

WELCOME TO



FOSTERING HOPE AFTER FOSTER CARE



Table of Contents

Mission Statement and Overview	3
Mentor Eligibility Requirements	4
Role of a Mentor	5
Mentor and Mentee Relationship	6
Youth Eligibility Requirements	8
Youth Guidelines and Code of Conduct	9
Steps to Effective Mentoring	10
THRU Project Programs	12
Community Resources	20



MENTOR PROGRAM

THRU Project Mission Statement

To empower youth with a history of foster care to build independent, successful futures.

THRU Project's Vision Statement

THRU Project envisions a world where everyone with lived experience in foster care has the opportunity to achieve their fullest potential.

Program Overview

The purpose of the THRU Project mentoring program is to provide a trusted adult (mentor) to an individual in the foster care system, or an individual who has left the foster care system. The role of the mentor is to give guidance and support to a life of stable independence for their mentee.

Mentor Eligibility Requirements

- **Age** – THRU Project requires all mentors to be at least 24 years old.
- **Training** – Mentors are required to attend a training before being matched with their mentee. This training will go over the guidelines, mentor roles, and what to expect when working with their mentee. There will be additional training for mentors throughout the year that THRU Project recommends they attend.
- **Commitment** – THRU Project asks each mentor to commit to at least one year in the program. Mentors can continue their relationship with their mentee, and be a part of THRU Project after that year.
- **Paperwork** – Each mentor is required to fill out the THRU Project Mentor Application, and the *Protect Youth Sports* background check before being matched with their mentee.
- **Contact** – THRU Project requires each mentor to maintain contact with their mentee. By meeting with them face to face at least once a month, and contacting them via phone, text, email, social media, etc., at least 2 to 3 times a month.
 - Mentors are asked to meet their mentee in public places, and at a place that is comfortable for both parties.
 - Mentors can meet with their mentee more than the minimum requirement if both parties are in agreement.
 - Mentees are also held to the same requirements as the mentors, THRU Project would like for the mentors to take the lead when it comes to building the relationship with their mentee.
- **Reporting** – THRU Project will send out surveys to mentors and mentees during the year to check on the status of the match as well as reporting purposes.
 - THRU Project also requires each mentor to report any type of abuse or neglect they may see or hear from their mentee to the proper authorities.
 - Also mentors are to report any type of self-harm or wanting to hurt others, if they see or hear from their mentee to the proper authorities.
 - If any mentor does not know what to do, or how to detect the above actions, mentors can always reach out to THRU Project Staff to assess the situation.
- **Attendance** – Throughout the year, THRU Project will hold events for mentors and mentees. While it is not mandatory for mentors and mentees to attend, it is highly encouraged to participate. These events will focus on life skills, on-going training for mentors, and engage the mentor and mentee more.

Role of a Mentor

The role of a mentor is to provide support, guidance, and other functions in a participant's life to make them independent and self-sufficient. These functions below are encouraged, but not limited to:

- **Academic Support** – Keeping the participant in school, providing support, helping them graduate, evaluating higher educational choices, and guiding them to any educational resources.
- **Role Model** – THRU Project asks each mentor to be a positive influence and support in your mentee's life by allowing the youth or young adult to see and experience your actions, values, and reactions to daily life. Mentors are asked to help their mentee see possibilities and strive for broader horizons they may not see in their current environment.
- **Attention** – Many mentees do not receive positive attention from the adults in their lives. Mentors are asked to fill that need with dependable, sincere, and consistent attention and concern.
- **Accountability** – Mentors' commitment to a scheduled meeting, appointment, etc., made to their mentee is paramount. Also, mentors should hold their mentee accountable when a scheduled meeting is to take place. For example, if a mentee is late or does not show up to the meeting with their mentor, mentors can let their mentee know they did not appreciate the tardiness or no-show. Consistent accountability will set a good example to see and emulate. It will show the mentee, that the mentor is taking the relationship seriously and helps to build trust as well as create mutual expectations.
- **Listening** – This is a big role a mentor can play in a mentee's life. Many mentees do not have anyone who will listen to them, and offer positive feedback. Mentors need to listen to their mentees about any fears, dreams, and concerns they may have. Mentors cannot be judgmental, or reverse the role where the mentee is listening to the mentor. The THRU Project asks for every mentor to be there for each mentee. It is okay for mentors to share their own experiences, but THRU Project asks for mentors to not push their values onto a mentee.
- **Reporting Suspected Abuse or Neglect:** If a mentor observes or hears about any signs of abuse or neglect, they are required to report it immediately to the proper authorities. This includes any evidence of self-harming behaviors or expressed thoughts of self-harm by the mentee.

