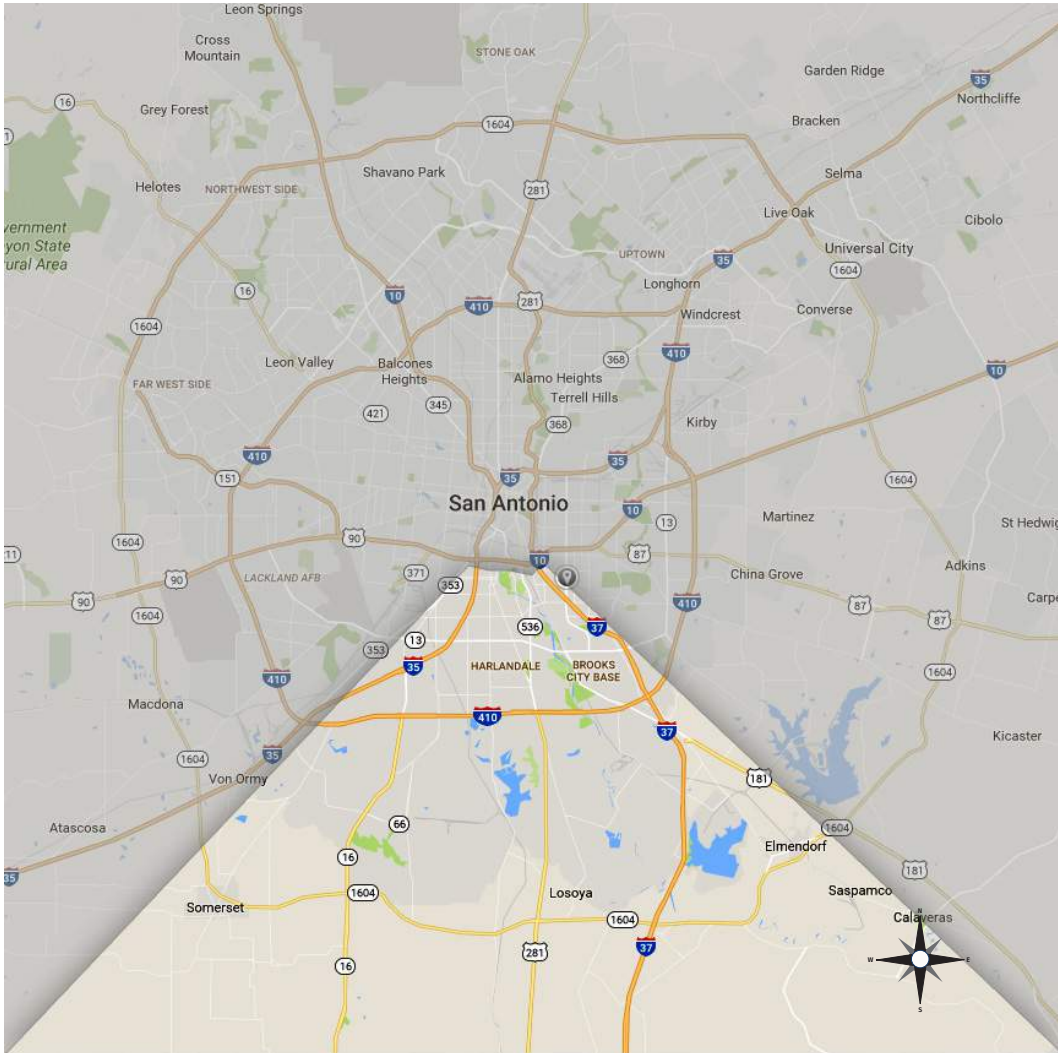
No cost

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**SOUTHSIDE**  
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# SOUTHSIDE





# SOUTHSIDE - PRIMARY CARE AND REPRODUCTIVE HEALTH

## CentroMed

### Palo Alto Clinic

9011 Poteet Jourdanton Fwy  
210-922-7000  
centromedsa.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Pediatrics; Family practice; Internal medicine; Dental; Optometry; WIC

