



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

Pinellas County Resource Manual

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

Connect at #727-507-4260

Visit our website at: www.healthystartpinellas.org or use QR code to access this manual:



For more resources call 211 or 727-210-4239 or text your zip code to 898211

Also visit: www.211connects.org

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

Home visiting program: _____ Name of care coordinator: _____ Phone #: _____

All information is subject to change without notice. For updates to this manual please contact Michelle at 727-512-3740.

Updated 10/2022

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

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ACCESS

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

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

Apply on line for some or all services: www.myflorida.com/accessflorida

Department of Children and Families:

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

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

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

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

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

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

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

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

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

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

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

*more specialty plans exists.



Where can I get help applying?

ACCESS Community Partner's are available to assist. Please be advised that you may be helped by phone or virtually and you will need to show photo ID. Always call before heading out.

North County:

Safety Harbor 727-791-8255

Citizens Alliance for Progress 727-934-5881

Evora Health 727-824-8181

Pinellas Park

Evora Health 727-824-8181

Lealman

Lealman Family Center 727-528-7891

Clearwater:

High Point Neighborhood Center 727-533-0730

Dept. Health Human Services 727-464-8400

Mid-County:

Suncoast Haven of Rest 727-545-8282

Evora Health 727-824-8181

St. Petersburg:

Daystar Life Center 727-825-0442

Salvation Army 727-822-4954

Dept. of Health Human Services 727-582-7781

James B. Sanderlin Center 727-321-9444

Evora Health 727-824-8181

Service and Access Center 727-353-3357

Health Insurance Navigators open to the public

Mease Countryside Hospital—727-443-8586

Mease Dunedin—727-734-6238

Morton Plant Hospital—727-461-8243

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

St. Anthony's Hospital—727-825-1397

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

- Florida Health Department Maternity Clinic call #727-275-6588 located at 310 N. Myrtle Ave, Clearwater to access Temporary Medicaid (PEPW-60 day coverage)
- If delivering at Morton Plant or Mease Countryside receive assistance with

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

BREASTFEEDING RESOURCES

- BayCare classes and support—www.baycarematernity.org
Mease Countryside Hospital | Virtual support group Tuesdays | 10am to noon
email: measelifeafterchildbirth@baycare.org
Morton Plant Hospital | Virtual support group Thursdays | 10am to noon
email: plantlactation@baycare.org
- Bayfront Baby Place | 530 6th St. South, St. Petersburg
Lactation help: 727-290-1310 #5
- La Leche League—call or email for Zoom link—second Monday of each month.
1-877-452-5324, Lactation help: 727-75LECHE
Email: pinellasLLL@gmail.com
- Pinellas County Health Department | WIC Lactation support
9 am to 9 pm | 727-824-6997 | Virtual Free classes in English-call for details and link to join
- St. Petersburg General Hospital | 6500 38th Ave. N., St. Petersburg | 727-341-4907
Register online: <https://stpetegeneral.com/calendar/index.dot#/ce-landing-page/search>
Lactation services-free phone or office consultation | Preparing to breastfeed | Breastfeeding support group in conference room

Why breastfeed? Risks of formula feeding to babies

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

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



Did you know that Medicaid covers breast pumps?
<https://wicbreastfeeding.fns.usda.gov/finding-breast-pump>

Take Action:

1. Request a pump from your Medicaid Managed Care Plan.
 2. Get a prescription from your doctor. Preauthorization required.
 3. Qualifications criteria may apply: mother returning to work, infant premature, having multiples, mother or infant illness, and others.
- Breast pump CPT Codes
E0604 Hospital grade rental breast pump, electric (AC and/or DC)
E0603 Breast pump electric (AC and/or DC) any type
 - ICD-10 Diagnosis Codes
If prescription is for the mother, use O92.5 Suppressed lactation.
If prescription is for baby, use P92.5 (difficulties feeding at breast for 28 days or younger) and R63.3 (difficulties feeding over 28 days of age).

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

CAR SEATS

Education classes and distribution

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

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

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

If you need a car seat checked contact. Call to make an appointment.

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

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

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

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



CHILDBIRTH & CPR CLASSES

American Red Cross—online classes

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

Adult, Child and Infant CPR and First Aid

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

BayCare free e-classes —English and Spanish-all virtual

www.baycarematernity.org #855-269-4777

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

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

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

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

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

*OB & Delivery tours available.

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

Bayfront Baby Place—727-290-1310

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

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

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

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



CHILD CARE

Early Learning Coalition of Pinellas County, Inc.

Apply online at www.elcpinellas.net

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

- ASQ screening call 727-400-4454

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

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

R Club

Visit www.rclub.net Call 727-578-5437 Office: 4140 49th Street North, St. Petersburg

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

Lutheran Services of Florida Head Start and Early Head Start

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

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

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

Special Needs Programs For Childcare

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

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

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

Ph. 855-765-7999

Additional locations in New Port Richey and Sarasota

Beach Baby Pediatric Therapy, LLC

Services: Physical, Occupational and Speech Therapy.

Accepting Medicaid. Pinellas, Hillsborough and Telehealth.

Ph. 727-871-2784 | email: hello@beachbabytherapy.com

Children's Medical Services (CMS)

Call WellCare at #1-850-245-4200

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

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

480 7th Ave. South, St. Petersburg

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

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

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

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

2929 County Road 193, Clearwater

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

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

Help Me Grow Pinellas—Call 211 or text Hmginellas to 898211

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

www.211tampabay.org/services/help-me-grow/

Neonatal Follow-Up Program at Johns Hopkins All Children's Hospital

601 5th Street South, St. Petersburg

www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program

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

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

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

Discovery Learning Center 727-341-6913

3100 75th St. N. St. Petersburg 33710

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

www.parc-fl.org

Pediatric Health Choice - Clearwater (PPEC)

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

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

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

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

Spark Pediatrics—Clearwater (PPEC)

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

Children with medical needs (birth – 21).

<https://sparkpediatrics.com/>

COUNSELING/GRIEF SUPPORT

BayCare Behavioral Health

Call main #866-762-1743 M-F 8am-5pm

Specializing in helping people with mental health issues of all kinds. Locations in Clearwater, Largo and St. Petersburg

BayCare Bereavement Services

Email: mpmbereavement@baycare.org or call #727-462-7995

Lukas Counseling —serving St. Petersburg

#800-840-2528 Ext. 802 Accepting Medicaid and other private Insurances. Helping with depression, anxiety, ADHD, Defiance, bipolar disorder and more.

Caring Community Counseling

<https://caringcounseling.org/>

3840 5th Ave N, St Petersburg Call 727-367-2273

In home, school or office counseling, classes, psych assessments, and medication management.

Children-Teens-Adults All Medicaid and most private insurance,

Directions for Living Call 727-524-4464

1437 S Belcher Rd, Clearwater, FL

8823 115th Avenue North Largo

Individual, couples, family, and group therapy, psychiatric services, on-site pharmacy and more. Medicaid, sliding scale; insurance.

www.directionsforliving.org

EMERGU TeleHealth Call: 800-988-5980

Free confidential mental healthcare online therapy via smartphone, tablet and desktop. www.emergU.org

Empathy Health 813-730-1010 Main office

Outpatient individual, family counseling, at home or school and telemedicine.

