



Promoting healthy pregnancies, babies, and families by providing services and facilitating access to resources through community partnerships while advancing racial equity and cultural responsiveness.

# Pinellas County Resource Manual

If you would like to be referred to a home visiting program call

Connect at #727-507-4260

Visit our website at: [www.healthystartpinellas.org](http://www.healthystartpinellas.org) or use QR code to access this manual:



For more resources visit:

[www.211connects.org](http://www.211connects.org) or call 211 or 727-210-4239 or text your zip code to 898211

[www.findhelp.org](http://www.findhelp.org) to search assistance, medica care and more.

*Be bold enough to use your voice, brave enough to listen to your heart, and strong enough to live the life you've always imagined.*

Home visiting program: \_\_\_\_\_ Name of care coordinator: \_\_\_\_\_ Phone #: \_\_\_\_\_

All information is subject to change without notice. For updates to this manual please contact The Healthy Start Coalition of Pinellas at 727-507-6330.

**Updated 12.2023**

The information about providers and services contained in the Healthy Start Coalition of Pinellas, Inc. Resource Manual does **not** constitute endorsement or recommendation by HSCP. It is your responsibility to verify and investigate providers and services. Please consult your own professional advisor for all advice concerning medical, legal or financial matters in connection with the services needed. HSCP assumes no liability of any kind for the content of any information transmitted to or received by any person in connection with the person's use of the Resource Manual.

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# ACCESS

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Apply or recertify for Medicaid, Cash Assistance and/or  
S.N.A.P. (Supplemental Nutrition Assistance Program/Food Stamps)  
(ACCESS-Automated Community Connection Economic Self-Sufficiency)

ACCESS allows you to use an “electronic signature”; you can complete all the forms anywhere, anytime even in the privacy of your home at your convenience.

**Apply on line for some or all services:** [Public Assistance](#) | [Florida DCF \(myflfamilies.com\)](#)

Department of Children and Families:

Service Center— 11351 Ulmerton Rd, Suite 130, Largo, FL 33778

Access Central Mail Center—PO Box 1770 Ocala, FL 34478-1770

Call 1-866-762-2237 Customer service 7am to 6pm Mon.-Fri.

Fax 1-866-886-4342 with documents and other verification requests

**Medicaid Help Line** – 1-877-711-3662 for information about your plan.

**\*Humana:** 1-800-477-6931 TTY: 711

<https://www.humana.com/medicaid/florida-medicaid/member-support/new-members>

**\*Simply Healthcare:** 1-844-406-2396 TTY: 711

<https://www.simplyhealthcareplans.com/florida-medicaid/benefits/medicaid-benefits.html>

**\*Sunshine:** 1-866-796-0530 TTY: 1-800-955-8770

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

\*more specialty plans exists.



## Where can I get help applying for health insurance?

Always call before heading out.

### **Department of Health & Human services**

727-464-8400

#### **North County:**

Citizens Alliance for Progress 727-934-5881

Evara Health 727-824-8181

#### **Pinellas Park**

Evara Health 727-824-8181

#### **Lealman**

Florida Dream Center 727-851-9074

#### **Clearwater:**

Clearwater Free Clinic 727-461-8243

Countryside Library 727-562-4970

Evara Health 727-558-8011

#### **Mid-County:**

Suncoast Haven of Rest 727-545-8282

Ready for Life 727-734-6369

### **St. Petersburg:**

Daystar Life Center 727-825-0442

Salvation Army 727-822-4954

James B. Sanderlin Center 727-321-9444

Evara Health 727-810-1787

Service and Access Center 877-921-3551

[CENTERS](#) | [Access Center \(youraccesscenter.com\)](#)

Pinellas Urban League ACA Navigators [Get Affordable Healthcare](#) | [PCUL](#)

#### **Health Insurance Navigators** open to the public

Mease Countryside Hospital—727-443-8586

Mease Dunedin—727-734-6238

Morton Plant Hospital—727-461-8243

West Community Library at St. Petersburg College—813-215-6022

St. Anthony's Hospital—727-825-1397

### **If pregnant but not eligible due to your immigration status go to:**

- Florida Health Department Maternity Clinic call #727-275-6588 located at 310 N. Myrtle Ave, Clearwater to access Temporary Medicaid (PEPW-60 day coverage)

- If delivering at Morton Plant or Mease Countryside receive assistance with

Emergency Medicaid that covers most delivery costs. First call #727-462-7136 and leave a message with your name, last name, phone number and due date to register to receive this assistance.

# BREASTFEEDING RESOURCES

- Baby Café—Free lactation support in person or virtual— Call 813-673-4646  
[EMPOWER Pinellas County – Champions For Children \(cfctb.org\)](http://EMPOWER Pinellas County – Champions For Children (cfctb.org))  
Three locations: High Point, Sanderling and CAP Centers
- BayCare classes and support—[www.baycarematernity.org](http://www.baycarematernity.org)  
Mease Countryside Hospital | Virtual support group Tuesdays | 10am to noon  
email: [measelifeafterchildbirth@baycare.org](mailto:measelifeafterchildbirth@baycare.org)  
Morton Plant Hospital | Virtual support group Thursdays | 10am to noon  
email: [plantlactation@baycare.org](mailto:plantlactation@baycare.org)
- Bayfront Baby Place | 530 6th St. South, St. Petersburg  
Lactation help: 727-290-1310 #5
- La Leche League—call or email for Zoom link—second Monday of each month.  
1-877-452-5324, Lactation help: 727-75LECHE  
Email: [pinellasLLL@gmail.com](mailto:pinellasLLL@gmail.com)
- National Breastfeeding hotline—Monday—Friday 9 am to 6 pm. Call 1-800-994-9662
- Pinellas County Health Department | **WIC** Lactation support 7 days a week.  
9 am to 9 pm | 727-824-6997 | Virtual Free classes in English-call for details and link to join  
Free pump program for qualifying clients. Call to find out more!!!!
- St. Petersburg General Hospital | 6500 38th Ave. N., St. Petersburg | 727-341-4907  
Register online: <https://stpetegeneral.com/calendar/index.dot#/ce-landing-page/search>  
Lactation services-free phone or office consultation | Preparing to breastfeed | Breastfeeding support group in conference room

## Why breastfeed? Risks of formula feeding to babies

- > Increased incidence of gastroenteritis
- > Increased incidence of ear, chest infections and wheeze
- > Higher risk of diabetes
- > Increased risk of obesity
- > Increased risk eczema and allergies
- > Increased risk of childhood cancers
- > Ip S et al 2007 (research based benefits of breastfeeding)

<https://kidshealth.org/en/parents/breast-bottle-feeding.html>



*Did you know that Medicaid covers  
breast pumps?*

<https://wicbreastfeeding.fns.usda.gov/finding-breast-pump>

### Take Action:

1. Request a pump from your Medicaid Managed Care Plan.
2. Get a prescription from your doctor. Preauthorization required.
3. Qualifications criteria may apply: mother returning to work, infant premature, having multiples, mother or infant illness, and others.

### • Breast pump CPT Codes

E0604 Hospital grade rental breast pump, electric (AC and/or DC)

E0603 Breast pump electric (AC and/or DC) any type

### • ICD-10 Diagnosis Codes

If prescription is for the mother, use O92.5 Suppressed lactation.

If prescription is for baby, use P92.5 (difficulties feeding at breast for 28 days or younger) and R63.3 (difficulties feeding over 28 days of age).

**Note: if pregnant, try to follow these steps before delivery since breast pump arrival could take a few weeks.  
Talk to your OB early.**

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# CAR SEATS

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## Education classes and distribution

**North County**—Bay Care Hospital—**Call 813-615-0589 ext. 230 to register**—qualifications: have Medicaid, SNAP or reduced lunch, vehicle must be present, have a child or be pregnant. No cost.

**South County**—All Children’s Hospital—**Call to set up a virtual class: 727-767-7835 or Register online: [www.hopkinsallchildrens.org/carseats](http://www.hopkinsallchildrens.org/carseats)**

This informative and interactive class is designed to show you how to use and properly install your child’s car seat in your vehicle. For convertible seats (for children birth to 4 years) cost is \$20 and booster seats (for children 4 years to approximately 8 to 10 years old) cost is \$10.

If you need a car seat **checked** contact. Call your local fire department.

East Lake Fire	727-784-8668 Ext. 204– AED/CPR classes available
Lealman Fire Rescue	727-526-5650 Ext. 221
Oldsmar Fire Rescue	813-749-1200—AED/CPR classes available
Palm Harbor Fire Rescue	727-784-0454
Sunstar EMS (Largo & St. Pete.)	727-582-2056 — virtual

<https://www.sunstarems.com/public-safety/child-passenger-safety/>

Treasures Island Fire Rescue 727-547-4590

Note: if you need a fire alarm for your home, please call your local fire department for resources.



<https://www.safekids.org/tip/car-seat-safety-tips-pdf>

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# CHILDBIRTH & CPR CLASSES

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## **American Red Cross—online classes**

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

Adult, Child and Infant CPR and First Aid

Go to Training and Certification then For individuals. Expect some cost for the class.

## **BayCare free e-classes** –English and Spanish-all virtual

[www.baycarematernity.org](http://www.baycarematernity.org) #855-269-4777

- \*Understanding Birth \*Understanding Your Newborn
- \*Understanding Breastfeeding
- \*Maternity and Motherhood Wellness Programs
- \*Podcasts \*Virtual tour of the maternity center
- \*Virtual maternity orientation class
- \*Virtual: What to expect when delivering at BayCare Class
- \*Virtual: Supporting Motherhood & More (free)

## **HCA Florida Healthcare—all classes free (teléfono interprete disponible)**

<https://www.hcafloridahealthcare.com/calendar#/ce-landing-page/search>

Click on Patients and Visitors then Classes and Events to find days and times for each class.

Newborn Care, Daddy 101, Prepared Childbirth, Preparing for breastfeeding and support group, and Big Brother and Sister training and much more.

\*OB & Delivery tours available.

6500 38th Ave. North, St. Petersburg  
727-341-4055 Registration required.

## **Bayfront Baby Place—727-290-1310**

<https://www.bayfrontstpete.com/services-and-specialties/maternity-care>

- \*Basic Labor and Support
- \*Breastfeeding Education
- \*Baby Care and Safety

To register call: 877-833-6528 or click the link to register online.

**A baby’s brain at 35 weeks weighs only two-thirds of what it will weigh at 39 to 40 weeks.**



35 weeks



39 to 40 weeks

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# CHILD CARE

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## Early Learning Coalition of Pinellas County, Inc.

Helping families have access to quality early learning opportunities.

Apply online at [www.elcpinellas.net](http://www.elcpinellas.net)

Call for an appointment #727-400-4411 ext. 3 Fax# 727-400-4486 Monday-Friday 8:00am to 5pm.

- ASQ screening call 727-400-4454

School Readiness Program - These funds pay a portion of the child care costs for low to moderate income earning families and allows parents to focus on professional and educational goals.

Voluntary Prekindergarten—VPK - Free for all 4-year-olds, no registration fees, parents choose where their child learns, focuses on reading, writing and social skills.

## R Club

Visit [www.rclub.net](http://www.rclub.net) Call 727-578-5437 Office: 4140 49th Street North, St. Petersburg

Provides quality early learning and developmental programs that strengthen children, families, and communities. Serving children from infancy to middle grade ages, daily at 47+ locations in Pinellas County, including pre-school, pre-K, VPK, HIPPIY, Elementary and Middle School and *special needs with programs such as Project Challenge, New Beginnings, and Child Care Outreach.*

## Lutheran Services of Florida Head Start and Early Head Start

<https://www.lsfnet.org/children-families/head-start/pinellas/>

Call 727-547-5979 Administrative office: 2210 Tall Pines Drive, Largo

Provides quality early childhood education to children the first five years of life to prepare them for a healthy, happy, and successful future. Children may qualify depending on family's income. Many locations available all over the Pinellas County.

## Special Needs Programs For Childcare

### Banyan Pediatric Care Center [Www.banyanpcc.com](http://www.banyanpcc.com)

Prescribed Pediatric Medical Extended Care treatment facility for children as young as 6 weeks to 20 years.

850 3rd Avenue South, Suite C, St Petersburg 33701

Ph. 855-765-7999

Additional locations in New Port Richey and Sarasota

### Beach Baby Pediatric Therapy, LLC

Services: Physical, Occupational and Speech Therapy.

Accepting Medicaid. Pinellas, Hillsborough and Telehealth.

Ph. 727-871-2784 | email: [hello@beachbabytherapy.com](mailto:hello@beachbabytherapy.com)

### Children's Medical Services (CMS) #1-866-799-5321

<https://www.sunshinehealth.com/members/cms.html>

Eligibility: Children from birth to 21 years of age with a chronic medical condition. Income based (Medicaid and Florida Kid Care)

### Early Steps Program at John Hopkins All Children's Hosp.

480 7th Ave. South, St. Petersburg

<https://www.hopkinsallchildrens.org/Services/West-Central-Early-Steps>

Ph. 727-767-4403 or (800) 374-4334 Fax: 727-767-4715

Screening, assessment and therapies for children birth to 3yrs at risk for developmental delays.

