



Galveston Community Resources

SCAN THE QR CODE TO FIND GALVESTON COUNTY RESOURCES
TO HELP SUPPORT A HEALTHY YOU!

UTMB JOHN SEALY SCHOOL OF MEDICINE

LAST UPDATED 11.30.2024



Food Resources:

Galveston County Food Bank: Has locations for mobile pantries and resources within cities in Galveston County

Catholic Charities Food Pantry And Family Assistance

Locations: Has locations for food pantries and markets in Galveston County



Transportation Resources:

Mobility Links | Houston-Galveston Area Council (H-GAC): Has options for both non-medical and medical transport in Houston and Galveston



Affordable Medications:

GoodRx: coupons to use at your pharmacy

HEB and Walmart 4\$ Prescription Program: affordable medications

Medicine Assistance Tool: Provides options based on medication list to find cheaper prescriptions



Discounted Shopping:

Resource Crisis Center of Galveston: Has 4 resale stores with new and gently-used clothing and other necessities

CHRISTUS Our Daily Bread: Offers clean clothing and hygiene products to those the unhoused



Exercise Resources:

McGuire-Dent Recreation Center: Has discounted membership rates with access to fitness equipment

Galveston County Community Services: Offers a variety of classes (yoga, tai chi, arts and crafts) for no or minimal cost