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
Evara Health 727-824-8181

Pinellas Park
Evara 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
Evara 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
Evara 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.

*Emergency Medicaid is for those without documents or for those that hold a resident green card of less than five years. No Visa Holders.*
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

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


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.
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, HIPPY, 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
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
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-EarlySteps
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/
292 County Road 193, Clearwater
Ph. 727-793-2723 ext. 2105, 2368, 2367 Fax: 727-793-2729
Screening for 3 to 5-year-olds who may have difficulty in a day-care setting.

Help Me Grow Pinellas—Call 211 or text Hmgpinellas to 898211
HMG is open to all families with children under 8 years old.
www.211tampabay.org/services/help-me-grow/

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/
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 health care 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

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**Evara Health**
Call 727-824-8181 or visit [https://evarahealth.org/](https://evarahealth.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)

<table>
<thead>
<tr>
<th>IRC Dental Offices</th>
<th>Clearwater Dental Office</th>
<th>Tarpon Springs Dental Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>1344 22nd St. S., St. Petersburg</td>
<td>702 Jasmine Way, Clearwater</td>
<td>721 E. Lime Street, Tarpon Springs</td>
</tr>
<tr>
<td>Mon-Thurs 7:00am-6:00pm</td>
<td>Mon.-Thurs 7:00am-6:00pm</td>
<td>Mon.—Friday 8:00 am—5:00 pm</td>
</tr>
<tr>
<td>Fri 7:00am-4:30pm</td>
<td>Friday 7:00am-4:30pm</td>
<td></td>
</tr>
</tbody>
</table>

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

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**Community Dental Clinic**
Tel. 727-216-6155
1008 Woodlawn Street, Clearwater
For adults living in upper Pinellas without dental insurance. Limited appointments available currently.
[www.communitydentalclinic.net](http://www.communitydentalclinic.net)

**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.

**Gulfcoast Dental Outreach**
[www.gulfcoastdentaloutreach.org](http://www.gulfcoastdentaloutreach.org)
Tel. 813-579-3935 Ext. 101 or 103 for open enrollment info. Reduced fee dental for 3yrs and up.

**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.

**St. Petersburg Free Clinic**
[https://stpetersburgfreeclinic.org/](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.

**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
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.fcdvy.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

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

Click here for a blood pressure log.
Blood Pressure
(preeclampsia.org)
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.