Referrals fax: 813-200-3100 | jpierce@empathycounselingllc.com

Family Enrichment Services Call 727-657-7761

3941 68th Ave. N. Pinellas Park

Counseling services for children and their family from 0-24 years of age. Accepts all Medicaid and sliding scale.

referrals@arsponline.org Fax 727-865-5178

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

Family and individual counseling with children 6-17 yrs.

1615 Union St. Clearwater #727-298-3900

3821 5th Ave. North St. Petersburg #727-552-1010

Safe2B-You empowering teens ages 15-18 #727-521-5200

Florida Healthy Transitions

For young people ages 16-25 who have or are at risk of developing a mental health condition.

Dial 211 or text FHT to 898211

Federal Substance Abuse & Mental Health Info Center

1-800-662-4357

NAMI National Alliance on Mental Illness

Help Line: 727-791-3434 M-F 9am-6pm

Perinatal Loss Program with Suncoast Hospice

Call 727-523-3451

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

Personal Enrichment through Mental Health Services (PEMHS) Call 727-545-6477

Crisis Center: 11254 58th St N, Pinellas Park 33782

PEMHS 24 hour Suicide Hotline 727-791-3131

PEMHS 24 hour Mental Health Assistance 727-541-4628

Mobil Crisis response team 727-362-4260

Pinellas Support Team of The Children's Home

Call 727-785-2762 Ext. 224

for families with children ages 3-17

Free for those with no access to services.

Post-Partum Support International

Text or call #800-944-4773 for English

#971-203-7773 for Spanish

For those experiencing post-partum disorder or depression.

www.postpartum.net

Suicide Help Line

24/7 1-800-273-TALK (8255)

Suncoast Center www.suncoastcenter.org

Central Office: 4024 Central Ave. St Petersburg

For appointments call: 727-388-1220

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

Sexual Assault Service Helpline: 727-530-7273

Abuse Hotline: 800-962-2873

Suncoast Hospice at Empath Health

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

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

Community Counseling for those experiencing death of a loved one.—Call 727-523-3451

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

USF St. Petersburg Infant Family Center

Call 727-873-4876

140 7th Ave South Building #1 Suite 100 St. Petersburg

Therapy for families with children ages 0-5 at no cost. In home or in office. Flexible appointment times. Services available in English and Spanish.

Windmoor Healthcare of Clearwater

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

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

For adults 18 and older. Provides a full range of psychiatric and chemical dependency services.

Medicaid-HMOs and many other insurances accepted.

DENTAL SERVICES

Pinellas County Health Department

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

Accepted insurances: DentaQuest, Liberty and MCNA.

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

Appointments made for all children including infants.

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

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

Services available at 5 locations:

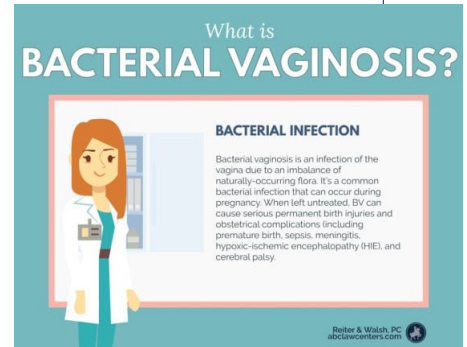
Clearwater Health Department—310 N. Myrtle Ave. Clearwater 33755

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

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

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

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



Evora Health

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

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

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

IRC Dental Offices

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

Clearwater Dental Office

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

Tarpon Springs Dental Office

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

Call for a list of Medicaid approved dentists.
1-877-711-3662

Community Dental Clinic Tel. 727-216-6155

1008 Woodlawn Street, Clearwater

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

www.communitydentalclinic.net

St. Petersburg College Dental Hygiene Clinic

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

Cleaning and X-Rays. Children 5 and up.

\$45 cleaning and full mouth x-ray

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

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

1030 Belcher Rd. S., Largo 33771

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

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

5501 4th St. North St. Petersburg

Tel. 727-485-8795 Ext. 319

Free dental care for the uninsured adults.

By appointment only.

Gulfcoast Dental Outreach

www.gulfcoastdentaloutreach.org

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

University of Florida College of Dentistry

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

Monday—Friday 7:30 am—4:00 pm.

DOMESTIC VIOLENCE



CASA Domestic Violence Center

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

Free services for victims of domestic violence.

English and Spanish language available

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

www.casa-stpete.org

Shine the Light

Call Jessica 727-452-7007

Domestic Violence Ministry and support groups.

Shinealightondv@yahoo.com

www.facebook.com/shinealightondv

Suncoast Center Inc. www.suncoastcenter.org

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

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

Florida Domestic Violence Hotline

1-800-500-1119 www.fcadv.org

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

National Domestic Violence Hotline 1-800-799-SAFE(7233)

Rape Crisis Hotline 727-530-7273

Police Victim Advocate

St. Petersburg 727-892-5280

Largo 727-587-6770

Pinellas County Sheriff's office 727-582-6259

Pinellas Park 727-369-7848

Clearwater 727-562-4350



Click here for a blood pressure log.

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

The Haven at Hope Villages of America

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

Outreach: 727-441-2029

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

<https://hopevillagesofamerica.org/>

***Hillsborough County**

The Spring of Tampa Bay

Crisis Line: 813-247-SAFE

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

***Manatee County**

Bradenton Hope Family Services (941) 755-6805

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

***Pasco County**

East Pasco/Hudson

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

West Pasco/Hudson


Salvation Army DV Program #727-856-5797

***Polk County** Lakeland

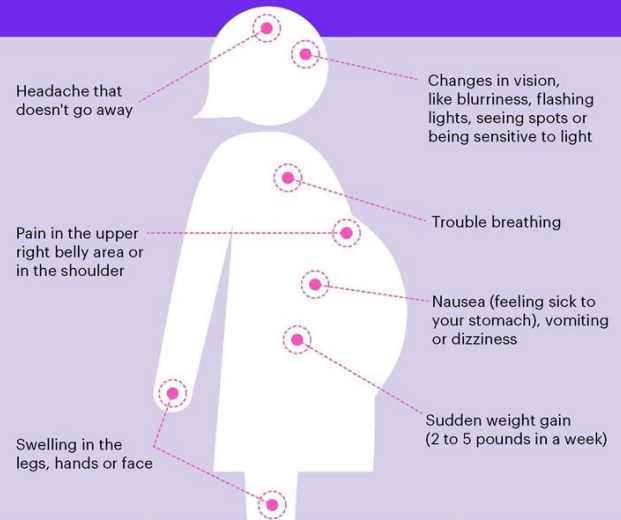
Peace River Center—24 hours a day

Call—863-413-2700

Emotional Support and Crisis Line—863-519-3744



SIGNS AND SYMPTOMS OF PREECLAMPSIA INCLUDE:



- Headache that doesn't go away
- Changes in vision, like blurriness, flashing lights, seeing spots or being sensitive to light
- Pain in the upper right belly area or in the shoulder
- Trouble breathing
- Nausea (feeling sick to your stomach), vomiting or dizziness
- Sudden weight gain (2 to 5 pounds in a week)
- Swelling in the legs, hands or face

Contact your health care provider if you are experiencing any of these symptoms or believe you have preeclampsia. Visit <https://www.marchofdimes.org/preeclampsia> for more information.