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Communicare

### West Campus

1102 Barclay  
210-233-7000  
communicaresa.org

### Hours

Monday - Friday 8:00 AM to 7:00 PM

### Services Available

Family practice; Free pregnancy testing; OB/GYN; Pediatrics; Senior care; Minor surgery; Dental; Behavioral health; Optometry

### Cost

No cost for pregnancy testing; Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## CentroMed

### Southside Medical

3750 Commercial Ave.  
210-922-7000  
centromedsa.com

### Hours

Monday - Thursday 8:00 AM to 8:00 PM  
Friday 8:00 AM to 5:00 PM

### Services Available

Medical care; Dental; Behavioral health; Eligibility services; Family practice; Pediatrics; Women's health; Walk-ins

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Daughters of Charity Services

### La Misión Clinic

19780 S. US Highway 281  
210-626-0600  
dcssa.org

### Hours

Monday - Friday 8:00 AM to 4:30 PM

### Services Available

Rural Clinic; Medical care; Dental services; OB/GYN; Prenatal care; Health education; Radiology; Pharmacy on site; Lab services

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## South Texas Center for Pediatric Care

### Mission Trail Medical Plaza

3327 Research Plaza, #307

210-337-2100

stcpc.com

#### Hours

Monday - Friday 8:00 AM to 5:30 PM

Saturday 8:30 AM to 12:00 PM

#### Services Available

Well child visits; Sick visits; Newborn care; Adolescent care; Physicals; Immunizations; Treatment of ADHD/ADD

#### Cost

Medicaid; Co-pay; Sliding scale;

Private insurance; Self pay

## University Health System

### Harlandale School-Based Clinic

834 W. Southcross

210-644-1500

universityhealthsystem.com

#### Hours

Monday & Wednesday 1:00 PM to 4:30 PM

Tuesday & Thursday 8:00 AM to 12:00 PM

#### Services Available

Immunizations; Physical exams; Well child checkups; Minor acute care; Sick visits; Sports physicals

#### Cost

Medicaid; Co-pay; Sliding scale; Private

insurance; Self pay

## Southwest General Hospital Pregnancy Testing Center

2317 SW Military Dr.

210-922-8989

swgeneralhospital.com

#### Hours

Monday - Friday 8:00 AM to 4:45 PM

No appointment needed

#### Services Available

Pregnancy testing; Glucose screening; WIC services; Healthy Start program; Physician referral

#### Cost

No cost

## University Health System

### South Flores Clinic

7902 S. Flores

210-358-8255

universityhealthsystem.com

#### Hours

Monday - Thursday 7:00 AM to 6:00 PM

Friday 9:30 AM to 4:00 PM

#### Services Available

Primary care; Family planning; Free pregnancy testing; OB/GYN; Immunizations; Pediatrics; Well child checkup

#### Cost

No cost for pregnancy testing; Medicaid;

Co-pay; Sliding scale; Private insurance;

Self pay

## University Health System

### Healthy U Express

701 S. Zarzamora  
210-358-7020  
healthyuexpress.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM  
Call to schedule mobile clinic

### Services Available

Primary care; Well child checkup; Texas  
Healthy Steps; Sick visit; Physicals;  
Immunizations

### Cost

Medicaid; Co-pay; Sliding scale; Private  
insurance; Self pay

---

## Wesley Health & Wellness

1406 Fitch St.  
210-922-6922  
mhm.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Provided

Adult medical; Adult dental; Parenting  
education; Pastoral care; Health and  
Wellness programs: Case management;  
Adult behavioral health; Adult counseling

### Cost

Medicaid; Co-pay; Sliding scale; Private  
insurance; Self pay

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## SOUTHSIDE - MENTAL HEALTH

### Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

### Wesley Health & Wellness

1406 Fitch St.  
210-922-6922  
mhm.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Adult medical; Adult dental; Parenting education; Pastoral care; Health and Wellness Programs: Case management; Adult behavioral health; Adult counseling

