



Always Here After Your Loss

Central Texas Flood Resources Guide

JULY 2025

**Christi Center
Main Office
2306 Hancock Drive
Austin, Texas 78756
512-467-2600**



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Letter from the Executive Director



Dear Christi Center and Central Texas Community,

We are heartbroken by the recent flooding across Central Texas and the tragic losses that many families are now facing. Our hearts are with every individual, family, and community navigating grief, uncertainty, and fear in the wake of this disaster. Christi Center knows that grief takes many forms and can surface during and after crises like these.

No one should have to grieve alone. Christi Center provides free, peer-based grief support groups in Central Texas. We help individuals find hope after the death of a loved one, and we are here to help process loss, find connection, and build resilience during these difficult times.

Christi Center's intake line is available at 512-467-2600, where we have a team of licensed therapists to support parents and caregivers. If you are in need of our services, you can also start the intake process online at: <https://christicenter.org/get-started/>

To further support you and your loved ones during this difficult time, Christi Center has compiled a guide of trusted resources, including immediate assistance, food and shelter services, and tools for helping children process trauma after a disaster.

We encourage you to take care of yourself as you care for others. If you need immediate support or mental health resources, you can call or text 988 for 24/7 help.

With care,

A handwritten signature in black ink, appearing to read 'Jocelyn Chamra Barrera'. The signature is fluid and cursive.

Jocelyn Chamra Barrera, LCSW
Executive and Clinical Director



Christi Center Services

Christi Center is a free resource for any grieving person in Central Texas.

We provide the space for you to build your support network, by connecting you with others who have had a similar loss. We welcome all faiths, all backgrounds and all ages starting at age five.

Visit our website or call us to get started

 (512) 467-2600

Our Mission

We offer hope after the death of a loved one by providing support networks, community education and therapeutic activities that are free, peer-based, and ongoing. We serve any child, teen, or adult who is grieving the death of a loved one.



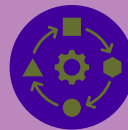
Adult grief support groups online & in-person in Austin and Georgetown



Children and teen grief support groups in-person



Children and teen individual counseling in-person and online



Community education and awareness



In-School groups and counseling



Information and referrals



christicenter.org



info@christicenter.org

Flood Resources

WILCO CARES

Short-term disaster relief fund for the Williamson County flood victims

These funds will provide direct financial assistance to help the victims rebuild their lives within a few weeks of impact. Visit wilcotx.gov/JulyFlood for more.

AMERICAN RED CROSS

The Red Cross is working in-person and virtually to help reconnect families and loved ones.

If someone is searching for someone affected by this disaster, please call (800) 733-2767 (800 RED CROSS).

LEANDER CHAMBER FOUNDATION LOCAL FLOOD RECOVERY

The Leander Chamber Foundation is actively working to coordinate local relief efforts, deploy volunteers, and get resources directly to those who need them most.

For more information, visit <https://leandercc.org/chamber-foundation/>

THE SALVATION ARMY

The Salvation Army is providing nonperishable food, hygiene items, diapers, and other essentials.

For more information, call 830-465-4797 The Salvation Army 855 Hays St., Kerrville, TX 78028

2-1-1 TEXAS

Provides information and resources for homeless shelters, transitional housing, rapid re-housing, and low-income/subsidized rental housing.

For more information, call 2-1-1, or visit <https://www.211texas.org/housing-choices-finding-a-place-to-live/>

Texas Division of Emergency Management

Texas Division of Emergency Management (TDEM): The agency provides updates and resources for individuals, businesses, and local governments impacted by emergencies.

For more information, visit tdem.texas.gov/recovery/resources-for-texas-citizens



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Flood Resources, Cont.

TEXAS DEPARTMENT OF INSURANCE

Provides information on how to file an insurance claim, where to get help, and tips to avoid scams and fraud.

For more information, call 1-800-252-3439, or <https://www.tdi.texas.gov/consumer/storms/recoverytips>

NATIONAL FLOOD INSURANCE PROGRAM

Managed by FEMA, helps property owners understand their flood coverage and file claims. Flood damage is not typically covered under standard homeowner policies.

For more information, call (800) 427-4661, or email: FloodSmart@fema.dhs.gov

TEXAS DEPARTMENT OF AGRICULTURE

Includes information on the State of Texas Agriculture Relief (STAR) Fund, which assists farmers, ranchers, and agribusiness owners.

