

RESOURCE GUIDE FOR COMMUNITY AGENCIES

Westminster Presbyterian Church (PCA)

<http://www.wpcbrandon.org/>

The goal of this guide is to enable those with needs to find agencies as easily as possible that can help them.

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INTRODUCTION

In Tampa and the surrounding areas, there are a large number of agencies that try very hard to serve the needs of a variety of issues that people have to face in their daily lives. Without them, many people would suffer much more. Even though, in many cases, the suffering can't be eliminated, the services that are provided certainly help them have a better quality of life. There is a problem, however. Many people do not have any idea where to start looking for these agencies. Even if they had an idea where to start, how do they find an agency that can help them for their special need among all of the services that are available? **It is the goal of this guide to enable those with needs to find agencies as easily as possible that can help them.** At least, it may help them start in the right direction on the path to those that can provide the services they need.

As a deacon, I wanted to know what agencies there are so I could direct needy people to them. I went to the internet and found a wonderful site called the CRISIS CENTER of TAMPA BAY (www.crisiscenter.com). They have a site called "2-1-1 at you're your fingertips". At the home page, go to "What We Do" at the line 2nd from the top. Under "2-1-1 Contact Center" click on "Services We Provide". You will find the site there. This is the site that I used to find 99% of the agencies in my guide. I encourage everyone to visit this site for more information on agencies and all of the services that the Crisis Center of Tampa Bay can provide for the needy.

Concerning this guide, there are a few points of information. It gives you the general description of what each agency can offer so that you can check it out further, if desired. Also, if you do not see the agency you need, check the ones under MULTIPLE SERVICES or go to the "**Crisis Center of Tampa Bay**" website.

Almost every agency has other agencies or programs that they are affiliated with. They can be found by contacting the agencies directly or entering the name of the agency at the 2-1-1 site mentioned above. They increase the potential to find the needed agency and/or program in or outside of the areas referred to. Most of the programs in this guide are either free or at a very nominal fee. The areas listed are mainly Central/East Tampa, Brandon, Riverview, Plant City, etc.

Almost every agency has their web site listed under their name. Generally, in order to access their site, you have to do one of the following: if you see an "I", click on the web address while pressing the control button (ctrl); if you see the "hand", click on the address.

Although my main incentive to start this guide was to provide for those in my church, anyone is free to use this to help people. Churches, organizations, doctor's offices, individuals, etc. are free to use this and pass it on to others.

The first and most important reason to provide this is to glorify Jesus Christ who is the only hope for salvation before our Sovereign and Triune God. In John 14:6-7, Jesus said "I am the way and the truth and the life. No one comes to the Father except through me. If you had known me, you would have known my Father also." It is my hope that this guide will be a ministry in itself that honors God and blesses people.

Sincerely,
William Peck

DISCLAIMER

As stated in the Introduction, the purpose of the Resource Guide is simply a starting point for people to find agencies that can help them with their needs. **THEREFORE, THIS SITE IS NOT INTENDED TO INDICATE THAT THESE AGENCIES ARE THE ONLY ONES THAT YOU SHOULD CONSIDER.**

THERE IS NO GUARANTEE OF CORRECTNESS OF THE INFORMATION. IT IS ALWAYS BEST TO CONTACT AN AGENCY TO MAKE SURE THE INFORMATION IS RELEVANT AT THE TIME OF USE.

Again, I encourage you to go to the Crisis Center of Tampa Bay's website for further agencies that they have listed in their "[2-1-1 at your fingertips](#)" site if the ones in this resource do not provide what you need. If you need assistance, please call their number so someone can guide you.

Sincerely,
William Peck

THE SERIOUSNESS OF SIN

SERIOUSNESS OF HELL

In Mark 9:43-47, Jesus talks about hell 3 times. This shows that **Jesus considered hell an extremely serious subject because it is a very real place.** He states that it is better to lose a hand, foot or eye voluntarily than to go to hell. He did not mean it literally but to indicate how serious sin is before a holy God.

THE PROBLEM WITH THE HEART

The question many people want to know is “Why do people have to go to hell?” Don’t we just have to be pretty good, not hurt anyone, be honest, and basically be a “good” person? The answer is a resounding NO! The problem is that **we are always in rebellion against God.** We hate him and love ourselves. **God comes after us in everything we say and do because it is the way we think! It is what comes from our hearts!** Romans 3:9-18 teaches the following truths about all of our hearts. **Everyone is under the power of sin.** No one is righteous; no one understands; **no one seeks God**; everyone has turned away from him; all have become worthless; no one does good; their throats are open graves; they practice deceit; their lips are poison; their mouths are full of cursing and bitterness; they are swift to shed blood; ruin and misery mark the way they do things; they do not practice peaceful living and they have no fear of God. This is the sad commentary that Jesus states about all people. **Without the Holy Spirit working in our hearts, we are “on our own” and totally lost and hopeless.**

ACCOUNTABILITY IN CHRIST OR SELF

Because **God is holy and just**, he cannot and will not allow sin to pass as if it is a small thing. **All sin must be paid for! It will either be paid for by the blood of Christ or by the sinner himself. When someone repents of his sins and puts his trust in Christ alone for salvation, he is made righteous and holy before God.** Therefore, when he stands before God as Judge, he does not pronounce condemnation upon that person but, instead, welcomes him into heaven. Why? God does this because he looks at that person through his precious Son. If anyone rejects Christ, then he MUST pay for his own sins in hell. Also, he pays for them eternally because his debt to God is so huge that he can never repay it in full.

CHRIST RANSOMED HIS PEOPLE

In Mark 10:45, Jesus states that he came “to give his life as a ransom for many”. What is the significance of the act of a ransom for people? It is used to describe when someone pays something (the ransom) to a person that is holding another person in captivity. The person in captivity cannot free himself. Therefore, that person would be in that state as long as the person holding him wants him to be. In the same way, a person is in captivity to his sin and cannot remove himself from it because that is what he loves. Therefore, it takes someone else with the ABILITY to pay the REQUIRED ransom IN FULL so that he can free the captive. When paid, the person in captivity is freed. Normally, the ransom is paid at one point of time and the person is freed at a later point in time. At the time of Mark, travel was very slow. It could take hours or days to finally allow a person to go free after the ransom was paid. **On the cross, Jesus PAID IN FULL the ransom for his people.** However, the ransom

for sin and freedom is applied to those who live after he died. He does this by the Holy Spirit through the means of granting them faith in Christ.

GOD'S GRACE ALONE SAVES

Through the work of the Holy Spirit (regeneration), God provides salvation by granting faith to the person in the beginning and continues with sanctification all the way to heaven in eternity. God enables a person to see his holiness so that he is convicted of his sin. He enables him to recognize that Jesus is his only hope so that he flees to him for salvation. He enables him to learn throughout his life to rely on God for everything, whether small or large, as his Lord. **SALVATION IS FROM GOD AND GOD ALONE, FROM BEGINNING TO END.**

THE CALL TO CHRIST

Now there are extremely important questions for you to answer in your life. Do you see that **God is holy and righteous** and cannot possibly allow sin to go unpunished? Do you see your own hopeless state before a holy God? Do you see that **either your sins will be forgiven through faith in Christ or paid for by you?** Do you **embrace him in his Word, seek to know his will and come to him in obedience as your Lord?** Do you **repent of all your sins, cast them at the foot of the cross and come to him as your Savior?** Do you **come to all of Christ** as your only hope in life and death? **Embrace Christ. Rest on him. Repent of your sins. Cast all your cares in this life at his feet, whether small or large. Come to him as your Lord and Savior so that he will not be your Judge.**

GOD'S WORD

John 6:29- "Jesus answered them, "This is the work of God, that you believe in him whom he has sent."

John 6:37- "All that the Father gives me will come to me, and whoever comes to me I will never drive away.

John 6:40- "For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day."

John 6:65- He went on to say, "This is why I told you that no one can come to me unless the Father has enabled him."

John 11:25-26- Jesus said to her, "I am the resurrection and the life. He who believes in me will live even though he dies; and whoever lives and believes in me will never die. **Do you believe this?**"

John 14:6-7- Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me. If you had known me, you would have known my Father also.

John 14:23- Jesus replied, "If anyone loves me he will obey my teaching. My Father will love him and we will come to him and make our home with him."

Acts 4:10-12- Salvation is found in no one else, **for there is no other name under heaven given to men by which we must be saved** (referring to Jesus Christ).

William Peck

CHILD CARE SERVICES

Children's Board Family Resource Centers in Brandon (throughout Hillsborough Cnty.)

www.familysupporthc.org

The Children's Board Family Resource Centers are regionally located throughout Hillsborough County to meet the needs of families from all walks of life. All programs and services at the Centers are free of charge to any family or individual. Programs include:

Child Development

Provided by Baby Bungalow led by Trained Facilitators

- **Baby & Me:** A 5-week developmental playgroup for babies not walking targeting the unique needs of infants for free exploration and play as well as caregiver/child bonding.
- **Creative Learning:** A 5-week class for 3, 4 and 5 year olds that will stimulate development through creative activities like painting, building sculptures and creative play activities.
- **Growing Together:** A 5-week developmental playgroup for confidently walking 1 year olds that targets early childhood development through music, singing, rhymes, parachute play and fine motor objects.
- **Infant Massage:** A 3-week course for babies not yet crawling that will strengthen the bond between the caregiver and baby. A certified infant massage educator will instruct the caregiver on the techniques and benefits of massage.
- **Infant Sign Language:** A 2-hour introductory workshop to teach parents 35 American Sign Language signs that infants typically use.
- **Little Amigos:** This 5-week playgroup for 2, 3 and 4 year olds that exposes English-speaking children to Spanish through music, singing, rhymes and activities. (South County exposes Spanish-speaking children to English.)
- **Music & More:** A 5-week playgroup that nurtures the musical growth of infants through 5 year olds. Music stimulates both sides of the brain and helps to develop language, social/emotional and cognitive skills.
- **Wonder Years:** A 5-week developmental playgroup for 2 and 3 year olds that targets early childhood development through music, singing, rhymes, parachute play, stories and creative activities to promote preschool readiness.
- **Developmental Screening:** Families can meet with an early childhood specialist to complete the Ages and Stages Questionnaire (ASQ) for children ages birth to 5.

Health

Provided by St. Joseph's Children's Advocacy Center

- Body Safari: Teaches children about how different body systems work together.
- Germaine the Germ Thing: Teaches 1st grade children about the importance of hand washing.
- ZAP Asthma: Childhood asthma prevention program focusing on asthma, how it affects you and your child, the most common triggers of asthma and simple ways to remove those triggers from their home.
- Well Child Care: Children who are uninsured and on Medicaid receive free immunizations and school physicals by appointment with the Mobile Health Clinic.
- Nutrition Classes: Fun classes that include activities which teach the child about healthy foods, nutrition, and eating habits.
- Hearing Screening (ages birth-18)

Provided by Prevent Blindness Florida

- Vision Screening (ages 2-18)

Provided by Suncoast Community Health Centers & Tampa Family Health Centers

- Preventative Dental Services (ages 6 months-18)

Safety

Provided by St. Joseph's Children's Advocacy Center

- Car Seat Safety: After viewing a presentation on how to pick the appropriate car seat and secure it correctly, you will be able to do it hands on!
- CPR: A 4-hour certification class to learn how to perform CPR and choking rescue on infants, children, and adults.
- First Aid: A 4-hour certification class to learn how to handle many emergencies such as bleeding, shock, poisoning, head and spine injuries and much more. Great course for all parents, grandparents, baby sitters and anyone who cares for children.
- Safe Sitter Class: An 8 hour class for kids ages 11 through 17 to learn how to handle behavior problems, rescue a choking infant and child, how to run your own baby sitting business, first aid and how to keep yourself and the child(ren) safe.

Community Services

- ACCESS Assistance: Provides necessary equipment to apply for or check status of benefits.
- Baby Café: A certified lactation counselor will answer your questions and concerns on breast feeding.
- Computer Access: Participants are able to come to the Centers and use a computer to access the Internet for professional and personal use.
- Family Counseling: Provided by Hillsborough County Counseling Services.

