

UCF and Surrounding Counties Resource Guide

University of Central Florida



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STUDENT CARE SERVICES | UNIVERSITY OF CENTRAL FLORIDA

Brevard County

Resource Guide

University of Central Florida

Health and Medical

Brevard Health Alliance

Palm Bay Clinic

321-722-5959

5270 Babcock Street, NE, Suite 1 Palm Bay FL 32905

Melbourne Clinic

321-733-2021

17 Silver Palm Ave. Melbourne, FL 32901

Barton Commons Clinic

321- 639-5177

220 Barton Blvd. Rockledge, FL 32955

Malabar Clinic:

321- 733-0642

775 Malabar Rd. Malabar, FL 32950

Sarno Clinic:

321- 241-6800

2120 Sarno Rd. Melbourne, FL 32935

Titusville Clinic:

321-268-0267

500 N. Washington Ave. Titusville, FL 32976

Mobile Unit

321-914-5864

Services: Primary care service, limited dental services, diagnostic services, case management services, medication assistance, and specialty referrals. Uninsured patients are offered services at discounted rates based on income and family size.

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

- *Sliding Scale, accepts Medicaid.*

Parrish Medical Center

321-268-6111

951 N. Washington Ave. Titusville, FL 32976

<http://www.parrishmed.com/services/default.aspx>

Services: Cardiovascular care, orthopedic care, women's care, cancer care, gastrointestinal care, chronic condition management, early detection tests, preventative medicine procedures.

- *Sliding scale and Medicaid accepted, you must fill out a community care application in advanced and be approved for discounted service.*

Eastern Florida State College Community Dental Clinic

321-433-7570

Cocoa Campus, Building 20 (Health Sciences), Room 111B

<http://www.easternflorida.edu/academics/health-nursing/our-programs/dental-hygiene-associate-degree/clinic-outreach.cfm>

Services: Provides dental cleaning, x-rays, pits and fissure sealants, and fluoride treatments performed by dental students with the supervision of accredited dentists.

- *Must make appointment –low costs, \$15 per cleaning and service.
Children up to 18 is free*

Florida Department of Health of Brevard County

<http://brevard.floridahealth.gov/>

Viera Clinic

321- 639-5800

2555 Judge Fran Jamieson Way, Viera, FL 32940

Melbourne Clinic

321-726-2920

601 East University Boulevard, Melbourne, FL 32901

Titusville Clinic

321-383-2795

611 Singleton Avenue Titusville, FL 32796

Appt Line for all clinics

321-639-5800

Services: Provides basic health services, maternity services, child health, family planning, assistance with WIC, immunizations

- *Health care services provided base on PATH program does not accept Medicaid (Viera Clinic), other offices do. No primary care.*

FamilyWize

407-835-0900

<https://familywize.org>

Services: Offers discounts on prescription drugs for families.

No fee to sign up.

Space Coast Volunteers in Medicine Clinic

321-639-5813

2555 Judge Fran Jamieson Way Viera, Florida 32940

<http://spacecoastvolunteersinmedicine.org/>

Services: Non-emergency, volunteer staffed, primary care medical/dental/chiropractic/wellness clinic with a focus on diabetes, heart disease, high blood pressure, high cholesterol, weight control/nutrition, and women GYN conditions also accept arthritis, asthma, depression, lung disorders, skin disorders, stomach and thyroid problems.

Check for eligibility to receive services here: <http://spacecoastvolunteersinmedicine.org/eligibility>

- *FREE, appointment only, not eligible if you have public/private insurance, Medicaid clients are excluded.*

Housing and Shelter

Children's Home Society of Florida

321-752-3170

326 Croton Road Melbourne, FL 32935

<https://chsfl.org/Brevard>

Services: Transitional housing for females ages 18-23

C.I.T.A. Rescue Mission

321-725-5160

2330 Johnny Ellison Drive Melbourne, FL 32901

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

Services: Provides emergency shelter for homeless men through a Four Phase Program.

Programs provide meals, beds, chapel services, laundry services, etc. There is often a waiting list so individuals interested in seeking refuge should arrive before check in between Monday thru Friday 2:00 – 4:00pm.

Crosswinds Youth Services, Inc.

321-452-0800

1407 Dixon Boulevard, Cocoa, FL 32922

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

Services: Homeless services for young adults age 16-21 years old. Residential program up to 24 months. Pregnant young mothers and children are welcomed. Another program SNAP program, civil situation for juvenile outreach program for homeless. Transitional housing independent 13-23
Hour 24/7 office hour M-F 8-5pm

His Place Ministries & Restoration House

321-674-9009

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

1824 S. Harbor City Blvd., Melbourne, FL 32901

Services: Free, residential drug and/or alcohol recovery program. For men 21 years and older. Cold Night Shelter.

Housing Authority- Melbourne

321-7775-1592

1401 Guava Ave., Melbourne, FL 32934

<http://www.habc.us/>

Services: low-income housing and section 8. Rent based on income.

Jimmie Smith Cottage Transitional Living Program**321-254-1233**

326 Croton Road Melbourne, FL 32935

Services: Single females. Transitional assistance for those just turning 18 and older. Must be willing to commit 12-18 months to participate in program. Hours: Monday-Friday 8am-5pm.

Salvation Army- Cocoa-Women**24-Hour Hotline: 321-631-2764**

Location is confidential

<https://salvationarmyflorida.org>

Services: Confidential shelter, counseling, support groups, safety planning assistance, etc. 24 Hour Hotline, Office Hours: Monday – Friday from 9am-5pm.

Serene Harbor-Women**24-Hour Helpline: 321-726-8282**

Location is confidential

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

Services: Crisis intervention with domestic violence, case management, food and clothing, safety planning, housing grant and an educational mentoring program. Hour: 24hr HOTLINE

Mental Health

Aspire Health

Brevard Outpatient Center

321-637-1866 ext. 237

3905 Grissom Parkway Cocoa, FL 32926

<https://aspirehealthpartners.com/programs-and-services/>

Services: outpatient counseling, treatment services, family, group, individual counseling and offers educational programs based on individual needs.

Medicaid accepted, Sliding Scale offered.

The Children's Home Society of Florida

321-752-3170

326 Croton Road Melbourne, FL 32935

<https://www.chsfl.org/locations/brevard-county/>

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff. Bill Medicaid providers for most of our services, and a limited amount of services is available on a sliding fee scale

Medicaid accepted and a limited amount of services are available on a Sliding Scale fee.

Christian Mental Health Services

Sliding Fee Scale.

<http://www.eccflorida.org/locations.html>

Everyone's Counseling Center – Melbourne

321-952-5482

50 W Strawbridge Ave Holy Trinity Church Melbourne, FL 32901

Everyone's Counseling Center – Titusville

800-544-1817

414 Pine Street Titusville, FL 32797

Everyone's Counseling Center

407-423-3327

1600 E Robinson St #215 Orlando, FL 32803

Services: Individual counseling, marital counseling, family counseling, group counseling, career & vocational testing.

Office Hour: M-T 9-5pm & Friday 9-3

Circles of Care

Medicaid accepted, sliding scale offered. Sliding scale patients are usually placed on a waiting list.

Services: Inpatient, Outpatient counseling, psychiatric services, detox services. Pharmacy, children service, etc

To apply contact 321-890-1550

<http://www.circlesofcare.org/current1/home-page.html>

North Area Outpatient

321-269-4590

6700 South Washington Ave., Titusville, FL 32780

South Area Outpatient

321-952-6000

2020 Commerce Dr. Melbourne, FL 32904

Central Area Outpatient

321-634-6264

1770 Cedar St Rockledge, FL 32955

Community Psychological Services Florida Tech

321-674-8106

150 W. University Blvd Melbourne, FL 32901-6988

Services: Provides psychology services to the community, which include psychological evaluations, psychotherapy (individual and group)

Due to covid 19 these services listed have been suspended: (personality, intellectual, educational, ASD, probation, and vocational); and community workshops.

All counselors are FIT students.

Sliding scale rates only

Devereux Youth & Family Counseling Services

321-634-6047

http://www.devereux.org/site/PageServer?pagename=fl_locations

Services: Case Management, family and individual counseling.

Sliding scale fee and financial assistance available

Domestic Violence Counseling (Salvation Army)

321-631-2764 (24 Hour Hotline)

321-631-2766 (Business)

Services: Emergency Shelter, Hours of operation Monday through Friday 9am-5pm.

Early Steps

850-245-4444

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to work with your family, other caregivers, and the team.

Medicaid accepted, financial assistance offered

Family Counseling Center

<http://fccbrevard.org/>

Brevard

321-632-5792

505 Brevard Ave Suite 106, Cocoa , Florida 32922

Melbourne/Palm Bay

321-984-9000

4880 Stack Blvd., Ste E5 Melbourne, FL 32901

Services: General mental counseling and substance abuse counseling.

Accepts most Medicaid, call to confirm and sliding scale fee for individuals who do not have any health insurance

Kinder Konsulting and Parents Too

321-433-1111

640 Brevard Ave Suite 104 Cocoa, FL 32922

To make a referral: www.kinderkonsulting.com

Services: Provides Emotional, behavioral, and developmental through play therapy, psychological testing, behavioral therapy, psychiatry and more.

Medicaid and sliding scale payments accepted

Impower

321-639-1224

1037 Pathfinder Way, Suite 130 Rockledge, FL 32955

www.isifl.org

Services: Provides outpatient services that include counseling and case management for adults and children.

Medicaid and Medicare accepted, sliding scale rates

Yellow Umbrella

321-723-2927

226 W King St #120 Cocoa, FL 32922

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

Services: Programs designed to assist with Anger Management, Family Counseling, Self Esteem, and Emotional Intelligence.

Financial assistance for those who qualify, sliding scale payments accepted

Food Pantry/Meals

Catholic Charities

321-338-2986

5145 N. Cocoa Blvd Cocoa, Florida 32927

<http://cflcc.org/prevent/>

Services: Free food, meals, and on site clothing closet. Limited amounts of financial assistance and resources.

Church on the Rock

321-724-LIFE (5433)

4028 South Babcock Street Melbourne, FL 32901

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

Services: Food pantry, hours Tuesdays 10am to 2pm, photo ID required

Daily Bread Inc.

321-953-8000

815 E Fee Ave, Melbourne, FL 32901

<http://dailybreadinc.org/>

Services: Provides hot meals daily from 11am to 2pm, thrift shop, hygienic showers, public restrooms. Medical services such as HIV testing, blood pressure and glucose testing and free flu shots. Social services include assistance with food stamps, cell phones, literacy classes, tax preparation.

East Coast Christian Center

321-454-4171

670 North Courtenay Parkway Merritt Island, Florida 32953

<http://eccc.us/ministries/food-pantry/>

Services: food pantry, hours Tuesday 9am to 11am & Thursday 9am to 11am. 6pm-8pm. Photo ID required. The Food Pantry may only serve an individual once every 14 days.

North Brevard Charities Sharing Center

321- 269-6555

4475 S Hopkins Ave. Titusville, FL 32780

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

Services: meals, assistance with rent and utilities, emergency dental and prescriptions medications, transitional and affordable housing, backpacks and school supplies, homeless recovery center which includes shelter, food, clothing and amenities.

MINDFUL MEALS**(407) 280-0498**

4081 L B McLeod Rd STE B, Orlando, FL 32811

mindfulmealdelivery.com

customerservice@mindfulmealdelivery.com

FOOD SERVICES

Provides quick and healthy meal options

Weekly meal plans starting from 4 per week

Standard 8 meal plan starting at \$95

Meal plan available for pick up (Please call to verify)

INTAKE PROCEDURE: Call or online

10% Discount code for UCF students: Mindful10

Delivery services hours

Food meals are sent out twice a week

Monday 2pm- 6pm, Wednesday 2pm- 6pm

Area service: Central Florida Area

Project Hunger**321- 636-6144**

817 Dixon Boulevard Cocoa, Florida 32922

Services: Groceries offered to low income, seniors citizens, and homeless.

Second Harvest Foodbank**407-295-1066**Immediate food assistance: **407-295-5009**

411 Mercy Drive, Orlando, FL 32805

<http://www.feedhopenow.org/site/PageServer?>

Services: distribute food out to six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. SNAP application assistance.

Space Coast Kibble Kitchen**321-733-7672**

720 North Drive, Melbourne, FL 32934

<http://spacecoastkibblekitchen.com/>

Services: Cat and dog supplies only. Available on a first-come-first serve basis, while supplies last.

Distribution calendar located on website.

Agencies

Brevard County Legal Aid

321-631-2500

1038 Harvin Way Suite 100 Rockledge, FL 32955

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

Services: Consumer law, divorce, domestic violence, estate planning, family law, and real estate law.

Heart of Florida United Way

407-839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crisis assistance for mental disorders.

Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential

Goodwill Self-Sufficiency Job Center

321-953-8188 (Melbourne) 321-890-1676 (Rockledge)

795 S. Babcock Street, Melbourne, FL 32901

4851 US Highway 1, Rockledge, FL 32955

<http://www.goodwillfl.org/index.php>

Services: Walk-in registration, bring photo ID. Classes include job search skills, computer skills, resume and faxing services. Other services include computer access, answering service, phone service for job search and community information.

Low Income Home Energy Assistance Program (LIHEAP)

866-674-6327

<http://www.brevardfl.gov/HumanServices/CommunityResources/ActionAgency#q2>

Services: Federally-funded program that helps low-income households with their home energy bills.

Eligibility: elderly 60+, disabled, household with children under 5. Program offers assistance with home energy and crisis energy.

STUDENT CARE SERVICES | UNIVERSITY OF CENTRAL FLORIDA

Lake County

Resource Guide

University of Central Florida

Health and Medical

Community Health Centers-Leesburg

352-360-7400

<http://www.chcfl.org>

225 N First St Leesburg, FL 34748

Services: Family, pediatric, and women's care.

Medicaid, Medicaid Managed Care Plans and Medicare. A Sliding Discount Program is available for those meeting income guidelines

Central Florida Health Care

Leesburg Regional Center

352-323-5748

600 E. Dixie Ave Leesburg, FL 34748

<http://www.cfhalliance.org/services-community-center.html>

Services: Medical and dental services for the family. The Community Medical Care Center is a private, no-profit medical clinic that offers primary care for uninsured adults and children (ages three and up) with incomes below the federal poverty level.

Services free for individuals without insurance or Medicaid

Deaf and Hearing Center

352-323-0757

220 South 9th Street Leesburg, FL 34748

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

Services: A hearing aid assistance program in which financially needy clients are fitted with refurbished hearing aid devices at little or no cost.

Early Steps

850-245-4200

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to work with your family, other caregivers, and the team.

Medicaid accepted, financial assistance offered.

FamilyWize**407-835-0900**<https://familywize.org>

Services: Offers discounts on prescription drugs for families.

*No fee to sign up.***Florida Department of Health in Lake County***Charge is by Sliding Scale.*<http://lake.floridahealth.gov/>*Children's Medical Services***352-369-2100**3200 E. Silver Springs Blvd Suite 201 Ocala, FL
34470

Services: CMS assists families with children from birth to 21 years of age with special health care needs. CMS has specialty programs, pediatric primary care physicians, pediatric sub specialists and therapists to assist in the overall care of our patients. Database for families that qualify for assistance through Medicaid.

*Clermont Health Center***352-989-9001**

875 Oakley Seaver Dr. Clermont, FL 34711

*Fruitland Park***352-360-6602**

3261 US Hwy 441/27 Suite F-1 Fruitland Park, FL 34731

Services: Exams, x-rays, cleaning, fluoride, fillings, extractions, sealants, pulp treatments, stainless steel crowns for children and infants 6-20 months. Adult Emergency.

