



Family Resource Book

Compiled By:

BackPack Heroes &
Eastern Hillsborough County Resource Group

EMERGENCY NUMBERS

Abuse Hotline.....	1-800-962-2873
Crisis Center of Tampa Bay	211
Gracepoint Mobile Crisis Team.....	(813) 272-2958
Hillsborough County Sheriff.....	911

si hablas español

Spanish speaking service organizations are annotated through the book with ** at the end of the organization title.

This book has been provided to assist you. These resource providers can help provide immediate relief and long-term care / case management focused on restoring individuals and families and helping them get back on their feet.

A more extensive copy of this book is available in digital form online at hopeforherfl.org/crg.

Blessings,

Community Guide Agencies and Organizations

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HOPE FOR HER ACCESS

Phone: 813-309-3357

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: hopeforherfl.org

Notes: Client needs to call for an appointment.

Hours: Monday-Thursday 9:00 am- 4:00 pm

UNITED FOOD BANK ACCESS

Phone: 813-764-0625 x 5

Address: 702 E Alsobrook St Suite H, Plant City, Florida 33563

Website: ufbpc.org

Notes: 33510, 33511, 33527, 33587, 33547, 33563, 33564, 33565, 33566, 33567, 33569; 33584, 33592, 33594, 33596

Hours: Monday, Wednesday, Thursday and Friday 8:00 am-3:30 pm Tuesday 8:00 am-5:00 pm

CHRYSLAIS HEALTH **

Behavioral Health/Mental Health

Phone: 813-443-4827

Address: 7821 N Dale Mabry Hwy, Tampa, Florida 33614

Website: www.chrysalishealth.com

Notes: For services, fill out form on website; contact & request a referral form

Hours: Monday -Friday 9:00 am-5:00 pm

COVE **

Behavioral Health/Mental Health

Phone: 813-384-4000

Address: 4422 E Columbus Dr, Tampa, Florida 33605

Website: covebh.org

Notes: Adult and adolescent mental health and substance abuse. Walk-In Medical Evaluations: Please bring ID and insurance card.

Hours: Monday-Friday 8:00 am-5:00 pm

EMPATH PARTNERS IN CARE (EPIC) FRANCIS HOUSE **

Behavioral Health/Mental Health

Phone: 813-237-3066

Address: 4703 North Florida Avenue, Tampa, Florida 33603

Website: myepic.org

Notes: Housing for HIV clients; Must be referred by case manager for housing.

Hours: Monday-Friday 8:30 am-5:00 pm

INCREDIBLE YEARS PROGRAM (EASTERSEALS FLORIDA)

Behavioral Health/Mental Health

Phone: 689-444-1731

Address: No specific contact, County Wide, Florida all

Website: easterseals.com/florida/programs-and-services

Notes: Call for more information

Hours: Call for an appointment

INSPIRA TAMPA BAY **

Behavioral Health/Mental Health

Phone: 813-323-5783

Address: 707 W Lake Dr., Wimauma, Florida 33598

Website: inspiratampabay.org

Notes: Apply for services by phone, in person, or through website.

Hours: Monday-Friday 8:00 am -6 pm

NORTHSIDE BEHAVIORAL HEALTH **

Behavioral Health/Mental Health

Phone: 813-977-8700

Address: 12512 Bruce B. Downs Blvd, Tampa, Florida 33612

Website: northsidebhc.org

Notes: Behavioral Health - Telehealth only for now.

Hours: Monday-Friday 8:00 am-4:00 pm

SINCERA INC. SUPPORT SERVICES

Behavioral Health/Mental Health

Phone: 813-258-8887

Address: 412 East Madison Street #1102, Tampa, Florida 33602

Website: sincerainc.com

Notes: Behavioral/Mental Health/Case Management Family Support Services from birth-adult. Clients can fill out an online referral on website.

Hours: Monday-Friday 9:00 am-5:00 pm by appointment only

SUCCESS 4 KIDS & FAMILIES (HEALTHY START) **

Behavioral Health/Mental Health

Phone: 813-490-5490

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Provides moms, newborns and families with the resources support to develop a healthy pregnancy and healthy birth.

Hours:

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL FAMILIES) **

Behavioral Health/Mental Health

Phone: 813-871-7412

Address: 2806 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Case management for families experiencing emotional and/or behavioral challenges.

Hours:

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL KIDS) **

Behavioral Health/Mental Health

Phone: 813-871-7412

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Case management to children experiencing emotional and/or behavioral challenges.

Hours: Call for an appointment

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL PARENTS) **

Behavioral Health/Mental Health

Phone: 813-490-5490

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Mental health services as well as becoming economically self-sufficient. Services are paid for through TANF funds.

Hours: Call for an appointment

SUNCOAST COMMUNITY HEALTH CENTER -BRANDON **

Behavioral Health/Mental Health

Phone: 813-653-6100

Address: 313 S. Lakewood Drive, Brandon, Florida 33511

Website: suncoast-chc.org

Notes: Mental/behavioral health ages 6 and up

Hours: Monday–Friday 7:30 am–5:00 pm Telehealth visits are available at the discretion of therapist.

SUNCOAST COMMUNITY HEALTH CENTER -PALM RIVER **

Behavioral Health/Mental Health

Phone: 813-653-6100

Address: 7728 Palm River Road, Tampa, Florida 33619

Website: suncoast-chc.org

Notes: Behavioral health ages 6 and up; Telehealth visits are available at discretion of therapist.

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -RUSKIN **

Behavioral Health/Mental Health

Phone: 813-653-6100

Address: 2814 14th Ave SE, Ruskin, Florida 33570

Website: suncoast-chc.org

Notes: Behavioral health ages 6 and up; Telehealth visits are available at the discretion of the therapist

Hours: Monday–Friday 7:30 am–5:00 pm

UPLIFT SUPPORT SERVICES LLC

Behavioral Health/Mental Health

Phone: 813-703-2232 or 863-210-5952

Address: 4415 Florida National Drive Suite 108, Lakeland, Florida 33813

Website: upliftfl.com

Notes: Resources, mental health, counseling, & IEP meetings.

Hours: Monday-Friday 9:00 am-5:00 pm; upliftfl.com and click on “Request for Service”

ENTERPRISING LATINAS **

Budgeting

Phone: 813-699-5805

Address: 5128 State Road 674, Wimauma, Florida 33569

Website: www.enterprisinglatinas.org

Notes: We Empower women & their families; We offer bilingual trainings & workshops.

Hours: Call to make an appointment; Membership free; Monday-Friday 8:30 am-6:00 pm

GTE FINANCIAL **

Budgeting

Phone: 813-485-4093

Address: 711 E. Henderson Ave., Tampa, Florida 34639

Website: communityengagement@gtefinancial.org

Notes: Call for appointment or classes

Hours: For community partnerships and financial education programs apply at communityengagement@gtefinancial.org.

UNITED FOOD BANK

Budgeting

Phone: 813-764-0625 x 5

Address: 702 E Alsobrook St Suite H, Plant City, Florida 33563

Website: ufbpc.org

Notes: 33510, 33511, 33527, 33587, 33547, 33563, 33564, 33565, 33566, 33567, 33569; 33584, 33592, 33594, 33596

Hours: The Money Smart program will be offered to our clients free of charge.

BORICUAS DE CORAZON **

Case Management/Resources

Phone: 813-502-5021 or 954-496-1463

Address: 1291 Kingsway Road, Brandon, Florida 33510

Website: boricuasdecorazoninc.com

Notes: Helps victims of all natural disasters. Provides resources to affordable housing agencies, food, shelter, and sustainable services.

Hours: Monday-Friday 10:00 am-7:00 pm

CHILDREN'S BOARD FAMILY RESOURCE CENTER OF BRANDON **

Case Management/Resources

Phone: 813-740-4634

Address: 1271 Kingsway Road, Brandon, Florida 33510

Website: www.familysupporthc.org

Notes: Early Childhood Service Coordination for children 0-5 years.

Hours: Monday & Saturday 9:00 am-5:00 pm; Tuesday & Thursday 9:00 am-7:00 pm; Wednesday & Friday 9:00 am-6:00 pm

CHILDREN'S HOME NETWORK

Case Management/Resources

Phone: 813-901-3400

Address: 3924 Premier North Dr., Tampa, Florida 33618

Website: childrenshomenetwork.org

Notes: Case management for at-risk children and families

Hours: Call for services

CHRYSLAIS HEALTH **

Case Management/Resources

Phone: 813-443-4827

Address: 7821 N Dale Mabry Hwy, Tampa, Florida 33614

Website: www.chrysalishealth.com

Notes: For services, fill out form on website; contact & request a referral form

Hours: Monday -Friday 9:00 am-5:00 pm

ECHO-BRANDON **

Case Management/Resources

Phone: 813-685-0935 x 8013

Address: 507 N Parsons Ave, Brandon, Florida 33510

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33510, 33511, 33527, 33584, 33592, 33594, 33596, 33610

Hours: Monday-Friday 9:00 am-1:00 pm; Tuesday 5:00 pm-7:00 pm

ECHO-RIVERVIEW **

Case Management/Resources

Phone: 813-540-9880, x 2006

Address: 10509 Riverview Dr, Riverview, Florida 33578

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33569, 33578, 33579, 33547, 33534, 33570, 33572, 33573, 33619

Hours: Monday-Friday 9:00 am-1:00 pm -Thursday 5:00 pm-7:00 pm

EMPATH PARTNERS IN CARE (EPIC) **

Case Management/Resources

Phone: 813-237-3066

Address: 4703 North Florida Avenue, Tampa, Florida 33603

Website: myepic.org

Notes: Comprehensive Wrap-around services for individuals living with HIV; Outreach & prevention.

