



THE PREP

Everything you need to prepare for the week with PARENT PASS®



We are back with the packs!



Low Cost After School Programs

Prep for the New School Year!

1. Back to School Immunizations



August 13 - 16th | Hours Vary
At the Ridgmar Mall in Fort Worth.

\$10 per shot for anybody under 18!

2. West Aid | Client Choice Shopping



Weekdays | 9am - 12pm
At the LVT Neighborhood Health Center.

Available twice monthly!

3. Free Laundry Help



Saturday, August 16th | 7am - 11am
At Loyal Laundry in Fort Worth.

Book a time slot for laundry supplies!

4. Free Haircuts and Clothing



Tuesday, August 19th | 9:30 - 11:30am
At LVTRise in Fort Worth.

Come by for a free haircut!

5. Free Cooking Class for Breastfeeding Moms



Wednesday, August 20th | 10am - 11:30am
At the LVT Neighborhood Health Center.

FREE nutrition class with groceries and more!

[Visit Parent Pass®](#)

New! New! New!

New education goals?



Free Homework Hotlines can help!
Free online tutoring for grades K-12.

Connect with Education Support!

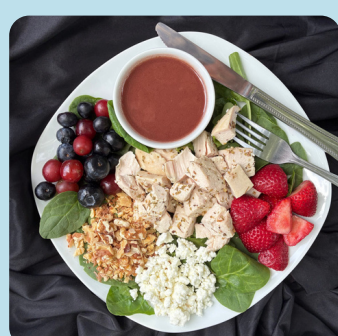
New teacher? No problem!



Use this free 3-step guide!
Make meet-the-teacher a breeze with this parent-teacher planning tool.

Find the Parent-Teacher Planning Tool!

New schedule feeling tight?



Don't have time to cook?
Use the code "Parent Pass" at Cuisine for Healing to get a Buy One Get One FREE meal.

BOGO | Healthy Ready-to-Eat Meals!

[Visit Parent Pass®](#)