Reports can be made:

- By phone: 1-800-252-5400
- Online: (http://www.dfps.state.tx.us/Contact Us/report_abuse.asp)

What Mentors Are Not:

Mentors are not expected to take on roles beyond their primary purpose of providing guidance and support. Specifically:

- **Therapists** – Mentors are not responsible for providing mental health services or counseling.
- **Parents** – While mentors may serve as trusted adults, they are not substitutes for a mentee's family or caregivers.
- **ATMs** – Mentors are not to provide financial support to their mentee.
- **Uncomfortable Situations** – If a mentor feels uncomfortable with any request or situation, they should not hesitate to reach out to THRU Project staff for guidance and support.

Mentor/Mentee Relationship Stages

The mentor/mentee relationship typically unfolds in three key stages:

- Developing Rapport & Trust
- Setting and Reaching Goals
- Bringing Closure to the Relationship

Developing Rapport & Trust:

In the initial phase, mentors are responsible for initiating and maintaining the relationship. Mentees may not immediately respond positively, as they may have experienced many adults coming in and out of their lives. During this stage, mentors can expect:

- Missed appointments
- Unreturned calls or messages
- Requests for transportation, gifts, or money
- Angry or withdrawn behavior
- A lack of engagement or trust

It's essential for mentors to remain consistent and patient. The mentor may be one of the few reliable adults the mentee has encountered, and it may take time for the mentee to feel comfortable. Mentors should remind the mentee that conversations are confidential between the mentor, the mentee, and their social worker. However, if there are concerns about the mentee's safety or well-being, mentors should inform their mentee that they may need to share the information with someone who can help ensure their protection.

Setting and Reaching Goals:

As trust builds, the mentee becomes more engaged and invested in the relationship. This phase is about:

- Getting to know the mentee better and identifying both short- and long-term goals.
- Setting achievable goals, no matter how small they may seem. For example, helping a mentee adjust their schedule to wake up earlier if they have trouble starting their day on time can be a positive step toward preparing for work or school.
- Providing consistent encouragement and positive reinforcement. Praising the mentee often helps them feel valued and motivated to achieve more.

Mentors should be aware that old behaviors may resurface, especially during times of stress or change. In these situations, mentors are encouraged to offer support by asking open-ended questions about what might be going on in the mentee's life and showing genuine concern.

MENTOR/MENTEE RELATIONSHIP STAGES CONT..

Bringing Closure to the Relationship:

As the mentorship comes to a close, it's important to reflect on the mentee's progress and celebrate their achievements, reinforcing their readiness for greater independence. Ideally, this will be a bittersweet milestone marking the mentee's transition toward a fulfilling, self-sufficient life, with the mentor recognizing the positive impact they've had on the mentee's growth and development.

As the relationship approaches closure, mentors should:

- **Reflect on progress:** Celebrate the strengths the mentee has developed and the obstacles they've overcome. Acknowledge their growth and resilience throughout the mentoring process.
- **Discuss future plans:** Engage the mentee in a discussion about their goals for the future and how they plan to accomplish them. Express confidence in their ability to succeed.
- **Stay in touch:** If appropriate, mentors and mentees should agree on how and when they will maintain contact after the mentoring relationship officially ends. Mentors should follow through on that commitment, as continued support can be meaningful even after the formal relationship concludes.

However, sometimes, things don't go as planned. In some cases, the mentee may remain stuck in the "Testing Phase" or struggle to move forward due to past trauma or negative experiences. Other times, the match may not be a good fit. In these situations, mentors may feel frustrated or burdened by the lack of progress.