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

---

### Family Violence Prevention Services

#### Battered Women & Children's Shelter

7911 Broadway  
210-733-8810  
fvps.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

24 hour crisis intervention; Individual and group counseling; Violence intervention; Legal assistance; Youth substance abuse program; Case management; Court liaison

#### Cost

No Cost

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## SOUTHSIDE - SUBSTANCE ABUSE

### Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

#### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

---

### Rise Recovery

**Palmer Drug Abuse Program**  
PO BOX 15322  
210-227-2634  
riserecovery.org

#### Hours

Monday - Friday 9:00 AM to 5:00 PM

#### Services Available

Substance abuse treatment; Life skills; Insight and recovery groups; Group activities; Individual and family counseling; Youth recovery center

#### Cost

No cost; Low cost

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### Lifetime Recovery

10290 Southton Rd.  
210-633-0201  
lifetimerecoverytx.org

#### Hours

Monday - Friday 9:00 AM to 6:00 PM

#### Services Available

Adult alcohol intensive residential treatment; Supportive residential treatment; Out-patient counseling

#### Cost

Sliding scale; Self pay; Some insurances

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### San Antonio Council on Alcohol & Drug Abuse

**South Texas Centre**  
7500 Hwy 90 West, #100  
210-225-4741  
sacada.org

#### Hours

Monday - Friday 8:00 AM to 5:00 PM

#### Services Available

Drug and alcohol education programs; Youth prevention programs; Resources; Recovery services; Court classes; Speakers bureau

#### Cost

No cost

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# SOUTHSIDE - COMMUNITY BASED SERVICES

## Center for New Communities

### Home Based Program

2483 W. Southcross  
210-314-3200  
c4newcommunities.org

### Hours

Monday – Friday 8:00 AM to 5:00 PM

### Services Available

Home based family education; Prepare pregnant and post-partum women for their parenting role; Education for children; Developmental assessments; Case management

### Cost

No cost

## Martinez St. Women’s Center

801 N. Olive  
210-908-9772  
mswomenscenter.org

### Hours

Monday - Friday 9:00 AM to 6:00 PM

### Services Available

Programs for girls ages 9-14; Community health programs; Educational programs, Out-of-school programs; Advocates for women

### Cost

No cost

## Girls Inc. of San Antonio

118 N. Medina  
210-298-5860  
girlsincsa.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Girls only 6-18; Year round program focusing on healthy relationships, sound body image and college and career readiness

### Cost

Cost varies by program; Scholarships available

## SA AIDS Foundation

333 S. Hackberry  
210-225-4715  
sanantonioaids.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Preventive education for HIV/AIDS and STIs; Social services available; Case management; Hosts the [teentalksa.org](http://teentalksa.org) website

### Cost

No cost for testing or services

**Seton Home**

1115 Mission Rd.  
210-533-3504  
setonhomesa.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Residential care for pregnant and parenting teen mothers and their children; Services for teen mothers ages 12-17

**Cost**

No cost

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**Online Based Service****Lucha**

Linking and Uniting Communities for Healthy Actions  
4502 Medical Drive, MS 82-2  
210-358-6837  
www.thatluchalife.com

**Hours**

Chat Monday – Friday 8:00 AM to 5:00 PM

**Services Available**

Website-based preventive education for HIV, Hepatitis C and substance abuse; Online chat for sexual health and substance abuse questions and resources. For people 13 to 24 years old.

**Cost**

No cost

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**Victory Learning Center**

660 SW Military Dr.  
210-922-2922  
victorylearningcenter.org

**Hours**

Monday - Friday 9:00 AM to 5:00 PM

**Services Available**

Adult high school program; Home school program for youth aged 15-17; Self-paced, accredited programs; Tutoring assistance