Florida Hospital Waterman**352-589-2501**

2300 Kurt Street Eustis, FL 32726

<https://www.floridahospital.com/waterman/experience/community-primary-health-clinic>

Services: The Florida Hospital Waterman Community Primary Health Clinic is a free clinic providing adult primary care for the eligible uninsured residents of North Lake County. The Clinic provides non-emergent health care to address the physical, emotional, and spiritual needs of our patients.

Free for uninsured patients

Life's Choices of Lake County, INC.**352-357-2202**

27 E. Pinehurst Blvd. Eustis, FL 32726

<http://www.lifeschoices.net/>

Services: Free ultrasounds, pregnancy tests, STD tests, morning after pill information, peer counseling, community referrals.

We Care of Lake County**352-742-0021**

4709 N. Highway 19A Mount Dora, FL 32757

<http://www.wecarelakecounty.org>

Services: Provides specialty medical care to adults (working or unemployed) between the ages of 18 and 64, who have a Medicaid Denial Letter dated 6 months or less, who are residents of Lake County, Florida, and meet the program's financial eligibility qualifications.

Applicants must not have medical insurance, Medicare, Medicaid, Medically Needy Share of Cost.

Housing and Shelter

Christian Care Center

The Samaritan Inn

115 N. 13th St. Leesburg, FL 34748

352-314-8733

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

Services: Transitional housing facility for homeless children and their parents or caregivers.

Qualified applicants are accepted into the shelter's Temporary Housing Program which allows them to reside at the facility for up to 60 days, free of charge. Meals are provided every day and access to support services which include counseling, parenting classes, and children's programming.

Samaritan's Touch Care Center provides FREE services to those who have:

NO medical insurance of any kind (including Medicaid, Medicare & Share of Cost) and A family income at or below 200% of the Federal Poverty Guidelines.

Women's Residence

352-787-8929

<http://www.christiancarecenter.org/ministries/womens-care-center/>

Services: The Women's Residence can accommodate up to 16 ladies at a time, yearlong transitional period that provides women with counseling, bible study, and employment assistance while on the road to recovery from substance or emotional issues.

Men's Residences

352-787-9904

<http://www.christiancarecenter.org/ministries/mens-residence/>

Services: Beds for up to 34 men who need help with drug and alcohol addiction, emotional issues and other life skills. The program is five months long and combines intensive Bible study and life skills classes with one-on-one counseling and mentorship from dozens of volunteers.

LifeStream Behavioral Center-Anthony House

352-383-9242

6215 Holly St. Zellwood, FL 32798

<http://anthonyhouse.net/>

Services: provides residential and transitional housing facilities that serves families, single, chronic females, and pregnant/post-partum women with substance abuse.

New Beginnings Lake INC.

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

Transitional Home for Men

352-404-6946

792 East Montrose Street-Office CLERMONT, FL 34711

Services: Transitional home for homeless men. Provides a home, food, clothing, professional counseling, job opportunities. Office: 9 a.m.-4 p.m. *Fees: No fee for first 90 days*

Transitional Home for Women & Children

352-404-6946

792 East Montrose Street CLERMONT, FL 34711

Services: Homeless women and their children in Lake County. Provides a home, food, clothing, professional counseling, job opportunities. Office: 9 a.m.-4 p.m. *Fees: None for the first 90 days.*

Mental Health

Arnette House

<https://arnettehouse.org/>

Emergency Youth Shelter

352-622-6135

2310 NE 24th Street Ocala, FL 34470

Services: 24 hour Emergency Youth Shelter for children ages 10-17 who are runaways, lockouts, homeless, truant or experiencing parent/child conflict.

Family Counseling & Administration

352-622-4432

2310 NE 24th Street Ocala, FL 34470

Services: Provides counseling services to assist families in opening lines of communication, Teach families effective conflict resolution skills, Reduce high risk antisocial behaviors, Link families with needed community resources, Teach effective parenting skills.

Central Florida Counseling & Psychological Services, Inc.

352-365-6506

1514 W. Main St., Leesburg, FL 34748

<http://www.counseling-health.com/>

Services: Licensed therapists providing counseling and licensed psychologists who provide psychological evaluations in both Spanish and English for children and adults who

have experienced sexual/physical abuse, trauma and other varying emotional and behavioral issues.

Sliding Scale.

The Children's Home Society of Florida

Ocala

352-732-1412

226 Sanchez Ave. Ocala, FL 34470

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

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff. We bill Medicaid providers for most of our services, and a limited amount of services are available on a sliding fee scale. Services may be arranged by calling tri-county office at 407-896-2323
Medicaid accepted and a limited amount of services are available on a Sliding Scale fee.

Florida Assertive Community Treatment (FACT)

352-315-3923

1017 W. Dixie Ave. Leesburg, FL.

http://www.lsbcb.net/service_Outpatient.aspx

Services: This program is a psychiatrist-led multi-disciplinary team that wraps support around the individual rather than linking them to resources as in the traditional case management model. The team provides all necessary services, including support, treatment and rehabilitation, 24 hours a day, 7 days a week. FACT serves persons who have had difficulty benefiting from other more traditional forms of treatment. Those individuals with severe and persistent mental illness can learn symptom management techniques to prevent recurrent episodes, which lead to hospitalization and disruption of lives. Ongoing education can be provided in homes and community settings, where learning is direct and where generalization from one setting to another is no longer necessary.

Free of charge.

LifeStream Behavioral Center

352-315-7500

Eustis

201 Magnolia Ave. Eustis, FL 32726

1217 Huffstetler Rd Eustis, FL 32726

Leesburg

2020 Tally Rd Leesburg, FL 34748

1017 W. Dixie Ave. Leesburg, FL 34748

2018 Tally Rd. Leesburg, FL 34748

215 N. Third St. Leesburg, FL 34748

404 Webster St. Leesburg, FL 34748

<http://www.lsbcb.net/Aboutus.aspx>

Services: Medication Management, Group therapy, Case management and IP Hospitalization

Sliding Fee Scale.

PFLAG

407-236-9177

www.pflagorlando.org

Services: Support groups for the LGBT+ community and their families.

Food Pantry/Meals

Christian Care Benevolence Center

1-352-314-8733

115 N. 13th St. Leesburg, FL

<http://www.christiancarecenter.org/ministries/benevolence-ministry/>

Services: Provides a food pantry, holiday meals, and clothes to low-income individuals and families.
Open Monday-Friday, 9am-11am.

Come as you are Ministry

352-396-3570

1344 Griffin Road Leesburg, FL 34748

<http://www.comeasyouareministry.org/about-us.html>

Services: Provides breakfast, lunch and dinner. Assists the homeless with recovering their Birth Certificates, SS cards and FL Id's. Small food pantry for those in need.

Community United Methodist Church

352-787 1829

309 College Avenue Fruitland Park, FL 34731

http://www.communityumcfp.com/site/mindisplay.asp?id=180003635&sec_id=180006764

Services: Food pantry open to all in need. Hours: Tuesdays and Thursdays from 1 - 4PM to distribute food to those in need.

Hours:

Closed Saturday, Sunday, Monday

9 am to noon: Tuesday, Wednesday, Friday

1 pm to 4 pm: Thursday

Faith Neighborhood Center

352-429-1200

14727 Timber Village Road Groveland, FL 34735

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

Services: Clothing, food, pet food, housing, food stamp assistance, cash assistance and Medicaid.

First Baptist Church of Leesburg

352-787-1005

220 N. 13th St Leesburg, FL, 34748

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

Services: Provides free food, groceries, meals, and financial assistance.

Lake Cares

352-383-0100

2001 West Old Highway 441, Suite #1 Mount Dora, Florida 32757

<http://www.lakecares.org/need-help/receive-food>

Services: Provides clothing, food, and other basic needs. Bring a photo ID and proof of Lake County residency (i.e. a utility bill). New Client hours: Wednesday 3:30 pm and Saturday 9:30 am. First come, first serve basis. If you need emergency food please call the office number (offers food pick-up to eligible clients approximately every six weeks).

Lake Eustis Christian Church

Agape Food Pantry

352-357-2351

315 East Orange Avenue, Eustis, FL 32726

<http://lakeeustischristian.com/~lakeeust/agape-food.php>

Services: Financial support, food, and clothing is administered to the community. Serves the community every Tuesday and Thursday mornings.

Leesburg Food Bank

352-326-5463

503 N. 13th St. Leesburg, FL

<http://leesburgfoodbank.comcastbiz.net/>

Services: food, pet food, clothing, furniture, household items, appliances, books, toys, medical equipment, electronics, and bikes.

MINDFUL MEALS

(407) 280-0498

4081 L B McLeod Rd STE B, Orlando, FL 32811

mindfulmealdelivery.com

customerservice@mindfulmealdelivery.com

FOOD SERVICES

Provides quick and healthy meal options

Weekly meal plans starting from 4 per week

Standard 8 meal plan starting at \$95

Meal plan available for pick up (Please call to verify)

INTAKE PROCEDURE: Call or online

10% Discount code for UCF students: Mindful10

Delivery services hours

Food meals are sent out twice a week

Monday 2pm- 6pm, Wednesday 2pm- 6pm

Area service: Central Florida Area

Second Harvest Foodbank

407-295-1066

Immediate food assistance: **407-295-5009**

411 Mercy Drive, Orlando, FL 32805

<http://www.feedhopenow.org/site/PageServer?>

Services: Distributes food out to six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. SNAP application assistance.

Agencies

The Animal League Wellness Center

352-530-2688

32721 Radio Road Leesburg, FL 34788

<http://animalleaguewellness.org/>

Services: Provides affordable pet care including spay/neuter surgeries, pet vaccinations, and veterinarian wellness visits. Financial assistance can be given to residents of Lake County FL for spaying/neutering costs.

Career Connections

352-360-6280

1415 South 14th Street, Suite 101, Leesburg, FL. 34748

<http://careersourcecentralflorida.com/>

Services: Obtain GED or high school diploma, build workplace skills, connect with job and career coaching, access money to train for in-demand careers, find careers that match your interests, assistance to help create your resume and develop interview skills. For ages 16- to 24-year-olds.

Community Legal Services of Mid-Florida

352-343-0815

226 West Main Street Tavares, FL 32778

<https://clsmf.org/>

Services: Provides legal assistance and representation for clients experiencing medical emergencies, loss of job, poor financial planning, children rights, domestic violence, elder advocacy, divorce, mortgage scams, foreclosures, eviction, etc. Attorneys are also available to assist clients to receive government benefits and Medicaid, food assistance, social security, and unemployment compensation.

Heart of Florida United Way

407-839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crises assistance for mental disorders.

Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential.

Helping Hand Ministries, INC.**352-460-5498**

16 W. St. Louis Ave. EUSTIS, FL 32727

Services: Provides a day shelter for the homeless, referrals, housing, resume writing, skill building, computer literacy and lunch. Hours: Mondays through Fridays 9:30am - 2pm.

Lake Cares**352-383-0100**

2001 West Old Highway 441, Suite #1 Mount Dora, Florida 32757

<http://www.lakecares.org/need-help>

Services: Assistance to apply for SNAP (bring along proof of income, your Social Security Card and any normal monthly bills to show your monthly expense). Food pantry available on-site, pet food is distributed to families in need. Clients are served on a first come, first serve basis. Assistance with your health insurance through the Federal Marketplace. For more information or to schedule an appointment, call:

Central Florida Navigator Phone Line:

1-877-564-5031**Low Income Home Energy Assistance Program (LIHEAP)****866-674-6327**<http://www.brevardfl.gov/HumanServices/CommunityResources/ActionAgency#q2>

Services: Federally-funded program that helps low-income households with their home energy bills.

Eligibility: elderly 60+, disabled, household with children under 5. Program offers assistance with home energy and crisis energy.

STUDENT CARE SERVICES | UNIVERSITY OF CENTRAL FLORIDA

Marion County

Resource Guide

University of Central Florida

Health and Medical

Heart of Florida Health Centers

352-732-6599

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

Services: Adult primary care, family planning, pediatric primary care, pediatric dental, acute/urgent care, behavioral health services, school and sports physicals, lab work and assistance with medications utilizing programs offered through pharmaceutical companies. Offered through referral: radiology, mammography, testing and specialty care. *Medicaid accepted and sliding scale*

Central

352-732-6599

1025 Southwest 1st Avenue Ocala, FL 34471

Hours: Monday, Wednesday, Friday 7:30am-5pm, Tuesday/Thursday 7:30am-8pm

East

352-694-0885

1801 SE 32nd Avenue Ocala, FL 34471

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

West

352-854-0700

6401 SW 54th St Suite 100 Ocala, FL 34474

Bellevue

352-307-1648

7055 SE 110th Street Rd Bellevue, FL 34420

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

Southwest

352-732-6599

100 Marion Oaks Blvd Ocala, FL 34473

Hours: Monday - Friday 8 am - 5 pm

Reddick

352- 591-0877

4500 NW 152nd Avenue Reddick, FL 32686

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

Florida Department of Health in Marion County

Medicaid Accepted and Sliding Scale.

<http://marion.floridahealth.gov/>

Ocala Facility

352-629-0137

1801 SE 32nd Ave. Ocala, FL 34471

Services: Family planning, healthy start, HIV/Aids services, immunization, maternity, medical records, STD tests, WIC assistance, AdultCare

Dental Clinic

352-622-2664

College of Central Florida Hampton Center

1501 W. Silver Springs Blvd. Ocala, FL

34475

Services: Dental

FamilyWize

407-835-0900

<https://familywize.org>

Services: Offers discounts on prescription drugs for families.

No fee to sign up.

Langley Health Services

352-680-0324

7205 SE Maricamp Rd Ocala, FL 34472

<http://www.langleymedical.com/ocala.php>

Services: adult and family medicine, family planning, pediatrics, behavioral health counseling and psychiatry, adult and pediatric dental services, diagnostic imaging services, and podiatry.

Sliding scale and Medicaid accepted

Housing and Shelter

Interfaith Emergency Shelter

352-629-8868

435 NW 2nd St Ocala, FL

<http://iesmarion.org/shelter>

Services: Provides for single women, women with children and families that are homeless. Additional services include a food pantry, clothing closet, homeless shelter, Food 4 Kids program, thrift store and outreach centers.

Free of charge.

Salvation Army

352-732-8326

320 NW 1st Ave Ocala, FL 34475

<http://www.salvationarmyflorida.org/ocala/>

Services: Emergency shelter, first 3 nights are free. If clients attend church on Sunday, Monday will be free. Otherwise, clients pay \$8 per night. Clients must have a government issued IDs such as photo ID and Birth Certificate (or Court Documents) for dependent children.

Shepherd's Lighthouse

352-347-6575

5930 SE Robinson Rd Belleview, FL. 34420

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

Services: Program provides affordable 1 bedroom 1 bathroom apartments (utilities are NOT included) to low-income families or individuals. Eligibility: open to those who meet HUD low income guidelines.

Call for more information.

Mental Health

The Centers

Medicaid accepted and Sliding Scale fee.

http://www.thecenters.us/?page_id=27

Airport Road Campus

352- 291-5555

5664 SW 60th Avenue Ocala, FL 34474

Services: Adult crisis stabilization and detox, outpatient adult mental health, adult case management, adult medication clinic, adult residential substance abuse.

Martin Luther King Ave Campus

352- 351-6900

717 SW Martin Luther King Jr. Ave Ocala, FL 34474

Services: Children's outpatient services, mental health and substance abuse, children's case management, medication clinic, adult outpatient substance abuse.