Hours: Monday-Friday 8:30 am-5:00 pm

FAMILY HEALTHCARE FOUNDATION/HEALTH BEGINS NOW **

Case Management/Resources

Phone: 813-470-8500

Address: 5401 W. Kennedy Blvd, Suite 100, Tampa, Florida 33609

Website: familyhealthcarefdn.org

Notes: Supports Hills. Cty health care members with resources to become & stay healthy; A personal Navigator offers this free support.

Hours: Monday-Friday 8:00 am-5:00 pm

GIVING HOPE THROUGH FAITH

Case Management/Resources

Phone: 813-685-6773

Address: 3433 Lithia Pinecrest Road Suite #342, Valrico, Florida 33596

Website: givinghopethroughfaith.org.

Notes: Help families experiencing cancer with resources and financial management.

Hours: Call for services

HISPANIC SERVICES COUNCIL **

Case Management/Resources

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Suite 102, Tampa, Florida 33614

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 10:00 am-7:00 pm

HOPE FOR HER

Case Management/Resources

Phone: 813-309-3357

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: hopeforherfl.org

Notes: Client needs to call for an appointment.

Hours: Monday-Thursday 9:00 am- 4:00 pm

LIFELINE HEALTH INC. **

Case Management/Resources

Phone: 813-532-0217

Address: 2005 W. Reynolds St., Plant City, Florida 33563

Website: www.lifelinehealthfl.org

Notes: Free testing, treatment, and prevention for all STD's and STI's.

Hours: Walk-in, Online, or Call; Monday-Friday 9:00 am-2:00 pm; 6:00 pm-10:00 pm; Saturday 8:00 am-5:00 pm; Sunday by Appointment Only.

LOVE INC (IN THE NAME OF CHRIST) OF METRO TAMPA

Case Management/Resources

Phone: 813-222-5683 x1003

Address: 1001 N Florida Ave, Suite 301, Tampa, Florida 33602

Website: loveinctampa.org

Notes: Love INC is not to replace the Church but to help churches distribute their skills, gifts, resources, and love to communities in need, In the Name of Christ.

Hours: Monday-Friday 9:00 am-1:00 pm

METROPOLITAN MINISTRIES (FIRST HUG) **

Case Management/Resources

Phone: 813-209-1006

Address: Call for services, Brandon, Florida 33510

Website: metromin.org/first hug

Notes: Case management for homeless families

Hours: Call for appointment or apply online

PEOPLES LIFE INSTITUTE

Case Management/Resources

Phone: 813-756-6350.

Address: 4305 S James L. Redman Pkwy, Plant City, Florida 33563

Website: peopleslifeinstitute.com

Notes: Practical, social and spiritual coaching and resources. Financial and Adult literacy

Hours: Call for appointment. Office hours Monday through Wednesday 9:00 am-1:00 pm

POSITIVE SPIN, INC.

Case Management/Resources

Phone: 813-977-7677

Address: 5118 N 56 Street, Suite 224, Tampa, Florida 33610

Website: Home-Positive Spin (positivespinfl.org)

Notes: We help families become self-sufficient.

Hours: Monday-Friday 8:30 am-5:00 pm; Call in, community referrals or walk-ins

REACHUP

Case Management/Resources

Phone: 727-871-7281

Address: 2902 N Armenia Ave, Tampa, Florida 33607

Website: reachupincorporated.org

Notes: Growth Doula Services, Stress Reduction Devices, 24/7 Dads; COVID precautions in place, will meet face-to-face; Zoom, Facetime or as preferred

Hours: Monday-Friday 8:00 am-5:00 pm

SINCERA INC. SUPPORT SERVICES

Case Management/Resources

Phone: 813-258-8887

Address: 412 East Madison Street #1102, Tampa, Florida 33602

Website: www.sincerainc.com

Notes: Behavioral/Mental Health/Case Management Family Support Services from birth-adult. Clients can fill out an online referral on website.

Hours: Monday-Friday 9:00 am-5:00 pm by appointment only

ST. VINCENT DE PAUL AT NATIVITY CHURCH

Case Management/Resources

Phone: 813-376-8901

Address: 705 E Brandon Blvd, Brandon, Florida 33511

Website: no website

Notes: 33510, 33511, 33594

Hours: Monday 11:00 am -2:00 pm

STEPS FOR SUCCESS PROGRAM

Case Management/Resources

Phone: 813-558-5212

Address: 14013 N 22nd St, Tampa, Florida 33613

Website: uacdc.org

Notes: Call for appointment. Free children's programs. Gardening on Fridays with free produce. Exercise classes.

Hours: Call for services: Tuesday/Thursday-Exercise classes, Mon/Wed/Fri-Computer classes, Friday-9:00 am-11:00 AM Gardening

SUCCESS 4 KIDS & FAMILIES (HEALTHY START) **

Case Management/Resources

Phone: 813-490-5490

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Provides moms, newborns and families with the resources support to develop a healthy pregnancy and healthy birth.

Hours:

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL FAMILIES) **

Case Management/Resources

Phone: 813-871-7412

Address: 2806 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Please contact program supervisor if you have any questions

Hours: Call for an appointment: Monday-Friday 8:30 am - 4:30 pm

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL KIDS) **

Case Management/Resources

Phone: 813-871-7412

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Case management to children experiencing emotional and/or behavioral challenges.

Hours: Call for an appointment

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL PARENTS) **

Case Management/Resources

Phone: 813-490-5490

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Mental health services as well as becoming economically self-sufficient. Services are paid for through TANF funds.

Hours: Call for an appointment

UPLIFT SUPPORT SERVICES LLC

Case Management/Resources

Phone: 813-703-2232 or 863-210-5952

Address: 4415 Florida National Drive Suite 108, Lakeland, Florida 33813

Website: upliftfl.com

Notes: Resources, mental health, counseling, & IEP meetings.

Hours: Monday-Friday 9:00 am-5:00 pm; upliftfl.com and click on "Request for Service"

BETTER TOGETHER

Child Care

Phone: 239-470-2733

Address: 15276 Collier Blvd. Suite 201-284, Naples, Florida 34119

Website: bettertogetherus.org

Notes: Offering support and preventative services that empower the whole person and the entire family.

Hours: 24 Hour Hot Line; Or submit a referral through www.bettertogetherus.org

EARLY LEARNING COALITION

Childcare

Phone: 813-515-2340

Address: 6302 E Martin Luther King Blvd, Suite 100, Tampa, Florida 33619

Website: elchc.org

Notes: Childcare vouchers, screenings, parent resources

Hours: Schedule appointments online at www.elchc.org or call 813-515-2340 or visit our office; hours are M-F 8:00 am-5:00 pm

HEAD START/EARLY HEAD START HILLSBOROUGH COUNTY **

Childcare

Phone: 813-557-6142

Address: 3402 North 22nd St., Tampa, Florida 33602

Website: hillsboroughcounty.org/en/government/departments/head-start

Notes: Free child care available for children from low-income families between 0-5 years old. Early Head Start is for children 0-3; Head Start is for children 3-5 years old.

Hours: Apply online: hillsboroughcounty.org/residents/families/education-and-schools/action-folder/head-start

REDEFINERS WORLD LANGUAGES **

Childcare

Phone: 813-530-2313

Address: 8056 North 56th Street, Tampa, Florida 33617

Website: redefinierswl.org

Notes: ReDefining language learning by increasing access to high-quality language enrichment programs for all learners regardless of age or income.

Hours: 10am-6pm; Apply for services with www.redefinierswl.org

SAFE FAMILIES FOR CHILDREN **

Childcare

Phone: 813-703-0075

Address: PO Box 958, Palm Harbor, Florida 34682

Website: safe-families.org

Notes: Request for help online through website.

Hours: Monday-Friday 9:00 am -5:00 pm

YMCA EARLY HEAD START **

Childcare

Phone: 813-676-5073

Address: 110 E Oak Ave, Tampa, Florida 33602

Website: tampaymca.org

Notes: Partners with child care homes providing full-day, full-year services to children and their families, age's birth to three years for income eligible families.