May 2020

DOULAS

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

<p><i>Births and Beyond</i></p> <p>Provider name: Brandie McGowan Contact: #813-506-0256 Email: bmmcgowan73@gmail.com Medicaid accepted Services offered: Full Spectrum Doula, Breastfeeding Educator, Placenta Encapsulation Fee scale: \$500-\$1,150</p>	<p><i>Buddha Belly Doulas</i></p> <p>Provider name: Christie Collbran, Owner. We are a team of many doulas. Contact: #727-489-4750 Email: hello@buddhabellybirth.com Services offered: Birth Doula Support, Postpartum Doula Support, Lactation Counseling, Childbirth & Baby Care Classes Fee scale: Pricing for doula services can be provided on request. We have several packages. Lactation Counseling: Initial 2 hour visit is \$200, follow up visits are \$75 per hour.</p>
<p><i>Breathing Trough Life Doula & Birth Services</i></p> <p>Provider name: Alyssa Bedard Contact: 727-424-0987 Email: Breathingthroughlifeservices@gmail.com Services: prenatal & birth education, full spectrum doula, lactation support, placenta encapsulation, prenatal yoga & virtual birth classes. Sliding scale available.</p>	<p><i>Elite Baby Concierge</i></p> <p>Provider name: Areenise Gardner Contact: #863-934-4645 Medicaid accepted Services offered - Prenatal, Birth, Postpartum, Belly casting, placenta services, Lactation Counseling. Sliding scale available.</p>
<p><i>The Family Cradle</i></p> <p>Provider name: Sarah Hodgkins Contact: #727-231-1371 Email: exhale@familycradle.com Services offered: Postpartum Doula, Infant and Toddler Sleep Coach, Breastfeeding Educator, Infant Massage Educator Fee scale: \$37 - \$50 per hour Sliding scale available .</p>	<p><i>The Kynship Birth Collective</i></p> <p>Provider name: Kyndall Cooper Contact: #813-433-0910 Email: kyn@thekynship.com Services offered: Birth Doula Services and Birth Photography Fee scale: \$1200-\$2100 Sliding scale starts at \$600-\$800</p>
<p><u>Perinatal Loss Doula Care by Silent Heart Doulas</u></p> <p>Provider name: Karen Jackson & Debi Lanning Contact: #727-641-8538 or 727-804-7142 Services offered: support when experiencing the loss of a pregnancy though miscarriage, stillbirth, or a diagnosis that means the baby will not live long after delivery. Free voluntary service.</p>	<p><i>Project Teenbirth (for mothers ages 13-20 only)</i></p> <p>Provider name: Melinda Morales Contact: #813-820-1660 Email: doula@projectteenbirth.org Medicaid's accepted: Simply, Aetna, United Healthcare, (high risk only), Sunshine, Molina Services offered: Full Spectrum Doula support, Childbirth Education, Lactation Support, and Placenta Encapsulation Services No cost for our doula services. Placenta encapsulation is \$150 Website: www.projectteenbirth.org</p>
<p><i>Unconquered Mama</i></p> <p>Provider name: Allison Smith Contact: #813-731-1926 Email: allison@unconqueredmama.com Services offered: birth, breastfeeding, nutrition/fitness Fee scale: \$1500 for birth, \$75/hr. for breastfeeding Payment plans available.</p>	<p><i>Venturasisters Doula Services</i></p> <p>Provider name: Vicky Catalan (Doula) Contact: #813-7082313 call or text (hablo español) Medicaid's accepted: Aetna , UHC, Molina ,Simply , Sunshine and Clear Services offered: Prenatal and Postpartum with labor support and breast feeding help (basic package is 2 prenatal visit ,Labor support ,1 postpartum) Sliding scale available based on patient's financial need.</p>

EDUCATION

Academy Prep Center of St. Petersburg

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

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

EDUCARE

Texting program supporting early childhood education.

Text LEARN to 52046 FREE service.

Enterprise High School up to age 21

2495 Enterprise Rd. Clearwater 33763

727-474-1237

Pinellas County School Board—K-12

Student Registration: 727-588-6210

ESOL Department 727-588-6068

Teen Parent Program 727-588-6000 ext. 6070

Pinellas County Adult Education Centers/GED

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

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

Pinellas Technical College

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

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

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

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

Technical High School at Seminole grades 9-12

12611-86th Ave. N, Seminole #727-545-6405

Learning Empowered

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

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

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

St. Petersburg College — 727-341-4772

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

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

10 Campuses available all over Pinellas County

Women on the Way Program at many campuses.

Call: 727-791-2634

University of South Florida St. Petersburg

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

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

Union Academy Family Center

GED and Adult Basic Education (ABE) services

401 E. MLK Jr. Dr., Tarpon Sprigs 727-942-5498

For Pinellas residents 16+ years of age.

Ultimate Medical Academy

#727-977-9927

1255 Cleveland St. Clearwater

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

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

EMPLOYMENT

Career Source Pinellas

Visit www.careersourcepinellas.com or Call 727-524-4344

Assists in preparing and referring you to leading employers.

Gulf-to-Bay (Main Office)

2312 Gulf-to-Bay Blvd.,

Clearwater 33765

Limited access call for an appointment.

Tarpon Springs (SPC Campus)

682 E. Klosterman Rd.,

Tarpon Springs 34689

Tuesday and Thursday 8am-5pm

St Petersburg

3420 8th Ave S.

St. Petersburg 33711

Limited access call for an appointment.

Lealman Exchange

5175 45th St. N.

St. Petersburg 33714

Limited access call for an appointment.

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

Youth employment program. Ages 15-21.

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

ServiceSource

Career counseling. Skills training. Job development.

2735 Whitney Road, Clearwater 33760

727-538-7370

<http://www.servicesource.org>

Pinellas County Urban League

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

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

Salvation Army Employment

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

Lighthouse of Pinellas Call # 727-544-4433

Vocational counseling and job placement for the visually impaired.

6925 112th Circle North Suite 103 Largo 33773

Monday—Friday 8:30 am—4:30 pm

Vocational Rehabilitation Services

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

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

Tips to save \$\$\$

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

FAMILY PLANNING COVERAGE

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

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

APPLY FOR THE FREE MEDICAID FAMILY PLANNING WAIVER PROGRAM

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

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

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

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

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

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













8751 Ulmerton Rd. Largo – 727-524-4410

6350 76th Avenue North, Pinellas Park– 727-547-7780

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

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

How Well Does Birth Control Work?

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

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

FAMILY SERVICES

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

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

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



Daystar Life Center Tel. 727-825-0442

1055 28th St. S. St. Petersburg

Helping with food, clothing, household items, rent, utilities, FL ID, transportation, health care items, computer and phone access, and tax filing.

Find Help

[findhelp.org](#), by [findhelp](#) - The Social Care Network

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

Firmly Established, Inc.

Tel. 727-678-1751

Office: St. Petersburg, FL – By Appointment Only

*Employment Assistance *Background Clearance Application Assistance *Youth Services Referrals 8-12 yrs. old.

Florida Dream Center Tel. 727-851-9074

4017 56th Ave. North, St Petersburg

Helping with food, human trafficking, hope to the incarcerated, fighting homelessness and poverty.

Florida Relay Service—FRS

Hearing impaired call: 1-800-955-8771

Non-hearing impaired call : 1-800-955-8770

Kinship Care #888-920-8761

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

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

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

Contact by email: mentor@meninthemaking.org

Reach St. Pete

727-275-8655 email: info@reachstpete.org

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

Shepherd's Center Tel. 727-939-1400

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

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

Sleep in Heavenly Peace #844-432-2337

Providing twin beds for children that do not have their own bed to sleep on.