- Florida KidCare Assistance: Help with applying for Florida KidCare Insurance.
- FRANc - Father's Resource and Networking Center: Father's Groups meet to discuss information and issues pertaining to fathers.
- MomCare: Provides women seeking coverage for their pregnancy by completing a simplified process which includes a one-page application and notification of eligibility within 10 business days.
- Notary Service: Call for appointment.
- Parenting Classes in English and Spanish: Provides communication skills, understanding children's behavior and discipline, as well as other topics pertaining to parenting.
- Prenatal Classes: Childbirth, breastfeeding and newborn care classes are offered to new parents.
- Safe Baby: Workshop to help keep your baby safe from the top three preventable causes of infant death: choosing a safe caregiver, shaken baby syndrome and sleeping safely.
- Support Groups: Various groups. Call for information.

Annual Programs/Events

- Mother, Father and Grandparent's Day Celebrations; Holiday Festivities; Cultural Diversity
- Hurricane Preparedness
- Prosperity Campaign/Tax Preparation
- Open House
- Volunteer Appreciation

Defined coverage areas:

Florida - Hillsborough County

1271 Kingsway Road
Brandon FL 33510

[View map of this location](#)

Monday- Thursday: 9am-7:00pm; Friday: 9am-1pm; Saturday: 9am-3pm; Sunday: Closed

ADA compliant

Eligibility- Open

[No Longer Active- Family Support & Resource Centers \(FSRC\) - Summer Program/Summer Camp](#)

Program Fees- None

Fax- 813-740-4638

Main- 813-740-4634

COMMUNITY CENTERS

Brandon Family YMCA

<http://www.tampaymca.org>

YMCA programs are available for every interest, age, and ability level at all of our facilities. We're committed to offering quality programs at a reasonable price, in a safe and supportive setting that emphasizes our core character values of caring, honesty, responsibility, respect, and faith. Whether you're looking for summer camp, sports, swim lessons, aerobics, dance or any one of more than 100 other options, the Tampa YMCA will keep you moving and learning from age 1 to 101.

After School

The Brandon Family YMCA provides high-quality, affordable afterschool activities for kids ages 8-12 during the school year. Our Value Pack program includes academic enrichment, structured play, physical activity, and fun! Transportation is not included.

Aquatics

As the largest provider of swim lessons in the country, we know our stuff. The Brandon YMCA offers group swim lessons for ages 6 months to adult, as well as private lessons, swim teams, swim clubs, Masters Swim, and more.

Dance

Brandon YMCA dance programs are the perfect way to introduce your toddler, youth or teen to a lifelong appreciation of dance in a relaxed, supportive setting.

Day Camp

Summer wouldn't be summer without the YMCA! Our day programs offer youth and teens a wide range of activities to keep them happy and active all summer long.

Gymnastics

From preschool tumbling to competitive gymnastics teams, the Brandon YMCA is the place for your child to develop gymnastics skills while building character and teamwork.

Martial Arts

Tae kwon do at the Brandon YMCA is a great way to develop discipline, self control, and strength for youth and adults alike.

Preschool

Toddlers and preschoolers will love the Brandon YMCA's movement, music and tumbling classes to keep little bodies active and encourage learning and sharing. And of course, swim lessons are also available for children ages 6 months and up.

Sports

Basketball and racquetball...we invented them at the YMCA. Since 1889 we've been offering high-quality athletics for youth and adults, focused on building not only sports skills but also character values and teamwork. Basketball, t-ball, flag football, soccer, and other team sports are available at the Brandon YMCA. Wanna play?

Teen Activities

Hanging out at the YMCA is cooler than ever! The Brandon YMCA's Leaders Club helps develop leadership skills, physical fitness, and volunteer experience.

Personal Training

Your time in the Wellness Center is valuable--maximize your results with a YMCA Personal Trainer. For a very reasonable investment, you'll work with a dedicated trainer to build strength, increase cardiovascular capacity, and improve flexibility. One on one and group sessions are available.

Group Exercise

Yoga, step, ZUMBA, hip hop, boot camp, water aerobics, Pilates, and more...the Brandon YMCA has classes for every interest and ability level. All classes are free to Facility Members.

Personal Exercise Program

Whether you're new or returning to exercise, our FREE six-session Personal Exercise Program will help you make the most of your workout. A YMCA Wellness Coach will work with you to develop the routine that's right for you, and learn some new moves as well. To sign up for PEP, just stop by the Brandon YMCA Welcome Center.

Active Older Adults

Rev up your social life with luncheons, day trips, activities and parties that will keep you hopping, or keep moving with water aerobics and Silver Sneakers™ exercise classes. We also have a range of volunteer opportunities that provide meaningful opportunities for you to get involved in your community.

Water Exercise

Looking for an exercise class that improves your strength, cardiovascular capacity, and endurance while taking it easy on your joints? If so, water exercise is for you. The best part? Our heated pool is a comfortable 84 degrees year round.

Wellness Center

The Brandon YMCA Wellness Center offers a wide range of state of the art cardio equipment, including elliptical trainers, treadmills, stair climbers, bikes, rowing machines, and more. Want to build muscle? We've got you covered with Nautilus and FreeMotion machines, free weights, and dumbbells. Our friendly Wellness Center staff is always available to show you how to use a machine or teach you some new moves.

Diabetes

One year program developed to reduce the risk of diabetes in individuals with pre-diabetes. The first 16 weekly sessions will cover nutrition, physical activity, and behavior modification to help reduce bodyweight by 7%. Client should contact to location directly to register for the program.

Defined coverage areas:

Florida - Hillsborough County

3097 South Kingsway Road

Seffner FL

33584 United States

[View map of this location](#)

Mon – Fri 5:30am- 10pm; Sat 8am-6pm; Sun 1-6pm

ADA compliant

Eligibility- Open

Application Process- Call for information

Fax- 813-272-5949

Main- 813-685-5402

Campo Family YMCA

<http://www.tampaymca.org>

YMCA programs are available for every interest, age, and ability level at all of our facilities. We're committed to offering quality programs at a reasonable price, in a safe and supportive setting that emphasizes our core character values of caring, honesty, responsibility, respect, and faith. Whether you're looking for summer camp, sports, swim lessons, aerobics, dance or any one of more than 100 other options, the Tampa YMCA will keep you moving and learning from age 1 to 101.

Aquatics

As the largest provider of swim lessons in the country, we know our stuff. The Campo YMCA offers group swim lessons for ages 6 months to adult, as well as private lessons, swim club, and more.

Dance

Campo YMCA dance programs are the perfect way to introduce your child to a lifelong appreciation of dance in a relaxed setting. For the adults, we've got swing and ballroom dancing classes too.

Day Camp

Summer wouldn't be summer without the YMCA! Our classic day programs offer youth and teens a wide range of activities to keep them happy and active all summer long. Or choose from specialty programs including fine arts, cooking, sports and more to help your child explore a specific interest.

Martial Arts

Karate, judo, and more--the Campo YMCA offers a range of martial arts classes that help develop discipline, self-control, and strength for youth and adults alike. Plus, judo is FREE for Facility Members!

Preschool

Toddlers and preschoolers will love the Campo YMCA's movement and music classes to keep little bodies active and encourage learning and sharing. And of course, swim lessons are also available for children ages 6 months and up.

Sports

Basketball and racquetball...we invented them at the YMCA. Since 1889 we've been offering high-quality athletics for youth and adults, focused on building not only sports skills but also character values and teamwork. Basketball, t-ball, flag football, cheerleading, soccer, volleyball, and other team sports are available at the Campo YMCA as well as program sites in Valrico, FishHawk, Riverview, and Big Bend. Wanna play?

Teen Activities

Hanging out at the YMCA is cooler than ever! The Campo YMCA Youth and Teen Center (YATC) offers dedicated teen space with comfortable space to hang out, make new friends, play games, and have fun. Ready to get more involved? Our Leaders Club helps develop leadership skills, physical fitness, and volunteer experience.

Personal Training

Your time in the Wellness Center is valuable--maximize your results with a YMCA Personal Trainer. For a very reasonable investment, you'll work with a dedicated trainer to build strength, increase cardiovascular capacity, and improve flexibility. One on one and group sessions are available, as well as special Boot Camp sessions and our Biggest Winner Contest.

Group Exercise

Yoga, step, ZUMBA, hip hop, boot camp, water aerobics, indoor cycling, Pilates, and more...the Campo YMCA has classes for every interest and ability level. All classes are free to Facility Members.

Personal Exercise Program

Whether you're new or returning to exercise, our FREE six-session Personal Exercise Program will help you make the most of your workout. A YMCA Wellness Coach will work with you to develop the routine that's right for you, and learn some new moves as well. To sign up for PEP, just stop by your YMCA Welcome Center.

Active Older Adults

Rev up your social life with luncheons, day trips, activities and parties that will keep you hopping, or keep moving with water

aerobics and SilverSneakers™ exercise classes. We also have a range of volunteer opportunities that provide meaningful opportunities for you to get involved in your community.

Indoor Cycling

Ready, set, spin! Our Indoor Cycling classes will get your heart rate up and your body and mind racing. With our exciting cycling studio, the spin starts here.

Water Exercise

Looking for an exercise class that improves your strength, cardiovascular capacity, and endurance while taking it easy on your joints? If so, water exercise is for you. The best part? Our heated pool is a comfortable 84 degrees year round.

Wellness Center

The Campo YMCA Wellness Center offers a wide range of state of the art cardio equipment, including elliptical trainers, treadmills, stair climbers, bikes, rowing machines, and more. Want to build muscle? We've got you covered with Nautilus and FreeMotion machines, free weights, and dumbbells. Our friendly Wellness Center staff is always available to show you how to use a machine or teach you some new moves.

Defined coverage areas:

Florida - Hillsborough County

3414 Culbreath Road

Valrico FL

33594 United States

[View map of this location](#)

5am-10pm Monday-Friday; 8am-8pm Saturday; 12pm-6pm Sunday

ADA compliant

Eligibility- Open

Application Process- Call for information

Fax- 813-272-5949

Main- 813-684-1371

COUNSELING- MENTAL/SPIRITUAL HEALTH

Christian Counseling Center

<http://www.restoringthesoul.net>

The Christian Counseling Center provides hope for the hurting heart and restoration for the wayward soul. The counselors are professional and all have a commitment to Christ. We provide a range of fees depending on the credentials of the counselor and the resources of the client.

Our mission is to see individuals, couples, and families become whole members of the community, thereby equipping them to fulfill their God-given purposes. The Christian Counseling Center is a ministry of the Tampa Bay Baptist Association. We have counselors from varying backgrounds that can cover all areas of counseling needs. For more information please feel free to contact us.

Marriage and family counseling. Depression, Drug addiction, sexual addiction, abuse, co-dependency, anxiety. Seminars and workshops. Provides counselors for day or evening appointment. The Counseling Center was established by the Association in 1974 and is open to anyone, regardless of religious background or race.

Defined coverage areas:

Florida - Hillsborough County

1060 West Busch Boulevard
Tampa FL
33612 United States

[View map of this location](#)

10am-8pm Monday-Thursday

ADA compliant

Eligibility- Open

Application Process- Call for appointment or walk-ins welcome

Fax- 813-935-5840

Main- 813-935-3917

Email- ccc@tbba.org

CORE Professional Center

CORE Professional Center houses a Christian Counseling Center. Our location has certified professionals whom have a private practice.

Our goal is to provide outstanding Christian therapy to our clients, by meeting people at the point of their need and helping them cope and heal from the pain and crisis they are experiencing personally or in relationships.

Services include: individual, couple, and group therapy. They are trained to provide help in a multitude of areas such as marriages, families, addictions, blended families, adolescents, finances and more.

Defined coverage areas:

Florida - Hillsborough County

10616 Riverview Drive,
Riverview FL 33578

Hours may vary with each professional counselor. Days and nights available.

ADA compliant

Eligibility- Open

Program Fees- Call for rate information

Application Process- Call for an appointment

Main- (813) 748-2778

Email- coreservices@tampabay.rr.com

Gracepoint Wellness

www.mhcinc.org

Comprehensive provider of services to the residents of Hillsborough County with behavioral and mental disorders. Psychiatric treatment in an environment that embraces the individual dignity of each consumer. Baker act receiving facility.

