

Respite Care Resources.

Local churches in the community offer what is often called “respite care” for families of children with special needs. The churches most often offer:

- A choice of Friday night or Saturday for parents to bring their child with special needs and their siblings (under a certain age) to their church.
- During this time, there are supervised events and playtime, so that parents can enjoy a few hours without their children.
- The rooms are often split based on the level of need, and there are other events and playtime for the siblings.
- For children who have complex medical needs, there may be registered nurses (RN) to help care for them.
- Each church is different so you will have to call them for more details.

Below is a list of good places to start looking for respite care:

AptG: A Place to Go, First United Methodist Church of Allen

601 S. Greenville Ave.

Allen, TX 75002

972-727-8261

<https://firstallen.org/ministries/special-needs-ministry/>

First Fridays, United Methodist Church of Arlington

313 N. Center

Arlington, TX 76011

817-274-2571

<https://www.arlingtonmethodist.org/connect/special-needs/>

Friday Night Fun and Night Vision, Lake Pointe Church

Many campus locations – visit their website for contact information

<https://www.lakepointe.org/soar/>

Friday NITE Friends, Custer Road United Methodist Church

6601 Custer Road

Plano, TX 75023

972-618-3450 ext. 247

<http://www.fridaynitefriends.org/>

Harvey's Kids, Holy Covenant United Methodist Church

1901 E. Peters Colony

Carrollton, TX 75007

972-492-2432

<https://www.hcumc.org/?s=harvey%27s+kids>

Loving Hands Ministry, First United Methodist Church

420 S. Hartz Road
Coppell, TX 75019
972-462-0471

<https://www.fumccoppell.org/grow/childrens-ministries/special-needs/>

Night Lights, Lovers Lane United Methodist Church

9200 Inwood Road
Dallas, TX 75220
214-706-9535

<https://www.raysoflightdallas.org/>

Night OWLS (Out with Loving Sitters), Highland Park United Methodist Church

3300 Mockingbird Lane
Dallas, TX 75205
214-523-2284

<http://www.hpumc.org/night-owls/>

Special Friends' Parents' Night Out, First Baptist Church Allen

201 E. McDermott
Allen, TX 75002
972-727-8241

<https://fbcallen.org/event/1412467-2020-05-16-special-friends-parents-night-out/>

Arise, Irving Bible Church

2435 Kinwest Pkwy.
Irving, TX 75063
972-560-4600

<https://www.arisespecialneeds.com/arise>

Other Respite Resource Websites

Navigate Life Texas:

<https://www.navigatelifetexas.org/en/family-support/respite-care-for-children-with-disabilities>

DFW Child Special Needs Magazine:

<https://dfwchild.com/directory/?category=thrive-directory&sub-category=respite-care&zipcode=&keyword=>