Request at: <https://www.shpbeds.org/request-bed>

Big Brothers Big Sisters

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

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

1059 N Hercules Avenue Clearwater

2168 34th St. S, St. Petersburg

Two referrals needed. First one with reduced lunch letter and second from Pinellas County Schools. Clothes given twice in a 12 month period. <https://clothestokids.org/>

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

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

Florida Kid Care Insurance

Affordable health, dental & vision insurance for kids 1-18. Year around enrollment for those not eligible for Medicaid. NO deductible.

\$15-\$20 a month depending on income.

Apply online at www.floridakidcare.org/ or call 1-888-540-5437

Health Insurance Navigators open to the public

Mease Countryside Hospital—727-443-8586

Mease Dunedin—727-734-6238

Morton Plant Hospital—727-461-8243

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

St. Anthony's Hospital—727-825-13972

Operation Attack 727-822-1187

Distributing food, diapers and wipes by drive thru.

Call for dates in the recording.

Pinellas County Urban League

Workforce development, health initiatives, education and financial empowerment programs. 727-327-2081

Pinellas School Board Mentoring and Tutoring

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

The Gathering of Women 727-433-1352

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

We Help/ST. Pete Free Clinic

Tel. 727-821-1200 ext. 101

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

863 3rd Ave. N., St. Petersburg 33701

FATHERS SERVICES

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

Healthy Start at Johns Hopkins All Children's

(727) 767-6780

Fatherhood programs (including care coordination) for fathers in 33701, 33705, 33707, 33710, 33711, 33712, 33713, 33714, 33755, & 33756.

Pinellas County Health Department

Gold Medal Dads Program

(727) 275-6422

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

Pinellas County Health Department

Vasectomy Program

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

Planned Parenthood

(727) 898-8199

Men's health services, vasectomies, STD testing.

A Center for Wellness

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

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

All Nations SDA Church

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

5th Avenue Church of Christ

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

If transportation needed call (727) 323-3623

Northwest Church of Christ

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

City on A Hill Church in St. Petersburg

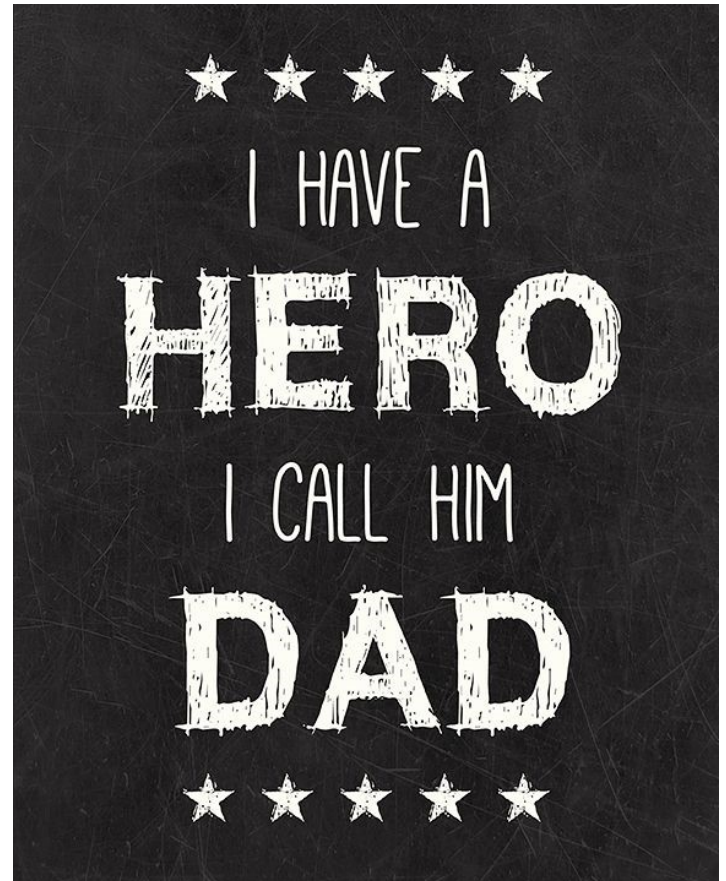
(727) 851-9999— by zoom. Only in English.

Men's Bible study. Wednesdays at 7pm.

Operation PAR Men's Services

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

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



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

FOOD ASSISTANCE

Aldersgate United Methodist Church

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

Christ the Cornerstone Church

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

Church & Community Outreach Food Pantry

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

Daystar Life Center 727-825-0442

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

Dunedin Cares

1630 Pinehurst Rd. Dunedin 727-410-8495

Feeding Tampa Bay

<https://feedingtampabay.org/findfood>

Good Samaritan Food Pantry

727-820-0775 ext. 4 6085 Park Blvd. Pinellas Park
M/T/Th. 9 to noon. Once a week per family. ID required.
Elementary age kids get a snack pack. Drive thru only.

Helping Hands Mobil Food Truck Call #727-724-1290

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

Holy Family Church

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

Northside Baptist Church

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

Northwest Presbyterian Church

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

Operation Attack 727-822-1187

Distributing food. Call for dates in the recording.

Open Arms Ministry

2039 E. Druid Rd. Clearwater 727-586-5380

Sixtieth St. Pantry

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

St. Giles Pinellas Emergency Pantry

8271 52nd St. North Pinellas Park 727-345-5215

St. Luke's United Methodist Church

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

St. Vincent DePaul Soup Kitchen

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

We Help / St. Petersburg Free Clinic

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

WIC/Nutrition Assistance Program See page 29

Beach Community Food Pantry

Calvary Episcopal Church 727-595-2374
1615 1st St. Indian Rocks Beach 33785

Beacon Street Ministries Inc.

3470 Adrian Ave. Largo 33770 727-446-1045

Clearwater SDA Community Church

1445 Lakeview Road, Clearwater 727-446-6427
Entrance on Queen Street North Saturdays 2-4pm

Clearview United Methodist Church

4515 38th Avenue North, St. Petersburg 727-743-1723

Elevated Church

4371 76th Ave. N. Pinellas Park 727-544-3293

Feed St. Pete

5501 31st St. S. St. Pete 727-866-1184

First United Methodist Church of Pinellas Park

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

Florida Dream Center and Mobil Food Truck

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

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

Hope Villages of America

700 Druid Road E., Clearwater 727-441-2029

360 Eats 727-440-0401 info@360eats.org

Kind Mouse Family Assistance Program 727-575-7834

90 day feeding program for families affected by the economy.

Sacred Heart-His Heart Society

727-544-5445 Tuesday and Thursday morning. Food, clothing and some monetary assistance.

Salvation Army

1400 4th Street South, St. Petersburg, #727-822-4954
1521 Druid Rd E., Clearwater #727-446-4177
209 S. Pinellas Ave. Tarpon Springs #727-934-4476
Shepherd's Center 727-939-1400 ext. 409 o 417

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

Suncoast Haven of Rest Rescue Mission

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

Sylvan Abbey United Methodist Church

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

Thrift Store & Food Bank-Wesley United Methodist

301 37th Avenue North, St. Petersburg 727-896-4797
Hours: Mon, Wed, Fri, 9:00–11:45am ID required.

More

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

HOUSING

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

Cambridge Management Inc.

Tel. 727-800-9815 | 6770 Park Blvd. North Pinellas Park 33781

Providing apartments and town homes for individual or families living on low income or moderate incomes.