Our Mission Statement:

The mission of Mental Health Care, Inc. is to assist children, adolescents, and adults who are at risk or who are affected by mental illness and related behavioral and physical dysfunctions to lead meaningful lives.

Mental Health Care, Inc. is helping people – all kinds of people – children of all ages, teens, adults, seniors and physically disabled, every race and religion, every income level, male and female alike. The goal of Mental Health Care, Inc. remains constant – to ensure that each individual receives the finest mental health care available and achieves his/her maximum potential regardless of their ability to pay.

The December 1999 U.S. Surgeon General's Report on Mental Health states, "Mental disorders and mental health problems appear in all social classes and all backgrounds. No one is immune."

5707 North 22nd Street
Tampa FL
33610-1437 United States

[View map of this location](#)

Administrative: 8am-5pm Monday-Friday

Fax- 813-272-3766

Main- 813-272-2244

Email- jrice@mhcinc.org

License Accreditation- Accredited by the Joint Commission On Accreditation of Health Care Organizations,
Licensed by the Agency of Health Care Admin

LifeCare of Brandon

<http://www.lifecarenetwork.net>

LifeCare of Brandon is a non-profit, non-denominational, non-political organization that is committed to providing compassion, information and support to women, couples and families facing the challenge of an unplanned pregnancy.

We have served nearly 55,000 people since opening our doors in 1987.

Our Commitment to You:

- Clients are served without regard to age, race, income, nationality, religious affiliation, disability or other arbitrary circumstances.
- Clients are treated with kindness, compassion and in a caring manner.
- Clients always receive honest and open answers.
- Client pregnancy tests are distributed and administered in accordance with all applicable laws.
- Client information is held in strict and absolute confidence. Client information is only disclosed as required by law and when necessary to protect the client or others against imminent harm.
- Clients receive accurate information about pregnancy, fetal development, lifestyle issues, and related concerns.
- We do not offer, recommend or refer for abortions or abortifacients, but we are committed to offering accurate information about abortion procedures and risks.
- All of our advertising and communications are truthful and honest and accurately describe the services we offer.
- All of our staff and volunteers receive proper training to uphold these standards.

LifeCare offers support to women during a critical time of life-changing decisions. We strive to provide women with factual information about their pregnancy and their options. We empower women to make healthy and informed decisions about the future of their pregnancy by offering the following services, free of charge.

Our services include:

- Pregnancy Tests
- Counseling and information related to pregnancy options
- Medical referrals for OB/GYN's, Sonograms, Family Physicians and Pediatricians
- Adoption services, referrals and counseling
- Post-abortion counseling
- Community Resources
- Teaching, Loving & Caring (TLC) Program
- Mommy & Baby Boutique
- Support Groups
- Childbirth / Parenting Classes
- LifeCare Coaching Program
- Woman of Worth Program
- Birth of a Family Program

Our Staff, Volunteer Counselors, Mentors and Coaches have a passion for supporting women, couples, and families in making positive life choices for a hope-filled future.

We value every person who walks through the door of LifeCare of Brandon with:

- Acceptance
- Affirmation
- Accountability

Defined coverage areas:

Florida - Hillsborough and surrounding counties.

125 North Moon Avenue
Brandon FL
33510 United States

[View map of this location](#)

New Southshore Center

3018 East College Ave.
Ruskin, FL.
33570 United States

[LifeCare of Brandon - Ruskin](#)

Contact for hours of operation

ADA compliant

Eligibility- Teens, women, couples and families facing the challenge of an unplanned pregnancy.

Program Fees- None

Application Process- Call for assistance

Fax- 813-643-9511

Main- 813-654-0491

Email- teresa@lifecareofbrandon.com

DISASTER RESPONSE

American Red Cross, Tampa Bay Chapter

<http://www.redcrossbc.org/>

Emergency services for disaster relief, Health & safety Training for life saving skills, Community Services, . Language bank, Hospital Assistance, Telephone Reassurance, Military Assistance - provides emergency messages to military personal and their families, International Relief - family training's.

Volunteers are essential to the American Red Cross to provide services for Tampa Bay residents. The Tampa Bay Chapter has many volunteer opportunities that will utilize your existing skills, develop new ones, gain experience, make new friends, and most of all, help others in need. Training is provided. Check out some of our volunteer opportunities.

Sign up on-line...

Furniture for disaster relief ONLY.....

Defined coverage areas:

Florida – Hillsborough, Pasco, Pinellas County

3310 West Main Street

Tampa FL

33607 United States

[View map of this location](#)

9am-5pm Monday-Friday

ADA compliant

Eligibility- Open

Application Process- Call for assistance

Fax- 813) 348-4830

Main- (813) 348-4820

24 Hour Disaster Line- (877) 741-1444

24 Hour Veteran's Services- 1-877-272-7337

Email- tampabay@tampabay.redcross.org

DOMESTIC VIOLENCE

The Spring of Tampa Bay, Inc

<http://www.thespring.org/>

The mission of The Spring of Tampa Bay, Inc. is to **prevent** domestic violence, **protect** victims and **promote change** in lives, families and communities. Since our founding in 1977, The Spring has provided sanctuary and services to more than 60,000 abused adults and their children.

The Spring is the Department of Children and Families (DCF) certified Domestic Violence Center for Hillsborough County. We are one of the largest of Florida's 42 certified domestic violence centers and the first domestic violence agency in the United States to have an accredited on-site school for resident children.

The Spring's programs and services help victims of domestic violence rebuild their lives and raise awareness to prevent domestic violence from occurring.

- See more at: <http://www.thespring.org/about-us/#sthash.h5vYI4AC.dpuf>

Our program philosophy is to provide a safe haven for families utilizing an empowerment-based approach. We give victims safe refuge, time to heal, and encouragement and support to move toward a self-determined life. Participants have time to consider options and make an independent choice about how to move toward a peaceful life.

- See more at: <http://www.thespring.org/programs-and-services/#sthash.xsIGGFHs.dpuf>

Defined coverage areas:

Florida - Hillsborough County

Mailing Address

The Spring of Tampa Bay, Inc

P.O. Box 5147

Tampa, FL 33675

- See more at: <http://www.thespring.org/contact-us/#sthash.Rjiiymav.dpuf>

Outreach Advocate/Plant City

701 Tillman Place

Plant City, FL 33566

(813) 759-0000

- See more at: <http://www.thespring.org/contact-us/#sthash.Rjiiymav.dpuf>

Outreach Advocates/Tampa

Family Justice Center

9309 N. Florida Avenue, Suite 109

Tampa, FL 33612

(813) 749-8764

- See more at: <http://www.thespring.org/contact-us/#sthash.Rjiiymav.dpuf>

The Spring's 24 Hour Crisis Hotline for immediate help: 813-247-SAFE (7233)

- See more at: <http://www.thespring.org/community-resources/#sthash.DhuiqbKr.dpuf>

Eligibility- Victims of domestic violence

Program Fees- None

Application Process- Call for information

Programs and Services

Services are free of charge and include:

24-Hour Crisis Hotline- 813-247-7233

Our hotline staff answers calls 365 days a year, providing support, safety planning, arranging emergency shelter and providing referrals.

Emergency Shelter

Our 102-bed residential facility is in a secure location and provides temporary shelter for individuals and families who feel they are in danger due to domestic violence.

Incredible Kids Program

Our shelter provides comprehensive children's services for resident children including daycare, an onsite Hillsborough County school, service management, individual and group counseling, and safety planning.

Outreach Services

For victims and survivors who do not need emergency shelter, advocates assist with safety planning, support groups, referrals for related services, supportive and educational counseling and advocacy.

Transitional Housing

The transitional housing team provides service management, support and affordable housing to survivors enrolled in post-secondary educational or enhanced job training programs. Participants reside in The Spring's 12-unit apartment complex at a confidential location for up to 24 months as they work toward economic self-sufficiency.

Education and Awareness Programs

Staff members conduct trainings on a wide variety of domestic violence topics including DV in the Workplace, Teen Dating Violence, and DV101 for community organizations, schools and businesses. Trainings include information on recognizing abuse in the workplace, fostering healthy relationships, and a comprehensive overview of the history of domestic violence.

Social Change Program

The youth coordinator leads programs at schools and partner agencies that teach children and youth about respectful relationships and convey that violence is never an acceptable response to a relationship conflict. The coordinator also works with teens and preteens who have been arrested for domestic violence offenses, teaching them alternative conflict resolution techniques.

Special Programs and Services

The **InVEST Advocate** is located at the Hillsborough County Sheriff's Office to review law enforcement calls for domestic violence and assess those cases at high risk of lethality. The InVEST Advocate proactively reaches out to victims at high risk to offer services if they are interested.

The **DV/CPI Advocate** is located at the Child Protection Investigation Division of the Hillsborough County Sheriff's Office to educate investigators about the connections between domestic violence and child abuse, advise them regarding services available, and advocate on behalf of non-offending parents who are victims of DV.

The **Health & Wellness Champion** spearheads initiatives to better connect survivors to healthcare and works with the health and wellness community to better engage practitioners in serving victims and survivors of domestic violence.

Legal Services

Legal expertise is provided free of charge to Spring participants by Bay Area Legal Services staff co-located in the emergency shelter.

- See more at: <http://www.thespring.org/programs-and-services/#sthash.RlmLoRbe.dpuf>

Administrative Office- 813-247-5433

Fax- 813-247-2930

To reach an extension, dial the Administrative Office and then the extensions listed below:

- See more at: <http://www.thespring.org/contact-us/#sthash.Mdn4Sd5G.dpuf>

- Emergency Shelter/Hotline Advocates- Ext. 475

Email- info@thespring.org (Messages to this email address will be answered within 72 hours)

EDUCATION- CHILD/ADULT

I CAN! Community Education Coalition

<http://www.icancommunityeducation.org/>

I CAN Intensive Learning Program provides adults (age 16 and older) one-on-one, small group, and self-directed instruction in reading literacy, basic education, Pre-GED, workforce development and life skills training in a supportive, caring, student-centered learning environment. Following diagnostic testing, each student receives an individualized learning plan at his/her level in the core content areas (reading, math, writing, science, and social studies). I CAN students are older youth and adults who prefer a non-traditional, supportive, and caring learning environment. Small class sizes provide the intensive instruction and tutoring to meet their diverse education needs. Our students:

- Are ages 16 and older
- Seek a High School Diploma
- Seek Reading, Math, and Writing Skills
- Seek Workforce & Life Skills

Our Services/Programs Include:

• Assessment Test : Students take the TABE (Test of Adult Basic Education) to determine their education levels in reading, math and language. The test results will determine their education plan. If a student has taken the TABE test within 3-months of admission in I CAN, and can bring a copy of the test to orientation, the test is not required. The TABE post test is given at scheduled times to assess students' progress throughout the program.

Reading Literacy: Students reading below the 5th grade level receive intensive instruction to improve their reading skills.

Program includes:

- Diagnostic/Post Testing
- Individualized Reading Plans
- Math & Writing Lessons
- Computer and Audio/Visual Lessons
- Teacher-directed instruction
- One-on-one tutoring

Basic Education Skills: Students functioning at 5th grade or higher enroll in the Basic Education Program to improve their skills in reading, writing, and math. Program Includes:

- Diagnostic/Post Testing
- Individualized Learning Plans
- One-on-One Teaching
- Teacher-Directed Instruction
- Self-directed Learning
- Computer-assisted Learning

GED Preparation: Students functioning at 9th - 12th grade levels develop the academic skills to pass the GED or FCAT test to obtain a high school diploma. Program Includes:

- Diagnostic/Post Testing
- Adult GED Program
- Under-Age GED Program (16 and 17 year olds)
- Individualized Learning Plans
- College Transitions Assistance
- Job Placement Assistance

GED Practice Test: Pre-GED students are required to take the GED Practice Test before they register to take the GED Test. Students are required to score 500 or above on all five subject areas of the GED practice test.

