



Life Family Church COMMUNITY RESOURCES '25

This book has been provided to assist you in guiding families and individuals in need and those facing emergency / urgent life events to local community agencies and organizations. These resource providers can help provide immediate relief and long-term care / case management focused on restoring individuals and families and helping them get back on their feet.

This book is available in digital form online at hopeforherfl.org/crg.

si hablas español

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

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EMERGENCY NUMBERS

Abuse Hotline	1-800-962-2873
Crisis Center of Tampa Bay	211

CHILDREN'S BOARD FAMILY RESOURCE CENTER-EAST COUNTY

Contact: Sylvie Trevena

Phone: 813-752-8700

Address: 301 North Palmer, Plant City, Florida 33563

Website: familysupporthc.org/east-county-center

Notes: Computer lab for employment, tutoring, free CPR /1ST Aide class, car seat safety class, health insurance assistance, once a month Vision Screening for adults and children

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

CLOTHING-LIGHTHOUSE MINISTRIES-PLANT CITY

Contact: No specific contact

Phone: 863-687-4076 x248

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

Website: lighthousemin.org

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

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

CLOTHING-ST. FRANCIS OF ASSISI CATHOLIC CHURCH

Contact: No specific contact

Phone: 813-681-9115

Address: 4450 County Road 579, Seffner, Florida 33584

Email: sfaseffner@tampabay.rr.com

Website: stfrancisc.com

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

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

EDUCATION-EARLY LEARNING COALITION-CHILDCARE

Contact: No specific contact

Phone: 813-515-2340

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

Website: elchc.org

Notes: Childcare vouchers, screenings, parent resources

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

EDUCATION -HEAD START/EARLY HEAD START HILLSBOROUGH COUNTY **

Childcare County Wide Service Headquarters

Contact: Maria Garcia

Phone: 813-557-6142

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

Email: garciamg@Hillsboroughcounty.org

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

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

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

EDUCATION-HILLSBOROUGH COUNTY PUBLIC SCHOOLS-ADULT & CAREER SERVICES

Contact: Druci Diaz

Phone: 813-231-1662

Address: 5410 N. 20th St, Tampa, Florida 33610

Email: druci.diaz-phelps@hcps.net

Website: hillsboroughschools.org/Page/4763

Notes: Bilingual adult education services, GED & ESOL or transition to technical program.

Hours: Monday-Friday 7:30 am-4:00 pm

FINANCIAL- PLANT CITY COMMUNITY RESOURCE CENTER

Phone: 813- 757-3871

Address: 307 N Michigan Ave, Plant City, Florida 33563

Website: hillsboroughcounty.org

Notes: East Hillsborough

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

FOOD-FULL GOSPEL TABERNACLE

Contact: No specific contact

Phone: 813-754-3843

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

Email: No specific contact **Website:** bishopepps.com **Notes:** Pantry

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

FOOD-LIGHTHOUSE MINISTRIES-PLANT CITY

Contact: No specific contact

Phone: 863-687-4076 x248

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

Website: lighthousemin.org

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

Hours: Submit applications @lighthousemin.org/I Need Help/Services/Apply

For Hope Assistance to schedule an appointment. Hope assistance covers food and immediate needs, food, clothing, household items. Must have appointment scheduled.

FOOD-ST. CLEMENTS CATHOLIC CHURCH

Contact: Pat Haggard

Phone: 813-752-8251 x 328

Address: 1104 N Alexander St, Plant City, Florida 33566

Website: stclementpc.org/new

Notes: Pantry; closed first Friday of every month

Hours: Friday 9:00 am-12:00 noon

FOOD-UNITED FOOD BANK

Contact: Mary Heysek

Phone: 813-764-0625 x 5

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

Email: mheysek@ufbpc.org

Website: ufbpc.org

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

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

FOOD-WIC PLANT CITY HEALTH CENTER

Contact: Women, Infants, and Children (WIC)

Phone: 813-307-8074

Address: 307 N. Michigan Avenue, Plant City, FL 33563

Email: Info.HillsWeb@FLHealth.gov

Website: FloridaWIC.org

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

Hours: Monday-Friday 8:00 am-4:30 pm Closed at noon on 4th Tuesday of the month

FOOD-FRIENDS IN THE PARK HOT MEALS

Contact: No specific contact, no phone number, no email

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

Notes: Meals served 365 days a year at 5pm

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

FOOD - LIFEPOINT LAMBS FOOD PANTRY AT LIFEPOINT CHURCH

Contact Information

5140 Bailey Road

Mulberry, FL - 33860

Phone: (863) 345-3223

Food Pantry Distribution Hours:

BY APPOINTMENT ONLY

FOOD - MT TABOR BAPTIST CHURCH FOOD PANTRY

Contact Information

3504 Mt Tabor Rd.

Lakeland, FL - 33810

Phone: (863) 858-3608

Every Thursday (except for holidays) at 8:00AM

No documents required.