Contemporary Housing Alternatives/Restricted of Florida (CHAF Properties) www.chafproperties.com

Tel. 727-522-1504

Clearwater Housing Authority www.clearwaterhousingauth.org

Corporate Square 28050 US Hwy 19 N, Suite 103, Clearwater, FL

Tel. 727-461-5777 Fax. 727-216-0730 Properties located within Clearwater city limits

There is a drop box in front of office for leaving applications/ documents.

Habitat for Humanity of Pinellas County <https://www.habitat.org/us-fl/clearwater/hfh-pinellas-and-west-pasco-counties>

13355 49th Street North, Clearwater & 1350 22nd St. S. St. Petersburg Tel. 727-536-4755

Habitat offices are closed to the public through Tues. June 30th. Hotline# offered for candidate questions etc. (727)209-2196.

Habitat Pinellas builds and sells homes at no profit, with 0% mortgage for qualified candidates.

Home Share Program www.homesharepinellas.org 500 South Walton Ave. Tarpon Springs 34689

Rooms for rent throughout Pinellas County with monthly payments ranging from \$450 to \$600

Five year Pinellas County residency or national background check with \$45.00 fee required.

2 People max per room. Tel. 727-945-1528 Fax: 727-279-2814 TDD: 1-800-955-8770 and TTY: 1-800-955-8771

Neighborhood Home Solutions / One-Stop HUD approved housing counseling center

Offices are closed to the public. No further information on re-opening. - Tel. 727-821-6897 , Fax (727)821-7457. Home buying education, financial fitness class, credit rebuilding, and home mortgage problems such as foreclosures or mortgage delinquency.

All services free and available to all income levels. www.nhsfl.org

Pinellas County Housing Authority www.pinellashousing.com

11479 Ulmerton Road, Largo, FL • 727-443-7684

Clients may apply via mail, email or drop box documents for processing until further notice.

Provides low rent housing to low income families. Section 8 housing available also. Check website for availability.

Pinellas Park Housing https://www.lowincomehousing.us/FL/pinellas_park.html

Email: lowincomesupport@gmail.com

9 low income housing complexes available. HUD, Section 8. Public Housing. Non profit senior and family low income. LIHTC.

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

Safe Connections Homeless Youth Resource Center - Family Resources (familyresourcesinc.org)

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

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

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

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

Admin. Office 1910 E. Bay Dr. Largo. Housing for single mothers with up to 3 children. Tel. 727-216-1402 x. 500

St. Petersburg Housing Authority www.stpeteha.org

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

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

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

Tampa Bay Community Development Corporation [Suncoast Housing Connections – SHC](#)

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

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

Classes being help by ZOOM.

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

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

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

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

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

HOW TO PROTECT YOURSELF FROM SICKNESS

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

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

Know how it spreads

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

Wash your hands often

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

Avoid close contact

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

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

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

Cover coughs and sneezes

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

Clean and disinfect

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

Monitor Your Health

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

HURRICANE SAFETY

Pinellas County—A Complete Hurricane Preparedness Guide

http://www.pinellascounty.org/emergency/PDF/All_Hazard_Guide.pdf



Survival Kit

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

Sanitation/First Aid

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

Kids and Entertainment

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

Tools and Emergency Supplies

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

Clothing and bedding

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

Legal

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

LEGAL SERVICES

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

MEDICAL SERVICES

Evara Health 727-824-8181

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

<https://evarahealth.org/>

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

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

Services offered at specific locations.

Call and find out!

707 Druid Road E, Clearwater 33756	1721 Main Street, Dunedin 34698
702 Jasmine Way, Clearwater 33756—Dental	12420 130 th Ave N, Largo 33774
14100 58th St. N. Clearwater 33760	7550 43rd Street N., Pinellas Park 33781
3860 Tampa Road, Suite C, Oldsmar 34677	710 16th Street South St. Petersburg 33705
1344 22 nd St S, St Petersburg 33712	701 6th St. S. Suite 741, St Petersburg 33701
612 Dr. MLK Jr St N, St Petersburg 33705	4950 34th St. N. St. Petersburg 33714
247 South Huey Ave. Tarpon Springs 34689	710 East Lime St. Tarpon Springs 34689—Dental

MEDICAL SERVICES CONT.

Florida Department of Health in Pinellas

**Covid—19
Vaccines
Available**

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

<p><u>Bayside Health Clinic– Mobil medical unit for homeless</u> 727-453-7866 Call for places, dates, times. Services persons and families without insurance or have the County Health Plan #727-464-4200. www.pinellascounty.org/humanservices/healthprogram.htm</p> <p><u>Bayfront Family Health Family Care Center</u> 700 6th St. South, 3rd floor, St. Petersburg 727-893-6116</p>	<p><u>Clinical Care Medical Center</u> Pinellas (clinicalcaremc.com) 6245 66th St. N. Pinellas Park 727-873-3891 M-F 8 am—5 pm</p> <p><u>Clinica Guadalupana</u> English and Spanish Tel. 727-461-7730 by appointment only 1020 Lakeview Rd. Suite 4, Clearwater</p>
<p><u>Clearwater Free Clinic</u> (ages 1 mo. – 65y/o) For the uninsured-sliding scale 1218 Court Street, Clearwater: 727-447-3041 Proof of citizenship, ID, Social Security number required. Pediatrics on Wednesday. www.clearwaterfreeclinic.org</p>	<p><u>Diabetic Solutions & Sunshine State Pharmacy</u> Medications shipped to home address with RX from medical provider. Most insurance accepted and uninsured will be assisted at discount. Call 954-346-7759 https://controlyourdiabetes.com/</p>
<p><u>Lions Sight Center</u> (vision exams for a \$25 donation) 330 5th St. N., St. Petersburg (2nd floor) 727-893-7152 – Leave message</p>	<p><u>Medication Assistance Program</u> BayCare’s program helps anyone obtain medication for less cost. Call: 813-901-6350</p>
<p><u>MedNet prescription assistance</u> MedNet® Prescription Assistance Program Suncoast Health Council <u>Department of Health</u> Clearwater # 727-275-6579 Pinellas Park #727-369-3913 St. Petersburg # 727-824-6936 Mid County # 727-275-6363 <u>Johnnie Ruth Clarke Health Center</u> 1344 22nd St. S Tel: # 727-824-8181 <u>St Pete Free Clinic</u> 863 third Ave N. # 727-327-0333 ext. 311</p>	<p><u>Neonatal Follow-Up Program at Johns Hopkins All Children’s Hospital</u> 601 5th Street South, St. Petersburg www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program Ph. 727-767-2818 Fax: 727-767-4391 Continuum of care for high risk infants, through the first five years of life; Focused on improving their growth, nutrition, and neurodevelopmental outcomes.</p> <p><u>Preserve Vision Florida</u> 9200 Seminole Blvd. 2nd floor Seminole Tel. 813-874-2020 x. 4024 Vision screenings and free eye glasses depending on income. www.pvfla.org</p>
<p><u>HCA Florida St. Petersburg Family Care</u> 6450 38th Avenue North, Suite 400 St. Petersburg Tel 727-545-4444</p> <p><u>St Petersburg Free Clinic Health Center</u> 5501 4th St. N. St. Petersburg 727-327-0333 Adults ages 18 – 64 Need FL ID & Pinellas address.</p>	<p><u>Turley Family Health Center</u> 807 Myrtle Ave. N. Clearwater 727-467-2400</p> <p><u>Willa Carson Health Resource Center</u> 1108 N. Martin Luther King Ave, Clearwater, FL 33755 727-467-9411 Basic health services provided (no fee).</p>

NEIGHBORHOOD FAMILY CENTERS

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

NORTH COUNTY

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

MID COUNTY

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

SOUTH COUNTY

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



PARENTING CLASSES

Active Parenting Now!