Hours: Call for an appointment or apply online

YMCA NORTH BRANDON

Childcare

Phone: 813-685-5402

Address: 3097 Kingsway Road, Seffner, Florida 33584

Website: tampaymca.org

Notes: Afterschool and extracurricular activities for children

Hours: Monday-Thursday 5:00 am-9:30 pm, Friday 5:00 am-8:30 pm, Saturday 7:00 am-6:00 pm, Sunday 10:00 am-5:00 pm

CHILDREN'S BOARD FAMILY RESOURCE CENTER OF BRANDON **

Clothing

Phone: 813-740-4634

Address: 1271 Kingsway Road, Brandon, Florida 33510

Website: www.familysupporthrc.org

Notes: Call for more information

Hours: Monday & Saturday 9:00 am-5:00 pm; Tuesday & Thursday 9:00 am-7:00 pm; Wednesday & Friday 9:00 am-6:00 pm

COMPASSION HOUSE FIRST BAPTIST CHURCH

Clothing

Phone: 813-689-1204

Address: 216 N. Parsons Avenue, Brandon, Florida 33510

Website: fbcbrandon.org

Notes: Pantry; Bring Picture ID & Birth Cert./SS Card for ea. Dependent

Hours: Tuesday Evenings 5:30 pm-7:30 pm, Wednesday 10:00 am-10:00 pm

ECHO-BRANDON **

Clothing

Phone: 813-685-0935 x 8002

Address: 507 N Parsons Ave, Brandon, Florida 33510

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33510, 33511, 33527, 33584, 33592, 33594, 33596, 33610

Hours: Monday-Friday 9:00 am-1:00 pm; Tuesday 5:00 pm-7:00 pm

ECHO-RIVERVIEW **

Clothing

Phone: 813-540-9880, x 2001

Address: 10509 Riverview Dr, Riverview, Florida 33578

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33569, 33578, 33579, 33547, 33534, 33570, 33572, 33573, 33619

Hours: Monday-Friday 9:00 am-1:00 pm -Thursday 5:00 pm-7:00 pm

LIGHTHOUSE MINISTRIES-BRANDON

Clothing

Phone: 863-687-4076 x231

Address: 535 E. Brandon Blvd., Brandon, Florida 33511

Website: lighthousemin.org

Notes: Photo ID's or Passports for all members over 18, & SS or Birth Certificates for all members in household are required for assistance

Hours: Call for an appointment: Tuesday, Wednesday and Thursday

LIGHTHOUSE MINISTRIES-PLANT CITY

Clothing

Phone: 863-687-4076 x248

Address: 2410 W. Baker Street, Plant City, Florida 33563

Website: lighthousemin.org

Notes: ID's/Passports for all members over 18, & SS or Birth Cert. for all in household are required for assistance.

Hours: Submit applications @lighthousemin.org/I Need Help/Services/Apply for Hope Assistance to schedule an appointment.

MISSION HILL CHURCH -SIX MILE

Clothing

Phone: 813-988-1138

Address: 4038 N. Falkenburg Road, Tampa, Florida 33610

Website: fbctt.org

Notes: Emergency Clothes

Hours: Friday 6 pm

RESTORATION & PURPOSE COMMUNITY OUTREACH

Clothing

Phone: 813-657-0117

Address: 1085 East Brandon Blvd., Brandon, Florida 33511

Website: restorationandpurpose.org

Notes: Provides resources to individuals, families, and agencies

Hours: Tuesday & Friday 9:30 am-12:30pm; Monday by appointment only

ST. FRANCIS OF ASSISI CATHOLIC CHURCH

Clothing

Phone: 813-681-9115

Address: 4450 County Road 579, Seffner, Florida 33584

Website: stfranciscc.com

Notes: Clothes for families in need. Walk-ins or appointment. Registration required for food and clothing.

Hours: Wednesday 1:00 pm-3:00 pm

ARISE CHURCH - HEALING HOUSE/SOZO MINISTRY

Counseling

Phone: 813-689-2345

Address: 401 Pauls Drive, Brandon, Florida 33511

Website: myarisechurch.com/prayer

Notes: Hosted on the ARISE Brandon campus on the 1st and 3rd Tuesday of every month from 7:00 pm-9:00 pm. Pre-register

Hours: Apply online: hillsboroughcounty.org/residents/families/education-and-schools/action-folder/head-start

BAYLIFE COUNSELING CENTER

Counseling

Phone: 813-319-0183

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: baylife.org/counseling

Notes: Christian Counseling

Hours: Call for an appointment

CORBETT TRAUMA CENTER **

Counseling

Phone: 813-264-9955

Address: 2806 N Armenia, Tampa, Florida 33607

Website: crisiscenter.com

Notes: Trauma Counseling for adults and children including sexual abuse or sexual assault, domestic violence, emotional abuse, physical abuse or physical assault, human trafficking

Hours: Call for an appointment: Monday-Friday 8:00 am-5:00 pm

GOODFELLAS IMPACT COALITION

Counseling

Phone: 813-531-4247

Address: Call for services, County Wide, Florida all

Website: goodfellasimpactcoalition.org

Notes: Knowledge and resources necessary to make informed decisions and start their own businesses

Hours: Monday-Friday 9:00 am-5:00 pm; Call or email for services

MISSION OF HOPE

Counseling

Phone: 813-716-3996

Address: 212 S. St. Cloud Ave., Valrico, Florida 33594

Website: tbmissionofhope.org

Notes: Counseling and Support Services

Hours: Monday through Friday 9:00 am-5:00 pm call for appointment

NATIVITY CATHOLIC CHURCH PASTORAL CARE OFFICE

Counseling

Phone: 813-681-4608 or 813-413-8351

Address: 201 South Oakwood, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Counseling for families, children, marriage and individuals;

Hours: Monday-Thursday 8:30 am-4:00 pm (closed for lunch at noon), Friday 8:30 am-12:00 pm

NEW HOPE CHURCH

Counseling

Phone: 813-689-4161

Address: 213 N Knights Ave, Brandon, Florida 33510

Website: findnewhope.com

Notes: Spiritual counseling by appointment only. Masks required on campus. COVID precautions in place

Hours: Monday-Thursday 9:00 am-4:00 pm; closed Friday

OPERATION LIGHT FORCE **

Counseling

Phone: 863-430-3371

Address: 12735 E Wheeler Dr, Dover, Florida 33527

Website: operationlightforce.com

Notes: Emotional and spiritual care to deal with every day challenges, crisis and complex trauma including human trafficking. Provides ministry sessions, classes and small groups

Hours: For appointment email olfappt@gmail.com or call 813-657-6147

R.E.A.C.H REAL ESTATE EDUCATION AND COMMUNITY HOUSING INC.

Counseling

Phone: 855-487-3224

Address: 4006 S. MacDill Avenue, Tampa, Florida 33611

Website: reachforhousing.org

Notes: Home ownership through education, counseling and grant assistance

Hours: M-F 9am-5pm; Apply for services through www.kreach4housing.org or call 855-48-REACH

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL FAMILIES) **

Counseling

Phone: 813-871-7412

Address: 2806 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Case management for families experiencing emotional and/or behavioral challenges

Hours:

UPLIFT SUPPORT SERVICES LLC

Counseling

Phone: 813-703-2232 or 863-210-5952

Address: 4415 Florida National Drive Suite 108, Lakeland, Florida 33813

Website: upliftfl.com

Notes: Resources, mental health, counseling, & IEP meetings

Hours: Monday-Friday 9:00 am-5:00 pm; upliftfl.com and click on "Request for Service"

CAREER SOURCE TAMPA BAY **

Credit Counseling

Phone: 813-930-7832

Address: 9215 N. Florida Ave., Tampa, Florida 33612

Website: careersourcetampabay.com

Notes: Credit Counseling Services

Hours: Monday-Friday 8 am-5 pm - all locations

HILLSBOROUGH COUNTY EXTENSION OFFICE

Credit Counseling

Phone: 813-744-5519

Address: 5339 County Rd. 579, Seffner, Florida 33584

Website: hillsborough.ifas.ufl.edu

Notes: See website for current classes

Hours: Call for an appointment: Monday -Friday 8:00 am-5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -MOBILE DENTAL COACH

Dental

Phone: 813-653-6126

Address: Call for locations, County Wide, Florida all

Website: suncoast-chc.org

Notes: Call for an appointment

Hours: Call for more information.

SUNCOAST COMMUNITY HEALTH CENTER -PALM RIVER **

Dental

Phone: 813-653-6100

Address: 7728 Palm River Road, Tampa, Florida 33619

Website: suncoast-chc.org

Notes: Dental services, x-ray for ages 14 and up

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -PLANT CITY **

Dental

Phone: 813-653-6100

Address: 801 E. Baker Street, Plant City, Florida 33563

Website: suncoast-chc.org

Notes: Adult and pediatric dental services, x-ray ages 1 and up

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -RUSKIN **

Dental

Phone: 813-653-6100

Address: 2814 14th Ave SE, Ruskin, Florida 33570

Website: suncoast-chc.org

Notes: Adult/pediatric dental services, x-ray ages 1 and up

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -TOM LEE CTR **

Dental

Phone: 813-653-6100

Address: 14254 Dr. Martin Luther King Blvd, Dover, Florida 33527

Website: suncoast-chc.org

Notes: Adult and pediatric dental services for newborn and up

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -BRANDON **

Dental

Phone: 813-653-6100

Address: 313 S. Lakewood Drive, Brandon, Florida 33511

Website: suncoast-chc.org

Notes: Pediatric dental services only starting at age 1

Hours: Monday–Friday 7:30 am–5:00 pm

RESTORATION & PURPOSE COMMUNITY OUTREACH

Domestic Violence

Phone: 813-657-0117

Address: 1085 East Brandon Blvd., Brandon, Florida 33511

Website: restorationandpurpose.org

Notes: Providing resources to individuals, families, and agencies; We build strong relationships among our communities and families

Hours: Tuesday & Friday 9:30 am-12:30pm; Monday by appointment only

THE SPRING OF TAMPA BAY **

Domestic Violence

Phone: 813-247-7233

Address: They will give instructions over the phone., County Wide, Florida all

Website: thespring.org

Notes: Assistance finding shelter and information about domestic violence

Hours: Call 24 hour Crisis Hotline Number (813-247-7233) for emergency help.