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Contact</th>
<th>Email</th>
<th>Medicaid Accepted</th>
<th>Services Offered</th>
<th>Fee Scale</th>
<th>Sliding Scale Available</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Births and Beyond</strong></td>
<td>Provider name: Brandie McGowan</td>
<td>Contact: #813-506-0256</td>
<td>Email: <a href="mailto:bmmcgowan73@gmail.com">bmmcgowan73@gmail.com</a></td>
<td>Medicaid accepted</td>
<td>Services offered: Full Spectrum Doula, Breastfeeding Educator, Placenta Encapsulation</td>
<td>Fee scale: $500-$1,150</td>
</tr>
<tr>
<td><strong>Buddha Belly Doulas</strong></td>
<td>Provider name: Christie Collbran, Owner.</td>
<td>We are a team of many doulas.</td>
<td>Email: <a href="mailto:hello@buddhabellybirth.com">hello@buddhabellybirth.com</a></td>
<td>Medicaid accepted</td>
<td>Services offered: Birth Doula Support, Postpartum Doula Support, Lactation Counseling, Childbirth &amp; Baby Care Classes</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Breathing Trough Life Doula &amp; Birth Services</strong></td>
<td>Provider name: Alyssa Bedard</td>
<td>Contact: 727-424-0987</td>
<td>Email: <a href="mailto:Breathings-throughlifeservices@gmail.com">Breathings-throughlifeservices@gmail.com</a></td>
<td>Medicaid accepted</td>
<td>Services offered: prenatal &amp; birth education, full spectrum doula, lactation support, placenta encapsulation, prenatal yoga &amp; virtual birth classes.</td>
<td>Sliding scale available.</td>
</tr>
<tr>
<td><strong>Elite Baby Concierge</strong></td>
<td>Provider name: Areenise Gardner</td>
<td>Contact: #863-934-4645</td>
<td>Email:</td>
<td>Medicaid accepted</td>
<td>Services offered - Prenatal, Birth, Postpartum, Belly casting, placenta services, Lactation Counseling.</td>
<td>Sliding scale available.</td>
</tr>
<tr>
<td><strong>The Family Cradle</strong></td>
<td>Provider name: Sarah Hodgkins</td>
<td>Contact: #727-231-1371</td>
<td>Email: <a href="mailto:exhale@familycradle.com">exhale@familycradle.com</a></td>
<td>Medicaid accepted</td>
<td>Services offered: Postpartum Doula, Infant and Toddler Sleep Coach, Breastfeeding Educator, Infant Massage Educator</td>
<td>Fee scale: $37 - $50 per hour Sliding scale available .</td>
</tr>
<tr>
<td><strong>The Kynship Birth Collective</strong></td>
<td>Provider name: Kyndall Cooper</td>
<td>Contact: #813-433-0910</td>
<td>Email: <a href="mailto:kym@thekynship.com">kym@thekynship.com</a></td>
<td>Medicaid accepted</td>
<td>Services offered: Birth Doula Services and Birth Photography</td>
<td>Fee scale: $1200-$2100 Sliding scale starts at $600-$800</td>
</tr>
<tr>
<td><strong>Perinatal Loss Doula Care by Silent Heart Doulas</strong></td>
<td>Provider name: Karen Jackson &amp; Debi Lanning</td>
<td>Contact: #727-641-8538 or 727-804-7142</td>
<td>Email:</td>
<td>Medicaid accepted: Simply, Aetna, United Healthcare, (high risk only), Sunshine, Molena</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>Project Teenbirth (for mothers ages 13-20 only)</strong></td>
<td>Provider name: Melinda Morales</td>
<td>Contact: #813-820-1660</td>
<td>Email: <a href="mailto:doula@projectteenbirth.org">doula@projectteenbirth.org</a></td>
<td>Medicaid’s accepted: Simply, Aetna, United Healthcare, (high risk only), Sunshine, Molena</td>
<td>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: <a href="http://www.projectteenbirth.org">www.projectteenbirth.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Unconquered Mama</strong></td>
<td>Provider name: Allison Smith</td>
<td>Contact: #813-731-1926</td>
<td>Email: <a href="mailto:allison@unconqueredmama.com">allison@unconqueredmama.com</a></td>
<td>Medicaid accepted: Aetna, UHC, Molina, Simply, Sunshine and Clear</td>
<td>Services offered: birth, breastfeeding, nutrition/fitness</td>
<td>Fee scale: $1500 for birth, $75/hr. for breastfeeding Payment plans available.</td>
</tr>
<tr>
<td><strong>Venturasisters Doula Services</strong></td>
<td>Provider name: Vicky Catalan (Doula )</td>
<td>Contact: #813-7082313 call or text (hablo español)</td>
<td>Email:</td>
<td>Medicaid’s accepted: Aetna, UHC, Molina, Simply, Sunshine and Clear</td>
<td>Services offered: Prenatal and Postpartum with labor support and breastfeeding help ( basic package is 2 prenatal visit ,Labor support ,1 postpartum ) Sliding scale available based on patient’s financial need.</td>
<td></td>
</tr>
</tbody>
</table>
**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  
Offers more than 100 associate's 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.

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**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.  
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/  
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

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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: Sterilization, Implant, IUD
- 99% effective
- 92-97% effective depending on the method
- 80-82% effective depending on the method
- 71-76% effective depending on the method

- Less Effective: Shot, Pill, Ring, Patch
- Condom (Internal/External), Sponge, Cervical Cap
- Spermicide, Fertility Awareness, Withdrawal

FAMILY SERVICES

**Alpha House** Tel. 727-822-8190  
7015th 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. St. Petersburg  
Helping with food, clothing, household items, rent, utilities, FL ID, transportation, health care items, computer and phone access, and tax filing.

**Find Help**  
[findhelp.org](http://findhelp.org), by findhelp - 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/](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](mailto:info@reachstpete.org)  
Working to prevent homelessness, low income and at risk situations by bridging the gap between people and resources.

**Shepherd’s Center** Tel. 727-939-1400  
304 S. Pinellas Ave. Tarpon Springs—Office hours: M, T, Th. & F 10-1pm  
Food pantry, ID’s, Clothing, Household item, Duke Energy bills, Prescription assistance.

**Sleep in Heavenly Peace** #844-432-2337  
Providing twin beds for children that do not have their own bed to sleep on.  
Request at: [https://www.shpbeds.org/request-bed](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/](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/](http://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

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

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

Sixth 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
927-546-5741  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  727-440-4041  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

Please be advised that in most instances you may need to provide documents. Call before you head out.
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  
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.