**Cost**

Cost varies by age and program

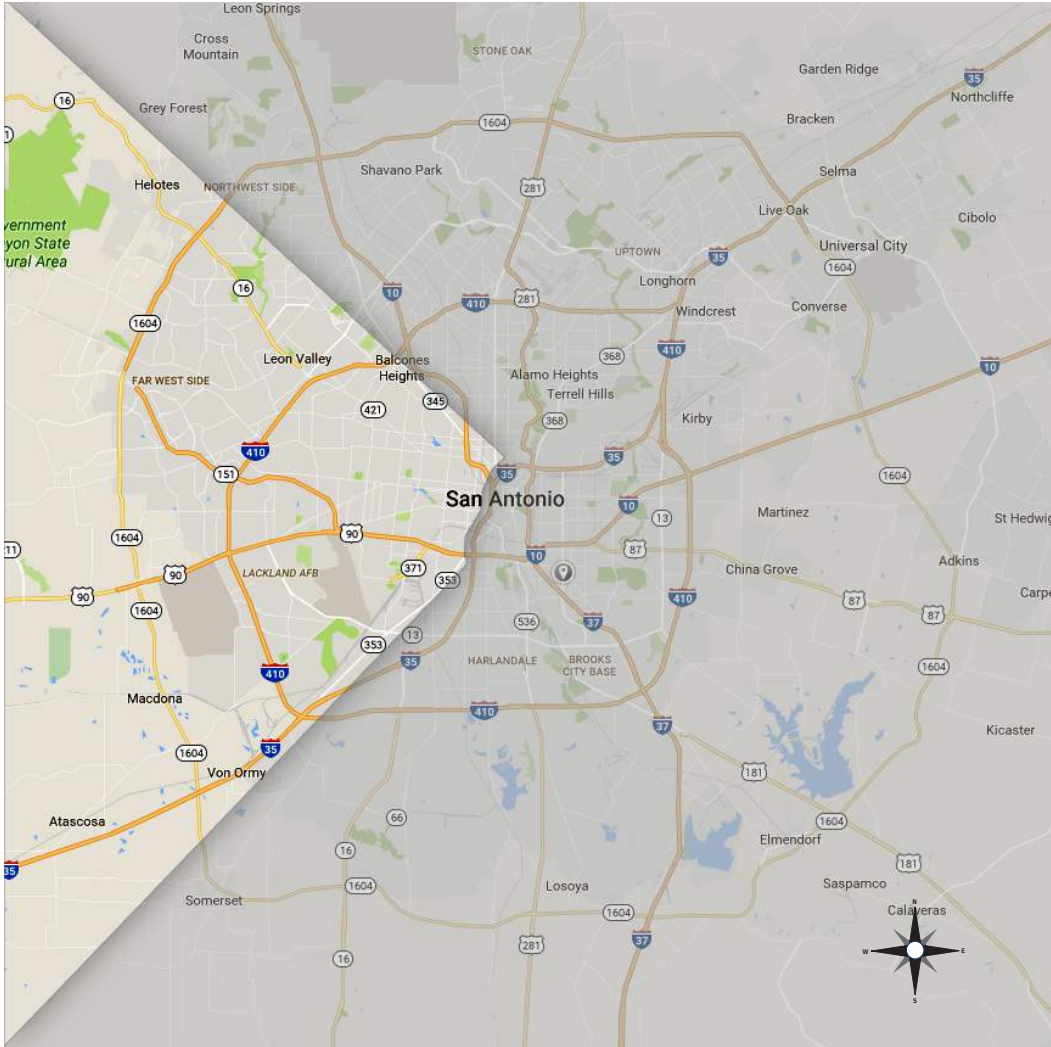
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**WESTSIDE**  
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# WESTSIDE



# WESTSIDE - PRIMARY CARE AND REPRODUCTIVE HEALTH

## CentroMed

### Davidson Clinic

1 Haven Hope Way, Building 1, #300  
210-220-2330  
centromedsa.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Medical care; Family practice; Homeless services; Lab services; Triage/ Walk-ins

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Life Choices Medical Clinic

3234 Northwestern Dr.  
210-543-7200  
lifechoices-sa.com

### Hours

Monday - Wednesday 10:00 AM to 6:00 PM  
Thursday 12:00 PM to 8:00 PM  
Friday 10:00 AM to 2:00 PM

### Services Available

Free pregnancy testing, ultrasounds, counseling and well woman exams; STI screening and treatment; Fatherhood classes; (Appointments preferred)