If this occurs: Mentors should contact a THRU Project staff member to discuss the challenges they're facing. The staff will work with both the mentor and mentee to find a solution that addresses both parties' needs and ensures the mentee's continued development, whether the mentoring relationship continues or is concluded early.

PARTICIPANT ELIGIBILITY REQUIREMENTS

- All youth & young adults eligible for THRU Project services must be current or formerly in the foster care system. THRU Project accepts participants who were adopted, placed with family, or placed back with their biological parents.
- THRU Project will serve individuals starting at the age of 14, and there is no limit to how old a participant can be as long as they accessed services with THRU Project before their 25th birthday.
- All mentees must be interested in having a mentor and want to participate in THRU Project. Mentees will need to keep in contact with their mentors weekly and meet with them face-to-face at least once a month. If the mentee is showing no interest, and not keeping up with their mentor, THRU Project will dismiss the young adult from the program. The young adult can reapply at a later date when they are ready to participate in the THRU Project.
- Seeing as this is a voluntary program, THRU Project reserves the right to dismiss any young adult as they see fit.
- All mentees must follow the participant Guidelines and Code of Conduct (following page).

Participant Guidelines and Code of Conduct

WELCOME TO THRU PROJECT!

THRU Project wants to ensure that all participants understand and are comfortable with the expectations of having a Mentor.

MENTORS ARE: Positive role models, friends, sympathizers, advisors, self-esteem builders, sounding boards, and advocates.

Key Points About Mentors:

- The primary role of a Mentor is to be a dependable, consistent friend, helping empower the participant to make positive decisions. Mentors will work with the participant and THRU Project staff to ensure access to benefits and resources the participant is eligible for.
- Although Mentors are friends, their focus will be on their mentee's priorities, including employment, training, education, and housing.
- **Mentors cannot:** Purchase items for mentees, or fund emergency needs. Instead, Mentors will work with their mentee and THRU Project staff to find solutions for the mentee's living needs.
- The relationship with a Mentor is important and requires time to build trust. Regular contact via phone, email, social networking, or text messages is required to help strengthen the relationship.
- THRU Project asks for a one-year commitment from both the mentee and the Mentor. A trusted, consistent presence can be beneficial in one's journey to live independently. Once independence is achieved, participants are encouraged to consider returning to THRU Project as a volunteer Mentor, using first-hand experience to support others with similar histories.
- THRU Project **will not** tolerate disrespectful behavior, discrimination, physical inappropriateness, violence, vulgar language, or breaking boundaries, including Living with a Mentor, or asking for substantial or ongoing monetary gifts

Violations may result in immediate termination from the program.

Support Available: If there are concerns or questions regarding the relationship with a Mentor, please contact staff at THRU Project by phone at 210-852-0552, or by email at info@thruproject.org

You are part of a community of support, and there are people and resources available to help you succeed!

STEPS TO EFFECTIVE MENTORING

Adapted from Bridges Out of Poverty

POSITIVE ENVIRONMENT: There needs to be sufficient time and a positive environment to encourage honest, open discussion.

DEVELOPING CHARACTER: Meaningful mental, social, physical, and spiritual, issues of impact will be part of the process. Youth are not lacking the values that develop good character. Like all of us, however, they might sometimes need help in translating those values into real action. Everyone experiences times when an inner conflict occurs because our actions and values are at odds.

INDEPENDENCE: The boundaries between mentor and friend should be well established. Talk with your friend about the time, energy, contributions you are willing to make.

LIMITED RESPONSIBILITY: Be responsible to them, not for them. Friends will need the latitude to choose their own course and make their own mistakes. Care for your Friend through these ups and downs.

SHARED MISTAKES: Share your failures, as well as your successes.

PLANNED OBJECTIVES: Set goals together.

INSPECTION: Monitor, review, critique, and discuss potential actions. Don't just expect performance without evaluation. The true value of mentoring is in its interactive nature. Listen, share, process, and be open to learning while teaching.

"TOUGH" LOVE: Know when to intervene and when to let go.

SMALL SUCCESSES: Accomplish huge goals one step at a time. Mentoring is time intensive and the results are not always obvious.