Shepherd's Village  
Shepherd's Village (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/)


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**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.

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**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.

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**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.

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**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.

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**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.

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**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.
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

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

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

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

**Bay Area Legal Services**  (English & Spanish)  
1-800-625-2257—Pinellas, Pasco, Hillsborough, Sarasota & Manatee Counties  [www.bals.org](http://www.bals.org)  
Providing pro-bono services for low income residents.

**DNA Testing**  
1-800-DNA-CENTER (362-2368)

**Community Law Program**  
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](http://www.lawprogram.org)  
Email: clp@lawprogram.org

**Family Law Pro Se Project**  
Resource center helping with guidance in child support, visitation, custody, paternity, name changes, etc.  
Locations in St. Petersburg & Clearwater – 727-582-7200

**DNA Testing Center**  
1-800-DNA-CENTER (362-2368)

**Human Trafficking hotline**  
24 a day/every day 1-888-373-7888, TTY: 711  
Live Chat go to: [https://humantraffickinghotline.org/state/florida](https://humantraffickinghotline.org/state/florida)

**Pinellas County Child Support Enforcement**  
1-850-488-kids (5437)  
Monday - Friday 7 a.m. - 7 p.m.  
11351 Ulmerton Road Suite 207, Largo, FL 33778  
[Sixth Judicial Circuit of Florida - Pinellas and Pasco Counties - Child Support Enforcement](http://jud6.org)

**Money Management International**  
Budget, credit, and bankruptcy assistance through pre-filing counseling and pre-discharge education, housing default and reverse mortgage counseling.  
Tel: 877-818-5923  
[www.moneymangement.org](http://www.moneymangement.org)

**Services Unlimited**  
Tel. 727-645-2856  
Law assistance center helping with divorce, unemployment, child support, medical disability and more. Sliding scale fee available.

**Self Help Center (Clerk of the Circuit Court)**  
M-F 8:30-4:30  
Appointments M/W/F  
545 1st Ave N. Room 103, St. Petersburg  727-582-7941  
29582 US 19 Room 101, Clearwater  727-464-5150  
545 1st Ave N. Room 103, St. Petersburg  727-582-7941  
[RepresentingYourselfInCourt.html](https://www.jud6.org/GeneralPublic/RepresentingYourselfInCourt.html)

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### MEDICAL SERVICES

**Evara Health**  
727-824-8181  
Most major insurance plans accepted including Medicaid, Medicare, private and sliding scale.  
[https://evarahealth.org/](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!

<table>
<thead>
<tr>
<th>Address 1</th>
<th>Address 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>707 Druid Road E, Clearwater 33756</td>
<td>1721 Main Street, Dunedin 34698</td>
</tr>
<tr>
<td>702 Jasmine Way, Clearwater 33756—Dental</td>
<td>12420 130th Ave N, Largo 33774</td>
</tr>
<tr>
<td>14100 58th St. N. Clearwater 33760</td>
<td>7550 43rd Street N., Pinellas Park 33781</td>
</tr>
<tr>
<td>3860 Tampa Road, Suite C, Oldsmar 34677</td>
<td>710 16th Street South St. Petersburg 33705</td>
</tr>
<tr>
<td>1344 22nd St S, St Petersburg 33712</td>
<td>701 6th St. S. Suite 741, St Petersburg 33701</td>
</tr>
<tr>
<td>612 Dr. MLK Jr St N, St Petersburg 33705</td>
<td>4950 34th St. N. St. Petersburg 33714</td>
</tr>
<tr>
<td>247 South Huey Ave. Tarpon Springs 34689</td>
<td>710 East Lime St. Tarpon Springs 34689—Dental</td>
</tr>
</tbody>
</table>
# Medical Services Cont.

**Florida Department of Health in Pinellas**
- 310 N. Myrtle Ave. Clearwater #727-275-6572
  Primary care for uninsured adult, dental, pediatrics, immunizations, laboratory, MedNet, family planning.
- 8751 Ulmerton Rd, Largo #727-275-6382
  Primary care for uninsured adult, dental, pediatrics, 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.