You will get a Food Bank Card after 3 visits to the food bank

FOOD - CITY OF REFUGE COGIC COMPASSION PANTRY

Contact Information

1105 N Ruth Ave.

Lakeland, FL - 33805

Phone: (863) 937-9208

Fax Number: (863) 937-9209

Hours:

Thursday

9:00am - 1:00pm

One More Child Food Distribution

Contact Information

1015 Sikes Blvd.

Lakeland, FL - 33815

Phone: (863) 687-8811

Hours of operation for food & non-food distribution:

Monday to Friday 7:30am-4:00pm

FOOD - HOPE FOOD PANTRY

Contact Information

212 S St Cloud Ave.

Valrico, FL - 33594

Phone: (813) 716-3996

Hours: Saturday 10:00 am - 12:00 pm Deliveries: A food box will be delivered to your home per your request.

For more information, please call. Alternate number 813-370-3421

HOUSING/HOMELESS-HABITAT FOR HUMANITY HILLSBOROUGH

Contact: Patty Campbell

Phone: 727-656-4141

Address: 509 E Jackson St, Tampa, Florida 33602 **Email:** pcampbell@habitat-hillsborough.org **Website:** habitat-hillsborough.org

Notes: Affordable housing ownership

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

HOUSING/HOMELESS A1 OPPORTUNITIES

Contact: No specific contact

Phone: No specific number

Address: No specific contact, County Wide, Florida all

Email: info@a1opportunities.org

Website: a1opportunities.org

Notes: Must email to schedule an appointment

HOUSING/HOMELESS LIGHTHOUSE MINISTRIES-LAKELAND-MEN

Contact: Joe Washington

Phone: 863-687-4076 x253

Address: 117 E Magnolia St., Lakeland, Florida 33801

Email: jwashington@lighthousemin.org

Website: lighthousemin.org

Notes: There is no charge for the first 3 visits. The fee is \$7/Nightly after that, dinner and chapel service provided at no charge.

Hours: Office-Mon-Fri 8:00 am--4:00pm; Shelter Intake: 3:30-6:00 pm (Walk-in, first come first served)

HOUSING/HOMELESS SHOWER UP

Contact: Dali Vargas

Address: County Wide, County Wide, Florida All

Email: blossom2535@gmail.com

Website: showerup.org

Notes: Mobile Shower facility serving the homeless.

Hours: Call for locations

ID, Social Security, Birth Cert- METRO BRIGADE

Contact: No specific contact

Phone: 813-209-1044

Address: Mobile locations, County Wide, Florida all

Email: mobile.outreach@metromin.org

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

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

Hours: Hours vary/ Schedule online

LEGAL ASSISTANCE-BAY AREA LEGAL SERVICES **

Contact: No specific contact

Phone: 800-625-2257

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

Email: No specific contact

Website: bals.org

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

Hours: Call for an appointment or apply online

MEDICAL/DENTAL/VISION/CASE MANAGEMENT SOCIAL SERVICES

SUNCOAST COMMUNITY HEALTH CENTER -PLANT CITY **

Contact: Call Health Center– choose option of service

Phone: 813-653-6100 Chante Miller 813-653-6126 for mobile dental bus.

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

Email: suncoast-chc.org/contact/

Website: suncoast-chc.org

Notes: Adult and pediatric medical, dental pharmacy, behavioral, chiropractic and podiatry services, x-ray ages 1 and up, mobile dental bus, vision for ages 5 and up. **Fee based on sliding scale, if no insurance.**

Hours: Monday–Friday 7:30 am–5:00

MEDICAL-DENTAL INSURANCE

Website: www.humana.com

Cost: \$20 monthly per person \$50 annual copy

Notes: For twice a year exams, cleanings and annual x-rays, different price options on website