DIRECTION: Be careful of your tone of voice – speak to your Friend as you would to an adult companion. Make "I statements" when sharing and ask questions regarding consequences. There is usually more than one way to accomplish something.

STEPS TO EFFECTIVE MENTORING cont.

Adapted from Bridges Out of Poverty

RISK: It is better to offer possible solutions than to give direct advice. Leading your Friend in a discussion of options and potential consequences is an optimal strategy. Allow your Friend to „own“ their problems, your advice may not always work.

MUTUAL PROTECTION: Maintaining some privacy is part of a healthy relationship.

COMMUNICATION: Listening is the best way to gather information about the needs of your Friend. A certain balance should be established so that both parties share and respond.

EXTENDED COMMITMENT: Relationship longevity is the key to successful mentoring.

LIFE TRANSITION: Mentoring can give the mentor a new sense of direction and energy.

FUN/LAUGHTER: Humor enhances relationships. It is a shared response. Enjoy!



LIFE SKILL EVENTS

Overview

Along with our community partners, THRU Project offers life skill workshops to the participants in all of our programs. Topics will be chosen by THRU Project participants and may include cooking, nutrition, financial literacy, resilience, communication, interview skills, etc.

Requirements

Enrolled in THRU Project's housing or mentoring programs

How to Sign Up

Regularly check your email and our social media pages for announcements about life skill events and follow the directions to RSVP.

What You Recieve

You'll learn new skills, meet other youth with a history of foster care, experience San Antonio locales, and have some fun!

Still have questions?

Reach out to us by calling 210-852-0220

Notes



FOSTERING CONNECTIONS

Overview

Our Fostering Connections programs bridges the gap of communication for individuals with a history of foster care. Our participants may receive a free smart phone and phone plan to keep connected to their community, resources, caseworkers, mentors, and THRU Project staff.

Requirements

- THRU Project Mentor Program participant for at least 3 months
- Active communication with THRU Project staff and mentor
- Be working or attending school (provide proof)
- Complete a survey every 3 months

How to Sign Up

Contact Khristan at THRU Project to request a cell phone. If a cell phone isn't available, you will be placed on the waiting list.

ktaylor@thruproject.org

What You Receive

Smart phone and service plan

Still have questions?

Reach out to ktaylor@thruproject.org or call 210-852-0220

Notes



PASS TO SUCCESS

Overview

Our Pass to Success program provides access to transportation through a pass that allows individuals with a history of foster care to ride VIA buses for free. The goal of this program is to break down the transportation barrier to achieving successful employment and higher education.

Requirements

- THRU Project Mentor Program or Housing Program participant
- Valid photo ID

How to Sign Up

Complete the application at
<https://www.thruproject.org/pass-to-success/>

What You Receive

A six-month VIA bus pass, which is renewable as long as you are in THRU Project!

Still have questions?

Reach out to info@thruproject or call 210-852-0220

Notes



BREAKTHRU WELLNESS

Overview

BreakTHRU Wellness provides trauma-informed mental health support and education for young adults enrolled in THRU Project programs. Young adults can choose to participate in individual or group counseling to help reach their goals.

Requirements

- THRU Project Mentor Program or Housing Program participant
- At least 18 years old

How to Sign Up

You can sign up by filling out a form at
<https://www.thruproject.org/breakthru/>

What You Receive

Personalized counseling to help reduce distress, enhance stress management, and increase coping abilities.

Still have questions?

Reach out to sarah@thruproject.org, camden@thruproject.org, or call 210-852-0220

Notes



THRU WORKS

Overview

THRU Works is a career coaching program designed for young adults with lived experience in foster care. Through one-on-one support and hands-on group sessions, we help you build a job-ready resume, create a standout LinkedIn profile, and feel more confident about your next steps.

Requirements

- THRU Project Mentor Program or Housing Program participant

How to Sign Up

You can sign up by filling out a form at
<https://www.thruproject.org/thruworks/>

What You Receive

Personalized attention to discuss your goals and dreams, flexible coaching options, gain clarity, set actionable steps, and move closer to your dream career.

Still have questions?