### Gulf Coast Child Find (FDLRS) <https://www.fdlrs.org/>

2929 County Road 193, Clearwater

Ph. 727-793-2723 ext. 2105, 2368, 2367 Fax: 727-793-2729

Screening for 3 to 5-year-olds who may have difficulty in a day-care setting.

### Help Me Grow Pinellas—Call 211 or text Hmgpinellas to 898211

HMG is open to all families with children under 8 years old.

[www.211tampabay.org/services/help-me-grow/](http://www.211tampabay.org/services/help-me-grow/)

### Neonatal Follow-Up Program at Johns Hopkins All Children's Hospital 601 5<sup>th</sup> Street South, St. Petersburg

[www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program](http://www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program)

Ph. 727-767-2818 | Fax: 727-767-4391

Continuum of care for high risk infants, through the first five years of life; Focused on improving their growth, nutrition, and neurodevelopmental outcomes.

### PARC Children's Services - "Turning disabilities into capabilities."

Discovery Learning Center 727-341-6913

3100 75th St. N. St. Petersburg 33710

Family Focus 727-345-9111 ext. 6407 | Respite 727-345-9111 ext. 6910 | On-Site Therapy 727-541-5304

[www.parc-fl.org](http://www.parc-fl.org)

### Pediatric Health Choice - Clearwater (PPEC)

3110 75th Street N. St Petersburg 33710 Ph. 727-343-0010

2364 Drew Street, Clearwater Ph. 727-723-1100

Children with medical needs (birth – 21). Day care with transportation to and from home provided. Ratio 1-3.

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

### Spark Pediatrics—Clearwater (PPEC)

5291 110th Ave. Clearwater Tel. 727-900-5005

Children with medical needs (birth – 21).

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

# COUNSELING/GRIEF SUPPORT

## **BayCare Behavioral Health**

Call main #866-762-1743 M-F 8am-5pm  
Specializing in helping people with mental health issues of all kinds.

## **BayCare Bereavement Services**

Email: [mpmbereavement@baycare.org](mailto:mpmbereavement@baycare.org) or call #727-462-7995

## **Caring Community Counseling**

<https://caringcounseling.org/>

3840 5<sup>th</sup> Ave N, St Petersburg Call 727-367-2273  
In home, school or office counseling, classes,  
psych assessments, and medication management.  
Children-Teens-Adults All Medicaid and most private insurance,

## **Directions for Living** Call 727-524-4464

1437 S Belcher Rd, Clearwater, FL  
8823 115<sup>th</sup> Avenue North Largo  
Individual, couples, family, and group therapy , psychiatric services,  
on-site pharmacy and more. Medicaid, sliding scale; insurance.  
[www.directionsforliving.org](http://www.directionsforliving.org)

## **EMERGU TeleHealth** Call: 800-988-5980

Free confidential mental healthcare online therapy via smartphone,  
tablet and desktop. [www.emergu.org](http://www.emergu.org)

## **EmpowHERment** Call: 727-290-9856

Centers in Clearwater. St. Petersburg & New Port Richey  
Email: [her@empowherment.org](mailto:her@empowherment.org)  
Empowering women by fostering skills and resources, mental and  
emotional wellness, and the cultivation of relationships.

## **Family Enrichment Services** Call 727-657-7761

3941 68th Ave. N. Pinellas Park  
Counseling services for children and their family from 0-24 years of  
age. Accepts all Medicaid and sliding scale.  
[referrals@arsponline.org](mailto:referrals@arsponline.org) Fax 727-865-5178

## **Family Resources** <https://familyresourcesinc.org/>

Family and individual counseling with children 6-17 yrs.  
1615 Union St. Clearwater #727-298-3900  
3821 5th Ave. North St. Petersburg #727-552-1010  
Safe2B-You empowering teens ages 15-18 #727-521-5200

## **Federal Substance Abuse & Mental Health Info Center**

1- 800-662-4357

## **Life Line | Suicide Help 24/7**

Call or text: #988 or #741741

## **NAMI National Alliance on Mental Illness**

Help Line: 727-791-3434 M-F 10am-10pm  
Email: [helpline@nami.org](mailto:helpline@nami.org)

## **National Maternal Mental Health Hotline**

Always free- 24/7- Confidential-60+ languages  
#1-833-852-6262

24/7 emotional support, resources, and referrals to pregnant and post-  
partum individuals facing mental health challenges, and their loved  
one.

## **Perinatal Loss Program with Suncoast Hospice**

Call 727-523-3451

Supporting those facing pregnancy loss. Offers specialized comfort,  
education and support to patients and families—psychosocial support,  
development of birthing plan, support during birth, memory making  
activities before and after pregnancy loss, and more.

## **Pinellas Wellness Connection** - Crisis Hotline

Tel. #727-791- 3131—access to behavioral health services

## **Post-Partum Support International**

Text or call #800-944-4773 for English  
#971-203-7773 for Spanish  
For those experiencing post-partum disorder or depression.  
[www.postpartum.net](http://www.postpartum.net)

## **Supporting Motherhood and More** 727-462-3200/727-315-7304

Mease Countryside Hospital—3231 McMullen Booth Rd. Safety Harbor-  
Tuesdays 10am-noon.

Morton Plant Hospital—303 Pinellas St. Clearwater.—Thursdays 10am-  
noon.

Virtual counseling for those scoring 10+ on Edinburgh—EPDS

## **Suncoast Center** [www.suncoastcenter.org](http://www.suncoastcenter.org)

Central Office: 4024 Central Ave. St Petersburg  
For appointments call: 727-388-1220

Many programs available focusing on mental health, substance use,  
family counseling, trauma assessment and counseling.

Sexual Assault Service Helpline: 727-530-7273

Abuse Hotline: 800-799-7233

## **Suncoast Hospice at Empath Health**

<https://suncoasthospice.org/grief-support/>

Pediatric Care and Family Support—Call 727-467-7423

Community Counseling for those experiencing death of a loved one.

Call 727-523-3451

Grief Matters providing support groups- Call 727-549-7133

## **Teen Parent Engagement Program** Call: 813-541-9335

Supporting teen parents and their children in graduating from high  
school and becoming knowledgeable and nurturing parents.

14041 Icot Blvd. Clearwater 33760

## **The Children's Home Network**

<https://www.childrenshomenetwork.org/pinellas-support-team>

Call 727-785-2762 Ext. 224 for families with children ages 3-17

Free for those with no access to services.

## **USF St. Petersburg Infant Family Center**

Call 727-873-4876

140 7th Ave South Building #1 Suite 100 St. Petersburg  
Therapy for families with children ages 0-5 at no cost. In home or in  
office. Flexible appointment times. Services available in English and  
Spanish.

## **Windmoor Healthcare of Clearwater**

11300 US 19 North, Clearwater—Call 727-541-2646

Local intake and referral by phone, 24 hours a day.

For adults 18 and older. Provides a full range of psychiatric and chemi-  
cal dependency services. Medicaid-HMOs & other insurances accepted.

# DENTAL SERVICES

## **Pinellas County Health Department**

**To make an appointment call #727-824-6900 and request Dental**

Accepted insurances: DentaQuest, Liberty and MCNA.

Children without dental insurance will pay a flat fee of \$25

Appointments made for all children including infants.

Pregnant women will need a clearance for their OB doctor at time of appointment.

Locations close for lunch from 12:00-1:00 pm

Services available at 5 locations:

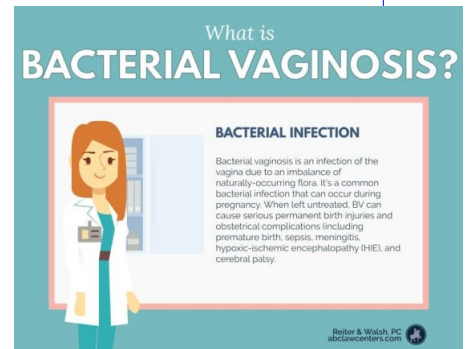
**Clearwater Health Department**—310 N. Myrtle Ave. Clearwater 33755

**Mid-County Health Department**—8751 Ulmerton Rd. Largo 33771

**Pinellas Park Health Department**—6350 76th Ave. North Pinellas Park 33782

**St. Petersburg Health Department**—205 Dr. Martin Luther King Jr. St. N. St. Petersburg 33701

**Tarpon Springs Health Department**—301 S. Disston Ave. Tarpon Springs 34689- once a month



## **Evora Health**

Call 727-824-8181 or visit <https://evorahealth.org/>

Accepting sliding scale fee for the uninsured, Medicaid. All ages including pregnant women.

Services available at these locations: (Closed for lunch 12:00-1:00)

### **JRC Dental Offices**

1344 22nd St. S., St. Petersburg  
Mon-Thurs 7:00am-6:00pm  
Fri 7:00am-4:30pm

### **Clearwater Dental Office**

702 Jasmine Way, Clearwater  
Mon. - Thurs 7:00am-6:00pm  
Friday 7:00am-4:30pm

### **Tarpon Springs Dental Office**

721 E. Lime Street, Tarpon springs  
Mon.—Friday 8:00 am—5:00 pm

Call for a list of Medicaid approved dentists.

1-877-711-3662

### **Community Dental Clinic** Tel. 727-216-6155

1008 Woodlawn Street, Clearwater

For adults living in upper Pinellas without dental insurance. Limited appointments available currently.

[www.communitydentalclinic.net](http://www.communitydentalclinic.net)

### **St. Petersburg College Dental Hygiene Clinic**

7200 66th St. N. Pinellas Park 33781 Tel. 727-341-3668

Cleaning and X-Rays. Children 5 and up.

\$45 cleaning and full mouth x-ray

\$30 cleaning in full mouth x-rays current.

### **Dental Walk-In Clinic of Pinellas** Tel. 727-533-9199

1030 Belcher Rd. S., Largo 33771

Affordable treatments for toothaches, extractions, pain and swelling, root canals, teeth and mouth injuries, dental hygiene, weekend cleanings and more.

### **St. Petersburg Free Clinic** <https://stpetersburgfreeclinic.org/>

5501 4th St. North St. Petersburg

Tel. 727-485-8795 Ext. 319

Free dental care for the uninsured adults.

By appointment only.

### **Gulfcoast Dental Outreach**

[www.gulfcoastdentaloutreach.org](http://www.gulfcoastdentaloutreach.org)

Tel. 813-579-3935 Ext. 101 or 103 for open enrollment info. Reduced fee dental for 3yrs and up.

### **University of Florida College of Dentistry**

9200 113th St. N. Seminole 33772 Tel. 727-394-6064

Monday—Friday 7:30 am—4:00 pm.



# DOMESTIC VIOLENCE



## **CASA Domestic Violence Center**

Crisis Line: 727-895-4912 TTY: 727-828-1269

Free services for victims of domestic violence.

English and Spanish language available

Safe, temporary shelter, food, clothing, support, counseling, legal, medical advocacy, daycare for children, related services

[www.casa-stpete.org](http://www.casa-stpete.org)

**Shine the Light** Call Jessica 727-542-8056

Domestic Violence Ministry and support groups.

[connect@shinealighondv.org](mailto:connect@shinealighondv.org)

[www.shinealightondv.org](http://www.shinealightondv.org)

**Suncoast Center Inc.** [www.suncoastcenter.org](http://www.suncoastcenter.org)

4024 Central Ave. St Petersburg, FL. #727-388-1220

- Trauma Services-For victims of domestic violence.
- Suicide prevention, emotional wellness, support groups.
- Early Childhood Services-Specialized services for young children exposed to violence or trauma or experiencing social, emotional, or behavioral difficulties. In home services available. Ages 1-5 years of age.
- Many more services and programs available.
- Serving the community at 9 locations around Pinellas.

**Florida Domestic Violence Hotline** 1-800-500-1119

**Florida Abuse Hotline** 1-800-96-ABUSE (1-800-962-2873)

**National Domestic Violence Hotline**

1-800-799-SAFE TTY 1-800-787-3224 Text Start to 88788

**Rape Crisis Hotline** 727-530-7273

## **Police Victim Advocate**

St. Petersburg 727-892-5280

Largo 727-587-6770

Pinellas County Sheriff's office 727-582-6259

Pinellas Park 727-369-7848

Clearwater 727-562-4350



Click here for a blood pressure log.

[Blood Pressure \(preeclampsia.org\)](http://BloodPressure(preeclampsia.org))

## **The Haven at Hope Villages of America**

Hotline: 727-442-4128 24 hrs./7days a week

Outreach: 727-441-2029 (Spanish speaker available)

Free services for victims of violence. Safe, temporary housing, individual and group, information and referrals.

<https://hopevillagesofamerica.org/>

## **The Spring of Tampa Bay**

[www.thespring.org](http://www.thespring.org)

Hot line: call or text 813-247-7233 (SAFE)

TTY: 813-248-1050

## **\*Hillsborough County**

### **The Spring of Tampa Bay**

Crisis Line: Text—813-247-7233

Free services for victims of domestic violence. Provides temporary shelter for victims, children. Family violence intervention program available as well as support groups and injunction services. Spanish speaker available.