For non-emergency, call outreach office case manager 813-749-8764

EARLY CHILDHOOD COUNCIL **

Education/GED

Phone: 813-837-7723

Address: 4210 W Bay Villa Ave, Tampa, Florida 33611

Website: ecctampabay.org/community-developmental-screening-program

Notes: Child developmental screening

Hours: To schedule a screening call 813-837-7723 or apply online

EARLY STEPS **

Education/GED

Phone: 813-974-0602

Address: 13101 N. Bruce B. Downs Blvd, Tampa, Florida 33612

Website: floridahealth.gov/programs-and-services/childrens-health/early-steps

Notes: Child developmental screening birth to 36 months

Hours: Call for an appointment: 813-974-0602

ENTERPRISING LATINAS **

Education/GED

Phone: 813-699-6905

Address: 5128 State Road 674, Wimauma, Florida 33569

Website: enterprisinglatinas.org

Notes: We Empower women & their families; We offer bilingual trainings & workshops.

Hours: Call to make an appointment; Membership free; Monday-Friday 8:30 am-6:00 pm

FDLRS CHILD FIND

Education/GED

Phone: 813-272-4000

Address: 901 E. Kennedy, Tampa, Florida 33603

Website: fdlrs.mysdhc.org/ChildFind/Child_Find_Screenings

Notes: Child developmental screening birth to age 21

Hours: To schedule a screening call 813-837-7723

HISPANIC SERVICES COUNCIL **

Education/GED

Phone: 813-936-7700

Address: 3805 John Moore Road, Brandon, Florida 33511

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Call for an appointment

HISPANIC SERVICES COUNCIL/LA RED DE PADRES ACTIVOS **

Education/GED

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Hwy Suite 2, Tampa, Florida 33614

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 9:00 am-6:00 pm

UNBROKEN DREAMS INC

Education/GED

Phone: 813-330-0638

Address: Apply online for services, County Wide, Florida all

Website: unbrokendreamsinc.org

Notes: To offer felons, homeless, and disadvantaged people the opportunity to fulfill their potential and move towards an independent lifestyle and positive future.

Hours: Apply online for services or call 813-330-0638

ABUSE HOTLINE **

Emergency Numbers

Phone: 800-962-2873

Address: Apply online for services, County Wide, Florida all

Website: mylifefamilies.com/service-programs/abuse-hotline

Notes: Report abuse for children, adults or disabled

Hours: 24 hours a day

CRISIS CENTER OF TAMPA BAY **

Emergency Numbers

Phone: 211

Address: One Crisis Center Plaza, Tampa, Florida 33613

Website: crisiscenter.com

Notes: Resource and referral, 24 hours crisis counseling

Hours: 24 hours call 211

FIND HELP FLORIDA

Emergency Numbers

Phone: no phone number

Address: Apply online for services, County Wide, Florida all

Website: findhelp.org

Notes: Text "HOME" to 741741 to connect with a Crisis Counselor

Hours: Apply online

HILLSBOROUGH COUNTY SHERIFF **

Emergency Numbers

Phone: 911

Address: Call for services, County Wide, Florida all

Website: no website

Notes: Emergency assistance

Hours: Call 24 hours a day

CAREER SOURCE TAMPA BAY **

Employment

Phone: 813-930-7832

Address: 9350 Bay Plaza Blvd. Suite 121, Tampa, Florida 33619

Website: careersourcetampabay.com/locations

Notes: Employment assistance, WIA

Hours: Monday-Friday 8:00 am -5:00 pm

CAREER TRANSITIONS- ST. STEPHEN'S CATHOLIC CHURCH

Employment

Phone: 813-672-2552

Address: 10424 St Stephen Cir, Riverview, Florida 33569

Website: ststephencatholic.org/ministries

Notes: Class held at school on Boyette Rd.

Hours: Monday-7:00 pm

ECHO-BRANDON **

Employment

Phone: 813-685-0935 x 8007

Address: 507 N Parsons Ave, Brandon, Florida 33510

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33510, 33511, 33527, 33584, 33592, 33594, 33596, 33610

Hours: Monday-Friday 9:00 am-1:00 pm; Tuesday 5:00 pm-7:00 pm

ECHO-RIVERVIEW **

Employment

Phone: 813-685-0935 x 8007

Address: 10509 Riverview Dr, Riverview, Florida 33578

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33569, 33578, 33579, 33547, 33534, 33570, 33572, 33573, 33619

Hours: Monday-Friday 9:00 am-1:00 pm -Thursday 5:00 pm-7:00 pm

ENTERPRISING LATINAS **

Employment

Phone: 813-699-6905

Address: 5128 State Road 674, Wimauma, Florida 33569

Website: enterprisinglatinas.org

Notes: We Empower women & their families; We offer bilingual trainings & workshops.

Hours: Call to make an appointment; Membership free; Monday-Friday 8:30 am-6:00 pm

FAMILY HEALTHCARE FOUNDATION/HEALTH BEGINS NOW **

Employment

Phone: 813-470-8500

Address: 5401 W. Kennedy Blvd, Suite 100, Tampa, Florida 33609

Website: familyhealthcarefdn.org

Notes: Supports Hills. Cty health care members with resources to become & stay healthy; A personal Navigator offers this free support.

Hours: Monday-Friday 8:00 am-5:00 pm

GOODFELLAS IMPACT COALITION

Employment

Phone: 813-531-4247

Address: No specific contact, County Wide, Florida all

Website: goodfellasimpactcoalition.org

Notes: Participants gain the knowledge and resources necessary to make informed decisions, start their own businesses

Hours: Monday-Friday 9:00 am-5:00 pm; Call or email for services

GOODWILL JOB CONNECTION CENTER **

Employment

Phone: 813-302-9405

Address: 10739 Big Bend Road, Riverview, Florida 33579

Website: myjobconnection.org

Notes: The center is a place where job seekers can access resources and develop skills that can lead to greater employment success.

Hours: In-person service: Monday-Thursday 10:00 am-2:00 pm; Service by phone: Call 727-282-4478 Monday-Friday 10:00 am-2:00 pm

HOPE FOR HER

Employment

Phone: 813-309-3357

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: hopeforherfl.org

Notes: Call for an appointment.

Hours: Monday-Thursday 9:00 am- 4:00 pm

ANGEL FOUNDATION FL

Families and Children

Phone: 813-689-6889

Address: 1210 Millennium Parkway#2010, Brandon, Florida 33511

Website: angelfoundationfl.com

Notes: Partner with businesses and individuals to be caring resources for families in our community experiencing temporary crisis due to a life threatening or catastrophic event.

Hours: Monday-Friday 9:00 am-5:00 pm. Apply online: angelfoundationfl.com/request-assistance

BRANDON RECREATION CENTER

Families and Children

Phone: 813-635-8179

Address: 510 E Sadie Street, Brandon, Florida 33510

Website: hcflgov.net

Notes: STEM Program, Karate, Judo, After school, Tiny Tot

Hours: Monday-Friday 9:00 am-9:00 pm

FIRST BAPTIST CHURCH OF BLOOMINGDALE

Families and Children

Phone: 813-689-3847

Address: 3303 Bloomingdale Ave, Valrico, Florida 33596

Website: bloomingdale3303.vistaprintdigital.com

Notes: Offers small groups, worship times and Wednesday Prayer Meeting at 6:00 pm

Hours: Call 813-689-3847 for more information

HEALTHY FAMILIES HILLSBOROUGH **

Families and Children

Phone: 317-370-7722

Address: 2806 N Armenia Ave, Suite 100, Tampa, Florida 33607

Website: healthystartcoalition.org/healthy-families

Notes: The program is designed to support each parent by offering wrap around support during and after pregnancy.

Hours: Call for an appointment or fill out contact info on website. Monday-Friday 8:30-4:30 pm

LIVE THE PROMISE FOSTER FAMILY SUPPORT GROUP

Families and Children

Phone: 813-681-4608 or 813-413-8351

Address: 705 East Brandon Blvd, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Ministry of Encouragement and Support of foster families in the Brandon area.

Hours: Monday-Thursday 8:30 am-4:00 pm (closed for lunch at noon), Friday 8:30 am-12:00 pm

PALM RIVER FAMILY SERVICES

Families and Children

Phone: 813-628-9179

Address: 7454 Palm River Road, Tampa, Florida 33619

Website: palmriverfamilyservices.com

Notes: Family Programs, parenting

Hours: Monday-Friday 9:00 am-4:00 pm

BORICUAS DE CORAZON **

Food

Phone: 813-502-5021 or 954-496-1463

Address: 1291 Kingsway Road, Brandon, Florida 33510

Website: boricuasdecorazoninc.com

Notes: Helps victims of all natural disasters. Provides resources to affordable housing agencies, food, shelter, and sustainable services in their native languages.

Hours: Monday-Friday 10:00 am-7:00 pm

COMPASSION HOUSE FIRST BAPTIST CHURCH

Food

Phone: 813-689-1204

Address: 216 N. Parsons Avenue, Brandon, Florida 33510

Website: fbcbrandon.org

Notes: Pantry; Bring Picture ID & Birth Cert./SS Card for ea. Dependent

Hours: Wednesday 10:00 am-12:00 pm

ECHO-BRANDON **

Food

Phone: 813-685-0935 x 8002

Address: 507 N Parsons Ave, Brandon, Florida 33510

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33510, 33511, 33527, 33584, 33592, 33594, 33596, 33610

Hours: Monday-Friday 9:00 am-1:00 pm; Tuesday 5:00 pm-7:00 pm

ECHO-RIVERVIEW **

Food

Phone: 813-540-9880, x 2001

Address: 10509 Riverview Dr, Riverview, Florida 33578

Website: echofl.org

Notes: Residents of the following zip codes qualify for assistance: 33569, 33578, 33579, 33547, 33534, 33570, 33572, 33573, 33619

Hours: Monday-Friday 9:00 am-1:00 pm -Thursday 5:00 pm-7:00 pm

FAMILY HEALTHCARE FOUNDATION/HEALTH BEGINS NOW **

Food

Phone: 813-470-8500

Address: 5401 W. Kennedy Blvd, Suite 100, Tampa, Florida 33609

Website: familyhealthcarefdn.org

Notes: Supports Hills. Cty health care members with resources to become & stay healthy; A personal Navigator offers this free support.