The Children's Home Society of Florida

352- 732-1412

226 Sanchez Ave. Ocala, FL 34470

www.chsfl.org

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff. We bill Medicaid providers for most of our services, and a limited amount of services are available on a sliding fee scale.

Medicaid accepted and a limited amount of services are available on a sliding fee scale, services may be arranged by calling tri-county office at 407-896-2323.

PFLAG

407-236-9177

www.pflagorlando.org

Services: Support groups for the LGBT+ community and their families

Early Steps

1-800-654-4440

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to work with your family, other caregivers, and the team. *Medicaid accepted and financial assistance offered*

Food Pantry/Meals

Broadway Community Outreach Ministries

352-426-9349

2027 West Silver Springs Boulevard Ocala, FL 34475

Services: Provides food pantry services to those in need, must bring photo ID. Hours: First Saturday monthly 9am to 12pm.

Gateway to Hope

352-694-3414

3803 NE 7th Street Ocala, FL 34470

<http://gatewaytohopeministries.com/what-we-do/>

Services: Saturday only. Drive thru 830am to 1030am. Offers groceries from food pantry. Provides assistance to find permanent or temporary housing for those who are homeless.

Assists individuals who are looking for employment.

Interfaith Emergency Services

352-629-8868 (main office)

435 NW 2nd Street, Ocala, FL 34475

<http://iesmarion.org/programs#emergency>

Services: Provides food pantry services, medication, cloths, daily shower from 9am -3pm , and woman and children shelter. Bring photo ID and call main office number to be directed to the closest outreach center to your location.

MINDFUL MEALS

(407) 280-0498

4081 L B McLeod Rd STE B, Orlando, FL 32811

mindfulmealdelivery.com

customerservice@mindfulmealdelivery.com

FOOD SERVICES

Provides quick and healthy meal options

Weekly meal plans starting from 4 per week

Standard 8 meal plan starting at \$95

Meal plan available for pick up (Please call to verify)

INTAKE PROCEDURE: Call or online

10% Discount code for UCF students: Mindful10

Delivery services hours

Food meals are sent out twice a week

Monday 2pm- 6pm, Wednesday 2pm- 6pm

Area service: Central Florida Area

Salvation Army-Ocala**352-732-8326**

320 Northwest 1st Avenue Center Of Hope Ocala, FL 34475

<http://www.salvationarmyflorida.org/ocala/>

Services: Provides hot meals and food pantry, bring photo ID, Social Security for all household members, and proof of Marion County residency.

St. Theresa's Catholic Church Social Services**(352) 245-2458**

11528 South Highway 301, Belleview, Florida 34420

<http://www.mystcc.org/social-services>

Services: Food pantry, groceries, food kitchen, and thrift shop for those in need. Check website for hours.

Agencies

Brother's Keeper-Marion County

352-622-3846

2 West Fort King Street Ocala, FL 34471

<http://btbrotherskeeper.org/emergency-help/>

Services: Provides emergency food bags, clothing, basic furniture, gasoline vouchers for documented medical appointments, prescription vouchers, and bus tickets. Bring ID.

Office hour: Monday and Friday 9am to 12pm, Tues- Thurs 9am to 3pm

Thrift store hour: Mon- Sat 9-3

CareerSource-Marion

352-484-8177

2703 NE 14th Street Ocala, FL 34470

<https://careersourceclm.com/>

Services: Provides on-site assistance with job searching, job referrals, and career counseling. Also offers placement services, resume' writing, job fairs, career assessment tools, financial aid options and certified training. Call for more information.

Community Legal Services of Mid-Florida

800-405-1417

1610 SE 36th Avenue Ocala, FL 34471

<https://clsmf.org/>

Services: Legal assistance in civil matters for low to no income clients. Offering consumer education, elder, family matters, health, housing, public benefits, special education and tax law. Call to see if you qualify for free services.

Department of Children and Families-Central Region

352-330-5511 (Service/Intake)

866-762-2237 (Toll Free)

1100 SW 38th Avenue Ocala, FL 34474

<http://www.myflorida.com/accessflorida/>

Services: Provides financial assistance programs such as SNAP (Food Stamps), TANF (Temporary Assistance to Needy Families), and Institutional Care Program (ICP). Hours: Monday thru Friday 8am to 6pm. Recommend to apply online.

Heart of Florida United Way

(407) 839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crisis assistance for mental disorders.

Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential.

GreenPath Financial Wellness

352-867-8744

1515 East Silver Springs Blvd., Suite 100 Ocala, FL 34470

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

Services: Offers free credit counseling and debt counseling. For debt counseling call to make an appointment.

Low Income Home Energy Assistance Program (LIHEAP)

866-674-6327

<http://www.brevardfl.gov/HumanServices/CommunityResources/ActionAgency#q2>

Services: Federally-funded program that helps low-income households with their home energy bills.

Eligibility: elderly 60+, disabled, household with children under 5 years of age. Program offers assistance with home energy and crisis energy.

St. Theresa's Catholic Church Skills Enhancement Center

352-245-1359

11528 South Highway 301, Belleview, Florida 34420

<http://www.mystcc.org/social-services>

Services: Provides computers where clients can go on-line to seek employment, check email, look up classes, attach resumes, file for unemployment, or apply for SNAP. Hours Monday through Friday, 8 am to 1 pm.

STUDENT CARE SERVICES | UNIVERSITY OF CENTRAL FLORIDA

Orange County

Resource Guide

University of Central Florida

Health and Medical

Central Florida Family Health Center

407-322-8645

2000 N. Forsyth Rd. Orlando, FL 32807

www.cffhc.org

Services: Primary care, immunizations for children, lab tests on site, pharmacy on site, behavioral health services.

A sliding fee schedule is used based on the patient's income and size of family

Community Health Centers

All locations accept Medicaid, Medicaid Managed Care Plans and Medicare. A Sliding Discount Program is available for those meeting income guidelines.

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

Apopka

407-905-8827

Family and OB/GYN Care

225 E Seventh St Apopka, FL 32703

Dental Care

210 E Seventh St Apopka, FL 32703

Pediatric Care

618 Forest Ave Apopka, FL 32703

Bithlo

407-905-8827

Child and Adult Medical Care

19108 E Colonial Dr. Orlando, FL 32820

Services: Family medicine, well visits, immunizations, flu shots, physical lab, and EKG's available on site.

Lake Ellenor

407-905-8827

Pediatric Dental and Adult Emergency

6101 Lake Ellenor Dr. 106 Orlando, FL 32809

Services: Pediatric dental and emergency dental care (Friday's only).

Meadow Woods

407-905-8827 ext 6050

Children's Medical and Dental Care

849 Greenway Professional Ct. Orlando Florida 32824

Services: Pediatric medical/dental care, well visits, immunizations, flu shots, physical lab, and EKG's available on site.

Pine Hills

407-905-8827

Family, Pediatric, OB/GYN, and Pediatric Dental Care

1800 Mercy Dr. 2nd Floor Orlando FL 32808

Services: Family Medicine, Pediatrics, Obstetrics & Gynecology, Dental Care, Well Visits, Immunizations, Flu Shots, Physicals, Family Planning, Pharmacy, Lab, and EKG's available on site.

Winter Garden

407-905-8827

Child, Adult Medical, and Dental Care

13275 W Colonial Dr. Winter Garden, FL 34787

Services: Family Medicine, Pediatrics, Dental Care, Optometry, Pharmacy, Behavioral Health, Family Planning, Well Visits, Immunizations, Flu Shots, Physicals, X-ray, Lab and EKG's available on site.

Florida Hospital

Financial assistance available, Medicaid accepted

<https://www.floridahospital.com/east-orlando>

East Orlando

407-303-0500 (financial services)

7727 Lake Underhill Rd Orlando, Florida 32822

Services: Emergency Services and non-emergency services that require immediate attention or place the health of the individual in serious jeopardy.

Free or discounted for individuals who have no insurance or have expended their Medicaid assistance.

Primary Care Access Network

407-836-7226

Central Florida Family Health Center, Inc.

407-322-8645

11881-A E. Colonial Dr. Orlando, FL 32826

Central Florida Family Health Center, Inc.

1. 407-322-5645

11881A E Colonial Dr Orlando, FL 32826

2. 407-322-8645

5449 S. Semoran Blvd., Suite 14 Orlando, FL 32822

3. 407-322-8645

5730 Lake Underhill Rd. Orlando, FL
32807

*Pine Hills Family Health Center***Medical 407-905-8827****Dental 407-209-3304****Pharmacy 407-209-3303**

1800 Mercy Drive Orlando, FL 32808

*Grace Medical Home***407-936-2785**

51 Pennsylvania Street Orlando, FL 32806

Services: Provides health care to those without insurance and also assists the uninsured attain insurance.

Florida Department of Health in Orange County*Accepts Medicaid and sliding scale*<http://orange.floridahealth.gov/>*South Side Health Center***407-858-1400**

6101 Lake Ellenor Drive Orlando, FL 32809

Services: Wellness services for women, infants and children, family planning/prenatal health, and emergency operations.

*Central Health Center***407-836-2600**

832 W Central Blvd Orlando, FL 32805

Services: Clinical and nutrition services and Infectious disease services

*East Side Health Center***407-858-1402**

12050 East Colonial Drive Building A Orlando, FL 32826

Services: Clinical and nutritional services for women, children,

*Hoffner Service Center***407-858-1400**

5449 S Semoran Blvd Orlando, FL 32822

Services: Dental and clinical/nutritional services for women, children and infants

*Lake Underhill Health Center***407-858-1494**

5730 Lake Underhill Road Orlando, FL 32807

Services: Wellness services for women, infants and children and family planning/prenatal health.

*Lila Mitchell Health Center***407-858-1487**

5151 Raleigh Street Suite B Orlando, FL 32811

Services: Clinical and nutritional services including family planning and prenatal health.

*Westside WIC***407-858-1494**

6218 W. Colonial Drive Suite 232 Orlando, FL 32808

Services: Wellness services for women, children and infants

FamilyWize**407-835-0900**http://www.hfuw.org/index.php?pr=Discount_Drug_Program

Services: Offers discounts on prescription drugs for the family.

*No fee to sign up.***Grace Medical Home****407-936-2785**

51 Pennsylvania Street Orlando, Florida 32806

http://gracemedicalhome.org/?page_id=2

Services: Provides check-ups, vaccinations, treatment of acute and chronic illnesses, laboratory services, x-ray capabilities, social services assistance, health education

*Medicaid accepted and Sliding Scale fees.***Healthy Start****407-741-5240**

600 Courtland Street, Orlando, FL 32804 Suite 565

Services: The Orange County Healthy Start Program offers medical and social services, education and referrals to pregnant women and infants in order to ensure healthy pregnancies and healthy babies.

*Free Services.***Health Care Center for the Homeless****407-428-5751**

232 North Orange Blossom Trail Orlando, Florida 32805

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

Services: Provides primary care, mental health services, oral care, and substance abuse counseling for free, prescriptions can be filled at low cost or free if necessary at on site pharmacy.

Hispanic Health Initiatives, Inc.**407-339-2001**

201 Live Oak Blvd., Casselberry, FL 32707

P.O. Box 1925, Casselberry, FL 32718

www.HHI2001.ORG

Services: Health literature, diabetes classes on control and prevention of chronic diseases, health

screening and referrals.

Referrals for free mammograms, free prostate cancer screenings, and free/low cost clinics.

Hope and Help Center

407-645-2577

1935 Woodcrest Drive Winter Park, FL 32792

www.hopeandhelp.org

Services: Medical Case management, free HIV/AIDS testing, counseling, food pantry, health insurance premium assistance, ongoing emergency food assistance, prescription expense assistance. Call or walk in to apply. Documents required: photo ID, SS card, proof of HIV status, and proof of income for food services. Individuals who are eligible are people diagnosed with HIV/AIDS in Orange, Osceola, and Seminole Counties.

Orange Blossom Family Health

Orange Blossom Trail

407-428-5751 (medical)

407-428-1672 (dental)

407-428-5751 ext. 351 (behavioral health)

232 N. Orange Blossom Trail Orlando, FL 32805

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

Services: Primary and preventative medical care, oral health care services, behavioral health counseling, vision services, mobile medical services, mobile dental services, rapid HIV testing, on-site pharmacy, on-site lab, and street outreach.

Hours: 8am to 5pm

Orange Blossom Family Health at Community Food and Outreach Center

407-203-6856

150 W Michigan St. Orlando FL 32806

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

Services: Primary and preventative medical care, behavioral health counseling, substance abuse counseling, rapid HIV testing, and an on-site lab

Hours: Monday and Wednesday 9am to 1pm

Orange Blossom Family Health at Community Hope Center

407-770-0430

2198 Four Winds Blvd. Kissimmee FL 34746

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

Services: Primary and preventative medical care, behavioral health counseling, substance abuse counseling, rapid HIV testing, and an on-site lab

Hours: Monday thru Friday 8am to 5pm

West Office

407-428-5751

6001 Vineland Rd. Suite 112 Orlando FL

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

Services: Primary and preventative medical care

Hours: Monday thru Friday 8am to 5pm

Medicaid and Medicare are both accepted and sliding scale.

Planned Parenthood of Greater Orlando

407-246- 1788

11500 University Blvd Suite B Orlando, Fl. 32817

www.pppo.org

Services: Reproductive health services for men, women and teens including birth control, sexually transmitted infection testing, HIV testing, well-woman exams, cervical cancer screenings and treatment, vasectomies, and medical and surgical abortions. We provide medically accurate, age-appropriate sexuality education for middle school, high school and college age groups. Our presentation topics include HIV/AIDS, birth control, abstinence, pregnancy prevention, healthy relationships and child abuse prevention.

Accepts the following insurance: Cigna, Greatwest HC, Humana, Medicaid: Healthese, Staywell, Sunshine State, and Wellcare, UMR (Darden employees) United Healthcare.

Turning Point of Central Florida

407-740-5655

2256 Winter Woods Boulevard Winter Park, FL 32792

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

Services: Primary services include AIDS/HIV prevention counseling, HIV/AIDS testing, walk- in drug/alcohol testing, outpatient substance abuse treatment for adults, mental health assessment and evaluation and substance use disorder counseling.

Hours are 9am to 5pm Monday thru Thursday and 9am to 4:30pm on Friday.

Sliding Scale.

Shepard's Hope

Must arrive early, first come first come basis

Services: Medical care provided at no cost, vouchers for prescriptions.

407-876-6699

<http://shepherdshope.org/patients/>

Goldenrod Location:

Dr. Diebel Jr. Memorial Sheperd's Hope Health Center
Located at Centro Internacional de la Familia
2008 North Goldenrod Road Orlando, FL 32807
Hours: Mon-Thurs 6pm-9pm (registration begins at
4:30pm)

Downtown Orlando Location:

Located at Orange County Medical Clinic
101 South Westmoreland Drive Orlando, FL 32805
Hours: Mon-Thurs 6pm-9pm (registration begins at 5pm)

Ocoee Location:

Located at VISTA CLINICAL DIAGNOSTICS
10101 West Colonial Drive, Suite102 Ocoee, FL 34761
Hours: Tuesday-Thursdays 6pm to 9pm (registration begins at 4:30pm)

Housing and Shelter

Aspire Health Partners

3200 West Colonial Drive Orlando, FL 32805

407-251-2566

Anchor Program

<http://aspirehealthpartners.com/program-details/?program=38>

Services: ANCHOR provides transitional housing with case management and overlay services for chronically homeless adults who have co-occurring substance use and mental health disorders.

Clients must be in the Aspire Health system, Baker acted, have medication for a mental issue, and have a dependency program.