### **\*Manatee County**

**Bradenton** Hope Family Services (941) 755-6805

**Sarasota** SPARCC-Safe Place and Rape Crisis Center (941) 365-1976

### **\*Pasco County**

#### **East Pasco/Hudson**

Sunrise of Pasco County 24/7 #352-521-3120

#### **West Pasco/Hudson**

Salvation Army DV Program #727-856-5797

### **\*Polk County** Lakeland

**Peace River Center**—24 hours a day

Call—863-413-2700

Emotional Support and Crisis Line—863-519-3744

An infographic from the March of Dimes titled "SIGNS AND SYMPTOMS OF PREECLAMPSIA INCLUDE:". It features a white silhouette of a pregnant woman on a purple background. Red dotted lines connect various symptoms to specific parts of the body: "Headache that doesn't go away" points to the head; "Changes in vision, like blurriness, flashing lights, seeing spots or being sensitive to light" points to the eyes; "Pain in the upper right belly area or in the shoulder" points to the upper right abdomen; "Trouble breathing" points to the chest; "Nausea (feeling sick to your stomach), vomiting or dizziness" points to the stomach; "Sudden weight gain (2 to 5 pounds in a week)" points to the lower abdomen; and "Swelling in the legs, hands or face" points to the lower legs. The March of Dimes logo is in the top left corner. At the bottom, it says "Contact your health care provider if you are experiencing any of these symptoms or believe you have preeclampsia. Visit https://www.marchofdimes.org/preeclampsia for more information. May 2022".

# DOULAS

*A Doula or Birth Coach is a trained non-medical professional who provides continuous physical, emotional and informational support to their client before, during and shortly after childbirth to help them achieve the healthiest, most satisfying birth experience possible.*

<p align="center"><b>All is Well Doula</b></p> <p>Doula's name: Gwendy Gregory    Contact: 786-368-1896            @alliswelldoula    <a href="http://www.alliswelldoula.com">www.alliswelldoula.com</a></p> <p>Services: preconception doula services, birth doula, postpartum doula            Accepting Medicaid &amp; offers payment plans.</p>	<p align="center"><b>Births and Beyond</b></p> <p>Doula's name: Brandie McGowan    Contact: #813-506-0256            Email: <a href="mailto:bmmcgowan73@gmail.com">bmmcgowan73@gmail.com</a>    <a href="http://www.birthsandbeyond.com">www.birthsandbeyond.com</a></p> <p>Services offered: Full Spectrum Doula, Childbirth Educator, Placenta Encapsulation            Medicaid accepted.    Fee scale: \$500-\$1,150</p>
<p align="center"><b>Blissful Interaction</b></p> <p>Doula's name: Stephany Climes    Contact: 727-598-2128            Email: <a href="mailto:blissfulinteractions@gmail.com">blissfulinteractions@gmail.com</a></p> <p>Services : Full Spectrum Doula, Young Parent support, Childbirth &amp; Breastfeeding Educator.    Accepting Medicaid and payment plans available.</p>	<p align="center"><b>Boobs and Bellies DBA Vaya Mami</b></p> <p>Doula Bianca Rodriguez    Contact: 727-557-7870    Email: <a href="mailto:Bianca.vayamami@gmail.com">Bianca.vayamami@gmail.com</a></p> <p>Services: birth and postpartum doula, placenta encapsulation, breastfeeding counselor            Accepting Humana and Simply.    Private pay: \$600-\$2000.            Sliding scale available with payment plans.</p>
<p align="center"><b>Breathing Trough Life Doula &amp; Birth Services</b></p> <p>Doula's name: Alyssa Bedard    Contact: 727-424-0987            Email: <a href="mailto:Breathingthroughlifeservices@gmail.com">Breathingthroughlifeservices@gmail.com</a></p> <p>Services: prenatal &amp; birth education, full spectrum doula, lactation support, placenta encapsulation, prenatal yoga &amp; virtual birth classes.            Sliding scale available.</p>	<p align="center"><b>Buddha Belly Doulas</b></p> <p>Doula's name: Christie Collbran, Owner—team of many doulas.            Contact: #727-489-4750—Bilingual EN/SP    Email: <a href="mailto:hello@buddhabellybirth.com">hello@buddhabellybirth.com</a></p> <p>Services offered: Birth Doula Support, Postpartum Doula Support. Lactation Counseling, Childbirth &amp; Baby Care Classes            Fee scale: Pricing for doula services can be provided on request.            Lactation Counseling: Initial 2 hour visit is \$200, follow up visits are \$75 per hou</p>
<p align="center"><b>Melanie The Doula LLC</b></p> <p>Doula's name: Melanie Cokley    Contact: 941-587-2686</p> <p>Services offered: Birth &amp; postpartum Doula, Lactation Consultant, Placenta Encapsulation, and Childcare Services.</p>	<p align="center"><b>The Kynship Birth Collective</b></p> <p>Doula's name: Kyndall Cooper    Contact: #813-433-0910    Email: <a href="mailto:kyn@thekynship.com">kyn@thekynship.com</a></p> <p>Services offered: Birth Doula Services and Birth Photography            Fee scale: \$1200-\$2100    Sliding scale starts at \$600-\$800</p>
<p align="center"><b>The Family Cradle</b></p> <p>Doula's name: Sarah Hodgkins    Contact: #727-231-1371            Email: <a href="mailto:exhale@familycradle.com">exhale@familycradle.com</a></p> <p>Services offered: Postpartum Doula, Infant and Toddler Sleep Coach, Breastfeeding Educator, Infant Massage Educator            Fee scale: \$37 - \$50 per hour    Sliding scale available.</p>	<p align="center"><b>Postpartum Sister Doula Services</b></p> <p>Doula's name: Rebecca Pascarella    Email: <a href="mailto:Postpartumsister@gmail.com">Postpartumsister@gmail.com</a>            Website: <a href="http://www.postpartumsisterdoulaservices.com">www.postpartumsisterdoulaservices.com</a></p> <p>Certified services offered: full spectrum doula services, postpartum doula, lactation counselor.    Sliding scale and hourly packages available.</p>
<p align="center"><b>Perinatal Loss Doula Care by Silent Heart Doulas</b></p> <p>Provider name: Karen Jackson &amp; Debi Lanning            Contact: #727-641-8538 or 727-804-7142</p> <p>Services offered: support when experiencing the loss of a pregnancy through miscarriage, stillbirth, or a diagnosis that means the baby will not live long after delivery. Free voluntary service.</p>	<p align="center"><b>Project Teenbirth (for mothers ages 13-20 only)</b></p> <p>Doula's name: Melinda Morales    Contact: #813-820-1660            Email: <a href="mailto:doula@projectteenbirth.org">doula@projectteenbirth.org</a>    <a href="http://www.projectteenbirth.org">www.projectteenbirth.org</a></p> <p>Medicaid's accepted: Simply, Aetna, United Healthcare, Sunshine, Molina</p> <p>Services offered: Full Spectrum Doula support, Childbirth Education, Lactation Support, and Placenta Encapsulation Services            No cost for our doula services. Placenta encapsulation is \$150</p>
<p align="center"><b>Unconquered Mama</b></p> <p>Doula's name: Allison Smith    Contact: #813-731-1926            Email: <a href="mailto:allison@unconqueredmama.com">allison@unconqueredmama.com</a></p> <p>Services offered: birth, breastfeeding, nutrition/fitness            Fee scale: \$1500 for birth, \$75/hr. for breastfeeding            Payment plans available.</p>	<p align="center"><b>3 Gems Birth Services</b></p> <p>Doula's name: Courtney West    Contact: #727-259-3063            Website: <a href="http://www.3gemsbirthservices.com">www.3gemsbirthservices.com</a></p> <p>Services: Full Spectrum Doula care, Prenatal Education, Placenta Encapsulation, meal prep services. Virtual doula support and education.            Payment plans available.</p>
<p align="center"><b>Venturasisters Doula Services</b></p> <p>Doula's name: Vicky Catalan (Doula )            Contact: #813-7082313 call or text (hablo español)</p> <p>Medicaid's accepted: Aetna , UHC, Molina ,Simply , Sunshine and Clear</p> <p>Services offered: Prenatal and Postpartum with labor support and breast feeding help ( basic package is 2 prenatal visit ,Labor support ,1 postpartum )            Sliding scale available based on patient's financial need.</p>	

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# EDUCATION

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## **Academy Prep Center of St. Petersburg**

2301 22nd Ave. S. St. Petersburg 33712 #727-322-0800

For middle school students to inspire and empower qualifying for need-based scholarships.

## **EDUCARE**

Texting program supporting early childhood education.

Text LEARN to 52046 FREE service.

## **Enterprise High School** up to age 21

2495 Enterprise Rd. Clearwater 33763

727-474-1237

## **Pinellas County School Board—K-12**

Student Registration: 727-588-6210

ESOL Department 727-588-6068

Teen Parent Program 727-588-6000 ext. 6070

## **Pinellas County Adult Education Centers/GED**

Providing Adults Basic Education (ABE) design to help improve literacy skills in reading, language arts, and mathematics. Classes are \$45.00 per term. Six month terms.

Many locations: <https://www.pcsb.org/Page/1697>

## **Pinellas Technical College**

<https://www.pcsb.org/myptc>

Focusing on postsecondary education with over 40 exciting career areas and about 60 programs.

6100 154th Ave. N. Clearwater 727-538-7167

901 34th St. South, St. Petersburg 727-893-2500

## **Technical High School at Seminole** grades 9-12

12611-86<sup>th</sup> Ave. N, Seminole #727-545-6405

## **Learning Empowered**

#727-442-6881 <https://www.learning-empowered.org/>

Early learning, Integrated learning (ESOL and Citizenship) & Community learning

Main office: 12945 Seminole Blvd. Bldg. 2, Largo

## **St. Petersburg College**—727-341-4772

[Www.spcollege.edu](http://www.spcollege.edu)

Offers more than 100 associates degrees and certificate programs, and more than 20 bachelor's degrees.

10 Campuses available all over Pinellas County

Women on the Way Program at many campuses.

Call: 727-791-2634

## **University of South Florida St. Petersburg**

A public university providing undergraduate and graduate courses. <https://www.stpetersburg.usf.edu/>

140 7th Ave. South, St. Petersburg 727-873-7748

## **Union Academy Family Center**

GED and Adult Basic Education (ABE) services

401 E. MLK Jr. Dr., Tarpon Sprigs 727-934-5881

For Pinellas residents 16+ years of age.

## **Ultimate Medical Academy**

#727-977-9927

1255 Cleveland St. Clearwater

<https://www.ultimatemedical.edu/>

Providing healthcare training such as Medical/Dental/Nursing Assistant, Patient Care/Phlebotomy Technician.

### **Tips to save \$\$\$**

1. Plan for expenses.
2. Reduce expenses.
3. Save
4. Spend wisely
5. Plan for emergencies.
6. Prioritize

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# EMPLOYMENT

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## **Career Source Pinellas**

Visit [www.careersourcepinellas.com](http://www.careersourcepinellas.com) or Call 727-524-4344

Assists in preparing and referring you to leading employers.

### **Gulf-to-Bay** (Main Office)

2312 Gulf-to-Bay Blvd.,

Clearwater 33765

Limited access call for an appointment.

### **Tarpon Springs** (SPC Campus)

682 E. Klosterman Rd.,

Tarpon Springs 34689

Tuesday and Thursday 8am-5pm

### **St Petersburg**

3420 8<sup>th</sup> Ave S.

St. Petersburg 33711

Limited access call for an appointment.

### **Lealman Exchange**

5175 45th St. N.

St. Petersburg 33714

Limited access call for an appointment.

## **Boley Centers** <http://boleycenters.org/>

Youth employment program. Ages 15-21.

Tel. 727-821-4819 445 31st. Street N. St Petersburg

## **ServiceSource**

Career counseling. Skills training. Job development.

2735 Whitney Road, Clearwater 33760

727-538-7370

<http://www.servicesource.org>

## **Pinellas County Urban League**

Provides workforce development, education (GED/Adult education) and financial empowerment.

Call #727-327-2081 <https://www.pcul.org/>

## **Salvation Army Employment**

Looking for a job call their Human Resource office: 727-550-8080

## **Lighthouse of Pinellas** Call # 727-544-4433

Vocational counseling and job placement for the visually impaired.

6925 112th Circle North Suite 103 Largo 33773

Monday—Friday 8:30 am—4:30 pm <https://lhpf.org/>

## **Vocational Rehabilitation Services**

<http://www.rehabworks.org>

Vocation evaluation, and employment assistance. Must have a disability that impacts your ability to get or keep a job.

11351 Ulmerton Rd, Suite 123, Largo: 727-518-3454

# FAMILY PLANNING COVERAGE

***Don't forget about the "Family Planning Waiver"  
Space Babies Two Years Apart!***

***If you have pregnancy Medicaid, you will have coverage for an entire year after delivery!***

## **APPLY FOR THE FREE MEDICAID FAMILY PLANNING WAIVER PROGRAM**

If you are a woman of childbearing age (14-55) who has lost full Medicaid coverage for any reason (not just pregnancy coverage), you may be eligible for two years of Family Planning Services including.

