

# DENVER HARBOR MULTI-SERVICE CENTER

6402 Market Street

Houston, Texas 77020

Phone: 832-395-0895

Fax: 832-395-0924



## DENVER HARBOR ADMINISTRATION

832-395-0896

Monday thru Friday

8 a.m. - 5 p.m.

## RENTAL SPACE

832-395-0909

Rental space is available for public meetings, receptions, workshops, banquets and seminars.

## WOMEN, INFANTS AND CHILDREN

832-395-0936

Visit our WIC page to learn how to apply for WIC benefits, and find all locations and hours of operation.

WIC provides health care referrals, nutritional education, and nutritious foods to pregnant, breastfeeding and postpartum women, and children under five who have nutrition health-related problems.

## BAKER RIPLEY SENIOR HEALTH AND WELLNESS CENTER

832-395-0901

Monday thru Friday

8 a.m. - 2 p.m.

Contact: Diane Oviedo

email: [doviedo@bakerripley.org](mailto:doviedo@bakerripley.org)

- Free hot, nutritious lunch
- Health and wellness classes
- Exercise classes and Tai Chi
- Games
- Arts and crafts
- Parties and special events
- Senior resources

## DAWN AWARENESS AND WELLNESS NETWORK (DAWN)

832-393-4005

Tuesday and Thursday

8:00 a.m. - 5:00 p.m.

The DAWN Center provides free diabetes self-management education and many other health related services to Houstonians in order to reduce and prevent chronic disease.



**HOUSTONHEALTH.ORG**

Houston Health Department

8000 North Stadium Drive, Houston, TX 77054, 832-393-4220



## GET MOVING URBAN GARDENS

The Get Moving Houston Urban Gardens provides hands-on experience in vegetable gardening and urban agriculture to community members and encourage the consumption of local fruits and vegetables.

## BEZOS ACADEMY

206-670-7720

Monday to Friday 8 a.m. - 5 p.m.

Bezos Academy creates a joyful and collaborative learning environment through hands-on experiences. Children develop a love of learning when it is child directed and centered around their interests. When children find joy in learning, it deepens their natural curiosity and eagerness to discover. Our preschools offer year-round programming, five days a week, for children ages 3-5 years old.

## LIFT ZONE (HOTSPOT INTERNET ACCESS)

City of Houston guest and comcast lift zones provide free hotspot internet access to help students get on-line, participate in distance learning, and do their homework.

## TARGET HUNGER

281-300-1914

Monday & Friday  
(INTAKE APPLICATION) 10:00 am - 3:00 pm

Target Hunger is a supplemental food program for seniors. It facilitates the effective entry, coordination and implementation of Houston's existing educational, Health and social services for underserved communities.

## PARKS & RECREATION DEPARTMENT

### SUMMER FOOD PROGRAM

713-676-6832

The Houston Parks and Recreation Department has sponsored the Summer Food Service Program since 1980. The meals are available free of charge to youth ages 1 – 18. No registration is required. Families can find a Summer Food Service Program site by calling 2-1-1.

### ENRICHMENT PROGRAM

832-395-7640

Monday thru Friday	1 p.m. - 8 p.m.
Saturday	10 a.m. - 2 p.m.
After School Program Ages 6 to 13	3 p.m. - 6 p.m.

Houston Parks and Recreation Department operates a total of 381 parks located in the Houston area provides programming and recreational opportunities .