BETA Center

407-277-1942

4680 Lake Underhill Road Orlando, Florida 32807

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

Services: Provide transitional housing for pregnant women. Additional emergency services include emergency pantry, stocked with non-perishable foods, infant formula and diapers, children's clothes and baby equipment and furniture are available, based on donations.

Coalition for the Homeless of Central Florida

407-426-1250

639 West Central Boulevard Orlando, Florida 32801

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

Services: Provides emergency and transitional housing for intact families, eligible individuals and families who show the ability to maintain a job and offers case management program to help women, children and families. Serves dinner at 6:30pm.

Coalition for the Homeless of Central Florida

Men's Service Center

407-426-1250

639 W. Central Blvd, Orlando, FL 32801

<http://centralfloridahomeless.org/>

Services: Emergency housing and transitional housing for men. Free meals are served starting at 7pm Monday thru Saturdays and 5pm on Sundays. Additional services include case management, veteran services, and educational opportunities through OCPS LifeStrides classroom, mental health counseling and hygiene and health supplies

Coalition for the Homeless of Central Florida

Women's Residential and Counseling Center

407-425-2502

107 East Hillcrest Street Orlando, Florida 32801

<http://centralfloridahomeless.org/>

Services: In addition to receiving shelter and nutritious meals, homeless women will work with a case manager to build a budget and savings account, and to develop a plan for self-sufficient.

Covenant House

407-482-0404

5931 E Colonial Dr, Orlando, FL 32807

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

Services: Emergency shelter for young parents and their babies through the Crisis Shelter Program and the Independent Living Track Program. Serves youth from 18-21 years of age. Transitional housing program known as Rights of Passage provides shelter to youth in Seminole, Orange, and Osceola County.

Christian Learning Center Fresh Start

407-425-2523

Downtown Office:

808 West Central Boulevard Orlando, FL 32805

http://www.christianservicecenter.org/what_we_do_subpage.php?id=7

Services: Short-term transitional housing for men 18 & older, room and board, three meals a day, recreation resources, internet access, unlimited lavatory and laundry usage and programming such as counseling, anger management and life skills training.

Financial aid provided to those who cannot afford these fees.

Family Promises of Great Orlando

407-951-8269

1000 Clay Street, Winter Park, Florida 32789

www.familypromiseorlando.org

Services: Family Promise of Greater Orlando (FPGO) is a nonprofit, interfaith hospitality network providing temporary assistance, hospitality, and case management for families with children experiencing homelessness. Family Promise of Greater Orlando provides shelter, meals, transportation, and supportive services for up to 90 days.

Habitat for Humanity of Greater Orlando

407-648-4567

<http://www.habitat-orlando.org/>

4116 Silver Star Rd, Silver Star Rd, Orlando, FL 32808

Services: Provides affordable housing in partnership with the working poor in Orange County. Must meet the following requirements: have a housing need, an ability to pay, demonstrate a willingness to partner, and owe less than 43% of your gross annual income in total debt.

Health Care Center for the Homeless

407-428-5751

232 N Orange Blossom Trail, Orlando, FL 32805

<http://www.hcch.org/main.htm>

Services: HUB housing assessments for homeless individuals or families living in their car or on the streets. Hours: Every Friday (except holidays) 9am to 12pm. First come, first serve basis. Documents to bring include: valid ID for all adults, Social Security Card for adults and Birth Certificates for children.

Harbor House of Central Florida

407-886-2856

Address is confidential. Call phone number for address

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

Services: Harbor House provides an emergency safe shelter, a 24 hour crises hotline, counseling services, and legal advocacy for domestic violence survivors and families.

Orlando Union Rescue Mission Men's Shelter

407-423-3596

410 W. Central Boulevard Orlando, FL 32801

www.ourm.org

Services: Intake starts at 2pm daily, 7 free nights of emergency shelter, every night after that \$6. First come first serve basis.

Orlando Union Rescue Women and Children's Shelter

407-423-2131

1525 W. Washington Street Orlando, FL 32805

Services: Transitional housing for women and children including basic living services including meals, laundry facilities and daycare.

Orlando Christian Service Center

407-425-2523

808 W. Central Boulevard Orlando, FL – 32808

<http://www.christianservicecenter.org>

Services: Food services for homeless and low-income persons in Orange County. Lunch served at 11:45am weekdays and 11am on Sundays. Other services include emergency assistance and relief to families and individuals. The Family and Emergency program provides food, rent/mortgage assistance, utility assistance, clothing, prescription medicines and transportation.

Pathways to Care

407-388-0245

430 Plumosa Avenue Casselberry, FL 32707

<http://www.cflcc.org/transitional/pathways>

Services: 40-bed, not-for-profit respite center dedicated to providing health, housing and hope to Central Florida's most vulnerable homeless men and women.

Salvation Army of Orlando

Men's Lodge and Emergency Shelter

407-423-8581 Ext 26480

624 Lexington Avenue Orlando, Florida 32804

Services: Offers both emergency shelter services and transitional programming in conjunction with both HUD and The Veteran's Administration.

Daily meals for everyone at 3:30pm.

Men's Shelter daily check-in is at 4:30pm.

Salvation Army of Orlando

Women's & Children's Shelter

407-423-8581 Ext 26480

400 West Colonial Drive Orlando, Florida 32804

Services: Provides a warm and safe environment to women and children in need of emergency shelter and women and children seeking to make the transition from homelessness to stable housing.

Daily check-in is at 4:30pm.

United Against Poverty

407-650-0774

150 W Michigan St, Orlando, FL 32806

<https://uporlando.org/>

Services: HUB housing assessment for homeless individuals and families who are living in their car or on the street. Hours: Every Friday (except Holidays) 1:30pm to 4pm. First come, first serve. Bring a valid ID for all adults, Social Security Cards for adults and Birth Certificates for children.

Wayne-Densch**407-599-3900**

100 Kingston Ct #102, Orlando, FL 32810

Services: Transitional housing for up to 2 years for men and women 18 years and older. Rent is \$25 per week for the first 4 weeks and \$75 per week for working adults. Individuals with social security benefits must pay 30% of their monthly income. Eligibility requirements: must have a source of income or social security benefits, must have ID and social security card, no history of violence or sexual abuse, must pass a drug test.

Mental Health

Aspire Health

No fee for intake screenings

Anchor Program

407-875-3700 ext. 4380

3200 West Colonial Drive Orlando, FL 32805

<https://aspirehealthpartners.com/programs-and-services/>

Services: provides residential services, therapy, case management, employment assistance, AA and NA meetings, recovery support and housing assistance for chronically homeless adults. ANCHOR serves individuals who have been referred through the Central Receiving Center, Detox, and Outpatient.

Kassab Plaza

<https://aspirehealthpartners.com/>

407-875-3700

434 W Kenney Blvd., Orlando FL 32810

Services: Psychiatric services and crisis intervention 24 hours a day, 7 days a week for individuals who meet Baker Act criteria.

Aspire Access/Assessment Center

407-875-3700 ext. 6186

1800 Mercy Drive 32808 Orlando FL, 32808

Services: screening services for both involuntary and voluntary clients. Screenings can include mental health or substance use issues.

Centaur

407-245-0014 ext.284

<https://aspirehealthpartners.com/program-details/?program=59>

106 West Columbia Street Orlando FL, 32806

Services: HIV and Hepatitis testing, mental health counseling, community referrals, education sessions and substance abusive assessment and counseling

Orange Outpatient Center

407-875-3700 ext. 6240

1800 Mercy Drive Orlando, FL 32808

Services: Individual and group counseling, family counseling, psycho-education, DUI services, life skills, experiential therapy, and mental health counseling.

Blue Horizon Eating Disorder Service

855-510-0978

1155 Louisiana Ave Suite 210 Winter Park, FL

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

Services: include those related to eating disorders and related issues. Accept most private insurances and self-pay.

The Children's Home Society of Florida

321-397-3000

1485 S. Semoran Blvd., Suite 1448, Winter Park, FL 32792

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

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff.

Medicaid accepted and a limited amount of services are available on a sliding fee scale, services may be arranged by calling tri-county office at 407-896-2323.

Community Counseling Center of Central Florida LLC

407-291-8009

P.O. Box 161585, Altamonte Springs, FL 32716-1585

www.ccccf.org

Services: Provides Individual, family and marital therapy serving adults and children.

Medicaid and TANF accepted; and financial assistance available.

Devereux Youth & Family Counseling Services

1-800-338-3738 x77130

6417 Christian Way, Orlando FL 32808

http://www.devereux.org/site/PageServer?pagename=fl_orlando_campus

Services: Intensive residential services for children and adolescents who suffer from emotional, behavioral and psychological problems. The campus offers three residential programs; the Statewide Inpatient Psychiatric Program (SIPP), Residential Group Care and the Residential Treatment Center.

Early Steps

1-800-654-4440

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to

work with your family, other caregivers, and the team.

Medicaid accepted and financial assistance offered.

Everyone's Counseling Center

Call to set up appointment, Sliding Scale.

Services: Individual counseling, marital counseling, family counseling, group counseling, career & vocational testing.

Main Office

407-423-3327

1600 East Robinson St., Orlando, FL 32803

The Episcopal Church of St. John the Baptist

800-544-1817

1000 Bethune Dr, Orlando, FL 32805

Church of the Holy Spirit-Apopka

800-544-1817

601 S. Highland Ave., Apopka, FL 328703

St. Richard's-Winter Park

800-544-1817

5151 Lake Howell Rd., Winter Park, FL

<http://www.eccflorida.org/home.html>

Friends of Children and Families

407-273-8444

11875 High Tech Avenue, Suite 200 Orlando, FL

<https://friendsofchildrenandfamilies.org/>

Services: Outpatient counseling, foster care mentoring programs, providing behavioral health services to children and their family

Sliding Scale only.

HD Counseling

407-504-1869

www.hdcounseling.com/

612 E Colonial Drive Suite 390 Orlando, FL 32803

Services: Individual, family, group or couple's counseling. Specialized training and experience in the fields of compassion fatigue, career counseling, trauma, stress, pain management, mindfulness-based techniques, and relationship counseling.

Medicaid accepted, sliding scale accepted, free counseling with referral from UCF Care Manager.

Human Services Associates

407-422-0880

1703 West Colonial Drive, Orlando, FL 32804

Services: Twelve week outpatient program with group and individual treatment

Fees based on sliding scale

Kinder Konsulting & Parents Too

407-657-6692

2479 Aloma Avenue Unit D Winter Park, FL 32792 To

make a referral: www.kinderkonsulting.com

Services: Provides Emotional, behavioral, and developmental through play therapy, psychological testing, behavioral therapy, psychiatry and more.

Medicaid and sliding scale payments accepted.

La Amistad Behavioral Health Services

407-647-0660

1650 Park Avenue North Maitland, Florida 32751

<http://lamistad.com/>

Services: Offers adolescent programs designed to work with behavioral health issues and educational needs, offers a residential or partial hospitalization. The adult program offers support and therapy for individuals with serious behavioral, emotional, social, or behavioral health problems. Programs can bridge the gap between inpatient and outpatient services for youths 12 to 17 and adults 18 and older who are in need of an intense structured program but do not require 24-hour care.

Assessment is free of charge, Private pay or major insurance with cover payment.

National Alliance on Mental Illness Greater Orlando (NAMIGO)

407-253-1900

237 Fernwood Blvd, Suite 101, Fern Park, FL 32730

www.namigo.org

Services: NAMI Greater Orlando provides support, education and resources to adults 18+ living with mental illness and their families. Support groups are led by trained peer facilitators and meet regularly in Maitland, Winter Park, SW Orlando, and Downtown (en Español). Classes provide valuable information on learning to live well with mental illness, supporting a loved one with mental illness, and navigating the mental health system.

All services are free-of-charge.

The Women and Children Residential Treatment Program

407-249-6560 ext. 226

8301 East Colonial Drive Orlando, FL 32817

Services: Counseling, case management, parenting education, mental health and medical assessment/treatment and referrals.

Accepts Medicaid, Private Pay, and Sliding Scale.

Resilience Counseling Center

407-977-4335

1000 Executive Drive Suite 7 Oviedo, FL 32765

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

Services: Substance abuse, individual or group counseling, free depression screenings, and anger management counseling

Free Consultations, Private Pay, Sliding Scale, Medicaid.

UCF Marriage & Family Research Institute

407-823-1748

28 Gemini Blvd. South East, Building 28, Orlando, FL 32826-3262

South Orlando

7200 Lake Ellenor Dr, Orlando, FL 32809

www.mfri.ucf.edu

Counseling services provided by licensed providers, or interns who are supervised by licensed providers. Couples and families can learn to communicate effectively, resolve conflict in a healthy manner, and build bonds in their relationships.

Free counseling for couples and families.

UCF Psychology Clinic

407-823-4348

<http://psychology.cos.ucf.edu/psychclinic/>

Hours: Monday-Fridays 8am-6pm Location: Psychology Building on Main Campus

Services Year-round services for children, adolescents, and adults in the Orlando area (Non-UCF Students), Individual, group, and family psychotherapy, as well as psychological assessment, Treatment for depression, anxiety/panic, posttraumatic stress, eating disorders, substance abuse, anger management, relationship/marital problems, and child behavioral and emotional problems

Sliding fee scale is used to determine the payment for services. Depending on income and family size, some clients receive treatment at no cost.

UCF College of Community Innovation and Education

407-823-2052

UCF Campus College of Education, 192, Orlando, FL 32816-1250 Hours Vary,

Call for appointment

<http://education.ucf.edu/ccc/>

Services: Outpatient individual counseling – need a referral

Free of charge, however students must be referred to receive services.

White Picket Fence

407-622-0202

1345 Clay Street Winter Park, FL

<http://whitepicketfencecounselingcenter.com/>

Provides services for individuals dealing with eating disorders.

Victim Support Services

The Victim Service Center of Orange County Inc.

2111 E. Michigan St. Suite 210 Orlando, FL

Office number: 407-254-9415

Sexual Assault: 407-497-6701

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

Services: Include crime victim services, sexual assault services, therapy and support services, and outreach and prevention services.

Food Pantry/Meals

ARMY OF ANGELS

Confidential Address,

armyofangels.org

407-714-4297

info@armyofangels.org

Program provides home delivered food boxes as available.

make regular deliveries to those who are homeless and/or without food

Eligibility: Households with youth ages 24 and younger

Intake Procedure:

Visit website for information.

Fees: No fees

Program Service Hours: Hours vary - call for details

Area Served: Florida county of Orange county

Christian Service Center Daily Bread

407-425-2523

24 Glenn Lane Orlando, FL 32804

http://www.christianservicecenter.org/what_we_do_subpage.php?id=8

Services: The Christian Service Center's Daily Bread programs serves a meal at the following days and

times: Monday through Friday: 12pm-1pm, Sunday: 11am-12pm.

Community Food and Outreach Center

407-650-0774

150 W Michigan St Orlando, FL 32806

Services: Emergency food pantry bags, Access site for Food Stamps, Cost Share Grocery Program.

Hours of operation: Monday through Saturday 9am to 6pm.

Human Crisis Center Food Pantry

407-521-7750

5514 Edgewater Dr. Orlando, FL 32810

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

Services: Food outlet that provides dry foods, canned foods, and fresh fruits and vegetables for those in need. Hours of operation are from Monday through Saturday 9am to 6pm.

Haven of Hope Ministries

407-298-2056

1310 West Colonial Drive Suite 25 – 26 Orlando Florida 32804

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

Services: Food pantry, clothing pantry, referral program, HIV medication drop off site Medication Program.

ICNA Relief Central Florida

407-930-7701

701 South Kirkman Road Suite, 713 Kirkman Commerce Center, Orlando, FL 32811

<https://www.icnarelief.org/wp/>

Services: Food pantry, open every Tues-Thur, Saturday, 9:30am – 4pm.