Life Skills Program: The Life Skills Program provides the skills as well as behaviors to help students lead successful, productive lives. Program Includes:

- Personal Development Skills
- Communication Skills
- Financial Literacy Skills
- Health Literacy Skills
- Computer Literacy Skills
- Social Service Counseling

Workforce Readiness Skills: Students learn pre-employment and work maturity skills to succeed in today's workplace. The program provides teacher-directed and computer-assisted instruction. Topics Include:

- Making Career Decisions
- Preparing a Resume
- Completing a Job Application
- Making Your Job Interview Count
- Completing Tasks Effectively
- Communicating at Work

Defined coverage areas:

Florida - Hillsborough County

5701 East Hillsborough Avenue, Suite 2220, Room 205
Tampa FL
33610 United States

[View map of this location](#)

Programs Temporarily Closed for Relocation

ADA compliant

Eligibility- Adults ages 16 & up

Eligibility: Adult: **Yes**; Teen: **Yes**; Female: **Yes**; Male: **Yes**;

Application Process- Call for assistance

Main- 813-527-9991

Email- ican_cec@yahoo.com

Westminster Academy

<http://www.wpcbrandon.org/westminster-academy>

Westminster Academy is a program at Westminster Presbyterian Church (PCA). It provides a pre-school program that encourages children by teaching the love of Jesus through words and actions, encouraging respect towards each other, and to benefit the parents of the church and community.

Philosophy

We believe each child is an individual created by God and therefore strive to provide an atmosphere of love and warmth that will enhance each child's spiritual, social, emotional, and cognitive needs. By providing age appropriate learning experiences, we strive to build a positive self-image for preschool age children. Our program provides a developmentally appropriate theme based curriculum. Chapel and library are offered weekly along with many special activities throughout the year.

Defined coverage areas:

Florida - Hillsborough County- Brandon

402 E. Lumsden Rd.
Brandon, FL 33511

[Click here for a map to Westminster](#)

Class days and time- See **Programs at this center**

Eligibility- See **Programs at this center**

Program Fees- A non-refundable registration fee of \$100.00 is due for the two-year, young threes and three-year classes.

Material fee:

Two -year class	\$100.00
Young three class	\$100.00
Three-year, three day class	\$150.00
Three-year, five day class	\$175.00

Monthly Tuition:

Two-year class	\$110.00
Young threes class	\$110.00
Three-year, three day class	\$170.00
Three-year, five day class	\$200.00

Application Process- Call for information

Programs at this center

Mother's Day Out: A flexible option available for parents who need to make appointments and run errands or would like their children one and two years of age to enjoy time spent playing with other children in a safe environment. It is currently offered Monday through Friday from 9:00 am – 12:30 pm. You need to sign-up in advance for the day(s) you would like to participate in the program. The fee is \$16.00 per day used.

Two-year preschool class: This class meets on Wednesday and Friday from 9:00 am – 12:30 pm. Children must be two by September 1st of the current school year.

Young Threes class: This class meets on Tuesday and Thursday from 9:00 am – 12:30 pm. Children must turn three between the months of September and December of the current school year.

Three-year preschool program: You have an option of three days (M-W-F) or five days a week from 9:00 am – 1:00 pm. Children must be three by September 1st of the current school year.

Four-year preschool classes: This is a five day program from 9:00 am – 1:00 pm and is a part of the Voluntary Pre-Kindergarten (VPK) program. Children must be four by September 1st of the current school year. **Hours covered by VPK are free.** There is a payment for time beyond the VPK hours. Call Anita Gillespie (813-684-3118) for more details.

Lunch Bunch: This is a new addition to our available programs. Children are welcome to stay after school until 3:00 pm. Our goal is to offer extended time to benefit the needs of parents. There are options of the number of days to attend.

Please contact Anita Gillespie at (813) 684-3118 for more information.

Church office- (813)689-6541

Email- office@wpcbrandon.org

EMPLOYMENT

Bureau of Rehabilitation and Reemployment Services

<http://www.rehabworks.org/index.cfm?fuseaction=submain.workerscomp>

The Bureau of Rehabilitation & Reemployment Services (BRRS) is a program within the Department of Education's Division of Vocational Rehabilitation. This program provides injured workers with the necessary reemployment services to return to suitable gainful employment

Defined coverage areas: Florida

9215 North Florida Avenue
Tampa FL
33612-7983 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- Injured workers

Application Process- Call for assistance

Fax- 813-930-7441

Main- 813-930-7443

Phone two- 813-930-7546

Phone three- 813-930-7672

Phone four- 813-930-7566

Email- loretta.laird@vr.fldoe.org

Goodwill Employment Services

<http://www.goodwill-suncoast.org>

Goodwill Industries-Suncoast is committed to assisting all people who experience barriers to employment, whether they are displaced workers or are disadvantaged or disabled. Through contracts with workforce boards in four counties, Goodwill-Suncoast helps thousands of people each year find and keep jobs and start careers via the services provided.

Employment Programs Offered Include:

- Goodwill's Supported Employment Program: Matches clients who are developmentally disabled with jobs and provides extensive, long-term job coaching. Services are available in Pinellas, Pasco and Hillsborough counties. For information about this service call (727) 523-1512, x1310, in Pinellas County, or call (888) 279-1988, x1310, in other counties. TDD (727) 579-1068.
- Goodwill's IMPACT Services: The IMPACT program* helps people who are experiencing difficulty obtaining or maintaining employment due to a disability, while providing businesses with ready-to-work applicants who are matched to job skills. The program offers vocational exploration, job search, on-the-job training by a job coach, and follow up for up to 90 days to ensure job retention. Services are available in Pinellas, Pasco and Hillsborough counties. For information about this service call (727) 523-1512, x1310, in Pinellas, Pasco and Hillsborough counties.
- Goodwill's Vocational Evaluation/Career Assessment and Planning: Services people in Pinellas, Hillsborough, Pasco, Hernando, Citrus, Marion and Highlands counties by providing diagnostic services aimed at determining the readiness of individuals for employment and training. In addition to making employment and training recommendations, Goodwill identifies community resources that could improve the quality of life for those who are unprepared for immediate placement in employment. For information about these services, call (727) 523-1512, x1370, in Pinellas County, or call (888) 279-1988, x1370, in other counties.
- Choices to Work: Provides short-term, light-duty work options for individuals recovering from on-the-job injuries. Participants are sponsored by a referring insurance company. This service is available in Hillsborough, Pinellas, Pasco and Polk counties through Suncoast Business Solutions. Call (727) 577-6411.
- Project Bridge: Helps youths overcome barriers to employment and prepares them for career paths, grooming a pipeline of skilled workers. Participants receive soft skills training and help to get jobs in high growth fields. The program serves teens already enrolled in programs at Goodwill and other partner agencies: Eckerd Youth Alternatives and Pinellas, Tampa and New Port Richey Marine Institutes. The Boys and Girls Clubs of the Suncoast and Tampa Bay are also key partners, providing employability skills classes for participants. Serving youth in Hillsborough, Pinellas and Pasco counties. Call (727) 523-1512, x1251.

Defined coverage areas:

Florida - Citrus County, Marion County, Pasco County, Polk County

10596 Gandy Boulevard
St. Petersburg, FL
33702 United States

[View map of this location](#)

8am-4:30pm Monday-Friday

ADA compliant

Eligibility- ADA compliant

Application Process- Call for information; Walk-ins welcome

Fax- 813-930-7577

Main- 727-523-1512

Phone 2- 888-279-1988

TTY- 727-579-1068

Job Corps Program- Tampa One Stop Center

<http://www.workforcetampa.com>

Job Corps is the nation's largest and most comprehensive residential education and job training program for economically disadvantaged at-risk youth, ages 16 through 24. Since 1964, the Job Corps program has provided more than 1.7 million disadvantaged young people with the integrated academic, vocational, and social skills training they need to gain independence. Training programs help to prepare young people for quality, long-term jobs or to further their education. Job Corps works for everyone. It works for the disadvantaged youth who attend the program, for communities where Job Corps centers are located, and for employers who hire Job Corps graduates. It also works for educators, including school and peer counselors, who refer candidates to Job Corps.

Defined coverage areas:

Florida - Hillsborough County

9215 North Florida Avenue
Tampa FL
33612 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- 16-24 years of age, low income, not currently enrolled in school

Program Fees- None

Application Process- Call or walk-in, orientation and application meeting

Fax- 855-503-2979

Main- 813-930-7418

Phone 2- 813-930-7400

WorkForce Brandon (now CareerSource Tampa Bay)

<http://www.careersourcetampabay.com>

Tampa Bay Workforce Alliance helps fill the talent pipeline with work-ready, experienced professionals - as well as entry-level job candidates to meet the human capital needs of business in the Tampa Bay region. More than 2,300 businesses annually access TBWA's wide range of workforce services. Nearly 100,000 job candidates visit our four career centers, making us the largest source of employment candidates in the area.

Our team of workforce professionals, along with our strong alliances with many local educational and business partners, delivers solutions to the recruitment, information and skills training/retraining and retention needs of the business community. When reorganization is necessary, we also work with your human resources department or outplacement agency to help ease the transition.

***Employment Candidate Services**

Employment Candidates have access to many services ranging from:

- >Fin. Asst. w/ GED, Certificates, etc.
- >Job search assistance
- >Career assessment
- >Skills training
- >Professional networking
- >Job referral
- >Informational seminars
- >Labor market information

Whether you are entering or re-entering the workforce, professional or entry level, we can help. Even if entering the workforce for the first time, Tampa Bay WorkForce Alliance can help you achieve your goals.

***Business Services**

Tampa Bay WorkForce Alliance is committed to providing a wide range of value-added workforce services to give your business an unfair advantage. Learn more about the many ways in which TBWA can work for you.

- >Recruitment solutions, including database of more than 100,000 local job candidates
- >Skills assessment and evaluation, including administration of tests
- >Comprehensive labor market statistics
- >Help in identifying valuable tax credits
- >Turnkey Business Center – teleconferencing, faxing, copying and wireless capabilities, targeted career fairs and mobile career center equipped with multiple (online) computers and on-site recruitment.
- >Business seminars on relevant workforce, legal/compliance or human resources topics

Defined coverage areas:

Florida - Hillsborough County

9350 Bay Plaza Boulevard
FL 33619

8am-5pm Monday-Friday

ADA compliant

Eligibility- Open

Application Process- Call

Fax- 813-740-4207

Main- 813-930-7832

Email- rbenton@workforcetampa.com

EMPLOYMENT FOR THOSE WITH DISABILITIES

Division of Vocational Rehabilitation

<http://www.rehabworks.org/index.cfm?fuseaction=Main.Main>

A statewide employment resource for businesses and people with disabilities. Our mission is to enable individuals with disabilities to obtain and keep employment.

Employment and increased independence for persons with disabilities. Eligible individuals will have an Individualized Plan of Employment based on needs and abilities.

Vocational Rehabilitation provides services for eligible persons who:

1. Have a physical, mental, or emotional impairment that interferes with employment
2. It can be determined that vocational rehabilitation services will benefit them in becoming employed or in keeping their job
3. Must require vocational rehabilitation services to prepare for, get, keep, or regain employment

Defined coverage areas:

Florida - Hernando County
Florida - Hillsborough County
Florida - Manatee County
Florida - Pasco County
Florida - Pinellas County
Florida - Sarasota County

1313 North Tampa Street
Tampa FL
33607-6200 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- Individual must have a mental, physical, or emotional disability that interferes with employment

Application Process- Contact the nearest office for appointment

Fax- 813-233-3648

Main- 813-233-3600

Email- riscoma@vr.doe.state.fl.us

Goodwill Employment Services

<http://www.goodwill-suncoast.org>

See description in "Employment".

FINANCIAL ASSISTANCE

Basic Financial Management- Family & Consumer Sciences Department

<http://hillsboroughfcs.ifas.ufl.edu/>

The Hillsborough County Extension provides practical, objective information to help people plan their financial future and reach their goals.

Classes:

Money Management

Get Checking

Tampa Bay Saves - Learn how to build wealth!

Classes and programs can be tailored to fit the needs of a variety of audiences.