Reach out to tramelle@thruproject.org, or call 210-852-0220

Notes



SUPERVISED INDEPENDENT LIVING

Overview

The Supervised Independent Living (SIL) Program is for youth ages 18-21 who aged out of foster care and want to participate in extended foster care.

Prerequisite

Enrolled in extended foster care

How to Sign Up

Speak with your caseworker and have them refer you to the THRU Project SIL Program.

What You Receive

- Rent-free apartment until your 21st birthday
- Furniture for your apartment
- Monthly stipend to help pay for groceries or bills
- Monthly check-ins with a Housing Resource Coordinator for apartment and case management

Still have questions?

Reach out to our SIL Housing Resource Coordinator at tramelle@thruproject.org or call 210-852-0220

Notes



NEXT STEP HOUSING: VOCATIONAL

Overview

The Next Step Housing – Vocational Program allows young adults with a history of foster care to focus on getting a vocational or trade certification without the worry of rent.

Requirements

Enrolled in a vocational education program such as Alamo Colleges, Restore Education, Project Quest, YMCA, etc.

How to Sign Up

Must be referred by advisor from your school of choice.

What You Receive

- Rent-free apartment for up to 24 months depending on the length of the vocational program
- Furniture for apartment
- Monthly check-ins with a Housing Resource Coordinator for apartment and case management

Still have questions?

Reach out to our Vocational Housing Resource Coordinator at ktaylor@thruproject.org or call 210-852-0220

Notes



NEXT STEP HOUSING: COLLEGE

Overview

Our Next Step Housing - College Program allows young adults with a history of foster care to focus on getting a college degree without the worry of rent.

Requirements

Must be enrolled as a full-time student OR
if enrolled as a part-time student must also be working
Maintain 2.5 GPA each semester

How to Sign Up

Connect with the F.A.T.E. Center at TAMUSA, P.A.T.H Program at Alamo Colleges, or Fostering Futures Program at UTSA.
Speak with the program coordinator and have them refer you to the THRU Project Next Step Housing - College Program at <https://www.thruproject.org/next-step-housing-college/>

What You Receive

- Rent-free apartment located near your college
- Furniture for your apartment
- Monthly check-ins with a Housing Resource Coordinator for apartment and case management

Still have questions?

Reach out to our College Housing Resource Coordinators at erin@thruproject.org, marissa@thruproject.org or call 210-852-0220



SAN ANTONIO AREA RESOURCES

Part of adulting is knowing when and where to seek support. Here are just a few resources available to you. Don't hesitate to reach out to your mentor, THRU Project staff, or community partners for support.

Visit **sacrd.org** or **thruproject.org/youth-resources/** for an extensive list of San Antonio organizations. Additional Texas resources can be found by calling **211** or visiting **findhelp.org**.

you're not meant to do life alone

The following pages include contact information for:
Emergency Shelters and Transitional Living Programs

Financial Assistance

Benefits Assistance

Utilities Assistance

Clothing Assistance

Wraparound Services

Food Assistance

LGBTQ+ Support

Education and Employment

Baby Supplies/Parenting Support

Mental Health Care

Medical Care

San Antonio Sports and Entertainment

San Antonio Museums and Missions

EMERGENCY SHELTERS AND TRANSITIONAL HOUSING

Homeless Connections

Hotline

210-207-1799

Haven for Hope

Young Adult Dorm and Campus
210-220-2100

1 Haven for Hope Way
San Antonio, TX 78207

Connections New Braunfels

800-532-8192 (crisis hotline)
1414 West San Antonio
New Braunfels, TX 78130

RMYA Turning Point

210-340-8077
3103 West Avenue
San Antonio, TX 78213

Salvation Army Dave Coy Shelter for Men

210-226-2291
226 Nolan Street
San Antonio, TX 78202

Salvation Army Family Shelter

210-352-2046
519 W Elmira Street
San Antonio, TX 78212

SAM Ministries

210-340-0302

Seton Home for Teen Mothers

210-533-3504
1115 Mission Road
San Antonio, TX 78210

St. PJ's Children's Home

210-533-1203
919 Mission Rd
San Antonio, TX 78210

Strong Foundation

Families with Children
210-641-HELP (4357)
414 N. Hackberry Street
San Antonio, TX 78202