Jewish Family Services of Greater Orlando

407-644-7593

2100 Lee Road, Winter Park, FL 32789

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

Services: Emergency food pantry, bring photo ID. Hours Mon-Tue 8am-8pm, Wed-Thu 8am-6pm.

Loaves and Fishes

407-886-6005

206 East 8th Street Apopka, FL 32703

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

Services: Assistance with food, household items, and toiletries, and prescriptions.

Matthew's Hope

407-905-9500

1460 Daniels Road Winter Garden, FL 34787

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

Services: Matthew's Hope is a drop in center, on Tuesday 8:30AM - 5:30PM showers, haircut, laundry, camping resources, food, clothing are provided to those who are homeless. (First come first served basis).

MINDFUL MEALS

(407) 280-0498

4081 L B McLeod Rd STE B, Orlando, FL 32811

mindfulmealdelivery.com

customerservice@mindfulmealdelivery.com

FOOD SERVICES

Provides quick and healthy meal options

Weekly meal plans starting from 4 per week

Standard 8 meal plan starting at \$95

Meal plan available for pick up (Please call to verify)

INTAKE PROCEDURE: Call or online

10% Discount code for UCF students: Mindful10

Delivery services hours

Food meals are sent out twice a week

Monday 2pm- 6pm, Wednesday 2pm- 6pm

Area service: Central Florida Area

Muslim Social Services

407-250-5822

1460 N Goldenrod Rd Orlando, Florida

<http://iscf.org/social-services-2>

Services: Food pantry and thrift store. Hours 10am-1pm, 2pm-4pm.

Prince of Peace (Lutheran Church)

407-277-3945

1515 S. Semoran Blvd. Orlando, Florida 32807

<http://www.poporlando.com/contact/>

Services: provides groceries to families in Orange County. Distribution occurs on the fourth Saturday of the month from 9:00 am to 12:00 pm.

Second Harvest Foodbank

407-295-1066

Immediate food assistance: **407-295-5009**

411 Mercy Drive, Orlando, FL 32805

<http://www.feedhopenow.org/site/PageServer?>

Services: distribute food out to six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. SNAP application assistance.

Straight Street Orlando Food Share

24 N Rosalind Avenue Orlando, FL 32801

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

Services: Various community organizations serve meals in the parking lot of St. George Greek Orthodox Church at the following days and times:

- Sundays: 6pm-7:30 pm
- Mondays: 6pm-8pm
- Tuesdays: 6:30pm-8:30pm
- Wednesdays: 6:30pm-7:30pm (1st and 3rd Weds) 5:30pm-7:00pm (2nd 4th and 5th Weds)
- Thursdays: 5:30pm-7:30pm
- Fridays: 5:30pm-6:30pm

Saturdays: 8am-10am (1st, 3rd & 5th Saturday) 11pm – 1pm (2nd & 4th Saturdays) 5pm-7pm (1st & 3rd Saturdays) 4pm-6pm (2nd Saturdays)

Agencies

Charity of Love

407-254-9449 Ext. 73639

445 West 13th Street, Building D. Apopka, FL 32703

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

Services: Assistance with electric service payments, gas service payments, SNAP, TANF, Medicaid, unemployment claims. *Bring photo ID.*

City of Orlando-Hispanic Office of Local Assistance (HOLA)

407-246-4310 or 407-254-4652

595 N. Primrose Drive Orlando, FL 32803

<http://www.cityoforlando.net/hola/>

Services: Puerto Rican Federal Affairs Administration (PRFAA) assistance, Affordable HealthCare assistance, SNAP (food stamp) assistance, computers, referrals and bilingual information about the City of Orlando's government services, community based organizations, jobs, education, medical services, and legal services. To make an appointment contact the numbers above. Population HOLA serves: non-English speakers and English speakers.

Community Legal Services of Mid-Florida

1-800-405-1417

122 E. Colonial Drive, Orlando, FL 32801

<https://clsmf.org/>

Services: Provides legal assistance and representation for clients experiencing medical emergencies, loss of job, poor financial planning, children rights, domestic violence, elder advocacy, divorce, mortgage scams, foreclosures, eviction, etc. Attorneys are also available to assist clients to receive government benefits and Medicaid, food assistance, social security, and unemployment compensation.

Career Connections

407-531-1227

5784 S. Semoran Boulevard, Orlando, FL 32822

<http://careersourcecentralflorida.com/>

Services: Obtain GED or high school diploma, build workplace skills, connect with job and career coaching, access money to train for in-demand careers, find careers that match your interests, assistance to help create your resume and develop interview skills. For ages 16 to 24 year olds.

Department of Children and Families-Central Region

866-762-2237 (Toll Free)

6218 W Colonial Drive Suite 240 Orlando, FL 32808

<http://www.myflorida.com/accessflorida/>

Services: Provides financial assistance programs such as SNAP (Food Stamps), TANF (Temporary Assistance to Needy Families), and Institutional Care Program (ICP). Hours: Monday thru Friday 8am to 6pm. Recommend to apply online.

Heart of Florida United Way

407-839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crisis assistance for mental disorders.

Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential.

IDignity

407-792-1374

424 E. Central Blvd. #199 Orlando, FL 32801

<https://idignity.org/>

Services: Provides assistance in obtaining ID cards, licenses, birth certificates, Social Security cards, replacement immigration records and other documents.

Walk in- events are first-come, first-served.

Legal Aid Society of OCBA

407-841-8310 option 1

100 E Robinson St, Orlando, FL 32801 (main office)

Outreach offices are in Winter Park, Winter Garden, Washington Shores, East Orange and Apopka.

<http://legalaidocba.org/>

Services: Family law, housing law, consumer law, immigration and guardian and litem. Homeless Clinic walk in hours are from 1:30pm until 3pm at the main office. Assistance is a first come first served basis.

Low Income Home Energy Assistance Program (LIHEAP)

866-674-6327

<http://www.brevardfl.gov/HumanServices/CommunityResources/ActionAgency#q2>

Services: Federally funded program that helps low-income households with their home energy bills.

Eligibility: elderly 60+, disabled, household with children under 5 years of age. Program offers assistance with home energy and crisis energy.

Lighthouse for the Blind

Lighthouse of Central Florida

407-898-2483

215 East New Hampshire Street Orlando FL 32804

Lighthouse Central Florida-Downtown Office

407-843-9140

2500 Kunze Ave Orlando, FL 32806

Services: Helping individuals that are blind or sight impaired, to get access to the resources and tools they need. Resources and tools can include early intervention, independent living skills, orientation and mobility training, access technology training, and braille instruction.

Mustard Seed of Central Florida

407-875-2040

12 Mustard Seed Lane Orlando, FL 32810

<http://mustardseedfla.org/>

Services: Clothing and furniture donations. Must make an appointment to receive furniture. Clothing program: clients can receive 3 Tops, 3 Bottoms, 1 Pair of Shoes, 3 Undergarment (bras, underwear, socks or pajamas), 1 Handbag or Backpack, Dress or suit counts as 1 top and 1 bottom. Clients may participate in the program 2x a month.

Bring photo ID, Social Security Cards or Birth Certificates for all minors.

Proyecto Somos Orlando

407-270-0597

6900 S. Orange Blossom Trail, Suite 200 Orlando, FL

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

Services: Personalized case management, assistance with basic needs (food, housing, transportation), Mental health services, Individual group counseling, art therapy, support groups, legal assistance, LGBTQ+ groups and organizations, referrals (medical, educational, etc.) Population served: non-English speakers and English speakers.

Free of charge.

PFLAG

407-236-9177

www.pflagorlando.org

Services: Support groups for the LGBT+ community and their families.

Samaritan Resource Center

407-482-0600

9837 E. Colonial Drive Orlando, FL 32817-4206

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

Services: Hours 9am to 12pm noon Monday-Thursday. Assisting the underserved community to receive government benefits such as food stamps applications, Medicaid and Medicare applications, birth certificates and IDs, employment services and personal care services. Personal care services include showers, clothing, food pantry, or bus passes.

United against Poverty

407-650-0774

150 W Michigan St Orlando FL

Services: household assistance program that gives access to their grocery store, emergency food access, SNAP assistance, health care referrals, housing assistance, and computer access on site, domestic violence shelters referrals, on site job counseling, on site clinic, educational classes, life skills classes.

Zebra Coalition

407-228-1446, option 2

911 North Mills Avenue, Orlando, FL 32803

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

Services: Counseling, case management, transitional housing to support the LGBT+ community.

STUDENT CARE SERVICES | UNIVERSITY OF CENTRAL FLORIDA

Osceola County

Resource Guide

University of Central Florida

Health and Medical

Catholic Charities of Central Florida

407-648-1818

1819 N Semoran Blvd Orlando FL, 32807

<http://cflcc.org/>

St. Thomas Aquinas Free Medical Clinic

407-593-1256

510 Brown Chapel Rd.St. Cloud FL, 32769

<http://cflcc.org/healthcare/>

Services: Emergency services include financial assistance, case management, referrals to area providers, food from the Semoran food pantry.

Central Florida Family Health Center

407-322-8645

6101 Lake Ellenor Drive Orlando, FL 32809

www.cffhc.org

Services: Primary care, immunizations for children, lab tests on site, pharmacy on site, behavioral health services.

A sliding fee schedule is used based on the patient's income and size of family.

Florida Department of Health in Osceola County

Accepts Medicaid and sliding scale

<http://osceola.floridahealth.gov/>

Osceola Community Health Services at Stadium Place

407-343-2050

1501-1507 Bill Beck Blvd Kissimmee, FL 34744

Services: Primary care, pediatric services, maternity services, family services.

Osceola Community Health Services at Poinciana

407-943-8600

109 North Doverplum Ave Poinciana, FL 34758

Services: Primary care, pediatric services, maternity services, family services, dental care

Osceola Community Health Services Intercession City

407-944-7190

1703 Business Center lane Kissimmee, FL 34758

Services: Family services, dental care.

Osceola Community Health at Buenaventura Lakes

407-343-2055

2622 Simpson Rd. Kissimmee, FL 34741
Services: Primary care, pediatric care, women's health.
Accepts Medicaid and Sliding Scale.

FamilyWize

407-835-0900

http://www.hfuw.org/index.php?pr=Discount_Drug_Program

Services: Offers discounts on prescription drugs for the family.

No fee to sign up.

JMJ Pregnancy Center

407-201-5085

944 East Osceola Parkway Kissimmee, Fl 34744

<http://jmjlifecenter.org/about/>

Services: Pregnancy Testing, Ultrasounds, Crisis Intervention, Adoption Information, Abstinence Information, MOPs Mentoring Program, Maternity Clothes, Baby Supplies, Baby Clothes, Baby Furniture, Formula & Baby food

Abortion alternatives and information.

All services are free.

Osceola County Christian Ministry Center – Clinic

407-944-9968

700 Union St. Kissimmee, FL 34741

Services: Medical and dental services provided by volunteer physicians. Dates and hours vary, contact for information.

Services free of charge.

Osceola Council on Aging

407-846-8532 x261

700 Generation Point, Kissimmee, FL 34744

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

Services: Provide acute and chronic, non-emergency healthcare for low-income and uninsured residents of Osceola County. Requirements: 18 years of age or older, be an Osceola County resident, not have any health insurance, meet the Federal Poverty Income Guidelines. Call to make an appointment.

Planned Parenthood of Greater Orlando

407-246-1788

610 Oak Commons Blvd. Kissimmee, FL 34741

www.pppo.org

Services: Reproductive health services for men, women and teens including birth control, sexually transmitted infection testing, HIV testing, well-woman exams, cervical cancer screenings and treatment, vasectomies, and medical and surgical abortions. We provide medically accurate, age-appropriate sexuality education for middle school, high school and college age groups. Our presentation topics include HIV/AIDS, birth control, abstinence, pregnancy prevention, healthy relationships and child abuse prevention.

Accepts the following insurance: Cigna, Greatwest HC, Humana,

Medicaid: Healthease, Staywell, Sunshine State, and Wellcare, UMR (Darden employees) United Healthcare.

Housing and Shelter

Aspire Health

HOME

407-932-0413

924 Determination Way Kissimmee, FL 34741

<https://aspirehealthpartners.com/program-details/?program=37>

Services: Provides transitional housing (usually 6-12 months), intensive case management, and life skills training for single homeless mothers. Families participating in this program pay \$100 per month and are also required to put a portion of their earnings into savings.

Eligibility criteria: Must be a single mom with custody of all minor children, must be employed or employable, and must be strongly motivated to become self-sufficient. A family's stay at the campus is contingent on their participation in program activities and progress towards case plan goals.

Covenant House

407-482-0404

<http://www.covenanthousefl.org>

Services: Emergency shelter for youth including young parents and their babies through the Crisis Shelter Program and the Independent Living Track Program. Transitional housing program. For ages 17-21.

First United Methodist Church of St. Cloud

407- 892-3128

1000 Ohio Avenue St Cloud, FL 34769

<http://www.firstchurchstcloud.org/ministries/community-outreach-ministries/>

Cold Night Shelter

Services: First St Cloud becomes a Cold Night Shelter providing a warm place to sleep for the homeless of our community when temperatures drop below 40 degrees. This ministry not only provides a shelter for the night, but also showers, hot meals, blankets, coats, clothes, as well as prayer for those in need. Service opportunities include overnight stay during cold nights, meal preparation, and donations.

Mental Health

Ashlawn Consulting

407- 977-7943

650 S. Central Avenue Ste. 1000, Oviedo, FL 32765 Hours:

Monday-Friday 9am-4pm

Services: Outpatient Psychiatry and Outpatient Counseling including Art Therapy, Individual, Family, and Marital.

Accepts Medicaid and Medicare.

Adapt Behavioral Services

407-928-0444

3483 W. Vine St, Kissimmee, FL 34741

www.Adapt-FL.com

Services: In-home & in-school behavior analysis, skill training, parent training, individual counseling & family counseling.

Medicaid and Medicaid waiver accepted, Private insurance, Sliding Scale.

After Court Solutions

407-944-1155

326 West Oak Street Kissimmee, FL 34741 http://www.courtorderedflorida.com/classes/contact_us.html

Services: Family, individual, and group counseling for individuals with or without a court order.

Medicaid accepted.

Circle of Friends Services, Inc.

386-259-5413

111 Monument Ave. Suite 513 Kissimmee, FL 34741

www.cofsfl.org

Services: Trauma-based counseling for mental health needs of children (0-18 years) and families in Central Florida.

Medicaid accepted.

The Children's Home Society of Florida

407-846-5220

2653 Michigan Ave. Kissimmee, FL 34744

www.chsfl.org

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff. We bill Medicaid providers for most of our services, and a limited amount of services are available on a sliding fee scale.

Medicaid accepted and a limited amount of services are available on a sliding fee scale, services may be arranged by calling tri-county office at 407-896-2323.

Community Counseling Center of Central Florida LLC

407-291-8009

P.O. Box 161585, Altamonte Springs, FL 32716-1585

www.ccccf.org

Services: Provides Individual, family and marital therapy serving adults and children.

Medicaid and TANF accepted; and financial assistance available.

Early Steps

1-800-654-4440

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to work with your family, other caregivers, and the team.

Medicaid accepted and financial assistance offered.

Everyone's Counseling Center

800-544-1817

2745 Canoe Creek Drive ST. Cloud, FL 34772

<http://www.eccflorida.org/st.-cloud.html>

Services: Individual counseling, marital counseling, family counseling, group counseling, career & vocational testing.

Sliding Scale.