Go to a Florida Department of Health Center and apply for both years of coverage.

- Initial and annual family planning office visits which includes required lab tests and Pap Smear
- Family planning counseling visits
- Contraceptive supply visits
- Medicaid-covered, FDA-approved birth control methods
- Voluntary sterilization including tubal ligations
- Screening for HIV
- Limited diagnosis and treatment for sexually transmitted infections and other gynecological problems to include colposcopy.

During your pregnancy, ask your prenatal care provider if he or she will provide the above services through this special program at their office. If your prenatal care provider does not offer these services after the six week post partum visit, one of the **following providers may provide you care:**

- Evara Health - 727-824-8181
- Turley Family Health Center - 727-467-2400
- Palm Harbor at Ladies & Babies - 727-781-3448
- St. Petersburg at Bayfront Family Health Center – 727-893-6198
- Florida Health Department—

310 North Myrtle Avenue in Clearwater – 727-275-6572 (Spanish available)

8751 Ulmerton Rd. Largo – 727-524-4410

6350 76<sup>th</sup> Avenue North, Pinellas Park– 727-547-7780

205 Dr. M.L.K. Jr. St. North, St. Petersburg- 727-824-6900

301 South Disston Avenue, Tarpon Springs - 727-942-5457

## How Well Does Birth Control Work?

	 Sterilization	 Implant	 IUD	99% effective
	 Shot	 Pill	 Ring	92–97% effective depending on the method
	 Diaphragm	 Condoms (Internal/External)	 Sponge	78–82% effective depending on the method
	 Spermicide	 Fertility Awareness	 Withdrawal	71–76% effective depending on the method

<http://www.floridahealth.gov/PROGRAMS-AND-SERVICES/womens-health/family-planning/fp-whatsrightforme.html>

# FAMILY SERVICES

**Alpha House** Tel. 727-822-8190 701 5th Ave. N. St. Petersburg  
Assists with maternity and children's clothing.

**Beds for Babies** Call or Text: 727-512-3740

The Healthy Start Coalition of Pinellas provides a pack and play as a safe place for your baby to sleep and other necessary items. Must be a Pinellas county resident, pregnant and/or have a baby younger than 8 months. Note: If you are participating in a program such as Healthy Start, PAT+, Healthy Families, Nurse Family Partnerships or Healthy Start at John Hopkins All Children's, ask your care coordinator for a bed for your baby. They will supply it for you.

**Big Brothers Big Sisters**

Mentoring program for children ages 5-13 to empower their ability to shine brightly. Tel. 813-720-8778

**Care Giver Support** Tel. 727-460-7947

Respite services for any caregiver of a child 0 to 13 years of age who have a physical disability, social and emotional challenges, and developmental delays/disability. [www.childrenshomenetwork.org](http://www.childrenshomenetwork.org)

**Clothes to Kids, Inc.** Tel. 727-441-5050

1059 N Hercules Avenue Clearwater & 2168 34th St. S, St. Petersburg  
Two referrals needed. First one with reduced lunch letter and second from Pinellas County Schools. Clothes given twice in a 12 month period.  
<https://clothestokids.org/>

**Cultured Books** 833 22nd. St. S. St. Petersburg 33712

Fostering a reading culture by exposing children to the world through art, music, and books. Call 727-328-4822

**Daystar Life Center** Tel. 727-825-0442

1055 28th St. S. St. Petersburg  
Helping with food, clothing, household items, rent, utilities, FL ID, transportation, health care items, computer and phone access, and tax filing.

**Find Help**

[findhelp.org](http://findhelp.org), by [findhelp](http://findhelp.org) - The Social Care Network

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced cost help.

**Firmly Established, Inc.**

Tel. 727-678-1751  
Office: St. Petersburg, FL – By Appointment Only  
\*Employment Assistance \*Background Clearance Application Assistance \*Youth Services Referrals 8-12 yrs. old.

**First 1,000 Days** #727-296-7292 #727-296-7359

Supporting families as early as their third trimester of pregnancy up to the child's third birthday with health, safety, and developmental education and items. This is completed by phone/text every 3 months.

NOT eligible If participating in a program such as Healthy Start, PAT+, Healthy Families, Nurse Family Partners or Healthy Start at John Hopkins All Children's.

**Florida Dream Center** Tel. 727-851-9074

4017 56th Ave. North, St Petersburg  
Helping with food, human trafficking, hope to the incarcerated, fighting homelessness and poverty.

**Florida Kid Care Insurance**

Affordable health, dental & vision insurance for kids 1-18.  
Year around enrollment for those not eligible for Medicaid.  
NO deductible. \$15-\$20 a month depending on income.  
Apply online at [www.floridakidcare.org/](http://www.floridakidcare.org/) or call 1-888-540-5437

**Florida Relay Service—FRS** #1-800-955-8770  
Hearing impaired call: 1-800-955-8771

**Health Insurance Navigators** open to the public

Mease Countryside Hospital—727-443-8586

Mease Dunedin—727-734-6238

Morton Plant Hospital—727-461-8243

East Community Library at St. Petersburg College—813-215-6022

St. Anthony's Hospital—727-825-13972

**Kinship Care** #888-920-8761

Support for relative caregivers such as therapy, tutoring, respite etc.

**KML Foundation** #727-578-8980 [info@kmlfoundation.org](mailto:info@kmlfoundation.org)

Providing financial assistance and positive motivation to those facing economic challenges to obtain a higher education by funding college, university, technical school or vocational education to those that are eligible. Apply at: [www.kmlfoundation.org](http://www.kmlfoundation.org)

**LSF Pregnant Mom Program**

Support for pregnant families until infant is 8 weeks.

Natasha Vega #727-486-3189

Angela Hood #727-506-4641

**Men in the Making** <https://meninthemaking.org/>

Mentoring program focusing on role modeling and life skills to increase minority male success from cradle to college.

Contact by email: [mentor@meninthemaking.org](mailto:mentor@meninthemaking.org)

**Operation Attack** 727-822-1187

Distributing food, diapers and wipes by drive thru.  
Call for dates in the recording.

**Pinellas County Urban League** #727-327-2081

Workforce development, health initiatives, education and financial empowerment programs.

Address: 333 31st Street North St. Petersburg 33713

**Pinellas School Board Mentoring and Tutoring**

If your child needs a mentor or positive impact in academics, social or career, contact your child's school. Programs such as Lunch Pals, Girl-friends, 5000 Role Models and more. Speak to your child's teacher.

**Reach St. Pete** 727-275-8655 email: [info@reachstpete.org](mailto:info@reachstpete.org)

Working to prevent homelessness, low income and at risk situations by bridging the gap between people and resources.

**Shepherd's Center** Tel. 727-939-1400

304 S. Pinellas Ave. Tarpon Springs—Office hours: M, T, Th. & F 10-1pm

Food pantry, ID's, Clothing, Household item, Duke Energy bills, Prescription assistance.

**Sleep in Heavenly Peace** #844-432-2337

Providing twin beds for children that do not have their own bed to sleep on. Request at: <https://www.shpbeds.org/request-bed>

**The Gathering of Women** 727-490-8914

Providing a voice for women and a force for change in your community thru workshops, award ceremonies, youth summits and "Flower Girl and Butterflies" program.

**We Help/St. Pete Free Clinic** Tel. 727-821-1200 ext. 101

Assisting with ER food, water bills, FL ID's, birth certificates for adults, and transportation for verified employment.

863 3<sup>rd</sup> Ave. N., St. Petersburg 33701

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# FATHERS SERVICES

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**Fathers are very important! They make important contributions to their children's well being.**

## **Healthy Start at Johns Hopkins All Children's**

(727) 767-6780

Fatherhood program (including care coordination) for fathers living in zip codes: 33701, 33705, 33707, 33710, 33711, 33712, 33713, 33714, 33716, 33755, 33756, 33759, 33765, 33770, 33771, 33773, 33778, 33781, 33782, 34684, & 34689.

## **Pinellas County Health Department**

### **Gold Medal Dads Program**

(727) 275-6422

Assists father in becoming actively involved in the lives of their children and prevention of the cycle of absent fathers.

## **Pinellas County Health Department**

### **Vasectomy Program**

Low or No-Cost Vasectomies (727) 462-6253.

## **Planned Parenthood**

(727) 898-8199

Men's health services, vasectomies, STD testing.

## **A Center for Wellness**

English (727) 544-3352—Spanish (727) 365-6417

Classes addressing domestic violence and anger management. Group services for men and women. Spanish available.

## **All Nations SDA Church**

(305) 494-5000 Pastor Mills. Men's Groups.

## **5th Avenue Church of Christ**

(727) 323-9259 every Monday at 7pm.

If transportation needed call (727) 323-3623

## **Northwest Church of Christ**

(727) 345-2836 Men's Bible study.

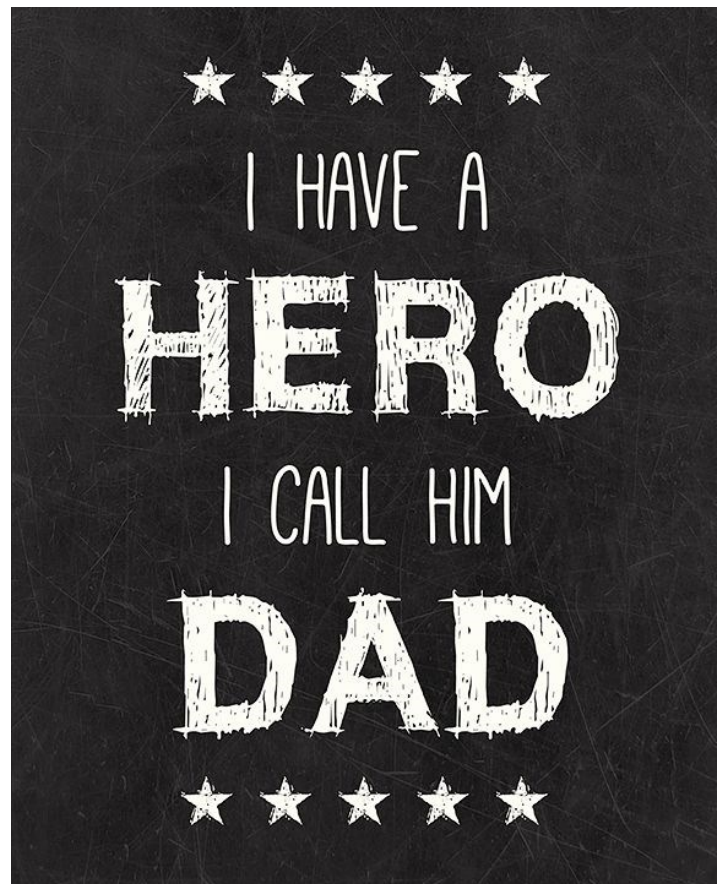
## **City on A Hill Church in St. Petersburg**

(727) 851-9999- by zoom. Only in English.

Men's Bible study. Wednesdays at 7pm.

## **Operation PAR Men's Services**

Assisting in your family's quality of life to be happy and healthy.  
#1-888-727-6398



<https://www.focusonthefamily.com/parenting/dads-can-be-heroes-to-their-kids/>

# FOOD ASSISTANCE

## **Aldersgate United Methodist Church**

Seminole Interfaith Food Pantry Thurs. 10am—1pm  
9530 Starkey Rd., Seminole 727-392-9365  
Photo ID, proof of address, last 4 digits of SS# of all family members required.

## **Christ the Cornerstone Church**

5545 62nd Ave. N. Pinellas Park 33781 727-547-6280

## **Church & Community Outreach Food Pantry**

200 S. McMullen Booth Rd. Clearwater 33759  
727-351-5176 — drive through, only one meal per person per week.

## **Daystar Life Center** 727-825-0442

1055 28th Street South St. Petersburg, FL 33712  
Food pick up outside only. Mon., Tues., Thurs., Fri. 8:30am to 3:00pm

## **Dunedin Cares**

1630 Pinehurst Rd. Dunedin 727-410-8495

## **Feeding Tampa Bay**

<https://feedingtampabay.org/findfood>

## **Good Samaritan Food Pantry**

727-820-0775 817 5th Ave. N. Pinellas Park  
M-F 10:45—2pm. ID required.  
Elementary age kids get a snack pack. Drive thru only.

## **Country Side Cares** Call #727-724-1290

Serving Clearwater, Safety Harbor and High Point.  
1850 N. McMullen Booth Rd. Clearwater FL 33759

## **Holy Family Church**

200 78th Ave. NE St. Petersburg 727-526-5783

## **Kind Mouse** 727-575-7834 [www.thekindmouse.org](http://www.thekindmouse.org)

Helping working families who are experiencing unemployment temporarily.  
A 90 day program offering food and pet food for those who qualify.

## **Operation Attack** 727-822-1187

Distributing food. Call for dates & info in the recording.

## **Sacred Heart-His Heart Society**

727-544-5445 Tuesday and Thursday 9-11am  
Food, clothing and some monetary assistance.