MEDICAL-PREGNANCY CENTER OF PLANT CITY

Parent Support Contact: Sandi Nelson

Phone: 813-759-0886

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

Email: snelson@pccpc.net

Website: plantcitypregnancycenter.org

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

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

MEDICAL-NO INSURANCE MD VISIT ADULTS ONLINE

Website: www.sesame.com

Hours: See a telehealth doctor same day schedule online

Cost: As low as \$34

Notes: 18+ only, for regular prescriptions, antibiotics, lab orders

MEDICAL-NO INSURANCE URGENT CARE PEDIATRICS ONLINE

Website: www.callondoc.com

Hours: 24/7

Cost: \$39.99

Notes: Care for; fever, sore throat, sinus/ear infections, cough, asthma, urinary, lice, scabies, poison ivy

MEDICAL-NO INSURANCE AND INSURANCE URGENT/PRIMARY CARE PEDIATRICS AND ADULTS IN PERSON DOCTOR VISIT

Website: www.urgentcareusa.net

Hours: 365 Days a year 9am-9pm walk-ins, can check in online prior to arrival

Location: 413 North Alexander Street, Plant City, FL 33565

Phone: 855-241-3137

Cost: Standard office visit \$100, Moderate with two procedures \$180, Complex care \$350

Notes: School/sports/annual physicals, x-ray, strep/flu/covid testing, ultrasound, labs

MEDICAL-NO INSURANCE LABS NO PRESCRIPTIONS NEEDED

Website: www.anylabnow.com

Cost: \$39+

Labs/tests offered: men and women individual, liver, kidneys, diabetes, cholesterol, lipid, inflammation, hormone levels, testosterone, thyroid/iodine, complete metabolic panel, complete blood count, STDs, pregnancy, prostate/colon cancer screening, TB, nutrition and vitamin deficiency, urine, immunity, drug screen, men and women fertility, food allergy and more

Website: www.ondemand.labcorp.com

Cost: \$169 for Comprehensive Health Test sign up online for 10% off first order

Location: In person at Labcorp

Notes: Blood and urine testing, age 18+, results in 1 day, fast for 12 hours

MEDICAL-NO INSURANCE PRESCRIPTIONS

Location: Publix Pharmacies

Lost Cost Medications: Metformin, Lisinopril and Amlodipine \$7.50 for 90-day supply and 14-day supply of Amoxicillin.

Notes: GoodRx can be used at most pharmacies for discounted meds. Sign up for free at www.goodrx.com

MEDICAL- SUBSTANCE ABUSE-THE PHOENIX

Contact: Brittany Garner/Tony Garcia

Phone: 526-869-8706

Address: Multiple locations, County Wide, Florida all

Email: bgarner@thephoenix.org or tgarcia@thephoenix.org

Website: thephoenix.org

Notes: Sober active community with free events.

Hours: Check website for events and locations

MENTAL HEALTH-HCSO-VICTIM ADVOCATE **

Domestic Violence Contact: No specific contact

Phone: 813-247-8530

Address: Call for services, County Wide, Florida all

Email: victimspecialist@teamhcsso.com

Website: teamhcsso.com/Section/cff592ad-de7d-4546-9291-128100e5409d/

Behavioral-Resources-Unit

Notes: Assist victims of domestic violence and violent crime

PETS-COMMUNITY PET PROJECT

Contact: Rhonda Eldridge

Phone: 813-530-6722

Address: PO Box 7206, Seffner, Florida 33584 **Email:** communitypetproject@yahoo.com

Website: http://www.communitypetproject.org/

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

Hours: Anytime

PETS-HILLSBOROUGH COUNTY PET RESOURCE CENTER

Bring Stray Neighborhood Cats and Adopt Cats Here

Phone: 813-744-5660

Address: 440 N Falkenburg Rd, Tampa, Florida 33619

Website: hillsboroughcounty.org/animalservices

Notes: Assistance with Pet Food

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

SENIORS-ADULT DAY SERVICES SENIOR CENTER

Contact: Angie Toledo

Phone: 813-450-8956

Address: 1205 South Waller Street, Plant City, Florida 33566

Email: toledoa@hcfl.gov

Website: hcfl.gov/residents/seniors

Notes: We coordinate essential health and wellness services for older adults residing in Hills. County to encourage maximum independence and prosperity

Hours: Call for a tour; Office Hours Monday-Friday 8:00 am-5:00 pm

TRANSPORTATION-BIKES FOR CHRIST

Contact: Pat Simmons

Phone: 813-533-9177

Address: They will come to you., Dover, Florida 33527

Email: admin@bikes4christ.com

Website: bikes4christ.com - Only for Agencies

Notes: Bikes for families in need. Client must be working with an agency and referred by case manager.