Impower**407-931-2911**

222 Broadway Ave Suite 211, Kissimmee, FL 34741

www.isifl.org

Services: Provides outpatient services that include counseling and case management for adults and children.

Medicaid and Medicare accepted, Sliding Scale rates.

National Alliance on Mental Illness Greater Orlando (NAMIGO)**407-253-1900**

237 Fernwood Blvd, Suite 101, Fern Park, FL 32730

www.namigo.org

Services: NAMI Greater Orlando provides support, education and resources to adults 18+ living with mental illness and their families. Support groups are led by trained peer facilitators and meet regularly in Maitland, Winter Park, SW Orlando, and Downtown (en Español). Classes provide valuable information on learning to live well with mental illness, supporting a loved one with mental illness, and navigating the mental health system.

All services are free-of-charge.

PFLAG**407-236-9177**www.pflagorlando.org

Services: Support groups for the LGBT+ community and their families.

The Transition House**407-892-5700 x160 or x161**

3113 Innovation Drive St. Cloud, FL 34769

<http://www.thetransitionhouse.org/whoweare>

Services: Individual and group therapy sessions, psychiatric medication management and medically supervised *Suboxone*TM therapy for opioid dependence.

Accepts Medicaid.

Food Pantry/Meals

A Place for Grace

407-556-3967

1209 Florida Avenue, St. Cloud, FL 34769

<http://www.aplace4grace.com/>

Services: Case Management, meal program (meals every Thursday and Saturday at 6pm). Emergency food relief (provide bags of groceries and clothing to individuals).

Jewish Family Services of Greater Orlando

407-644-7593

2100 Lee Road, Winter Park, FL 32789

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

Services: Emergency food pantry, bring photo ID. Hours Mon-Tue 8am-8pm, Wed-Thu 8am-6pm.

Second Harvest Foodbank

407-295-1066

Immediate food assistance: **407-295-5009**

411 Mercy Drive, Orlando, FL 32805

<http://www.feedhopenow.org/site/PageServer?>

Services: distribute food out to six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. SNAP application assistance

Agencies

Charity of Love

407-254-9449 Ext. 73639

445 West 13th Street, Building D. Apopka, FL 32703

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

Services: Assistance with electric service payments, gas service payments, SNAP, TANF, Medicaid, unemployment claims. Bring photo ID.

Career Conexions

407-705-1555

1392 East Vine Street, Kissimmee, Florida 34744

<http://careersourcecentralflorida.com/>

Services: Obtain GED or high school diploma, build workplace skills, connect with job and career coaching, access money to train for in-demand careers, find careers that match your interests, assistance to help create your resume and develop interview skills. For ages 16 to 24 year olds.

Community Legal Services of Mid-Florida

407-847-0053

800 North Main Street Kissimmee, FL 34744

<https://clsmf.org/>

Services: Provides legal assistance and representation for clients experiencing medical emergencies, loss of job, poor financial planning, children rights, domestic violence, elder advocacy, divorce, mortgage scams, foreclosures, eviction, etc. Attorneys are also available to assist clients to receive government benefits and Medicaid, food assistance, social security, and unemployment compensation.

Department of Children and Families-Central Region

866-762-2237 (Toll Free)

6218 W Colonial Drive Suite 240 Orlando, FL 32808

<http://www.myflorida.com/accessflorida/>

Services: Provides financial assistance programs such as SNAP (Food Stamps), TANF (Temporary Assistance to Needy Families), and Institutional Care Program (ICP). Hours: Monday thru Friday 8am to 6pm. recommend to apply online.

Heart of Florida United Way

407-839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crisis assistance for mental disorders.

Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential.

Low Income Home Energy Assistance Program (LIHEAP)

866-674-6327

<http://www.brevardfl.gov/HumanServices/CommunityResources/ActionAgency#q2>

Services: Federally-funded program that helps low-income households with their home energy bills.

Eligibility: elderly 60+, disabled, household with children under 5. Program offers assistance with home energy and crisis energy.

Mustard Seed of Central Florida

407-875-2040

12 Mustard Seed Lane Orlando, FL 32810

<http://mustardseedfla.org/>

Services: Clothing and furniture donations. Must make an appointment to receive furniture. Clothing program: clients can receive 3 Tops, 3 Bottoms, 1 Pair of Shoes, 3 Undergarment (bras, underwear, socks or pajamas), 1 Handbag or Backpack, Dress or suit counts as 1 top and 1 bottom. Clients may participate in the program 2x a month. Bring photo ID, Social Security Cards and Birth Certificates for all minors.

STUDENT CARE SERVICES | UNIVERSITY OF CENTRAL FLORIDA

Seminole County

Resource Guide

University of Central Florida

Health and Medical

A Center for Women

407-628-5433

315 North Wymore Road, Winter Park, FL 32789

www.PregnancyOrlando.com

Services: A Center For Women offers free pregnancy testing with official proof of pregnancy, free viability ultrasounds upon qualification; educational counseling about pregnancy, abortion, fetal development, STD's and their effects and adoption; assistance finding shelter, maternity clothing, baby clothing and supplies. Community Referrals.

Medicaid and sliding scale for counseling.

FamilyWize

407-835-0900

http://www.hfuw.org/index.php?pr=Discount_Drug_Program

Services: Offers discounts on prescription drugs for the family.

No fee to sign up.

Florida Department of Health in Seminole County

Medicaid and sliding scale.

<http://seminole.floridahealth.gov/>

Sanford

407-665-3000

400 W. Airport Blvd Sanford, FL 32773

Services: Clinical and nutritional services that include adult and child health, dental, family planning, primary care, refugee health, teen and outreach program and women, children and infants. Wellness services that include immunizations.

Casselberry Office

407-665-3705

132 Sausalito Blvd Casselberry, FL 32707

Services: Women, children and infant services and travel vaccines.

Florida Department of Children and Families-

Seminole Access Service Center

407-330-6900

225 N. Kennel Road Sanford, FL 32771

Services: Medicaid program which provides medical assistance to individuals and cover or assist in the cost of necessary medical services. To be eligible you must be a parent, child, pregnant woman, former foster care individual, and non-citizen with medical emergencies or aged/disable individual who is not currently receiving Supplemental Security Income.

Individuals who are under the age 26 may receive Medicaid if they were in a foster care under the State and receiving Florida Medicaid when they aged out of foster care.

Harvest Time International

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

Community Hope Center Seminole County

407-878-5531

225 North Kennel Road Sanford, FL 32771

Community Hope Center Volusia County

386-256-4736

3350 S. Ridgewood Ave. Port Orange, FL 32129

Services: food and basic needed household items, Food Stamps (EBT/SNAP) assistance and Medicaid assistance.

Hispanic Health Initiatives, Inc.

407-339-2001

201 Live Oak Blvd., Casselberry, FL 32707

P.O. Box 1925, Casselberry, FL 32718

www.HHI2001.ORG

Services: Health literature, diabetes classes on control and prevention of chronic diseases, health screening and referrals.

Referrals for free mammograms, free prostate cancer screenings, and free/low cost clinics.

Kinder Konsulting & Parents Too

407-657-6692

2479 Aloma Avenue Unit D Winter Park, FL 32792 To make a referral: www.kinderkonsulting.com

Services: Provides Emotional, behavioral, and developmental through play therapy, psychological testing, behavioral therapy, psychiatry and more.

Medicaid and sliding scale payments accepted.

Life Choices Women's Center

321-422-4168

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

600 E. Altamonte Drive, Suite 1200 Altamonte Springs, FL 32701

Services: Offers assistance to women with pregnancy testing, ultrasounds (limited), intimacy information, medical referrals.

Free of charge.

Planned Parenthood of Greater Orlando

407-246- 1788

11500 University Blvd Suite B Orlando, Fl. 32817

www.pppo.org

Services: Reproductive health services for men, women and teens including birth control, sexually transmitted infection testing, HIV testing, well-woman exams, cervical cancer screenings and treatment, vasectomies, and medical and surgical abortions. We provide medically accurate, age-appropriate sexuality education for middle school, high school and college age groups. Our presentation topics include HIV/AIDS, birth control, abstinence, pregnancy prevention, healthy relationships and child abuse prevention.

Seminole County Health Department

Dental Health Program

407-665-3000

400 West Airport Blvd., Sanford, FL 32773

<http://seminole.floridahealth.gov/>

Services: Dental services for children who have Medicaid include cleanings, fillings, sealants, exams, X-rays and extractions.

Medicaid may be used for children's services, adults over 20 may use Medicaid for emergency services.

Immunizations/Vaccines Program

407-665-3281

400 West Airport Blvd., Sanford, FL 32773

Services: Immunizations Clinic, Childhood and adult immunizations are available for free for children.

STD Prevention and Control Program

407-665-3291

400 West Airport Blvd., Sanford, FL 32773

Services: STD Testing. \$20.00 rapid HIV test
\$45 general STD test.

Seminole County WIC & Nutrition Program

Sanford Location:

407-665-3705

400 West Airport Blvd., Sanford, FL 32779

Casselberry Location:

407-665-3400

132 Sausalito Blvd., Casselberry, FL 32707

<http://www.floridahealth.gov/chdseminole/WIC.html>

Services: WIC is a special supplemental food and nutrition education program for Women, Infants, and Children. WIC provides the following at no cost: healthy food during your pregnancy and after you delivery, nutrition education, counseling breastfeeding support, referrals for health care and community services. To be eligible, you must be: a pregnant woman, a breastfeeding woman, a woman who just had a baby, an infant or a child under 5 years old.

The Sharing Center

407-260-9155 x5

Longwood: The Sharing Center- 600 North Hwy 17-92, Suite 158, Longwood, FL 32750

www.thesharingcenter.org

Services: The Healthlink center provides guidance in locating physicians, discounted prescriptions for medications, offers free clinics once a month, non-cash assistance, financial assistance, homelessness services.

Population served: non-English speakers and English speakers.

Appointment necessary.

Shepard's Hope

407-876-6699

Located at the Sharing Center Plaza 600

North US 17-92, Suite 124

Longwood, FL 32750

<http://shepherdshope.org/patients/>

Services: Medical care provided at no cost, vouchers for prescriptions. Hours Monday 9:30am-12:30pm, 6pm-9pm Tuesday 8:30am-12:30pm, 6pm-9pm Wednesday and Thursday 6pm-9pm, registration for evening clinic begins at 4:30pm. Must arrive early, first come first come basis.

PFLAG

407-236-9177

www.pflagorlando.org

Services: Support groups for the LGBT+ community and their families

Housing and Shelter

The Center for Affordable Housing

407-323-3268 x14

2524 South Park Drive, Sanford, FL 32773

Services: Transitional housing for homeless families, low-income rentals, and comprehensive housing counseling.

Christian Help

407-834-4022

450 Seminola Blvd Casselberry, FL 32707

www.christianhelp.org

Services: Services include employment assistance, food drives, and food pantry through relationship with Second Harvest, agency referrals, spiritual support, and employment assistance. Food is distributed to those in need daily.

Covenant House

407-482-0404

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

Services: Emergency shelter for up to 37 youth including young parents and their babies through the Crisis Shelter Program and the Independent Living Track Program. Transitional housing program known as Rights of Passage provides shelter to youth in Seminole, Orange, and Osceola County.

Elizabeth House, Inc.

407-968-9922

P.O. Box 620586, Oviedo, FL 32762

www.elizabethhouseinc.com

Survivors of domestic violence and their children live free in this faith-based, transitional home up to a year while they heal physically, emotionally, financially and spiritually from the abuse.

Habitat for Humanity in Seminole County

407-696-5855

www.habitatseminoleapopka.org

Services: Provides affordable housing in partnership with the working poor in Seminole county. Must meet the following requirements: have a housing need, an ability to pay, demonstrate a willingness to partner, no more than \$2000 in debt when applying.

Heart to Heart

321-972-7859

www.h2hcentralflorida.org

Services: Provides transitional housing to women and children by providing transitional housing.

Homeless Services Network of Central Florida

407-893-0133

2828 Edgewater Drive Orlando, FL 32804

www.hsncfl.org

Services: HSN provides linkages to housing and supportive services for persons who are homeless or on the verge of homelessness.

Northland Church

407-949-4000

530 Dog Track Rd, Longwood, FL 32750

<https://northlandchurch.net/>

Services: HUB housing assessments for homeless individuals or families living in their car or on the streets. Hours: Every Monday (except Holidays) 1:30pm to 4pm. First come, first serve basis. Documents to bring include: valid ID for all adults, Social Security Card for adults and Birth Certificates for children.

Pathways to Care

407-388-0245

430 Plumosa Avenue Casselberry, FL 32707

<http://www.cflcc.org/transitional/pathways>

Services: 40-bed, not-for-profit respite center dedicated to providing health, housing and hope to Central Florida's most vulnerable homeless men and women.

Rescue Outreach Mission of Sanford

407-321-8224

1701 Historic Golsboro Blvd. Sanford, FL 32771

www.rescueoutreachmission.org

Services: Emergency shelter, food, clothing and spiritual guidance to disadvantage, needy, homeless families with children. A newly designed State of the Art Learning Center provides residents with the tools they need to take on-line classes, write resumes and more.

All services are free.

Seminole County Government - Community Assistance

407-665-2300

535 W Lake Mary Boulevard, Sanford, Florida 32714

<http://www.seminolecountyfl.gov/comsrvs>

Services: Provides emergency financial services for utility bills and rent payments, must attend an orientation to learn more.

SafeHouse of Seminole

407-302-5220

Address is confidential, call phone number for address

<http://safehouseofseminole.org/>

Services: SafeHouse of Seminole provides emergency safe housing, counseling services, crisis intervention, community education, and professional training for those who are victims of domestic violence. Emergency housing provides short term and long term housing for women, teenagers, and children.

Mental Health

Above and Beyond: Children & Community Services, Inc.

407-391-9033

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

705 West 1st Street Sanford, FL 32771

Services: Assists children, youth, adults and families locate, access and coordinate services they need for mental health wellness and improved lives through case management, Wraparound care coordination, parent education and referrals.

Adapt Behavioral Services

407-928-0444

225 South Swoope Avenue #211, Maitland, FL 32751

www.Adapt-FL.com

Services: In-home & in-school behavior analysis, skill training, parent training, individual counseling & family counseling.

Funding through Medicaid Waiver, most Medicaid plans, many commercial insurance plans. Other funding is available for those without insurance.

Aspire Health

<https://aspirehealthpartners.com/>

Kassab Plaza

407-875-3700

434 W Kenney Blvd., Orlando FL 32810

Princeton Plaza

407-875-3700 Ext. 6731

1800 Mercy Dr, Orlando, FL 32808

Services: 193 bed inpatient services and a variety of outpatient services for children and adults.

Lakeside has a full continuum of services for adults including residential treatment, outpatient therapy, a medication clinic and case management. The children's outpatient program provides in-home, outpatient and in-school therapy as well as medication clinic and case management.

Medicaid accepted, sliding scale for individuals without insurance.

Crisis Stabilization Unit

407-323-2036

919 East Second Street, Sanford, FL 32771 Crisis Stabilization Unit

Services: CSU provides a safe environment for the purpose of stabilizing clients during a period of crisis. Offers individual therapy, discharge planning, psychiatric treatment, psycho-educational group therapy, and psychosocial assessments.

Bay House

407-323-2036

300 South Bay Avenue, Sanford, FL 32771

Services: 12 bed residential facility designed to assist individuals with serious and persistent mental health issues to learn to live more independently in the community.

Behavioral Support Services, Inc.

407-830-6412

801 Douglas Avenue Suite 208, Altamonte Springs, FL 32714

<https://bssinspires.com/>

Services: Behavioral services provided in home and school settings. Behavioral Support Services, Inc. is a Med waiver provider and DCF Licensed Substance Abuse Provider. Mentoring, respite, behavioral analysis, mental health counseling, psychiatric care and case management.