THRIVE Youth Center

LGBTQ+ Individuals
210-212-2935
1 Haven for Hope Way
San Antonio, TX 78207

Youth Center of Texas

Sex Trafficking Survivors
210-417-5077 (crisis hotline)
3730 I-10
San Antonio, TX 78220

FINANCIAL, BENEFITS, AND UTILITIES ASSISTANCE

Guadalupe Community Center

210-226-6178

<https://ccaosa.org/guadalupe-community-ctr/>

SA Foodbank - Benefits Assistance

210-431-8326

<https://safoodbank.org/help/>

SAM Ministries

210-340-0302

www.samm.org

Bexar County Department of Community Resources

210-335-3666

www.bexar.org

CPS Utility Assistance

210-207-7830

Affordable Connectivity Program - device and service discounts

<https://www.fcc.gov/acp>

CLOTHING ASSISTANCE

St. Stephen's CARE Center

210-226-6178

2127 S Zarzamora Street

San Antonio, TX 78207

<https://ccaosa.org/clothes-closet/>

SA Hope Center

210-732-3776

321 N. General McMullen

San Antonio, TX 78237

<https://sahopecenter.org/programs/mentoring/boutique/>

Christian Assistance Ministry (CAM)

210-223-4099

5084 DeZavala

San Antonio, TX 78249

<https://christianassistanceministry.org/cam-services/>

WRAPAROUND SERVICES

Youth Adult Stability and Success Center

210-779-3906

www.yasscenter.org

For Her

210-201-0066

www.iamforher.org

FOOD ASSISTANCE

SA Foodbank

210-431-8326

<https://safoodbank.org/help/>

Catholic Charities

210-226-6178

<https://ccaosa.org/food-pantry/>

New Braunfels Food Bank

830-327-6000

<https://nbfoodbank.org/>

The Agape Ministry

210-590-6655

<https://theagapeministryinc.org/>

Christian Assistance Ministry (CAM)

210-223-4099

<https://christianassistanceministry.org/cam-services/>

LGBTQ+ SUPPORT

Fiesta Youth

210-390-0730

702 Donaldson Avenue, 205A
San Antonio, TX 78201

Pride Center San Antonio

210-370-7743

1303 McCullough Avenue, 160
San Antonio, TX 78212

Notes

EDUCATION AND EMPLOYMENT

Restore Education

210-432-6123

www.restoreeducation.org

NXT Level

210-207-1723

www.nxtlevels.org

Project Quest

210-226-6178

www.questsa.org

Ready to Work SA

readytoworksa.com/

MEDICAL CARE

Alamo Area Resource Center

210-688-5792

303 N Frio Street

San Antonio, TX 78207

Kind Clinic

1-833-937-5463

730 Isom Road

San Antonio, TX 78216

Methodist Healthcare Ministries

<https://www.mhm.org/services/>

Multiple Locations

Planned Parenthood

210-736-2262

Multiple Locations

CentroMed

210-922-7000

Multiple Locations

Notes

BEHAVIORAL HEALTH CARE

BCFS Health and Human Services of San Antonio

210-733-7932

1506 Bexar Crossing

San Antonio, TX 78232

Rise Recovery

Specializes in substance use

210-227-2634

2803 Mossrock

San Antonio, TX 78230

San Antonio Behavioral Healthcare Hospital

210-541-5300

8550 Huebner Road

San Antonio, TX 78240

San Antonio State Hospital

6711 S New Braunfels

Suite 100

San Antonio, TX 78223

The Ecumenical Center

210-616-0885

8310 Ewing Halsell Drive

San Antonio, TX 78229

The Center for Health Care Services

210-223-7233 (Crisis Line)

210-261-1250 (Appointment Line)