Additional Information and Worksheets:

Developing Financial Goals

Budgeting

Net Worth Statement Instructions

Net Worth Statement Worksheet

Identity Theft

The Family and Consumer Sciences Department provides comprehensive education to Tampa and Hillsborough County residents in the areas of consumer education, human development, nutrition, health and food safety. Our professional educators strive to improve the quality and standards of personal and family life by providing high quality educational programs. These programs are intended to allow consumers to make sound personal and economic decisions and enjoy a healthy, productive, more fulfilling life. We offer a wide choice of topics.

Florida - Hillsborough County
5339 County Road 579 South
Seffner FL
33584 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- Open

Program fees- Call for more information

Application Process- Call or go online for information

Programs at this agency

[Parenting & Family Life- Family & Consumer Sciences](#)

Fax- 813-744-5776

Main- 813-744-5519

Email- tb1@ufl.edu

Genesis Financial Management, Inc.

<http://www.yourgfm.com/>

Genesis Financial Management, Inc. (GFM) provides non-profit debt management solutions designed to empower our clients with tools that eliminate their debt and significantly improve their financial future. GFM offers the following services:

Debt Management Program

A financial course of action that takes into account your debts and your unique personal financial situation, arranging a payment plan with each lender involved. Once enrolled in the program, you will send one easy consolidated payment to GFM each month and we will disburse the appropriate amounts to each creditor. In turn, the lenders are willing to help you with significantly lower interest rates and payment amounts - if for no other reason, because they know doing so will make it more likely that they will get paid.

Credit Management Program

Once you understand credit basics, it is time to learn how to build and maintain a superior credit profile that will maximize your opportunity to gain access to the very best finance terms available.

Mortgage Help

Need advice on mortgage loans? Before making any drastic decisions, you should seek expert advice. Once you have spoken with one of our counselors, we can refer you to one of our trusted, expert affiliates who will help you weigh your options and move forward on a solution for your mortgage debt that best fits your needs. Often, a coordinated approach that addresses your mortgage debt and your credit cards and other unsecured debt, can generate significant reductions in your total monthly payments. And remember, by taking action before things get even worse, mortgage loans do not have to become mortgage problems.

Financial Planning

At GFM, a successful financial plan starts with solid credit and debt counseling, consumer education and helping you to take control of your budget.

eLearning Center

At the e-Learning Center here at GFM, we believe in the power of information to help you get ahead and stay ahead! Whether it is helping to teach important debt reduction management skills or teaching budgets and personal financial planning through family credit counseling, our e-Learning Center offers something for everyone, no matter what walk of life or stage in life you are at financially. Consider it your one-stop source for tools, such as our free debt management workshops and classes, and knowledge that you can put to use right now when it comes to achieving your financial goals.

Defined coverage areas: Florida

12640 Telecom Dr
Tampa FL 33637 United States

[View map of this location](#)

8am-6mp Monday –Thursday; 8am-5pm Friday

Eligibility- Open

Application Process- Call for assistance

Fax- (866)866-7550
Main- 866) 467-1259

FOOD

Mount Olive Baptist Church (Metropolitan Ministries)

www.metromin.org

On-Site Hot Meals Lunch: 12:00pm-1:00pm Tuesday/Thursday

Defined coverage areas:

Florida - Hillsborough County

604 West Ball Street
Plant City FL
33567 United States

[View map of this location](#)

ADA compliant

Eligibility- Hungry

Application Process- Walk-up

Programs at this agency

[Compassion + Action](#)

[Bethel Temple](#)

[Center for Manifestation, The](#)

[Faith Cafe](#)

[First Baptist Church of College Hill](#)

[New Beginnings Mission](#)

[New Beginnings Tabernacle](#)

[New Destiny](#)

[Grace Family Church](#)

[Highland Avenue Church of Christ](#)

[New Beginnings of Tampa](#)

[Celebration Church \(formerly Northside Assembly of God\)](#)

[Taking It To The Streets](#)

[Truth Outreach Ministries](#)

Main- 813-209-1000

Email- Kathy.Myers@metromin.org

Operation Productive Endeavor (OPE)- Food Bank

www.opecinc.org

The Emergency Food Bank is a service provided by Operation Productive Endeavor and New Life Tabernacle, UPC. The Food Bank is here for you in times of emergency and is open to all. Please bring proper identification.

Defined coverage areas:

Florida - Hillsborough County

6912 Williams Road
Seffner FL
33584 United States

[View map of this location](#)

10am-4pm Wednesday-Friday

Located at New Life Tabernacle, UPC

Eligibility- Open to all. Must bring proper identification.

Program may be used at most 2 times every month(s)

Program Fees- None

Application Process- None

Documents Required- Driver's License/ FL ID

Normal Wait Times- 5-10 minutes

Main- 813-622-7151

Fax- 813-612-5432

Email- arronliford.opec@gmail.com

HOMELESS/TRANSITIONAL SERVICES

Cynthia Pinckney Ministries

<https://www.facebook.com/pages/Cynthia-Pinckney-Ministries-Inc/309023292480950>

Ministry to the homeless.

The mission of Cynthia Pinckney Ministries, Inc. is to meet the physical and spiritual needs of the homeless, hungry, needy and displaced children of God in our community.

Our Vision is to strengthen the weak and to seek the lost, while cultivating in others our belief that it is more blessed to give than to receive. All services we provide to those less fortunate are carried out with a Spirit of Excellence and Integrity to glorify God with true commitment and passion under the direction of His Holy Spirit.

Our Purpose is to encourage others to care for one another by edifying each other and showing love, humility, sympathy, empathy and compassion as we demonstrate the "Heart of a Servant" in everything we undertake.

♦We are to be the hands, feet and eyes of God, while exemplifying the Spirit of His Excellence with love, patience, humbleness and mercy.

♦We are doers of the Word and "our fruit" is evident throughout the community.

♦We believe in giving a hand-up, not just a hand-out to people in need. We believe that every man, woman, and child are to be treated with dignity and respect despite their economic status or the color of their skin.

♦We believe in the motto that "together" we can do more to meet the needs of those less fortunate.

"If the Lord delights in a man's way, he makes his steps firm; though he stumbles, he will not fall, for the Lord up-holds him with his hand". Psalm 37:23-24

Defined coverage areas:

Florida - Hillsborough County

Mailing Address

P.O. Box 1079

Seffner, FL. 33583

New Ministry Building

12008 Martin Luther King Blvd.

Seffner, FL. 33584

Map of location- See web site.

Sunday- 11am- Community service and lunch after for all attendees.

Monday and Friday- 10am- 3pm

Tuesday and Thursday- 9:30am- 2:30pm

Wednesday- Closed except for prayer from 12 noon- 1:30pm (all invited).

ADA Compliant

Eligibility- Displaced/homeless, needy and hungry.

Program Fees- None

Application Process- See "Contact Us" in the website or call the office.

Main- 813-684-0202

Phone 2- 813-431-8730

Email- cp@cynthiapinckneymministries.org

Outreach and Prevention Services (Metropolitan Ministries)

www.metromin.org/our-services

Outreach and Prevention Services: Hunger and homelessness erode the spirit and corrode the soul of a human being. Metropolitan Ministries provides help and hope for homeless and hungry people in their time of need through Outreach and Prevention Services. Outreach provides services to meet the immediate needs of homeless and hungry people living throughout the community and to help prevent homelessness from occurring.

- Food assistance on a limited basis - emergency food boxes or the Food Shopping experience. Food can be provided 3 times per year. Any additional requests are handled on a case by case basis and require a referral from an outside agency.
- Clothing voucher once a month for Metropolitan Ministries Thrift Store (located at 2101 N. Florida Avenue.)
- Disaster relief if household items have been destroyed by fire, flood, etc... Requires Red Cross referral
- Community resource and referral information for other services needed.

Offers employment resources, help with résumés, and job search assistance. Career source counselor are available twice per week.

NOTE: DOES NOT provide financial assistance or bus passes.

Defined coverage areas:

Florida - Hillsborough County

2301 North Tampa Street

Tampa FL

33602 United States

[View map of this location](#)

Walk-in intakes- Monday- Friday, 9am-5pm

ADA compliant

Eligibility- Poor & at-risk families & individuals; Photo ID and SS cards/copies for all household members, proof of residence. Requirements vary per service, please call for more information.

Application Process- Call or walk-in for more information

Fax- 813-209-1022

Main- 813-209-1044

Administrative Office- 813-209-1200

Email- info@metromin.org

HOUSING/HOUSING COUNSELING

CCCS- HUD Approved Housing Counseling

<http://www.credability.org/>

Consumer Credit Counseling Service provides:

- Home Equity Conversion Mortgage Counseling
- Homebuyer Education Programs
- Loss Mitigation
- Money Debt Management
- Mortgage Delinquency and Default Resolution Counseling
- Post-purchase Counseling
- Predatory Lending
- Pre-purchase Counseling
- Renters Assistance

Consumer Credit Counseling Service of Greater Atlanta is a full-service, nonprofit, financial counseling agency based in Atlanta, Georgia. We help financially-distressed people move from crisis to control by providing compassionate service and innovative and practical solutions. We see ourselves as a financial emergency room, creating hope and inspiring lasting change. Counseling is provided 24 hours a day in all 50 states over the telephone and internet in both English and Spanish. We also offer in-person counseling at 30 offices in Georgia, Florida, Mississippi and Tennessee.

Defined coverage areas:

Florida - Hillsborough County – Tampa

5421 Beaumont Center Blvd. Suite 600
Tampa FL
33634 United States

Business Hours: 8am-5pm Monday-Friday

Eligibility- Open

Program Fees- Call for information

Application Process- Call for information

Main- 800-251-2227

Email- cccscounselor@cccsfl.org

Housing and Education Alliance- HUD Approved Housing Counseling

<http://www.myhomeamerica.org/>

- Fair Housing Assistance
- Homebuyer Education Programs
- Loss Mitigation
- Money Debt Management
- Mortgage Delinquency and Default Resolution Counseling
- Pre-purchase Counseling
- Predatory Lending
- HEA also has a Homeownership Retention Club for distressed homebuyers facing foreclosure

The Housing & Education Alliance (HEA) provides monthly homebuyer education classes in both English and Spanish in various locations throughout the Tampa Bay area. The Housing and Education Alliance certifies First Time Home Buyers attendance at the 8 hour class which is part of the educational requirement of both Hillsborough County and the City of Tampa's Down Payment Assistance Program. As a HUD Certified Housing Counseling Agency, our Curriculum is held to a higher standard. Additionally, HEA endorses the Goals & Objectives outlined by The National Industry Standards for Homeownership Education & Counseling which is a set of guidelines for quality homeownership education and counseling services.

Class Topics include

Pre-purchase Component:

- Creating a Budget
- Understanding Credit and reading a credit report
- Repairing bruised credit
- Web resources for the consumer (Credit and Mortgages)
- Mortgages, working with a lender and the mortgage process
- Understanding mortgage terms and conditions
- Working with a Realtor®
- Selecting the house you want to buy
- Closing on the loan, reading a HUD-1

Post-Purchase Component:

- What happens after you close.
- Foreclosure Prevention, Planning for the Unexpected.
- Home maintenance tips and minor repairs.
- When to hire a contractor.

Defined coverage areas:

Florida - Hillsborough County

550 North Reo Street Suite 300
Tampa FL 33609 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- Open

Application Process- Call for assistance

Main- 813) 932-4660

Email- info@myhomeamerica.org

LEGAL ASSISTANCE

Bay Area Legal Services, Inc.

<http://www.bals.org>

The staff at Bay Area Legal Services provides free counseling and representation for low income residents of Hillsborough and Pasco Counties for civil legal problems including the following areas: Landlord/tenant, real property/housing, public benefits, social security, employment, family law, divorce, domestic violence injunction, custody, senior advocacy, income maintenance (Representation to appeal the denial or termination of Social Security, Medicaid, SSI disability, and food stamps), Consumer Law (Representation for the poor and the elderly who are susceptible to credit problems, consumer fraud, loss of a home, or foreclosure of a mortgage or construction lien), and the Ryan White Legal Outreach Program for HIV/AIDS related legal issues. Low Income Taxpayer Clinic- Typical Tax Problems Need of Legal Advice, Request for Documentation, Denials of Credit, Demands for additional payment, Liens and Levies, Examinations, and/or Audits.