Call 727-327-7656 Registration required. Via Zoom.
7 week court approved class designed to help parents of children of any age build positive family relationships.

Directions for Living Tel. 727-524-4464 option 0
Early Childhood Consultation Services
Birth to 5 years old. Court approved. Free.
In home and locations in Largo and Clearwater.
www.directionsforliving.org

Life After Childbirth with BayCare

Support group for mothers who are currently pregnant or have delivered up a one year ago.
Email: alina.greeley@baycare.org
Tues. & Thurs. 10am-noon. Virtual.
Helpline: 727-725-6795
measelifeafterchildbirth@baycare.org

Parenting Class for Family Stabilization 1-800-767-8193
Court approval 1 day 4 hours course (\$45)
For those going thru a civil action with a child.

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

6500 38th Ave N, St Petersburg Tel. 727-341-4055
All classes are free of charge, but reservations are requested.
Register online: <https://stpetegeneral.com/calendar/#/ce-landing-page/search>

St Petersburg College Tel. 727-341-3000
<https://www.spcollege.edu/friends-partners/community-resources/community-enrichment-classes>
Separation and Divorce a Child's View Class- via Zoom

Text4Baby

Totally free text messages 3 times a week to help you through pregnancy and baby's first year. Text BABY to 511411 to enroll.
www.text4baby.org

Child Welfare full list of Court Approved Parenting classes

<https://www.myflfamilies.com/service-programs/child-welfare/stabilization/online.shtml>

HIPPY Program:

<https://www.rclub.net/service/hippy-program/>
Home Instruction for Parents of Pre-school Youngsters.
School readiness program for parents with children ages 3-5 to help parents be their child's first educator. Tel. 727-570-8841

Operation Par Programs: Court Approved
Nurturing Parenting & Nurturing Parenting Intensive: Focus on children ages 0-5.
Parenting Wisely: For parents of children 5 and older.
Nurturing Parenting: Father's specific group.
#1-888-727-6398
<https://www.operationpar.org/services/womens-services/>

Parenting Class for Family Stabilization 1-800-767-8193
Court approval 1 day 4 hours course (\$45)
For those going thru a civil action with a child.

SNAP-Stop, Now, And Plan with Family Resources

727-521-5200
13 week group program for children ages 6-11 and their parents learn to manage emotions. Free childcare for siblings.

Suncoast Center

Tel. 727-388-1220 or 727-327-7656
Many parenting and sibling classes available.
<https://www.suncoastcenter.org/classes-support-groups-events>

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

Nurturing Parenting and Circle of Security classes for families with children 0-5. No cost. Call for times and locations.
<https://www.stpetersburg.usf.edu/resources/family-study-center/infant-family-mental-health/infant-family-center.aspx>

PEDIATRICIANS

Practice Name	Address	City/St/Zip	Phone (727)	Languages
All Children's General Pediatrics	601 5 th St. S., #504	St. Petersburg 33701	767-8917	
All 4 Kidz Pediatrics	1907 Tyrone Blvd. North	St. Petersburg 33710	317-2117	
All Star Pediatrics	5571 4 th St. N.	St. Petersburg 33703	525-7852	French, Greek, Spanish
Bardmoor Internal Med & Pediatrics	8787 Bryan Dairy Rd., #275	Largo 33777	394-5650	Spanish
BayCare Primary and Pediatric Care	3890 Tampa Rd. Suite 102	Palm Harbor 34684	781-3150	
Bay Pediatrics	1725 E. Bay Dr., #A	Largo 33771	584-9810	
Bayfront Family Health	700 6th Street S. 3rd floor	St. Petersburg 33701	893-6116	
Better Health Medical Center/Dr. Danuta, M.D.	28960 U.S. 19 N., #115	Clearwater 33761	771-8282	Spanish
Clearwater Pediatric Care	2370 Drew Street, #B	Clearwater 33765	461-1543	Spanish
Coastal Pediatric Care	8787 Bryan Dairy Rd. #350 5601 Dr. MLK Jr. St. N.	Largo 33777 St. Petersburg 33703	525-2161	Spanish
Complete Wellness Pediatrics	5033 Central Avenue	St. Petersburg 33710	334-8523	Spanish
Cool Kidz Pediatrics	1111 7th Ave. N. #103	St. Petersburg 33705	822-5393	Spanish
Dunedin Pediatrics	424 Douglas Ave.	Dunedin 34698	734-7337	Spanish, French
East Lake Pediatrics	4150 & 4156 Woodlands Pkwy.	Palm Harbor 34685	372-6760	
Evara Health	7550 43 rd St. N. 14100 58th St. N. 1721 Main Street 707 Druid Rd E 247 S. Huey Ave. 1344 22 nd St. S. 4950 34th St. N.	Pinellas Park 33781 Clearwater 33760 Dunedin 34698 Clearwater 33756 Tarpon Springs 34698 St. Petersburg 33712 St. Petersburg 33714	824-8181	Polish, Spanish, Tagalog
Fifth Avenue Pediatrics	2855 5th Ave. N.	St. Petersburg 33710	323-2727	Spanish
Jeffrey Hirschfield, MD	6705 38 th Ave. N., #A	St. Petersburg 33710	381-4305	German, Spanish
Jeth V Salomon Pediatrics	6560 9 th Ave. N., #1	St. Petersburg 33710	381-5437	
Lorie McAuliffe, MD	405 Pasadena Ave. S.	St. Petersburg 33707	345-2212	Spanish
Myrtle Pediatrics	250 Pine Ave. N. 613 S. Myrtle Ave., #205	Oldsmar 34677 Clearwater 33756	447-6458	
Northeast Pediatrics	431 Southwest Blvd N	St. Petersburg 33703	526-7337	
North Pinellas Children's Medical Center	31860 U.S. 19 N	Palm Harbor 34684	787-6335	Indian
Partners in Pediatrics	401 Corbett St, #210	Clearwater 33756	446-1161	Spanish
Pediatric Health Care Alliance	6671 13th Ave. N., Suite 1D	St. Petersburg 33710	381-1147	Spanish
Pediatric Health Care Alliance	12951 Walsingham Rd.	Largo 33774	391-0158	

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

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

PEDIATRICIANS CONT.

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

PREGNANCY CENTER SUPPORT

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

A Woman's Place

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

Foundations of Life Pregnancy Center

905 S. Prospect Ave. Clearwater FL
#727-550-4236 or email: fopinellas@ccdosp.org

Kimberly Home

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

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

1210 22nd Street South, St. Petersburg, FL
#727-896-9119

Bay Area Family & Pregnancy Center

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

Mary's Outreach

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

Upper Pinellas Support Services Pregnancy Center

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

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

Infants 7 days old or less

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

Expert written resources and
information for families.

www.newmomh.com

PREGNANCY MEDICAID

Pregnancy Medicaid Application Guidelines– April 2022

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

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

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

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

Household Size (Include Your Unborn Child)	Gross Monthly Income/Before Taxes (these figures include 5% standard disregard)
2	\$2,915
3	\$3,666
4	\$4,418
5	\$5,768
6	\$5,920

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

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

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

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

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

Possible Effects on Your Fetus	Possible Effects on You
Disruption of brain development before birth	Permanent lung injury from smoking marijuana
Smaller size at birth Higher risk of stillbirth	Dizziness, putting you at risk of falls
Higher chance of being born too early, especially when a woman uses both marijuana and cigarettes during pregnancy	Impaired judgment, putting you at risk of injury
Harm from secondhand marijuana smoke Behavioral problems in childhood and trouble paying attention in school	Lower levels of oxygen in the body, which can lead to breathing problems

DID YOU KNOW?