For more information, visit <https://texasagriculture.gov/Home/Production-Agriculture/Disaster-Assistance>

DISASTER LEGAL SERVICES

Provided to low-income survivors affected by a presidentially declared major disaster. Can assist with insurance claims, lost legal papers (wills, powers of attorney), home repair contracts, landlord issues, proof of home ownership, and FEMA appeals.

For more information, call FEMA's Helpline: 1-800-621-3362

LONE STAR LEGAL AID

Provides free legal help to low-income disaster survivors.

For more information, call Disaster Hotline: 866-659-0666, or visit <https://www.lonestarlegal.org/services/disaster-relief/>



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Flood Resources, Cont.

DISASTER DISTRESS HELPLINE

Offers free, confidential crisis support in any language.

For more information, call 1-800-985-5990, or text: TalkWithUs to 66746

AGRISTRESS HELPLINE

TDA reminds Texans that mental health support is available 24/7 through the AgriStress Helpline, staffed by trained professionals familiar with rural challenges. Miller stresses the importance of mental well-being in crises.

If you or a loved one experiences a mental health crisis during this time, call 833-897-2474.

COUNTY RESOURCES

A list of additional Central Texas Flood Resources & How to Help.

For more information, visit <https://texasafclcio.org/news/central-texas-flood-resources-how-help>

COUNTIES AFFECTED

The Governor's Office real-time list of counties affected by the 7/4/25 flood.

For more information, visit <https://gov.texas.gov/news/post/governor-abbott-provides-update-on-texas-response-to-hill-country-flooding-#:~:text=The%20counties%20included%20in%20Governor,Guadalupe%2C%20Travis%2C%20and%20Williamson.>

Important Notes for Displaced Families

Document Everything: Keep detailed records of all damages, expenses, and communications with insurance companies and relief organizations. Take photos and videos.

Beware of Scams: Be cautious of individuals or groups offering unsolicited help or demanding upfront payments for services. Work with reputable organizations.

Prioritize Safety: Ensure your temporary living situation is safe and stable.

If you've moved, update your mailing address with the U.S. Postal Service at moversguide.usps.com to continue receiving important mail.



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Tools For Supporting Your Family

Tools to help soothe emotions & feelings

REGARDING TEXAS HILL COUNTRY FLOODS
WITH CHILDREN & ADOLESCENTS



Keep & review your schedule

Maintaining your consistent schedule is key to helping establish safety. The news of this tragic news may cause an emotional regression, reviewing the schedule can help empower children & teens.

Make time for play

Play is the natural language of children. Making time for play dates, getting outside in nature, and moving can help children work through their emotions. Play often allows children to ask questions or express their emotions. Stay close by during the play.



Breathing exercises

Avoid deep breaths, this may trap any anxious feelings. Instead try: A short breath in and a long exhale. Crawling and blowing a ping pong ball along the ground. Creative breaths such as: snake breath, bunny breath, or even bear breath.

Square breathing

Think about breathing in the shape of a square using the following pattern for the number of seconds: 2-3-4-4-3-2. Breathe in, hold breath, exhale breath, and most importantly, wiggle!! Start with two to make it easy, and safe, and end with four.



Bedtime routine

Taking a shower or bath 2 hours before bed can make it easier to fall asleep. During your bedtime routine, consider reading a book, spending time together as a family, or even playing a simple board game. Avoiding screens can help elevate any unnecessary anxiety.



How to support survivors

WHO WERE PRESENT IN THE TEXAS HILL COUNTRY
FLOODS
WITH CHILDREN & ADOLESCENTS



Listen when an open ear and open heart

Children & teens are more open to talk when they feel a regulated adult near them. To support listening, be present (avoid being on your phone or distracted).

Name feelings

It can be hard to understand all that has occurred. Normalizing all individuals can feel more than one feeling at a time. It is easiest when the adults in children/ teens lives share their feelings.



Introduce helpers & seek support

It is important to normalize talking and playing out their experience. This can look like playing, talking, coloring, or joining a group to share with others about your experience. Introduce helper jobs and roles to help normalize everyone is working together to help their brain/ heart feel better.