Hours: Monday-Friday 8:00 am-5:00 pm

FULL GOSPEL TABERNACLE

Food

Phone: 813-754-3843

Address: 2311 Sammonds Rd., Plant City, Florida 33563

Website: bishopepps.com

Notes: Pantry

Hours: Friday 9:30 am-12:00 pm

HISPANIC SERVICES COUNCIL/LA RED DE PADRES ACTIVOS **

Food

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Hwy Suite 2, Tampa, Florida 33614

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 9:00 am-6:00 pm

HOLY INNOCENTS' EPISCOPAL CHURCH

Food

Phone: 813-689-3130

Address: 604 N Valrico Road, Valrico, Florida 33594

Website: hiepisiscopal.org

Notes: Distributes hot meals at Holy Innocents' drive through and San Jose Mission in Dover the 2nd and 4th Saturday 12:00 to 2:00.

Hours: No appointment needed.

LIGHTHOUSE MINISTRIES-BRANDON

Food

Phone: 863-687-4076 x231

Address: 535 E. Brandon Blvd., Brandon, Florida 33511

Website: lighthousemin.org

Notes: Photo ID's or Passports for all members over 18, & SS or birth certificates for all members in household are required for assistance.

Hours: Tuesday, Wednesday and Thursday only by appointment

LIGHTHOUSE MINISTRIES-PLANT CITY

Food

Phone: 863-687-4076 x248

Address: 2410 W. Baker Street, Plant City, Florida 33563

Website: lighthousemin.org

Notes: ID's/Passports for all members over 18, & SS or Birth Cert. for all in household are required for assistance.

Hours: Submit applications @lighthousemin.org/I Need Help/Services/Apply for Hope Assistance to schedule an appointment.

MISSION OF HOPE

Food

Phone: 813-716-3996

Address: 212 S. St. Cloud Ave., Valrico, Florida 33594

Website: tbmissionofhope.org

Notes: Food distribution Saturday 12:00 to 2:00 pm

Hours: No appointment needed.

MISSION THONOTOSASSA

Food

Phone: 813-681-9515

Address: 10625 First Street, Seffner, Florida 33592

Website: no website

Notes: Food boxes for families.

Hours: Thursday 11:00 am-1:00 pm; Call to register

NATIVITY OUTREACH

Food

Phone: 813-681-4608 or 813-413-8351

Address: 705 East Brandon Blvd, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Serves 33511, 33510, 33594, 33596 but not limited to these zip codes.

Hours: Thursdays from 1:00 to 2:00 drive through

NEW HOPE FOOD CO-OP

Food

Phone: 813-689-4161

Address: 213 N Knights Ave, Brandon, Florida 33510

Website: findnewhope.com

Notes: 1st and 3rd Tuesday at 10 am. Cost \$5/unit. Fresh fruit, vegetables and a dozen eggs. No processed food.

Hours: Call to register

REAL HOPE FOOD PANTRY

Food

Phone: 813-689-4229 x 228

Address: 1917 Bell Shoals Road, Brandon, Florida 33511

Website: bellshoals.com

Notes: Food Pantry

Hours: Every Wednesday 10:00 am-11:00 am Only; 2024/25 Closures: 5/29, 7/3, 11/27, 12/18, 12/25, 1/1/25

RESTORING HOPE PLANT CITY

Food

Phone: 813-650-0744

Address: 705 Jerry Smith Road, Dover, Florida 33527

Website: restoringhopeglobal.com

Notes: Pantry

Hours: Monday- Friday 9:00 am-4:00 pm

SAFE FAMILIES FOR CHILDREN **

Food

Phone: 813-703-0075

Address: PO Box 958, Palm Harbor, Florida 34682

Website: safe-families.org

Notes: Request for help online through website.

Hours: Monday-Friday 9:00 am -5:00 pm

ST. ANNES CATHOLIC CHURCH

Food

Phone: 813-645-0304

Address: 103 11th Ave NE, Ruskin, Florida 33570

Website: saintanneruskin.org

Notes: Pantry serves south of Big Bend Rd, West 1-75

Hours: Wednesday 9:00 am -12:00 pm

ST. FRANCIS OF ASSISI CATHOLIC CHURCH

Food

Phone: 813-681-9115

Address: 4450 County Road 579, Seffner, Florida 33584

Website: stfranciscc.com

Notes: Pantry

Hours: Wednesday 1:00 pm-3:00 pm

ST. VINCENT DE PAUL AT ST STEPHEN CATHOLIC CHURCH

Food

Phone: 813-325-6440

Address: 5049 Bell Shoals Rd., Valrico, Florida 33596

Website: svdptampa.org

Notes: Clients are allow to visit pantry once a month. ID and proof of address is required.

Hours: Friday 10:30am-12:30

UNITED FOOD BANK

Food

Phone: 813-764-0625 x 5

Address: 702 E Alsobrook St Suite H, Plant City, Florida 33563

Website: ufbpc.org

Notes: 33510, 33511, 33527, 33587, 33547, 33563, 33564, 33565, 33566, 33567, 33569; 33584, 33592, 33594, 33596

Hours: Monday, Wednesday, Thursday and Friday 8:00 am-3:30 pm Tuesday 8:00 am-5:00 pm

WIC **

Food

Phone: 813-307-8074

Address: 1158 Bell Shoals Rd, Unit 101, Brandon, Florida 33511

Website: FloridaWIC.org

Notes: Pregnant, breastfeeding, and postpartum women; fathers, legal guardians of infants, and children under 5 years of age.

Hours: Monday-Friday 7:30 am-5:00 pm

LIGHTHOUSE MINISTRIES-BRANDON

Furniture

Phone: 863-687-4076 x231

Address: 535 E. Brandon Blvd., Brandon, Florida 33511

Website: lighthousemin.org

Notes: Photo ID's or Passports for all members over 18, & SS or Birth Certificates for all members in household are required for assistance.

Hours: Submit applications @lighthousemin.org/I Need Help/Services/Apply for Hope Assistance to schedule an appointment.

FLORIDA DEPARTMENT OF HEALTH-HILLSBOROUGH **

Health Care

Phone: 813-307-8071 x 7118

Address: 4704B W. Montgomery Ave, Tampa, Florida 33636

Website: hillsborough.floridahealth.gov

Notes: Call for more information

Hours: Call for an appointment

LIFELINE HEALTH INC. **

Health Care

Phone: 813-532-0217

Address: 2005 W. Reynolds St., Plant City, Florida 33563

Website: lifelinehealthfl.org

Notes: Free testing, treatment, and prevention for all STD's and STI's.

Hours: Walk-in, Online, or Call; Monday-Friday 9:00 am-2:00 pm; 6:00 pm-10:00 pm; Saturday 8:00 am-5:00 pm; Sunday by Appointment Only.

SAN JOSE MISSION CLINIC **

Health Care

Phone: 813-707-7376

Address: 13571 San Juan Diego Way, Dover, Florida 33527

Website: ccdosp.org

Notes: Provides services to low/mid income families to provide free medical, health, promotion, and social services

Hours: Monday 5:00 pm-7:00 pm (Gym with appointment)

ST. JOSEPH HOSPITAL

Health Care

Phone: 813-650-3330

Address: 3010 W. Martin Luther King Blvd, Tampa, Florida 33607

Website: no website

Notes: Faith Community Nurse at San Jose Mission Clinic work with patients who are uninsured. Faith Community Nurses at St. Francis work with the homeless.

Hours: Call for an appointment

SUNCOAST COMMUNITY HEALTH CENTER -BRANDON **

Health Care

Phone: 813-653-6100

Address: 313 S. Lakewood Drive, Brandon, Florida 33511

Website: suncoast-chc.org

Notes: GYN (only), family planning, optometry, free pregnancy test, adult/pediatric medical services.