## **Salvation Army**

1400 4th Street South, St. Petersburg, #727-822-4954  
1521 Druid Rd E., Clearwater #727-446-4177  
209 S. Pinellas Ave. Tarpon Springs #727-934-4476

## **St. Luke's United Methodist Church**—Mondays/Drive through

4444 5th Avenue N., St. Petersburg 727-321-1335

## **St. Vincent DePaul Soup Kitchen**

1345 Park St., Clearwater 727-441-3790 8-10am  
Still serving meals daily, no dining in. ONLY TAKE OUT.

## **Suncoast Haven of Rest Rescue Mission**

1763 9th Ave N. St. Petersburg, 727-545-8282  
Food Box Program every 30 days. Entrance on Queen Street North.

## **We Help / St. Petersburg Free Clinic**

863 3rd Avenue N., St. Petersburg 3-5 days of food  
727-821-1200 x.101 Outdoor distribution only.

**WIC/Nutrition Assistance Program** See page 29

## **Beach Community Food Pantry**

Calvary Episcopal Church 727-282-4085  
1615 1st St. Indian Rocks Beach 33785

## **Beacon Street Ministries Inc.**

3470 Adrian Ave. Largo 33770 727-446-1045

## **Clearwater SDA Community Church**

1445 Lakeview Road, Clearwater 727-446-6427  
Entrance on Queen Street North Wednesdays 10-4pm

## **Clearview United Methodist Church**

4515 38th Avenue North, St. Petersburg 727-522-4673  
Thursdays 9:30-11 am

## **Elevated Church-Community Food Giveaway**

4371 76th Ave. N. Pinellas Park 727-544-3293 Daily 2:30-3 pm

## **Feed St. Pete**

5501 31st St. S. St. Pete 727-866-1184 Tues. 5 pm

## **First United Methodist Church of Pinellas Park**

#727-546-5741 9025 49th St. N. Pinellas Park

## **Florida Dream Center and Mobil Food Truck**

Call for questions or locations: 727-851-9074  
4017 56th Ave. N. St. Petersburg  
812 E. Tarpon Ave. Tarpon Springs—Lutheran Church

## **Food Pantries** <https://www.foodpantries.org/>

## **Hope Villages of America**

700 Druid Road E., Clearwater 727-443-4031 press 1

**360 Eats** 727-440-0401 [info@360eats.org](mailto:info@360eats.org)

## **Northside Baptist Church**

6000 38th Ave. North, St. Petersburg 33710  
727-381-3642 Weds. 6-8pm Sundays 5pm-7pm

## **Northwest Presbyterian Church**

Every day 4-5pm frozen ready to eat meals. Drive thru.  
6330 54th Ave. N. St. Petersburg 727-544-4551

## **Sixtieth St. Pantry**

9309 60th St. Pinellas Park 727-541-2202

## **Shepherd's Center** 727-939-1400 press 5

304 S. Pinellas Ave. Tarpon Springs—M,T, Th, F- 10 am –1:30 pm  
Also delivering food to the homebound on Wednesdays.

## **Sylvan Abbey United Methodist Church**

2817 Sunset Point Rd Clearwater 727-796-3057 except holidays  
Food Pantry: Mon. 10am-1pm—one person at a time.

## **Thrift Store & Food Bank-Wesley United Methodist**

301 37th Avenue North, St. Petersburg 727-896-4797  
Hours: Mon, Wed, Fri, 9:00–noon ID required.

## **More**

[Find Food in Pinellas County – Tampa Bay Network To End Hunger](#)

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# HOUSING

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**Boley Centers**—helping people who are homeless, recovering from mental illness, low income, veterans and individuals living with HIV/AIDS  
Tel. 727-821-4819 Main office: 445 31st. Street N. St Petersburg by appointment only. [Housing – Boley Centers](#)

**Contemporary Housing Alternatives/Restricted of Florida (CHAF Properties)** [www.chafproperties.com](http://www.chafproperties.com)  
Tel. 727-522-1504 press 1

**Clearwater Housing Authority** [www.clearwaterhousingauth.org](http://www.clearwaterhousingauth.org)  
Corporate Square 28050 US Hwy 19 N, Suite 103, Clearwater, FL  
Tel. 727-461-5777 Fax. 727-216-0730 Properties located within Clearwater city limits  
There is a drop box in front of office for leaving applications/ documents.

**Habitat for Humanity of Pinellas County** <https://www.habitat.org/us-fl/clearwater/hfh-pinellas-and-west-pasco-counties>  
13355 49th Street North, Clearwater & 1350 22nd St. S. St. Petersburg Tel. 727-536-4755  
Habitat offices are closed to the public through Tues. June 30<sup>th</sup>. **Hotline#** offered for candidate questions etc. (727)209-2196.  
Habitat Pinellas builds and sells homes at no profit, with 0% mortgage for qualified candidates.

**Home Share Program** [www.homesharepinellas.org](http://www.homesharepinellas.org) 500 South Walton Ave. Tarpon Springs 34689  
Rooms for rent throughout Pinellas County with monthly payments ranging from \$450 to \$600  
Five year Pinellas County residency or national background check with \$45.00 fee required.  
2 People max per room. Tel. 727-945-1528 Fax: 727-279-2814 TDD: 1-800-955-8770 and TTY: 1-800-955-8771

**Neighborhood Home Solutions / One-Stop HUD approved housing counseling center**  
Offices are closed to the public. No further information on re-opening. - Tel. 727-821-6897 , Fax (727)821-7457. Home buying education, financial fitness class, credit rebuilding, and home mortgage problems such as foreclosures or mortgage delinquency.  
All services free and available to all income levels. [www.nhsfl.org](http://www.nhsfl.org)

**Park Side Commons** - currently not taking appt. Long waiting list. [Www.parksidecommons.net](http://www.parksidecommons.net)  
Tel. 727-800-9815 | 6770 Park Blvd. North Pinellas Park 33781  
Providing apartments and town homes for individual or families living on low income or moderate incomes.

**Pinellas County Housing Authority** [www.pinellashousing.com](http://www.pinellashousing.com)  
11479 Ulmerton Road, Largo, FL • 727-443-7684 TDD: 800-955-8770 TTY: 800-955-8771

Clients may apply via mail, email or drop box documents for processing until further notice.  
Provides low rent housing to low income families. Section 8 housing available also. Check website for availability.

**Pinellas Park Housing** [https://www.lowincomehousing.us/FL/pinellas\\_park.html](https://www.lowincomehousing.us/FL/pinellas_park.html)  
Email: [lowincomesupport@gmail.com](mailto:lowincomesupport@gmail.com)  
9 low income housing complexes available. HUD, Section 8. Public Housing. Non profit senior and family low income. LIHTC.

**Safe Connections** 727-256-7035 | 727-220-9246

**Safe Connections Homeless Youth Resource Center - Family Resources** ([familyresourcesinc.org](http://familyresourcesinc.org))

Outreach program providing services for the homeless youth (up to 24 years of age) to help them find stable housing and access to services.

**Service Source** <https://www.servicesource.org/florida-homes-for-independence/>

Contact 727-281-2953 Providing affordable, accessible and safe housing for people of low income and/or disabilities.

**Shepherds Village** [Shepherd's Village \(shepherdsvillage.com\)](http://shepherdsvillage.com)

Admin. Office 1910 E. Bay Dr. Largo. Housing for single mothers with up to 3 children. Tel. 727-216-1402 x. 2

**St. Petersburg Housing Authority** [www.stpeteha.org](http://www.stpeteha.org)

2001 Gandy Blvd. North St. Petersburg FL 33702 • 727-323-3171

TDD 1-800-955-8770 – TTY 1-800-966-8771 – FAX: Section 8 (727) 328-6699 – Public Housing (727)343-4658

Rental assistance to low income families in low rent public housing developments and in private sector through rental assistance programs.  
Rent is based on income and family size.

**Suncoast Housing Connections** [Suncoast Housing Connections – SHC](#)

Housing Counseling Service: 2139 NE Coachman Rd, Suite 1, Clearwater FL 33765

For support information on home foreclosure/mortgage default call 727-442-7075 press 0

Classes being held by ZOOM.

**Tarpon Springs Housing Authority** <https://tarponspringshousing.com/>

500 S. Walton Ave., Tarpon Springs, FL • 727-937-4411, Fax – (727)279-2814

Lobby is closed to the public. Clients may apply via mail, email or drop box documents for processing until further notice.

Due to a high volume of calls expect a long wait time (days or weeks) for a response.

Affordable housing for rent, no Housing Choice Voucher (Section 8) accepted.



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# HOW TO PROTECT YOURSELF FROM SICKNESS

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VACCINES AVAILABLE: [HTTPS://FLORIDAHEALTHCOVID19.GOV/](https://FLORIDAHEALTHCOVID19.GOV/)

To stay up to date with information go to Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

## **Know how it spreads**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person or people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths, noses (possibly inhaled into the lungs) or eyes of people who are nearby.

## **Wash your hands often**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

## **Avoid close contact**

- Avoid close contact with people who are sick, even inside your home. If possible, maintain at least 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Do not gather in groups and stay out of crowded places and avoid mass gatherings.

## **Cover your mouth and nose with a face cover when around others**

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a facemask when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The face cover/mask is meant to protect other people in case you are infected.
- Continue to keep about at least 6 feet between yourself and others. The facemask is not a substitute for social distancing.

## **Cover coughs and sneezes**

- If you are in a private setting and do not have on your face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## **Clean and disinfect**

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

## **Monitor Your Health**

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

# HURRICANE SAFETY

Pinellas County—A Complete Hurricane Preparedness Guide

[http://www.pinellascounty.org/emergency/PDF/All\\_Hazard\\_Guide.pdf](http://www.pinellascounty.org/emergency/PDF/All_Hazard_Guide.pdf)



## **Survival Kit**

- One week supply of food that requires no cooking such as ready to eat canned meats, fruits, vegetables, nuts, beef jerky, trail mix, raisins, peanut butter, granola bars, formula, baby food, powdered milk
- One gallon of water per person-7 day supply
- Non-electric can opener
- Disposable cups, plates and utensils
- Cooler and ice
- Pet food
- Cash

## **Sanitation/First Aid**

- Toilet paper and/or moist towelettes
- Feminine supplies
- Personal hygiene items
- Medications and copies of prescriptions

## **Kids and Entertainment**

- Favorite nonperishable snacks
- Stuffed animal or favorite toy
- Blanket and pacifier
- Diapers and wipes
- Card or board games
- Books

## **Tools and Emergency Supplies**

- Flashlights and/or lanterns
- Battery operated radio
- Matches or lighter
- Full tank of gas in vehicle
- Compass and local maps with shelters-know your flood zone
- Cell phone with charger
- Extra batteries
- Plastic sheeting and tarps
- Elastic cords or rope

## **Clothing and bedding**

- One complete change of clothing and shoes per person
- Sturdy shoes
- Rain gear
- Blankets and sleeping bag
- Sunglasses

## **Legal**

- Important documents together in air tight bag or container:
  - ⇒ social security cards
  - ⇒ health insurance information
  - ⇒ home or rental agreements and insurance coverage
  - ⇒ contracts
- Take photos or video and inventory your property before the

# LEGAL SERVICES

<p><b>Bay Area Legal Services (English &amp; Spanish)</b> 1-800-625-2257-Pinellas, Pasco, Hillsborough, Sarasota &amp; Manatee Counties <a href="http://www.bals.org">www.bals.org</a> Providing pro-bono services for low income residents.</p>	<p><b>Lutheran Services Florida - Immigration and Naturalization</b> 3627 W. Waters Ave. Tampa— #813-875-1408 7901 4th St. N #308, St. Petersburg - #727-563-9400 <a href="https://www.lsfamilyfocus.org/">https://www.lsfamilyfocus.org/</a></p>
<p><b>Community Law Program</b> Tel 727-582-7480 Office: 501 First Ave. N. Room 519, St. Petersburg 33701 Apply by phone at the Legal Aid Hotline: 1-800-625-2257 Provides free civil legal assistance in the areas of family law, housing, consumer rights, criminal records expunction, wills and more for Pinellas County resident with a household income of 185% at or below federal poverty guidelines. Website: <a href="http://www.lawprogram.org">www.lawprogram.org</a> Email: <a href="mailto:clp@lawprogram.org">clp@lawprogram.org</a></p>	<p><b>Money Management International</b> Budget, credit, and bankruptcy assistance through pre-filing counseling and pre-discharge education, housing default and reverse mortgage counseling. Tel: 877-818-5923 <a href="http://www.moneymanagement.org">www.moneymanagement.org</a></p>
<p><b>DNA Testing</b> 1-800-DNA-CENTER (362-2368)</p> <p><b>Family Law Pro Se Project</b> Resource center helping with guidance in child support, visitation, custody, paternity, name changes, etc. Locations in St. Petersburg &amp; Clearwater – 727-582-7200</p>	<p><b>Pinellas County Child Support Enforcement</b> 1-850-488-kids (5437) Monday - Friday 7a.m. - 7p.m. 11351 Ulmerton Road Suite 207, Largo, FL 33778 <a href="http://www.jud6.org">Sixth Judicial Circuit of Florida - Pinellas and Pasco Counties - Child Support Enforcement (jud6.org)</a></p>
<p><b>Gulf Coast Legal Services</b> –family law cases Apply by phone Monday thru Friday 9 am to 5 pm 1-800-230-5920 <a href="http://www.gulfcoastlegal.org">www.gulfcoastlegal.org</a></p>	<p><b>Services Unlimited</b> Tel. 727-645-2856 Law assistance center helping with divorce, unemployment, child support, medical disability and more. Sliding scale fee available.</p>
<p><b>Human Trafficking hotline</b> 24 a day/every day 1-888-373-7888, TTY: 711 Live Chat go to: <a href="https://humantraffickinghotline.org/state/florida">https://humantraffickinghotline.org/state/florida</a></p>	<p><b>Self Help Center (Clerk of the Circuit Court)</b> M-F 8:30-4:30 Appointments M/W/F 545 1st Ave N. Room 103, St. Petersburg #727-582-7941 315 Court Street Room 114, Clearwater #727-464-5150 29582 US 19 Room 101, Clearwater #727-464-5150 <a href="http://www.jud6.org/GeneralPublic/RepresentingYourselfInCourt.html">http://www.jud6.org/GeneralPublic/RepresentingYourselfInCourt.html</a></p>

# MEDICAL SERVICES

## **Evara Health 727-824-8181**

Most major insurance plans accepted including Medicaid, Medicare, private and sliding scale.