Accepts Medicaid and clients can apply for additional support through a home visit.

Boys Town Central Florida

Main Office - Residential Services, CINS/FINS and Clinical Services

975 Oklahoma Street, Oviedo, FL 32765

407-588-2170

Boys' and Girls' Assessment Center

1350 Healing Place, Oviedo, FL 32765

407-588-2160

www.boystowncentralflorida.org

Services: Conflict resolution among families, counseling, mentoring and healthcare for children and adolescents. Case management available and transitional housing for adolescents.

Financial assistance with healthcare for individuals who qualify.

Central Florida Dream Center (Also: Men, Women and Youth in Action)

407-302-0880

225 N Kennel Rd Sanford, Florida

www.cfdreamcenter.org

Services: Anger management classes, marriage counseling, parenting classes, circle of parents (parents helping parents), support and empowerment classes for abuse victims, after school programs, computer and typing classes, adult reading and math, a 12 step faith-based overcomes program for all forms of addictions.

Community Counseling Center of Central Florida LLC

407-291-8009

P.O. Box 161585, Altamonte Springs, FL 32716-1585

www.ccccf.org

Services: Provides Individual, family and marital therapy serving adults and children.

Medicaid and TANF accepted; and financial assistance available.

Compass Behavioral Health, LLC

407-830-7903

1912 Booth Circle, Suite 200, Longwood, FL 32750

<http://www.compassbehavioral.com/home.html> Services:

Mental health services for all ages.

Sliding scale.

Counseling Services of Central Florida

407-657-8555 x6

1954 Howell Branch Road, Suite 106, Winter Park, FL 32792

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

Services: Counseling for anxiety, depression, grief, divorce, parenting, behavioral and school related issues.

Sliding scale.

Creative Counseling PA

407-688-1770

205 Waymont Court, Suite 111, Lake Mary, FL 32746

www.creativecounselingcfl.com

Creative Counseling PA is a group of mental health providers who provide comprehensive outpatient services for a wide variety of mental health issues. Individual, family, play therapy, group psychotherapy and Family and Collaborative Mediation are available. We specialize in the areas of Abuse Issues Sexual, Physical & emotional, Dual Diagnosis, Singles/Post-Divorce Issues (Self-Esteem Enhancement), Relationship Issues, Life Style Adjustment Issues related to Medical and Physical problems which cause mandatory changes in daily life functioning and Pain Management, Grief and Loss, Adjustment Disorders, Anger Management, Anxiety and Panic Disorders, Assertiveness Training, Communication Skills, Mood Disorders (Depression and Bipolar Disorders), Trauma Resolution/Post Traumatic Stress Disorder, Addiction/Alcohol and Drug Abuse/Dependency Issues, Parenting and Co-Parenting Issues.

Sliding Scale.

The Children's Home Society of Florida

321-397-3000

482 S. Keller Road Orlando FL 32810 www.chsfl.org

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff. We bill Medicaid providers for most of our services, and a limited amount of services are available on a sliding fee scale. Services may be arranged by calling tri-county office at 407-896-2323 *Medicaid accepted and a limited amount of services are available on a sliding fee scale, services may be arranged by calling tri-county office at 407-896-2323.*

Devereux

321-441-1030

1010 Executive Center Drive, Suite 100, Orlando, FL 32803

www.devereux.org

Services: Offers a wide range of services that include case management, family support, counseling, substance abuse treatment, and diabetes management program and more. Devereux offers community based services as well as long-term residential services.

Discovery Counseling of Orlando

407-376-3773

1180 Spring Centre South Blvd, Suite #212

www.discoveryorlando.org

Services: Counseling for pre-marriage, marriage, re-marriage, divorce, children, adolescents, family issues, sexual integrity, addiction recovery, identity, depression, anxiety, mood issues, and other relational problems.

Group therapy is free, \$30 for therapy with a graduate student.

Early Steps

1-800-654-4440

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to work with your family, other caregivers, and the team.

Medicaid accepted and financial assistance offered.

Federation of Families of Central Florida Inc.

407-334-8049

237 Fernwood Blvd. Suite 101 Casselberry, FL 32730

Warm Line Support

407-346-3248

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

Services: Providing support, advocacy and education to Central Florida families, children and youth with emotional, behavioral and mental health challenges.

Focus Counseling and Consulting

407-721-5259

P.O. Box 161042 Altamonte Springs FL, 32716

Services: individual and family counseling, mediation, adoption home studies, mentoring and tutoring.

Accepts Medicaid, provides assistance for disadvantaged families who qualify for Families in Need Program.

Grove Counseling Center, Inc.

407-327-1765

111 W Magnolia Ave., Longwood, FL 32750

Office and Outpatient Clinic

The Grove Academy (Adolescent residential program) 580 Old

Sanford/Oviedo Rd., Winter Springs, FL 32708

www.thegrove.org

Services: programs for treatment of substance use and behavioral health disorders, outpatient services for teens and adults, as well as voluntary partial hospitalization and residential/inpatient programs for adolescents

Low cost fees apply, much insurance accepted.

Haven of Hope Ministries

407-298-2056

1902 West Colonial Drive, Orlando, FL

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

Services: Provides food and emotional support to individuals that are living with HIV/ or living below the poverty line.

Impower

407-331-8002

587 E SR 434 Suite 1021, Longwood, FL 32750

www.isifl.org

Services: Provides outpatient services that include counseling and case management for adults and children.

Medicaid and Medicare accepted, sliding scale rates.

Jewish Family Services of Greater Orlando

407-644-7593

2100 Lee Road, Winter Park, FL 32789

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

Services: Counseling services, emergency food pantry

Call number to schedule an appointment for access to the food pantry. (Photo ID and Social Security cards required.)

Sliding Scale.

Journeys End Counseling, LLC

407-927-1875

1035 South Semoran Blvd, Suite 1040, Winter Park, FL 32792

www.journeysendcounseling.com

Services: Individual, family, group and adolescent counseling for depression, anxiety, anger management and mood disorders. Counseling for post adoption, reunification and placement stabilization for children and their caregivers. Therapies also provided for co-dependency, domestic violence and intimate partner violence.

Accepted payment: TANF, FSPT Medicaid.

Kids House of Seminole, Inc. at the Wayne Densch Family Trauma Center

407-324-3036

5467 North Ronald Reagan Blvd., Sanford, FL 32773

www.kidshouse.org

Services: Kids House offers a 15-week Nurturing Parenting Program designed for parents and children ages 5 to 12. It is for any family that wants to get along better and communicate more. Kids House offers a non-offending family member support group. Families often experience a mixture of feelings, coping with a child's victimization, and have found support of parents who have been through a similar experience. Kids House supports Circle of Parents, a mutual support and self-help program for parents.

Kinder Konsulting & Parents Too

407-657-6692

2479 Aloma Avenue Unit D Winter Park, FL 32792

To make a referral: www.kinderkonsulting.com

Services: Provides Emotional, behavioral, and developmental through play therapy, psychological testing, behavioral therapy, psychiatry and more.

Medicaid and sliding scale payments accepted.

National Alliance on Mental Illness Greater Orlando (NAMIGO)

407-253-1900

1800 Mercy Drive, Suite 300, Mailbox 4, Orlando, FL 32808

www.namigo.org

Services: NAMI Greater Orlando provides support, education and resources to adults 18+ living with mental illness and their families. Support groups are led by trained peer facilitators and meet regularly in Maitland, Winter Park, SW Orlando, and Downtown (en Español). Classes provide valuable information on learning to live well with mental illness, supporting a loved one with mental illness, and navigating the mental health system.

All services are free-of-charge.

New Life Connections, Inc.

407-322-7779

Sanford - 404 West 25th Street, Sanford, FL

Oviedo - 320 North Central Avenue (434), Oviedo, FL

www.new-life-connections.org

Services: Anger management 8 hour workshop, occurs monthly.

\$50 per workshop.

PACE Center for Girls

407-992-0456

445 N. Wymore Road Winter Park, FL 32789

www.pacecenter.org

Services: Alternative education site for at risk female adolescents who might not succeed in the traditional school system, service learning projects, case management.

St. Luke's Lutheran Church

407-365-3408

2021 West State Road 426, Oviedo, FL 32765

www.stlukes-oviedo.org

Services: Comprehensive Case Management using the Family Team Conferencing Model to serve those in need by accessing the resources available to provide basic physical and spiritual needs that will assist families in recovering a sense of value and dignity.

University Behavioral Center

407-281-7000

2500 Discovery Drive Orlando, FL 32826

universitybehavioral.com

Services: Mental health treatment for children and adolescents from age 6-17 yrs old. Programs include crisis stabilization, short term RTC, long term RTC, and inpatient and partial hospitalization. Special programs are available for inappropriate sexual behaviors and victims.

UCF Marriage & Family Research Institute

407-823-1748

12649 Triangulum Ct. Building 402 Orlando, Florida 32816

www.mfri.ucf.edu

Counseling services provided by licensed providers, or interns who are supervised by licensed providers.

Couples and families can learn to communicate effectively, resolve conflict in a healthy manner, and build bonds in their relationships.

Free counseling for couples and families.

UCF Psychology Clinic

407-823-4348

<http://psychology.cos.ucf.edu/psychclinic/>

Hours: Mon 9am-6pm, Tues-Thurs 9am – 8pm, Fri 9am-4pm Location: 4111

Pictor Lane Orlando, FL 32816

Services Year-round services for children, adolescents, and adults in the Orlando area (Non-UCF Students), Individual, group, and family psychotherapy, as well as psychological assessment, Treatment for depression, anxiety/panic, posttraumatic stress, eating disorders, substance abuse, anger management, relationship/marital problems, and child behavioral and emotional problems.

Sliding fee scale is used to determine the payment for services. Depending upon income and family size, some clients receive treatment at no cost.

Visions Targeted Case Management

321-710-0356

<http://visionstcm.com/>

1707 Orlando Central Parkway Suite 440 Orlando, L 32809

Services: Targeted case management, prison re-entry, links individuals living with HIV to medical treatment, helps with scholarship searches.

Wraparound Seminole

407-327-1765

<http://seminolechildren.org/index.php/wraparound-seminole.html>

Services: Wraparound Seminole is the service delivery component of the Families And Communities Together in Seminole (FACTS) Initiative, managed by CBC of Central Florida. It is a collaboration of local child serving agencies to support children and youth with intensive emotional, behavioral and mental health challenges. Wraparound forms a support team around a young person and his or her family to help them stay safe, remain together and achieve their goals. Care Coordinators and Family Partners start with strengths and work hand in hand with each youth, family and team to address the needs presented by the family. They also build connections in the community that will provide support long after the family transitions out of formal Wraparound

Food Pantry/Meals

Christian Help

407- 834-4022

450 Seminola Blvd Casselberry, FL 32707

Services: Services include employment assistance, food drives, and food pantry through relationship with Second Harvest, agency referrals, spiritual support, and employment assistance. Food is distributed to those in need daily.

Forgotten Ones Resource Center

407- 495-5100 (Press 3)

98 West Broadway Street, Oviedo, Florida 32765

<https://theforgottenonesinc.org/food-pantry/>

Services: Emergency food pantry for those in need. Free bread and pastries that are donated by Publix, Entenmann's Bakery, and other merchants. Bags of groceries are given to families at the LSOM event, which is hosted at the last Saturday of each month.

Hope Helps

407-366-3422

812 Eyrie Drive Oviedo, FL 32765

www.hopehelps.org

Services: HOPE'S food pantry provides nonperishable food, produce, meat and fresh bread, 4-days per week, all at no charge. HOPE also assists with applications for food stamps, health care, job search and educational opportunities.

Jewish Family Services of Greater Orlando

407-644-7593

2100 Lee Road, Winter Park, FL 32789

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

Services: Emergency food pantry, bring photo ID. Hours Mon-Tue 8am-8pm, Wed-Thu 8am-6pm.

Riverwalk Church

407-322-3942

801 W 22nd St, Sanford, FL 32771

<http://www.riverwalkchurch.org/homeless-care-diner/>

Services: Food and clothing access, Serves dinner each Tuesday at 6:30pm, Clothing Closet open Tuesday nights.

Rescue Outreach Mission of Sanford

407-321-8224

1701 West 13th St., Sanford, FL 32771

www.rescueoutreachmission.org

Services: Emergency shelter, food, clothing and spiritual guidance to disadvantage, needy, homeless families with children. A newly designed State of the Art Learning Center provides residents with the tools they need to take on-line classes, write resumes and more.

All services are free.

Hours:

Mon thru Sun 9AM - 7PM.

Serves lunch to residents and the community Monday - Friday at 12:00pm

Serves dinner to residents and the community Monday - Friday at 5:00pm.

Free groceries to families in need every Monday and Thursday from 10:30am - 1:00pm

Second Harvest Foodbank

407-295-1066

Immediate food assistance: 407-295-5009

411 Mercy Drive, Orlando, FL 32805

<http://www.feedhopenow.org/site/PageServer?>

Services: distribute food out to six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. SNAP application assistance.

Tuskawila United Methodist Church

407-699-8155

3925 Red Bug Lake Rd Casselberry, Florida 32707

<http://www.tumcfl.org/food-bank.php>

Services: Second and fourth Fridays of each month there is a Friday Afternoon Food Bank. Food Bank Fridays we take delivery of our food at 12 p.m. Registration of recipients begins at 2:00 p.m. and we serve from 2:45 p.m. to 5:00 p.m.

Agencies

Career Connections

407-531-1231

1209 West Airport Boulevard, Sanford, Florida 32773

<http://careersourcecentralflorida.com/>

Services: Obtain GED or high school diploma, build workplace skills, connect with job and career coaching, access money to train for in-demand careers, find careers that match your interests, assistance to help create your resume and develop interview skills. For ages 16 to 24 year olds.

Forgotten Ones Resource Center

407-495-5100 (Press 3)

98 West Broadway Street, Oviedo, Florida 32765

<https://theforgottenonesinc.org/resource-center/>

Services: Obtaining identification cards, drivers licenses, birth certificates, social security cards. Assisting clients in applying for SNAP, Medicaid, and cash benefits. Assisting clients with applying for Assurance Wireless to obtain free cell phones. During the last Saturday of each month free lunches, haircuts and groceries are given to those in need. Free vision services are available, assistance with obtaining free Lynx bus passes, and referral services.

Heart of Florida United Way

407-839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crisis assistance for mental disorders. Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential.

Low Income Home Energy Assistance Program (LIHEAP)

866-674-6327

<http://www.brevardfl.gov/HumanServices/CommunityResources/ActionAgency#q2>

Services: Federally-funded program that helps low-income households with their home energy bills. Eligibility: elderly 60+, disabled, household with children under 5. Program offers assistance with home energy and crisis energy.

The Sharing Center

407-260-9155

600 North Hwy 17-92, Suite 158, Longwood, FL 32750

<http://thesharingcenter.org/>

cases@thesharingcenter.org

Services: Provides emergency one time financial assistance to help with rent, mortgage and utility payments. Financial assistance for other needs upon further assessment including: child care expenses, car payment/car insurance, etc. Bring photo ID, Social Security Cards, call to see what other documents you may have to bring. Hours Mon, Tues, Thurs 9am.

Seminole County Bar Association Legal Aid Services

407-834-1660

101 West Palmetto Avenue, Longwood, Florida 32750

<http://scbalas.com/>

Services: Family law, guardianship advocacy for disabled, housing law, special education and agency for persons with disabilities.

Call for an appointment, eligible for those whose income does not exceed 125% of the federal poverty guidelines.