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

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

Count the Kicks



My NICU Baby

CARING FOR YOUR BABY IN THE NICU

LEARN
Find out how to care for your baby in the NICU and at home.

TRACKERS
Track feeding, pumping, kangaroo care and your baby's weight.

NICU PARTNERS **PHOTOBOOTH** **FAVORITES**

MARCH OF DIMES



PRENATAL PROVIDERS

***These providers may not accept Medicaid.**

CLEARWATER

***A Place for Women** – Drs. Delia Delgado, Lorraine Cuadros, Alexis Lipton, Annika Chadee, Beth Benson and Mariza Mushezo, APRN – (see Seminole location) – 727-393-2800

All Femcare – Drs. Hugo Perez-Artiles & Jose Calderon-Guzman – 727-785-7686

BayCare Medical Group– Drs. Elvia Vallejo, Christopher Kraft, Rachel Lambert & Eden Zeleke - 727-462-3401

Evava Health – Drs. Amy Gabriel, Erica Schneider, Michael Kinder & Scott Greenberg, Tanya deGroot and CNM, APRN's Sharon Turpin, Elizabeth Plumley, Jaime Clark, Lucy Bosley & Callie Ashlock and Jenny Bagg, CNM and APRN's Emily Michelson & Rachel Russell- 727-824-8181 – (see PP and two SP locations)

Dr. G. Stephen Igel – 727-461-7611 (see Tarpon Springs location)

Turley Family Health Center – Dr. Daniel Chernaev and CNM's Carol Hay, Rachel Stall & Susan Salazar –727-467-2400

***Dr. Thomas Walter and Amy Harrington, APRN** - 727-669-6242

***Women's Care Florida/Countryside Obstetrics & Gynecology** – Drs. Anjana Patel, Trisha Llewellyn, Maria Pimentel & Joshua Jones and Kristin Carl, APRN, - 727-725-5121

***Women's Care Florida/Lerner, Rudolph, McCance & Associates** – Drs. Saul Lerner, Richard Rudolph, Gigi McCance, Ryan Brosch, Susan Marcelli, Jacqueline Fernandes, Katharine Weinstock & James Lee – 727-461-2757 (see offices in SP & PH)

LARGO

Breath of Life –APRN's Cynthia McCullough, Laci Spengler, Ellen Hope & Chanel Blanchard & Tammy Taylor – 727-216-1420

Gulfcoast Institute of Ob/Gyn – Drs. Romeo Acosta, Guillermo Calderon, Emanuel Javate, Christy Shamas, Wilfredo Lorenzo, Kamila Malinowska, and Taylor Ann Lentz, PA – 727-319-2303

Women's Care Florida/ Contemporary Women's Care—Drs. Katherine Dadisman, Brooke Ritter, Diana Connor & Ashley Long and CNM's Debbie Landis-Nussbaum & Tonia Badura and APRN's Jordan Bennett & Chelsea DeLuca and Pamela Rox, APRN, CNM – 727-462-2229 (see Palm Harbor location)

PALM HARBOR

Ladies & Babies – Dr. Arleigh Ancheta – 727-781-3448

Women's Care Florida/Contemporary Women's Care – (See Largo location) –727-281-9649

***Women's Care Florida/Lerner, Rudolph, McCance & Associates** – 727-461-2757 (see providers in CW & see SP location)

PINELLAS COUNTY

Childbirth Options – Sizzly Auer, LM, CPM – home births – 813-381-6430, ext. 101

***Circle of Life - Cheryl Moore, LM** –home births - 813-426-2397

***Labor Lovelies**— Nedra Miller, CNM, APRN—home births—727-478-0617

***Mama Centered Midwife – Michelle Gallagher, LM, CPM** – home birth—727-228-2879

Uma Midwifery – Zulgail “Zul” E. Ruiz Ginés LM, CPM – home births - 310-425-9414

PINELLAS PARK

Evava Health – (see providers in CW & see SP locations) –727-824-8181

SAFETY HARBOR

***Florida Women's Care** – Dr. James Gallagher – 727-786-8678

Women's Care Florida/ Williams, Goldman & Watson – Drs. A. Trent Williams, Joshua Goldman, Jennifer Watson, Christy Nolan, Sarah Shelden, Jennifer Bowen & Lauren Moorehead and Renee Pinheiro, MPAS and Jackie Tinny, CNM & Nicole Gregory and Lynn DeVries, APRN – 727-376-7734

ST. PETERSBURG

***JH/ACH Maternal Fetal & Neonatal Institute Perinatology Specialists** –

Drs. Karen Raimer, Jose Prieto, Katherine Apostolakis-Kyrus, Rachelle Schwartz, Mayra Cruz Ithier. Tiffany Tonismae & Jose Perez Yordan– 727-767-7903

JH/ACH OB-GYN Specialists – Drs. Sheila Devanesan, Suzanne Icely, Laura Politz, Tammy Nguyen, Jenny Michael, Tess Chance, Tara Taylor and APRN, CNM's Amy Johnson – 727-767-6060

Bayfront Family Health Center – 727-893-6198 - High Risk Clinic/CMS/Regional- directed by JH/ACH Maternal & Neonatal Institute Perinatology Specialists listed above

Evava Health at JRC and Bayfront– (see providers in CW and locations in Pinellas Park) – 727-824-8181

Gulfcoast Institute of Ob/Gyn – Drs. Romeo Acosta, Guillermo Calderon, Emanuel Javate, Christy Shamas, Wilfredo Lorenzo, Kamila Malinowska, and Taylor Ann Lentz, PA – 727-319-2303

The Birth Center of St. Pete – Jessica Willoughby, LM – 727-895-2300

Women's Care Florida/Absolute Health & Wellness – Drs. Jennifer Gilby, Sarah Miller, Nadia Pile & Jenna Harrison and APRN, CNM's Kelly Murray, Amanda Klawinski, Jayma Holt, Kathryn Steckel & Kat Ambler– 727-323-3838

Women's Care Florida/BayView OB/GYN – Drs. Thomas McNeill, Jr. & Carlos Reyes and APRN, CNM's Darlean Weingarten, Michelle Griner, Brandi Haugabook and APRN Liz Gonzalez – 727-895-1300

***Women's Care Florida/Lerner, Rudolph, McCance & Associates** – 727-461-2757 (see providers in CW and see PH location)

Women's Care Florida/New Beginnings – Drs. Kimberly Biss & Raphael Guichard and Connie Rudolph, APRN, CNM and Nicole Gueli, APRN-C and CNM's Stephanie Tracey & Michelle Pease– 727-456-0080

Women's Care Florida/St. Petersburg Obstetrics & Gynecology – Drs. Molly Long, Beth Diner, Linda Tijerino, Anna Wouters & Prashanti Logeswaren and Donna Wilkinson, PRN-C and Amanda Freeman, APRN (two locations) – 727-954-7121

SEMINOLE

***A Place for Women** – (see providers in CW location) - 727-393-2800

TARPON SPRINGS

Dr. G. Stephen Igel – 727-461-7611 (see Clearwater location)

SHELTERS/EMERGENCY HOUSING

Alpha House <http://alphahousepinellas.org/>

701 5th Ave. N., St. Petersburg, FL • 727-822-8190

Homeless woman ages 14-41 pregnant or with baby 9 months or younger. Six months clean and sober. School attendance or work required to maintain placement.