<https://evarahealth.org/>

Serving our community by offering these services: **Pharmacy,**

**Family Practice, Pediatric, Women's Health, OB/GYN, Behavioral Health, Chiropractic, Nutrition & Dental**

Services offered at specific locations.

Call and find out!

707 Druid Road E, Clearwater 33756	1721 Main Street, Dunedin 34698
702 Jasmine Way, Clearwater 33756—Dental	12420 130 <sup>th</sup> Ave N, Largo 33774
14100 58th St. N. Clearwater 33760	7550 43rd Street N., Pinellas Park 33781
3860 Tampa Road, Suite C, Oldsmar 34677	701 16th Street South St. Petersburg 33705 Building 7 Room 108
1344 22 <sup>nd</sup> St S, St Petersburg 33712	701 6th St. S. Suite 741, St Petersburg 33701
612 Dr. MLK Jr St N, St Petersburg 33705	4950 34th St. N. St. Petersburg 33714
247 South Huey Ave. Tarpon Springs 34689	721 East Lime St. Tarpon Springs 34689—Dental
Evara Gold 5523 Roosevelt Blvd. Clearwater 33760	Milton Park 1260 South MLK Jr. Ave. Clearwater 33756—Opening soon

# MEDICAL SERVICES CONT.

## Florida Department of Health in Pinellas



- 310 N. Myrtle Ave. Clearwater #727-275-6572  
Primary care for uninsured adult, dental, pediatrics, immunizations, laboratory, MedNet, family planning.
- 8751 Ulmerton Rd, Largo #727-275-6382  
Primary care, for uninsured adult, immunizations, triage nursing, laboratory, family planning.
- 6350 76th Ave. N., Pinellas Park #727-547-7780  
Primary care for uninsured adult, dental, laboratory, healthy families, triage., family planning.
- 301 S. Disston Ave., Tarpon Springs #727-485-1806  
Primary care for uninsured adult, dental, lab., breast & cervical cancer detection, immunizations, family planning.
- 205 Dr. Martin Luther King Jr. St. N. St. Petersburg # 727-824-4127  
Primary care for uninsured adult, dental, ADAP, laboratory, MedNet, family planning.

<p><b><u>Bayside Health Clinic- Mobil medical unit for homeless</u></b> 727-453-7866 Call for places, dates, times. Services persons and families without insurance or have the County Health Plan #727-464-4200. <a href="http://www.pinellascounty.org/humanservices/healthprogram.htm">www.pinellascounty.org/humanservices/healthprogram.htm</a></p>	<p><b><u>Bayfront Family Health Family Care Center</u></b> 700 6th St. South, 3rd floor, St. Petersburg 727-893-6116</p>
<p><b><u>Clearwater Free Clinic</u></b> (ages 1 mo. – 65y/o) For the uninsured-sliding scale 1218 Court Street, Clearwater: 727-447-3041 Proof of citizenship, ID, Social Security number required. Pediatrics on Wednesday. <a href="http://www.clearwaterfreeclinic.org">www.clearwaterfreeclinic.org</a></p>	<p><b><u>Clinical Care Medical Center</u></b> <u>Pinellas (clinicalcaremc.com)</u> 6245 66th St. N. Pinellas Park 727-873-3891 M-F 8 am—5 pm</p> <p><b><u>Clinica Guadalupana</u></b> English and Spanish Tel. 727-461-7730 by appointment only 1020 Lakeview Rd. Suite 4, Clearwater</p>
<p><b><u>Lions Sight Center</u></b> (vision exams for a \$25 donation) 330 5th St. N., St. Petersburg (2nd floor) 727-893-7152 – Leave message</p>	<p><b><u>Medication Assistance Program</u></b> BayCare’s program helps anyone obtain medication for less cost. Call: 813-901-6350</p>
<p><b><u>MedNet prescription assistance</u></b> <a href="#">MedNet® Prescription Assistance Program   Suncoast Health Council</a> Department of Health Clearwater # 727-275-6579 Pinellas Park #727-369-3913 St. Petersburg # 727-824-6936 Mid County # 727-275-6363 <b><u>Johnnie Ruth Clarke Health Center</u></b> 1344 22nd St. S Tel: # 727-824-8181 <b><u>St Pete Free Clinic</u></b> 863 third Ave N. # 727-327-0333 ext. 311</p>	<p><b><u>Neonatal Follow-Up Program at Johns Hopkins All Children’s Hospital</u></b> 601 5<sup>th</sup> Street South, St. Petersburg <a href="http://www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program">www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program</a> Ph. 727-767-2818   Fax: 727-767-4391 Continuum of care for high risk infants, through the first five years of life; Focused on improving their growth, nutrition, and neurodevelopmental outcomes.</p> <p><b><u>Preserve Vision Florida</u></b> 9200 Seminole Blvd. 2nd floor Seminole Tel. 813-874-2020 x. 4024 Vision screenings and free eye glasses depending on income. <a href="http://www.pvfla.org">www.pvfla.org</a></p>
<p><b><u>HCA Florida St. Petersburg Family Care</u></b> 6450 38<sup>th</sup> Avenue North, Suite 400 St. Petersburg Tel 727-545-4444</p> <p><b><u>St Petersburg Free Clinic Health Center</u></b> 5501 4th St. N. St. Petersburg 727-327-0333 Adults ages 18 – 64 Need FL ID &amp; Pinellas address.</p>	<p><b><u>Turley Family Health Center</u></b> 807 Myrtle Ave. N. Clearwater 727-467-2400</p> <p><b><u>Willa Carson Health Resource Center</u></b> 1108 N. Martin Luther King Ave, Clearwater, FL 33755 727-467-9411 Basic health services provided (no fee).</p>

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# NEIGHBORHOOD FAMILY CENTERS

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Neighborhood Family Service and Resource Centers provide many services for families.

## NORTH COUNTY

- CAP/Union Academy | 401 E. MLK, Jr. Drive, Tarpon Springs | 727-934-5881
- Mattie Williams | 1003 Dr. MLK St. N., Safety Harbor | 727-791-8255
- Hispanic Outreach | 612 Franklin St., Clearwater | 727-445-9734
- Dr. Martin Luther King/Greenwood | 900 N. Dr. MLK Jr. Ave, Clearwater | 727-442-5355
- North Greenwood Resource Center | 1310 North M.L.K. Jr. Ave. Clearwater | 727-400-6805

## MID COUNTY

- High Point | 5812 150th Ave. N., Clearwater | 727-533-0730
- Family Center on Deafness | 12445 62nd St. Suite 303, Largo | 727-501-2323
- GRAYDI | 12601 130th Ave. North Largo | 727-595-1684
- Lealman/Asian Center | 4255 56th Ave. N., St. Petersburg | 727-528-7891

## SOUTH COUNTY

- Sanderlin Center | 2335 22nd Ave. South, St. Petersburg | 727-321-9444
- Campbell Park Resource Center | 701 16th St. S. Building 7 St. Petersburg | 727-280-6703



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## PARENTING CLASSES

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### Child Welfare full list of Court Approved Parenting classes

<https://www.myflfamilies.com/services/child-family/child-and-family-well-being/pefs/local-course-list>

### Family Resources

727-521-5200—5180 62nd Ave. North Pinellas Park, FL 33781

13 week group program for children ages 6-11 and their parents learn to manage emotions. Free childcare for siblings.

### Life After Childbirth with BayCare

[measelifeafterchildbirth@baycare.org](mailto:measelifeafterchildbirth@baycare.org)

Support group for mothers who are currently pregnant or have delivered up a one year ago.

Email: [alina.greeley@baycare.org](mailto:alina.greeley@baycare.org)

Tues. & Thurs. 10am-noon. Virtual.

Helpline: 727-725-6795

### Parenting Class for Family Stabilization #1-800-767-8193

Court approval 1 day 4 hours course (\$45)

For those going thru a civil action with a child.

### St Pete General Hospital Classes for Moms, Dads and siblings (brothers and sisters)

6500 38<sup>th</sup> Ave N, St Petersburg Tel. 727-341-4055

All classes are free of charge, but reservations are requested.

Register online: <https://stpetegeneral.com/calendar/#/ce-landing-page/search>

### Text4Baby

Totally free text messages 3 times a week to help you through pregnancy and baby's first year. Text BABY to 511411 to enroll. [www.text4baby.org](http://www.text4baby.org)

### Directions for Living Tel. 727-524-4464 option 0

Early Childhood Consultation Services

Birth to 5 years old. Court approved. Free.

In home and locations in Largo and Clearwater.

[www.directionsforliving.org](http://www.directionsforliving.org)

### HIPPY Program:

<https://www.rclub.net/service/hippy-program/>

Home Instruction for Parents of Pre-school Youngsters.

School readiness program for parents with children ages 3-5 to help parents be their child's first educator. Tel. 727-570-8841

### Operation Par Programs: Court Approved

Nurturing Parenting & Nurturing Parenting Intensive:

Focus on children ages 0-5.

Parenting Wisely: For parents of children 5 and older.

Nurturing Parenting: Father's specific group.

#1-888-727-6398

<https://www.operationpar.org/services/womens-services/>

### St Petersburg College Tel. 727-341-3000

<https://www.spcollege.edu/friends-partners/community-resources/community-enrichment-classes>

Separation and Divorce a Child's View Class- via Zoom

### Suncoast Center

Tel. 727-388-1220 or 727-327-7656

Active Parenting Now! Class 7 weeks course-court approved.

Many parenting and sibling classes available.

<https://www.suncoastcenter.org/classes-support-groups-events>

### USF St. Petersburg Infant Family Center Call 727-873-4876

Nurturing Parenting and Circle of Security for families with children 0-5.

No cost. Call for times and locations.

<https://www.stpetersburg.usf.edu/resources/family-study-center/infant-family-mental-health/infant-family-center.aspx>

# PEDIATRICIANS

Practice Name	Address	City/St/Zip	Phone (727)	Languages
<a href="#">John Hopkins All Children's Pediatrics</a>	601 5 <sup>th</sup> St. S., #C504	St. Petersburg 33701	767-8917	
<a href="#">All 4 Kidz Pediatrics</a>	1907 Tyrone Blvd. North	St. Petersburg 33710	317-2117	
<a href="#">All Star Pediatrics</a>	5571 4 <sup>th</sup> St. N.	St. Petersburg 33703	525-7852	French, Greek, Spanish
<a href="#">Bardmoor Internal Med &amp; Pediatrics</a>	8787 Bryan Dairy Rd., #275	Largo 33777	394-5650	Spanish
<a href="#">BayCare Primary and Pediatric Care</a>	3890 Tampa Rd. Suite 102	Palm Harbor 34684	781-3150	
<a href="#">Bay Pediatrics</a>	1725 E. Bay Dr., #A	Largo 33771	584-9810	
<a href="#">Bayfront Family Health</a>	700 6th Street S. 3rd floor	St. Petersburg 33701	893-6116	
<a href="#">Better Health Medical Center/Dr. Danuta, M.D.</a>	28960 U.S. 19 N., #115	Clearwater 33761	771-8282	Spanish
<a href="#">Clearwater Pediatric Care</a>	2370 Drew Street, #B	Clearwater 33765	461-1543	Spanish
<a href="#">Coastal Pediatric Care</a>	8787 Bryan Dairy Rd. #350 5601 Dr. MLK Jr. St. N.	Largo 33777 St. Petersburg 33703	525-2161	Spanish
<a href="#">Complete Wellness Pediatrics</a>	5033 Central Avenue	St. Petersburg 33710	334-8523	Spanish
<a href="#">Cool Kidz Pediatrics</a>	1111 7th Ave. N. #103	St. Petersburg 33705	822-5393	Spanish
<a href="#">Dunedin Pediatrics</a>	424 Douglas Ave.	Dunedin 34698	734-7337	Spanish, French
<a href="#">East Lake Pediatrics</a>	4150 & 4156 Woodlands Pkwy.	Palm Harbor 34685	372-6760	
<a href="#">Evara Health</a>	7550 43 <sup>rd</sup> St. N. 14100 58th St. N. 1721 Main Street 707 Druid Rd E 247 S. Huey Ave. 1344 22 <sup>nd</sup> St. S. 4950 34th St. N.	Pinellas Park 33781 Clearwater 33760 Dunedin 34698 Clearwater 33756 Tarpon Springs 34698 St. Petersburg 33712 St. Petersburg 33714	824-8181	Polish, Spanish, Tagalog
<a href="#">Fifth Avenue Pediatrics</a>	2855 5th Ave. N.	St. Petersburg 33710	323-2727	Spanish
<a href="#">Jeffrey Hirschfield, MD</a>	6705 38 <sup>th</sup> Ave. N., #A	St. Petersburg 33710	381-4305	German, Spanish
<a href="#">Jeth V Salomon Pediatrics</a>	6560 9 <sup>th</sup> Ave. N., #1	St. Petersburg 33710	381-5437	
<a href="#">Lorie McAuliffe, MD</a>	405 Pasadena Ave. S.	St. Petersburg 33707	345-2212	Spanish
<a href="#">Myrtle Pediatrics</a>	250 Pine Ave. N. 613 S. Myrtle Ave., #205	Oldsmar 34677 Clearwater 33756	447-6458	
<a href="#">North Pinellas Children's Medical Center</a>	31860 U.S. 19 N	Palm Harbor 34684	787-6335	Indian
<a href="#">Pediatric Associates</a>	431 Southwest Blvd N 2370 Drew St. Suite B	St. Petersburg 33703 Clearwater 33765	526-7337 461-1543	
<a href="#">Partners in Pediatrics</a>	401 Corbett St, #210	Clearwater 33756	446-1161	Spanish
<a href="#">Pediatric Health Care Alliance</a>	6671 13th Ave. N., Suite 1D	St. Petersburg 33710	381-1147	Spanish
<a href="#">Pediatric Health Care Alliance</a>	12951 Walsingham Rd.	Largo 33774	391-0158	