Our Mission...

Bay Area Legal Services is a nonprofit public interest law firm. Our commitment is to provide quality civil legal services to individuals and nonprofit community groups whose circumstances limit their access to legal assistance. We pledge to help our clients prevent and solve problems so that they will have a chance for a more self-reliant life.

As of January 1, 2004, Bay Area Legal Services, Inc. (Bay Area), assumed responsibility for serving low-income clients in the five county region comprised of Hillsborough, Pasco, Pinellas, Manatee and Sarasota Counties.

Bay area will continue to provide a complete range of legal services to eligible clients in Hillsborough and Pasco counties. Additionally, Bay Area will provide eligibility screening, legal advice and referrals by phone to clients living in Pinellas, Manatee and Sarasota Counties. In most cases, eligible clients requiring more than legal advice will be referred to our regional partners: Gulfcoast Legal Services, The Community Law Program and Legal Aid of Manasota.

Defined coverage areas:

Florida – Hillsborough, Manatee, Pasco, Pinellas, Sarasota Counties

1302 North 19th Street Suite 400
Tampa FL
33605-5230 United States

[View map of this location](#)

8:30am-5pm Monday-Friday

ADA compliant

Eligibility- Must meet income eligibility and have problem they handle. You must be a Hillsborough or Pasco County resident or a community non-profit group. In most cases, you must meet financial eligibility guidelines and be a U.S. citizen or documented legal resident. However, different eligibility guidelines may apply for persons 60 or older, HIV+, victims of spouse abuse, and other special programs.

Program Fees- Based on income eligibility- All services are pro bono

Application Process- Appointment necessary to see attorney

Toll Free- 800-625-2257

Main- 813-232-1343
Fax- 813-232-1403
Email- jboles@bals.org

Hillsborough County Bar Association Lawyer Referral Service

<http://www.hillsbar.com>

HCBA Lawyer Referral Service responds to requests from the public seeking legal assistance and provides information about the availability of legal services which will aid in the selection of a lawyer. This service refers potential clients to attorneys serving on the LRS panels. The LRS refers the public to governmental agencies when a non-legal solution is advisable, works closely with other legal services in the community, and networks with other lawyer referral services locally and nationally.

Defined coverage areas:

Florida - Hillsborough County

1610 North Tampa Street
Tampa FL
33602 United States

[View map of this location](#)

8:30am-12pm; 1pm-4pm Monday-Friday

Non handicapped accessible facility

Eligibility- Open

Program Fees- \$50 attorney fee for 30 minute consult

Application Process- They are given name & number of attorney and then forward with referral. No walk ins, referral done by phone only

Fax- 813-221-7778

Main- 813-221-7780

MEDICAL/DENTAL SERVICES

Brandon Outreach Clinic

<http://brandonoutreachclinic.com/>

Free medical care and pharmacy services provided to those without insurance and who meet financial qualifications. By appointment only- No walk-ins accepted. Emergencies go to hospital.

What services are available?

- >Diagnostic and primary medical care.
- >Diagnostic and primary dental care.
- >Pediatric care.
- >Consultation by physician specialists
- >Medication
- >Social services - resources and referrals

Defined coverage areas:

Florida - Hillsborough County – Brandon

517 North Parsons Avenue
Brandon FL
33510 United States

[View map of this location](#)

Closed Fridays and Weekends

Mon: 8:30am 4pm
Tue: 8:30am 4pm
Wed: 1pm 7pm
Thu: 8:30am 4pm

ADA compliant

Eligibility- No insurance & meet financial qualifications

Program fees- Donations

Application Process- Call for an appointment; NO walk-ins

Fax- (813) 653-4155

Main- (813) 654-1388

HealthEase

<http://www.wellcare.com/HealthPlans/Florida/HealthEase/Home.aspx>

HealthEase is the plan that gives you all of your Medicaid benefits and much more, like adult vision services, basic adult dental care, and adult hearing services. Even better, you'll never have to worry again about finding a doctor who takes Medicaid. You have the freedom to choose your personal doctor from our network of experienced physicians, pediatricians and internists. You make your own appointments. And best of all, you don't pay a penny more out of your pocket for this convenient care. HealthEase offers more features, more freedom:

- >No co-pay ever
- >Large network of private doctors PLUS inpatient and outpatient hospital services
- >Maternity care, prenatal medical services and well-baby and well-child care
- >Unlimited generic prescription drugs and home delivery for non-prescription items
- >More benefits like dental, vision and hearing care
- >24-hour Nurse Hotline to answer medical questions
- >\$10 value for over-the-counter health supplies, one time each month

Defined coverage areas:

Florida - Hillsborough County

P.O. Box 31372
Tampa FL
33631-3372 United States

[View map of this location](#)

8am-6pm Monday-Friday

ADA compliant

Eligibility- Adults with low income

Application Process- Call for information

Main- 800-278-0656

HealthEase Healthy Kids

http://www.wellcare.com/medicaid/florida_healtheasehealthykids

Since 1994, HealthEase Kids has provided affordable health coverage to children in communities across the state. Our select group of doctors, hospitals and other providers are committed to helping you manage your child's healthcare. With HealthEase Kids, there's no cost for extra benefits like over-the-counter vitamins, medicines and health supplies, wellness programs and visits to your primary care physician for your child.

Choose more benefits to help your child stay healthy:

- Free primary care doctor office visits
- Free first aid and personal care items (up to \$10 each month) delivered to your home
- Prescription medications for \$5
- Free well-child care
- Free annual/school physicals
- Free immunizations
- Free 24-hour emergency care
- Free personal health advisor available 24/7

Defined coverage areas:

Florida - Hillsborough County

P.O. Box 31372
Tampa FL
33631 United States

[View map of this location](#)

8am-6pm Monday-Friday

Eligibility- Children

Application Process- Call for information

Main- 800-278-8178

Staywell

<http://www.wellcare.com/HealthPlans/Florida/Staywell/Home.aspx>

Staywell is available for those eligible to participate in Florida's Medicaid programs. It's the plan that gives you all of your Medicaid benefits but even more, like adult vision, dental and hearing services—plus annual physicals, travel coverage and family planning. The most invaluable benefit is that you pick your own personal Staywell doctor from a network of experienced physicians, pediatricians and internists. Best of all, these added benefits come at no extra cost to you.

More reasons to make Staywell your Medicaid option:

- >More benefits like dental, vision and hearing care
- >Unlimited doctor visits with no co-pay
- >Large network of private doctors plus unlimited outpatient hospital services
- >Family Planning Services including birth control and counseling
- >Unlimited generic prescription drugs and home delivery for non-prescription items
- >24-hour Nurse Hotline to answer medical questions
- >\$10 value for over-the-counter health supplies, one time each month

Defined coverage areas:

Florida - Hillsborough County

P.O. Box 31372
Tampa FL
33631-3372 United States

[View map of this location](#)

8am-6pm Monday-Friday

ADA compliant

Eligibility- Open

Application Process- Call for information

Main- 866-334-7927

Staywell Healthy Kids

<http://www.wellcare.com/HealthPlans/Florida/StaywellHealthyKids/Home.aspx>

Since 1994, Staywell Healthy Kids has provided affordable health coverage to children in our communities across the state. Our select group of doctors, hospitals and other providers are committed to helping you manage your child's healthcare. With Staywell Healthy Kids, there's no cost for extra benefits like over-the-counter vitamins, medicines and health supplies; wellness programs and visits to your primary care physician for well child care.

Choose more benefits to help your child stay well:

- >Free first aid and personal care items (up to \$10 each month) delivered to your home
- >Prescription medications for \$5
- >Free well-child care
- >Free annual/school physicals
- >Free immunizations
- >Free 24-hour emergency care
- >Free personal health advisor available 24/7

Defined coverage areas:

Florida - Hillsborough County

P.O. Box 31372
Tampa FL
33631-3372 United States

[View map of this location](#)

8am-6pm Monday-Friday

ADA compliant

Eligibility- Children

Application Process- Call for information

Main- 866-698-5437

TTY- 877-247-6272

MULTIPLE SERVICES

2-1-1 Crisis Center

<http://www.211atyourfingertips.org>

Crisis Center of Tampa Bay, the 2-1-1 provider for Hillsborough County, offers hope, help, and healing 24-hours-a-day, 7 days-a-week. 2-1-1 is the community's gateway to health and human services and makes it possible for people to navigate the complex and ever growing maze of human service programs and agencies. Professionally trained and nationally certified staff and volunteers provide immediate and confidential crisis intervention, facilitative and problem solving counseling, advocacy, and comprehensive health and human services information and referral. Hotlines operated by 2-1-1 are: Suicide and Crisis Hotline, Rape Hotline, Statewide Substance Abuse Hotline, Homeless Hotline, Hunger Hotline, Parenting Hotline, TeenLink Information Helpline, ParentLink Information Helpline, Kids' Behavioral Helpline, SkywayLink Hotline, Abandoned Baby Hotline, and Information and Referral Services.

Defined coverage areas:

Florida - Hillsborough County

One Crisis Center Plaza
Tampa FL
33613-1238 United States

[View map of this location](#)

Hours of operation- 24/7

ADA compliant

Eligibility- Open

Program Fees- None

Application Process- Call for assistance

Fax- 813-964-1564

Main- 2-1-1

Phone 2- 813-234-1234

TTY- 813-969-4944

Email- cdonish@crisiscenter.com

Division of Health & Social Services

<http://www.hillsboroughcounty.org/>

The Division of Social Services provides the initial assessment and eligibility determination of county residents for services provided by the Department of Health & Social Services. Assessments are made from a case management standpoint to include all pertinent factors to assist the client in achieving their greatest level of self-sufficiency. Social Services focuses on the holistic needs of the client. Social workers assist clients in becoming self-sufficient, obtaining a job or receiving training to obtain a better job so that they can meet their goals. Financial assistance can be provided on a very limited basis to assist in crisis situations. Ongoing financial assistance is usually not provided to clients except those meeting specific departmental criteria.

The Division of Social Services has five major intake offices, Neighborhood Service Centers, each with satellite sites. In addition, the division is responsible for the summer food program, Community Action Program and the Homeless Recovery Program.

Defined coverage areas:

Florida - Hillsborough County

601 East Kennedy Boulevard
Tampa FL
33601 United States

8am-5pm Monday-Friday

ADA compliant

Eligibility- 100% of poverty guidelines

Application Process- Appointments & triage of new clients

Fax- 813-276-2865

Main- 813-272-5555

Email- Info@HillsboroughCounty.ORG

Emergency Care Help Organization- ECHO

www.echofl.org

We provide clothing, household items and food for people in emergency situations. We also provide Bedding and Kitchen supplies for families burned out by fire.

The Emergency Care Help Organization was started by the Brandon Ministerial Association in 1987 as a way to provide food and clothing to those in need of Short Term assistance in the Brandon Area. In 1992, ECHO was chartered as a separate non-profit corporation in the state of Florida and received its 501(c)3 status shortly thereafter. Clients are referred to ECHO by DCFS (Department of Children and Family Services),

local churches, schools, and related organizations. Governed by a 15 person board of directors, which meets monthly, and staffed by volunteers, ECHO's primary means of support comes from the generosity of the community, including local civic organizations, churches, businesses and citizens. No funding is received from any local, state or federal funding agency. ECHO is open Monday - Friday From 9:00 - 11:30 pm. ECHO's policy is to treat each person with respect, dignity and compassion. Our goal is to help each person in their emergency and to foster self-reliance and help towards personal independence regardless of race, sex, national origin or creed. A representative of ECHO is available to speak on the needs of ECHO and how your organization can help.

You can help by donating items or volunteering your time. Here are some items that we need.

- Non-perishable food (ie: Mayonnaise, Flour, Sugar, Peanut Butter, Dried Beans, Jelly, Spaghetti Sauce)
- Stuffing, Cranberry Sauce, Gravy
- Carnation Good Start Formula, Baby Food
- Personal care items - soap, toothbrushes, toothpaste, combs, brushes, feminine hygiene items
- Warm Blankets, Coats, Sweaters
- Small household items - toasters, pans, pots, bakeware, plates, cups, saucers, silverware, sheet sets blankets, towels, washcloths, dishcloths, dishtowels, pot holders
- Diapers Sizes 4 & 5

How is ECHO funded?