### Cost

No cost; Low cost for STI screening

## Communicare

### Las Palmas Campus

803 Castroville Rd. #416  
210-233-7150  
communicaresa.org

### Hours

Mon-Wed 8:00 AM to 6:00 PM  
Thur 9:00 AM to 7:00 PM  
Friday 8:00 AM to 12:00 PM

### Services Available

Free pregnancy testing; Nutritional education; Breast feeding support; Help with formulas

### Cost

No cost for pregnancy testing; Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Methodist Family Health Center

803 Castroville Rd. #131  
210-233-7019  
safreepregnancytest.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Free pregnancy testing; Medicaid and CHIP application assistance

### Cost

No cost for pregnancy testing; Medicaid; CHIP; Private insurance

## South Texas Center for Pediatric Care

94 Briggs Ave, #400  
210-922-2299  
stcpc.com

### Hours

Monday - Friday 8:00 AM to 5:30 PM  
Saturday 8:30 AM to 12:00 PM

### Services Available

Well child visits; Sick visits; Newborn care; Adolescent care; Immunizations; Treatment of ADHD/ADD

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## University Health System

### Salinas Clinic

630 S. General McMullen  
210-358-8255  
universityhealthsystem.com

### Hours

Monday - Thursday 7:00 AM to 6:00 PM  
Friday 9:30 AM to 4:00 PM

### Services Available

Primary care; Family planning; Free pregnancy testing; OB/GYN; Immunizations; Pediatrics; Well child checkup

### Cost

No cost for pregnancy testing; Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## University Health System

### Southwest ISD School-Based Clinic

11914 Dragon Lane  
210-644-7770  
universityhealthsystem.com

### Hours

Monday - Wednesday 8:00 AM to 12:00 PM  
Thursday 1:00 PM to 4:30 PM

### Services Available

Immunizations; Physical exams; Well child checkups; Minor acute care; Sick visits; Sports physicals

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## University Health System

### Zarzamora Clinic

4503 S. Zarzamora  
210-358-8255  
universityhealthsystem.com

### Hours

Monday - Thursday 7:00 AM to 6:00 PM  
Friday 9:30 AM to 4:00 PM

### Services Available

Primary care; Family planning; Free pregnancy testing; OB/GYN; Immunizations; Pediatrics; Well child checkups

### Cost

No cost for pregnancy testing; Medicaid; Co-pay; Sliding scale; Private insurance; Self pay



**UHS-Family Health Center****Southwest**

2121 SW 36th St.  
210-358-5100  
universityhealthsystem.com

**Hours**

Monday - Thursday 7:00 AM to 8:00 PM  
Friday 9:00 AM to 8:00 PM  
Saturday 8:00 AM to 4:00 PM

**Services Available**

Women's health; Pediatrics; Family practice; Express-Med services

**Cost**

Medicaid; Co-pay; Sliding scale; Private insurance, Self pay

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**Wesley Health & Wellness**

1406 Fitch St.  
210-922-6922  
mhm.org

**Hours**

Monday - Friday 8:00 AM to 5:00 PM

**Services Available**

Adult medical; Adult dental; Parenting education; Pastoral care; Health and Wellness programs: Case management; Adult behavioral health; Adult counseling

**Cost**

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

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**University Health System****Healthy U Express**

701 S. Zarzamora  
210-358-7020  
healthyuexpress.com

**Hours**

Monday - Friday 8:00 AM to 5:00 PM  
Call to schedule mobile clinic

**Services Available**

Primary care; Well child checkup; Texas Healthy Steps; Sick visit; Physicals; Immunizations

**Cost**

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

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# WESTSIDE - MENTAL HEALTH

## Alevio Counseling & Evaluation

**Dr. Mary Z. Ponce**

5835 Callaghan, #322

210-233-1566

No Website

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse programs; Behavioral health; Crisis intervention; Psychological evaluations