**Medicaid:** Most Pediatricians accept Medicaid. When you call for an appointment, you must confirm which HMO/MCO is accepted in their practice.

**Language Key:** All practices have English speaking staff in addition to other languages listed.

# PEDIATRICIANS CONT.

Pediatrics Rainbow	571 S. Duncan Ave.	Clearwater 33756	789-0777	Egyptian Arabic, Spanish, French, Moderate German, Italian
<a href="#">Peninsula Pediatrics</a>	13131 66th Street North	Largo 33773	228-7000	
<a href="#">Pinellas Pediatrics</a>	1105 S. Ft. Harrison	Clearwater 33756	461-3163	
<a href="#">St. Petersburg Family Care</a>	6450 38th Ave. No., Suite 400	St. Petersburg 33710	545-4444	Spanish
<a href="#">St. Petersburg Pediatrics</a>	3475 East Bay Drive	Largo 33771	535-9700	Spanish, Vietnamese
	2137 16 <sup>th</sup> St. N.	St. Petersburg 33704	822-1896	
	7050 Seminole Blvd.	Seminole 33772	392-8033	
	2701 54th Ave. S.	St. Petersburg 33712	867-5788	
	7500 Park Blvd.	Pinellas Park 33781	544-5437	
	4105 49th St. N.	St. Petersburg 33709	528-6900	
	12170 Seminole Blvd.	Largo 33778	586-5355	
1012 4th St. S.	St. Petersburg 33701	894-2231		
<a href="#">Suncoast Pediatrics</a>	1395 W. Bay Drive	Largo 33770	584-6802	Spanish
<a href="#">Sunshine Family Medical Center</a>	3955 58th St. North	St. Petersburg 33709	347-2557	
<a href="#">Tarpon Springs Pediatrics</a>	1007 E. Boyer Street	Tarpon Springs 34689	772-5982	Spanish
<a href="#">Turley Family Health Center</a>	807 North Myrtle Ave.	Clearwater, 33755	467-2400	Spanish

# PREGNANCY CENTER SUPPORT

Services & items offered at no charge and may include: pregnancy tests, limited ultrasound, std/sti testing, childbirth & parenting classes, maternity and infant clothing, diapers, baby equipment, supplies and baby formula & food. Please call each center for details and days & hours of operation.

## **A Woman's Place**

927 Klosterman Road, Tarpon Springs, FL #727-940-2626  
8001 66<sup>th</sup> Street North, Pinellas Park, FL #727-545-1234

## **Foundations of Life Pregnancy Center**

905 S. Prospect Ave. Clearwater FL  
#727-550-4236 or email: [fopinellas@ccdosp.org](mailto:fopinellas@ccdosp.org)

## **Kimberly Home**

1189 NE Cleveland Street, Clearwater, FL #727-443-0471

## **The Next STEPP Center (Services to Those Experiencing Pregnancy or Parenting)**

1210 22<sup>nd</sup> Street South, St. Petersburg, FL #727-896-9119

## **Bay Area Family & Pregnancy Center**

1940 Drew Street, Clearwater, FL #727-449-1988  
5812 150<sup>th</sup> Avenue North, Clearwater, FL #727-200-9165  
4000 43rd Street North, St. Petersburg, FL #727-200-9166

## **Mary's Outreach**

Email: [lima4144@gmail.com](mailto:lima4144@gmail.com) or #727-323-5100  
Face to face in home services following COVID 19 rules.

## **Upper Pinellas Support Services Pregnancy Center**

80 North Walton Avenue, Tarpon Springs, FL  
#727-937-4304

**A Safe Haven For Newborns 1-877-767-2229**

Infants 7 days old or less

Don't panic! You are not alone. We are here to help. Don't abandon your baby. Give your baby to any staff at a hospital, EMS or Fire station.

Expert written resources and  
information for families.

[www.newmomh.com](http://www.newmomh.com)

# PREGNANCY MEDICAID

## Pregnancy Medicaid Application Guidelines– April 2022

All women must apply on line by going to: <http://www.myflorida.com/accessflorida/>

If only applying for Pregnancy Medicaid (not SNAP/food stamps or TANF/cash assistance) the process should take under 10 minutes. Complete the application by faxing the following items to: **1-866-940-7126**

- 1) proof of identity (for example, driver’s license) or proof of your U. S. citizenship (for example, birth certificate) or non-citizen status
- 3) proof of last 4 weeks gross income for household members listed on your federal tax return. **Each faxed page must include your name, date of birth and DCF Case or Application Number. Note the following:**

Make sure your income **does not exceed the following limits:**

Household Size (Include Your Unborn Child)	Gross Monthly Income/Before Taxes (these figures include 5% standard disregard)
2	\$3,140
3	\$3,957
4	\$4,775
5	\$5,594
6	\$6,411

Child Support and SSI are not counted as income and proof of pregnancy is **not** required.

All Medicaid recipients must choose one of the following HMO/PSN plans: Humana, Simply, Staywell or Sunshine. Once your Medicaid is approved, speak with your prenatal care provider to see what plan/s they accept in their practice. To then make this choice, go to the following site: [www.flmedicaidmanagedcare.com/](http://www.flmedicaidmanagedcare.com/)

If you do not have access to a computer, you can call 1-877-711-3662 to talk to a choice counselor.

Pinellas County Providers who accept Medicaid are listed on page 26- make an appointment right away! Note that a few may see you before your Medicaid is approved – they will bill Medicaid for services you receive.

**Marijuana AND Pregnancy**  
If you use marijuana during pregnancy, you may be putting your health and your fetus's health at risk.

**Possible Effects on Your Fetus**

- Disruption of brain development before birth
- Smaller size at birth  
Higher risk of stillbirth
- Higher chance of being born too early, especially when a woman uses both marijuana and cigarettes during pregnancy
- Harm from secondhand marijuana smoke  
Behavioral problems in childhood and trouble paying attention in school

**Possible Effects on You**

- Permanent lung injury from smoking marijuana
- Dizziness, putting you at risk of falls
- Impaired judgment, putting you at risk of injury
- Lower levels of oxygen in the body, which can lead to breathing problems

**DID YOU KNOW?**

- Medical marijuana is not safer than recreational marijuana. Recreational and medical marijuana may be legal in some states, but both are illegal under federal law.
- There's no evidence that marijuana helps morning sickness (ask your obstetrician-gynecologist [ob-gyn] about safer treatments).
- You also should avoid marijuana before pregnancy and while breastfeeding.

Marijuana and pregnancy don't mix. If you're pregnant or thinking about getting pregnant, don't use marijuana.

**Count the Kicks**






# PRENATAL PROVIDERS

## **OB GYNs ACCEPTING MEDICAID IN PINELLAS**

<a href="#">Bayfront Family Health Center</a>	700 - 6th St. S., 3rd Floor	(727) 893-6116	St. Petersburg	33701
<a href="#">Women's Care Florida /Absolute Health &amp; Wellness</a>	1600 Dr. MLK Jr.N.	(727) 323-3838	St. Petersburg	33704
<a href="#">Women's Care Florida /Absolute Health &amp; Wellness</a>	3055 5th Avenue North. #A	(727) 323-3838	St. Petersburg	33713
<a href="#">Breath of Life</a>	1900 East Bay Drive	(727) 216-1420	Largo	33771
<a href="#">Women 's Care Florida/St. Petersburg Obstetrics &amp; Gynecology</a>	603 7th Street South, #300	(727) 954-7121	St. Petersburg	33701
<a href="#">Women 's Care Florida/St. Petersburg Obstetrics &amp; Gynecology</a>	3268 66th St. N.	(727) 954-7121	St. Petersburg	33710
<a href="#">Women's Care Florida/New Beginnings Obstetrics &amp; Gynecology</a>	625 6th Ave. So., Suite 350	(727)456-0080	St. Petersburg	33701
<a href="#">Ladies &amp; Babies</a>	2595 Tampa Rd. Suite G	(727) 781-3448	Palm Harbor	34684
<a href="#">Women's Care Florida/BayView OB/GYN</a>	700 Central Ave	(727) 895-1300	St. Petersburg	33701
BayCare Medical Group-Gynecology and OB Healthcare Specialists	303 Pinellas Street, #230	(727) 462-3401	Clearwater	33756
<a href="#">Turley Family Health Center</a>	807 N. Myrtle Avenue	(727) 467-2550	Clearwater	33755
<a href="#">Gulfcoast Institute of OB/GYN</a>	6700 Crosswinds Dr. N # 200A	(727) 344-4651	St. Petersburg	33710
<a href="#">Gulfcoast Institute of OB/GYN</a>	8200 Bryan Dairy Rd, Suite 101	(727) 319-2303	Largo	33777
<a href="#">Women's Care Florida/Contemporary Women's Care</a>	1301 2nd Ave. S.W., 6th Floor	(727) 462-2229	Largo	33770
<a href="#">Women's Care Florida/Contemporary Women's Care</a>	34041 U.S. Hwy 19, Suite C	(727) 281-9649	Palm Harbor	34684
<a href="#">Mama Centered Midwife</a>	1605 Main Street	(727) 228-2879	Dunedin	34698
<a href="#">All Femcare OB/GYN</a>	28960 US 19 North Suite 109	(727) 785-7686	Clearwater	33761
<a href="#">Stephen Igel</a>	600 Lakeview Rd.	(727) 461-7611	Clearwater	33756
<a href="#">Johns Hopkins All Children's OB-GYN Specialists</a>	5959 Central Ave., Suite 103	(727) 767-6060	St. Petersburg	33710
<a href="#">Women's Care Florida/Williams, Goldman &amp; Watson</a>	1840 Mease Drive, Suite 110	(727) 376-7734	Safety Harbor	34695
<b><u>HOME BIRTH PROVIDERS</u></b>				
<a href="#">Circle of Life Childbirth</a>	Cheryl Moore, LM	(813) 426-2397		
<a href="#">Childbirth Options</a>	Sizzle Auer, LM, CPM	(813) 381-6430		
<a href="#">Labor Lovelies</a>	Nedra Miller, MSN, APRN, CNM	(727) 478-0617		
<a href="#">Mama Centered Midwife</a>	Michelle Gallagher, LM, CPM	(727) 228-2879		
Questions call The Healthy Start Coalition Pinellas #727-507-6330				

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# SHELTERS/EMERGENCY HOUSING

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**Alpha House** <http://alphahousepinellas.org/>  
701 5th Ave. N., St. Petersburg, FL • 727-822-8190  
Homeless woman ages 14-41 pregnant or with baby 9 months or younger. Six months clean and sober. School attendance or work required to maintain placement.

**CASA** <https://www.casa-stpete.org/>  
Tel. 727-895-4912 24 hr. domestic violence hotline  
For survivors of domestic violence. Emergency and temporary housing program. Spanish line available.

**H.E.P. (Homeless Empowerment Program)**  
1120 N. Betty Lane Clearwater, FL 33756 • 727-442-9041  
Housing and support for individuals, families and veterans.  
<https://www.hepempowers.org/>

**Pinellas Hope** <https://pinellashope.org/emergency-shelter/>  
5726 126th Ave, N. Clearwater, FL. 727-556-6397. A 90-day shelter for homeless men and women clean and sober; case managers and adult GED classes on site. Sponsored by Catholic Charities.