Many people ask us.. "How is ECHO funded?" ECHO is funded solely by donations and funds raised during our yearly fundraisers. ECHO does not receive any government or United Way funding.

Defined coverage areas:

Florida - Hillsborough County – Brandon

507 North Parsons Avenue
Brandon FL 33511 United States

[View map of this location](#)

9am-11:30 Monday-Friday

Client must live in one of the qualifying ZIP Codes: 33510, 33511, 33527, 33547, 33569, 33578 33579, 33584,33592, 33596, 33594, 33610, and 33619 also client must bring in proof of ID, Proof of Residents, and Social Security cards for each member of the family.

Application Process- Walk in: Need referral, social security card, picture ID, & proof of address

Fax- 813-685-7535

Main- 813-685-0935

Email- sharmaine@echofl.org

Metropolitan Ministries

www.metromin.org

For over 40 years, with generous and loving community support, Metropolitan Ministries has been here to help. We offer a range of programs uniquely structured to help families and individuals face challenges with food, housing, children, life skills and services. From emergency assistance to custom tailored residential programs that tackle a family's issues with poverty and homelessness, Metropolitan Ministries stands ready to help.

Metropolitan Ministries Compassion + Action Partner Meal Sites

-Click the link above for a handy reference guide for allied:

- Hot Meals with mealtimes!
- Food Pantries
- Clothes Closets
- Showers
- Haircuts
- Community Resource Counseling
- Recovery Programs
- Emergency Shelters

2002 North Florida Avenue
Tampa FL 33602

[View map of this location](#)

9am-5pm Monday-Friday; Excluding holidays

Fax- 813-209-1080

Main- 813-209-1000

Email- info@metromin.org

Licensed Accreditation- Daycare Center

Salvation Army- Family Services Program

<http://www.salvationarmy.com>

Our Family Services Department aims to prevent people from being forced into homelessness due to unpredictable and unforeseen events. Each client is given individual attention during the process of intake, evaluation, and case management. After an assessment of need, family qualifications and program requirements, assistance may be provided in areas including:

- Payment of utility bills (water, gas, electric)
- Rent or mortgage assistance
- Food boxes
- Counseling
- Referrals and case management
- ACCESS Services (TANF, SNAP, Medicaid)

When appropriate, referrals are given to other agencies that may better serve the client's needs (such as food stamps, employment resources and housing services).

Through support from the community, our Family Services department also provides seasonal assistance to needy families throughout Hillsborough County, including:

- School supplies for children and teens
- An opportunity to spend a week at summer camp
- Holiday food boxes at Thanksgiving and Christmas *Typically registration for Holiday assistance is from end of September through mid-October each year.
- Christmas gifts for children and teens through the Adopt-A-Child & Angel Tree programs

Defined coverage areas:

Florida - Hillsborough County

1603 North Florida Avenue
Tampa FL
33602 United States

[View map of this location](#)

8:30am-4:30pm Monday-Friday / Clients must call on Monday at 8 am to set an appointment for that week (M-F- 9am, 3pm).

ADA compliant

Eligibility- Families residing in Tampa or Hillsborough County, with a steady income, ID, proof of income/expense, or proof of government assistance (SNAP, SSI, TANF, etc.). Clients must have experienced a hardship within the last 30 days.

Application Process- Call for information

Fax- (813) 849-0926

Main- (813) 386-0539

Agency Switchboard- 813-226-0055

Women's Resource Center of Tampa

<http://www.wrctampa.org/>

About Women's Resource Center of Tampa

The Women's Resource Center of Tampa provides individualized services to families, single parents, individuals, elderly, disabled, veterans and the homeless.

Since 2003, the Women's Resource Center of Tampa has been a faith based, not for profit organization dedicated to providing services that encourage, support and assist individuals and families to meet their basic needs. Founded by a group of women who themselves had overcome personal struggles, the Women's Resource Center is a place where individuals and families in crisis find respect, hope and the support they need to change their lives.

We change lives and restore hope by working one on one with each individual to identify and address their needs for emergency food, clothes, housing, employment, transportation, training and access to available resources. Once the family is stable, the Women's Resource Center of Tampa continues as a supporting coach assisting the family to develop and achieve their long term goals.

Over \$30,000 in emergency financial assistance was provided for food cards, bus passes, car repairs, utilities or rent. We also assisted families in filing for disability benefits and provided donated vehicles to single parent mothers. Training classes were provided to assist in developing life skills like budgeting, child support enforcement and other legal issues, employment assistance and cooking on a budget.

Mission:

The Women's Resource Center of Tampa provides resources, education and case management in support of families who are experiencing difficulties.

Vision:

Our passion is to impact the epidemic of deteriorating families by working to reduce addictions, child abuse, domestic violence, homelessness and loneliness.

1017 Kingsway Road
Brandon, FL 33510

9am-5pm- Monday- Thursday

Eligibility- Families with needs for emergency food, clothes, housing, employment, training and access to available resources.

Application Process- Call for information.

Programs at this agency

Our Services

Where do you go when you don't know what to do? When there are no funds to buy food or pay the rent? When you are the victim of a violent crime and have to leave your home and job? When you need to apply for services online and have no knowledge of computers? When your children are sleeping in the car? When you are 18, fresh out of foster care and on your own?

The Women's Resource Center of Tampa is a place where people come to find respect, hope and a personal coach that will help them by providing emergency assistance and in connecting them with available resources.

Working with Families

We change lives and restore hope by working one on one with individuals and families that are experiencing difficulties to identify and address their needs for emergency food, clothes, housing, employment, training and access to available resources. Once the family is stable, the Women's Resource Center of Tampa continues to partner with families as a supporting coach as they develop and achieve their long-term goals for stability.

Health Care

The Women's Resource Center of Tampa shares information on available health care resources. Computers and personal assistance are available to help families in applying for Medicaid.

Food Program

The Women's Resource Center of Tampa provides emergency food assistance to families and partners with other community organizations to assist families in obtaining food. Computers and personal assistance are available to help families in applying for Food Stamps. Food, Nutrition and Healthy Life Styles classes are offered each Tuesday at 10 am.

Employment

Personal coaching, classes and referrals to community resources are available at the Women's Resource Center of Tampa to assist individuals in their job search.

Main- 813.661.3696 x242

Fax- 813.661.8623

Email- info@wrctampa.org

PRESCRIPTION DRUGS

PLEASE NOTE- The companies listed here offer free cards for someone to receive a reduction on their prescription costs. I have talked to some of the major pharmacies around here and the common consensus is that you would normally realize approximately 10-15% in savings off of brand-name drugs. Since generic drugs are cheaper, I'm not sure how much would be saved on top of the already lower price. Also, **Walmart** and **Publix** have a number of brand-name drugs with low or no cost.

Community Assistance Program (CAP)

http://canprogram.com/php_files/standard/user_home/user_home.php?home=yes&tm=main&item=home&site=

Who we are

Welcome to the Community Assistance Program (CAP). We are an organization set up to help the uninsured and the underinsured in your community. Our CAP coordinators meet with community leaders, social service agencies, unemployment offices, churches clinics, hospitals and others who help people save money on necessary services.

Our outreach program was created by National Benefit Builders Inc of Florham Park, NJ. NBBi is a for-profit leader in the discount medical business and because of the work they do they are able to provide free discount prescription cards and will supply CAP with as many free cards as we can distribute to people who need help paying for prescription drugs. The card we distribute saves on average 55% on generics and 15% on brand-name drugs. It can be the difference between someone in need filling a prescription or doing without.

The web site has a **Drug Pricing and Pharmacy Lookup** site

What prescription medications are covered under this program? All FDA approved brand and generic prescription medications are covered.

Statement from NBBi (National Benefit Builders, Inc.)

Community Assistance Program is an outreach program of National Benefit Builders Inc. It was set up in response to the many requests NBBi gets for assistance to the needy. NBBi is a for-profit company, established in 1994, with an A+ rating from the Better Business Bureau. They provide discount health, dental, vision and prescription products to the general public. It has become well-known that NBBi offers free discount RX cards and rather than having the staff at NBBi fielding questions and sending out these cards, Community Assistance Program was established just to take care of these requests, and to distribute the discount cards to as many needy people as possible. All CAP does is distribute free cards, answer questions about how to use them, help people compare drug prices if they don't have internet access, and help find people the pharmacies with the best prices on the RX they need. Also CAP chooses several large organizations per year that it assists in fundraising using the RX cards. CAP never charges for any of these outreach services.

Defined coverage areas:

Florida - Hillsborough County – Tampa

National Benefit Builders inc.
25B Hanover Road
Florham Park, NJ 07932

Eligibility- Any individual with limited or no prescription drug coverage

Program Fees- None

Application Process- Click on website

United States Prescription Discounts

<http://www.uspharmacydiscountcard.com/>

About Us

Over 400,000 healthcare providers currently participate in this pharmacy discount program, which has helped over 2 million patients save over \$200 million to date on their prescriptions.

This free pharmacy discount program, courtesy of the United States Prescription Discounts, saves patients up to 75% (and an average of 47%) on out-of-network prescriptions medications and non-prescription injections.

Our program benefits patients who are uninsured, underinsured, in the Medicare "donut hole," or purchasing a prescription not covered by their insurer's formulary. With **discounts on every FDA-approved prescription medication** at pharmacies everywhere, we are helping people afford the prescriptions they need to stay healthy.

This program is free

It covers every FDA-approved prescription medication and non-prescription injections at over 50,000 pharmacies in the U.S. You will never be charged for this program - guaranteed.

It is pre-activated and easy-to-use

There are no registration or enrollment forms - now or never. Simply hand the card with your prescription to your pharmacist and the discounts will be automatically applied. Covered medications are always eligible for a discount, for both first-time prescriptions and refills. Discounts never expire.

It is beneficial to anyone paying out-of-network prices

The program is ideal for uninsured, underinsured, or those patients who have reached the Medicare gap and do not expect to exceed their deductible. There are no pre-existing condition exclusions or other carve-outs. No one can be denied because of age, medical history, residency status or frequency of use.

If you have any questions, or would like more information call our toll-free number 1-877-207-6785, 24 hours a day, 7 days a week.

Defined coverage areas:

Florida - Hillsborough County

5614 Connecticut Avenue NW #526
Washington, D.C. 20015-2604

24 hours a day, 7 days a week

Eligibility- For uninsured, underinsured, or those patients who have reached the Medicare gap and do not expect to exceed their deductible

Program Fees- None

Application Process- See the website to receive cards in the mail or to print out a card for immediate use

Main- 1-877-207-6785

FamilyWize

www.familywize.org

PRESCRIPTION DRUG SAVINGS PROGRAM

IT'S FREE:

This is a free resource from the FamilyWize community service partnership. Use this FamilyWize card to start saving money on your prescription drugs today.

IT'S EASY:

Simply present your card and prescription to a participating pharmacy to obtain the discounted price. You always receive the lower of the discounted price or pharmacy's retail price. Visit website to locate a participating pharmacy.

HOW MUCH YOU SAVE:

This card can save you and your family an average of up to 30% or more on 8 out of 10 prescriptions. Visit website to see the discounted price of medications using this card.

NO RESTRICTIONS:

Use your card as often as you need, for any prescription, for everyone in your family. There is no income limit, age requirement, eligibility or registration required.

\$170 MILLION IN SAVINGS to Date:

The goal of this community partnership is to reduce the cost of medicine for children, families and individuals with no prescription drug coverage by \$1 Billion by 2015. FamilyWize cards are being distributed free of charge nationwide by participating United Ways, community and faith-based organizations, county agencies, doctors, businesses, some pharmacies, and individuals like you. The discounts and savings are provided voluntarily by the more than 53,000 participating pharmacies that have agreed to accept this card. Please remember to thank your pharmacy for its participation and those helping to give out the cards for the difference they are making for you, your family and your community.