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Family Service Association

**The Neighborhood Place**

3014 Rivas St.

210-431-7500

family-service.org

### Hours

Monday - Thursday 8:00 AM to 8:30 PM

Friday 8:00 AM to 5:00 PM

Saturday 8:00 AM to 2:30 PM

### Services Available

Parenting education; Youth education; Counseling; Behavioral health; Family strengthening

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Center for Health Care Services

3031 IH 10 West

210-261-3350

chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## The Hope Center

**The Children's Shelter**

2939 W. Woodlawn

210-503-4500

childrensshelter.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Individual (ages 4-18) and family therapy; Parenting education; Play and art therapy; In-home family support; Social services

### Cost

No cost

## **Wesley Health & Wellness**

1406 Fitch St.  
210-922-6922  
mhm.org

### **Hours**

Monday - Friday 8:00 AM to 5:00 PM

### **Services Available**

Adult medical; Adult dental; Parenting education; Pastoral care; Health and Wellness programs; Case management; Adult behavioral health; Adult counseling

### **Cost**

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

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# WESTSIDE - Substance Abuse

## Center for Health Care Services

3031 IH 10 West  
210-261-3350  
chcsbc.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Mental health services; Substance abuse treatment; Out-patient counseling; Co-dependency counseling; Programs for developmental disabilities

### Cost

Medicaid; Co-pay; Sliding scale; Private insurance; Self pay

## Elite Counseling

700 S. Zarzamora, #209  
210-822-9493  
No Website

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Substance abuse treatment for adolescents; Family group counseling; Substance abuse education; Offenders program

### Cost

Self pay; Sliding scale

## Rise Recovery

**Palmer Drug Abuse Program**  
PO BOX 15322  
210-227-2634  
riserecovery.org

### Hours

Monday - Friday 9:00 AM to 5:00 PM  
Times vary by program

### Services Available

Substance abuse treatment; Life skills; Insight and recovery groups; Group activities; Individual and family counseling; Youth recovery center

### Cost

No cost; low cost

## San Antonio Council on Alcohol & Drug Abuse

**South Texas Centre**  
7500 Hwy 90 West, #100  
210-225-4741  
sacada.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Drug and alcohol educational programs and resources; Youth prevention programs; Recovery services; Court classes; Speakers bureau

### Cost

No cost



# WESTSIDE - Community Based Services

## Healthy Futures of Texas

2300 W. Commerce, #212  
210-223-4589  
hf-tx.org

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Educational programs dedicated to reducing teen and unplanned pregnancy offered to teens and adults; Advocacy for teen sexual health issues and women's reproductive health services

### Cost

No cost

---

## Project WORTH

515 Castroville Rd. #101  
210-207-8850  
sanantonio.gov/projectworth

### Hours

Monday - Friday 7:45 AM to 4:30 PM

### Services Available

Educational programs for teen pregnancy prevention; Cultivates community collaborations

### Cost

No cost

---

## MCH Family Outreach

6800 Park Ten Blvd., Ste 135 East  
210-733-3904  
mch.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Intensive in-home crisis case management (homeless, parenting education, unemployment assistance, etc); Grandparents as parents program; Foster care case management

### Cost

No Cost

---

## San Antonio Youth for Christ

5730 Kenwick  
210-697-7052  
sayfc.com

### Hours

Monday - Friday 8:00 AM to 5:00 PM

### Services Available

Parent life program for expectant and parenting teens; Ministries to high school and middle school youth on campus; City life program; Money management; Faith-based perspective

### Cost

No cost

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## The Children's Shelter

2939 W. Woodlawn  
210-212-2500  
childrensshelter.org

### Hours

Monday - Friday 8:00 AM to 5:00 PM  
Some variation by service

### Services Available

Emergency shelter; Residential treatment center; Foster care and adoption services; Trauma informed care; (The Hope Center, Compadre Y Compadre, iParent SA and Girls Inc. of San Antonio fall under the auspices of The Children's Shelter.)