CASA <https://www.casa-stpete.org/>

Tel. 727-895-4912 24 hr. domestic violence hotline

For survivors of domestic violence. Emergency and temporary housing program.

H.E.P. (Homeless Empowerment Program)

1120 N. Betty Lane Clearwater, FL 33756 • 727-442-9041

Housing and support for individuals, families and veterans.

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

Pinellas Hope <https://pinellashope.org/emergency-shelter/>

5726 126th Ave, N. Clearwater, FL. 727-556-6397. A 90-day shelter for homeless men and women clean and sober; case managers and adult GED classes on site. Sponsored by Catholic Charities.

Salvation Army Emergency Shelter

• 340 14th Ave. S., St. Petersburg, FL • 727- 550-8080

Call for appt. Family dorm, female dorm and male dorm on premises. First 7 days free, thereafter \$10.00 a night to stay.

• Hope Crest 1521 E. Druid Rd. Clearwater #727-446-4177

For working families with minor children in their care and enrolled in some educational training.

Family Promise of Pinellas County <https://fppinellas.org/>

6201 22nd Ave N. St. Petersburg, FL #727-201-9571

Families with children under 18 years of age.

Family Resources—Safe place 2B <https://familyresourcesinc.org/>

North County: 727-298-1607

South County: 727-893-1893

Supporting homeless youth ages 10-17 from all backgrounds.

Night Shelter

• 7809 46th Way North Pinellas Park FL #727-541-4447

Provides temporary accommodations to the homeless people of all ages.

Pinellas Safe Harbor 14840 49th Street North, Clearwater, Florida

727-464-8058. A homeless shelter and jail diversion program designed to be a safe haven for homeless. 24 Hours 7 Days per week. Pinellas County residents.

St. Petersburg Free Clinic/We help

863 3rd. Ave. N. St. Petersburg 33701

Women's Residence-case managed 727-821-3894

Beacon House-long term, for men 727-823-5780

<https://stpetersburgfreeclinic.org/>

SUBSTANCE USE TREATMENT

Operation PAR

24 hour helpline 1-888-727-6398

Administrative Center: 6655 66th Street North Pinellas Park 33781
727-454-7564

Detox Tel. 727-538-7243

6150 150th Ave N, Clearwater, FL 33760

PAR Village for Women

13800 66th St N, Largo 33771

Residential treatment and drug abuse rehab

Motivating New Parents (PAR)

Home visitation and supportive services

Contact Jamie: 727-422-6647

Contact Gustavo: 727-263-7127

COSA Developmental Center

1930 4th St. South St. Petersburg 33705

727-551-5194 ext. 5404

Fairwinds Residential Treatment

<https://fairwindstreatment.com/>

1569 South Fort Harrison, Clearwater

Tel. 727-449-0300

Hospital In Patient /Residential Short Term

Self-pay/private insurance/No Medicaid

WestCare Florida

OUTPATIENT SERVICES CENTERS: Tel. 727-490-6768

Main office: 8800 49th St. North #402 Pinellas Park 33782

& 5999 Central Ave. #401 St. Petersburg 33710

SERVICES: Ryan White, Re-entry, Drug Court, Prevention, Veteran's Treatment Court

Clients under influence of substance. No insurance required/homeless ok

Alcoholics Anonymous: 24/7 Helpline 727-530-0415

Tel. 727-333-7118

www.aapinellas.org

Bay Area Narcotics Anonymous:

Tel: 1-888-779-7117

www.bascna.org

Al-Anon Family Groups

Tel: 1-888-425-2666

<https://al-anon.org/>

Smoking Cessation

Tobacco Free Florida-Quit support groups at 877-848-6696 or 813-929-1000 visit: www.tobaccofreeflorida.com/quityourway

CDC tips and resources: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html>

Also: <https://smokefree.gov/>

Suncoast Center <https://www.suncoastcenter.org/>

Central Office: 4024 Central Ave. St Petersburg

For appointments call: 727-388-1220

Locations all over Pinellas county.

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

Windmoor Health Care <https://windmoor.com/>

11300 US 19 N, Clearwater

Tel. 727-541-2646 24 hours a day

Medicare, private and some Medicaid/HMO

Ask for WIN team if no insurance

In patient detox 18 yrs. and older

Outpatient /inpatient services for mental health.

TRANSPORTATION

Medicaid transportation

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

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

Managed Care Organizations (MCO) serving Pinellas County are:

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

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

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

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

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

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

*more specialty plans exists.



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

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

LEARN MORE:

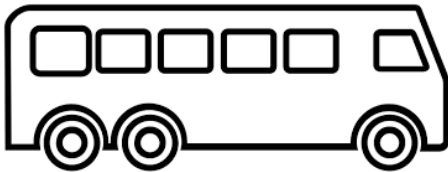
AHCA has a comprehensive website with links to a program snapshot: <http://www.ahca.myflorida.com/smmc>

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

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

All buses are air-conditioned and wheelchair accessible.

- ◆ Regular Cash Fare \$2.25
- ◆ Reduced Cash Fare \$1.10
- ◆ Downtown Looper—Free
- ◆ Jolley Trolley—\$5 unlimited, \$2.50 Seniors
- ◆ Go Cards
- ◆ Flamingo Fare—<https://flamingofares.com/>



If you are pregnant a Urinary Tract Infection can cause:

- Preterm labor
- Severe Infection
- Anemia and more.

UTILITY OR RENTAL ASSISTANCE

Each program has different eligibility guidelines and funding sources

Assurance Wireless Phone Program:

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

CAP Center of Alliance and Progress https://www.citizensallianceforprogress.org/family.html#Emergency_link

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

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

Catholic Charities

Provides support and guidance to stabilize poor individuals and families in crisis in danger of becoming homeless in need of emergency utility assistance. Tel. 727-893-1313 <https://www.ccdosp.org/financial-assistance-pinellas-county/>

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

Call 727-888-4357—Real time help for families.

Florida Life Line/Linkup Florida Discount phone services and phone bill assistance. Call. #800-540-7039

Good Samaritan Program

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

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

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

Our Florida <https://www.ourflorida.com/> Helping Floridians get back on their feet. #833-493-0594

Pinellas County Low Income Home Energy and Water Bill Assistance Program

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

Apply online. Email liheap@pcul.org

Pinellas Opportunity Council, Inc.

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

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

Hope Villages of America

727-446-5964 ext. 108 700 Druid Rd. Clearwater FL Energy assistance.

Safelink Wireless Phone Program:

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

1-800-723-3546 www.safelinkwireless.com

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

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

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

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

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

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

St. Nicholas Philoptochos Church

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

Call 727-944-3366 *funding is limited*

St. Vincent de Paul CARES Assisting with rental and utilities for those participating in their program.

South Pinellas: 727-823-2516

We Help/St. Petersburg Free Clinic

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

VITAL DOCUMENTS

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

Tel. 727-464-VOTE (8683)

Offices in Clearwater, Largo, & St. Petersburg

You must be 18 to vote.



WIC



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

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

THE MONTHLY VALUE OF FRUIT AND VEGETABLES IS INCREASING!

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