

New to our community? Check out these resources.



eliminating racism
empowering women
ywca

Health Conianza teamed up with YWCA to put together a short list of resources for newcomers.

- Some resources have long wait times or limited hours.
- Use the QR code or visit WellnessCultura.org for a full list of resources.



Health Resources

Organization	Description	Link
La Mision Family Health Care Clinic	Ensures that the medically underserved have access to affordable quality health care	Adssa.org
Refugee Health Clinic	Clinic sees refugee patients each Wednesday of the month, 5-8 p.m at St. Francis Episcopal Church, first come, first served basis	Sarefugees.org/health-wellness-services/
University Health Robert B. Green Campus	Offers various services for adults and children, including primary care, urgent care, and specialty care	Universityhealth.com/locations/robert-b-green-campus
El Bari Community Health Center	Primary care for adults, chronic disease management, and referrals	Elbarichc.org



Food Resources

Organization	Description	Link
WIC	Non-emergency Special Supplemental Nutrition Program for Women, Infants, and Children	Fns.usda.gov/non-citizen-communities
San Antonio Food Bank	List locations and times for food distribution events	Freshtrak.com
Find Help (Emergency Food Resources)	A list of organizations that provide emergency food	Findhelp.org/food/emergency-food--san-antonio-tx



Community Resources

Organization	Description	Link
YWCA	Resources for families including health services, employment services and more	Ywcasa.org
Health Confianza	Offers a list of low-cost clinics	WellnessCultura.org
Your Texas Benefits	Lawful permanent residents, refugees, and asylum seekers can access benefits, including Medicaid and SNAP (food benefits)	Yourtexasbenefits.com/Learn/Home
City of San Antonio	Immigration Resource Directory SA Resources for immigrant students and families	Sa.gov/Directory/Departments/DHS/Immigrant-Affairs/Resources Sanantonio.gov/humanservices/ImmigrationServices/resourcedirectory#258881155-early-childhood-education/
Center for Refugee Services	Offers resources such as free GED and U.S. Citizenship Test classes, help with resumes, and information on how to obtain a driver's license	Sarefugees.org



Legal Resources

Organization	Description	Link
Women's Refugee Commission	Resource Paper: "What to Do If You Are Detained: Essential Steps for Migrant Parents for Preventing Family Separation"	Womensrefugeecommission.org
RAICES (Refugee and Immigrant Center for Education and Legal Services)	Refugee and immigration center for rights, social services, bond services, and legal services	Raicetexas.org
ELIM (Educational and Legal Immigration Ministries)	Provides low-cost immigration services, education and more	Elimfsw.org
ACLU (American Civil Liberties Union)	Regardless of your immigration status, you have guaranteed rights under the Constitution. Know your rights as an immigrant	Aclu.org/know-your-rights
Catholic Charities Caritas Legal Services	Provides comprehensive, low-cost legal aid in probate and immigration law to individuals and families seeking a secure future	Ccaosa.org/caritas-legal-services/