### Cost

No cost; Low cost

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## Victory Learning Center

660 SW Military Dr.  
210-922-2922  
victorylearningcenter.org

### Hours

Monday - Friday 9:00 AM to 5:00 PM

### Services Available

Adult high school program; Home school program for youth aged 15-17; Self-paced, accredited programs; Tutoring assistance

### Cost

Cost varies by age and program

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## Online Based Service

### Lucha

Linking and Uniting Communities for Healthy Actions  
4502 Medical Drive, MS 82-2  
210-358-6837  
www.thatluchalife.com

### Hours

Chat Monday – Friday 8:00 AM to 5:00 PM

### Services Available

Website-based preventive education for HIV, Hepatitis C and substance abuse; Online chat for sexual health and substance abuse questions and resources. For people 13 to 24 years old.

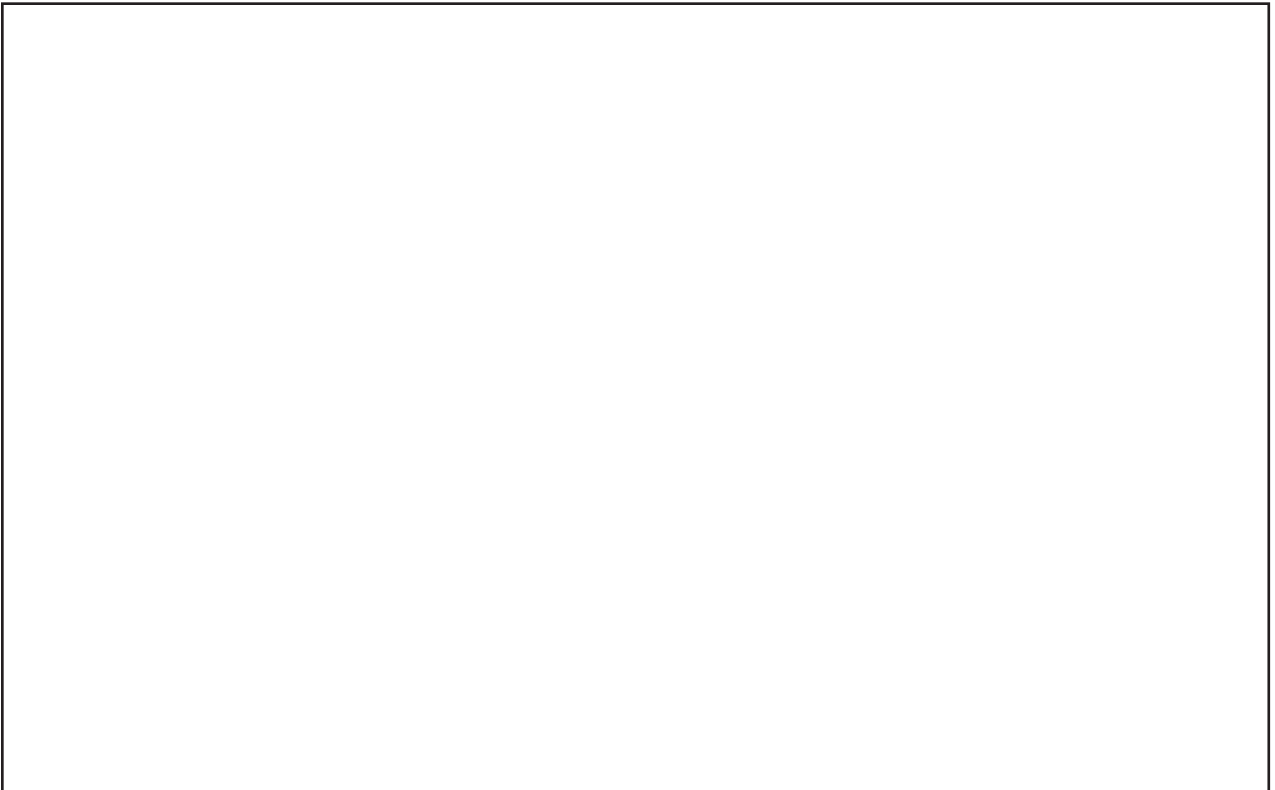
### Cost

No cost

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INSIDE BACK COVER





## Contact Us

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