Hours: Apply anytime through the website

VETERANS-HILLSBOROUGH COUNTY VETERAN AFFAIRS - (VSO)

Contact: Stephanie Shriver

Phone: 813-903-4884

Address: 13000 Bruce B. Downs Blvd. Build 41 Room 41-238B, Tampa, Florida 33612

Email: ShriverS@hillsboroughcounty.org

Website: hillsboroughcounty.org/veterans

Notes: Assist w/ filing for benefits (service-connected & non-service connected)

Hours: Call for an appointment

EMERGENCY PREPARATION CHECKLIST

ITEMS TO HAVE ON HAND SURVIVAL KIT:

- ☐ Water- 1 gallon per person a day for 2 weeks
- ☐ 2 Weeks of survival food stored in plastic bins for easy transport- freezable dried food and ready to eat meals, nuts, peanut butter crackers, protein bars, canned goods, dried fruits and vegetables, any item that does not need refrigeration or cooking
- ☐ Infant formula, bottles and diapers
- ☐ Paper plates, cups, plastic utensils, paper towels
- ☐ Sanitation, hygiene items, feminine supplies- baby wipes, trash bags, general products
- ☐ Emergency blanket-waterproof, windproof, effectively reflects body heat to keep you warm even after extreme weather
- ☐ Tent
- ☐ Extra clothing
- ☐ Flashlights with extra batteries
- ☐ Candles and matches
- ☐ Portable radio or tv- battery operated with extra batteries use to gauge situation in other areas, and be able to talk to others if you're stuck somewhere
- ☐ Cell phone and charger with pre-charged extra back up
- ☐ Cash **\$100-1,000 depending on needs/size of family banks and internet may be unavailable**
- ☐ Generator- extra gas in cans/propane tanks
- ☐ Shovel, pocket knife, pliers, multitool
- ☐ A whistle to signal for help
- ☐ Duct tape
- ☐ Bug spray
- ☐ Pen and notebook
- ☐ Books, games, puzzles, activities for children
- ☐ First aid kit and instructions
- ☐ Prescription medication
- ☐ Fire extinguisher
- ☐ Household chlorine bleach and medicine dropper 8 drops to 1 gallon to disinfect water
- ☐ Pet needs

HAVE A PLAN:

- This is spelled out and distributed to everyone in the family well in advanced.
- Designate a place for all family members to meet. Make sure the meeting place is outside the impacted area.
- Keep your fuel tank filled in your car. Determine how much fuel you will need to reach your meeting place.
- Identify a contact person outside the affected area. Give their contact info to everyone in the family so they can serve as a point of contact if you get separated.

BUILD AN INVENTORY:

- ☐ Take pictures of rooms and important individual items
- ☐ Label pictures with a description, where you bought and make, model and serial number
- ☐ Create electronic file-personal finance software packages include homeowner's room-by-room inventory program.
- ☐ Store inventory, with receipts, of paper and electronic photos, lists, and files in a safety deposit box
- ☐ Expensive valuable items like jewelry, art, collectibles may have increased in value since received. Check with insurance agent to ensure adequately insured.

SHELTER INFORMATION:

- Website to locate current shelters open: <http://hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- Always check if the shelter is for high intensity storms and don't go unless local officials have announced openings
- General populations shelters do **NOT** provide food, water, cots or blankets
- Bring 1 gallon of water per person per day, non-perishable and easy to prepare food, bedding, pillows and blankets, medications, medical items, hearing aids, glasses, sanitation and personal hygiene items and baby supplies

PET-FRIENDLY SHELTERS:

- Proof of current rabies vaccination and license for dogs/cats
- Pet must be on a leash or in a carrier
- A crate large enough for pet to stand up and turn around
- Cats need crate large enough to contain litter/food/water
- Crate, food, water, litter, treats, cleaning supplies and meds
- You are responsible for the care of your pet while in the shelter
- Cohabitation of pets and owners is not permitted
- If you are unable to meet these requirements; make other arrangements to shelter your pet

SPECIAL NEEDS SHELTERS:

- For residents needing more skilled care than in a general shelter; including assistance from medical professionals, but not requiring an acute care facility such as a hospital
- Pre-register for the program, call The Special Needs Client Registration Line at 813-307-8063 and leave a voicemail or Hillsborough Info Line at 813-272-5900

CRITICAL PERSONAL DOCUMENTS (HARD AND DIGITAL COPY)

- Copy of home, auto, health insurance
- Insurance cards for each family member
- Wills, trust, deeds, birth certificates, social security cards, marriage license
- Bank account's numbers
- License, ID cards, passports and extra copies
- Medical records
- Personal and family records
- Family emergency contacts
- Computer hard drive back up of contacts if you get separated.