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -PALM RIVER **

Health Care

Phone: 813-653-6100

Address: 7728 Palm River Road, Tampa, Florida 33619

Website: suncoast-chc.org

Notes: Adult/pediatric medical services, OB/GYN, FREE pregnancy test, family planning, optometry, podiatry (Tuesday and Thursday)

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -PLANT CITY **

Health Care

Phone: 813-653-6100

Address: 801 E. Baker Street, Plant City, Florida 33563

Website: suncoast-chc.org

Notes: Adult/pediatric medical services, OB/GYN, FREE pregnancy test, family planning, optometry

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -THONOTOSASSA **

Health Care

Phone: 813-653-6100

Address: 9555 E Fowler Ave, Thonotosassa, Florida 33592

Website: suncoast-chc.org

Notes: Adult/pediatric medical services, GYN (Only on Wednesdays), FREE pregnancy test, family planning, optometry,

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -TOM LEE CTR **

Health Care

Phone: 813-653-6100

Address: 14254 Dr. Martin Luther King Blvd, Dover, Florida 33527

Website: suncoast-chc.org

Notes: Adult/pediatric medical services, OB/GYN, FREE pregnancy test, family planning, optometry (Wednesday mornings only and Fridays)

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -WIMAUMA **

Health Care

Phone: 813-653-6100

Address: State Road 674 (until June 1, 2022) New Location starting June 1, 2022 is 16621 Lagoon Shore Blvd., Wimauma, Florida 33598

Website: suncoast-chc.org

Notes: Adult/pediatric medical services, GYN(ONLY), FREE pregnancy test, family planning,

Hours: Monday–Friday 7:30 am–5:00 pm

CARE PLUS **

Health Insurance

Phone: 813-357-9493

Address: 4925 Independence Pkwy Suite 100, Tampa, Florida 33634

Website: careplushealthplans.com

Notes: Bilingual in English and Spanish, Medicare Advantage Plans, Social Service Application assistance

Hours: Monday-Friday 9:00 am - 6:00 pm

FAMILY HEALTHCARE FOUNDATION **

Health Insurance

Phone: 813-995-7005

Address: 5401 W. Kennedy Blvd, Suite 100, Tampa, Florida 33609

Website: familyhealthcarefdn.org

Notes: Free education and assistance for health insurance. Alternative hours are available when necessary and by appointment.

Hours: Monday-Friday 8:00 am-6:00 pm. Call for appointment or schedule online.

FLORIDA BLUE **

Health Insurance

Phone: 813-326-0598

Address: 201 North West Shore Blvd., Tampa, Florida 33609

Website: floridablue.com/center/tampa-west-shore-blvd

Notes: Call for more information

Hours: Apply in person; Monday-Friday 9:00am-4:00pm, Sunday Closed

HISPANIC SERVICES COUNCIL/LA RED DE PADRES ACTIVOS **

Health Insurance

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Hwy Suite 2, Tampa, Florida 33614

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 9:00 am-6:00 pm

A1 OPPORTUNITIES

Homeless

Phone: No specific number

Address: No specific contact, County Wide, Florida all

Website: a1opportunities.org

Notes: Must email to schedule an appointment.

Hours: Email for more information

DAWNING FAMILY SERVICES **

Homeless

Phone: 813-875-2024

Address: 6718 N Armenia Ave, Tampa, Florida 33609

Website: dawningfamilyservices.org

Notes: Homeless pregnant women and mothers of young children

Hours: Call for an appointment or apply online

FAMILY PROMISE OF HILLSBOROUGH COUNTY INC

Homeless

Phone: 813-681-6170

Address: 201 E Morgan, Brandon, Florida 33510

Website: familypromisefl.org

Notes: Provides temporary housing up to 90 days and case management to area children and their families experiencing homelessness. Family Promise is NOT an emergency shelter.

Hours: Applications accepted via phone between 8:30 am and 4:30 pm.

HELP TEAM/STUDENTS IN TRANSITION **

Homeless

Phone: 813-315-4357

Address: They will come to you., County Wide, Florida all

Website: hillsboroughschools.org/domain/2915

Notes: Notify school social worker for resources. Call office to make appointment.

Hours: Monday-Friday 8:00 am-4:00 pm

HOPE FOR HER

Homeless

Phone: 813-309-3357

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: hopeforherfl.org

Notes: Client needs to call for an appointment.

Hours: Monday-Thursday 9:00 am- 4:00 pm

LIGHTHOUSE MINISTRIES-LAKELAND-WOMEN AND CHILDREN

Homeless

Phone: 863-687-4076 x270

Address: 215 E. Magnolia St, Lakeland, Florida 33801

Website: lighthousemin.org

Notes: Temporary shelter for women with and without children, no overnight emergencies, by appointment only Apply online

Hours: Call for an appointment: Monday-Friday 8:00 am-4:00 pm

MARY MARTHA HOUSE **

Homeless

Phone: 813-645-7874

Address: 1009 1st St SW, Ruskin, Florida 33570

Website: marymarthahouse.org

Notes: County Wide; Emergency shelter for women & children. Client must be able to get to shelter.

Hours: Call for intake

METROPOLITAN MINISTRIES **

Homeless

Phone: 813-209-1222

Address: 2301 N. Tampa Street, Tampa, Florida 33602

Website: metromin.org

Notes: Emergency Shelter for families

Hours: Apply online under "Get Help" tab, call or email

METROPOLITAN MINISTRIES (FIRST HUG) **

Homeless

Phone: 813-209-1006

Address: 2301 N. Tampa Street, Tampa, Florida 33602

Website: metromin.org/firsthug

Notes: Case management for homeless families

Hours: Call for appointment or apply online

NATIVITY CATHOLIC CHURCH PASTORAL CARE OFFICE

Homeless

Phone: 813-681-4608 or 813-413-8351

Address: 705 East Brandon Blvd, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Food and resources

Hours: Monday-Thursday 8:30 am-4:00 pm (closed for lunch at noon), Friday 8:30 am-12:00 pm

RESTORATION & PURPOSE COMMUNITY OUTREACH

Homeless

Phone: 813-657-0117

Address: 1085 East Brandon Blvd., Brandon, Florida 33511

Website: restorationandpurpose.org

Notes: Providing resources to individuals, families, and agencies; We build strong relationships among our communities and families

Hours: Tuesday & Friday 9:30 am-12:30pm; Monday by appointment only

THE BAUTISTA PROJECT INC.

Homeless

Phone: 720-325-0943

Address: PO Box 891104, Tampa, Florida 33689

Website: thebautistaprojectinc.org

Notes: Provides basic living essentials, educational resources, support groups, and other necessary resources to assist homeless

Hours: Apply online

UNBROKEN DREAMS INC

Homeless

Phone: 813-330-0638

Address: Apply online for services, County Wide, Florida all

Website: unbrokendreamsinc.org

Notes: To offer felons, homeless, and disadvantaged people the opportunity to fulfill their potential and move towards an independent lifestyle and positive future.

Hours: Apply online for services or call 813-330-0638

BREAD OF REFUGE CAFÉ

Hot Meals

Phone: 813-695-6058

Address: 521 Wilbur Street, Brandon, Florida 33511

Website: kingdomcommunities.net

Notes: Meals for homeless, food pickup for families in need

Hours: Monday-Friday 9:00 am-12:30 pm; Food pickup for families in need Monday-Friday 11:00 am-12:30 pm

FRIENDS IN THE PARK

Hot Meals

Phone: no phone number

Address: Winter Visitors Center, Dort Street, Plant City, Florida 33563

Website: no website

Notes: Meals served 365 days a year at 5pm

Hours: Just show up, meals are for anyone in need. No questions asked.

MISSION HILL CHURCH -SIX MILE

Hot Meals

Phone: 813-988-1138

Address: 4038 N. Falkenburg Road, Tampa, Florida 33610

Website: fbctt.org

Notes: Hot meals

Hours: Friday 6 pm

CATHOLIC CHARITIES **

Housing

Phone: 813-631-4370 x 215

Address: 2021 E. Busch Blvd., Tampa, Florida 33612

Website: ccdosp.org

Notes: HUD rehousing program for homeless with dependent children & 55 older housing for homeless or sharing

Hours: Monday-Friday 8 am-5 pm

HOPE FOR HER

Housing

Phone: 813-309-3357

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: hopeforherfl.org

Notes: Client needs to call for an appointment.

Hours: Monday-Thursday 9:00 am- 4:00 pm

UNBROKEN DREAMS INC

Housing

Phone: 813-330-0638

Address: Apply online for services, County Wide, Florida all

Website: unbrokeandreamsinc.org

Notes: To offer felons, homeless, and disadvantaged people the opportunity to fulfill their potential and move towards an independent lifestyle and positive future.

Hours: Apply online for services or call 813-330-0638

BORICUAS DE CORAZON **

Human Trafficking

Phone: 813-502-5021 or 954-496-1463

Address: 1291 Kingsway Road, Brandon, Florida 33510

Website: boricuasdecorazoninc.com

Notes: Helps victims of all natural disasters. Provides resources to affordable housing agencies, food, shelter, and sustainable services in their native languages.

Hours: Monday-Friday 10:00 am-7:00 pm

SELAH FREEDOM

Human Trafficking

Phone: 888-837-3363

Address: PO Box 21415, Sarasota, Florida 34276

Website: selahfreedom.com

Notes: Serves survivors of sex trafficking and exploitation through awareness, prevention, outreach and residential safe housing

Hours: Hotline open 24/7

METRO BRIGADE

ID, Social Security, Birth Cert.

Phone: 813-209-1044

Address: Mobile locations, County Wide, Florida all

Website: metromin.org/what-we-do/metro-brigaide

Notes: Call or come by a mobile location. No appointment needed. Arrive 15 minutes before closing time to receive services.

Hours: Hours vary/ Schedule online

BORICUAS DE CORAZON **

Immigration

Phone: 813-502-5021 or 954-496-1463

Address: 1291 Kingsway Road, Brandon, Florida 33510

Website: boricuasdecorazoninc.com

Notes: Helps victims of all natural disasters. Provides resources to affordable housing agencies, food, shelter, and sustainable services in their native languages.

Hours: Monday-Friday 10:00 am-7:00 pm

CATHOLIC CHARITIES **

Immigration

Phone: 813-631-4370 x 202

Address: 2021 E. Busch Blvd., Tampa, Florida 33612

Website: ccdosp.org

Notes: Affordable immigration services to all newcomers regardless of their race, religion, sex, or creed.