**Salvation Army Emergency Shelter** –Spanish interpretive available

- Shelter 310 14th Ave. S. St. Petersburg 727-550-8080  
Call for appt. Family dorm, female dorm and male dorm on premises. First 7 days free, thereafter \$10.00 a night to stay.
- 521 E. Druid Rd. Clearwater #727-446-4177  
For working families with minor children in their care and enrolled in some educational training.

**Family Promise of Pinellas County** <https://fppinellas.org/>  
6201 22nd Ave N. St. Petersburg, FL #727-201-9571  
Families with children under 18 years of age.

**Family Resources—Safe place 2B** <https://familyresourcesinc.org/>  
North County: 727-298-1607—1615 Union Clearwater 33755  
South County: 727-893-1893—3761 5th Ave. N. St. Petersburg 33713  
Supporting homeless youth ages 10-17 from all backgrounds.

**Night Shelter/Sacred Heart Catholic Church**

- 7809 46th Way North Pinellas Park FL #727-541-4447  
Provides temporary accommodations to the homeless people of all ages. Spanish speaker available.

**Pinellas Safe Harbor** 14840 49th Street North, Clearwater, Florida 727-464-8058. A homeless shelter and jail diversion program designed to be a safe haven for homeless. 24 Hours 7 Days per week. Pinellas County residents.. Spanish speaker available.

**St. Petersburg Free Clinic/We help**  
863 3rd. Ave. N. St. Petersburg 33701  
Women's Residence-case managed 727-821-3894  
Beacon House-long term, for men 727-823-5780  
<https://stpetersburgfreeclinic.org/>  
Spanish speaker available.

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# SUBSTANCE USE TREATMENT

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**Operation PAR**  
24 hour helpline 1-888-727-6398  
Administrative Center: 6655 66th Street North Pinellas Park 33781  
727-454-7564

**Detox** Tel. 727-538-7243  
6150 150<sup>th</sup> Ave N, Clearwater, FL 33760

**PAR Village for Women**  
13800 66<sup>th</sup> St N, Largo 33771  
Residential treatment and Outpatient Substance use treatment

**Motivating New Parents (PAR)**  
Home visitation and supportive services  
Contact Sandy: 727-455-5603  
Contact Matt: 727-902-0984

**COSA Developmental Center**  
1930 4th St. South St. Petersburg 33705  
Contact Genevieve: 727-744-1387

**Fairwinds Residential Treatment**  
<https://fairwindstreatment.com/>  
1569 South Fort Harrison, Clearwater  
Tel. 727-449-0300  
Hospital In Patient /Residential Short Term  
Self-pay/private insurance/No Medicaid

**WestCare Florida**  
OUTPATIENT SERVICES CENTERS: Tel. 727-490-6768  
Outpatient: 8800 49th St. North #402 Pinellas Park 33782  
Main office: 727-502-0188- 1735 Dr. MLK Jr. St. S. St. Petersburg 33705  
SERVICES: Ryan White, Re-entry, Drug Court, Prevention, Veteran's Treatment Court  
Clients under influence of substance. No insurance required/homeless ok

**Alcoholics Anonymous:** 24/7 Helpline 727-530-0415  
Tel. 727-333-7118  
[www.aapinellas.org](http://www.aapinellas.org)

**Bay Area Narcotics Anonymous:**  
Tel: 1-888-779-7117  
[www.bascna.org](http://www.bascna.org)

**Al-Anon Family Groups**  
Tel: 1-888-425-2666  
<https://al-anon.org/>

**Smoking Cessation**  
Tobacco Free Florida-Quit support groups at 877-848-6696 or 813-929-1000 visit: [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway)  
CDC tips and resources: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html>  
Also: <https://smokefree.gov/>

**Suncoast Center** <https://www.suncoastcenter.org/>  
Central Office: 4024 Central Ave. St Petersburg  
For appointments call: 727-388-1220  
Locations all over Pinellas county.

Many programs available focusing on mental health, substance use, family counseling, trauma assessment and counseling.

**Windmoor Health Care** <https://windmoor.com/>  
11300 US 19 N, Clearwater  
Tel. 727-541-2646 24 hours a day  
Medicare, private and some Medicaid/HMO  
Ask for WIN team if no insurance  
In patient detox 18 yrs. and older  
Outpatient /inpatient services for mental health.

# TRANSPORTATION

## Medicaid transportation

All Medicaid recipients in Pinellas and Pasco Counties will have to access Medicaid services, including transportation, through one of the four Managed Care Organizations listed below.

Contact Medicaid/AHCA to find out more by calling their Choice Counselor Hotline at **(877) 711-3662**

Managed Care Organizations (MCO) serving Pinellas County are:

\***Humana:** 1-800-477-6931 TTY: 711

<https://www.humana.com/medicaid/florida-medicaid/member-support/new-members>

\***Simply Healthcare:** 1-844-406-2396 TTY: 711

<https://www.simplyhealthcareplans.com/florida-medicaid/benefits/medicaid-benefits.html>

\***Sunshine:** 1-866-796-0530 TTY: 1-800-955-8770

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

\*more specialty plans exists.



Call the Medicaid provider 3-4 days in advance and you will be asked for your Medicaid number, trip purpose and details like address and time of appointment. They will send this information to one of their transportation brokers, who will schedule the trip with a local transportation provider.

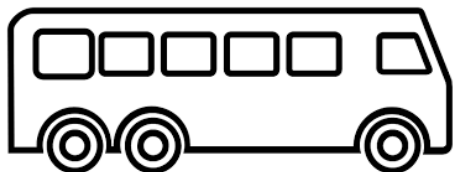
If there is a problem with the trip, file a complaint with AHCA via their phone number posted above.

## Reduced-Cost PSTA Bus Passes <https://www.psta.net/> Call 727-540-1900

The Pinellas Suncoast Transit Authority (PSTA) provides bus service throughout most of the county.

All buses are air-conditioned and wheelchair accessible. Children 8 and younger are FREE.

- ◆ Regular Cash Fare \$2.25
- ◆ Reduced Cash Fare \$1.10- adult student, youth 9-18, Seniors 65+
- ◆ Downtown Looper—Free
- ◆ Paying option—Flamingo Fare—<https://flamingofares.com/> App or Card



If you are pregnant a Urinary Tract Infection can cause:

- Preterm labor
- Severe Infection
- Anemia and more.

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# UTILITY OR RENTAL ASSISTANCE

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**\*Each program has different eligibility guidelines and funding sources\***

**Assurance Wireless Phone Program:**

Assurance Wireless Benefits - FREE Phone, unlimited text & 1000 FREE Voice Minutes Monthly. Eligibility varies by state, but you may qualify for Assurance Wireless. Tel. 1-888-321-5880 [www.assurancewireless.com](http://www.assurancewireless.com)

**CAP Center of Alliance and Progress** [https://www.citizensallianceforprogress.org/family.html#Emergency\\_link](https://www.citizensallianceforprogress.org/family.html#Emergency_link)

Helping with utility bill assistance for families involved in their family support program.

401 East MLK Jr. Dr. Tarpon Springs Tel. 727-934-5881 ext. 0

**Catholic Charities** <https://www.ccdosp.org/financial-assistance-pinellas-county/>

Provides support and guidance to stabilize poor individuals and families in crisis in danger of becoming homeless in need of emergency utility assistance. Tel. 727-893-1313

**Family Services Initiative (FSI) Connects** <http://pemhs.org/FSIConnect/>

Call 727-888-4357—Real time help for families. For those that can prove sustainability.

Or 727-888-HELP



**Florida Life Line/Linkup Florida**

Discount phone services and phone bill assistance. Call. #800-540-7039

**Good Samaritan Program**

Assists the residents of Dunedin, Largo, Seminole and Clearwater with partial costs of water and electric bills. By appointment only. Tel. 727-644-4795

**H.E.P. (Homeless Empowerment Program)** <https://www.hepempowers.org/rental-assistance/>

1120 N. Betty Lane Clearwater, FL 33756 • 727-442-9041 Rental assistance. Complete from online and email to [pwhite@hepempowers.org](mailto:pwhite@hepempowers.org)

**Pinellas County Low Income Home Energy and Water Bill Assistance Program /Urban League**

727-327-2081 <https://www.pcul.org/housing>

Apply online. Email [liheap@pcul.org](mailto:liheap@pcul.org)

**Pinellas Opportunity Council, Inc.**

St. Petersburg 727-821-0584 | Largo 727-202-6803 | Admin. 727-823-4101 ext. 110. Call for requirements and eligibility.

Emergency assistance for energy bills, rent, mortgage, and budgeting classes etc.

**Hope Villages of America**

727-443-4031 700 Druid Rd. Clearwater FL Energy & Food assistance.

**Safelink Wireless Phone Program:**

Safelink Wireless is a government supported program that provides a free cell phone and airtime minutes. Customer must call for guidelines.

1-800-723-3546 [www.safelinkwireless.com](http://www.safelinkwireless.com)

**Salvation Army Financial Assistance Social Services Office** -call for an appointment

Services provided one time every 12 months. Helping with utilities and rent. Some documents required, call for details.

St. Petersburg –3800 9th Ave. N.: 727-323-2222– Helping St. Petersburg and surrounding cities.

1400 4th St. South: 727-822-4954 ext. 3

Clearwater- 1521 East Druid Road: 727-446-4177—Helping Clearwater, part of Largo, Dunedin and Safety Harbor

Tarpon Springs –209 S. Pinellas Ave., 727-934-4476– Helping people living in Tarpon Springs, Palm Harbor and Oldsmar

**St. Nicholas Philoptochos Church**

Assistance with electric, water and other financial needs for residents of Tarpon Springs, and Palm Harbor (also New Port Richey and Holiday).

Call 727-944-3366 \*funding is limited\*

**St. Vincent de Paul CARES** Assisting with rental and utilities for those participating in their program. Closes at 6pm.

South Pinellas: 727-823-2516 [www.svdsp.org](http://www.svdsp.org)

**We Help/St. Petersburg Free Clinic** [www.stpetersburgfreeclinic.org](http://www.stpetersburgfreeclinic.org)

863 3rd Ave. N., St. Petersburg: Tel. 727-821-1200 – Eligibility determined by a needs assessment of individual and family. Requires ID, verification of income and expenses. Call for days & time. Assistance with ID, BC, transportation, water bill, baby items, medical supplies and more.

# VITAL DOCUMENTS

<p><b>Driver's License &amp; ID Cards</b></p> <p><a href="https://www.flhsmv.gov/">https://www.flhsmv.gov/</a></p> <p>Make and appt. 850-617-2000</p> <p>Driver licenses, ID cards, reinstatements, written and skills exams.</p> <p><b>Clearwater:</b> 29399 US Hwy 19 N. #100  <b>Clearwater:</b> 1663 Gulf to Bay  <b>Largo:</b> 13025 Starkey Rd.  <b>St Petersburg:</b> 1800 66th St N.  <b>St Petersburg:</b> 1067 62nd Ave. S.</p>	<p><b>Social Security Card</b>  <a href="http://www.ssa.gov">www.ssa.gov</a></p> <p>1-800-772-1213          TTY 1-800-325-0778</p> <p>Apply for original SS card, replacement card, name changes on card, request benefit verification letter, Social Security benefit statement, replacement Medicare card, and more.</p> <p>2340 Drew St, Clearwater, FL 33765</p> <p>30 Dr. MLK St. S, St. Petersburg, FL 33701</p>	<p><b>Birth Certificate/Death Certificate</b>  <a href="https://www.vitalchek.com/vital-records/florida/florida-vital-statistics">https://www.vitalchek.com/vital-records/florida/florida-vital-statistics</a></p> <p><b>Office of Vital Statistics</b></p> <p>727-507-4330 x 7613</p> <p>8751 Ulmerton Rd. Suite 1700          Largo, FL 33771</p> <p>Birth/Death/Marriage/Divorce Certificates</p>
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## Voters Registration

Tel. 727-464-VOTE (8683)

Offices in Clearwater, Largo, & St. Petersburg

You must be 18 to vote.



# WIC



**Nutrition program for pregnant, post-partum & breastfeeding women and infants & children up to five years old providing healthy foods including fresh fruits, vegetables & breastfeeding support at no cost.**

For an appointment call 727-824-6913 or 727-824-6914

**THE MONTHLY VALUE OF FRUIT AND VEGETABLES IS INCREASING!**

<p><b>St Petersburg</b>          205 Dr. MLK Jr. St. N.          727-824-6900</p>	<p><b>Mid County</b>          8751 Ulmerton Rd., Largo          727-524-4410  <b>Drive through available.</b></p>	<p><b>Tarpon Springs</b>          301 S. Disston Ave.          727-942-5457</p>
<p><b>Safety Harbor Neighborhood Center</b>          1003 MLK St. N. Safety Harbor          727-791-8255</p>	<p><b>Pinellas Park</b>          6350 76<sup>th</sup> Ave North          727-547-7780</p>	<p><b>Clearwater</b>          310 Myrtle Ave.          727-469-5800</p>