Multiple Locations

S.M.A.R.T. for Emergency Response to Mental Health Emergency

911

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-4357

Be Well Texas

888-852-3935

5109 Medical Drive

San Antonio, TX 78229

Notes

BABY SUPPLIES AND PARENTING SUPPORT

Babysitting Connection

512-200-4418

<https://babysittingconnection.com/>

Offers quality child care, discount may be available with code from THRU Project

Child Care Services

210-230-6300

<https://www.workforcesolutionsalamo.org/apply-for-child-care/>

Financial assistance for child care

Diaper Bank

210-731-8118

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

Offers material assistance as well as parenting and healthcare classes

Family First Parenting Program at St. PJ's

210-708-4588

<https://www.stpjhome.org/family-first/>

Offers counseling, parenting classes, resource referrals, and material assistance

Latched Support

210-504-8015

<https://www.latchedsupport.com/>

Offers parenting classes, material assistance, car seat safety, and benefits assistance

Methodist Healthcare Ministries

210-607-1630

<https://www.mhm.org/services/parenting-programs/>

Multiple Locations

Offers parenting classes and support groups

Positive Parenting Program (Triple P)

210-207-4599

Multiple Locations

www.tripleparenting.com/sa

Offers parenting classes

Veronica's Boutique at Guadalupe Community Center

210-226-6178

<https://ccgcc.org/veronicas-boutique/>

Offers material assistance

SAN ANTONIO ENTERTAINMENT

San Antonio FC

Soccer Team

<https://www.sanantoniofc.com/2023-schedule/>

San Antonio Missions

Baseball Team

<https://www.milb.com/san-antonio/tickets/promotions>

San Antonio Spurs

Basketball Team

<https://www.nba.com/spurs/schedule>

Slab Cinema

Free outdoor movies at multiple locations

<https://www.slabcinema.com/movie-calendar>

San Antonio Public Library

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

Access to books (including ebooks and audiobooks), CDs, DVDs, public computers, wifi, and events (story times, crafts, yoga, and more)

City Parks

Brackenridge Park

Confluence Park

Japanese Tea Garden

San Antonio Missions Park

Phil Hardberger Park

Friedrich Wilderness Park

Notes

SAN ANTONIO MUSEUMS AND MISSIONS

The Alamo and San Antonio Missions

<https://www.thealamo.org/>
<https://www.sanantonio.gov/Mission-Trails/Mission-Trails-Historic-Sites/Missions>

Historical Spanish churches, most of which are connected by hike and bike trails. Always free to the public but may require online reservations to enter the Alamo.

Doseum

<https://www.thedoseum.org/free-family-nights>

Children's museum with hands-on learning.

Free entry 5-7PM on the first Monday of every month but requires online reservation.

McNay Art Museum

<https://www.mcnayart.org/>
Modern art museum.

Free entry 4-6PM every Thursday night for the public. Free entry during any open hours for students of Alamo Colleges, TAMUSA, Trinity, and UIW with student ID.

San Antonio Botanical Gardens

<https://www.sabot.org/>
Outdoor gardens and events. Discounted rate with SNAP or WIC EBT card.

San Antonio Museum of Art

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

Free entry 4-7PM every Tuesday and 10AM-12PM every Sunday for Bexar County residents. Free entry during any open hours for students of Alamo Colleges, TAMUSA, Trinity, UIW, UTHSA, and HEB employees with student/employee ID.

Witte Museum

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

Science, health, and natural history museum.

Free entry 3-6PM every Tuesday evening for the public.

SAN ANTONIO ACTIVITIES & EVENTS

Visit San Antonio

<https://www.visitsanantonio.com>

Complete guide to all events and activities throughout San Antonio.

Mobile Om

<https://mobileomtx.com>

Free Yoga classes throughout San Antonio area.

La Villita

<https://www.lavillitasanantonio.com/Our-Events>

Showcases various free events such as crafts, art, skincare, music, dancing, theatre, etc.

Eventbrite

<https://www.eventbrite.com/d/tx--san-antonio/events/>

Searchable free events for almost EVERYTHING you can think of

Volunteer San Antonio

<https://www.volunteersanantonio.org/need/>

Volunteer opportunities offered through United Way partners

San Antonio Public Library

<https://www.mysapl.org/Events-News/Events-Calendar>

Each library hosts free events and activities throughout the week

San Antonio Activate

<https://activate.sanantoniosports.org>

Free exercise classes with opportunities to earn gift cards and raffle of \$1000

Notes