Hours: Free immigration consultations Monday-Saturday 9:00 am-12:00 pm

GULF COAST LEGAL SERVICES **

Immigration

Phone: 727-821-0726

Address: 501 First Avenue North, Suite 420, St. Petersburg, Florida 33701

Website: gulfcoastlegal.org

Notes: Foreclosures, landlord/tenants, disputes, immigration (multiple locations) income based

Hours: Call for an appointment

HISPANIC SERVICES COUNCIL **

Immigration

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Suite 102, Tampa, Florida 33614

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 9:00 am-6:00 pm

MIEL Y CANELA FOUNDATION **

Immigration

Phone: 813-260-3094 or 912-432-5311

Address: 100 East Shell Point Road, Suite 4, Ruskin, Florida 33570

Website: mychorizons.com

Notes: Immigration/Human Rights, Housing, Food, Victims of Violence, Social Security and Cultural Programs

Hours: Call for appointment

BAY AREA LEGAL SERVICES **

Legal Assistance

Phone: 800-625-2257

Address: 701 Tillman Place Suite 300, Plant City, Florida 33566

Website: bals.org

Notes: County wide/Multiple Locations-Family, Domestic Violence, Tax, Landlord/Tenant

Hours: Call for an appointment or apply online

GULF COAST LEGAL SERVICES **

Legal Assistance

Phone: 727-821-0726

Address: 501 First Avenue North, Suite 420, St. Petersburg, Florida 33701

Website: gulfcoastlegal.org

Notes: Foreclosures, landlord/tenants, disputes, immigration (multiple locations) income based

Hours: Call for an appointment

HISPANIC SERVICES COUNCIL **

Legal Assistance

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Suite 102, Tampa, Florida 33614

Website: hispanicservicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 9:00 am-6:00 pm

NATIVITY CATHOLIC CHURCH PASTORAL CARE OFFICE/LEGAL CONSULTATION MINISTRY

Legal Assistance

Phone: 813-681-4608 or 813-413-8351

Address: 705 East Brandon Blvd, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Confidential 30-45 minute consultation, free of charge. Call for appointment

Hours: Monday-Thursday 8:30 am-4:00 pm (closed for lunch at noon), Friday 8:30 am-12:00 pm

ST. MICHAEL'S LEGAL CENTER

Legal Assistance

Phone: 813-289-5385

Address: 821 S Dale Mabry, Tampa, Florida 33609

Website: stmichaelslegalcenter.com

Notes: Call and leave message

Hours: Call for an appointment

BETTER TOGETHER

Parent Support

Phone: 239-470-2733

Address: 15276 Collier Blvd. Suite 201-284, Naples, Florida 34119

Website: bettertogetherus.org

Notes: Offering support and preventative services that empower the whole person and the entire family.

Hours: 24 Hour Hot Line; Or submit a referral through www.bettertogetherus.org

CHAMPIONS FOR CHILDREN

Parent Support

Phone: 813-673-4646 x1157

Address: 3108 West Azeele St., Tampa, Florida 33609

Website: cfctb.org

Notes: Child abuse and neglect prevention, informed parent/caregiver education and support.

Hours: Monday-Friday 8:30 am-5:00 pm

CHILDREN'S BOARD FAMILY RESOURCE CENTER OF BRANDON **

Parent Support

Phone: 813-740-4634

Address: 1271 Kingsway Road, Brandon, Florida 33510

Website: familysupporthc.org

Notes: Computer lab (fax/copy/print); CPR /1ST Aide class, Car Seat Safety Class; language classes.

Hours: Monday & Saturday 9:00 am-5:00 pm; Tuesday & Thursday 9:00 am-7:00 pm; Wednesday & Friday 9:00 am-6:00 pm

ENTERPRISING LATINAS **

Parent Support

Phone: 813-699-6905

Address: 5128 State Road 674, Wimauma, Florida 33569

Website: enterprisinglatinas.org

Notes: We Empower women & their families; We offer bilingual trainings & workshops.

Hours: Call to make an appointment; Membership free; Monday-Friday 8:30 am-6:00 pm

GOODFELLAS IMPACT COALITION

Parent Support

Phone: 813-531-4247

Address: No specific contact, County Wide, Florida all

Website: goodfellasimpactcoalition.org

Notes: Participants gain the knowledge and resources necessary to make informed decisions, start their own businesses

Hours: Monday-Friday 9:00 am-5:00 pm; Call or email for services

HISPANIC SERVICES COUNCIL **

Parent Support

Phone: 813-936-7700

Address: 3805 John Moore Road, Brandon, Florida 33511

Website: hispanicervicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Call for an appointment

HISPANIC SERVICES COUNCIL/LA RED DE PADRES ACTIVOS **

Parent Support

Phone: 813-936-7700

Address: 7825 N. Dale Mabry Hwy Suite 2, Tampa, Florida 33614

Website: hispanicervicescouncil.org/programs--services-

Notes: Parent Engagement, Immigration, Legal, Healthy Living

Hours: Monday-Friday 9:00 am-6:00 pm

IMPACT PROGRAM, INC.

Parent Support

Phone: 813-264-9368

Address: 122 North Moon Avenue, Brandon, Florida 33510

Website: whatisimpact.com

Notes: Educating and supporting students, parents, and teachers in the arena of sexual risk avoidance and healthy relationships.

Hours: Monday-Thursday 9:00 am-4:30 pm.; Apply for services through <https://www.whatisimpact.com/contact-us>

INCREDIBLE YEARS PROGRAM (EASTERSEALS FLORIDA)

Parent Support

Phone: 689-444-1731

Address: No specific contact, County Wide, Florida all

Website: easterseals.com/florida/programs-and-services

Notes: Call for more information

Hours:

INSPIRA TAMPA BAY **

Parent Support

Phone: 813-323-5783

Address: 707 W Lake Dr., Wimauma, Florida 33598

Website: inspiratampabay.org

Notes: Apply for services by phone, in person, or through website.

Hours: Monday-Friday 8:00 am -6 pm

PARENTS AS TEACHERS

Parent Support

Phone: 813-673-4646

Address: They will come to you., County Wide, Florida all

Website: cfctb.org

Notes: Parenting for children birth to 5

Hours: Call for an appointment: 813-673-4646

PREGNANCY CENTER OF PLANT CITY

Parent Support

Phone: 813-759-0886

Address: 304 N. Collins St, Plant City, Florida 33563

Website: plantcitypregnancycenter.org

Notes: Pregnant moms and babies up to one year, prenatal classes, counseling, baby items

Hours: Monday-Tuesday 9:00 am- 7:00 pm, Wednesday 9:00 am-5:00 pm, Thursday 9:00 am- 7:00 pm, Friday 9:00 am- 12:00 pm

SAFE FAMILIES FOR CHILDREN **

Parent Support

Phone: 813-703-0075

Address: PO Box 958, Palm Harbor, Florida 34682

Website: safe-families.org

Notes: Request for help online through website.

Hours: Monday-Friday 9:00 am -5:00 pm

SUCCESS 4 KIDS & FAMILIES (SUCCESSFUL FAMILIES) **

Parent Support

Phone: 813-871-7412

Address: 2806 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Case management for families experiencing emotional and/or behavioral challenges.

Hours:

TAMPA BAY KARATE FOR CHRIST

Parent Support

Phone: 813-551-7032

Address: 118 Flamingo Drice #C, Apollo Beach, Florida 33578

Website: martialartsschoolofsurvival.com

Notes: Call for services.

Hours: Monday-Friday 1:00 pm-7:00 pm; By Appointment Only

YMCA NORTH BRANDON

Parent Support

Phone: 813-685-5402

Address: 3097 Kingsway Road, Seffner, Florida 33584

Website: tampaymca.org

Notes: Call for more information

Hours: Monday-Thursday 5:00 am-9:30 pm, Friday 5:00 am-8:30 pm, Saturday 7:00 am-6:00 pm, Sunday 10:00 am-5:00 pm

COMMUNITY PET PROJECT

Pets

Phone: 813-530-6722

Address: PO Box 7206, Seffner, Florida 33584

Website: communitypetproject.org/

Notes: Supplying basic needs to the pets of veterans, homeless and low income residents of Hillsborough county; Providing basic supplies and financial medical assistance.

Hours: Anytime

HILLSBOROUGH COUNTY PET RESOURCE CENTER

Pets

Phone: 813-744-5660

Address: 440 N Falkenburg Rd, Tampa, Florida 33619

Website: hillsboroughcounty.org/animalservices

Notes: Assistance with Pet Food

Hours: Sunday-Saturday 10:00 am-7:00 pm

BETHANY CHRISTIAN SERVICES

Pregnancy

Phone: 813-743-9525 or 800-238-4269

Address: 29 W Smith St, Winter Garden, Florida 34787

Website: bethany.org/pregnant

Notes: Local remote workers covering all counties in Florida. Full adoption services as well. Temporary childcare during family crisis.

Hours: 24-hour hotline 1-800-BETHANY (238-4269)

CHILDRENS HOME NETWORK/ ADOLESCENTS IN MOTHERHOOD (AIM) RESIDENTIAL MATERNITY PROGRAM

Pregnancy

Phone: 813-864-1459

Address: 10909 Memorial Highway, Tampa, Florida 33615

Website: childrenshomenetwork.org

Notes: The program provides services for teen mothers and expecting teens who are in foster care

Hours: Call for an appointment

CHOICES CLINICS

Pregnancy

Phone: 813-982-4200

Address: 619 Eichenfeld Drive, Brandon, Florida 33511

Website: ChoicesClinics.org

Notes: Women, men and families in the midst of an unexpected pregnancy. Free pregnancy testing, ultrasounds, referrals, post abortion care and ongoing Christ-centered support.