Give choices

Everyone's experience is unique, despite a collective experience. Trauma is an individual perception. To help children/ teens navigate emotions, give & honor choices when possible. Example: Do you want to attend the memorial service? Do you want to have friends over or go to their house.



Check in

Do you have any questions? How is your body handling hearing this news? Remind your child of their schedule and what is helping to keep them safe. Give them choices such as: Do you want to attend a memorial? Let them know you are there to help answer all their questions and help them take care of their feelings.



CHRISTI CENTER WEBSITE

Handouts for you and your family

christicenter.org/how-to-help

NATIONAL CHILD TRAUMATIC STRESS NETWORK

Resources from the NCTSN regarding disasters

https://www.nctsn.org/resources/all-nctsn-resources?search=&resource_type=All&trauma_type=4&language=All&audience=All&other=All

NATIONAL ALLIANCE FOR CHILDREN'S GRIEF

Resources regarding supporting your children after a loss

https://nacg.org/resource-library/?resources_directory_topic=for-families-and-caregivers



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How to Help Children After a Natural Disaster

Devastating natural disasters can have significant, long-term impacts on children and families. This is especially true in an event like the catastrophic flooding in the Hill Country, where so many children and adults experienced tragic losses.

These events can be difficult to discuss, but parents and caregivers have the power to influence how their children will cope simply by the way they communicate with them in the immediate aftermath of the event and in the weeks that follow.

These tips for parents and caregivers are called “The Six S’s” and are designed to support children ages six and older.

1. Safety and security: After a natural disaster, the ability to provide a sense of safety and security to children becomes even more critical. It can help to remind them that the adults in their lives are there to protect them and to distinguish between “kid worries” (doing homework) versus “adult worries” (how to keep kids safe). It can also be helpful to point out the things that children can control such as what they choose for breakfast and who they want to spend time with.

2. Simple and straightforward language: Even with the best of intentions, caregivers may err on the side of providing too much information to kids, which can be overwhelming, or providing too little information, which sends the message that it’s not okay to talk about what is happening. Meeting children where they are at, such as using age-appropriate language, is helpful. Caregivers can let their children guide the conversation by saying something like, “I know it can be scary when a storm hits, especially after what we went through in the recent floods. What questions or worries do you have for me?”

3. Supervision: As helpful as it is to provide children with factual, simple information on a “need-to-know” basis, the news can be overwhelming and frightening for adults and children alike. Younger children may perceive that the event is happening all over again when they see repeated footage on television. It is important for caregivers to monitor the information that their children are receiving. Caregivers can also watch the news with their children, answer questions they may have, and turn it off if it becomes too detailed or distressing.

4. Structure: When the world outside feels chaotic or out of control, children benefit from having a familiar structure to their day. It is obviously more difficult to do this when children are not in school, or when homes have been damaged by a storm, but caregivers can also remind children of the things that have “stayed the same” since the storm to help promote a sense of normalcy.

5. Social Support: Social support is a powerful protective factor during times of stress. Helping kids find ways of connecting with friends or family, whether in person or by phone calls, texts, and email, can be especially important after a natural disaster.

6. Self-Care: Caregivers are understandably consumed with ensuring that their children are safe, but that can come at a cost when it involves putting aside their own well-being. To best care for their children, adults should ensure that they are getting the support they need. This can include making time to get together with their own friends, exercising, taking breaks work or other stressors, or reaching out to a therapist. Caregivers can also be on the lookout for signs that their child may need a higher level of support from a mental health professional. In the immediate aftermath of a natural disaster, many of the following behaviors are considered normative. However, if the behaviors persist beyond a month or two, caregivers may want to reach out to a trauma- or grief-informed therapist. These behaviors include:

In younger children (ages 6 to 11):

Excessive clinginess and separation anxiety, Behavioral regressions like sleep issues, eating, and toileting. Behavioral outbursts and tantrums. Excessive tearfulness and crying.

Among older youth and adolescents (ages 12 to 18):

Social withdrawal Aggression Risk-taking behaviors Self-harming behaviors Expression of suicidal ideation

Learn more at tagcenter.org and visit [Virtual Learning Library](#) for resources and information. These guidelines were developed by the Trauma and Grief Center at the Meadows Institute. For more information, please contact:

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 THE HACKETT CENTER
TRAUMA AND GRIEF CENTER

MEADOWS MENTAL HEALTH POLICY INSTITUTE

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