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Volusia County

Resource Guide

University of Central Florida

Health and Medical

Community Medical Center

Medicaid accepted and Sliding Scale.

Deland Office

386-738-1792

1190 N Stone Street Deland, Florida 32720

Orange City Office

386-775-1792

810 Commed Blvd. Orange City, Florida 32763

<http://www.cmcwv.com/index.html>

Services: General primary medical care for pediatrics and adults.

Florida Department of Health of Volusia County

Accepts Medicaid and Sliding Scale.

<http://volusia.floridahealth.gov/>

Daytona Beach

386-274-0509

1845 Holsonback Drive Daytona Beach, FL 32117

Services: Clinical and nutrition services which include adult and child immunizations, birth control, dental, child and adult health, family planning, Florida Breast and Cervical Cancer Early Detection, tubal and vasectomy procedures, well women annual examinations, and pregnancy counseling and testing. Infectious disease services which include HIV counseling and testing, STD counseling and testing, and TB.

Children's Medical Services

866-942-3663

421 S. Keech Street Daytona Beach, FL 32114

Services: Child immunizations, dental and women, children, infant services.

Good Samaritan Clinic

386-738-6990

136 East Plymouth Avenue Deland, Florida 32724

<https://gsdld.org/index.html>

Services: Free medical and dental health care for medically indigent adults, including the homeless and those who are working but cannot afford health insurance. Hours: Monday, Wednesday, Friday: 5:00p-8:30p. Must be 18+, have no insurance, at or below 200% of the federal poverty level, a resident of West Volusia county, must provide your previous year's tax return (if you submitted one), must provide 3 recent consecutive months of bank statements (if you have an account) and must provide a Medicaid case or access number or letter of Medicaid denial. Free of Charge.

FamilyWize**407-835-0900**<https://familywize.org>

Services: Offers discounts on prescription drugs for families.

*No fee to sign up.***Halifax Health Wellness Center****386-254-4031**

303 N. Clyde Morris Blvd., Daytona Beach, FL

<https://www.halifaxhealth.org/locations/primary-care/center-family-sports-medicine>

Services: Primary and emergency care.

*Discounted services to those in financial distress.***Halifax Health Keech Pediatric Neighborhood Care****386-425-3553**

431 S. Keech St., Daytona Beach, FL

Services: Full range of pediatric care for patients up to the age of 18.

*Discounted services to those in financial distress.***The Jesus Clinic****386-253-6959**

1630 Mason Ave, Unit A Daytona Beach, FL

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

Services: Medical services including physical exams, pap smears, basic x-rays, lab work, pulmonary function testing, EKG's, minor surgery, and colon cancer screening.

Free of charge to those without Medicaid or insurance.

Housing and Shelter

The HUM Center

386-252-9400

340 North Street Daytona Beach, FL 32114

<http://www.halifaxurbanministries.org/services/star-center>

Services: 24 rooms/94 bed spaces for families with children. Provides up to six months of shelter for homeless families to get on their feet, day care and tutoring provided for children, financial literacy classes.

The Neighborhood Center

386-734-8120

434 S. Woodland Blvd. DeLand FL 32720

<http://www.neighborhoodcenterwv.org/drivingdirections.html>

Services: 10 emergency shelter beds: 6 for men and 4 for women. Intake begins at 4:00pm and clients must be out at 7:30am.

First 15 days are free, next 15 days are \$5 each.

Salvation Army

386-257-4391

560 Ballough Road Daytona Beach, FL 32114

Services: 150 bed emergency shelter with breakfast and dinner. Clients may line up at 4:00, intake begins at 4:30, must be out by 6:00am.

Free for first night stay, \$10 after that.

Mental Health

Adapt Behavioral Services

386-898-5003

533 N. Nova Road #204 Ormond Beach, FL 32174

www.Adapt-FL.com

Services: In-home & in-school behavior analysis, skill training, parent training, individual counseling & family counseling.

Funding through Medicaid Waiver, most Medicaid plans, many commercial insurance plans. Other funding is available for those without insurance.

Circle of Friends Services, Inc.

386-259-5413

517 Deltona Blvd., Suite A Deltona, FL 32725

www.cofsfl.org

Services: We are a trauma-based counseling for mental health needs of children (0-18 years) and families in Central Florida.

Accepts Medicaid.

The Children's Home Society of Florida

386-304-7600

2400 S. Ridgewood Avenue, Suite 32 South Daytona, FL 32119

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

Services: Provides counseling for children, adults, and families in their offices, in homes, and in school settings and, by agreement, in the settings of other human service organizations, for all clinical problems, psychiatrist on staff. We bill Medicaid providers for most of our services, and a limited amount of services are available on a sliding fee scale.

Medicaid accepted and a limited amount of services are available on a sliding fee scale.

Early Steps

1-800-654-4440

Services: State wide program that provides Team Based Primary Services for children at risk of developing learning or emotional disabilities from birth to 36 months by maximizing each child's everyday natural learning opportunities, enhancing each child's development and participation in

community life, providing each child with a consistent team for evaluation and services, giving families options in service decisions and encourages active partnerships, providing a primary service provider to work with your family, other caregivers, and the team.

Medicaid accepted and financial assistance offered.

The House Next Door

Medicaid accepted and Sliding Scale.

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

Services: Individual, marital, family and group counseling.

DeLand Family Counseling Center

386-738-9169

121 West Pennsylvania Avenue DeLand, Florida 32720

Deltona Family Counseling Center

386-860-1776

840 Deltona Blvd, Suite K , Deltona, Florida 32725

East Side Therapy Office

386-301-4073

1000 Big Tree Rd. Daytona Beach, FL

PFLAG

407-236-9177

www.pflagorlando.org

Services: Support groups for the LGBT+ community and their families.

Stewart-Marchman- Act Behavioral Healthcare

Medicaid accepted and Sliding Scale.

Services: Outpatient mental health counseling.

800- 539-4228

<http://www.smabehavioral.org/home>

Southeast Volusia Outpatient Care Center

311 North Orange Street New Smyrna Beach, FL 32168

DeLand Counseling Center

105 Calvin Street DeLand, Florida 32720

Outpatient Center and Corporate Offices

1220 Willis Avenue Daytona Beach, Florida 32114

Food Pantry/Meals

Daytona Beach - Halifax Urban Ministries

386-615-1326

215 Bay St Daytona Beach, Florida 32114

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

Services: Include free food, meals, and groceries. Other services include emergency shelter, assistance to pay for basic needs such as electric, rent, and medications (only if funding is available), and referrals.

Faith in Action Walk-in Ministry

386-734-4425

306 West Wisconsin Ave Deland, FL 32720

Services: Distributes emergency food boxes, clothing, and other help underserved individuals.

Neighborhood Center of West Volusia, Inc.

386-734-8120

434 S. Woodland Blvd. Deland, FL 32720

Services: Emergency housing with families with children, thrift shop, emergency food bank containing perishable and nonperishable food items (bag includes meals for three days including fruits, vegetables, meats, rice, or pasta), and daily food pantry.

Prince of Peace Social Services

386-676-1695

600 Nova Rd. Ormond Beach, FL 32174

<https://princeofpeaceormond.com/outreach>

Services: case management, assistance with applications for SNAP food stamps, referrals to emergency pantries.

Second Harvest Foodbank

407-295-1066

Immediate food assistance: 407-295-5009

411 Mercy Drive, Orlando, FL 32805

<http://www.feedhopenow.org/site/PageServer?>

Services: distribute food out to six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. SNAP application assistance.

Agencies

Community Legal Services of Mid-Florida

386-255-6573

128 Orange Avenue Daytona Beach, FL 32114

<https://clsmf.org/>

Services: Provides legal assistance and representation for clients experiencing medical emergencies, loss of job, poor financial planning, children rights, domestic violence, elder advocacy, divorce, mortgage scams, foreclosures, eviction, etc. Attorneys are also available to assist clients to receive government benefits and Medicaid, food assistance, social security, and unemployment compensation.

Heart of Florida United Way

407-839-4357

<http://www.hfuw.org/2-1-1-information-assistance-helpline/>

Services: local food banks and nutrition programs, emergency housing assistance, disaster relief, employment and education opportunities, veteran services, parent resources, health care information, and support/crises assistance for mental disorders. Certified Information & Referral Specialists are available 24/7 and your phone call is free & confidential.

Low Income Home Energy Assistance Program (LIHEAP)

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Services: Federally-funded program that helps low-income households with their home energy bills. Eligibility: elderly 60+, disabled, household with children under 5 years of age. Program offers assistance with home energy and crisis energy.

The Neighborhood Center of West Volusia, Inc.

386-734-8120

434 S. Woodland Blvd. DeLand, FL 32720

<http://neighborhoodcenterwv.org/home/emergency-assistance/>

Services: Emergency bill assistance, financial assistance for medications, emergency shelter, hot meals, free food, and transitional housing assistance.

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Health and Medical

Student Health Services

407-823-2701

<http://shs.sdes.ucf.edu/>

Free primary and psychiatry visits for currently enrolled students. Can walk in or schedule an appointment.

Services: Dental Center, General Health Care, Immunizations, Women's Clinic, Pharmacy, Psychiatry

Fees included with tuition excludes prescriptions, tests.

Wellness and Health Promotion Services

407-823-5841

<http://whps.sdes.ucf.edu/>

Free for currently enrolled students.

Services: Goals + Plans= Success (GPS) Wellness Coaching, HIV testing and counseling, Smoking Cessation Program, Free condom program.

UCF Health

407-266-3627

<https://ucfhealth.com/>

East Orlando Location: 3400 Quadrangle Blvd. Orlando, FL 32817-1492

Medical City Location: 9975 Tavistock Lakes Blvd. Orlando, FL 32827

Primary and specialist care available

Services: Behavioral Health, Cardiology, Dermatology, Family Medicine, Gastroenterology, Integrative, Internal, and Sports Medicine

Housing and Shelter

Housing and Residence Life

407-823-4663

<http://www.housing.ucf.edu/>

Housing and Residence Life offers housing accommodations on campus and UCF affiliated off-campus apartments.

Neighborhood Relations and Safety Education

407-823-6505

Research Pavilion 110

<http://nrse.sdes.ucf.edu/>

Services: The Neighborhood Relations and Safety Education website is a one stop shop for off-campus student housing.

Student Care Services

407-823-5607

Ferrell Commons 138

<http://scs.sdes.ucf.edu/>

Services: Offers guidance, resources, and referrals to UCF students who may be experiencing homelessness, financial challenges, mental health concerns, or in need of academic assistance. Additionally, SCS is made up of case managers to assist students with accessing on-campus and off-campus resources.

Mental Health

Counseling and Psychological Services (CAPS)

407-823-2811

<http://caps.sdes.ucf.edu/>

Counseling services provided by licensed providers, or interns who are supervised by licensed providers. Services: Individual, Couple, Group, Crisis Counseling, Life Coaching, Therapist Assisted Online, Workshops, Community Provider Database, After-hours hotline
Free for enrolled students.

Community Counseling Clinic

407-823-2052

<https://education.ucf.edu/ccc/index.cfm>

Counseling services provided by interns who are supervised by licensed providers. Services: Individual, Couples, Family, Child/Adolescent Counseling
Services provided at the CCC are free; however there is a 3 semester service limit.

UCF Marriage & Family Research Institute

407-823-1748

12649 Triangulum Court Orlando, FL 32816

www.mfri.ucf.edu

Counseling services provided by licensed providers, or interns who are supervised by licensed providers. Couples and families can learn to communicate effectively, resolve conflict in a healthy manner, and build bonds in their relationships.
Free counseling for couples and families.

UCF Project Harmony

407-823-1748

28 Gemini Blvd. SE Orlando, FL 32826

http://mfri.ucf.edu/tp/Together_Project/Home/Home.html

Services: Free UCF class that teaches individuals on the importance of creating or maintaining healthy relationships. Food is provided at each class. Registration is on-going. Call or email <http://mfri.ucf.edu/> to sign up. Eligibility: Married or 18 years old and older or parents of children under 18.

There is no direct cost to you.

UCF Psychology Clinic

407-823-4348

4111 Pictor Lane

Orlando, FL 32816

<http://psychology.cos.ucf.edu/psychclinic/>

Services Year-round services for children, adolescents, and adults in the Orlando area Individual, group, and family psychotherapy, as well as psychological assessment, Treatment for depression, anxiety/panic, posttraumatic stress, eating disorders, substance abuse, anger management, relationship/marital problems, and child behavioral and emotional problems * Sliding fee scale is used to determine the payment for services.

Depending upon income and family size, some clients receive treatment at no cost.

Food Pantry/Meals

Knight's Pantry

407-823-3663

Ferrell Commons Building 150 Room 213

<http://studentunion.ucf.edu/knights-pantry/>

Services: UCF's food pantry provides basic needs including food, clothing, and personal hygiene items for students.

UCF Arboretum

407-823-3583

4312 Scorpius St. Orlando, FL 32816

<https://arboretum.ucf.edu/>

Services: Students are encouraged to go and learn about healthy eating at the Arboretum's Community Garden. Partnering with Wellness and Health Promotions, the Arboretum regularly hosts healthy cooking demonstrations that students can recreate on a budget.

Additional Resources

CFE Federal Credit Union

407-896-9411

4000 Central Florida Blvd #107, Orlando, FL 32816

<https://mycfe.com/>

Services: assistance with a mortgage process, creating a savings and checking account, assistance with managing credit and debit cards, assistance to make overall good financial decisions, and assistance with personal and auto loans.

Fairwinds Credit Union

407-277-5045

105 Aquarius Agora Dr Orlando FL 32816

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

Services: Assistance with banking, retirement process, insurance, credit cards, loans services.

Just Knights Response Team

407-823-1535

<http://jkrt.sdes.ucf.edu/>

Services: Provides assistance to students who have witnessed or experienced a hate or biased incident.

Types of bias-related incidents include physical injury, damage of property graffiti, telephone harassment, confrontation, stalking bullying, verbal harassment, gestures, etc.

Multicultural Academic and Support Services (MASS)

407-823-2716

Student Union, Room 154

<https://mass.sdes.ucf.edu/>

Services: Assists Multicultural and First-Generation College Students in their transition to UCF. MASS works with students by connecting them to the University's community and partners to facilitate support services.

Student Accessibility Services

407-823-2371

Ferrell Commons 185

<http://sas.sdes.ucf.edu/>

Services: Accommodates students who may be facing a barrier in the classroom that prevents them from learning. Examples of accommodations include alternative testing, course notes, accessibility technology, sign language interpreters and captioning, and course policy changes.

Social Justice and Advocacy

Pride Commons

407-823-3082

Ferrell Commons 171

<http://sja.sdes.ucf.edu/lgbtq>

Services: Safe place for UCF students who are looking for resources, a community, a place to hang out, or a quiet place to study. It is open to all students of all genders and sexual orientations. Pride Commons is staffed by LGBTQ+ Services staff members.

Student Legal Services

407-823-2538

Student Union Room 304

<http://sls.sdes.ucf.edu/>

Services: Offers enrolled UCF students, legal counseling and court representation. The services are free to students, however the program will not cover the payment for court costs, fees incidental to litigation, fines, penalties, or amounts of any judgments awarded against the student.

UCF Police Department

Emergencies **911**

Non-Emergencies **407-823-5555**

3610 Libra Drive

<https://police.ucf.edu/>

UCF Victim Services

407- 823-1200

University Tower (College of Nursing Building) 12201 Research Parkway, Suite 450

Orlando, FL 32826

<http://www.victimservices.ucf.edu/>

Services: Provides free services to students, faculty, staff who have been affected by a crime, violence or abuse