<table>
<thead>
<tr>
<th>Bayside Health Clinic – Mobil Medical Unit for Homeless</th>
</tr>
</thead>
<tbody>
<tr>
<td>727-453-7866 Call for places, dates, times. Services persons and families without insurance or have the County Health Plan #727-464-4200.</td>
</tr>
<tr>
<td><a href="http://www.pinellascounty.org/humanservices/healthprogram.htm">www.pinellascounty.org/humanservices/healthprogram.htm</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bayfront Family Health Family Care Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>700 6th St. South, 3rd floor, St. Petersburg 727-893-6116</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clearwater Free Clinic (ages 1 mo. – 65y/o) For the uninsured-sliding scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>1218 Court Street, Clearwater: 727-447-3041 Proof of citizenship, ID, Social Security number required. Pediatrics on Wednesday. <a href="http://www.clearwaterfreeclinic.org">www.clearwaterfreeclinic.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lions Sight Center (vision exams for a $25 donation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>330 5th St. N., St. Petersburg (2nd floor) 727-893-7152 – Leave message</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clinical Care Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinellas (clinicalcaremc.com)</td>
</tr>
<tr>
<td>6245 66th St. N. Pinellas Park</td>
</tr>
<tr>
<td>727-873-3891 M-F 8 am–5 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clinica Guadalupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>English and Spanish</td>
</tr>
<tr>
<td>Tel. 727-461-7730 by appointment only</td>
</tr>
<tr>
<td>1020 Lakeview Rd. Suite 4, Clearwater</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diabetic Solutions &amp; Sunshine State Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mediations shipped to home address with RX from medical provider. Most insurance accepted and uninsured will be assisted at discount. Call 954-346-7759 <a href="https://controlyourdiabetes.com/">https://controlyourdiabetes.com/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medication Assistance Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>BayCare’s program helps anyone obtain medication for less cost. Call: 813-901-6350</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Neonatal Follow-Up Program at Johns Hopkins All Children’s Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>601 5th Street South, St. Petersburg</td>
</tr>
<tr>
<td><a href="http://www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program">www.hopkinsallchildrens.org/Services/Maternal-Fetal-Neonatal-Institute/Neonatal-Follow-Up-Program</a></td>
</tr>
<tr>
<td>Ph. 727-767-2818</td>
</tr>
<tr>
<td>Continuum of care for high risk infants, through the first five years of life; Focused on improving their growth, nutrition, and neurodevelopmental outcomes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Preserve Vision Florida</th>
</tr>
</thead>
<tbody>
<tr>
<td>9200 Seminole Blvd. 2nd floor Seminole</td>
</tr>
<tr>
<td>TEL. 813-874-2020 x. 4024</td>
</tr>
<tr>
<td>Vision screenings and free eye glasses depending on income. <a href="http://www.pvfla.org">www.pvfla.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HCA Florida St. Petersburg Family Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>6450 38th Avenue North, Suite 400 St. Petersburg Tel 727-545-4444</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>St Petersburg Free Clinic Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>5501 4th St. N. St. Petersburg 727-327-0333 Adults ages 18 – 64 Need FL ID &amp; Pinellas address.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Turley Family Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>807 Myrtle Ave. N. Clearwater 727-467-2400</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Willa Carson Health Resource Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>1108 N. Martin Luther King Ave, Clearwater, FL 33755 727-467-9411 Basic health services provided (no fee).</td>
</tr>
</tbody>
</table>
# 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 MLK Jr. Ave. Clearwater | 727-400-6805

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

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

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# PARENTING CLASSES

**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](http://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
measelifearchildbirth@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](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](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](http://www.text4baby.org)

**Child Welfare full list of Court Approved Parenting classes**
[https://www.myflfamilies.com/service-programs/child-welfare/stabilization/online.shtml](https://www.myflfamilies.com/service-programs/child-welfare/stabilization/online.shtml)

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

**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.
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: opinellas@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 #727-979-8719

**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
PREGNANCY MEDICAID

Pregnancy Medicaid Application Guidelines—April 2022

All women must apply online 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

2) 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:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Monthly Income/Before Taxes</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Include Your Unborn Child)</td>
<td>(these figures include 5% standard disregard)</td>
</tr>
<tr>
<td>2</td>
<td>$2,915</td>
</tr>
<tr>
<td>3</td>
<td>$3,666</td>
</tr>
<tr>
<td>4</td>
<td>$4,418</td>
</tr>
<tr>
<td>5</td>
<td>$5,768</td>
</tr>
<tr>
<td>6</td>
<td>$5,920</td>
</tr>
</tbody>
</table>

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.fimedicaidmanagedcare.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.