HOW YOU CAN HELP:

Did you know that more than one out every five people in the United States has no prescription drug coverage? Please email your friends, family members, co-workers, and members of groups you know a link to this website, place a link to this site on your websites and web pages, and print cards for the people you know that do not have Internet access. And please click on the Volunteer Center in the website to get cards and flyers to distribute in your area. Together, we can make a difference! THANK YOU!

THIS IS NOT HEALTH INSURANCE:

Discounts are provided by and available only at participating pharmacies.

Defined coverage areas:

Florida - Hillsborough County – Tampa

8am-5pm Monday-Friday

Eligibility- There is no income limit, age requirement, eligibility or registration required. This program can be used for those without prescription drug coverage, to obtain savings on prescription drugs that are excluded by your insurance plan or are not covered because you have exceeded your insurance plan's maximum limits.

Program Fees- None

Application Process- Visit website to print out card.

Email- info@familywize.org

SENIOR SERVICES

Brandon Senior Center

<http://www.hillsboroughcounty.org/index.aspx?NID=2134>

Senior Centers & Senior Adult Day Care

Senior Centers

Background:

Hillsborough County provides opportunities for persons age 60 and older to participate in a variety of activities, field trips, educational activities and congregate noon meals at eight neighborhood Senior Centers (see list of locations below).

Who Is Eligible:

The Centers are open to Hillsborough County residents age 60 and over.

Services Provided Include:

Various activities, field trips, educational activities and congregate noon meals are available. The centers are part of the Computers for Seniors Program, and have computers available for use and provide computer training to Seniors. The Centers also have rooms available that can be scheduled for Senior interest groups and classes.

Senior Adult Day Care collocated at the Senior Center

Background:

The Senior Adult Day Care Program offers comprehensive health, social, supportive and therapeutic services for seniors and functionally impaired adults in a community-based setting. These services provide a safe and supportive environment, a respite for the caregiver, and can delay premature nursing home placement and home care. Licensed by the State of Florida Agency of Health Care Administration, the program has been serving residents of Hillsborough County since October 1, 1976.

Who Should Be Referred:

Seniors who are experiencing a decrease in physical, mental or social functioning are eligible. Appropriate diagnoses may include physical problems or Alzheimer's disease-related dementias. Adult Day Care is particularly appropriate for those families who want their loved ones to remain at home as long as possible but are having trouble providing their care. The program provides opportunities for individuals to maintain or improve their functional abilities in a supervised, structured environment, which reduces isolation, enhances self-esteem and maximizes their potential.

Services Provided Include:

Through an interdisciplinary team approach, Adult Day Care participants receive social work counseling; information and referral; assistance with medication administration; health monitoring and counseling by nurses and other essential services by professional staff; meals, snacks and nutrition counseling; and therapeutic activities. Adult Day Care participants enjoy a broad range of educational, social, health, and recreational activities each day depending on each individual's need and functioning level. Activities include guest speakers, exercise, arts and crafts, games, poetry reading/writing, current events, intergenerational activities, music, dancing, birthday and holiday parties. Small group therapies offer reminiscence, reality orientation, validation therapy and other ability/level-specific games, crafts and activities for those with Alzheimer's disease and other dementias.

Defined coverage areas:

Florida - Hillsborough County

612 North Parsons Avenue

Brandon FL

33510 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- Senior Center: Seniors 60 & older. Adult Day Care: Seniors who are experiencing a decrease in physical, mental or social functioning are eligible.

Program fees- Call for information

Application Process- Call for assistance

Main- 813-635-8064

Elder Justice Center

www.fljud13.org/CourtPrograms/ElderJusticeCenter.aspx

The Elder Justice Center (EJC) is a court program serving seniors age 60 or over, who are residents of Hillsborough County, Florida. The mission is to remove the barriers and enhance the linkages between seniors and the court system, as well as with legal and social services. The EJC is located within the courthouse and serves, in part, as a resource library for services available to seniors in our community. The EJC offers public education on various topics, including elder abuse, avoiding victimization and guardianship. EJC staff members assist seniors by making

Defined coverage areas:

Florida - Hillsborough County

800 East Twiggs Street
Tampa FL 33602 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility- Seniors sixty (60) or older who are involved in the court system because of guardianship, criminal, family or other civil matters.

Application Process- Call or walk-in

Fax- 813-301-3701

Main- 813-276-2726

Email- publicinfo@fljud13.org

UTILITY ASSISTANCE

Tampa Electric Company (TECO)

<http://www.tampaelectric.com/>

Tampa Electric has programs to assist those in need, to provide payment support and resource information for assistance in other needs:

Program at this agency:

Medical Watch

Medical Watch is a notification program that identifies Tampa Electric customers who have been certified by their Florida-licensed physician as dependent upon electricity-powered life support equipment. Tampa Electric representatives will notify these customers when disconnection of electric service is required for non-payment of an electric bill; or when planned service interruptions must occur for power line equipment maintenance. For more information, contact Tampa Electric at **(813) 225-5051** (Hillsborough County), **(863) 298-6051** (Polk County), or **1-888-223-0800** (all other counties and out-of-state).

Download the [Medical Watch](#)  insert.

Payment Support:

Understanding Your Electric Bill

Learn more about [your electric bill](#).

Levelized Payment Plan

Our [Levelized Payment Plan](#) can help even out the "peaks and valleys" of your electric bill.

Request a Payment Arrangement

Having trouble paying your electric bill on time? We may be able to offer a [payment arrangement](#).

62+ Plan

Are you a senior on fixed income? Our [62+ Plan](#) program can help you keep your electric account in good standing.

Payment Assistance:

If you or someone you are caring for needs advice or financial assistance with their electric bills, the following organizations may be able to help.

Florida 2-1-1 Network

2-1-1 connects you with trained and [supportive professionals who can provide assistance](#) and more information about public and private health and human services.

Tampa Electric Share

[Share](#), a program co-sponsored by Tampa Electric and the Salvation Army, helps pay basic home energy expenses for customers who qualify. The Salvation Army determines eligibility.

Home Energy Assistance Program (LIHEAP)

Low Income [Home Energy Assistance Program](#)  assists low income households in meeting immediate home energy needs.

Emergency Home Energy Assistance for the Elderly Program (EHEAP)

The [Emergency Home Energy Assistance for the Elderly Program](#) assists low-income households, with at least one person age 60 and older, when the households are experiencing a home energy crisis.

FEMA - Emergency Food and Shelter Program (EFSP)

The [Emergency Food and Shelter Program](#) was created by Congress to help meet the needs of hungry and homeless people throughout the United States and its territories by allocating federal funds for the provision of food and shelter.

Where to Find Help in Florida

This publication provides an overview of the Florida Public Service Commission and an [explanation of assistance available](#)  to consumers for utility-related issues. It also includes general information about the state's electric and gas utilities and helpful conservation tips.

TTY for the hearing-impaired

The Customer Care Department is equipped with a TTY device (special text telephone equipment for customers with hearing and/or speech disabilities). Customers requesting this service can call (TTY only) **(813) 228-4613**.

Special Needs Registry

In addition to Tampa Electric's Medical Watch program, we encourage our special-needs customers to pre-register with their county's response team that provides aid to persons who require special assistance during evacuations and sheltering because of physical, mental or sensory disabilities.

For more information, please call the special-needs registry in your area:

(813) 272-5900 (Hillsborough County)

(863) 534-5600 (Polk County)

(727) 847-8959 (Pasco County)

(727) 464-3800 (Pinellas County)

VETERAN SERVICES- GENERAL

Office of Veterans Affairs- Main Office

<http://www.hillsboroughcounty.org/veteransaffairs/>

Available Services

- Assist veterans, their dependents and survivors with applying for Veterans Affairs benefits
- Assist war time veterans and their families who live on fixed or limited income
- Help veterans file appeals when decisions made by Veterans Affairs are unfavorable
- Counsel and advise survivors of veterans on entitlements relating to burial benefits
- Refer veterans to proper medical facilities in need of prosthetic devices, wheel chairs. etc
- Assist veterans in completing claims for Vocational Rehabilitation/Education
- Assist in completing claims for veterans or widows in need of aid and attendance
- Assist surviving spouses to file for various benefits
- Counsel and assist widows of military retirees with benefits adjustments/changes
- Assist veterans and survivors with resolving debts reported by Veterans Affairs
- Counsel veterans and survivors on how and when to claim life insurance proceeds
- Assist veterans in completing applications for Florida Veterans State Identification Cards
- Obtain documentation to support Homestead Tax Exemption status
- Assist and counsel veterans on obtaining education expense benefits
- Assist severely disabled veterans in obtaining VA adaptive housing grants
- Assist veterans/survivors to file their annual Eligibility Verification Reports (EVR's)
- Assist severely disabled veterans in obtaining VA automobile grant purchase/adaptation
- Assist veterans to obtain a VA Loan Guarantee Certificates of Eligibility
- Advise and assist veterans in filing for the VA annual clothing allowance
- Travel to and assist homebound veterans and survivors
- Travel to nursing homes and assisted living facilities to assist veterans and survivors
- Provide information/presentations to veterans and citizen groups
- Provide state and local agencies with income verification information/assistance
- Refer veterans, their dependents and survivors to proper agencies for benefits and assistance
- Other services and support as required on individual case by case situations

Defined coverage areas:

Florida - Hillsborough County

10119 Windhorst Road
Tampa FL 33619 United States

[View map of this location](#)

8am-5pm Monday-Friday

ADA compliant

Eligibility-Veterans; Widows of Veterans; Dependents; Children of Veterans

Application Process- Call for information

Fax- 813-975-2187

Main- 813-975-2181

Tampa Vet Center

<http://www.vetcenter.va.gov/>

Vet Centers provide readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the veteran or family.

The Department of Veterans Affairs Vet Center program operates a system of 207 community based counseling centers. The Vet Centers are staffed by small multi-disciplinary teams of dedicated providers, many of which are combat veterans themselves.

Defined coverage areas:

Florida - Hillsborough County

Florida - Pasco County

Florida - Pinellas County

3637 W. Waters Avenue., Suite 600

Tampa FL

33614 United States

[View map of this location](#)

8am-4:30pm Monday-Friday

Eligibility- All veterans who served in any combat zone. Services are also available for their family members for military related issues.

Program Fees- Free

Application Process- Call for assistance

Fax- (813) 228-2868

Main- 813-228-2621

MISCELLANEOUS

Lifeline and Linkup America- Florida Public Service Commission

<http://www.floridapsc.com/utilities/telecomm/lifeline>

LINK-UP FLORIDA AND LIFELINE ASSISTANCE PROGRAMS Lifeline Assistance Programs are helping to make telephone service affordable to low-income customers in our state. The programs are designed to ensure that the basic telephone connection (hook-up) and service remain affordable to all residents of Florida. Link-Up Florida gives a 50% rebate in the telephone hook-up charge (up to \$30.00). Lifeline Assistance gives \$13.50 credit per month on local phone bills. Over a year's time, that is a savings of \$162.00. The Florida Public Service Commission is committed to making sure that eligible low income residents receive these discounts, but, to benefit, you need to apply. AM I ELIGIBLE? If you receive state or federal help from: Temporary Cash Assistance (TCA), Food Stamps, Medicaid, Low-Income Home Energy Assistance Program (LIHEAP), Supplemental Security Income (SSI), Federal Public Housing Assistance (Section 8), National School Lunch (NSL) Program's free lunch program, live on a federally recognized tribal land and are eligible for benefits through the Bureau of Indian Affairs for Tribal TANF, Head Start Subsidy or the NSL OR If you meet the income guidelines established- 150% of U.S. poverty guidelines. HOW DO I SIGN UP? Please visit the Florida Public Service Commission's website or call for details about which phone providers are participating. You can also contact your local phone provider directly for more information.

Defined coverage areas:

Florida

2540 Shumard Oak Boulevard
Tallahassee FL
32399 United States

[View map of this location](#)

8am-5pm Monday-Friday

Eligibility- Receive state or federal help or if you meet the income guidelines established- 150% of U.S. poverty guidelines.

Program Fees- None. Discount program.

Application Process- Call or visit website for more information.

Main- 800-342-3552

Email- contact@psc.state.fl.us

ADDENDUMS