Hours: Monday/Wednesday 9:00 am-4:00 pm, Tuesday 9:00 am-8:00 pm, Thursday/Friday 9:00 am-12:00 pm

DAWNING FAMILY SERVICES **

Pregnancy

Phone: 813-875-2024 x 1014

Address: 6718 N Armenia Ave, Tampa, Florida 33609

Website: dawningfamilyservices.org

Notes: Homeless pregnant women and mothers of young children

Hours: Call for an appointment or apply online

GLADNEY CENTER FOR ADOPTION

Pregnancy

Phone: 813-716-2684

Address: 1210 Millennium Parkway#2010, Brandon, Florida 33511

Website: pregnancyhotline.org or gladney.org

Notes: Unplanned pregnancy and adoption. COVID precautions, virtual or in-person meeting

Hours: 24 hours call 1-800-452-3639

HEALTHY START COALITION **

Pregnancy

Phone: 813-514-0728

Address: 2806 N Armenia Ave, Suite 100, Tampa, Florida 33607

Website: healthystartcoalition.org

Notes: Pregnant moms & children ages 0-2 years old

Hours: Call for an appointment

IMAGE CLEAR ULTRASOUND CENTRAL FLORIDA

Pregnancy

Phone: 813-763-5437

Address: Mobile locations, Seffner, Florida 33584

Website: imageclearultrasound.com

Notes: Seffner Area: Pregnancy tests, pregnancy ultrasound, options consultations, community referrals

Hours: Thursday 10:00 am- 4:00 pm. Call 813-763-5437 to schedule

NATIVITY CATHOLIC CHURCH PASTORAL CARE/LIFE MINISTRY

Pregnancy

Phone: 813-681-4608 or 813-413-8351

Address: 705 East Brandon Blvd, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Emergency baby supplies-diapers, wipes, clothing, blankets and other items.

Hours: Monday-Thursday 8:30 am-4:00 pm Friday 8:30 am-12:00 pm

PREGNANCY CENTER OF PLANT CITY

Pregnancy

Phone: 813-759-0886

Address: 304 N. Collins St, Plant City, Florida 33563

Website: plantcitypregnancycenter.org

Notes: Pregnant moms and babies up to one year, prenatal classes, counseling, baby items

Hours: Monday-Tuesday 9:00 am- 7:00 pm, Wednesday 9:00 am-5:00 pm, Thursday 9:00 am- 7:00 pm, Friday 9:00 am- 12:00 pm

SUCCESS 4 KIDS & FAMILIES (HEALTHY START) **

Pregnancy

Phone: 813-490-5490

Address: 2902 N. Armenia Ave. Suite 200, Tampa, Florida 33607

Website: s4kf.org

Notes: Provides moms, newborns and families with the resources support to develop a healthy pregnancy and healthy birth.

Hours:

SUNCOAST COMMUNITY HEALTH CENTER -RUSKIN **

Pregnancy

Phone: 813-653-6100

Address: 2814 14th Ave SE, Ruskin, Florida 33570

Website: suncoast-chc.org

Notes: Adult/pediatric medical services, OB/GYN, FREE pregnancy test, family planning, optometry, podiatry (Monday, Tuesday and Wednesday)

Hours: Monday-Friday 7:30 am-5:00 pm

CHRYSLAIS HEALTH **

Substance Abuse

Phone: 813-443-4827

Address: 7821 N Dale Mabry Hwy, Tampa, Florida 33614

Website: chrysalishealth.com

Notes: For services, fill out form on website; contact & request a referral form

Hours: Monday -Friday 9:00 am-5:00 pm

COVE **

Substance Abuse

Phone: 813-384-4000

Address: 4422 E Columbus Dr, Tampa, Florida 33605

Website: covebh.org

Notes: Brandon Outpatient Treatment Services for Adolescents & Adults

Hours: Assessments are done at this location by appointment: Tuesday - Friday at 9 a.m., 11 a.m. and 2 p.m.

THE PHOENIX

Substance Abuse

Phone: 526-869-8706

Address: Multiple locations, County Wide, Florida all

Website: thephoenix.org

Notes: Sober active community with free events.

Hours: Check website for events and locations.

BAYLIFE CHURCH BREAKTHROUGH

Support Groups

Phone: 813-319-0183

Address: 140 Yarbrough Road, Brandon, Florida 33510

Website: baylife.org/breakthrough

Notes: Christian Support Group Ministry

Hours: Thursdays & Sundays-verify times on website

ENTERPRISING LATINAS **

Support Groups

Phone: 813-699-6905

Address: 5128 State Road 674, Wimauma, Florida 33569

Website: enterprisinglatinas.org

Notes: We Empower women & their families; We offer bilingual trainings & workshops.

Hours: Call to make an appointment; Membership free; Monday-Friday 8:30 am-6:00 pm

F.R.I.E.N.D.S. DOWN SYNDROME WEST FLORIDA

Support Groups

Phone: 813-245-2782

Address: 11612 Miss Chloe Court, Riverview, Florida 33579

Website: friendssupport.org

Notes: F.R.I.E.N.D.S. Facebook Events Page

Hours: Call 813-245-2782 or email

FIRST BAPTIST CHURCH OF RIVERVIEW CELEBRATE RECOVERY

Support Groups

Phone: 813-677-6377

Address: 8626 US Highway 301 South, Riverview, Florida 33579

Website: fbcriverview.org/celebrate-recovery

Notes: Celebrate recovery support groups

Hours: Monday 6:30 pm

INSPIRA TAMPA BAY **

Support Groups

Phone: 813-323-5783

Address: 707 W Lake Dr., Wimauma, Florida 33598

Website: Inspiratampabay.org

Notes: Apply for services by phone, in person, or through website.

Hours: Monday-Friday 8:00 am -6 pm

NATIVITY CATHOLIC CHURCH PASTORAL CARE/SURVIVING DIVORCE GROUP

Support Groups

Phone: 813-681-4608 or 813-413-8351

Address: 705 East Brandon Blvd, Brandon, Florida 33511

Website: nativitycatholicchurch.org

Notes: Twice yearly 12 week meetings (In-person or Zoom) for those recently divorced or have been for years and are dealing with isolation or sorrow.

Hours: Monday-Thursday 8:30 am-4:00 pm (closed for lunch at noon), Friday 8:30 am-12:00 pm

THE PHOENIX

Support Groups

Phone: 526-869-8706

Address: Multiple locations, County Wide, Florida all

Website: thephoenix.org

Notes: Sober active community with free events.

Hours: Check website for events and locations.

FAMILY HEALTHCARE FOUNDATION/HEALTH BEGINS NOW **

Transportation

Phone: 813-470-8500

Address: 5401 W. Kennedy Blvd, Suite 100, Tampa, Florida 33609

Website: familyhealthcarefdn.org

Notes: Supports Hills. Cty health care members with resources to become & stay healthy; A personal Navigator offers this free bus support.

Hours: Monday-Friday 8:00 am-5:00 pm

HARTPLUS PARATRANSIT

Transportation

Phone: 813-384-6595

Address: 1201 E. 7th Avenue, Tampa, Florida 33605

Website: gohart.org

Notes: Transportation for people with disabilities. Persons are eligible for this service if they have physical, cognitive, emotional, visual or other disabilities that prevent them from using HART fixed route bus system

Hours: Apply online or call for assistance.

HILLSBOROUGH TRANSIT AUTHORITY (HART) **

Transportation

Phone: 813-384-6595

Address: 1201 E. 7th Avenue, Tampa, Florida 33605

Website: gohart.org

Notes: Transportation for people with disabilities. Persons are eligible for this service if they have physical, cognitive, emotional, visual or other disabilities that prevent them from using HART fixed route bus system

Hours: Apply online or call for assistance.

SUNCOAST COMMUNITY HEALTH CENTER -BRANDON **

Vision

Phone: 813-653-6100

Address: 313 S. Lakewood Drive, Brandon, Florida 33511

Website: suncoast-chc.org

Notes: Vision age 5 and up

Hours: Monday–Thursday (only) 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -PALM RIVER **

Vision

Phone: 813-653-6100

Address: 7728 Palm River Road, Tampa, Florida 33619

Website: suncoast-chc.org

Notes: Vision ages 5 and up

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -PLANT CITY **

Vision

Phone: 813-653-6100

Address: 801 E. Baker Street, Plant City, Florida 33563

Website: suncoast-chc.org

Notes: Vision for ages 5 and up

Hours: Monday–Friday 7:30 am–5:00 pm

SUNCOAST COMMUNITY HEALTH CENTER -TOM LEE CTR **

Vision

Phone: 813-653-6100

Address: 14254 Dr. Martin Luther King Blvd, Dover, Florida 33527

Website: suncoast-chc.org

Notes: Vision ages 5 and up (Wednesday mornings ONLY and Friday's)

Hours: Monday–Friday 7:30 am–5:00 pm

NOTES

This Community Resource Guide is printed by Bay Life Church and is also available online at hopeforherfl.org/crg.

NOTES

NOTES

Designed and Donated by



Bay Life
CHURCH

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