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Marijuana and Pregnancy

Possible Effects on Your Fetus
- Disruption of brain development before birth
- Smaller size at birth
- Higher risk of stillbirth
- Higher chance of having Down’s syndrome

Possible Effects on You
- Permanent lung injury from smoke exposure
- Difficulty breathing
- Stiffness, putting you at risk of injury
- Impaired judgment, putting you at risk of injury

Marijuana and pregnancy: No. If you’re pregnant or thinking about getting pregnant, don’t use marijuana.

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Count the Kicks

LEARN
Find out how to care for your baby in the NICU and learn about breastfeeding.

TRACKERS

NURSE PARTNER
PHOTOBOOTH
FAVORITES

MARCH OF DAMES

Download on the App Store
Download on the Play Store
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 FemenCare – 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

Evara 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 Chernave 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


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 CNM’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— Neda 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

Evara 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


Evara 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


Women’s Care Florida/BayView OB/GYN – Drs. Thomas McNeill, Jr. & Carlos Reyes and APRN, CNM’s Darleen 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 Guell, 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 Logeswaram 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/](http://alphahousepinellas.org/)  
  701 5th Ave. N., St. Petersburg, FL • 727-827-8190  
  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/](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/](https://www.hepempowers.org/)

- **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.

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**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  
  [https://fairwindstreatment.com/](https://fairwindstreatment.com/)  
  1569 South Port 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](http://www.aapinellas.org)

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

- **Al-Anon Family Groups**  
  Tel: 1-888-425-2666  
  [https://al-anon.org/](https://al-anon.org/)

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

- **Suncoast Center**  [https://www.suncoastcenter.org/](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/](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:**

**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.**

**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.
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

**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.
**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!

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Drive through available</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Petersburg</td>
<td>205 Dr. MLK Jr. St. N.</td>
<td>727-824-6900</td>
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<tr>
<td>Mid County</td>
<td>8751 Ulmerton Rd., Largo</td>
<td>727-524-4410</td>
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<tr>
<td>Safety Harbor Neighborhood Center</td>
<td>1003 MLK St. N. Safety Harbor</td>
<td>727-791-8255</td>
<td>Drive through available.</td>
</tr>
<tr>
<td>Pinellas Park</td>
<td>6350 76th Ave North</td>
<td>727-547-7780</td>
<td></td>
</tr>
<tr>
<td>Clearwater</td>
<td>310 Myrtle Ave.</td>
<td>727-469-5800</td>
<td></td>
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**VITAL DOCUMENTS**

- **Driver’s License & ID Cards**
  - [https://www.flhsmv.gov/](https://www.flhsmv.gov/)
  - Make and appt. 850-617-2000
  - Driver licenses, ID cards, reinstatements, written and skills exams.
  - 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.

- **Social Security Card**
  - [www.ssa.gov](http://www.ssa.gov)
  - 1-800-772-1213
  - TTY 1-800-325-0778
  - Apply for original SS card, replacement card, name changes on card, request benefit verification letter, Social Security benefit statement, replacement Medicare card, and more.
  - 2340 Drew St, Clearwater, FL 33765
  - 30 Dr. MLK St. S, St. Petersburg, FL 33701

- **Birth Certificate/Death Certificate**
  - Office of Vital Statistics
    - 727-507-4330 x 7613
    - 8751 Ulmerton Rd. Suite 1700
    - Largo, FL 33771
  - Birth/Death/Marriage/Divorce Certificates

- **Social Security Card**
  - [https://www.ssa.gov](http://www.ssa.gov)
  - 1-800-772-1213
  - TTY 1-800-325-0778
  - Apply for original SS card, replacement card, name changes on card, request benefit verification letter, Social Security benefit statement, replacement Medicare card, and more.
  - 2340 Drew St, Clearwater, FL 33765
  - 30 Dr. MLK St. S, St. Petersburg, FL 33701

- **Birth Certificate/Death Certificate**
  - Office of Vital Statistics
    - 727-507-4330 x 7613
    - 8751 Ulmerton Rd. Suite 1700
    - Largo, FL 33771
  - Birth/Death/Marriage/Divorce Certificates

- **Voters Registration**
  - Tel. 727-464-VOTE (8683)
  - Offices in Clearwater, Largo, & St. Petersburg
  - You must be 18 to vote.